

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

## POTATOES IN CAKES AND DESSERTS

**F**OLLOWING up our research into the many and various ways of using potatoes, we offered prizes in the ZB Competition for the best recipes, including potatoes in cakes, and puddings, and sweet dishes. The response was excellent, and the original ideas most ingenious. It is plain that the resourcefulness of New Zealand women would be a match for any reasonable shortage in the pantry.

I suppose they have inherited this quality from their pioneer grandparents, who managed to keep the meals interesting even when dependent on sailing ships for fresh supplies. It is a fact that country housewives are "never stuck"—and it was not so long ago that I received an interesting letter from a listener, who apologised for the peculiar colour of her writing, saying that as she had neither ink nor pencil, she was writing with cochineal! Here are some of the recipes:

### Potato Sweet

Two cups of mashed potatoes, 2 cups of milk, 1 small cup of sugar, 1 tablespoon of gelatine, the grated rind and juice of a lemon. Soak the gelatine for a few minutes in one tablespoon of cold water. Add the milk gradually to the other ingredients, making a smooth paste. Then bring this to the boil, with the gelatine. Pour it now, into a large bowl. When cold, and just beginning to set, beat briskly for ten minutes. Then lightly stir in some fresh or stewed fruit. Pile it in a sweet dish, and leave for a few hours. Before serving, decorate with whipped cream, and serve with any kind of fruit in season. If you add two lemons, it can be used as a delicious sweet on its own, without the stewed fruit. This same mixture makes a delicious filling for cakes, or it may be put on top of a sponge cake and decorated with strawberries or pineapple.—("Olive," of Lower Hutt).

### Potato Fruit Cake

One cup of butter, 1 cup of light brown sugar, 1 cup of white flour, 1 cup of wholemeal, 1 cup cool mashed potatoes, 1 small cup of milk, 4 eggs, 2 teaspoons of baking powder, 1 tablespoon of cocoa; 1 teaspoon of cinnamon and a little nutmeg, 1 cup mixed sultanas, raisins and dates, 1 cup of walnuts, and 1 ripe mashed banana.

Beat butter and sugar to a cream, blend in potatoes, then the whipped-up eggs, beat well; add flour and other ingredients, and the milk. Sift the baking powder, cocoa and spices with the flour. Bake about 1½ hours in a moderate

oven. This cake is equal to any Christmas Cake, and is a good family size. It will keep well.—("Faithful Link," Hikutai).

### Potato Coconut Snaps

One cup of freshly cooked mashed potatoes, ½ cup each of flour and rolled oats, ¼lb. of butter, 1 cup of coconut, 1 tablespoon of golden syrup, 1 small teaspoon of carbonate of soda, 1 cup of sugar, a pinch of ground ginger, and 2 tablespoons of boiling water. Mix the dry ingredients, first sieving the mashed potatoes and the flour well, adding rolled oats and coconut. Melt the butter a little, add the syrup, beat well, with the 1 cup of sugar, till creamy, then add the dry ingredients, and lastly the soda dissolved in the boiling water. Drop in teaspoonfuls on to a greased baking tray, and bake in a moderate oven.—("Timaru").

### Potato Pancakes

Three ounces of flour, 2oz. of potatoes, cooked, mashed and sieved, a pinch of salt, 1 egg, ½ pint of milk and water, fat for frying and sugar to taste.

Put the flour and potato into a basin, add salt and mix well. Make a well in the centre, put in egg and a little milk, then stir with a wooden spoon, and add gradually the remainder of the milk, beating all the time. See that the batter is quite smooth, and allow to stand for about 1 hour. Melt a little fat in the pan, and when it is hot, pour in sufficient batter to cover the pan, and fry over heat for a minute or two. Turn and fry the other side to a golden colour. Roll up each pancake, sprinkle with castor sugar, and put on a hot dish. This batter can be used for Yorkshire Pudding, Toad-in-the-Hole, etc. — ("New Brighton").

### Welsh Potato and Cheese Cake

Quarter of a pound of butter, 2 eggs, 3oz. of sugar, 1 cup of mashed potato, ½ cup of flour, ½ cup grated cheese, pinch of salt, 2 teaspoons of baking powder, juice and grated rind of half a lemon. A few sultanas can be added if liked. Cream the butter and sugar, add the beaten eggs, the lemon juice, the mashed potato mixed with the grated cheese. Sift in the flour and the baking powder. Turn it into a greased tin lined with paper, and sprinkle with nutmeg and sugar. Bake 40 to 50 minutes in a moderate oven. Ice with lemon icing, made with 1 cup of icing sugar, a squeeze of lemon juice, a little grated rind of the lemon, 1 tablespoon of melted butter, and a little grated cheese if liked.—("Christchurch").

### Chocolate Potato Biscuits

Four ounces of cooked, mashed potato, 1oz. of flour, 4oz. of ground rice, ½

teaspoon of cocoa, 1½oz. of butter, ½ egg, 1 tablespoon of treacle, ½ teaspoon of baking powder, and a little vanilla essence. Mix the flour and ground rice, and rub in the butter. Add the potatoes and cocoa, and stir the dry ingredients together. Then put in the half egg, treacle, and flavouring, and beat thoroughly. Finally, add the baking powder, and mix well. Turn the mixture on to a floured board, roll out ½in. thick, and cut into rounds. Bake in a hot oven 15 to 20 minutes.—("New Brighton").

### Boiled Potato and Apple Pudding

Two cups of mashed potato, 1 cup of flour, pinch of salt, 1 teaspoon of baking powder, 5 large apples, sugar to taste, a few cloves, 1½oz. of butter. Make a paste with flour, potato, salt and baking powder. Add a little milk if necessary.

Line a buttered bowl with the paste, reserving a little for the top. Fill with cut up apples, sugar, cloves, and butter. Cover the top with the paste. Steam or boil for 2½ hours or more. Serve with cream or milk. This is a good pudding.

—("Otane, H.B.")

### Oatmeal Biscuits

Three ounces of oatmeal, 2oz. of flour, 2oz. of mashed potato, ½oz. of dripping, pinch of salt, and ½ teaspoon of baking powder. Mix the oatmeal and flour together in a basin, add the baking powder and the salt, and rub in the fat. Next add the potatoes and mix well. Add sufficient water, about a gill, and work to a fairly stiff dough. Turn out on to a floured board, roll out ¼in. thick. Cut

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