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HANSELL'S
"CLOUDY" FOOD
FLAVOURINGS
for strength



TASTY UNRATED DINNERS

ONE of our most inspiring slogans during the hard years of war has been "The Great Flame of Victory will come from the Spark of *Individual Effort*." We must now apply this idea to the job of feeding the hungry people in Europe. The colossal task of reconstruction cannot be performed by weak and starving people; and until they are fed and strengthened they cannot take an intelligent interest in their own "individual efforts" towards building up a world of peace and goodwill.

So we can help by following the practice of our old New Zealand pioneers, who always shared with their neighbours. Here are some suggestions for dinners using unrationed meats, very nourishing as well as tasty. Perhaps you will have some original ideas to add to these.

Lancashire Liver Puffs

Parboil ½lb. of liver. Boil ½lb. macaroni in salted water for 20 minutes. Then mince or chop both finely. Make a good white sauce by melting ½oz. of good fat, stir in 1½ tablespoons flour, season with pepper and salt, and when brown add a cup of milk, stirring as it thickens. Then add the minced liver and macaroni, and 2 tablespoons chopped parsley. When all is mixed and heated through, add 2 well beaten eggs. Drop large spoonfuls of this savoury mixture into boiling fat; they will puff up and be very light. This quantity should make a dozen good-sized delicious puffs. Serve with jacket potatoes and a green vegetable, or a green salad (lettuce, young spinach leaves, chopped celery, grated raw carrot).

Poor Man's Goose

1. This is the traditional Gloucestershire method, using heart as well as liver, and no stuffing. Peel and parboil 2lb. potatoes and slice them thinly. Wash a sheep's heart and liver, dry thoroughly and cut in thick slices. Peel and chop 2 onions. Grease a casserole and put in alternate layers of potatoes and meat, sprinkling each layer with onions and a seasoning of pepper and salt, and powdered or chopped sage. Put the lid on the casserole (in old times they used a piedish and covered the pie with greased paper) and bake in a moderate oven for 1½ to 2 hours. Bacon may be used as an additional flavouring for this dish. Serve with plenty of apple sauce, and a green vegetable or raw green salad.

2. Slice a sheep's liver and pour hot water over. Make a good stuffing with breadcrumbs, or soaked stale bread squeezed dry, chopped onion, chopped sage (or powdered), pepper and salt to taste. Grease a pie-dish or casserole. Put a good layer of stuffing in first, cover with a layer of sliced raw apple, then put a layer of liver, sprinkle with chopped bacon, and then a layer of sliced parboiled potatoes. Repeat whole process, layers of stuffing, apple, liver, bacon and potato, until the dish is full. Should

be 3 complete lots at least. The apple takes the place of apple sauce. Serve as No. 1.

Kidney Flan (very appetising)

For 5 people allow ½lb. short pastry, 6 sheep's kidneys, 3 eggs, 1oz. butter, chopped parsley, salt and pepper. Line pie plate with short crust, and bake a nice brown. Skin and halve kidneys, roll in flour, pepper and salt. Stew slowly with small amount of water till tender. Flavour well. Melt 1oz. butter in frying-pan, break in eggs and scramble them. Fill pastry case with stewed kidneys, cover with scrambled eggs. A few fried tomatoes may be placed on top. Serve very hot.

Baked Liver (whole)

Wash a liver thoroughly and wipe dry. Cut a long deep hole in the side, and fill with a good stuffing made with breadcrumbs, chopped bacon and onions, pepper and salt to taste, a little butter or bacon-fat, and a beaten egg to bind all, or milk if no egg available. Tie up the liver, spread well with dripping and bake about an hour in good oven, basting frequently. A piece of butter paper should be placed over the liver at first, to prevent the outside getting dry and hard. Remove the paper when half-cooked. Serve with good gravy, and currant jelly or quince honey.

Oyster Sausages

Beard and chop a dozen oysters. Remove the skins from a pound of pork sausages. Mix both together, adding a few breadcrumbs and a little shredded suet. Bind with a well-beaten egg; season to taste; roll into sausages or patties; cover with breadcrumbs and fry in very hot fat.

Fish Pie

Make a pint of good white sauce, adding a finely grated onion. Mix this while hot, with about a pound of cooked fish, flaked finely. Season nicely, and keep hot. Have ready some well mashed potatoes and line a pie-dish with some of this; then fill up with the fish mixture, leaving room for a top layer of potatoes. Sprinkle with grated cheese and dot with small knobs of butter. Bake till nicely browned in a quick oven.

Stuffed Tripe

Cook till tender about 1½lb. tripe, all in one piece. Slice up 2 or 3 onions, and fry a light brown. Mix them with a cupful of breadcrumbs, season with pepper and salt, and powdered or chopped sage, and bind with a little milk. Spread this stuffing on to the cooked tripe, roll it up and tie with white thread. Put into a casserole, pour over it about a pint of milk, put a thin slice of butter on top, cover with lid and bake in hot oven for ½ to ¾ hour. Dish up the roll, remove the thread, and serve with parsley sauce, using the milk in the casserole. Also serve jacket potatoes, and a green vegetable.

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