

RIPE FIG RECIPES

THESE recipes are much in demand in Auckland and the North. I've never seen ripe figs for sale—have you? One of our Links writes to say that she has been given the whole crop of one big fig tree.

Fig Conserve

Eight pounds figs, weighed when peeled, juice of 4-5 lemons, 6 lb. sugar, 1 lb. preserved ginger. Cut peeled figs in halves or quarters, put in pan with sugar and ginger. Pour over lemon juice. Heat slowly till sugar is dissolved, boil fast for about 1½ hours, or till it will set when tested.

Fig Jam

Four pounds fresh figs peeled and cut up, 3½ lb. sugar, juice 4 lemons, thinly peeled rind of 1 lemon, few pieces root ginger, 3 cups cold water, tiny pinch of salt. Peel and cut up figs, put in buttered preserving pan with sugar, lemon juice, lemon rind, and ginger. Pour over the water, leave all night. Next day stir well, bring slowly to the boil, stirring. Boil quickly 1 to 1½ hours, or till thick and will set. When it drops slowly off spoon, pour into hot jars, after removing ginger and lemon rind. Cover when cold. Keeps well. Or 2½ lb. figs, ½ lb. apples, 2 oz. preserved ginger, 3 lb. sugar, ½ breakfast cup lemon juice, 2½ breakfast cups water. Tail figs, and slice small. Peel and cut apples small. Cut ginger small. Put all in preserving pan and bring slowly to the boil. Boil about 40 minutes. Test before taking up. A lovely amber colour.

Fig Chutney

One and a half pounds fresh figs, 3 oz. raisins, 2 oz. preserved ginger, ½ lb. onions, 3 oz. dates, 6 oz. brown sugar, ½ teaspoon salt, ¼ teaspoon cayenne, 1 pint vinegar. Cut figs into rings, also cut dates and ginger into cubes. Boil vinegar and sugar, pour this on to all other ingredients, and leave all night. Next day boil till thick and dark (about 3 hours). Or 3 lb. apples, ½ lb. figs, 1 lb. onions, ½ lb. sultanas, 3-4 oz. salt, 2 lb. good brown sugar, 2 pints vinegar, 1½ oz. ground ginger, ½ oz. chillies. Chop up, bring to the boil, boil about ½ hour, and bottle cold.

Easy Fig Jam

Two pounds figs, 1 lb. sugar, juice of a lemon. Sprinkle the sugar over the fruit. Allow to stand overnight. Next day boil till figs are clear and the syrup thick. Add lemon juice when mixture comes to the boil.

Crystallised Fresh Figs

Six pounds figs, 6 cups sugar, 3 cups water, 3 tablespoons vinegar. Bring water, sugar and vinegar to the boil, drop in figs which have been pricked with fork. Boil gently 3 hours. Remove figs from syrup, and spread on tray for 24 hours. Roll in castor sugar, and pack in boxes lined with waxed paper.

Pickled Figs

Six pounds figs, 3 lb. sugar, 1 quart vinegar, 1 tablespoon mixed spices—all-spice, mace, cinnamon, etc. Stick 2-3 cloves into each fig, but do not peel figs. Boil vinegar, sugar and spices together. When boiling, skim, then put in figs. Boil slowly till figs can be pierced

with a straw. Put fruit into hot jars. Boil syrup 5 minutes, pour over figs, and seal while hot.

Preserved Ripe Figs

Peel figs thinly, then leave overnight in salt water solution, using 1 tablespoon to about 3 pints water. Next day rinse well in clear water, and prick with darning needle; then drop into a thick boiling syrup made of sugar and water, allowing 4 lb. sugar to every 5 lb. fruit, and 1 cup water to every cup of sugar. Cook until figs look clear and transparent. Or peel off skins, then put in the sun where there is no dust flying about, and leave until slightly dry. Then drop into thick boiling syrup, using same proportions as above.

FROM THE MAILBAG

Mince the Mint

Dear Aunt Daisy,

You were talking about chopping mint finely for mint jelly. Well here is what I have done for years with great success. I just put the fine cutter on my mincer and after washing the mint leaves, pop them all through the mincer and in a jiffy I have a basin full of beautifully fine mint, for mint sauce, or mint jelly, or anything connected with mint. One certainly has the trouble of washing the mincer, but it is really worth it, and saves so much time. "Hamilton."

Stuffed Poultry

Dear Aunt Daisy,

I am a man and I have done the cooking for 30 years as my wife is the business partner. I thought I would send you something that might interest your public. I always put ½ dozen dates in the neck of all poultry I bake. I do not stuff them. The stuffing is always made of the giblets boiled slowly for 2 hours the day before, mixed with breadcrumbs, an egg, salt and pepper and herbs. I only use onions for goose and duck. I put the giblet and neck through the coarse mincer before mixing and cook the stuffing in a basin with patent lid at bottom of oven, while poultry is cooking at top. Large whole potatoes baked at top of oven in baking dish are lovely.

"Pop," Auckland.

Young Artist's "Mural"

Dear Aunt Daisy,

I would much appreciate advice through your page in *The Listener* on a problem which surely must be a perennial one—how to remove a "mural" applied in red and black crayon to new very light coloured wallpaper, which has a textured, pebbled effect. The artist is a two-year-old!

Yes, this is a perennial problem, and one which does not always respond to the same treatment. However, try rubbing (not too hard) with soft white bread. Use a clean piece as often as one gets soiled. Then dab gently with a cloth moistened with carbon-tetrachloride or turpentine. Don't rub, or you will spoil the paper. Another idea, after using the bread, is to make a thickish paste or plaster with powdered magnesia and carbon-tetrachloride (both from the chemist), and lay a thick layer on the wallpaper over the stain. Leave it for 24 hours, then brush off. The marks should be gone then.



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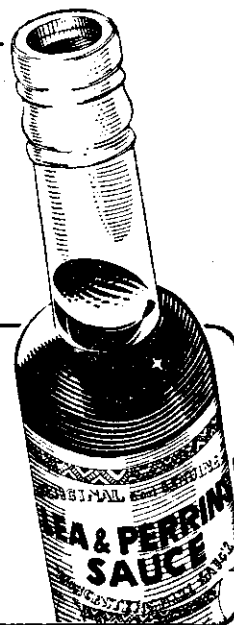
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FISH FRITTERS

- | | |
|---------------------|----------------------------------|
| 2 cups cooked fish | 1 tablespoon onion juice |
| 3 eggs | 1 tablespoon minced parsley |
| 3 tablespoons flour | 1 tablespoon Lea & Perrins Sauce |
| Salt | |

Free the fish from skin and bone and mash to a paste. Beat the egg yolks until thick and lemon-coloured and add to them the flour, salt, onion and parsley. Stir in the fish and the Lea & Perrins Sauce and fold in the stiffly beaten egg whites. Fry spoonfuls of this mixture in hot fat (360-400° F.)



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