



# COOKING FOR BUSINESS GIRLS

PREPARED BY THE HOME ADVISORY SERVICE OF THE STATE ELECTRICITY COMMISSION OF VICTORIA







# COOKING FOR BUSINESS GIRLS

PREPARED BY THE HOME ADVISORY SERVICE OF THE STATE ELECTRICITY COMMISSION OF VICTORIA

These electric cooking recipes have been specially compiled to meet the needs of business girls and working wives. They include complete oven meals which can be cooked automatically while you are away from home. Also included are quick, easy meals designed for cooking in the modern electric frypan.

## COMPLETE OVEN MEALS

MENU 1 - SERVES 6 (Prepare all dishes, put all at once into oven at 350° - 400° and cook for 1½ hours).

### CASSEROLE OF CHICKEN

1 large chicken  
1 tablespoon seasoned flour  
2 oz. butter  
½ lb. mushrooms  
1 pint stock

Divide chicken into joints and dip in seasoned flour. Melt fat in a frying pan and when hot, brown joints of chicken and fry the peeled mushrooms. Place chicken and mushrooms in a casserole. Pour off most of the fat, stir the rest of the seasoned flour into the pan and add the stock. Bring to the boil and pour over the chicken. Cover the casserole with a lid before putting in the oven.

### SCALLOPED POTATOES

1 lb. potatoes  
pepper and salt  
1 dessertspoon flour  
½ pint milk  
1 tablespoon butter or margarine

Peel the potatoes and cut into ¼" slices. Arrange in layers in a pie dish with a little pepper, salt and flour between each layer. Pour in the milk and add dots of butter.

### FRUIT CARAMEL PUDDING

2 oz. sugar  
2 tablespoons water (for caramel)  
1 pint hot milk  
2 oz. cherries  
2 oz. sultanas  
6 small sponge cakes  
3 eggs  
2 oz. almonds

Make a caramel with the sugar and water and add the milk. Grease a pie dish and put in a layer of the mixed fruit and a layer of sponge until the dish is full. Pour over a custard made from the eggs, milk and caramel and sprinkle chopped almonds over the top.

MENU 2 - SERVES 6 (Prepare each dish as directed and cook all together in oven at 350° - 400° for 1½ hours. The Beef Olives are browned before adding to casserole dish)

#### BEEF OLIVES

<i>1½ lb. round steak</i>	<i>1 dessertspoon seasoned flour</i>
<i>1 onion</i>	<i>2 oz. dripping</i>
<i>½ pint water</i>	
Stuffing	
<i>3 tablespoons breadcrumbs</i>	<i>1 tablespoon fat</i>
<i>1 teaspoon mixed herbs</i>	<i>little grated lemon rind</i>
<i>1 egg</i>	<i>pepper and salt</i>

Remove all fat from the steak and cut into very thin slices about 4" square. Flatten well with a rolling pin. Mix stuffing ingredients and put a little on each slice of meat, roll up and tie securely with fine string. Coat the beef olives with the seasoned flour and slice the onion. Fry until brown in heated fat and place in a casserole. Make gravy with the remaining flour stirred into the fat, add the water and stir until boiling. Season and pour over the meat. Cover the casserole with a lid. Allow 2 beef olives for each serving.

Cut 1½ lb. potatoes into ¼" slices, put into a small pan or casserole Season with salt and pepper, add 1 cup milk and bring to boiling point. Cover the pan with a closely fitting lid and place in the oven. Pour off the milk and mash the potatoes with a fork before serving.

#### CREAMED POTATOES

#### STEAMED CARAMEL CUSTARD

Caramel	<i>1 tablespoon lemon juice</i>
<i>2 oz. sugar</i>	
<i>1 tablespoon water</i>	

Custard	<i>3 eggs and yolk of 1 egg</i>
<i>1 pint milk</i>	
<i>1½ oz. sugar</i>	

Put ingredients for the caramel together in a saucepan. Heat gently until dissolved, then boil until brown. Completely coat the inside of medium basin (not greased) with the caramel. Heat the milk, beat the eggs. Combine the milk eggs and add the sugar. Pour into the prepared basin. Tie a piece of greased paper over the top. Place the basin in a shallow baking dish containing about ½" depth of hot water. Cover with a lid and place in the oven.

MENU 3 - SERVES 6 (Put the whole dinner into oven at 350° - 400°. After 45 minutes it will be ready without further attention. Keep dumplings warm in oven.)

#### SAVOURY PIE

<i>¾ lb. cold meat</i>	<i>½ pint gravy</i>
<i>small piece of onion</i>	<i>1 lb. mashed potatoes</i>
<i>pepper and salt</i>	

Cut the meat into small cubes and put in a greased pie dish. Sprinkle with the finely chopped onion, season with pepper and salt and pour over gravy. Cover with a thick layer of mashed potatoes.

#### MACARONI AND TOMATO PUDDING

<i>4 oz. cooked macaroni</i>	<i>little gravy or stock</i>
<i>½ lb. tomatoes</i>	<i>browned crumbs</i>
<i>pepper and salt</i>	<i>1 oz. butter or margarine</i>

Put half the cooked macaroni into a greased pie dish, then half the tomatoes skinned and sliced. Fill up the dish with the remaining macaroni and tomatoes, season with pepper and salt and nearly cover with stock or gravy. Sprinkle a few browned crumbs on top of the dish and add dots of butter.

#### APPLE DUMPLINGS

Roll out one 1 lb. shortcrust pastry and cut into rounds large enough to cover 6 apples completely. Peel and core the apples and place them on the rounds of pastry. Fill the centres with sugar and cinnamon. Dampen edges of the pastry and mould it around apples. Place sealed side downward on a baking tray.



# SEC Advisory Services

The advisory services listed are available free to consumers. Contact your nearest SEC showroom for further details.

**ELECTRICAL APPLIANCES** The SEC Home Advisory Service offers advice on the selection and operation of any electrical appliance, including the choice of the most suitable cooker for your kitchen.

**DEMONSTRATIONS** Cooking demonstrations are held every weekday at our Flinders Street, Melbourne, showrooms. A free home demonstration is available anywhere in Victoria on request.

**RECIPES** The SEC Home Advisory Service issues quarterly booklets containing a wide variety of tested recipes. These will be sent to you on request. The SEC also provides a complete recipe library service, and advice on any cooking problem.

**KITCHEN AND LAUNDRY PLANNING** Your SEC will provide information and advice on the layout of your modern all-electric kitchen and laundry.

**LIGHTING AND WIRING** You can obtain a complete electrical recommendation for new homes or renovations.



## ELECTRICITY

*makes life easier!*