

# WHAT SHALL I COOK TODAY?

TRY THESE RECIPES...  
AND COPHA'S *NEW*  
MELT'N'MIX METHOD  
FOR CAKES

COPHA

A woman with styled hair, wearing a brown short-sleeved dress and a white ruffled apron, is smiling and looking towards the left. She is holding a small box of Copha in her right hand. In front of her is a table with a white cloth, upon which sits a large white cylindrical container with a lid, and several smaller metal baking tins and a round pan.

100 COPHA RECIPES

# What COPHA is— and why it will improve all your cooking

COPHA is a pure, white shortening, made entirely from nourishing vegetable oils. Copha has no odour or flavour of its own, but, as you will find when you use it yourself, it brings out the full flavour of all the other ingredients in your recipes. Because it is made only from the purest edible vegetable oils, Copha is exceptionally easy to digest, and you will find that this is the case with everything you make with it.



**COPHA  
MAKES ALL  
YOUR COOKING  
SIMPLER**

COPHA is a real all-purpose shortening—excellent for cakes, pastry, puddings, icings, sandwich fillings, biscuits, and every other branch of home cooking including pressure cooking. But Copha is more than just a good shortening—it enables

you to make delightful tea-time dainties and confections *without any cooking at all*, and it makes possible an easy and very healthful method of cooking vegetables which preserves all their garden-fresh nourishment and flavour for your enjoyment. You will find the recipes in this book. Do all your cooking with Copha. You will enjoy it, and your family will never tire of complimenting you on the delightful dishes you serve them.

**NO  
MOISTURE  
IN COPHA**



THERE is absolutely no moisture in Copha, and you will find that, for this reason, Copha is exceptionally economical in use. Not only do you need less Copha than the usual type of shortening for cake and pastry making, etc., but you will find that you can *fry* with Copha without any of the usual unpleasant spluttering.



**COPHA KEEPS  
FRESH AND  
SWEET FOR  
MONTHS**



BECAUSE it is an all-vegetable shortening, you can depend on Copha to remain fresh and sweet—no fear of rancidity. No matter how much Copha you buy, there is never any waste, so always keep a good stock on hand.

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# CAKES



## AT LAST! CAKE MAKING MADE EASY!

The *sensational melt'n'mix*  
Copha technique for lighter,  
more mouth-watering cakes

Gone is the arduous task of creaming a reluctant shortening, the tiresome beating of eggs in a separate basin . . . gone with all the old uncertainty which robbed baking of much of its joy. You'll get perfect results every time you use Copha's new sure-fire technique for easier, more successful cakes.

### HINTS TO REMEMBER WHEN MAKING CAKES WITH COPHA

1. In Copha's easy new Melt'n'Mix method, the Copha is always added *melted*. Use only the gentlest heat for melting, so that the oiled Copha will be barely warm. On no account should it be hot.
2. When using your own recipes, either soften or melt the Copha and add a quarter of the flour to the Copha and sugar while creaming.
3. When available, use castor sugar in your cakes.

**Note:** There is no moisture or salt in Copha. Therefore, when using it in your own recipes, you need less Copha than the usual type of shortening.

$\frac{3}{4}$ lb. Copha	} replaces 1 lb. of the usual type of shortenings.
2 tablespoons water	
1 level teaspoon salt	



IN WARM WEATHER KEEP  
COPHA IN A COOL PLACE  
—PREFERABLY AN ICE-  
CHEST OR REFRIGERATOR



## CAKES

### Christmas Cake

**P**UT the sugar, melted Copha, eggs, milk, spices, colouring and half the plain flour (6 ozs.) into a large mixing bowl and beat for 5 minutes. Stir in the fruit and nuts, then add the remaining plain flour and the 2 ozs. self-raising. Mix well and bake in a round paper-lined 9" tin — or in two 7" round tins — for approximately  $2\frac{1}{4}$ - $2\frac{1}{2}$  hours. The temperature should be strictly moderate (300°F gas, 350°F electric) and should be decreased as the cake cooks.

8 ozs. Copha, melted  
(barely warm, not hot)  
8 ozs. Brown Sugar  
6 Eggs  
1 tablespoon Milk  
12 ozs. Plain Flour  
2 ozs. Self-Raising Flour  
 $\frac{1}{2}$  level teaspoon Nutmeg  
 $\frac{1}{2}$  level teaspoon Cinnamon  
1 level teaspoon Parisian Essence  
2 ozs. Chopped Nuts  
2 ozs. Sliced Cherries  
 $1\frac{1}{2}$  lbs. Sultanas  
 $\frac{1}{2}$  lb. Currants  
 $\frac{1}{2}$  lb. Sliced Peel

### Lamingtons

**M**ELT Copha over gentle heat — it should be barely warm, not hot. Combine with the milk, eggs, salt and essence. Pour on to the sugar and plain flour and beat for 5 minutes with a rotary beater or electric mixer — or for 8 minutes with a wooden spoon. Add the self-raising flour and beat 1 minute longer.

Bake in a greased tin, 11 x 7 x  $1\frac{1}{2}$ , in a moderate oven (325°F gas; 375°F electric). When cold, cut into squares. Combine coating ingredients—the mixture should be slightly more than lukewarm — dip the squares. Drain them slightly and roll in desiccated coconut.

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

#### Chocolate Coating

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

### Marble Cake

**F**OLLOW mixing directions for Layer Cake (Page 8), dividing the completed mixture into 3 equal parts. Leave one plain, colour the second a delicate pink with red food colouring, and to the third add a rounded tablespoonful of cocoa blended to a paste with hot water. Spoon alternate colours into 2 greased deep 7" sandwich tins and bake 30-35 minutes in a moderate oven. When cold fill and ice with Chocolate Icing (See next page).

4 ozs. Copha  
5 tablespoons Milk  
3 Eggs  
1 teaspoon Vanilla  
1 level teaspoon  
Salt  
8 oz. Sugar  
8 oz. Self-raising  
Flour

## CAKES

$\frac{1}{2}$  lb. Icing Sugar  
1 dessertspoon Cocoa  
1 dessertspoon melted  
Copha  
Few drops Vanilla  
Essence  
 $2\frac{1}{2}$  tablespoons  
Boiling Water

**S**TIR all together thoroughly until smooth. This icing should be kept lukewarm while in use.

### Chocolate Icing

5 ozs. Copha  
 $\frac{3}{4}$  cup Milk  
2 Eggs  
1 teaspoon Vanilla  
1 level teaspoon  
Salt  
8 ozs. Sugar  
8 ozs. Self-raising  
Flour  
2 heaped tablespoons  
Cocoa

**M**ELT Copha over gentle heat. It should be barely warm, not hot. Combine with milk, eggs, vanilla, salt, cocoa, sugar and half the self-raising flour. Beat 5 minutes with a rotary beater or electric mixer, or 8 minutes with a wooden spoon. Add remaining flour and beat 1 minute longer. Bake in greased 7" sandwich tins, or an 8" square tin, in a moderate oven (350°F gas, 400°F electric) 30-35 minutes.

### Chocolate Cake

3 ozs. Copha  
2 Eggs  
 $\frac{1}{4}$  pint milk  
1 teaspoon Vanilla  
1 level teaspoon  
Salt  
8 ozs. Self-raising  
Flour  
1 oz. Cornflour  
6 ozs. Sugar

**A**DD the melted (not hot) Copha to the other ingredients in mixing bowl, reserving the cornflour and half the flour to add later. Beat 5 minutes with rotary beater or 8 minutes with wooden spoon. Add remaining flour and cornflour and mix well. Bake in greased patty tins in a hot oven.



### Fairy Cakes

3 ozs. Sugar  
2 ozs. Copha  
3 tablespoons Milk  
Pinch of Salt  
1 Egg  
Few drops of Essence  
of Lemon  
8 ozs. Self-raising  
Flour  
1 cup Sultanas

**P**LACE sugar, milk, salt, egg and essence in mixing bowl. Stir in melted lukewarm Copha, then add flour and sultanas. Mix to a soft dough and bake in small rough pieces on a greased tray in a hot oven (400°F gas, 450°F electric), 12 minutes. Ginger or spice may be added if desired.

### Rock Cakes

## CAKES

### Orange Cake

**P**REPARE 2 deep 7" sandwich tins. Melt Copha over gentle heat — it should be barely warm, not hot. Combine with milk, eggs, salt, orange juice and rind, the sugar and half the self-raising flour. Beat for 5 minutes with a rotary beater or electric mixer, or for 8 minutes with a wooden spoon. Add the remaining flour, beat 1 minute longer and bake for 30-35 minutes in a moderate oven (350°F gas, 400°F electric). Ice and fill with orange icing.



4 ozs. Copha  
3 Eggs  
3 tablespoons Orange Juice  
2 tablespoons Milk  
1 level teaspoon Salt  
Grated Rind of 1 Orange  
8 ozs. Sugar  
8 ozs. Self-raising Flour

### Lemon Cake

**F**OLLOW the mixing and baking instructions for Orange Cake (above). When cold, sandwich layers together with raspberry or loganberry jam, or ice and fill with fresh lemon icing.



4 ozs. COPHA  
3 Eggs  
5 tablespoons Milk  
1 level teaspoon Salt  
Grated Rind of 1 Lemon  
8 ozs. Sugar  
8 ozs. Self-raising Flour

### Banana Cake

**M**ELT Copha over very gentle heat — it should be just warm, not hot. Combine with the milk, eggs, salt and mashed bananas. Pour on to sugar and add half the flour. Beat for 5 minutes with a rotary beater, or for 8 minutes with a wooden spoon. Add remaining flour and beat 1 minute longer. Bake in deep greased sandwich tins in a moderate oven 30-35 minutes.

4 ozs. Copha  
3 Eggs  
5 tablespoons Milk  
1 level teaspoon Salt  
2 very ripe Bananas (mashed)  
8 ozs. Sugar  
8 ozs. Self-raising Flour

## CAKES

### Sponge Sandwich

**W**HISK eggs and sugar till thick, then fold in sifted flour and cornflour. Bring milk and Copha to boiling point in small saucepan. Mix lightly but thoroughly into batter and bake in two greased, floured 8" tins in a moderate oven.

6 ozs. Sugar  
3 Eggs  
4 ozs. Self-raising Flour  
1 oz. Cornflour  
1 oz. Copha  
3 tablespoons Milk  
Pinch of Salt

### Coconut Cake

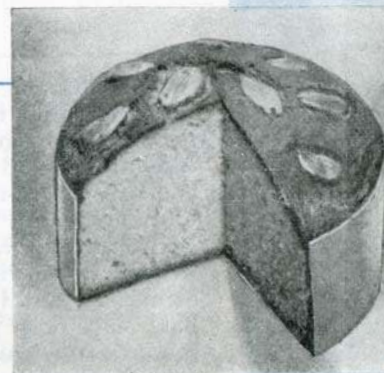
**M**ELT the Copha over gentle heat. It should be barely warm. Combine with eggs, milk, vanilla and salt and pour on to sugar. Add half the self-raising flour and beat for 5 minutes with a rotary beater, or 8 minutes with wooden spoon. Add coconut and remaining flour and beat 1 minute longer. Bake in a greased tin in a moderate oven.

4 ozs. Copha  
3 Eggs  
5 tablespoons Milk  
1 teaspoon Vanilla  
1 level teaspoon Salt  
8 ozs. Sugar  
4 ozs. Coconut  
8 ozs. Self-raising Flour

### Madeira Cake

3 ozs. Copha  
2 Eggs  
1½ tablespoons Milk  
1 teaspoon Essence of Lemon  
1 level teaspoon Salt  
4 ozs. Sugar (preferably Castor)  
3 ozs. Self-raising Flour  
3 ozs. Plain Flour

**M**ELT Copha over gentle heat. It should be barely warm, not hot. Combine with the milk, eggs, salt and essence and pour on top of the sugar and plain flour. Beat for 5 minutes with a rotary beater or 8 minutes with a wooden spoon. Add the self-raising flour and beat 1 minute longer. Bake in greased tin in a moderate oven.



### Coffee Cake

**M**ELT Copha over gentle heat — it should be barely warm. Combine with eggs, milk, coffee essence, salt, sugar, and half the self-raising flour. Beat for 5 minutes with a rotary beater or 8 minutes with wooden spoon. Add remaining flour and beat 1 minute longer. Bake in two deep greased 7" sandwich tins for 30-35 minutes in moderate oven.

4 ozs. Copha  
3 Eggs  
4 tablespoons Milk  
1 tablespoon Coffee Essence  
1 level teaspoon Salt  
8 ozs. Sugar  
8 ozs. Self-raising Flour

## CAKES

### Orange Cream

**T**O the juice and grated rind of half an orange, add icing sugar until you have a stiff paste. Work in to this mixture 1 oz. or one tablespoonful of softened Copha, and when well beaten spread between cakes.

### Minced Fruit Cake

**M**AKE a Layer Cake mixture as described on this page. Fold in 4 oz. of minced fruits—either cherries, sultanas, currants, raisins, peel; or a mixture of all 5. Bake as directed in a moderate oven.

### Luncheon Cake

**A**DD the Copha—melted but not hot—to milk, eggs and salt and pour on to sugar and flour. Beat 5 minutes with rotary beater or 8 minutes with wooden spoon. Add cornflour and beat 1 minute longer. Bake in a greased tin in a moderate oven (325°F gas; 375°F electric) about 1 hour.

4 ozs. Copha  
2 Eggs  
2 tablespoons Milk  
1 level teaspoon Salt  
4 ozs. Sugar  
4 ozs. Cornflour  
4 ozs. Self-raising Flour  
4 ozs. Currants  
2 ozs. Sultanas  
1 oz. Lemon Peel  
1 oz. Almonds, Peanuts or Walnuts (optional)

### Layer Cake

**M**ELT Copha over very gentle heat. It should be barely warm, not hot. Add it to the milk, eggs, salt and vanilla. Pour all on to the sugar and add half the self-raising flour. Beat for 5 minutes with a rotary beater or electric mixer, or for 8 minutes with a wooden spoon. Add the remaining 4 oz. of flour and beat 1 minute longer. Bake in 2 deep greased 7" sandwich tins in a moderate oven (350°F. gas, 400°F. electric) 30-35 minutes. Fill and ice when cold with chocolate icing (page 5), or put together with Copha Mock Cream (Page 19).

**Note :** — If your sandwich tins are shallow, a 1½" paper band may be placed around the inside of each tin to avoid overflowing.

## CAKES

½ pint Water  
1½ ozs. Copha  
4 ozs. Plain Flour  
4 Eggs  
Tiny pinch of Baking Powder  
Small pinch of Salt

**B**RING Copha and water to boiling point, add flour and baking powder and stir till thoroughly cooked — about 2 minutes. Remove from heat, and cool. Add eggs singly, beating well with a wooden spoon after each addition. When perfectly smooth, drop in teaspoonfuls on well-greased tray and cook in a moderately-hot oven (375°F gas, 425°F electric) 20-30 minutes. Cream puffs should be round, Eclairs finger-shaped. Cut open when cold and fill with Copha Mock Cream (See page 19). Ice Eclairs with chocolate icing; dust Cream Puffs with icing sugar. Makes two dozen.

### Cream Puffs and Eclairs

4 ozs. Copha  
1 Egg  
1 tablespoon Milk  
Pinch of Salt  
2 ozs. Sugar  
6 ozs. Self-raising Flour  
2 ozs. Coconut  
Jam and extra  
Coconut

**C**OMBINE melted Copha with egg, milk, salt, sugar and 4 oz. of the self-raising flour. Beat 5 minutes with a wooden spoon, add remaining flour and coconut and mix 1 minute longer. Make into small balls and roll in extra coconut. Press a hole in the centre, fill with jam and pinch top together. Bake in a moderate oven, 15 minutes. Makes 3 dozen.

### Coconut Jam Drops

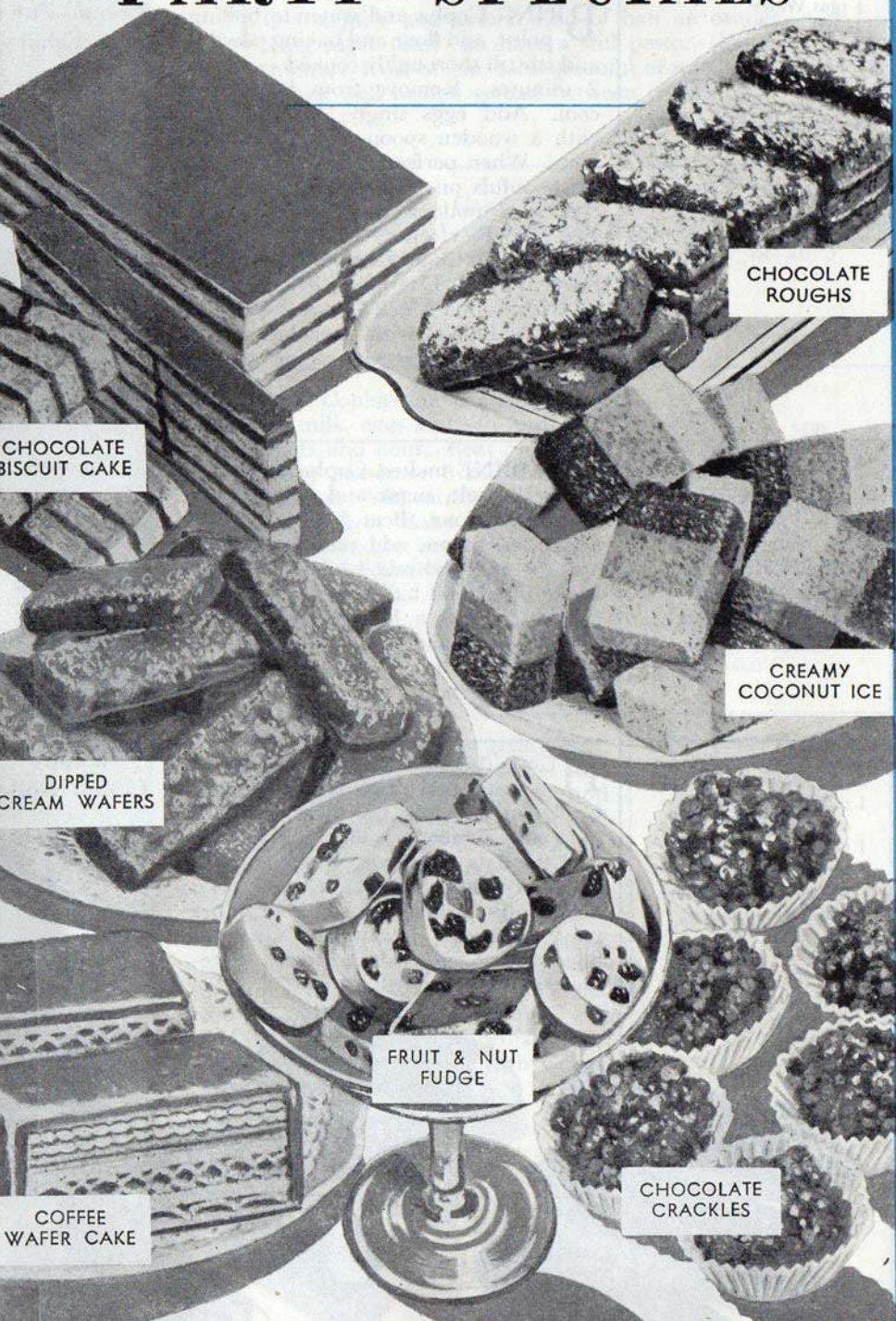
4 ozs. Copha  
6 ozs. Brown Sugar  
1 tablespoon Honey or Golden Syrup  
1 tablespoon Water  
1 medium teaspoon Bicarbonate of Soda  
3 ozs. Rolled Oats  
4 ozs. Plain Flour

**H**EAT the first four ingredients in a saucepan and stir until the Copha melts. Add the bicarbonate of soda and while it is frothing mix in well the oats and flour. Then proceed as for Brandy Snaps (see page 21). When quite cold, these rolls or tubes may be stored in airtight tins and filled with Copha Mock Cream as required (see page 19).

### Snappy Cream Rolls



# PARTY SPECIALS



CHOCOLATE BISCUIT CAKE

CHOCOLATE ROUGHS

CREAMY COCONUT ICE

DIPPED CREAM WAFERS

FRUIT & NUT FUDGE

COFFEE WAFER CAKE

CHOCOLATE CRACKLES

## DAINTY TEMPTING CONFECTIONS FROM THE COPHA "COOKLESS" SERIES

**Note:**—In melting the Copha for use in these Cookless Recipes care must be taken to see that it does not boil.



- 5 ozs. Rice Bubbles (4 cups)
- 2½ ozs. Cocoa (3 table-spoons)
- 2½ ozs. fine Coconut (1 cup)
- 8 ozs. Icing Sugar
- 8 ozs. COPHA

**MIX** dry ingredients, melt Copha and pour over them. Mix thoroughly, spoon into paper cup containers and allow to set.  
The above quantity makes from 2½ to 3 dozen.

Chocolate Crackles

- 5 ozs. COPHA (melted)
- ½ lb. Icing Sugar
- 1 heaped dessertspoon of Cocoa
- ½ lb. Coffee, Malt or any suitable biscuits. (These should be softened by exposure)
- 1 Egg
- Essence of Vanilla to flavour

**MIX** together the sifted sugar, cocoa, egg and vanilla. Then stir in the hot (not boiling) Copha. Line a 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.

Chocolate Biscuit Cake  
Made in 5 minutes

- 8 ozs. Coffee (or other Biscuits finely broken)
- 1 oz. Cocoa (1 large tablespoon)
- 2½ ozs. crushed Walnuts (½ cup)
- 1 teaspoonful Vanil Essence
- 4 ozs. COPHA

**MELT** the Copha and pour on to the other ingredients, previously blended. Mix thoroughly and press into a shallow tin already greased with melted Copha or lined with greaseproof paper. Smooth the top. When cold ice with Chocolate Icing. Allow this to set and cut into squares or fingers.

Chocolate Delight

Chocolate Icing

- 1 lb. Icing Sugar
- 1 oz. Cocoa (1 large tablespoon)
- 5 ozs. Boiling Water
- 2 (6 tablespoons) ozs. grated COPHA
- 1 teaspoonful Essence Vanilla

## PARTY SPECIALS

### Chocolate Roughs

**M**ELT the Copha in saucepan ; add remaining ingredients and mix evenly. Place mixture in cake pan about 8" x 10" lined with waxed or greaseproof paper. (Portions of mixture can be spooned into patty pans.) Sprinkle with nuts or coconut. When firmly set, cut into slices.

1 lb. Copha  
1 lb. Icing Sugar  
tablespoons Cocoa (2½ ozs.)  
½ cup desiccated Coconut (1½ ozs.)  
4 cups Kelloggs \*Bran Flakes  
\*Registered Trade Mark, Kelloggs (Aust.) Pty. Ltd.

### Charlotte

**M**IX the sifted icing-sugar and sugar of milk with the egg, essence and orange rind. Stir in the hot (not boiling) Copha. Place a disc of greaseproof paper in a six-inch sandwich pan and spread on this a very thin layer of the mixture. Cut sufficient sponge fingers in halves (across) and stand these round the edge, rounded end up. Fill with alternate layers of sponge fingers and mixture. Decorate top with more sponge fingers, and cherries if desired. Cool until set.

5 ozs. COPHA (melted)  
½ lb. Icing Sugar  
1 oz. Sugar of Milk (Sold by all chemists)  
1 White of Egg  
½ teaspoonful Vanilla Essence  
Grated rind of half an Orange  
½ lb. Savoy Biscuits (Sponge Fingers)

### Copha Coffee Wafer Cake

**M**IX 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.

5 ozs. COPHA  
12 ozs. Icing Sugar  
1 Egg  
1 tablespoon of Coffee Essence  
¾ lb. of Wafer Cream Biscuits, as sold by all grocers

### Creamy Coconut Ice (Pink, White, Chocolate)

**M**IX together the sugar, coconut, egg and vanilla. Then stir in 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.

¼ lb. COPHA (melted)  
1 lb. Icing Sugar (sifted)  
½ lb. fine desiccated Coconut  
2 Whites of Egg  
½ teaspoon of Essence of Vanilla

## PARTY SPECIALS

### Fruit and Nut Fudge

**M**IX together all ingredients except Copha. Melt Copha (do not boil) and pour over other ingredients. Mix well. Place on greaseproof paper tray and press to a flat sheet about 1 inch thick. When cold and set, cut into desired shapes.

1 lb. Icing Sugar  
¼ lb. COPHA (melted)  
½ lb. fine desiccated Coconut  
2 Whites of Eggs  
½ teaspoon Essence of Vanilla  
3 ozs. chopped Nuts  
3 ozs. Sultanas  
3 ozs. chopped Lemon Peel (Angelica or Green Jelly (chopped) and chopped Cherries make a pleasing variation)

### Yum Yums

**M**IX together sugar, cocoa, coconut, egg and vanilla. Just melt Copha and stir thoroughly with other ingredients. Stand in cool place till firm. Form into long rolls ½" in diameter; cut to one inch lengths, and immediately roll these *very lightly* in Chocolate Topping. Yum Yums will harden as they cool.

8 ozs. Icing Sugar (sifted)  
1 heaped dessert-spoon Cocoa  
2 ozs. desiccated Coconut  
1 Egg  
1 teaspoon Essence of Vanilla  
5 ozs. COPHA (melted)  
Chocolate Topping or Sprinkles

### Biscuit Fudge

**M**ELT the Copha in a saucepan. Add the sifted dry ingredients, also the biscuit crumbs, egg and vanilla, and mix thoroughly. Place mixture in a tin (size 8 x 10 inches) lined with greaseproof paper. Sprinkle the top with chopped walnuts and allow to set firmly before cutting into squares or fingers.

6 ozs. COPHA  
4 ozs. Icing Sugar  
1 tablespoon Cocoa  
½ oz. Arrowroot (1 rounded dessert-spoonful)  
1 Egg  
1 teaspoon of Vanilla Essence  
½ lb. Arrowroot or Coffee Biscuits (crushed)

### Dipped Cream Wafers

**M**ELT the Copha and pour on to the mixed dry ingredients and mix thoroughly.

While the mixture is still warm, dip or spread the cream wafers thinly, place on greaseproof paper and leave in cold place until set.

5 ozs. fine Coconut (2 cups)  
8 ozs. Icing Sugar  
2½ ozs. Cocoa (3 table-spoonful)  
8 ozs. COPHA (melted)  
Cream Wafers

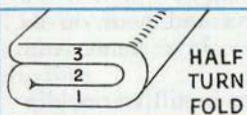


# PASTRY



## Puff Pastry

**S**IEVE 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 (see illustration). 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.

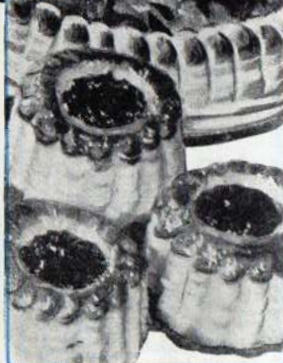


HALF  
TURN  
FOLD

## Short Pastry

**M**IX 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.

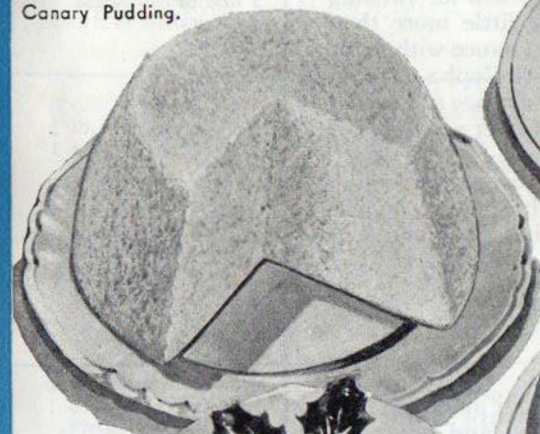


$\frac{1}{2}$  lb. Plain Flour  
 $\frac{1}{2}$  level teaspoon Cream of Tartar  
 $\frac{1}{2}$  level teaspoon Salt  
1 oz. COPHA (softened)  
 $\frac{1}{2}$  teacup Cold Water  
1 oz. of hardened COPHA (in summer store in ice-chest).

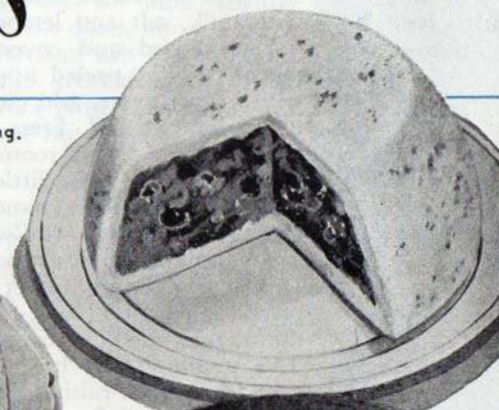
$\frac{1}{2}$  lb. COPHA  
2 ozs. Sugar  
 $\frac{1}{2}$  teacup Milk or 1 Egg  
2 ozs. Self-raising Flour  
6 ozs. Plain Flour  
 $\frac{1}{4}$  teaspoonful Salt

# PUDDINGS

Canary Pudding.



Spanish Pudding.



Above: Princess Pudding.

Above: Christmas Pudding.



Right: Caramel Pastry Roll.

## PUDDINGS

### Russet Pudding with Rural Sauce

**R**UB 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.

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

### Christmas Pudding

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

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



### Sultana Pudding

**C**REAM 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.

4 ozs. Brown Sugar  
3 ozs. COPHA  
1 teaspoon Mixed  
Spice  
Little Caramel Colour  
if desired  
1 Egg  
3 tablespoons Milk  
 $\frac{1}{4}$  teaspoonful Salt  
4 ozs. Bread crumbs  
6 ozs. Sultanas  
2 ozs. cut Peel

## PUDDINGS

### Steamed Date Pudding

**C**REAM 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.

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

### Ginger Pudding and Sweet Sauce

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

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

### Sweet Sauce

**M**AKE 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.

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

### Coconut Sponge Pudding

**C**REAM 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. (For Lemon Cheese recipe see page 39).

2 ozs. Castor Sugar  
2 ozs. COPHA  
2 Eggs  
2 tablespoons Milk  
Pinch of Salt  
2 ozs. Plain Flour  
2 ozs. Ground Rice  
 $\frac{1}{2}$  teaspoon of Baking  
Powder  
1 oz. of desiccated  
Coconut

### Canary Pudding

**C**REAM 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.

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

## PUDDINGS

### Princess Pudding

**L**INE 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.

See Canary Pudding (Page 17)

### Kidney Pudding

**S**IFT 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 1½ hours. Serve with dark, thickened gravy.

¼ lb. Plain Flour  
½ level teaspoon of Baking Powder  
Pinch of Salt, Nutmeg and Cayenne  
1 Egg  
3 tablespoons Milk  
3 ozs. COPHA (melted)  
About 6 ozs. Sheep's Kidneys

### Spanish Pudding

**L**INE a greased basin with short pastry (see page 14 for Short Pastry) and fill with the following mixture:  
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.

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. COPHA (melted)

### Fresh Fruit Pudding

**L**INE 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.).

1 Apple  
1 Mandarin  
1 Banana  
1 Pear  
1 Cherry  
2 thin slices of cake or some biscuits  
Copha Mock Cream

(See opposite page for Mock Cream Recipe)

## PUDDINGS

1 lb. Chestnuts  
2 ozs. Self-raising Flour  
2 ozs. COPHA (grated)  
2 Eggs (beaten)  
2 ozs. Sugar  
Grated rind of ½ Lemon  
½ cup Milk (4 oz.)

**B**OIL the chestnuts 20 minutes. Shell, skin and mash them while hot. Allow to cool. Dissolve the sugar in the milk. Then stir all the ingredients together and mix well. Boil or steam in greased basin two hours.

### Chestnut Pudding

½ lb. Plain Flour  
1 level teaspoon of Baking Powder  
3 ozs. COPHA (softened or grated)  
Pinch of Salt  
¼ pint of Water (bare)

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

### Pudding Crust

½ lb. COPHA  
1 lb. Fine Icing Sugar  
1 Egg  
3 tablespoons Milk (warm)  
Essence of Vanilla

**C**REAM the softened Copha, 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 melt the Copha.

### Copha Mock Cream

½ lb. Plain Flour  
1 level teaspoon Baking Powder  
3 ozs. COPHA (softened or grated)  
Pinch of Salt  
¼ pint of Water (bare)  
1 lb. Steak and Kidney cut into pieces  
Salt and Pepper  
1 tablespoon flour  
1 small Onion, if desired, chopped finely

**T**O make the crust, lightly blend the Copha with the flour, powder and salt. Make to a smooth dough with the water. Sprinkle the meat with seasoning and the flour, fill lightly into cups lined with the pudding crust, and half fill with stock or water (about 1 tablespoon). Dampen the top edge and cover with greaseproof paper or tie up with pudding cloth. Boil or steam three hours.

### Individual Steak and Kidney Puddings

4 ozs. (1 cup) Self-raising Flour  
2 ozs. (2 tablespoons) COPHA (softened)  
1½ tablespoons Water

#### Pastry

**M**IX all to a firm dough, pin out to oblong shape, spread with raspberry jam or sliced apple and roll as for roly-poly and place in greased pie-dish.

### Caramel Pastry Roll

8 ozs. (1 cup) Water  
4 ozs. (½ cup) Brown Sugar  
1 oz. (1 tablespoon) COPHA

#### Caramel

Bring to the boil and pour over the pastry roll. Bake in moderate oven ¾ hour. Serve hot, and with cream or custard if desired.

#### Suggestion for Housewife.

Try these puddings in your Pressure Cooker. Take cooking times from your Pressure Cooker folder.

# Tempting COOKIES of all kinds

*In cold weather shred Copha with a suet grater into bowl and soften by standing bowl in a warm place, or in warm water for a few minutes. Copha may also be softened by shredding and rubbing on a board with the palm of the hand.*

*When using Copha in YOUR OWN recipes use:*

$\frac{3}{4}$  lb. COPHA  
 2 tablespoons Water  
 Pinch of Salt

{ In place of 1 lb.  
 of any other  
 shortening.

## COOKIES

4 ozs. Brown Sugar  
 4 ozs. COPHA  
 3 ozs. Golden Syrup  
 Juice of half a Lemon  
 $\frac{1}{4}$  ozs. Self-raising  
 Flour  
 1 teaspoon Powdered  
 Ginger

**P**UT 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 a 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.

2 ozs. Cornflour  
 2 ozs. Icing Sugar  
 6 ozs. COPHA  
 (softened)  
 1 tablespoonful Milk  
 $\frac{1}{2}$  teaspoonful Vanilla  
 Essence  
 6 ozs. Self-raising  
 Flour  
 Pinch of Salt

**M**IX first five ingredients only till smooth. Add flour and salt and mix again till smooth. Place pieces about the size of a walnut on grease-proof-papered trays and bake in a moderate oven at 350°F., allowing a little room for spreading, bake 10-12 mins. When cold sandwich two together with Mock Cream or Raspberry Jam and dust with icing sugar.

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

**C**REAM Copha and sugar, add 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.

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

Old  
Fashioned  
Brandy  
Snaps

Melting  
Moments

Date  
Squares

Date  
Filling

## COOKIES

### Finger Crisps

**C**REAM 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.

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

### Oat Shorties

**S**OFTEN 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.

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

### Coconut Shapes

**M**IX 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 fingers, rounds, diamonds, etc., and bake in a hot oven on greased trays.

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

### Thistledown Wheat Puffs

**C**REAM Copha (softened), water and sugar. Beat in the egg. Add flour and puffed wheat and mix well. Place teaspoonsful of the mixture on greased trays and bake in moderate oven.

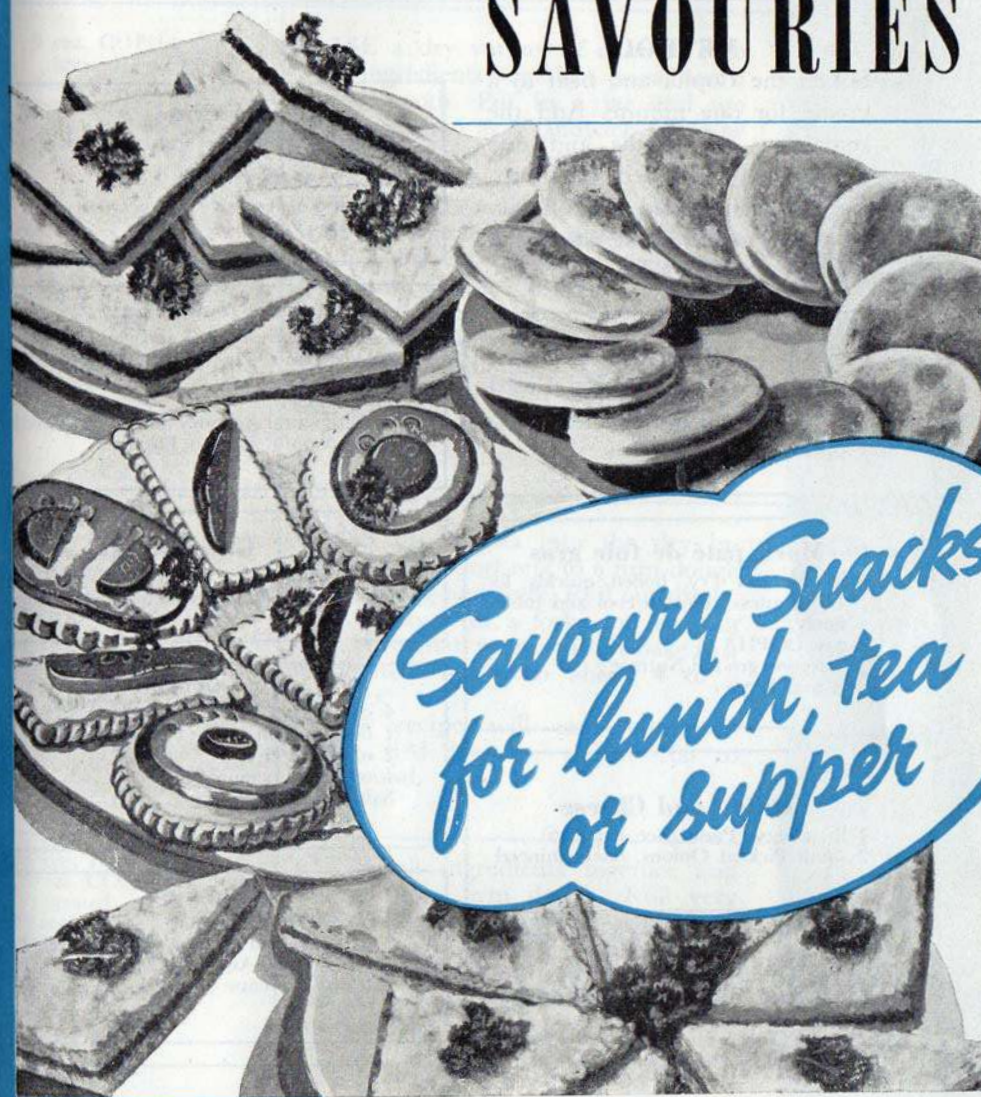
$3\frac{1}{2}$  ozs. COPHA  
 $\frac{1}{2}$  oz. Water (1 dessertspoon)  
4 ozs. Sugar  
1 Egg  
4 ozs. Self-raising Flour

### Kisses

**C**REAM the Copha and sugar. Beat in the plain flour, eggs and essence. Mix in the self-raising flour and corn-flour lightly. Spoon on to greased trays and bake in medium oven 350°F. When cold, sandwich with jam or Copha Mock Cream and dredge with icing sugar.

$\frac{1}{2}$  lb. COPHA  
 $\frac{1}{2}$  lb. Icing Sugar  
4 Eggs  
 $\frac{1}{4}$  lb. Plain Flour  
 $\frac{1}{2}$  teaspoon of Vanilla Essence  
 $\frac{1}{4}$  lb. Self-raising Flour  
 $\frac{1}{2}$  lb. Cornflour

## SAVOURIES



## SAVOURY PASTES

**T**ASTY savoury pastes are easily made with Copha, and give a pleasing variety to luncheon and picnic sandwiches. They are also very tempting when spread on fingers of buttered toast or spread between two layers of baked Copha Puff Pastry. No preservatives are used in these pastes, so it is recommended that only the required amount be made each time.

## SAVOURY PASTES

### METHOD

Soften the Copher and beat to a cream for one minute. Add the remaining ingredients and mix thoroughly. (Boiled chestnuts, shelled, skinned and mashed may be added to any of the pastes and give a very delicious flavour.)

### Bloater

Red Herring, boiled 5 minutes, skinned boned and finely minced  
1 oz. COPHA  
Pepper

### Mock paté de foie gras

$\frac{1}{4}$  lb. Lamb's Fry, boiled quickly for 10 minutes (allow to cool and mince finely)  
4 ozs. COPHA  
 $\frac{1}{2}$  teaspoon ground Nutmeg  
Salt and Pepper

### Onion and Cheese.

$\frac{1}{4}$  lb. Cheese Paste (See Page 25)  
2 small Pickled Onions, finely minced

### Toasted Bacon

4 ozs. lean Bacon (fry till crisp and mince finely)  
2 ozs. COPHA  
1 teaspoon Mixed Mustard

### Almond and Celery

2 ozs. Almonds, blanched and ground  
4 ozs. Crisp Celery, finely minced  
1 oz. COPHA  
Salt  
*(This Paste has a most delicate flavour while fresh)*

### Sardine

1 small tin Sardines (drained and washed)  
1 oz. COPHA  
1 teaspoon Anchovy Essence  
Salt and Pepper

### Prawn and Egg

2 ozs. Prawns, shelled and mashed  
1 hard-boiled Egg, finely chopped  
3 ozs. COPHA  
Salt, Pepper  
1 teaspoonful Anchovy Sauce (if desired)  
1 teaspoonful Lemon Juice

### Gherkin

$\frac{1}{4}$  lb. Cheese Paste (See Page 25)  
3 small Gherkins, finely chopped

### Curry

4 ozs. Sultanas  
1 dessertspoon Curry Powder  
2 ozs. COPHA  
1 teaspoon Lemon Juice  
Salt

### Parsley

4 ozs. COPHA  
2 ozs. chopped Parsley, fresh or dried  
1 teaspoonful Anchovy Essence  
Salt and Cayenne

### Piquant

4 ozs. COPHA  
1 level tablespoon Meat Extract  
Salt and Cayenne  
Pinch of Lemon Rind, grated  
1 dessertspoon Worcester Sauce  
*(This Paste may be stored in a lidded dish or glass container)*

## SAVOURIES

3 ozs. COPHA (grated)  
3 ozs. Cheese (grated)  
Salt, Pepper, Cayenne

**U**SE 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 Copher. Put in the grated cheese and bake until a thin, tough film is formed. 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.

Savoury Cheese

3 ozs. 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 moistness of the Cheese)

**R**UB the Copher 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 moderately hot oven about 4 to 5 minutes.

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

Cheese Croquettes

8 ozs. Flour  
3 ozs. COPHA (grated)  
3 ozs. Cheese (grated)  
Salt and Pepper  
1 Egg  
2 tablespoons Water

**S**TIR all ingredients together and mix to a firm dough. Roll very thinly indeed; wash over with milk, sprinkle lightly with finely grated cheese. Cut into squares or oblongs, and bake on ungreased trays in a hot oven.

Cheese Flakes

1 oz. COPHA (1 tablespoon)  
1 small Apple (minced)  
Scraps of Meat  
1 teaspoon of Curry Powder  
1 Tomato (pulped)  
1 Egg  
Pepper and Salt  
Slices of Bread

**M**ELT Copher in saucepan, add meat cut finely. Put in tomato, apple, pepper and salt; also curry powder blended with a dessertspoonful warm water. Finally stir in the raw egg. Cook for five minutes, stirring meanwhile. Serve on fried or toasted bread.

Newmarket Toast

## SAVOURIES

### Devilled Kidneys

**C**UT kidneys into small pieces. Roll lightly in flour. Fry, till brown, in Copha, using saucepan. Add water and seasoning and simmer for half an hour. Serve on toast, spread with Copha Piquant Paste (see page 24), sprinkle with parsley.

3 Sheep's Kidneys  
Flour  
1 oz. COPHA  
3 tablespoons Water  
Salt and Cayenne  
Pepper

### Mock Brains

**P**UT all ingredients in saucepan and cook slowly for half an hour. Allow to cool, spoon into irregular shapes. Dip in beaten egg. Roll in bread crumbs and fry to a golden brown. Decorate with parsley and serve with bacon.

4 ozs. Rolled Oats  
8 ozs. Water  
Pepper and Salt  
1 oz. chopped Onion  
Pinch of chopped Parsley  
1 oz. COPHA

### Lancashire Potato Cakes

**B**OIL 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 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.

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

### Scrambled Eggs with Cheese

**M**ELT Copha in saucepan and add remainder of ingredients. Cook until thickened, stirring meanwhile. Serve on toast or fried bread.

2 Eggs  
3 tablespoons Milk  
1 dessertspoon COPHA ( $\frac{1}{2}$  oz.)  
Pepper and Salt  
Chopped Parsley  
2 teaspoons of grated Cheese



**A new method  
of cooking  
VEGETABLES**

## THE COPHA HEALTH COOKERY METHOD FOR VEGETABLES

VEGETABLE	PREPARATION	METHOD	APPROXIMATE COOKING TIME
Artichokes 1 lb.	Peel and wash well.	Drain lightly, put in saucepan and add $\frac{1}{2}$ oz. shredded Cophia, $\frac{1}{3}$ cup of water, and salt.	45 minutes.
French Beans 1 lb.	Prepare in usual way and wash well.	Put in saucepan dripping wet and add 1 oz. shredded Cophia, and salt.	20 minutes.
Butter Beans 1 lb.	Prepare by stringing the beans and leave them whole.	Put in saucepan and add 1 oz. shredded Cophia, and salt.	20 minutes.
Brussels Sprouts 1 lb.	Trim and wash in usual way.	Put in saucepan dripping wet and add $\frac{1}{2}$ oz. shredded Cophia, and salt.	20 minutes.
Cabbage 1 medium size.	Cut in halves and remove hard stems. Cut into $\frac{1}{2}$ inch shreds.	Put in saucepan dripping wet, add 1 oz. shredded Cophia, and salt.	10-15 minutes.
Cabbage With Bacon	See previous item.	As above, but add shredded bacon, allowing about 2 ozs. to each 1 lb. of cabbage. Stew well before covering.	As above.
Carrots 1 lb.	Scrape and cut into rings or small portions—wash well.	Put in saucepan with two-thirds cup water and add 1 oz. shredded Cophia, and salt.	20-30 minutes. Small new carrots 10 minutes.
Cauliflower Medium size (about 12 ozs.)	Prepare by separating into sections and washing.	Put in saucepan with $\frac{1}{4}$ cup water and add $\frac{1}{2}$ oz. shredded Cophia, and salt.	20 minutes.

VEGETABLE	PREPARATION	METHOD	APPROXIMATE COOKING TIME
Celery 1 lb.	Cut into pieces, scraping if necessary; wash well.	Put celery, 1 oz. Cophia and 2 tablespoons water into saucepan, add salt.	25 minutes.
Chokos 1 lb.	Peel thinly under water and cut into portions—remove seeds.	Put one-third cup water in saucepan, add chokos, 1 oz. shredded Cophia, and salt.	25 minutes.
Cucumber 1 lb.	Peel cucumber, cut into 1-inch slices.	Put in saucepan and add: 2 dessertspoons vinegar 4 cloves, 4 peppercorns 1 oz. shredded Cophia and salt	5 minutes, then add 1 tablespoon of grated cheese, a few grains cayenne, cover and cook for 8 minutes.
Leeks (2 bunches—8 ozs.)	Remove tops and cut in halves or thirds; wash well.	Put 2 tablespoons water into saucepan, add $\frac{1}{2}$ oz. Cophia and allow it to melt, then add leeks and salt.	25 minutes.
Onions (White) 1 lb.	Peel and wash well. Blanch by standing in boiling water for 5 minutes.	Put in saucepan and add 2 tablespoons water, 1 oz. Cophia, and salt.	30 minutes.
Parsnips 1 lb.	Scrape and cut into rings; wash well.	Put in saucepan and add 1 tablespoon of water, $\frac{3}{4}$ oz. shredded Cophia, and salt.	20 minutes.
Peas 1 lb.	Prepare in usual way and wash well in colander.	Put in saucepan, add 1 oz. shredded Cophia, salt and mint and $\frac{1}{2}$ cup water.	12-15 minutes.
Potatoes (old) 1 lb.	Peel and wash well, dice into $\frac{1}{2}$ inch cubes.	Put in saucepan, and add $\frac{1}{2}$ cup water, 1 oz. shredded Cophia, and salt. Turn once during cooking.	15 minutes.



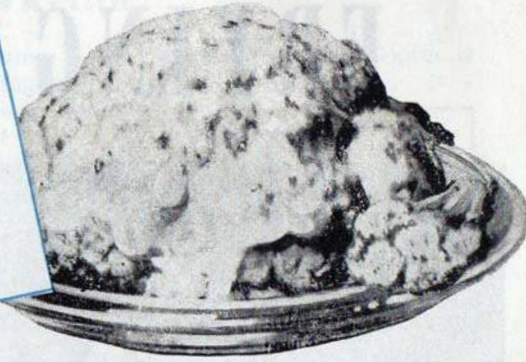
## THE COPHA HEALTH COOKERY METHOD FOR VEGETABLES

VEGETABLE	PREPARATION	METHOD	APPROXIMATE COOKING TIME
Potatoes (new) 1 lb.	Wash thoroughly.	Put into saucepan and add $\frac{1}{2}$ teacup water, 1 oz. shredded Copher, and salt.	20 minutes.
Pumpkin 1 lb.	Prepare in usual way and wash well.	Put, still wet, in saucepan and add 1 oz. shredded Copher, and salt.	35 minutes.
Swede Turnips 1 lb.	Peel thickly and cut into portions. Wash.	Put in saucepan, add 1 tablespoon water, a little over $\frac{1}{4}$ oz. Copher (shredded), and salt.	25 minutes.
Spinach 2 bunches	Remove centres from leaves, wash well. Cut into $\frac{1}{2}$ inch shreds.	Put in saucepan dripping wet, and add 1 oz. shredded Copher, and salt.	15 minutes.
Tomatoes 1 lb.	Wash thoroughly.	Put in saucepan, add 1 tablespoon water, 1 oz. shredded Copher, and salt. Cover closely with greaseproof paper before putting on lid.	15 minutes.
White Turnips 1 lb.	Peel and cut into fingers.	Put into saucepan and add 1 tablespoon water, $\frac{3}{4}$ oz. shredded Copher and salt.	20 minutes.
Vegetable Marrow 1 lb.	Peel thinly, cut into portions and remove seeds.	Melt 1 oz. Copher in saucepan and add marrow, salt and pepper.	12 minutes.

**SAUCE**—Melt 1 heaped dessertspoon Copher in saucepan, add 1 heaped dessertspoon flour, pepper, salt, ground mace; cook a little; then add  $\frac{1}{2}$  pint hot milk. Stir over heat till sauce thickens, then boil for 3 mins, stirring all the time.

**FOR LEEKS**—Make sauce as before and add 1 large teaspoon curry powder and the juice of half a lemon.  
**FOR ARTICHOKES**—Make sauce as before and add 1 tablespoon white wine or sherry.

## To make CAULIFLOWER AU GRATIN



1 Cauliflower cooked by the Copher method, White Sauce and Cheese.

**C**UT away the large leaves and as much stump as possible. Soak for  $\frac{1}{2}$  hour in strongly salted cold water. Drain and place in saucepan with about 4 table-spoonsful of water. Sprinkle lightly with salt. Over this grate 1 oz. of Copher to each 1 lb. of cauliflower. Cover closely with greaseproof paper, thus retaining the steam required. Cook on low heat for about 35 minutes. Lift out gently into pyrex or baking dish. Thoroughly cover with the following Cheese Sauce, sprinkle with bread-crumbs and grated cheese and bake till golden brown in moderate oven. Serve forthwith.

**Cheese Sauce.** Melt 1 oz. Copher in saucepan, stir in 1 oz. flour and cook for 2 minutes. Pour in  $\frac{1}{2}$  pint milk and stir until boiling. Flavour with 1 oz. grated cheese, salt and pepper.

Same method as for Cauliflower au Gratin (see above). (The white stalks of spinach, cooked in the same manner, forms an appetizing and healthful variation.)

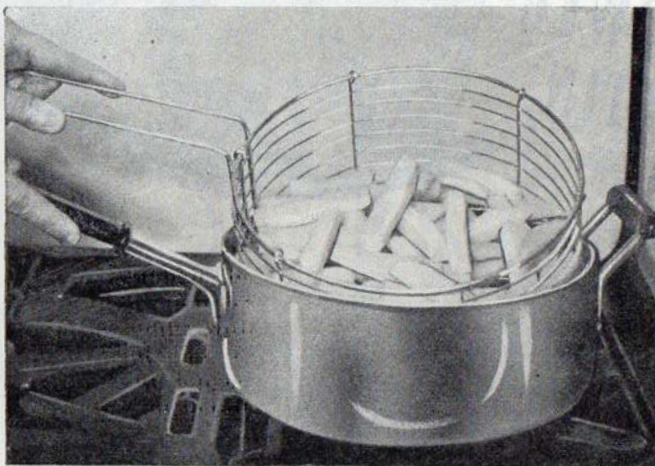
- 6 medium-sized Tomatoes
- 2 cupsful soft Bread-crumbs
- 1 teaspoonful Salt
- 3 ozs. COPHA
- 1 level saltspoonful of Pepper
- 2 dessertspoonsful of Sugar

**M**IX breadcrumbs, salt, pepper, 1 spoonful sugar and 2 ozs. of melted Copher. Cut a thin slice from the stem end of the tomatoes and remove the hard centres. Sprinkle with sugar, salt and pepper. Fill with the stuffing. Place a tiny piece of Copher on top of each and bake in moderate oven for 20 to 25 minutes.

**Celery  
Au Gratin**

**Baked  
Stuffed  
Tomatoes**

# FRYING



**COPHA** will fry food beautifully — give things a delightful golden colour and retain their fresh, natural flavours. Fried foods are more digestible, too, when they are fried with Copha. Just fry bacon and eggs or fish in Copha and the exquisite flavour will convince you that you should use Copha for *all* your frying.

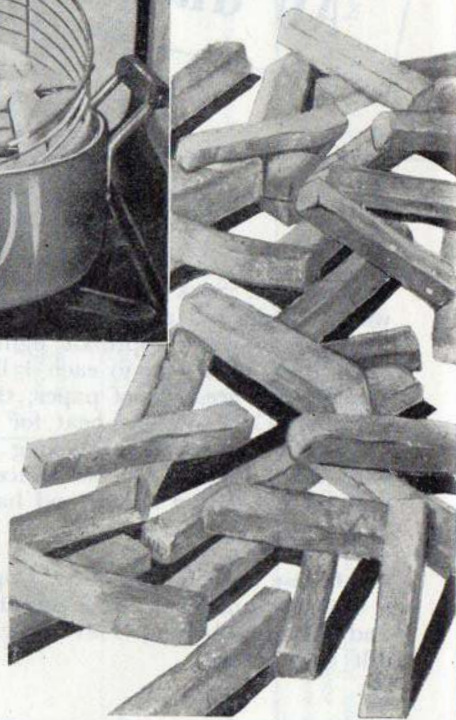
Here are a few simple rules which will help you to obtain perfect results.

## DEEP FRYING

**1.** Heat Copha gradually; never use a fierce heat while Copha is in solid form. Copha is not so liable to smoke as ordinary fats, and for this reason may be heated to a higher temperature (but should never be allowed to smoke). This enables the food to be fried more quickly, and thus prevents the fat from soaking into the food and making it greasy. The correct

temperature may be judged roughly by watching for the faint blue haze which rises from the heated Copha.

**2.** Have sufficient Copha to cover the food, but do not have the pan more than two-thirds full, or it may bubble over. Do not attempt to cook too much food in the pan at the one time.



## FRYING

**3.** If a thermometer for testing the temperature of the Copha is not available, use the following simple test:

Temperature	Bread Test	Kind of Food
340°—360°F.	Cube of bread turns light brown in about one minute.	Uncooked mixtures, such as doughnuts and fritters, also small pieces of raw foods, such as oysters, etc.
375°—390°F.	Cube of bread turns light brown in 40 to 50 seconds.	Previously cooked mixtures, such as croquettes—fish cakes; also French fried potatoes, potato chips, and fish.

## SHALLOW FRYING

**T**HIS form of frying is used to sear over the surface of meats and poultry which are to be braised or stewed for fricassees and pie fillings. Eggs, bacon, hash, fish and potato cakes, and “bubble and squeak” are usually fried by this method.

For perfect shallow frying, heat

Copha gently until it is quite melted, and then make it really hot without allowing it to smoke.

Whether you use Copha for deep or shallow frying, you will find that it improves both appearance and flavour, and, most important of all, it makes fried foods *more* digestible.

4 ozs. Milk ( $\frac{1}{2}$  cup)  
1 Egg  
6 ozs. Flour (1 cup)  
 $\frac{1}{2}$  oz. Baking Powder  
(2 teaspoons)  
2  $\frac{1}{2}$  ozs. Sugar (2 table-  
spoons)  
 $\frac{1}{2}$  teaspoon Salt

**W**HISK the egg and milk and add the sifted flour, powder, sugar and salt. Mix well again. Peel and core five or six apples and cut in slices about  $\frac{1}{4}$  in. thick. Dip each piece of apple in the batter and fry in deep hot Copha (350°F.) until golden brown. Drain on unglazed paper or wire and sprinkle with crystal sugar. Other delicious fritters can be made from the same batter, using pineapple, banana, peach, apricot, orange, etc., cut in suitable size pieces.

**Apple  
Fritters**

$\frac{1}{2}$  lb. grated Cheese  
2 cups of soft Bread-  
crumbs  
3 Eggs  
1 teaspoon Worcester-  
shire Sauce  
 $\frac{1}{2}$  teaspoon Salt  
Few grains Cayenne  
Pepper

**W**HISK the eggs, add the crumbs, cheese, sauce, salt and pepper, and form all into a firm mass.

Make into balls about 1 inch in diameter, dip in beaten egg and milk and roll in breadcrumbs. Fry to a delicate brown in deep Copha about 350°F. Drain on unglazed paper or wire and serve hot with tomato sauce.

**Cheese Balls**

## FRYING

### Fried Bananas

**R**EMOVE skins from three or four bananas and cut in halves, lengthwise and crosswise.  
Sprinkle with salt and lemon juice. Dip in flour, then in slightly beaten egg, diluted with a little water. Roll in fine breadcrumbs and fry in deep, hot Copha (350°F.) until golden brown. Drain slightly on unglazed paper or wire. Serve with roast meats.

### Croutons

**C**UT stale bread in thick slices. Remove the crust and cut bread in cubes.  
Drop in deep, hot Copha at 350°F., and fry till delicate brown. Drain on unglazed paper and serve a few with each portion of soup.

### Lamb Croquettes

**A**DD the parsley and the hot white sauce (see page 32) to the minced lamb and mix well. Put in ice chest or cold place and allow to set.

Form into croquettes, dip in slightly beaten egg diluted with water and roll in breadcrumbs.

Fry in deep, hot Copha at 375°F.

2 cups minced cold Lamb  
2 tablespoons chopped Parsley  
1 cup very thick White Sauce  
Salt and Pepper

### Salmon Croquettes

**F**LAKE the salmon, add the parsley, lemon juice and hot white sauce (see page 32), and mix well.

Put aside to chill.

Form into croquettes, dip in slightly beaten egg diluted with water and roll in breadcrumbs.

Fry in deep, hot Copha at 375°F. Drain on unglazed paper.

2 cups cold Salmon  
2 tablespoons chopped Parsley  
 $\frac{1}{2}$  teaspoon of Lemon Juice  
1 cup of very thick White Sauce  
Salt and Pepper

### Fried Oysters in Batter

**D**RY oysters a little between towels. Beat eggs, add salt, pepper, milk, and oyster liquor, and beat well again. Add the sifted flour and powder and beat till smooth.

Dip the oysters in the batter and fry in hot deep Copha at 350°F. until golden brown. Drain and serve with parsley and slices of lemon.

1 pint Oysters  
2 Eggs  
1 teaspoon Salt  
 $\frac{1}{2}$  teaspoon Pepper  
 $\frac{1}{4}$  cup Milk (2 ozs.)  
 $\frac{1}{4}$  cup Oyster Liquor  
1 cup Flour  
 $\frac{1}{2}$  teaspoon of Baking Powder

## FRYING

1 cup Flour  
 $\frac{1}{4}$  teaspoon Salt  
 $\frac{1}{8}$  teaspoon Pepper  
2 Eggs (beaten)  
 $\frac{1}{4}$  cup Milk  
 $\frac{1}{4}$  cup Oyster Liquor  
1 teaspoon of melted COPHA  
1 doz. Oysters (cleaned and chopped)

**S**IEVE flour, salt and pepper, add beaten eggs, milk and oyster liquor, and mix till smooth. Add melted Copha and oysters and mix well again.  
Drop by teaspoon into deep Copha at 350°F. and fry till brown.  
Drain on unglazed paper.

### Oyster Fritters

**P**EEL required potatoes and cut in strips about  $\frac{1}{2}$  inch thick. Soak in salt water for 1 hour, drain, dry between towels and fry in deep Copha at 390°F. until golden brown.  
Drain on unglazed paper and sprinkle with salt.

### French Fried Potatoes (Potato Chips)

**P**EEL five (5) or six (6) potatoes and cut in very thin slices crosswise. Soak in salt water for 1 hour and dry between towels. Fry in deep Copha at 390°F. until delicate brown, taking care to avoid overcooking.  
Drain on unglazed paper and sprinkle with salt.

### Saratoga Chips

5 Parsnips  
3 tablespoons Milk  
2 tablespoons melted COPHA  
1 teaspoon Salt  
Few grains Pepper  
1 beaten Egg

**C**OOK parsnips until tender. Drain and mash and add milk, Copha, salt and pepper.

Beat in the egg and set aside to cool. Shape into small balls and dip in beaten egg diluted with water. Roll in breadcrumbs and fry in deep, hot Copha at 375°F. until brown.

Drain on unglazed paper.

### Parsnip Puff

12 ozs. Flour (2 cups)  
2 level teaspoons Baking Powder  
 $\frac{1}{2}$  teaspoon Salt  
 $\frac{1}{2}$  teaspoon each of Cinnamon and Cloves  
4 ozs. Sugar ( $\frac{1}{2}$  cup)  
2  $\frac{1}{2}$  ozs. COPHA  
1 Egg (beaten)  
 $\frac{1}{2}$  cup Milk

**S**IEVE flour, powder, salt and spices onto board and make a large bay. Cream the Copha and sugar, add the beaten egg and milk and mix well. Make all to a firm, smooth dough, kneading thoroughly.

Roll to  $\frac{1}{2}$  inch in thickness and cut out with a 3-inch round cutter. Remove centres with small cutter and allow to rest 5 to 10 minutes.

Fry in deep hot Copha at 350°F. Drain on unglazed paper and roll in sugar.

### Doughnuts

# MISCELLANEOUS



Gem Scones

**STIR** the quite soft (not melted) Copha into the flour. Add the milk, sugar, vanilla and egg, slightly whisked together, and beat until smooth.

Half fill heated gem irons and bake immediately in hot oven, about seven minutes.

When cooked, partly break open and insert a little raspberry jam or butter.

These are more delicious if served piping hot.

$\frac{1}{2}$  lb. Self-raising Flour  
 $\frac{1}{2}$  level teaspoon Salt  
 1 oz. COPHA (softened)  
 1 cup (8 ozs.) Milk  
 1 oz. Sugar  
 Few drops of Vanilla Essence  
 1 Egg

Use Milk Damper (see opposite page). Dissolve 2 ozs. of sugar in the milk. Add 6 ozs. of sultanas.

Sultana Loaves

# MISCELLANEOUS

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

**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 hot oven.

Plain Scones

1 lb. Self-raising Flour  
 1 teaspoon Salt  
 1 oz. 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.

Milk Damper

6 ozs. Sugar  
 2 ozs. COPHA  
 1 oz. Arrowroot  
 2 Egg Yolks  
 $\frac{1}{2}$  pint of Water  
 Juice of 2 Lemons  
 Grated Rind of 1 Lemon

**MELT** the Copha, add remainder of ingredients (well whisked) and boil for 1 minute, stirring well all the time. Stir occasionally while cooling.

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.

Lemon Cheese

$\frac{1}{2}$  pint Milk  
 1 dessertspoon Plain Flour  
 1 oz. COPHA  
 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.

Sweet Sauce

$\frac{1}{2}$  lb. (1 cup) Sugar  
 2 ozs. (2 tablespoons) Flour  
 $\frac{1}{2}$  oz. (small table-spoon) Mustard  
 $\frac{1}{2}$  oz. (small table-spoon) Salt  
 1 oz. COPHA  
 Pinch of Pepper  
 3 Eggs  
 $1\frac{1}{4}$  pints (3 cups) Milk  
 8 ozs. (1 cup) Vinegar

**MIX** the dry ingredients, stir in the beaten eggs, then the milk, and add the vinegar slowly. Add Copha and cook in a double saucepan till well thickened, stirring meanwhile.

When cold, put away in airtight jars or bottles.

This Mayonnaise will keep for weeks. When using, thin with vinegar or milk if desired.

Mayonnaise (Boiled)

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## TABLE OF MEASUREMENTS

	lbs.	ozs.
1 teacup of Milk or Water .. ..	=	8
1 breakfastcup of Milk or Water (½ pt.) ..	=	10
1 pint of Milk .. ..	=	1 4
1 level teacup of Plain Flour .. ..	=	5
1 level teacup of Plain Flour (sifted) ..	=	4
1 heaped tablespoon of Plain Flour .. ..	=	1
1 level teacup of Castor Sugar .. ..	=	8
1 level teacup Icing Sugar .. ..	=	6
2 heaped teaspoons of Baking Powder ..	=	1
2 heaped teaspoons of Salt .. ..	=	1
2 level tablespoons of Cornflour .. ..	=	1
2 level tablespoons of Rice Flour .. ..	=	1
1 level teacup of Sultanas .. ..	=	5
1 rounded tablespoon of Copha .. ..	=	1
1 teacup of melted Copha .. ..	=	6
1 heaped dessertspoon of Milk Powder (sufficient to make ½ pt. milk) ..	=	1
1 full size Hen Egg .. ..	=	2
1 teacup of Treacle .. ..	=	10

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