

(Continued from previous page)

Into thin slices, add a little salt, let it stand 24 hours, and then strain. Make a paste of the ginger and mustard, and add to the vinegar and sugar, the chillies, cloves and the shallots chopped fine. Boil together for a few minutes, then add the marrow and boil gently until tender.

### Apple Paste

Six pounds of apples, 6lbs. of sugar, as much ground ginger as you wish, and the juice and rind of two lemons. Put the apples on to cook with 3 cups of water, and boil till soft. Then add the sugar, the ginger, and the lemon. Boil for about half an hour. Bottle like preserved fruit in air tight jars. This is suitable for tarts, etc., and keeps indefinitely.— "Awakino" (Taranaki).

Very many thanks for the recipes, "Awakino." The Apple Paste is an exceptionally useful one. I think you will be able to get the chewing gum mark off your good skirt with eucalyptus, or with carbon-tetra-chloride. Benzine is good, too, but be very careful not to be near a cigarette, or fire of any kind, however small, as the fumes may cause a fire. It is safest to use benzine out of doors, or on a verandah, right away from any heat. Carbon-tetra-chloride, on the other hand, is perfectly safe to use. The uncoloured methylated spirits from the chemist is good, too. You may need to sponge the mark after with warm soapy water.

### Soup Hints

Dear Aunt Daisy,

In your session the other morning, you were speaking of tomato soup, and the trouble someone had with the milk curdling. The way of overcoming it which you gave is correct, but if thickening is not required, a pinch of baking soda added to the tomato purée when well heated will make it possible to add milk or cream (either hot or cold) without any fear of curdling. I always like to stand the saucepan in another pot of hot water, so that the soup won't boil; it makes a finer soup, as the boiling seems to coarsen the grain and the flavour.

Both pea and lentil soups are improved with a little care in the cooking. Always start the peas or lentils (either soaked or not) very slowly in just enough water to cover; and as they begin to cook they turn to flour. Keep adding boiling stock as it cooks, until you have the right consistency. If you have no stock, boiling water will do, but you need plenty of grated carrot and onion to get the best results. If done this way, no thickening is required in any of these three soups.

Before my marriage I cooked in hotels and institutions—mostly the latter—and made the discovery about cooking peas in a little water through forgetting to soak the peas overnight, on one occasion. I put them on early to try and get them cooked enough to strain and thicken; and you can imagine my delight when I saw the lovely pot of pea-flour instead of a lot of peas which I had expected to throw away; and everyone remarked on the fine flavour. I have always been praised for my soups and gravies. Having once struck an idea, one gets keen to go one better, and I always watched

all soups and gravies myself, no matter how many I had on my staff. Always use as little flour-thickening as possible, as it takes from the flavour. Potato water or a few mashed potatoes make a good "body." I rarely boil vegetables; I mostly steam them and do many sorts in the one steamer—putting a piece of butter paper between each. The water

from the steamer I use for gravies—as quite a lot of essence comes from the vegetables while steaming.

— "An Interested Listener" (Wanganui).

Thank you very much for your interesting and instructive letter. The method of preventing curdling mentioned by this "Link" was as follows: Start as though you were

to make a white sauce—melt a tablespoon of butter in a saucepan, and then stir in a tablespoon of flour—it is best to use wholemeal. Then very gradually add the milk (or stock or hot water) until it is of the right consistency. The tomato purée can then be added and stirred in, and in this way, curdling is usually avoided.

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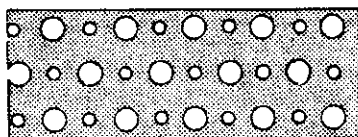


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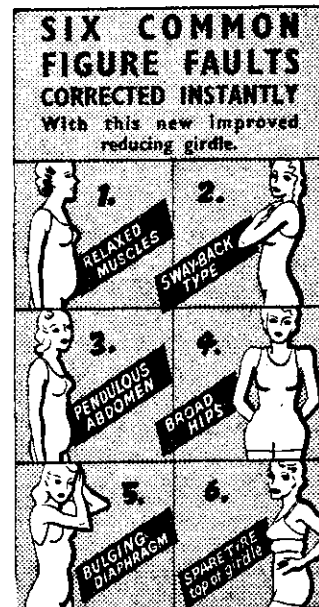
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