

souffles, and custards: in garnishing tarts, jellies or candies. Its lovely green colour makes a pretty contrast with candied cherries; and in America it is often crushed in rum or brandy punch, and allowed to steep awhile to impart a delicate flavour. The best kind of angelica is imported from France, where candy-making it is big business; but with patience and 4 or 5 days' time, you can candy your own. An old English name for angelica was "Holy Ghost," and according to ancient herbal lore it had many mystic virtues. Originally, too, the hollow stems were eaten like celery, both blanched and unblanched, raw and cooked.

Horseradish

A most zestful condiment, especially used as "curls," or in sauce. Peel and wash the roots and shave off long thin "curls"; colour part red with colouring and leave the rest white. Pile in heaps round roast beef, or any meaty dish. Sauce: To one cup of good white sauce add $\frac{1}{4}$ cup freshly-grated horseradish, $\frac{1}{4}$ cup soft breadcrumbs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika, and allow to simmer for 2 minutes, stirring constantly; then remove from heat and add 3 tablespoons lemon juice (or 2 tablespoons lemon juice and one of vinegar). Good with roast veal or beef, also tongue. Instead of using the white sauce foundation make this sauce recipe: Mix well together 1 oz. grated horseradish, 1 dessertspoon made mustard, 3 dessertspoons sugar, 3 dessertspoons malt vinegar, 4 tablespoons whipped cream, a little salt and pepper.

Paprika (Central America)

This is the dried ground pod of one of the capsicum family. These pods are so tough that they need 6 to 8 grindings to make a fine enough powder, which is bright red. It is now grown in Spain. It is used as a flavouring and garnish for salad dressing, fish, meat, chicken, egg, and vegetables—also in chili sauce.

Tarragon

This is a very popular herb in America—used in the same way as parsley and considered much better, by good cooks. Tarragon has been grown quite successfully in New Zealand, especially in Dunedin; but was just neglected through lack of interest. Seed merchants should have no difficulty in importing seeds, if there were a public demand. Chopped finely, it is used in all kinds of salads, in tomato-cocktail, with fish dishes and lobster, peas and greens, steak and chops, creamed mushrooms, egg and chicken dishes. Tarragon vinegar is also very popular in salad-dressings, sauces, pot-roasts, and is described as a "classic French vinegar." It is made in the home by filling a jar loosely with fresh tarragon leaves (crushed lightly to hurry the time taken in infusion), then cover with pure cider vinegar, or white wine vinegar, and leave to stand for several days. Then strain, bottle, and cork tightly. To add a subtle lemon scent, add a few leaves of lemon verbena.

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N.Z. LISTENER, JANUARY 28, 1955.



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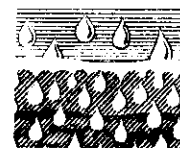
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