

Mainly about Food

BY "CHEF"

IN response to my SOS last week, an Onehunga sister home-cook has forwarded three recipes, one for the drying of apples with sulphur and two for tomato ketchup. Thank you, Onehunga. Tomatoes are so plentiful just now that it behoves all of us to get busy. I have included a tomato relish this week, too. I remember telling you last year of a very easy way to cook tomatoes when you have your oven on. Cut some nice big tomatoes right in half, lay them side by side in your meat-tin (or pie-dish), put a little butter and seasoning on each, and just cook through. It will take about 20 minutes or so, but, of course, the exact length of time depends on the heat of your oven.

I know you are all looking for a good simnel cake recipe this Lent period, and so I have given the prize to Mrs. E. Elliott, Rosella Road, Otahuhu, for her real old English simnel cake. This is a very highly recommended recipe from an English friend, who made it. Being impatient, she cut it a few days after it was made and it had a flat, insipid flavour. She was so disgusted she put it aside in a tin and forgot all about it. Returning from a holiday some weeks later, and on the point of throwing it out, she decided to taste it again, with the result that it is now her favourite recipe. But she never cuts the cake until six weeks after baking.

Sulphur Apples

PROCURE an airtight box with a tight-fitting lid. Place in the centre two small tins. The bottom one keeps the top one from burning the box. Peel, core, and quarter the apples and put as many as required in the box, packed all round the two tins. When all done, place in the top tin a few red coals; put on these coals a tablespoon of sulphur, place lid on quickly, and cover with rugs. Leave all night, and in the morning take out apples and place in a crock. Don't leave too long in box or the juice will run out; paste down.—Mrs. P.W. (Onehunga).

Two Tomato Ketchups

ONE bushel tomatoes, cut small; boil till soft, then rub through a sieve. Add two quarts best vinegar, 2 cups salt, $\frac{1}{2}$ lb. cloves, $\frac{1}{2}$ lb. allspice, 1 tablespoon black pepper, a few chillies, and 5 heads of garlic. Mix and boil till reduced to half the quantity. When cold, strain and bottle; cork well. It will keep quite fresh for two or three years. Select 12 ripe tomatoes and put them in a stone jar, then stand in a cool oven for four or five hours until quite tender. When cold, skin them

and mix the pulp with the liquid in the jar. Add two teaspoons ground ginger, 1 dessertspoon salt, 2 tablespoons vinegar, a little cayenne pepper, and a little finely-chopped onion. Mix thoroughly, let stand for two more hours; strain, place in bottles, and cork.—Mrs. P.W. (Onehunga).

HALF GUINEA FOR

Old English Simnel Cake

IT seems early to be thinking of Easter—but as this cake must not be used until six weeks after making—and is a traditional Easter cake—there would be just time to make it.

Take 3oz. butter, 3oz. sugar, 2 eggs, 6oz. flour, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. currants, 2oz. candied peel, 1 teaspoon spice, a little nutmeg, 1 dessertspoon milk, $\frac{1}{2}$ teaspoon baking powder, pinch of salt.

Almond Mixture No. 1: 2oz. ground almonds, 2oz. castor sugar, 1 yolk of egg. Mix well, roll out and form into round the size of the cake tin.

Almond Mixture No. 2: 2oz. ground almonds, 2oz. castor sugar 1 white of egg. Method as for mixture No. 1.

Method for cake: Cream butter and sugar, add well beaten eggs—then all other ingredients, baking powder last. Prepare cake tin—lined with paper. Put in 3 parts of the cake mixture—then almond mixture No. 1. Cover with rest of cake mixture. Bake in moderate oven for 1 hour. When nearly cooked put on almond mixture No. 2 and bake till light brown.

This cake must on no account be cut before it is 6 weeks old. For Easter decorate with a chicken and nest of small easter eggs.—Mrs. E. E. (Otahuhu).

Apple Yeast Cake

INTO 1lb. of bread dough, knead 2oz. of melted butter (or 1 tablespoon cream), 1 tablespoon castor sugar and 1 beaten egg. Divide dough into two, put half on floured boards, and roll out to fit a flat greased baking tin and cover the dough with a layer of almost cooked strained apple. Sprinkle with castor sugar and spice, then roll out the rest of the dough and place on top. Put in a warm place for an hour to rise and bake half-an-hour in a hot oven. Spread cake with butter and sprinkle with sugar and ground cinnamon and return to oven for a few min-

utes. Delicious.—Mrs. A.E. (Christchurch).

Spiced Cider Puffs

THESE puffs are nice hot or cold, easy to make and unusual for lunches or bridge teas. Sift together $\frac{1}{2}$ lb. flour, 1 teaspoon baking powder, 1 tablespoon castor sugar, 1 tablespoon each of cinnamon and allspice. Peel, but don't core, a large cooking apple and grate with a coarse grater into the dry ingredients till a paste can be formed (no other liquid is required).



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Drop in small teaspoonfuls into hot fat in a frying-pan and when golden brown drain and roll in castor sugar in which a little cinnamon has been added.—Mrs. E. J. (Motueka).

Tomato and Bacon Rolls

TAKE 6 small round tomatoes, pepper, salt, 6 thin rashers bacon, 6 thick rounds cheese, 6 triangles bread, toast thickness. Cut a thin slice from the stalk end of each tomato. Season the tomatoes with pepper and salt. Cut the cheese in thick slices and cut out in rounds the same size as the tomatoes. Place a round of cheese on each tomato. Remove the rind from the bacon. Roll a prepared tomato in each