

## LENTEN RECIPES

**M**OST people regard Lenten recipes simply as directions for providing tasty balanced meals without meat, apart from any idea of self-denial or discipline. Such meatless meals are very popular nowadays, at all seasons of the year; varied, and even elaborate recipes have been worked out. Here are some simple ones.

### Lenten Luncheon

Sprinkle hapuka (or groper) steaks with lemon juice, and dip in seasoned flour. Shake and place in a buttered casserole. Pour milk around, and sprinkle lightly with pepper and salt. Cover with lid, and bake in a moderate oven for about half an hour. Remove the lid, and sprinkle with grated cheese and bread-crumbs. Bake again until the cheese is melted and all is well browned.

### Lentil Patties with Apple Sauce

Two cups of cooked lentils, well-drained, 2 tablespoons chopped onions, a pinch of sage, 2 cups of mashed potato, nicely seasoned, 2 tablespoons butter. Fry, without browning, the onion and sage in the butter. Add the lentils. Shake well together, and mix in the mashed potatoes. Fill buttered patty pans with the mixture, and cook slowly in a moderate oven till nicely browned—about half an hour. Serve with apple sauce.

### Salad Eggs

Six hard boiled eggs, 3 tomatoes, 1½ oz. butter, 1 teaspoon onion juice, a lettuce, mayonnaise and French dressing. Cut a slice off the top of eggs, and remove yolks. Mash yolks with the butter, adding the onion juice, seasoning, and a pinch of curry powder, and moistening with a little mayonnaise to make it soft and creamy. Cut the tomatoes in halves, crosswise. Fill eggs with the mixture, cut a slice off the base of the eggs so that they will stand up, and place each one on half a tomato. Serve on a bed of shredded lettuce, sprinkled with French dressing. Make the dressing by mixing together 1 dessertspoon of vinegar, 2 dessertspoons salad oil, ½ teaspoon mixed mustard, pepper, salt, and a dash of onion juice. Chopped mint added to the egg mixture is delicious.

### Fish Pie

Steam sufficient fish and flake it up finely. Make a good white sauce, with 2 tablespoons butter, ¼ teaspoon grated nutmeg, pepper and salt to taste, a large tablespoon of flour, and 1½ cups milk. Stir till nicely thick, add chopped parsley and a little lemon juice, and beat well. Then put in the flaked fish. Line a buttered pie-dish with mashed potatoes, put in the fish mixture, and cover with more potatoes. Put knobs of butter over the top, and bake brown in a moderate oven.

### Sweet Corn Pie

Cook one or two cobs of corn and scrape off the grains to make a large cupful. Cut up a small onion finely, and fry it for 5 minutes in 2 tablespoons of butter. Stir in 2 tablespoons flour, a shake of salt and pepper, and ¼ teaspoon of mustard. Add a beaten egg,

and stir. Then mix in the corn. Put all into a greased pie-dish, cover with a little thick parsley sauce or mashed potato, and bake in a moderate oven till hot and brown—about half an hour.

### Smoked Fish

Butter thickly the bottom of a casserole. Put in suitable sized pieces of smoked fish. On each piece put a nut of butter and several slices of tomato. Sprinkle with pepper. Then pour over all a breakfast cup of milk, and cook slowly in the oven with the lid on, for half to three-quarters of an hour.

### Lent Pies

Boil 3 eggs hard, and when cold, shell them, cut up the whites into dice and mash the yolks. Mix together 1 teacup each of currants, coarsely chopped apple and chopped raisins, 2 tablespoons of soft brown sugar, 1 tablespoon shredded candied peel, ½ teaspoon each of ground ginger and cinnamon, and add the eggs. Moisten this mixture with 3 or 4 tablespoons of liquid butter. Line pie plates with short pastry, pile up the mixture upon them and cover with pastry top. Decorate the edges, brush over with milk and water, and sprinkle well with sugar. Bake in good oven—eat hot or cold.

## FROM THE MAIL BAG

### Mulberry Stains

Dear Aunt Daisy,

Here is a successful hint for removing stains. One afternoon I took my small daughter visiting. She was dressed in a new embroidered muslin frock—sent by her Granny from India—very sweet. Someone took her around the lovely garden, and returned her to me a mass of mulberry juice stains! You can imagine my feelings. However, another guest told me not to worry, but to put some sulphur in an empty cocoa tin, light it, and hold the stains over the fumes, first wetting the garment. This I did, and to my joy, all the stains disappeared.—All good wishes from Palmerston North.

What a relief! The frock was white, of course; I wonder if the sulphur fumes would take the colour out of a blue or pink muslin. Can anyone speak from experience about this?

### A Burnt Saucepan

Dear Aunt Daisy,

Here is a good way to clean a badly-burnt saucepan. You know how sometimes, when you have put something on to cook, you stray into the garden to look at some treasure there, and forget to return for a while. Then what an odour greets you—especially if it is meat. Well, all you need to do is to put a cupful of vinegar with a little water into the pot, bring to the boil with the lid on, boil a few minutes, then leave until the next day or the day after, and all will easily come off.—Interested Listener (Palmerston North).

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