Oven baked and piping hot

On every day of the year, in a million homes, a can of Heinz baked beans is taken from the store cupboard to make a quick and homely meal. Sometimes it may be baked beans with pork sausages, or curried beans. Their value in sustenance, in economy of time and for the purse needs no comment. In this booklet, however, we are presenting these three varieties in newer ways, as basic ingredients to main meals with a difference, as good fare for informal parties, as man-sized snacks. Oven baked beans are excellent as a vegetable accompaniment; they have proved their popularity with bacon as the “cowboy’s breakfast”; they are good high-tea companions for hungry children. Added to soups and broths, they give country-style main course dishes for lunch or supper. The recipes starting below, and continuing to page 6, are specially planned for oven cooking.

Pork Chops with Baked Beans

Illustrated on front cover

4 lean pork chops • salt and pepper
16 oz. can Heinz Baked Beans
sliced tomato or sliced red peppers • parsley

Trim the chops, sprinkle with salt and pepper, and fry until nicely brown on both sides. Place the beans in a greased dish and lay the chops on the top. Cover with greased paper or aluminium foil, and bake at 400°F., mark 6, for 30-40 mins., until the chops are tender. Place a slice of cooked tomato or red pepper on each chop, and sprinkle with chopped parsley just before serving.

Stuffed Onions

Illustrated opposite

4 medium-sized onions
2 tablespoonfuls bread-crumbs • salt and pepper
4 oz. minced meat • a little gravy
16 oz. can Heinz Baked Beans

Peel and parboil the onions in salted water, removing them before they are soft. Drain and cool, then scoop out the centres very carefully. Chop the centres finely, mix with the bread-crumbs, seasoning and minced meat, and moisten with a little gravy. Fill the onions with the mixture. Empty the can of beans into a casserole, place the onions on top and cover. Bake at 400°F., mark 6, for about 40 mins., until the onions are cooked.

Savoury Fish Rolls with Curried Beans

Illustrated on back cover

8 small fresh haddock fillets
salt and pepper • 2 tablespoonfuls bread-crumbs
1 tablespoonful Heinz Rajah Pickle
½ teaspoonful Heinz Dried Parsley
a little beaten egg or milk to mix
16 oz. can Heinz Curried Beans • parsley to decorate

Skin the fillets and sprinkle with salt and pepper. Make the stuffing by mixing the bread-crumbs with the pickle and parsley and blending with the beaten egg. Divide the stuffing into eight balls, and place one on each fillet. Roll up the fillets and secure with white cotton. Place the curried beans in a dish and sit the stuffed fillets on them. Cover with greased paper or aluminium foil. Bake in a moderately hot oven, 375°F., mark 5, for about 20-30 mins., until the fish is cooked. Serve with a sprig of parsley on the top of each stuffed fillet.

Celery and Bean Pie

Illustrated on page 5

1 small head celery • salt and pepper
8 oz. can Heinz Baked Beans with Pork Sausages
1 lb. bought puff pastry

Trim the outside stalks from the celery and cut the heart into two or four according to size. (If more convenient, canned celery hearts can be used.) Lay the celery in the bottom of a greased pie-dish. Season with salt and pepper. Cover with the beans and sausages. Roll out the pastry about ¼ in. thick to the shape of the dish, but 1 in. wider all the way round. Cut off the extra inch, wet the rim of the pie-

Appetites will be more than satisfied with this savoury dish of onions stuffed with minced meat and cooked gently with baked beans in a covered casserole.
oven baked and piping hot

dish and lay this strip round. Brush over with cold water. Put the piece of pastry over the pie and press down the edges. Trim round the rim of the dish. Scallop round edge of the pastry. Make a hole in the centre of the pie to allow the steam to escape. Brush the pastry over with beaten egg. Roll out the trimmings of pastry thinly, cut out some leaves and decorate the centre of the pie. Stand pie-dish on a baking tin and bake in a hot oven, 450°F., mark 8, for approximately 30-40 mins.

BEANS EN COCOTTE
(illustrated opposite)
16 oz. can Heinz Baked Beans • 4 eggs • seasoning
Divide the baked beans between four greased individual heat-proof dishes. Make a hollow in the centre of the beans with the back of a spoon. Break an egg into each one. Season with pepper and salt. Cover and bake in a moderately hot oven, 375°F., mark 5, until the eggs are set, about 15-20 mins.

HAM AND BEAN CASSEROLE
(illustrated opposite)
16 oz. can Heinz Curried Beans
6 oz. piece of cooked ham • 1 onion
Empty the curried beans into a casserole. Cut the ham into chunks and stir into the beans. Cut the onion into rings and place over the top of the beans. Cover and cook for 30 mins. at 400°F., mark 6.

TUNA FISH BAKE
16 oz. can Heinz Baked Beans
1 medium can tuna fish • ½ pint cheese sauce
2 hard-boiled eggs • 1 dessertspoonful chopped capers
½ packet potato crisps
Put the beans in a deep casserole. Flake the tuna fish with the cheese sauce, mix in the quartered hard-boiled eggs and the chopped capers. Put over the beans. Cover with a light layer of crushed potato crisps and bake in a hot oven, 400°F., mark 6, for 16-20 mins.

To make the cheese sauce: Melt ½ oz. butter, stir in ½ oz. flour, gradually add ½ pint milk, stirring all the time. Bring gently to the boil and allow to cook for a few minutes to thicken. Add 2 oz. grated Cheddar cheese, 1 teaspoonful made mustard, salt and pepper to taste, and stir over gentle heat until the cheese is blended with the sauce.

BEANS IN THE COB
4 dinner cob rolls • little bacon fat
2 oz. cooked tongue • 8 oz. can Heinz Curried Beans
Heinz Rajah Pickle
Cut a round lid from the top of each cob. Scoop out the crumb (this can be dried and used for bread-crumbs). Spread the inside of the cobs with a little cold bacon fat. Chop the tongue, divide into four and put a quarter in each cob. Spoon the curried beans into the cobs. Replace the lid, also spread with cold bacon fat. Just before serving, warm through and crisp the rolls in a hot oven, 400°F., mark 6, for 10-15 mins. Serve with Heinz Rajah Pickle.

SAVOURY COD CASSEROLE
16 oz. can Heinz Baked Beans • 4 cod steaks
salt and pepper • a little butter
1 tablespoonful chopped onion
2 oz. button mushrooms
1 tablespoonful fresh bread-crumbs
1 teaspoonful Heinz Dried Parsley
1 oz. grated cheese
Empty the beans into a casserole and place the cod steaks on top. Season the steaks well and put a knob of butter on each. Mix the chopped onion, the washed and chopped mushrooms, the bread-crumbs, parsley and a little seasoning and spoon this over the steaks. Sprinkle with the cheese, cover with lid or aluminium foil and bake in a moderate oven 375°F., mark 5, for 15-20 mins. until the fish is cooked through. The lid may be removed a few minutes before taking from the oven to crisp the top, if desired. Serve with Heinz Ideal Pickle as an accompaniment. Heinz Curried Beans may be used in place of the baked beans.

CURRIED MUTTON SAUCER PIES
½ lb. cooked lamb or mutton
8 oz. can Heinz Curried Beans
10 oz. shortcrust pastry • beaten egg or milk to glaze
Mince or finely chop the cooked meat and mix with the curried beans. Roll the pastry out ⅛ in. thick and into eight rounds the size of a saucer. Put a pastry round on four ovenproof saucers or small dishes. Divide the filling into four and place on the pastry, damp round the edges and cover with the remaining four rounds of pastry. Seal the edges and flute with the fingers. Brush with egg or milk to glaze. Any scraps of pastry remaining can be made into leaves to decorate the top. Bake in a hot oven 400°F., mark 6, for 15-20 mins., until pastry is crisp and a good golden-brown colour. Serve hot or cold—they make a good substantial picnic snack.

BEAN COBBLER
16 oz. can Heinz Baked Beans
½ lb. or 1 small can corned beef • 1 onion
4½ oz. can Heinz Tomato Juice
6 oz. self-raising flour • 1 level teaspoonful salt
1 teaspoonful Heinz Mixed Herbs
1½ oz. margarine and lard mixed • milk or water
little beaten egg or milk to glaze
Place the baked beans in an oval pie-dish and mix
oven baked and piping hot

in the corned beef cut into cubes, the finely chopped onion and the tomato juice. Sieve the flour and salt into a basin, mix in the herbs, rub the fat in lightly and mix with sufficient liquid to form a soft, but not sticky dough. Knead lightly on a floured surface and roll out to between 1/4-1/2 in. in thickness, cut into 2 in. rounds and arrange on top of the beans, each section overlapping the next slightly, around the pie dish. Brush the top with beaten egg or milk to glaze. Bake in a hot oven 400°F., mark 6, for 15-20 mins., until the top is brown and the scone mixture cooked and well risen.

BAKED BEAN AND EGG FLAN
CHEESE PASTRY FLAN CASE:
6 oz. flour • level teaspoonful salt
pinch cayenne pepper • 1 1/2 oz. margarine
1 1/2 oz. lard • 3 oz. grated Cheddar cheese
1 egg yolk • a little water

FILLING:
16 oz. can Heinz Baked Beans • 3-4 eggs
salt and pepper • 3 rashers bacon • little parsley

Make the cheese pastry flan case by sieving the flour with the salt and cayenne. Rub in the margarine and lard lightly until the mixture resembles fine bread-crumbs. Add the grated cheese and mix well. Beat up the egg yolk with about 1 teaspoonful of water and mix the dry ingredients with this to a stiff dough. Knead lightly on a floured surface until free from cracks. Roll out to 1/4 in. thick. This is sufficient to line a 7-8 in. flan tin. Bake blind in a hot oven, 425°F., mark 7, for 10-15 mins., until crisp. This may be either used immediately or stored when cool in an airtight tin and used when required.

Filling: Fill in the case with the baked beans. Beat the eggs lightly with salt and pepper. Pour over the top of the beans. Flatten the bacon rashers with a knife, cut across in two, make each piece into a neat roll and thread them on to a metal skewer. Bake the filled flan in a moderate oven 375°F., mark 5, for 10-15 mins., until the egg is cooked. Cook the bacon rolls in the oven at the same time. For serving, garnish the flan with the crisp bacon rolls and parsley sprigs.

CURRIED BEANS IN THE NEST
3/4 lb: sausagemeat
1 tablespoonful finely chopped onion
1 teaspoonful Heinz Currie Powder (optional)
1 baking apple
2 teaspoonfuls Heinz Dried Parsley
16 oz. can Heinz Curried Beans • 4 poached eggs

Put the sausagemeat in a bowl and with a fork mix in the chopped onion, currie powder (optional), the baking apple peeled, cored and roughly chopped and the parsley. Line four fireproof individual dishes with this mixture. Spoon the curried beans into each. Cover with a lid or aluminium foil and bake in a hot oven 400°F., mark 6, for 15-20 mins. Serve topped with a poached egg.

BEAN AND MINCE SAUVOURY PIE
12 oz. cooked mutton or beef • 1 large onion
1 oz. dripping or lard • 1/3 pint brown gravy
8 oz. can Heinz Baked Beans
1 lb cooked mashed potatoes • 2 oz. brown gravy
1 egg • 1 tablespoonful chopped parsley
salt and pepper • 1 oz. grated cheese

Chop or mince the cooked meat finely. Fry the finely chopped onion in the fat until golden, stir in the meat, and season well. Moisten the mixture with 1/4-1/2 pint well-seasoned brown gravy, place in the bottom of an oval pie-dish. Place a layer of the Heinz Baked Beans on top. Heat the mashed potatoes in a pan, beat in the butter and the lightly beaten egg, season with salt, pepper and the chopped parsley. Fork the potatoes over the mixture in the pie dish and sprinkle with a little grated cheese. Heat through in a hot oven, 400°F., mark 6, for 20-30 mins. Delicious served with a buttered green vegetable and baked tomatoes.

CRISPY CAULIFLOWER SURPRISE
16 oz. can Heinz Baked Beans with Pork Sausages
1 cooked cauliflower
3/4 pint creamy sauce • 4 oz. grated cheese
salt • cayenne pepper
1 teaspoonful made mustard
1 tablespoonful bread-crumbs

Turn the can of beans with pork sausages into a casserole. Divide the cauliflower into sprigs and pack closely over the beans. Make the sauce by melting 1 1/2 oz. butter, stirring in 1 1/2 oz. flour, and adding milk gradually, stirring well to avoid lumps. Cook for 5-6 mins., until it thickens. Add the grated cheese, reserving 2 tablespoonfuls. Stir until the cheese melts, season well with salt, a pinch of cayenne pepper and the made mustard. Pour the sauce over the casserole. Sprinkle with the remaining cheese and bread-crumbs mixed. Place in a hot oven, 400°F., mark 6, for 15 mins. to warm through and give a good golden topping to the casserole.

STORE-CUPBOARD HOT POT
2-3 onions • 2 oz. dripping
1 lb. potatoes
1 can stewed steak
8 oz. can Heinz Baked Beans
10 oz. can Heinz American-Style Tomato Condensed Recipe Soup

Slice the onions and fry lightly in the dripping. Meanwhile parboil the potatoes, then slice and fry lightly. Put onions, potatoes, steak and beans in layers in a casserole, finishing with a layer of potatoes. Pour on the soup, diluted with half a can of water. Cover and bake in a hot oven, 425°F., mark 7, for 30 mins. Remove lid, dot potatoes with dripping and brown, raising the oven temperature to 450°F., mark 8.
for high tea with a plus

try any of these appetizing combinations

**HEINZ BAKED BEANS**

SERVE •

with

1. grilled bacon rolls and mushrooms on fried bread
2. diced sautéed luncheon meat and poached eggs
3. grilled fish fingers and Heinz Rajah Pickle
4. chopped bacon and mixed herbs, in an omelette

**HEINZ BAKED BEANS WITH PORK SAUSAGES**

SERVE •

with

1. scrambled eggs and chopped chives
2. French toast spread with Heinz Tomato Chutney
3. toast spread with pâté and a little chopped onion
4. grilled kidneys and mushrooms

**HEINZ CURRIED BEANS**

SERVE •

with

1. poached smoked haddock and cheese sauce
2. frankfurters on hot buttered toast
3. Scotch eggs and fried bananas
4. hamburger steaks and fried onion rings
We planned our young-in-heart barbecue party round a bean pot, brimful with piping hot Heinz Baked Beans garnished with crisp bacon rolls. Subsidiary dishes that complete this easily prepared and nicely balanced menu are hot frankfurters garnished with Heinz Pearl Onions, hard-boiled eggs garnished with radishes and Heinz Stuffed Manzanilla Olives; soft buttered cheese rolls, with Heinz Rajah Pickle to spread between them, and prawn crisps. Fresh fruit is the natural dessert course, and we suggest Heinz Tomato Juice as a cocktail, Heinz Orange or Pineapple Juice for pleasant soft drinks and cool beer for the thirsty ones. On page 10 we give recipes for a fruit cup and mulled cider.
more ideas for the bean feast

With the focus on the bean pot, you can ring the changes on many an informal party, knowing that it will cost very little in time and money, yet afford ample appetizing enjoyment.

We suggest an INDIAN BEAN FEAST, with Heinz Curried Beans as the mainstay. With them, arranged on separate, help-yourself dishes, we like thinly sliced cold pork, crisp poppadoms (these can be bought), or chapatis, made from wholemeal flour and water mixed to a soft dough, rolled out thinly, cut into 4 or 5 in. rounds and fried in hot fat until they are puffy and brown. And a dish of Heinz Mango Chutney; banana chunks sprinkled with lemon juice and mixed with chopped Heinz Preserved Stem Ginger; and a tossed green salad. As dessert, a fresh fruit salad, the fruit diced and chilled.

And why not a BEAN 'N HAMBURGER get-together? For this we suggest serving simply a large pot of Heinz Baked Beans, a dish of Heinz Onions in Brown Vinegar, hamburgers and crisp salted biscuits. Here is our favourite hamburger recipe. Moisten finely-minced chuck steak with a little stock. (1 lb. of steak will make about 14-16 hamburgers.) Well season with garlic salt, paprika, ground black pepper, salt, pinch of Heinz Dried Mixed Herbs, and a little Heinz Worcestershire Sauce. Add a little shredded suet for tenderness and texture (about one-eighth the amount of meat). Mix all together, divide into dessert-spoonfuls and make each into rounds on a floured surface. Layer between greaseproof paper and keep in a cool place until party time, then fry in a little fat gently on both sides, allowing about 3 mins. for each side. You can grill others at the same time.

To accompany a BEAN 'N SAUSAGE pot—using Heinz Beans with Pork Sausages—have a dish of Heinz Piccalilli and some buttered crispbread. Serve with it a winter salad made from shredded white cabbage, sliced apples sprinkled with lemon juice, grated carrot, a little coarsely grated raw onion and a few Heinz Stuffed Manzanilla Olives. For a sharp dressing, mix 2 tablespoonfuls Heinz Olive Oil with 1 dessertspoonful lemon juice, a little sugar, plenty of salt and freshly ground black pepper and a little French mustard. Beat well together, taste, and adjust accordingly. Dress the salad half an hour before the party, beating the dressing again.

We suggest two pleasant and refreshing drinks, one hot, one cold, to add to the party spirit. In both recipes, the amounts given are enough for twenty servings.

MULLED CIDER
You need 12 cloves, ½ oz. ground cinnamon, the thinly peeled rind of 2 lemons and 2 oranges, ½ pint water, ¼ pint sugar syrup (made by boiling ½ pint water with 4 oz. sugar until you get a syrupy consistency) and 5 pints of sweet cider. Put spices and fruit rinds into a pan with the water and syrup and infuse slowly for 10 mins. Strain. Add the cider, bringing almost to boiling point, and serve at once.

FRUIT CUP
You need 2 cans Heinz Orange Juice, 1 flagon dry cider or 5 bottles ginger ale, a pint bottle of soda water, 1 red apple, 1 lemon and a little cucumber (optional). Mix the fruit juices, slice fruit and cucumber thinly and stand in the juice for about an hour or so. Just before serving, mix in the cider or ginger ale and the soda water. Add ice cubes.

As an alternative to the cheese rolls suggested in our colour picture menu, we recommend a piquant dip, with bread-sticks for dunking. A dip we like is made with cream cheese, blended with Heinz Mayonnaise, with Heinz Gherkins, Heinz Onions in White Vinegar, Heinz Pickled Walnuts, all chopped, and a little chopped fresh or canned red pepper for added colour. Add a judicious helping of these to the blended cream cheese.

If you want to add to the bean-pot proper, try, with Heinz Baked Beans, some diced luncheon meat; or diced Gruyère cheese; or quartered hard-boiled eggs; or sliced frankfurters, and chopped onion previously lightly fried in butter; and give the pot a garnish of finely-chopped celery leaves.

To hand separately, have toasted bread fingers, or hot, crusty rolls, breakfast rusks or potato crisps. Potatoes baked in their jackets, then half-split and buttered, are a pleasant accessory for guests with man-size appetites.
Baked beans, served cold, add relish to

salads and hors d’œuvres

Hollow out tomatoes, sprinkle the insides with finely-chopped onion and ground black pepper and salt, then fill with Heinz Baked Beans garnished with parsley sprigs

Serve sardines, diced cucumber and Heinz Baked Beans, with wafer-thin brown bread and butter

Try potted shrimps with equal helpings of Heinz Potato Salad and Heinz Baked Beans

Pile Heinz Baked Beans into lettuce hearts and top with sliced hard-boiled egg and grated cheese

Prepare cornets of ham and fill with Heinz Baked Beans; serve on a bed of shredded lettuce garnished with gherkin fans

Fill some chicory stalks with Heinz Baked Beans, others with frankfurter sausages

For a winter salad, try chicory, chopped apple and Heinz Baked Beans in a French dressing

Make a savoury filling of flaked tuna fish, Heinz Mayonnaise, chopped Heinz Gherkins and Heinz Baked Beans, and pile into crisp cheese pastry cases

Lightly cook some green and red peppers, cut into strips and serve with finely diced cooked ham and Heinz Baked Beans

Flake some crab meat and serve it with Heinz Baked Beans and watercress
top-of-the-stove specials

Baked beans lend themselves to unusually pleasant lunch and supper recipes and to man-sized snacks which can bring welcome variety to the day's menus.

SPANISH OMELETTE

(illustrated opposite)

3 tomatoes • 1 small onion finely chopped
1 clove of garlic, crushed and chopped
5 oz. can Heinz Baked Beans
2 tablespoonfuls cooked peas (optional)
4 eggs • 2 tablespoonfuls chopped parsley
salt and pepper • Heinz Olive Oil

Skin, slice and chop the tomatoes and add the chopped onion and garlic. Add the baked beans and peas. Beat the eggs and add the tomato mixture and the chopped parsley and seasoning. Place a little olive oil in a frying pan and allow it to get hot. Pour in the mixture and shake the pan occasionally to prevent sticking. Cook until firm, and finally brown under the grill. Serve cut in quarters.

GAMMON PLATTER

(illustrated opposite)

4 slices of gammon • 2 large apples
16 oz. can Heinz Baked Beans

Grill the gammon for 5-10 mins. each side, until cooked. Core the apples and then cut into fairly thick slices. Fry the rings lightly. Heat the can of baked beans. Serve on a flat dish as illustrated, with the gammon, apple rings and beans in rows.

HEINZ CLUB SANDWICH

5 oz. can Heinz Baked Beans
4 Heinz Stuffed Manzanailla Olives
2 Heinz Pickled Gherkins
3 Heinz Pickled Onions
Heinz Mayonnaise • sliced wholemeal bread
butter or pork dripping • sliced tomato
and parsley sprigs

Mash the beans with a fork. Chop coarsely the stuffed olives, the gherkins and the pickled onions. Stir into the beans. Add a little mayonnaise to taste. Toast pieces of sliced wholemeal bread. Remove crusts and spread with butter or pork dripping. Sandwich the mixture between the toast, cut across diagonally and serve garnished with a slice of tomato and a sprig of parsley.

KEBABS AND BEANS

(illustrated opposite)

4 kidneys • 8 mushrooms • 2 large tomatoes
few Heinz Pearl Onions • fat
16 oz. can Heinz Curried Beans

Halve the kidneys, remove the cores and soak them in water. Wash the mushrooms and tomatoes. Have four skewers ready, and on each place quarter of a tomato, a mushroom, half a kidney, another mushroom, more tomato and finally a few cocktail onions. Brush the ingredients with melted fat and place all under the grill, turning when necessary. Heat the can of curried beans, place them in a dish and serve as shown.

HEINZ SAUROY RISOTTO

1 clove garlic • 1 small onion • 2 oz. butter
6 oz. patna rice • salt and pepper
1 teaspoonful sugar • pinch of mixed herbs
15 oz. can Heinz Tomato Juice
1/2 lb. diced cold meat, chicken, rabbit, veal or ham
(or mixture of meats)
8 oz. can Heinz Baked Beans with Pork Sausages
1 teaspoonful Heinz Dried Parsley.

Crush and chop the clove of garlic and chop the onion finely. Melt the butter in a large heavy saucepan or frying-pan which has a lid. Sauté the chopped onion and garlic gently until golden colour. Add the rice and sauté until opaque. Season generously with salt and pepper and add a teaspoonful of sugar. Stir in the tomato juice, so that no grains are sticking to the bottom of the pan. A good pinch of mixed herbs may also be added. Cover the pan with a well-fitting lid and allow to simmer with the heat turned as low as possible. After 30 mins. the rice will have absorbed the liquid and will be swollen without being sticky. Stir in the diced meat, baked beans with sausages and the parsley. Heat through for 5 mins. Serve immediately with Parmesan cheese.

QUICK VEGETABLE CURRY

1 small marrow • ¼ lb. mushrooms
1 oz. butter or dripping • salt and pepper
seasoning • 16 oz. can Heinz Curried Beans
4 poached eggs • chopped parsley and paprika

Choose a small young marrow, peel and cut into ¼ in. thick slices, without removing the seeds. Wash, dry and slice the mushrooms. Melt a little butter or dripping in a pan and brown. Sprinkle them with salt.
more top-of-the-stove specials

and pepper while still in the frying pan. Add the sliced mushrooms and fry until tender. Stir in the curried beans and heat through. Serve topped with poached eggs. Sprinkle with parsley and paprika.

SAUSAGE 'N BEAN SAVOURY

16 oz. can Heinz Baked Beans with Pork Sausages
8 rashers bacon • 2 large onions, sliced
1 clove garlic • 2 teaspoonsful Heinz Currie Powder
½ oz. flour • 1 cooking apple
½ pint stock • salt and pepper • juice of 1 lemon
16 oz. can Heinz Curried Beans

Gently heat the beans with pork sausages. Fry the bacon and onion until crisp. Put the beans and sausages in a hot dish and arrange the onions and bacon on top. Garnish with crisply fried bread.

CURRIED PORK AND BEANS

1 lb. pork • 1 oz. dripping • 2 onions
1 clove garlic • 2 teaspoonsful Heinz Currie Powder
½ oz. flour • 1 cooking apple
½ pint stock • salt and pepper • juice of 1 lemon
16 oz. can Heinz Curried Beans

Cut the meat into pieces about ⅛ in. square and fry in the dripping. When cooked, remove from the pan, add the sliced onions and chopped garlic and fry. Add the currie powder, flour and chopped apple to the pan and cook dry over a low heat for about 10 mins. Add the meat and sufficient stock to cover the meat. Season to taste and add lemon juice. Simmer slowly with the lid on, stirring from time to time until the meat is tender. Heat the curried beans and serve with the curried pork and fluffy rice.

BEANS AND KIDNEYS MADRAS

4 sheep's kidneys • salt and pepper
1 teaspoonful grated lemon rind
a little beaten egg • dried bread-crumbs
fat for frying • 2 oz. butter
1 level teaspoonful Heinz Currie Powder (or to taste)
4 slices toasted wholemeal bread
16 oz. can Heinz Curried Beans

Skin the kidneys and cut them in half lengthwise, removing the core. Wash well, dry lightly and season. Mix the lemon rind with the egg and dip the kidneys in the mixture. Roll in bread-crumbs and fry lightly in hot fat. Mix butter with a little currie powder, butter the toast with this, and serve the kidneys on the toast with the heated curried beans.

BAKED BEANS AU GRATIN (for two)

½ oz. margarine • ½ onion • 4 small tomatoes
salt and pepper • 8 oz. can Heinz Baked Beans
2 oz. grated cheese

Heat the margarine in a saucepan and fry the chopped onion in it until tender. Add the skinned and sliced tomatoes, the salt and pepper and the baked beans. Heat together thoroughly, then pour into a greased pie dish and cover with the grated cheese. Brown under the grill before serving.

QUICK CURRY SNACK (for two)

1 small packet frozen prawns or shrimps
1 oz. butter • 8 oz. can Heinz Curried Beans

Sauté the prawns in the butter for a few minutes. Add the curried beans and heat through gently. Serve with fingers of crisp brown bread toast.

SNACKS FOR ONE

1. Sauté a mixture of diced luncheon meat and sliced mushrooms in a little bacon fat for a few mins. Add a 5 oz. can of Heinz Baked Beans to the pan and heat thoroughly. Serve with a dressed chicory salad and French bread.

2. Melt a little butter in a pan, add 2 tablespoonfuls of the milk, break in 2 eggs, add salt and pepper and beat well over a gentle heat. When the mixture is just beginning to be creamy, add a generous tablespoonful of grated cheese and a good sprinkle of paprika pepper. Meanwhile, heat a 5 oz. can of Heinz Baked Beans and serve these with the cheese scramble.

3. Heat an 8 oz. can of Heinz Curried Beans with a quartered hard-boiled egg and a small tart apple roughly chopped. Serve with buttered wholemeal toast, spread with a layer of Heinz Tomato Chutney.

SCHOOLBOY SUPPER (for two or three)

1 small onion sliced • 2 oz. pieces bacon
1 oz. margarine or dripping
1 oz. cooked potatoes • ¼ pint stock
8 oz. can Heinz Baked Beans • ¼ pint milk
salt and pepper • 1 teaspoonful Heinz Ideal Sauce
chopped parsley or chives

Sauté the onion with the bacon in the fat for 5 mins. Add the potatoes cut in ¼ in. slices, the stock, beans, milk, and seasoning sauce. Cook gently until well heated through. Sprinkle with parsley or chives.

BEAN AND CELERY TOAST (for two)

2 sticks of celery • a little butter
2 tomatoes • seasoning
8 oz. can Heinz Baked Beans with Pork Sausages
2 slices buttered toast

Wash and chop the celery finely and sauté gently in a little butter. Skin and chop the tomatoes and add to the mixture, cook for a few minutes and season with salt and pepper. Stir in the beans with sausages and heat. Serve on hot buttered toast.
the story of baked beans

It is more than fifty years since Heinz introduced their baked beans with tomato sauce to this country; today they are familiar to millions. We know how they look and how they taste when they come to us in cans, but Good Housekeeping thought it would be fun to find out just how they got there.

These beans, known as Navy or Pea Beans, come mostly from Michigan, U.S.A. They grow in pods, on vines, similar to green peas here, are planted in May or June and harvested mainly in September. Cleaned and polished, they come in sack-loads to the Heinz factories in Britain, where the really scrupulous sorting and cleaning is done by finely geared, accurate machinery. All beans must be white, of uniform size and free from foreign bodies, and their moisture content must be correct.

In cleaning, for example, there may still be little stones left among the beans, and so meticulous dry and wet screening processes are carried out to reject them ruthlessly. After screening and grading, the beans’ journey continues to the electronic sorters. They travel in single file, each bean viewed from all sides by an electric eye which lights on any blemish and rejects all but the perfect beans. Thus marshalled, the beans go to storage tanks and are screen-washed in water. Then they are pumped through four thousand feet of stainless steel pipe in hot water; scrutinized again and de-watered, they go by conveyor belt to the baking oven where they are oven-baked at an exact temperature for twelve to fifteen minutes. Then out of the oven on a further conveyor belt to the filling lines—subject to a final scrutiny on the way.

Meanwhile the all-important sauce for the beans is being made—from concentrated tomato purée, sugar, salt and spices. The purée is made from Italian tomatoes which are grown under the supervision of Heinz experts. The recipe for the sauce is secret; the proportionate blending of spices and sugar exact. The ingredients are mixed cold, with water, and samples go from vat to laboratory for taste and quality checks. Then the sauce is cooked in a matter of seconds, and taste checks are made again.

In the filling room—which has a fascinating maze of “big dippers” down and round which the cans cawt—or beans and sauce meet. Beans are fed from belt to hopper above the filling lines and automatically weighed into the cans. The exact amount of hot sauce is then machine-fed on to the beans, the lids are vacuum-sealed on and the cans continue their fairground jaunt to the sterilizers. These consist of three giant horizontal cylinders through which the cans travel in a rotating spiral, the heat thus penetrating more quickly and uniformly. Up one cylinder, down another, and the beans are sterilized. Into the third cylinder, which is the cooling chamber, where the cans are cooled in water.

Now they are machine-labelled and packed, ready for retailers and ultimately you. Not only have the beans been pre-selected, screened and screened again, but at every stage of cooking they have been subject to quality control tests. Perhaps that is why the Heinz Baked Bean story is one of such success.

Pottery, glass and cutlery in colour pictures from Østmo, London; pewterware from Old Metalcraft Shop; pages 8 and 9, Storey’s of Lancaster Con-tact Self-adhesive Table surface. Photographs by Chaloner Woods; drawings by Janet Watt.

All recipes in this booklet are prepared and tested in Good Housekeeping Institute’s kitchens.

Further copies of this booklet may be obtained free from
H. J. Heinz Company Ltd., Dept. B, Waxlow Road, Harlesden, London, N.W.10

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