

CASSEROLE COOKERY

CASSEROLE COOKERY is deservedly popular, and for several reasons. For one thing, the less expensive cuts of meat can be made tender and delicious by long, slow cooking in a casserole; and as the vegetables are cooked with the meat in the same dish, the flavour of both is enhanced and improved. Moreover, there is no loss of vegetable or meat juices; nor is the dinner spoiled if the family is not all ready for it at the proper time, for it can be kept warm without any deterioration. Not only does it save dish-washing and saucepan scouring, but the food is always hotter when served from the dish in which it was cooked. All bachelor-cooks insist on this, don't they?

Casserole cookery needs practically no watching, and is a boon to the homemaker who wishes to go out in the afternoon and yet have a well-cooked hot meal ready when she gets home; for the casserole can be prepared and put in the oven on a low heat, and left to itself.

Another good point is that a whole dinner of meat and vegetables can be cooking in a casserole in the cooler part of the oven while you are cooking scones or pastry or cakes higher up. If necessary, to keep the contents of the casserole only simmering while you need the oven very hot for something else, you can stand it in a pan of water. Casseroles make very safe wedding presents. No bride minds getting several of these, for she needs them for puddings as well as for meat and vegetables. There are so many pretty kinds of oven-ware on the market now. Make sure, when buying, that the lid fits properly.

Here are some economical and tasty recipes:

Savoury Mince

Chop finely a large onion and boil it for a few minutes in about one and a-half cups of vegetable water (saved when straining potatoes, parsnips, etc.). If you have a little meat-stock, use that, too, or stir in a small teaspoon of vegetable extract. Season with a little pepper and salt (to taste)—and if you like curry, stir in a teaspoonful or so. Then add about a pound and a-half of raw minced beef, and simmer gently for ten minutes. If you like, add a little Worcester sauce—these seasonings depend on individual taste. Then moisten about one and a-half tablespoons of wholemeal-flour with a little water, and stir it in, to thicken the mince. Now pour it all into a deep casserole, cover with a pastry top, and then put on the well-buttered lid of the casserole. Make the pastry with just a cupful of flour sifted with a teaspoon of baking powder, a tablespoon of butter rubbed in, and enough milk or milk and water to make a nice soft dough. Bake it in a good oven for about half an hour. The pastry will be beautifully brown when

you take off the lid. Serve it in the casserole.

Liver and Bacon Pie

This is an old English recipe—from Somersetshire. Cut up half a pound of liver and half a pound of fat bacon into slices, and roll them thoroughly in seasoned flour (seasoned flour has a little pepper and salt added to it). The liver

Hungarian Goulash

Slice up two or three onions, and cut up a pound of veal into cubes. Fry these together in a little bacon fat until brown. Transfer to the casserole, pour over it two cups of brown stock and season with a little paprika. Put it into the oven at about three hundred and fifty degrees. Meanwhile, add a little more fat to that in the frying pan, and brown in it a cupful each of slices of carrot and of turnip, some tiny, whole onions, and two cupfuls of raw potatoes cut into little balls like the onions. Add the vegetables and some salt to the casserole when the meat is partly cooked. Finish the cooking, adding more stock if necessary. Cook for at least two hours. Thicken the gravy with browned flour if desired

should have been washed. Fry two or three sliced onions in a little butter till golden brown, and then put them into the bottom of your casserole; next put a layer of bacon, then a layer of liver and so on till all is used. Add a little cold water, put on the lid, and bake for about one and a-half hours. Then remove the lid, add a little hot water and cover with the following potato crust. Return it to the hot oven, and brown for fifteen to thirty minutes.

Potato Crust.—Mash potatoes while hot, with plenty of butter and some hot milk. Beat in one or two tablespoons of flour; turn on to a floured board and roll out.

And this **Potato Pastry** may be used:

One breakfastcup of mashed potatoes, half a pound of flour, quarter of a pound of lard or dripping, one teaspoon of baking powder, a pinch of salt; all worked together with a little milk into a soft dough. This takes a little longer to cook than the other—about thirty minutes.

Rabbit Curry

Have the rabbit cut into joints and soak them in slightly salted water for a couple of hours. The fishmonger who sells the rabbit will chop it up for you. If it is not a very young one, discard the

shoulder pieces, for they are the strong flavoured parts. Dry the joints and roll them in seasoned flour; then fry them in a little butter or good dripping for a few minutes till brown. Put these fried pieces into the casserole. Slice up a couple of large onions and fry them too, adding when soft, a tablespoon (or more) of a good curry powder. It is very necessary that the curry powder be fried—the flavour absolutely depends on this. Chop up a good-sized apple and fry it too, with the onions. Now add a couple of tablespoons of wholemeal flour, and stir it in well, till melted and without lumps. Then gradually add two or three cups of stock or vegetable water, so as to make enough tasty curry-sauce to com-

pletely cover the rabbit in the casserole. A tablespoon of chutney should then be added, and about two tablespoons of sultanas. Put the lid tightly on the casserole and cook in a moderate oven for about two hours. Serve with boiled rice.

Fillets of Fish

Roll the fillets up, and put them into a buttered casserole. Flounder, or sole, or any nice white fish, will do. If you have schnapper, or groper pieces, which are not convenient to roll, just leave them in pieces. Sprinkle with a little grated lemon rind, a little salt and cayenne. Make a good sauce by melting a tablespoon of butter in a small sauce-

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