



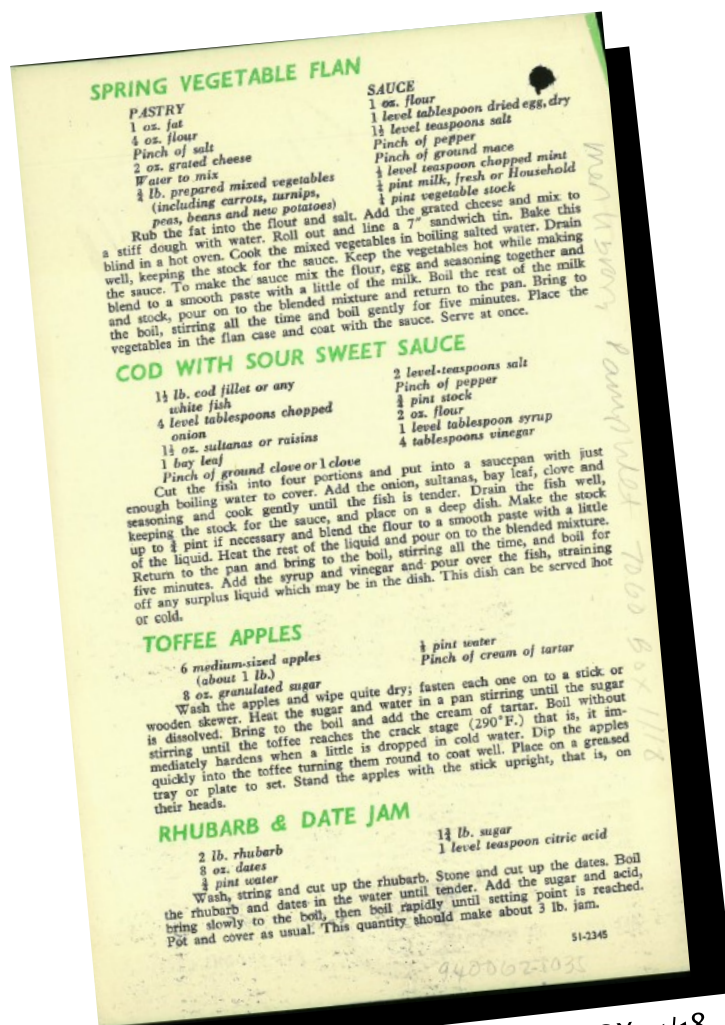
Spring Vegetable flan

PASTRY

- 1 oz fat
- 4 oz flour
- Pinch of salt
- 2 oz grated cheese
- Water to mix
- 3/4 lb prepared mixed vegetables
(including carrots, turnips, peas,
beans and new potatoes.)

SAUCE

- 1 oz flour
- 1 level tablespoon dried egg, dry
- 1 1/2 level teaspoons salt
- Pinch of pepper
- Pinch of ground mace
- 1/2 level teaspoon chopped mint
- 1/4 pint milk, fresh or Household
- 1/4 pint vegetable stock



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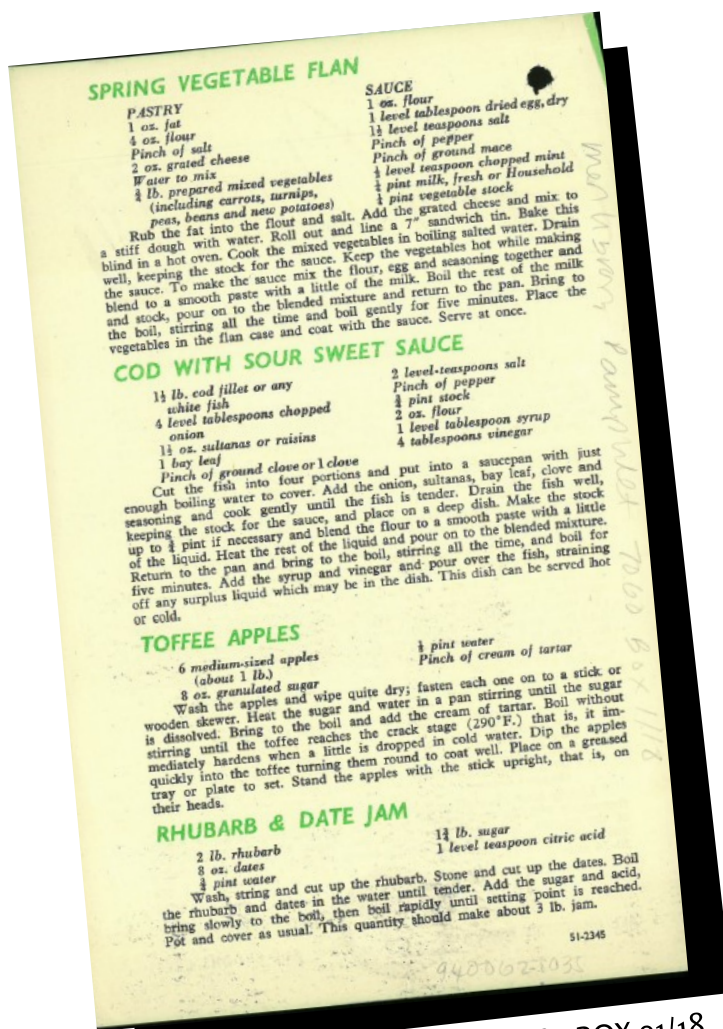
The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet is from May/June 1947.



Rub the fat into the flour and salt.
Add the grated cheese and mix to a stiff dough with water.
Roll out and line a 7" sandwich tin.
Bake this blind in a hot oven.
Cook the mixed vegetables in boiling salted water.
Drain well, keeping the stock for the sauce.
Keep the vegetables hot while making the sauce.
To make the sauce mix the flour, egg and seasoning together and blend to a smooth paste with a little of the milk.
Boil the rest of the milk and stock, pour onto the blended mixture and return to the pan.
Bring to the boil, stirring all the time and boil gently for 5 minutes.
Place the vegetables in the flan case and coat with the sauce.
Serve at once.

"Bake blind" means cooking the flan case without a filling. Prick the bottom well with a fork, or put in 2 or 3 crusts, to prevent the pastry from rising.

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