

LENTEN DISHES

PEOPLE who have been brought up to keep Lent will have a goodly store of recipes for meatless dishes, which will help those who are now so willingly giving up eating meat as lavishly as they have done hitherto, to help the people of Britain. Self-sacrifice and self-discipline strengthen the character; and we shall find real pleasure in exchanging such recipes. Try these:

Fish Surprises

I once watched a French chef in a Wellington hotel make these surprises, and afterwards ate one. Delicious, and wonderfully satisfying!

Choose as many large potatoes as necessary; bake them in their jackets. Take the same number of fillets of fish (sole or flounder for preference), roll them up, and put them into a casserole with just sufficient water to cover; add pepper and salt, 1 or 2 cloves, a bay leaf, a finely-chopped shallot, some chopped parsley, and juice of $\frac{1}{2}$ lemon. Bring gently to boil, and simmer for 10 minutes. Take fish out and put carefully aside; strain the stock, and reduce to half by boiling. Make a sauce by melting 1oz. butter in small pan, and stirring in 2oz. flour; when smoothly mixed, add the fish stock and as much milk, and cook for 10 minutes. Alternatively, you could thicken the reduced fish stock with flour, and add equal quantity of milk. Now cut off a slice from each potato laid sideways; scoop out the cooked pulp and mix it with butter, pepper and salt, and put it into a forcing bag. Into the potato shell put first some sauce, then a rolled fillet of fish, cover with more sauce, and then pipe out the potato from the forcing bag thickly all round the edge. If no forcing bag, just arrange the potato neatly round with fork. Grate some cheese over the top, put into oven, and bake brown. Serve with vegetables.

Groper or Hapuka Steaks au Gratin

This is an excellent dish, and quite easy. Sprinkle steaks with lemon juice, dip in seasoned flour. Shake and place in greased casserole or pie dish. Pour $1\frac{1}{2}$ cups milk round, sprinkle slightly with salt and pepper. Cover. Bake about $\frac{1}{2}$ hour, in a moderate oven. Remove lid, sprinkle with grated cheese and bread-crumbs, bake till cheese is melted and browned.

Canadian Eggs

Mix well together, into a thick paste, equal quantities of cold flaked fish and mashed potatoes, seasoned with pepper and salt, and a dash of vinegar. Have ready a sufficient number of hard-boiled eggs, shelled. Cover each very thickly with the fish paste, dip in beaten egg, and then in crushed weetbix or bread-crumbs, and fry in hot fat. Drain on paper, and serve with green vegetables or tomatoes.

Fillets of Fish with Mushrooms

Peel mushrooms and cook in small saucepan with a little butter, pepper and salt; then cool. Rub the fillets of fish over with a sprinkling of salt, and a little

lemon juice; then put on a layer of chopped mushrooms. Roll the fillets up, and bake in buttered casserole, covered. Serve hot with thick white sauce flavoured with Worcester sauce. Decorate with parsley and pieces of lemon.

WHOLEMEAL HOT CROSS BUNS

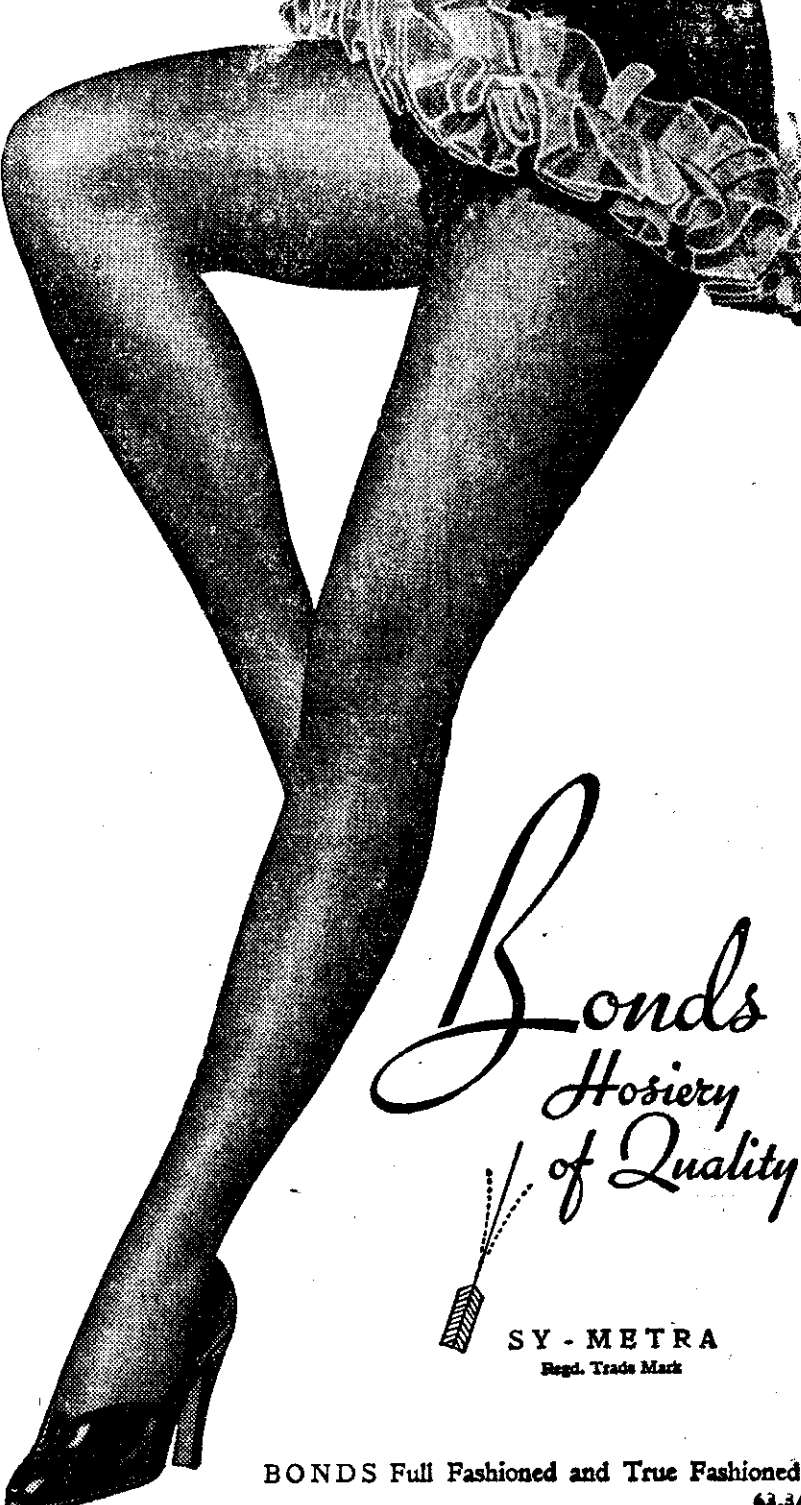
THREE cups wholemeal, $\frac{1}{2}$ cake compressed yeast, 1 tablespoon lard or butter (cut up), 1 heaped tablespoon sugar, 1 teaspoon salt, 1 cup sultanas or raisins, cinnamon to taste, 1 large cup lukewarm scalded milk, or milk and water, white flour for kneading.

Liquefy yeast and sugar, mix butter, salt and yeast into lukewarm liquid till smooth. Mix fruit into sifted meal and cinnamon. Pour in liquid and mix well. If necessary, add a little more lukewarm liquid to make soft dough. Stand in warm place until double the size. Turn out on white floured board. Knead lightly from 5 to 10 minutes. Cut into buns, mark with a cross, then place on greased oven shelf in a warm place till they are double the size—about half an hour. Bake in hot oven. Brush with melted butter, and sprinkle with cinnamon.

HOT CROSS BUNS

FIRST mix together an ounce packet of compressed yeast and a teaspoon of sugar until they liquefy, then add a teacup of lukewarm milk ($\frac{1}{4}$ pint). Have ready 4oz. of sifted flour in a large mixing bowl, and pour the yeast mixture into it. Mix to a smooth batter, cover with a cloth, and stand in a warm place for $\frac{1}{2}$ to $\frac{3}{4}$ hour. Meanwhile, sift into another bowl $1\frac{1}{4}$ lb. flour, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{4}$ teaspoon each of ground cloves and ginger. Rub into this 5oz. butter, add 4 or 5oz. castor sugar (you can roll ordinary sugar fine), a little shredded candied peel, and $\frac{1}{2}$ lb. currants, and mix well.

When the yeast mixture in the big bowl is ready, gradually stir into it the second mixture, adding also a beaten egg, and another $\frac{1}{2}$ pint lukewarm milk. Mix all lightly and beat well. Cover the bowl with a cloth and leave in warm place till it is double the size—about an hour and a-half. Then turn on to floured board and divide into 36 little portions. Work each into a smooth bun shape, and place on lightly greased and floured oven shelves, leaving space between each to allow for rising. Make a cross on each bun, cover with a cloth, and leave in warm place till they are double their size—about 20 minutes. Bake in hot oven, about 20 to 25 minutes. Brush over with a glaze made by dissolving 1 tablespoon castor sugar in 2 tablespoons milk, and return to the oven for a minute or two.



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