



More About Cooking For Two

I FIND that my little chat on "Cooking for Two" in *The Listener* of June 7 aroused a great deal of interest, and brought many requests, which I will answer now:

Roast Joints for Two

Most people like hot roast meat, but when there are only two in the household, they are often a little disappointed in the small joints necessary, which are apt to be less tasty than good-sized ones and drier. This need not really be so, but it depends on the kind of joint. Do not put much fat in the baking dish—for a small joint which has just sat and "stewed" in hot fat is sodden and indigestible. It is better to put the joint on a rack—I use the one out of the grilling dish—and then the potatoes can cuddle nicely underneath, and kumaras, too. In the modern gas oven, there is no need to add a little hot water to the fat; but in other ovens this can be done, and the steam helps to keep it moist.

Lamb, Mutton or Pork

Buy a piece of loin, with just as many chops as you require—four or five would be enough, or an extra two or three if you wish to have enough left over for a cold lunch with a salad or pickles. Get the butcher to separate the joints, but not to cut them right through—just enough to make it easy to carve. Dredge it with seasoned flour, so that the fat will brown nicely, and bake in a medium oven—hot at first to "seal" the meat and then turned lower, so that it is not dried up. If the "crackling" on the pork has not already become nicely crisp and brown, just put it, for the last five minutes or so, nearer the top of the oven with a little extra heat.

Beef

Buy a small sirloin, and cook it with the bone in. The flank part, however, is generally wasted when roasted, so slice it off beforehand and use it for a dish of fresh mince. The "undercut" piece, also, can be cut out with a sharp knife, and used for grilling, sliced up. Very nice with mashed or chipped potatoes! Then the rest of the joint makes quite a nice-sized roast, and it has a better flavour when cooked with the bone in. Dredge it with seasoned flour, and put a dab or two of dripping on it.

The Mince

Mince the flank part of the sirloin of beef, and cook it like this. Brown a chopped onion in some good dripping in a small saucepan, then put the minced meat on top, and let it also brown for a few minutes. Add about one and a half tablespoons of flour, a seasoning of pepper and salt, and stir in; then cover with water and simmer gently for an hour. This can be made into a tart with a short pastry crust, putting sliced raw potatoes under the crust.

Pot Roasts

A two pound "pot-roast" is quite as satisfactory as a larger one, though it may require a little more watching. Have a heavy saucepan, or else put an asbestos mat underneath, and keep the heat very low and steady, after first browning the joint thoroughly all over in the very hot dripping. The vegetables

cakes, round or square like chops—or any shape you like—and roll them first in breadcrumbs, then in beaten egg with a tablespoon of water beaten with it, then in breadcrumbs again. Fry, then, in deep boiling fat, for about five minutes; drain on brown paper, and serve very hot. The breadcrumbs are made from stale crusts and pieces baked brown in the oven, and then minced and afterwards put through the sifter.

Casserole of Cooked Meat and Rice

This is just a variation, and has no white sauce foundation. Mix the chopped or minced cold meat with half as much fine soft breadcrumbs, and season with pepper and salt and a little onion juice. Add a little finely chopped parsley and bind it with a beaten egg and a little gravy or stock. A taste of vegetable extract in the stock is a good idea. Then line a buttered casserole with well-cooked rice—nicely dried, with the grains separate—fill the centre with the meat mixture, and cover over with a layer of rice. Put dabs of butter over, and fit on the lid. Bake at Regulo 4, or 350° for about an hour, and serve with either tomato, or curry, or mushroom sauce.

Puddings for Two

Most steamed puddings improve with keeping, so that it is quite possible to make up any recipe and divide them into small moulds or basins; then cook them all, and just put away the untouched ones. These are then just steamed up again when required. Even if a portion of a steamed pudding is left over—either a meat pudding or a sweet one—it can be re-steamed in its basin next day, covered with a buttered paper.

Pancakes

These are always a standby as dessert for the family of two, because they must be eaten straight from the pan, as it were. Try this one—2 eggs, 1½ tablespoons of flour, 1½ tablespoons of milk, 1 dessertspoon of water, a pinch of ground nutmeg and a pinch of salt. If possible, add a half teaspoon of ground almonds, which makes the pancakes extra delicious, giving them an elusive, but exquisite flavour.

Stir all the ingredients together till very smooth—it should be about the consistency of thick olive oil. (I once saw this recipe made up in a hotel kitchen by a French chef, and ate some of the pancakes afterwards!) Have ready a small frying pan, and heat in it a tablespoon of butter. When it bubbles, pour in enough batter to cover the pan; and keep shaking and moving the pan to spread the batter thinly and keep it moving. After one minute, turn the pancake upside down (the chef tossed it!) and after another minute, turn it again, and then again, until it is nicely browned. Slip the pancake off the pan, spread it with strawberry jam, and fold and circle in half and then in half again, to form a triangle. Serve with a squeeze of lemon juice.

FROM THE MAIL BAG

Pepper, Pies and Milk

Dear Aunt Daisy,

We are growing huckleberries and would like to know how the Americans make huckleberry pie. At the same time, we are wondering what is the best way to eat the giant peppers, shaped rather like a tomato.

And may I have another "ask" without being greedy? Could anyone please tell me how the Danes make sour milk and sour cream, which they serve with fruit; or any other way of making sour milk. Is there a way of using rennet?

I have learnt so much from your session that I wish I could add a link to the "Daisy Chain" but all my handy hints seem to come from that source in the first place. I have heard you tell about garlic poultices on the soles of the feet for whooping cough, and I would like to mention that I was also reading of it recently in a book sent to me from England. It also stated that garlic poultices were excellent for ring-worm—on the afflicted spot this time, and not the soles of the feet. I have had no opportunity of trying these, but they sound so simple and are well recommended.

Once I asked you about pasting linoleum on to a kitchen table. I could not buy the preparation you suggested but it went on very successfully with ordinary paste. Then a couple of coats of clear varnish transferred a shabby old table into a smart tidy one, which seemed to improve the whole kitchen—"Boomerang" (Auckland).

Beginning at the beginning of your interesting letter, "Boomerang," the American huckleberry or blueberry pie is made in a pastry-lined pie-pan or pie-plate, and has also a top crust. The berries must be washed and drained and dredged carefully with flour. Be sure that each berry is lightly coated. This makes just enough thickening to counteract the overflow of juice. Stir sufficient sugar well into the fruit, and turn it into the pie-plate already lined with uncooked flaky pastry. Cover with an upper crust, and decorate the edges with a fork or spoon. Bake in a hot oven (450° or Regulo 8) for the first ten minutes, and then a little less heat—about 420°—for another half hour. Huckleberry pies are supposed to be served cold, with sugar sifted over the top; and cream of course. What pie-eaters the Americans are! Pies with underneath crusts and top crusts, or with only "criss-cross strips" on top; pies with meringue-tops and delectable lemon cream filling, or pumpkin-cream, or pineapple, or pumpkin, these last being made in a previously cooked pie-shell. These are all more or less what we should call "tarts"; and our kind of

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Hymn for Absent Friends

The following hymn, frequently played at the close of Aunt Daisy's Morning Session, is published in answer to numerous requests that we print the words so that women listeners may join in the singing:

*Holy Father, in Thy Mercy
Hear our anxious prayer,
Keep our loved ones, now far
absent,*

*'Neath Thy Care.
Jesus, Saviour, let Thy Presence
Be their light and guide,
Keep, oh, keep them, in their
weakness
At Thy Side.*

*When in sorrow, when in danger,
When in loneliness,
In Thy love look down and com-
fort*

*Their distress.
May the joy of Thy salvation
Be their strength and stay,
May they love and may they
praise Thee
Day by day.*

*Holy Spirit, let Thy teaching
Sanctify their life;
Send Thy grace, that they may
conquer
In the strife.*

*Father, Son, and Holy Spirit,
God the One in Three,
Bless them, guide them, save them,
keep them
Near to Thee.*

Amen.

(Words by Isabel S. Stephenson)
(Tune 595 A. & M. "Cairnbrook," by
E. Prout)

can be put in beside the meat—potatoes, carrots, or any root vegetable.

Croquettes

These are tasty, and a good way of using up any cold meat or fish. Make a good thick white sauce (that useful friend of the housewife)—for which I gave full directions in the issue of June 7. To each cup of sauce, add 1½ or 2 cups of finely chopped or minced meat, with a little onion and parsley to flavour. Let it get cool, when it will be quite thick. Shape the mixture into little