

Mainly about Food

BY "CHEF"

IN response to my SOS in the issue of March 4 for preserving apples with sulphur, a Takapuna sister home-cook has been good enough to send me information. Take a good butter-box and put two or three thick layers of newspaper on the bottom and right round the inside of the box to exclude air. Then put the screw-top of a large

and found quite satisfactory by pasting paper over the top as for jam. During the 20 hours you can go on peeling more apples to fill up the box again as it is emptied.

Have any of my sister home-cooks a good recipe for orange chutney? Kludly let me have it if you have. The prize this week has gone to Mrs. J. Skeet, 15 Marsden Street, Timaru, for a new recipe for tomato and ginger almond cake. This cake is delicious and keeps moist for weeks, and you'll all agree it is a most seasonal recipe.

Method: Boil plums and tomatoes with vinegar until soft; put onions, garlic, ginger and raisins through mincer, add to other ingredients and boil for an hour, stirring frequently to avoid burning. Put chillies in muslin. —Mrs. S.P. (Wellington).

Pear Ginger

PEEL and slice 6lb. firm ripe pears. Sprinkle with 3½lb. sugar and 1 cup water. Next day bring to boil and add 2 large cups of water or fruit juices. Cook one hour, add one pound chopped ginger, one teaspoon powdered nutmeg, one teaspoon ground ginger. Boil another hour. Seal while hot. —Mrs. L.G.T. (Hastings).

Chocolate Jellies

INGREDIENTS: One egg, 1 dessert-spoon of cocoa, ½ pint of milk, 2½ gills of hot water, a pint packet of vanilla jelly, little desiccated coconut, 1

HALF GUINEA FOR

Tomato Almond Cake

SKIN and bake enough tomatoes and strain, then drain till you have 1 cup of thick pulp with as little liquid as possible. Cream ½lb. butter and small cup of sugar to cream, add 2 eggs, 2 small table-spoons golden syrup and then the warm tomato pulp. Beat for fully 5 minutes, add 2½ cups of flour, 1 tablespoon cornflour, 2 teaspoons baking powder sieved together. Then add 1lb. of mixed fruit, little preserved chopped ginger and finely chopped almonds, ½ teaspoon almond essence, 1 tablespoon of ground almonds. Turn into a greased lined tin and strew top thickly with roughly chopped blanched almonds. If this cake is to be iced, reserve almonds to spread on this, but finer chopped. If darker cake is preferred, add 1 teaspoon of carbonate of soda. —Mrs. J. S. (Timaru).

Wholemeal Carrot Pudding

TAKE 4 slices wholemeal bread (thin-nish), 1½ cups milk, 1½ cups finely minced carrots, 1 cup seeded raisins, ¼ cup sugar (brown), 1 egg (separated), salt, 2 cups wheatflakes or cornflakes. 1 tablespoon butter. Soak bread in milk. Add carrots, raisins, yolk, salt and flakes. Fold in beaten egg white. Melt butter in dish and pour in the pudding. Bake in moderate oven 35-40 minutes.

Golden Sauce to Serve With It.

Three tablespoons finely-grated carrot, 1 cup brown sugar, 3 tablespoons flour blended with cold water, 1½ cups boiling water, 2 tablespoons orange juice, 2 tablespoons lemon juice, 2 table-spoons butter and salt. —Mrs. M.C. (Mt. Eden).

Cape Gooseberry Conserve

SHELL 3lb. of cape gooseberries and put in pan with 1½lb. sliced tomatoes and 1½lb. of sliced tart apples. Cover with 6lb. sugar and stand 1 hour. Now add the juice of 6 lemons, the grated rind of 1 lemon, and boil hard for 15 minutes. Slice 6 large, firm bananas, add to the other ingredients and boil another 5 minutes. Remove from fire and stir well. Bottle while hot. This resembles fruit salad. —Mrs. T. (Wanganui).

Indian Relish

TAKE 6 tomatoes, 4 apples, 2 peaches, 6 small onions, 1 cup sugar, 1 cup vinegar, salt, nutmeg, spices to flavour, ½lb. lemon peel. Peel tomatoes, peaches, onions and apples. Slice in medium pieces, add rest of ingredients. Boil 2 hours and seal while hot. Delicious. —Mrs. L.G.T. (Hastings).

Old Dover House Chutney

TAKE 1½lb. blue diamond plums (stoned), 1lb. tomatoes, ½pt. vinegar, 2lb. apples peeled and quartered, 1lb. seeded raisins, ½lb. onions, ½oz. garlic, ½lb. preserved ginger, a few chillies, 2½oz. salt, 1½lb. brown sugar, 1½ tablespoons mixed spice.



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preserving jar upside down in the middle of the box. Next place a jar tightly on the lid so that it can easily be removed without disturbing the apples later. Peel, core and slice the apples and pile them up round the jar till the box is almost full. Then remove the jar carefully, and into the jar-lid put a tablespoon of live embers and a tablespoon of sulphur on top of them. Cover quickly by first folding over the paper so that it meets at the top; then put a clean tea-towel over, and finally sack and leave for 20 hours. At the end of that time pack the apples into tins. They will be found as white as snow (even if they were discoloured through being cut up over night), will look just like freshly-cut apples, and will keep indefinitely. You will find they will have shrunk in the jars; and so, the lids can be unscrewed and the apples packed in. Jars without lids and large stone jars can be used

dessertspoon and a half of sugar. Beat egg, mix cocoa and sugar to a paste with a spoonful of the milk, boil the remainder, add cocoa, return to pan and boil for 1 minute, cool slightly and add to egg. Pour into a jug, place in a pan of boiling water and stir till custard coats the back of the spoon. Pour