

Book #1 of the Retro Cookbooks Series

Mock Toad-in-the-Hole

and

Other Vintage 'Mock' Dishes

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CONTENTS

Foreword	
Mock Turtle Soups.....	1
Other Mock Soups.....	11
Mock Meats and Eggs.....	23
Mock Poultry.....	47
Mock Seafood.....	65
Mock Sauces & Dressings.....	77
Mock Desserts, Pies & Cakes.....	81
Mock Mince Pies.....	97
Mock Sweets and Jams	103
Mock Creams.....	119
Mock Miscellany.....	125
Index.....	129
Bibliography.....	142
Weights and Measures.....	147

The Mock Menu - Quite a Novelty

“Come to a Mock Meal,” ran the dinner invitation. I accepted, wondering a little whether it would be a sort of mirage entertainment! But not a bit of it. The dinner was a good solid reality (says a correspondent in an exchange).

It began, as I might have expected, with mock turtle soup. This was made from half a calf’s head, boiled with the bones (tied in a bag) and the usual soup vegetables for three hours. Strained and clarified, fortified with a little sherry and lemon juice, it might have defied the oldest of aldermen to spot its falsity.

Next came mock goose, a baked dish, made from pigs’ fry, onions, sage, and sliced potato... The seasoning had so permeated the dish, and the fry was so tender, that I might have sworn it was goose I was eating.

As an alternative, mock chicken curry was served. The “chicken” was a rabbit, gently stewed and boned before being curried and surrounded with a ring of rice. As tender was it as any chicken! Our hostess told us that her mock chicken pie was equally successful, and well we believed her.

Mock plum pudding formed the sweet. It was a boiled pudding, made from breadcrumbs mixed with some mince-meat that had been kept over from last December. Our hostess confided the fact that this admirable confection had cost her exactly one shilling, generous though its proportions were.

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FOREWORD

Mock Turtle Soup was famously mentioned in Lewis Carroll's classic tale 'Alice in Wonderland', but due to the fact that Carroll invented a creature called a Mock Turtle, many people today believe the dish is purely fictitious!

Certainly there is no such creature, but the real soup recipe can be found in Mrs. Beeton's renowned 19th century cookery book, and now within the pages of this recent collection - along with better-known taste-tempters such as mock cream and mock chicken.

Poverty and frugality were the mothers of many 'mock' dishes, as were crop failures and war. During wartime, governments introduced rationing to cope with food shortages. For example in Great Britain during the Second World War meat, cheese, butter, margarine, bacon and ham, eggs, tea, preserves, sugar and cooking fats such as lard were scarce and rationed. One fresh egg per week per person was allowed, or one packet of dried eggs per person every four weeks. As a result, many wartime dishes were made without eggs.

To aid home cooks, the British Ministry of Food published 'austerity recipes' in newspapers, using ingredients that were readily available. People experimented, using cheap ingredients to produce expensive flavours. Newspapers ran recipe competitions, in which many inventive cooks took part.

Most of the old recipes have been reproduced here exactly as they originally appeared, so if you wish to change the measurements, consult the handy guide in the back of this book.

Now you, too, can save money and astonish your dinner guests with

MOCK TOAD-IN-THE-HOLE AND OTHER VINTAGE MOCK DISHES

PS If anyone can help find the following lost wartime recipes, please contact the publisher!

Mock Creamed Rice, Mock Tea, Mock Sweetcorn, Mock Sago and Mock Caviar.





Mock Turtle Soup 1861

A knuckle of veal weighing 5 or 6 lbs.,
2 cow-heels,
2 large onions stuck with cloves,
1 bunch of sweet herbs,
3 blades of mace,
salt to taste,
12 peppercorns,
1 glass of sherry,
24 force-meat balls,
A little lemon-juice,
4 quarts of water.

Put all the ingredients, except the force-meat balls and lemon-juice, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place it on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls and lemon-juice, into the soup, and serve. It can be flavoured with a tablespoonful of anchovy, or Harvey's sauce.

Notes

Time -- 6 hours.

Average cost - 1 shilling and 4 pence per quart.

Seasonable in winter.

Sufficient for 10 persons.

SOURCE: MRS BEETON, 1861.



Mock Turtle Soup 1884

Take a calf's head, cut it in half, clean it well and then boil it until half done; cut all the meat off in small square pieces, break the bones of the head and put back in the kettle.

Fry some shallots in butter, and dredge in flour; when it is nicely browned put it into the kettle and let it boil gently for one hour; skim well.

About ten minutes before serving, season with basil, tarragon, parsley, cayenne pepper, and salt to your taste; also two tablespoonfuls of mushroom catsup and one pint of Madeira wine.

This will make four quarts of splendid soup.

SOURCE: MRS FRANCES WILLEY, 1884



Mock Turtle Soup 1905

Stew a shank of veal weighing 5 lb to 6 lb in a large earthen jar, with two cow heels, two onions stuck with one clove each, one bunch of herbs, three blades of mace, a few peppercorns, a little salt, and a glass of sherry, for about six hours, in four quarts of water.

Allow this to cool in the jar, and when quite cold remove the fat from the top, strain the soup, cut the meat into small squares, and put all back, except the onions and herbs, into a stew pan, with about eighteen small forcemeat balls and the juice of a lemon.

If liked, a little mushroom ketchup may be added.

Note: For forcemeat balls, see 'Mock Forcemeat' recipe.

SOURCE: MORNING BULLETIN 1905



Mock Turtle Soup 1918

1 calf's head
2 cups brown stock
6 cloves
1/4 cup butter
1/2 teaspoon peppercorns
1/2 cup flour
6 allspice berries
1 cup stewed and strained tomatoes
2 sprigs thyme
1/3 cup sliced onion
Juice 1/2 lemon
1/3 cup carrot, cut in dice
Madeira wine
Royal Custard (see below)
Egg Balls (see below)

Clean and wash calf's head; soak one hour in cold water to cover. Cook until tender in three quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to one quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned; then pour on slowly brown stock. Add head-stock, tomato, one cup face-meat cut in dice, and lemon juice. Simmer five minutes; add Royal Custard cut in dice, and Egg Balls, or Force-meat Balls. Add Madeira wine, and salt and pepper to taste.



Royal Custard

Yolks 3 eggs
 1/8 teaspoon salt
 1 egg
 Slight grating nutmeg
 1/2 cup Consommé
 Few grains cayenne

Beat eggs slightly, add Consommé and seasonings. Pour into a small buttered tin mould, place in pan of hot water, and bake until firm; cool, remove from mould, and cut in fancy shapes.

Egg Balls I

Yolks 2 “hard-boiled” eggs
 Few grains cayenne
 1/8 teaspoon salt
 1/2 teaspoon melted butter

Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and sauté in butter. Serve in Brown Soup Stock, Consommé, or Mock Turtle Soup.

Egg Balls II

1 “hard-boiled” egg
 Few grains cayenne
 1/8 teaspoon salt
 1 teaspoon heavy cream
 1/4 teaspoon finely chopped parsley

Rub yolk through a sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls, and poach in boiling water or stock.

SOURCE: MRS FARMER, 1918.

Mock Turtle Soup 1921

1 calf's head
4 lbs knuckle of veal
1 lb marrow bone
4 quarts cold water
1 small sliced carrot
2 sliced onions
3 sprigs thyme
2 sprigs marjoram
Bit of bay leaf
1/2 teaspoon clove
1/2 teaspoon peppercorns
1/8 teaspoon celery seed
4 allspice berries
2 blades mace
1/2 tablespoon salt
1 1/2 tablespoons butter
1 1/2 tablespoons flour
1 1/2 tablespoons lemon juice
1/4 cup Sherry wine
Salt and pepper

Clean and wash calf's head, put in kettle with veal and marrow bone; add cold water, cover, bring slowly to boiling point and let simmer until meat leaves bone. Cut face meat in one-half inch cubes -- there should be one cup -- and set aside with brains to use as garnish. Put tongue, remaining calf's head meat and veal through meat chopper. Return to kettle containing stock and add vegetables and seasonings and let simmer two hours. Strain, cool, remove fat, reheat and add butter and flour browned together. Add meat, lemon juice, sherry and salt and pepper to taste. Then add egg balls.

Egg Balls III

Mash yolks of three hard-boiled eggs and add an equal measure of mashed calf's brains. Season highly with salt and pepper and add enough slightly beaten egg to hold mixture so that it may be shaped into small balls. Roll balls in flour and saute in butter.

SOURCE: FARMER 1921

