A War Cookery Book for the Sick and Wounded

LIQUID FOODS

1. Arrowroot Gruel.—1 dessertspoonful of arrowroot. Mix well with cold water to form a thin paste. Add sufficient boiling milk or water to make 1 cupful. Salt, sugar and lemon juice to taste

2. Arrowroot Cup.—To about 1 dessertspoonful of arrowroot add ½ pint of cold water, or milk, and 1 teaspoonful of moist sugar or 2 lumps of loaf. The arrowroot must be put into a basin, then add a tablespoonful of cold water. Mix well till it is quite smooth. Pour on the rest of the milk (or water), and stir over the fire until it boils. Boil gently from 7 to 10 minutes. Sweeten to taste.

3. Barley Gruel.—To 1 quart of water add 1 oz. of pearl barley. Boil until reduced to 1 pint. Strain and add 1 glass of port wine. The port wine is not necessary unless specially ordered by the doctor. Milk can be added instead of water if no wine is required.

4. Barley Water.—Take 2 oz. of pearl barley. Thoroughly wash in cold water. Boil in a quart of water for 5 minutes. Strain off the water and throw it
away. Boil up the barley again in 2 quarts of water until it is reduced to 1 quart. Flavour to taste.

5. Barley Water.—To 1 pint of water add 4 tablespoonfuls of pearl barley and boil for 5 minutes. Pour off the water. Add a little sugar and 3 pints of water, and let it simmer gently until it has thickened. Add lemon juice if desired.

6. Beef Tea.—1½ teaspoonfuls of a meat extract, 1½ tablespoonfuls of oat flour, water and salt to taste. The meat extract must be dissolved in a pint of boiling water, the oats mixed into this slowly, as it comes to the boil. Stir well and keep boiling for 7 minutes. Strain and add salt.

7. Beef Tea.—Shred the meat finely, removing all skin and fat, put into a jar with salt and cover closely, let it stand for an hour, then stand the jar in a vessel containing water and cook slowly for 3 or 4 hours, stirring occasionally. Strain through a coarse strainer, keeping back only the larger parts of meat. If not required at once remove the fat when cold.

Note.—The beef tea can be cooked in a jar standing in a saucepan of water or in a slow oven.

1 lb. lean beef, pinch of salt, 1 pint water

8. Beef Tea.—Shred the beef, removing all skin and fat, stand in a basin and allow it to soak, adding the salt, put into a saucepan and bring very slowly to the boil, stirring all the time, and pressing the meat to the sides of the saucepan. When it is a rich brown, strain through a coarse strainer into a cup, remove any fat with a piece of kitchen paper and it is ready to serve.

1 lb. lean beef, pinch of salt, 1 pint water
9. Beef Tea.—1 lb. of leg of beef, cut very fine. Put into a jar and cover with a pint of water, a little salt, a clove or two, one or two peppercorns. Stew on the hot plate for 3 hours.

10. Benger’s Food.—Mix the Benger’s to a smooth paste in a basin and add ½ pint of milk that has been brought almost to the boil. Stir well until thick enough.

1 tablespoonful Benger’s (¾ oz.), cold water, 2 oz.

11. Bread and Milk.—Take a thick slice of fairly stale bread. Cut it into tiny squares, and after having cut away the crusts put it into an enamel saucepan with about ½ pint of milk; boil up very slowly. Sugar or salt to taste.

12. Beef Juice.—A small piece of juicy beef, preferably from the rump, about 6 oz. Remove all pieces of fat. Broil both sides for 1 or 2 minutes very quickly. Cut it into strips and squeeze out the juice with a lemon squeezer into a warm cup. Serve quickly.

13. Cornflour Cup.—Mix the cornflour smoothly with a little of the milk, put the rest into a saucepan. When boiling pour it on to the cornflour. Boil for a minute or two, stirring all the time, add the sugar and pour into a breakfast cup. A teaspoonful of good brandy may be added if liked.

2 teaspoonfuls cornflour, ½ pint milk, sugar to taste

14. Coffee Milk.—1 teaspoonful of coffee to nearly a pint of milk. Boil for ¼ of an hour. Put in a few shavings of isinglass. After clearing, let it boil again for a few minutes and then place it by the side of the fire to clarify.