



TRADITIONAL DISHES - YORKSHIRE

LAST week we considered old Welsh dishes. Let us now turn our attention to Yorkshire.

York Baked Ham

Put a "sizable" piece of ham or bacon into a pan with about 1½ inches deep of cold water round it. Put into a steady oven, and bake until it yields easily to a fork. Skin and cover with breadcrumbs when a little cooler. The steam keeps the ham moist, there is no waste, and all the good flavour is left in. It tastes as ham should taste!

Friday's Pie

This is claimed to be "good and cheap, and will harm nobody." It contains no meat—which accounts for its name.

Two pounds of potatoes; 1 lb. of onions; 1 pint of milk; butter; pepper and salt to taste; and pastry to cover. A large pie-dish should be smeared with butter, then a layer of potatoes put into it. Cover with a layer of sliced onions, another layer of potatoes, followed with a layer of onions until the pie-dish is filled. Each layer must be sprinkled liberally with pepper and salt, and have just a smearing of butter spread over it. Pour in the milk and put into the oven and cook for 20 minutes. Have a good short pastry ready, cover the pie, and bake again for half an hour. The pastry is made with 4oz. of butter to ½ lb. of flour.

Yorkshire Pudding

Two eggs; 1 cupful of flour; salt and milk. Put the flour and salt into a basin, make a hole in the middle, and pour in a little milk. Break in the two eggs, and beat to a smooth batter, then add 2 tablespoons of cold water. Beat again for a minute or two. Grease a meat tin and pour in the mixture; or better still, divide it among four well greased saucers or tiny dishes. Bake for 20 to 30 minutes. The hotter the little greased dishes, to receive the batter, the lighter the puddings will be.

Yorkshire Parkin

Half a pound of oatmeal; ½ lb. flour; 1 lb. treacle; ¼ lb. lard; ½ oz. ground ginger; 1 teaspoonful sugar; 1 tablespoonful milk; and 1 teaspoon bicarbonate of soda. Rub the lard into the oatmeal and flour, add the ginger, and sugar. Warm the treacle until it is runny, dissolve the soda in the milk, and mix all the ingredients together. Have a somewhat flat tin lined with paper, and put the mixture in. Bake in a moderate oven about 1½ hours, and when cooked, cut into squares.

Gothland Treacle Tart

One breakfast cup dry breadcrumbs; 1 breakfast cup mixed currants, sul-

tanus, and candied peel; 1 apple; juice and grated rind of 1 lemon; 1 saltspoon pudding spice; 1 saltspoon ground ginger; 2 tablespoons treacle; 2 table-spoons milk; 1 tablespoon sugar.

Have ready a good short pastry. Grease a shallow pie-dish, or a deep pie plate and line with the pastry. Have all the other ingredients mixed together, taking care that the apple after peeling and coring, is grated before

MAKING CREAM GO FURTHER

If you have not quite enough fresh cream to make a filling for your cake, dissolve one teaspoon of best powdered gelatine in half a cup of hot water. When cool, beat to a froth, and add it gradually to your cream, whisking all the time. Flavour to taste. Always be sure your cake is cool before you fill or ice it.

mixing. When the mixture is well blended, put on to the pastry. Cover with a layer of pastry, brush over lightly with water, sprinkle on a little sugar, and bake about 40 minutes.

Muffins

One pound of flour; 2 teaspoons of sugar; 1 teacupful each tepid water and milk; ½ oz. yeast; 1 teaspoon salt.

Mix the yeast with a small quantity of milk and water, to a smooth paste, gradually adding the remainder of the liquid, then the sugar and salt. Stir till it is quite smooth. Put the flour in a bowl, make a well in the centre, and pour in the liquid, working it to a soft dough. Leave to rise in a warm place for an hour. Knead for ten minutes, and again stand aside in the warm until the dough begins to fall a little. Break off small pieces of the dough, and form into flat rounds—you could use a floured board, or just your floured hands. Cover with a warm cloth and leave for 20 minutes until the muffins have risen. To cook, place the muffins on a hot girdle, or in a thick frying pan, and bake on the top of the stove for 10 minutes till very slightly brown, then turn over and bake on the other side. This quantity should make 12 muffins.

Tea Cakes

Half a pound of flour; 3 oz. currants; 1 oz. candied peel; 3 oz. lard; 2 teaspoonfuls sugar; 1 level teaspoon salt; ¾ oz. yeast; ½ pint warm milk. Warm the bowl, and put into it the flour and salt. Cream the yeast with the sugar, pour on the lukewarm milk. Rub the lard into the flour, add the currants

and the finely chopped peel. Pour the yeast and milk mixture very slowly into a well made in the flour. Mix it into a light dough. Knead well, then set it to rise. When the dough is risen, form into small cakes and put on a baking sheet. Leave in a warm place to rise again for an hour. Then bake in a quick oven for twelve minutes, about.

Scarborough Hake

We can make this dish with our New Zealand hake, or with any fillets, I should say. Allow, say, 6 fillets, or cutlets of hake; 1 tablespoon of butter; 2 lbs. of tomatoes; salt and pepper; 1 tablespoon of flour; and half a cup of water. Wash and dry the fish, roll in the seasoned flour. Skin the tomatoes, divide into slices and lay half of them in the bottom of a greased pie-dish, or casserole. Place the fish on the tomatoes, and on top of each piece of fish place a piece of butter; and more slices of tomatoes. Add the water. Cover with two thicknesses of greased paper—or a lid—and bake in a hot oven for half an hour. Take off the lid the last five minutes before serving, just to brown the top.

Guisborough Fish Pudding

Two pounds of steamed fish; 6 ozs. suet. 1 cup of milk; 1 teacup of breadcrumbs; 3 eggs; 2 level teaspoons chopped parsley; and seasoning. Remove the skin and bones from the steamed fish. Put into a basin with the shredded suet, and the chopped parsley, beat together well with a fork, and add the breadcrumbs, egg, milk and seasoning. Put into a greased basin and steam for 1½ hours. Turn it out, and serve with a white sauce. This is particularly nice with broad beans, when they are in season.

Ribston Pie

One pound of onions; 1 lb. of apples; ½ lb. bacon; 1 tablespoon sugar; 2 teaspoons sage; pepper and salt to taste; and some pastry. Line a deep pie-dish with slices of bacon—remove the rind, of course. Cover with slices of onion, sprinkled over with half the sage, and pepper and salt, to taste, then cover with layers of cored and peeled apple slices, sprinkle with sugar, a little more sage, and more pepper and salt. Now add 1 teacupful of water, and put on a crust of good pastry. Bake for about 1¼ hours.

Laskill Bacon Roll

Half a pound of cold boiled bacon; ½ lb. flour; ¼ lb. suet, 3 onions; 1 teaspoon baking powder; a pinch of salt; and some pepper and milk.

Put the flour, salt, baking powder and shredded suet into a basin. Gradually add sufficient milk to make a paste. Mince the ham and onions, sprinkle with pepper. Roll the pastry out about ¼ inch thick, spread on the mixture, roll up and fasten securely

in a pudding cloth. Boil for 2 hours and serve with brown gravy.

West Riding Pancake

Three small slices of bacon; 1 egg; ½ teacup of milk; 2 level teaspoons of flour; and pepper and salt. Fry the bacon, and put it aside to keep hot. Make a thin batter with the other ingredients, beat thoroughly, pour into the hot bacon-fat in the frying-pan, and cook brown, first on one side and then on the other. Lay the slices of bacon on the pancakes, fold over and serve very hot.

"NYLON" A TRIUMPH OF CHEMICAL RESEARCH NOW IN N.Z.

"Nylon," hailed in America and England as the new high grade fibre for textiles, will first reach New Zealand as bristles in toothbrushes.

"Nylon" is a synthetic fibre produced from coal, air and water, and was discovered in 1938 as a result of ten years of intensive research instituted by Messrs. du Pont de Nemours. It surpasses in strength and elasticity any known textile fibre, whether cotton, linen, wool, silk or rayon—it is actually one and a half times stronger than silk.

"Nylon" has many uses, it can be produced in filaments as fine as a spider's web from which yarns of any size can be spun, and also in the form of bristles, rods, sheets, etc.

Production and manufacture of "Nylon" yarns, fabrics and bristles is already advanced in U.S.A. Last year the amount produced exceeded 5,000,000 pounds weight. The bulk of this material went into the production of "Nylon" yarn and was used mostly for hosiery.

In England to-day "Nylon" is being manufactured by Imperial Chemical Industries in two forms—in yarn and bristles. The war has restricted the large scale production of "Nylon" yarns, and "Nylon" hosiery will probably not be available until after the war. The whole output of yarn has been taken over by the British Air Department for the manufacture of parachutes.

"Nylon" bristle has considerable advantages over hog bristles in toothbrushes—it wears better and does not break off or go soft in service. It absorbs only one fifth as much moisture as hog bristle and absorbs it more slowly. The surface of "Nylon" is smooth and hygienic, is not susceptible to bacterial attack, and does not become soggy and dirty in use.

A recent test in a machine simulating the use of a toothbrush, the abrasion and fatigue was such that after 70,000 scrubs, the "Nylon" brush was intact, with every tuft in place and only a few bristles out of alignment, whereas in a high grade hog bristle brush, subjected to the same test, the bristles were broken and flattened down.

"Nylon" toothbrushes made from this wonderful material are now manufactured in New Zealand. They are individually packaged to reach you in perfect condition, and cost no more than the ordinary high grade bristle brush. Ask your chemist or dealer to show you the new "Nylon" toothbrushes—every genuine "Nylon" brush has the word "NYLON" stamped prominently on the handle.