

Economical Beefsteak Pudding

6oz flour
2oz breadcrumbs
1/2 teaspoonful salt
1 teaspoonful baking powder
3oz suet
4-6oz minced steak (& kidney)
1 large onion, minced
pepper
milk to mix
1 egg if liked

Mix together all dry ingredients and add the minced steak and onion. Mix to a soft dropping consistency with milk, adding a beaten egg if liked. Put into a greased basin, coved with greased paper, and steam 2-3 hours. Turn out and serve with gravy or sauce.

EDEN CAMP

MODERN HISTORY THEME MUSEUM

Hearty Main Meals

Fish Cakes

1/2 lb cooked white fish
1 lb mashed potatoes
1 dessertspoon chopped parsley
Frying fat (optional)
Little fine oatmeal or flour
Pepper and salt

Take away all bones and skin from fish. Mash fish with fork and mix with the mashed potatoes and chopped parsley. Season with salt and pepper. Bind the mixture with a little milk. Divide into required number of cakes -two to each person. Dust with flour or oatmeal and roll into required shape with hands. Fry a golden brown in a very little frying fat. Or bake in the oven.

Surprise Potato Balls

1 lb cooked potato
1 large carrot, grated
1 teaspoon chopped parsley
A little sweet pickle
Salt and pepper
A few teaspoons of milk, if necessary
Browned breadcrumbs

Cook the potatoes and beat them well with a fork. Add the grated carrot, parsley, salt and pepper. Use a little milk, if necessary, to bind the mixture, but do not make it wet. Form into balls. Make a hole in each, drop in a small spoonful of pickle and close the hole. Roll in the breadcrumbs, place on a greased baking sheet, and cover with a margarine paper. Bake in a really hot oven for 15-20 minutes. Serve piping hot with good gravy.

