

RUSSIAN FOOD

WE are all so interested in Russia and her dauntless people, that I think you will be interested to read about, and possibly try, some authentic Russian recipes.

Russian Stock for Soup

This mixture is the base of many kinds of Russian soups. Get six pennyworth of bones, 3 lbs. of leg beef, and sufficient soup vegetables, such as carrots, onions, and any others in season (not too many). Boil the bones separately, strain, and save the stock. Put the meat, in one piece, into a big saucepan, with carrots, onions, etc., add salt, a bayleaf if possible, a little bag of mixed spice, a pinch of ginger, and water to cover—not too much. Simmer until the meat is ragged, then strain. To this rich tasty stock add the bone stock.

Bortsch

This is the simplest household recipe for making the national soup of Russia. To stock made in the Russian way, as above, or to any meat and vegetable stock, add cooked beetroot cut into chips or dice, a little vinegar, and a dash of sugar. Boil up, but only for a minute or two, so that the beetroot does not discolour. Also, grated raw beetroot, mixed with very little vinegar, may be squeezed through cheese cloth into the boiling soup just before serving. Serve Bortsch with sour cream, and Piroshki or Vatrushki.

Vatrushki

These are just cream cheese tartlets. Mix into a smooth paste ½ lb. of cream cheese, the raw yolk of one egg, a little salt, a speck of sugar, and a tiny bit of butter. Use this as filling for small tarts made with short pastry. Bake the tartlets after filling.

Piroshki

These are triangular meat patties which are commonly served in Russia with Bortsch, cabbage and potato, tomato, and other soups. They are delicious and easily made. Piroshkis are served on a large meat dish; each person takes two or three and eats them from a side plate with knife and fork at the same time as the soup. As they are very satisfying it is not necessary for a meat course to follow. Fifty Piroshkis can be made with 3 lbs. meat and 1-1½ lbs. puff pastry. If not all required for one meal they can be reheated next day. Make, or buy ready made, some puff pastry. Take the beef used for the Russian stock as above, or other cooked beef, and mince finely. Put the mince into a basin, add a little good stock or some meat extract, a good lump of butter, salt, pepper, and a pinch of ginger. Bind with one or two raw eggs, then add three hard boiled eggs previously chopped finely. The three pounds of meat and three hard

boiled eggs will be enough for dozens of patties. Roll the pastry out as thinly as possible, cut into four-inch squares, put a dessertspoon of the meat mixture in each, fold cornerwise, press the edges and brush with white of egg. Cook in a hot oven till the pastry is done.

Orichovy Tort

This is a special Russian walnut cake. It sounds expensive, but it is really a marvellous cake, and contains neither butter nor flour. I suppose we could use half quantities, but sometimes this does seem to spoil a recipe. Put nine egg yolks in a basin with ½ lb. sugar, stir until smooth over very low heat, add ½ lb. of ground walnuts and 1½ tablespoons of brown breadcrumbs, and mix well. (We shall have to crack our own walnuts, and mince them finely—weigh ½ lb. after mincing.) Add the stiffly beaten egg whites. Butter two sandwich tins, sprinkle with flour and shake out; slightly more than half fill with the mixture, bake in a moderate oven for about half-hour. Turn out on to a cake rack. When cool spread with almond cream filling, make into a sandwich and ice with boiled icing.

Almond Cream Filling

Two tablespoons of fresh cream, 2 eggs, ¼ lb. ground almonds, ¼ lb. granulated sugar. Put all ingredients into a double saucepan or a basin in a saucepan of boiling water, and stir till the mixture thickens. Leave to cool before spreading on cake, which must also be cool.

Strutzel

Four cups of flour, 1 cup of milk, ¼ cup sugar, 1 oz. yeast, 3 eggs, one-third cup butter, and a pinch of salt. Dissolve the yeast in the milk, mix well with half the flour, cover with a cloth and stand in a warm place to rise. Beat the egg yolks with sugar and beat the whites separate to a stiff froth. Add to the dough the beaten yolks, and whites of eggs, the remainder of the flour, a pinch of salt, and the butter previously melted, but left to cool. Knead the dough until it is quite light and does not stick to the hands. Stand again in a warm place until well risen. Turn the dough on to a pastry board, roll out very thin, brush with oiled butter. *Filling:* The most popular filling is made as follows, with apples: Peel, core and cut in thin slices five good sized apples, add ½ to 1 cup sugar, a little cinnamon, ½ cup scalded raisins, and mix well. Spread the mixture evenly on the pastry, roll like a Swiss roll, put on well-buttered baking tin and stand aside to rise for a third time. When risen brush over with egg yolk, sprinkle with sugar and cinna-

mon, and bake for about ¾-hour. Strutzel may also be filled with cream cheese paste (above), or with almond paste, mixed with currants.

FROM THE MAIL BAG

Sharpening Bone Knitting Needles

A Link in our Chain replied by telephone to a request which I put over the air, about sharpening knitting needles of bone, or composition. It is comparatively easy to sharpen these with a file, but the problem is to get them perfectly smooth

afterwards, in order that the wool is not split or torn. Our Link's husband solves the problem by rubbing them well and truly with metal polish, after making them sharp with a file. She says that the needles are then exactly like new ones, except that they are a little shorter.

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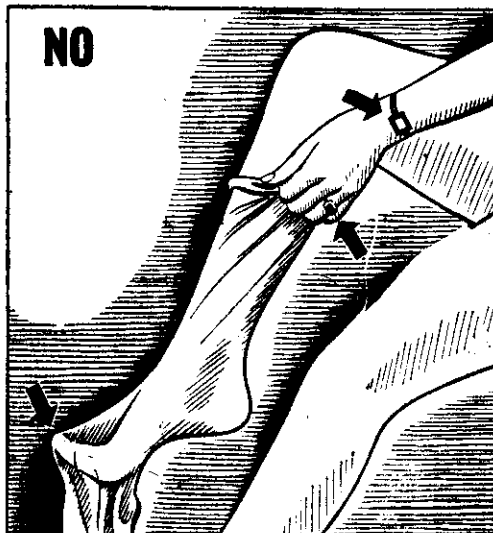


Long Life for Stockings

Stockings will last longer if you take these simple precautions, published in your interest by BONDS HOSIERY MILLS (N.Z.) LTD.



After washing, squeeze stockings gently with palms of hands, drop them into soft towel. Fold towel and twist lightly. Hang over line to dry; never use pegs.

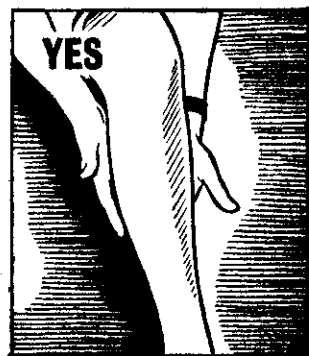


NEVER PULL STOCKINGS on by the tops; it strains the delicate fabric. Slip your foot into stocking and roll it up your leg. Put stocking on before watch and jewellery as these and rough toenails may pull threads.



ALWAYS FIX SUSPENDER IN WELT which is designed to take the strain. Never fasten it below the welt.

YES Buy a size ample for your feet, 8½" stocking for size 3 shoe; 9" for size 4; 9½" for size 5; 10" for sizes over. And keep on asking for



ALWAYS USE PALMS OF HANDS to ease seams into place. Be sure that nails are smoothly filed, with no rough cuticle.

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