



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

### Winter Vegetables



**D**EEP-FROZEN vegetables are now so much used that it is sometimes forgotten that there are still thousands of people who like to grow all kinds of both green and root vegetables in their gardens and cook them in various ways. Sometimes they use them separately, sometimes in combination, sometimes in soup and not forgetting pickles. For a large country family, even a big deep-freeze unit will not hold enough; plenty of cabbages and cauliflowers, carrots, onions and beetroot are still needed in the garden.

Cabbage need not always be just plain boiled, and cauliflowers can be dressed up with cheese sauce and even made into a savoury pie. A dash of made mustard added to the white sauce you are pouring over cauliflower or cabbage or broccoli gives it a great lift. Or try frying lightly  $\frac{1}{2}$  cup of minced onion in 2 tablespoons of butter for 5 minutes and pour that over the green vegetable already chopped and dished. Cabbage should not be drowned in water, but cut up quite small, sprinkled with salt and only a little boiling water poured over, so that it is steamed and only cooked for a short time. It should be crisp when strained.

**Cabbage with Tomatoes and Eggs**  
 Cook four cupfuls of chopped white cabbage in boiling water for only 7 minutes. Drain well. Return to pan with 2 cups of canned or preserved tomatoes, 1 cup minced celery, 2 chopped onions, 2 tablespoons minced green peppers, 2 tablespoons butter, and pepper and salt to season. Simmer all for 15 minutes. Have ready poached eggs on toast, arranged on individual dishes, and pour the cabbage mixture around.

**Cabbage Stuffed with Farce**  
 This was given me by a Danish chef. First make the farce: 1 lb. lean topside,  $\frac{1}{4}$  lb. shredded suet,  $\frac{1}{8}$  lb. flour, pepper, grated nutmeg, 1 egg, salt. Mince meat 3 or 4 times. Add suet; put into bowl and add flour and seasoning, mixing thoroughly. Add egg and small quantity of milk or water to make it the consistency of soft dough. It must leave the spoon quite easily. Then take a nice firm white cabbage. Remove with a single cut the root end about 3 inches down, and hollow the cabbage with a knife, making cavity sufficiently large to hold farce. Place root end as lid on top and tie up in pudding cloth. Boil 2 to 3 hours (slowly). Turn out on dish. Pour over melted butter, and serve with caper sauce.

**Five Minute Cabbage (Special)**  
 Three cups milk,  $1\frac{1}{2}$  quarts shredded cabbage,  $\frac{3}{4}$  cup thin cream, 3 tablespoons butter, 3 tablespoons flour, 1 teaspoon salt, pepper. Bring milk to boiling point. Add cabbage and boil 2 minutes, then add cream, the blended flour and butter, salt and pepper. Cook rapidly 3 to 4 minutes.

**Savoury Cabbage**  
 Dice some rashers of bacon very small. Cook them in a saucepan with a little butter, and finely chopped onion. Add a chopped and steamed cabbage and seasoning. Stir well till mixed and hot right through.

**Cauliflower Pie**  
 Cook cauliflower as usual; drain and mash well. Season with salt, pepper and

a little chopped thyme and parsley. Stir in about 3 oz. of grated cheese and 2 tablespoons of milk. Butter a pie-dish, line it with this mixture, adding a sprinkle of grated onion. Then put a layer of preserved tomatoes, or a layer of skinned and sliced raw tree tomatoes. Dot with butter. Cover with the remainder of the first mixture, spread with a thick layer of mashed potatoes, mark with a fork, dot with butter and bake in moderate oven 35 to 45 minutes.

**Coral Cauliflower Soup**  
 One cauliflower, 1 large tin tomatoes,  $1\frac{1}{2}$  pints of white stock or water saved from boiling potatoes, butter, salt and pepper, sugar, 1 onion. Boil cauliflower. Drain. Press flower through a potato ricer or sieve. (Leave out a sprig or two.) Cook chopped onion in butter, without browning. Drain off fat. Turn out tomatoes and rub through sieve or use tomato soup. Put tomatoes, cauliflower and onion into saucepan. Bring to boil. Add pepper, salt and sugar. Add stock (could be milk, but must not boil or else add warm).

**Cauliflower Pickle (Sweet)**  
 Cut up finely 1 large cauliflower and 4 large onions. Sprinkle with salt and leave overnight. Strain. Then boil for 20 minutes in 1 quart vinegar.

*Thickening:* Half a cup of flour,  $1\frac{1}{2}$  teacups golden syrup,  $\frac{1}{2}$  tablespoon

**PEANUT SHORTBREAD**  
**KNEAD**  $\frac{3}{4}$  lb. butter,  $\frac{1}{4}$  lb. peanut butter, 14 oz. plain flour,  $\frac{1}{4}$  lb. castor sugar together until very smooth, and roll out a third of an inch thick. Lay on a swiss-roll tin and press back edges. Now cream 2 oz. castor sugar with 2 oz. butter, add 3 oz. finely chopped peanuts and 2 oz. plain flour. Spread this mixture on the shortbread, then sprinkle over some rough broken peanuts and press them in slightly. Mark in sections and bake in a hot oven until pale brown, taking about 30 minutes. If kept in a tin peanut shortbread will keep for some weeks.

curry,  $\frac{1}{2}$  tablespoon turmeric, 2 dessertspoons mustard, mixed with 1 pint vinegar. Heat till thick, then stir into other ingredients. Boil all 5 or 6 minutes. Bottle when cold.

**Cauliflower Pickle (with Pineapple)**  
 One large cauliflower broken into little flowerettes, 3 lb. sliced onions. Sprinkle handful of salt over, leave all night. Next day strain and cover with vinegar. Boil 30 minutes. Then add 1 large tin of pineapple cut small. Thicken with  $\frac{1}{2}$  cup flour, 1 tablespoon mustard, 2 tablespoons curry powder, 4 tablespoons sugar. Mix to paste, stir into the pickle. Boil 10 minutes, then bottle.

**Cauliflower au Gratin**  
 Choose a good, firm cauliflower and cook it in plenty of fast-boiling salted water. When cooked, strain and place in a fireproof dish. Melt 1 oz. butter and stir in 1 oz. flour. Add  $\frac{1}{2}$  pint milk, then bring to the boil and continue to boil for about 5 minutes, stirring all the time. Add 3 oz. grated cheese, season

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