

# Mainly about Food



BY "CHEF"

**I** HAVE several new correspondents this week, and for their information I want to explain there is no entrance fee for their contributions, which have to be in the office in Wellington every Wednesday. As I have mentioned before, only one recipe is paid for—a half a guinea prize for the best contribution of the week. Cheques are sent at the end of each month.

Here are the two sandwich spread recipes I promised you last week. The first one is called "Apple Ginger." Peel core and cut up one pound of apples,  $\frac{1}{2}$  lb. sugar, and stand for 12 hours with half of the sugar sprinkled over. Slide into a little jam-pan with the rest of the sugar, and boil until it is a pinky colour and quite thick. Half a pound of preserved ginger cut small is put in toward the end of the cooking, the mixture taking about two hours to cook.

The second spread will keep for a long time, and should be a very popular one for those carrying their lunches and those who are fond of savouries. Cut up one pound rump steak into small pieces, put with a quarter of a pound of butter into a jar, adding one teaspoon salt, half-teaspoon pepper, a little grated nutmeg and one tablespoon anchovy sauce. Stand the jar in saucepan with water three-parts up jar. Steam for three hours. Take meat from liquid when cool and run through mincer, then mix again with liquid and put into jars.

The prize this week has been won by Mrs. A. M. Wadsworth, Pine Valley, Blenheim.

## Treacle Fruit Cake

**G**OLDEN syrup or treacle is used to make this fruit cake. Wash 6oz. each currants and sultanas, wipe them in a clean cloth and leave to dry. In the meantime sieve together 1 lb. flour and  $\frac{1}{2}$  teaspoon carbonate of soda, rub in  $\frac{1}{2}$  lb. good dripping until the mixture resembles fine breadcrumbs. Add the fruit and 2oz. candied peel cut into small pieces, mixing all these ingredients well. Break two eggs into a small basin, whisk well, then add  $\frac{1}{2}$  lb. syrup or treacle and continue whisking. Dissolve  $\frac{1}{2}$  lb. sugar in 1 cup milk. Add these to the eggs and when thoroughly small pieces, mixing all these ingredients and beat for a few minutes before turning into a large round cake tin, previously greased and lined with greased paper. Bake in a moderate oven for about two hours.—Mrs. M. (Napier).

## Pineapple And Chocolate

**P**ARE and dice a ripe pineapple, sprinkle it thickly with sugar, put it in a glass dish and set in a cold place for several hours. Put 1 pint of milk into a double boiler and when scalding hot, stir in 2 tablespoons of grated chocolate mixed to a smooth paste with a little cold milk. Stir and cook until it begins to thicken, add 2 egg yolks beaten with 4 tablespoons sugar and

ing the cocoa to one. Roll out thinly each portion to the same size, and press one on top of the other. Roll up tightly like a sausage and set by till firm, or leave overnight. Cut into slices an eighth of an inch thick and bake moderately on a greased tray 10 minutes. Will keep well in airtight tin.—"Mari-gold" (Napier).

## Ginger and Pear Trifle

**T**AKE 4 sponge cakes, 1 small tin pears,  $\frac{1}{2}$  lb. crystallised ginger (grated finely), sherry or home-made wine,  $\frac{1}{2}$  pint custard cream. Split sponge cakes in half and spread liberally with the ginger, cut into fingers, and place in the bottom of a glass dish. Put a little marmalade on top and soak the sponges with the sherry or wine, or the syrup from pears, to which a little lemon juice has been added. Make  $\frac{1}{2}$  pint of custard. When sponges are well soaked, cut sections of pears in half and place on top of marmalade, pour over the hot custard, and when set, top with sweetened whipped cream.—Mrs. G.M.R. (Ruawai).

## Honey Mint Squares

**T**AKE  $\frac{1}{2}$  lb. of butter, creamed with  $\frac{1}{2}$  cup of sugar, add 2 egg whites (beaten), 1 cup of flour, 2 tablespoons of cornflour, 1 teaspoon of baking powder, 2 tablespoons honey, 1 teaspoon of peppermint essence. Press into a 10in. by 10in. tin, and bake for 30 minutes in a moderate oven, and before quite cool, spread with the following mixture: Crush 10 minties and put into a saucepan with 1 tablespoon of gelatine, 1 teacup of sugar and 1 cup of cold water. Bring to boil and simmer for 20 minutes. Stand aside till cool, then heat until thick. Spread quickly, sprinkle with coconut, and cut into small squares.—Mrs. J.G. (Grey-mouth).

## Honey Pumpkin Pie

**L**INE a pie plate with short pastry and fill with the following mixture: Mix  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon ground ginger, add 1 well-beaten egg,  $\frac{1}{2}$  cup cream or rich milk,  $1\frac{1}{2}$  cups sieved pumpkin and a few raisins. Bake in a good oven about  $\frac{1}{2}$  hour. When cooked spread the top with a layer of honey, sprinkle thickly with corn flakes, and place in the oven for a few minutes longer.—Mrs. W. (Kamo).

## Apple Toffee Pie

**T**AKE 4oz. of finely chopped suet, 8oz. of flour, pinch of salt, 1 teaspoon of baking powder, and a little milk. Mix suet, our, baking powder and

## Half Guinea For

## Finnish Scalloped Liver

**T**HIS is a delicious winter dish and combines liver and rice. Rinse one cup seedless raisins and drain. Place one liver in a buttered baking dish. Fry  $\frac{3}{4}$  cup of diced onion in six tablespoons butter until tender. Mix with one pint milk, one beaten egg, one teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, three tablespoons raw washed rice, add the raisins and mix well together. Pour over liver, covering dish and bake in a slow oven two hours. Serve hot with gravy.

—Mrs. A.W. (Pine Valley).

cook a few minutes longer. Lift from fire, stir in 1 tablespoon of Hansell's vanilla and set custard aside to cool. Pour custard over prepared pineapple and set all on the ice or in a very cold place. Beat the egg whites to a stiff froth with 2 tablespoons of sugar and heap over top.—Mrs. D.M.T. (New Lynn).

## Pinwheels

**A** NOVEL, delightful biscuit, inexpensive. Ingredients:  $1\frac{1}{2}$  cups flour, half a cup of butter, half cup sugar (all large cups), one egg yolk, pinch of salt, one teaspoon baking powder, one tablespoon cocoa, and vanilla essence to flavour. Method: Cream butter and sugar well; add egg yolk and flavouring, salt, flour and powder. Knead well, divide paste in two portions, add