



So good . . . a big bite of a crisp juicy apple.

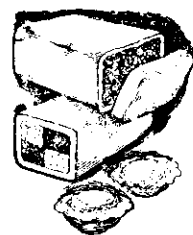
So good . . . a slice of apple pie. So good . . . apple sauce with pork. So good . . . a baked apple with custard. So good . . . in so many ways. *And so good for you!* Apples are a wonderful source of vitamins A, B, C and G, calcium, phosphorus, iron and pectin . . . to keep you in glowing good health. 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

### Preparing for Easter



**G**ET your Easter cooking planned early, and avoid the rush at the last minute. Although some of the family go away, the stay-at-home housewife must still prepare for an influx of visitors. And those who do go away often take well-packed tin-fulls of home-cooked delicacies with them.

#### Simnel Cake

This is the traditional Easter cake, and was originally a compromise between a fruit cake for the husband, Simon, and a plain cake for the wife, Nell. Resourceful Nell put a fruit cake mixture at the bottom of the cake tin, then a layer of almond paste, and then a plain cake mixture on top. Nowadays simnel cake is made just with the one fruit cake mixture, but it is still put in the cake tin in two halves; and little "Easter eggs" made of almond paste are arranged round the edge of the iced top. These look very pretty, especially if one or two fluffy yellow "Easter chickens," sold by confectioners, are put on also.

**Cake Mixture:** 6 oz. butter, 8 oz. flour, 4 eggs (added one by one), 1½ lb. mixed fruit and ½ teaspoon mixed spice. Cream the butter and sugar and make as usual.

**Almond Paste:** 8 oz. icing sugar, 1 teaspoon almond essence, 8 oz. ground almonds, 3 oz. castor sugar, 1 tablespoon melted butter, 1 well-beaten egg. Mix well and roll.

#### Richmond Maids of Honour

This is the real old English recipe. I see by the papers that the Duke of Edinburgh was served with some of these at a welcome home banquet. Six ounces butter, 4 egg yolks, 1 oz. finely-ground almonds, 1 tablespoon lemon juice, 6 oz. sugar, 1 teacup cream, 1 boiled potato, 1 oz. mixed nuts, grated rind 2 lemons, little nutmeg, wineglass brandy (or hot water flavoured with brandy essence). Mix butter and cream. Rub potato to a smooth flour. Then mix all ingredients together. Line patty pans with puff pastry and fill with mixture. Bake as usual.

#### Chequerboard Cake (with Coconut)

This is the popular oblong roll encased in either almond paste, or as in this recipe, coconut paste, with alternate pink and white squares forming the chequerboard. Four tablespoons butter, ¾ cup sugar, 2 egg whites beaten stiffly, ½ cup milk, ½ teaspoon vanilla, 2 cups flour, 2 teaspoons baking powder, ½ teaspoon salt. Cream butter, add sugar gradually, beat till light and fluffy. Add sifted flour alternately with milk. Add vanilla, lastly fold in stiffly-beaten egg whites. Divide batter, colour one part pink. Bake in two greased square sandwich tins, moderate oven, about 20 minutes. Cool. Cut each into 6 even strips. Join layers together like chequerboard, with strawberry filling. Cover outside with coconut paste. Leave in cool place 24 hours.

**Strawberry Filling:** 1 cup sifted icing sugar, 2 tablespoons strawberry jam, 1 teaspoon melted butter. Beat jam into icing sugar, add butter and sufficient hot water to make smooth-spreading paste.

**Coconut Paste:** 1½ cups sifted icing sugar, ½ cup desiccated coconut, 1 tablespoon butter, ½ teaspoon salt, 2 tablespoons lemon juice, ¼ teaspoon almond essence. Cream butter and sugar, salt and lemon juice. Add sufficient hot water to make smooth paste. Add almond essence, and green colouring. Add coconut and beat well. Should be as thick as possible. Spread evenly on cake.

#### Welsh Cheesecakes (One Egg)

Line patty tins with a good short crust. Put into each a little raspberry jam, and on top of that a teaspoon of the following mixture. Bake immediately in a quick oven till nicely brown. Before serving sprinkle with castor sugar.

**Filling:** One egg and its weight in butter, sugar and flour, a pinch of baking powder, and the grated rind of ½ lemon. Cream the butter and sugar, add flour and egg alternately, a little at a time, beating well, then the lemon rind, and lastly the baking powder.

#### Devon Bacon and Egg Pie

This is a delicious standby—I've eaten it for both morning and afternoon tea, buffet luncheons and also as a meal, either hot or cold. It is delicious every way. When cut, you see the filling in pink and green and creamy layers, and it is really good. When the BBC announcer Audrey Russell was here covering the Queen's visit, she had it at a buffet luncheon party at Point Howard and voted it "super."

Line shallow dish with flaky pastry. Deep sandwich tin is satisfactory. Have ready plenty of very finely-chopped parsley and about ½ lb. streaky bacon also chopped finely. Put 2 or 3 layers of bacon and parsley on pastry. Put pastry lid on top with a half-inch square hole cut neatly out of the centre. Wash over with milk, and bake it hot oven 420 degrees (regulo 7 or 8) for 20 minutes. While this is cooking, beat up 2 eggs with ⅓ cup milk and a dash of pepper (no salt). Take pie from oven and pour the egg mixture in through the prepared hole. Return to oven for another 20 minutes. Take out of tin, turn upside down and return to hot oven for 5 minutes, to make the bottom crust crisp. Serve in thin pieces for savouries (hot), or as a hot dish at a meal, or in small wedge-shaped pieces for morning or afternoon tea or supper.

#### Bacon and Egg Patties

This is the same recipe, adapted for savouries. Line patty tins with flaky



(C) Punch

N.Z. LISTENER, APRIL 12, 1957.