

The HOME KITCHEN

By "ELECTRA"

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.

HOME-MADE SWEETS

EASILY MADE, WHOLESOME AND DELICIOUS

RECIPES FOR DELICIOUS SWEETS

TO SUIT ALL TASTES

NO amount of lecturing will ever cure children of their inherent desire for sweets, be the sweets or the children good, bad or indifferent. The grown-ups cannot boast very much, for we find that children of all ages and of both sexes are easily tempted by a dish of good candies.

The beginner may have obstacles to overcome, but it is fascinating work, and practice makes perfect. Once the process of sugar-boiling is mastered, the rest is easy. One should first experiment with small quantities, increasing as confidence is gained.

FONDANT is the basis of all French candy, and is made by boiling sugar and water together, in the proportion of two and a half pounds of sugar to one and a half cups of hot water, to which a quarter of a teaspoonful of cream of tartar is added to prevent the sugar from granulating.

A professional confectioner is able to decide when the syrup has reached the right temperature by its sound while boiling, and by testing in cold water. These tests may at first seem somewhat difficult to the amateur, but only a little experience is necessary to make the fondant successfully.

A sugar thermometer is sometimes employed, and relieves one from relying upon her own judgment. The ingredients should be put into a smooth, scrupulously clean stew-pan, stirred, placed on the range or heating unit, and gradually brought to boiling-point. Boil without stirring until, when a little is tried in cold water, a soft ball will be formed that will just keep in shape. The temperature is 238 degrees Fahrenheit. After a few minutes' boiling, sugar will adhere to the sides of the pan; this should be washed off with a pastry-brush or the hand, first dipped in cold water. Have a pan of cold water near. Dip the hand in it, then quickly wash off a small part of the sugar with the tips of the fingers, and repeat until all the sugar adhering to the side of the pan is removed. If this is done quickly there is no danger of burning the fingers.

Pour slowly on a slightly oiled marble slab, let it stand a few minutes

to cool, but not long enough to become hard around the edge. Scrape the fondant with a chopping knife to one end of the marble, and work with a wooden spatula, until white and creamy. It will quickly change from this consistency and begin to lump, when it should be kneaded with the hands until perfectly smooth. Put into a bowl, cover with oiled paper to exclude the air, and to prevent a crust forming on top, and let it stand for twenty-four hours. A large oiled dish and a wooden spoon may be used in place of the marble slab and spatula. Always make fondant on a clear day, as a damp, heavy atmosphere has an unfavourable effect on the boiling of sugar.

It can be used for dipping small cakes, frosting larger ones and making confections. If a large quantity is required it is better not to try to double the amount, but rather to repeat until the necessary quantity is made.

THE centres of bonbons are made of fondant shaped in small balls. If white fondant is used, flavour as desired—vanilla is the most popular. For cocoanut centres, work as much shredded cocoanut as possible into a small quantity of fondant; for nut centres, surround pieces of nut or nut meat with fondant, using just enough to cover. French candied cherries can be used in the same way, but in any case the balls must be allowed to stand overnight and dipped the following day.

To dip the bonbons, put the fondant in a saucepan and melt over hot water; colour and flavour as desired. In colouring fondant, dip a small wooden skewer in the colouring paste, take up a small quantity and dip into the fondant. It is very easy to get the colour too intense if care is not taken. During dipping keep the fondant over hot water, so that it remains at the right consistency. Use a two-pronged fork or a confectioner's dipper. Drop the centres in fondant one at a time, stir until covered, remove from fondant, put on oiled paper, and bring end of dipper over the top of bonbon, making a little curled tailpiece, to show that the bonbons have been hand-dipped. Stir the fondant between dippings to prevent a crust forming.

Candied Plums.

WITH a silver or stainless knife cut a number of large ripe plums in half and remove the stones; place the halved fruit on a board, cut side uppermost, a few inches apart, and well sprinkle each half with white crystal sugar. Put the plums into the oven until they are warmed

of sugar, one teaspoon of butter and two teaspoons of water; let the mixture cool and then boil up again for fifteen minutes. When the toffee is made (it should be brittle when tested in cold water), dip each apple in it, covering the fruit well. Allow to harden. A few drops of cochineal will ensure a bright, transparent red colour.

Nougat.

1 LB. of honey or golden syrup (white honey if possible), 4 whites of eggs, 1lb. of blanched almonds (unchopped), 4oz. cherries, same of blanched pistachios and 1lb. of skinned hazel nuts, all unchopped. For the syrup, 1lb. of loaf sugar, 1½ gills of water, and a vanilla pod.

Put the honey in a pan and melt over another pan of hot water. Add the stiffly-beaten egg whites, and stir well until the mixture forms a hard ball. Avoid overheating and stir continually to hasten the reducing, which takes about 1½ hours. Meanwhile line a tin with rice paper, and moisten the edges with water to make the side strips stick. When the honey mixture is nearly ready, heat the sugar, water and vanilla pod, removing the pod when the syrup is nearly cooked. Cook at 290 to 300 degrees Fahrenheit. Heat the fruit and nuts on a tray in the oven, pour over the sugar mixture on to the honey by degrees and beat. Then add the prepared fruits and nuts. Turn on to the marble, well-sprinkled with icing sugar, press well to make it compact. Press into the tin, cover with rice paper, put a weight on it, and stand for 24 hours. When cold, cut with a sharp hot knife.

Creamed Walnuts (Uncooked).

PUT the white of 1 egg, ½ tablespoon of cold water and ¼ teaspoon of vanilla into a bowl and beat until well blended. Add about 1lb. of confectioner's sugar until stiff enough to knead. Shape in balls, flatten and place halves of walnuts opposite each other in each place.

Turkish Delight.

1 OZ. gelatine and ½ cup of cold water, 1lb. granulated sugar and ½ cup of boiling water, grated rind and juice of 1 orange, juice of 1 lemon, red or green colouring, and, if liked, 1 tablespoon of rum and ½ cup of chopped nuts.

Our Prize Recipe

A PRIZE of Five Shillings (5/-) will be awarded each week for the best and most useful recipe, preferably adapted to, or suitable for, electrical cooking. Preference given to originality and personal experience embodied in the account. Use ink, write one side only. Name or nom de plume must be given. Right is reserved to publish selected contributions upon space rates. Address: "Electra," P.O. Box 1032, Wellington."

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through and the sugar is melted. Remove and set in a cold place to harden; when the glaze is almost set, sprinkle well with more sugar. These make delicious dessert fruit, the full flavour of the plums being retained.

Toffee Apples.

WASH some apples, dry them thoroughly, and put each on a small stick. Make some toffee by boiling for about twenty minutes one pound