

EGG DISHES

EGGs are cheap now, so let us take advantage of the fact, and prepare some tasty dishes to vary our usual round of, roast and boiled meat, and casserole stews. Remember that eggs are a very valuable food, are rich in protein, in Vitamins A and B, and in minerals. A nurse once told me that she kept up the strength of a very sick man over a long and trying period, mainly on yolk of egg and orange juice, beaten together. But well and healthy people will want dishes tasty and toothsome, as well as satisfying and nourishing, so here are some suggestions. Then if you have plenty of eggs in the house you can easily get a suitable meal for unexpected visitors.

Alpine Eggs

Four eggs, 6 ozs. grated cheese, 1 oz. butter, 1 dessertspoon vinegar, pepper and salt. Butter a shallow tin, line it with nearly all the cheese, sprinkle the vinegar over, then break the eggs on top very carefully, so that the yolks are not broken. Sprinkle with pepper and salt. Cover the top with the rest of the cheese and some finely chopped parsley, and put some knobs of butter on top of all. If you like, you may sprinkle a handful of crisp wheat flakes over as well. Bake in a hot oven for about ten minutes, till the eggs are nicely set.

Picnic Pie

The lady who gave me this had it from Dame Christina Massey. It may be eaten hot or cold, and it is not necessary to wait for a picnic to enjoy this hearty meal. Line a deep dish with good pastry, either flaky or short. (A potato pastry is quite good, and I will add the recipe for it.) Place first a layer of pork sausages, partly fried a nice brown, then a layer of uncooked bacon rashers, and one of thick slices of tomato; and lastly a layer of eggs, carefully broken without spoiling the yolks. Season with a little pepper, and cover with a layer of pastry. Bake in a steady oven till the pastry is cooked; the inside will then be done too. Eat either hot or cold. This makes a good supper dish as well as a dinner.

Potato Pastry

Half a pound of flour, ¼lb. of lard or dripping, 1 teaspoon of baking powder, 1 breakfast cup of mashed potatoes, a salt spoon of salt, and a little milk to form it into a workable dough. This is just made in the usual way, of course.

Bacon and Egg Savoury

Cut about 3 ozs. of bacon into small pieces, and fry lightly in a frying pan. While that is frying, beat together 2 eggs, 1 cup of milk, a sprinkling of pepper, but no salt, as the bacon usually is salty. Add the crisped bacon to this savoury custard, place in a casserole, or pie-dish, and bake in the oven for about fifteen minutes until it is set.

Egg and Carrot Curry Dish

Prepare several carrots, cutting each lengthwise into four. Cut up 2 or 3 onions, and boil them with the carrots until cooked, but do not let the carrots break. Lift them out and keep them hot. Add a cupful of milk to the liquor and onions, and thicken it with cornflour or flour, adding curry powder to taste. It is best to mix the flour and curry to a paste with cold water or milk before adding it to the hot liquor; and don't forget a little sugar and a squeeze of lemon-juice. Pepper and salt to taste. Have ready some well cooked rice, with the grains dry and separate, and hot; and also four hard-boiled eggs, shelled and cut in halves. Now pile the curry high in the middle of a flat dish, and place the carrots like the spokes of a wheel, radiating from it. Put the boiled rice between the "spokes," and also in a border round the whole, and arrange the hard boiled eggs nicely on top of the curry. Serve with chutney.

Baked Eggs on Smoked Fish

Allow 2 tablespoons of smoked fish and one egg for each person. Simmer the fish in milk till soft, then drain and flake it. Put the servings of 2 tablespoons either in individual dishes, or in heaps in a large casserole. Break an egg carefully upon each heap, sprinkle with pepper and salt, and bake about ten minutes in a hot oven till the eggs are set. It may be served with or without the fish liquor thickened as a sauce, with parsley added.

Scots Eggs

Boil some eggs hard. Remove the shells and cover the eggs well with sausage meat. Then roll in beaten egg, and afterwards in dried breadcrumbs; fry them in very hot deep fat. Some people give them a coating of mashed potato outside the sausage meat, as well as the egg and breadcrumbs; and some leave out the sausage — especially in Lent, and just cover with the potato. Very nice either way; may be served hot with a good gravy, or cold with a green salad. It is quite a substantial dish.

Scalloped Eggs

There may be in the pantry, a cup of cold boiled rice, and a cup of mashed potatoes (left-overs). Probably there is some stale bread in the bin. If so, boil four or five eggs till hard—do not let them boil rapidly, but only simmer slowly for twenty minutes, or so. Fast boiling makes the albumen indigestible.

Pop them into cold water, then when cold and shelled, chop them up and mix them with the rice and potatoes, adding a tablespoon of melted butter and some chopped parsley. Make a good white sauce—that ever-useful standby in tasty dishes, and add to the mixture. Put it all into a buttered pie-dish, sprinkle with finely grated soft breadcrumbs, and dot pieces of butter over it. Bake for about 20 minutes in a moderate oven. Quite a nice little dish.

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