

Mainly about Food

BY "CHEF"

APINE VALLEY sister home-cook sends me a good hint for using bran, and her letter brought to my mind the same method which is used by a sanatorium in Canterbury.

Before putting sugar on any kind of puddings or porridge, sprinkle a little dry bran over. Thus prepared it is delicious as well as wholesome.

Talking of bran, I wonder how many cooks took note of a method I wrote about some months ago of the constant use of bran as a laxative? It's a very

simple way. Take two large cups of bran, half a cupful each of golden syrup and water together, then pour into the bran in the basin, and again mix thoroughly. Put into a large meat dish and bake in a very slow oven, stirring now and then to prevent the grains sticking, for two hours. Spread on a paper to dry, and store in an airtight tin. Our breakfast table is never complete without this cereal which is spread on the porridge before the sugar. I wish all my sister home-cooks would try this, as I know how beneficial I have found it.

Eggs are still high in price, and fol-

lowing on last week's eggless recipe, here's an eggless wholemeal ginger cake which my contributor tells me improves with keeping. As you will see it is very economical, and it can be made with either butter or dripping.

The asparagus soup recipe is from Denmark and I have to thank my Matariki correspondent for her remarks regarding it. Two recipes containing wholemeal are published this week.

A delicious cheese roast recipe has won this week's prize, and was forwarded by Mrs. E. A. Barrow, Dargaville, Northern Wairoa. The ingredients contain vitamins which are so necessary during the cold weather and it is a delicious dish for vegetarians.

Cheese Roast

TAKE 1lb. cooked lima beans. 1lb. cheese, 1 large cup breadcrumbs. 1 small onion, 1 tablespoonful bacon fat, pepper and salt to taste and 1 teaspoon parsley.

Put beans, cheese, onion and parsley through mincer, add breadcrumbs, pepper and salt, and the bacon fat melted.

Form in to a loaf, brush over with a little of the bacon fat, sprinkle with breadcrumbs and bake in a moderate oven for $\frac{1}{2}$ hour. Serve with tomato sauce.—Mrs. E.A.B. (Dargaville).

Wholemeal Ginger Cake

TAKE 3 tablespoons dripping or butter, $\frac{1}{2}$ cup sugar, 1 tablespoon golden syrup, $\frac{1}{2}$ cup milk.

Melt the above ingredients, then add 1 large cup flour, $\frac{1}{2}$ cup wholemeal, 1 teaspoon baking powder, 3 teaspoons ground ginger, 1 tablespoon chopped preserved ginger. Stir well, then add 1 teaspoon soda dissolved in $\frac{1}{2}$ cup hot water. Bake 1 hour.—Mrs P.H. (Whangarei.)

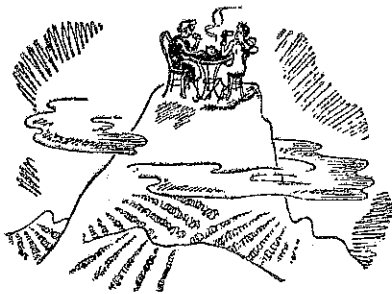
Nelsonian Pudding

MIX together $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. seedless raisins, 3oz. brown sugar. Grate 1 raw potato and 1 raw carrot, add $\frac{1}{2}$ teaspoon ground ginger, 1 tablespoon golden syrup. Add no liquid, but allow mixture to stand overnight in a well-greased basin. Next day steam 3 hours. An excellent pudding when eggs are scarce.—Mrs. E.J. (Motueka).

Asparagus Soup

TAKE 2 pts. good beef or veal stock, 1 $\frac{1}{2}$ oz. butter, 1 $\frac{1}{2}$ oz. flour, 1 tin asparagus heads, 1 yolk of egg, salt and sugar.

Melt the butter in a saucepan and add the flour. Mix well, and add stock



HIGH TEA doesn't necessarily mean evening tea with frills or afternoon tea on a mountain top for that matter. We just want to draw your attention to the fact that Bell Tea is high grown tea. Mountain gardens above the 4000 feet level give you a stronger tea possessing more vitality and stored up flavour. That is why Bell Tea goes twice as far as cheaper teas, and so actually costs you less in the long run.



**BELL
TEA**



ONLY the bud and the first two leaves of the shoot are used in Bell Tea. Plucking is a job for experts: great care is exercised to ensure that no stalk or coarse material reaches the factory.

Put vitality into your teapot

BELL 3/4 PER POUND