

Green Peppers, Eggplant

BOTH of these vegetables are at last coming into popular use here, as they have been in parts of the United States and Europe for many years. They are grown commercially in the Bay of Islands, and are plentiful in Auckland shops; it is to be hoped that they will pass into general use all over the country, so ask your vegetable shops to get in some stocks so that you may become familiar with them.

The green peppers, or Capsicums, are said to be very rich in vitamin C. In fact, I know one family which uses green peppers like lettuce, with salt and bread and butter; and they are very popular in the States baked with different stuffings. At least one man at Lower Hutt grows them, and uses them freely; and I've had enquiries from garden-lovers who want to try. They grow on a small bush about two or three feet high, with large leaves somewhat like those of the cape gooseberry, and with light purple flower like a potato flower.

Eggplants like any amount of heat, provided they get plenty of water, and the more humid the atmosphere, the better the flowers will set fruit. The season starts in December or January

and continues until well into May. In a letter from an enthusiast I am told he has friends, not only in Hungary, but also in South Africa, who urge him to eat these excellent vegetables.

Green Peppers

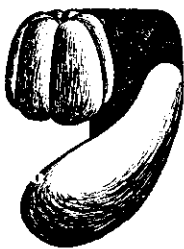
Cut off tops and scoop out fibre and seeds. Blanch by covering with hot water and boiling for 5 to 10 minutes till tender, but not soft. Dust inside with salt and stuff with any desired stuffing, including minced meat or cheese, tomatoes, sausage-meat, corn, rice, etc. Experiment!

Lower Hutt Recipe

The man who grows green peppers at the Hutt sent me his favourite stuffing recipe. "Cut off tops and fill with a mixture of cooked, washed rice and grated cheese. Stand them in a casserole in about an inch of tomato juice, with a dash of Worcester sauce added. Bake for 1½ hours, and then brown slightly with lid off. Nice for tea!"

Cheese and Tomato Stuffing

This one is from the Department of Agriculture. Half a pound of cheese, 2 medium-sized tomatoes, 1 tablespoon of



butter, pinch of mace, salt to taste, 1 teaspoon of cornflour, pinch of cayenne pepper. Blanch and peel the tomatoes and remove the cores. Melt the butter in a saucepan and add the tomatoes. Mash gently and cook until the tomatoes are pulpy. Add the mace, salt and cayenne pepper. Grate the cheese, add the cornflour to it, and then add this mixture to the tomato mixture. Cook gently until the mixture thickens. Stuff the hot, cooked peppers with it. Brown under the grill.

Pepper Rings

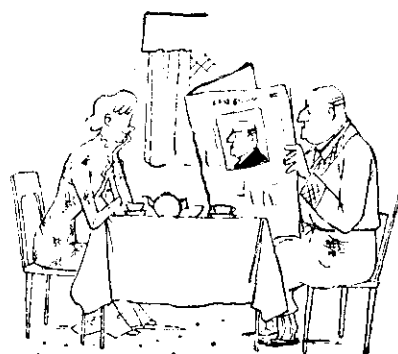
Just wash and slice the peppers into rings, cutting out the fibre and seeds. Dip the slices into egg and then in breadcrumbs and fry in shallow fat, about 2 minutes each side. Nice with grilled steak or chops or bacon.

Pepper Sauce (with Fried Chicken)

One large green pepper, sliced thin, 1 onion (sliced and browned), 1 cup celery chopped fine, 1 tablespoon butter, 1 teaspoon paprika, 1 pinch cayenne, 1 cup sliced tomato, 2 cups fowl stock. Cook all for ½ hour, thicken with flour, and add a few mushrooms. Cut up and fry in butter.

Peppers with Chicken (Italian)

Two (2-lb.) frying chickens, ¼ cup olive or salad oil, 2 medium onions, chopped, 2 green peppers chopped, 1 red pepper minced, 1 clove garlic minced, 3 tomatoes peeled and chopped, 1½ cups tomato puree, 2 tablespoons dry white wine, 1½ teaspoons salt, ⅛ tea-



Kay.

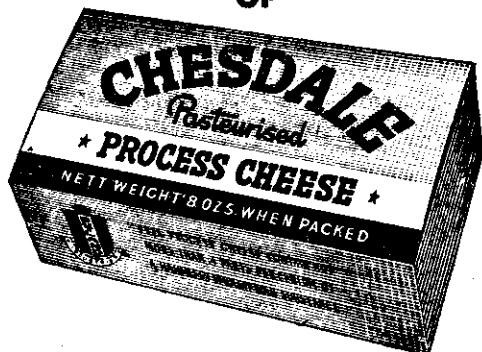
(C) Punch

spoon pepper, ⅛ teaspoon allspice (if desired). Cut chicken into serving portions and brown in hot olive oil. Add onions, peppers and garlic and brown lightly. Add remaining ingredients and simmer ½-hour or until chicken is tender. Pour sauce over chicken.

Left-over Chicken with Peppers

Two tablespoons green peppers, chopped, 2 tablespoons fat, 1 tablespoon flour, salt, pepper, paprika, 2 cups cream or evaporated milk, 1 egg beaten, 2 cups diced cooked chicken, 2 cups cooked asparagus tips cut into 2-inch lengths. Melt fat, add flour and seasonings. Add cream and cook until slightly thickened, stirring constantly. Pour over egg and blend. Add chicken, asparagus tips and green peppers and heat thoroughly. Serve on hot toast. This may be placed

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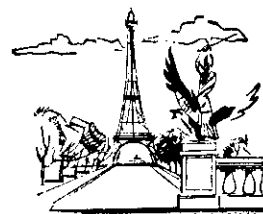


NEW ZEALAND'S MOST FAMOUS CHEESE

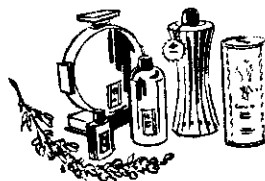
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