

Original Recipes

By

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Lemon Cheese.

THE recipe is very simple, so also is the method of making.

Ingredients: 12 lemons, 1 pound of butter, 12 eggs, 2lb. sugar, $\frac{1}{2}$ oz. cornflour.

This mixture is rather costly, but it is very good. You can use preserved eggs if you desire. The cheese can be used for any purpose you may wish; the recipe is so balanced that it cooks well in open tarts; it can be used as a filling for sandwiches, can be eaten on bread and butter. In fact, it is a delicious preserve, and I hope you will all make some. It is one of my favourite recipes, because several years ago I won a gold medal with this same recipe at an exhibition for preserves in England.

Method: We require two saucepans, one must fit inside the other. I am not going to ask you to buy any expensive double pans; if you have one so much the better, but you can do quite well the way I tell you: Squeeze the lemons with a lemon-squeezer into the smaller saucepan; put in the eggs slightly beaten, also the butter and sugar and cornflour; then with a fine grater grate in some of the rinds to enhance the flavour. Your mixture is now ready for cooking. Put some water in the larger saucepan and put an old saucer or something in the bottom and then put the smaller saucepan inside the larger one, and you have an ideal double pan. Now put on the fire and cook until it stiffens; on no account must the mixture boil, as away goes the flavour. Keep the water in the larger pan at the same level as the mixture. The water in the larger pan need only boil a few minutes to cook the cheese, so watch it closely, stirring all the time until stiff. Put it into jars while warm and fasten up when cool.

Rock Cakes.

MY next recipe is something good and wholesome for the kiddies, lunches, etc. By rock cakes I mean a rocky kind of a bun baked in small pieces of about 2 ounces each.

Ingredients: 5 ounces butter, 10 ounces sugar, 2 eggs, 1lb. flour, $\frac{1}{2}$ ounce baking powder, 6 ounces sultanas, $\frac{1}{2}$ pint milk.

I have given the quantity of milk here, as the other ingredients cannot affect the quantity.

Method: The method of making is to weigh into mixing-bowl the flour and powder sifted together, then rub in the butter (previously well softened, but not warmed). After this is done make a bay in the centre and put in the sugar and fruit and the eggs well beaten up; then put in the milk, and make the whole into a nice firm dough. Then lay it on a nicely-floured table, and roll it out under the hands like a walking-stick—about as thick—then take a knife and chop off little pieces as large as you desire; then place the pieces on greased tins as upright as possible, not too close together, as they swell and run a little.

Now take a fork and make them as rough and rocky as possible, but keeping them upright and rocky all the time. Now with some beaten egg paint the uneven surface a kind of a dab or splash, care being taken all the time to keep them rough. Then, after they are egged take a handful of sugar and funnel-wise (that is, make a kind of funnel of your hand) drop a slight portion of the sugar grains on the egged surface; this will crisp up in the cooking and increase the rocky nature. Do not spill any of the sugar grains on the tin or the rocks will stick. They require a good hot oven, about 350 degrees Fahrenheit. A little essence of vanilla greatly improves the flavour.

Steak and Kidney Pie.

I WONDER how many readers can make a really nice steak and kidney pie! Well, follow the notes closely and you will be agreeably surprised at results. First of all, although it is called steak and kidney pie, steak—as we understand it—is not used at all. The proper kind of meat to get is neck or shin of beef, neck for preference. The flavour of the finished article is far superior to beef steak, and, the way we are going to cook it we are not concerned about it being tender. So, for our pie we will procure 1lb of neck or stewing beef and one sheep's kidney, or the same weight in ox kidney. Now put this through the mincer—large sized holes—place into a saucepan with about one pint of water, and bring to a boil; then take a tablespoonful of flour softened in a little water and add this to the boiling mixture to thicken it. Lift it off the fire, as if it burns it will be useless. Now add the seasoning. Here is the recipe for seasoning:—

1lb. of salt, 4oz. pepper sifted or mixed well together. It may be simple, but it's the finest seasoning I have ever used. It suits everybody, is always on hand, it does for anything in the meat line—soups, gravies, meat pudding and pies and sausages. Always keep a jar ready mixed. This business of grabbing a handful of salt and a few shakes of the old pepper box was always unsatisfactory. Now, don't forget, for best results add ready-mixed seasoning to mixture with thickening flour. The interior of our meat pie is now ready, so we will put it into a pie-dish to cool, and wait until we want to cook it. For the crust or cover we can use either the hot water crust I gave a fortnight ago, or a short pastry one. Here is a recipe for one:—

$\frac{1}{2}$ lb flour. $\frac{1}{2}$ lb. butter. $\frac{1}{2}$ oz. salt. Air hole.

Rub the butter into the flour and mix with a little cold water. Bake in a good hot oven. As soon as the crust is cooked the meat will be quite cooked and tender.

Remember.—Meat right, seasoning right, and you will declare you have never had a better pie.

Happy Holidays

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