

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

EAT MORE CHEESE

ALTHOUGH cheese has been used as a food almost from time immemorial, and its food value and staying power have always been known, yet it seems that for many years we in New Zealand have regarded it more as a supplement to a meal than as a meal in itself. It is no wonder that people find themselves unable to digest easily about a quarter of a pound of cheese at the end of a meal which has already supplied sufficient (if not too much) protein and fat. Cheese is a highly concentrated food, therefore should be eaten with more bulky material such as lettuces and green salads of all kinds; and also with fruit—cheese and apple, or pineapple, make a splendid combination. As a “finale” to a meal, a dainty idea is to serve thick slices of red apples, the peel left on, spread with cream cheese, or cottage cheese; or luscious pears may be halved and used instead of apples.

Cottage Cheese

To make cottage cheese, for each 2 quarts of milk, you should allow 2 tablespoons of rennet, and ½ teaspoon of salt. Warm the milk to blood heat, then put it into a big bowl, adding the rennet and salt. Leave it for a few hours, to set. Then put it into a cheese bag, or a salt bag, or something similar. Hang it up on a nail to drain, leaving a clean bowl underneath to catch the whey, which is good to drink. Leave it hanging overnight. Then the next day take it out of the bag, and put it in a round dish or tin. Press this down, leaving a plate on top, with an iron or weight to keep it pressed firmly down. It is then ready to use the same day.

Cream Cheese

This is made from cream, whereas cottage cheese is made from full milk. The cream must be absolutely fresh, and the thicker the cream, the better the cheese. Take from two to four pounds of fresh separated cream, and pour it into a basin which has been lined with fine muslin. Take the four corners of the muslin, and hold them in the left hand; while with the right hand work the thumb and finger down the bag which has thus been formed, so that the right hand is tight on the cream. Get someone to tie a piece of strong string as close to the cream as possible, leaving a long end to hang

the bag up by. Leave a basin underneath to catch the liquid, of course; and leave it all night. Next day, take it all down, flatten the cheese to about two or three inches thick; and put a weight of four to six pounds on, and leave it for about another six hours. The cheese is then ready for use.

Substantial Cheese Dishes Cheese Roly Poly (Californian Recipe)

Make the pastry as usual—or use this recipe:—Sift together 1 cup of flour, 1 cup of wholemeal; ¼ teaspoon dry mustard; 2 rounded teaspoons of baking powder; a pinch of salt. Chop in or rub in ¼ lb. of butter, or good dripping, and mix with milk to pastry consistency. Roll lightly to an oblong shape, and half an inch thick. Spread then with this mixture:—1½ cups of cheese put through the mincer; 1 small onion, also minced; mixed with a beaten egg and a tablespoon of melted butter, and a dash of Worcester Sauce. Roll up, press the ends together, and place fold side down in a greased baking dish. Brush over with milk and bake about 30 minutes or 35 minutes in a hot oven. Serve hot, sliced, with a vegetable salad, and tomato sauce.

Boiled Vegetables au Gratin

Boil cauliflower, cabbage, Brussels Sprouts, green beans, or even asparagus as usual. Strain, and put in an oven-dish, sprinkle with a little pepper, and put some days of butter; then dust thickly with grated cheese. Put under the grill for a few minutes, till the cheese melts a little. Or the vegetables may be heaped upon slices of buttered toast, instead of being put in the dish.

Bread and Cheese Pudding

Into a baking dish or casserole, put a layer of slices of buttered bread, without crusts. Cover with a thick layer of grated cheese, sprinkle with salt and pepper. Now put another layer of buttered bread, and another thick layer of grated cheese and seasoning. Pour over a custard made with 3 eggs, and 2½ cups of milk—no sugar. Put a last layer of grated cheese on top, and cook for about half an hour in a moderate oven, so that the custard sets, but does not boil. The top should be brown and crisp.

Yorkshire Rarebit (traditional)

Four ounces of cheese; ½ oz. butter; 3 tablespoonfuls milk; a little vinegar, mustard and pepper; 2 slices buttered toast; 2 poached eggs. Cut the cheese into small pieces, and put into a saucepan with the made mustard, a few drops of vinegar, and pepper to taste. Stir and cook gently until the mixture resembles thick cream. Meanwhile pre-

pare two slices of buttered toast, and pour some of the cheese preparation over each piece. Place a poached egg on top of the cheese, and serve very hot.

Cheese Eggs

Three eggs; 1 oz. butter; 2 oz. grated cheese; and pepper and salt. Boil the eggs hard and when cold remove the shells, and cut the eggs in half lengthwise. Put the yolks into a pan with the cheese, butter, pepper and salt. Heat gently, and stir until the butter is melted. Then put the mixture into the white halves of the eggs, and serve cold on a plain doily, or better still, on a bed of lettuce, and cress; or in a whole leaf of lettuce.

Yorkshire Cheese Muffins

One egg; 1½ cupfuls flour; ½ cupful of grated cheese; ¼ teaspoon salt;

(Continued on next page)

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