



LENTEN RECIPES

"To-Morrow Will Be Friday"

EASTER comes early this year, so we mustn't overlook our Lenten recipes. As a matter of fact, such tasty dishes are made under the auspices of Lent, so to speak, that the original idea of self-denial is often lost sight of. Here are some new and old recipes.

Special Fish Casserole

Cut up about 1½ cups of any cooked fish, and put in the bottom of the casserole with several small pieces of butter. Over this, sprinkle some finely chopped onion which you have fried golden brown in butter (not dripping). Sprinkle this with a little Worcester Sauce. Now pour about a pint of good Egg Sauce over this. Make the sauce by melting 4 tablespoons of butter in a saucepan, over a low heat, and stirring in 4 tablespoons of flour until well blended; pour in very gradually 2 breakfast cups of milk stirring constantly until the sauce thickens. Add pepper and salt to taste, and cook about 5 minutes. See that it is very smooth and creamy. Cut up 2 or 3 hard boiled eggs into small pieces, and add them to the sauce.

A substantial layer of mashed potatoes is now put over the sauce, forming a good thick crust to the casserole dish. Add a fair sprinkling of grated cheese, and bake in a hot oven (450°) without a lid. Bake until nicely browned. Tinned fish can be used, but cold cooked fish is better.

Hash of Pickled Herrings

This is a dish much used in Central Europe, and is a real Lenten recipe, in that it uses salt herrings, but in such a tasty sauce that they are really very nice. Soak the herrings in water for some time; skin them, take out the backbone carefully, and chop them up finely. Then make a sauce of butter, onion and flour in the usual way, and mix in as much water as will make a smooth gravy. Season with a little vinegar after the herrings have been added, and simmer for about a-quarter of an hour.

Fish Rissoles

This is a tasty old recipe from Cape Colony. Mince finely a pound of fish, either fresh or smoked, cooked or raw. Soak a thick slice of bread in water, squeeze it dry, and add it to the fish; add also a chopped onion fried in butter, a little chopped parsley, a grating of nutmeg, a pinch of cayenne, and salt to taste. Then add two beaten eggs and

mix well. Shape into rissoles, roll in fine breadcrumbs, or pounded dry biscuits; then dip in egg and roll in crumbs again. Fry in lard and serve hot with tomato sauce.

Pickled Herring Salad

This is a Scandinavian dish, and is called Slid Salat there. If it is not wanted for Lent, a little cold chicken or rabbit may be added. Steep two or three pickled herrings in water overnight; separate them from skin and bone and cut into small dice. Also cut into small dice about six medium-sized cold boiled potatoes, two cooked beet-root soaked in vinegar, and two or three hard boiled eggs. Mix all together in a bowl with vinegar, salt and pepper to taste; until smooth. Turn out the mixture on to a dish and sprinkle with some chopped egg.

Fish Pudding

This is Scandinavian, too, and is made with "barracouta," but I think a firm white schnapper will do just as well. Run a knife along the backbone of the fish, dividing it in halves, and scrape all the fish from the bones and skin. Place this raw fish pulp in a bowl, add two eggs and work them into the pulp with a wooden spoon. Then add a pint of milk in small quantities, stirring vigorously and incessantly. When all the milk has been absorbed, add a tablespoon of arrowroot smoothed out in a little milk, and followed by a little grated nutmeg, pepper and salt to taste. Butter a basin, fill it three-quarters full with the mixture, cover with buttered paper and steam for one and a-half hours. This mixture can also be fried in butter by dropping it in spoonfuls into a pan.

Crayfish Cutlets

Cut a crayfish into small dice, adding some of the soft parts of the head. Melt an ounce of butter, add an ounce of flour, and stir till smooth. Add a teacup of milk, stir till boiling and cook for two minutes. It should now be smooth and in a thick mass. Add one or two tablespoons of cream, the cut-up crayfish, and a teaspoon of lemon juice, and

flavour with salt and cayenne. Put out on a plate to cool. Then divide into pieces and make into cutlet shapes. Dip in flour, then egg, then breadcrumbs—if necessary, cover twice with breadcrumbs. Press well into shape, fry a golden brown, drain on paper and stick a piece of claw into the narrow end of each cutlet, to make the stem. Serve on a paper doily on a hot dish, and garnish with lemon and fried parsley.

Lobster Newburg

This is American, and may be also made with tinned lobster; or crayfish is excellent cooked in this way, as are also oysters, which would however require to be simmered in the sauce, and not merely heated like the lobster or crayfish. Make a rich sauce by melting two tablespoons of butter, stirring in one tablespoon of flour, and when

MONKS' PIE

This really makes a very tasty meal indeed:

Three cups of mashed potatoes; 3 heaped tablespoons of grated cheese; ½ lb. of tomatoes; ½ pint of white sauce; 2 tablespoons of butter; 1 teaspoon of grated onion; 4 or 5 eggs; and pepper and salt. Scald, peel and slice the tomatoes. Melt the butter in a saucepan. Add the tomatoes, cover and simmer till pulpy. Rub through a sieve, and beat in with the potatoes; season, and add onion and half the cheese. Put in a Pyrex dish. Make hollows with a tablespoon to take the 4 or 5 eggs (minus the shell, of course)—just break them into the hollow. Cover with white sauce, and sprinkle with cheese. Bake till brown in a hot oven.

cooked, adding a good cup of milk stirring till the whole is creamy and quite smooth. Pour in the well-beaten yolks of two eggs, a little more milk if necessary, one teaspoon of lemon juice and a glass of sherry, and blend thoroughly before adding the lobster, cut up. Heat thoroughly, but do not boil. The "coral" may be rubbed into the sauce before adding the lobster.

Meatless Sausages

One cup of mashed potato; 1 cup of breadcrumbs; ½ cup of grated cheese; ½ a large onion; ½ a teaspoon of Marmite; and salt and pepper to taste. Mix all these ingredients together, and bind with an egg. Make into small sausages with your hands, roll in flour or in flakes and fry like ordinary sausages.

FROM THE MAIL BAG

Preserving Peas

Dear Aunt Daisy,

Would you please reply to this in *The Listener*? In preserving peas, what heat should they be kept at when sterilising them for one hour after bringing them to 212 degrees? I should think to boil them for three hours would make them like pea soup. I have never had any luck with preserving peas, though I have tried many times, and we grow such quantities. I am very pleased to find your page in *The Listener*. — "R.B.P."

Well, you see, the peas are not actually boiling for three hours in the manner that they would be if boiled in a saucepan for dinner. It is the water in which the bottles are standing which is kept at boiling point. It is necessary to give so much sterilising to peas because they develop more bacteria even after they have been boiled. That is why peas must be sterilised two days running, so that those bacteria which have come to life after the first day's cooking, are destroyed. In the big commercial canning works, they generally do peas by a special steam-pressure method, which keeps them at a temperature higher than boiling point for a sufficient length of time to make them quite safe. Small "pressure cookers" for ordinary household use are sold in America, and it makes the preserving of vegetables quite a definite and safe job. Still, we manage very well in New Zealand with our ordinary screw top jars, standing them either in the copper, or in some vessel like a kerosene tin, with water up to within an inch or two of their tops, and covering it with a lid. You may also do them in the oven, standing them in a pan of water. On the second day the water need not quite boil, but only reach about 180 or 200 degrees. Give them three hours the first day, and one hour the second, counting from the time the water comes to the boil. Here is the method in case anyone else has missed it. Be sure to preserve only young, fresh peas. Old and hard ones will not be softened by sterilising, and will only disappoint you in the winter, when you use them.

Select tender peas, shell them, and cook for five to ten minutes in boiling water. If tied in a piece of butter muslin or cheesecloth, they are easy to lift out. Plunge them into cold water for a minute or two; then pack them into jars, and fill up with boiled water, to which one teaspoon of sugar has been added to every pint. It is better to omit salt, as this has a tendency to harden the peas. Adjust the rubbers, put the lids on loosely; and in the case of

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