

**WEIHSIEN
RECIPES
COLLECTED BY IDA TALBOT
IN**

**WEIHSIEN
SHANTUNG PROVINCE
CHINA**

1943-45

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Date Squares

2/3 cup sifted all purpose flour.
1/2 teaspoon baking soda
3 eggs well beaten
1 1/3 tablespoon vinegar

3/4 cup sugar
1 cup dates finely cut
1 cup nutmeat coarsely cut

Sift flour once, measure & add baking soda & sift together 3 times. Add sugar slowly to eggs and beat until light and thick, add dates & nuts. Add vinegar. Blend well, add flour & stir until smooth. Turn into 2 greased shallow loaf pans 8x8x2 and bake in moderate oven for 25 minutes. Dust with icing sugar.

Chocolate Cake

1 1/2 cups flour
1/2 cup cocoa (scant)
1/2 cup oil (scant)
1 teaspoon soda
2/3 teaspoon vanilla
Mix together & bake in moderate oven.

1 cup sugar
1/2 teaspoon salt
1/2 cup sour milk
1 egg yolk
1/2 cup boiling water

Icing for above cake:-

1 cup powdered sugar
1 1/2 tablespoon cocoa
1 teaspoon vanilla

1 tablespoon butter
1/2 tablespoon cream or butter
1 tablespoon coffee

Scotch Broth

1/4 lb barley, 1/4 lb dried peas, 1/2 lb mutton, 2 or 3 leeks, 2 carrots, 1 turnip,
1 spring cabbage.

Soak barley overnight. Soak peas overnight. Place mutton in roomy saucepan & cover with cold water. Throw in tablespoonful salt, bring to boil. Let simmer at boil for 1 hour. During this hour take leeks, carrots, turnips & cabbage, all chopped up and mix together. Soup must boil for another hour. Grate one raw carrot, keep ready on plate. Chop some parsley put into soup. Then carrot mush and gently stir for 15 minutes.

When ready should be firm but not too thick to stir with ease.

Extract from "In Search of Scotland"

Weihhsien, 28-6-43

Steamed Date Cake

1 ½ cups flour
1 ½ cups breadcrumbs
1 pinch salt
2 tablespoon oil

3 eggs
2 tbs spoon brown sugar
1 teasp. bicarb
30 – 40 dates soaked overnight
cut each into 6 pieces

beat sugar & eggs till stiff. Mix flour, soda, breadcrumbs & dates, add oil to beaten eggs & beat a little more. Put wet ingredients into dry, if too dry use liquid from steeped dates. Put into greased tin cover with greased paper, loose but tied tightly around, put in into pan, boiling pan for 2 ½ hrs, the longer cooked the better.

Mrs W Jamieson 15-7-43

Scotch Pancakes

½ teasp. salt
1 ½ teasp. cream of tartar
1 teasp. Bicarb. of soda
2 eggs
2 table sugar

Melt butter in cup. Dissolve soda in milk. Beat eggs & sugar till stiff. Mix salt & cream of tartar with flour. When eggs are stiff add butter & milk: then add liquid to flour beating till smooth. Drop in spoonfuls on a greased pan & cook on both sides till pale brown.

22-8-43

Mrs W. Jamieson.

Peanut Meringues

3 whites of egg
1 cup peanut
½ cup sugar

Beat whites very stiff & mix in sugar slowly. (add peanuts) Grease pans & drop gobs.

Mrs R. Clay

Weih sien, 1/IX/43

Doughnuts

1 cup sugar
4 cups flour well sifted
4 teasp. baking powder
1 teasp. vanilla

3 eggs
1 cup milk
3 tabsp shortening
1 pinch salt

Beat eggs well & add to milk. Beat shortening, sugar & salt together. Sift flour & B.P. & add alternately with egg mixture to fat & sugar. Add vanilla.

Mrs Morris
13-9-43

Seven Minute Icing

1 unbeaten egg white
7/8 cup granulated sugar
3 tablesps cold water
1/2 teasp vanilla
1/4 teasp baking powder

Method. Put first 3 ingredients in top of double boiler. Place over boiling water; beat 7 mins or until thick. Take from fire; add flavouring. Beat until thick & nearly cold add baking powder. Continue to beat till thick enough to spread on cake without running.

Krish Cameron
Weihsien 26/9/43
(Marie Robinson's)

Mocha Icing.

3 tabs butter
5 tabs cocoa
1 teas vanilla

3 cups confectioners sugar
5 tabs cold strong coffee

Method cream butter, add sugar & cocoa, mixing well. Add coffee slowly beating well. Add flavouring. Beat till smooth & creamy.

Miss Cameron.
Weihsien 26/9/43
(Marie Robinson's)

Basic Cake Mixture

Large	small
1/2	1/3 cup shortening (4 tabs – 1/4 cup) (1 cup – 1/2 pint)
1- 1/4	1 cup sugar
3	2 eggs
1 1/2	1 teasp vanilla
2 1/4	2 cups flour
3	2 1/2 teasp baking powder
1/4	1/4 teasp salt
2/3	2/3 cup milk

Miss Cameron
Weihsien. 26/9/43
(Marie Robinson)

Fudge

1 tablespoon butter
1/2 tin condensed milk

1 lb sugar
little water

Put all in a pan & melt, must boil for 20 mins stirring all the time, remove it from the fire, add teaspoon vanilla, beat it well, pour into buttered tin, mark into squares, eat when cold.

Weihsien 15/X/43

Weihsien Cake Loaf

-
2 eggs
6 oz lard
1/2 cup chopped walnuts
1/4 teaspoon nutmeg
3 teaspoon baking powder
3 cups flour

6 oz sugar
1 cup chopped dates
1 teaspoon cinnamon
1/4 teaspoon cloves
1 teas salt
1/2 cup minced orange peel

21/1/44

Salt Waffle

-
1 cup flour
1 heaped teas. Baking powder
pinch salt

1 cup milk
1/2 melted shortening

Mix ingredients adding b/powder just before placing in waffle iron. Iron must be hot.

5.2.44

Pastry

¼ lb butter

10 tabspoon self-raising flour (or 1 teas. b/powder to 1 cup flour)

2 tabsp. Sugar

1 egg

Beat egg & sugar. Rub butter into flour & mix together with egg & sugar. Little milk or water if necessary.

5.2.44

Quaker Fritters

½ lb quaker oats

½ lb sugar

¼ lb marg

teas. almond essence

Melt marg in saucepan. Put in sugar. Mix. Put in oats & mix well. Turn mixture into shallow tin spread evenly. Bake 20 mins, turn upside down on greased paper. Mark with knife & cut when cold.

Betsy Murray

24-3-44

Nut Oatmeal Macaroons

1 egg

½ cup sugar

¼ teas. vanilla

2/3 cup rolled oats

1/3 cup chopped walnuts

¼ teas. salt

2 teas. melted shortening

Beat egg till very light. Add sugar slowly, beating constantly. Add flavouring oats, salt nuts & melted shortening. Drop from teasp. on greased baking sheet & bake in slow oven until brown – 10 mins. Makes about 18

Martha Washington Filling

1 1/2 cups milk

1 cup sugar

2 tabs flour

3 egg yolks

2 tabs gelatine

¼ cup cold cup

¼ cup rhum. Brandy

½ candied cherries

½ citron chopped

1 cup whipped cream

Scald milk. Add sugar & flour to beaten egg yolks. Add to scalded milk & cook over hot water till eggs are done. Remove from heat. Add gelatine which has been dissolved in cold water. Chill. Add liqueur, beat with rotary beater & chill again. Fold in the fruit & cream into the mixture. Pile between layers of sponge cake & top with whipped cream.

24-3-44

Ginger Biscuits (60)

4 cups flour
1 cup oil

2 cups sugar
ginger, Baking powder

Blitz Torte

½ cup shortening
½ cup sugar
1/8 teasp. salt
4 egg yolks
1 teasp. vanilla
3 tabsp. Milk
1 cup flour

1 teas. b/powder
4 egg whites
¾ sugar
½ cup almonds
1 tabsp. Sugar
½ teas. cinnamon

Cream shortening. Beat in sugar & salt then egg yolks, vanilla, milk & flour (sifted with b/powder). Spread mixture in 2 round greased cake pans. Beat egg whites until light add ¾ cup sugar gradually & spread on the uncooked mixture. Sprinkle with almonds, sugar & cinnamon & bake in moderate oven about 30 mins - 350°f. Allow to cool & stick together with filling

Blitz Torte Cream Filling

1/3 cup sugar
¼ teas. salt
2 tabs butter
1 teas. vanilla

3 tabs cornstarch
2 egg whites
2 cups scalded milk

Cream butter & sugar, cornstarch, salt & egg yolks. Beat well. Add butter & enough milk to make smooth paste. Add paste to remaining hot milk & cook over boiling water, stirring constantly till mixture thickens. Cool & add vanilla. If desired ½ cup chopped nuts may be added.

24-3-44

Ice Cream

Scald 1 quart of milk with 1 cup of sugar and a pinch of salt, pour on to 6 well beaten eggs; pour into wet saucepan, and stir till it thickens; when cold, flavour well and freeze.

Chocolate Ice Cream

Melt 2 tabs grated chocolate in quarter cup boiling water, mix well with vanilla ice cream and freeze and serve.

Vanilla Mousse

2 cups thick cream

½ cup sugar

2 egg (whites)

1 teas. vanilla

Beat egg whites till stiff with a pinch of salt. Fold in the cream & add sugar. Pour into freezing tray. Freeze without stirring. Serve with fresh fruit.

Lemon or Orange or Pineapple Ice

Mix 4 cups syrup stock add 2 cups. 2 cups orange juice, the juice of 3 lemons, the slightly grated rind of 1 lemon. Freeze & serve.

Pineapple: pare & grate 2 pineapples, add juice of 2 lemons.

Tomato Cocktail

Scoop centers of 26 ripe tomatoes. Turn the tomatoes upside down to drain. Remove seeds, from pulp, chop up. Add to it ½ cup small diced celery, dried apple & dried cucumber. Add 1 tab of Worcestershire Sauce.

Egg Flip

Whisk 1 egg. Place in tumbler. Add good ½ cup of milk, with few drops vanilla & 1 level teaspoon sugar. 1 teaspoon brandy. Mix well through.

Xmas Cake

½ lb butter

½ lb flour

½ lb mixed peel

½ lb sultanas

¼ lb glacé cherries

6 ox currants

6 oz raisins

½ lb castor sugar

¼ lb ground almonds

1 teasp. ground ginger

teasp. cinnamon

1 tablesp. treacle

¼ oz baking powder

8 eggs

2 oz rice flour

salt

Mix well, bake 2 hrs in moderate oven.

2 lbs raisins
2 lbs currants
2 lbs sultanas
2 lbs brown sugar
1 lb flour
¾ lb lemon peel
½ lb ground almond
2 lemons
1 teasp allspice
1 teasp salt

Mix dry ingredients well together. Make well in center, gently pour in well beaten eggs, milk, rum brandy mixing all the while.

pudding

1 gill rum
2 gill milk
¾ lb orange peel
½ lb citron peel
2 lbs suet
1 lb breadcrumbs
1 lb grated carrots
12 eggs
4 saltspoons nutmeg
1 gill brandy

7-7-44 address 6-1.

Weih sien Biscuits à la Jean Milne

1 cup flour
1 cup oats
¼ moistening, water or milk

Knead, roll out and cut out to shape required.

1 tablespoon shortening
4 tablespoon sweetening
2 teaspoons baking powder

1 cup flour
1 teaspoon soda or baking powder.

Mix as ordinary.

Ordinary Camp pastry

¼ cup flour

August 1944

4 lbs flour
1 lb sugar
4 teaspoons raising agent.

Mix well with water. Handle as little as possible.

Scone Mixture

1 heaping tablespoon salt
1 lb shortening

September 1944

Cheese Spread

1 cup grated cheese
1 cup milk
salt, pepper
1 tablesp oil

2 teasp. flour
1 flat teasp. made mustard
1 egg, if available

Heat oil, blend flour with oil, add milk, giving good stir & heat up salt, pepper, mustard, last of all cheese.

4-X1-44

Rock Cookies

2 cups flour
1 cup dates
½ cup oil
Mix together & bake in moderate oven.

1 cup oats
3 teasp sugar

Mrs McDonall

Tang Hsi Cookies

1 ½ cup flour
½ cup oil
little salt
1 teaspoon baking powder

½ cup tang hsi or molasses
1 tablespoon sugar
1 egg

Put hsi, oil, sugar & egg into bowl and beat well, then add flour until thick consistency, then drop into well oiled tin. These will spread out into flat disks.

10-X11-44 Mrs Wulfsoln

Camp Puff Pastry

4 lbs flour
and 1 lb butter or margarine and water.

8 oz shortening

Hilda Travis Smith

Russian Toffee

2 teacup sugar
1 tin condensed milk
1 teacup water

3 oz butter(3 tablesp oil)
2 tablesp. syrup
vanilla

Melt butter. Add sugar, sugar, syrup, milk, water vanilla.

Boil about 20 mins or till crisp when tried in water. Pour into greased tins & when nearly cold mark into squares.

19-X11-44 Marie Robinson

Eggless Fruit Cake

1 cup sour milk
2 ½ cup flour
2 teaspoonful cinnamon
½ teaspoonful nutmeg
1 teaspoonful salt
2 or more cups of fruit & nuts

1 cup sugar
4 tablespoon fat (level)
½ teaspoonful cloves
1 teaspoonful soda
2 teaspoonful Baking Powder

Beat sugar & shortening, add milk with soda already in it, then spices, then flour, fruit & Baking Powder. Cook one hour in moderate oven.

no title

2 cups flour
½ cup sugar
1 egg, or 1 tablesp. egg powder & 3 tablesp water

3 cups ground maize
5 teasp. baking powder

Tang Hsi Toffee

1 cup tang hsi
2 tablesp. oil

1 cup sugar

Boil tang hsi with sugar, add oil when boiling. Test by dropping into cup cold water.

22-X11-44

Tang Tsi Oatmeal Crispies

3 measure tangshi
6 measure oatmeal

3 measure oil

Warm tangshi till soft, add oil then oatmeal. Do not boil. Take off fire and drop into well greased pan and put into oven. When mixture has bubbled for a few seconds, take off, cool and finally mark into squares.

From Marjorie Thomas

Ordinary Weihsien Cake

2 teasp. baking powder (optional)
½ teasp. bicarb
½ ingredients i.e. chopped fruit
 chopped nuts
 chopped apricots

1 egg yolk
½ cup milk

2 scant cups flour
½ cup sugar

1 cup boiling water

Cream Puff Pastry

½ cup oil
1 cup flour

1 cup water
3 eggs well beaten

Boil together with water, whilst boiling, mix in rapidly flour. When slightly cool mix in 3 eggs well eaten, then drop tablespoonsful onto well greased pan and bake until golden. Slice open and put in either cream or custard filling.

Mrs Zimmerman
15/1/45