

Left-overs

Nothing was wasted in the early Sixties. Wartime habits died hard. People tended to eat everything on their plate but if there was anything left over from a meal it would be put into Tupperware boxes or little dishes of varying sizes, covered with a plate or lid; and stored in the fridge or larder ready to contribute to a future meal. Even tiny bits of cheese were kept, often getting so hard that you could break your teeth on them.

Produce from the garden was bottled, and made into jams, pickles or chutneys. Freezing wasn't really an option until the end of the decade since not many people had a freezer. Freezing compartments in fridges were so small that they only held a bag of peas, some fish fingers and an ice-cube tray.

A roast chicken would always be sold with the giblets, which would be used to make delicious gravy. The Sunday roast beef or lamb would produce a bowl of 'dripping' - jellied meat juices at the bottom covered in a thick layer of fat. Bill remembers making bread and dripping sandwiches, with his brother taking the best tastiest dark jelly from the bottom and then covering it over!

Some remembered dishes:

Cottage pie - - minced left-over meat from the Sunday joint with added onion and mashed potatoes on the top.

Bubble and squeak - - left over cabbage and mashed potato

Bacon Bodger - - Buckinghamshire recipe of left-over bacon and onion made into small suet dumplings.

Hash - - - savoury dish, useful recipe used when we never used to know what time father was coming home. Rice base with mince, onions and maybe other left-over vegetables.

Sausage meat hot pot - - - sausage meat, onions, cabbage and tinned tomatoes.

Lobby - - - Staffordshire dish using leftover Sunday roast with carrot potatoes, onions and any other left over vegetables. Ate it with a spoon and served with bread.

Bread and butter pudding - - made with stale bread. Some people added mixed peel to the dried fruit but others hated it.

Milk that was about to go off would be hastily turned into rice pudding or an egg custard. Berries would form the basis of 'summer pudding'.