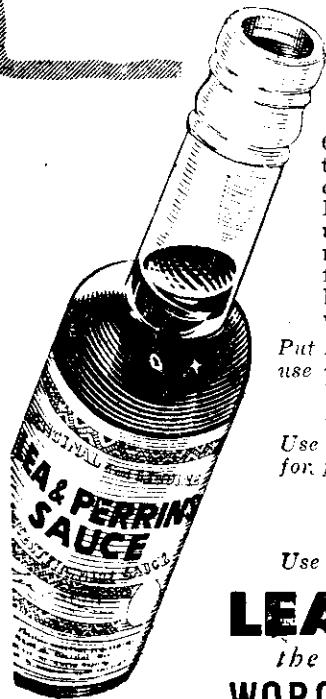


IT'S THE
KNOWLEDGE

UNDER THE HAT
THAT COUNTS



The hat doesn't make a Chef. A Chef's reputation is built mainly on the natural flavours that he can coax out of food. And it is because LEA & PERRINS Sauce has the unique effect of enhancing the innermost subtleties of aroma and flavour that it is so popular with leading Chefs throughout the world.

Put LEA & PERRINS on the Table for use with:

FISH, STEAK, CHOPS, ROASTS and COLD COLLATIONS.

Use LEA & PERRINS in the Kitchen for flavouring:

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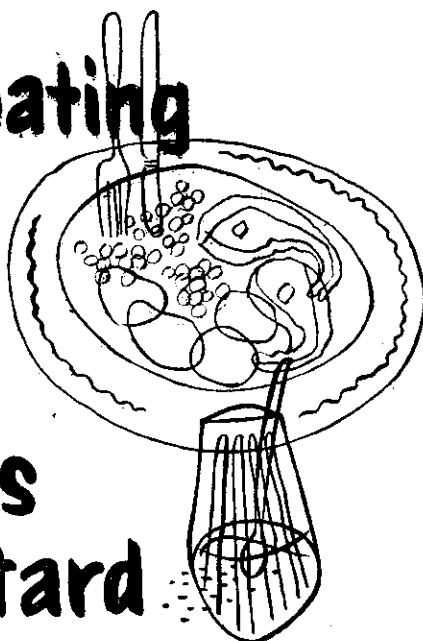
LEA & PERRINS
the original and genuine
WORCESTERSHIRE SAUCE

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Mustard gets more out of the
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**Colman's
Mustard**



M7.3H

ASK AUNT DAISY

Hunt the Mushroom

THIS is quite a rewarding game, for mushrooms fetch a good price in the shops, as well as being a fine addition to meals, with steak or bacon or liver or even fish. They can even form a meal, without meat, in pancakes, for example, or with scrambled eggs. Mushrooms are quite high in calories, too. I have read, and compare favourably with carrots in that regard; and they also contain more protein than carrots. However, they are beaten by carrots in carbohydrates; and they contain only a little vitamin D, whereas carrots have vitamin A and C.

Stretch the Meat

A much smaller portion of grilled steak than usual can be made sufficient if served with a generous helping of mushrooms, especially if they are creamed, which makes them quite substantial. For this, first simmer them gently in a little butter in a saucepan, then take them out and keep hot while you add a little flour to the butter, stirring till smooth, and then add, slowly, sufficient top milk to make a creamy sauce, seasoned with pepper and salt. Put the mushrooms back into it, and serve hot.

In the Pie

Add a few mushrooms to the steak and kidney which you are gently simmering, to make very tender, before putting it into a piedish, and cooling, ready for the piecrust to be put on. Remember to thicken the gravy, and to use a funnel or tiny cup, to keep the crust up. Prick the pastry before putting in the oven: some twisted strips of pastry criss-crossed over the top look nice and are always crisp.

Preserved Mushrooms

Drying: Any broken mushrooms, as well as perfect ones, can be used up in this way. When using, soak them for a few minutes in warm water, then either cook as fresh ones or add to soups and stews. Just spread them out on trays and dry in the oven on the lowest heat, with the door ajar to allow for circulation of air. Stir them around occasionally. When shrivelled and dry, store them in paper bags and hang up in a dry place.

Bottling: If possible, preserve on the day picked, and in any case, not later

than the following day. Peel, and place in layers in preserving pan. Sprinkle each layer lightly with salt. When juice flows, put over gentle heat, stirring occasionally with wooden spoon. Try not to break them up much. When sufficient juice is there, increase heat, and simmer till cooked. Turn into basin, and when cool pack firmly into jars, fill with their own juice to within 1/2 inch of the top. Seal. Put in water bath and sterilise at boiling point for 2 hours. Take out, and store. If there is more juice than is needed for jars, add mace, peppercorns, salt and ginger to taste, boil 1/2 hour and make ketchup.

Another, and very safe, method is to pack the mushrooms into the bottles, fill up with salt brine (1/2 oz. salt to each pint of hot water), place on the rubber ring, the cover and the spring clip. Now put the bottles into the steriliser, add cold water to reach 3/4 up the side of the bottles, fit on the cover, bring up to 200 degrees and maintain for one hour. Remove bottles and allow to get cold. After 24 hours sterilise again for one hour at 200 degrees. Do not remove the spring-clip until the bottles are quite cold after the second sterilising. The thermometer belongs to the sterilising outfit.

Mushroom Omelette

Chop enough peeled mushrooms, caps and stems, to make 1 1/2 cups. Fry lightly 5 minutes or until tender in 2 tablespoons butter. Season with salt and pepper, and a few grains nutmeg. Add to an ordinary omelette, when cooked, and fold it over.

Mushroom Soup

You need some broth. Chicken is best, so save the broth from boiling a fowl, but veal broth or even mutton broth will do. Half a pound of mushrooms makes quite a lot of soup. Don't peel, just chop finely. Simmer 5 minutes in a tablespoon of butter with a tablespoon of minced onion and twice as much minced celery. Add 2 cups broth and simmer 10 minutes. Meanwhile make a white sauce by melting 2 tablespoons butter, stirring in 2 tablespoons flour till smooth, and then adding gradually 2 cups cold milk, pepper and salt to

(continued on next page)



William
Scott

(C) Pouch

N.Z. LISTENER, APRIL 23, 1954.