

ECONOMY BROTH

It was 1947 and Harry and May lived in a small stone cottage with an exceptionally large garden also an orchard. Harry was Manager of the farm owned by a Colonel who was shortly to retire from the Army. They had a young daughter and Harry's daughter played with her in the sumptuous nursery. May was the nursemaid.

There was no electricity or water in the cottage. They used candles and carried water from a stream running from the side of a hill about half a mile away. Harry put the barrels of water onto the back of the tractor and brought it to the cottage and the large farm house. They could have as much milk as they wanted. May used to sit in the evening and make the butter and cheese.

May dug up the vegetables from the garden in front of her kitchen for the meal each day. Harry brought home a rabbit, a hare or wood pigeons, whatever he caught. May cooked whichever one she had for their evening meal.. All the scraps of meat and vegetables were made into broth. She loved cooking and made pies from the fruit. They had very little money because the cottage was part of his wage. Every Saturday morning May took her homemade jam etc. to the Mothers Union stall at the local market. Whatever she sold she gave a percentage of her money to support the Mothers Union.

Eventually their daughter qualified as a Dentist, married and moved to Australia. Rarely did they see her. Harry and May bought their cottage when the Colonel sold the land to a Building firm. They modernised it and still live in it now in 2007. Although May still cooks it is much simpler now. She goes to the local Supermarket and buys a cooked chicken also a bag of frozen vegetables and makes the following :-

BROTH. Take the skin off and the flesh from the bones .Put them into a pan, add water and simmer. Discard bones and skin and you have a good stock. Add pieces of chicken from the legs and wings, half a bag of frozen mixed vegetables, a chopped onion and a couple of potatoes to thicken it. Simmer for about 45 minutes then add a flavoured OXO cube. It's delicious. Divide it into four or five portions and put into plastic dishes in the freezer to use whenever. Bacon can also be used instead of chicken.. The two chicken breasts can be used for salads or dinner later.

May made the same things 60 years ago when she was hard up young Mother and had to count the pennies. Nowadays she's a pensioner and is doing exactly the same - counting the pennies It's much easier now as most things are frozen and ready to eat

Stella Rutherford.