

Mainly about Food

BY "CHEF"

OF all vegetables in season I think the celery is the most important, because it is not only delicious eaten raw, but it can be cooked as a vegetable, or served as a course on its own—and the outer stalks can be used for flavouring soups and stews. The leaves of the celery can also be utilised by drying in a slow oven, put into a paper bag and crushed like mint. An enterprising cook can, I am sure, find dozens of dishes she can flavour with dried celery. I often wonder what pea or lentil soup would taste like without the addition of dried mint or celery.

I would like to pass on to my many sister home-cooks a little idea I had with veal steak, which tasted like chicken and which the family thoroughly enjoyed. I cut the steak into pieces about three inches square and cut pockets in each one, which I tightly filled with an onion and bread forcemeat, rolled in flour and fried until a light brown. Then I put them into a casserole and barely covered with water and cooked in a regular four oven for a little over an hour. By the way, if you do not possess a casserole, a piedish, covered with an oven shelf is just as good. You will notice I and which the family thoroughly en-

ing, for if you make a wet forcemeat it will stick better in the pocket. Soak your crusts in cold water and squeeze very tightly, then mix in your onion and dried herbs with a fork.

The mutton and pineapple recipe this week was written under the heading of "Making mutton more attractive: Roast mutton with pineapple stuffing." The steamed cake recipe is not the first of its kind, but faithfully follow my sister home-cook's directions and a delicious cake will result.

Oranges are now very plentiful and cheap, and therefore the "sungold orange cake," which absorbs even the skin of the orange, should prove popular. Mrs. E. Jones, of Thorp Street, Motueka, South Island, is the sender.

Mrs. R.A.C. (Maungaturoto): Thank you for your good wishes, but we only award one prize, no other recipes being paid for.

Sungold Orange Cake

TAKE 1 cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 2 cups flour, 1 teaspoon vanilla, salt, 1 teaspoon soda, $\frac{1}{2}$ cup warm water, 1 cup raisins, $\frac{1}{2}$ cup walnuts, 1 whole orange (skin and all). Cream butter and sugar, add well-beaten eggs, vanilla, and the soda dissolved in warm water. Stir in flour and salt, add the orange, raisins and walnuts, all of which have been put through a

mincer, and put into a greased, floured cake tin, and bake in moderate oven one hour. Ice when cold with the following icing: 1lb. icing sugar with enough lemon and orange juice to make it a nice consistency to spread all over cake, sprinkle thickly with coconut. Delicious.—Mrs. E.J. (Motueka).

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