



So good . . . a big bite of a crisp juicy apple.
 So good . . . a slice of apple pie. So good . . .
 apple sauce with pork. So good . . . a baked
 apple with custard. So good . . . in so many
 ways. And so good for you! Apples are a
 wonderful source of vitamins A, B, C and G,
 calcium, phosphorus, iron and pectin . . . to
 keep you in glowing good health. Easily
 digested, apples are non-fattening . . . and
 every time you eat an apple, you clean your
 teeth, brighten your smile.

apples

N.Z. APPLE AND PEAR MARKETING BOARD

ASK AUNT DAISY

Cold Desserts and Ice Cream

ALTHOUGH pies will always hold an honoured place in our choice of daily desserts, yet the frozen or chilled pudding is a great favourite in summer time—and, of course, ice cream! New recipes for ice cream are constantly being evolved, the ones containing eggs being especially healthful. Ice cream covered thickly with a meringue and put into a very hot oven for 2 or 3 minutes, makes the favourite baked Alaska of the Americans. This may be decorated in several ways for special effects, as when the ice cream, having been arranged in a peaked mound to form a volcano (after being piled on a plain sponge cake base) and covered with meringue, is covered carefully with a chocolate sauce when taken from the oven, to represent a flow of molten lava. Often, too, the ice cream is stuck all over with ripe strawberries before being covered with the meringue. In Hawaii I was given this version, called "Kilauea Volcano," in individual servings.

Kilauea Volcano

Place a piece of sponge cake about ½-inch thick, or an equal amount of lady fingers, on each plate. Put a ball of vanilla ice cream on each and cover with meringue made of 4 egg whites beaten stiff, 6 tablespoons sugar and a few drops of vanilla. Put red jelly, such as currant, on the top of each, and have it run down the meringue to represent lava. Bake in very hot oven about 2 minutes, watching carefully. Put a cherry on the top of each before serving. This may be made without the jelly—but adding the cherry before serving.

Hawaiian Frozen Egg-nog

This makes about 2 quarts of frozen cream, which is served in sherbert glasses. Two cups sugar, 8 eggs, 2 cups milk, 2 cups cream, ½ cup brandy, ½ cup rum, a teaspoon of nutmeg. Beat the eggs and add the sugar; beat well. Add the milk, brandy, rum, and nutmeg, freeze to a mush, and add the cream. Continue freezing. This serves a very large party.

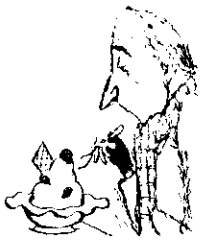
Before leaving my Hawaiian recipes, here is a special (not a dessert) to serve with roast lamb:

Mint Ice

Six or 8 sprigs of mint, ½ cup lemon juice, ¾ cup sugar, 2 cups water, ¼ teaspoon peppermint extract, green colouring, 1 egg white, ½ teaspoon gelatine, 1 tablespoon cold water. Soak gelatine in the tablespoon of water. Boil sugar and water 5 minutes. Chop mint and soak in lemon juice for ½ hour. Strain. Stir soaked gelatine into hot syrup. Add lemon and mint juice flavouring and a drop or two of colouring. Put in freezing tray and freeze until mushy. Turn into a bowl and beat with rotary beater. Add stiffly-beaten egg white and continue freezing.

Chocolate Ice Cream

Two ounces cocoa, ½ oz. cornflour, 1 pint milk, 4 oz. castor sugar, ¼ pint cream, 2 eggs, vanilla essence. Mix the cocoa, sugar and cornflour together. Blend with a little of the cold milk. Put the remainder of the milk on to boil, and when boiling pour it on to the blended cornflour, cocoa, etc. Return to the saucepan, and simmer for 5 minutes. Beat in 2 yolks of eggs. Do not allow it to boil after the egg has been added, but continue to cook for a few minutes, then allow it to get quite cold, stirring it from time to time. Add the cream and the vanilla essence, whip up



the white of eggs stiffly, and fold into the cold mixture. Blend well, and freeze.

Butterscotch Parfait

Put in saucepan one-third cup brown sugar, add 1 tablespoon butter, stir until melted and boil 1 minute. Add ¼ cup water and again stir and cook until butterscotch is melted. Beat 2 eggs in top of small double boiler until very light, add syrup gradually and beat and cook over hot water until light and fluffy. Put in refrigerator dish and chill. Beat ½ pint cream until stiff, add few grains salt and 2 tablespoons of vanilla, and beat in the egg mixture with a few turns of the egg beater. Put in refrigerator dish and freeze. It needs no stirring.

Banana Nut Mousse

One tablespoon gelatine, 1½ cups of mashed bananas, 1 cup of sugar, juice of ½ lemon, ½ cup of hot water, ½ cup of cream whipped (measured before whipping), 1 cup chopped nuts. Bring sugar and water to boil. Then add gelatine which has been dissolved in ¼ cup of cold water. Mix with bananas to which has been added the lemon juice. Put in refrigerator tray, and when it begins to jell add whipped cream and let chill for 4 hours.

Wee Wyn's Ice Cream

This recipe was very popular last year. The secret is to have both bowl and milk thoroughly chilled. Empty a tin of unsweetened evaporated milk into a bowl with a pinch of salt. Whip till thick, then add ¾ cup sifted icing sugar and flavouring. Whip again, then put in trays and freeze. This makes 2 trays. There is no further beating. Allow 2 hours to freeze. Grated chocolate, passion fruit or crushed pineapple can be added before tipping into trays.

Ice Cream (Masterton)

One dessertspoon cornflour, 1 tablespoon "Meringue Whip," 3 tablespoons cold water, 3 tablespoons melted butter, ½ pint milk, 1 teaspoon vanilla or any other flavouring, ½ cup icing sugar. Bring to boil. Make a paste with the cornflour and a little cold milk, then pour hot milk into the paste and bring to the boil, put aside to cool. Beat meringue whip and cold water until firm enough to stay in bowl when turned upside down. Add icing sugar and essence and beat until stiff. Beat in melted butter. Beat in thickened cornflour and milk, and freeze. No stirring necessary. Makes 2 pints of delicious ice cream. Ready to serve in 2½ hours.

Apple and Fruit Juice Dessert

Two and a half tablespoons cornflour, ¼ teaspoon salt, ¾ cup sugar, 1 cup cold water, 3 cups sieved stewed apples, ½ cup fruit juice—grape, pineapple, apricot or plum, etc., ½ cup chopped nuts. Mix cornflour, salt and sugar. Add cold water, and stir till well blended. Heat apple puree. Pour cornflour mixture into it, cook and stir for 3 minutes. Add fruit juice, and when boiling again stir in the nuts. Pour into individual

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