

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

BANANAS IN COOKING

SUCH a useful fruit, the banana, as well as being nourishing! It can be used in puddings and trifles and cakes, and even in savouries, besides being one of the very best and easiest things to eat if you have to postpone a meal, and want to stay the pangs of hunger. Bananas contain glucose, which is good for health and energy; and they are a great help in varying the menu.

Banana Blancmange

Make a cornflour blancmange in the ordinary way, flavouring it with grated lemon rind. Then, just before pouring it into the wetted mould, stir in some

in the banana, well mashed, and mix to a pliable dough with the yolk of egg. This pastry is very nice for open tarts.

Banana Coconut Tart

Half a pound of flour, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ lb. butter, 1 cup desiccated coconut, 1 egg, and a little milk to bind. Make the coconut pastry with the above ingredients, roll it out and line a tin or plate with it. Bake it a very light brown, and spread with raspberry jam. Slice three bananas on to this, and add the juice and grated rind of a lemon. Pour over this a custard made with one egg to a breakfast cup of milk, a dessertspoon of sugar, a pinch of salt, and a grating of nutmeg and bake until the custard sets. This is excellent served with cream.

One Egg Banana Cake

This is described, by the Wanganui lady who sent it, as a "very light and spongy mixture, and beautifully moist when cooked." She also says that she does not think it could be improved upon! So here it is: 2 tablespoons butter, 1 cup sugar, 1 egg, $\frac{1}{2}$ cups flour, 2 or 3 mashed bananas, according to size, 1 teaspoon baking powder, and the same quantity of carbonate of soda in 2 tablespoons of milk. Cream the butter and sugar, and add the mashed bananas and the egg well beaten. Next add the flour sifted with the baking powder, and, lastly, the soda, dissolved in the milk. Bake about half an hour in a moderate oven, ice with vanilla or banana-flavoured icing, and decorate with walnuts.

Bananas and Rice

Boil half a pound of rice in sufficient stock or water to be absorbed when the rice is tender. A small bunch of herbs and a piece of onion are tied in a piece of muslin and boiled with the rice to flavour it, and this bag is afterwards removed. Pack the cooked rice in a small cake tin to set; turn it out on a hot dish, and place fried eggs on top, and arrange fried bananas and rolls of grilled bacon around it. Serve hot for breakfast or lunch. To fry the bananas, cut them in halves lengthwise, and dip in flour, then in beaten egg, and again in flour, and fry in hot butter.

Steamed Banana Pudding

This is very good indeed, served with cream, and quite substantial. Six ounces of breadcrumbs, 3 ozs. shredded suet, 2 ozs. sugar, 3 or 4 ripe bananas, 1 egg, and the juice and rind of either a lemon or an orange. Slice the bananas thinly, and mix with the other ingredients; add the egg well beaten. Pour into a greased basin, and steam for two and a-half hours, or make it without suet, just mashing 6 bananas and stirring into them 6 tablespoons of sugar, 4ozs. breadcrumbs, the juice and grated rind of a lemon, and 2 well beaten eggs. Steam this for about two hours in a buttered basin.

Banana Mock Cream

Beat together the whites of 2 eggs, and one sliced banana. Beat until very stiff. It will be found that the banana will dissolve and help to form cream.

Banana Sponge

One teacup of sugar, 2 tablespoons of milk, $\frac{1}{4}$ lb. butter, 1 teaspoon baking powder, 1 small teaspoon baking soda, 1 egg well beaten, 3 firm mashed bananas, and $\frac{1}{2}$ cups flour. Cream butter and sugar, add egg, then flour, baking powder and bananas. Dissolve soda in milk, and add to above. Bake about $\frac{1}{2}$ -hour in a moderate oven. This sponge can be either baked in sandwich tins and mock cream filling put between, or in a flat baking tin, with whipped cream on top.

Banana Cake

(Sent by Poppy).

Cream $\frac{1}{4}$ lb. butter and 1 teacup of sugar. Add 2 well beaten eggs, then 3

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thinly sliced bananas, and leave it to set. This is really very nice indeed, especially if served with cream, and very nourishing.

Banana Toast

Five ounces of cheese, a small teacup of banana pulp, 3 ozs. butter, 1 egg yolk, some chopped parsley and some rounds of bread. Toast the bread, spread with butter and keep hot. Grate the cheese finely and peel and mash up sufficient bananas to make the pulp. Melt an ounce of butter in a saucepan, add the grated cheese and the banana pulp, and stir over a low heat until creamy. Draw away from fire, and stir in the egg yolk. Cook gently for a few minutes, season with a little mixed mustard, pepper and salt, spread the mixture generously on the buttered toast, and garnish with finely chopped parsley.

Banana Pastry

Six ounces of flour, $3\frac{1}{2}$ ozs. butter, $\frac{1}{4}$ teaspoon baking powder, a pinch of salt, 1 oz. castor sugar, 1 mashed banana and a very small egg yolk (or half an egg yolk). Sift all the dry ingredients into a bowl, and rub the butter in lightly with the tips of the fingers. Work

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