

Cold Cream of Pea Soup with Fresh Mint

Take young fresh pea shells and cut off the stringy parts at top and bottom. Cut or break them roughly, just so that the juice from them will run easily. Have ready a pan of boiling liquid, for choice the water in which the peas themselves have been cooked, or potato water, or plain water, or a mixture.

Plunge the pods into this, add an onion and a few pieces of mint. When cooked put through a hair sieve. Return to the pan and reheat, season with salt and papper and a touch of sugar and add as much milk as you like and can spare.

If you have it, put a spoonful of cream in each cup, sprinkle very finely chopped mint on the surface, and chill well.

EDEN CAMP

MODERN HISTORY THEME MUSEUM

Quick Snacks

Savoury Rolls

4oz minced chopped meat
4oz breadcrumbs
1 tablespoon of seasoning i.e. Worcester sauce, tomato or mushroom ketchup
1 cold potato
1 teaspoon dripping

Mix together thoroughly, fry in a flat cake in a pan brushed with dripping, lightly browning on either side. When cold, cut into fingers and roll each one in a slice of wheatmeal bread lightly spread margarine.

This is a change from sausage rolls with pastry.

A fish mixture may be made instead.

Potato and Sausage Salad

Potato and carrot
A pickled gherkin
A spring onion
Some thick salad cream
Small piece of apple
A cold sausage, or a thick slice of liver

Dice the potato, carrot, and apple. Shred the meat, mince the onion and gherkin.

Toss all ingredients in salad cream and pack into a carton.

Wrap crisp wheatmeal toast to eat with it.

