

Mainly about Food

BY "CHEF"

DURING Easter culinary matters were far from my thoughts, for I was laid low with tonsillitis, but I am glad that, with my recovery, I have looked forward to continuing with weekly chats to all my sister home-cooks.

During my convalescence I have been studying the state of the market, and am I frightened to mention the price of eggs? These are very scarce in Wellington, and the price has consequently soared—first grade 3/3 a dozen, but I don't know that the fowls are altogether to blame. To begin using our preserved ones now will mean that we are going to be short before the winter is over.

Eggs are not the only commodity that has increased in price; milk at 7d. per quart and the price of vegetables is prohibitive. It looks as though it is going to be a hard winter.

However, sister home-cooks, just gird on your armour and get down to facts. I had a communication from Carterton this week, but the envelope was empty—evidently an oversight.

The "salmon savoury" recipe came along under the title of "winter savoury," but I changed this, as most of us are always contriving to make one tin of salmon go the length of two. Some time ago I put through a recipe for salmon croquettes which is almost identical with this one, but I found that however thick you make your white sauce, the process of frying breaks the mixture. This recipe is served up after the salmon has heated through. Three recipes for sweets are also published. These came in too late for Easter, and the first wet afternoon that one of your school-girl daughters wants to try out one of them, encourage her, for, who knows, but it might just lead to her taking a lot of the culinary matters off your hands, and we must foster that interest, must we not?

The prize this week has gone to Mrs. J. Henderson, Box 31, Auckland, for her unusual recipe for apricot fall. This should prove a good sweet for special occasions.

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

Salmon Savoury

FRY an apple and an onion slowly in butter until cooked. Stir in 1 tablespoon flour and 1 dessertspoon of curry powder. Add 1 breakfast cup of milk. When this sauce is cooked, mix in a tin of salmon until well heated, then add the juice of half a lemon. Hard-boiled eggs and tomatoes may be added

when serving, and garnish with boiled rice.—Mrs. L.B. (Frankton Junction).

Cocolate Caramel

TAKE 1½lb. brown sugar, ½ pint milk, 2½oz. of chocolate, 2½oz. butter.

Method: Boil all together stirring to prevent burning until it forms a hard ball when dropped into cold water. Pour into greased moulds or flat tin, then cut in squares when cold.—Mrs. J. (Waituna West).

Dates In Jelly

MAKE an orange jelly as usual, and when almost set press into the jelly dates, stuffed with whatever you fancy. Nuts or icing, grated cheese are good. If cheese is going to be used, lime jelly is better.—Mrs. J. (Waituna West).

Rose Nougat

THIS is a little trouble to make, but is well worth it. You require ½lb. of sweet almonds, ½lb. icing sugar, a few grains of citric acid, 4oz. of honey, rose colouring and essence. 1 tablespoon glucose and 1 tin one or two inches deep.

Boil all together until it crackles when put into cold water. Add flavouring and colouring, pour on an oiled tin and when cooled pull into shape. Add nuts. Line a tin with buttered paper and press nougat into tin, putting weight on top for ten minutes. Then cut into strips or squares.—Mrs. J. (Waituna West).

French Walnut Cake

THIS is an unusual and extremely delicious cake, containing neither butter nor flour. Ingredients: 5oz. chopped walnuts, 5oz. sifted sugar, 2oz. fine breadcrumbs, 5 eggs, 1 lemon rind (finely grated), 2 large cloves (finely chopped), pinch of powdered mace, pinch of salt.

Method: Cream yolks of eggs with sugar, add nuts and all other ingredients one by one, stiffly-beaten whites last. Bake in a well-buttered tin (7 inches square a suitable size) in a very moderate oven for 1½ hours. Let cool in tin, turn out, and next day cut into thin slices across. Sandwich these with whipped cream and place one on top of the other until cake is built up again. Put another layer of whipped cream on top.

N.B.—Cake must be made the day before it is wanted.—G.M. (Timaru).

Tripe Olives

TAKE 4lb. of tripe, 2 onions, 1 teaspoon made mustard, 1 dessertspoon chopped parsley, ½ pint hot water, 2 tablespoons milk, 2 tablespoons but-

ter, 3 tablespoons flour, salt and pepper. For stuffing use 1 cup breadcrumbs, 1 egg, 1 tablespoon chopped parsley, grated rind of half lemon, pepper and salt. Put tripe in pan of cold water, bring to boil, throw away water and scrape any fat from tripe. Cut into strips 2 inches by 4 inches. Mix stuffing ingredients, spread on smooth side of each piece of tripe and tie firmly with string. Slice onions thinly and cook in double saucepan 15 minutes in half-boiling water. Add ½ teaspoon salt and tripe olives and cook slowly for 2 hours. When tender, take out

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tripe, remove string and place together with onions on dish. Blend flour, butter, mustard, pepper and salt, add to tripe water. Mix in milk and parsley. Boil 3 minutes and pour over olives.—Mrs. R.M. (South Canterbury).

Pumpkin Cake

TAKE 1 cup warmed pumpkin (cooked), 1 cup sugar, 2 eggs, 1lb. mixed fruit, ½lb. butter, 2 small tablespoons golden syrup, 2 cups flour, 2 teaspoons baking powder, ½ teaspoon soda, vanilla, salt. Cream butter and sugar, add eggs, syrup and pumpkin. Beat for 5 minutes and add flour, baking powder, fruit and essence. Bake 1½ hours in moderate oven.—Mrs. E. J. (Moueka).

Tomato Sausages

TAKE 1lb. of pork or beef sausages, 1 cup breadcrumbs, 2 large, ripe tomatoes, 1 egg, pepper and salt. Rub tomatoes through a coarse sieve. Remove skins from sausages. Add the sausage meat to the breadcrumbs and