

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

CHEAP WINTER PUDDINGS

Although we have passed the shortest day, yet the coldest and wettest months are still to come; and steamed or boiled puddings will be in demand for many weeks yet. Moreover, this little letter from "Joyce," of the Reporua Native School, Ruatoria, East Coast, must be answered. Such a sensible letter, too.

She says:

Dear Aunt Daisy,

We girls have cooking lessons, and every fortnight cook a dinner for everyone in the school!

We would like some economical pudding recipes, and wondered whether you could help us. In the summer, when fruit and eggs are plentiful, puddings are easy to make; but now, in the winter, we would like recipes for boiled or steamed puddings with few or no eggs or butter.

As we cook for about thirty boys and girls, and have only a little money to use for this purpose, you will understand why we would like these recipes.

We have radio lessons each week, but unfortunately are unable to hear 12B clearly in the day time.

As these recipes would most likely be very useful to other people, as well as ourselves, could they be put into "The Listener," as we receive this every week?—Yours sincerely, "Joyce."

Of course, it is the test of a good cook to be able to make the most appetising, yet nourishing dishes without much expense. Here are some suggestions, and probably some *Listener* readers will send in some more — original ones. These recipes will need "multiplying" for your big family, Joyce. Just double or treble them, but keep the same proportions.

Boys' Boiled Pudding

Five cups of flour, 3 cups of sugar, 1lb. of good beef dripping, the crumbs of a 2lb. loaf of bread, 1lb. of jam, 1 dessertspoon of ground cinnamon, 1 teaspoon of salt, and 1 dessertspoon of carbonate of soda. Mix together the flour, sugar, and breadcrumbs, also spices and salt. Rub in the dripping, dissolve the carbonate of soda in a little milk, add the jam and mix into the dry ingredients, making the mixture very stiff. Put into a pudding cloth or basin, and boil at least 4 hours. This can be made a week or two before using, and re-boiled when wanted. Dates or raisins and currants can be added if liked, only it

makes the pudding a little more expensive.

Overnight Pudding

One heaped cup of flour, 1 heaped cup of currants, raisins and sultanas, 2 tablespoons of sugar, 1 tablespoon of butter, 1 egg, 1 large cup of boiling water, pinch of salt, 1 teaspoon of baking soda and 1 teaspoon of mixed spice. Melt the butter in the boiling water. Mix all together. Leave all night, and steam 3 hours. The egg may be omitted.

Apple In-And-Out

This is a very old Devonshire dish, and may be either baked or boiled. Sometimes it is called Apple Curranty. Chop up four or five large sour cooking apples into pieces about the size of lump sugar. In a basin mix together ¾lb. of flour, a good teaspoon baking powder, a little more than ¼lb. of packaged shredded suet, 2 good tablespoons of sugar, and a pinch of salt. Add the chopped-up apples and two or three tablespoons of currants or sultanas, or both; and mix the whole thing together with 1 egg and only just sufficient milk to make it the consistency of a cake. Grease a pie-dish, put in the mixture, and bake for an hour; or grease a basin, cover the mixture with grease-proof paper, and steam for 2½ to 3 hours. Whether baked or boiled, Apple Curranty ought to be served with real Devonshire cream!

Rhubarb Pudding (Baked)

This is an original recipe from Auckland:

Mix together 2 or 3 tablespoons each of brown sugar and butter. Smear it thickly all over the inside of the basin. Make a stiff dough with 2 cups of flour, ¾ cup shredded suet, 2 teaspoons of baking powder, a little salt and cold water to mix. Cut off one-third of the dough and put aside. Roll out the remainder, and line the basin already spread with the butter and sugar. Cut up some rhubarb and half-fill the basin. Add enough sugar to sweeten, and enough water to make plenty of juice. Then add the remainder of the rhubarb. Roll out the remaining dough, put on top of the pudding, and bake in a quick oven for about an hour. Turn out the pudding on to a hot dish and serve with cream or custard. Apple may also be used—flavoured with cloves.

Daisy Pudding

Two cups of flour, 1 cup of beef dripping, 2 teaspoons of baking powder, and a pinch of salt. Mix with milk, roll out very thinly, and line a pie-dish with this paste. Take some sliced apples and fold inside the paste. Then pour the following over the pudding, and bake about 1½ hours till a nice brown—1½ cups of water, ¾ cup of sugar, and a piece of butter the size of an egg. Bring to the boil in a small saucepan.

Ground Rice Pudding

Four tablespoons of currants and sultanas, 2 tablespoons of brown sugar, 3 tablespoons of packeted shredded suet, 2 tablespoons of breadcrumbs, 2 tablespoons of ground rice, 2 tablespoons of flour, 1 teaspoon of mixed spice, ½ teaspoon of soda, 2 pieces of candied peel, half a nutmeg, and a pinch of salt. Mix as usual, and boil for at least 2 hours.

Ginger Pudding

One and a-half cups of flour, ½ cup of sugar, ½ cup of treacle warmed, ½

cup hot milk, 1 teaspoon ground ginger, ½ teaspoon baking soda, a little peel, ¼lb. grated suet. Mix all the dry ingredients, add the treacle, then the milk. Steam in a greased basin for 3 hours.

Children's Pudding

Two ounces of rice, 2oz. of breadcrumbs, 2oz. sugar, 2oz. of packeted shredded suet, 1 egg, 1 quart of milk, a pinch of salt, and a little nutmeg. Boil the rice in the milk till quite soft, add the breadcrumbs and suet. Beat the sugar, salt, nutmeg and egg together, then beat up with the other mixture. Pour into a greased pie-dish, and bake in a moderate oven till brown. Turn out and spread layer of jam or marmalade on top. It could be left in the dish and served from it.

Vegetable Pudding

One cup each of apple, carrot, and potato (all raw), and one cup each of raisins, sugar and finely shredded suet, two cups of flour and one teaspoon of baking soda. Mix with milk and steam 3 or 4 hours.

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