

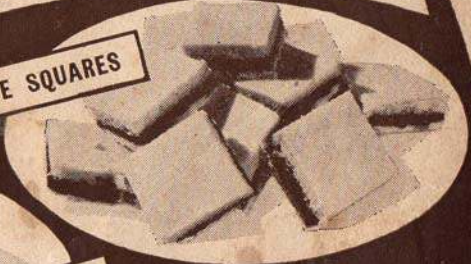
UP-TO-DATE RECIPES USING

# COPHA

100% PURE VEGETABLE SHORTENING



DATE SQUARES



FRESH FRUIT PUDDING



SNAPPY CREAM ROLLS



CHOCOLATE FRUIT SQUARES



COPHA SULTANA PUDDING



LAMINGTONS



7th EDITION

WITH MANY  
ADDITIONAL  
NEW RECIPES

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COPHA. He will be glad to  
get it for you if not in stock.

COPHA is a special short-  
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odourless and tasteless, and  
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## VEGETABLE COOKERY . . . NEW AND DIFFERENT

A wonderful new way to cook vegetables . . . the Copha method . . . is now being tried with great success in thousands of homes. It doubles the health value of vegetables, and gives them a more delightful flavour than ever they had before. Have you tried the Copha method of vegetable cookery? Be sure to read the special illustrated folder which tells you all about it.

## HINTS ON CAKE-MAKING

Remember, the smaller the cakes, the hotter the oven should be. The batter (sugar and fat) should never be allowed to become cold. While soft and very slightly warm, it will "cream" much better and give you a far lighter cake. If the recipe includes milk, it is advisable to have this luke-warm in cold weather.

### IMPORTANT NOTES ON COPHA COOKERY

Pure Copha is particularly easy to use. It makes pastry or biscuits marvellously light and crisp. In cakes, too, you'll appreciate its feathery lightness and smooth texture.

Although naturally hard in the cold weather, pure Copha creams quickly and lightly when softened by slight heat. To soften Copha so that it will cream easily, shred it with a suet grater into the bowl to be used for creaming, and stand in a

warm (not hot) place, or in luke-warm water, for a few minutes. Another method is to turn the shredded Copha on to a board and rub it with the palm of the hand until soft and smooth.

### DO NOT MELT THE COPHA

unless the recipes expressly say so. There is absolutely *no moisture* in Copha. Therefore you use far *less than other shortenings* and this must be remembered when *using Copha in your own recipes*. Use  $\frac{3}{4}$  lb. of Copha, 2 tablespoons of water, and a pinch of salt in place of 1 lb. of any other shortening. Because of the extreme lightness of Copha during "creaming" it is advised that a quarter of the total amount of flour in your recipe should be creamed with the Copha and sugar. Use castor sugar. Store Copha in a cool place, but not in an ice chest or refrigerator.

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### WHAT COPHA USERS WRITE:—

Remarks at foot of each page are from actual statements, which are available for inspection.

*"The most successful recipes I have ever used."*

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THIS RECIPE HAS BROKEN ALL RECORDS FOR  
POPULARITY!

## COPHA CHOCOLATE BISCUIT CAKE

Made in 5 Minutes!

5 ozs. Pure Copha (melted).	Essence of Vanilla to flavour
$\frac{1}{2}$ lb. Icing Sugar.	$\frac{1}{2}$ lb. Coffee, Malt or any suitable biscuits.
1 heaped dessertspoon of Cocoa.	(These should be softened by expos- ure.)
1 Egg.	

Mix together the sifted sugar, cocoa, egg and vanilla. Then stir in the hot (not boiling) Copha. Line cake tin with greaseproof paper; place alternate layers of the mixture and the biscuits until the tin is filled, beginning and finishing with the mixture. Stand in cold place until set.

### SUGGESTIONS

Make up twice or four times the amount of Chocolate Mixture given above. There are many delightful uses for it; and that not required at the moment may, when cool, be wrapped in greaseproof paper and stored for weeks if necessary. Cut up small, or grated and warmed, it is always ready for its original purpose. Slightly softened by kneading, the mixture may be rolled out very thinly (sprinkle the board with icing sugar) and used as icing for cakes, sandwiches, fancies etc. Mask the cake sparingly with jam before applying the coating, or the mixture may be warmed and poured over the article to be iced.

A little of the solid Chocolate Mixture, grated with a suet grater, makes an effective decoration. A firmer mixture which hardens well but remains mellow-eating is obtained by rubbing in more icing sugar.

*"Copha is the most wonderful thing I have ever used."*

*(Further Suggestions with Chocolate Biscuit Cake mixture)*

## CHOCOLATE BISCUITS

Spread a thin layer of chocolate mixture on greaseproof paper. Place some coffee, malt or other suitable biscuits on this, close together but not touching. Cover with another layer of chocolate. When cold, separate the biscuits by cutting between them.

## COPHA COCONUT TRUFFLES

Rub or mix  $\frac{1}{2}$  lb. of the Chocolate Mixture with 2 ozs. of desiccated coconut. Divide into small pieces and roll in more coconut. Allow to harden. Any kind of nuts and dried fruits, whole or ground, may be substituted for the coconut.

## RUSSET PUDDING WITH RURAL SAUCE

6 ozs. Self-raising Flour.	$\frac{1}{2}$ teaspoon Lemon Juice.
2 ozs. Pure Copha.	2 medium-sized Apples.
About $\frac{1}{2}$ cup Milk.	2 Cloves.
Pinch of Salt.	3 ozs. Brown Sugar.

Rub softened Copha lightly into flour and make to fairly soft dough with milk, salt and lemon juice. Roll out on board and cover with small pieces of raw, peeled apple. Sprinkle with brown sugar, add cloves and roll up as for jam roll. Press into greased basin, leaving lots of room for swelling (the basin should be little more than half full). Make Rural Sauce with 4 ozs. Brown Sugar,  $\frac{1}{2}$  oz. pure Copha, 3 tablespoons boiling water, essence of Vanilla. Pour over pudding. Cover with greaseproof paper and bake for 40 to 50 minutes in medium oven. Serve hot. This pudding may be boiled. In this case use half self-raising flour and half plain flour. Boil for 1 $\frac{1}{4}$  hours.

*"I am only sorry I did not try Copha sooner."*

## COPHA CHRISTMAS CAKE

$\frac{1}{2}$ lb. Brown Sugar.	1 tablespoon Milk.
$\frac{1}{2}$ lb. Pure Copha.	2 ozs. chopped, blanched Almonds or Peanuts.
2 ozs. Plain Flour.	2 ozs. Cherries.
$\frac{1}{2}$ teaspoon ground Nutmeg.	$1\frac{1}{4}$ lbs. Currants.
$\frac{1}{2}$ teaspoon ground Cinnamon.	$\frac{3}{4}$ lb. Sultanas.
1 teaspoon burnt Sugar.	$\frac{1}{2}$ lb. cut Peel.
6 Eggs.	2 ozs. Self-raising Flour.
	10 ozs. Plain Flour.

Cream the first six ingredients. Beat in the eggs singly. Add the milk. Mix in the remainder of the ingredients. Bake in a 9-inch papered cake tin (or two 7-inch tins) in a cool oven for approximately two hours. When baked, sprinkle with rum, and cover closely till cold.

TO GET THE BEST RESULTS WITH COPHA, SEE PAGE 3.

## COPHA CHRISTMAS PUDDING

1 lb. Pure Copha.	$\frac{1}{4}$ lb. Whole Almonds.
1 lb. Brown Sugar.	$\frac{1}{4}$ pint Rum.
9 Eggs.	$\frac{1}{2}$ lb. Breadcrumbs.
1 lb. Currants.	$\frac{1}{2}$ lb. Plain Flour.
1 lb. Sultanas.	1 teaspoon Nutmeg.
$\frac{1}{2}$ lb. Raisins.	1 teaspoon Spice.
$\frac{1}{2}$ lb. cut Peel.	3 teaspoons Bi-carbonate of Soda.

Cream Copha, sugar and eggs. Add fruit to flour, etc., and mix well. Boil 6 hours.

*"I take the Chocolate Biscuit Cake, Oat Shorties, and other cakes to Bridge Afternoons and Afternoon Tea Parties, and I can hear remarks at different tables wondering how they are made."*

## COPHA SNAPPY CREAM ROLLS

4 ozs. Pure Copha.	1 medium teaspoon Bi-carbonate of Soda.
6 ozs. Brown Sugar.	3 ozs. Rolled Oats.
1 tablespoon Honey or Golden Syrup.	4 ozs. Plain Flour.
1 tablespoon Water	

Heat the first four ingredients in a saucepan and stir until the Copha melts. Add the bi-carbonate of soda and while it is frothing, mix in well the oats and flour. Then proceed as for Brandy Snaps (see page 8). When quite cold these rolls or tubes may be stored in airtight tins and filled with Copha Mock Cream as required.

## COPHA PINEAPPLE FANCIES

4 ozs. Sugar.	$\frac{3}{4}$ cup Pineapple Juice.
4 ozs. Pure Copha. (softened).	Few drops Lemon Juice.
9 ozs. Plain Flour.	1 medium teaspoon Baking Powder.
Pinch of Salt.	1 lb. (approx.) Prepared Pineapple.
2 Eggs (whisked).	

PREPARED PINEAPPLE: Drain the juice from 1 tin pineapple and cut the fruit into small pieces. Roll in flour and place in oven a few minutes to form a covering. Allow to cool.

ICING:

1 tablespoon Pineapple Juice.	1 oz. Pure Copha.
	6 ozs. Icing Sugar.

Mix slightly warm, and spread with warm, wet knife. METHOD: Cream sugar and Copha. Add flour, salt, eggs and fruit juice. Beat until smooth. Beat in the baking powder, then gently mix in the prepared pineapple. Place in greased baking dish and bake for 30 minutes in medium oven. When cold, spread with Icing, cut into fingers or fancy shapes and decorate with small pieces of pineapple or cherries.

*"There is nothing to equal the Copha recipes."*

## COPHA BANBURY FRUIT SQUARES

- |   |  |
|---|--|
| $\frac{1}{2}$ lb. Pure Copha<br>(melted). | $\frac{1}{2}$ lb. Brown Sugar.             |
| $\frac{3}{4}$ lb. Sultanas.               | 1 Egg.                                     |
| $\frac{1}{4}$ lb. Cut Peel.               | $\frac{1}{4}$ teaspoon Vanilla<br>Essence. |
| 1 lb. Cake Crumbs or<br>Breadcrumbs.      | $\frac{1}{4}$ teaspoon Almond<br>Essence.  |
|   | 1 dessertspoon Cocoa.                      |

Mince the sultanas and peel, and mix well with the crumbs, sugar, egg, essence and cocoa. Add the hot (not boiling) Copha and mix well. Put the mixture through the mincer again. Press into shallow greaseproof-papered cake tin and place in cool place to set (in the ice-chest in warm weather). Cut in squares.

## OLD-FASHIONED BRANDY SNAPS

- |                        |                                |
|------------------------|--------------------------------|
| 4 ozs. Brown Sugar.    | 4 ozs. Self-raising Flour.     |
| 4 ozs. Pure Copha.     | 1 teaspoon Powdered<br>Ginger. |
| 3 ozs. Golden Syrup.   |                                |
| Juice of half a Lemon. |                                |

Put first four ingredients into a saucepan, warm and stir until Copha is melted. Add remainder of ingredients. Mix briskly until smooth. Place teaspoon of mixture on *well-greased* baking sheets about 3 inches apart, and bake in medium oven till golden brown. Remove from oven and allow to cool for a few moments only. While still hot, roll loosely around handle of wooden spoon or something similar. *Be quick*, or they will be too crisp to curl.

Four times this amount of dough may be made up and stored in an enamel container. It will keep fresh for several weeks, and you can have a batch of delicious Brandy Snaps in a few moments.

"I am very pleased to have known such a wonderful thing as Copha. Since I used it, I have never been without it."

## COPHA COCONUT JAM DROPS

- |  |                                    |
|--|------------------------------------|
| 6 ozs. Self-raising Flour.                   | 1 tablespoon Milk.                 |
| 2 ozs. Coconut.                              | 1 Egg.                             |
| 2 ozs. Sugar.                                | Pinch of Salt.                     |
| $\frac{1}{4}$ lb. Pure Copha.<br>(softened). | Extra Coconut for Rolling.<br>Jam. |

Cream the softened Copha and sugar, beat in egg. Add milk, coconut, sifted flour and salt. Take a dessertspoon of mixture, make into small ball and roll in coconut. Press a hole in centre, put in a little jam, and pinch top together to hold jam inside. Bake in moderate oven.

IMPORTANT HINTS ON CAKE MAKING—PAGE 3.

## COPHA FRESH FRUIT PUDDING

(needs no cooking.)

- |             |  |
|-------------|--|
| 1 Apple.    | 2 thin slices of Cake or<br>some Biscuits. |
| 1 Mandarin. |  |
| 1 Banana.   | Copha Mock Cream (see<br>Page 19).         |
| 1 Pear.     |  |
| 1 Cherry.   |  |

Line and decorate the bottom and sides of a basin with slices of fruit, placing the cherry in the centre bottom. (The fruit will stay in position if the basin is first brushed with melted Copha). Now fill the basin with alternate layers of Copha Mock Cream, chopped fruit and biscuits or cake, pressing each layer well into the basin in order to force the cream into the crevices. Cover with a thin layer of Mock Cream and leave in a cool place until firm (in the ice-chest in warm weather). To remove pudding from basin stand in warm water for a few seconds.

This attractive pudding can also be made with tinned, bottled or dried fruits (Prunes, Raisins, Figs, Sultanas, etc.), and all sorts of variations can be introduced.

"I find Copha a wonderful cooking ingredient."

## COPHA PUFF PASTRY

$\frac{1}{2}$  lb. Plain Flour.  $\frac{1}{2}$  teacup cold Water.  
 $\frac{1}{4}$  level teaspoon Cream of Tartar. 5 ozs. hardened Copha (in summer, store in ice-chest).  
 $\frac{1}{2}$  level teaspoon Salt.  
1 oz. Pure Copha (softened).

Sieve the flour, cream of tartar and salt, rub in the softened Copha and make into smooth dough with the water. Knead well and allow to stand 10 to 15 minutes. Now roll out the dough very thinly to, say, 18 inches by 9 inches. Using a suet grater, shred the hardened Copha on to two-thirds of the dough. Fold into three, thereby creating three layers of dough and two of Copha. Turn this half round, roll out to original size and fold in three, thus giving what is known as the first half-turn. Roll out again so that the open ends will be folded in at the next half-turn. This makes the second half-turn. Allow to stand in a cool place for 10 minutes and give two more half-turns. The pastry is now ready for any purpose from Oyster Patty Cases to Fruit Pie Covers, and may, if necessary, be stored several days before use. Keep in a cool place.

## COPHA SCONES

$\frac{1}{2}$  lb. Self-raising Flour.  $1\frac{1}{2}$  ozs. Sugar (if desired).  
 $\frac{1}{2}$  teaspoon Salt. 1 small teacup Milk.  
1 oz. Pure Copha.

Rub Copha lightly into flour and salt. Dissolve sugar with the milk and make all into a light dough. Roll, or flatten with the hand to a thickness of  $\frac{1}{2}$  inch. Cut to desired shapes. Place on greased or floured tray and allow to stand for a few minutes. Bake in a hot oven.

*"Copha makes cooking a joy."*

## COPHA LAMINGTONS

5 ozs. Pure Copha  $\frac{1}{2}$  cup Milk.  
(softened). 6 ozs. Plain Flour.  
6 ozs. Sugar. 4 ozs. Self-raising Flour.  
3 Eggs. Pinch of Salt.  
Lemon Juice or Essence.

## CHOCOLATE COATING

$\frac{1}{2}$  lb. Icing Sugar. 3 tablespoons Hot Water.  
1 oz. Pure Copha. 1 tablespoon Apricot Jam.  
1 heaped dessertspoon  
Cocoa.

For the cake mixture, be sure the Copha is really soft, but not melted. (See "Hints on Copha Cookery," page 3). Put everything except the self-raising flour into mixing bowl and beat (preferably with the hand) until light. Add self-raising flour, mixing well. Place in a greased and floured baking dish and cook in moderate oven about 40 minutes. When cold, cut in halves and sandwich with apricot jam. Cut into squares and dip each square into Chocolate Coating, which should be the consistency of cream and slightly more than luke warm. Drain slightly and roll in desiccated coconut.

## COPHA FINGER CRISPS

2 ozs. Sugar. 1 tablespoon Milk.  
2 ozs. Pure Copha Pinch of Salt  
(softened). 2 teaspoons Baking  
 $\frac{1}{2}$  lb. Plain Flour. Powder.  
1 Egg.

Cream Copha and sugar. Add beaten egg and milk. Mix to a dough with sifted flour, salt and baking powder. Roll out thinly, brush over with milk or water, and sprinkle freely with sugar. Cut into finger lengths and bake about 10 minutes in a fairly hot oven. When cooked, join together with jam.

*"The Copha recipes I tried are absolutely marvellous."*

## COPHA SULTANA PUDDING

4 ozs. Brown Sugar.      3 tablespoons Milk.  
3 ozs. Copha.            2 ozs. Self-raising Flour.  
1 teaspoon Mixed Spice.    4 ozs. Breadcrumbs.  
Little Caramel colour if    6 ozs. Sultanas.  
desired,                    2 ozs. cut Peel.  
1 Egg.

Cream Copha, sugar, spice and caramel. Beat in the egg. Stir in the milk. Add remainder of ingredients and mix thoroughly. Boil in greased basin for 2 hours, or longer if a darker pudding is required.

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## COPHA DATE SQUARES

6 ozs. Plain Flour.      2 ozs. Sugar.  
2 ozs. Cornflour.      1 Egg.  
 $\frac{1}{4}$  lb. Pure Copha      1 teaspoon Baking Powder.  
(softened).            Pinch of Salt.

Cream the Copha and sugar, and egg. Sift in dry ingredients and mix into a stiff dough. Roll out three-quarters of the mixture and line a scone tray with it. Spread with Date Filling. Roll out remainder of pastry and cover date filling. Bake 25 minutes in moderate oven. Ice the top with thin boiled icing, well flavoured with lemon juice. When cold, cut into squares.

DATE FILLING: Place  $\frac{1}{2}$  lb. seeded dates in saucepan with a little Copha, lemon juice and water. Cook until soft.

COPHA IS EASILY SOFTENED—SEE PAGE 3.

---

*"I am particularly impressed with the Chocolate Biscuit Cake and Coconut Ice."*

## COPHA CHOCOLATE CAKES

$\frac{1}{4}$  lb. Sugar.  
3 ozs. Pure Copha  
(softened).  
2 Eggs.  
 $\frac{1}{2}$  lb. Self-raising Flour.  
1 dessertspoon Cocoa.  
2 ozs. chopped Lemon  
Peel.  
Vanilla and Milk.

Cream Copha and sugar, add eggs, one by one; then peel and essence, and lastly sifted flour, cocoa and milk. Bake in patty tins for 15 minutes.

---

## COPHA CREAM PUFFS AND ECLAIRS

$\frac{1}{4}$  pint Water.            4 Eggs.  
 $1\frac{1}{2}$  ozs. Pure Copha.      Tiny pinch Baking Powder.  
4 ozs. Plain Flour.

Bring water and Copha to boiling point, add flour and baking-powder and stir till thoroughly cooked, about two minutes. Remove from heat and beat in the eggs, singly, mixing well between each addition. When thoroughly smooth, put teaspoons of the mixture on greased baking trays and cook in moderate oven about 20 minutes.

Cream Puffs should be round and Eclairs finger shape. When cold, cut open and fill with Copha Mock Cream (see page 19).

Ice Eclairs with chocolate icing.

Shake Icing Sugar on the Cream Puffs.

---

*"I find Copha so economical to use."*



## CREAMY COCONUT ICE

(Pink, White, Chocolate)

- $\frac{1}{4}$  lb. Pure Copha (melted).
- 1 lb. Icing Sugar (sifted).
- $\frac{1}{2}$  lb. Fine Desiccated  
Coconut.
- 2 Whites of Egg.
- $\frac{1}{2}$  teaspoon Essence of  
Vanilla.

Mix together the sugar, coconut, egg and vanilla. Then stir in the hot (not boiling) Copha, and mix well.

Line a cake tin with greaseproof paper and spread in it one-third of the mixture.

Colour half the remainder pink and spread over white layer.

Mix a teaspoon of cocoa with the rest and spread over pink layer. Stand in a cold place to set.

---

## COPHA STEAMED DATE PUDDING

- 3 ozs. Pure Copha.
- 3 ozs. Sugar.
- 1 Egg.
- 3 tablespoons Milk.
- 6 ozs. Dates (stoned and  
cut into quarters).
- 6 ozs. Plain Flour.
- 1 medium teaspoon Baking  
Powder.
- Pinch of Salt.

Cream the Copha and sugar. Stir in the egg and the milk (slightly whisked). Add the dates, also the flour, baking powder and salt (sifted). Mix well. Turn into greased basin. Cover with greaseproof paper and steam for  $1\frac{3}{4}$  hours. Serve hot with white sauce.

---

*"I have used almost every recipe in the Copha recipe book and found they have turned out wonderful."*

## COPHA MILK BREAD

- 1 lb. Self-raising Flour.
- 1 teaspoon Salt.
- 1 oz. Pure Copha (softened)
- 2 small teacups Milk.

Rub Copha into flour and salt. Make up light dough with the milk. Allow to stand a few minutes before baking.

Bake in tins or on floured tray in moderate oven.

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## COPHA SULTANA LOAVES

Use Milk Bread recipe.

Dissolve 2 ozs. of sugar in the milk. Add 6 ozs. of sultanas.

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## COPHA CUP CAKES

- 6 ozs. Sugar.
- 3 ozs. Pure Copha.
- 2 Eggs.
- $\frac{1}{4}$  pint Milk.
- Few spots of Lemon Essence.
- $\frac{1}{2}$  lb. Self-raising Flour.
- 1 oz. Cornflour.

Cream the sugar and Copha, add eggs and milk (slightly whisked) then mix in the flour and cornflour and beat till thoroughly smooth. Spoon into paper cups or patty tins. Place 2 or 3 sultanas on each and bake in hot oven.

USEFUL HINTS ON COPHA COOKERY—PAGE 3.

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## COPHA SHORT PASTRY

- $\frac{1}{4}$  lb. Pure Copha.
- $\frac{1}{4}$  teacup Milk or 1 Egg.
- 2 ozs. Self-raising Flour.
- 2 ozs. Sugar.
- 6 ozs. Plain Flour.

Mix the softened Copha, sugar and milk together until creamy, then stir in the flours and make a smooth dough. Use immediately.

This pastry is suitable for pie covers, tartlets and biscuits.

---

*"Copha is so easy to use and improves everything."*

## COPHA SPONGE CAKE

6 ozs. Sugar.                    1 oz. Cornflour.  
3 Eggs.                            1 oz Pure Copha.  
 $\frac{1}{4}$  lb. Self-raising Flour.       3 tablespoons Milk.

Whisk the eggs and sugar well, shake in lightly the flour and cornflour, add the milk and Copha (boiling), mix well and pour into two eight-inch sandwich tins. Bake in fairly warm oven.

HOW TO SOFTEN COPHA—PAGE 3.

## COPHA ROCK CAKES

3 ozs. Sugar.                    Little Essence of Lemon.  
2 ozs. Pure Copha.                $\frac{1}{2}$  lb. Self-raising Flour.  
 $\frac{1}{4}$  teacup Milk.                    1 cup Sultanas.  
1 Egg.

Cream the Copha and sugar slightly, stir in the beaten egg, milk and essence. Make into a soft dough with the flour and sultanas.

Put small rough pieces on greased tray and bake in hot oven.

## COPHA GINGER PUDDING

3 ozs. Pure Copha.                $\frac{1}{4}$  pint Milk.  
 $\frac{1}{4}$  lb. Treacle.                     $\frac{1}{2}$  teaspoon Bi-carbonate of Soda.  
1 teaspoon Powdered            1 Egg.  
Ginger.                             $\frac{1}{2}$  lb. Plain Flour.

Dissolve soda in the milk and egg. Mix all together well, and boil in basin for 3 hours. Serve with sauce.

*"It is a pleasure to cook with Copha."*

## COPHA SWEET SAUCE

$\frac{1}{2}$  pint Milk.                       1 oz. Pure Copha.  
1 dessertspoon Plain Flour.   1 oz. Brown Sugar.

Make a smooth paste of the flour with a little of the milk. Pour in remainder of milk and bring to the boil. Stir in the Copha and sugar and boil for two minutes more.

## COPHA SULTANA CAKE

9 ozs. Sugar.                     $\frac{1}{2}$  lb. Plain Flour.  
6 ozs. Pure Copha.                $\frac{1}{4}$  teaspoon Salt.  
3 Eggs.                             $\frac{1}{2}$  lb. Sultanas.  
3 tablespoons Milk.               2 ozs. Cut Peel.  
 $\frac{1}{4}$  lb. Self-raising Flour.

Beat sugar and Copha to a cream, add eggs and milk. Stir in the flours and salt and beat till quite smooth. Lastly, mix in the fruit, and bake in papered tin for about an hour and a half. Moderate oven.

BEFORE MAKING YOUR CAKE, READ PAGE 3.

## COPHA SPICED COFFEE CAKE

6 ozs. Pure Copha.               1 tablespoon Cinnamon.  
 $\frac{1}{2}$  lb. Sugar.                       1 Egg.  
 $\frac{3}{4}$  lb. Self-raising Flour.       Bare  $\frac{1}{2}$  pint Strong Black Coffee.  
 $\frac{1}{4}$  teaspoon Salt.                    1 lb. Seeded Raisins or Sultanas.  
1 dessertspoon Milk Powder.

Beat Copha and sugar to a cream, stir in coffee, and egg (slightly whisked), add flour, salt, milk powder and cinnamon (sifted), and beat till quite smooth. Then mix in the fruit and bake in a shallow pan, greased and floured, about one hour. Moderate oven.

*"I use nothing else but Copha—there is nothing to equal it."*

## COPHA COFFEE WAFFER CAKE

- 5 ozs. Pure Copha.
- 12 ozs. Icing Sugar.
- 1 Egg.
- 1 tablespoon Coffee Essence.
- $\frac{1}{4}$  lb. Wafer Cream Biscuit  
as sold by all grocers

Mix together the sifted sugar, egg and coffee essence. Then stir in gradually the hot (not boiling) Copha. Line a shallow cardboard box with greaseproof paper; place alternate layers of the mixture and the wafer biscuits until the box is filled, beginning and finishing with the mixture. Stand in a cold place until set.

## COPHA CHEESE COQUETTES

- 3 ozs. Pure Copha.
- 4 ozs. Plain Flour.
- 4 ozs. Cornflour.
- 3 ozs. Grated Cheese.
- Pinch of Salt and Cayenne.
- 1 Egg.
- 1 to 2 tablespoons Milk  
(depending on the  
moisture or dryness of  
the cheese).

Rub the Copha into the dry ingredients and mix to a firm dough with the egg and milk. Roll out thinly, prick freely with a fork, and cut out with very small round cutter. Bake in a moderate hot oven about 4 to 5 minutes.

This recipe will make approximately 144 biscuits, weight 168 to the lb.

*"I am delighted with Copha and all the useful recipes in your book, especially the Chocolate Biscuit Cake."*

## COPHA MOCK CREAM

- $\frac{1}{2}$  lb. Pure Copha.
- 1 Egg.
- 1 lb. Fine Icing Sugar.
- 3 tablespoons Milk (warm).
- (Less sugar may be used if desired.)
- Essence Vanilla.

Cream the Copha (previously softened), gradually adding the sugar. When light, beat in the egg and add the milk slowly. Continue creaming until very smooth. Flavour to taste.

Do not at any part of the process melt the Copha.

## COPHA OAT SHORTIES

- 4 ozs. Rolled Oats.
- 2 ozs. Golden Syrup.
- 2 ozs. Self-raising Flour.
- Pinch of Salt.
- 3 ozs. Pure Copha.

Soften the Copha, then mix all to a dough, roll into small balls, place on greased tray, flatten slightly and bake in moderate oven.

Chopped nuts and sultanas may be added for variation.

## COPHA COCONUT FINGERS

- $\frac{1}{2}$  lb. Self-raising Flour.
- $\frac{1}{4}$  lb. Sugar.
- $\frac{1}{2}$  teaspoon Salt.
- 1 Egg.
- $\frac{1}{2}$  lb. Coconut.
- 3 tablespoons Milk.
- $\frac{1}{4}$  lb. Pure Copha.

Mix softened Copha, sugar, egg and milk together, add flour, coconut and salt. Roll the dough to a thickness of  $\frac{1}{4}$  inch. Wash over with milk or egg and sprinkle with sugar. Cut into diamonds, rounds, etc., and bake in a hot oven on greased trays.

*"I think Copha is excellent. I never use anything else."*

## TWO CAKES AT ONCE!

Here's an idea for making two delicious cakes in the time it would take to make one. Beat up this Madeira Cake mixture, using double the quantities given in the recipe. Bake half as a Madeira Cake and use the other half to make a rich, moist Fruit Cake.

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### COPHA MADEIRA CAKE

$\frac{1}{4}$ lb. Castor Sugar.	$1\frac{1}{2}$ tablespoons Milk.
3 ozs. Pure Copha (softened).	Pinch of grated Lemon Rind.
4 ozs. Plain Flour.	Few drops of Lemon Juice.
2 Eggs (whisked).	2 ozs. Self-raising Flour.
	Pinch of Salt.

Cream the sugar and Copha for 3 minutes. Add all together, the plain flour, eggs, milk and lemon, and beat until light and smooth. Mix in thoroughly the self-raising flour and salt. This will make approximately 1 lb. of mixture and a  $5\frac{1}{2}$ -inch papered cake tin will hold it comfortably. Bake in a moderate oven for 50 to 55 minutes.

TO SOFTEN COPHA FOR "CREAMING," SEE  
PAGE 3.

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### COPHA FRUIT CAKE

Take the quantity of Madeira Cake mixture made by the recipe above.

ADD

1 teaspoon Plain Flour.  
 $\frac{1}{2}$  lb. Sultanas.  
2 ozs. cut Peel.

Bake for about 90 minutes in a moderate oven.

*"I cannot speak too highly of Copha as a shortening."*

## COPHA LANCASHIRE POTATO CAKES

2 lbs. Potatoes.  
4 ozs. Pure Copha.  
1 heaped teaspoon Salt.  
 $\frac{1}{2}$  lb. Self-raising Flour.

Boil and strain potatoes. When thoroughly dry, mash well. Stir in Copha and salt, mixing thoroughly. Add flour to make a fairly firm dough. Roll on a well-floured board to about  $\frac{1}{4}$ -inch thickness. Cut with 3-inch cutter or teacup. Place on hot tray and bake in hot oven, turning the cakes over when half cooked. Serve hot, generously buttered, or thinly spread with appetising Copha Savoury Cheese Paste.

This recipe suggests a tasty way to use up left-over boiled potatoes, but if cold potatoes are used, melt the Copha before mixing.

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### COPHA SAVOURY CHEESE PASTE

3 ozs. Pure Copha (grated).  
3 ozs. Cheese (grated).  
Salt, Pepper and Cayenne.

Use a dry variety of cheese. Rub ingredients together on a board until smooth. Put in a jar and use when required as a sandwich filling or spread for toast or biscuits. This paste keeps very well.

If you prefer a Toasted Cheese Paste, grease a small meat dish well with Copha. Put in the grated cheese and bake until it forms a thin, tough film. Lift with a fork, place on a wire meat stand and return to oven until dry. Place on board and crush to powder with rolling pin; add the small quantity of melted fat from the baking dish.

*"The Chocolate Biscuit Cake I consider EXTRA SPECIAL."*

## COPHA LEMON CHEESE

- 6 ozs. Sugar.
- 2 ozs. Pure Copha (grated).
- 1 oz. Arrowroot.
- 2 Egg Yolks.
- $\frac{1}{4}$  pint of Water.
- Juice of 2 Lemons.
- Grated Rind of 1 Lemon.

Mix together all ingredients and boil for one minute, stirring well all the time. Allow to cool, stirring occasionally.

This is a delicious filling for Sponge, Biscuit or Bread Sandwiches or for Lemon Cheese Tarts, before or after baking. Thinned with a little milk, it makes a delightful sauce for puddings, etc.

BE SURE TO READ PAGE 3—HINTS ON CAKE-  
MAKING.

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## COCONUT SPONGE PUDDING

- 2 ozs. Castor Sugar.
- 2 ozs. Pure Copha.
- 2 Eggs.
- 2 tablespoons Milk.
- 2 ozs. Plain Flour.
- 2 ozs. Ground Rice.
- $\frac{1}{2}$  teaspoon Baking Powder.
- 1 oz. Desiccated Coconut.

Cream the sugar and Copha. Add eggs, slightly whisked, and milk. Mix in other ingredients, stirring thoroughly. Boil for one hour, or turn into greased pie-dish and bake in medium oven about 45 minutes. Turn out. Pour lemon cheese sauce on top and sprinkle with desiccated coconut.

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*"I have had excellent results with Copha recipes for Mock Cream and Coconut Ice."*

## COPHA CANARY PUDDING

- 3 ozs. Castor Sugar.
- 2 ozs. Pure Copha.
- 2 Eggs.
- 2 tablespoons Milk.
- Lemon Juice or Essence.
- Pinch of Salt.
- 4 ozs. Plain Flour.
- 1 level teaspoon Baking Powder.

Cream the Copha and sugar. Beat in eggs singly. Stir in milk and flavouring. Sift together flour, baking powder and salt, add to mixture and beat till smooth. Pour into greased basin, which should be only three-quarters full. Boil for one hour.

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## COPHA PRINCESS PUDDING

Line a greased pie-dish with Copha Short Pastry. Spread a fairly thick layer of raspberry jam on the pastry. Fill the dish (leaving room for rising) with Canary Pudding Mixture. Bake in medium oven. Serve hot or cold.

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## COPHA PUDDING CRUST

- $\frac{1}{2}$  lb. Plain Flour.
- 1 level teaspoon Baking Powder.
- 3 ozs. Pure Copha (softened or grated).
- Pinch of Salt.
- $\frac{1}{4}$  pint of Water (bare).

Lightly blend the Copha with the flour, powder and salt. Make to a smooth dough with the water, and use for puddings, dumplings, etc.

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*"I have had very pleasing compliments about Copha recipes."*

## COPHA KIDNEY PUDDING.

- $\frac{1}{4}$  lb. Plain Flour.
- $\frac{1}{2}$  level teaspoon Baking Powder.
- Pinch of Salt, Nutmeg and Cayenne.
- 1 Egg.
- 3 tablespoons Milk.
- 3 ozs. Pure Copha (melted).
- About 6 ozs. Sheep's Kidneys.

Sift the dry ingredients. Add the egg, milk and Copha, mixing until smooth. Chop kidneys, roll in flour and season. Put pudding mixture in greased basin. When three-quarters full, put in a layer of kidneys. Spread a thin layer of the mixture on top, leaving room, when tying it down, for the pudding to swell. Boil  $1\frac{1}{2}$  hours. Serve with dark, thickened gravy.

## COPHA SPANISH PUDDING

Line a greased basin with short pastry and fill with the following mixture:—

- 2 ozs. Copha Short Pastry (uncooked).
- 4 ozs. Cake Crumbs.
- 2 ozs. Brown Sugar.
- 2 teaspoons Rum.
- 4 ozs. Sultanas or Currants.
- 2 ozs. Candied Peel.
- 2 ozs. Stoned Dates.
- 2 ozs. Crystallized Cherries.
- Pinch of Nutmeg.
- 2 ozs. Pure Copha (melted).

Chop the fruit finely and rub all ingredients together to a doughy consistency. The 2 ozs. of uncooked pastry in this mixture holds the fruit, etc., together. Place in the basin, cover with a thin layer of short pastry, and boil for one hour.

*"I always have light cakes and puddings when I use Copha."*

## WHAT IS COPHA ?

Copha is a pure 100 per cent. vegetable shortening, wholesome, nourishing, and particularly easy to digest. Unlike other shortenings, it does not go rancid but keeps fresh and sweet for months. Pure Copha contains no water or salt and is not mixed with any other substance.

Lots of absolutely new and delicious cakes, sweets and savouries can be made **only with Copha**. Try some of the original recipes in this book. They have all been carefully tested and are recommended with the utmost confidence.



INSERT  
STRING AND  
HANG UP  
FOR  
REFERENCE



COCONUT ICE



BAKED RUSSET PUDDING



SPANISH PUDDING



SCONES



LANCASHIRE POTATO CAKES



BRANDY SNAPS



CHOCOLATE BISCUIT CAKE



COCONUT FINGERS