

# Mainly about Food

BY "CHEF"

**J**UST a word this week to growers of cranberries. To the uninitiated cranberries are a variety of mulberry never prolific enough to appear much in public. However, many of my readers in the north may grow this delicious fruit in their own gardens, so the next time you are making apple pie, add some cranberries. You can make a delicious chutney, too, by cook-

cipe for wholemeal almond fingers, which are easily prepared and are really delicious.

Mrs. E.G. (Blenheim): Will look that particular recipe up.

Mrs. E.L. (Waikino): Enjoy your wee notes—kind regards.

Miss N.W. (Tuakau): Thank you, but address to "Chef."

Miss G.B. (Otaki): Yes, anyone can send recipes to "Chef."

## Tomato Paste

**T**AKE three large tomatoes, three eggs, one small onion, 1oz. of margarine, some Hansell's celery flavouring, 1oz. of grated cheese, a little salt, some melted fat. Method: Skin the tomatoes and chop them up. Place them in a small stewpan with the fat, sliced onion and seasoning and stew until tender. Mash into a smooth paste, beat the eggs well and stir in. Simmer until the mixture becomes thick and add the cheese, finely grated, just before removing from the heat, add celery flavouring, place in a shallow pot, and when cold cover with melted fat. This is very tasty for school lunches, etc., and please note, Hansell's cloudy onion flavouring could be used instead of the onion.—Mrs. J.H.M. (Hamilton).

## Honey Roll

**B**EAT three eggs very light and frothy, add half a cup sugar, beat again for 15 minutes. Stir in one tablespoon of melted, but not heated honey. Sift half a cup arrowroot and one tablespoon flour, two teaspoons baking powder, pinch salt, half teaspoon cinnamon, half teaspoon grated nutmeg. Mix all well together, pour into well-greased shallow swiss-roll tin and bake for 20 minutes.

**Seafoam Filling.**—Dissolve one level teaspoon granulated gelatine in juice of one orange. Whip until frothy, add one tablespoon icing sugar, small pinch citric acid or a few drops of vanilla essence. Spread on warm sponge, roll up quickly and sift castor or icing sugar over.—Mrs. E.A.B. (Dargaville).

## Blowaway Spiced Sponge

Beat together for five minutes 3 eggs and  $\frac{1}{2}$ -cup sugar, then add 1 teaspoon golden syrup and beat for 10 minutes. Stir thoroughly three times the following:  $\frac{1}{2}$ -cup arrowroot, 1 tablespoon flour, 1 teaspoon cream of tartar,  $\frac{1}{2}$ -teaspoon carbonate of soda, 2 teaspoons ground ginger, 1 teaspoon cocoa,  $\frac{1}{2}$ -teaspoon cinnamon. Stir this well into the first mixture, divide the mixture evenly into two sandwich tins, and bake in good oven for 10 minutes, but do not open oven door under five minutes.—Miss G.B. (Otaki).

## Queen's Pudding de Luxe

**T**AKE  $\frac{1}{2}$ -cup butter, 2 egg yolks,  $1\frac{1}{2}$  cups flour, 3 teaspoons baking powder, a little vanilla essence, 1 cup sugar, half cup milk,  $1\frac{1}{2}$ oz. cooking chocolate, two whites of egg and 1 tablespoon of made coffee. Cream butter, beat yolks of eggs, add milk, flour, baking powder and pinch of salt. Stir in melted chocolate, fold in egg whites and essence, bake in round tin and serve with custard, sauce or whipped cream.—Mrs. H.C.W. (Timaru).

## Cornflakes Date Loaf

**T**AKE 1 cup stoned dates, 1 cup boiling water, 1 level teaspoon carbonate soda, 1 dessertspoon orange juice,  $\frac{1}{2}$ -cup butter,  $\frac{1}{2}$ -cup of brown su-

## HALF GUINEA FOR

## Wholemeal Almond Fingers

**C**UT slices of stale wholemeal bread, about  $\frac{1}{2}$  inch thick, trim the crust off, then cut into finger lengths. Beat 1 egg well, add  $\frac{1}{2}$  teaspoon Hansell's Cloudy Ratafia food flavouring, sift in 1 dessertspoon icing sugar, beat well again. Dip the fingers of bread into the beaten mixture, roll in ground almonds. Place on butter paper well greased to fit over trays, bake in slow oven until crisp and a nice golden colour. Keep in airtight tins.—Mrs. P. W. (Onehunga).

ing the berries with just enough water to prevent their burning; then rub them through a sieve. For each pound of the puree mince up a quarter of a pound each of dates and stoneless raisins, and mix with a quarter of a pound of sugar, half a teacup of vinegar, a quarter of a teaspoon each of ground cinnamon and ginger, and half that amount each of ground allspice and cloves. Add a little salt, and boil all all these ingredients together, stirring well, until the chutney is thick.

A Hawera correspondent sends me in a recipe for cranberry fluff, which is very light and delicious for this hot weather. Cook a cup of cranberries in two cups of water until tender. Soak one tablespoon of gelatine in half a cup of cold water. Strain the cranberries and to the liquid add the gelatine, one drop of Hansell's cloudy vanilla food flavouring, and half a cup of sugar. Put aside until almost set, then beat until fluffy. Add the whites of two eggs beaten stiffly, and beat again, then set aside to firm. Serve with cream.

The prize this week has gone to Mrs. P. Wright, 10 Cameron Street, Onehunga, Auckland, for her nutritious re-



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gar, 1 egg, 2 cups of cornflakes or wheatmeal,  $1\frac{1}{2}$  cups flour, salt to taste. Pour the boiling water on the dates and soda; while cooling cream butter and sugar and well-beaten egg gradually, then the soaked dates, soda, and orange juice. Crush the cornflakes, add with the sifted flour and salt. Mix evenly, grease two nutloaf tins. Put half mixture in each. Put lids on. Bake in a moderately hot oven for about 40 minutes. When cooked take from this, put on wire rack to stand.