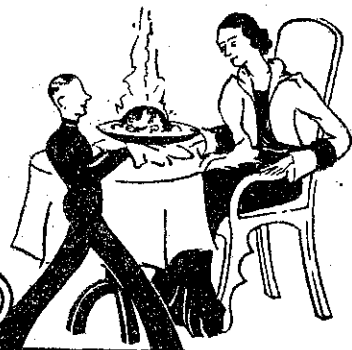


MAINLY ABOUT

FOOD

Ideal Picnic Recipes



Nut Salad

Chop the apple and celery finely. Bind together with salad dressing, sprinkle with chopped nuts. Pack in screw-top jar if taken for picnic lunch. Service with lettuce.—Miss H. (Wanganui).

Bar Biscuits

Two cups flour, 1 teaspoon soda, 2 cups brown sugar, 2 eggs, 1 cup butter, pinch salt, 1 cup walnuts. For a change you can use white sugar and 1 tablespoon syrup. Method: Beat butter and sugar to a cream, add eggs, flour, soda and nuts. Mix the night before and shape like a bar of soap. Next day cut in thin slices and bake about 10 minutes.—Mrs. D. (Opoitiki).

Monkey Nuts

½ lb. brown sugar, ½ lb. butter, 1 teaspoon baking powder, ½ lb. flour, 1 egg, 1 tablespoon cinnamon. Cream butter and sugar, add the egg, then flour and cinnamon and baking powder. Roll out and cut into biscuits. Spread half with the given filling. Cover each with another biscuit and press the edges together. Filling: 1 lb. sultanas, 1 oz. almonds, ½ lb. peel. Mince all together.—M.C. (Sunshine).

Christmas Nuggets

Three cups butter, 2½ cups flour, ½ teaspoon baking powder, ½ teaspoon salt, ½ cup sugar, 2 eggs, ½ lb. currants, 1 teaspoon cinnamon, 1 teaspoon grated lemon, ½ lb. chopped walnuts. Rub butter into the flour, sifted with baking powder, salt and spices. Add the well-beaten eggs, sugar and lemon peel, mix thoroughly. Place by teaspoonfuls on a well-greased baking sheet and bake in a moderate oven about 15 minutes.—Mrs. J. (Wanganui).

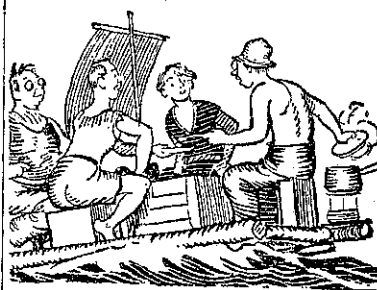
Mint Squares

Make a good short pastry, using 1 lb. butter to 1 lb. flour. Mix with a little milk. Divide pastry into two equal parts. Roll out one part into a square 3-inch thick and put on to a cold baking sheet. Mix together 4oz. of currants, 2oz. sugar and a small piece of butter (about half teaspoon) and spread this evenly on the pastry square. Have ready 2 heaped tablespoons of finely-chopped mint leaves, and sprinkle this evenly over the currant mixture. Roll out second piece of pastry to same size as first piece and put on the top. Mark out into small squares or fingers, and brush over with egg or milk. Bake in a hot oven 10 to 15 minutes. When cold separate the squares or fingers. Excellent for picnics.—Mrs. O.W.J. (Auckland).

Camp Pie

Take ½ lb. of cooked beef, 1 hard boiled egg, 2 potatoes that have been boiled for 10 minutes, 1 onion, 1 small apple, and some short crust. Chop the

Picnic Recipes For Holiday-Makers



During the New Year many readers will be taking a spell from preparing sedate home meals, and making tracks for the sea and country to enjoy jolly picnic and camp meals, and while the busy Housewife is puzzling over what to prepare for the "tuck-box," let Chef suggest the appetising recipes appearing on these two pages. Readers are especially recommended to try the recipe for Pineapple Fairy Bread, which wins this week's prize.

apple and the onion, dice the beef and the egg, slice the potatoes. Fill a pie-dish with layers of these, seasoning each with salt and pepper. Pour in a little gravy flavoured with bacon, cover the dish with short crust. Bake for one hour.—Miss H. (Wanganui).

Rhubarb Shape

Take 2 lb. rhubarb, ½ lb. sugar, ½ lb. preserved ginger, 1 oz. gelatine, cream as required. Cut up the rhubarb and stew with very little water, together with the sugar and half the ginger finely chopped. Dissolve the gelatine in a little warm water and add to the rhubarb when cooked. Stir well and pour into a wetted mould. When cold and set, turn out. Whisk the cream until stiff and pour over the shape. At the last moment, sprinkle the remainder of the ginger chopped finely over the sweet.—Miss H. (Wanganui).

Meat Shape

Make this tasty meat shape for the picnic lunch—or Sunday night tea. With lettuce salad or tomatoes it is delicious. Get 1 lb. of mince from the butcher. Put in a saucepan with two cups of water, 1 onion, 1 carrot gated or chopped finely, 1 teaspoon of mixed herbs, pepper and salt to taste. Cook about an hour. Take from fire and add 1 tablespoon of gelatine previously soaked in ¼ cup of cold water, then set in a bowl lined with hard boiled egg cut in slices. Leave till next day in a cool place. Sufficient for six people.—Mrs. A.K. (Masterton).

Indian Trifle

3 eggs, ½ cup sugar, 4oz. gelatine. Soak gelatine in half breakfast cup of hot water for a few minutes. Beat egg yolks and sugar well. Add melted gelatine and when cool beat in whites of eggs whipped to a stiff froth and mix well. Set overnight and just before serving spread with raspberry jam and whipped cream.—Tui (Christchurch).

Salmon Jelly

1 small tin salmon, 1 tablespoon powdered gelatine, 2 cups hot water, juice one lemon or one tablespoon vinegar, one hard-boiled egg, pepper and salt. Break the salmon up finely with a fork. Dissolve the gelatine in the hot water, adding the lemon juice or vinegar, pepper and salt, add the salmon and mix thoroughly. Wet a mould and decorate with slices of hard-boiled egg. Pour mixture in very gently and allow to set. Garnish with lettuce (shredded), slices of tomatoes and lemon. Serve with vinegar.—M.C. (Dunedin).

Fruit-Meat Pie

2 large tart apples (peeled and chopped finely), ½ lb. cooked beef or mutton, ½ cup each of raisins and currants, 2 tablespoons brown sugar, ½ teaspoon grated nutmeg, short pastry. Mince meat finely, add apples, minced raisins and currants, nutmeg, sugar and 1 tablespoon water; mix all together. Line a pie-dish with pastry, put in meat, etc., dot several nuts of butter on top, cover with pastry and bake in hot oven till nicely browned. Serve hot or cold.—Mrs. E. L. Mc (Te Puke).

Christmas Savoury

To 1 cup of sultanas, add 6oz. cold minced ham, 3 tablespoons cucumber pickles, salt and pepper to taste. Stir in sufficient cream to bind. Serve on lettuce leaves.—H.W. (Brunswick).