

THE OLD RECIPE BOOK

"I wonder if you would find this helpful?" Sheila said to her granddaughter Amy, holding out a dirty tattered paper book "It has been passed down the generations since 1899."

"Let me look through it please?" Amy said. She opened it and on the front page was written

Lizzy 1899 Betty 1919 Glynis 1940 Sheila 1958 Amy 2008

"Why is there a gap between the last two?" Amy asked.

"The book is only passed on to daughters and I had four sons. It was helpful to me as I hadn't much money, and everything had to be made daily. I found lots of economical recipes in the book."

"I doubt if I'll use it. McDonalds and Greggs are just across the Street and Herons has lots of frozen food just to heat up in the microwave." Amy said.

Amy and Graham were engaged and had bought a flat. Neither had done any housework or cooking and didn't really want to do any. Another argument started once they came home from work. It was always about lack of money.

"We both work full time and never have any money to socialise. We pay the mortgage, poll tax, gas, electric, water rates. We both have a car but the cost of petrol has increased so we'll have to give up going to the gym three times a week. We can't afford the fees. I wish we'd never bought this flat. You don't help with housework, washing, cooking. In fact you do nothing. I wish I was back home with Mam and Dad. I was happy but didn't realise it until I moved into the flat," Amy cried. "However we've got visitors coming so I'll start cooking from the recipe I've chosen."

Next day Sheila called to see Amy "Did they like the fish pudding?"

"They did. Thought it was unusual." However Graham and I had a flaming row later. He wouldn't wash the dishes after I had cooked.. He later put the washer on and the stupid man opened the door and flooded the kitchen. I left him to mop it up. I went back to Mam's house and I'm going to stay there. I can't live with him any more. I'm never going to leave again. It's too much hard work doing everything myself."

Sheila chuckled to herself "Until the next time when you meet someone and want to be together."

FISH PUDDING

Any fish may be used. Take out the bones, and mash up the flesh with fresh boiled potatoes. Add a piece of marg, seasoning, a dash of mustard, a well beaten egg and enough milk to bind together. Bake in a tin or pudding dish for half an hour, or steam in a mould for one hour. Serve with fish sauce made from the bones and scraps, and strained. As an optional, sprinkle grated cheese over the top.

Stella Rutherford.