

**Friar's Omelet**

*Method:* Pare, slice and stew to a pulp three or four tart apples, sweeten the pulp with brown sugar; add spice and one beaten egg. Butter a shallow tin, strew thickly with breadcrumbs, pour in the apples, cover again thickly with crumbs and a few bits of butter, and bake in hot oven to a crisp brown.—“Jolly Jenkin.”

**Chocolate Pudding**

*Method:* Put in an enamelled saucepan three-quarters of a pint of milk, four ounces of grated chocolate, and two ounces of sugar. When at boiling point, pour the mixture over five ounces of breadcrumbs. When cool, stir in the beaten yolks of three eggs; beat the whites separately and stir in lightly, flavour with vanilla, put in a mould, and steam steadily for an hour. Serve with hot chocolate sauce or with cream.—Haven.

**Sponge Pudding**

*Ingredients:* 4ozs. flour, 1 teaspoon (level) baking powder, 3ozs. breadcrumbs, 2ozs. Margo margarine or beef dripping, 1 tablespoonful milk, 1 teaspoon sugar, 1 egg, a few drops vanilla, almond or lemon essence.

*Method:* Mix flour, breadcrumbs, and baking powder together, rub in butter, whisk egg in milk, and mix altogether.

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# COUNSEL for the COOK

We are this week, by request, giving a selection of recipes for puddings and sweets. If these are cut out, pasted on to cards, and put in a box, as suggested in a former issue, the question of “What shall we have for a pudding to-day?” will be quickly decided. The prize of 5/- is awarded to Frankton, Aramoho, for the following:—

**Brown Pudding**

*Ingredients:—*

6ozs. each of flour and suet; 1 teacup of treacle;  $\frac{1}{2}$  teacup of milk; 1 egg; 1 level teaspoon baking soda; 1 teaspoon ground ginger.

*Method:—*

Mix the flour, soda and finely chopped suet, then beat the egg well and stir it into the milk and treacle. Add the ginger to the dry ingredients and mix all together thoroughly. Pour the mixture into a well-greased pudding mould or basin. Cover the top with a piece of greased paper and steam for three hours. Turn the pudding out on to a hot dish, and serve it with hot treacle in which there is a dash of lemon juice, or with sweet melted butter.

Line a basin thickly with golden syrup or jam, pour in mixture and steam for an hour and a half.—Kummel.

**Baked Jam Roll**

*Method:* Rub 6ozs. of clarified beef dripping into 1lb. of dry sifted flour, in which there is a teaspoonful of baking powder. A pinch of salt, an egg, and nearly half-a-pint of milk or water. Roll out into a long form, about a quarter of an inch thick. Spread with jam, but not right up to the edge. Roll up, moisten the edges, and press together, and bake on a buttered paper in a Yorkshire pudding tin, in a moderate oven, for about 25 minutes.—“Newlands.”

**Spanish Pudding**

*Method:* Cut a sponge cake (a stale one will do) into long slices, butter a plain pint mould and arrange the slices of cake all round it neatly; sprinkle the bottom thickly with crushed rata-

fia biscuits, and place in the remaining slices of cake thickly spread with apricot jam. Now take two eggs, beat them thoroughly, add to them three-quarters of a pint of boiling milk, sweeten to taste, and pour over the cakes in the mould, allow it to stand for an hour, then steam for an hour. When required, turn out into a glass dish and serve with whipped cream piled on top and custard poured round; the cream may be omitted if one chooses and only the custard poured over.—Miss M. Gower.

**Hasty Dick Pudding**

*Ingredients:* Some apples, 2 cups flour,  $\frac{1}{2}$ -cup dripping, pinch of salt, 2 teaspoons baking powder.

*Method:* Peel and cut up apples, place in saucepan, with small cup of sugar and two cups of water. Bring to the boil. Make a nice dough by rubbing dripping into flour and baking powder; mix with water. Knead into round just large enough to cover the apples in the pan. Place on top of apples and simmer for twenty minutes.—Hastaway.

**Pears in Casserole**

*Method:* Take twelve stewing pears and peel them carefully. Reject any that are not perfectly sound. Leave the stalks on. Place them in a fire-proof casserole. Add 10oz. white sugar, the peel of half a lemon, and about three-quarters of a pint of water. Let this melt. Cover and cook gently until

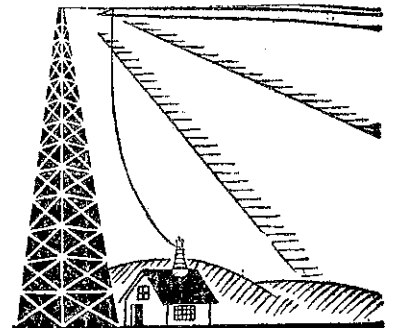
the pears are quite soft, but not at all pulpy or shapeless. Strain off the syrup, add a small potful of red currant jelly, make hot, pour over the pears and serve in casserole.—Heathen Chinese.

**Raspberry Fingers**

*Ingredients:—*1lb. butter, half teacup sugar,  $\frac{1}{2}$ lb. flour, 2 tablespoons cornflour, 1 teaspoon baking powder, 2 eggs, half teacup of milk.

*Method:—*Cream butter and sugar, add eggs (leaving one white separate). Then add flour, cornflour, and baking powder, sifted together. Mix well. Lastly, add milk. Put into papered tin and place in oven at 275 degrees, low top and bottom. It will require about 30 minutes, according to size of tin used.

Turn out and when cool spread with raspberry jam, then white of egg, previously whisked, with one tablespoon of castor sugar. Cut into fingers and decorate with chopped nuts.—Dot.



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