

Mainly about Food

BY "CHEF"

I HAVE to thank sister home-cooks who sent recipes for a three-tier wedding cake. I have sent them on to Stratford. A Wairoa correspondent is inquiring for a "very dark, moist Canadian date cake that contains a quantity of cocoa." My own particular recipe is a good dark one, but does not contain cocoa and I'll repeat it, but in the meantime some reader may have the recipe containing cocoa, and be kind enough to let me have it.

Stone a breakfast cup full of dates pressed down, cover with cold water and put one teaspoon baking soda on top and let stand all night. (I find letting it stand for an hour or two is just as good.) Cream half a pound of butter and one level breakfast cup of sugar, break in two eggs and beat well. Add dates and one cup shelled walnuts broken up roughly, then two heaped cups of flour which add gradually and beat well. Bake 1½ to 2 hours in moderate oven. This is really a delicious cake.

The "orange sponge custard" recipe is like another I received this week under the heading of "delicious lemon pudding," but as oranges are so plentiful just now, I chose this one. Liver has become such a necessity in our daily diet that the "stewed liver" re-

cipe will be useful as well as very nutritious.

Thank you, Pine Valley correspondent, for your contribution. I hope my St. Leonards reader is still looking for "different" sandwich spreads, for walnut and celery should appeal, as the latter vegetable is plentiful at present. Take half a cup each of chopped firm white celery and walnuts, yolk of one hard-boiled egg, salt and one dessert-spoon butter. Mix all ingredients to a paste and spread between thin bread and butter. Two more recipes from this sister home-cook will be published next week.

The prize this week has gone to Miss Whitelaw, Kamo, North Auckland, for her unusual and seasonal recipe for ginger banana shortcake.

Orange Sponge Custard

ONE tablespoon butter, ¼-cup sugar. 1 tablespoon flour, pinch of baking powder, the juice of 2 oranges, and the grated rind of one, 1½ cups milk and 2 eggs.

Cream the butter and sugar, add the flour, the orange juice and grated rind, and mix well. Then add the milk and the beaten yolks of the eggs. Whip the whites to a stiff froth and fold in lightly. Pour into a pie dish or casserole and stand in a dish of water in a good

oven. It will be a light spongy top with a creamy custard underneath.—Miss S.W. (Pine Valley).

Stewed Liver

TAKE slices of liver, slices of fat bacon, vegetables, 1 onion, parsley and thyme, pepper and salt. Cut the liver into pieces about 3in. long and 2in. thick. Mince the parsley, thyme and onion. Cut thin slices of bacon. Dip the liver in flour, pepper and salt, lay it on slices of bacon, sprinkle with herbs, and roll up in the bacon, tie and dip again in flour. Cut some slices of carrots, turnips, onions, and place these on the bottom of a stewpan; place the rolls on top of these vegetables. Pour over enough stock to cover, season, and simmer for one hour.—"Budgy" (Te Kuiti).

Perfection Sponge

TAKE 3 eggs, 5oz. sugar, 4oz. flour, ½-breakfast cup cold water. Put sugar and water in saucepan and boil to a syrup. Cool a little, and add to the well beaten eggs and whisk until it is very thick (about 10-15 minutes). Fold in the sifted flour with a fork as lightly as possible and pour into sandwich tins and bake in moderate oven. No baking powder is used.—Mrs. M.O. (Hangatiki).

"Jack Sprat"

...we called our **Harold!**

MEAT needs MUSTARD

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