

milk a dessertspoon of butter creamed with the same quantity of flour. Add salt and pepper to taste. This is delicious served on toast.

### Asparagus en Casserole (A Good Meal)

One pound asparagus, 2 lb. tiny new potatoes, 2 cups boiling water, 1 teaspoon salt, 2 cups shelled green peas, 1 teaspoon sugar, 1 lb. ham in thick slices, 1 cup top milk, 1/2 teaspoon salt, 1/8 teaspoon pepper, 1/8 teaspoon nutmeg, 2 tablespoons flour, 6 sprigs of parsley. Scrape new potatoes and boil in salted water about 10 minutes. Wash asparagus, cut tender ends off stalks into pieces about 1 inch long. Place asparagus, shelled peas and sugar in the pan with potatoes and continue boiling about 10 minutes longer, or until tender. Cut ham slices into small pieces, brown each side in pan. Drain vegetables, put in casserole. Pour on milk containing salt, pepper and nutmeg. Sprinkle on top 2 tablespoons flour. Place ham on top. Cover casserole. Bake in a moderate oven 350 degrees about 15 minutes. Garnish with parsley.

### Spring Vegetable Dish

This is attractive in appearance and good to eat. You need asparagus, a smallish cauliflower, young spring carrots and new green peas. Cook the vegetables separately, leaving the cauliflower head whole with a few of the tender, green leaves attached. Set the cauliflower in the centre of a large, round

### NEXT WEEK: Ice Cream Recipes

serving dish. Arrange the asparagus in small bundles with the heads pointing to the outer rim of the dish. Flank the asparagus with carrots and fill the spaces with the green peas. Pour a thick white sauce over the cauliflower and sprinkle it with parsley finely chopped.

I've borrowed this from the Department of Agriculture magazine.

### FROM THE MAILBAG

#### Chokos Baked

Dear Aunt Daisy,

You had a query about chokos. Yes, certainly bake them—and very nice, too. I cut them into thick rings, about an inch or so. Incidentally, to peel, and get rid of those nasty little prickles, pour over boiling water. You may have been given this hint already, but I was told only recently. Then peel finely. I find it best to cut the rings first, as they can then be "cored."—I G., Lower Hutt.

A letter from "D.D." Mt. Albert, says: Yes, you can bake chokos. They taste very much like marrow, only sweeter.

#### Discoloured Mohair

Dear Aunt Daisy,

Could you let me know through *The Listener* how to clean an off-white mohair hearth rug? I have tried my favourite carpet shampoo but find it gives the rug a slightly yellowish tinge.—Honine, Kawerau.

Perhaps it would be better to try a good detergent. Don't let the rug get too wet, right down to the backing.

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N.Z. LISTENER, OCTOBER 11, 1957.

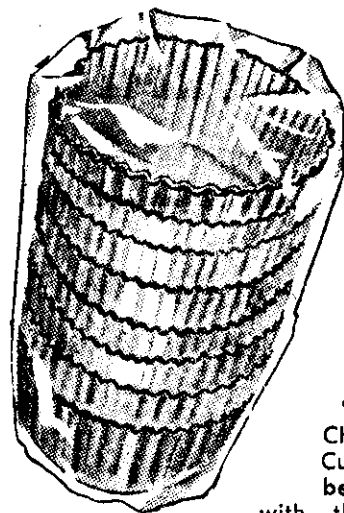
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# Chef

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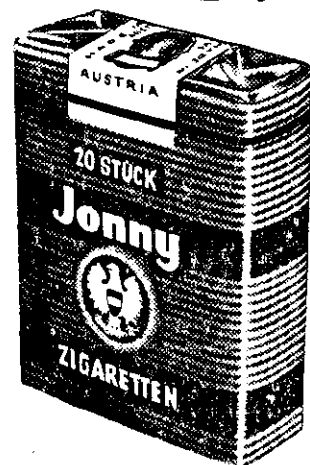
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