

Main Menu about Food

BY "CHEF"

I REGRET I cannot publish all the splendid recipes which came to hand this week. Winter time fare has a much wider scope, and the house-keeper who studies her family's health in the balancing of food stuffs, the ever increasing use of wholemeal, and many new ways of using cheese, I hope these recipes will appeal. Never neglect the humble rabbit, and the mushroom mayonnaise served with this week's rabbit roll will gladden the hungry on Sunday evening. Mushrooms still continue to make their appearance in the shops.

Your family will rush the cheese dumplings cooked in tomato sauce. The "Mock Duck" recipe has come from North Canterbury, my sister home-cook forwarding this to console those to whom no sportsman has handed the real thing. The sender of the spinach loaf, or, to the children, "Popeye the Sailor Loaf," omitted to send her name and although the writing is familiar, I just can't place it.

A recipe for a "chessboard pudding" has won the prize this week and Miss D. Wilson, Church Street, Kumara, West Coast, is the sender. The pudding you will find a change from the boiled variety and the flavour is delicious and only requires one egg.

Chessboard Pudding

PREPARE the tin first, using the following: 3 tablespoons of butter, melted, $\frac{1}{2}$ cup of light brown sugar, 1 cupful of dried apricots (cooked and drained) 1 cupful of stoned prunes (cooked and drained).

Grease the sides of a square tin, size about 7 inches by 7 inches by 2 inches deep. It must be watertight. Melt the butter, add the sugar, mix well together, and spread over bottom of tin. Pour the batter (recipe follows) over the fruit, which has been placed on top of the sugar and butter in alternate pieces, like a chessboard. Bake in a moderate oven about $\frac{1}{2}$ an hour. Turn out upside down and serve warm with cream or custard.

Chessboard Pudding

One egg, 3 tablespoons of melted butter, $\frac{1}{2}$ cupful of white sugar, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of flour, $\frac{1}{2}$ teaspoon of baking soda, 1 teaspoon of cream of tartar, 1 teaspoon of vanilla essence.

Beat the egg slightly, add sugar and beat until light and fluffy. Add the butter and beat again. Add milk and the sifted dry ingredients and beat well.--Miss D.W. (Kumara).

Rabbit Roll and Mushrooms

BOIL the tender and young rabbit with some onions and herbs. When cold take out rabbit, cut into dice and add $\frac{1}{2}$ lb. cold chopped ham. Wet a large jam-jar, line with slices of hard-boiled egg and chopped parsley and fill with rabbit mixed with ham, sprinkling with salt, pepper, allspice and chopped parsley. Heat some of the strained liquid, add pepper and salt and dissolve in it a little gelatine. Pour while hot over rabbit, press and put a weight on top. When cold turn out and garnish with mushroom salad, made as follows: simmer $\frac{1}{2}$ lb. of minced mushrooms in olive oil for $\frac{1}{2}$ hour, squeeze a few drops of lemon-juice on and when cold season with salt, pepper, chopped parsley and mayonnaise.--Mrs. A.E. (Christchurch).

Cheese Dumplings

MAKE an ordinary suet dumpling and in the mixing add two cups finely grated cheese and one tablespoon minced onion. Mix the contents of a small tin of tomato soup with $\frac{1}{2}$ -cup water. Put into saucepan and when boiling, drop in the small dumpling balls. Cover with lid. Cook 20 minutes. Serve in the sauce with a green vegetable.--Mrs. K.L.S. (Ponsonby).

Mock Duck

GET your butcher to cut 1- $\frac{1}{2}$ worth of good stewing steak about one inch thick, with a wide pocket slit in it to form a bag. Beat steak well and lay in a plate containing half teacup vinegar, one teaspoon each sugar and mustard half teaspoon curry and pep-

per and salt. Turn occasionally, smearing well. Make ready stuffing as follows: Two cups breadcrumbs, one large savoy (chopped), one medium onion, parsley and little sage with thyme, pepper, salt, lemon juice, or milk. Mix with pepper and salt. Add a little milk if necessary. Press into pocket in steak, sew with coarse thread, shaping like a duck. Flour and Bisto should be sprinkled well over this. Place in covered tin in plenty of hot fat till nicely browned. Pour off fat. Add diced vegetables--carrots and celery and onion, $1\frac{1}{2}$ pints water and

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tomato sauce. Cook for 2 to 2 $\frac{1}{2}$ hours. Serve with mashed potatoes and apple sauce. Serve five people well.--Mrs. L.A.B. (Ouruhia).

Ratafia Wafers

CREAM $\frac{1}{2}$ lb. butter with a small cup sugar, add 1 well-beaten egg and 1 small teaspoon Ratafia food flavouring, beat well again, sift in 1 cup flour, 1 teaspoon baking powder, pinch salt; add 4 cups puffed wheat, mix all well together, put in teaspoon lots on cold greased trays, leave room for spreading. Bake in a moderate oven until crisp and pale brown.--Mrs. P.W. (Onehunga).

Wholemeal Pancakes

SERVED with lemon cheese, these are just the health sweet to serve children on cold, winter days. Mix together 4oz. wholemeal flour, 2oz. rice flour, 2oz. self-raising flour, and $\frac{1}{2}$ -teaspoon salt, in a basin. Make a well in the centre, break into it 1 egg, stir, then

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