

SISTER-

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MALT IN COOKERY

MALT, which is made from barley, is a very good food, for it is rich in minerals and some of the Vitamin B complex, as well as other food elements. Used in cookery, it gives an unusual flavour to dishes, as well as enriching them. It can be used in drinks, too, as you shall see.

Malted Cocoa

For each cup allow 1½ teaspoons of cocoa; 1 teaspoon of malt; 1 cup of milk; ¼ teaspoon of vanilla; and a pinch of salt. Mix the cocoa and the malt, add the milk, and cook over boiling water for 15 minutes. Add the vanilla and salt, whisk it well, and serve hot.

Ginger Malted Milk

To one cup of milk allow 1 dessertspoon of malt, and ¼ teaspoon of ground ginger. Blend the malt and ginger, add the milk, and heat over hot water. Do not let it get too hot, as it may curdle. Whisk and serve immediately.

Malt Meal Wafers

Four ounces of butter or fat; 4oz. of sugar; 1 egg; 1 tablespoon of malt; ½ cup of flour; 1 cup of bran; and 2 cups of wholemeal; 2 tablespoons of milk; and 1 teaspoon of baking powder. Cream the butter and sugar, add the egg, then the malt, and beat well. Mix in the milk, then the dry ingredients. Turn it out on to a floured board, and knead. Roll very thin, prick well, and cut into squares. Bake in a moderate oven, but watch, as they burn easily.

Overnight Malt Biscuits

One tablespoon of malt; ¼lb. of butter or fat; ¾ cup of sugar; 1 egg; a pinch of salt; 2 large cups of flour; and ½ teaspoon soda dissolved in a little milk, and 1 dessertspoon of cocoa. Cream the butter and sugar, add the egg, then the malt, and the dry ingredients. Mix well, shape into a long roll, and leave overnight for the malt to go through thoroughly. Next morning, cut off thin slices, and bake in a moderate oven. Delicious with butter.

Malt Crunches

Two cups of wheat flakes; 1 cup of rolled oats; 1 cup of seeded chopped raisins; 4oz. butter or fat; 1 cup of light brown sugar; 2 tablespoons of malt; 1

cup of desiccated coconut; 2 tablespoons of boiling water; ¼ cup of flour; 1 teaspoon of vanilla, and 1 teaspoon of soda. Place in a basin the flakes, chopped raisins, sugar, coconut, flour and rolled oats; blend them thoroughly. Melt the butter, add the malt, and combine. Add to the dry ingredients. Dissolve the soda in boiling water and add to the mixture. Place in teaspoonfuls on a cold greased tray, and bake in a moderate oven at 360deg. This makes a lot.

Malt Cream Pie

Have ready a cooked pastry shell. For the filling you need 1 pint of milk; 4 egg yolks and 4 egg whites; 4oz. of sugar; 1oz. of cornflour; 1 tablespoon of gelatine; ¼ teaspoon of salt; and ¼ cup of malt. Soften the gelatine in ½ cup of the milk. Bring the remaining 1½ cups of milk to the boil; and to it add carefully, stirring constantly, a well beaten and smooth mixture of egg yolk, malt and cornflour. Add the softened gelatine, and bring to boiling point, stirring vigorously. If it appears to be lumpy, beat with an egg beater till perfectly smooth. Pour the mixture into a bowl, and cover with a plate. Leave till quite cold, and very nearly set. Beat the egg whites stiff with salt, add the sugar and beat thoroughly. Beat the setting custard mixture, and fold in the stiff egg whites. Pour into a cold short pastry crust. You may sprinkle the top with chopped dates or nuts, or arrange slices of tinned peach or other fruit round the edge.

Apple Dumplings

Place in a saucepan and bring to the boil—2 cups of water; 8oz. of light brown sugar; 1 tablespoon of butter; and 1-3 of a cup of malt.

Now for the dumplings. Four ounces of flour; 1 tablespoon of butter or good fat; a pinch of salt; 1 egg; 2 teaspoons of baking powder; ¼ cup of milk, and 2 tablespoons of sugar. Sift the dry ingredients into a bowl. Chop in the butter or fat. Add the beaten egg and milk and roll out to a soft dough. Cut into four pieces, and add a dessertspoonful of stewed apples to centre of each. Fold the corners centre to centre, forming a ball, and drop into the syrup. Boil gently for 20 minutes, without lifting the lid.

Baked Malt Custard

One cup of milk; 1 egg; ¼ teaspoon of salt; ¼ teaspoon of vanilla; 1 tablespoon of malt. Beat the egg, salt, vanilla and

Scripture Cake

Take this recipe along to the next kitchen tea!

		of 1st Kings	Chapter 4,	verse 22
4½ cups	"	Judges	" 5	25 (last clause)
1½ "	"	Jeremiah	" 6	20
2 "	"	1st Samuel	" 25	18
2 "	"	Nahum	" 3	12
1 cup	"	Numbers	" 17	8
2 tablespoons	"	1st Samuel	" 14	25
Season to taste	"	2nd Chronicles	" 9	9
6 only	"	Jeremiah	" 17	11
Pinch of	"	Leviticus	" 2	13
½ cup	"	Judges	" 4	19 (last clause)
2 teaspoons	"	Amos	" 4	5
Method	"	Proverbs	" 23	14