

Tasty TURNOVERS

TURNOVERS are reminiscent of our younger days, when the pastry remnants from the family pie were pressed into service as turnovers for the school luncheon. The contents, however, were always intriguing. Perhaps they still are.

THE four excellent turnover recipes this week embody mince, asparagus and fish, but with a little ingenuity, many new ways of using yesterday's "left-over" can be substituted. Some of the savoury bread and butter spreads that have been published through these

pages are ideal fillings for turnovers, and there are many of the sweeter variety for those whose tastes run that way.

Christmas is fast approaching, and I am sure my sister home-cooks must all be turning to their Christmas cooking. With this in view, I have given the prize this week to Mrs. C. Senior-Partridge, of 18 Durie Street, Durie Hill, Wanganui, who has submitted a wholemeal recipe for either Christmas cake or pudding, for these are much nicer if cooked four or five weeks before Christmas.

My correspondent assures me that this recipe, once tried, will prove very popular, for the cake tastes like the most expensive recipe and yet costs so little.

The second recipe is for those who prefer a cold sweet, and there are many, like myself, who usually make more than the heavy plum pudding—especially those with young families.

Make full use of your spring mint and parsley. Few people realise how good the latter is for us, so I hope my sister home-cooks will note the recipe for Cornish parsley pie. Adding a little finely chopped mint to your green salads will give it a unique flavour, and hanging liberal bunches of mint in your pantry will combat the fly nuisance.

Asparagus

QUARTER pound puff pastry, salt and pepper, one can asparagus tips, two tablespoons mayonnaise, milk or egg glazing.

Drain asparagus from the can and season with mayonnaise, salt and pepper. Roll pastry thinly, cut into oblong shapes (about three to five inches), place one or two asparagus sticks (according to size) on each portion and moisten pastry edges with milk or beaten egg. Fold over or form into a roll, enclosing the asparagus. Press edges firmly together, brush surface with beaten egg, place on baking tray and cook in hot oven for five minutes, then reduce heat and cook slowly for five to ten minutes. Serve hot or cold.

Fish Turnovers

HALF pound rough puff, puff, or flaky pastry, one tablespoon butter, one tablespoon flour, half-cup milk, one and a half cups flaked fish, one dessertspoon lemon juice, one tablespoon chopped parsley, salt and cayenne.

Melt butter in saucepan, add flour, blend smoothly, cook for a minute, add milk and stir until mixture boils and thickens. Add flaked fish, season with strained lemon juice, chopped parsley, salt and cayenne. Roll prepared pastry about 10 inches square, cut a narrow strip from the edges so that pastry rises evenly in baking. Spread cold filling over centre, moisten pastry edges and fold the four corners into the centre. Press edges firmly together (from centre to each corner), ornament the top with leaves of pastry and brush surface with milk or beaten egg. Bake on baking tray in hot oven until pastry rises and browns, then cook slowly for about 20 minutes. Small turnovers may be shaped in the same manner.

Savoury Mince

HALF pound minced steak, one onion, one dessertspoon butter or dripping, salt and pepper, one dessertspoon flour, one tablespoon chopped parsley, half teaspoon Worcestershire sauce, one teaspoon tomato sauce, one cup self-raising flour, pinch of salt, quarter-cup dry grated cheese, three tablespoons shortening, about quarter-cup milk.

Peel, dice and fry onion in heat-

ed dripping or butter in saucepan, add minced steak and flour, and cook until brown. Season with sauces, chopped parsley, salt and cayenne, simmer for ten minutes and leave to cool. Sift flour into basin, rub in the shortening, add cheese, and season with salt and cayenne. Add sufficient milk to make a firm paste, roll thinly on lightly-floured board, cut into 4-inch rounds and place some mince mixture on each. Moisten edges with milk or beaten egg, fold over, enclosing the meat, press edges firmly together, and place on baking trays. Brush surface with beaten egg and cook in hot oven for 15 to 20 minutes. Serve hot, with gravy or tomato sauce.

Sardine

THREE-QUARTER pound fluff or flaky pastry, two ounces butter, pepper and salt, one egg, hard boiled, one tin sardines, one teaspoon vinegar.

Roll pastry very thinly and cut into squares. Bone sardines, melt butter, add egg and mash together. Spread mixture on one piece of pastry. Roll the other half over; put on a slide and bake 20 minutes in a quick oven.—M.S. (Kopuku).

Cabbage Salad

BOIL medium-sized beetroots till tender, when cool, cut in halves and scoop out the centre until only a shell remains. Fill shell with vinegar, stand one hour, then turn out vinegar, and fill with shredded cabbage. Cover with a rich mayon-

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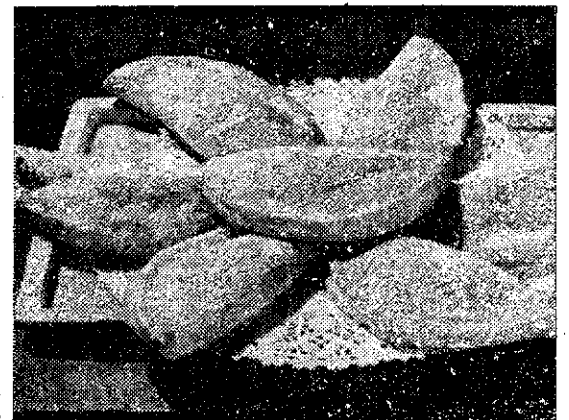
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Top: Asparagus Turnovers. Right: Savory Mince Turnovers. Right bottom: Russian Fish Turnover.



naise and stand each beet-shell on a small white cabbage leaf. As a change fill shells with chopped celery and serve on lettuce leaves.—Mrs. D.M.T. (Gonville).

Parsley Pie

PUT into a piedish a layer of well-washed parsley, then a layer of diced bacon, one egg for each person broken on the bacon layer, a top layer of parsley. Sprinkle with pepper and cover with good pastry and bake till brown.—Mrs. E.J. (Motueka).

Butterscotch Pie

SOAK 1lb. dried peaches overnight. Line a round pie-plate with good short pastry. Rub together six teaspoons butter and three tablespoons of flour. Add three-quarter cup brown sugar, one tablespoon lemon juice, and quarter cup peach liquid. Cook in double boiler or over hot water until thick.

Place drained peaches on uncooked pie-crust and sprinkle with two tablespoons brown sugar, then pour over the sauce mixture. Bake in hot oven until crust starts to brown, then reduce heat and bake until peaches are very soft. Time, 30 minutes in all.—Mrs. E.A.B.

Christmas Cake

THIS cake cannot be distinguished from a five-egg mixture. Beat 1lb. butter with one cup sugar, add two well beaten eggs, then one cup boiling milk with two teaspoons soda, then one and a half cups flour, 1lb. raisins, 1lb. sul-

tanais, 1lb. blanched almonds, 1lb. cherries, two teaspoons almond essence, and two teaspoons vanilla, on top of this sift another cup flour. Mix well. The mixture should be very moist, and when poured into greased cake tin should be cooked in slow oven three hours. Makes quite a large cake.—Mrs. F.V. (Kaitia).

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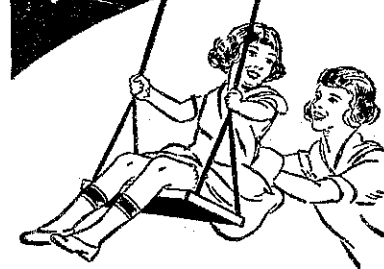
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