

Silverlind

**MASTER
DIET
PLANNER**

**Instructions
and
Recipe Booklet**

For the 48K Spectrum

MASTER DIET PLANNER

Stirling Software Sciences Ltd

Silverline

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MASTER DIET PLANNER

INSTRUCTIONS

Introduction

Having a well-balanced diet is important whether you wish to lose weight or maintain your present weight. In any event, it is sensible to check both that you are eating enough vitamins and minerals and that you are not wasting money by eating supplementary vitamins you don't need. You may also wish to reduce your consumption of certain fats or salt, or increase your consumption of fibre, for a healthier diet. The MASTER DIET PLANNER, a software package that is both sophisticated and easy to use, can help you do this.

The MASTER DIET PLANNER contains an official analysis of protein, carbohydrates, fats, fibre, vitamins, essential minerals, cholesterol etc., for each of 681 foods.

The MASTER DIET PLANNER will check your present diet and plan a new diet for you each day to help you lose weight or to follow any of the options (such as high fibre or low fat). You will be given as much choice as possible, so you won't have to eat things you don't like or the same things every day!

Please Note:

- * If you are ill or in any way concerned about your health, consult your doctor before changing your diet.
- * Do not alter the software. The data is transformed inside the computer and alterations could produce distorted advice which in the long term may damage your health.
- * One essential vitamin - vitamin D - is not included in the software. It is almost impossible to get enough from diet alone, but the sun provides a natural source which is sufficient for most people. If you are indoors almost all of the time, you should ask your doctor if you should take Vitamin D tablets.
- * The vitamins and minerals provided are from official recommendations for average people; there will be some variation in individual needs.

DIET AND HEALTH

The Basic Diet

To be as healthy as possible weight should be kept within recommended limits (shown in Tables 1 and 2) and the diet should meet certain requirements both in terms of total energy intake and of the provision of basic nutrients for good health. We call this the basic diet. The MASTER DIET PLANNER will calculate your energy and nutrient requirements for you, providing calories, calcium, carbohydrate, iron, nicotinic acid, protein, thiamin, riboflavin, vitamin A and vitamin C.

For good health you should also exercise regularly. You should gradually increase the amount you exercise until you are exercising off about 300 calories a day - Table 3 shows some ways you can do this.

Optional Diets

The MASTER DIET PLANNER allows you to select further options to extend the basic diet, greatly increasing the flexibility of your diet planning. The options are:

- a) **Low Fat** The typical British diet provides about 40% of its energy from fats. Some authorities on heart disease recommend that fat consumption be reduced to 30% of total energy and that the reduction in saturated (largely animal) fat be particularly large. This option limits total fat consumption to 30% of energy and the consumption of saturated fat to 10% of energy.
- b) **Low Cholesterol** High concentrations of cholesterol in the blood may increase the risk of heart disease. Research has shown that to some extent the level may be lowered by reducing cholesterol in the diet. This option restricts cholesterol to 350mg per day. If the option is selected, it is highly recommended that you also select the low-fat option.
- c) **Low Salt (Sodium Chloride)**
There is evidence that high consumption of sodium can increase blood pressure, which in turn increases the risk of heart disease and strokes. This option restricts the intake of Sodium to 3gm a day - people with heart disease or high blood pressure may be advised by their doctor to reduce their consumption even more. If you select this option, don't add salt in cooking or at the table.

d) **High Fibre** The typical British diet contains relatively little fibre. People in countries where more fibre is eaten have less constipation and other bowel diseases and may be less prone to heart disease. This option provides for 35gm of fibre a day.

e) **U.S.Nutrients** British nutrient recommendations cover a fairly narrow range. In the United States, the Food and Nutrition Board of the National Academy of Sciences has recommended daily dietary allowances for a wider range of vitamins and minerals. This option includes the additional nutrients - vitamin E, Folic acid, vitamin B6, vitamin B12, phosphorus, magnesium and zinc.

The more options you select, the more you will restrict the choices the MASTER DIET PLANNER can offer you. If you want to lose weight and to follow a low fat, low cholesterol, low salt, high fibre diet, don't be surprised if you're offered a wide choice of fruit and vegetables and not much else!

You can have the odd splurge - say chips or a chocolate bar - and the MASTER DIET PLANNER can plan around it, but this will of course reduce your choice later on. If you are on a low calorie, low fat, low salt diet and have a large breakfast of bacon, sausage, fried egg and fried bread, you could put the computer in an impossible position.

BEFORE YOU START

Choice of Options

You will be asked to choose the diet you wish to follow. Read the preceding section and decide whether to follow the basic diet or one or more of the options.

Measuring Foods

You can use the MASTER DIET PLANNER to get a general idea of what you should eat without having to weigh foods. It is better, however, to weigh foods at least for a few days, to get a realistic idea of portion sizes.

If you want the full accuracy the MASTER DIET PLANNER is capable of providing, you must weigh your food. The MASTER DIET PLANNER recognizes foods and liquids in either imperial or metric units and you can choose whichever you prefer.

It is a nuisance to measure small amounts of milk, sugar, butter and margarine every time you use them. A good idea is to use a special measure that holds known amounts (say 100gm or 4 ounces for the sugar and fats and 200ml or 4 ounces for the milk) and to record these units each time you refill the containers.

If you are trying to lose weight and have also selected a number of the above options, choose small portions - large portions may not have enough variety to provide all the nutrients you need.

LOADING THE MASTER DIET PLANNER

- i) Connect the ear socket of the Spectrum to the ear socket of your cassette recorder, load the cassette and set the volume control of the recorder to about $\frac{3}{4}$ maximum.
- ii) Press the 'J' key to obtain the word 'LOAD', type "" (the quotes are obtained by pressing the 'SYMBOL SHIFT' and 'P' keys together, twice) and press the 'ENTER' key.
- iii) Press PLAY on the recorder. The program should now load (taking about 4½ minutes) and start automatically - if it doesn't, adjust the volume and tone controls on the recorder and try again.

PRESS THE ENTER KEY AFTER TYPING IN EACH RESPONSE THROUGHOUT THE PROGRAM

THE MASTER DIET PLANNER IN USE

The MASTER DIET PLANNER will first ask about your sex, age etc., to enable it to calculate your nutrient requirements and to recommend a calorie intake.

You will now be asked to record anything you have eaten:

If you want an analysis of your current diet, record everything you eat each day for a few days;

If you want a mixture of recording and planning - perhaps because you have a set breakfast - then record what you have eaten;

If you want the MASTER DIET PLANNER to plan your entire diet, don't eat anything before use.

Diet Planning

The MASTER DIET PLANNER comes into its own when you ask it to help you plan a diet providing you with maximum choice. You will first see a list of 26 groups. Some of the group names will be in green and some may be in yellow or red. If you choose green items now, you will be offered more choice, that is more green groups and green foods, later. Red groups and foods are not recommended - you can of course choose them anyway but, if you do, more groups and foods will become red and eventually the MASTER DIET PLANNER will be unable to meet your requirements.

If you choose items in yellow you should be able to meet the options such as high fibre and low salt, but not necessarily all nutrient requirements. If you choose yellow foods and find you are regularly failing to meet nutrient requirements, you have two choices:

- i) Switch to green foods;
- ii) Supplement your diet with tablets to meet your deficiencies.

Display

The MASTER DIET PLANNER displays the following information:

<u>Item</u>	<u>Colour</u>
CALORIES	Black
PROTEIN	Green
FAT (if low fat option)	Red
CHOLESTEROL (if low cholesterol option)	Red
SALT (if low salt option)	Red
FIBRE (if high fibre option)	Green
The 3 lowest nutrients	Green

You will note that the 3 lowest nutrients will change, perhaps after each new food is entered. This is because, when the percentage of the lowest nutrient is below the percentage of calories, the computer suggests foods that provide these nutrients (or fibre in certain circumstances).

These displays show the percentages of your daily requirements. Items in green should reach and may safely exceed 100%. Items in red should not exceed 100%. Calories are shown in black until 100% is reached and then in red.

RECIPES FOR COOKED DISHES

The percentage shown for fat is the higher of the saturated fats and the total fat limits. The change from one to the other may produce results that appear anomolous but are in fact correct.

If your diet is seriously out of balance, the appropriate percentage will flash. It is especially important to choose green items when any of the figures are flashing.

You will also see an analysis displayed of any food you use.

At the end of the run (and earlier if you wish), you can obtain a listing of all the items you have chosen: you can delete items or reduce the amounts of any items. If you have a ZX Printer, you can also print out your diet plan for the day.

Nutrient Deficiencies

If you discover your diet is slightly low on one or two nutrients, there is no need to panic! You may find that they meet the requirements on most days. Remember, too, that nutrient recommendations are based on average needs. If you find your diet is regularly deficient of the same vitamins and minerals, you should consider either taking supplementary nutrients or eating more of the green foods suggested.

A Final Word

The MASTER DIET PLANNER is designed to plan a whole day's diet. It will work faster if, rather than to start by planning your breakfast, you first choose fruit and vegetables (to provide essential nutrients).

Ingredients are primarily in metric measurements; approximate imperial equivalents are in brackets.

BASIC MIXTURES

Shortcrust Pastry

200g (7oz)	Flour	Make the pastry in the normal way, bake at mark 6, 200°C.
50g (1½oz)	Margarine	
50g (1½oz)	Lard	
½ level tsp	Salt	Makes 300g (10½oz) of Pastry
30ml (1fl.oz)	Water to bind	

White Sauce (Sweet or Savoury)

350ml		
(12¼fl.oz)	Milk	Melt the margarine in a pan, add the flour and cook for a few minutes, stirring constantly. Add the milk and sugar or salt, and cook gently until the mixture thickens.
25g (¾oz)	Margarine	
25g (¾oz)	Flour	
30g (1oz)	Sugar	
	or	
½ level tsp	Salt	

BREAD

14 Soda Bread

500g (17½oz)	Flour	Sift the dry ingredients; quickly knead to a soft dough with the milk. Bake for 35 minutes, mark 7, 220°C.
1 level tsp	Salt	
1 level tsp	Bicarbonate of Soda	
1 level tsp	Cream of Tartar	
290ml		
(10 fl.oz)	Milk	

BISCUITS

40 Biscuits, Home made

100g (3½oz)	Margarine	Cream the margarine and sugar; mix in the egg, then the flour, knead the dough lightly until smooth; roll out thinly, prick and shape; bake 10-15 minutes, mark 4, 180°C.
100g (3½oz)	Caster Sugar	
200g (7oz)	Flour	
1	Egg	

46 Shortbread

200g (7oz)	Flour	Beat the butter and sugar to a cream; mix in the flour and knead till smooth; press into a flat tin to about ¾" thick. Bake 45 minutes, mark 3, 170°C.
100g (3½oz)	Butter	
50g (1½oz)	Caster Sugar	

CAKES

50 Fruit Cake, Rich

200g (7oz)	Margarine	Cream the margarine and sugar; beat in the eggs, treacle and brandy; fold in the sifted flour and spices; mix in the fruit. Turn into 8" cake tin. Bake 4 hours, mark 2, 150 ° C.
200g (7oz)	Brown Sugar	
4	Eggs	
20g (¾oz)	Black Treacle	
20ml (¾fl.oz)	Brandy	
250g (8½oz)	Flour	
¼ level tsp	Salt	
750g (26½oz)	Dried Fruit	
150g (5¼oz)	Mixed glace fruit, chopped	
1 level tsp	Mixed spice	

51 Fruit Cake, Rich, Iced

Fruit cake as in no. 50		
70g (2½oz)	Apricot Jam	When cake is cold, spread with jam and cover with marzipan, spread with icing.
410g (14½oz)	Marzipan	
Icing		
300g (10½oz)	Icing Sugar	Beat egg white and sugar add lemon juice.
1	Egg White	
1 tsp	Lemon Juice	

53 Gingerbread

300g (10½oz)	Flour	Melt the margarine, sugar and treacle in a pan, heating gently; beat the egg well; mix all the ingredients together. Bake 1¼ hours, mark 4, 180 ° C.
100g (3½oz)	Margarine	
100g (3½oz)	Sugar	
200g (7oz)	Treacle	
2	Eggs	
2 level tsps	Ground Ginger	
½ level tsp	Bicarbonate of Soda	
75ml		
(2½fl.oz)	Milk	

55 Rock Cakes

200g (7oz)	Flour	Sift together flour and baking powder; rub in the fat; add the currants; mix to soft dropping consistency with the egg and milk; drop the mixture in small portions on to a baking sheet. Bake 15 minutes, mark 8, 230 ° C.
3 level tsps	Baking Powder	
100g (3½oz)	Margarine	
100g (3½oz)	Sugar	
1	Egg	
50ml		
(1¼fl.oz)	Milk	
100g (3½oz)	Currants	

56 Sponge Cake, with fat

150g (5¼oz)	Flour	Cream the fat and sugar until light and fluffy; add the beaten egg a little at a time and beat well. Fold in the sifted flour and baking powder. Bake 20 minutes, mark 5, 190 ° C.
1 level tsp	Baking Powder	
150g (5¼oz)	Margarine	
150g (5¼oz)	Caster Sugar	
3	Eggs	

57 Sponge Cake, without fat

4	Eggs	Whisk the eggs and sugar in a basin over hot water until stiff; fold in the flour. Bake 25 minutes, mark 5, 190 ° C.
100g (3½oz)	Caster Sugar	
100g (3½oz)	Flour	

61 Eclairs

Choux Pastry

100g (3½oz)	Flour	Boil water, salt and margarine; add the flour and beat over heat to form a ball of smooth mixture; cool and beat in the eggs, pipe out as desired. Bake 30 minutes, mark 6, 200 ° C.
50g (1½oz)	Margarine	
150ml		
(5¼fl.oz)	Water	
¼ level tsp	Salt	
2	Eggs	

Eclairs

200g (7oz)	Choux Pastry, cooked	Make the pastry into Eclairs, slit, fill with whipped cream.
150g (5¼oz)	Double Cream	
Icing		Mix ingredients Top the Eclairs.
100g (3½oz)	Icing Sugar	
50g (1½oz)	Plain Chocolate	
30ml (1fl.oz)	Water	

62 Jam Tarts

200g (7oz)	Shortcrust pastry, raw	Line ten tart tins with thinly rolled pastry; fill with jam. Bake 10-15 minutes mark 6, 200 ° C.
200g (7oz)	Jam	

63 Mince Pies

300g (10½oz)	Shortcrust pastry, raw	Roll out the pastry, cut into rounds; place half the rounds in tart tins; fill with mince-meat, cover with remaining pastry. Bake 20 minutes, mark 5, 190 ° C.
200g (7oz)	Mince-meat	

64 Scones

200g (7oz)	Flour	Sift flour, sugar and baking powder; rub in the fat; mix in the milk; roll out, cut into rounds. Bake 10 minutes, mark 7, 220°C.
4 level tsp	Baking Powder	
50g (1½oz)	Margarine	
¼ level tsp	Salt	
10g (½oz)	Sugar	
125ml (4¼fl.oz)	Milk	

65 Scotch Pancakes

200g (7oz)	Flour	Sift flour, salt and raising agents; rub in fat, mix in sugar. Add egg and milk to give stiff batter, cook by spoonfulls on hot greased griddle
½ level tsp	Bicarbonate of Soda	
½ level tsp	Salt	
1 level tsp	Cream of Tartar	
50g (1½oz)	Margarine	
25g (½oz)	Caster Sugar	
1	Egg	
200ml (7fl.oz)	Milk	
15g (½oz)	Margarine for Griddle	

PUDDINGS

66 Apple Crumble

400g (14oz)	Cooking Apples (weighed after preparation)	Peel, core and slice apples, arrange in dish, sprinkle with half the sugar, rub in the other ingredients and pile on top. Bake 40 minutes, mark 5, 190°C.
100g (3½oz)	Flour	
½ level tsp	Cinnamon	
50g (1½oz)	Margarine	
100g (3½oz)	Sugar	

67 Bread and Butter Pudding

75g (2½oz)	Bread	Cut bread very thinly, spread with butter, beat eggs with sugar, add milk, place layers of bread and currants in pie dish, pour on eggs and milk, soak for 30 minutes. Bake 30-40 minutes, mark 4, 180°C.
20g (¾oz)	Butter	
500ml (17½fl.oz)	Milk	
30g (1oz)	Sugar	
2	Eggs	
30g (1oz)	Currants	

68 Cheesecake

Base (Use tin 18cm - 7")		
150g (5½oz)	Digestive Biscuit crumbs	Melt the margarine, combine with crumbs press into base of tin.
75g (2½oz)	Margarine	

Top

350g (12½oz)	Cream Cheese	Finely grate lemon, extract lemon juice, combine the ingredients, beat well and pour into base. Bake 45 minutes, mark 4, 180°C, until just firm in centre.
2	Eggs	
100g (3½oz)	Caster Sugar	
25g (1oz)	Cornflour	
1	Lemon	
150g (5½oz)	Double Cream	
½ tsp	Vanilla Essence	

69 Christmas Pudding

100g (3½oz)	Flour	Sift flour, spices and salt into basin, mix in all dry ingredients, whisk eggs, treacle and stout, stir thoroughly into dry ingredients, put into well greased basins cover with greased paper and foil, boil for 6 hours. Renew foil, and store. Reboil for about 2 hours when required.
300g (10½oz)	Breadcrumbs, fresh	
1 level tsp	Mixed Spices	
½ level tsp	Salt	
125g (4½oz)	Suet	
150g (5½oz)	Raisins	
150g (5½oz)	Sultanas	
150g (5½oz)	Currants	
50g (1½oz)	Mixed Peel	
30g (1oz)	Ground Almonds	
150g (5½oz)	Brown Sugar	
3	Eggs	
15g (½oz)	Treacle	
150ml (5¼fl.oz)	Stout	

70 Custard, Egg (Sauce or Baked)

500ml (17½fl.oz)	Milk	Beat eggs and sugar together; add milk and add vanilla essence either, stir over a gentle heat until thickens, or, bake in a dish standing in a pan of water. Bake 40 minutes, mark 3, 170°C.
2	Eggs	
30g (1oz)	Sugar	
	Vanilla Essence	

85 Sponge Pudding, Steamed

100g (3½oz) Flour
 1 level tsp Baking Powder
 50g (1½oz) Margarine
 50g (1½oz) Caster Sugar
 1 Egg
 30ml (1fl.oz) Milk

Cream the fat and sugar, beat the egg, add in a little at a time, fold in sifted flour and baking powder, adding milk to give a soft dropping consistency. Turn mixture into greased basin. Steam for 1½ - 2 hours.

86 Suet Pudding, Steamed

50g (1½oz) Flour
 50g (1½oz) Breadcrumbs, fresh
 50g (1½oz) Suet, shredded
 30g (1oz) Sugar
 1 level tsp Baking Powder
 ¼ level tsp Salt
 80ml (2¾fl.oz) Milk

Mix ingredients to a soft paste, pour into greased basin, cover with greased paper steam for about 2½ hours.

87 Treacle Tart

300g (10½oz) Shortcrust, Pastry, raw
 250g (8½oz) Golden Syrup
 50g (1½oz) Breadcrumbs, fresh

Line shallow tins with pastry, pour in syrup, sprinkle with breadcrumbs.
 Bake 20-30 minutes, mark 6, 200°C.

88 Trifle

75g (2½oz) Sponge Cake
 25g (¾oz) Jam
 50g (1½oz) Fruit Juice
 75g (2½oz) Tinned Fruit
 25 ml (¾fl.oz) Sherry
 250g (8¾fl.oz) Custard (made from powder)
 25g (¾oz) Double Cream
 10g (¾oz) Nuts
 10g (¾oz) Cherries
 Angelica

Slit the sponge cake, spread with jam, sandwich together, cut into 4 cm cubes (1½"), soak in the fruit juice and sherry mix with the fruit. Cover with cold custard, decorate with whipped cream, nuts, cherries and angelica.

89 Yorkshire Pudding

100g (3½oz) Flour
 1 level tsp Salt
 1 Egg
 250ml (8¾fl.oz) Milk
 20g (¾oz) Dripping

Sieve flour and salt into basin, break in the egg and add 100ml of milk, stirring till smooth, add remainder of milk, beat to smooth batter. Pour into tin containing very hot dripping. Bake 40 minutes, mark & 7, 220°C.

EGG AND CHEESE DISHES**111 Omelette**

2 Eggs
 10ml (¼fl.oz) Water
 10g (¾oz) Butter
 ½ level tsp Salt
 Pepper

Beat eggs with salt and water, heat the butter in omelette pan, pour in the mixture, and stir until it begins to thicken evenly, while still creamy, fold the omelette and serve.

112 Scrambled Eggs

2 Eggs
 15g (½oz) Butter
 20ml (¾fl.oz) Milk
 1 level tsp Salt

Melt the butter in small pan, stir in the beaten eggs, milk and salt. Cook over gentle heat, until mixture thickens.

113 Cauliflower Cheese

1 small 700g (24oz) Cauliflower
 250ml (8¾fl.oz) Milk
 100ml (3½fl.oz) Cauliflower water
 25g (¾oz) Margarine
 25g (¾oz) Flour
 100g (3½oz) Cheddar Cheese
 Grated
 ½ level tsp Salt
 Pepper

Boil cauliflower in water, until tender, drain, save 100ml water. Place cauliflower in dish and keep warm, prepare white sauce from margarine, flour, milk and water. Add 75g of cheese and seasoning. Pour over cauliflower, sprinkle with 25g of cheese, brown under grill, or bake 30 minutes, mark 4, 180°C.

114 Cheese Pudding

50g (1½oz) Breadcrumbs, fresh
 250ml (8½fl.oz) Milk
 ½ level tsp Salt
 Cayenne Pepper
 75g (2½oz) Grated Cheese
 2 Eggs

Heat milk, pour over breadcrumbs, soak for 30 minutes. Add grated cheese, seasoning and egg yolks, fold in stiffly whipped egg whites, pour into greased pie dish. Bake 30 minutes, mark 4, 180°C.

115 Cheese Souffle

50g (1½oz) Margarine
 50g (1½oz) Flour
 250ml (8½fl.oz) Milk
 ½ level tsp Cayenne Pepper
 ½ level tsp Dry Mustard
 4 Eggs
 100g (3½oz) Grated Cheese

Melt margarine over gentle heat, stir in the flour and add milk slowly, cook for minute or so. Cool slightly, beat in egg yolks, seasoning and cheese.

116 Macaroni Cheese

110g (3½oz) Macaroni
 350ml (12½fl.oz) Milk
 25g (½oz) Margarine
 25g (½oz) Flour
 100g (3½oz) Grated Cheese
 1 level tsp Salt

Boil macaroni and drain well, make a white sauce from margarine flour and milk. Add 75g of cheese, and salt, add macaroni, put in pie dish, sprinkle with 25g cheese. Brown under grill or bake, mark 7, 220°C.

117 Pizza, Cheese and Tomato**Dough**

200g (7oz) Flour
 1 level tsp Salt
 1 level tsp Sugar
 15g (½oz) Fresh Yeast
 or 2 level tsp Dried Yeast
 150ml (5¼fl.oz) Warm Water

Make the dough, proving once, knead and roll out to shape, leave for 10 minutes

Filling

200g (7oz) Tomatoes
 150g (5¼oz) Cheese
 8 Black Olives
 20g (¾oz) Oil

Arrange sliced or pulped tomatoes on top then cheese and olives. Brush with oil. Bake 10 minutes, mark 6, 200°C. Then 30 minutes, mark 4, 180°C.

118 Quiche Lorraine

200g (7oz) Shortcrust, Pastry, raw
 100g (3½oz) Streaky Bacon
 100g (3½oz) Cheese
 2 Eggs
 200ml (7fl.oz) Milk

Line 20cm (8") flan ring with pastry fill with chopped bacon (fried) and cheese Beat eggs in warm milk, pour into pastry case. Bake 10 minutes, mark 6, 200°C. Then 30 minutes, mark 4, 180°C.

119 Scotch Eggs

4 Eggs
 250g (8½oz) Raw pork sausage meat
 25g (¾oz) Breadcrumbs, dried
 20g (¾oz) Flour
 15g (½oz) Beaten Egg

Hard boil eggs, cool and shell, dip in seasoned flour, cover with sausage meat, deep fry for 8 - 10 minutes.

120 Welsh Rarebit

2 slices
 (50g = 1½oz) Buttered Toast
 50g (1½oz) Grated Cheese
 ¼ level tsp Dry Mustard
 ¼ level tsp Salt
 Cayenne Pepper
 Pepper
 20ml (¾fl.oz) Milk

Mix cheese and seasoning with milk, spread on toast, brown under grill

MEAT DISHES**248 Sausage Rolls, Flaky Pastry****Pastry**

60g (2oz) Flour
 20g (¾oz) Margarine
 20g (¾oz) Lard
 ¼ level tsp Salt
 3ml (¼fl.oz) Lemon Juice
 25ml (1fl.oz) Water to bind

Make pastry in normal way, do not bake.

Roll out pastry, cut into 10 cm (4") squares, place sausagemeat in each square fold over and seal. Bake 20-30 minutes, mark 7, 220°C.

Filling

40g (1½oz) Pork sausage meat

249 Sausage Rolls, Shortcrust Pastry

100g (3½oz)	Shortcrust Pastry, raw	As above (Recipe 248)
50g (1½oz)	Pork sausage meat.	

250 Steak and Kidney Pie Flaky Pastry

200g (7oz)	Flour	Make pastry in normal way, do not bake.
75g (2½oz)	Margarine	
75g (2½oz)	Lard	
½ level tsp	Salt	
10ml (½fl.oz)	Lemon Juice	
80ml (2¾fl.oz)	Water to bind	

Filling

400g (140oz)	Stewing steak, raw	Cut steak and kidney into pieces, roll in seasoned flour, place meat and water in pie dish, cover with pastry. Bake 20 minutes, mark 6, 200°C. Cover with greaseproof paper, Bake 2-2½ hours mark 2, 150°C.
200g (7oz)	Kidney, raw	
100ml (3½fl.oz)	Water	
2 level tsp	Salt	
15g (½oz)	Flour	

252 Beef Steak Pudding**Suet Crust**

200g (7oz)	Flour	Make the Suetcrust pastry, line a pudding basin, leave sufficient for lid.
100g (3½oz)	Suet	
1½ level tps	Baking Powder	
½ level tsp	Salt	
130ml (4½fl.oz)	Water	

Filling

500g (17½oz)	Stewing steak, raw	Cut meat in slices, roll in seasoned flour, put meat and onion into basin, add water, cover with pastry lid. Steam for 3 hours.
130g (4½oz)	Onion, peeled and chopped	
50g (1½oz)	Flour	
25ml (¾fl.oz)	Water or Stock	
1 level tsp	Salt Pepper	

253 Beef Stew

250g (8¾oz)	Stewing steak, raw	Melt dripping in casserole, brown the pieces of meat, remove meat and brown the onions. Add the flour and cook the roux, blend in the water, add meat, carrots and seasoning, bring to boil. Cook for 2 hours mark 4, 180°C.
75g (2½oz)	Onion	
75g (2½oz)	Carrots	
15g (½oz)	Dripping	
300ml (10½fl.oz)	Water or Stock	
15g (½oz)	Flour	
1 level tsp	Salt	
	Pepper	

254 Bolognese Sauce

25g (¾oz)	Oil	Brown the onion, carrot and celery in oil add minced beef, stirring thoroughly to brown. Add tomatoes, stock and seasoning. Simmer 45 minutes, with lid on.
75g (2½oz)	Onion	
75g (2½oz)	Carrots	
50g (1¾oz)	Celery	
200g (7oz)	Minced Beef	
10g (¾oz)	Tomato Paste	
200g (7oz)	Canned Tomatoes	
250ml (8¾fl.oz)	Water or Stock	
1 level tsp	Salt	
	Pepper, Herbs	

255 Curried Meat

250g (8¾oz)	Cooked Meat	Fry onions in oil, add apples, sultanas and coconut, add flour and curry powder, fry for minute or two, add water, bring to boil. Simmer for 5 minutes, add cooked meat, cut into pieces, heat thoroughly.
200g (7oz)	Onion, peeled and chopped	
50g (1¾oz)	Oil	
75g (2½oz)	Apple, peeled and chopped	
50g (1¾oz)	Sultanas	
15g (½oz)	Desiccated Coconut	
20g (¾oz)	Flour	
20g (¾oz)	Curry Powder	
400ml (14fl.oz)	Water	
2 level tps	Salt	

256 Hot Pot

250g (8½oz)	Stewing steak, raw	Cut steak into small pieces, arrange in layers with slices of carrots and onions. Add water and seasoning, cover with layer of sliced potatoes, cover and bake 2½ hours, mark 4, 180°C. Removing lid for last 30 minutes.
250g (8½oz)	Potatoes	
150g (5½oz)	Onions	
100g (3½oz)	Carrots	
125ml (4¼fl.oz)	Stock	
2 level tsp	Salt	
	Pepper	

258 Irish Stew

250g (8½oz)	Neck of Mutton (weighed with bone).	Cut up meat, potatoes and onion, add water and bring to boil, skim well. Simmer for 1½ hours
250g (8½oz)	Potatoes	
125g (4½oz)	Onion	
350ml (12¼fl.oz)	Water	
1 level tsp	Salt	
	Pepper	

259 Moussaka

250g (8½oz)	Minced Beef	Fry sliced onion in oil until soft, remove onions. Fry Aubergines until transparent, brown the meat. Arrange layers of Aubergines, meat and onions in casserole. Add tomato paste and seasoned stock.
250g (8½oz)	Aubergines or Potatoes	
150g (5½oz)	Onions	
30g (1oz)	Oil	
100ml (3½fl.oz)	Water or Stock	
20g (¾oz)	Tomato Paste	
1 level tsp	Salt	

Sauce

150ml (5¼fl.oz)	Milk	Make cheese sauce, pour sauce over contents of casserole, cook 1 hour, mark 5, 190°C.
15g (½oz)	Flour	
15g (½oz)	Oil	
50g (1¾oz)	Grated Cheese	
½	Egg	

260 Shepherd's Pie

350g (12½oz)	Cooked minced beef	Mix beef and onion, moisten with water, add seasoning, place in pie dish. Mash the potatoes with milk and margarine, pile on top of the meat. Bake for 25 minutes, mark 5, 190°C.
100g (3½oz)	Boiled, chopped onions	
150ml (5¼fl.oz)	Water	
500g (17½oz)	Boiled Potatoes	
50ml (1¾fl.oz)	Milk	
20g (¾oz)	Margarine	
2 level tsp	Salt	
	Pepper	

FISH**347 Fish Pie**

200g (7oz)	Cooked white fish	Flake the fish, mix with the white sauce, pipe a potato border around dish, pour in the fish mixture, brown in oven, 30 minutes, mark 6, 200°C.
400g (14oz)	Mashed Potato	

Sauce

150ml (5¼fl.oz)	Milk
15g (½oz)	Margarine
15g (½oz)	Flour
½ level tsp	Salt

348 Kedgeree

200g (7oz)	Steamed, smoked fillet	Boil the rice, hard boil one egg, melt the margarine and stir in the flaked fish, rice, seasoning and one beaten egg. Stir in chopped hard boiled egg, heat thoroughly.
50g (1¾oz)	Rice	
25g (¾oz)	Margarine	
2	Eggs	
½ level tsp	Salt	
	Pepper	

PRESERVE

591 Lemon Curd

300g (10½oz) Sugar
100g (3½oz) Butter
4 Lemons
4 Eggs

Wash lemons, rub sugar lumps over rind, to extract the flavour, extract lemon juice (150ml = 5¼oz). Melt the butter, lemon juice and all the sugar in a double pan. Add the eggs one by one, cook slowly, stirring all the time, until the mixture coats the back of a spoon. Pour into jars and cover.

SAUCES

668 Bread Sauce

250ml
(8¼fl.oz) Milk
50g (1¾oz) Breadcrumbs, fresh
1 Small Onion
2 Cloves
Mace
½ level tsp Salt

Put the milk and onion (stuck with cloves) in saucepan. Bring to boil, add breadcrumbs, simmer for 20 minutes, remove onion. Stir in margarine and season.

669 Cheese Sauce

350ml
(12¼fl.oz) Milk
25g (¾oz) Flour
25g (¾oz) Margarine
75g (2½oz) Cheese
½ level tsp Salt
Pepper, Cayenne

Melt fat in a pan, add flour, cook gently for few minutes, stirring all the time, add milk, cook until mixture thickens, stirring continually, add grated cheese and seasoning, reheat to soften cheese.

670 Apple Chutney

500g (17½oz) Cooking apples
400g (14oz) Onions
100g (3½oz) Raisins
400ml
(14fl.oz) Vinegar
450g (15¾oz) Sugar
1 level tsp Salt
2 level tsps Curry Powder
½ level tsp Mustard
½ level tsp Pepper
½ level tsp Ground Ginger

Peel and core apples, peel onion, chop into small pieces, mix all the ingredients, except sugar. Boil gently till soft, add sugar, boil for 30 minutes. Pour into jars and tie down

671 Tomato Chutney

1kg (35¼oz) Tomatoes
125g (4½oz) Cooking apples
500g (17½oz) Onions
100g (3½oz) Sultanas
450ml
(15¼fl.oz) Vinegar
500g (17½oz) Sugar
1 level tsp Salt
½ level tsp Mustard
¼ level tsp Pepper
2 level tsps Curry Powder

Peel tomatoes, chop the apples and onions into small pieces, mix all the ingredients, except sugar, boil gently till soft, add sugar. Boil for 30 minutes, pour into jars and tie down.

672 French Dressing

25ml
(¾fl.oz) Vinegar
75g (2½oz) Olive Oil
½ level tsp Salt
¼ level tsp Pepper

Shake the ingredients together in screw-topped jar or bottle.

673 Mayonnaise

1 Egg Yolk
125g (4½oz) Oil
¼ level tsp Salt
¼ level tsp Made mustard
20ml
(¾fl.oz) Vinegar
Pepper

Beat egg yolk and seasoning in a bowl. Whisk in oil very gradually to form a thick emulsion. Add vinegar.

674 Onion Sauce

White Sauce
350ml
(12¼fl.oz) Milk
25g (¾oz) Flour
25g (¾oz) Margarine

Make the white sauce

200g (7oz) Cooked onion
1 level tsp Salt
Pepper

Add chopped onion and seasoning.

679 Tomato Sauce

400g (14oz)	Tomatoes	Fry chopped vegetables gently with margarine and bacon, stir in the flour, blended with some of the stock. Stir in rest of stock and herbs. Simmer 40 minutes, sieve or liquidise, reheat, adjust seasoning.
25g (¾oz)	Carrots	
50g (1½oz)	Onion	
25g (¾oz)	Streaky bacon	
15g (½oz)	Margarine	
250ml (8¾fl.oz)	Stock	
25g (¾oz)	Flour	
½ level tsp	Salt	
	Bouquet Garni	

TABLE 1 - Desirable weights for men

Weights are for men aged 25 and over, in indoor clothing

Height in Shoes		Small Frame		Medium Frame		Large Frame	
Ft. in	cm	lb	Kg	lb	Kg	lb	Kg
5 2	158	112-120	51-54	118-129	54-59	126-141	57-64
5 3	160	115-123	52-56	121-133	55-60	129-144	59-65
5 4	163	118-126	54-57	124-136	56-65	132-148	60-67
5 5	165	121-129	55-59	127-139	58-63	135-152	61-69
5 6	168	124-133	56-60	130-143	59-65	138-156	63-71
5 7	170	128-137	58-62	134-147	61-67	142-161	64-73
5 8	173	132-141	60-64	138-152	63-69	147-166	67-75
5 9	175	136-145	62-66	142-156	64-71	151-170	69-77
5 10	178	140-150	64-68	146-160	66-73	155-174	70-79
5 11	180	144-154	65-70	150-165	68-75	159-179	72-81
6 0	183	148-158	67-72	154-170	70-77	164-184	74-84
6 1	185	152-162	69-74	158-175	72-79	168-189	76-86
6 2	188	156-167	71-76	162-180	74-82	173-194	79-88
6 3	191	160-171	73-78	167-185	76-84	178-199	81-90
6 4	193	164-175	74-79	172-190	78-86	182-204	83-92

TABLE 2 - Desirable weights for women

Weights are for women aged 25 and over, in indoor clothing

Height in Shoes		Small Frame		Medium Frame		Large Frame	
Ft.in.	cm	lb	Kg	lb	Kg	lb	Kg
4 10	147	92-98	42-45	96-107	44-49	104-119	47-54
4 11	150	94-101	43-46	98-110	45-50	106-122	48-55
5 0	152	96-104	44-47	101-113	46-51	109-125	49-57
5 1	155	99-107	45-49	104-116	47-53	112-128	51-58
5 2	158	102-110	46-50	107-119	49-54	115-131	52-59
5 3	160	105-113	48-51	110-122	50-55	118-134	54-61
5 4	163	108-116	49-53	113-126	51-57	121-138	55-63
5 5	165	111-119	50-54	116-130	53-59	125-142	57-64
5 6	168	114-123	52-56	120-135	54-61	129-146	59-66
5 7	170	118-127	54-58	124-139	56-63	133-150	60-68
5 8	173	122-131	55-59	128-143	58-65	137-154	62-70
5 9	175	126-135	57-61	132-147	60-67	141-158	64-72
5 10	178	130-140	59-64	136-151	62-69	145-163	66-74
5 11	180	134-144	61-65	140-155	63-70	149-168	68-76
6 0	183	138-148	63-67	144-159	65-72	153-173	69-79

TABLE 3

Physical Activity		Equivalent food intakes
Golf	- 2 hours	2½ oz Sugar
Tennis	- 45 - 60 mins	6 slices Bread
Gardening	- 45 - 60 mins	¾ pint Milk
Football	- 30 - 40 mins	2½ oz Cheese
Competitive		3 oz Bacon
Swimming	- 15 mins	3 large Eggs
Cross-Country		
Running	- 15 mins	1 lb Potatoes
Hill Climbing	- 60 mins	6 Digestive Biscuits
4 mile Walk	- 60 mins	6 singles Gin or Whisky
Decorating or		2 pints Beer
House repairs	- 3 hours	½ litre (4 glasses) Table Wine