

# The HOME KITCHEN

By "ELECTRA"

## All-oven Dinners

Roast Lamb.  
Baked Parsnips. Roast Potatoes.  
Baked Custard.  
Apples-en-Casserole.

Peel the potatoes, scrape the parsnips, cut both in halves lengthwise, and put in meat tin about half to three-quarter hour before meat will be ready. Peel and core apples, bake in casserole with a little water and some sugar. Bake custard gently in pie-dish.

Hamburg Steak.  
Fried Potatoes.  
Fruit Pie.

Bake fruit pie first, then put in Hamburg steak, and finally fry potatoes in baking-tin on bottom element of oven. For Hamburg steak finely chop 1½ lb. of raw fresh meat, add two cups of bread, soaked in milk, one small minced onion, salt, pepper and ginger to taste, and two eggs; then roll the mass into a square. Take four hard-boiled eggs, arrange them end to end across the middle of the meat, and roll the latter about them. Place the roll in a baking pan, pour over it a sauce composed of tomatoes, onions, a large piece of butter and a little water, and bake in a moderate oven. Slice the roll crosswise for serving.

Swiss Steak en Casserole.  
Mashed Potatoes.  
Lemon Pudding.

First prepare the potatoes, place them in a little water, to steam in a covered bowl in the oven, while the rest of the meal is being prepared. When they are cooked, they can be nicely mashed, with a little milk, butter, pepper and salt, and put back into the oven to brown over.

For the Swiss steak, take 2lb. cut 1½ inches thick, and pound it into quarter cup of flour or as much as it will take. Pre-heat the oven to a fair degree, put casserole into oven to heat, and underneath the upper element place a pie-pan containing about 3 tablespoons of bacon fat. When hot, add the steak, turn and brown as in broiling, then put into heated casserole, add salt and pepper, a small onion sliced very thinly, a cup of boiling water, and, if possible, a green pepper chopped fine. Turn upper element to "off," and cover casserole tightly; lower element to "medium" for one hour, and "off" for one hour.

For lemon pudding, cream together 3oz. of castor sugar and the yolks of two eggs until thick and white, and the juice of two lemons, the rinds grated, a gill of cream or milk, a few cake crumbs, and lastly, the stiffly-whisked whites of the eggs. Have ready a pie-dish lined with paste, pour in the preparation, and bake in a moderate oven for about half an hour, or until set.

## All Cooked-on-Top Dinners

Fish Pudding.  
Boiled Corned Beef. Dumplings and Vegetables.  
Aunt Margaret's Pudding.

For the fish pudding, free one pound of any white fish from skin and bone, and pound it well with four ounces of finely chopped suet. Add two ounces of breadcrumbs, a teaspoon of finely-chopped parsley, salt, pepper, and a few drops of anchovy essence, and mix well. Add to a quarter pint of milk or fish stock two slightly beaten eggs, and stir into the mixture. Steam for an hour or more in a basin, covered with a greased paper, and serve with anchovy sauce.

Cook the beef and dumplings and vegetables all together in the boiler of the steamer, adding them at the proper time to allow them to cook by the time the meat is ready.

Aunt Margaret pudding turns out like a delicious, fluffy sponge. For it, mix ½ lb. flour with 2oz. of butter, add a little castor sugar and one egg well beaten, and enough milk to make a thick batter. Beat well, and then turn into a greased basin, at the bottom of which you have placed a few spoonfuls of jam. Don't omit, as I was forgetting to mention, a teaspoonful of baking powder. This pudding rises well, so the basin should not be more than three-quarters full.

Steak and Kidney Pudding.  
Cauliflower and Potatoes.  
Cabinet Pudding.

Start the steak-and-kidney pudding to cook in the boiler of the steamer. Then, when it is time to put on the cauliflower and potatoes, move the pudding to the first tier of steamer to finish, and cook the vegetables together in the section from which you have taken the pudding.

Steam the cabinet pudding in the top section for about an hour, making it as follows:—Have ready a well-greased basin, decorate it with raisins, and line it with strips of bread one inch wide, stale cake or finger biscuits. Cut all the trimmings into small pieces, put them into the basin, and pour over a custard made by beating one egg, a tablespoon of sugar, about a pint of milk, and a few drops of flavouring essence, stirring until the sugar is dissolved.

Boiled Ham or Bacon.  
Green Peas and Potatoes.  
Ginger Pudding.

Boil the ham or bacon in the usual way in the bottom section of the steamer, steam the potatoes in the first tier. The peas can be placed around the basin, which contains the ginger pudding in the top tier.

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.

## How to Save Electricity

### All-oven and All-steamed Dinners

IN all talks on electrical cookery, a point is made, and rightly so, of the economy or saving in the actual current consumed, that can be effected if a little thought and common-sense is brought to bear on the subject. We all know women, who spend less than half on their clothes and personal adornment than their less thoughtful sisters, and yet manage to obtain better results; and exactly the same thing applies to cooking by electricity.

Once it is realised that practically the only time that the top and bottom elements of the oven are working at "high" together, is when the oven is being pre-heated, it will also be realised how immense the saving in current will be, if as much cooking as possible is done at one time, to avoid the expense of again pre-heating, to cook what in many cases could have been done at the same time, if prepared.

To start in a small way, to make toast, turn top oven element to "high," place as many pieces of bread as required on the grilling pan (which is the only one that touches all sides of the oven, and should be left in for no other purpose), put on top shelf below element, leave oven door slightly open, and turn slices of bread when ready. When both sides are toasted, put bacon or bacon and eggs in on the same pan, shut the oven door, turn off the current, and they will be found perfectly cooked in a few minutes. This avoids heating a unit on the top of the range to fry the eggs and bacon.

A little experience will enable you to so time vegetables on the boiling ring that once they have come to the boil the switch can always be turned to "low" and in many cases "off," when they will finish cooking on stored heat.

### To Cook the Dinner.

IT is a good plan, when a roast dinner is to be cooked, to start in good time, pre-heat the oven to between 450 and 500 degrees Fahrenheit, and first bake any pastry or scones that may be

Ginger pudding: Mix together 6oz. of flour, 3oz. finely-chopped suet, half a teaspoon of baking-powder, and a pinch of salt. Stir in 6oz. of golden syrup, half a gill of milk, and half a teaspoonful of ground ginger. Turn into a well-greased basin, covered with greased paper, and steam for about two hours. Serve with warm treacle, custard or cornflour sauce.

required. When these are cooked there will be sufficient heat, with the current turned right off, to cook scones, short-bread, or biscuits; and on removing them the oven will still be found quite hot enough to put in a roast. Meringues will cook with the oven temperature at 250 degrees and both elements "off."

For casserole cooking (so delicious and so nourishing, because all the juices and mineral salts are conserved), the casserole can be placed in a cold oven, with the lower element only on. Heat to about 350 or 400, or until the contents of the casserole begin to bubble, depending on the size of the dish, and then turn the element right off and cook entirely on stored heat. Care



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