



## MISCELLANEOUS POTATO DISHES

### And A Victorian "Beauty Drink"

I HOPE that readers are cutting out, and keeping safely, the many and varied potato recipes which I have given during the last few weeks on this page. You will find them so very useful—often in using up little bits of left-over fish or meat—as well as in the original sweet and savoury dishes which were devised by the Links of the Daisy Chain and sent in for the Potato Competition. For some time the modern craze for slimming and for "diets" had the effect of making potatoes unpopular, but that phase has largely passed now, and people are once more eating this good vegetable—and growing it, too, now that we are realising the necessity of planting our own vegetables as part of our war effort.

Potatoes are rich in Vitamin C and so have a beneficial effect upon the skin; moreover, they are one of the few foods which do not lose this vitamin with being stored—nor even with being cooked—so long as the skin is left on! In fact, a "Beauty Drink" made from potatoe skins was very popular with Victorian maidens! It is immediately under the skin of the potato that most of the goodness lies; so the recipe for this drink was to scrub and peel 2 large old potatoes about  $\frac{3}{4}$  of an inch thick;

then boil these skins in a pint of water for half an hour, and finally strain and drink the liquid. Two cupfuls of this per day were supposed to give a radiant complexion.

Here are other interesting recipes:

#### "The King of Dishes"

That is the name given to this crayfish salad by the husband of "Daisy Petal" (Pahiatua), who sent the recipe. Requirements: One crayfish, cooked mashed potatoes, 1 lettuce, tomatoes or radishes when in season, and salad dressing. Use a crayfish the size to suit oneself. Split it in two and turn the tap on it to clean it. Drain, and while doing so, break and take all flesh from the legs. Then chop or break in small pieces all the flesh of the crayfish. Add as much well-mashed potato as you have fish, and mix well together with salt and pepper. Place in a salad bowl. Then have the prepared lettuce on top, with tomatoes or radish sliced to finish. Pour over all a mayonnaise or dressing made this way. Place in a saucepan 2 eggs, 2 tablespoons of sugar, beat, add 1 teaspoon of made mustard, a little salt and pepper, a knob of butter, 3 tablespoons of hot water, 4 tablespoons of vinegar, and heat till it is thick. Then add a cup of cream.

#### Potato Sponge

Two ounces of mashed potato, 2 oz. of flour, 4 eggs, 4 oz. castor sugar,  $1\frac{1}{2}$  level teaspoons of baking powder, 3 teaspoons of lemon juice, and a little lemon cheese. Separate the yolks from the whites of the eggs. Put the yolks with the sugar in a basin and beat these until they are creamy, adding lemon juice to the sugar first. Sift the mashed potato and flour with the baking powder two or three times. Beat the egg whites stiffly. Take a spoon and add half of the flour gradually, folding in half of the egg whites. Now add the remainder of the flour, and lastly fold in the remaining whites. Turn the mixture into buttered sandwich tins, smooth evenly over, and bake in a moderate oven until light and spongy. Cool and, when cold, sandwich with lemon cheese spread between, dust the top with icing sugar or soft icing flavoured with lemon juice. Icing:  $\frac{1}{2}$  lb. of icing sugar, a knob of soft butter, a dessertspoon of lemon juice. Blend, and add a little hot water if necessary.

#### Cornish Potatoes

Boil, mash, and season some potatoes, adding sufficient beaten egg to bind the mash to a paste. Roll this out, and cut into rounds four inches across, and half an inch thick. Place on each some minced boiled fish, seasoning, and a little dripping. Cover with another round, press the edges together, flour both sides, and fry in boiling fat to a golden brown. Drain, arrange on a dish, and sprinkle with chopped parsley. Tomato sauce is nice with this. (Port Nelson.)

#### Potato Pudding

Three cooked potatoes, 2 ounces of ground almonds, 3 eggs,  $\frac{1}{2}$  lb. of raw sugar,  $\frac{1}{2}$  teaspoon of wholemeal breadcrumbs, and the grated rind and juice of a lemon. Mash the potatoes and add the almonds, sugar, breadcrumbs and then the lemon rind and juice. Beat the eggs thoroughly and add. Mix and leave to stand for quarter of an hour. Bake or steam 1 hour.

#### Smoked Fish and Potato Pie With Batter

Two cups of mashed potatoes, salt and pepper, 1 tablespoon of finely minced or chopped parsley, and 2 tablespoons of finely chopped or minced onion; 1 tablespoon of butter, and a beaten egg if liked, and  $1\frac{1}{2}$  cups of minced smoked fish. Then there is some curry sauce made of 1 ounce of butter, 1 dessertspoon of curry powder, 1 teaspoon of lemon juice, 1 oz. of wholemeal flour,  $1\frac{1}{2}$  cups of stock, salt,  $\frac{1}{2}$  grated apple or a little tart jam. For the batter use 3 tablespoons of wholemeal, salt, an egg, and milk to make a thin batter. Now for the method. Well grease a square, deep tin. Line the bottom and half-way up the sides with the potato mixture, and cover with minced fish. Pour over the curry sauce. Make it thoroughly hot in the oven, and then pour over the batter. Cook in a good oven at the top—

Regulo 7—until the batter is cooked. Then cut in squares and serve at once. (Mrs. Nicotinus.)

#### Potato Raspberry Buns

One cup of mashed potatoes, 1 large cup of flour, 1 large teaspoon of baking powder, 4 oz. of sugar, 1 egg, a little raspberry jam, 4 ounces of butter, about 4 tablespoons of milk, and 1 teaspoon of cornflour. Cream the butter and sugar, add the egg, saving a teaspoon of the white. Beat well, add the milk. Sift the potato, flour and cornflour well together, two or three times, with the baking powder and a little salt. Mix all with the butter mixture, and roll into balls. Make a cavity in the centre of each, drop in a little raspberry jam. Close them together again, and brush over the joint with white of egg. Bake in a hot oven on greased slides for about ten minutes.

#### Ginger Cakes

One cup of mashed potatoes, 1 cup of flour, 1 egg,  $\frac{1}{2}$  teaspoon of cinnamon, 1 teaspoon of ground ginger,  $\frac{1}{8}$  teaspoon of cloves,  $\frac{1}{4}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon of carbonate of soda, 1 teaspoon of baking powder, 1 cup of brown sugar,  $\frac{3}{4}$  cup of syrup, 1 cup of sour milk,  $\frac{1}{2}$  cup of butter. Soften the butter, sugar and syrup, beat in the egg, mix all the dry ingredients, and bake in muffin tins, or in paper cases, in a moderate oven.

#### Spiced Potato Biscuits

Two cups of flour,  $1\frac{1}{2}$  cups of mashed potatoes,  $\frac{1}{2}$  cup of treacle,  $\frac{3}{4}$  cup of butter,  $\frac{1}{4}$  cup of dates,  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{2}$  cup raisins,  $\frac{3}{4}$  teaspoon of cinnamon,  $\frac{1}{2}$  cup of syrup,  $\frac{1}{2}$  teaspoon of ground nutmeg, 2 teaspoons of baking powder,  $\frac{1}{2}$  teaspoon of baking soda,  $\frac{1}{2}$  teaspoon of ground cloves. Melt the treacle, syrup and butter. Add hot mashed potatoes, then sifted dry ingredients, with chopped fruit added last. Drop in teaspoons on greased oven tray. Bake in moderate oven till golden brown. (Pahiatua.)

#### Potato and Salmon Scones

Half a pound of boiled potatoes, 2 tablespoons of self raising flour, or ordinary flour with a small teaspoon of baking powder, a little milk. For the filling: one tin of salmon, 2 ounces of breadcrumbs, a little chopped parsley and thyme, and 2 oz. of margarine or cooking fat. Mash the potatoes and make them into a dough with the flour, milk if necessary, and a pinch of salt. Roll out to an inch in thickness, cut into triangles, and bake for 15 minutes, until the scones are golden brown both sides. While the scones are cooking make the filling as follows. Remove the bones from the fish and add breadcrumbs, parsley, sage, and thyme, with salt and pepper to taste. Mix well, add melted fat, and work to a smooth paste. Split open the scones, spread on the filling, and serve hot. These are delicious for tea or luncheon.

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