

MAINLY ABOUT



Soups for Winter Days

I THINK the idea of cutting out the recipes and pasting them in a scrap book, mentioned in a letter from a Sydney reader and published in last week's "Radio Record," is a good one, don't you? It would be useful if, in pasting in the recipes, you classified them into the various seasons, then no time is wasted when you are consulting your book. I appreciate the remarks of this Sydney correspondent, and am glad she finds the page appealing.

The prize this week has gone to Mrs. J. Shanks, 40 Constitution Street, Port Chalmers, for her Coffee and Banana Sponge. I also recommend the variety sponge which is sent in by a professional cook. This original recipe is a sponge which, by adding juice and rind of half an orange, becomes an orange cake, or, if preferred, small orange cakes. The plain mixture makes excellent cream baskets, a layer of raspberry jam between the orange mixture, and you have rainbow cake. For the Prince of Wales cake, the filling is made the same as for the variety sponge.

No doubt the recipe for Afghans has appeared before, but as these are so popular, some of my readers may be glad of the recipe. As promised, here are the two recipes for soup without stock, and no doubt I will have further ones of which I will give readers the benefit.

I have had my attention drawn to a recent recipe that was evidently copied from an earlier edition of the "Radio Record." I ask my correspondents to refrain from this practice as it isn't "cricket."

Miss R.A. (Hastings): Entries for this page close in Wellington every Wednesday.

Mrs. K. (Auckland): Thanks for your recipes, but tomatoes are definitely "off."

Miss H. (Wanganui): Just one at a time please as I cannot publish every one. They are all good, however.

Creamed Beetroot Soup

PARE and chop fine 2 large beetroot, cover with cold water, add 1 small chopped onion and bring to boiling point and cook for 20 minutes or until very tender. Press through a coarse sieve. Meantime make a thin white sauce, using 1½ tablespoons each of flour and butter, and 1 pint of milk. Rub the butter to a paste with the flour over the fire, and when bubbling, add the milk. Cook till thickened slightly, then add beetroot pulp, and season to taste. Sprinkle with finely chopped parsley when serving. Take care not to over cook beetroot, or it will lose its red colour.—Mrs. R.W. (Matamata).

French Soup

THIS is a soup without stock, 4 potatoes, 2 carrots, 1 onion, 1 turnip, and any vegetable in season, 4 pints cold water, 1 pint milk, 1 ounce butter, 3 teaspoons ground rice, salt and pepper. Cut all vegetables into small pieces, put into water and boil till tender. Put through a strainer, then return to the pot, adding salt, pepper and ground rice mixed with milk, and boil for seven minutes.

Variety Sponge

2 EGGS, 4 ounces butter, 4 ounces sugar, 5 ounces flour, 2 teaspoons baking powder, essence as desired. Beat butter and sugar to cream, add eggs

Coffee and Banana Sponge

NOW that eggs are high in price here is a really good sponge cake of coffee and banana with one egg:

Cream together 4ozs. flour, 4ozs. of butter, 2 thinly sliced bananas, and 1 tablespoon of coffee essence and 1 beaten egg and ½ cup of milk: sift in 1½ cups of flour, 1 teaspoon soda, 1 teaspoon of baking powder, pinch of salt. Bake in a square tin ¾ of an hour; when cold, cut in halves, and spread with whipped cream. Ice the top with coffee butter icing and decorate with chopped walnuts. This is a very light and delicate sponge.—Mrs. J.S., Port Chalmers.

one by one, beating well, lastly add flour and baking powder. If making orange mixture, add the orange lastly. Bake in moderate oven half an hour. Filling for sponge: 2 level tablespoons butter, 2 level tablespoons boiling water, 2 level tablespoons icing sugar, essence. Beat until the mixture is like whipped cream.—Mrs. N.L. (Te Kuiti).

Celery Savoury

CUT up a small bunch of celery into a pot, cover with water, add salt and pepper to taste and simmer until the celery is cooked. Add to this a small cup of milk into which two dessertspoons of cornflour have been mixed and cook slowly until thick. Butter four slices of toast (or one for each person), cut these in half and arrange on a fairly flat dish. Pour the celery mixture over the toast, sprinkle with grated cheese and place near the top of the oven for a few minutes until nicely browned.—Miss E.J.L. (Napier).

Steamed Pudding

5 OZS. flour, 3ozs. breadcrumbs, 5ozs. sugar, 1 level teaspoonful mixed spice, ½lb. suet, 1½ozs. desiccated coconut (this is not essential), ½lb. sultanas, 2ozs. candied peel, milk. Method: Chop the suet finely and mix with flour, spice and breadcrumbs, then add the peel previously cut up and sultanas to the flour, etc., with the sugar and coconut, mix well and moisten with a little milk as required. Turn the mixture into a greased basin, cover with a greased paper and floured pudding cloth; stand in a pot half full of boiling water for about 2½ hours. Sufficient for about five persons.—Mrs. D.P. (Macrae's Flat, Otago).

Baked Ginger Pudding

1 TABLESPOON butter, ½ cup milk, 1 cup of flour, ½ cup of sugar, 1 teaspoon cream of tartar, salt (pinch), ½ teaspoon bicarbonate soda, 2 teaspoons ground ginger, 1 egg, 1 tablespoon golden syrup. Cream the butter and sugar, add the egg and beat well, add the golden syrup, sift flour, rising, ginger and salt together, add this to the egg, butter and sugar alternately with the milk. The mixture should be fairly moist but not too runny. Bake in moderate oven, taking care not to burn as all dishes containing syrup or treacle are apt to burn. About ¾ hour in a moderate oven should be enough, but all will depend on size and shape of cooking utensil. Serve with a good helping of golden syrup.—Mrs. K. (Auckland).

Dutch Potatoes

TO each potato allow a small sausage, seasoning and dripping. Choose large sound potatoes of even size. Peel them and then with an apple corer make a hole through the centre of each. Through this hole draw a small sausage thus filling the cavity. Place the potatoes in a baking dish that has been well-greased with dripping, pour some more melted dripping over the top and sprinkle them with pepper and salt. Pour a little hot water round, and bake the potatoes in a hot oven till tender, basting them occasionally with the liquid. Served hot this makes an excellent luncheon dish.—Doreen (Dunedin).

Boston Pie

HALF-POUND haricot beans; 2oz. sago or tapioca (soaked for at least one hour in cold water); 4oz. fat bacon; 1 chopped onion; 2 pints water; salt, ½-teaspoon mixed herbs (optional); pastry or mashed potatoes. Wash the beans and soak overnight. Pour the water in which they have been soaked into a saucepan; bring to the boil, then add beans, onion and herbs,