

BLOCK CAKES AND ICINGS

SO many and varied are the cakes made nowadays that one is apt to overlook the claims of the more homely block cake.

It has much to commend it as a "stand-by" for the family cake tin and lends itself admirably to icing.

And, talking of icing, the original recipe which has come to hand with the recipe for the rich madeira cake from my Parnell sister home-cook, looks good to me.

This is made with castor sugar and is economical, but the price of eggs in Wellington has soared tremendously in the past two weeks, and it makes one wonder just what the price will be about Easter time.

Miss Frances Thompson, of Toronto, is now on her way back home, and this Canadian recipe which I am giving you this week was specially recommended by her, but as bananas are always in season, I kept it until the last.

For banana chutney you cut twelve bananas in slices, cut small 2lb. onions, and chop 1lb. dates. Pour over a cup and a half of vinegar, and bake together until tender. Beat to a pulp with a wooden spoon, add two teaspoons curry powder, half pound crystallised ginger, cut small, one tablespoon salt, and 1lb. of treacle. Bake again until a rich brown colour.

The prize this week has been awarded to Mrs. G. Atkinson, of 29 Weymouth Street, New Plymouth, for her nutritious recipe for savoury tart. The new season's apples are now on the market, and much cheaper than they have been for the last month or two.

SOME DELIGHTFUL RECIPES FOR HOT WEATHER

BLANCHMANGE

Ingredients: 2 rounded tablespoons (about 12oz.) Edmonds Custard Powder, 1 pint milk, sugar to taste, say 2 level tablespoons.

Mix the Custard Powder to a smooth cream with 3 tablespoons of the milk. Add sugar to remainder of milk, bring to the boil, then pour the mixed custard slowly into it, stirring all the time. Boil for one or two minutes, then pour into a wet mould to set. A level teaspoon of butter added to the milk when heating will improve the flavour.

MELROSE CREAM

Equal quantities of custard made with Edmonds Custard Powder, and liquid jelly made with Edmonds Jelly Crystals. Mix together and put into mould to set. An attractive dish can be made by surrounding the above with different coloured jellies from small moulds.

PINEAPPLE TRIFLE

Ingredients: 1 small tin Pineapple, 1 cup cream, 1 sponge sandwich, 1 packet Edmonds Jelly Crystals, pineapple flavour, 1 pint Custard made with Edmonds Vanilla Custard Powder.

Cut up sponge cake and place in a glass dish. Make jelly, using pineapple juice, and make up to a pint of liquid with hot water. Pour over and leave till set. Cut up pineapple, put on top and pour custard over. Decorate with whipped cream and cherries or a few crystals from a raspberry jelly packet. There's no custard so easy to make and so economical and nourishing as Edmonds: one dessertspoonful, mixed with a pint of milk, makes one pint of delicious, smooth custard in a few minutes. In six perfect flavours, Almond, Lemon, Vanilla, Raspberry, Banana, and Standard. Edmonds Custard Powder and Jellies are obtainable from grocers everywhere.

Luncheon Cake

ONE POUND flour, pinch of salt, two level teaspoons baking powder, 2lb. butter or good dripping with few drops lemon juice, 2lb. sugar, 2lb. seeded raisins, 2lb. sultanas, 2oz. candied peel, quarter teaspoon each of powdered cinnamon and grated nutmeg, half cup milk, three eggs.

If dripping is used, add a few drops strained lemon juice, beat until creamy and leave until firm. Sift flour, baking powder, salt, nutmeg and cinnamon into basin. Rub in shortening and add sugar, cleaned fruit, chopped peel, then moisten with beaten eggs and milk, mixing thoroughly. Place in buttered cake pan (about eight inches square) and bake in moderately hot oven for one to one and a half hours, then turn cooked mixture on to cake cooler and leave until cold.

Chocolate Block

TAKE 3oz. butter, three-quarter cup castor sugar, two eggs, three-quarter cup milk, one and a half cups flour, one teaspoon baking powder, half teaspoon carbonate of soda, pinch of salt, half teaspoon vanilla essence, quarter cup boiling water, 2oz. grated plain chocolate, or one tablespoon cocoa.

For Icing: Three-quarter pound icing sugar, about three tablespoons hot water, one teaspoon sherry, or half teaspoon vanilla essence, cochineal or carmine colouring, 2lb. plain grated chocolate, one dessertspoon melted paraffin wax.

Blend melted chocolate or cocoa with hot milk and leave to cool. Cream the butter and sugar, gradually add beaten eggs, blended chocolate, vanilla, and sifted flour, baking powder and salt, mixing evenly. Dissolve soda in hot water, stir in lightly and pour mixture into buttered cake pan (about five to nine inches). Bake in moderately hot oven and turn cooked mixture carefully on to cake cooler. Mix sifted icing sugar, flavouring and sufficient hot water to form a smooth icing, colour pale pink, cover the top and sides of the cake and leave until icing is firmly set. Melt 2lb. grated chocolate over hot water (do not heat it), stir in the melted paraffin wax to form a smooth, glossy liquid, and pour the chocolate over the firmly-set icing, completely covering it. Leave until firmly set before cutting. A few chopped nuts may be sprinkled over the chocolate before it sets.

Crumb Topped

TAKE two tablespoons butter, one cup sugar one cup milk, half teaspoon vanilla essence, pinch of salt, two level cups self-raising flour.

For Topping: One teaspoon powdered cinnamon, three-quarter cup soft white breadcrumbs, two tablespoons sugar, two tablespoons melted butter, two tablespoons chopped nuts.

Mix the breadcrumbs, sugar, powdered cinnamon and nuts in a basin and moisten with melted butter for topping. Cream the butter and sugar, add vanilla, milk, sifted flour and salt. Mix evenly, place in buttered block or slab cake pan, sprinkle topping over cake mixture and bake in moderately hot oven for about three-quarter hour. Turn the cooked cake on to wire cooler, and when cold, slice and serve with butter.

ICED CHOCOLATE BLOCK

by
CHIEF

Chocolate Nut

TAKE three-quarter cup (6oz.) butter, one cup (8oz.) sugar, three eggs, three level cups (12oz.) self-raising flour, pinch of salt, half teaspoon vanilla essence, half teaspoon powdered cinnamon, one cup stoned chopped dates, two dessertspoons cocoa, half cup chopped nuts.

For Icing: One cup icing sugar, one dessertspoon cocoa, one dessertspoon melted butter, about one tablespoon hot milk.

Cream the butter and sugar, gradually add beaten eggs, vanilla, chopped dates and nuts, then stir in alternately the milk and sifted flour, salt, cocoa and cinnamon, mixing evenly. Bake in buttered block or slab cake tin in moderately hot oven for 30 to 45 minutes.

SAVOURY TART

This Week's Prize Recipe

TWO large apples, 1 large onion, stew together till soft, then cool. Have ready dish lined with digestive pastry, then pour in apple mixture. Cover with thick layer of grated cheese. Pour over this custard made with 2 eggs and one cup milk, well seasoned with pepper and salt. Cover with more grated cheese. Cook till set and serve hot.

Digestive pastry: 2lb. flour, 2oz. ground rice, 2lb. lard or dripping, 1 teaspoon baking powder, 1 egg and little water to mix. Rub lard into dry ingredients. Whisk egg and add, using water to make it of good rolling consistency. —Mrs. G.A. (New Plymouth).

turn cooked cake on to wire cooler and leave until cold. Sift the cocoa and icing sugar into a basin, add melted butter and sufficient boiling milk to mix to a smooth pouring icing. Flavour with vanilla essence, pour icing over cake and leave until firmly set.

Rich Madeira

THREE-QUARTER POUND flour, 2lb. butter, 6oz. sugar, three eggs, a little candied peel, two tablespoons milk, rind of one lemon (grated). Beat the butter and sugar and lemon rind well together in a bowl, add the eggs (well beaten), and then the milk. When it is very creamy, stir in the flour (self-raising). Put in a grease papered tin, with a piece of candied peel on the top. Bake for 1½ hours in a good oven.

Icing: Five ounces castor sugar, two tablespoons water, one tablespoon golden syrup, and one egg white. Beat all in a bowl, standing in a pan of hot water. When thick and white it can be poured over the cake and allowed to set. (Original.)—Miss A.W. (Parnell).

Gingerbread

HALF cupful sugar, one egg, half cupful golden syrup, two-thirds cupful sour cream, one and a half cupfuls flour, half teaspoon soda, one teaspoon cinnamon, one teaspoon ginger, quarter teaspoonful nutmeg, quarter teaspoonful cloves, one-third teaspoonful salt. Measure, mix and sift flour, soda and spices together, then beat the eggs, stir in the sugar, golden syrup, sour cream, and last of all, the dry ingredients. Pour into a greased tin and bake in a moderate oven for 35 minutes, or until it shrinks from the side of the tin and rebounds to the touch.—Mrs. A.C. (Hikurangi).

Macaroons

TWO cupfuls rolled oats, one cupful Weetbix crumbs, one cupful cornflakes, quarter cupful cocoa, two eggs (well-beaten), one cupful brown sugar, half cupful nuts, one tablespoon melted shortening, one teaspoon baking powder, half teaspoon salt, one teaspoon vanilla. Mix ingredients in order given, adding a little milk if too stiff. Drop in teaspoonfuls on to greased tins and bake in moderate oven for 15 minutes.—Mrs. A.C. (Hikurangi).

LUNCHEON FRUIT CAKE

Spiced Raspberries

BOIL 2lb. raspberries until soft, rub through sieve, add half cup vinegar, quarter teaspoon spice, quarter teaspoon salt, one-eighth teaspoon ground cloves, 1oz. finely chopped ginger, and a little pepper. Boil all for five minutes, and when cold place in small jars and seal. Something different to serve with cold meats.—Mrs. E.J. (Motueka).

Honey Cake

TWO cups fine wholemeal, one and a half teaspoons baking powder, 2lb. butter, two tablespoons brown sugar, two tablespoons honey, two eggs, quarter cup milk, pinch salt, and good pinch baking soda, one teaspoon lemon juice and rind, 2lb. chopped walnuts, one cup raisins. Warm butter, honey, sugar over basin of hot water, and cream well together. add beaten eggs and sifted dry ingredients and milk, then fruit and nuts. Cook in shallow square tin 30 to 45 minutes in moderate oven. Ice with caramel icing when cold.—Mrs. J.H. (Oamaru).

Savoury Peas

ONE pint of cooked green peas, two slices of cooked ham or lean bacon, 1oz. butter, one cupful of white sauce, pepper and salt, one teaspoon of chopped parsley. Chop ham or bacon finely, melt butter, add ham, peas, white sauce, salt and parsley. Stir until thoroughly hot and well mixed. Pile on to a dish and sprinkle with parsley.—Mrs. E.W. (Timaru).

Savoury Carrots

SCRAPE about a dozen small new carrots and boil for few minutes. Place in a saucepan with half gill stock, 1oz. butter, a little sugar, pepper and salt. Simmer till carrots are quite soft, then add the yolk of one egg well-beaten in half cup of milk, add a little chopped parsley. Cook for a minute longer and serve hot.—Mrs. E.W. (Timaru).

Orange Mould

BEAT yolks of three eggs, with a teacup of sugar, then add the juice of three large oranges and one lemon, add one tablespoon of gelatine, soaked in half cup of boiling water. Lastly fold in beaten whites of eggs. Set overnight and serve with whipped cream if desired. Always soak gelatine in little cold water before adding hot water.—Mrs. M.J. (Niho Niho).