

Mainly about Food

BY "CHEF"

WE'VE had sandwich spreads—so now what about some new ideas with savouries? Before going any further, however, raisins soaked for some hours in orange juice, make a delicious spread for lunches, and amongst your savouries, a gherkin rolled in a thin slice of luncheon sausage and secured with a toothpick, makes a bright dish.

A nice little savoury, one of my Napier sister home-cooks tells me, is an easy recipe for spiced cider puffs, which can be eaten hot or cold. Sift together $\frac{1}{2}$ lb. flour, 1 tablespoon sugar, 1 saltspoon each of cinnamon and allspice. Peel, but don't core, a large cooking apple and grate into the dry ingredients till a paste can be formed, no other liquid being required. Drop

small teaspoonfuls into hot fat in a frying pan, and when golden brown drain and roll in sugar to which a little cinnamon has been added.

A cheese tit bit is made by cutting pieces of hot buttered toast into fingers, then laying a thin slice of cheese, and then a thin slice of bacon on the top of each. Cook under the grill. We all seem to have gone Tyrolean, so why not something Tyrolean in the culinary line? These slices, a splendid recipe for which is given below look good, and what a splendid camouflage for your left-over cold meat? Tomato sauce is an unusual recipe for this time of the year isn't it, and this original—in more ways than one—recipe from a Te Aroha correspondent, should prove useful if you have run out of your supply! The rabbit loaf, too, is a nutritious recipe and a good "cold-expeller."

The prize this week has gone to Mrs. L. G. Thomson, 506 French Street, Hastings, Hawke's Bay, for her recipe for a royal fruit cake, Mrs. Thomson having included the directions for its successful cooking.

Tyrolean Slices

MINCE enough cold meat to fill 2 breakfast cups, add $\frac{1}{2}$ cup bread-crumbs, 1 teaspoon onion juice, 1 well-beaten egg, pinch each of nutmeg, dry mustard, salt and pepper and sugar. Mix well. Line a tin with pastry, place meat mixture on top, cover with pastry and leave for 15 minutes. Brush over with melted butter and bake 35 minutes. Serve hot cut into generous slices, with gravy and tomato sauce, or cold with pickles and salad. A pleasant change for Sunday night's tea.—Mrs. E.J. (Motueka).

Tomato Sauce

THE following is a good recipe (original), for tomato sauce. Made with soup powder: $1\frac{1}{2}$ breakfast cups water, $\frac{1}{2}$ breakfast cup vinegar, $\frac{1}{2}$ tea cup sugar, small packet tomato soup powder. Boil all together for 10 min. Add clove and onion essence to taste.—Mrs. V.C. (Te Aroha).

Currant Honey Tart

TAKE short pastry, 4 tablespoons of honey, 4 tablespoons of bread-crumbs, 4 tablespoons of currants, 1 lemon.

Method: Roll pastry out to about $\frac{1}{4}$ -inch in thickness. Grease a large meat plate and cover with pastry. Put the honey into a small saucepan with the juice of the lemon and warm through. Add breadcrumbs and currants and mix thoroughly. Spread the mixture over the pastry, cut any oddments of pastry into long strips and twist, lay them in latticework over tart.

Bake in a good oven for 25 minutes.—Mrs. J.H.M. (Hamilton).

Rabbit Loaf

MINCE the meat from a boiled rabbit and mix with a little minced bacon and $\frac{1}{2}$ pint cold boiled rice. Season with pepper and salt, add a well-beaten egg, and $\frac{1}{2}$ pint of thick sauce made with liquor from rabbit, and 2 teaspoons chopped parsley and a minced onion. Mix all very well and bake in moderate oven half an hour. Serve with mashed potatoes and turnip.—Mrs. F.M. (Henderson).

Curd Cheesecakes

THICKEN 1 quart sour milk with 1 teaspoon rennet. Drain the curd very dry and rub into it 2oz. sugar, 2oz. butter, 2oz. currants, the grated

HALF GUINEA FOR

Royal Fruit Cake

TAKE 3 cups of flour, 2 level teaspoons baking powder, 3 eggs, $\frac{1}{2}$ lb. butter, 1 cup sultanas, $\frac{1}{2}$ cup raisins, 2oz. preserved cherries, 1 tablespoon of golden syrup, 1 small teaspoon of golden syrup, 1 small teaspoon (carb.) soda in $\frac{1}{2}$ cup of milk, 2oz. chopped blanched almonds or walnuts. Sift a little of the flour over fruit.

Cream butter and sugar, add golden syrup, egg yolks, well beaten, flour and milk and soda alternately, then fruits and nuts, and lastly egg whites, stirred well in. Dot with a few nuts. Cook in moderate oven $2\frac{1}{2}$ hours third shelf from top. Regulo 6 for 20 minutes, then gradually down to 3. If mixture seems too thick, add a little more milk before adding fruit.—Mrs. L.T. (Hastings).

rind of half a lemon, and 1 teaspoon cinnamon. Beat 2 egg yolks and 1 egg white with 2 tablespoons brandy. Add other ingredients, mix well, and fill tartlet cases. Bake in good oven 15 minutes.—Mrs. E.J. (Motueka).

Pineapple Bread

INGREDIENTS: One tablespoon of butter, 1 egg (beaten), $\frac{1}{2}$ -cup of sugar, $\frac{1}{2}$ -cup of milk, $\frac{1}{2}$ -cup of crushed pineapple, drained, 2 cups of flour, 3 level teaspoons of baking powder, $\frac{1}{2}$ -cup sultanas, salt. Method: Sift flour and baking powder three times. This



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