

Mainly about Food

BY "CHEF"

JULY is truly our coldest month and visions of good and satisfying meals are conjured by everybody. That good old English dish of boiled hand of pork and pease pudding sounds good, doesn't it? An onion, a carrot, parsnip, turnip and a stick of celery are "the doings" to keep the pork company, 25 minutes being allowed for each pound the joint weighs, and 25 minutes extra. While the pork is boiling, pop in your split peas—about a pound—which have been soaked overnight. Of course, these must be in a bag, tied up to allow for their swelling. When finished, rub through a sieve, add half an ounce of butter and one egg, salt and pepper, press into a

basin and bake in a hot oven for 30 minutes.

A good recipe for lemon marmalade for diabetics has been sent in by a sister home-cook from Henderson, and as it's a "special" recipe, here it is: Weigh one pound of lemons and wash well, and put into pan, covered with cold water, boiling for 15 minutes, then changing the water, which must be boiling, and boil again for some time. Save two pints from this last boiling, divide the lemons and take out the pips, cut the peel into thin strips, return to the water, add 40 tablets of saccharine, and boil for half an hour. Then add half an ounce of gelatine melted and stir in until dissolved. Fill jars and it will set when cold.

The prize this week has gone to Mrs. E. Lindsay, Fairview, Walkino, Auckland, for her splendid recipe for ginger pear pudding. This is a splendid cold-day "satisfier," and is delicious as well.

Potato Banbury Cakes

RUB about 1½ lb. cooked potatoes through sieve, season with salt, 2oz. fine white sugar, little nutmeg, grated rind and juice of one lemon, 2oz. warm butter (just slightly warm), 2oz. flour, and 2 well-beaten eggs. Mix to pliable paste and roll out ¼ in. thick, using little flour if necessary. Cut into rounds 3 in. across, lay on a spoonful of mixed fruit (currants, raisins and ginger are nice) or chopped apricots which have been soaked beforehand and drained. Press another round on top, press and mark edges with a fork, brush with beaten egg and bake moderate oven. Serve hot; novel and delicious.—Mrs. D.M.J. (Gonville).

Apple and Tomato Savoury

TO use those bottled tomatoes, cook chopped onion and apple in a very little water. Put layers of apple,



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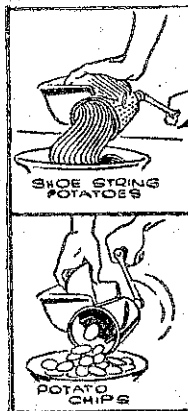
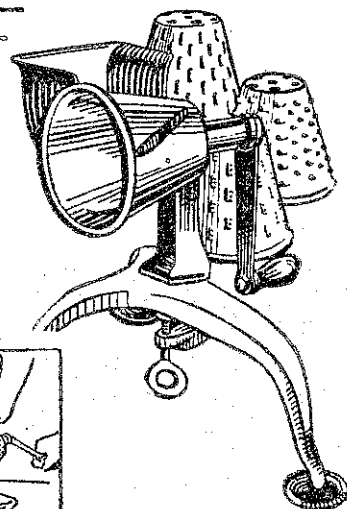
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