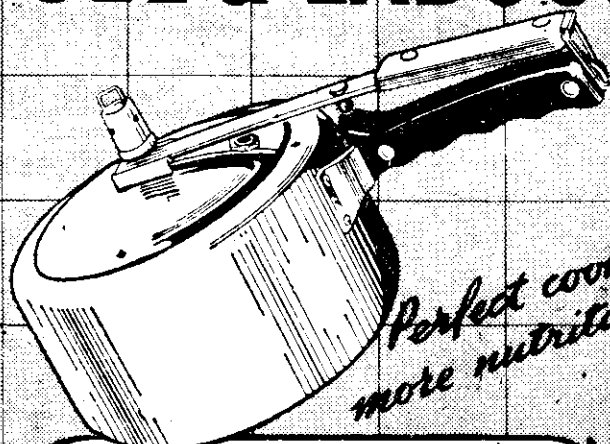


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"And that's  
that!"

—says Mrs. Rawlins

"Take it, my dear,

from one who knows. There's a heap of difference between linen being clean and being a lovely white. Washing will make grey sheets clean, but where's the pride! Mark my words, **Reckitt's BLUE** in the final rinse keeps your linen a good colour."

BL 52



## SPRINGTIME MEALS

**A**SPARAGUS, green peas, new potatoes, young carrots, spring onions, and radishes are all here again to give us a new interest in meal-time. Meat may be expensive, but with plenty of these spring vegetables and the judicious addition of finely-chopped spring mint and fresh parsley, we can manage grand meals.

### Asparagus

Do not overcook this or any spring vegetable; the colour and flavour both deteriorate if cooked beyond just tenderness. Pressure saucepans are really good to use for vegetables—no swamping with water, no waste. Asparagus is cooked in two to three minutes, peas in two minutes! Without a pressure cooker, scrape the stalks free from scales and gently wash any sand from the tender tips. Tie in bundles and stand upright in boiling salted water—sufficient to come about half-way up the stalks. Cover with lid. The tips will cook in the steam—probably 15 to 20 minutes if young and fresh. Untie the bundles and serve in individual dishes, upon a slice of hot toast, to absorb the moisture. Pour a little melted butter over; or butter the toast lightly and soften it with a little asparagus water. Or—mix together sufficient chopped hard-boiled egg with mayonnaise-dressing, adding a little extra mustard. Lay the asparagus on toast and coat lightly with the sauce.

### Asparagus Cheese

Cook sufficient asparagus and cut into pieces. Put a thick layer of this in a buttered dish, cover with chopped cream cheese or cottage cheese, then with a layer of slices of hard-boiled egg. Pepper and salt to taste. Repeat the layers at least once—twice if possible. Pour over it a good white sauce (not very thick) flavoured with chopped chives, or parsley, or both. Bake in a moderate oven about half an hour.

### Peas, Carrots, Potatoes

This is a Continental recipe: 1½lb. young, green peas; 1lb. small new potatoes; ¾lb. small, young carrots; castor sugar, parsley, pepper and salt. Boil together the carrots and peas. Boil the potatoes separately. Strain carrots and peas, and, in the saucepan in which they were cooked, melt about 2oz. butter, stir in 1 dessertspoon castor sugar; then add 2 to 3 tablespoons water. Put peas and carrots back into saucepan, with this sauce, toss them a little, then cover the pan and leave to simmer very gently whilst straining and drying off the potatoes. Now put the potatoes in with the carrots and peas, simmer all together for four or five minutes, then turn all out on a well-heated dish, sprinkle with finely-chopped parsley and serve immediately. For a richer dish, add a little fresh cream.

### Green Peas (French)

This is a pre-war French recipe. Two to 3lb. green peas; 3oz. butter; a lettuce; a tablespoon castor sugar; 2 small onions; parsley. Unless the peas are very young, parboil them first. Cream

2oz. of the butter with the castor sugar and a pinch of salt. Put it into a saucepan with 3 tablespoons water, 2 tiny onions, or a larger one cut in quarters, the heart of the lettuce, a sprig or two of parsley, and the peas. Cover the saucepan, cook very gently, shake from time to time, always with lid tightly on. When peas are cooked, take out the parsley, add the rest of the butter in little bits, and serve with the sauce in which they were cooked, together with the lettuce and onions. No waste, you see!

### Asparagus Grilled

Half-cook the asparagus in the usual way. Remove from saucepan, dust with a little pepper and salt, and coat each stalk with fine breadcrumbs mixed with melted butter. Put them into an

### PERFECT SALAD

Arrange five medium-sized crisp lettuce leaves in individual plates. In the centre leaf place a slice of pineapple. Cut a cored apple (skin and all) into five rings and place one on the pineapple slice, two in each of two lettuce leaves, and a dessertspoon of cream cheese in the other two leaves. Put a date in the centre of each apple ring. Garnish with thin slices of orange standing upright between the lettuce leaves. Serve with salad dressing or mayonnaise. Make the cream cheese like this. To 1 pint of just nicely warm milk add one tablespoon of lemon juice (or just sufficient to separate the milk). Stand in warm place till well curdled. Tie up in cheese cloth and drain well. Take out, break up with fork, add salt to taste and a little cream, if available.

already heated grilling pan or meat-dish, and brown lightly all over under the grill or in the top of a hot oven. Turn them to get an even brown. Sprinkle with a little grated mild cheese, and serve hot with brown bread and butter, or toast.

### Asparagus Salad

In individual salad-plates arrange 2 or 3 small, curled lettuce leaves, crisp and dry, with about 6 stalks of cold cooked asparagus. Put half a hard-boiled egg on each side, and a spoonful of cold cooked peas in between. Serve mayonnaise or French dressing separately. Garnish with red radishes peeled backwards to look like flowers; or slices of tomato.

### Carrots and Peas

Wash the young carrots, leaving them whole, unless large, when they may be split down lengthwise. Put them into a saucepan with sufficient boiling, salted water to cover well, and allow to cook steadily. When nearly tender, add the peas, a sprig or two of mint, a dash of sugar, and a walnut of butter, and simmer till both vegetables are cooked. Then strain and thicken the liquid with cornflour mixed with milk, adding chopped parsley before pouring it over the dished carrots and peas. In this way the mineral salts in the water are not wasted. Eaten with small new potatoes, wholemeal bread and butter and cheese, this is a really delicious meal.

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