



## Cheese and Leek Envelopes

1 lb leeks  
3 oz cheese, grated  
Rough puff pastry using 4oz flour and 3 fat

### Sauce:

1 oz margarine  
1 oz flour  
1/4 pint milk  
Salt and pepper to taste

Cut the leeks in halve lengthways and then in half again and wash very thoroughly. Cook in boiling salted water for 10 minutes. Drain well. Make the sauce, add the leeks and all but 1 tablespoon of the cheese; set aside to cool. Roll out the pastry to a 10 inch square and spread the leek mixture over the centre. Damp the edges of the pastry and close together to form an envelope. Brush the top with milk and sprinkle the remainder of the cheese and bake in a hot oven for 25-30 minutes.

*For the sauce : Melt the margarine in a pan. Add the flour and cook over a low heat, stirring, for 2 minutes. Do not allow the mixture to brown. Gradually blend in the milk. Cook, stirring, until the sauce comes to a boil and thickens. Season to taste.*

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet is from April/May 1951.



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## Rough Puff Pastry

- 8 oz plain flour
- 1/2 level teaspoon salt
- 6 oz cooking fat (or a mixture of cooking fat and margarine)
- 1/2 teaspoon lemon juice
- Cold water to mix

Sift the flour and salt into a bowl.

Cut the fat into pieces about the size of a walnut and add to the flour.

Mix to a soft dough with the lemon juice and water.

Roll out to an oblong (about 6 inches by 12 inches), keeping the ends square.

Fold the pastry in three by bringing the bottom third to the centre and folding down the top third (see diagram).

Seal the edge to keep in the air and give the pastry a half turn so that the fold is on the left hand side.

Repeat this rolling and folding process 3 times, then set the pastry aside for 1/2 hour in a cool place before using.

Rough puff pastry should be baked in a very hot oven.

*The Cheese and Leek Envelops call for rough puff pastry made from 4 oz flour and 3 oz fat, so this recipe will need to be halved.*

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet is from November/December 1950.

