1-1-1961

Suet for winter energy

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Suet for winter energy

Erratum
CORRECTION In the recipe for steak and kidney pudding in the June issue of the Journal, the words "make a hole in the cloth" should read, "make a hole in the crust"
Winter weather is here again and the housewife will find she needs to provide the family with more substantial satisfying meals than in summer. Foods which supply heat and energy are necessary to maintain the heat of the body. We get this from foods containing starch, sugar and fat.

Most fats are expensive. The cheapest fat available is suet, which is both nourishing and wholesome. The solid fat which surrounds the kidney is considered the best; it should be fresh and of good quality, firm and dry. Beef suet should be cream coloured or pale yellow while mutton suet should be white and waxy. Beef suet is richer in flavour than mutton suet, is easier to digest and is better absorbed by the digestive system. Veal suet has a delicate flavour.

A great variety of dishes, both savoury and sweet, can be made with a simple suet paste as a foundation. I cannot imagine anything more appetising on a cold winter's day than a good steak and kidney pudding. It is specially recommended to the farm housewife to serve up to the men after a long tiring day at the plough or to the children when they return home from school on the bus.

The foundation for these puddings is a simple mixture of flour, suet, salt and water. If baked in the oven little or no baking powder is used, and the result is a pastry very similar to short pastry. The paste is usually cooked by boiling or steaming in which case it is necessary to use self-raising flour or plain flour to which baking powder has been added.

Breadcrumbs may be substituted for part of the flour if desired in most recipes and a little dry mashed potato may be substituted for some of the flour in the paste used in savoury recipes.

When self-raising flour is included in any recipe, its strength may be reduced by measuring half plain and half self-raising flour.

Suet paste is sometimes formed into dumplings and cooked in the steam on top of a soup or stew.

**FOUNDATION RECIPE**

*Ingredients:*
- 8 oz. plain flour.
- 2 level teaspoons baking powder; or
- 8 oz. S.R. flour, or ½ plain and ½ S.R. flour.
- 1 level teaspoon salt.
- 4 oz. beef suet.
- Water or milk to mix.

*Method:*
1. Remove the skin and connective tissue from the suet, shred and chop finely using a little of the measured flour to prevent suet sticking to the knife. A pointed chopping knife is best for this purpose.
2. Add remainder of flour, sifted with baking powder and salt.


4. Turn into the centre of a "proofed" pudding cloth (or use according to instructions for individual recipe).

5. Tie firmly with string leaving room inside the cloth for expansion of the pudding.

6. Put into fast boiling water. Keep boiling 1½ to 2 hours. Lid should be tight fitting.

7. Lift out and drain on a colander, untie the string.

8. Turn on to a hot plate and serve with hot jam, golden syrup or sweet white sauce, or cut in slices, sprinkle with pepper and serve with corned or roast beef. Pour gravy over the cut pudding when serving with a roast.

Note.—Puddings may be steamed instead of boiled; they are lighter in texture but take much longer to cook.

Dumplings

The paste may be formed into small balls and placed on top of a stew or into pea soup half to three quarters of an hour before serving.

Serve in the soup or with the stew.

To Proof the Pudding Cloth

1. Have a strong clean pudding cloth of unbleached calico.

2. Gather corners of the cloth in the hand and dip centre of cloth into a saucepan of fast boiling water.

3. Press the lid of the saucepan down on to the cloth and the saucepan and draw out the cloth.

4. Sprinkle with flour while still hot. (This is a rough quick method of starching the cloth which blocks the spaces between the threads, preventing water from entering the pudding while cooking.)

PORK AND ONION DUMPLING

Ingredients:
Suet paste (6 oz. self-raisining flour.)
1 large slice lean pork.
2 or 3 large onions.
Salt, pepper.
Herbs (if liked.)

Method:
1. Make paste and roll into a circle.
2. Place a layer of sliced onion on the paste and place pork on this.
3. Sprinkle with seasoning then add another layer of sliced onion.
4. Fold edges of crust to the top carefully, so that filling is entirely enclosed.
5. Tie in a pudding cloth, boil for two hours.

SAVOURY DUMPLINGS

Ingredients:
4 oz. self-raising flour.
2 oz. suet.
Bare teaspoon mixed herbs.
1 teaspoon chopped parsley, water to mix.

Method:
1. Make dumplings about size of a golf ball.
2. Cook in pot of soup or on top of a beef stew.

CHICKEN DUMPLINGS

Ingredients:
4 lb. stewing fowl cut into serving portions.
2 level teaspoons salt.
½ level teaspoon celery salt.
Pepper to taste.
2 cups boiling vegetable water or plain water.
Suet paste.

Method:
1. Place chicken pieces in a six-pint saucepan, breast pieces on top.
2. Add seasoning then boiling vegetable water, cover.
3. Simmer about 3 hours or until flesh is tender.
4. When nearly cooked add prepared dumplings.
5. Continue cooking half to three-quarters of an hour.

N.B.—Add extra liquid if necessary and bring to simmering point before adding dumplings. Dumplings are cooked in the heat from steam arising from the liquid. A tight fitting lid is essential.
DUMPLINGS IN SYRUP
Ingredients:
- Suet paste.
- 1 cup water.
- ½ cup golden syrup (with a little treacle added if liked.)
- 1 teaspoon of lemon juice.

Method:
1. Prepare suet paste.
2. Put water, syrup and lemon juice on to boil.
3. Form dumplings from paste by rolling in floured palms of hands to form balls about the size of golf ball.
4. Drop dumplings into boiling syrup and cook for about 45 minutes. Keep a tight fitting lid on saucepan.
5. Serve at once with syrup poured over dumplings.

“FITLESS COCK” OR MEALY DUMPLING
From Scotland comes this unusual recipe.

Ingredients:
- 1½ teacups finely chopped suet.
- 2 teacups oatmeal.
- 1 onion.
- 1 egg.
- Salt and pepper.

Method:
1. Mix prepared suet and oatmeal.
2. Add chopped onion and seasoning, mix well.
3. Bind together with beaten egg.
4. “Proof” a pudding cloth then turn dough on to it.
5. Form dough into the shape of a “fitless cock” using the floured hands.
6. Roll up loosely in cloth and tie securely.
7. Put into a pan of boiling water and cover.
8. Boil steadily for at least 2 hours adding more boiling water as required.
9. Remove cloth when dumpling is cooked and serve on a hot plate.

N.B.—The mixture could be made into small dumplings and cooked in a pot of soup.

ROLY POLY PUDDING
Ingredients:
- Foundation paste (8 oz. flour.)
- Jam or other filling.

Method:
1. Make paste and roll to an oblong ⅜ inch thick.
2. Spread with jam or other filling to within 1 inch of edges.
3. Dampen edges, roll up and press edges well together.
4. Wrap in greaseproof paper then in “proofed” cloth allowing for expansion when cooking.
5. Tie ends and put in saucepan of fast boiling water.
6. Boil 1½ to 2 hours.
7. Serve with sweet white sauce.

“SPOTTED DOG”
(Otherwise known as “Spotted Dick”)
This is a great favourite with children.

Ingredients:
- 8 oz. self-raising flour.
- 2 tablespoons sugar.
- 4 oz. shredded suet.
- 2 tablespoons washed currants.
- Little chopped lemon peel if liked.
- ¼ level teaspoon salt.
- Water to mix.

Method:
1. Make paste adding currants and peel to mixture, shape into a sausage 2 or 3 inches thick.
2. Tie in a proofed cloth as for roly-poly pudding.
3. Boil or steam.
4. Serve hot with sweet white sauce.

FRUITY SUET PUDDING
Ingredients:
- 4 oz. self-raising flour.
- Pinch salt.
- 2 oz. beef suet.
- 2 level tablespoons sugar.
- 3 or 4 heaped tablespoons mixed dried fruit.
- ¼ level teaspoon mixed spice.
- Milk or egg and milk.
Method:
1. Prepare as for “Spotted Dog” but turn mixture into a greased basin or jam tin.
2. Cover with greased paper and steam for 2 hours.
3. Serve with sweet white sauce.

STEAK AND KIDNEY PUDDING

Ingredients:
- Foundation suet paste (8 oz. self-raising flour.)
- 1 lb. steak (topside.)
- 1 or 2 sheep’s kidneys (optional.)
- 1 heaped tablespoon plain flour, vegetable water (or water.)
- 2 level teaspoons salt.
- 1 onion.
- Pepper.

Method:
1. Put a large saucepan of water on to boil.
2. Grease the pudding basin and “proof” a pudding cloth.
3. Cut steak into half-inch cubes, kidney into fine dice.
4. Toss the meat in flour, salt, pepper, add chopped onion and mix.
5. Make the suet paste and roll it out into a large round with a diameter to equal the outer measurement of the basin.
6. Cut a wedge from the round of paste (about \( \frac{1}{3} \) to \( \frac{1}{2} \)). This wedge is used for covering the top.
7. Line the basin with the main piece of paste joining the cut edges along one side.
8. Fill the basin with meat mixture, add sufficient vegetable water or water to cover the meat.
9. Knead up the remaining piece of paste lightly and roll into a round to fit the top of pudding.
10. Cover pudding with paste, sealing the edges by pressing together.
11. Cover with “proofed” cloth. Tie securely leaving room for expansion.
12. Place into fast boiling water.
13. Keep boiling 3 to 4 hours, replenishing with boiling water if necessary.
14. Lift pudding from saucepan, drain for a minute or two then remove cloth.
15. Make a hole in the centre of cloth and fill up with hot water or hot stock.
16. Fold a table napkin around basin and place on a meat dish before taking to the dinner table.
17. Serve with vegetables.

APPLE PUDDING

Ingredients:
- Suet paste (6 oz. self-raising flour.)
- 1 lb. apples.
- \( \frac{1}{2} \) cup sugar.
- Squeeze lemon juice or strip of rind.
- 2 cloves.
- \( \frac{1}{4} \) cup water.
- A little powdered cinnamon (if liked.)

Method:
1. Make in a similar manner to steak and kidney pudding, using sliced apples.
2. Boil 2 to 3 hours.
3. Serve hot with sweet white sauce.

APPLE AND RHUBARB PUDDING

This is made in a similar manner to apple pudding.

Ingredients:
- 1 lb. apple and rhubarb mixed.
- \( \frac{1}{2} \) cup sugar.
- \( \frac{1}{4} \) cup water.
- A little grated orange rind.

From Luton in Bedfordshire comes this ingenious recipe.

BEDFORDSHIRE CLANGER

Ingredients:
- Foundation recipe (8 oz. self-raising flour.)
- 6 oz. minced stewing steak.
- 1 onion.
- Stock.
- Salt, pepper.
- Jam.

Method:
1. Make a stiff paste, roll out into an oblong.
2. Cut off a small piece of crust and put in lengthways down the middle. This divides paste in two.
3. Mix steak and minced onion, moisten with stock, season. Put on one half of paste.
4. Spread the other half with jam.
5. Damp the edges, roll up tightly and roll up in a "proofed" cloth.
6. Leave room for expansion when rolling, tie ends securely.
7. Put into fast boiling water and boil at least two hours.
8. The meat course is served first and then the sweet course.

N.B.—This is not recommended as a sample of a well balanced meal. It would to say the least be more than satisfying even on the coldest winter's day.

COLLEGE PUDDING

Ingredients:
- 4 oz. self-raising flour.
- 4 oz. breadcrumbs.
- 3 oz. suet.
- Rind 1 lemon.
- 3 oz. raw sugar.
- Level teaspoon mixed spice.
- 1 egg.
- ½ cup hot milk.
- 3 tablespoons currants.

Method:
1. Chop suet, using some of measured flour.
2. Add all dry ingredients, mix well together.
3. Make well in centre, gradually add beaten egg and hot milk. Beat together for a few minutes.
4. Half fill small greased tins and bake in a moderate oven until well risen and firm to the touch—about half an hour.

Turn out and serve with custard.

SQUAB PIE

Ingredients:
- 2 lb. neck chops (lamb or mutton.)
- 2 lb. apples.
- 1 lb. onions.
- 1 tablespoon of mushroom ketchup or dehydrated mushroom soup.
- ¾ cup vegetable water (boiling.)
- Sugar.
- Salt.
- Pepper.
- Suet pastry (6oz. flour.)

Method:
1. Divide chops into serving portions and place them in a pie dish and season with salt and pepper.
2. Slice apples and onions and place a layer of each on top of the meat.
3. Sprinkle with sugar.
4. Make the suet paste.
5. Half fill the pie dish with boiling vegetable water, just before adding suet crust.
6. Cover with crust and bake in a hot oven.
7. Reduce the heat when crust is brown and continue baking for 1½ hours.

Before serving, pour off gravy, skim, add ketchup, then return to pie dish. If dehydrated soup is used, it should go into the pie before being covered with paste.

N.B.—Gravy may be thickened, if preferred.

PLUM PUDDING OR CHRISTMAS PUDDING

Ingredients:
- 1½ lb. finely chopped suet.
- 1 lb. eggs (weighed in the shell.)
- 1 lb. dried plums.
- 1 lb. mixed peel.
- 1 lb. raisins.
- 1 lb. sultanas.
- 1 lb. currants.
- 1 lb. flour.
- 1 lb. sugar.
- 1 lb. brown breadcrumbs.
- 1 heaped teaspoon mixed spice.
- ¼ nutmeg grated.
- 2 teaspoons salt.
- ½ pint new milk.
- Juice of one lemon.
- 1 large wineglass brandy.

Method:
1. Stone and halve the plums, cut, peel into long strips.
2. Mix dry ingredients.
3. Moisten with eggs beaten to a froth, and milk, lemon juice and brandy.
4. Stand at least 12 hours in a cool place, then turn into greased moulds.
5. Boil for eight hours.
6. Boil a further two hours before serving.

This recipe will make three puddings of three pounds each.
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Journal of Agriculture, Vol 2 No 6, 1961