

may be left-over. The milk may be thickened with cornflour and a knob of butter added.

Spanish Omelet

Make ordinary omelet with lightly-beaten eggs and milk, allowing about a tablespoon of milk to each egg, and cooking in hot frying pan with a tablespoon of hot butter. Have the flame low, and as omelet cooks, draw the edges toward the centre with a knife until the whole sets nicely. Before folding over, place a good spoonful of this sauce on the centre, then fold over and pour the rest of the sauce over and around. The sauce: Heat two tablespoons butter in a pan, add 1 tablespoon chopped onion, and cook a few minutes. Real Spanish sauce has 6 chopped olives and $\frac{1}{2}$ a green pepper chopped, also, in this. Get them if you can. Then add $1\frac{1}{2}$ cups tomatoes and a tablespoon of chopped mushrooms, a little salt and a few grains of cayenne. Preserved tomatoes will do.

Californian Omelet

Soak $\frac{1}{2}$ cup breadcrumbs in $\frac{1}{2}$ cup milk for 15 minutes. Then season with pepper and salt. Separate the white from the yolks of 4 eggs, and beat each well. Add the yolks to the bread and milk, and then lightly cut in the whites. Pour all into hot buttered pan, and cook on low flame till delicately brown and set. Can be finished in oven if liked. Fold and turn out on hot dish. To make more substantial have ready $1\frac{1}{2}$ cups white sauce with which any kind of canned or left-over vegetables has been mixed. Before folding over the omelet, spread it with these creamed vegetables. Fold over and serve on hot dish. Asparagus is especially nice in this.

FROM THE MAILBAG

Tree Tomato Chutney

Dear Aunt Daisy,

Would you please send me your excellent recipe for tree tomato chutney which was published in *The Listener* last year? It had apples and onions in it, as far as I remember.

"Mrs. C.T., Avondale.

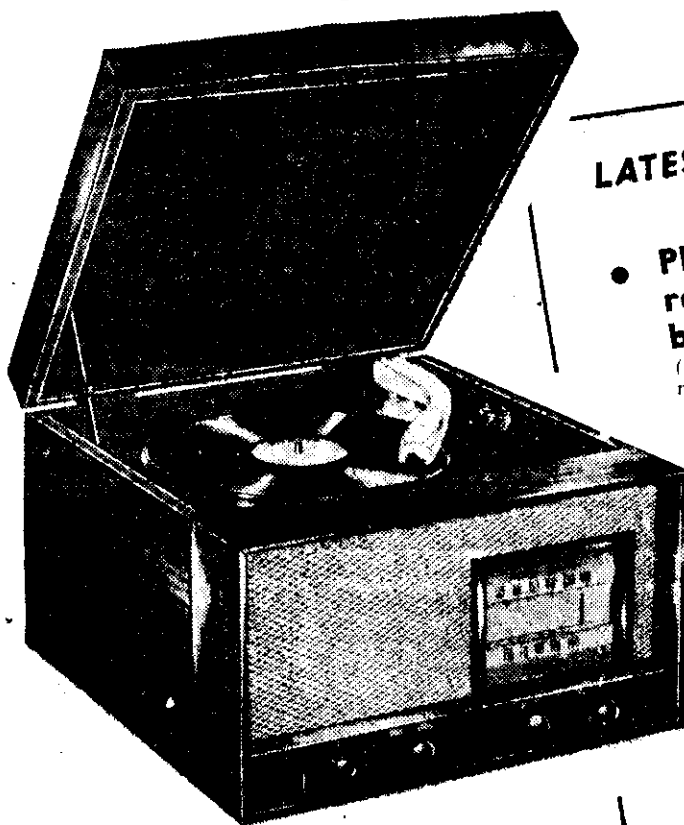
Here are two: About 3 lb. tree tomatoes, skinned and cut up with 1 lb. onions, and $1\frac{1}{2}$ lb. apples, a pint of vinegar, $2\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ packet mixed spice, 1 tablespoon salt, and scant $\frac{1}{2}$ teaspoon cayenne. This should not need more than an hour's boiling. Will make about $5\frac{1}{2}$ lb. The only chutney which is better with onions than garlic. (2) Two dozen tree tomatoes, 2 lb. onions, 2 dessertspoons salt, $\frac{1}{2}$ teaspoon cayenne, $\frac{1}{2}$ lb. raisins, 1 lb. green apples, 2 lb. brown sugar, 2-4 teaspoons pickling spices (chillies, peppercorns, cloves, spice), 1 pint vinegar. Scald and skin the tree tomatoes. Cut up and put into a saucepan. Add the apples, cored and pared, and chopped onions, cut small and all the other ingredients. Tie the spices in a piece of muslin. Bring the fruit to the boil and cook gently, stirring occasionally to prevent sticking until fruit is quite soft, rich brown, and mixture quite thickened. This usually takes $1\frac{1}{2}$ to 2 hours. Pour into sterilised jars and cover.

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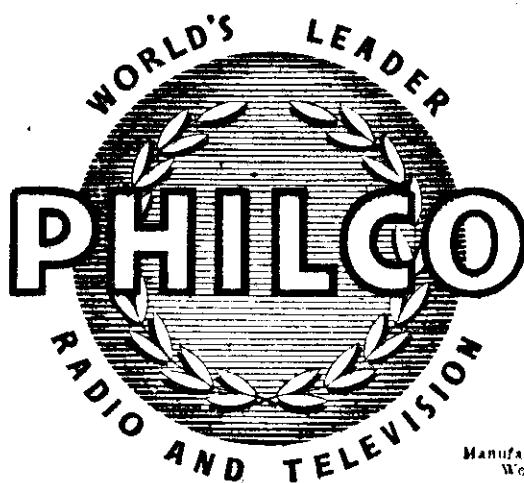
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