

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

## WHOLEMEAL RECIPES

**I** THINK that we are all thoroughly convinced by this time that it is good for us to eat wholemeal bread and to use wholemeal in our baking. If our families do not like it at first, get them used to it by degrees, by mixing some wholemeal in with the white flour, and gradually increasing the quantity. It has been the experience of thousands of housewives that in a few months, the family prefers the nutty flavour of wholemeal; and that cakes and pastry made with white flour are felt to be less tasty, and far less sustaining. Just go to work tactfully, and don't make the change-over too sudden. Willing co-operation is much better than forced obedience. In all city restaurants and quick lunch bars one now sees as many piles of wholemeal sandwiches as of white. This shows how the taste for wholemeal is spreading. But the taste must be started in the home—which is, indeed, responsible for all habits, both of mind and of body. Let us realise this responsibility fully.

There are five important food-values in wholemeal—Vitamin B for growth; protein for body building; mineral salts for new tissues; carbo-hydrates for energy; and roughage. Wholemeal also contains a large quantity of phosphorus (in the bran) which is milled out in white flour; and also four times as much iron. So let us use it fully.

### Wholemeal Date Cake

This was sent in by a Wellington lady, who uses only wholemeal, and also raw sugar.

Six ounces of butter (or margarine), 2 eggs; 4 oz. raw sugar; 1 teaspoon salt, but no salt if butter is used; 2 cups of wholemeal flour; 2 level teaspoons of baking powder; ½ lb. of chopped stoned dates; and about one cup of milk. Rub the fat into the sifted flour, baking powder, and salt. Add the beaten eggs, the sugar, and the fruit, and mix with the milk. Bake in a slow oven about two hours.

### Wholemeal One Egg Cake

One small cup of sugar, raw or white; ¼ lb. butter; 1½ cups wholemeal; 1 cup milk; 1 egg; ¼ teaspoon salt; a little vanilla essence; and 2 heaped teaspoons of baking powder.

Melt the butter a little, then put it into a basin, and add the sugar; then the beaten egg. Then add the flour and milk alternately. Lastly put in the bak-

ing powder and the essence. Bake in sandwich tins, about twenty minutes, in a good oven. Put together with jam or any favourite filling. If liked, this cake can also be iced: coconut icing is very nice, when coconut is available.

### Wholemeal Crunchies

Four ounces of butter; 1 dessertspoon golden syrup; 3 to 4 ounces of light brown sugar; 1 egg; a few drops of rum and of vanilla essences; 1-¼ cups chopped dates; 2 to 3 ounces of preserved ginger; 6 oz. of wholemeal; 1 teaspoon baking powder; ½ to 1 cup of walnuts; and some flakes. Cream the butter and sugar, with the flavouring and the golden syrup. Add the eggs, beat, add the wholemeal and baking powder, and stir till smooth. Break off little pieces and shake them in a paper containing flakes. Bake on cold trays in a moderate oven, regulo 4.

### Wholemeal Chocolate Sponge

Quarter of a pound of butter; ½ cup wholemeal; 2 tablespoons cocoa; 1 teaspoon baking powder; 1 cup brown sugar; 1 cup of flour; 1 egg; ½ teaspoon baking soda, and a little vanilla; pinch salt.

Cream the butter and the sugar, add ½ cup milk in which the soda has been dissolved; then the egg and the rest of the ingredients—the vanilla last. Then, finally, add ¼ cup of hot water. Bake in a moderate oven, regulo 6, for about half an hour. Cover with chocolate icing, with perhaps almonds or walnuts on for decoration.

### Wholemeal Madeira

This was sent in some time ago by "Phyl of Herne Bay."

Four ounces of butter; 12 oz. of wholemeal; 2 tablespoons of marmalade; 1 teaspoon of baking powder; 8 oz. brown sugar; 2 eggs; and 4 oz. of walnuts. Cream the butter and sugar, add the eggs, then the marmalade, and lastly the wholemeal and the baking powder. Bake in a shallow tin for 1½ hours, approximately.

### Wholemeal Ginger Gems

One level breakfast cup of wholemeal; one teaspoon of baking powder; 1 teaspoon of ground ginger; a pinch of salt; 1 oz. of melted butter; 1 oz. of light brown sugar; 1½ tablespoons golden syrup; 1 egg; 6 tablespoons of milk. Mix the flour, salt and dry ingredients, and mix with the other ingredients. Bake about twelve minutes in greased gem irons.


### Wholemeal Scones (with Water)

One cup of fine wholemeal; 1 cup of coarse wholemeal; ½ cup of bran; 1 heaped teaspoon of salt; and 2 heaped teaspoons of baking powder. Into that rub thoroughly 2 oz. of butter. Mix to a soft dough with cold water, or milk and water. Pat out flat—do not roll. Cut into squares, and cook in a moderate oven, about the 2nd. or 3rd. shelf from the top—about 30 to 40 minutes.

### Wholemeal Family Cake


Quarter of a pound of butter; ½ lb. of sugar; 3 cups of wholemeal; ½ cup of white flour; 1 teaspoon cinnamon; 1 teaspoon ginger; 1½ cups milk; 1 table-

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