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ASK AUNT DAISY

Apple Pies and Puddings

WELCOME apples! Splendid to eat raw, grand in pies, puddings and even cakes; needful in savouries, stuffings and mince pies; probably the most useful of fruits. Best eaten raw with the skins on, but may be scraped out of the skin with a sharp teaspoon and thus fed to bouncing babies or toothless invalids. A raw apple eaten with a glass of milk the first thing every morning is a good old remedy for rheumatic pains. Baked apples are an easy and good dessert for everybody, young and old—leave the skin on, but remove the core, and fill the cavity with brown sugar or honey mixed with dates or raisins and a sprinkling of cinnamon or ginger, or clove essence or even a whole clove. There is unlimited scope for imagination in using apples. Any new ideas will be welcomed by the Daisy Chain, and we will devote the next few weeks to the healthful apple.

Apple Pie

No need to go into details for this, but remember to slice the apples fairly thin, so that they will be properly cooked. If the crust gets too brown, put the pie lower down in the oven to let the fruit cook. Pile the apples higher in the middle than at the sides. Put the sugar about halfway through the pile and not on the top. Add about ½ cup of water (for the average pie), a few cloves scattered through, and a few little knobs of butter. If you haven't a pie-funnel with a hole at the top to let the steam escape, use a small cup (or egg-cup) to pile the apples around and to hold the crust up, and prick the crust here and there with a fork.

Hawaiian Apple Pie

One cup sugar, 1 cup pineapple juice, 6-8 medium apples, 2½ teaspoons corn-flour, pinch salt, 1 tablespoon butter. Put sugar and pineapple juice on to boil. Add apples, pared, cored and quartered. Cook slowly with the lid off until fruit is tender. Keep apples moved about so that they are covered with syrup. Lift out and lay in piedish lined with uncooked pastry. Dissolve the cornflour in a little water, and thicken the syrup. Cook about 5 minutes. Add the butter, a little vanilla, and pour over the apples. Cut strips of pastry ½ inch wide, brush with milk or beaten egg, and put criss-cross over apples. Bake in oven 450 degrees or regulo 8 for 10 minutes, then at 350 degrees or regulo 4 for about ½ hour.

Toffee Apple Pudding

Half a pound of flour, 4 oz. shredded suet, 1 teaspoon baking powder, pinch of salt, water to mix to a light dough. Roll out thin. For the toffee, mix together 2 oz. butter and 2 oz. brown sugar, and cover carefully the bottom and sides of a piedish. Then line the dish with half of the thinly-rolled suet crust, and pile in plenty of sliced apples. Sprinkle with brown sugar, about 6 teaspoonfuls. Cover over with remaining crust, and bake in a hot oven about 1¼ hours, or till done. This pudding may be served from the dish, or turned out on to a separate dish, when the rich toffee sauce will be seen to cover it.

Kentish Apple Pie

One and a half pounds cooking apples, cloves, ¼ lb. sugar, ¼ lb. cheese, short pastry. Peel, core and cut apples into

thick slices. Place a layer in a piedish. Sprinkle on a tablespoon of sugar, then add remainder of fruit and sugar, and the cloves. Pour in ½ teacup water. Cut cheese in thin slices and cover apples before putting on upper crust. Sprinkle with merest suggestion of pepper, a little nutmeg and ½ teaspoon castor sugar. Roll out pastry, line edge of piedish with a strip of pastry, put on pastry cover. Press edges together, raise slightly with a knife, sprinkle on a little castor sugar, and bake 40-50 minutes. A traditional recipe.

Apple Batter Pudding

Core, peel and cut in quarters apples (or any seasonable fruit). Make a syrup of 1½ cups water, 2 cups sugar, 1 teaspoon of either mixed spice, ground

COOKING WILD DUCK

LET prepared ducks stand in milk an hour, then stuff with forcemeat into which is minced the heart and liver. Do not over-season. Roll ducks in flour and brown in butter, then put into moderate oven until NEARLY done, basting frequently with milk they were soaked in. Then lift out the birds and make gravy. Equal parts butter and flour are browned together and broken down with liquid in which birds have been cooking. Strain and add a glass of port wine and a dessert-spoon of red currant jelly. Put birds back into baking dish and pour this gravy over them, then cook slowly until they are quite tender.

cloves or cinnamon, and ¼ teaspoon salt. Bring to the boil and drop in fruit, cook carefully, keeping fruit whole. Make batter of 1 beaten egg, ½ cup milk, 1 cup flour, 1 tablespoon melted butter, and mix well. Add 1 teaspoon baking powder, no sugar. Melt a piece of butter in a piedish, and put in oven to heat. Cover bottom of dish with some batter, put on the hot fruit in heaps. Pour rest of batter round fruit, pour on that the remaining syrup and bake. Serve with top milk or cream.

Dutch Apple Tart

Make a pastry by sifting together 2 cups flour, 1 teaspoon baking powder, pinch salt. Rub in 1-3rd cup of butter and mix with milk to a dough. Line a well-greased tin about 8 inches square. Peel and core 8 large cooking apples. Cut into lengths, arrange on top of pastry and bake in hot oven about 30 minutes. Have ready creamed together ¼ cup butter, ½ cup honey, ½ teaspoon nutmeg, 1 teaspoon cinnamon and spread this on top of apples. Reduce heat and continue baking another 15 minutes. Serve with cream.

FROM THE MAILBAG

Capsicum Pickle

Dear Aunt Daisy,
I heard you speaking of a woman who was in trouble with her capsicum or sweet pepper pickle. Sweet pepper pickle will not keep if boiled in water,
(continued on next page)

N.Z. LISTENER, MAY 29, 1953.