

SAANICH ARCHIVES

COMMUNITY COOKBOOK



Picnic on the Gorge, July 5, 1914. (2010-050-758)

INTRODUCTION

In celebration of BC Heritage Week 2026, the Saanich Archives invites you to pull up a chair at a very long table. This community cookbook gathers recipes from local and archival kitchens alike - bringing together the meals that have shaped who we are, where we come from, and how we nourish one another.

This year's Heritage Week theme, *Stir the Pot*, reminds us that food is so much more than sustenance. It is tangible heritage, binding us to the land beneath our feet, to the cultures we carry, and to the ancestors whose hands first shaped these dishes. It also challenges us to look deeper, to bring overlooked stories to the table, and to spark the kind of conversations that matter.

Within these pages, you'll find recipes seasoned with memory and community. Some are familiar comforts; others may introduce flavours and traditions you're tasting for the first time. Some are glimpses into palates that might seem odd to us now but would have been comforting then. We encourage you to make anything that sounds interesting to you, and to reflect on your own history while doing so!

A heartfelt thank you to every community member who opened their recipe boxes, shared their family traditions, and trusted us with the stories behind the dishes they love. This cookbook exists because of you.

So gather your ingredients, cook something that connects you, and know that every time you stir the pot, you're keeping a story alive.

Credit for community recipes has been reflected by the preferences of those that submitted for this book. Recipes have also been pulled from the archival collection. Each of these recipes has the date of the recipe parenthetical to the dish's name, as well as the accession number. They have been pulled from the following books:

- ***Mrs. Beeton's Family Cookery***, 1936. (2007-054)
- ***BC Electric Recipes***, 1939 & 1950. (2020-015)
- ***Better Homes and Gardens***, 1942. (2016-019)
- ***St. David By-The-Sea Women's Auxiliary***, 1950. (2007-158)
- ***Strawberry Vale School Auxiliary***, 1952. (2026-001)
- ***Favourite Recipes of the Gordon Heat PTA***, 1956. (2016-026)
- ***Radio 9 CJNI Joe's Cookbook***, 1963. (2026-002)
- ***Colquitz Cuisine: Recipes from the Colquitz Junior Secondary School***, 1978. (2017-022)
- ***South Vancouver Island Women's Institute - A Century of Cooking: 1897-1997***, 1997. (2023-017)

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DRINKS



Blackberry Cordial (1952)

(2026-001)

2 cups freshly squeezed blackberry juice 2 ½ tsp mace
2 cups white sugar 2 tsp cloves
1 ¾ tbsp cinnamon

Boil all together for 15 minutes. Strain the syrup and to each cup, add a glass of French brandy.
Very good for intestinal upsets.

Coffee for Forty (1942)

(2016-016)

Place 1-pound all-purpose grind in muslin bag large enough to hold twice that amount. Drop into large kettle containing 2 gallons boiling water. Cover tightly; reduce heat and let stand 6 to 10 minutes. Lift coffee bag up and down several time to extract the full flavour of the coffee. Remove bag and keep hot until serving time.

Fruit-Ade (1978)

(2017-22)

6 large oranges, juice and rind 60 ml citric acid
4 large lemons, juice and rind 6 cups boiling water
8 cups sugar

Mix all together with grated orange and lemon juices. Let stand 24 hours, strain and bottle. 3
tbsp added to a glass of water makes a refreshing drink.



The following recipe is one used by Guy Crowther, from when he entered many of his wines and apples, along with honey and mead, into the North and South Saanich Agricultural Society's Annual Fall Fair from 1968 to 1975. The fruits, vegetables and honey were all grown/produced over the years on the property he and Marjorie Crowther purchased in 1948 at 4718 West Saanich Road. Guy won over 35 awards, including the 1972 Wine Art Trophy for Grand Aggregate in Home Wine Making and a perfect 50/50 score for his mead in 1975, made from honey he gathered from his beehives, garnering high praises from the judges: "Excellent in every respect. Couldn't buy a mead as good as yours."

Guy's Prize-Winning Blackberry Wine

Guy R. Crowther (1924-2021)

Measure berries first, then crush. To every 1 cup of uncrushed fruit add 5 cups of water. Let stand for one week, covered well, stirring daily. Strain. To each gallon of juice add 4 pounds sugar. Stir, cover well, and leave until fermentation ceases (about 2 weeks). Bottle.

Lime Sauce (1936)

(2007-054)

Fresh limes

Loaf or castor sugar

Squeeze the juice from the limes, strain it, and add sugar to taste. Serve diluted with iced water.

Milk Shakes (1997)

(2023-017)

1½ cups vanilla ice cream

Flavouring of choice

1 cup milk

Blend milk, ice cream and flavouring in blender until thoroughly mixed. Process 1 or 2 cycles at high speed to whip. Yields 2 servings.

Orange Float (1997)

(2023-017)

4 cups water

Juice of 2 lemons

1 cup sugar

4 tablespoon cornstarch

oranges

Boil water, lemon juice and sugar; add cornstarch and cook 15 minutes. When cool, pour over 5 sliced oranges. Spread meringue or whipped cream on top.

Potato Champagne (1963)

(2026-002)

18 raw potatoes, grated with skins on	13 lbs white sugar
12 litre lukewarm water	1 pkg dry yeast
10 lemons, juice only	raisins
13 oranges, juice only	

Set in a 5-gal crock to allow for foaming and put in a warm place where there is an even temperature. If raisins are used, they should be cut. Put yeast on a piece of toast and let float. Don't put the lid on. As soon as it starts working (about 3 days) remove toast and yeast, stirring daily. When it finishes working (9 to 10 days), strain. When straining is finished, wash the crock and put strained mixture back in. Leave it to settle another day then strain again. Repeat this 2 or 3 times, this removes most of the sediment. Put in bottles. You can drink it right away, but if left for a few months, it will become clear as water.

Sloe Gin Cocktail (1936)

(2007-054)

60 ml of sloe gin	small piece of lemon peel
60 ml good unsweetened gin	crushed ice
10 drops of orange bitters	

Half fill a tumbler with broken ice, pour over it the sloe gin, gin and bitters, cover the top of the glass, and shake it well. When sufficiently cooled strain it into a small glass and serve with a small piece of lemon peel on top.

The measurement in this recipe was originally listed as ½ a wineglass. The 'wineglass' used to be a standard unit of measurement, equal to 2 oz, until the end of the 19th century.

Sloe gin is a traditional British liqueur made from steeping sloe berries (tart fruit that comes from blackthorn trees) in gin with sugar. While labeled as gin, its lower alcohol content and added sugar means that it stays within the liqueur family.



CONDIMENTS AND SAUCES



Apple Meringue Topping (1956)

(2016-026)

½ cup grated apple, approx. 1 large apple 1 unbeaten egg white
½ cup white sugar

Peel and core apple, and grate or put through fine chopping. Measure and combine at once (to prevent discoloration) with sugar and egg white. Beat together until mixture is creamy and consistency of whipped cream. Do not put this on cake till just before serving.

Barry's Bourbon Baste

Saanich Resident

3 tbsp olive oil 1 tbsp Worcestershire sauce
2 tbsp Dijon mustard ¼ cup packed brown sugar
¼ cup bourbon whiskey (must be bourbon) 2 tbsp minced garlic
⅓ cup soy sauce 1 tsp salt (kosher or sea)
2 tbsp red wine vinegar or balsamic vinegar 2 tsp black pepper

Combine all ingredients, mix together well. Marinade is best with top sirloin, top round, or inside round. Place 3-4 steaks (1" – 1 ½ " thick) in deep dish. Cover with marinade for 8 hours minimum (overnight is best). Seal and flip over minimum four times. BBQ, broil, grill, or oven bake – it's all great!



Members of the Sehl family on a picnic, 1915. (2007-166-033)



Beet Raita with Taka

Victoria E.

This is an excellent hot pink dip to serve with naan, tortilla chips, bread or anything needing a creamy addition. The flavours are mostly lemon and garlic, with some sweetness from the beets. This is a recipe from Meera Sodha's *Fresh India* cookbook.

Raita:

1 tbsp of oil
1 clove garlic, sliced finely
1 beet, raw and grated
1 cup thick plain greek yogurt
1 tbsp lemon juice
Pinch of salt

Taka:

1 tbsp oil
½ tsp mustard seeds
8 fresh curry leaves

Taka is a hot oil poured over the finished raita then stirred in at the table to add richness.

Over medium heat, warm 1 tbsp of oil in a small frying pan. Add garlic and fry until just starting to turn golden, then add the shredded beets. Stir until beets soften, 3-5 min, then add to a bowl with the yogurt, lemon and salt (the salt is key to making the flavours work!) and mix until evenly pink. Make the taka - put the 1 tbsp of oil in the pan over medium heat, then add curry leaves and mustard seeds. Wait until the seed start popping, then pour the whole, hot thing over the raita. Stir just before eating. Keeps well in fridge for a couple days.

Brown Gravy (1936)

(2007-054)

1 onion
½ carrot
½ turnip
parsley
herbs and bay leaf
2 tbsp butter

1 tbsp flour
2½ cups water
2 tsp of vinegar
lump of sugar
spice
1 tsp of ketchup or condiment sauce

The original recipe did not list specific herbs or spices – so have fun, and experiment!

Fry the chopped vegetables in the butter until they are dark brown; add the flour and water, and stir until the mixture boils; then put in the parsley, herbs, vinegar, sugar, spice and seasoning to taste. Simmer by the side of the fire for about 1 hour, strain, and add ketchup or other condiment. Time: about 1 ¼ hours. Sufficient for 1 cup of gravy.



Butterscotch Sauce (1997)

(2023-017)

1¼ cup lightly packed brown sugar
¾ cup white corn syrup
¼ cup margarine or butter

½ cup cream
1 tsp vanilla

Combine first three ingredients in saucepan. Bring to a boil over medium heat, stirring constantly. Cook without stirring, until mixture reaches 238° on candy thermometer (soft ball stage). Remove from heat and cool to lukewarm. Blend in cream and vanilla. Serve at room temperature on ice cream or ice cream desserts. To Store, refrigerate in covered jar. Thin with cream, if desired. Makes 2 cups.

Fudge Sauce for Ice Cream (1956)

(2016-026)

1 cup granulated sugar
1 tbsp flour

4 tbsp cocoa
½ cup milk

Mix well and bring to boil, stirring constantly. Boil 3 ½ minutes. Remove from fire and add piece of butter and vanilla. Serve hot.

Hard Sauce (1939)

(2020-015)

½ cup butter
2 cups powdered sugar

3 tsp Maraschino cherry juice
2 tbsp coarsely chopped Maraschino cherries

Cream the butter and add the sugar gradually. Add the cherry juice and when the sauce is thoroughly creamed, add the cherries. Pile on serving dish and chill.

The term 'remove from fire' is a common phrase used throughout these recipes – today, we'd probably say 'remove from the element'!

Hard sauce is a traditional, thick dessert topping, also known as brandy butter. This recipe uses Maraschino cherries, which used to be packed in rum.



Hot Dog Relish (1978)

(2017-22)

8 tomatoes	4 green peppers
1 head celery	3½ cup sugar
6 onions	½ tbsp salt
½ cup cucumber	½ tbsp turmeric

Chop vegetables (either coarse or fine). Add enough vinegar to cover bottom of pan. Boil 15 minutes. Blend well sugar, salt and turmeric together in a separate bowl, add to first mixture and boil 15 minutes.

Relish and Ginger Dip (1963)

(2026-002)

1 pkg onion soup	1 tsp soy sauce
1 cup mayonnaise	2 tbsp candied ginger, finely chopped
1 cup sour cream	Dash of salt
½ cup sweet pickle relish, drained	¼ cup water chestnuts, finely chopped

Mix well and refrigerate.

Moroccan Carrot Dip

Saanich Resident

2 lbs carrots - 5 cups diced, or 8 -10 large carrots	1 tsp ground cumin
2 medium garlic cloves, minced	½ tsp ground coriander
1" knob of ginger, grated	2 tbsp harissa (spice)
¼ cup parsley or cilantro	Salt
½ cup olive oil	

Peel and chop carrots. Place in saucepan; just cover with water and add salt. Cook until really tender. Transfer to food processor. Add cumin, coriander, garlic, ginger, parsley or cilantro, and harissa if using. Pulse until carrots are roughly chopped. Puree until smooth, drizzle on olive oil. Season to taste. Makes about 3 cups.

Note from the resident: We are fortunate to live in Saanich where the carrots, garlic, ginger and cilantro used in this recipe grow readily in our own backyard.



Salad Dressing (1936)

(2007-054)

The original recipe used saltspoonful for its salt and pepper measurements. 1 saltspoon (ssp) is equal to ¼ teaspoon.

2 tbsp cream

2 hard-boiled eggs

1 tbsp vinegar

⅛ tsp salt

½ tsp mustard

⅛ tsp pepper

Bruise the yolks of the eggs with a wooden spoon, add to them the mustard, salt and pepper, and the cream gradually. When perfectly smooth, add the vinegar, drop by drop, stirring briskly meanwhile. If preferred, oil may be substituted for the cream. The whites of the eggs should be used for garnishing the salad.

Salad Dressing (1956)

(2016-026)

½ cup sugar

3 eggs

1½ tbsp flour

¾ cup vinegar

1 tbsp mustard

3 tbsp butter or margarine

Mix in order given. Cook in double boiler, stirring often until thick. May be thinned with milk, if desired, when using.



Picnic at Cadboro Bay, 1926. (2019-016-224)



What to expect (so you don't think you failed):

- Days 1-3: thin, sharp, unimpressive
 - Day 7: thicker, less harsh
 - Week 2: "oh - this is mustard"
 - Week 3+: rounded, complex, stable

San Mateo Whole Seed Mustard

Saanich Resident

120g yellow mustard seeds 90 ml water
30g brown mustard seeds 6 g salt
120 ml white vinegar 3–5 g sugar, just sweet enough to round the edges
60 ml apple cider vinegar Pinch of turmeric (optional, purely cosmetic).

Combine seeds + vinegars + water in a glass jar, leaving 2–3 cm headspace. Stir, cover loosely with a small plate, a plastic lid or, if using a metal lid, put parchment paper on the inside of the lid so the vinegar doesn't cause the metal to rust. This rust-risk is only for the week of soaking, not once they go into the refrigerator. You can leave the jar on the counter, as long as it's out of direct sunlight and the lid is not cranked down. Stir once in the first 24 hours. Soak 4–7 days at room temp. Once seeds are plump (within Days 4–7), add salt and sugar and stir well. The jar is ready to go into the fridge now. You can safely tighten the lid. Refrigerate and let mature 1–2 weeks. **NOTE:** Before refrigerating, ensure - All seeds are submerged (or mostly — a few on top is fine); No dry pockets; No fuzzy growth (you won't have any at that acidity, but worth glancing). Around 1 week, taste and adjust sugar if you feel it needs more sweetness (another 0.5–1 tsp is likely sufficient).

Sardine Sauce (for fish) (1936)

(2007-054)

1½ cup good stock	1 shallot
1½ tbsp butter	1 bay-leaf
1 tbsp of flour	nutmeg
3 large sardines	salt and pepper
¼ lemon rind	

Remove and preserve the bones, chop the sardines rather coarsely. Melt the butter, add the flour, stir and cook gently for a few minutes, then add the stock. Bring to the boil, add the fish bones, lemon rind, shallot, bay leaf, a good pinch of nutmeg and a seasoning of salt and pepper. Simmer gently for about 15 minutes, then strain over the chopping sardines. Time: about 30 minutes. Makes about 1½ cups of stock.



Sugar Icing for Cakes (1936)

(2007-054)

To every lb of loaf sugar, allow the whites of 4 eggs and about 1 oz of fine starch.

Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder; gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

Cochineal is a natural, vibrant crimson-red dye derived from the dried, crushed bodies of insects!

Tempura Dipping Sauce (1997)

(2023-017)

½ cup soy sauce

Seasonings to taste

½ cup mirin or sweet white wine

1 cup water

Combine soy sauce, mirin or sweet wine, seasonings and water in a 2 cup measure. Pour into 4 individual dipping bowls.

No suggestions to what kind of seasonings are listed in the original recipe!



The original recipe
had no steps
included – just the
ingredients!

Tomato Mustard (1956)

(2016-026)

41 ripe tomatoes

18 onions

2½ cup sugar

¼ cup salt

1½ cup flour

120 ml mustard

6 cups vinegar

4 sweet red peppers

1 tbsp turmeric

1 tbsp curry

Vegetable Cover Batter (1942)

(2016-019)

1 cup flour

¼ tsp salt

1 slightly beaten egg

1 cup milk

1 tbsp melted fat or salad oil

Sift flour with salt; mix egg, milk, and fat; add gradually to flour, beating with rotary beater until smooth. Use for vegetable, meat, or fruit fritters; dip pieces into batter; fry in deep hot fat (365° to 375°) 2 to 5 minutes. Makes 1¼ cups batter.



Men having beach picnic, 1900s. (2017-014-011)



APPETIZERS AND SMALL PLATES _____



Anchovy Cheese Canapes (1942)

(2016-019)

Cut bread in diamond and crescent shapes; spread with softened butter. Spread diamond-shaped bread with cream cheese; place anchovy fillet down center and garnish with halves of stuffed-olive slices on each side of anchovy. On crescent-shaped bread place anchovy fillet around the edge, then narrow strip of pimiento; pipe cream cheese on inside curve with pastry tube.

Baking in a paper bag is a traditional cooking technique, and a variation of *en papillote* (in paper). It uses a brown paper bag to trap steam, resulting in moist and tender food.

Bananas with Bacon (1936)

(2007-054)

6 bananas

Thin slices of streaky bacon

Peel the bananas, cut each in half lengthways, and place each piece on a slice of streaky bacon. Insert these in a well-greased paper bag and bake in a hot oven for about 15 minutes.

Beef Rice Croquettes (1942)

(2016-019)

Combine 1 cup seasoned white sauce, 1 cup cooked ground beef, 1 cup cooked rice, and ½ tablespoon chopped onion. Spread thin on plate; chill. Form croquettes. Dip into 1 beaten egg mixed with 1 tablespoon water; roll in dry breadcrumbs. Fry in deep hot fat (375°) until brown. Drain on absorbent paper. Makes 12 croquettes.



Bologna Sausages (1936)

(2007-054)

450g lean beef
450g lean pork
225g finely chopped suet
powdered thyme
mace

pepper
fat bacon cut into strips
ox-skins
brine

Don't have any traditional suet (raw, hard animal fat) on hand? In this context, lard or shortening will do!

Also don't have any ox-skins in your pantry? Any sausage casings can replace them in this recipe.

Simmer the meat very gently until tender, then chop it finely, or pass it 2 or 3 times through a mincing machine. Pound it and the suet until smooth, and season highly with pepper and more sparingly with mace and thyme. Press the mixture into the prepared ox-skins, and in filling them intersperse strips of bacon. Tie the skins in 8- or 9-inch lengths, let them remain in brine for 9 or 10 days, then hang them in the smoke from a peat fire. They may be kept for considerable time in a cool, dry place. Serve cut in thin slices.

Time: To cure, 8 or 9 days. To smoke, at least 3 weeks. Sufficient for 6 or more persons.

Cheddar Beer Fondue (1978)

(2017-022)

¼ cup butter
¼ cup flour
¼ tsp dry mustard
1 bottle beer

1 tsp Worcestershire sauce
3 cups shredded cheddar cheese
Bread cubes or bread slices

Melt butter in a medium saucepan, blend in flour and mustard. Gradually stir in beer and Worcestershire sauce. Cook over medium heat, stirring until smoothly thickened and mixture comes to the boil. Reduce heat to low; add cheese and stir until melted. Transfer to a fondue pot and keep warm over a burner. Serve with bread cubes or sticks for dipping. Makes 3 cups.



What are zephiroes in this context? Hard to say! There is a Russian dessert called *zefir* similar to marshmallow and meringue, which might be close to these in appearance – but certainly not in taste!

Cheese Zephiroes (1936)

(2007-054)

3 heaped tbsps Parmesan Cheese	1 cup cream
85g gelatine	cayenne
1 cup milk	salt

Soak the gelatine in the milk for about ½ an hour, then stir it over the fire until it is dissolved. Let it cool, add the cheese, the cream previously stiffly whipped, and seasoning to taste. Turn into oval zephiro moulds, set on ice until firm, then unmould and serve garnished with chopped aspic jelly, and shredded truffle and pimiento.

Time: about 4 hours. Sufficient for 6 or 7 persons.

Christmas Wreath Salad (1939)

(2020-015)

9 slices canned pineapple	2 bananas, diced
115g marshmallows, quartered	6 Maraschino cherries
155g red grapes	Heinz mayonnaise
small can of peaches, diced	

Using 1 ½ rings of pineapple for each salad, form a large ring of pineapple in a bed of crisp lettuce. Moisten bananas, peaches and marshmallow with mayonnaise and place a mound in the centre of each ring. Wash grapes, cut in halves and remove stones. Place the halves of grapes closely together on the pineapple rings to represent holly berries. Complete the wreath by placing on it a bow made from a Maraschino cherry. Cut the cherries almost in half once, then turn and cut almost in half the other way. Spread on the sections of cherry to form a bow. Place the bow on the wreath and serve. This salad is delightful for Christmas parties with nut bread and cream cheese sandwiches and unfrosted sponge or angel cake.



Foie Gras Sandwiches (1936)

(2007-054)

1 tin of foie gras

butter

Bread

Prepare some thin slices of bread and butter. On half of them spread slices of foie gras, and cover with the remainder [of bread]. Press the parts firmly together, trim the edges neatly, and cut them into square, triangular, or finger-shaped pieces. Arrange them neatly on the on a daintily covered dish and garnish with watercress or parsley.

Mushroom duxelles and chicken liver pâté (or any other liver pâté) make for good, modern alternatives for foie gras.

Fondue Princess (1978)

(2017-022)

60g mushroom caps

2 egg yolks

2 cups champagne or white wine

salt and pepper to taste

3 cups (450g) grated Swiss cheese

French bread, for serving

4 tbsp flour

Cook mushroom caps in boiling water to cover, for five minutes. Drain, reserving $\frac{1}{4}$ cup of liquor and slice thinly. Heat champagne in fondu pot, do not boil. Stir in cheese and flour, mix together and blend until smooth. Beat egg yolks with the reserved mushroom liquor and add to fondue pot with sliced mushrooms. Season to taste and reheat without boiling. Serve with French bread cut into 1-inch cubes. Serves 4-6.

Original recipe note: You may wish to dip a variety of raw vegetables into the fondue pot to serve – e.g. cauliflower, celery, cucumber, broccoli, etc.

Fruit Salad (1963)

(2026-002)

2 eggs, beaten

2 cups pitted cherries

2 cups marshmallows,

4 tbsp vinegar

2 cups pineapple, in chunks

quartered

4 tbsp sugar

2 oranges, diced

1 cup whipping cream

4 tbsp butter

In double boiler, make sauce with eggs, vinegar, and sugar. Beat and add butter after thickened. Let cool, then add marshmallows and fruit. Chill. Fold in whipped cream just before serving.



Jello Cheese Loaf (1950)

(2007-158)

1 pkg lime Jello	1 tsp salt
1½ cup boiling water	1 cup cottage cheese
1 tbsp lemon juice or vinegar	½ cup mayonnaise

Dissolve Jello in boiling water, add vinegar and salt. Chill. When slightly thickened, beat with an eggbeater until like the consistency of whipped cream. Combine cheese and mayonnaise and fold into Jello. Chill until firm. Unmold onto crisp lettuce leaves.

Kidney Toast A La Madras (1936)

(2007-054)

2 sheep kidneys	1 egg
4 small rounds of buttered toast	breadcrumbs
curry paste	drippings
¼ tsp grated lemon rind	salt and pepper

Not a kidney fan? Shiitake or crimini mushrooms are a good alternative for the texture in this recipe!

Skin the kidneys, cut them in halves lengthwise, run small skewers through them to keep them flat, and season them with salt, pepper, and a few grains of cayenne. Mix the lemon rind and a little salt and pepper with the egg, dip in the kidneys and [then] roll them in breadcrumbs. Have ready a little hot fat in a frying pan, and fry them lightly and quickly, cooking the cut side first. Trim the toast to a size slightly larger than half a kidney, spread with a thin layer of curry paste, dish the kidneys upon the toast and serve as hot as possible.

Time: about 20 minutes. Sufficient for 2 persons.



Pickled Eggs (1997)

(2023-017)

3 cups white wine vinegar

2 tsp sugar

1 tsp salt

½ tsp mustard seed

12 hardboiled eggs

4 whole cloves

2 bay leaves

1 or 2 chili peppers

Bring the above ingredients, except the eggs, to a boil and pour over the eggs. Keep in the refrigerator for up to a week.

Roquefort Cheese Mould (1942)

(2016-019)

1 tbsp unflavoured gelatine

½ cup cream or top milk

¼ cup cold water

½ cup finely crumbled Roquefort cheese

2 cups cottage cheese

Soften gelatine in cold water and dissolve over hot water. Combine cottage cheese, cream, and Roquefort cheese; mix well with dissolved gelatine. Chill until firm. Serve on shredded lettuce; garnish with water cress and ripe olives. Serve 8.



Preparing cauliflower for market on Bill Mattick's farm, 1954. (2013-001-042)



Swiss, Bacon & Mushroom Toasts (1997)

(2023-017)

2½ cups grated gruyere cheese	½ cup margarine
2 tbsp margarine	⅔ cup heavy cream
12 slices bacon, cooked	2 tbsp lemon juice
12 slices white bread, crusts removed	⅔ cup milk
12 mushrooms, thinly sliced	4 eggs

Mix cheese and cream, and spread on bread slices. Sauté mushrooms in 2 tbsp margarine with the lemon juice. Put two slices of bacon, and 1-2 tbsp of mushrooms on each of 6 slices of cheese-covered bread. Place another slice of bread, cheese side down, on top of bacon mixture. Beat the eggs and milk. Dip the sandwiches into the egg mixture. In a 12" skillet, heat the margarine and sauté the sandwiches until browned on both sides. Cut into quarters. Can be made ahead and reheated in oven. Yields 24 pieces.

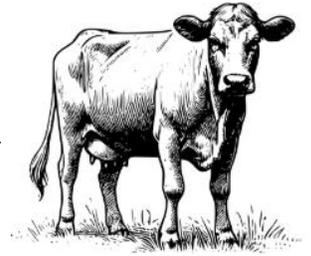
Toasted Cheese (1936)

(2007-054)

Cheese	mustard
butter	pepper
ale or stout	toast

To serve this dish in perfection, either a chafing dish or an old-fashioned cheese toaster with an outer dish containing boiling water is needed. Cut the cheese into thin slices, place them in the cheese toaster, spread on a little mustard, season them with pepper and, unless the cheese be very rich, add the butter broken into small pieces. Pour over the whole 2 or 3 tablespoons of ale or stout (milk may be substituted), stand the dish on a hot place or in a moderately hot oven, and cook until the cheese is melted. Serve at once in a hot-water dish and hand drip dry toast separately. Time: about ten minutes

MAINS – BEEF



Beef Croquettes (1936)

(2007-054)

453g beef	rind of ½ lemon, grated	breadcrumbs
2 tbsp butter or drippings	1 tsp finely-chopped parsley	fat
1 tbsp flour	a good pinch of nutmeg	salt and pepper
½ cup of stock	1 egg	

Chop the meat finely, and boil the bones and trimmings for the stock. Melt the fat or butter in a stewpan, add the flour, pour in the stock, and stir until it boils (this sauce is intended to bind the mixture; when more convenient, an egg may be used instead), boil the sauce a few minutes, then add the meat, parsley, lemon rind, nutmeg, salt and pepper to taste, and stir well over the fire. Turn on to shaped pieces, brush over with beaten egg, coat well with breadcrumbs and fry until nicely browned. Time: 1 ½ to 2 hours. Sufficient for 4 or 5 persons.

Curried Beef (1936)

(2007-054)

Many of these measurements were originally listed in dessertspoonfuls. 1 dessertspoon = 2 teaspoons!

453g lean, tender beef	2 tsp flour	2 small onions, chopped
2½ cups stock or water	2 tsp curry powder	2 tsp lemon juice
4 tbsp butter or good dripping	1 tsp of curry paste	salt
	1 sour apple	½ cup rice

Cut the meat into slices about ½ an inch thick and 1" square. Melt the butter or dripping in a stewpan, fry the meat quickly and lightly, then take it out on to a plate, [and] put in the onion, flour, and curry powder, and fry gently for about 10 minutes. Add the stock, curry paste, apple sliced, and salt to taste; boil, replace the meat, cover closely, and cook gently for about 1 ½ hours. Boil the rice, drain and dry thoroughly. When the meat is done, remove it to a hot dish, season the sauce to taste, add the lemon juice and strain over the meat. The rice should be served separately. Time: about 2 hours. Sufficient for 5 or 6 persons.



Hamburger Casserole (1952)

(2026-001)

1½ lb hamburger

2 cup poultry stuffing

Salt to taste

1 tin mushroom or tomato soup

Take half of hamburger, season with salt. Put in casserole [dish]. Cover with stuffing, then the remainder of hamburger. Pour over can of soup. Bake at 350°-375° for about 1 hour. The amounts of meat and stuffing may be varied.

This style of dish is also called porcupine meatballs, as the rice begins to stick out of the meat as it all cooks!

Meat-Rice Balls in Vegetable Sauce (1942)

(2016-019)

453g ground beef

dash of pepper

⅔ cup green pepper, chopped

½ cup rice [uncooked]

⅛ tsp sage

1 No. 2 can (2 ½ cups) tomatoes

¼ cup onion, chopped

⅛ tsp dry mustard

1 cup diced carrot

½ cup milk

¼ cup fat or salad oil

1 cup chopped celery

1 beaten egg

¾ cup onion, chopped

salt and pepper, to taste

1 tsp salt

Combine meat, rice, ¼ cup onion, milk, egg, seasoning, sage, and mustard; form in balls; brown in hot fat. Add remaining onion and green pepper; cook until soft but not brown. Add tomatoes. Cover and simmer 45 minutes. Add carrots, celery, and seasonings to taste; simmer 20 to 30 minutes. Serves 6.



Saanich employees' picnic at Little Cordova Beach, 1920. (1981-026-003a)



Meat Stuffed Manicotti (1997)

(2023-017)

12 manicotti shells	½ cup dry breadcrumbs	1 tsp salt
1 cup finely chopped onion	2 lbs lean ground beef	2 eggs, lightly beaten
½ cup finely chopped celery	1 garlic clove, minced	2 tbsp butter
¼ cup grated Parmesan	½ cup dry breadcrumbs	Grated parmesan cheese
Pepper to taste	(again)	
4 cups spaghetti sauce		

Cook manicotti 5-6 minutes. Drain and rinse with cold water. Drain well. Scramble fry ground beef, onion, celery and garlic in frying pan until browned. Combine ½ cup dry breadcrumbs, ¼ cup parmesan cheese, seasonings and eggs and mix well. Add to beef mixture. Stir together and stuff pasta. Cover bottom of large pan with a bit of spaghetti sauce – arrange manicotti side by side in pan and pour rest of sauce on top. Melt butter in pan and mix second lot of breadcrumbs and cheese. Scatter over top. Cover and bake at 400° for 30-40 minutes.

Spanish Rice (1963)

(2026-002)

¾ lb ground beef	¾ cup tomato paste
½ cup onion, minced	3 cup water
⅓ cup green pepper, diced	3 ½ tsp salt
1 garlic clove, minced	¼ tsp pepper
1 tbsp shortening	2 tbsp chili powder
2 cups tomatoes	1 cup uncooked rice

Brown meat, onion, garlic, green pepper in shortening. Stir occasionally. Pour off excess fat. Add rest of ingredients (except rice) and simmer for 45 minutes or until thick. Toast uncooked rice in the oven for 15 minutes, turning it often. Then cook rice in slightly salted water until tender. Drain, add to meat sauce and heat through.



Stuffed Butternut Squash (1978)

(2017-022)

salad oil	113g Swiss cheese, shredded
3 small butternut squash (about 907g ea.)	1 cup cooked brown rice
340g ground beef	1 tbsp sugar
1 156ml can of tomato paste	salt and pepper

About 1 hour before serving: grease shallow large roasting pan. Cut squash into halves lengthwise; with tip of teaspoon, scoot out and discard seeds. Place squash halves, cut sides down, in roasting pan. Bake squash in 375° oven 30 minutes. Meanwhile, in 10" skillet over medium-high heat, cook ground beef and onion. Remove skillet from heat; spoon off fat. Stir in tomato paste, cheese, rice, sugar, 1 tsp salt, ¼ tsp pepper and ¼ cup water. Remove squash from oven. With pancake turner, carefully turn squash, cut-sides up; sprinkle with ½ tsp salt and ¼ tsp pepper. Spoon meat mixture into squash centers; bake 30 minutes longer or until squash is tender and meat is heated through. Makes 6 servings.

Swiss Steak & Rice (1956)

(2016-026)

½ cup flour	1 clove garlic (halved)
2 tsp salt	2 large onions (sliced)
2 tsp paprika	⅓ cup shortening
½ tsp pepper	½ cup uncooked rice
453g round steak, cut in pieces	2 cups cooked or canned tomatoes
2 cups hot water	

Mix flour with salt, paprika and pepper. Rub steak with garlic and roll in seasoned flour. Brown onions in melted shortening; remove onions. Sear meat on both sides, but do not brown, and put in well-creased casserole. Place onions, rice and tomatoes on top of meat. Add remainder of flour mixture to shortening in skillet and blend until smooth. Add hot water gradually and cook until smooth. Strain over meat, cook covered, in casserole in moderate oven 350° for 1 ½ hours or until meat is tender. Serves 6.



MAINS – FISH AND SEAFOOD



Barbecued Fish (1997)

(2023-017)

1½ pounds fish fillets	1 medium onion, diced
1 tbsp butter	¾ cup ketchup
¼ cup vinegar	2 tbsp brown sugar
Salt and pepper to taste	

Place fish in a single layer in greased baking dish. In a frying pan, lightly saute onion in butter. Add remaining ingredients. Simmer for 5 minutes. Pour sauce over fish. Bake at 350° for 30 minutes. Serves 4 to 6.

Brill (1936)

(2007-054)

Brill is a type of flatfish, not in the PNW! Halibut will also work for this recipe.

1 brill	salt and vinegar to taste
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Clean the brill, cut off the fins, and rub it over with a little lemon-juice to preserve its whiteness. Barely cover the fish with warm water, add salt and vinegar, and simmer gently until done (about 10 minutes for a small fish). Garnish with cut lemon and parsley, and serve with lobster sauce, shrimp sauce, Hollandaise sauce, or melted butter. This fish is also nice baked or grilled.

Time: From 10 to 20 minutes, according to size. Seasonable at any time, but best from August to April. Sufficient, allow 4 to 6 ounces per head.



Finnan Haddie Newberg (1956)

(2016-026)

453g finnan haddie or
smoked cod

'Scraped' is
another word
for grated!

Cut in serving pieces. Cover with boiling water and boil for 6-10 minutes. Put in a bowl or on a platter, and pour over it the following sauce:

4 tbsp butter	salt	scraped onion
4 tbsp flour	pepper	chopped parsley
2 cup milk		

Melt butter and blend in the flour. Add milk and cook until it has boiled 3 minutes, stirring constantly. Add seasonings and pour over fish. Serves 4 or 5.

Herring Roes, Baked (1936)

(2007-054)

8 fresh soft roes	1 finely chopped shallot
3 tbsp thick brown sauce	½ tsp finely chopped parsley
1 tbsp lemon juice	lightly browned breadcrumbs
a few drops of anchovy essence	8 small round or oval china, or paper souffle-cases
2 tbsp butter	
4 coarsely chopped white mushroom	

'Brown Sauce' is also
known as HP Sauce!

Brush the inside of the cases with clarified butter. Heat butter in a small stewpan, put in the mushrooms, shallot and parsley, fry lightly, then drain off the butter into a sauté-pan. Add the brown sauce, lemon juice, and anchovy essence to the mushrooms etc., season to taste, and when hot, pour a small teaspoon into each paper case. Re-heat the butter in the sauté-pan, toss the roes gently over the fire until lightly browned, then place with the remainder of the sauce. Add a thin layer of breadcrumbs on the top place 2 or 3 morsels of butter and bake in a quick oven for a few minutes. Serve as hot as possible. ***Time: about 20 minutes. Sufficient for 6 or 7 persons.***

'Herring roes' in this case
refers just to the young fish
themselves – not the eggs!



Scampi-Style Scallops (1997)

(2023-017)

2 tsp olive oil	2-3 tbsp fresh lemon juice
¾ tsp dried oregano, crushed	1 cup cubed red pepper
20 sea scallops	3-4 garlic cloves, chopped
1 tsp cornstarch	¼ cup cold water

Heat oil in 10: non-stick skillet over medium-high heat. Add pepper and oregano; cook for 4 minutes, stirring occasionally. Stir in garlic and scallops in a single layer; reduce heat to medium. Cook 5 minutes, turning scallops halfway through cooking (they should be opaque and firm to the touch). Add cornstarch mixed in water and lemon juice. Bring to a boil and cook one minute, or until mixture has thickened. Divide evenly among 4 plates.

Sole en Blanchaille (1936)

(2007-054)

1 sole	flour	Seasoning	frying oil
milk			

Skin and fillet the fish, cut the fillets into very fine shreds, dip them into milk and then into seasoned flour. Fry in hot fat to a golden brown. Drain and serve. Time: about 20 minutes. Sufficient for 2 persons.

Tuna Chow Mein Casserole (1978)

(2017-022)

1 cup chopped celery	1 170g can tuna (drained)	85g chow mein noodles
¼ cup chopped onion	1 small can mushroom soup	¾ cup salted cashew nuts
2 tbsp green pepper	¼ cup milk	½ tsp seasoning salt
1 tbsp butter	¼ cup water	1 tsp soy sauce

Heat oven to 350°. Sauté celery, onion, green pepper in butter. Combine with remaining ingredients, reserving chow mein noodles. Sprinkle noodles over dish. Bake uncovered, 30 minutes. Makes 4-6 servings.



Tuna Pacifico (1963)

(2026-002)

¼ cup cooking oil	2 tsp salt
1 cup onion, chopped	1 tsp chili powder
1 cup celery, chopped	1 ⅓ cup water
½ clove garlic, minced	2 cups canned tomatoes
1 ⅓ cup minute rice	2 7-oz cans of tuna
1 tbsp flour	

Heat oil in a large frying pan, add the onion, celery, garlic and minute rice. Sauté until the onion is tender, stirring occasionally. Add the flour, salt, and chili powder and mix well. Then add the water and tomatoes. Mix to moisten all the rice. Bring quickly to a boil and simmer uncovered for 5 minutes. Then add the tuna, which has been drained and flaked. Heat one minute longer.

Wok Shrimp and Cucumbers (1978)

(2017-022)

453g raw jumbo shrimp	2 large cucumbers
1 tbsp sherry	2 tbsp cooking oil
2 tsp salt	1 tbsp cooking oil
1 tsp sugar	1 cup sliced fresh mushrooms
2 tsp cornstarch	2 green onions, sliced very thin

Shell and remove veins from shrimp. Wash and put in medium bowl. Combine sherry, salt, sugar and cornstarch and pour over shrimp. Stir to coat shrimp with mixture as much as possible. Peel cucumbers, cut in quarters lengthwise and scrape out seeds. Cut into pieces about 1 ½ inch long. Heat 2 tbsp oil to very hot in wok. Add shrimp and cook quickly 2 mins or until bright pink, stirring. Lift out with slotted spoon and keep hot. Add 1 tbsp oil to skillet (wok) and add mushrooms and cook quickly 30 seconds. Add cucumbers and cook and stir over high heat 2 mins. Return shrimp to pan and heat 30 seconds, stirring. Serve immediately, sprinkled with green onion slices. Serves 4.



MAINS – GAME



Rabbit, Marbled (1936)

(2007-054)

1 rabbit	7g gelatine
227g pickled pork or bacon in slices	⅛ tsp powdered mixed herbs
stock	⅛ tsp finely chopped parsley
1 hard-boiled egg	breadcrumbs
½ raw egg	

Soak rabbit in strong salted water for one hour. Pack closely in a stewpan, lay the slices of pork or bacon on the top, and barely cover with stock. Cover closely, simmer gently from 1 hour to 1 ¼ hours or until the rabbit is tender. Remove the flesh from the bones in as large pieces as possible. Chop all the small pieces of flesh as finely as possible, mix with it the herbs and seasoning, and half its weight in breadcrumbs, and finely chopped pork or bacon, and moisten with egg. Cut the remainder of the pork or bacon into strips. Fry the liver and kidneys in hot fat, drain them well, and when cool, slice them rather thinly. Form the prepared forcemeat into small balls, drop them into boiling stock or water, and simmer for about ten minutes. Add 1 cup of strained stock to the gelatine, stir over the fire until dissolved, season to taste and, if cloudy, clear with white of egg. When cool, pour a little into a mould, let it set, then cover with pieces of rabbit, interspersed with strips of pork or bacon, forcemeat balls, liver, kidney and slices of egg. Repeat until all the materials are used, taking care to leave spaces to admit the stock, which must be added to cover completely the rest of the ingredients. Put aside until set, then unmould and use. Time: About four hours. Sufficient for 1 or 2 moulds.

Forcemeat is finely ground raw meat, emulsified with fat!



Rabbit En Casserole (1936)

(2007-054)

1 good-sized rabbit
a few strips of fat bacon
907g butter
2 onions, peeled and sliced
a few slices of lean bacon, diced

A bouquet-garni is a bundle of herbs that are bundled together (or wrapped in cheesecloth) and used to infuse flavour into a dish during cooking. There isn't a specific set of herbs that are used – different recipes call for different things!

1 heaped tbsp flour
small bouquet-garni
2 cups stock
salt and pepper

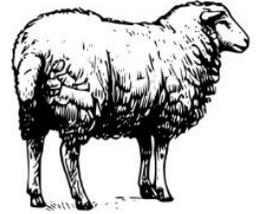
Wash and wipe the rabbit, divide it into joints, lard the legs and breast portion with strips of fat bacon. Fry the pieces in an earthenware casserole containing the butter, onions and bacon. When of a nice light-brown colour, season to taste with salt and pepper, then sprinkle with the flour. Stir over the fire till the flour has acquired a brown tint, pour in gradually the stock. Boil up, add the bouquet-garni, place the lid on the pan, and cook in a hot oven or over a slow fire till the meat is quite tender. Remove the bouquet of herbs and any scum from the surface of the stew and send to table hot in the casserole. Time: about 1 ½ hours. Sufficient for 4 persons.



Ellen Elizabeth, Alice Mary Girling and others having picnic on beach, 1920s. (2008-025-495)



MAINS – LAMB



Lamb, Braised (1936)

(2007-054)

Preferred part of lamb	3 tbsp butter
larding bacon	3 tbsp flour
2 cups stock	2 shallots, finely chopped
3 tbsp good dripping	1 tsp finely chopped parsley

Mirepoix:

2 onions	bouquet-garni (parsley, rhyme, bay leaf)
2 carrots	6 peppercorns
½ turnip	Glaze

Bone the lamb (if needed), season well with salt and pepper, roll up tightly, and bind securely with string. Cut the lardoons or strips of bacon for insertion in the meat about 2" long and rather more than ¼ an inch in thickness and insert close rows in the rolled meat. Slice the vegetables and put them into a large braising pan with the drippings, place the meat on top, cover close and cook gently about 20 minutes. Add the herbs, peppercorns and stock nearly to cover the vegetables, place a greased paper over the meat, put on the lid and braise in the oven for about 2 hours; ½ an hour before serving melt the butter in a stewpan, fry the shallots slightly, then add the flour and cook until it acquires a nut-brown colour. When the meat is ready, remove the strings, brush it over with the stock reduced to glaze, and put it into moderate oven for a few minutes to crisp the bacon. Strain the stock, increase the quantity to 1.5 cups, pour it over the brown roux or thickening, and stir until it boils. Add to it the parsley, season to taste, simmer for a few minutes, then serve in a sauce boat. Cooked tomatoes, mushrooms, fancifully cut turnips and carrots, small timbales of spinach or green-pea puree, haricots verts, etc., are all suitable garnishes. Time: to braise, about 2 hours. Sufficient for 8 to 12 persons.



Mutton Cutlets, Braised (1936)

(2007-054)

7 or 8 lamb cutlets	1 or 2 strips of celery	½ cup tomato or demi-glaze sauce
larding bacon	½ small turnip	peas
3 tbsp butter	1 bouquet-garni (parsley, thyme,	spinach
1 cup stock	bay-leaf)	other vegetable garnish
1 onion	glaze	
1 carrot	salt and pepper	

Trim and flatten the cutlets into a good shape, and insert 5 or 6 fine lardoons, or pieces of fat bacon used for larding, in the lean part of each one. Slice the vegetables, put them into a stew pan with the butter and bouquet-garni, lay the cutlets on the top, put on the lid and cook gently for about 20 minutes. Have the stock boiling, pour into the stewpan as much of it as will three-quarters cover the vegetables, and add the remainder of the stock as that in the pan reduces. Cover the cutlets with a greased paper, put on the lid, and cook gently for about 50 minutes on the stove or in the oven. When done, brush over one side with meat-glaze, and put them into a hot oven for a few minutes to crisp the bacon. Arrange them in a close circle on a border of potato, serve the prepared vegetables in the centre, and pour round the sauce. Time: To cook, about 1¼ hours. Sufficient for 5 or 6 persons.



Emily Agnes Underwood (nee Burke), Ernie Underwood, and Lauraine Underwood (nee Goldie) at picnic, 1930s. (2018-004-115)



Mutton Réchauffé (1936)

(2007-054)

Slices of cold mutton	3 tbsp butter
1 onion, finely chopped	3 tbsp flour
a few slices of carrot	1 tbsp of mushroom ketchup or sharp sauce
a few slices of turnip	salt and pepper
1½ cups stock made from bones and trimmings	

Simmer the bones, meat trimmings, turnip and carrot in just sufficient water to cover them at least 1 hour, then strain and season to taste. Heat the butter, fry the onion until lightly browned, add the flour, stir and cook slowly until brown and put in ¾ pint of stock. Stir until boiling, season to taste, add the mushroom ketchup and boil gently for about 10 minutes. Place the slices of meat in the prepared sauce, let the stewpan stand for at least ½ an hour, where the contents will remain just below simmering point, then arrange the meat on a hot dish, and strain the sauce over.

Shepherd's Pie (1936)

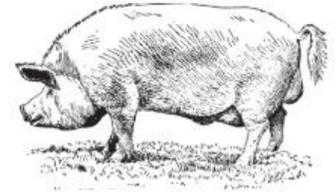
(2007-054)

225g cold mutton	1 cup gravy or stock
453g mashed potato	1 tsp parboiled and fine-chopped onion
2 tbsp butter or dripping	salt and pepper

Cut the meat into small, thin slices. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper and stir over the fire until thoroughly mixed. Grease a pie dish, line the bottom thinly with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy and cover with potato. The potato covering may be given a rough appearance by scoring it in every direction with a fork, or it may be made to resemble an ordinary crush by being smoothed over with a knife, notched at the edges and brushed over with the yolk of egg before baking. When the egg is not used for this purpose, the remainder of the butter or fat must be put on top of the pie in small pieces. Bake in a moderate oven until the surface is well browned.

Time: to bake, 30 to 40 minutes. Sufficient for 3 persons.

MAINS – PORK



Camper's Ham with Raisin Sauce (1978)

(2017-022)

680g canned ham	2 tbsp lemon juice
½ cup brown sugar	¼ tsp grated lemon rind
2 tbsp cornstarch	1 ½ cups water
2 tbsp vinegar	½ cup raisins

Open canned ham and place in the centre of a cupped square of foil. Add 2 or 3 tbsp water to ham liquid and wrap loosely but airtight. Heat ham package on a grill turning occasionally or on a rack in a covered saucepan. Meanwhile, mix sugar and cornstarch together in a saucepan and add vinegar, lemon juice and rind. When smooth, stir in the water and raisins. Cook and stir on low heat until thick. Makes 2 cups. Serve over thick slices of ham. Serve 4-6.

Cordova Casserole (1950)

(2007-158)

453g ground pork	1 green pepper, chopped
1 can kidney beans	1 can mushrooms
115g bacon, cut in pieces	1 small can pimentos
2 large onion, sliced	1 can tomatoes, or 2 cans tomato soup
2 cups cooked noodles, rice, or spaghetti	salt and pepper

Fry meat until golden brown. Fry bacon, add meat. Add onions and peppers and cook 10 minutes, then add rest of ingredients. If using soup, add 1 can water. Mix well together, season and simmer for 20 minutes, or put in large casserole and spread with breadcrumbs and grated cheese. Bake in medium oven, 30-45 minutes.



Cranberry-Glazed Ham Slices (1942)

(2016-019)

2 slices of ham, 1 inch thick	½ cup light corn syrup
397g can cranberry sauce	2 tbsp whole cloves

Cut fat several places around edge of ham slices; place one slice in greased baking dish. Cover with mixture of cranberry sauce and corn syrup. Top with second slice and cover with remaining cranberry mixture. Stick whole cloves in fat around edge. Bake uncovered in moderate oven (325°), 1 ½ hours. Baste occasionally. Serves 6.

Barbecued Spareribs (1950)

(2007-158)

¼ cup vinegar	3 tbsp Worcestershire sauce
2 tbsp brown sugar	1 tsp mustard
1 cup ketchup	½ cup diced celery
1½ cup water	2 tsp salt

To serve a group of 4 or 5, 2.25kg of ribs are sufficient. Have ribs cut in small pieces. Brown in small amount of fat. Add 1 medium onion, finely chopped and brown well. Add to spareribs, cover and cook slowly or bake in a moderate oven, 350°, for 1.5 hours or until tender.

Ham Loaf (1963)

(2026-002)

2 cups cooked ground ham	1 egg, slightly beaten
1 cup soft breadcrumbs	1 cup milk
1 cup carrot, grated	2 tbsp ketchup

Combine all ingredients, put in greased loaf pan. Bake at 375° for 40 to 50 minutes.

Ham and Spinach Quiche (1997)

(2023-017)

1 unbaked 9" pie shell	2 tbsp chopped pimento
3 cup fresh chopped spinach	2 eggs, beaten
1 can mushroom soup	¼ cup flour
2 tsp prepared mustard	¼ tsp garlic powder
1 cup shredded cheddar cheese	2 cups chopped ham

Prick bottom and sides of pastry shell with a fork. Bake at 450 for 10 minutes. Remove from oven, reduce temperature to 350. In a bowl mix spinach, eggs, undiluted soup, flour, mustard and garlic powder until well combined. Spread ham in baked pie shell, pour spinach mixture over. Bake uncovered at 350 for 50 minutes. Mix cheese and pimento and sprinkle on pie and return to oven until cheese melts. Let stand 5 minutes before serving. Serves 6.

Egg and Bacon Souffle (1942)

(2016-019)

¼ cup diced bacon	½ teaspoon salt
3 slices bread	¼ teaspoon dry mustard
3 slightly beaten eggs	¼ teaspoon paprika
1 cup milk	

Fry bacon until light brown. Brush bread with bacon drippings; cut slices in pieces to fit deep casserole; arrange in layers, sprinkling each with bacon. Combine eggs, milk, and seasonings; pour over bread. Bake in moderate oven (350°) until puffy and mixture doesn't adhere to inserted knife, about 45 minutes. Serves 4.



Egg Fritters A La Milanaise (1936)

(2007-054)

4 hard-boiled eggs	1 small shallot, chopped and fried in butter
1 tbsp butter	lemon juice
1 tbsp flour	salt
¼ cup milk	pepper
1 tbsp fine-chopped ham or tongue	egg and breadcrumbs
1 tsp finely chopped parsley	frying fat and parsley

Halve the eggs lengthwise and remove the yolks, melt the butter in a stewpan, stir in the flour, add the milk, boil gently for a few minutes. Add the chopped ham or tongue, parsley, shallot, yolks of the hard-boiled eggs, a little lemon juice and seasoning to taste. Fill the cavities of the whites of eggs with the preparation, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well and serve garnished with crisply fried parsley.

Time: about 30 minutes. Sufficient for 4 persons.

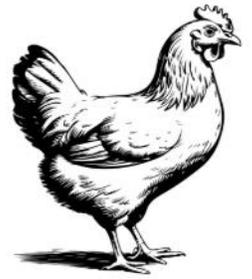
Tomato Pork Chops (1952)

(2026-001)

1 20 oz can tomato juice	1 large onion
6 medium pork chops	

Brown chops in large frying pan with cover. Slice onions over top. Turn heat to simmer and add tomato juice or tomatoes. Cover and simmer for an hour. Water may be added if it becomes too dry. Remove chops and thicken rest for gravy.

MAINS – POULTRY



Canada Day Chicken

Saanich Resident

2 lb chicken	2 tsp oregano
$\frac{3}{4}$ cup buttermilk	2 tsp basil
2 tbsp oil	2 tsp thyme
2 tbsp Dijon	2 tsp rosemary
2 cloves chopped garlic	Salt and pepper

Mix ingredients and then marinate for 4-24 hours. Barbeque until the chicken is cooked.

Chicken with Rice, Stewed (1936)

(2007-054)

cold remains of a chicken	salt
3 or 4 tbsp white sauce	pepper
1 cupful of cooked rice	white stock

Cut the remains of the chicken from bones and then into large dice shapes. Put this into a chafing dish with the white sauce and the cooked rice. Moisten further with a little white stock, cover the dish and let it simmer gently for about 25 minutes, stirring occasionally. Serve hot.

Time: about 25 minutes. Sufficient for 2 or 3 persons.

White sauce is also known as a béchamel – a roux made from equal parts butter and flour. A white stock, also referenced in this recipe, is made from roasting poultry or fish bones with a mirepoix and some herbs. Unlike a brown stock, white stocks add richness but impart less flavour! There's a white stock recipe in the soups section of this book!



Cornish Game Hen Pie (1936)

(2007-054)

3 Cornish Game Hens	1 cup pint stock
340g rump steak	salt and pepper
226g butter or good dripping	paste

This original recipe called for rooks, a bird similar to crows. A 'rook shot' was a local festival that took place in rural England, where hunters shot down rooks (often viewed as pests). The youngest of the birds were used to make the delicacy 'rook and rabbit pie'. Older rooks were considered too tough and gamey to be edible.

Draw the bird in the usual manner, and split the birds down the breast. Arrange them in a deep pie-dish, cover each breast with thin strips of steak, season well with salt and pepper, intersperse small pieces of butter or dripping, and add as much stock as will three-quarter fill the dish. Cover with paste and bake from 1 ½ to 2 hours, for the first ½ hour in a hot oven to make the paste rise, and afterwards more slowly to allow the birds etc. to become thoroughly cooked. When the pie is three-quarters baked, brush it over with yolk of egg to glaze the crust, and, before serving, pour in, through the hole on the top, the remainder of the stock.

Time: To Bake, from 1 ½ to 2 hours. Sufficient 5 or 6 persons.

Directions for Roasting Turkey and Goose (1939)

(2020-015)

After the bird has been dressed and trussed, rub the entire surface with salt and pepper and dredge lightly with flour. Place some slices of bacon and turkey fat over the breast and high part of the thighs and put some basting in the pan. Tuck a heavy sheet of greased brown paper around the bird. Bake in a 450° oven (use no top heat) for 30 minutes; then reduce the temperature to 325°-350°. Allow 18 to 20 minutes per pound. Sausages are often cooked in the pan with the turkey during the last 30 minutes of the roasting.

For The Goose: Place thin slices of fat salt pork over the breast and cover with a sheet of greased brown paper and follow the same times and temperatures as above. Since domestic goose is very rich in fat – no extra basting need be added. Sausages are not served with the goose.



Fowl, Fried, With Peas (1936)

(2007-054)

Remains of roasted fowl	1 cup stock
4 tbsp clarified dripping	2 cup shelled peas
2 tbsp flour	salt and pepper

Divide the fowl into pieces convenient for serving, and boil the bones and trimmings down for stock. Fry the fowl in hot dripping until well browned, then remove and keep it hot, and sprinkle in the flour. Brown slightly, add the stock, stir until boiling and season to taste. Replace the fowl, cover closely, draw the stewpan aside where the contents will keep hot without cooking, and let it remain for about ½ an hour. Meanwhile, boil and drain the peas, and season them with pepper. Serve the fowl arranged in a circle on a hot dish with the sauce strained over and the peas piled in the centre, or, if preferred, serve the peas separately. ***Time: about one hour.***

Grilled Honey Spiced Chicken (1997)

(2023-017)

¼ cup white wine	Worcestershire sauce
¼ cup orange juice	¼ cup honey
3 lb frying chicken, cut up	

In a small jar with tight fitting lid, combine all sauce ingredients. Shake to blend; set aside. Prepare charcoal fire for grilling. In 12x8: dish, arrange chicken pieces in single layer with thickest portions to outside edge of dish. Baste with sauce. Cover with microwave-safe plastic wrap. Microwave for 12-15 minutes or until edges of chicken begin to cook, rotating dish once halfway through cooking. Immediately place chicken pieces on grill. Cook 13-18 minutes or until juices run clear, brushing sauce on chicken pieces frequently and turning once. To serve, heat remaining sauce and serve as side dish to the chicken.



Subgum Chow Mein (1952)

(2026-001)

2 cups shredded cooked chicken	½ cup sliced mushrooms	2 cup chicken stock
⅓ cup oil	1 medium green pepper, diced ½	3 tbsp soy sauce
1 clove garlic, minced	cup thinly sliced green beans	2 tbsp cornstarch
1 cup diced water chestnuts	6 scallions	½ toasted almonds
1 cup diced bamboo shoots	1 tbsp salt	1 pkg Chinese noodles
1 ½ cup sliced Chinese cabbage	½ tsp pepper	1 ½ tsp sugar

Heat oil in saucepan. Add vegetables, salt, pepper and sugar. Add stock and mix well. Cover and bring to a boil; stir thoroughly. Cover again and boil for 10 minutes. Combine soy sauce, 4 tbsp of water and cornstarch. Add to hot vegetable mixture and cook (stirring thoroughly) until thickened. Add chicken and cook 5 minutes longer. Serve with noodles and sprinkle each serving with almonds. Serves 4. Shrimp, beef or pork may be used instead of chicken.

Sweet and Sour Pineapple Chicken (1963)

(2026-002)

2 ½ cups cooked chicken, diced	1 cup vinegar	Dash of garlic powder
1 cup water	1 can pineapple cubes or tidbits	1 green pepper, sliced
1 cup prepared pancake mix	½ tsp Ac'cent	½ cup cabbage, shredded
Dash of garlic powder	½ cup sugar	4 tbsp cornstarch
1 cup water (again)	1 ½ cup tomato juice	Salt and pepper to taste

Combine water and pancake mix and stir just enough to blend. Add garlic powder and let stand, covered, in refrigerator about 1 hour. Dip pieces of chicken into batter. Drain a few seconds and then fry in shallow hot fat until golden brown, about 5 minutes. Serve with the following Sweet and Sour Sauce and cooked rice. Yields 5 to 6 servings. For the sauce – combine water, syrup drained off pineapple (adding water if necessary to measure 1 cup) and vinegar. Bring to boil, add pineapple pieces and all but ½ cup to tomato juice. Mix together remaining ½ cup tomato juice, ac'cent, cornstarch and garlic powder. Add gradually to hot liquid, stirring constantly, until thickened. Stir in sugar, then add cabbage and green pepper. Cook until cabbage becomes slightly transparent but not long enough for green pepper to become soft. If sauce becomes too thick, thin with a little water.

Ac'cent is just a name brand for
MSG!



MAINS – SOUP



Brown Soup (1936)

(2007-054)

907g tinned mutton	1 small carrot, sliced	2 tbsp butter
8 cups boiling water	½ small turnip, sliced	2 tbsp flour
1 medium sized onion, sliced	bouquet-garni (parsley, thyme, bay leaf)	salt and pepper

Turn the meat out of the tin into 4 cups of boiling water, let it remain until quite cold, and remove the fat. Empty the contents of the basin into a stewpan, add other 4 cups of boiling water, boil up and put in the vegetables, herbs, add a little salt and pepper. Cook gently for about 1 hour and pass the whole through a fine wire sieve. Heat the butter, add the flour, cook gently and stir occasionally until a good brown colour is obtained, then replace the puree and liquor. Boil up, season to taste, and serve. Beef essence, sherry, ketchup and many other things may be added to enrich the soup and improve its flavour. ***Time: about 2 hours after the fat has been removed. Sufficient for 5 or 6 persons.***

Cock-A-Leekie Soup (1997)

(2023-017)

2-3 lbs boiling chicken	4-6 prunes, soaked overnight, halved
6 leeks, chopped	5 cups water
2 oz rice	2 onions, chopped
Sprig of thyme	1 bay leaf
1 tbsp chopped parsley	Salt and pepper to taste

Place chicken, bay leaf, thyme, parsley, salt and pepper in large pan and cover with water. Bring to the boil and then lower heat and simmer very gently for 2 hours, skimming with a slotted spoon from time to time. Add leeks, onions, rice and more water, if necessary, to cover the chicken and continue to simmer uncovered for another hour or until the chicken and vegetables are tender. The prunes should be added about 30 minutes before the end of cooking time. To serve, remove the chicken and discard the giblets and bay leaf. Skim the broth and adjust the seasonings, if necessary. The chicken can be carved and some of the meat returned to the soup and reheated before serving time or eaten separately as a main course.

The prunes were originally added to sweeten the broth if the leeks were old and bitter. They were removed just before serving. Nowadays, they are added by choice.

Milchbrot Suppe (Milkbread Soup) (1936)

(2007-054)

2 or 3 stale milk rolls	nutmeg
8 cups stock	salt and pepper
2 eggs	

Grate the crusts of the rolls into a stewpan, pour in the boiling stock and let it simmer for about 15 minutes, stirring frequently. Beat the eggs until light, stir them into the soup, add nutmeg, salt and pepper to taste, and whisk by the side of the fire until the soup thickens, but do not allow it to boil after adding the eggs. Time: about ½ an hour. Sufficient for 5 or 6 persons.

Mock Turtle Soup (1936)

(2007-054)

113g cow's feet	bouquet-garni (parsley, basil, marjoram, thyme, bay leaf)	2 tsp of lemon juice
12 cups water	6 peppercorns	115g lean beef
1 onion	2 cloves	115g lean veal
1 carrot	1 blade of mace	the white and shell of 1 egg
½ turnip	1 glass of sherry	salt
½ strip of celery		

Soak the feet for about 24 hours in salt and water, changing it frequently. Then tie the meat in a thin cloth and break the bones into small pieces; put them into a stewpan, cover with cold water, add a dessertspoonful of salt, let it boil up, strain and wash the feet in cold water. Return the meat and bones to the stewpan, put in the stock and a teaspoonful of salt, boil up, and skim well. Now add the prepared vegetables, herbs, peppercorns, cloves and mace, and when boiling, remove the scum, put on the cover and cook slowly for about 2½ hours, according to the amount of feet. Strain, put the meat aside, and when the stock is cold, remove the fat and clarify with the coarsely chopped beef and veal, and white of egg. Return to the saucepan, with the sherry, if used, the lemon juice, and a little of the meat, cut into small pieces. Add necessary seasoning, boil up and serve. This recipe may be thickened by adding about a dessertspoonful of arrowroot when a thicker soup is required. Time: To prepare the stock, from 3 to 3 ½ hours. To clarify and reheat, 40 to 60 minutes. Sufficient for 6 persons.



Salmon Chowder (1963)

(2026-002)

½ cup onion, sliced

3 tbsp butter

2 cup potato, diced

2 cup celery, diced

½ cup carrot, diced

2/4 tsp salt

¼ tsp pepper

4 cups water

1 lb canned salmon

4 cups milk

Sauté onion in butter until transparent. Add vegetables, salt, pepper and water. Simmer 20 minutes. Add flaked salmon and milk and heat until steaming. Serves 6.

White Stock (1942)

(2016-019)

1.8kg veal knuckle

12 cups cold water

2 stalks celery and leaves

1 onion

1 carrot, slice

2 springs parsley

2 cloves garlic

½ bay leaf

8 whole black peppers

1 tbsp salt

Beef shank, pork shank, and oxtail can all be used to substitute for veal knuckles!

Have knuckle cut in several pieces. Combine all ingredients. Cook slowly 5 hours; strain. White stock is more delicate than brown stock. After being clarified, it is often used in making cream soups. Makes 8 cups of stock.



Lorna Grace Aitkens washing camping dishes at Cordova Bay beach, 1926. (2015-031-019)



MAINS – VEGETARIAN



BC Lentil Gardner's Pie

Andrew Gardner

6 medium potatoes, russets or other, peeled and cubed	150g carrots, diced	2 tbsp tomato paste
½ cup unsweetened, unflavoured plant-based milk	2 tbsp vegetarian Worcestershire sauce	1 tbsp olive oil
1 tbsp unsalted non-dairy butter	½ cup vegetable broth	½ cup frozen green peas
½ cup beluga lentils, rinsed	2 tbsp chopped garden herbs	½ cup frozen yellow corn
1 medium white or yellow onion, chopped	3 garlic cloves, minced	salt

Preheat oven to 375° F. Boil lentils in salted water about 20 minutes, or until softened but still firm; time depends on size of lentils. Drain and set aside. Boil the potatoes in salted water for about 10 minutes, or until fork-tender. Drain, reserving 1 c of the water. Mash the potatoes with non-dairy butter and milk, plus the potato water. Add only enough liquid for a smooth yogurt-like consistency, easy to dollop with a spoon. Fry onion and garlic in large pan on medium heat, stirring, until onion is translucent, about 5-10 minutes. Add carrots and cook another 5 minutes, stirring. Add lentils and fresh herbs. Cook another 5 minutes, stirring. Add tomato paste, Worcester, vegetable broth. Cook another 10 minutes, stirring, until liquid is reduced and filling has the consistency of a thick stew. Add salt to taste. Stir in frozen vegetables, then transfer filling to casserole dish. Lightly dollop mashed potato on top of filling so it doesn't sink to the bottom. Spread potato to completely cover the filling. Use a fork to texture the top of the mashed potato. Be creative if you like! The idea is to create some peaks that will brown when baked. Bake uncovered at 375° for 45-60 minutes - until your desired level of browning on top. Let cool, slice and serve!

Notes from Andrew: A more traditional meat version of this dish was my favourite comfort food as a child. Since I've become vegetarian in adulthood, it was simple to adapt it using lentils, keeping the comfort, and making it very nutritious.

Mushroom Roll-Ups (1952)

(2026-001)

20 slices bread, thin	2 tsp Worcestershire sauce
1 can cream of mushroom soup (undiluted)	3 tbsp butter
1 tbsp onion, minced	

Trim crusts from fresh bread. With rolling pin, roll very thin. Mix soup with onion and sauce; spread mixture on each slice. Roll each slice jelly roll fashion. Place steam-side down on cookie sheet close together and brush with melted butter. Toast under broiler until golden brown.

Tomatoes, Stuffed, With Mushrooms (1936)

(2007-054)

6 medium-sized tomatoes	6 croutons of fried or toasted bread
2 tbsp of finely chopped mushrooms	browned breadcrumbs
1 tbsp of breadcrumbs	2 tbsp butter
¼ teaspoon of finely chopped parsley	salt and pepper
1 small onion, finely chopped	

Remove the stalks of the tomatoes and scoop out a little of the pulp. Melt the butter in a small stewpan, add to it all the ingredients except the browned breadcrumbs, and stir over the time until thoroughly mixed. Fill the tomatoes with the preparation, sprinkle on a few browned breadcrumbs, bake in a moderate oven for about 10 or 17 minutes, and serve on the croutons.

Time: About 30 minutes. Sufficient for 5 or 6 persons.

Rice and Tomatoes (1936)

(2007-054)

½ cup rice

4 tbsp butter

1 tbsp grated cheese

3 small firm tomatoes

1 onion stuck with a clove

2 finely chopped shallots

bouquet-garni (parsley, thyme, bay leaf)

½ cup stock

1 cup tomato sauce

mace

salt and pepper

cayenne

‘Stuck with a clove’ is exactly what it says on the tin! Insert whole cloves into the onion. The recipe does not say how many.

Pick, wash, and blanch the rice in salted water. Drain well, replace in the stewpan with the onion, bouquet-garni, stock and tomato sauce, and cook gently until tender, adding more sauce or stock, if necessary, to prevent the rice becoming too dry. Fry the shallots in 1 tbsp of butter until brown, then add both to the contents of the stewpan. Remove the onion and bouquet-garni, season to taste with salt, pepper, cayenne, and mace, and stir in the cheese. Meanwhile, the tomatoes should have been thinly sliced and fried in the remaining 2 tbsp of butter, now pile the rice on a hot dish; garnish with the tomatoes and serve hot.

Time: about 1 ¼ hours. Sufficient for 3 or 4 persons.

Succotash (1936)

(2007-054)

Lima beans: for 2 cups of beans, allow 4 cups

of green corn

butter

sugar

salt and pepper

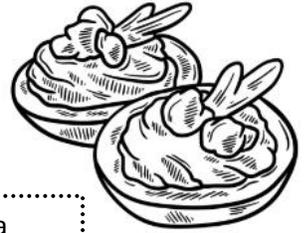
a little cream

Cut the corn from the cob and shell the beans, put them into separate vessels of slightly salted boiling water, cook until tender, and drain well. Mix them together, put them into a stewpan with a lump of butter and a little cream, add good pinch of sugar, and a seasoning of pepper, and shake gently over the fire until thoroughly hot. In winter, when the vegetables are dry and hard, soak both corns and beans for at least 12 hours, then proceed as directed above.

Time: about ½ an hour. Seasonable from July to September. Sufficient for 7 or 8 persons.



SIDES



Asturian Slow-Cooked Paprika Potatoes

Glenn J.

5 lbs yellow potatoes, cubed with skins on
1 small onion, chopped
½ cup extra-virgin olive oil
1 tbsp paprika
1 tbsp smoked paprika
1 tsp salt

This recipe comes from a decade-long journey to recreate a dish found in a small village in the heart of northwestern Spain!

½ tsp turmeric
½ tsp red pepper flakes
1 tsp harissa paste (omit for a milder taste)
3 cloves garlic, crushed
½ cups water

Combine all ingredients in a large mixing bowl, in batches if necessary. Add to slow-cooker on medium to high heat and cook for six hours, or until potatoes are extremely tender, stirring hourly.

Carciofo Alla Milanese (Artichokes with Cheese) (1936)

(2007-054)

Globe artichokes
parmesan cheese

butter

Remove the stalks and the hard leaves, place the artichokes in slightly salted boiling water, boil gently until half cooked and drain them well. Arrange them in a single layer in a fireproof baking dish, pour over them some oiled butter, sprinkle liberally with grated cheese and cover closely. Cook gently in oven, then serve with oiled butter or suitable sauce.

Time: about 1 hour. Seasonable from January to April. Sufficient, allow 1 to each person.

Fried Onion Rings in Beer Batter (1997)

(2023-017)

2 lbs onion

1 ½ cups beer

Ice water

¼ cup chopped fresh parsley

Flour

1 tsp salt

Oil

1 tsp vegetable oil

1 ½ cups flour

Peel onions and cut into ¼ " slices; soak in ice water for 1 hour. Combine flour and salt. Stir in beer, oil, parsley. Beat until smooth. Let stand for about 1 hour. Drain onion rings; dry on paper towels, coat with flour. In large skillet or deep fryer, heat about 3" oil to 375. Batter onions to coat completely. Fry in oil for about 3 minutes or until lightly browned, turning once or twice. Drain on paper towels. Arrange in napkin lined basket and serve. Makes about 8 servings.

Harvard Beets (1956)

(2016-026)

½ cup sugar

1 ½ tbsp cornstarch

½ cup vinegar

1 cup water with a little salt

Cook for 5 minutes. One dozen medium beets cooked and diced. Cover with above sauce and cook over stove fire ¾ hour.



Dorothy Poulton and Mileva Todd having a picnic on the beach, 1910s. (2007-051-016)



Potato Skins (1997)

(2023-017)

Baked potatoes, cooled

Melted butter or margarine

Shredded Cheese

Bacon bits

Cut each potato into 1" strips. Scoop out pulp, leaving a ¼ " thick shell. Brush both sides with melted butter and bake at 350 for 10-12 minutes. Sprinkle with cheese and bacon bits, return to oven until cheese melts.

Yorkshire Puddings (1956)

(2016-026)

5 tbsp flour

½ cup water

pinch salt

2 tsp baking powder

½ cup milk

1 egg

Mix and beat with fork. Melt about ½ tsp fat in each individual muffin tin, add batter and bake ½ hour in hot oven.



Evelyn Wenman serving tea outside St. Michael's University School, 1948. (2019-016-444)



DESSERT – CANDY



Barley Sugar Candy (1936)

(2007-054)

2 cups sugar syrup

5 drops of essence of lemon

1 teaspoon of lemon juice

saffron-yellow

Boil prepared syrup to 312°, add the lemon-juice and lemon essence, and re-boil until it acquires a little colour. Add a few drops of saffron-yellow and pour on to an oiled slab. When cool, cut into strips about 6 inches long and 1 inch wide, and twist them. Keep in air-tight tins.

Chocolates (1952)

(2026-001)

Part one:

3 lb icing sugar

8 tsp butter

2 tsp syrup, vanilla or other flavouring

Part two:

1 bar semi-sweet chocolate

½ bar parowax

Parowax is a brand name for paraffin wax, which is traditionally used for sealing homemade jams, as well as coating chocolates to add a glossy finish!

To the first part of recipe, add enough cream to make stiff paste. Roll in small balls. Divide into fourth and use different flavouring and colouring. Shape into small balls, squares, oblongs, etc. Let set for 1 to 1 ½ hours. To part two, melt chocolate and parowax together. Remove from fire and dip balls, squares etc., into chocolate mixture. A toothpick stuck in the end of the balls works well for dipping. Remove toothpicks immediately after dipping.

Fruit Leather (1997)

(2023-017)

16 cups pitted apricots of peaches

honey

1 ½ cup pineapple (or other) juice

Measure into pot, cover and cook slowly over low heat until tender. Drain. Put fruit through blender. Add honey a spoonful at a time until desired sweetness is reached. Spread about ¼ " thick on lightly greased cookie sheet. Dry in oven at 120° until leather is still enough to lift off cookie sheet. Place on racks in warm, dry place to finish drying – about 2 hours. Sift cornstarch

Fruit treated with ascorbic acid (like that from pineapple juice) lasts for about 8 months.



Opera Roll (1963)

(2026-002)

2 cups chopped dates	1 cup milk
2 cup chopped walnuts	1 tbsp butter
2 cup shredded coconut	1 tsp vanilla
2 cup white sugar	

Mix sugar, butter and milk in a saucepan. Let the sugar dissolve, then bring to a gentle boil and cook till it forms a soft ball in cold water. Add the dates and a pinch of salt, boil to the hard-boil stage and add vanilla. Rinse out a platter in cold water, sprinkle it with the chopped nuts. Beat the cooked mixture till it will form a roll, pour onto the platter, knead in the nuts, and shape into a roll. Sprinkle a cloth with the coconut, roll the date mixture in it, and roll up in the cloth overnight to cool. Slice.

Pink Mint Taffy (1942)

(2016-019)

2 cups sugar	red food colouring
½ cup light corn syrup	¼ tsp oil of peppermint
⅔ cup water	

Combine sugar, corn syrup, and water; stir over low heat until sugar dissolves. Add colouring; cook without stirring to very hard-ball stage (265°); add oil of peppermint. Pour into greased shallow pan. When cool enough to handle, pull until light; cool and break in pieces. Or pull in thin rope and wind around skewers until set.



DESSERT – ICE CREAM



Coffee Ice Cream (1936)

(2007-054)

3 tbsp freshly roasted and ground coffee 2 cups custard
6 tbsp castor sugar ½ cup cream

Pour boiling water over the coffee, infuse for about ½ an hour, then strain, add the sugar, and let it cool. Make the custard according to the recipe, stir in the coffee; when cool, add the whipped cream, and freeze.

Time: About 30 minutes. Sufficient for 7 or 8 months.

Junket Ice Cream (1950)

(2020-015)

1 junket tablet ½ cup sugar
2 cups table cream 1¼ tsp vanilla

Junket tablets are small tablets that contain rennet, an enzyme used to curdle milk!

Dissolve junket in 1 tbsp cold water. Mix cream, sugar, vanilla and heat just to lukewarm. Remove from heat, add dissolved junket and stir a few seconds. Pour immediately into refrigerator tray and do not disturb until it sets. Place on refrigerator shelf to chill for ½ hour before freezing. Freeze until firm, beat thoroughly, then finish freezing. Makes 4 servings.

Lemon Sherbet (1950)

(2020-015)

½ cup lemon juice (about four lemons) 4 cups whole milk
1 cup sugar 1 tsp grated lemon rind

Heat milk till sugar is dissolved, then chill. Add lemon juice and rind. The milk will curdle but this does not affect the finished product. Freeze till firm, then turn into chilled bowl and beat till smooth. Repeat twice. Makes 6-8 servings.



DESSERT – NO BAKES



Bran Fruit Squares (1997)

(2023-017)

3 cups bran flakes

1 ½ cup chopped raisins

¾ cup chopped dtes

¾ cup chopped dried figs

1 cup chopped walnuts

¾ cup sweetened condensed milk

1 tbsp honey

1 tbsp lemon juice

Combine all above. Press into 9" square pan and chill 1 hour, cut into small squares or roll into balls. Place on platter and dry several hours. Wrap in wax paper.

Chocolate Fudge (1950)

(2007-158)

¾ cup evaporated milk

½ tsp salt

1 ½ cup sugar

The original recipe ends there!
Presumably let the fudge cool in
the fridge until set.

Mix in a pan over low heat. Heat to boiling then cook 5 minutes, stirring constantly. Add:

2 cup marshmallow

1 pkg semi-sweet chocolate

½ cup chopped nuts

Stir until marshmallows melt. Pour into 9x9 inch pan buttered.

Coconut Ice (1956)

(2016-026)

Place 2 cups sugar and ¾ cup milk in saucepan and allow to come to slow boil, stirring. Boil 5 minutes, add 1 cup coconut and boil again slowly, stirring, for 10 minutes. Remove from heat. Beat until creamy and pour into greased dish. Make same quantity again, tinting second lot pink. Pour over top of first mixture and allow to set.

The original recipe doesn't say
what kind of coconut, but
shredded coconut is likely best!



Coffee Marlow

Saanich Resident

24 marshmallows

1 cup whipping cream

1 TBSP instant coffee

1 bar of milk or dark chocolate

1 cup boiling water

Cut up marshmallows and put into saucepan. Dissolve instant coffee in the boiling water, and pour over marshmallows. Stir until melted, then take off heat and cool. Whip cream and fold into cooled marshmallow mixture. The texture of this dessert will be like a mousse. Pile into pretty bowl or dessert glasses and chill before serving. Make chocolate curls by scraping a vegetable peeler over the bar of chocolate. Add chocolate curls to top of dessert for garnish.

Serves 4-6

Grandma's Squares

Erynn S.

Pro Tip: For extra gooey squares – use 4 cups mini marshmallows instead of 5 cups.

¼ cup butter

1 bag butterscotch chips

1 cup peanut butter

4-5 cups rainbow marshmallows

Melt together the butter, peanut butter, and butterscotch chips over low heat in a saucepan - slowly so it melts into a smooth and creamy sauce without any lumps. Alternatively, melt them together in the microwave on medium power for 45-second intervals, stirring between each interval. Remove from the heat and allow the mixture to cool - this is absolutely necessary, otherwise, if you mix in the marshmallows while the peanut butter is still hot, you'll melt the marshmallows and end up with a big sticky mess. After the marshmallows are stirred in, the batter is spooned into our prepared pan, chill in the fridge to let the bars harden.

Erynn's grandmother had a recipe that she'd make for treats for Easter and Christmas. She was around 16 that it was a popular item that other families also made!



Lime Jello Salad (1997)

(2023-017)

1 3oz lime jello

1 package prepared Dream Whip

14 oz can crushed pineapple, drained

½ cup chopped walnuts

4 oz package cream cheese, cubed

1 cup boiling water

Dissolve jello in boiling water. Add pineapple and let partially set, probably $\frac{3}{4}$ of an hour. Add softened cream cheese and mix with blender until smooth. Add prepared Dream Whip and nuts. Pour into a serving bowl, garnish with chopped walnuts and chill for several hours before serving.

Lumberman's Candy (1950)

(2007-158)

2 cups white sugar

1 cup cream

3 tbsp cocoa

⅓ cup butter

Put above in saucepan and cook until it forms a far ball in cold water. Mix 1 cup flour and 1 cup raisins; add quickly to cocoa mixture after it has been removed from stove. Stir quickly and quickly put into greased 9x12 cake pan. Cut into squares when set.



Fred Wright and Leslie G. Underwood eating watermelon on slide, 1943. (2018-011-022)



Marshmallows (1997)

(2023-017)

2 envelopes Knox gelatin

2 cups white sugar

1 tsp vanilla

1½ cups water

Pinch of salt

Soak gelatin in ½ the water for 5 minutes. Boil sugar, salt and rest of water until mixture forms threads when dropped from a spoon. Add gelatin and vanilla to mixture and let cool slightly. Beat until thick and white. Pour into pans well covered with powdered sugar. Cut into squares when set and roll in icing sugar or toasted coconut.

Raspberry Fluff (1978)

(2017-022)

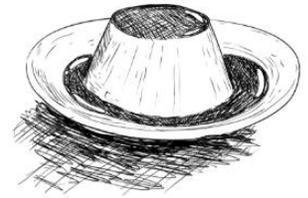
In medium bowl, with potato masher, crush two 238g packages frozen sweetened raspberries, thawed. In large bowl with mixer at high speed, beat 4 egg whites and ⅛ tsp cream of tartar until stiff peaks form. Fold raspberries and their syrup into beaten whites. Spoon into parfait glasses. Serve at once. Makes 6 servings.



Celebration of Elk-Beaver Lake Park transfer, 1967. (1981-021-008f)



DESSERT – PUDDING _____



Apple Charlotte (1997)

(2023-017)

Butter a pudding dish, put in a layer of breadcrumbs and a few pieces of butter and a sprinkling of ground cinnamon. Then put a layer of cut apples with sugar enough to sweeten them; then another layer of breadcrumbs, butter and cinnamon; then more apples and sugar, finishing with breadcrumbs, butter and cinnamon. Bake in a very moderate oven for an hour and a half. When ready, turn it out.

Canary Pudding (1936)

(2007-054)

8 tbsp flour	2 eggs
6 tbsp sugar	1 tsp baking powder
4 tbsp butter	Milk

Cream the butter and sugar together until thick and smooth and add each egg separately. Beat well, then stir in the flour and baking powder as lightly as possible and add milk gradually until the mixture drops readily from the spoon. Pour into a well-greased mould, steam for 1 hour, and serve with jam or custard sauce. ***Time: about 1 ¼ hours. Sufficient for 5 or 6 puddings.***

Carrageen Blancmange (1936)

(2007-054)

113g carrageen (Irish sea-moss)	¼ tsp salt
sugar to taste	4 cups milk
vanilla essence to taste	

The original recipe measured the carrageen in a teacupful! This is about 4 fluid ounces – or 113g.

Pick and wash the moss, let it lie in cold water for about 15 minutes, then drain well and tie it loosely in coarse net or muslin. Put it into a double saucepan with the milk and salt, cook until the milk will jelly when a little is poured on a cold plate, and sweeten to taste. Strain, add vanilla essence to taste, and pour the preparation into small moulds previously rinsed with cold water. Time: about 1 hour.

Carrageen (or carrageenan) is a natural, seaweed-derived thickening agent, often used in desserts like puddings, custards, and jellies to create a smooth, creamy texture. It is a traditional Irish, plant-based alternative to gelatin, frequently used to stabilize dairy



Drumlanrig Pudding (1956) ***(2016-026)***

Drumlanrig is a settlement in Scotland, best known for the nearby Drumlanrig Castle!

Stew rhubarb with plenty of water and sugar. Put into pudding bowl a layer of bread, then pour on the hot rhubarb, then a layer of bread, then rhubarb, till the dish is full. Put a place on top and leave overnight in a cool place. This served cold with sugar and cream on a hot summer day is delicious, or with a custard poured over. Raspberries or any other fruit may be treated in the same way.

Lemon Mist Pudding

Diane Crowther

¼ cup sugar

1 egg yolk, beaten

2 tbsp cornstarch

Juice of ½ lemon

¼ tsp salt

1 egg white

¾ cup boiling water

3 tbsp sugar

This recipe is from Diane's Grade 8 Home Economics class at Royal Oak Junior Secondary school in 1966!

Mix together ¼ cup sugar, cornstarch and salt in top of double boiler. Add boiling water, stirring until blended. Cook until thick, stirring often. Cover and cook another 3-5 minutes.

Mix a little of the hot mixture into the beaten egg yolk; return to saucepan and mix well. Cook one minute longer. Stir in lemon juice. In a small mixing bowl, beat the egg white until soft peaks form. While slowly adding 3 Tbsp sugar, continue beating until stiff peaks form. Fold lemon sauce into meringue. Pile into sherbet dishes. Optional: garnish with a twist of lemon zest.

Make Your Own Pudding Mix (1997)

(2023-017)

2 ½ cup nonfat milk powder

1 tsp salt

1 ½ cup sugar

1 ¼ cup all purpose flour

Mix all ingredients thoroughly and store in covered container. Use of a double boiler is recommended to prevent gumminess in pudding. If not using a double boiler, keep heat on medium setting and stir often. Flavour as desired.



Spicy Apple Pudding (1963)

(2026-002)

1 cup sugar	1 tsp baking soda	4 tbsp lard
1 tsp salt	1 tsp cinnamon	1 egg
1 cup flour	½ tsp cloves	3 cup apples

Sift dry ingredients. Add melted lard and eggs, then mix in the chopped apples. Bake 45 minutes at 325°. Serve with whipped cream or a lemon sauce.

Steamed Christmas Pudding (1952)

(2026-001)

1 cup suet	1 cup currants	1 cup bread flour
1 cup brown sugar	1 egg	½ tsp cinnamon
1 cup grated raw carrots	1 tsp salt	½ tsp cloves
1 cup grated raw potatoes	1 tsp soda	½ tsp nutmeg
1 cup raisins	Juice of 1 lemon	2 tbsp sour milk

Combine all ingredients and steam 3 hours or more, making sure it does not stop boiling. Can be made early and re-steamed when required. Top with a vanilla sauce made from 1 cup brown sugar, 2 cups water, 1 tsp vanilla, thickened to desired consistency with cornstarch.

Yuletide Pudding

Saanich Resident

½ cup chopped apples	¼ tsp salt	½ cup margarine
½ cup raisins	1 tbsp cream	¾ cup sugar
1 cup flour	½ tsp cinnamon	1 egg, beaten
¾ tsp baking soda	¼ tsp nutmeg	

Mix apples and raisins, and put aside. Sift together flour, baking soda and salt. Cream the margarine, sugar and spices until fluffy. Add egg and cream. Mix well. Stir in the apple mixture. Stir in dry ingredients. Spread on a greased 8" square pan. Bake at 350° for 30-40 minutes until done. Serve warm with a foamy custard sauce.



BAKING – BREAD AND SWEET LOAFS



Coffee Ring (1942)

(2016-019)

1½ cups flour	1 beaten egg
½ teaspoon salt	1 teaspoon vanilla extract
3 tsp baking powder	2 tablespoons melted butter
¼ cup brown or granulated sugar	½ cup seedless raisins
¼ cup shortening	¼ cup chopped California walnut meats
½ cup milk	

Sift flour, salt and baking powder. Add sugar. Cut in shortening until mixture resembles coarse crumbs. Add milk mixed with egg and vanilla extract. Turn out on lightly floured surface; knead gently ½ minute. Roll into rectangle ½ inch thick. Cut in half lengthwise; brush with melted butter; sprinkle with raisins and nut meats. Place one strip on top of the other, buttered sides up. Twist strips together and form in ring in greased 8-inch round pan. Bake in moderately hot oven (375°) 20 to 25 minutes. Sprinkle with confectioners' sugar.

Gingerbread (1952)

(2026-001)

1 egg	2 cup all-purpose flour
½ cup granulated sugar	1 tsp baking soda
½ cup table molasses	1 tsp cinnamon
½ cup shortening	½ tsp cloves
1 cup boiling coffee	½ tsp salt
1 cup raisins	

Cream sugar and shortening. Add egg; beat well. Add molasses and coffee. Mix well. Add raisins. Sift dry ingredients all together, then add. Mix all well. Pour into greased 8: pan. Bake at 325° for about 30 minutes. Serve hot or cold.



Lemon Loaf (1978)

(2017-022)

Preheat oven to 350°

Cream ¼ cup margarine and ½ cup sugar

Add 1 egg – beat until light and fluffy

Sift together: ¾ cup flour, 1 tsp baking powder, ¼ tsp salt



*Emily (Burke)
Underwood beside
holiday meal table,
1960s. (2018-026-028)*

Add dry ingredients to creamed mixture alternately with ¼ cup milk. Pour batter into lined loaf pan. Make a depression in the centre of loaf so that loaf will rise evenly. Bake approx. 35-40 min. When baked, remove from pan and slowly pour over the top, a mixture of: 2 tbsp sugar, 1 tbsp lemon juice.

Pecan Roll (1952)

(2026-001)

1 pkg yeast

1 cup milk, scalded

1 tsp sugar

½ cup sugar

½ cup lukewarm water

2 eggs

4 tbsp butter

4 ½ cup flour

4 tbsp shortening

½ tsp salt

Dissolve the 1 teaspoon of sugar in the ½ cup of water. Sprinkle in the yeast; let rise 10 minutes. Add ½ cup sugar, butter, shortening and salt. Let cool to lukewarm. Beat eggs in large bowl; add milk mixture and yeast. Add 2 cups of flour. Beat smooth. Add remaining flour; mix well. Dough will be soft but should not be too sticky. Let rise until double. Make into desired buns. Let rise. Bake at 375°.

Original recipe as written! There are no pecans listed here.



Rugbrød is a traditional, dense and dark sourdough rye bread with its origins in Denmark! This 1978 recipe refers to it as ragbrod, but has a general idea of what it is.

Ragbrod (sweetened rye bread) (1978)

(2017-022)

2 cups milk	1 tsp each: grated orange peel, crushed fennel seed, and
2 tbsp molasses	crushed anise seed
⅓ cup honey	3 cups rye flour
1½ tsp salt	¼ cup butter or margarine, melted and cooled to lukewarm
2 pkg yeast (active dry)	5 cups all-purpose flour, unsifted
½ cup warm water	1 egg white, slightly beaten

Scald milk and pour over molasses, honey, and salt in a large bowl. Let cook to lukewarm. Soften yeast in water; combine with milk and honey mixture. Beat in orange peel, fennel, anise, and rye flour. Blend in butter. Stir in 4 ½ cups of the all-purpose flour to make a soft dough. Sprinkle the last ½ cup flour onto board; turn dough onto floured board; knead until smooth (about 5 minutes). Place in greased bowl turn dough over to grease top. Cover, let rise in warm place until doubled (about 1 ½ hours). Punch down; divide dough in half. To shape each loaf, roll each half to make a strand 28" long; fold in half, then twist one half over the other twice. Place twist on lightly greased baking sheet. Cover; let rise until almost doubled (about 45 minutes). Brush with egg white. Bake in a 350° oven for 45 minutes or until a pick inserted into the center comes out clean. Makes 2 loaves.

Sourdough Culture (1997)

(2023-017)

Take 1 cup milk, leave it in a warm place for 24 hours. Stir in 1 cup flour. Leave in a warm place until it bubbles at gets sour. For really active sourdough culture, take your mixture, cover with cheesecloth, leave outside in a warm place and let wild yeast cells floating in the air make your culture work. Store the culture in a covered glass or plastic container. Always stir it with a wooden, not metal, spoon. When you use the culture always leave at least 1 ½ cups; replace or feed it by adding 1 cup milk, 1 cup flour, and ¼ cup sugar; return to container. After feeding the culture, do not use for at least 24 hours. If you can't use your culture for a while, freeze it. To use it again, thaw then wait 24 hours or until it is bubbling well. The longer you keep and use your culture, the better it gets!



Walnut Bread (1963)

(2026-002)

2 cups flour	2 eggs
2 tsp baking powder	Pinch of salt
1 cup brown sugar	milk
1 cup chopped walnuts	

Mix all ingredients and add enough milk to make a stiff batter. Bake in a moderate oven (350) approximately 40 minutes or until done.

White Bread (1963)

(2026-002)

11 cups flour	4 tbsp shortening
2 cups hot water or milk	3 tbsp sugar
2 cups cold water or milk	1 pkg yeast
4 tsp salt	

Sift flour into bowl. Mix hot and cold liquids and take ½ cup out and put into bowl with 1 tsp sugar and yeast and let stand 15 minutes. Add sugar, salt and shortening to cold liquid. Pour yeast into liquid mixture and add to flour. Mix and knead a few minutes and return to greased bowl and let rise two hours. Then shape into 4 loaves. Roll out each loaf with rolling pin and then roll up again like jelly roll and tuck ends in, place in greased tins and let rise 2 hours. Cook in oven for 50 minutes at 375°. When you take the loaves from the oven, brush with margarine or butter.

From the original recipe: To make brown bread, just substitute 5 ½ cup of brown flour, or use half white and half brown flour.



BAKING – CAKES



Angel Sponge Cake (1997)

(2023-017)

10 – 12 yolks at room temperature	1 tsp baking powder
1 $\frac{2}{3}$ cups sifted cake flour	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ tsp salt	flavouring
1 cup sugar	

Sift flour once, measure, add baking powder, salt and sift again. Beat egg yolks until slightly thickened, add hot water gradually, beat until very light. Add flavouring to egg yolks, then sugar and beat again. Fold flour in one-fourth at a time, fold to blend. Bake in ungreased angel food pan in moderate 350° oven for 40 minutes. Remove from oven, invert pan and let stand until cool.

Dark Christmas Cake (1939)

(2020-015)

1 cup butter	$\frac{1}{2}$ tsp salt	1 cup citron
1 cup sugar	$\frac{1}{2}$ tsp baking soda	1 cup dates
5 eggs	$\frac{1}{2}$ tsp cloves	$\frac{1}{2}$ cup candied cherries
$\frac{1}{2}$ cup strawberry preserve	$\frac{1}{2}$ tsp nutmeg or cinnamon	2 $\frac{1}{2}$ cups currants
3 cups pastry flour	2 cups raisins	1 $\frac{1}{4}$ almonds

First line the baking pan with four thicknesses brown paper on the bottom and three around sides. Prepare the fruits and nuts and mix all except the citron in a large bowl. Sift the flour, salt and soda. Dredge the fruit with part of the flour. Cream the butter and add the sugar gradually then the eggs one at a time and beat thoroughly. When thoroughly creamed, add the strawberry preserves and the sifted dry ingredients and the fruits and nuts. Put a layer of the mixture into the prepared tin, then sprinkle on a layer of citron, repeat till all the citron and cake mixture are used, making about three layers of the former and four layers of the latter. Bake the cake in a 325° oven for 20 to 30 minutes, then reduce the heat to 275° for the remainder of the baking. Total time about 3 $\frac{1}{2}$ hours in an 8x8x4" tin. Test the cake by sticking a skewer into the centre of the cake; if the skewer comes out clean, the cake is done.



Dream Cake (1956)

(2016-026)

½ cup butter

1 cup brown sugar

1 cup flour

Rub as for pastry and press in pan and bake. Then mix the below ingredients, and bake for 20 minutes:

2 beaten eggs

1 cup walnuts

1 cup brown sugar

1 cup coconut

4 tbsp flour

Miracle Whip Cake (1963)

(2026-002)

1 cup miracle whip

1 cup boiling water

2 cup flour

1 cup sugar

½ cup cocoa

2 tsp baking soda

The original recipe notes that this is similar to a chiffon cake!

Mix sugar, cocoa and salad dressing. Mix well then add flour. Fold in hot water with baking soda.

Bake in two 9" pans that have been greased. Bake in 350° oven for approximately 35 minutes.

Mom's Christmas Cake

Saanich Resident

2 lb raisins

¾ cup flour

1 tsp cinnamon

2 lb currants

½ lb glazed cherries

1 tsp cloves

1 lb mixed candied peel

½ lb blanched almonds

1 tsp allspice

1 lb chopped dates

1 tsp baking soda

1 tsp nutmeg

¼ lb candied ginger

1 lb butter

1 dozen large eggs

½ cup fruit juice or sherry

2¾ cups sugar

Line 3 square or round tiered pans with ungreased heavy foil. Mix fruit and nuts in a large bowl.

Stir in juice or sherry (at this point it can be left overnight). In a separate bowl, cream together sugar, butter and spices. Thoroughly beat in eggs one at a time. Stir ½ cup flour into the fruit mixture. Mix the remaining flour (2¾ cups) and baking soda into the creamed butter. Combine both mixtures into a single bowl. Spoon into prepared pans. Bake at 300° until done, checking frequently near the end of the baking time. If browning too fast, cover in foil.

Approximate Bake Times - Small pan: 1 ½ hours; Medium pan: 2 ¼ hours;
Large pan: 3 hours 20 minutes



Orange Cake (1950)

(2007-158)

1 cup sugar	2 cup flour
2 eggs	1 tsp soda
½ cup butter	1 tsp baking powder
½ cup raisins	pinch salt
½ cup chopped walnuts	1 orange (rind and juice)

Bake in moderate oven, 30-35 minutes. Remove from oven when baked, let stand 5 minutes.

Mix: ½ cup sugar and juice of 1 orange, then pour over top of cake.

Russ' Famous Christmas Cake

Russ L.

8 eggs	1½ tsp baking soda	2 cups dry apricot
2 cups brown sugar	½ tsp baking powder	2 cups dark raisins
¾ molasses	2 large ripe bananas	1 cup yellow raisins
1 cup fruit jelly	1 cup (or so) of brandy	2 cups mixed cherries
3 tsp vanilla	½ cup cherry wine (or other fruit)	2 cups candied pineapple
2 tbsp cocoa	½ cup dark rum	1 cup dried papaya
1 tsp salt	2 cups dates	2 cups walnuts
453g butter	2 cups candy ginger	1 cup pecans
2 tbsp cinnamon	2 cups chopped dry prunes	1 cup brazil nuts
1 tbsp nutmeg	2 cups citron	1 cup almonds
1 tbsp allspice	1 cup candied lemon peel	½ cup hazelnuts
1 tsp mace	1 cup candied orange peel	1 cup cashews

Preheat oven to 275°. Chop fruit and nuts and mix with brandy then let stand overnight. Sift flour, spices, soda and baking powder. Add 2 cups the above dry mix to the fruit/nut mix. Cream butter and beat in brown sugar and bananas. Add 2 eggs at a time, beat in jelly and molasses. Add dry ingredients and wine alternately. Stir in vanilla. Add rum. Pour batter over fruit/nut mix and blend by hand. Pour into pans, ⅔ filled and bake until a knife comes out clean. When cool, wrap in wax paper and keen in tins. Makes three cakes.

Sprinkle these cakes with rum once a month, and turn the cake over and reseal it.
These cakes will keep for years. The longest cake Russ has kept has been ten years!



Tomato Soup Cake (1952)

(2026-001)

⅓ cup butter	1 cup white sugar
1 can tomato soup	1 tsp soda
1 ½ cup flour	1 tsp cinnamon
½ tsp cloves	½ tsp salt
1 cup raisins	

Cream butter and sugar. Dissolve soda in soup. Sift flour, salt, cinnamon and cloves 3 times. Add soup, flour and raisins to creamed mixture. Bake at 350°.

Wacky Cake

Kathryn B.

1 ½ cup flour	½ tsp salt
1 cup sugar	1 tbsp vinegar
4 tbsp cocoa	1 tsp vanilla
1 tsp baking powder	5 tbsp melted shortening or salad oil
1 tsp baking soda	1 cup lukewarm water

Stir dry ingredients into bowl. Add vinegar, vanilla, melted shortening, water and mix well. Bake at 350° for 35 minutes.



Wacky Cakes were popularised during the Great Depression – named perhaps by the way you mix it. Traditionally, you make three depressions in the dry ingredients for the vinegar, oil, and water before mixing it all together.



Western Cake (1950)

(2007-158)

2 cups sifted cake flour	⅔ cup soft shortening
1 tsp baking powder	1¼ cups sugar
½ tsp baking soda	2 eggs
⅛ tsp salt	⅔ tsp vanilla
⅓ cup cocoa	⅓ cup sour milk
⅓ cup boiling water	

Sift together first four dry ingredients onto waxed paper or into separate bowl. Combine cocoa with boiling water; mix until smooth. Cream shortening in mixing bowl until light and fluffy. Add sugar; beat until fluffy and smooth. Add eggs and vanilla; beat until creamy. Add cocoa mixture; mix until well blended. Add sifted dry ingredients alternately with sour milk to batter. Beat well after each addition. Spread batter in two lined and greased 9-inch layer cake pans. Bake in 350° oven 35-40 minutes or until done. Cool in pans 10 minutes then complete cooling on rack. Sandwich together with frosting or jam. Frost with your favourite frosting. 6-8 servings.

Yorkshire Ginger Cake (1936)

(2007-054)

3 eggs	5 tbsp ground ginger
1 cup cream or less of milk	907g flour
453g butter	salt
227g sugar	

Whisk the eggs thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm; add the butter, sugar and ginger carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt and make into a paste (the flour must be fine). Roll out the paste and cut it out with a plain round paste-cutter on to greased flat tins, and bake in a moderate oven. ***Time: about ¾ of an hour.***



BAKING – COOKIES



Chocolate Chip Cookies

Marilyn Head

- | | |
|-------------------|-------------------|
| 1 cup margarine | 1 tsp baking soda |
| ½ cup brown sugar | 1 tsp salt |
| 1 cup white sugar | 2½ cup flour |
| 2 eggs (large) | Chocolate chips |
| 1 tsp vanilla | |

If using medium eggs,
use only 2 cups of
flour!

Mix all ingredients together in order listed. Bake at 375° for 10-12 minutes.

DoubleTree Cookies

Saanich Resident

- | | |
|---------------------------------------|-------------------------------------|
| ½ pound butter, softened (2 sticks) | ½ cup rolled oats |
| ¾ cup + 1 tablespoon granulated sugar | 1 teaspoon baking soda |
| ¾ cup packed light brown sugar | 1 teaspoon salt |
| 2 large eggs | Pinch cinnamon |
| 1 ¼ teaspoons vanilla extract | 2 ⅔ cups semi-sweet chocolate chips |
| ¼ teaspoon lemon juice | 1¾ cups chopped walnuts |
| 2 ¼ cups flour | |

Cream butter, sugar and brown sugar in a bowl with a mixer on medium speed for about 2 minutes. Add eggs, vanilla and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl. With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix. Stir chocolate chips and walnuts into mixture. Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft. Remove from oven and cool on baking sheet for about 1 hour. Makes 26 cookies.



Ethel's Ginger Cookies

Saanich Resident

¾ cup shortening	2 tsp baking soda
1 cup sugar	1 tsp cinnamon
1 egg	1 tsp ginger
4 tbsp molasses	½ tsp cloves
2 cups flour	¼ tsp salt

Cream ¾ cup shortening with 1 cup sugar. Mix in one egg. Mix in 4 tbsp molasses. Sift together: flour, baking soda, cinnamon, ginger, cloves, salt. Mix the dry ingredients into the wet ingredients. Roll into 1" balls and roll in sugar. Bake at 375° for 12 minutes. Makes 4 dozen cookies.

Ginger Sparkles Cookies

Saanich Resident

1 cup sugar	1 tsp cinnamon
¾ cup shortening	1 tsp ginger
1 egg	1 tsp cloves
4 tbsp molasses	2 cups flour
2 tsp baking soda	

Mix flour and spices very well before adding. Mix in order given. Make 1 inch balls, roll in sugar, and flatten with a fork. Bake at 350° for 10-12 minutes.



Lace Cookies (1942)

(2016-019)

1 cup dark molasses	¼ teaspoon salt
1 cup sugar	1 tsp baking powder
1 cup butter	½ tsp soda
2 cups flour	

Combine molasses, sugar and butter; bring to boiling and cook 1 minute. Remove from heat; add sifted dry ingredients; mix well. Place in pan of hot water to keep batter from hardening. Drop from ½-teaspoon measure, 3" apart, on greased cookie sheet. Bake in moderate oven (350°) 10 minutes or until brown. Cool slightly and quickly remove from sheet with spatula. Makes 3 dozen cookies.

Lemon Snaps (1963)

(2026-002)

Juice of 2 lemons	3 tsp milk
Grated rind of 1 lemon	½ tsp soda
1 cup sugar	1 tsp cream of tartar
½ cup butter	Flour to make stiff dough
1 egg	

Mix – roll out thin and cut. Bake in a fairly hot oven.

Peanut Butter Cookies (1956)

(2016-026)

½ cup creamed butter	1 tbsp warm water
½ cup white sugar	1 tsp vanilla
½ cup brown sugar	1½ cup flour
1 egg, beaten	¼ tsp salt
½ cup peanut butter	½ tsp baking soda

Mix ingredients in order given, drop from a teaspoon on cookie sheet one inch apart and bake in a moderate oven. 15 minutes.



Shortbread Cookies

Saanich Resident

1 ½ cups flour

½ tsp salt

¾ cup butter

½ cup confectioner sugar

⅔ cup chocolate chips (can also use

butterscotch chips or SKOR Chipits)

Preheat oven to 325°. Sift flour, add salt. Cream butter; gradually add confectioner's sugar and continue to beat until light. Combine the dry ingredients and creamed mixture, and blend thoroughly. Work chocolate chips in with fork and/or hands. Roll dough into 1 ½ inch balls and place on cookie sheet. Bake for 12-13 minutes.

Teresa's Cookies

Saanich Resident

2 cups brown sugar

½ lb butter

2 eggs

1 tsp vanilla

2 cups flour

1 tsp baking soda

½ tsp salt

2 cups quick oats

1 cup milk

Chocolate chips

Cream butter, brown sugar, add eggs one at a time, add vanilla. Combine flour, baking soda, salt and oatmeal. Add to butter mixture. Blend well. Add chocolate chips by hand. Use an ice cream scoop to form cookies. Use parchment or a liner on the baking sheet. Bake at 325° for 10-20 minutes depending on your oven.



BAKING – MISCELLANEOUS



Cream Puffs (1942)

(2016-019)

½ cup butter

¼ teaspoon salt

1 cup boiling water

4 eggs

1 cup flour

Melt butter in water. Add flour and salt all at once and stir vigorously; cook, stirring constantly, until mixture forms balls that doesn't separate. Remove from heat and cool slightly. Add eggs one at a time, beating vigorously after each addition until mixture is smooth. Drop from tablespoon 2 inches apart onto greased baking sheet. Bake in hot oven (450°) 15 minutes; then in moderate oven (325°) 25-minutes. Remove with spatula and cool on rack. When thoroughly cool, cut side of each puff and fill with custard. Makes 1 dozen cream puffs.

Chocolate Oatmeal Chew

Saanich Resident

1 cup margarine

½ tsp baking soda

1 cup brown sugar

1 tsp salt

2 cup rolled oats

4 cup mini marshmallows

1 ½ cup flour

1 ½ cup chocolate chips

Blend margarine and sugar until fluffy. Add rolled oats. Add to flour mixture (flour, baking soda, salt), then spread 2 cups of crumbed mixture in 13x9" greased pan. Sprinkle with marshmallows + chocolate chips. Cover with remaining crumb. Bake 20 – 30 minutes at 325°.



Date Chew

Lauren M.

2 eggs, well beaten	1 tsp baking powder
1 cup white sugar	1 cup walnuts, chopped
1 tsp vanilla	1 cup dates, chopped fine
¾ cup flour	Icing sugar to taste.

Beat eggs until Light. Add sugar gradually, beat well after each addition. Add vanilla. Mix flour, baking powder, and stir into mixture and mix thoroughly. Mix in dates and nuts. Spread in a well-greased 8" square pan. Bake in oven at 350° for about 25 minutes. Bake until top has dull crust but not hard. Cut into bars while warm. cool slightly, then remove from pan. Roll in icing sugar. Yields about 3 dozen date chews.

Ethel's Pumpkin Squares

Saanich Resident

<u>Base:</u>	<u>Filling:</u>	<u>Topping:</u>
1 cup flour	14 oz canned pumpkin	½ cup chopped pecans
½ cup quick oats	13½ oz can evaporated milk	2 tbsp butter
½ cup brown sugar	2 eggs	½ cup brown sugar
½ cup butter	¾ cup sugar	
	½ tsp salt	
	1 tsp cinnamon	
	½ tsp cloves	
	½ tsp ginger	

Mix base ingredients and press into a 12x9" pan. Bake the base at 350° for 15 minutes. Mix filling ingredients and pour over cooked base. Bake at 350° for 20 minutes. Sprinkle the topping over the bars. Bake at 350° for 5-10 minutes. Cool in the pan or on a rack.



Farmer's Brownies (1997)

(2023-017)

¼ cup cocoa	2 cups white sugar
1 cup hot water	2 eggs, slightly beaten
¾ cup margarine	½ cup buttermilk
2 ½ cup flour	1 tsp vanilla
½ tsp salt	1 cup walnuts

Mix coca and water. Stir in margarine, allow to cool. Mix eggs, buttermilk and vanilla; add to cocoa mixture. Sift dry ingredients and stir into liquid. Spread on cookie sheet. Bake at 350° for 20-25 minutes. Cool thoroughly, then frost with your favourite chocolate icing.

Oatcakes

Saanich Resident

1½ cups all purpose flour	1½ cups rolled oats (not instant)
1 tsp salt	¾ cup shortening
½ tsp baking soda	5 tbsp water
⅓ granulated sugar	

Preheat oven to 350°. Sift into mixing bowl flour, salt, baking soda & sugar. Stir in oatmeal with a fork. Cut in shortening with a pastry blender until like coarse meal. Add water, a tablespoon at a time, combining with fork. Press dough together into ball, divide ball into 4 separate portions. Dust pastry mat with flour, then roll one portion into approx. 7-inch circle. Cut circle into 8 pie-shaped pieces – leave in circle - and place on baking sheet. Dust mat before each rolling and repeat above procedure for each portion. Bake in preheated oven for 12 minutes.



Rhubarb Cobbler (1963)

(2026-002)

3 cups rhubarb, dice	3 tsp baking powder
1 cup sugar	¼ cup shortening
3 tbsp butter	1 egg, beaten
1 ½ cup flour	½ cup milk
¼ tsp salt	¾ cup sugar

Place rhubarb in greased 8x12" dish and sprinkle with 1 cup sugar. Dot with butter and bake at 350° while mixing batter. Sift dry ingredients. Cut in shortening and mix like pastry. Add beaten egg and milk. Pour over hot rhubarb. Bake at 350° for 30 to 35 minutes.

Salted Oat Bars

Saanich Resident

1 cup butter, melted	2 cups rolled oats
1 cup brown sugar	1 cup flour
Pinch of salt	Sea salt for sprinkling

Grease a 9"x9" pan well. Combine brown sugar, flour and rolled oats. Add the melted butter and mix well. Press into prepared pan. Bake for 30-35 minutes or until brown around the edges. Remove from oven and cool on a rack. Cut into bars while strip hot, but do not remove from pan until cooled. Sprinkle a few grains of salt onto each bar. Makes 16 squares.

From the Resident: 'This recipe is out of my mother's 1920's High School "Household Science" Notebook from when she attended the Jon Bjarnason Academy in Winnipeg, Manitoba. I have made a few changes, such as in addition to her pinch of salt, I added a sprinkling of sea salt on the bars after cooking.'

BAKING – MUFFINS AND SCONES _____



Anything Goes Muffins

Kathie R.

1 egg, beaten	½ cup sugar
½ cup milk of your choice	1 ½ cup flour
2 tbsp oil	2 tsp baking powder
2 tbsp apple sauce	½ tsp salt

Extra: add ½ cup of *chocolate chips**.

More ‘Extra’ Ideas:

Dried cranberries or another dried fruit of your choice

Chopped apples (add ½ tsp cinnamon and ⅛ tsp nutmeg to the dry ingredients!)

Blueberries or other fresh fruit – Kathie has tried it with goji berries before!

Preheat oven to 400°. Grease or line a 6-muffin tin. Combine first four ingredients. In second bowl, combine remaining ingredients except ‘extra’. Add liquid to the dry and mix only until combined. Fold in your choice of ‘extra’. Spoon batter into muffin tin. Bake 16-20 minutes.

Berry Muffins (1997)

(2023-017)

1 ¾ cup flour	½ cup white sugar
1 cup milk	3 tsp baking powder
1 egg	½ cup melted butter or margarine
½ tsp salt	1 cup frozen berries

Stir together dry ingredients; add frozen berries. Combine egg, milk and margarine (or butter), stir into flour mixture. Stir just to moisten, do not beat. Bake at 375° for 20 minutes.



Cranberry Orange Scones

Saanich Resident

2¾ cup flour	Grated rind of 1 orange
4 tsp baking powder	½ tsp baking soda
½ cup margarine	Pinch salt
¾ cup buttermilk (1%)	1 egg
1 cup cranberries (fresh or frozen)	½ cup sugar

Mix buttermilk and egg – set aside. Combine flour, baking powder, baking soda, salt, sugar and orange rind. Cut in margarine until crumbly. Add buttermilk mixture and cranberries last. Knead lightly on floured surface. Roll out to ½ - ¾: thickness, cut into rounds, place on greased baking sheet. Bake at 375 for 20 minutes. Let cool slightly, then glaze with juice from orange mixed with icing sugar. Freezes well.

Oatmeal Muffins (1952)

(2026-001)

1 cup flour	1 tsp baking powder
1 cup rolled oats	½ tsp baking soda
1 cup buttermilk	1 tsp salt
½ cup shortening	1 egg
½ cup light brown sugar	

First, soak oatmeal in the buttermilk for about an hour. Mix shortening, sugar and egg. Beat until light and fluffy. Sift flour, salt and soda and add alternately with oatmeal. Mix lightly. Fill tins 2/4 full and bake 25 to 30 in 350° oven.



Raisin Muffins (1956)

(2016-026)

2 cup flour	½ cup raisins
3 tsp baking powder	1 egg, well beaten
½ tsp salt	1 cup milk
2 tbsp sugar	4 tbsp melted shortening

Sift together flour, baking powder, salt and sugar. Add raisins. Combine egg, milk and shortening and add to dry ingredients; mix only until all the flour is dampened. Fill well-greased muffin pans ¾ full. Bake in a hot oven (425°) for 20 min. Makes 10 muffins.

Raisin Scones (1950)

(2007-158)

3 cup flour	½ cup brown sugar
1 cup shortening	1 cup raisins
3 tsp baking powder	1 egg separated
½ tsp salt	milk to make soft dough

Mix flour, baking powder and salt together. Cut in shortening, then add sugar and raisins. Mix egg yolk with milk and add to mixture. Roll to ½ inch thickness, cut in triangles and brush with egg white. Bake in hot oven.

Strawberry Muffins

Saanich Resident

1½ cup berries	1 tsp salt
3 cups flour	½ cup butter, melted
½ cup sugar	3 eggs
1 tbsp baking powder	1 cup milk

Instead of purely using the melted butter, the recipe also suggest that you can also use ¼ cup of butter + 2 tubes of yogurt!

Combine wet ingredients, add dry ingredients. Fold in chopped berries. Bake 20 minutes at 400° in greased muffin tins.



BAKING – PIES AND TARTS



Chocolate Tartlets (1936)

(2007-054)

short-crust paste	4 tbsp butter
4 tbsp grated chocolate	1 tbsp corn flour
8 tbsp cake-crumbs	2 eggs
6 tbsp castor sugar	chocolate icing

Several recipes use the term 'paste' – this just means a pastry, not a more glue-like substance we might think of when we hear that word now!

Cream the yolks of the eggs and sugar well together, add the cake crumbs, chocolate, corn flour and the butter melted. Whisk the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short-paste, fill them with the mixture and bake in a moderately hot oven from 20 to 25 minutes. When cold, cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

Time: To bake 25-30 minutes. Sufficient for 12 tartlets.

Hollyhock House Strawberry Pie (1942)

(2016-019)

1 pint strawberries	1 tbsp lemon juice
$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ tsp salt
1 tbsp unflavoured gelatine	$\frac{1}{2}$ cup heavy cream, whipped
$\frac{1}{4}$ cup cold water	2 stiff-beaten egg whites
$\frac{1}{2}$ cup hot water	1 9-inch baked pastry shell

The Hollyhock House is a renowned Frank Lloyd Wright creation in Los Angeles, built between 1918 and 1921.

Crush strawberries; cover with sugar; let stand 30 minutes. Soften gelatine in cold water; dissolve in hot water. Cool. Add strawberry mixture, lemon juice, and salt. Chill until partially set; fold in whipped cream and egg whites. Pour into baked shell. Chill until firm. Garnish with additional whipped cream and berries.



Lemon Pie (1956)

(2016-026)

1 lemon, juice and grated rind	Yolk of 3 eggs
1 cup boiling water	1 tbsp of cornstarch
small cup sugar	

Mix sugar and cornstarch, add eggs and lemon then water, and boil until thick. Add butter size of an egg. Use egg whites from meringue. Pour into prepared pie crust.

Nutmeg Tarts (1952)

(2026-001)

½ cup margarine	1 cup currants
1 cup white sugar	3 eggs, beaten
1 cup walnuts	1 tsp nutmeg

Make pastry in usual manner and line muffin tins or deep tart tins. Cream margarine and sugar; add beaten eggs (two may be used, if you wish). Add walnuts, currants and nutmeg. Bake in 375 oven about 15 minutes, or until golden brown and set. Makes approximately 2 dozen tarts.

Pumpkin Pie (1997)

(2023-017)

2 eggs	¾ cup brown sugar, packed
14 oz tinned pumpkin	¾ tsp cinnamon
½ tsp ginger	½ tsp nutmeg
¼ tsp cloves	½ tsp salt
1½ cup milk	1 unbaked 9" pie shell

Beat eggs lightly in mixing bowl. Add and mix next eight ingredients in order given. Pour into pie shell. If you have too much filling, bake balance in separate dish. Bake on bottom rack in 450° oven for 10 minutes, reduce heat to 350° and bake about 35 minutes longer, or until a knife inserted in the middle comes out clean. Cool. May be topped with whipped cream.



Rhubarb Pie with Vanilla Filling (1963)

(2026-002)

2 cup rhubarb	2 tsp lemon juice
½ cup water	½ cup water
1 pkg vanilla pie filling (not instant)	1 tbsp butter
¼ cup sugar	Baked pie shell (8")
¼ tsp salt	

Cut rhubarb into 1-inch pieces, cover with ½ cup water and bring to a boil. Simmer for 3 minutes until tender. Combine pie filling mix with sugar, salt, lemon juice and ½ cup water. Stir to form a thick paste. Add to cooked fruit and blend. Cook until it comes to a full boil, remove from heat and add butter. Cool for 5 minutes and pour into baked pie shell. Chill 3 hours. Serve topped with whipped cream and strawberries, if desired.

Sour Cream Raisin Pie (1950)

(2007-158)

2 cups sour cream	1 tsp cinnamon
3 egg yolks	1 tsp vanilla
¾ cup brown sugar	1 cup boiled raisins
3 tbsp flour	

Mix sugar and flour. Add cream and beaten egg yolks, cinnamon and vanilla. Cook in double boiler until thick. Add raisins last and pour into baked shell. Beat egg whites with pinch of salt. Pile on pie and bake at 325° until whites are golden.



JAMS, PRESERVES, PICKLES



1-2-3-4 Jam (1956)

(2016-026)

1 can crushed pineapple

3 oranges

2 lemons

4 apples

That's all the steps as written!
Other jams and jellies in this
section might help you
complete the recipe.

Grated rind of oranges and lemons. Add 1 cup sugar for each cup fruit.

Donna's Relish (1997)

(2023-017)

7 large cucumbers

6 large onions

1 ½ tbsp salt

2 cups sugar

3 cups vinegar

1 cup water

1 tsp turmeric

1 tsp ginger

Chop vegetables fine, mix all ingredients, cook until clear, then bottle and seal.

Garlic Dill Pickles (1950)

(2007-158)

1.8kg Cucumbers

6 thick slices onion

6 large heads dill

4 cups vinegar

6 buds garlic

8 cups water

6 small dried red peppers

1 cup salt

Select fresh firm cucumbers, pack into hot sterilized jar, add 1 large head of dill, 1 bud garlic, 1 red pepper and 1 slice onion to each jar. Combine vinegar, water and salt in saucepan. Bring to boil, pour over cucumbers in jars, seal at once. Makes 24 cups.



Indian Chutney (1936)

(2007-054)

4 cups malt vinegar	½ cup salt
453g sour apples, peeled, cored and sliced	½ cup ground ginger
226g onions, peeled and coarsely-chopped	¼ cup dry mustard
453g moist sugar	1½ tsp cayenne
226g raisins, stoned and quartered	4 cloves of garlic, finely chopped

Cook the apples, onions and garlic with the salt, sugar and vinegar until quite soft and pass them through a fine hair sieve. Add the raisins, ginger, cayenne and mustard, mix well together, turn into a jar, and stand it in a warm but not hot place until the following day. Have ready some perfectly dry, wide-necked small bottles or jars, fill them with chutney, and cover closely so as to exclude the air. This chutney may be kept for a year or two.

Time: about 2 hours to cook.

Lemon Marmalade (1936)

(2007-054)

Lemons	Loaf Sugar
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Place the lemons in a preserving pan, cover them with cold water and boil them gently for about 2 hours, during which time the water must be drained off and replaced by fresh boiling water at least three times. Let them cool slightly, slice thinly, remove all the pips, and weight the fruit. To each lb of fruit, allow 2 lb of sugar and 2 cups of water the lemons were last boiled in, and boil these together until a thin syrup is obtained. Then add the prepared fruit, and boil until the marmalade jellies when tested on a cold plate. Cover closely with paper brushed over with white of an egg, and store in a cool, dry place.

Time: from 3 to 3 ½ hours.



Peach Pickle (1936)

(2007-054)

907g dried peaches	6 large pieces of ginger
226g brown sugar	1 tbsp pepper
226g salt	1 tbsp mustard seeds
4 tbsp curry powder	1 tbsp coriander seeds
6 large onions, sliced	12 cups vinegar
6 chillies, shredded	salad oil

Pour the vinegar over the peaches and let them soak for at least 12 hours. Fry the sliced onion in salad oil until well browned and drain well. Pound or crush the spices. Boil all together until the peaches are quite soft but unbroken, then turn into jars or pots, cover closely and store.

Time: about 15 hours. Sufficient for about 20 cups.

Pear Conserve (1942)

(2016-019)

12 medium-sized Barlett pears	8¼ cups sugar
1 ½ cups pineapple tidbits	⅓ cups maraschino cherries
1 orange, juice and grated ring	

Chop pears and pineapple; add orange juice, rind, and sugar; let stand overnight. Next morning cook slowly until thick, about 2½ hours. Add chopped maraschino cherries. Seal in hot, sterilized glasses. Makes nine 177ml jars.



Dixon Holloway standing beside berry truck, 1940. (2010-069-019)



Pickled Onions (1952)

(2026-001)

8 lb onion	2 oz pickling spice
4 lb white sugar	2 qt white vinegar

Skin onions and put into brine of 1 cup salt to 1 gallon water and let stand for 2 days. Drain and wash. Boil sugar, spice and vinegar for 15 minutes. Remove spice. Add onions and simmer 5 minutes. Bottle while hot.

Prickly Pear or Cactus Fruit Jelly (1936)

(2007-054)

1.3kg prickly pears or cactus fruit	lemons
12 cups water	sugar

Rub off the spines very carefully with a thick cloth. Cut the fruit in half and add the water. Boil till the fruit is almost in a pulp. Strain away the liquid, and for every four cups of water allow the juice of a lemon and 453g of sugar. Simmer gently, removing any scum until the syrup jellies. Cover down with parchment paper and store for future use.

Time: about 2 hours.

Three Fruit Marmalade (1963)

(2026-002)

3 oranges	3 grapefruit
3 lemons	Sugar

Put fruit (skin and pulp) through mincer, first squeezing the juice to eliminate messiness; measure, having added the squeezed juice to minced mixture. For each cup of fruit, add 1 ½ cups of water. Boil ½ hour and let stand overnight. Next day measure again. For each cup of pulp, add 1 cup sugar plus 2 extra cups sugar. Boil ½ hour and bottle.

