



On a diet? *Eat Apples!*

Slimming? Apples for you! They're non-fattening. A crisp, juicy apple makes a delicious, satisfying, easily-digested snack . . . keeps you slim. Apples—high in energy, low in calories.

Apples are a concentrated source of essential food values . . . vital in keeping your body glowing with health . . . in purifying the blood . . . in building sturdy bones, strong, sparkling white teeth.

N.Z. APPLE AND PEAR MARKETING BOARD

ASK AUNT DAISY

Milk in the Daily Diet

WE have lately been studying the necessity for eggs to be a part of our daily diet. No less important is milk, which contains all the various food factors essential for life and healthy growth. Its immense value is due to the high quality of its protein (for body building); its richness in minerals and vitamins (for general health); and the easy digestibility of its fats (for energy). For example: "Proteins consist of a group of compounds, ten of which are vital for health; and milk contains all these ten and eight more besides," is a statement made in an English analysis. Also, milk is rich in the minerals calcium and phosphorus, so essential for the growth and upkeep of healthy teeth and bones. In the case of expectant or nursing mothers, and of growing children, we should double the accepted "pint per day," and the reason for the old bones breaking so easily, and fractures not healing well is often due to old people having stopped taking enough milk and milk-foods. It is a good habit to drink a glass of milk with meals.

Eat Your Milk

It is not necessary to drink your quota of milk each day. It may be introduced into the daily diet in any way desired—in soups, luncheon dishes, sauces (both sweet and savoury), in cheese dishes (excellent), in puddings (cold or hot), in fancy drinks, in snack meals and fritters, and in party sweets. Besides fresh milk, use with confidence dried or powdered milk, evaporated unsweetened milk, and also sweetened condensed milk, which is milk to which pure cane sugar has been added after a large percentage of the water content has been removed. Evaporated milk is sterilised and homogenised (that is, broken up into infinitesimal particles which are evenly distributed), and from which a large percentage of water-content has been removed. Powdered milk is pasteurised milk from which all water has been removed. All these are pure and nutritious.

Cream of Parsnip Soup

Lightly take the outside skin off 3 medium parsnips and mince them. Simmer for half an hour with 1 cup of water. Press all through a sieve, and return the pulp and the liquid to the saucepan. Add salt to taste, and 1 pint of milk. Thicken with cornflour, add 1 or 2 tablespoons of finely-chopped parsley, and serve very hot.

Cream of Mushroom Soup

This may be made quite well with tinned mushrooms. Four cups milk, 4 tablespoons butter, 1½ teaspoons salt, speck of pepper, 4 tablespoons flour, ½ teaspoon grated onion, ¾ lb. mushrooms. Melt butter in saucepan. Add mushrooms, washed, stemmed and sliced. Cook 3 minutes. Then add flour and seasoning while stirring. When smooth, add milk, and stir till smooth. Cook 35 minutes.

Artichoke Soup

About 6 artichokes and 2 onions. Melt 1 oz. butter in a saucepan, add cut-up onions and simmer a few minutes without browning. Add about 2 pints water, and the artichokes cut up finely. Cook all gently for 40 minutes or so. Strain through sieve, pressing well. Return to

pan, add equal quantity of milk, bring to boil, and thicken with flour or cornflour. Season to taste.



Cream of Barley Soup

A knuckle of veal about 2 lb., 3 oz. pearl barley, 3 pints cold water. Wash barley and soak overnight. Cut up the meat from knuckle and put it with bone into saucepan, with water, 1 teaspoon salt, and the barley. Bring slowly to the boil, skim, and simmer slowly 2 or 3 hours. Strain through sieve, rubbing through as much as possible of the meat and barley. Return this to saucepan and add equal quantity of milk, or sufficient to make desired thickness.

French Luncheon

Six ounces flaky or shortcrust pastry, 6 rashers of bacon, about ¼ lb. cheese, 6 eggs, salt and cayenne pepper, ¾ pint thin cream or top milk, 1 oz. melted butter. Line a deep plate with pastry. Trim the bacon and fry it lightly, then cut the rashers in half and cover the pastry with bacon and thin slices of cheese. Beat the eggs with the seasoning, cream and melted butter; strain this over the bacon and bake in a moderate oven about 40 minutes, or till set and golden brown.

Surprise Cheese Souffle

Four eggs, 1 oz. butter, ½ oz. flour, ¼ pint of milk, 3 oz. grated cheese, salt and pepper. Slices of cheese cut thinly. Separate 3 of the eggs. Melt the butter and stir in the flour, gradually add the milk and bring to the boil, stirring. Cool slightly; add the cheese, the seasoning and the egg yolks one by one, beating well. Fold in the very stiffly-beaten egg whites, put half the mixture into a prepared souffle case, break the fourth egg into the centre and cover with the remaining mixture. Cut the thinly-sliced cheese into strips and place diagonally on the top as a garnish. Bake in a moderately hot oven for about ½ hour, till well risen and brown. Remove the paper and serve at once.

Fish Steaks in Milk

Two fish steaks of about 1 lb. each, 1 tablespoon flour, pepper and salt, milk to cover, 2 or 3 onions, oil or butter, 4 strips of bacon, tomatoes to garnish. Wipe or wash the fish and dry in a cloth. Mix the flour, pepper and salt, coat the fish with seasoned flour and place in a greased baking dish. Cover with milk and place in a moderate oven. Meanwhile, slice the onions thickly and fry them in oil or butter until a delicate brown, keeping each slice whole. After 10 minutes, remove the fish from the oven, cover with the onions and lay the bacon on top. Bake till done—about ¼ hour. Garnish with baked tomatoes and hand Bechamel sauce separately—make sauce with half milk and half chicken broth.

Savoury Bacon Waffles

Savoury filling: 8 oz. flour, 1 teaspoon baking powder, seasoning, 2 eggs, ½ pint milk, 4 oz. chopped bacon, 2 oz. butter. Waffles should be eaten directly they are cooked, so the filling must be prepared first. This can be anything savoury like minced ham, flaked fish, chicken or vegetables, mixed with a good sauce. To make the waffles, put the dry ingredients in a basin, make a well in the centre, add the egg yolks and ¼ pint

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