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Miss Judith Ann Field
Director
of Home
Economics



How to serve

CHESDALE to your family

There are endless ways of introducing Cheese into your daily menu. Miss Field has prepared recipe Bulletins with many new recipe ideas. Send your name and address to Miss Judith Ann Field, Box 2226, Auckland, for a free copy of Bulletin No. 4

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Ask Aunt Daisy

Asparagus is Popular



TIME was when asparagus was considered quite a delicacy, instead of the plentiful spring vegetable it is today. It varies in tenderness, of course— young shoots, early in the season, cook in 12 to 15 minutes; the harder, tougher stalks are only fit for flavouring soup (very nice, ton). Choose your asparagus with straight, green, brittle stalks and heavy compact tips. Remove the "scales" from tender stalks with a knife; then wash thoroughly, using a soft brush to remove sandy soil from the tips without breaking them.

To Cook

Tie in small bundles, and stand these upright in a saucepan with just enough boiling salted water to cover the thick part of the stalks. Cover with lid and boil 10 to 20 minutes. The tips will cook in the steam, if young. Alternatively, after the thick stalks are tender, arrange the bundles in water so that the tips are covered and cook 5 minutes longer. In both methods, the tender tops are cooked but unbroken. An easy way is to spread stalks in 2 layers in a wide enough pan. Sprinkle with 1½ teaspoons salt, pour on boiling water to a depth of 1 inch, cover, and boil until lower ends, tested with a fork, are just tender-crisp (12-15 minutes). Lift out with perforated egg-slice.

To Serve

Asparagus is generally served by itself as a first course. Put 3-4 cooked stalks on a neat slice of hot toast (to absorb the moisture) and pour a little melted butter over or sprinkle asparagus with a little salt and pepper. Melt ¼ cup butter. If desired it may be browned slightly when melting. Pour it over asparagus either plain, or with one of the following added: a few drops lemon juice, minced parsley or chives, a few capers, a sprinkle of nutmeg, a little minced onion or garlic, a little prepared mustard, a little grated cheese, or a few crisp bacon bits.

In Hollandaise Sauce

First prepare the sauce: Two egg yolks, ½ teaspoon salt, dash cayenne pepper, ½ cup melted butter, 1 tablespoon lemon juice. Beat egg yolks until thick and lemon coloured. Add salt and pepper. Then add 3 tablespoons melted butter, a little at a time, beating constantly. Then slowly beat in rest of butter alternately with the lemon juice. You can make it ahead of time and chill it; and when ready to serve heat in double boiler (or basin standing in a saucepan of hot water) stirring gently till smooth and hot. Arrange the hot, cooked asparagus stalks on buttered toast; top with poached eggs and garnish with crisp, fried bacon pieces; pour Hollandaise sauce over, or, better still, pass the sauce and allow each to use as desired.

Continental Style

Use thin green asparagus and cut tender parts into pieces a little larger than peas. Cook about 5 minutes in boiling salted water, then drain. Put a small piece of butter in a saucepan, and when hot stir in a little castor sugar and about 2 tablespoons water; add the par-boiled asparagus, cover saucepan, and simmer very slowly 20 minutes. Remove asparagus and thicken sauce with a little flour, then, just before serving, stir in a beaten

egg-yolk. Pour this sauce over asparagus and serve at once. Alternatively, after the little pieces of asparagus have been par-boiled, heat a piece of butter in a saucepan, add some finely chopped parsley and young lettuce leaves, 2 or 3 small whole onions, a pinch of salt, pepper, nutmeg and flour and a little water. Cook a few minutes, stirring. Then put in asparagus and simmer very gently 20 minutes.

Creamed Asparagus

Heat thin cream, top milk or tinned evaporated milk. Season with salt, pepper, butter and minced parsley. Pour over hot cooked asparagus. Or make a thin white sauce, using some of the asparagus water instead of all milk, and adding a chopped hard boiled egg as well as asparagus.

Asparagus and Ham Rolls

Use fresh cooked asparagus. Grill thin slices of uncooked ham on both sides. On each slice of ham place several stalks of asparagus. Then roll up the ham slices. On each roll of ham and asparagus serve a generous amount of this thin rich cheese sauce. In the top of a double boiler melt ¼ packet processed cheese (i.e., ¼ lb.). Gradually add 1-3rd cup milk, stirring all the time till smooth. Or serve the rolls without sauce if preferred.

Asparagus Cigarettes

Roll thin 3-inch tips of cooked, drained asparagus in thin triangular slices of fresh white bread first dusted with grated cheese. Brush with melted butter and grill or toast until brown.

Asparagus and Peas

Two cups hot cooked asparagus cut into inch lengths, 3½ cups hot cooked peas, 2 tablespoons melted butter, salt and pepper to taste. Just mix them all together; it is a delightful combination.

Asparagus Souffle

Two tablespoons melted butter, 3 tablespoons flour, 1 cup milk, 4 eggs, 2½ cups diced cooked asparagus, ¾ teaspoon salt. Make sauce by blending in small saucepan, butter and flour, add milk gradually and cook slowly until thickened, stirring constantly. Beat egg yolks until thick and lemon coloured and add to the sauce, stirring constantly. Add asparagus and salt. Beat egg whites until stiff and fold into asparagus mixture. Pour into greased casserole set in pan of hot water and bake in slow oven (325 degrees or regulo 3) about 45 minutes.

Asparagus in Milk

If the asparagus does not look quite perfect, cut the stalks into inch lengths, and put in the top of a double boiler, with just enough milk to cover. Put the lid on tightly, and cook over hot water till tender. Then add for every cup of milk a dessertspoon of butter creamed with the same quantity of flour. Add salt and pepper to taste. This is delicious served on toast.

FROM THE MAILBAG

Milford Cake Good

Dear Aunt Daisy,

Listening to your session the other morning, I heard you give a recipe from Milford for fruit cake with glycerine—the one in which you boil the fruit for 10 minutes. Well, I tried it, and also

N.Z. LISTENER, OCTOBER 22, 1954.