

Mainly about Food

BY "CHEF"

WE should keep up the vitamins' supply in winter. It is really more important during the cold weather—so the change from salads to soups is beneficial. Vitamin C, which gives glow and colour to the face and protects the tiny blood-vessels under the skin, is found particularly in tomatoes and oranges, and in my recipes when tomatoes are mentioned, the tinned variety is just as nutritious as the fresh.

Do you remember during the hot weather when our bacon and egg pies were so popular? These recipes were brought to my mind again this week with the receipt of a sausage and tomato tart recipe from the same family. It was sent by a New Plymouth sister home-cook, and is a great favourite in her family. Even if it isn't picnic time, don't you think the family would appreciate it for supper?

Notice in the pineapple shortbread recipe this week how the bottom layer of pastry is cooked first. This method does away with that heavy doughiness, and all shortcakes should really be treated this way. The fried ham recipe from the same contributor is served with orange sauce. Here's where vitamin C comes in again.

The prize this week has gone to Mrs. G. A. Ryan, Elizabeth Street, St. Leonards, for a recipe for a coconut marshmallow cake. This is a large cake and only two eggs are required.

the yolks for the mixture, and the whites for the frosting.

Coconut Marshmallow Cake

CREAM $\frac{1}{2}$ cup butter, add 1 cup sugar, a little at a time, beating till light; add beaten yolks two eggs, 1 teaspoon lemon juice and 1 teaspoon vanilla. Add 2 cups flour sifted with $\frac{1}{2}$ teaspoon salt, and 3 teaspoons baking powder, alternately with 2 cups milk. Fold in stiffly-beaten egg whites. Bake in three greased layer cake tins and bake in moderate oven 20 minutes. Put together with following frosting and filling. Boil $1\frac{1}{2}$ cups granulated sugar and $\frac{1}{2}$ cup water till syrup spins a thread. Add 6 large marshmallows cut into very small pieces, but do not stir into syrup. Pour very slowly into stiffly-beaten whites of 2 eggs and beat till smooth and thick. Add 2 teaspoons lemon juice. Spread between layers and sprinkle with coconut and small pieces of marshmallow. Cover top and sides of cake with the remaining frosting, sprinkle thickly with coconut and decorate top with marshmallows.—Mrs. G.A.R. (St. Leonards).

Sausage And Tomato Tart

MAKE a pastry with $\frac{1}{2}$ lb. butter to $\frac{1}{2}$ lb. flour, water and salt, and set aside for an hour. Divide pastry in two, line a deep plate, about 9 in. across with pastry, and lay in 1 lb. pork sausages, parboiled and cut lengthwise. Slice 3 tomatoes or 1 cup tinned tomatoes, and put over sausages, more sausage and more tomato, pepper, salt and chopped parsley. Beat 1 egg and pour over all. Cover whole with remainder of pastry and cook half an hour in brisk oven. Delicious hot or cold and splendid cold for picnics or suppers.—Mrs. O.A. (New Plymouth).

Pineapple Shortbread

TAKE $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. flour, 1 teaspoon baking powder, 1 egg. Cream butter and sugar add egg, sift in flour and baking powder. With half the mixture line a greased tin and put in oven until just turning pale brown, then take out of oven. Have 1 cup grated pineapple (without any juice), spread it over the cooked shortbread and sprinkle with sugar. Roll out other half of shortbread, place on top, return to oven and cook till nicely browned (15 minutes). Cut into squares to serve.—Mrs. E.J. (Motueka).

Fried Ham

TAKE four slices ham (fairly thick), 1 cup orange juice, 2 dessertspoons flour, 2 seedless oranges, fat. Fry the

ham till brown on both sides and keep hot on serving dish. Cook 1 tablespoon fat in pan with flour, add orange juice, stir till boiling and cook 5 minutes till smooth and thick. Pour round ham. Slice oranges after removing white pith, and peel. Arrange in overlapping slices over ham and serve with fried potatoes. Enough for four persons.—Mrs. E.J. (Motueka).

Parisian Cake

MAKE a rich short pastry as follows: 3oz. butter, 6oz. self-raising flour, mix to paste with 1 teaspoon lemon juice and little cold water. Line a long flat tin with this and spread with raspberry jam. For the top: Beat 2 egg whites until quite stiff, add 3oz. castor sugar and beat again. Stir in 1 cup of very fine cake crumbs, 2oz. of desiccated coconut, teaspoon lemon juice, 2 dessertspoons raspberry jam. Spread carefully over pastry and bake for 20 min. in moderate oven. Leave on sieve until cold, then pour over some thick coffee icing, cover with chopped walnuts. When set cut into squares or bars. Will keep a long time, and is delicious and inexpensive.—Mrs. E.A.B. (Dargaville).

Eggless Chocolate Sponge

TAKE $1\frac{1}{2}$ cups flour, 1 teacup sugar, 1 tablespoon cocoa, 1 teaspoon baking powder. Mix this with $\frac{1}{2}$ cup milk. Warm in a pot $\frac{1}{2}$ cup milk with 2 teaspoons golden syrup and $\frac{1}{2}$ lb. butter, 1 teaspoon soda, and pour the hot mixture into flour, etc. Time, $\frac{1}{2}$ hour. Fill with whipped cream and apricot jam.—Mrs. W.L. (Cambridge).

Stewed Sheep's Tongues

USE 3 or 4 sheep's tongues, some white stock, two or three teaspoons chopped parsley, a little milk, pepper

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