

## **RECIPES**

These recipes were taken from a W.I. recipe book published in the late 1920s. The ones I have chosen were submitted to that book by members of the Brigstock W.I.

### **Brigstock Pickle**

Cut up 4 lbs vegetable marrow, green tomatoes, onions, apples, small kidney beans and cauliflower into small pieces. Sprinkle with salt and sugar and stand about 12 hours. Boil all together in one quart of vinegar until tender. Then put a tablespoon of flour, a level teaspoon of mustard, and a level teaspoon of turmeric (mixed to a cream with vinegar) into the pickle and boil until it thickens stirring all the time. Usually about three minutes. Put into jars and tie down when cool. Very good.

### **Cure for a Cold**

5 lbs ripe elderberries. Simmer with 1 lb white sugar and strain. One tablespoon in hot water will cure the most obstinate cold.

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