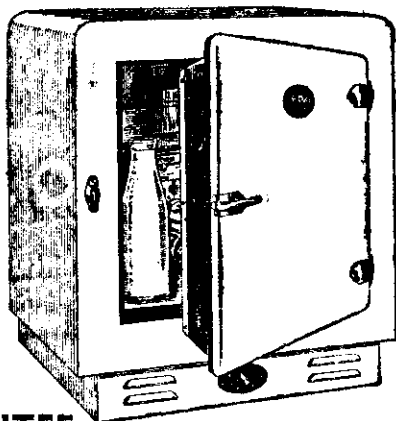


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## Dinner in a Dish



A COMPLETE main course cooked in a single container is a grand idea; and a big casserole, whether of oven glass or aluminium, is one of the most useful cooking dishes in the kitchen. Oven glass is the best, because it can be put straight on the table, keeping the dinner hot, and saving washing up! Also, less expensive cuts of meat can be made tender by long, slow cooking in the oven in a casserole; and as the vegetables are cooked with the meat, the flavour of both is blended and improved. Moreover, there is no loss of vegetable or meat juices by straining. The Chinese have always recognised the value of one-dish meals. Many people, however, do not wish to have long oven-cooked meals, from motives of economy; and for these, a big thick saucepan with well-fitting lid is the thing; although, for my own part, I prefer the oven method, with the heat down very low. People with a fuel stove find it excellent, too. Here are some ideas for both methods.

### Swiss Steak

This useful recipe can be started overnight, or early in the day, and then left in pantry or refrigerator until about 3/4 hour before dinner, when the vegetables are added. For 4 people, get 2 lb. beef steak, about 1/4 inch thick, and cut it into 4 pieces. Mix 1/4 cup flour with 1 teaspoon salt and 1/2 teaspoon pepper, and pound this well into the steak both sides, with the edge of a saucer, which helps to tenderise it. Now brown the steak on both sides in hot fat (or a little salad oil); also brown a couple of sliced onions. Add a tin of undiluted tomato soup and an equal quantity of water (measure with the soup tin). Cover tightly, and simmer gently about 35 minutes, or until the meat begins to be tender. Leave it aside now, with the lid raised, until an hour before dinner time. Then bring to simmering point, add 4 whole potatoes if not too large (or just halved) and 3 scraped carrots, quartered, and simmer about 25 minutes; taste and add more seasoning if necessary. Then take a package of frozen peas, break it in half, and put half on each side of the dinner, pushing the peas partly down into the juices. Cover, and cook again about 15 minutes, when the peas and all will be tender.

### American Hot Pot

Four shoulder chops of hogget or lamb. Trim off fat and heat it in thick saucepan (or Dutch oven). Add the chops, and one minced clove of garlic, and brown well on both sides. Tuck in 4 small whole onions and 4 pared medium small potatoes, halved, around the chops, and under them as much as possible. Add a package of frozen green beans, 1/4 teaspoon ground cloves, 2 teaspoons salt, 1/8

teaspoon pepper, and a tin of undiluted mushroom soup or asparagus soup; add 1/2 tin water. Cover tightly and cook very slowly about an hour or until mixture is tender. Thicken gravy as desired, and sprinkle with paprika.

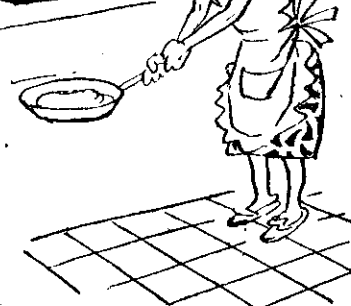
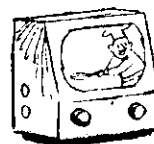
### Veal and Sausage Skillet

You need 4 large pork sausages and a slice of veal cutlet about 3/4 lb., pounded very thin. In a large thick saucepan brown the sausages lightly. Cut the veal into 4 pieces and wrap each piece around a sausage; fasten with toothpick; roll in well-seasoned flour. Brown these rolls all over in remaining sausage-fat in the saucepan, then remove. To the fat add a sliced medium onion and 3/4 cup of well-washed rice; cook, stirring, 5 or 6 minutes. Then add the meat rolls, 1/2 cup thinly-sliced celery, a tin of tomatoes (3 1/2 cupfuls), a tablespoon of Worcester sauce, a teaspoon of salt and a shake of pepper. Cover tightly and simmer, stirring occasionally, about 45 minutes, or until veal rolls and rice are tender and liquid has been absorbed. Serve sprinkled with parsley.

### Pork Chop Dinner

Have ready 4 loin pork chops, and a package of frozen peas. Let the peas thaw while you prepare the rest of the dish. Sprinkle the chops with salt and pepper, and brown them well on both sides in a heavy saucepan in a tablespoon of fat, salad oil, or bacon fat, with a split clove of garlic. Set the chops aside and discard the garlic. To the fat in the pan add 2 tablespoons sugar, 2 tablespoons cornflour, 1/2 teaspoon dried rosemary, and 1/2 teaspoon salt. Gradually stir in 1 1/2 cups hot water, and cook, stirring, until thick and glossy. Stir in 2 or 3 tablespoons lemon juice and 1/4 cup orange juice. Set an orange slice on each pork chop; arrange them in the sauce. Cover and cook over low heat for 30 minutes. Add the broken-up block of peas and sufficient boiled and strained small whole potatoes (In America these are canned). Cook, covered, basting occasionally with the sauce, 20 minutes. Then uncover and cook 10 minutes longer.

*M. Jackson*



"Ready, steady—"

(C) Punch

### Savoury Mince

Chop finely a large onion and boil it a few minutes in about 1 1/2 cups vegetable water (saved when straining potatoes, parsnips). If you have a little meat stock, use that, too, or stir in a small teaspoonful of vegetable extract. Season with a little pepper and salt (to taste)—and if you like curry, stir in a teaspoonful or so. Then add about 1 1/2 lb. raw minced beef, and simmer gently 10 minutes. If you like, add a little Worcester sauce—these seasonings depend on individual taste.

N.Z. LISTENER, JUNE 18, 1954.