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AFTER

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M.C.N.14



## THE PROBLEM OF "LEFT-OVERS"

IT is not only at holiday times that we have the problem of left-overs; but at Christmas and New Year there are more likely to be scraps of poultry to be dealt with. So here are some ideas. I suppose you've all heard of the man who boasted that his wife was so thrifty that she always put bits of left-over food in the freezer for at least a fortnight before she threw them away!

### Chicken and Almond Mousse

This is suitable for a party. It is served sliced on lettuce or watercress with French dressing. Two well beaten egg yolks, 1 cup chicken broth, ½ teaspoon salt, ¼ teaspoon pepper, 1 dessertspoon gelatine, 2 tablespoons cold water, 1¼ cups finely chopped cooked chicken, ½ cup finely chopped toasted almonds, ½ teaspoon Worcester sauce, 1¼ cups whipped cream or evaporated milk. Combine the first 4 ingredients in double boiler, and cook over hot water, stirring until smooth and thickened. Soften gelatine for 5 minutes in cold water, then add to hot mixture. Cool, then add chicken, almonds and sauce. Fold in whipped cream and pour into wetted mould to set.

### Chicken Salad

Use all chicken or part chicken and part ham. Cut in fairly large pieces and combine with sliced or chopped hard-boiled eggs, diced celery, diced cucumbers, and as much salad dressing or mayonnaise as desired. Arrange on individual beds of lettuce.

### Chicken-Curry Omelet

Fry tablespoon minced onion in 2 tablespoons butter until tender but not very brown. Add ½ teaspoon curry powder and ½ teaspoon salt, and cook a little. Then add cup cut-up chicken and heat through. Make a plain omelet, put curry on half, fold other half over, and serve.

### Turkey Pie

Make a rich white sauce with 3 tablespoons melted butter, ¼ cup flour stirred in with 1 teaspoon salt and ¼ teaspoon pepper. When melted and blended stir in 2 cups milk and continue cooking and stirring until the sauce is thick. Use a double saucepan. Have ready 2 cups hot mashed potatoes. Spread mashed potatoes over a buttered pie-dish and cover with slices of left-over turkey. Add 1 cup cooked peas and 1 cup cooked sliced carrots to the sauce and pour it hot over turkey. Broil golden brown, or put near top of hot oven, for 5-10 minutes. Serve at once. This is equally good for left-over fowl.

### Chicken Sandwiches

Mince left-over pieces of chicken, adding a little ham if liked, and mix with diced celery. Moisten to taste with mayonnaise and use for sandwiches.

### Left-Over Sandwiches

If any sandwiches have been left over from a picnic or party they may be brushed over outside with melted butter and toasted under a grill or on top

shelf of hot oven; or better still, dip in French toast mixture and fry in a little butter, on both sides. Serve with honey, jam or apple sauce. FRENCH TOAST MIXTURE: Beat 2 eggs with a fork, stir in ½ teaspoon salt, 1 tablespoon sugar and ¼ cup milk.

### Creamed Chicken

This is just cut-up pieces of chicken added to a good white sauce. The sauce may be flavoured with a little mustard, and have chopped celery and cooked peas added, if liked.

### Curried Chicken

Make a curry sauce in the usual way. Melt 2 tablespoons of good fat (butter is best), add a finely chopped onion and fry a pale brown. Stir in 1 tablespoon good curry powder and fry a little, then

### Spiced Mutton

Have shoulder of mutton boned by butcher. Mix 4 oz. coarse brown sugar, 1 dessertspoon powdered cloves, 1 teaspoon ground mace, 1 teaspoon pepper, 1 saltspoon ground ginger, and rub into the shoulder. Next day rub in 3 oz. common salt. Turn twice a day, rubbing occasionally with the pickle for 8 or 9 days. Then roll up and tie. It may be boiled or cooked in rashers. A home cure for lamb, mutton and tongue may be made thus: Two gallons water, 2 lb. coarse sugar, 2½ lb. salt, 2 oz. saltpetre. Boil all for 20 minutes, skimming carefully. When cool it is ready for use. An ox tongue should be in pickle about 12 days, lamb and young mutton 10 days.

gradually add 2 tablespoons flour and cook gently, stirring well. Then stir in 1½ breakfast cups stock, water, or milk, or some of each, bring to boil, stir and cook till sauce is thickened and smooth. Add 1 spoonful gooseberry jam, or sweet chutney; then add cut-up chicken.

## FROM THE MAILBAG

### Helping Out with Meat

Dear Aunt Daisy,

Here is a recipe for egg fritters, which is a great help to the menu, with the rising cost of meat. They are excellent for breakfast, luncheon or tea and are simple to make. Two slices stale bread, ¾ cup milk, pepper and salt. Bring these to the boil. Beat 2 eggs with bread and milk, add ½ teaspoon baking powder. Have ready a frying pan with a little hot fat and drop in a dessertspoon of batter for each fritter. A little chopped bacon, grated onion or parsley makes these fritters extra tasty.

"Papatootes."

### Sauce from Soup

Dear Aunt Daisy,

During your morning session I heard a request for a recipe for tomato sauce made from tomato puree. Here is another very good recipe, using packet

N.Z. LISTENER, DECEMBER 23, 1949.