

MINT AND RHUBARB

THESE have nothing in common except that they are both at their best in the spring. How crisp and pink and flavoured—some is this rhubarb! And how many uses there are for mint besides making mint-sauce! Very finely chopped mint is delightful added to almost any salad; and it gives just the right touch to cool summer drinks. Plain orange-juice sprinkled with a little finely-chopped mint, and iced, makes a grand cocktail.

Mint Lemonade

This recipe makes about 2½ quarts before adding the ice. Combine one and a-third cups lemon-juice, 1 cup chopped mint leaves, 1 cup water, and 1½ cups of sugar in a saucepan, and bring to boil. Remove from heat, cover and cool. Strain. Add 9 or 10 cups of ginger ale, and serve with ice in each glass. Garnish with a sprig of fresh mint.

Grapefruit-Mint Cocktail

This is a popular and healthful cocktail, useful for a party dinner. Prepare beforehand the fruit juices—1½ cups grapefruit juice; ¾ cup orange juice; 2 tablespoons of bottled or fresh lime juice; and 3 tablespoons (or less) of sugar. Keep in a cool place; and just before serving add a cupful or more of ginger-ale or plain soda water. In each of 6 cocktail glasses arrange ¼ teaspoon of very finely chopped fresh mint, and pour the cocktail over. Serve at once. Any combination of orange juice, canned or fresh, may be used for this.

Orange Mint Julep

Two cups of sugar; 2½ cups water; 16 sprigs mint, chopped; ¾ cup orange juice; 1 cup lemon juice; 4 tablespoons grated orange rind; ice and soda water. Boil the sugar and water together for five minutes. Add chopped mint, juices, and rind. Chill for one hour. In serving, half-fill glasses with ice, add 5 or 6 tablespoons of the fruit syrup to each glass, and fill with soda water. Serves about 10.

Mint Jelly

Boil together for a minute or two, 3 or 4 dessertspoons of sugar, one cup each of hot water and vinegar and a pinch of salt. Have a tablespoon of powdered gelatine softened in a little water, and stir it into the syrup. Remove from heat, add a cupful of very finely chopped mint, and stir well till the gelatine is thoroughly dissolved and all is well blended. Set in small pots. Very good with hot or cold lamb—or mutton.

Baked Rhubarb

Cut the fresh spring rhubarb into 1½ inch pieces, and put into a casserole; sprinkle with about one-third its weight of sugar, and barely cover with water. Add some strips of lemon-rind and cover with lid. Bake in slow oven till tender but not mushy. Remove the lemon-rind and serve hot or cold. Alternatively, make a syrup by simmering together, for 3 or 4 minutes, 2 cups

water, and 1 cup sugar. Thicken very slightly with arrowroot if desired, and add the juice of a lemon. Pour this over your cut-up rhubarb in the casserole, put on the lid, and bake very slowly till tender, but not squasy. If not pink enough, add a drop or two of red colouring before serving.

Spring Rhubarb Pie

This is an American way. Cut up 2lb. of crisp rhubarb into ½ inch pieces. Combine 6 tablespoons flour with ¾ cup sugar and mix it in with the rhubarb. Arrange it all in a fairly shallow casserole or pie-dish. Pour over a cupful of melted honey and lemon-juice, or half golden-syrup and half hot water flavoured with lemon juice (in America they use corn-syrup); top with tiny

HONEY CAKE

Half a pound of honey; ¼lb. butter; ½lb. raisins; ¼lb. sul-tanas; ½lb. dates; 5 eggs; 2oz. coconut; 2½ cups wholemeal; pinch salt; one teaspoon of cinnamon; 1 teaspoon each of lemon, vanilla, rum essence. Cream butter and honey, add beaten eggs and mix well, then add fruit and coconut and lastly the wholemeal. Bake in a slow oven for at least three hours. This cake is much improved with keeping, and will keep a long time.

knobs of butter, using about a table-spoonful. Roll out your flaky pastry 1-8 inch thick. Make a little design on it by folding it over in half and making slits in the fold. Unfold and cover the pie decorating the edge with a fork. The pastry should be large enough to hang over, and be tucked under on the edge of the dish, making a thick edge. Hot oven for first 20 minutes (425 degrees or regulo 7½) then reduce heat and cook for approximately an hour.

Mock Strawberry Jam

One large bunch rhubarb; 1 pint water; ½lb. seeded raisins (sticky); 1lb. sugar; 1 teaspoon strawberry essence. Soak the raisins in water overnight. Boil next day with the finely chopped rhubarb for 15 minutes; add sugar and boil for 30 minutes, or until it will set when tested. Add essence when taken off the boil and bottle while hot.

Rhubarb Wine

Five pounds of rhubarb, 4lb. sugar, 1 lemon (juice and thinly pared rind), ½oz. isinglass, 1 gallon cold water. Cut rhubarb into small pieces, put into crock and crush thoroughly. Pour water over, leave to stand 6 to 8 days, stirring and crushing every day. Strain, add sugar, lemon juice and rind, stir till sugar dissolves. Add isinglass dissolved in a little hot water. Leave till fermentation ceases. Strain, and bottle. Be sure working is finished before corking tightly. Ready for use in 8 weeks, but better if kept longer—say 6 months. The isinglass is to clear the wine; but, even without it, the wine will clear itself gradually over the months.



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