

RECIPES ASK QUESTIONS Aunt Daisy ANSWERS

COLD DESSERTS

A VERY sensible subject for this week's article, don't you think? In hot weather one should have a salad for luncheon—a mixed fruit and vegetable salad with mayonnaise, whole-meal bread and butter, and cheese, and a cup of good coffee—but when the day's work is over, and dinner time is here, one needs a nice tasty and hot first course—perhaps roasted or grilled meat, or curried fresh mutton, and two or three carefully steamed vegetables, and then a cold delicious dessert. Lucky owners of refrigerators have the best chance, of course; but we can all manage pretty well with a cool safe, and by making up the dish twenty-four hours ahead.

With a Packet of Jelly Crystals

The possibilities in a packet of jelly crystals are endless. One does not merely dissolve them in hot water and set the jelly—though that is quite nice if one is pushed for time, and can be served chopped up and put into pretty little individual serving dishes or glasses, with a spoonful of flavoured custard on top, and a sprinkling of nutmeg—very nice, too. But various fruits can be added to the jelly, and condensed milk and so on. Try some of these ideas.

Banana Sparkles

This is original, being devised by an Auckland. Make a pint of good, thick custard, and also make up one packet of strawberry jelly, and one of lime jelly. Put all away to set—in fact, these may all be made overnight; and the custard may be made with custard powder if eggs are scarce, as they generally are at Christmas time. Next day, cut up six bananas, and sprinkle well with lemon juice and castor sugar. Beat each jelly with a fork until it is like sparkling crystals. Put into a deep glass bowl first a layer of the strawberry jelly, then a thick layer of bananas, then a layer of the cold custard. Next comes a layer of the lime "sparkles," the rest of the bananas, the rest of the custard, and then the remainder of the strawberry, with the lime "sparkles" all over the top. You will be surprised what a pretty and delicious dish this makes.

Melrose Cream

Make about a pint of custard, fairly stiff, also a red jelly and a yellow one—an orange and a cherry (or red currant) jelly are suitable. When it is just beginning to set, take a glass dish and put alternate layers of cold custard and red and yellow jellies until the dish is full. Decorate with fruit and put aside to set. This can be cut in slices when set.

Raspberry Flan

Make and cook your flan. Here is a good recipe for it: 8 ozs. flour, 6 ozs. butter, 1 tablespoon castor sugar, 1 egg yolk, and just half a teaspoon of baking powder. Rub the butter into the flour, baking powder and sugar, and mix with the egg yolk and a very little water. Bake in a sandwich tin—put some uncooked rice in to keep it flat—and prick the pastry a little, too. Remove the rice about ten minutes before it is quite cooked, and put the pastry back in the oven to finish. Then leave it to get cold. Now prepare your raspberries. Make up a packet of raspberry jelly crystals, and when it is a little cool, stand the raspberries in it, to get the flavour of the jelly right through them. After a few minutes, lay the raspberries on the flan, and pour over as much jelly (nearly cold) as it will hold. Serve with cream or almond flavoured custard.

If using tinned raspberries, use the liquid from the tin to make the jelly, filling up to the required amount with water. Any tinned fruit may be used—peaches make a lovely flan.

Summer Fruit Tart

Cook any fruit in season in a very little water, with sugar to taste. When cool, pour into a glass dish. Cover with a round sponge cake which fits the dish as nearly as may be. Make up a packet of jelly—any flavour which suits the fruit you are using—and when just lukewarm, pour it over the sponge and leave it to set. Have ready a good custard made with custard powder, and when cold, pour it over the top of the jelly. Sprinkle with coloured coconut, or hundreds and thousands. This makes a very nice summer dish and a change from fruit pie.

Individual Jellies

These are always most popular, especially with children; and the varieties one can make are almost unlimited. If you have custard glasses, you can put a piece of orange, or apricot, or peach at the bottom, pour in some pretty coloured jelly, and leave it to set; and afterwards put a spoonful of custard and a grating of nutmeg, or some chopped nuts, on top. Whipped cream is also nice instead of custard. Or you can set the fruit and jelly in egg cups, or teacups, and then turn them out on individual pretty dishes, and pour custard or cream around. Children like hundred and thousands sprinkled over the custard, too.

Peach Trifle

This is really "super." Have the necessary number of small round sponge cakes, and a tin of peaches, in halves, not slices. Scoop out the middle of each sponge cake so that half a peach will fit in. The pieces of sponge scooped out are to be crumbled into a deep glass bowl; mix in with them two tablespoons of

ground almonds, and pour over all enough liquid from the peaches to moisten the crumbs. Make a good custard next, flavoured with vanilla, pour over and leave to cool.

Then place the hollowed sponge cakes over the top of the custard, and place in each hollow a peach half, with the rounded side up. Dissolve a packet of peach jelly according to directions, using any peach juice remaining. When cold, but not set, pour over the peaches in the dish, and put away to set. Serve decorated with whipped cream.

Peach Delicious

You need four cups of peaches and syrup—strain the syrup from the peaches when you have measured the amount. Place about a tablespoon of crushed or grated pineapple in pretty individual glass dishes. Place the peaches on top. Bring to the boil the syrup, and thicken it slightly with about a tablespoon of arrowroot moistened. Pour this over the

peaches. When it is cold, decorate with whipped cream, nuts, and cherries.

Three-minute Spanish Cream

Dissolve two packets of jelly crystals in 2 cups of boiling water. Heat 2 cups of milk, add 2 beaten eggs and a little sugar. Blend both together, and set overnight.

Tapioca Spanish Cream

Soak 2 tablespoons of tapioca in water all night. Pour off the water, add about 1½ cups of milk, a little sugar, and 2 beaten egg yolks. Bake till cooked. Then take out of the oven, fold in the egg whites beaten stiff, flavour with vanilla, and put away to set. When cold, it tastes like Spanish Cream.

Watermelon Slices

These are quite pretty, and not really much trouble. They make quite a party dish. First make two jellies—one green

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