

# The HOME KITCHEN

By "ELECTRA"

## On the Road

FOR a whole day picnic, or one in a car, it is not necessary to depend entirely on the ever-useful, but somewhat overworked and mundane sandwich. Try lamb chops, cold sausages, and mutton turn-overs, and you will be remembered as a worth-while hostess, not only by the male members of the party but also by the feminine portion, who have equally commendable and appreciative appetites on these occasions, although perhaps they require a little more tempting.

If en route by car, it is usually worth while making up individual packages, to save passing to and fro, and taking the drinks, unskimmed, in thermos flasks, but if camping as the gods will it (and here, let me say, that even if hungry to the point of desperation, plod on until a really suitable spot is found, and the belated repast will taste all the sweeter), the younger members of the party will probably like to hark back to the old instinct, make a fire—and possibly some matches of their own—and boil the billy.

CHOOSE a site near a stream if you possibly can, so that you have water for tea or coffee, without having to carry it far.

In any case, everyone will be pleased to find some fairly substantial food all ready. You are bound to hear that "fingers were made before forks," so let your dishes be adaptable. Ham sandwiches, so very awkward to eat delicately, can be made into ham rolls instead, by mincing the ham, unless it is a particularly nice tender slice, and roll it between a slice of bread and butter. Above all, make everything small, tell the lunchers to "come again," and, believe me, they will.

Cold lamb chops can be handled quite nicely, if trimmed and provided with a little frill around the bone. Bread should assume the form of tiny rolls or scones. The small mid-geet sausages are easily picked up in the fingers (paper serviettes are, of course, provided) and the mutton-turnovers will hardly feel the touch of the fingers on their way to the mouth.

Jam sandwich, uncut until wanted, cream cheese between well-buttered biscuits, nuts and fruit all come in splendidly for "afters." If you feel that there should be sandwiches, make them to order on the spot. Prepare the fillings at home, and take them along in glass jars, with a head of lettuce, which has been well washed and wrapped in a damp towel, a brown and a white loaf, and butter.

## Picnic Recipes

COLD lamb chops explain themselves. The only note necessary is that any fat left on should be well-browned and the chops grilled and dished up quite dry. Cold sausages the same applies to.

Little mutton turnovers are made from rounds of flaky pastry, folded over, with a little minced mutton cooked with chopped onion, and well seasoned with salt and pepper.

Fried chicken (and if it is not a chicken but an old hen it will probably have more taste and flavour, but will require steaming first).—Divide into joints, dip in flour mixed with salt and pepper, and fry in hot fat until nicely browned. Allow to drain well.

Egg Croquettes.—Use three hard-cooked eggs and 1 cupful of cooked macaroni, both chopped fine. Mix well with 1 cupful of thick white sauce, pepper, salt, and a dash of curry powder. Allow to cool, then shape, dip in egg and breadcrumbs, and fry in deep hot fat. These are excellent eaten cold.

Cheese Rissoles.—Mix 1oz. of corn-flour with a gill of milk, put in a saucepan and stir over low heat. Simmer for a few minutes and remove. Add 3oz. of grated cheese, 2 egg yolks and 1 dessertspoon butter. Season with salt, pepper and a little made mustard and spread mixture on plate to cool. Form into balls, using a little flour, egg and breadcrumbs, and fry in hot fat until golden brown.

Banana Jellies.—Bananas sliced in small glasses or cups or cartons with a little lemon jelly poured over travel well and are usually appreciated and are thirst-quenching.

Sandwich fillings may be tongue and horseradish, made by mixing 1 cup of minced tongue, 2 tablespoonfuls of bottled or grated horseradish, 2 tablespoonfuls of Worcestershire sauce, together with enough mayonnaise dressing to bring it to the right consistency to spread.

Minced ham and tomato calls for 2 cups of finely chopped ham,  $\frac{1}{2}$  cup of sour pickles, 2 tablespoonfuls of prepared mustard, and enough salad dressing to moisten well. A slice of lettuce improves this.

Cream Cheese and Ginger Sandwich Filling.—Mash  $\frac{1}{2}$ lb. cream cheese with a fork, add salt, pepper, and  $\frac{1}{2}$  cup finely chopped crystallised ginger and enough water to moisten. This is a delicious semi-sweet filling.

Peanut butter, chopped nuts and celery, dates or raisins, sprinkled with lemon juice, separately or together, all make changes.

## What can be Done with Macaroni

COOK it with chopped onions, a tin of tomatoes, half a cup of cooked ham, butter, seasoning and stock, as a dish for lunch or supper.

Mix it with white sauce, and arrange in fireproof dish with small nests, in which to put eggs, and cover with cheese.

Cut inch-long pieces of cooked macaroni and add to fish salad for extra nutriment.

Make into creamy mixture with egg and milk, and bake with fillets of white fish and some mushrooms.

Cook it in quickly boiling salted water, and make a border round mince or hash.

Cover it with tomato sauce for lunch or supper dish.

Serve small pieces (cooked) as a garnish for soup.

Make it the basis on which to serve poached eggs, as well, of course, as a cheese savoury or milk pudding.

## An Excellent Brown Loaf

(By an Irish Cook.)

A LOAF of delicious brown bread, crisp, fragrant, with all the flavour of the wheat, can be made from start to finish in half-an-hour.

Doctors are constantly advising brown bread, everyone agrees that it is the most wholesome, yet we eat a great deal more white, perhaps because most brown bread so soon becomes stale and dry.

In Ireland, every little peasant girl can make a loaf of brown bread almost before she has learnt to read, because day by day she sees her mother bake batches of brown "soda bread."

This is how it is done:

Take one pound of wholemeal flour and rub into it thoroughly a small level teaspoonful of bicarbonate of soda, and rather less of salt. Mix it into a light dough with sour milk. It is essential that the milk should be sour or the bread will not rise. Knead it lightly but firmly for three or four minutes, then shape into a round, flat cake about an inch and a half thick.

A Baby Loaf.

BAKE on a floured tin in a moderate oven for fifteen to twenty minutes. When done it will sound hollow if tapped on the bottom. Half the quantity can be used, and will make a baby loaf sufficient for three or four people.

The bread can be varied by making it with half white and half wholemeal flour. It is then less crumbly, but lacks the distinctive flavour of the whole wheat.

Readers of the "Radio Record and Electric Home Journal" who have cooking difficulties or require help with recipes for electric cooking, or desire special hints in connection with their electric ranges, may write to "Electra," P.O. Box 1032, Wellington. Replies will be published either in these columns or in urgent cases sent direct, provided a stamped addressed envelope is enclosed.

## Facts you should Know about Gelatine

1. Fruit juices can be easily converted into jellies by adding 1oz. of gelatine to 1 pint of juice that has been sweetened to taste.

2. Gelatine dissolves more easily if soaked in a little cold water before hot water is added.

3. If a jelly is wanted quickly, the gelatine may be soaked in 1 or 2 tablespoonfuls of cold water, dissolved by standing the basin in boiling water for a few minutes, and the remainder of the liquid added cold.

4. Jellies cannot be made from fresh pineapple juice, unless it has been previously boiled for 2 minutes. This destroys the enzyme present in fresh pineapple, which breaks down the gelatine, so that it will not set.

5. The quantity of gelatine should be increased in hot weather, or if a large amount of solid is to be added.

6. Milk should be absolutely fresh and only lukewarm when added to either packet or home-made jellies, otherwise it will curdle.

7. Solid foods should not be put into a jelly until it is just setting. This avoids uneven distribution.

8. A mould should be wiped dry after dipping in hot water. If this is not done, unsightly water will be deposited on the serving dish.

9. Jellies set more quickly in individual moulds, are easier for serving, and keep an attractive appearance for the second day.

## A Picnic Trick

AN easy and amusing trick is to make

a message appear in writing on the whites of hard-boiled eggs. Use a mixture of an ounce of alum in a half-pint of vinegar, and paint the message or prophecy on the shell of the egg with a fine brush. Place the egg in water and boil for about fifteen minutes. The lettering on the shell will disappear, but on removing the shell the writing will be seen on the hard-boiled white of the egg. By serving several prepared in this way, a good deal of curiosity and excitement can be aroused.

HAVE you seen the competition, "Trials in Tact," appearing on page 33? There is a chance of winning a handsome prize, while much pleasure will result from an attempt to solve the little difficulties which make the competition.