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Creamed Crayfish

HALF-CUP peas, either cooked, dried peas, or tinned ones, $\frac{1}{2}$ -cup grated cheese, 1 cup seasoned white sauce, butter and milk as required, 1 medium-sized crayfish, mashed potatoes. Flake the crayfish and add to the white sauce, stir till hot and add the peas that have been tossed in a little melted butter. Beat a little butter and milk into the mashed potatoes and line a buttered dish. Pour in the centre the creamed fish mixture. Sprinkle with the grated cheese and brown in the oven.—Mrs. A.J.D. (Dunedin).

Mutton Turnover

TAKE about 1lb. of lean mutton (minced or cut up very fine), and stew till tender in very little water, well seasoned with pepper and salt. Line a plate with good short crust, spread over it the cooked mutton as evenly as possible, cover with thin pastry, pressing edges well together,

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Flounder Bonne Femme

Each week the "Radio Record" publishes "My Favourite Recipe" from the chef of a well-known New Zealand hotel. This week's recipe, Flounder Bonne Femme, is from the chef of the Grand Hotel, Auckland.

ONE large flounder, one tablespoon butter, two small onions, seasoning, two small tomatoes, one lemon.

Deep pan or pot with lid. Wash, skin, and fillet fish. Melt butter in pan. Cut onions into thin rings and tomatoes in slices. Toss into pan and cook slowly without browning. Flour fish, roll up, and lay gently on top of onions, season, cover, and cook 15 minutes. Take up, squeeze lemon juice on top, and serve hot with brown bread and butter.

and cut one or two slits across the top with a knife. Bake rather quickly till golden brown. A Scots recipe, delicious eaten hot with mashed potatoes, and very good cold for a light supper if cut into fingers.—Mrs. W.H.O. (Te Awamutu).

Nourishing Raisin Custard

TWO eggs, 1lb. seeded raisins, $\frac{1}{2}$ -pint milk, 1 tablespoon sugar, an open tart case. Boil the milk, beat eggs and sugar together until light and frothy. When milk is nearly boiling pour it on the eggs and beat a few minutes. Have ready the raisins, which have been boiled for about five minutes in sufficient water to cover them. Strain well and put in the bottom of the pastry case. Pour the custard over and return to a very moderate oven until custard sets.—Mrs. A. (Wanganui).

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