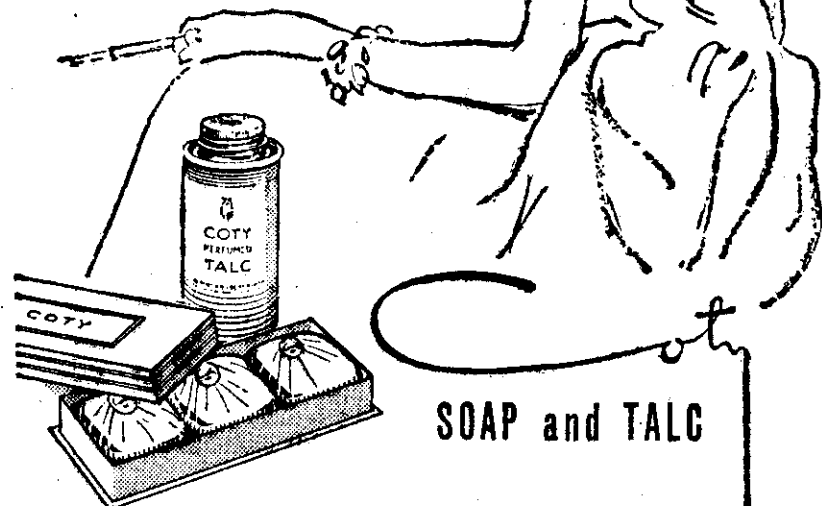


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RECIPES OF ALL NATIONS

THIS is a continuation of the idea that international understanding might be fostered through the "getting together" of ordinary people over cooking. After all, most people become good-tempered and sociable at the meal-table, and, as the poet says:

We may live without poetry, music and art,

We may live without conscience, and live without heart,

We may live without friends, we may live without books,

But civilised man cannot live without cooks.

Hungary—Galushka Goulash

Galushka just means Hungarian dumplings made with flour and eggs. Sift a cupful of flour, add a pinch of salt, break in an egg and beat well. Add a little water and continue beating until dough is like a moderately stiff batter and has plenty of air-bubbles in it. Shape into little dumplings with a teaspoon and poach in boiling salted water. For the Goulash, have 2lb. veal, 2 teaspoons paprika (Mexican red pepper), salt, 3 or 4 onions, ¼ cup of sour cream. Chop onions, fry them in butter and stir in paprika. Ordinary pepper will have to do, but perhaps a little less than stated. Put fried onions into saucepan, add veal cut into small dice, about a pint of water, and a little salt. Stew gently, with lid on, till meat is tender. A few minutes before serving add the sour cream. Serve with the Galushka.

South Africa—Bobotie

Two pounds fresh mutton, 1 large slice white bread, 1 cup milk, 2 onions chopped finely, 2 eggs, juice of 1 lemon and 2 tablespoons vinegar, 8 chopped almonds, 4 drops almond essence, 1 tablespoon curry, 1 tablespoon sugar, 2 tablespoons butter or fat, a few bay leaves or lemon leaves, pepper and salt. Mince the meat, soak bread in milk and squeeze. Fry onions in butter till golden brown. Mix all ingredients except 1 egg. Beat this egg, add the cup of milk, season with pepper and salt. Put mixture into pie dish, pour over beaten egg and milk. Stick leaves into top of meat. Bake till custard is set and meat well done. Serve with rice. If curry powder is not strong, use more, as this dish must have strong curry flavour. It may be made with cooked meat.

Greece—Ragout of Lamb

Use canned peas, and perhaps preserved tomatoes, drained so that they will fry. Try the recipe again when we have broad beans. Spinach may be added when the meat is put into saucepan, but should be previously steamed for a few minutes. Young French beans, just topped and tailed and broken in two, are also added, in season, and at any season, potatoes when lamb is half cooked. Use 2lb. breast of lamb, 1lb. tomatoes, ½ pint stock, 2oz. butter, 3 or 4 onions, a wineglass of red wine, 1lb. broad beans or peas, 1 bay leaf, a little lemon and mint and salt and pepper to taste. Cut meat into even pieces. Heat butter in frying-pan, fry onions,

previously sliced, and when these are brown add meat and fry this nicely brown, then add salt and the tomatoes cut in slices and fry these lightly. Turn contents of frying-pan into saucepan, add about ½ pint stock, wine and bay leaf. Simmer till lamb is tender, adding a little stock from time to time, but stew should not be watery. About ¼ hour before serving add peas or beans, previously cooked with a little mint, and a squeeze of lemon juice. Serve very hot.

Spain—Olla Podrida

Olla Podrida, also a favourite in South America, is made in different ways. The main ingredients vary considerably and the method of preparation is slightly different according to locality. Here is a recipe for Olla Podrida with rabbit. Boil a young rabbit till half cooked, and with it vegetables such as onions, carrots and celery. Then joint rabbit and put in saucepan with a dozen or so oysters, 2 breakfast cups liquor in which rabbit has been par-boiled, some herbs and a bay leaf. Simmer gently with lid on till rabbit is tender. Arrange rabbit on dish, surround with oysters and keep hot, but do not let dry. Melt 1oz. butter in saucepan, stir in 1 tablespoon flour, add liquor in which rabbit has finished cooking, 1 anchovy finely minced, and a little chopped parsley and thyme. Boil and simmer for few minutes. Pour gravy over rabbit and serve with vegetables cooked with rabbit.

Mexico—Enchiladas

You may have to leave out the olives. If capers are unobtainable use pickled nasturtium seeds. One and a-half pounds of minced beef, 1lb. minced pork, 1 cup seedless raisins, ½lb. almonds, 1½ cups freshly grated cheese, 3 onions, 3 cloves, garlic, 1 cup ripe olives, 1 cup capers, a few sprigs of parsley, 2 tablespoons vinegar. Chop onions and garlic finely, then brown in fat. When brown, add beef and pork with salt to taste. Stir until meat is well done. Put almonds and raisins through food chopper and add to mixture. Add olives cut from the stones, capers, chopped parsley, and vinegar to taste. Let simmer until well blended, stir in the cheese. Add olive oil if mixture gets too dry. This should be eaten with Tortillas, made thus: Mix 2 cups maizena or cornflour, 1 cup flour, 1 teaspoon salt, 2 tablespoons shortening, with sufficient water to make stiff smooth dough. Take a piece the size of an egg and flatten out smoothly until about the size of a breakfast plate. Bake slowly on a griddle or in the oven, but do not brown. Then place in a frying-pan 3 tablespoons lard, 1 onion finely chopped, 1 clove garlic, 1 tablespoon chili powder, 2 cups strained tomatoes, 1 cup meat stock. Cook onion and garlic until soft, add balance of ingredients and cook until thick. Dip tortillas in this sauce, cook 2 or 3 minutes, remove to a baking pan and place on ½ of each tortilla some of the sauce. Fold over, sprinkle with grated cheese, and brown in a medium oven.

Germany—Kaisersroladen

Use thin slices of veal cutlet, season them with salt and pepper, put over each a thin slice of fat bacon, sprinkle

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