



69.

Times for boiling Vegetables.

Turnips	abt.	2 hours.
Beetroot.	"	"
Onions.	"	2 - 2 1/2 hrs.
Cabbage.	"	1 1/2 hrs.
Brussel Sprouts.	"	3/4 hr.
Cauliflower.	"	1/2 "
Artichokes.	"	3/4 "
Green Peas.	"	20 mins.
Broad Beans.	"	"
Parsnips.	"	1/2 hr.
Leeks.	"	1 hr.
Beans, dried.	"	3 hrs.
Carrots (new)	"	1/2 hr.
Turnips (new)	"	"
Vegetable Marrow	"	3/4 hr.
Celery.	"	1 hr.
French Beans.	"	1/2 hr.
Spinach.	"	20 mins.

# HANDWRITTEN COOKERY BOOK, 1950S

REFERENCE: NRO 11108/2 | SUGGESTED AGE GROUPS: KS2, KS3, KS4, LIFELONG LEARNERS | TOPIC AREAS: FOOD & COOKERY

## FAMILY RECIPE BOOKS

Many of us will have in our family handwritten recipes which have been copied out into a book and passed down

through different generations. This book contains various recipes for sweet and savoury dishes, biscuits and cakes. It belonged to Miss Muirhead from Hexham and was compiled in the 1950s.

Throughout the centuries, people have written out recipes they have liked and passed them on to others. They might even write who has given them. For example, Miss Muirhead's book contains a recipe for Cheese Rings from her Aunt D and Ladies Delight from L Lee.

Chocolate Cake (Uncoloured). (Lee)

1/2 lb. sweet biscuits, crushed. 1/2 lb. margarine  
2<sup>d</sup> bar plain chocolate. 2 table sp. Lysa Cocoa.  
1 table sp. castor sugar. 1 " Syrup.  
1/2 teaspoon Vanilla Ess.

Beat marg, sugar & cocoa together, add melted  
syrup, into this add crushed biscuits. Mix  
until biscuits are well covered. Then put  
mixture into a well greased cake tin, press  
firmly down (loose bottom one is best). Melt  
chocolate in a small drop of water. Pour choc  
over & leave 2 hrs. then turn out. Decorate  
round the side.

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Ladies Delight. (L. Lee)

Mix together 8oz chopped apples  
8oz chopped onions 6 chillies (according to  
taste)

Put into a jar & pour over them 1 pint  
of boiling vinegar & about a level dessert-  
spoon salt. Stir well & leave till cold, when  
the relish is fit for use.

Cheese Rings. (Aunt D)

2oz Butter. 2 1/2 of flour.  
3oz Cheddar cheese. 1 egg, salt & pepper.

Rub butter into flour, & add grated cheese  
& seasoning. Beat the yolk of the egg  
with a teaspoonful of cold water & stir  
into the mixture, adding a little more  
water if necessary. Work into stiff  
paste, roll out thinly on a floured board  
& stamp into rounds about 2" in diameter. With  
a smaller cutter remove the centre of each  
round. Bake in a moderate oven until  
pale brown, 15 or 20 mins.

## COOKING VEGETABLES

Miss Muirhead notes the times for boiling various vegetables including cabbage, carrots, celery, spinach, leeks, Brussel sprouts and cauliflower. By today's standards, these

vegetables would have been very well cooked – 90 minutes for cabbage, 45 minutes for Brussel sprouts and 20 minutes for spinach.

However, tastes change, and people are more aware of preserving the nutritional content of these vegetables in our diet.

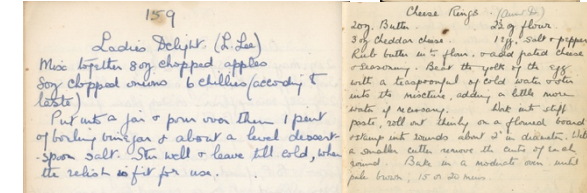
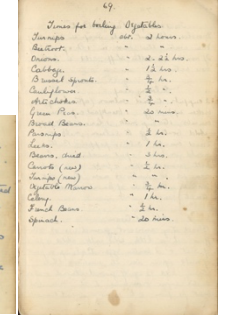
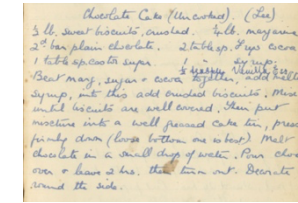
## OTHER ONLINE RESOURCES

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# LEARNING ACTIVITIES – HANDWRITTEN COOKERY BOOK, 1950S

TOPIC: FOOD & COOKERY  
SUBJECT AREAS: COOKERY, HISTORY, LITERACY



Background	Activity	Resources
<p>This book contains various recipes for sweet and savoury dishes, biscuits and cakes. It belonged to Miss Muirhead from Hexham and was compiled in the 1950s.</p> <p>Miss Muirhead notes the times for boiling various vegetables including cabbage, carrots, celery, spinach, leeks, Brussel sprouts and cauliflower. By today's standards,</p>	<p><b>See:</b> Who wrote this cookery book?</p> <p><b>See:</b> Does the book contain recipes from anyone else?</p> <p><b>See:</b> What is unusual about Miss Muirhead's guide to boiling vegetables?</p> <p><b>See:</b> How long does Miss Muirhead recommend boiling each vegetable for?</p> <p><b>Think:</b> How long do you cook your vegetables for?</p> <p><b>Think:</b> Are you surprised by how long Miss Muirhead cooked her vegetables for?</p> <p><b>Think:</b> Why do you think her vegetables were cooked for so long?</p>	<p><a href="https://www.fda.gov/food/food-labeling-nutrition/nutrition-information-raw-fruits-vegetables-and-fish">https://www.fda.gov/food/food-labeling-nutrition/nutrition-information-raw-fruits-vegetables-and-fish</a></p> <p><a href="https://www.nutrition.org.uk/healthyliving/healthydiet/fruit-and-vegetables.html">https://www.nutrition.org.uk/healthyliving/healthydiet/fruit-and-vegetables.html</a></p> <p><a href="https://www.thekitchn.com/how-long-to-cook-vegetables-a-beginners-guide-to-preparation-times-171231">https://www.thekitchn.com/how-long-to-cook-vegetables-a-beginners-guide-to-preparation-times-171231</a></p> <p><a href="https://www.cookinglight.com/cooking-101/best-way-to-cook-vegetables">https://www.cookinglight.com/cooking-101/best-way-to-cook-vegetables</a></p>



<p>these vegetables would have been very well cooked – 90 minutes for cabbage, 45 minutes for Brussel sprouts and 20 minutes for spinach.</p>	<p><b>Think:</b> What do you think happens to the nutritional content of vegetables when cooked for so long?</p> <p><b>Think:</b> What colour and texture do you think Miss Muirhead’s vegetables might have been?</p> <hr/> <p><b>Do:</b> Create a table showing the nutritional value of the vegetables shown in Miss Muirhead’s cookery book.</p> <p><b>Do:</b> Create a poster showing an updated guide for how long to boil vegetables.</p> <p><b>Do:</b> Create a poster showing the different ways each of these vegetables could be cooked and prepared.</p> <p><b>Do:</b> Have a go at creating a dish showcasing the different textures and colours of vegetables? You could think about which vegetables are currently in season too. Can you write a recipe for your dish?</p> <p><b>Do:</b> Choose one of Miss Muirhead’s recipes to have a go at making. Are there any changes that you would make? Rewrite it as a new recipe if you do make changes.</p>	
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