

EGG YOLK RECIPES



LAST week we thought about recipes using egg whites. You should save that page and keep it with this one, for future reference. No wonder eggs are classed as one of the best foods when we can use them in this double capacity for cooking, as well as eating them boiled, poached, hard boiled and fried. Use them also beaten up raw, with milk, sweetened to taste and flavoured, as a pick-me-up.

Orange Cake

Half a pound flour, 6 oz. sugar, 1 1/4 lb. butter, 3 egg yolks, juice of 2 oranges and grated rind of one, 1 teaspoon baking powder. Cream butter and sugar. Add egg yolks and mix in all dry ingredients. Divide and bake in 2 sandwich tins about 20 minutes. Flavour some icing sugar with orange juice and put a thick layer between the cakes. Spread a thin layer over the top and sprinkle with grated orange rind.

Gold Cake (3 Eggs)

Two cups flour, 2 teaspoons baking powder, 1/2 cup butter or other shortening, 1 cup sugar, 3 egg yolks, 3/4 cup milk, 1 teaspoon vanilla, 1/4 teaspoon salt. Sift flour and measure. Add baking powder and salt, and sift twice more. Cream butter, add sugar gradually and cream until light. Beat egg yolks till very light and add to sugar mixture. Next add flour and milk alternately. Beat after each addition till smooth. Add flavouring and beat. Bake in greased pan about 250 to 300 degrees for 50 to 60 minutes.

Frosting: 1 tablespoon grated orange rind and 3 tablespoons butter, 3 cups sifted icing sugar, 2 tablespoons lemon juice, 1 tablespoon water, pinch salt. Add orange rind to butter and cream well. Add 1 cup sugar gradually. Mix water and lemon juice and add alternately to mixture with other 2 cups sugar. Beat until smooth. Add salt. Cover top and sides as well.

Horseshoes

Four ounces ground almonds, 2 oz. coarsely chopped almonds, 1/2 oz. ground rice, 4 oz. castor sugar, 3 egg yolks. Mix together the ground almonds, sugar and ground rice. Add beaten egg yolks slowly and mix well. Roll out and cut into strips about 4 inches long. Roll these strips in the chopped almonds, and shape into horseshoes. Then put on sheets of greaseproof paper, not too closely together, and bake in a moderate oven about 20 minutes.

Date Cream Biscuits (2 Eggs)

Four ounces butter, 8 oz. flour, 2 egg yolks, pinch salt, 2 tablespoons cream or milk. Rub butter into flour and mix into a paste with egg yolks and cream. Roll out and cut into small rounds. Bake in a hot oven. When cool, put together with the following, and ice the top: 1 cup dates, 1/4 cup hot water, little sugar. Beat till smooth.

Hollandaise Sauce (2 Eggs)

This is delicious with corn (frozen or tinned), cabbage or sprouts, or hot asparagus (frozen or tinned). Two egg yolks, 1/2 teaspoon salt, dash cayenne pepper, 1/2 cup melted butter or margarine, 1 tablespoon lemon juice. Beat egg yolks until thick and lemon coloured. Add salt and pepper. Then add 3 tablespoons of the melted but-

ter, a little at a time, beating constantly. Then slowly beat in rest of butter alternately with the lemon juice.

American Hollandaise Sauce (4 Eggs)

Half a cup of butter, 1 teaspoon flour, 1/4 teaspoon each of paprika and salt, 4 egg yolks, 1 1/2 tablespoons lemon juice, 1/2 cup boiling water. Cream together the butter, flour and seasonings. Gradually work in the egg yolks one at a time. Then cream in the lemon juice and add the boiling water. Cook and stir the sauce over hot water until thick and smooth.

Mustard Sauce (1 Egg)

This is for serving with vegetables, or fish (fried or baked): 2 tablespoons butter or salad oil, dash of pepper and a teaspoon salt, a tablespoon of mixed mustard, a tablespoon of flour, 3/4 cup milk, 2 to 3 teaspoons lemon juice and 1 egg yolk. Use a double boiler or basin standing in a saucepan of boiling water. Melt butter and stir in the pepper, mustard, flour and salt, then the combined milk and beaten yolk. Cook stirring until smooth and thickened (about 5 minutes). Remove at once. Add lemon juice just before serving. Makes about 3/4 cup—enough for vegetables, but you need to double the quantities to serve with fish. It is more savoury if 1/2 cup of minced onion is simmered first in the butter.

Zabaglione

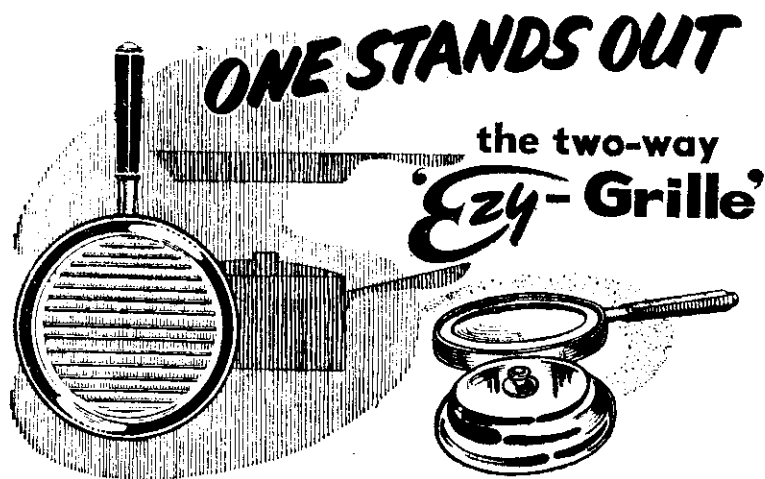
This is a dessert—an American recipe. It is served either chilled or hot, in sherbet glasses or similar individual dishes. It may also be used to top sponge cake or fruit. This makes 4 servings. You need a double boiler or a basin standing in a saucepan of boiling water. Beat 3 egg yolks slightly in the basin. Add 3/4 cup sugar, 2 teaspoons grated lemon rind, 5 teaspoons lemon juice, 1/2 cup sherry or marsala wine. Set in place over boiling water and beat constantly with egg-beater until thick and fluffy like whipped cream. Remove at once from the water.

Porcupine Cake (Uncooked)

This is a rich luxury cake. Cream together 1/2 lb. butter and 1 large cup icing sugar. Beat 6 egg yolks, 1 tablespoon strong coffee, 1/2 teaspoon vanilla. Add this gradually to the creamed mixture. Place one third of this mixture on cake dish, arranging in oblong shape, and cover with 12 lady-fingers, halved. Then another one third of the mixture, then the other half of the lady-fingers. Place rest of mixture on top, smoothing all to resemble cake. Split 1/2 lb. salted almonds and stick on top of cake as closely together as possible, points upwards. Place in ice chest for 6 hours or more. Cut in squares to serve.

Coffee Sponge (4 Eggs)

This is a cold shape or mould. Four small sponge cakes, 1/4 lb. butter, 2 oz. castor sugar, 4 egg yolks, 1/4 pint strong black coffee, 1/4 oz. gelatine. Break cakes into small pieces in basin. Melt butter in double saucepan (or in basin standing in a saucepan of boiling water), add beaten yolks, coffee and gelatine previously dissolved in a little cold water. Add this mixture to sponge



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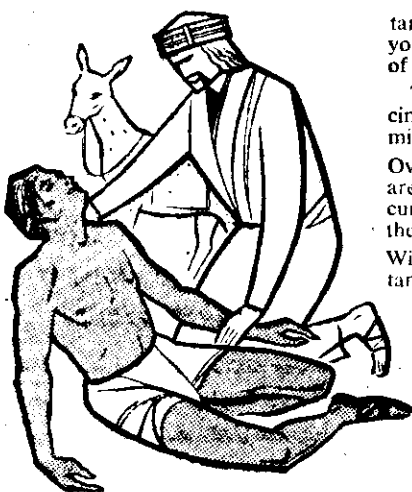
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