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.  3/4 cup sugar
1/2 teaspoon baking soda    1 cup dates finely cut
3 eggs well beaten     1 cup nutmeat coarsely cut
1 1/3 tablespoon vinegar

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 cup sugar
1/2 cup cocoa (scant) 1/2 teaspoon salt
1/2 cup oil (scant)    1/2 cup sour milk
1 teaspoon soda      1 egg yolk
2/3 teaspoon vanilla 1/2 cup boiling water

Mix together & bake in moderate oven.

Icing for above cake:-
1 cup powdered sugar 1 tablespoon butter
1 1/2 tablespoon cocoa 1/2 tablespoon cream or butter
1 teaspoon vanilla 1 tablespoon coffee

Scotch Broth

¼ lb barley, ¼ lb dried peas, ½ 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 parsely 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”

Weihsien, 28-6-43
**Steamed Date Cake**

1 ½ cups flour
1 ½ cups breadcrumbs
1 pinch salt
2 tablespoons oil
30 – 40 dates soaked overnight

3 eggs
2 tbs spoon brown sugar
1 teasp. bicarb

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
Weihisien, 1/IX/43
Doughnuts

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


Mrs Morris
13-9-43

Seven Minute Icing

1 unbeaten egg white
7/8 cup granulated sugar
3 tableps 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


Miss Cameron.
Weihsien 26/9/43
(Marie Robinson’s)
Basic Cake Mixture

<table>
<thead>
<tr>
<th>Large</th>
<th>small</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup shortening (4 tabs – 1/4 cup)</td>
<td>(1 cup – 1/2 pint)</td>
</tr>
<tr>
<td>1- 1/4 cup sugar</td>
<td>2 eggs</td>
</tr>
<tr>
<td>3</td>
<td>1 teasp vanilla</td>
</tr>
<tr>
<td>2</td>
<td>2 cups flour</td>
</tr>
<tr>
<td>3</td>
<td>2 1/2 teasp baking powder</td>
</tr>
<tr>
<td>1/4</td>
<td>1/4 teasp salt</td>
</tr>
<tr>
<td>2/3</td>
<td>2/3 cup milk</td>
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</tbody>
</table>

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

Fudge

1 tablespoon butter          1 lb sugar
1/2 tin condensed milk       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 sugar
6 oz lard          1 cup chopped dates
½ cup chopped walnuts 1 teaspoon cinnamon
¼ teaspoon nutmeg ¼ teaspoon cloves
3 teaspoon baking powder 1 teas salt
3 cups flour ½ cup minced orange peel

21/1/44

Salt Waffle

1 cup flour          1 cup milk
1 heaped tea. Baking powder ½ melted shortening
pinch salt
Mix ingredients adding b/powder just before placing in waffle iron. Iron must be hot.

5.2.44
**Pastry**

¼ lb butter  
10 tbsp self-raising flour (or 1 teas. b/powder to 1 cup flour)  
2 tbsp 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  
¼ lb marg  
½ lb sugar  
teas. almond essence  

Betsy Murray  
24-3-44

**Nut Oatmeal Macaroons**

1 egg  
1/3 cup chopped walnuts  
½ cup sugar  
¼ teas. salt  
¼ teas. vanilla  
2 teas. melted shortening  
2/3 cup rolled oats  
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**

11/2 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

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

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.

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  2 egg (whites)
½ cup sugar  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  ¼ lb ground almonds
½ lb flour  1 teasp. ground ginger
½ lb mixed peel  teasp. cinnamon
½ lb sultanas  1 tablesp. treacle
¼ lb glacé cherries ¼ oz baking powder
6 oz currants  8 eggs
6 oz raisins 2 oz rice flour
½ lb castor sugar  salt

Mix well, bake 2 hrs in moderate oven.
Pudding

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
1 gill rum
2 gill milk
¼ 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

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

7-7-44 address 6-1.

Weihsien Biscuits à la Jean Milne

1 cup flour
1 cup oats
¼ moistening, water or milk
1 tablespoon shortening
4 tablespoon sweetening
2 teaspoons baking powder

Knead, roll out and cut out to shape required.

Ordinary Camp pastry

1 cup flour
1 teaspoon soda or baking powder.

Mix as ordinary.

¼ cup flour

August 1944

Scone Mixture

4 lbs flour
1 lb sugar
4 teaspoons raising agent.

Mix well with water. Handle as little as possible.

September 1944
**Cheese Spread**

<table>
<thead>
<tr>
<th>1 cup grated cheese</th>
<th>2 teasp. flour</th>
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</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td>1 flat teasp. made mustard</td>
</tr>
<tr>
<td>salt, pepper</td>
<td>1 egg, if available</td>
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<tr>
<td>1 tablesp oil</td>
<td>1 cup oats</td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>2 cups flour</th>
<th>1 cup oats</th>
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</thead>
<tbody>
<tr>
<td>1 cup dates</td>
<td>3 teasp sugar</td>
</tr>
<tr>
<td>½ cup oil</td>
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</tbody>
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Mix together & bake in moderate oven.

Mrs McDonall

**Tang Hsi Cookies**

<table>
<thead>
<tr>
<th>1 ½ cup flour</th>
<th>½ cup tang hsi or molasses</th>
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<tbody>
<tr>
<td>½ cup oil</td>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>little salt</td>
<td>1 egg</td>
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<tr>
<td>1 teaspoon baking powder</td>
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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 Wulfsohn

**Camp Puff Pastry**

<table>
<thead>
<tr>
<th>4 lbs flour</th>
<th>8 oz shortening</th>
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<tbody>
<tr>
<td>and 1 lb butter or margarine and water</td>
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</tbody>
</table>

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

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

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**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