

CAKE FILLINGS

IT is good to have a number of varied recipes for fillings. The same sponge recipe, which you find always reliable and easy to make, can then be transformed into several different cakes by varying the filling and the decoration—making things much simpler for you. For example, a sponge may be spread sparingly on both halves with lemon honey, and then a layer of very finely-minced walnuts laid on before sticking together with cream; while by substituting the following you have a quite different cake: One large banana mashed very smooth, 2 teaspoons lemon juice, ¼ cup butter, about 3½ cups sifted icing sugar. Mix together the bananas and lemon juice, and add the creamed butter and the sugar a little at a time, beating till all is soft and fluffy.

Apricot Filling

Quarter of a cup sieved, cooked, dried apricots, 1 tablespoon lemon juice, about 1½ cups sifted icing sugar. Put apricot pulp and lemon juice in bowl and stir in sugar till of correct spreading consistency.

Orange Filling

Soak 1 tablespoon gelatine in juice of a large orange. Whip ½ pint of cream with a little sugar and a teaspoon of brandy. Add grated rind of orange.

Stand gelatine and juice in a cup in a saucepan of boiling water and stir until gelatine has dissolved. Let cool, add to cream, and whip again till stiff.

Orange Filling (Without Gelatine)

Three ounces of flour, 1 cup sugar, grated rind of 1 orange, ½ cup orange juice, 3 tablespoons lemon juice, ¼ cup water, 1 egg slightly beaten and 1 dessertspoon butter. Combine all smoothly together. Cook in double boiler about 10 minutes, stirring. May be used also for eclairs, or with coconut for pastry tarts.

Passion Fruit Honey

1. *Rich*: 8 passion fruit, 3 eggs, 3 oz. butter, 3 oz. sugar. Scoop out fruit from skins, put in double boiler with well beaten eggs, sugar and butter. Cook until thick, stirring all the time. Takes about 15 minutes.

2. *Delicious*: 10 passion fruit, 1 tablespoon butter, 1 small cup sugar, 1 beaten egg. Heat all in basin over boiling water till thick, stirring with wooden spoon.

Sunshine Filling

Two tablespoons butter, 1½ tablespoons flour, ¼ cup sugar, 1 tablespoon grated orange rind, ¾ cup orange juice, pinch salt, 1 beaten egg yolk. Melt butter, stir in flour. Add sugar, grated orange rind, juice and salt, and cook

till thick. Remove from heat. Gradually add small amounts of hot mixture to egg yolk until both are combined and smooth. Re-heat and cook another 2 minutes. Nice in sponge cakes for dessert.

Pineapple Filling (Quick)

Whip 2 egg whites stiff. Then beat in gradually 1 cup icing sugar and 1 tablespoon pineapple juice. Stir in as much finely-chopped pineapple as the icing will hold, adding a little more sugar if necessary.

Vanilla Cream Filling

Six heaped tablespoons icing sugar, 1 heaped tablespoon butter, 1 good tablespoon sweetened condensed milk, few drops essence of vanilla, about 2 tablespoons boiling milk to mix to desired consistency, grated orange or lemon rind as desired. Cream butter, add condensed milk and other ingredients. Beat very well, spread between cakes. Enough for 2 sandwiches.

Passion Fruit Cream Filling

Half pint cream, enough icing sugar to sweeten, red colouring, ¼ oz. gelatine. 5 passion fruit. Soak gelatine in a little water till soft, then dissolve over heat. Whip cream, add passion fruit with icing sugar and colour pale pink. Then stir in dissolved gelatine. When nearly set, spread between layers of sponge or layer cake and ice with passion fruit icing.

Boston Mocha Frosting

Quarter cup sweetened condensed milk, 1½ tablespoons strong black coffee, 1 teaspoon vanilla, 2¼ cups icing sugar, 2 teaspoons cocoa, ¼ teaspoon salt, sifted together. Blend and spread.

Chocolate Banana Filling

Two bananas, 5 tablespoons cream, 1 to 1½ oz. cocoa, 2 teaspoons sugar. Put the cocoa into a basin with the sugar and 1 or 2 teaspoons of the cream. Mix them together well. Whip up the remainder of the cream fairly stiffly, mash the bananas and add both cream and bananas to the cocoa, blending all the ingredients together.

Chocolate Filling (Milk Powder)

One tablespoon sugar, 1 oz. butter, 1 dessertspoon cocoa, 4 dessertspoons full cream milk powder, approximately 1½ dessertspoons warm water, vanilla essence. Cream butter and sugar in basin standing in hot water. Remove basin from hot water and beat in cocoa. Add full cream milk powder. Beat in well, adding just sufficient of the warm water to blend mixture to spreading consistency. Add vanilla flavouring.

Coconut Orange Filling

Half a cup of sugar, 4 tablespoons flour, dash of salt, ⅓ cup orange juice, 3 tablespoons lemon juice, 2 tablespoons water, 1 egg well beaten, 2 tablespoons butter and 1½ teaspoons grated orange rind, ¼ cup desiccated coconut.

NEXT WEEK: Turkish and Other Delights

Combine sugar, flour and salt in top of double boiler. Add fruit juice, water and egg. Place on rapidly boiling water and cook 10 minutes, stirring constantly. Fold in ¼ cup desiccated coconut. Makes enough filling to spread generously between two 9-inch layers.



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home cooking
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Elizabeth Edmonds

Banana tea cake

4oz. Butter
2oz. Sugar
1 Egg
2 breakfast cups Flour
2 heaped teaspoons
EDMONDS BAKING POWDER
¼ teaspoon Salt
1 cup Milk
1½ thinly sliced Bananas
2 teaspoons Cinnamon
2 teaspoons Sugar

Cream butter and sugar, add beaten egg, then milk, alternately with sifted flour, salt and baking powder. Lastly, add sliced bananas. Put into a greased tin, sprinkle with 2 teaspoons cinnamon and 2 teaspoons sugar mixed together. Bake about 45 minutes at 375°F. Serve buttered.