



Simpson's breakfast meal is more than a breakfast dish

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SIMPSON'S BREAKFAST MEAL *IS MORE THAN A BREAKFAST DISH*

SIMPSON'S Breakfast Meal is known to you as a delicious and an energizing breakfast porridge, but do you know that it is the means of making other delightful dishes covering every occasion when food is served?

This book of recipes tells you how to make those dishes. It is a book well worth reading for it solves that vexed problem "*What shall I Serve?*"

Order your packet of Simpson's Breakfast Meal and try these new dishes without delay.

SIMPSON BROS. LTD.

Ann Street, Brisbane



MS
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Gingerbread

1 cup cooked Simpson's Break-
fast Meal

6 ozs. brown sugar

12 ozs. Simpson's Self-Raising
Flour

1 teaspoon cinnamon

2 eggs

pinch salt 6 ozs. butter

$\frac{1}{2}$ cup golden syrup

$\frac{1}{2}$ cup sour milk

3 teaspoons ground ginger

4 ozs. crystallised ginger

Sift the flour, cinnamon, ginger, and salt together. Melt the butter, add the syrup and sugar and stir until melted. Take off the fire and add the cooked Simpson's Breakfast Meal, the milk and well-beaten eggs. Lightly stir in the flour and crystallised ginger (chopped fine). Put into a square shallow tin lined with greased paper and bake in a moderate oven about one hour or a little more. When cold, cut into squares.

Baked Peach Pudding

2 cups cooked Simpson's Breakfast Meal
2 cups milk 2 eggs
1 tin peaches (or other preserved fruit)
3 ozs. sugar

Mix the cooked Simpson's Breakfast Meal with the milk and sugar, beat the egg yolks well and add. Drain the syrup from the peaches and place them in a greased pie dish; pour over the pudding mixture and bake until nearly set (about 30 minutes). Cover with meringue made of the stiffly-beaten egg whites sweetened to taste and flavoured with vanilla. Return to oven to brown. Serve with the peach syrup as a sauce or with milk.



Sandwich Cake

2 ozs. cooked Simpson's Breakfast
Meal 3 ozs. butter
3 ozs. sugar 3 eggs vanilla essence
4 ozs. Simpson's Self-Raising Flour
 $\frac{1}{2}$ cup milk icing

Mix the cooked Simpson's Breakfast Meal and milk well together. Cream the butter and sugar until light and white; add eggs one by one, beating well after the addition of each egg; add vanilla and Simpson's Breakfast Meal and milk, lightly stir together. Sift the flour and add to creamed mixture. Do not beat after the flour is added. Bake in two greased sandwich tins in a moderate oven. When cold, join together with butter icing and ice the top.

Porridge with Stewed Fruit

2 ozs. Simpson's Breakfast Meal
stewed fruit $\frac{1}{4}$ teaspoon salt
1 pint boiling water

Sprinkle Simpson's Breakfast Meal into the boiling water, add salt, and cook for 15 to 20 minutes. Pour into porridge plates and serve with stewed fruit, sugar and milk.

Griddle Cakes

1 cup cooked Simpson's Breakfast Meal
4 ozs. butter 2 eggs 2 ozs. sugar
12 ozs. Simpson's Self-Raising Flour
1 pint milk $\frac{1}{4}$ teaspoon salt

Mix the cooked Simpson's Breakfast Meal with the butter (melted), sugar, and beaten eggs. Add the flour alternately with milk; add salt. Beat well. Cook on a hot greased griddle or frying pan using a good tablespoonful of mixture to each cake. Turn once. Serve hot with golden syrup. This mixture will make 48 good sized cakes. (Do not cook too many at once, and leave room for spreading.)



Tomato Soup

2 ozs. Simpson's Breakfast Meal	
$\frac{1}{2}$ carrot	1 stalk celery
1 tablespoon lemon juice	
1 oz. butter	12 peppercorns
blade mace	2 lbs. tomatoes
1 onion	$\frac{1}{2}$ turnip
bunch herbs	3 pints stock
2 ozs. ham	1 teaspoon sugar
salt	

Place butter into a saucepan, add all the vegetables (except tomatoes), herbs, and the ham, and stir over the fire for five minutes without browning. Add the tomatoes, sliced, and stock, allow to simmer for about two hours or until vegetables are soft. Rub the soup through a sieve and return to the pan. Bring to boil and stir in the Simpson's Breakfast Meal and boil for 15 minutes. Add the lemon juice, sugar and salt just before serving.

Cheese Savoury

1 pint cooked Simpson's Breakfast Meal
1 cup milk pepper, salt
4 ozs. cheese 1 oz. butter 2 eggs

Beat eggs and milk and add the cooked Simpson's Breakfast Meal and 3 ozs. cheese (grated); season well with pepper and salt. Place into a greased pie dish and sprinkle the remainder of cheese on top and place small bits of butter here and there on top. Bake in a moderate oven. Delicious served cold with cold joints or corned beef and salad.



Stuffed Onions

2 tablespoons cooked Simpson's Breakfast
Meal

1 tablespoon tomato sauce

$\frac{1}{2}$ cup milk 6 onions

2 sheep kidneys (cooked and chopped
finely)

1 oz. butter pepper, salt

pinch grated nutmeg

Peel onions and boil for five minutes in salted water, strain and place into cold water to cool slightly. Now carefully remove the centres of onions, chop these and place in a saucepan with butter and milk; allow to boil. Mix together the cooked Simpson's Breakfast Meal, the chopped kidney, the tomato sauce, nutmeg, pepper and salt. Stuff the onions with this mixture. Place in a greased pie dish, and place the boiled onion and milk mixture around. Cover with greased paper or another dish of the same size and bake till onion is quite tender and soft.

Lemon Cheesecake

2 tablespoons Simpson's Breakfast Meal	
grated rind of 1 lemon	short pastry
2 ozs. sugar	2 ozs. butter
2 eggs	2 cups milk
	jam

Boil milk, sprinkle in the Simpson's Breakfast Meal and boil for 10 minutes, watch carefully; remove from the fire and add the sugar, grated lemon rind, eggs beaten well, and the butter. Allow to cool slightly.

Make short pastry and line a pie plate with it; add a layer of peach or other jam on bottom of pastry. Cover with above mixture and bake in a moderate oven about 25 minutes.



Stuffed Tomatoes

2 tablespoons cooked Simpson's
Breakfast Meal

1 tablespoon gravy

4 ozs. chopped ham or tongue
salt, pepper

6 tomatoes 1 shallot

1 oz. butter

1 dessertspoon chopped parsley
squares of fried bread

Cut the top and scoop out the centre of tomatoes carefully. Melt the butter, add the chopped shallot, fry a little; add the cooked Simpson's Breakfast Meal, ham, parsley, the tomato centres, and gravy. Season well with pepper and salt. Fill tomatoes with this mixture. Bake on a greased dish in a moderate oven till tomato is soft. Serve each tomato on the squares of fried bread.

Pineapple Souffle

2 ozs. Simpson's Breakfast Meal
2 ozs. sugar 1 oz. butter pinch salt
2 eggs 1 pint milk
 $\frac{1}{2}$ cup grated pineapple

Boil the milk, add a pinch of salt, and sprinkle in the Simpson's Breakfast Meal. Simmer for 15 to 20 minutes. Take off the fire, add the sugar, grated pineapple, and the beaten yolks of eggs. Whip the egg whites to a stiff froth, and stir lightly into the mixture. Pour into a buttered souffle dish (pie dish) and bake for 20 to 30 minutes until well risen and brown. Serve at once with pineapple sauce or custard.



Boiled Plum Pudding

4 ozs. cooked Simpson's Breakfast Meal
4 ozs. sugar
4 ozs. butter or dripping
4 ozs. sultanas 4 ozs. raisins
1 tablespoon golden syrup or treacle
pinch salt
8 ozs. Simpson's Self-Raising Flour
 $\frac{1}{2}$ cup milk 3 eggs
4 ozs. currants 1 chopped apple
 $\frac{1}{2}$ teaspoon cinnamon or spice
piece candied peel

Cream the butter and sugar until light and white; add the eggs one by one; add cooked Simpson's Breakfast Meal and syrup or treacle. Chop the apple and sift the flour; add all the other dry ingredients to it. Add this to the creamed butter and sugar and last of all the milk. Do not beat this after the flour is added. Flour a pudding cloth and place the mixture in it. Tie up, allowing a little room for swelling. Boil for $2\frac{1}{2}$ hours. Serve with custard.

Sultana Pudding

2 ozs. Simpson's Breakfast Meal
1 oz. sugar flavouring essence
1½ pints milk pinch salt 1 egg
½ cup sultanas

Boil milk, add pinch salt, sprinkle in the Simpson's Breakfast Meal and stir until it thickens. Add sugar, sultanas, flavouring and the well-beaten egg. Pour into a greased pie dish and bake in a moderate oven for about 30 minutes until set and lightly browned. Serve hot with a good sprinkle of sugar over the top. If eggs are plentiful 2 or 3 eggs are a great improvement.



Potage Soup

2 ozs. Simpson's Breakfast Meal

salt, pepper

1 quart stock

1 gill milk

Remove all fat from stock, bring to boil, sprinkle into this the Simpson's Breakfast Meal, stirring all the time. Cover, and simmer gently for 30 minutes. Stir occasionally. Add $\frac{1}{2}$ cup milk, pepper and salt. Serve with toast cut into small pieces. A richer soup may be made by putting a beaten egg into the soup tureen and gradually pouring the hot soup into it while stirring.

To make the Stock.—Place soup bones into a saucepan, well cover with water, and allow to simmer for some hours; strain and remove fat. Water in which fowl, rabbit or veal has been boiled is also a nice stock for this soup.

Baked Fruit Custard

1 cup cooked Simpson's Breakfast Meal

$\frac{1}{2}$ cup sugar

1 cup raisins or stewed prunes

2 cups milk

2 eggs

$\frac{1}{2}$ teaspoon vanilla essence

Mix the cooked Simpson's Breakfast Meal and milk and sugar together; add the eggs well beaten, and raisins or prunes. Place the mixture into a greased pie dish and bake in a moderate oven until brown on top. Serve with cream.



Chocolate Pudding

- 3 ozs. Simpson's Breakfast Meal
- 1 pint milk
- 2 tablespoons hot water
- pinch salt
- 3 ozs. chocolate 2½ ozs. sugar
- vanilla essence
- 2 egg whites
- 1 oz. butter

Blend chocolate with the hot water. Boil the milk, add a pinch of salt and sprinkle in the Simpson's Breakfast Meal. Allow to simmer for 15 to 20 minutes, stirring constantly. Add the sugar, the dissolved chocolate and the vanilla. Last of all lightly stir in the stiffly-beaten egg whites. Pour into a mould which has been rinsed out with cold water. Turn out when cold and serve with cream or custard. (Coffee Pudding is made the same way, using $\frac{1}{2}$ cup strong coffee in place of chocolate.)

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