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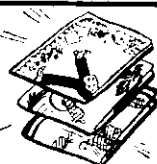


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11 DRUIDS CHAMBERS, WOODWARD ST.

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Ask Aunt Daisy

CAPE GOOSEBERRIES



CAPE gooseberries are becoming more and more popular because they combine so well with the cheaper and less flavoured fruits, such as pie-melon. Just as an expert cook can make a rich sauce dress up a small and cheap portion of left-over fish or meat into an important dish, so cape gooseberries, and passion fruit, can lift up a somewhat tasteless jam. Cape gooseberries with apple make a delicious pie or tart.

Cape Gooseberry Compote

To a pound of sliced apples allow 1/2 lb. shelled cape gooseberries. Make first a syrup by boiling together sugar and water (2 1/2 parts water to 1 of sugar), then drop in the fruit and simmer slowly till cooked, adding the juice of an orange, or even sections of peeled orange, just the last few minutes. This is even richer and more luscious if baked in a very slow oven in a covered casserole, or put in at the bottom of the oven while a dinner is being cooked. Serve either hot or cold, with cream. The juice of a lemon may be used instead of orange, or chopped pineapple, either fresh or canned. Honey may be substituted for sugar in the syrup.

Cape Gooseberry Pie

Bake the covered casserole of fruit suggested in the above recipe and let cool. Then cover with a flaky or short pastry crust, and bake in hot oven till crust is cooked and a pretty brown.

Cape Gooseberry Pudding

This is an original recipe from a Link in the Daisy Chain. Line a buttered basin with suet pastry having first put a spoonful of brown sugar at the bottom. Then half-fill basin with shelled cape gooseberries, and cover with generous sprinkling of white sugar, and squeeze the juice of a lemon over it. Now put a double layer of sliced apples, and a spoonful or two of water. Fill up rest of basin with cape gooseberries, cover with a lid of pastry, put a butter-paper over, and steam the pudding in a saucepan half-full of boiling water, with a tightly-fitting lid, for about 2 hours. If preferred, you need not line basin with pastry, but just put in fruit as described, put on pastry-lid, and steam as before. But the complete pudding is a really fine one.

Green Tomato Jam

Three pounds cape gooseberries, 1 lb. green tomatoes, 1 1/2 lb. bananas, 3 1/2 lb. sugar, 1 to 1 1/2 cups water. Boil hulled cape gooseberries and tomatoes in water till soft. Add mashed bananas, and boil again, till it will set when tested—about 30 minutes more. Tomatoes may be skinned first.

Cape Gooseberry and Pineapple

Three pounds cape gooseberries, 1 large tin pineapple slices, 3 lb. sugar. Boil cape gooseberries in pineapple juice till soft. Add sugar, stirring well till dissolved. Boil again quickly till thick, about 1/2 to 3/4 hour. Stir occasionally. When jam is thick add cut-up pineapple, boil 5-10 minutes. Test.

Cape Gooseberry and Apple

Four and a half pounds shelled cape gooseberries and 1 1/2 lb. green apples. Mince or grate apples. Put 1 tablespoon

butter in saucepan. Add gooseberries, and crush. Add apples, and if not enough juice to start jam, add 2 tablespoons water. When soft, add 6 lb. sugar, stir till dissolved, and boil fast till it will set.

Cape Gooseberry and Piemelon

Cut up 5 lb. melon, sprinkle with 5 lb. sugar, and leave overnight. Next day boil about 1 3/4 hours. Add 1 1/2 to 2 lb. cape gooseberries whole, but shelled. Stir till dissolved. Boil till golden brown and will set. Lastly add about 1 oz. butter.

Cape Gooseberry and Lemon

Five pounds cape gooseberries, 5 lb. sugar, 1 pint water, juice 5 lemons. Put sugar and water in pan, bring to boil. Add lemon juice, and when syrup is quite clear add shelled gooseberries. They may be pricked with a needle. Boil about 1 1/2 hours, or until it will set when tested.

Cape Gooseberry Conserve

Four pounds apples, 8 large cups water, and 2 lb. cape gooseberries. Boil cut-up apples in water till soft. Strain through jelly bag all night. Next day, cook berries in that juice till soft, then add cup for cup of sugar, stir till dissolved, and boil till it will set.

FROM THE MAILBAG

Different Banana Pudding

Dear Aunt Daisy,
"Farmer's Wife" asked for this recipe in *The Listener*. I expect this is what she wanted:

One level cup flour, 1/2 cup wholemeal, 1 cup breadcrumbs, 1 cup raisins (or dates), juice of 1 lemon, 2 mashed bananas, 5 oz. butter, 1/2 cup sugar, 1 egg, 1 teaspoon baking powder, 1 cup milk. Cream butter and sugar, add beaten egg. Take in flour, etc., fruit and milk, mixing smooth. Add lemon juice to mashed bananas and mix into other ingredients. "Gorse Farm," Avondale.

Cleaning Panama Hat

Dear Aunt Daisy,
Would you please tell me how to clean a panama hat which has been put away for some time. I would like to do it up for my little girl. The hat is very limp and yellowish. I cleaned it lightly with cloudy ammonia but it is not right. How can I stiffen it and make it white and shining, something like the new ones?
"A Listener," Rangiora.

Here are the methods I've been told but I cannot guarantee that the hat will look quite like new again. It will be very much improved. Make a saturated solution of borax and hot water (as much borax as the water will take up). Apply this hot with a soft brush. Put the crown of the hat over a pudding-basin, to hold it firm. When dry, brush off the crystals which will have formed and the straw should be clean and quite a bit stiffer. One listener used alum instead of borax, by mistake, but she said the result was quite good. Or make a paste of powdered magnesia and cold water (not too wet), and brush that well into the hat with a clean nailbrush. Leave 24 hours or so, till thoroughly dry, then brush off.

N.Z. LISTENER, MAY 1, 1953.

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