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(Continued on next page)

of flour, suet, baking powder, salt and a little water. Roll this pastry out thin, and line a greased pudding basin, leaving enough pastry for the lid. Dry the rabbit, roll each joint in the seasoned flour, pack in the basin with the vegetables and the beef and pour in a cupful of water. Cover with the pastry top, tie over greaseproof paper, and steam for three hours, or more. Serve with onion sauce.

Carmarthen Rarebit

Melt 2oz. of butter in a saucepan, add 4oz. of grated cheese, and a teacup of

milk. Stir over gentle heat until the cheese is dissolved. Add a pinch of salt, a teaspoon of made mustard, and 1 beaten egg. Cook for one minute. Pour over some hot buttered toast, and if convenient, put under the grill just to brown.

Dry Trout

This method of cooking is supposed to give the fish a wonderful flavour. The trout, freshly caught in the Welsh streams is cleaned and wiped dry, then put to fry in a slightly greased pan. Turn after a few minutes, and cook on the other side.

Brecon Biscuits

Five ounces of butter, ½lb. of flour, 6oz. of sugar, 2 eggs, and one teaspoonful of lemon juice. Rub the butter into the flour, add the sugar, the strained lemon juice, and the well-beaten eggs. Mix into a paste. Dust the board over with flour and fine sugar mixed, and roll the paste out thinly on this. Cut into rounds, and crescents. Bake in a moderate oven about 20 minutes. These biscuits are sometimes varied with the addition of lightly grated lemonrind, or caraway seeds pressed in when rolling out the paste.

Welsh Cawl (Glamorganshire)

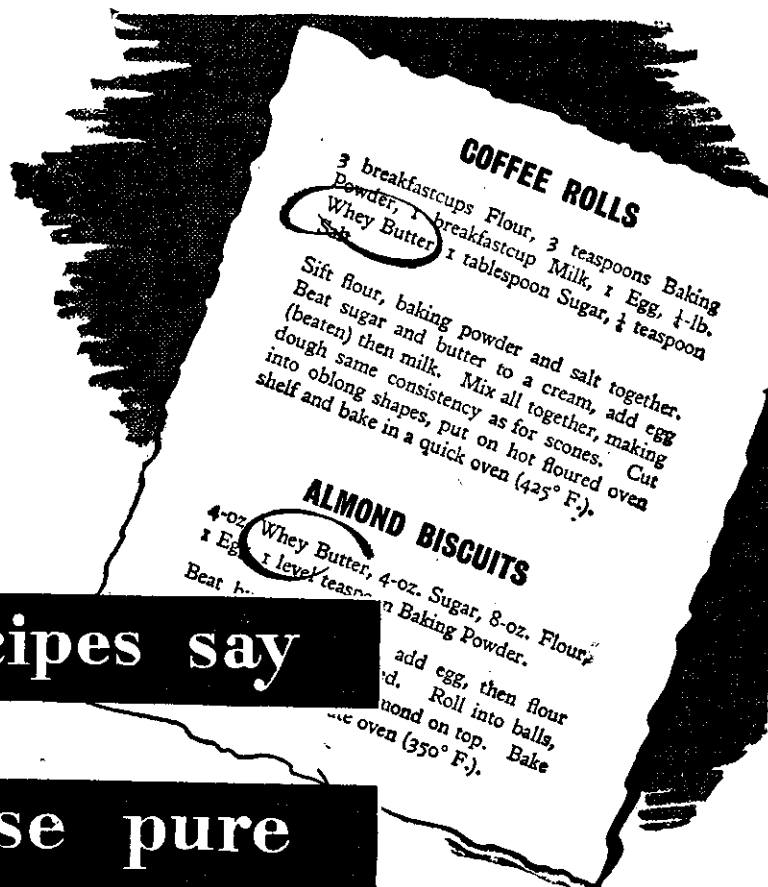
Three pounds of neck of mutton, 6 leeks, 6 carrots, 12 potatoes, salt and 5 breakfast cups of water. See that the mutton is well jointed, place in a pan with tepid water, to which salt has been added. Bring to the boil, remove the scum, and simmer for 1 hour. Prepare the vegetables, divide each carrot into four lengthwise, and cut the leeks into pieces about 3 inches long. Put into the pan and boil for half an hour, then put in the peeled potatoes, and boil for another half hour. Serve on a very hot dish with the meat piled in the centre.

Welsh Shortbread (Flintshire)

This is a good one. Half a pound of butter, ½lb. castor sugar, 12oz. wholemeal flour, ¼lb. rice flour. Cream the butter in a basin, sift in the wholemeal flour, then add the castor sugar and the rice flour. Knead the paste with the hands until it is smooth, divide into four portions, form into flat round cakes, pinch the edges with the thumb and finger, and prick all over with a fork. Place on paper on a flat baking tin, and bake in a moderate oven for about 30 minutes, or until the shortbread is well done and a good brown. As we cannot get rice flour, I suppose ground rice would do.

Welsh Cheese Cakes

In Welsh, these are called "Tarts Sioned." Make a short crust with 6oz. flour, 3oz. lard, a little salt, and cold water. Line patty tins with it, and put on each a little raspberry jam, before the following mixture. One egg, and its weight in butter, sugar and flour, a pinch of baking powder, and the grated rind of half a lemon. Beat the butter and sugar to a cream, add the flour and egg alternately, beating well between each addition, then the lemon rind and lastly, the baking powder. Put in the shells with the raspberry jam, and bake immediately in a fairly quick oven till nicely browned. Cool on a sieve. Sift over with icing sugar. You may prefer to make your own favourite pastry and just use the Welsh filling.



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LISTENER'S MESSAGE TO MEN OVERSEAS (See Page 4)

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