

SOME BANANA DISHES

AT last the supply of bananas is sufficiently regular to justify some suggestions for using them. Some people dislike cooked bananas, but by many others they are regarded as a great help in making something a little different in desserts and cakes, and even in a breakfast dish.

Bananas and Bacon

Fry sufficient bacon, say 8 or 9 rashers. When crisp, take up and keep very hot. Peel 4 or 5 bananas and cut them in half lengthwise. Season them with pepper and salt, and fry in bacon fat for a few minutes. Have ready some nicely toasted pieces of bread, spread with chopped parsley, place a piece of bacon and half a banana on each, and serve hot.

Baked in Sherry Sauce

This one is from Honolulu. Cut peeled, ripe bananas in half lengthwise, arrange in a buttered casserole and squeeze lemon juice over them. Let stand about 20 minutes. Then pour over them the following sauce and bake in a 350 degrees oven (about regulo 4) approximately 25 minutes. Sauce: Beat 2 egg yolks, add 4 tablespoons sugar and beat again. Add 4 tablespoons sherry, 2 egg whites well beaten, 1 cupful whipped cream and grated rind of 2 lemons. The sauce should cover the bananas. Unsweetened condensed milk may be used for cream.

Children's Baked Bananas

Six bananas, 1 egg slightly beaten, 1½ cups crushed granose biscuits, 2 tablespoons milk, 2 tablespoons lemon juice. Peel bananas, and cut in half lengthways. Dip in a mixture of the egg and milk and roll in the crushed granose until well coated. Place in greased dish. Pour the lemon juice over. Bake in moderate oven till tender.

Banana Whip

About 6 bananas, 3 tablespoons sugar, and 2 egg whites. Peel and mash bananas and beat in sugar. Whip egg-whites until stiff, fold them into banana mixture, and pile them into pretty custard glasses in each of which you have placed a few small pieces of pineapple. Chill, then serve with a topping of whipped cream and a bottled cherry or strawberry for colour.

Banana Milk Sherbet

This is another Hawaiian recipe. Two cups banana pulp (about 6 bananas), 1½ cups sugar, 1 2-3rds cups evaporated or unsweetened condensed milk, ½ cup orange juice, and a few grains salt. Press bananas through coarse sieve to make pulp fine and combine ingredients in order given. Let stand in cold place ½ hour before freezing. Alternatively, by

adding tablespoon of lemon juice to this recipe and increasing orange juice to 1 cup and sugar to 1½ cups, another delicious sherbet is obtained.

Banana and Date Pickle

One dozen bananas, 2lb. onions, 2/3 cup molasses, ½ pint water, ½ teaspoon ground ginger, 1lb. dates, 1 pint vinegar, 1 teaspoon each allspice and salt. Cut bananas, dates and onions into small pieces, add spices, vinegar, water and molasses. Mix well. Turn into stone jar, crock or deep casserole and cook in oven until a rich brown. Seal in jars while hot.

Banana Bread

One cup sugar, 2 eggs, 1 teaspoon baking powder, 3 mashed bananas, ½ cup butter, 1¾ cups flour, 1 teaspoon baking soda. Make as usual; cream butter and sugar, add eggs, flour, baking powder and soda, and mashed bananas. Cook in a slow oven.

Banana and Ginger Cake

Beat 1 cup sugar and scant ½ cup butter to a cream. Add 1 egg, and beat well. Then add ½ cup milk and 1 tablespoon black treacle slightly warmed. Mix together 1½ cups flour, 1 heaped teaspoon ground ginger, and 1 teaspoon baking soda. Add to other mixture. Mix well, divide and bake in two sandwich tins in a moderate oven for about ½ hour. Fill and ice with this filling: 3 mashed bananas, 1 large tablespoon butter, ½ cup sugar, 2 well-beaten eggs, and a squeeze of lemon juice. Put into small saucepan and stir over gentle heat until thick. When cold, use half the filling to join the sponge and add icing sugar to other half, so that it will spread nicely on top, and sprinkle with finely-chopped preserved ginger.

Banana Coffee Cake

Either strong black coffee or coffee essence may be used. One and a-half cups flour, 2 bananas mashed, ¾ cup sugar, pinch salt, ½ teaspoon baking powder, ¼lb. butter, 1 tablespoon coffee essence, 1 small teaspoon baking soda, 1 egg, ¼ cup milk. Cream butter and sugar, add egg and mashed bananas, also essence. Add milk, then flour, soda and baking powder all sifted together. Bake about half an hour.

FROM THE MAILBAG

A Good Scone

Dear Aunt Daisy,

In *The Listener* of June 10 a correspondent wrote of her failure to make a good scone. I would like you to forward this method to her. Mind the flour is quite dry. I always keep my flour in the hot water cupboard, and if there is the slightest fear of it not being absolutely dry, take out a tablespoonful and put in one of cornflour to lighten the

N.Z. LISTENER, AUGUST 5, 1949

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