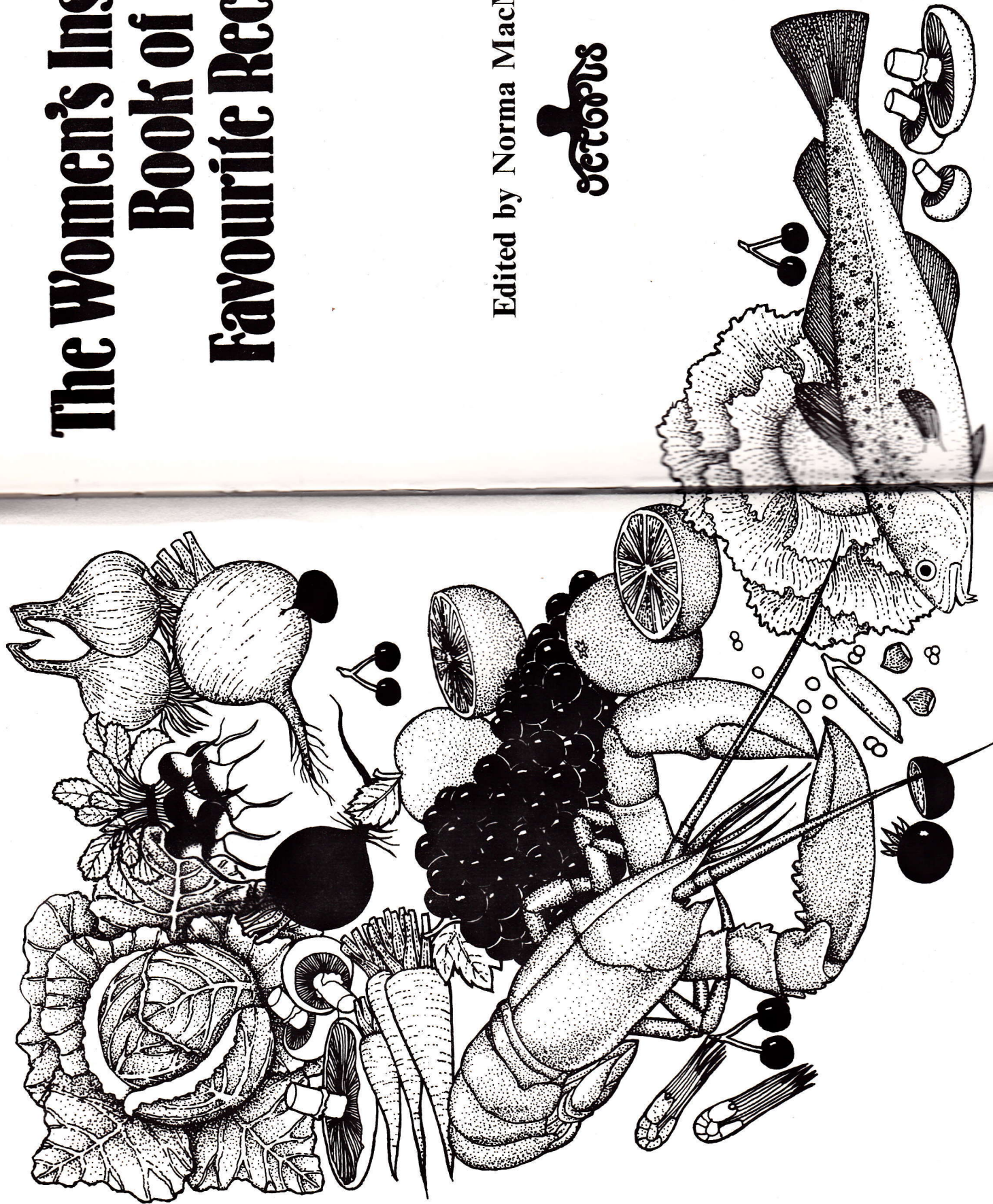


# The Women's Institutes' Book of Favourite Recipes

Edited by Norma MacMillan

*scopus*



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# Introduction

The recipes in this book have been collected over many years from members of Women's Institutes throughout England and Wales. Some have been published in cook-books now long out of print. Others have come to us through the many cookbooks produced by the sixty-five County and Island Federations of Women's Institutes. Still others have appeared in *Home and Country*, the official magazine of the NFWI.

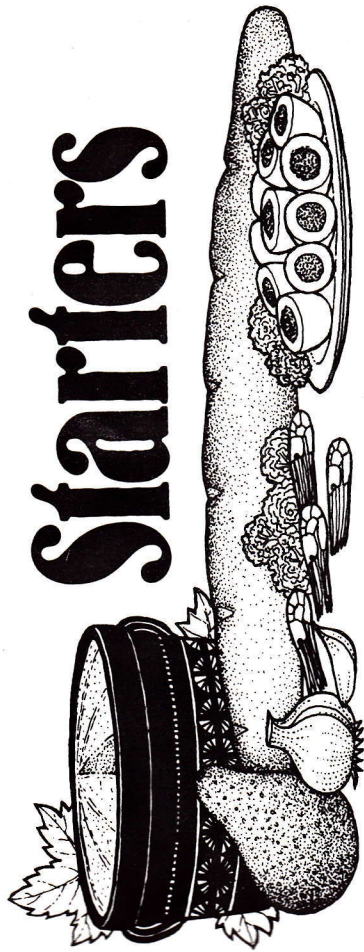
This book is a mixture of the traditional and the new. A special section has been compiled which consists of fifty prizewinning recipes, all original to WI members, and selected from those submitted as competition entries. The National Federation of Women's Institutes wishes to record its appreciation of the help it has received from the County Federations and its grateful thanks to the many members who have made this book possible.

The National Federation of Women's Institutes is the largest national organization of country-women in the world. Its 400,000-strong membership includes experts on cookery, home crafts and gardening, many of whom lecture at the NFWI's college of adult education where courses are available in a wide range of subjects.

If you are a woman aged sixteen or over, you can join the WI for a small annual contribution. For further details, write to: The General Secretary, National Federation of Women's Institutes, 39 Eccleston Street, London SW1W 9NT.

*Anne Ballard*

Anne Ballard  
General Secretary  
National Federation of Women's Institutes



# Starters

## Tuna Cocktail

*Serves 4*

150 ml/¼ pint natural yogurt

1 x 5 cm/2 inch piece cucumber, peeled and

grated

1 teaspoon tomato purée

juice of 1 lemon

shredded lettuce

200 g/7 oz canned tuna

fish, drained and flaked

paprika

Mix together the yogurt, cucumber, tomato purée and lemon juice. Make a bed of lettuce in each of four serving dishes and divide the tuna fish between them. Top with the yogurt sauce and sprinkle with paprika.

## Pork and Liver Pâté

*Serves 10*

450 g/1 lb belly pork

450 g/1 lb pig's liver

1 small onion

salt

pepper.

1 egg, beaten

1 tablespoon sherry

(optional)

6 streaky bacon rashers,

ringed and stretched

Mince the pork, then mince again with the liver and onion. Add salt, pepper, the egg and sherry, if used, and beat well.

Line an oval pâté dish with 3 of the bacon rashers. Spoon in the pork mixture and smooth the top. Cover with the rest of the rashers. Place the dish in a roasting tin of hot water and bake in a preheated moderate oven (180°C/350°F, Gas Mark 4) for about 1 hour. When done, the pâté will have shrunk a little from the sides of the dish and there will be a lot of liquid around it. Do not pour this away: the pâté will absorb it as it cools.