

Covered Roasters

I WAS surprised to hear from a lady that she was not consistently successful with a covered roaster recently purchased. Covered roasters may be used in oil, gas and electrically heated ovens, and it will be found that the meat is more tender and juicy and shrinkless than when cooked in an open tin. In order to brown the outside of meat and to make the crackling of pork crisp, however, it is of advantage to remove the cover during the last 20 minutes of cooking. If the cover is raised so that the lid does not close down properly, much the same browning effect will take place, and the oven will be kept free from grease.

Potatoes may be put in with the meat and the same amount of dripping used as with an uncovered roaster. The same temperature is also required for the potatoes as for the meat.

The following table of temperatures may be helpful to those who examine their thermometers during the cooking. Beef—500 deg. F. for the first 20 minutes, and 360 deg. F. for the remainder. Pork—520 deg. F. for the first 20 minutes, and 370-380 deg. F. for the remainder. Mutton—480-490 deg. F. for the first 15 minutes, and 340 deg. F. for the remainder.

Steamed Beef Pudding

Ingredients: 1lb. of cold beef. 2oz. suet, 2 eggs, 1 teacup of stock (or milk), a pinch of allspice, 2oz. breadcrumbs, little grated lemon peel, $\frac{1}{2}$ teaspoon of herbs, 2 teaspoonfuls chopped parsley; salt and pepper to taste.

Method: Mix the minced beef with the chopped suet, herbs, lemon peel, parsley, and season with pepper and salt. Soak the breadcrumbs in the stock, add the two beaten eggs and mix well together. Turn into a buttered mould, cover with paper, and steam for 3 hours. Serve with tomato sauce.

Yorkshire Pudding

Ingredients: 3 tablespoons of flour, 1 pint of milk, 2 eggs, pepper and salt.

Method: Drop the eggs into the basin with the flour and seasoning, mix a little, add the milk by degrees, and beat up well. The baking tin must be greased. Put about two tablespoons of dripping (from the roast beef) in the tin and make it very hot before pouring in the batter. Bake for 15 minutes. Serve with hot roast beef.

COUNSEL for the COOK

By "ELECTRA"

Norwegian Pudding

Ingredients: 2 eggs, 4oz. butter, 4oz. sugar, 4oz. ground rice, 1oz. flour, $\frac{1}{2}$ teaspoon baking powder, essence of lemon.

Method: Cream the butter and sugar. Mix the flour, ground rice and baking-powder together, beat the egg till light, and add gradually to the creamed butter and sugar. Beat well, then fold in the flour quickly, and put into buttered pie-dish. Bake in a quick oven about 20 minutes, turn into a dish. Serve with wine or jam sauce.

Rich Puff Paste

Ingredients: 1lb. of flour, 1lb. of butter, cold water, 1 egg, juice of 1 lemon, a pinch of salt.

Method: Put flour into a basin and drop the yolk, lemon juice and salt into the middle of it. Mix well, adding cold water gradually till a flexible paste is formed. Secure the moisture from the butter and roll it in a cloth till dry. Roll out the paste until about half-an-inch or so thick, and spread pieces of butter over it with a knife. Fold the edge of the paste over the middle to enclose as much air as possible. Fold again. Dust paste above and below with flour; flour the roller to prevent stitching. Roll the paste again. Repeat the process five or six times till all the butter is used, brushing the paste each time with white of egg to make it flaky. Leaving it for a time in a cool place between each rolling makes a great improvement. Roll out as thin as possible at the last rolling before using. When rolling always roll from you.

Quickly-made Puff Paste

Ingredients: $\frac{1}{2}$ lb. flour, 6oz. butter, a pinch of salt, $\frac{1}{2}$ teaspoon baking powder; water to mix.

Method: Put flour, butter, salt and baking powder on the board, and chop the butter up finely with a knife. Put all in a basin and mix gradually with water enough to make a dough rather

flexible than stiff. Roll and fold over two or three times.

Filling for Puff Pastry

Ingredients: Puff paste, 1 well-beaten egg, 1 cupful of chopped raisins, 1 lemon (rind and juice), $\frac{1}{2}$ cupful of sugar.

Method: Roll the pastry out thin, and cut it into squares. In the centre of each drop a spoonful of the above ingredients, well mixed together. Fold over the corners of the pastry square and bake in a quick oven.

Hints on Pastry-making

BUTTER should be firm and cool, and freed as far as possible from water. Baking powder is used when butter or lard is less than half the weight in flour. This gives shortness and crispness to the pastry. Pastry in which baking powder is used does not keep so well, however, and should be eaten fresh. In mixing add the water very gradually to the flour and mix with a knife. Keep everything as cool as possible.

About 300 degrees F. is the right oven heat for meat pies, 325 to 350 degrees for puff pastry, 280 degrees F. for flamed pastry.

Puff pastry (without baking powder) is improved by preparing it the day before it is baked. Cover it and leave it in a cool place. Roll out and bake when wanted. Do not try to bake pastry in an oven where meat is being baked. To make a rich crust the

proportion of fat (butter, suet or dripping) to flour is lb. for lb. **It** not needed so rich, use less fat.

Cheese Sausages

Ingredients: Half a pound of grated cheese, half a pound of cooked-mashed potato, $\frac{1}{2}$ lb. of brown breadcrumbs, 1 large onion (grated or chopped very finely), 1 teaspoon of mixed herbs, 1 teaspoon of Worcester sauce, 1oz. butter; $\frac{1}{2}$ pint of hot water.

Method: Dissolve the butter in the hot water, add sauce, then mix both thoroughly into the dry ingredients. Divide the portion, shape as sausages, roll in egg and breadcrumbs and fry gently in hot fat until well browned.

Oatmeal and Raisin Buns

Ingredients: Take 1 cup of sugar, 2 teacups of rolled oats, $\frac{1}{2}$ lb. of butter, 1 egg, $\frac{1}{2}$ cup of raisins, $\frac{1}{2}$ cups of flour, 2 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of cinnamon, ground cloves, and allspice, $\frac{1}{2}$ cup of milk.

Method: Cream the butter and sugar, add egg, raisins and oats, and mix well. Sift the flour, salt, spices and baking powder together and add alternately with the milk, roll out lightly, cut into small pieces and bake in a moderate oven 15 to 20 minutes.

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