



THE COUNTRY WOMAN'S STANDBYS

FROM Hindon, Central Otago, comes a request:—

Dear Aunt Daisy,

This time I write to ask if you would give, in your section of "The Listener," some recipes for tea and lunch dishes based on the country woman's standbys—eggs and mutton. I have already used several recipes of this sort that you have published, but would appreciate a few more.

Now I will give you a few hints which may interest other Links. (1) A good soufflé can be made with an ordinary omelette mixture—(1 egg, 1 tablespoon milk, and seasoning, per person), and varied by adding cooked ham, cooked onions, tomatoes, cheese, cold potatoes, etc., and baked in the oven in a pie-dish. It must be served at once. (2) A simpler method of removing emulsion stains from baby clothes than has been given, is to dab the stains with eucalyptus, allow to dry, then wash. Old stains may need two or three applications. (3) A piece of kidney fat—unrendered—is handy for greasing a girdle, trays, or cake tins.

—Central Reader."

We will take the Mutton recipes this week, and the eggs next week.

Rolled Neck and Breast of Mutton

Have the mutton boned, and rub it over with a mixture of ½ teaspoon pepper; ½ teaspoon allspice; ¼ teaspoon mace; ¼ teaspoon nutmeg; ¼ teaspoon ground cloves; a little salt; ½ teaspoon ground ginger; add a sprinkling of onion. Then put a layer of minced lean meat, or a couple of sheep's tongues, or better still, a nice stuffing-mixture of breadcrumbs, parsley, sage and onion. Roll it up and tie or sew it. It may be either boiled and served with parsley sauce, and carrots and parsnips; or baked like a roast, and served with potatoes and cauliflower.

Spiced Pressed Mutton

Make a brine of salt and water, sufficiently strong to float an egg. Add about a tablespoon of saltpetre boiled in some water with a cup of sugar. Leave the brine till cold. Now put in the flanks from the mutton, the tongues, and any odd pieces not used as joints. Leave for a week or ten days. Then take out the pieces and boil till the bones come out easily. In a round cake tin put a little nutmeg, then add slices of tongue, and continue layers till the tin is full. Dissolve a little gelatine in some of the water in which the mutton was boiled—a dessertspoon of gelatine will set a breakfast cup of liquid. Pour into the tin so that the meat will be set in the jelly. Cover with a plate, and press with weights. Leave about 24 hours.

Castleford Toad-in-the-Hole (Yorkshire)

Trim off most of the fat from the required number of chops. Grease a deep pie dish, sprinkle with a thick layer of

breadcrumbs, mixed with chopped parsley and thyme, and seasoned with pepper and salt. Lay the chops upon the breadcrumbs. Make a batter, in the proportion of 2 well beaten eggs; ¾ of a pint of milk, and 2 tablespoons of flour, with a pinch of salt. Pour this over the chops, and bake in a moderate oven for an hour.

Lunch Dish of Kidneys

Skin and cut in halves the kidneys. Fry them in a tablespoon or so of butter, and a little sprinkle of sugar, till brown. Then cover with water or vegetable stock or gravy, and cook until ten-

Lotion For Chapped Hands

Five dessertspoons glycerine; 3 dessertspoons strained lemon juice; 1 teaspoon cornflour; 1 dessertspoon water; 9 drops Friars Balsam. Mix cornflour and water, add glycerine and lemon juice. Bring to the boil, stirring all the time. Remove, add Friars Balsam. Rub well into the hands, and "wash" lightly. Very good.

der. A little bacon may be cut up and added; season with pepper and salt. Add the juice of a lemon and a little grated lemon rind. Thicken with a little flour or cornflour.

Luncheon Chops

Dip each chop in beaten egg and browned breadcrumbs. Then wrap a thin slice of bacon round it. Then cook them in an ungreased casserole, with the lid on, in hot oven, for about one hour.

Colonial Goose

This was beloved of the old settlers. Just get the butcher to bone a leg of mutton for you, and stuff the cavity with a good sage and onion stuffing. Bake carefully, basting frequently.

Stuffing: 2 small cups of breadcrumbs; 1 parboiled onion chopped fine; 1 teaspoon salt; ½ small teaspoon pepper; chopped parsley; thyme; sage; 1 teacup suet or about 2 tablespoons dripping, minced lean bacon or ham. If the bacon is fat, use less suet or dripping. Bird with an egg, or milk.

FROM THE MAIL BAG

Out of Date

Dear Aunt Daisy,

Just a few lines about the Jelly Filling for a Sponge Cake. I often make this—it is a very simple yet lovely filling. But setting the jelly in a tin the size of the cake is out of date. This is the modern way—and the filling is much nicer. For a three-egg Arrowroot Sponge,

I use half a packet of jelly. Make it in the usual way, and leave it till nearly set. Then, while it is still wobbly, give it three or four good rounds with the egg beater; then spread it on the sponge and leave overnight before cutting. It turns out perfect, and very clear.

—"Wanganui."

"Flora" of Linwood, writes: "Set the jelly in the usual way—using fruit juice if liked, to make it nicer—and when it is just set, beat it up, or stir well with a fork, and spread it evenly to whatever thickness desired, on the cold cake. Press the top half on, and leave for some hours before cutting. I learned this tip from a friend in a bakehouse."

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