

# COOKERY NOTES

FRANK KEE

## Seasonal Puddings and Miscellaneous Recipes



### An Excellent Plum Pudding

**Ingredients:** 3 cups of flour, 1 cup of dried breadcrumbs, 1 large cup sugar, 2 large cups grated suet, 1½ cups raisins, 1½ cups sultanas and 1½ cups currants, 2 pieces lemon peel, spice to taste, and, if liked, a few drops of essence of lemon and pinch of salt; 2 tablespoonsful of treacle, 2 teaspoonsful carbonate of soda dissolved in milk.

**Method:** Mix fairly moist with milk and either boil or steam; this quantity requires over two hours even when divided into two puddings. This proportion of flour, crumbs, sugar and suet is a good foundation for any dark fruit pudding; then use treacle, soda and milk in proportion.

### Snow Pudding.

**Method:** Arrange nicely in a glass dish ½lb. prunes washed and stoned, 1 small tin pineapple chunks, a few grapes, 2 sliced bananas, 1 orange sliced and cut small, 2 passion fruit (squeezed), 1oz. sweet chopped almonds. Soak 1oz. gelatine in pineapple syrup, adding a little warm water if necessary. Cool and pour over fruits. Allow to set, pile on top half pint whipped cream and decorate with cherries and angelica. This makes an excellent addition to Christmas dinner, or a party.

### Marmalade Pudding.

**Ingredients:** 2 tablespoons of butter, 2 large tablespoons of brown sugar, 4 tablespoons of marmalade, 1 egg, 2 full cups of flour (breakfast), 1 teaspoon of baking powder, 1 breakfast cup of milk.

**Methods** Mix butter and sugar, add egg, then marmalade and milk. Lastly flour and baking powder. Steam four hours.

### Caramel Pudding

**Method:** Cut ½lb. stale bread into dice and put into basin with ½lb. currants, 2oz. peel, cut small, and half of ½lb. sugar. Burn the other half of the sugar in a saucepan, pour 1½ pints of milk over it, and stir till it boils again, then pour over 2 beaten eggs. Pour this over the pudding bowl and stir. Boil two hours, and

serve with custard sauce, made as follows:—

**Custard Sauce:** 1 egg, ½oz. sugar, ½ pint milk, essence vanilla. Put milk and sugar into stewpan, beat egg, and when milk boils take pan off fire and pour egg in and beat well. Flavour with vanilla and cook till it thickens, but do not let it boil or the egg will curdle.

### Iris Pudding.

**Ingredients:** 2oz. butter, 2oz. sugar, 2½oz. flour, 1 teaspoon powdered chocolate, 1 egg, ½ teaspoon baking

spoon; add currants and almonds blanched and chopped, a little milk if needed. Mix fruit thoroughly into pudding, add baking powder last. Grease a mould, put mixture in, twist a piece of greased paper over top, steam for two hours. Serve with coffee sauce.

**Coffee Sauce:** 2 teacups water, 2 desertspoons coffee essence, 4 table-spoons sugar, ½ teaspoon vanilla essence. Boil water and sugar for seven minutes, add essence and flavouring, boil 2 minutes, pour into sauce jug.

fairly thin on an oven shelf and spread with the following mixture: Mix ½oz. butter with ½ cup sugar, add 1 egg and some currants and sultanas. About 2 tablespoons treacle, a little pepper, 2 tablespoons breadcrumbs, and 1 small tablespoon flour. Mix well. Cover with the other piece of pastry and bake half-hour or little more. Cut in squares when cooked.

### Cocoanut Balls

**Ingredients:** ½lb. butter, 2 level cups flour, 1 small cup sugar, 1 cup cocoanut, 1 egg, 2 teaspoons baking-powder, 1 teaspoon vanilla.

**Method:** Mix in the usual way, but have mixture very stiff. Form into little balls, dip in sugar and bake in moderate oven.

### Wagga Macaroons

**Ingredients:** One cup sugar, whites of 2 eggs, ¼ cup chopped almonds, pinch salt, 1 teaspoon vanilla, 2 table-spoons melted butter, ¼ cup cocoanut, 4 cups cornflakes.

**Method:** Beat sugar and whites of eggs very stiff, add everything but cornflakes, beat. Then, lastly, add cornflakes. Bake in a moderate oven until a nice brown.

## MORNING GLORY

*A WIDE expanse of ocean with the quiver of a sail,  
Where the waves were lashed to fury by the strength of last  
night's gale.  
But now they lie a-dimpled and a-dreaming in the sun,  
Mirroring deep the bursting glory of a day that's just begun.  
The little yacht glides swiftly and its wings are caught in gold;  
And to me, though seldom changeful, 'tis a scene that ne'er grows old.  
—“Wild Rose.”*

powder, little milk, essence of vanilla.

**Method:** Cream the butter and sugar, add the egg, flavouring, flour and baking powder and milk. Divide the mixture into three parts. Place one-third into a greased pudding basin. Colour half of the remainder with a few drops of cochineal and pour on top of the first portion. Then add the chocolate to the remaining portion and add to the others. Steam for one hour. Turn out and serve with custard powder sauce.

### Coronation Pudding.

**Ingredients:** 4oz. butter, ½lb. flour, 3 tablespoons coffee essence, 3oz. currants, 2oz. almonds, 4oz. sugar, 1 teaspoon baking powder, 2 eggs, ½ teaspoon vanilla essence, little milk if necessary.

**Method:** Beat butter and sugar to a cream, mix in coffee essence, beat eggs, add by degrees along with flour, beat mixture well with a wooden

### Apple Wells.

**Method:** Peel as many large cooking apples as required and core them with a corer. Bake them carefully so that they do not break. Place on a deep dish and fill in where cores were with raspberry jam. Make two packets of raspberry jelly crystals and pour round the apples. Set, then serve with little piles of whipped cream on the top of each apple.

### Salad Dressing

**A CREAM dressing for salads is simple to make, but it will not keep.**

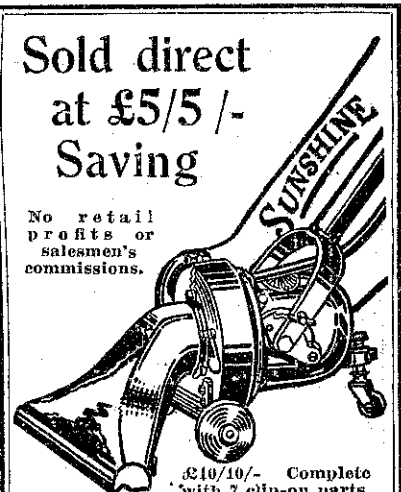
Sieve and put into a basin one hard-boiled yolk of an egg, one mustard-spoonful of dry mustard, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and one teaspoonful of castor sugar. Mix these ingredients, then add gradually a quarter of a pint of thick cream or condensed milk, beating the while. Finally, stir in one tablespoonful of vinegar. If the condensed milk is sweetened already omit the sugar. Lemon juice may, if desired, be substituted for the vinegar.

### Spotted Dick

**Method:** Prepare some pastry and divide in two. Roll one piece out

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