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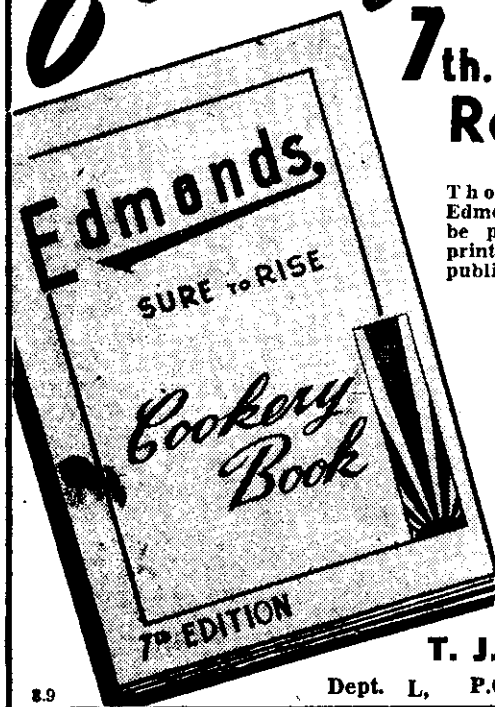
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## INTERNATIONAL RECIPES

HERE is another selection of recipes from other lands.

Soup is especially appropriate for winter meals, and the shooting season means game for some households.

### China—Pork Chop Suey

One pound lean pork, 2 cups diced carrots,  $\frac{1}{4}$  cup almonds (the secret of the dish), 1lb. canned peas, 2 cups diced celery. Blanch and chop almonds and cook them till golden-brown in a few tablespoons of oil or fat. Drain them and set aside. Cut pork into 1-3rd inch cubes, and cook until golden brown in a shallow stew-pan in about 4 tablespoons hot oil or fat seasoned with 1 teaspoon salt. Add diced celery and  $\frac{1}{2}$  cup chicken broth, then the cooked diced carrots and peas. Cover pan tightly and cook over very low heat until meat is tender—about 5 minutes. Blend and add 2 tablespoons cornflour, 2 teaspoons soy sauce (described last week) and 1-3rd cup cold water. Stir constantly until the juice thickens and mixture is very hot. Stir in almonds. Serve immediately, with hot boiled rice.

### Russia—Little Bortsch

A quick way of making their beetroot soup. Heat a piece of butter in a frying pan, and fry some raw carrot, onion, leek, celery, and a good-sized cooked beetroot, all previously cut small. Heat some good clear stock (meat and vegetable), add fried vegetables, and vinegar (about 1 tablespoon to 2 pints stock). Simmer all gently. Have ready a darkened raw beetroot grated to pulp, which you then strain through a cloth. When vegetables are cooked, strain soup, add cayenne pepper and salt to taste, and strained beetroot pulp. Boil quickly and serve in cups. In summer, serve iced.

### Denmark—Giblet Soup

Wash and scald giblets, and put on to boil in cold water with a piece of celery, 2 or 3 carrots and leeks, and a sprig of parsley. Bring to boil, then simmer gently till giblets are cooked. Season with salt and strain. Meanwhile, cook together in another saucepan some soaked prunes, some apples (peeled, cored and quartered), a spot of vinegar and a little salt. When cooked, strain. Put strained fruit in soup, together with some of vegetables cut in pieces and also small pieces of the giblets. Re-heat. Serve with meat-balls made thus: Mince together, very finely, 1lb. beef and 1 onion. Put in basin, add salt and pepper, mix in 2 tablespoons flour and stir in 2 eggs. Beat well, and, if necessary, add a little milk. Using a teaspoon, make mince into small balls and cook these for 10 minutes in the soup. These meat-balls are also used in chicken soup.

### France—Bouillabaisse

This fish soup is a speciality of Southern France, and is a meal by itself. Although some of the fish usually put in this soup are only obtainable on the Mediterranean coast, they are not indispensable to a most succulent bouillabaisse. It is not worth the trouble of making for 2 or 3 people, so quantities given are for about eight. Cut 2 whittings into 3 or 4 pieces, 1 sole and 2 red

mullet into good-sized pieces, 2 lobsters or crayfish in halves. In a big, wide saucepan lightly brown 2 or 3 chopped onions in  $\frac{3}{4}$  teacup olive oil. Put in fish, just cover with tepid water, add a bay leaf, pulp of half a lemon, from which pips have been removed, pulp of 2 fresh tomatoes, a glass of light dry white wine, a little chopped leek, pepper, salt and piece of garlic. Bring quickly to the boil and continue boiling fast for about  $\frac{1}{4}$  hour, till fish is cooked and stock well blended. Then add a little finely chopped parsley and a pinch of saffron, and boil few minutes more. Serve best pieces of fish on a dish with prawns round them at same time as steaming hot soup, which should be poured into a soup tureen over thin slices of bread from which crusts have not been removed.

### Flanders—Fillet of Venison

Mix well, but do not cook, 2 tumblers of white wine, a tumbler of vinegar, 3 tablespoons oil, some thinly sliced onions, a chopped shallot, a little parsley, thyme and tarragon vinegar, a bay leaf, salt and pepper. Put a good piece of fillet of venison in an earthenware dish, cover with the marinade, stand in a cool place and leave to steep 24 hours, basting 3 or 4 times. Before cooking, wipe well with a dry cloth. For meat from young animal steep for 12 hours only. Put prepared venison in a casserole with a little butter, 2 tablespoons white wine, 2 tablespoons stock, and cook with lid on in a moderate oven. Serve, cut in slices, on a long dish in a surround of Duchess potatoes, small Brussels sprouts tossed in butter after boiling, and white cabbage, which after being parboiled has been cooked in butter with a few slices of apple and a little castor sugar. Pour over meat some of gravy in which it has been cooked.

### France—Duchess Potatoes

Boil and mash 2lb. potatoes. Mix with 3 egg yolks, a little milk or cream and a piece of butter. Add salt. When quite smooth and cold add 2 whites of egg previously beaten to a stiff froth. Flour hands, shape puree into small pyramids, balls or cakes, put on a buttered tin and bake to golden brown, basting with butter.

### America—Wild Duck

Prepare and truss duck, tucking back the wings. Scrape a carrot and place it inside bird. Put into saucepan of boiling water. Let simmer 10 minutes. This parboiling with the carrot inside will considerably lessen fishy flavour in most wild ducks. Now dust the bird with salt, pepper and flour, put it on a baking-tin, covering the breast with 2 slices of fat salt pork. Add 2 tablespoons fat and 1 cup water and bake in hot oven 15 minutes, then reduce heat. Wild duck should never be overcooked and is served with good brown gravy, made in tin after bird is done, also with cranberry jelly and slices of orange.

### Spain—Guisado

This is a Spanish stew. It is made with pheasant, hare, partridge or chicken, and the meat and vegetables are always in a rich, aromatic gravy. Cut