



A word in your ear about Nerves

RESTLESS nerves, that make you so irritable by day and interfere with your sleep at night, are starved nerves. Your everyday meals have not provided sufficient of the foods which feed and sustain the nervous system.

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COOKING IN PRESSURE SAUCEPANS

COOKING in a pressure saucepan is an up-to-date method of preparing a good-tasting and nutritious meal quickly. This is because the foods are cooked by steam at a temperature above boiling point. Vegetables stay fresh and crisp and each retains its own flavour and colour, although three or four may be cooked in the same pan at the same time—peas, beans, beetroot, cauliflower, and so on. It is now possible to buy metal dividers which will fit into most saucepans, and by means of which you can separate different vegetables and meat without wrapping them in the usual parchment paper. Vitamin and mineral losses are reduced to a minimum because of the very small amount of water used and the very short time of cooking. For instance, 2lb. of green peas sprinkled with ½ teaspoon of salt will cook in ¼ cup of water in a pressure saucepan at 15lb. pressure in 2 minutes. A pot-roast of beef weighing 5lb. will take 1 hour at 15lb. pressure.

But Stand-By!

Do not however be misled by these times as quoted above and given in the recipe-books which come with your pressure saucepan. Do not rely upon arriving home at 5 minutes to 6 o'clock and having the potatoes and peas cooked in 5 minutes, even if prepared beforehand. Nor can you pop them into boiling water with salt, etc., and leave them to cook while you take off your hat and set the table! You have to stand by the pressure cooker. The water is put in, and the vegetables, on the trivet, the lid adjusted properly, and the heat applied to bring the saucepan up to the steaming point; next the indicator is put on and the pressure brought up to 15lb. (or 10lb. or 5lb., according to your recipe). And then, and then only, do you count your 2 minutes! After that you reduce the pressure *quickly*, as directed by the manufacturer of your cooker, remove the indicator, and uncover, and there are your peas, green and lovely—"garden fresh," as the advertisements say. The result is very well worth the little bit of attention involved; and what sounds a little fidgetty and bothersome to read about is really no trouble at all after doing two or three times. The pressure saucepan has definitely come to stay; and those who have become used to them would hate to cook in the old way.

Know Your Cooker

Pressure saucepans are of different kinds, and it is NOT advisable to rush out and buy the first one you see. If possible, get a guaranteed one. Long handles, of wood or plastic, are best, because they don't get hot—and you have to lift the pan from the stove to the sink to cool it quickly under the cold tap. The pressure gauge must be easy to fix, fit on, and understand; and, most important of all, follow the directions when cooking. Don't fill your saucepan too full, so that food is drawn up into the steam vent, clogging it. That is how explosions are caused—one of our

New Zealand brides in America writing to her mother, described how the porridge was spread all over the ceiling! As I said before, try to get a guaranteed make of cooker, follow the directions accurately, and you will never want to use any other method of cooking. Moreover, these saucepans are splendid to use without the pressure—very good quality. Don't leave them soaking in strong soapy water—just wash and dry like a dish, and leave the cover off to keep it fresh. It is really best to have two, one for vegetables and one for meat, if your family is sizable. Once the required pressure is reached (say, 10lb. or 15lb.), you must at once reduce the heat; so you see that the time saving is two-way—a very important thing in times of fuel-shortage.

Makes Tough Meat Tender

The pressure saucepan is really economical in meat cookery, because it makes the cheaper cuts of meat (often more flavourful than the more expensive) tender and digestive. Old fowls and stewing meats become almost luxury dishes. Simply follow the directions, use the correct amount of water and the right pressure.

Veal-Ham Roll (Pot Roast)

This is an American recipe. Three pounds boned breast of veal, remove excess fat, wash and dry. Mince finely ¾lb. ham with about a teaspoon of dry sage. Spread this over the veal, roll up and tie with string. In the pressure saucepan put 3 tablespoons of salad oil (we should use dripping), and, when this is hot, brown the roll on all sides, turning as it browns. Then slip the rack (or trivet) under the meat, add ½ cup hot water, and adjust the cover. Allow steam to flow from vent pipe to release air; put the indicator weight on, bring pressure up to 15lb., according to directions. Cook at 15lb. pressure for 1 hour. Reduce pressure quickly (according to directions), remove indicator and uncover. Make gravy in pan as usual.

Cooking Cauliflower

Put clean cauliflower in saucepan on its rack. Add ½ cup boiling water and ¼ teaspoon salt. Follow the directions for bringing up to 15lb. pressure, then cook flowerets for approximately 1 minute, and a whole head, 3 to 3½ minutes. The outside stalks need not be thrown away. Wash, pare them like carrots, and dice them. Cook at 15lb. pressure about 6 or 7 minutes. Drain and season with salt, pepper and butter. Add thin white sauce if liked. Serve as a separate vegetable or on the dish with the flowerets or whole cauliflower.

Ox Tongue (Spanish Style)

Place the tongue on the trivet in the pressure pan. Add 2 cups water, cover, seal, and cook 45 minutes at 15lb. pressure. Reduce pressure, open pan, and remove tongue to skin it. If more than ¾ cup of liquid remains, pour off the excess. Now place in the pan ½ cup each of diced carrots, turnips, and celery, 1 cup diced potatoes, and ½ cup each of peas and cut-up beans. Also 8 small