



AVOIDING MONOTONY IN THE MENU

THOUGH ODDMENTS HAVE TO BE USED, HERE ARE SUGGESTIONS THAT MAKE THEM WELCOME

Stuffed Marrow

REQUIRED: 1 medium-sized vegetable marrow, 1 lb. of cold meat of any kind, 3 tablespoonfuls of breadcrumbs, 1 teaspoonful of chopped parsley, salt, pepper, $\frac{1}{2}$ teaspoonful of grated lemon rind, 1 egg.

Peel the marrow, cut a piece from the stalk end, and scoop out the seeds. Mince the meat, mix with the rest of the ingredients, and bind together with the beaten egg. Season well. Put this stuffing into the marrow and fix on the cut-off piece. Wrap it up in well-greased paper, and place on a greased baking tin. Cover with another tin, and bake in a moderate oven until tender, which will be for one hour or more. Serve with tomato sauce.

Variations.—This may be stuffed with ham or tongue, sausage meat, or with a curry mixture, in which case serve with curry sauce and supply chutney with it.

Vegetable Marrow Pudding

Another excellent method of using vegetable marrow.

Ingredients: One medium-sized vegetable marrow, 1 pint of milk, 2 eggs, 4oz. of sugar, 1 teaspoonful (level) of powdered cinnamon or nutmeg, 1 teaspoonful of vanilla essence, pinch of salt.

Method: Peel the marrow, remove the seeds, and cut into pieces. Steam until soft, drain well, and rub through a hair sieve or mash the marrow with a fork. Boil the milk, beat up the eggs and sugar, pour on the hot milk, stirring very well. Stir this into the marrow, add the cinnamon, vanilla, and salt, and heat for five minutes. Put into small, well-greased, timbale moulds or into one large soufflé mould. Place the moulds in a baking tin half filled with boiling water, and bake in a moderate oven for about 45 minutes, or until set and firm to the touch. Turn out when set and serve cold. If liked the dish may be garnished with chopped jelly, and a compote of fruit handed.

Savoury Baked Cabbage

Well wash a nice cabbage and cut it in slices, throwing away any tough stalk. Put two tablespoonfuls of dripping and one of vinegar at the bottom of a casserole or earthenware dish. Now add one cupful of hot water and the shredded cabbage and three small onions chopped.

Mix all these ingredients with plenty of pepper and salt, and bake for about two hours, stirring occasionally. It is better to have a lid on the casserole to prevent the cabbage getting too brown on the top.

A New Way of Cooking Cauliflower

Cauliflower Fritters.—Required: 1 cooked cauliflower, frying batter, pepper, salt, 1 teaspoonful of chopped parsley, frying fat.

The cauliflower should not be overcooked. Break off the flowers, sprinkle with salt and pepper, dip into frying batter and drop into frying fat, which must have been heated until a faint blue smoke has risen from it. Fry pale brown and drain on soft paper. Sprinkle with the parsley after arranging in the dish.

The Frying Batter.—Required: 4oz. of flour, 1 gill of tepid water, the white of 1 egg, 1 tablespoonful of salad oil, salt. Sieve the flour and salt into a basin, and make a well in the centre. Mix the oil and water together and pour into the well in the flour. Stir in the flour gradually, and beat well until free from lumps. Allow this to stand for at least half an hour. Just before using stir in the stiffly whipped white of the egg.

A New Apple Sweet

Peel and core 4 or 5 fair-sized apples, put in the holes where the cores were removed a clove, a squeeze of lemon, grated lemon peel and sugar. Stew very gently in a little water with sugar until tender, but take care not to break, as apples must keep their shape. Fry in butter rounds of stale bread, one for each apple: when gently browned both sides and crisp, place on dish and put castor sugar over the bread. Put an apple on each round and pour custard over. Serve hot or cold.

Normandy Haricot

Required: 2lb. of fillet or knuckle of veal, 3 slices of lean ham, 1 tablespoonful of flour, salt, pepper, 1 pint of gravy or stock, 1 tablespoonful of chopped parsley, 1lb. of green peas or French beans, 3lb. of new or small old potatoes, 3oz. of dripping or margarine.

Cut the veal into slices about $\frac{3}{4}$ inch thick, and cut these into pieces 2 inches broad by 3 inches long. Beat them with a cutlet bat or flatten them with a knife, sprinkle with salt and pepper, dip in flour. Melt the dripping or margarine in a pan, fry the veal and ham, turning often until the veal is nicely browned on both sides. Put them into a casserole, pour the gravy over hot, add the parsley, and simmer gently for three-quarters of an hour. Add the peas or French beans (sliced as for boiling) and the potatoes, and simmer until the vegetables are cooked. Serve in the casserole.

Emergency Dishes

How often the housewife is confronted with the necessity of adding something quickly to the menu.

Is there any cold meat in the larder? Quickly put it through the mincer, add a slice of ham or bacon finely chopped, a teaspoonful of chopped parsley and the yolk of an egg beaten to a froth. Melt an ounce of margarine in a pan, add the rest of the ingredients, and stir until thoroughly hot, season and put on rounds of toast.

This may be varied by adding anchovy essence to the meat, and boiled rice, if there happens to be any. Grilled tomatoes, cut in slices, may be placed on each piece of toast over the meat mixture. Tomatoes, if cut in slices, will grill or bake in four or five minutes.

Sardines à l'Indienne.—Required: 4 to 6 sardines, 2 yolks of egg, $\frac{1}{2}$ oz. of margarine, $\frac{1}{2}$ teaspoonful of chutney, salt, cayenne, breadcrumbs, frying fat, toast. Put the margarine and yolks of the eggs into a pan and stir over very gentle heat until they form a paste. Add the chutney and seasoning, and turn on to a plate. Remove the skin from the sardines and dab off the oil with soft paper, dip in the chutney mixture, roll in fine breadcrumbs, and then brush over with the white of the egg, roll in crumbs again, and fry in hot fat. Drain and place each on a finger of toast. Garnish with parsley.

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