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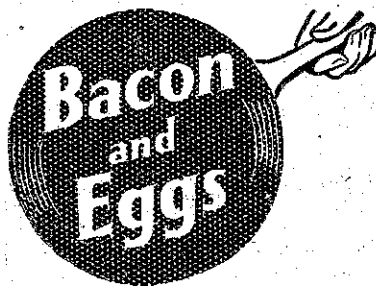
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MAINLY ABOUT FOOD



Cauliflower Pickle Recipe



I AM always pleased to renew acquaintance with my correspondents every week, and to welcome the new ones to our large circle of sister home cooks, but I am always very interested in the original recipes which come to hand. To experiment with ingredients and regulate their cooking is a job requiring lots of common sense, for no woman—however extravagant she may be—likes to have a failure. In the nut wafers published this week this recipe was concocted to use up a left-over white of egg, and it should appeal to readers to keep this recipe handy, and they are really delicious. The prize this week has gone to Miss Heather, Smithfield Road, Wanganui for her Prune Marmalade Relish, which is delicious served with fish or chicken, and this reader has gained the three stars. Two stars each have been awarded to Mrs. P. Wright, 10 Cameron Street, Onehunga, for a nutritious recipe for Nut Wafers, and Mrs. C. S. Lewin, 11 Warrington Street, St. Albans, Christchurch, for her recipe for Rocky Mountain Squares, both of these recipes being original. One star each goes to Mrs. A. M. Wadsworth, Pine Valley, Blenheim; Mrs. V. McNab, 230 The Terrace, Wellington, and Mrs. J. Elvey, 77 Lake Road, Frankton Junction, for their recipes for Savoury Prune Rolls, Cauliflower Pickle and Cheese Feathers, respectively.

July is here and the frosts are doing their share toward flavouring many vegetables, and as cauliflowers are plentiful and very crisp, the unusual Cauliflower Pickle published is a very economical and delicious relish. The Creamed Crayfish is served in a Potato Ring, and from Oamaru comes a recipe for Real Lemon Cheese and an eggless substitute.

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Mrs. C.S.L. (St. Albans): Thank you, there are still five months to go.

Mrs. A.L.W. (Dunedin): Address entries to "Chef," please.

Mrs. P.W. (Onehunga): Many thanks, they were delicious.

Mrs. E.A.B. (Dargaville): Good—will appear next week.

As stated before, the recipes published in the "Radio Record" are selected for their economy, and home-cooks will appreciate the fact that economy studied over a year, and even several months, will mean a big saving in the cost of sustaining the family. It is a mistake, of course, to cut down quantity, but it is no error to study what combination of ingredients will produce most cheaply an equally nourishing and satisfying dish. "Chef" is rightly proud of the way the Cookery Book is selling, and welcomes new contributors. Her address is care of "The Radio Record," Box 1680, Wellington.

Miss L.P. (Oamaru): Afraid eggs too expensive just now—will hold over for time being.

Nut Wafers

MINCE 1lb. almonds, 1lb. walnuts and add to the white of one egg beaten to a stiff froth with a pinch of salt; then add 2 tablespoons icing sugar, a few drops of vanilla, ½ teaspoon baking powder. Mix all well together, put on to a baking board with 1 tablespoon of arrowroot, and knead well. Sprinkle the board with the arrowroot, and then roll out very thin and cut into finger lengths and bake in a medium oven about 15 minutes. They will keep nice and crisp in an air-tight tin.—Mrs. P. W. (Onehunga).

Cheese Feathers

HALF pint cold water, ½ oz. butter, ½ yolk egg, 1 egg white, ¼ teaspoonful baking powder, 2oz. flour, 1½ oz. grated cheese, salt and mustard to taste. Put water and butter in a saucepan, sift flour with salt and mustard. Add to

Marmalade and Prune Relish

WASH a quantity of prunes in warm water, then soak them for 2 hours and cook in same water till tender. Remove stones, and cut the pulp. To every lb. of prunes allow 1 sweet orange cut up. Add orange to prune pulp, and simmer 10 minutes, then add the sugar using 1lb. to 1½ lb prunes, cook slowly till thick. Mix in 2 tablespoons chopped walnuts, cook 10 minutes longer, place the relish into jars and seal.—Miss Heather, Smithfield Road, Wanganui.

water and butter when they come to the boil, stir well over the fire until mixture is smooth and leaves the sides of the saucepan. Cool, beat in baking powder, cheese and yolk of egg. Then stir in the white stiffly frothed, drop in teaspoonfuls into deep, smoking-hot fat till crisp and golden. Drain on paper and serve as a savoury on to a hot dish lined with a