

then place in teaspoon lots on a sheet of greaseproof paper and leave to set.

Crunch (Vegetable Fat)

The secret of success in this is the pressing very hard into the tin with the back of a spoon. It is ready almost immediately. It is very similar to the "spiders" recipe. Six Weetbix, 2 table-spoons cocoa, ½ cup finely chopped walnuts, 1 cup coconut, 6 oz. vegetable fat, pinch salt, ½ cup whole raisins, ¼ cup icing sugar, vanilla. Mix all together. Melt fat and pour over. Mix well and then, press hard into tin with the back of a spoon.

FROM THE MAILBAG

Preserving Broad Beans

Dear Aunt Daisy,

I would be grateful if you could help me through your most interesting pages in *The Listener*? We are very fond of broad beans, and as we have several rows in this year, I am wondering if there is any reliable way of preserving them. Also, could you tell me the secret of peeling egg shell from hard boiled eggs cleanly? "E.J." Norsewood.

Broad beans, like other non-acid vegetables, need a long period of sterilising after at least 3 minutes' blanching. Peas and broad beans should be sterilised in water-bath for 3 hours. The blanching is done by tying them in a muslin bag and plunging into boiling water for 3 to 5 minutes, then into cold water for 1 minute to make them easy to handle. Fill them into preserving jars, already sterilised, cover with boiled water, leaving ½ inch to 1 inch of space for expansion. Seal tightly and sterilise in water-bath for 3 hours after it returns to the boil, when the jars are in. A teaspoon of salt should be added to each quart jar, also a little sugar and vinegar. No matter how carefully vegetables have been selected and prepared, if not sterilised long enough they will not be certain to keep. All non-acid vegetables should be boiled again in their jars before using, or even testing. Don't put hot jars into cold water bath, or vice versa. Times and methods for preserving fruit and vegetables are plainly set forth in my "Aunt Daisy Cookery Cook," as well as in a very definite and detailed book called "Preserving," published by the Home Science Department of the University of Otago. I would advise everybody to get this book (write to the University if not available at your book shop, sending 2/10), because it gives all possible information, including answers to every kind of question. There is also a "Bottling Outfit" (Australian) on the market, which includes a wonderfully clear book of directions and is practically infallible. Demonstrations of this are usually given in all big hardware stores.

Peeling Hard-boiled Eggs: Just plunge them straight from the boiling water into cold water, or let the cold tap run on them till they are cold. The shell will come off quite easily.

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N.Z. LISTENER, FEBRUARY 4, 1955.

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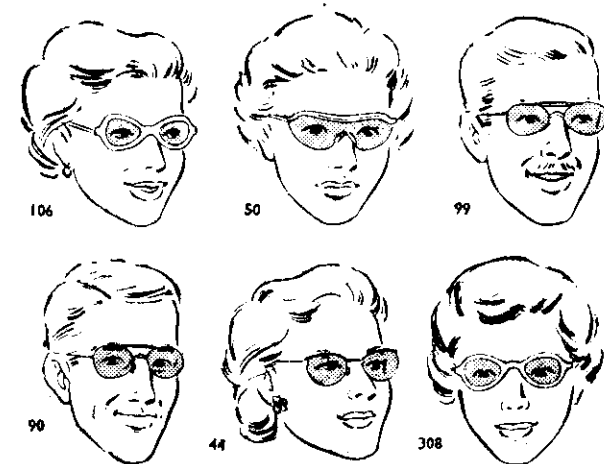


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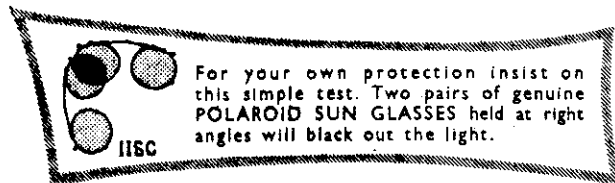
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