

Recipes

Recipe for "Sunflower Sweet" Wins Prize.

This week H.W.—Brunswick, wins the half-guinea prize which is offered every week for the best original recipe received from readers. Her entry for the delicious Sunflower Sweet is printed on this page with a selection from other entries. Recipes for this competition should be addressed "Chef," c/o "N.Z. Radio Record," G.P.O. Box 1680, Wellington.

Banana Sponge Dainty.

INGREDIENTS: 6 or 8 bananas, 1 pint of lemon jelly, 1 gill of whipped cream, sugar to taste, a little cochineal, half teaspoon vanilla, few glace cherries. Make a lemon jelly and allow it to set. Peel the bananas and mash them with a fork until they are creamy, then beat in the lemon jelly and whisk together. Add cream, sugar and vanilla to taste. Colour with cochineal and whisk well again. Pile high on a glass dish, and decorate with a few halved glace cherries.—Mrs. L. (Marani).

Jellied Plum Pudding.

TAKE: 1 packet lemon jelly, $\frac{1}{4}$ cup chopped peel, 1 pint boiling water, $\frac{1}{2}$ cup chopped walnuts, pinch of salt, $\frac{1}{4}$ cup grape-nuts, $\frac{1}{4}$ cup chopped raisins, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ cup prune pulp, $\frac{1}{4}$ teaspoon cloves. Dissolve jelly in water and add salt. When cold and beginning to thicken.

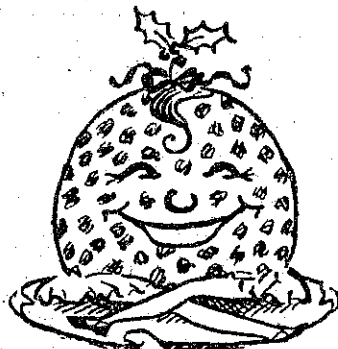
Delicious Sunflower Sweet

(For Parties.)

Ingredients:—7 sponge cakes, 2 bananas, 1 tin peaches, $1\frac{1}{2}$ pint packets lemon jelly, $1\frac{1}{2}$ pints hot water, apricot jam, few chocolate nonpareils, 6d. cream, sugar, vanilla flavouring. Peel and mash bananas, split sponge cakes in halves, and spread with jam and banana, then sandwich together again. Arrange in a glass dish in the form of a star, leaving a small space in the centre. Dissolve jelly in the hot water, and make up to $1\frac{1}{2}$ pints with peach syrup. Soak the sponge cakes with a small quantity of the jelly, and when they are set, pour in the remainder cold. When lightly set, cut the peaches to resemble the petals of a sunflower, and arrange on the jelly. Before serving, fill the centre with whipped cream, flavoured and sweetened to taste, then sprinkle it with the chocolate nonpareils.—H. W. (Brunswick).

Wanted: Christmas Recipes

Special Feature in Coming Issue



mas falls in the hottest weather, the recipes need not necessarily be for heated dishes. Entries should reach "Chef," care "Radio Record," G.P.O. Box 1680, Wellington, not later than Friday, December 14. There is no reason why you shouldn't win half-a-guinea, so go ahead and think out your recipe right away!

SO it's Christmas again! Frantic searching through the same old recipe books for something new, and nothing new can be found. What's to be done?

The "Radio Record" comes to the rescue and broadcasts a special S.O.S. (Send Original Suggestions) to its readers. In the issue of December 21, "Chef" will print two pages containing the prize-winning recipe and selections from the entries.

Any reasonable recipe will be considered, but, as Christmas falls in the hottest weather, the recipes need not necessarily be for heated dishes. Entries should reach "Chef," care "Radio Record," G.P.O. Box 1680, Wellington, not later than Friday, December 14.

add remaining ingredients. Pour into mould and leave to set. Unmould and serve with whipped cream, flavoured with nutmeg.—M. (Auckland).

Lemon Mincemeat.

TAKE 3 large lemons, 3 large baked apples, 1lb. stoned raisins, 1lb. currants, 2 tablespoons marmalade, 1lb. suet, 2lb. moist sugar, 1oz. candied lemon peel, 1oz. candied orange peel, 1 teacup brandy. Squeeze out the juice and boil the lemons till tender enough to pulp: remove core and skins of apples and chop the suet and peel finely. Mix all, and place in a stone jar. Ready for use in two weeks.—Miss M.O. (Napier).

Cherry Turnovers.

TAKE 1 large cup of flour, 3ozs. butter, 1 cup of water, make some pastry. Knead it a little and then set it aside for two hours. Roll it out and cut it in rounds. Have ready some very fine ripe cherries. Stone and sweeten them and put several in the centre of each round of pastry. Form them into turnovers and fry them in very hot fat. Serve either hot or cold sprinkled with icing sugar.—Miss J.M. (Napier).

Strawberry Salad.

INGREDIENTS: $\frac{3}{4}$ lb. strawberries, 1 grapefruit, 1 lettuce, $\frac{1}{2}$ lemon, 2 tomatoes, skinned and sliced, lemon dressing.

Method: Wipe and slice strawberries, and squeeze a few drops of lemon over them. Peel the grapefruit and cut it into sections, removing white skin. Mix the strawberries and grapefruit together, arrange on a bed of lettuce leaves, garnish with sliced tomatoes and pour the dressing over. The perfect salad dressing requires wine, vinegar; if liked, it may be flavoured with tarragon, horse-radish or eschallots. Malt vinegar is unsuitable; use best olive oil.—M.C. (Auckland).

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