

basin or mould. Pound together the fish, shreddo suet and breadcrumbs. Rub through a coarse sieve, add parsley, milk, and beaten eggs and seasoning. Steam for at least one hour. Turn out and serve with creamed potatoes. Delicious.—Mrs. M.B. (Waikato).

White Rabbit

CUT up one rabbit, after well washing in salt water. Place in wide saucepan, and next cut 4 large parsnips, lengthwise, each into four, a small piece of bacon (lean), about 3 or 4ozs. Add pepper and salt, and add water, enough to well cover. Bring to the boil, and simmer gently for 20 minutes, then add dumplings made thus:—6 heaped tablespoons of flour, one teaspoon baking powder, a little pepper and salt, and four flat tablespoons of Shreddo suet. Mix with a little water, fairly dry, roll into balls, lightly flour each, and drop on top of parsnips. Turn up gas for a moment to bring to the boil, then let the whole simmer gently for one hour. Prepare sauce by cutting up rather small, four large onions, boil till quite soft; pour off almost all the water, add one pint of milk, an ounce of butter, pepper and salt, and a good sprinkling of nutmeg; and when boiling, thicken with cornflour. This sauce should be rather thick. Arrange the rabbit on a large dish, with dumplings and parsnips; if any liquor left in saucepan, pour a little over the rabbit, then lastly pour over the onion sauce.—Mrs. B. (Aramoho).

Barley Pudding

BOIL till soft 3 tablespoons pearl barley. Put in piedish and add 1 tablespoon Shreddo, 2 tablespoons golden syrup, ½ cup each raisins and chopped dates, nutmeg to taste. Mix well, make very moist with milk or water, and put in slow oven for 1 or 2 hours—the longer the better. Delicious, cheap and nutritious.—Mrs. I. G. (Mt. Eden).

Folkstone Tart

INGREDIENTS: 1 large cupful cooked rice, 2ozs. currants, a little grated lemon rind, 1 tablespoonful melted butter, 1 egg, sugar to taste, a little jam and some pastry. Suet crushed; 2 cups flour, 1 teaspoonful of baking powder, ½lb. beef suet, lemon juice, salt, 1 egg (yolk), water. Sift flour and a pinch of salt, add baking powder and beef

tin. Decorate the top with some leaves of pastry, sprinkle with sugar, and bake in a moderate oven for about 30 minutes; serve with cream.—Mrs. A. R. (Napier).

Baked Suet Pudding

SPRINKLE beef suet thickly in bottom of piedish, then a layer of breadcrumbs, then a layer of raspberry jam; repeat until dish is nearly full.

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Make a custard of 2 eggs, 2 cups of milk, 2 tablespoons sugar and pour over pudding mixture; bake in a slow oven 1½ hours.—Mrs. J. T. C. (Opotiki).

Mincemeat

TWO pounds apples (pared and cored), 2lbs. raisins, 2lbs. currants, 2lbs. Shreddo suet, ½lb. mixed peel (chopped coarsely), ½lb. sugar, ½ pint brandy, ½ pint sherry, 1 nutmeg (grated), 1 dessertspoon cinnamon, 1 teaspoon salt, juice 2 small oranges, juice 2 small lemons, grated rind of above. Chop apples and raisins and mix thoroughly.—Mrs. E.R. (Kaiapoi).

Suet Pancakes

FIVE ounces flour, 3ozs. Shreddo suet, ½ teaspoon baking powder, pinch salt, milk to mix. Mix dry ingredients together, add sufficient milk to make a light dough. Roll out about half an inch thick. Cut in rounds (about three inches across). Fry in a little smoking-hot fat until golden brown on both sides. Serve on hot plate with warm golden syrup poured over them. Do not fry too quickly, as they must rise before they brown. This is a quick and easy pudding and very heating on a cold day.—Mrs. E.E. (Waikato).

Spanish Pudding

SIX ounces ground rice, ½lb. Shreddo beef suet, ½lb. sugar, 1 teaspoon baking powder, 2 eggs, pinch of salt, 6ozs. dried apricots, a little milk. Put apricots to soak in water overnight, drain off water next day, and cut up. Mix rice, salt, baking powder and Shreddo, then add the apricots. Beat up eggs with sugar and add a little milk. Put in greased basin, cover with greased paper. Steam for three hours.—Mrs. F.B. (Gisborne).



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suet, mix (but do not rub it in). Beat egg yolk with teaspoonful lemon juice in a teacupful of water. Mix to a firm paste, roll out on a floured board. Line a tart tin with pastry, and spread the jam at the foot. Remove any brown skin from the rice, which should be fairly thick, and add it to the other ingredients; mix well and put into lined