

# RECIPES **ASK** Aunt Daisy **ANSWERS**

## SALADS AND SALAD DRESSINGS

**W**E have certainly progressed in the matter of Salads during the last ten years! No longer do we confine ourselves to cut-up lettuce and tomato and beetroot, with a few slices of hard-boiled egg laid over the top. We now serve all kinds of cold cooked vegetables, and even fruits, combined in various ways, and often set in gelatine, and in individual moulds. These are deservedly popular for obvious reasons—they are pretty, and daintily decorative on the table, and they save any "dishing" at the meal-time, so that no despoiled large bowl at the head of the table offends the eye. It is possible to get individual small "ring moulds" now, too. They turn out very pretty salad shapes, with little groups of peas and bits of pineapple or chopped cucumber, or rings of carrot, showing through the jelly—coloured perhaps, pale yellow, or deep red. Use the best powdered gelatine, and allow always a dessertspoonful (or quarter of an ounce) to every breakfast-cup (half a pint) of liquid. Fill the middle of the "ring mould" (after turning out) with mayonnaise; or with cream cheese; and arrange the mayonnaise around the finely-shredded lettuce upon which you turn out your salad shape. Hard boiled yolk of egg rubbed through a sieve looks very pretty sprinkled round the lettuce, or over the top of the salad. If you have some egg-whites left over, they can be put in a small jar, which is standing in hot water. When the whites are set, and cold, they can be cut into fancy shapes—little stars or hearts, and used to decorate the little plates of salad.

### Green Pea Salad

Soak 2 dessertspoons (half an ounce) of powdered gelatine in  $1\frac{1}{2}$  cups of hot water, preferably the water in which the peas were cooked. Always save vegetable water, it comes in very handy—it is best if you can keep it in a refrigerator. Some people prefer to soak the gelatine first in a little cold water, afterwards adding it to the hot liquid. At any rate, keep the proportions the same. Add  $\frac{1}{2}$  cup of vinegar, which makes up the required two cups of liquid to the 2 dessertspoons of gelatine. Add also about  $\frac{1}{4}$  cup of sugar, a pinch of salt, and a little chopped mint. Regulate the sugar and salt according to the taste of the water saved from cooking the peas. If you use plain water you will need more sugar. You must "taste and see." Have ready your moulds, which have been standing in cold water. Pour a little of the jelly liquid into the bottom, and let it set, which won't take very long. Then put a layer of hard boiled egg slices, and pour on a little more jelly. When this is set put in sufficient cooked peas, and fill up the moulds with the jelly liquid, leave to set, in the refrigerator, if you are lucky enough to have one. When you turn out the jellies upon chopped lettuce, or on whole crisp leaves of lettuce, there will be a jellied top of hard boiled egg, and the peas in jelly, underneath. Use the same method for a large mould or for individual moulds.

### Ringing the Changes

The same method as for the Green Pea Salad can be adapted for any cooked vegetable. You need not always have slices of hard boiled egg; you can vary it by putting the diced white of egg in the jelly mould, and sprinkling the yolk through a sieve over the top when it is turned out. Chopped cucumber, young carrots thinly sliced, French or runner

beans, chopped beetroot, slices of beetroot, sprigs of cauliflower, asparagus tips, slices of cold potato—anything you like can go in a jellied salad, arranged tastefully as to colour. Chopped pickles make a salad mould very tasty.

### Mimosa Tomatoes

Our friend, "Old Bachelor, New Lynn," sent me this recipe a year ago. He was a retired chef, trained in Europe, and a real "tower of strength" to me in any cooking difficulties arising at our morning Broadcast Session. It was a real grief to me when he died quite suddenly at the end of last year; and I miss his ready help and very kindly personality. Here is his recipe:

Select good tomatoes and cut off the tops. Scoop out the inside and mix with a couple of spoonfuls of mayonnaise. Add

a few cooked green peas and a little grated cooked carrot. Fill the tomatoes with the mixture and replace the "lids," endeavouring to make them look as much like natural tomatoes as possible. Place them on a lettuce leaf and sprinkle over with hard boiled egg-yolk passed through a fine sieve. Dust ever so lightly with curry powder, and serve iced if possible. Some additional mayonnaise may be served if desired.

### Sunday Salad

This is another of my old friend's contributions. I will copy it from his letter: "Here is a nice change for Sunday's tea. Slice some cold potatoes neatly and arrange on a bed of finely shredded lettuce. Sprinkle with chopped parsley and chives—equal proportions, and finely chopped. Cut up in small pieces some nice legs of crayfish, or use tinned lobster, shrimps, or crab. Dust very slightly with curry powder, garnish with boiled macaroni and serve ice cold with mayonnaise. Tomatoes as additional garnish? Yes! (I added some green peas as well.)"

### Saturday Salad

This is a Canadian recipe. I got it from Miss Frances Thompson, the Cookery Expert, who visited New Zealand last year.

Quarter of a pound of cooked corned beef, 2oz. of tasty cheese, 1 small carrot, 1 tablespoon of chutney,  $1\frac{1}{2}$  cups of cooked peas, lettuce, and mayonnaise. Cut the corned beef into small cubes, and dice the cheese. Mix both with chutney and peas in mayonnaise. Cover the salad plate with lettuce leaves and top with this mixture. Garnish with grated raw carrot. This amount will serve four people.

## FROM THE MAIL BAG

### A Stained Sink

Dear Aunt Daisy,

I have been listening to you reading the letter from the lady who has a badly discoloured sink, and I feel that I must pass on my experience. I purchased some time ago a tin of chloride of lime to make the Javelle water, and made it according to instructions. But the next time, instead of making the Javelle water, I used the directions on the tin of lime, which are—2lb. of washing soda dissolved in 2 gallons of warm water. When dissolved, add the contents of the tin of lime, stir thoroughly, and allow to settle. When it has settled, pour off the clear liquid, bottle and cork it. This makes a mixture of different consistency to the Javelle water, but no doubt has the same uses, though less trouble. Now the point is that, for a discoloured sink which all the scrubbing in the world will not whiten, just pour a little of this liquid in the sink, keep moving it about, and in a few seconds the sink should be snowy white. This is my experience; it needs doing only about once a week, and does not seem to have any ill effects on the surface of the enamel. I should think that these sinks are not porcelain, but a mixture of some kind of lead material, and finished off to look like porcelain. Of course, the mixture also has its other uses, such as removing stains from linen, and generally whitening, the same as Javelle water.

Now for a problem which puzzles us here. It is about salting beans. We have done them for years, using, of course, the common dairy salt, and they have always been a success. While away in the Auckland district last summer, we did some for some of the family, in our usual way; but they said afterward that these would not boil soft, although quite all right in other respects. We had never heard of this before until yesterday, when I heard of another lady from up that way who said if she had boiled the beans all day they wouldn't have been soft. Now what would be the cause of this? We wondered if too much salt would do it, because anything in the meat line is tough if oversalted, isn't it? Maybe it is that, but if you have discussed this and know, just mention it, will you? It is puzzling to us when we have never had it happen except to some we did for someone else away from home!

I remember last year a discussion on tomato sauce going fermenty. This was (continued on next page)



Aunt Daisy helps to "make up" "The Listener": A photograph taken on her recent visit to Auckland