

Beaconlighters COOK BOOK



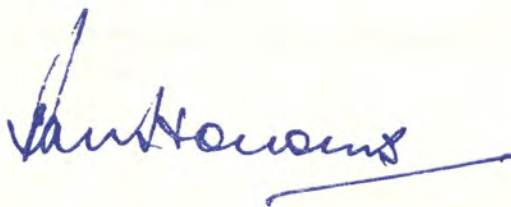
Royal Observer Corps

This book is sold in aid of the ROC Benevolent Fund.

FOREWORD BY THE COMMANDANT

The idea of producing a Cookbook was born at a CLOC in Buxton and contributions began to trickle in during September. By the end of October the trickle had become a flood, I was reduced to being a Cookbook widower and was actively considering extending our ground floor to house the material. The response has truly been overwhelming and I have scarcely seen my wife for several months – so I now know precisely how long-suffering all ROC spouses are! Selection has obviously been difficult; we have aimed to be fair throughout but to keep the size of the book – and costs – in bounds much material has unfortunately had to be left out. Practically all that is included is attributable but some contributors missed out the vital details and try as we might we could not discover the originators in all cases. We must admit to taking liberties with the originals but trust you will agree the finished article gives a true flavour of the Corps and enough old recipes are included for you to celebrate the 400th Anniversary of the defeat of the Spanish Armada with a proper Beaconlighters' meal.

I thank you all for supporting this venture so enthusiastically. It only remains for us to be equally successful in the market place. All proceeds go to the ROC Benevolent Fund which as you know is available to support those who have fallen on hard times in one way or another. It is a worthy cause and I hope you will promote the sale of this book with that thought in mind. I also wish you Happy Eating!

A handwritten signature in dark ink, appearing to read 'J. H. H. H.', followed by a horizontal line.

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SOUPS & STARTERS



Lg Obs (W) M F Snook
30 Post
No 6 Group

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Artichoke Soup

(Serves 4-6)

- 1½ lb (750 gm) Jerusalem artichokes
- 1 large onion
- 2 oz (50 gm) butter
- 1 pt (600 ml) water
- 1 pt (500 - 600 ml) milk
- 1 oz (25 gm) flour
- 1 egg
- ½ gill (65 ml) cream
- ½ gill (65 ml) milk
- Lemon juice

Peel artichokes and set aside in water with a squeeze of lemon juice.

Slice onion and soften in half the butter without colouring.

Slice the artichokes and add to the pan with the milk, cover and shake over the heat for 7-8 minutes.

Pour in the water, season and bring to the boil and simmer for 15-20 minutes.

Rub through sieve or mouli and return to the pan.

Blend the flour with the extra ½ gill of milk and add to the pan. Stir until boiling.

Beat the egg and cream together, add soup to liaison and return to the pan. Do not boil.

Serve with croûtons of bread or potato.

*Obs Off & Mrs T R A Giles
No 1 Group*

Pumpkin Soup

(Delicious, delicately flavoured)
(Serves 4-6)

- 1 oz butter
- 2 medium onions, thinly sliced
- 1 lb pumpkin, chopped
- 2 pts chicken stock
- 1 celery stalk
- 1 large potato
- 1 tblsp lemon juice
- 1 tsp tabasco
- 1 tsp paprika
- Salt and black pepper
- 4 oz double cream (top of 2 bottles of milk will do)

Melt the butter, add onions and pumpkin, cook until soft.

Add celery, potato, lemon juice and seasoning. Pour on stock, bring to the boil then simmer for 30-35 minutes.

Strain or liquidise. Reheat, then add cream.

Serve with a spoon of sour cream or yoghurt and croutons to sprinkle.

*Barbara Horrocks
HQ ROC*

SALADS & VEGETABLES



Obs (W) L Cheyne
Crew 1
No 31 Group

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Braised Red Cabbage

(Serves 4)

1 oz (25 gm) butter
Medium onion, chopped
3 tblsp wine vinegar
Medium red cabbage, cored and shredded
1 tblsp lemon juice
Salt and pepper
2 tart apples, peeled, cored and diced

Set the oven to 350°F/180°C/Gas Mark 4.

Melt the butter in a large pan and Sauté the onion until soft but not brown.

Add the cabbage and stir over the heat until well coated with butter. Put into a casserole dish.

Pour over the vinegar and lemon juice and stir well. Add the salt, pepper and apples. Cover and braise in the oven, stirring occasionally, for 30 minutes.

The cabbage should be tender but still slightly crisp.

Obs Lt T R A Giles

Crew 1

No 1 Group

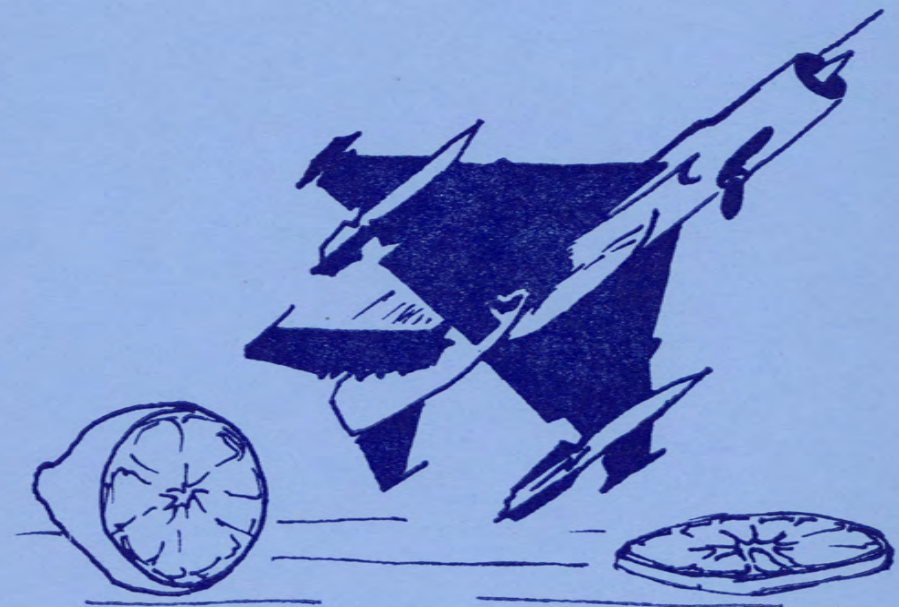
FISH DISHES

It must be all those ROC cakes we have in the boot, sir!



Idea by:
Air Cmdre Horrocks'
Chauffeur

Sketch by:
Obs (W) G Anderton
12 Post
3 Group



Lg Obs (W) M F Snook
30 Post
No 6 Group

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Prawns Newburg

Serves 4

8 oz peeled prawns
4 tblsp madeira or sherry
 $\frac{3}{4}$ pt thin cream
Cayenne pepper
1 oz butter
2 large egg yolks
Salt
Chopped chives or parsley to garnish

Sauté the prawns (reserving a few for garnish) very gently in the butter for 5 minutes. Stir in the madeira or sherry and cook for another 2 – 3 minutes.

Mix the cream and egg yolks and pour into the prawn mixture. Add seasoning to taste. Heat very gently until a thickened creamy consistency is obtained.

Serve poured over boiled rice or with toast, garnished with chives or parsley and reserved prawns.

This dish can be used as a starter or a fish course.

Obs Off T R A Giles
Crew 1
No 1 Group

Plaice with Lemon Cream Sauce

Plaice

6 tblsp seasoned flour
1 oz butter
1 tblsp oil
4 tblsp dry white wine

Finely grated rind of lemon
6 tblsp double cream
1 tblsp chopped parsley
Salt and pepper

Coat fish in flour.

Melt the butter, add oil to pan and fry the plaice gently 3 – 4 minutes on each side. Put the fish on a dish to keep warm.

Discard surplus fat, add wine, lemon rind and boil for one minute. Add the cream and parsley, bring to the boil, season to taste and pour over the fish. Serve immediately.

Secretary to
Obs P J H Bloomfield
12 Post
No 3 Group



SNACKS & PASTA



Obs (W) L Cheyne
Crew 1
No 31 Group

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Farmer's Wife Omelette

Serves 4

- 1 large onion
- 2 tomatoes, peeled
- 1 oz macaroni small shapes
- 4 rashers streaky bacon
- 1 oz butter
- 4 eggs
- Salt & pepper
- 4 tblsp peas, cooked

Peel and chop the onion. Peel and slightly chop the tomatoes. Cook macaroni as directed on the packet. Grill bacon rashers until crisp. Meanwhile using a strong 8" frying pan, fry the onion in the butter until golden.

Whisk eggs with 2 tablespoons cold water and season to taste. Pour over the onion. Sprinkle over the peas, chopped tomatoes and macaroni. Cook gently, stirring the centre and loosening the edges with a palette knife until set.

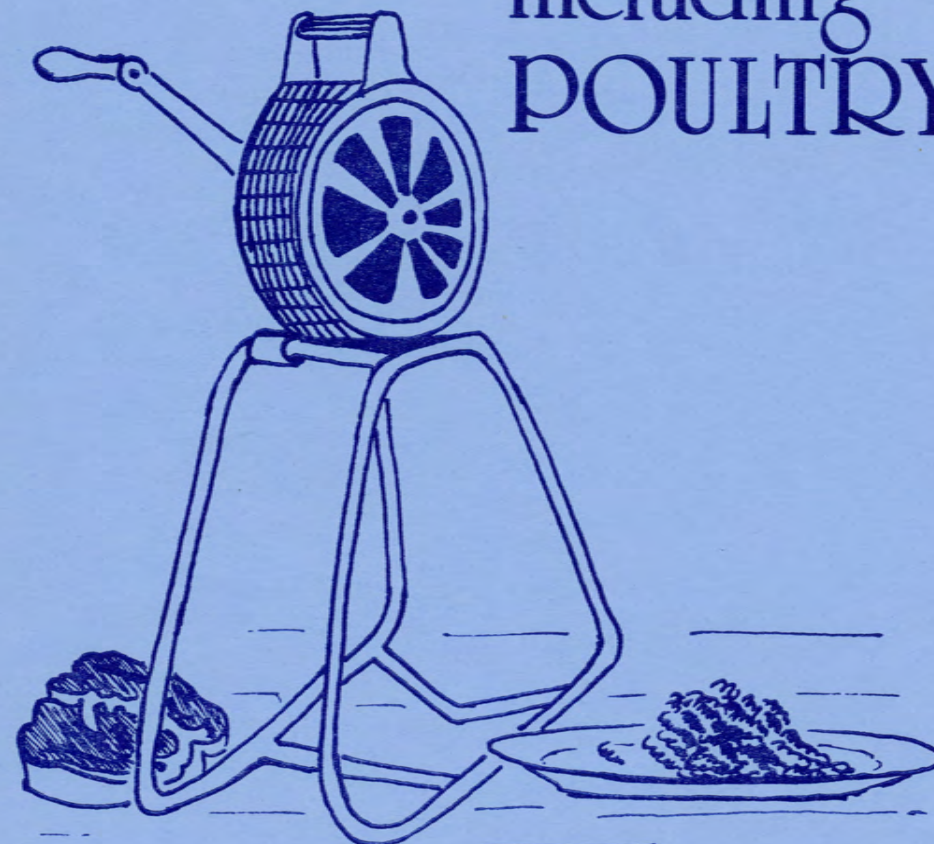
Put under a hot grill for one minute.

Serve in quarters each topped with a slice of bacon.

*Obs Capt A G Price-Talbot
Southern Area Commandant*

MEAT DISHES

including
POULTRY



Lg Obs (W) M F Snook
30 Post
No 6 Group



"COME TO THINK OF IT . . .
THE RECIPE DID MENTION A
FIRST AID REQUIREMENT"

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Peppered Steak with Barbecue Sauce

Serves 4

4 × 6 oz rump steaks	1 tblsp malt vinegar
Black or green peppercorns, roughly crushed	2 tsp minced onion
2 tblsp soft brown sugar	1 oz butter
2 tsp soy Sauce	1 tblsp cooking oil
$\frac{1}{4}$ pt tomato ketchup	Parsley, to garnish

Sprinkle each steak on both sides with crushed peppercorns, according to taste, and press well into the meat.

Combine the ketchup, sugar, soy sauce, vinegar and minced onion in a measuring jug and make up to $\frac{1}{2}$ pt with cold water.

Melt the butter with the oil in a large frying pan, and fry the steaks on both sides until cooked to personal requirements.

Transfer the steaks to a serving dish and keep warm while making the sauce.

Stir the ketchup mixture into the fat left in the frying pan and bring to the boil, stirring all the time.

Pour a little of the sauce over the steaks and garnish with a sprinkling of parsley.

Serve the remaining sauce separately.

*E Harpur
Crew 1
No 31 Group*

Casserole of Ox Tail

(A favourite for cold winter days)

1 ox tail, cut into serving pieces	$\frac{1}{2}$ pt stock
3 medium carrots	Oil
Small turnip	Salt & pepper
2 onions	Bouquet Garni

Fry the ox tail pieces and put into a casserole dish.

Roughly chop onion and fry lightly. Chop carrots and turnip and add all vegetables to casserole.

Pour over stock to cover. Season to taste and add bouquet garni.

Cook in moderate oven 300°F/150°C/Gas Mark 3 for 3 hours until tender.

Thicken liquid and serve.

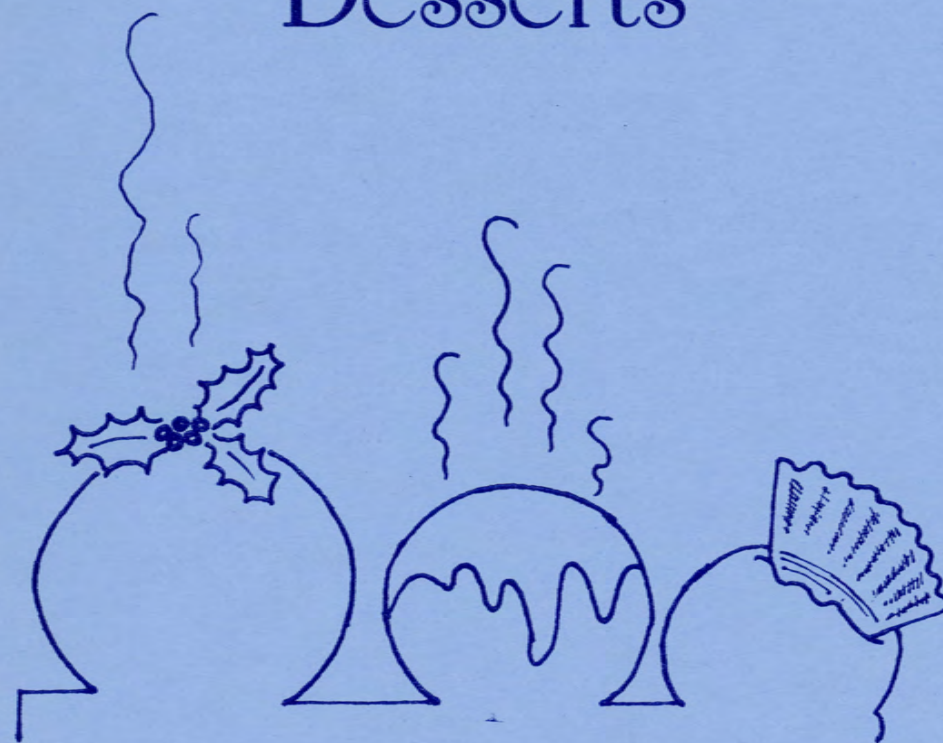
*Obs Off(W) S Alexander
32 Post
No 24 Group*



"MY COMPLIMENTS
TO THE CHIEF..."

PUDDINGS

Hot and Cold Desserts



Lg Obs (W) M F Snook
30 Post
No 6 Group

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Lemon Baked Pudding

Serves 4

2 oz butter
3 oz sugar
1 tblsp flour

1 large lemon
2 large eggs
7½ fl oz milk

Cream together butter, lemon rind and sugar until fluffy. Separate the eggs and stir in the yolks with the flour and lemon juice. Gradually add the milk (will curdle due to high liquid proportions). Whisk the egg whites until stiff, then fold into the lemon mixture. Pour into an ovenproof dish and cook for approximately 45 minutes 180°C/350°F/Gas Mark 4 — until well risen and firm on top. The pudding will have separated — firm and spongy on top with a lovely 'lemon sauce' underneath.

Obs(W) M J A Thompson
Obs(W) M A Thurston
Crew 3
No 21 Group

This is obviously a favourite pudding. Ch Obs Alan Bigg, Crew 3 No 7 Group has his variation which he calls 'Lemon Delight'.

Lemon Delight

Serves 4-5

4 oz caster sugar
2 oz butter or margarine
2 lemons
2 eggs
2 oz flour
½ pt milk

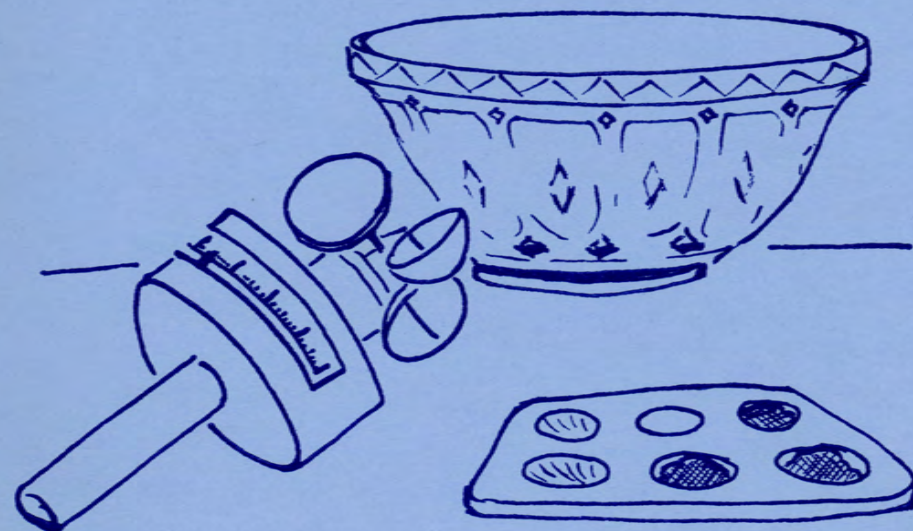
Cream fat and sugar together and add finely grated lemon rind and lemon juice. Beat in the egg yolks, then add flour and milk alternately and mix well. Whisk egg whites until quite stiff and fold them into the mixture. Pour into a well greased dish, stand this in a pan of water and bake at about 350°F for about ½ hour, until top begins to brown. Serve from dish.

Ch Obs A Bigg
Crew 3
No 7 Group



"AH YES, OF COURSE!
— IT'S PANCAKE TUESDAY"

CAKES, BREADS & BISCUITS



Lg Obs (W) M F Snook
30 Post
No 6 Group

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Farmers' Fruit Cake

6 oz caster sugar
4 oz margarine
10 oz self raising flour
1 medium cooking apple
1 good dstsp syrup

1 egg
 $\frac{1}{2}$ cup milk
1 tsp baking powder
1 tsp ginger
1 tsp mixed spice

Peel, core and slice the apple and stew in the syrup.
Cream the butter and sugar and beat in the egg.
Sieve the flour with the baking powder, ginger and mixed spice.
Add to the butter and sugar mixture, alternately with the stewed apple and the milk. Mix thoroughly.
Bake in a greased and floured 2 lb loaf tin for 60 – 70 minutes at 325°F / 160°C / Gas Mark 2½.
Turn out and leave to cool.

Obs R Neill
Crew 1
No 25 Group

BEVERAGES

and Home Brews



Lg Obs (W) M F Snook
30 Post
No 6 Group



"IT USED TO BE AIRBORNE HEADACHES,
— NOW IT'S CHAIRBORNE GUTACHES"

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One-Minute-Warning Ale

(Traditional)

2 pts ale
Grated rind of $\frac{1}{2}$ lemon
1 level tsp ground ginger
1 level tsp ground nutmeg
3 oz soft brown sugar
3 eggs
4 fl oz brandy
4 fl oz dark rum

Heat the ale, lemon rind and spices to boiling point.
Heat a poker until red hot and hold in the ale.
Whip the sugar and eggs until frothy.
Warm brandy and rum, pour into the ale and combine with egg mixture.
Pour from one pan to the other until smooth and creamy.
N.B. Makes 3 pints (sufficient for you and a close friend – you will feel no pain at all!!!)

Obs A Ogilvie
BEDN 09

Elderflower Wine

1 pt elder flowers (when plucked from stems)
2 lemons
1 orange
2 lb sugar
2 tblsp white vinegar
6 pts hot water

Pick the flowers and cover with the sugar and hot water. Cut up the lemons and orange and put into the basin with sugar and hot water. Leave in the basin for 48 hours.
Strain (do not squeeze) and bottle.
Leave for 3 months before using.

Anon
Scottish Area



"CHATEAU OBSERVER CORPS, SIR,
—AND WITH LONG SERVICE MEDAL"

PRESERVES and CHUTNEYS

Ch Obs (W) F Carmichael
21 Post
No 25 Group

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Apple Ginger

4 lb apples
2 pt water

4 lb granulated sugar
2 oz ground ginger

Good for using up apples that do not keep well.
Golden luscious make a beautiful looking preserve of a golden red hue.
Equally popular at tea-time or for filling tarts, or dumplings.
Make a thick syrup of the sugar and water by boiling together. Peel, core
and cut the apples into thin slices and boil in the syrup until transparent.
Then add ginger, boil for another 5 minutes, bottle and seal.

Old Car-T After
On Cook
No 14 Group

Llangrannog Beetroot Chutney

1 1/2 lb cooked beetroot, sliced
1 packet blackcurrant jelly
1 pt apple vinegar
1 tbsp water

1 tbsp brown sugar
1 tsp home-made
hot ready-made mustard
1/2 tsp salt

Bring vinegar, water and sugar to the boil and dissolve jelly with it.
Add all other ingredients, then add sliced beetroot.
Put mixture into sterilized jars and leave to set.
Then cover and store.

Old Car-T After
On Cook
No 14 Group

Quince Jelly

2 lb quinces
3 pts water

$\frac{1}{4}$ oz citric acid
Sugar

Chop or mince the fruit. Bring to the boil in the water, and simmer until the fruit is tender.

Strain through a jelly bag, and leave to drip. Do not squeeze – this makes the jelly cloudy.

Allow $\frac{3}{4}$ lb of sugar to each pint of juice.

Bring the juice and sugar to the boil; boil rapidly for about 10 minutes, until setting point is reached.

Remove scum and test for setting.

When ready pour into warm jars and cover.

*Barbara Horrocks
HQ ROC*

Apple Ginger

4 lb apples
3 pt water

4 lb granulated sugar
2 oz ground ginger

Good for using up apples that do not keep well.

Golden russets make a beautiful looking preserve of a golden red hue, equally popular at tea-time or for filling tarts, or dumplings.

Make a thick syrup of the sugar and water by boiling together. Peel, core and cut the apples into thin slices and boil in the syrup until transparent, then add ginger, boil for another 5 minutes, bottle and seal.

*Obs Cdr T Maasz
Gp Cmdt
No 14 Group*

Llangrannog Beetroot Chutney

1½ lb cooked beetroot, diced
1 packet blackcurrant jelly
1 pt malt vinegar
1 tblsp water

1 tblsp brown sugar
1 tsp home-made
(not ready-made) mustard
 $\frac{1}{2}$ tsp salt

Bring vinegar, water and sugar to the boil and dissolve jelly with it.

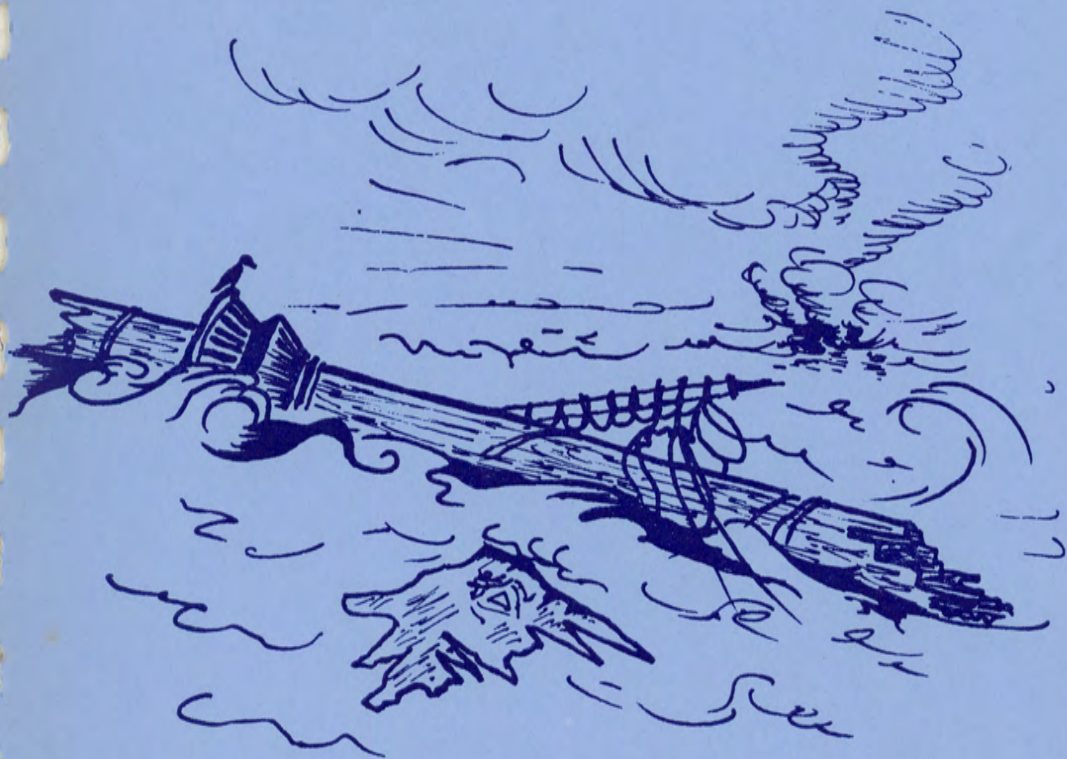
Add all other ingredients, then pour onto beetroot.

Put mixture into sterilised jars and leave to set.

Then cover and store.

*Ch Obs (W) M Binnie
Crew 3
No 13 Group*

MISCELLANEOUS



Lg Obs (W) M F Snook
30 Post
No 6 Group

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Barbecue Sauce for Pork

2 1/2 oz soy sauce
 2 1/2 oz tomato ketchup
 2 1/2 oz marmalade
 3 tbsp honey
 2 oz margarine, or other shortening

Mix all the ingredients together in a pan over a low heat.
 The sauce may be used as a marinade.

Cheese Straws 1

3½ oz plain flour
3 oz margarine
2 oz grated cheddar cheese

1½ oz breadcrumbs
¼ tsp baking powder
Salt and pepper

Rub the margarine into the flour and then work in all the other ingredients. Mix to a smooth dough with a little water. Roll out to ¼" thick and cut into strips ½" wide and 3" long. Bake on a greased tray for 20 minutes at Gas Mark 4.

*Obs R Neill
Crew 1
No 25 Group*

Cheese Straws 2

If you like something with a little more bite, try this recipe.

2 oz plain flour
2 oz butter
2 oz grated cheese
½ tsp mustard

Large pinch of salt
¼ tsp cayenne pepper
Chopped chives (optional)
1 egg yolk

Rub fat into the flour and add the other dry ingredients. Mix using the egg yolk and enough water to make a smooth dough. Roll out and cut into fingers about ½" wide. Place on a well greased baking sheet. Bake at 425°F/220°C/Gas Mark 7 for 10 – 15 minutes, until golden brown.

*Lg Obs (W) M F Snook
30 Post
No 6 Group*

Barbecue Sauce for Pork

8 fl oz soy sauce
8 fl oz tomato ketchup
8 fl oz marmalade
3 tblsp honey
2 oz margarine, or other shortening

Mix all the ingredients together in a pan over a low heat. The sauce may be used as a marinade.

*Lg Obs (W) M F Snook
30 Post
No 6 Group*

MERRY CHRISTMAS



Obs (W) L Cheyne
Crew 1
No 31 Group

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Lemon Mincemeat

Chestnut Soup

1 onion
 $\frac{3}{4}$ lb fresh peeled chestnuts
($1\frac{1}{2}$ lb before peeling)
1 tin whole chestnuts
 $1\frac{1}{2}$ - $1\frac{3}{4}$ pt chicken stock
Bouquet garni
1 carrot
1 oz butter
 $\frac{3}{4}$ gill ($3\frac{1}{2}$ fl oz) single cream

Garnish:

1 apple, quartered, cored & sliced
Butter
Chopped parsley

Slice the onion and carrot. Heat the butter in a large pan, add the vegetables and nuts. Cover and simmer for 5 - 6 minutes. Add the stock, bouquet garni, salt and pepper. Bring to the boil and simmer for 20 - 30 minutes or until the nuts are very tender. Pass through a mouli sieve or liquidiser, return to the pan and add the cream.

Adjust the consistency if necessary, by adding a little slaked arrowroot if too thin. Simmer for 2 - 3 minutes.

In the meantime, fry the apples quickly in the butter until brown, dusting with caster sugar to hasten the process.

Turn the soup into a tureen and lay the apples on top of the soup. Dust well with chopped parsley.

Notes: If tinned chestnuts are used, turn the contents of the tin into the pan, after the vegetables have been sweated.

To shell chestnuts - make a cut on the flat side and roast on top of stove or in a hot oven. After 5 - 10 minutes the skins will crack. Peel the two layers of skin away whilst warm.

*Obs Off T R A Giles
No 1 Group*

Lemon Mincemeat

1 lb beef suet
1 lb cooking apples
1 lb sultanas
8 oz candied peel
1 lb raisins

1 lb currants
2 oz shredded almonds
6 oz barbados sugar
Juice & rind of 2 lemons
 $\frac{1}{4}$ pt brandy

Coarsely chop the suet. Peel, core and chop the apples. Wash and dry the dried fruit.

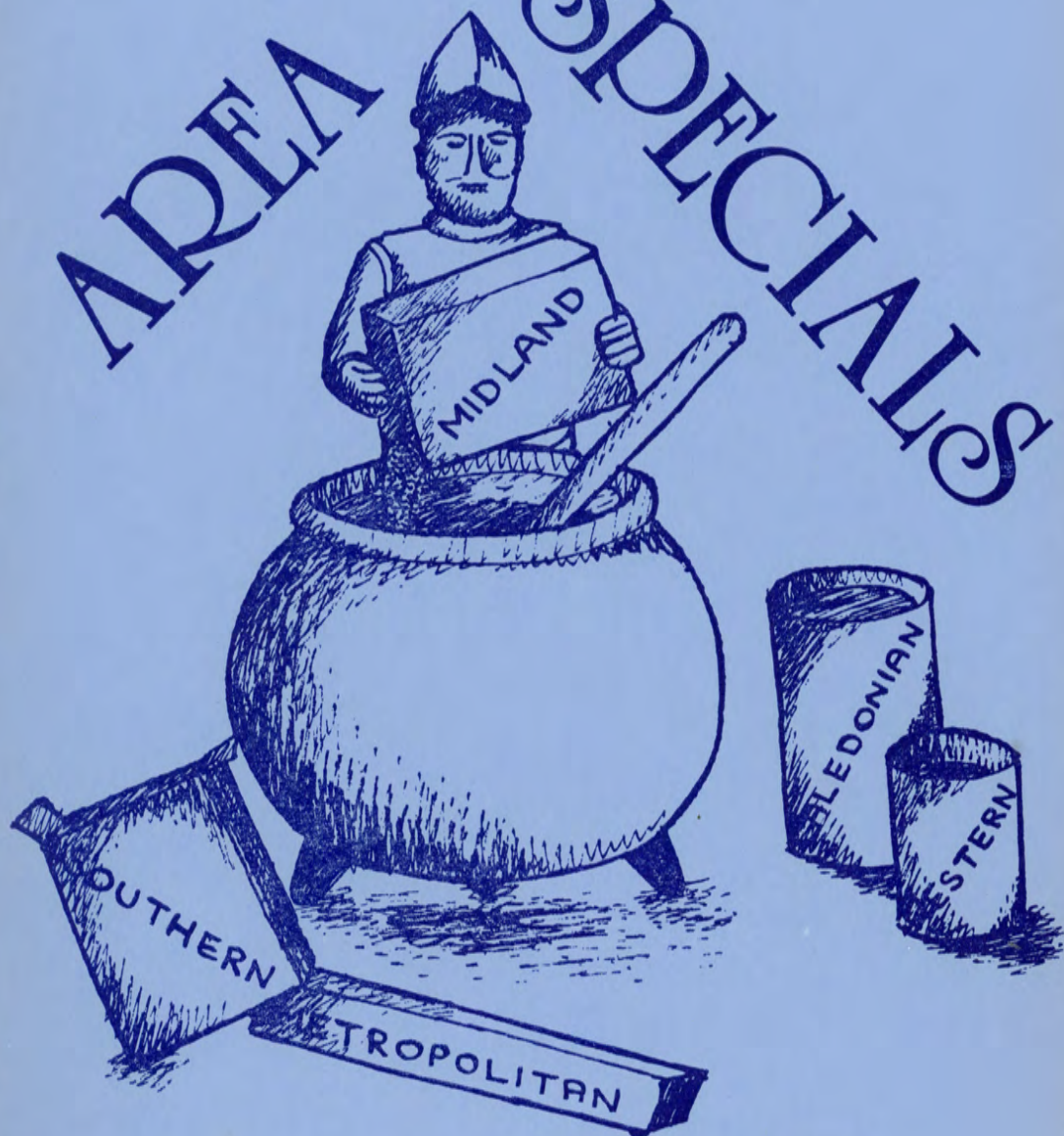
Mix all the dry ingredients together in a large bowl. Pour over the lemon juice and brandy. Mix well.

Put into clean dry jars and cover.

Store in a cool dry place.

*Ch Obs F J C Morris
50 Post
No 21 Group*

AREA SPECIALS



Obs (W) L Cheyne
Crew 1
No 31 Group

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Scotch Broth

$\frac{1}{2}$ lb neck of mutton
 $\frac{1}{4}$ lb dried peas
 2 carrots
 Piece of cabbage

$\frac{1}{4}$ lb pearl barley
 2 leeks
 Piece of turnip
 Parsley

Soak the barley and peas overnight. Cover the mutton with cold water and simmer for one hour. Chop vegetables and add to the mutton with the barley and peas. Simmer one hour. Add parsley, and the carrot grated finely. Boil for another 15 minutes.

*Mrs J Currie
 No 30 Group*

Somerset Potato Bake

Serves 2

5 medium potatoes
 2 large tomatoes
 2 small onions

4 oz cheese
 1 oz melted butter
 Salt & pepper

Partly cook the potatoes, drain and slice.
 Slice the tomatoes, chop the onions and grate the cheese.
 Grease an ovenproof dish and place in a layer of each, starting and finishing with potato.
 Pour over the seasoned melted butter and cook for one hour at 375°F/190°C/Gas Mark 4-5.

*Obs (W) R A Thomas
 21 Post
 No 9 Group*

Pan Haggerty

2 lb potatoes, cut into thin slices
 1 lb sliced onions
 1 tblsp dripping
 3 oz grated cheese
 Salt & pepper

Place layers of sliced potatoes, onions and grated cheese in a heavy frying pan in hot fat. Season each layer and fry gently until brown. Keep a lid on the pan and cook until vegetables are tender.
 This is a traditional Northumbrian dish and is still popular as an accompaniment to meat or as a supper dish.

*Lg Obs (W) A Ferguson
 Crew 1
 No 23 Group*



Mr L Massetti
HQ
No 4 Group

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Furmity

1 heaped dish wheat per person

Milk

Sugar

Raisins

Mixed spice

Use the best wheat available and wash thoroughly in several waters then soak for 24 hours.

Drain and place the wheat in a double calico bag, or sieve jar, and set in a pan of water.

Cover the wheat with plenty of milk and stew gently for at least 4 hours, or until the wheat is quite soft and the skins begin to burst.

Do not allow to dry.

When cooked, pour off surplus milk, sweeten to taste and add a tottish of raisins and spices.

Note: Furmity was made a great deal by natives until well into the century. Wheat was gleaned from fields, cooked and mixed with any flavouring available from meat to bischoberies. To this day, old country folk enjoy this breakfast dish.

To One Part of Wheat
Two Parts
No. 1. Sugar

During the reign of Henry VIII and Elizabeth I various new comestibles in the form of spices, fruits and vegetables were introduced by voyagers from the East and West Indies and South America. Strictly speaking, being yeomen, the beacon lighters would not have been able to afford some of the ingredients, but should any have been employed in the households of the aristocracy or landowners, then, the chances are they would have had a share of the meals prepared for their employers.

The following recipes are all authentic 16th century, and are given in both the language of the period and modern day English, with the ingredients in modern terms.

Here's hoping you enjoy the results.

Furmity

1 heaped tblsp wheat per person

Milk

Sugar

Raisins

Mixed spice

Use the best wheat available and wash thoroughly in several waters, then soak for 24 hours.

Drain and place the wheat in a double saucepan, or stone jar, and set in a pan of water.

Cover the wheat with plenty of milk and stew gently for at least 4 hours, or until the wheat is quite soft and the skins begin to burst.

Do not allow to dry.

When cooked, pour off surplus milk, sweeten to taste and add a handfull of raisins and spices.

Note: Furmity was made a great deal by cottagers until well into this century. Wheat was gleaned from fields, cooked and mixed with any flavouring available from meat to blackberries. To this day, old country folk enjoy this breakfast dish.

*Lg Obs (W) E M Redfern
32 Post
No 8 Group*