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USING UNRATIONED MEATS

IN New Zealand most families depend upon the unrationed meats, with the addition of fish, cheese and vegetables, for about five days of the week. And a very good job we make of these meats, too—using liver, kidneys, brains, sweetbreads, hearts, tripe, oxtail and tongues. Here are some suggestions, and I'll be glad of any others which members of the Daisy Chain originate.

Poor Man's Goose

Slice thickly a lamb's, sheep's, or calf's liver. Make plenty of sage and onion stuffing; say 8oz. of breadcrumbs, 2 par-boiled and chopped onions; 1 to 2oz. of shredded suet, a teaspoon of powdered sage, or 12 chopped fresh sage-leaves, ½ teaspoon powdered ginger, pepper and salt to taste, all well mixed and a beaten egg to bind (or even milk if no egg). At the bottom of greased casserole put a double layer of sliced par-boiled potatoes, then a layer of liver slices, a sprinkling of chopped bacon, and a good layer of stuffing. Repeat layers till dish is full, finishing with potatoes. Pour over about a teacup of water or gravy, cover with lid (or greased paper) and bake in moderate oven for 1½ to 2 hours. Serve with plenty of apple sauce and a green vegetable, or a raw green salad.

Faggot Loaves

Mince up about ½lb. of raw liver, 2 medium onions and 2 rashers of bacon. Soak in milk 3 slices of stale bread. Make a batter with a teacup of flour, 1 egg, pepper and salt and dried sage to taste, and a little milk if necessary. Mix thoroughly till smooth, the batter, the soaked bread, and the minced liver, etc. Turn all into greased pie-dish, or meat-tin, score into squares with knife, cover with greased paper and cook in hot oven about ¾ hour. Eat hot or cold, with apple sauce, baked tomatoes and potatoes, and a green vegetable.

Creamed Tripe

Cut the honey-comb tripe into thin strips and subdivide into pieces about an inch long. Plunge these into boiling, salted water and cook until really tender (perhaps 2 hours). Then add plenty of diced onion, and continue boiling until onion is cooked. Now strain through colander. Return the tripe and onion to the saucepan, cover with milk, and bring slowly to the boil. Thicken with the best cornflour, adding pepper and salt to taste. When ready, add a good knob of butter (this is important) and plenty of very finely chopped parsley. Serve with thin strips of crisp toast.

Tripe With Oysters

A dozen oysters will transform about 1½lb. of tripe. Beard the oysters and just scald them in their own liquor. Cook the tripe exactly as above except that the cornflour-thickening is mixed with oyster liquor. After the heat is turned off add the oysters, halved or whole, and let them just heat through

before serving. If preferred, the oysters need not be scalded—just use them "as is."

Brains

Brains and sweetbreads are prepared by the same method—soaking first in luke-warm water with a little vinegar or salt for ½ hour; then place in boiling water and simmer for 10 minutes. Take out and put into cold water for a few minutes, to firm up. Then drain and dry. Ready now for use in recipes. Sweetbreads take a little longer to cook than brains.

Brains and Bacon

Break each set of brains into about 4 pieces, and roll each up in a rasher of bacon. Fasten with a matchstick, sprinkle with pepper, and grill or fry until bacon is cooked. Garnish with sprigs of parsley, and serve with baked potatoes and a green vegetable.

Braised Sweetbreads

For the American recipe it is usual to use calves' sweetbreads. After preparing as above (adding a few peppercorns and cloves and a dash of vinegar to the water when boiling), cut them into pieces and add them to the following mushroom sauce. Melt 3 tablespoons butter (or bacon-fat) in a little saucepan, and when brown add a small minced onion and ¼lb. of mushrooms sliced up. When these are tender, stir in 2 tablespoons of flour, and then add gradually a cupful of milk, pepper and salt to taste, and stir till it thickens nicely over low heat. Serve on dry toast, with mashed potatoes and a green vegetable.

Brown Sheeps' Tongues

This is a tasty fricassee. Wash 4 sheeps' tongues and put in pan with boiling water; simmer till tender. Cool in the water, skin, and cut in two lengthwise. Roll in seasoned flour and fry in fat, with onion slices, until rich brown. Lift out and keep hot while you make gravy by melting 2 tablespoons of flour in the fat, and adding gradually 2 cups of vegetable water or meat stock or hot water containing meat essence or vegetable extract. Make it the thickness you like best, pour it over the tongues and onion, add a squeeze of lemon juice, and serve hot with mashed potatoes and cauliflower.

Tinned Meat and Kumara

Americans make this with their sweet potatoes. If our kumaras are out of season, we can use potatoes and a little more brown sugar, to taste. Cook 3 large sweet potatoes in their skins, then peel and slice. Core, peel and slice 3 tart apples. Use a 12oz. tin of luncheon-meat (as desired). Cut half the meat into slices, and dice up the remainder. In a greased baking dish place alternate layers of sweet potatoes, apples and diced meat. Sprinkle each layer with a little brown sugar. Top with a layer of meat slices, dot with butter or margarine. Bake, covered, in moderate oven, 350 degrees, for about 40 minutes, removing cover for last 15 minutes.