

MEATLESS DISHES

SPECIAL non-meat dishes are more ingenious and varied now that rationing has stimulated the concocting of meatless dishes all the year round. Although protein (the body-building part of food), is found chiefly in meat, yet fish, eggs, and cheese are all rich in protein too, and make good substitutes. Good, thick, vegetable soups are very useful too, and if made with peas, potatoes, lentils, or haricots, they contain a good proportion of protein.

Baked Fish Pancakes

The Batter: Sieve 4oz. flour, 1 teaspoon baking powder and a pinch of salt into a basin. Make a well in the middle and break 1 egg into it. Mix the flour gradually to a smooth paste, adding a little milk as needed and beat until you have a smooth batter, full of bubbles; then add more milk, using ½ pint altogether. Leave to stand for about ½ hour. Melt enough fat in a small frying pan to coat it nicely, and put the batter in by tablespoonfuls, just enough to make thin pancakes about 3 inches across. When cooked, put a spoonful of the following fish mixture on each pancake and roll it up. Lay the pancakes in an oven dish as they are cooked, then sprinkle all lightly with grated cheese and bake for about 8 minutes in a hot oven.

Fish Mixture: Mix cooked flaked fish (about 4oz.) with the yolk of an egg, pepper and salt and chopped parsley, and make it hot in a small saucepan, adding the juice of a lemon and a tablespoon of grated cheese.

Lima Shapes

Soak sufficient lima beans in cold water overnight. Cook in the same water till tender. Rub through coarse sieve, forming 2 cups of thick purée. Melt 2 tablespoons of fat, and 2 tablespoons of chopped onion and cook till yellow. Add 1½ tablespoons of flour, stir until smooth, then add ½ cup milk. Stir constantly until creamy; add the pureed limas, 1 beaten egg, ½ cup chopped walnuts (or peanuts), ¼ teaspoon pepper, and ½ teaspoon salt. Peck into greased individual moulds (small cups) or one big mould. Stand in a pan of hot water and bake at 350 deg. for about 20 minutes, or until set. Turn out and serve with tomato sauce made by stewing tomatoes with very little water and sieving them; flavour with a little sugar and nutmeg.

Fish Surprises

Bake as many large unpeeled potatoes as required for the family. While they are cooking, take the same number of fillets of fish (sole or flounder for preference); roll them up and secure, place in small pan with just sufficient water to cover; add pepper and salt, a clove or two, a bay leaf, a finely chopped shallot, some chopped parsley, and the juice of a lemon. Bring gently to the boil and simmer for 10 minutes. Take out the fish rolls, strain the liquid and thicken it with flour and butter, adding a little milk if necessary. Now cut off a slice from each cooked potato laid sideways. Scoop out most of the cooked potato and

mash it with butter, pepper and salt. Into the potato shell put first a little sauce, then a rolled fillet of fish, and cover with more sauce (which should be rich and smooth). Then arrange the mashed potato nicely all round the edge of the stuffing—it is pretty if piped out through a forcing bag. Grate a little cheese over the top of all, put into hot oven and bake for a few minutes till nicely browned. Serve with green vegetables or a salad.

Egg Roll with Cheese Sauce

Make a rich white sauce with flour, shortening, milk and salt. Add chopped hard-boiled eggs. Cool. Make a scone dough and pat out into an oblong shape about ¼ in. thick. Spread egg mixture on this and sprinkle with chopped parsley. Roll up jelly-roll fashion and cut in ½ in. slices. Bake on greased tray about 15 minutes—425 deg. Serve with cheese sauce.

Baked Stuffed Fish Steaks

Have steaks of fish cut ¾ in. to 1 in. thick (hapuka, schnapper, etc.). Place one on greased baking dish, and cover with a tasty stuffing (breadcrumbs, grated onion, chopped parsley, butter, pepper and salt). Instead of stuffing (or even with it); lay thick slices of ripe tomato on the fish. Put a second thick steak of fish on top of stuffing, brush with lemon juice, sprinkle with salt and pepper. Dot with butter. Bake uncovered in moderate hot oven, 375 deg., for about 45 minutes or until fish will flake easily. Serve with your favourite fish sauce.

Sauce (very good)

Cut up and cook 1 slice of bacon slowly in a dry saucepan for a few minutes, letting all the fat melt; then add a small chopped onion, and if available (from chemist) a bay leaf. Leave for a minute or so, then add a breakfast cup of water and boil till the onion is soft. Strain. Return liquid to saucepan, and stir in a paste made by mixing together 1 tablespoon of flour and 2 tablespoons of butter. Cook till smooth, then add a tablespoon of finely chopped parsley, a teaspoon of sugar and the juice of half a lemon.

Macaroni and Fish Croquettes

Any cooked fish will do, including crayfish or smoked fish. Cook ½ lb. of macaroni broken into small pieces in boiling salted water until tender; then drain. Make a cream sauce with 4 tablespoons of fat, 4 tablespoons flour, 1 cup milk and ¾ teaspoon salt. Then add the flaked fish, the cooked macaroni, and a dessertspoonful of grated onion. Chill in refrigerator or cold safe. This part can be got ready beforehand. At meal time, shape into croquettes, roll them in beaten egg and then breadcrumbs, and fry in hot deep fat. Serve with fresh tomato sauce.

FROM THE MAILBAG

Burnt Saucepans

Dear Aunt Daisy,

Here is a household hint which I have just discovered using egg shells. Bake the shells, then crush up finely, and add common salt; put into a dry tin and punch holes in the lid. When pie-dishes or other cooking utensils have become

burnt slightly, sprinkle with the egg shells and salt, and rub with a cloth. It is very good. "Always Listening."

Keeping Autumn Leaves

Dear Aunt Daisy,

Would you please publish in *The Listener* whether there is any way of preserving elderberry branches and berries for winter decorations. Also when treating Autumn leaves with glycerine, does one have to add water, or just stand the twigs in the pure glycerine?

B.C., North Canterbury.

No, use no water at all. Just split the stems, as soon as the foliage is cut, and put them into a jar containing two or three inches of glycerine. Leave it for a few days to absorb as much as possible. Then arrange in jars, without any water. I think this will do for the elderberry also.

Relieve Asthma, Bronchitis, Colds, Coughs, Catarrh. All Tobacconists and Chemists, or from **JOHNSTONE & BRINDEN LTD.** Nathan's Bond Bldg., 47 Customs St. East, AUCKLAND, C.I. (P.O. Box 133) Packets, 10 - 1/4 Tins, 50 - 5/4

SURAMA
MEDICATED CIGARETTES

How Ovaltine helps the Digestion



DELICIOUS 'Ovaltine' is a scientifically balanced combination of Nature's best foods — malt, milk and eggs — and provides concentrated nutriment in a form exceptionally easy to assimilate. Without digestive strain this nourishment is rapidly absorbed to bring quick reinforcement of nerve-strength, energy and vitality.



A cup of 'Ovaltine' is very simple to prepare. When made with milk it has, owing to its special properties, the important advantage of rendering the milk much more digestible and assimilable, as well as more palatable. For this reason 'Ovaltine' has proved an outstanding factor in extending the consumption of milk—particularly among children—and its concentrated nourishment increases the nutritive value of milk to the greatest possible degree.

So superior is the quality of 'Ovaltine', that, throughout the war, 'Ovaltine' was requisitioned for the use of British, Australian and the United States services.

Drink delicious

Ovaltine

and note the Difference!



41.7

A. WANDER LIMITED, LONDON.
N.Z. FACTORY: NORTH ROAD, PAPANUI, CHRISTCHURCH.

