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MAKE THE POSTMAN DO YOUR SHOPPING! 3



Ask Aunt Daisy

STEAMED PUDDINGS Sweet and Savoury

HIS is the time of the year when steamed puddings are appreciated, whether meat or fruit or jam or golden syrup. They must be very light, however, and not soggy and heavy. The secret is to have the water boiling when the pudding is put in, and then kept steadily boiling. The young housewife must be sure to watch that the saucepan does not "boil dry," so have a well-fitting lid, and listen sometimes to see if there is any water still there. Don't lift the lid often, or steam will escape; and I find it better to cover the pudding with a greased paper (perhaps a butter-paper) than to tie it down with a cloth. Those who use pressure saucepans will find directions for time, etc., in their instruction book. For ordinary saucepans, an average pudding takes about 21/2 to 3 hours, or longer if a rich plum pudding. The average steamed pudding has a suet-crust, though some people prefer butter for sweet puddings. But modern shredded suet bought in packets is so very much finer than the old-fashione.i chopped by hand, or even minced suet, and so free from the disadvantages of dripping, that it is in universal use. It is also easily incorporated and digested. The usual proportion is half as much suet as flour; the addition of a few breadcrumbs makes a lighter crust. Sift the flour with the baking powder and the inevitable pinch of salt.

Steak and Kidney Pudding (For Young Housewives

One and a half pounds steak, 3 or 4 sheeps' kidneys, 1/2 lb. shredded suet, 3/4 lb. flour, 1/4 lb. soft breadcrumbs, a teaspoon baking powder, a small onion, pepper and salt. Make the pastry with the flour, breadcrumbs, baking powder and a teaspoon of salt, mixed with about a cup of water. Roll out and line a greased pudding basin with it, saving enough for a lid. Have the steak and kidney trimmed and cut up into small pieces, and dredged with seasoned flour (2 tablespoons flour, 2 teaspoons salt, a small teaspoon pepper). Cut up the onion finely. Fill the lined basin with the meat and onion, and pour in 3/4 cup of cold water. Put on the pastry cover, wetting the edges with water and pinching them together. Cover with a

greased paper and plunge into saucepan



well-fitting saucepan lid on, and keep boiling for 3 hours. May be served from basin, or turned out by placing a hot dish over the basin and then inverting, and after a minute or two drawing off the basin. Have a jug of boiling water ready for pouring in to augment the gravy if necessary. A few mushrooms added (or substituted for the kidney) make a nice variety.

Special Meat Pudding (Auckland)

Line basin with good suet crust. Put in thick layer of minced steak, then some sliced fried onion, 2 slices bacon cut up, a layer of tomato slices and a

SPECIAL

Marmalade from L.B., Te Aroha

Five grapefruit, 1 lemon. To each pound of cut-up fruit add 3 pints of water, Stand all night. Boil next day till soft. To each cup of pulp add 11/4 cups sugar. Boil quickly about 1 hour, or until a little tried on a saucer will jell. Even one cup sugar to 1 cup pulp jells well.

little gravy. Season and put on a little layer of crust. Repeat all this and finish with pastry lid. Put greased paper on top and steam about $3\frac{1}{2}$ hours.

Mince Pudding (from a Bachelor)

Mince 1 lb. lean topside finely, mix with 1/8 lb, flour, seasoning to taste, 1/4 1b. shredded suet and an egg to bind. Line basin with this, fill centre with finely chopped raw vegetables such as carrots, turnips, potatoes, frozen peas, etc. Cover with white sauce, put on mincemeat mixture lid, cover with greased paper, steam $1\frac{1}{2}$ to 2 hours. Turn on to dish, serve with rich white

Toffee Apple Pudding

Half a pound of flour, 5 oz. shredded suet, I teaspoon baking powder, pinch of salt, water to mix into a light dough. Roll out thin. For the toffee, mix together 2 oz. butter and 2 oz. brown sugar, and cover carefully the bottom

