

CAVALCADE

GOLDEN JUBILEE



RECIPE BOOK

1984.

(Springfont lob) 109 Marble cake.  
 (put small dish water in bottom of oven).  
 115 bloc. lettuce  
 111 - blifow (4 egg).  
 54 Banana fritters

# Cavalcade Recipe Book 1984

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Published on behalf of  
 the Women's Zionist Council of Central Africa

HORS D'OEUVRES  
 FISH  
 SOUPS  
 AND SOUP GARNISHES  
 VEGETABLES  
 SALADS, DRESSINGS  
 AND PICKLES  
 MEAT

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*Dear Friends,*  
*It is with great pride and pleasure that we bring to you this revised edition of the "Cavalcade" on the occasion of the Bulawayo Women's Zionist Society Golden Jubilee.*  
*You will find most of the old recipes from the previous editions in this Cavalcade as well as new ones very kindly submitted by friends who parted with some of their tried favourites.*  
*We gratefully acknowledge and thank all our generous sponsors and talented contributors, especially Mrs. Claire Ross, who designed our lovely cover. We sincerely hope you will derive much pleasure and enjoyment from this book and that all your culinary efforts will be successful.*  
*Happy Cooking!*  
**ELAINE BARON and TIRZAH FEIGENBAUM**

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## HORS D'OEUVRES

### CHOPPED HERRING (will serve about 12 people)

- |                               |   |
|-------------------------------|---|
| 3 herrings (soaked overnight) | 1 thick slice white bread<br>(crusts removed) |
| 2 apples                      | Vinegar essence diluted with water            |
| 3 hard-boiled eggs            | sugar   |
| 1 large onion                 | little pepper                                 |

Skin and fillet the herrings, and mince together with the onion, peeled apples, and hard-boiled eggs. Soak the bread in vinegar, and squeeze out some of the liquid. Add the bread to the herring mixture, and season to taste with sugar and pepper. Place on flat platter, and garnish with chopped egg and tomatoes.

*Mrs. Daphne Ralstein*

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### PICKLED HERRINGS

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 6 herrings (with milches if possible) | 3 tablespoons white vinegar essence |
| 4 large onions                        | 2 heaped tablespoons sugar          |
| 1 litre cold water                    | peppercorns and bayleaves           |

Remove insides from herrings, and keep the milches only, not the roes. Soak the herrings and milches in cold water overnight. In the morning, cut the herrings into 4 pieces each, slice the onions, and pack the herrings and onions in a glass jar, putting peppercorns and bayleaves between.

Rub the milches and sugar well, and add the vinegar essence and water. Pour this over the herrings, and leave in fridge to pickle.

*Mrs. Daphne Ralstein*

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### SALMON LOAF

- |                              |                         |
|------------------------------|-------------------------|
| 450 g tin salmon             | 1 small grated onion    |
| 300 mls cream                | ½ cup vinegar           |
| 1 cup mayonnaise             | few drops tabasco sauce |
| salt and pepper              | juice of 1 lemon        |
| 2 level tablespoons gelatine | ¼ cup boiling water     |
| few drops Worcester sauce    |                         |

Dissolve gelatine in boiling water. Mash salmon, and add all other ingredients, and mix well. Lastly add dissolved gelatine. Set in a wet mould, and when set, turn out and decorate.

*Mrs. Anita Abrahamson*

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### RUSSIAN HERRING SALAD

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 herrings (soaked overnight) | 4 cooked beetroots          |
| 4 sour apples                 | 2 teaspoons Olivine oil     |
| 3 pickled cucumbers           | 1 small finely grated onion |
| ¼ cup vinegar                 | 300 mls cream               |
| 2 tablespoons mayonnaise      |                             |

Fillet and cut herrings into small pieces. Grate on a coarse grater the cucumbers, apples and beetroots. Add oil, onion, vinegar, cream and mayonnaise.

*Mrs. Rima Lutrin*

*This page sponsored by PIA KAPLAN*

### PICKLED HERRINGS IN EGG AND CREAM

Soak 6 salt herrings overnight. Fillet each into 4 pieces. Roll up and fasten with cocktail sticks. Place in jar in layers with sliced onions. Pour over the following sauce—

**Sauce.**—Beat 3 eggs well with 1 tablespoon sugar, 1 teaspoon prepared mustard and ½ cup vinegar. Put in pot with bayleaves and peppercorns and bring to the boil. Cool. Fold in ½ cup sweet cream and pour over the herrings. Leave for a few days before using.

*Mrs. Ray Rabinowitz*

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### PIZZA PIE

Roll out to about ½ cm thick, any pastry, and line Pyrex pie plate with same. Put in a layer of either fresh or tinned tomatoes, sliced, then a layer of sliced Cheddar cheese. Season each layer well with salt and pepper. Top with layer of anchovies and sliced olives, and bake at 400° till pastry is browned. Serve hot. Can be baked in morning, and warmed when needed.

*Mrs. Lilian Rabinovitz*

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### EGG FRUIT HORS D'OEUVRE

Roast egg fruit on the hot-plate on high till black all round. Plunge into cold water and remove the black skin. Chop with 1 onion to each egg fruit. Season with plenty of salt and pepper and add oil to taste. Serve as an *hors d'oeuvre*. If liked, add vinegar instead of oil and serve as a salad. Chop with a wooden chopper or silver fork.

*Mrs. E. Zacks*

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### APPETISER

Split small rolls and butter them. Spread with tomato sauce and sprinkle with grated cheese. Broil until cheese melts and rolls are hot.

*Mrs. L. Michaels*

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### ONION PIE

125 g Buttercup Margarine  
1½ breakfast cups sifted flour  
milk — if necessary to make firm  
dough

Pastry

1 level tablespoon sugar  
pinch salt

Pat into a greased Pyrex pie dish, and fill with the following filling:-

**Filling.**— Boil 3 cups coarsely grated onion and 1 dessertspoon butter till soft. Cool. Then add 3 beaten eggs, 1 cup thin cream, salt and pepper to taste. Sprinkle top with grated cheese, and bake at 400° near top about 30 minutes.

*Mrs. D. Ralstein*

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### MUSTARD HERRING

1½ cups white vinegar  
½ cup water  
¾ cup sugar  
2 very heaped teaspoons dry mustard  
6 herrings, soaked, filleted, skinned  
and cut up

4 eggs  
200 mls thick cream  
bayleaves, peppercorns  
onions, sliced

Boil vinegar, bayleaves and peppercorns and water, and allow to cool. Beat sugar, mustard and eggs one at a time. When all sugar is dissolved add to vinegar slowly, and put into a double boiler, and cook until mixture looks like custard. Add cream when cool. Pour this on to the herrings and sliced onions. Chill.

*Mrs. Stella Sager*

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### HERRING SUPREME

6 salt herrings (soak for 18 hours)  
3 onions

4 potatoes  
3 large tablespoons cream

Fillet and quarter the soaked herrings. Slice potatoes and onions very finely. Butter a Pyrex dish well, and sprinkle the butter with a little pepper. Put a layer of onions and potatoes into dish, then a layer of herrings, and then another layer of each, topping with herrings. Sprinkle thickly with dry breadcrumbs, and pour cream over top. Bake in medium oven till golden brown.

*Mrs. Helen Schur*

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### LEEK AND CHEESE FLAN

90 g Buttercup Margarine  
180 g flour  
½ teaspoonful salt  
2-4 tablespoons iced water  
6 leeks

Sauce:

1 dessertspoon flour  
150 mls milk  
4 tablespoons strong cheese, grated  
½ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon nutmeg

Sieve flour and salt, and cut in butter in small cubes, and rub in. Add enough water to make crumbly pastry. Form into a ball, and spread pastry out in tart tin. Prick, and bake blind, for 20 minutes at 400°. Make sauce of butter, flour and milk. Wash and shred leeks and saute in butter until cooked — about 15 minutes. Add to sauce, and add all seasoning. Then add cheese, or it can be placed on top. Put all into tart flan, and bake 7-10 minutes at 400°.

*Mrs. Anne Moss*

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### TUNA FISH HORS D'OEUVRES

1 tin mushroom soup  
125 g cooked noodles  
2 x 250 g tins tuna, drained  
125 g salted cashew nuts

1 large onion  
1 green pepper  
2 small pickled cucumbers

} diced

Fry onion until transparent, add green pepper and cucumbers, and fry gently for 5 minutes. Mix all ingredients together, pour mushroom soup over, and bake at 375° for 35 to 40 minutes.

*Mrs. V. Zacks*

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## CAVIAR CREPES OR BLINI

### Pancakes:

- 2 eggs
- ½ cup milk
- 1 tablespoon melted Buttercup Margarine
- 1 cup flour
- 1 teaspoon salt

### Sauce:

- 450 mls sour cream
- grated rind of 1 lemon
- 2 teaspoons lemon juice
- 1 teaspoon onion salt

Mix sauce first, and let stand out of fridge.

Make above pancake ingredients into batter.

Fry small pancakes and fill thus:- Spread 1 teaspoon of sauce and 1 teaspoon caviar over each pancake. Roll up, and place in dish till all are prepared. Put rest of the cream sauce into top of double boiler, and heat until it steams. Pour over the crepes, serve hot.

Mrs. Anne Moss

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## ASPARAGUS PIE

### Pastry:

- 60 g Buttercup Margarine
- 1 cup flour
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 level teaspoons baking powder
- 100 mls milk

### Filling:

- 2 large onions
- 2 tablespoons Buttercup Margarine
- 1 tin asparagus salad tips
- 150 mls sweet cream
- 1 egg
- 1 cup Cheddar cheese

Rub butter with dry ingredients until like fine breadcrumbs. Add milk to form a dough. Press pastry into a shallow pyrex dish.

**Filling.**— Coarsely chop onions and fry in the butter, but do not let them get brown. Spread on pastry and cover with asparagus. Beat cream till thick, and fold in beaten egg. Pour mixture evenly over the top of the asparagus and sprinkle with grated cheese. Bake for about 20 to 30 minutes at 400°.

Mrs. L. Gruber

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## HOT ASPARAGUS CRISP

- 1 large tin asparagus
- 3 tablespoons Buttercup Margarine
- 3 tablespoons flour
- ½ cup asparagus liquid

### ½ cup cream

- 1 large cup grated cheese
- cayenne pepper, salt and pepper
- small packet crisps

Drain asparagus, reserving liquid. Place asparagus in a buttered dish. Melt butter in saucepan. When bubbling, add flour. Remove from stove, and add asparagus liquid a little at a time until all has been used. Return to stove and stir continuously until thickened. Add cream and seasoning. Pour mixture over asparagus, and sprinkle on cheese. Crush crisps and sprinkle on top. Bake at 400° for 15 minutes.

Mrs. Ada Plett

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## SALMON OR TUNA OR PILCHARD LASAGNE

**Fish Layer:** Take a 250 g tin of pink salmon, tuna or pilchards. Tuna only has oil in tins, remove bones or juice, and flake the fish. Add the following to the flaked fish:-

1 onion — grated, chopped parsley, chopped celery, chopped green pepper, grated carrot (optional), some mayonnaise, 1 tablespoon cream, and a tablespoon cottage cheese (optional). Combine well with fish.

**Sauce.**— Make a white sauce, and add some juice from the tinned fish, if liked, or add tomato sauce or puree. Fresh skinned tomatoes can also be used.

**Macaroni or noodles.**— Boil macaroni or broad flat noodles or lockshen, and drain over colander.

**To make lasagne.**— Grease a Pyrex or ovenware dish, and place in it a layer of noodles, a layer of fish mixture, and a layer of sauce, till all is used up, topping with noodles. Then grate a thick layer of Cheddar cheese over top, and dot with pieces of margarine or butter, and bake till brown. Serve with a green salad.

Mrs. Anne Moss

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## TOMATOES GUACAMOLE

- 8 large firm tomatoes
- juice of 1 lemon
- salt, pepper
- 4 tablespoons finely chopped celery (or) green pepper
- 1 tablespoon finely chopped parsley

- 2 ripe avocado pears
- 1 clove of garlic, mashed
- Mexican chili powder
- 1 teaspoon finely chopped fresh coriander

**Tomato cases.**— Plunge tomatoes into boiling water, one by one, and remove their skins. Slice cap off, and carefully scoop out all the pulp and seeds. Cover loosely with aluminium foil, and chill in refrigerator until ready for use.

**Guacamole Filling.**— Peel and mash avocados lightly with a wooden spoon. Add lemon juice and seasonings. Fold in finely chopped celery or green pepper and parsley and chill. Just before serving, fill each tomato case with Guacamole mixture; sprinkle with fresh chopped parsley. *Serve very cold.*

Mrs. S. Vassalaquie

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## BAKED SWEET AND SOUR HERRINGS

Boil up:-

- 2 large apples (sliced)
- 1 cup brown vinegar
- ½ cup sultanas

- 2 large onions (sliced)
- 1 cup syrup
- a few bayleaves and peppercorns

Place cut pieces of herring (which have been soaked and filleted) in a Pyrex dish. Sprinkle with cinnamon and ginger. Pour boiling mixture over herrings and bake in 350° oven for approximately 20 minutes. (Bake for longer if you wish it to be drier).

Mrs. Heleen Graham

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### COURGETTE APPETISER SALAD (marrow)

8 courgettes (4 inches long)  
½ onion, finely chopped  
1 clove garlic, finely chopped  
well flavoured French dressing  
lettuce

4 tomatoes, peeled and finely chopped  
½ small green pepper, finely chopped  
1 tablespoon capers, finely chopped  
1 teaspoon basil and parsley, finely chopped  
salt and freshly ground black pepper

Simmer courgettes, unpeeled, in salted water for about 8 minutes. Cut them in half lengthwise, and carefully scoop out seeds. Lay courgettes, cut side up, in a flat dish. Combine finely chopped onion and garlic, and cover courgettes with this mixture. Sprinkle half the French dressing over them; cover with foil, and allow to marinate in refrigerator for at least 4 hours. When ready to serve remove onion and garlic mixture, and drain off the marinate. Arrange courgette halves on crisp lettuce and fill the hollows with remaining French dressing, to which you have added finely chopped tomatoes, pepper, onions, capers, parsley, basil and salt and pepper, to taste. *Serve very cold.*

*Mrs. S. Vassalaquie*

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### BLUE CHEESE DIP

In liquidiser or food processor, mix:

1 wedge roquefort cheese, crumbled  
½ cup pecan nuts

freshly ground black pepper to taste  
(about ½ teaspoon)  
enough cream to produce dip  
consistency — about 250 mls

Serve on toast triangles.

*Rhebe Tatz*

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### SMOKED TROUT MOUSSE

375-g smoked trout  
100 g cottage cheese  
150 mls soured cream

juice of ½ lemon  
salt and black pepper

Remove skin and bones and flake into liquidiser. Add cottage cheese and soured cream to the fish. Blend till smooth. Season with lemon juice, salt and pepper. Spoon into dish — decorate edge with chopped parsley. Chill for at least 1 hour before serving.

Serve with hot brown toast. (Serves 6).

*Anita Abrahamson*

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### SAVOURY EGGS

Boil 6 eggs hard. Soak in cold water and then slice lengthwise in half with the shells still on, using a very sharp knife. Scoop out eggs from shells and chop with a little onion, salt and pepper. Add 1 tablespoon melted butter. Replace mixture into shells. Dip face down into breadcrumbs and fry in butter, still face-down till golden brown. Serve on a plate with teaspoons.

*Mrs. E. Abeles*

### HADDOCK ROULADE

250 g (1 packet) haddock  
4 eggs  
3 tablespoons parmesan cheese  
1-2 tablespoons cream

½ tablespoons Buttercup Margarine  
2 tablespoons flour  
300 ml milk  
2 hard-boiled eggs

**Souffle.** — Poach haddock in oven in a little water — 350° for 15 minutes. Remove skin and bones and flake. Mix 4 egg yolks with haddock and a little cream to moisten. Whip egg whites with pinch of salt to a soft peak. Fold into egg yolk/fish mixture with a metal spoon. Grease Swiss roll tin — line with greaseproof paper. Bake at 400° for 10 minutes or until it feels firm.

**Filling.** —

Make white sauce:  
1 tablespoon Buttercup Margarine  
2 tablespoons flour  
milk

Add two hard-boiled eggs — grated. Season well.

When souffle is baked, place on greaseproof paper sprinkled with a little parmesan cheese.

Spread filling on roll and roll as for Swiss roll.

*Anonymous*

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### BRAWN

Boil 1 cow's trotter until tender. Mince into a pot all the soft parts with 1 onion and 3 leaves of garlic. Put in the strained soup 1 dessertspoon salt, pinch pepper and ¼ teaspoon ginger. Boil all together once. Mix well and pour in flat dishes to set. Decorate with sliced hard-boiled eggs.

*Mrs. D. Charney*

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### SALMON KOULIBIAC

2 cups flour  
150 g cream cheese

Pastry  
200 g Buttercup Margarine

Crumb butter and flour, add cheese and work till it forms into a ball. Wrap in wax paper and chill.

2 cups tinned salmon  
2 hard-boiled eggs  
juice of 1 lemon  
100 g fresh mushrooms

Filling  
6 spring onions  
2 cups cooked rice  
butter, pepper, cayenne pepper,  
curry powder

Fry sliced mushrooms and chopped onions in butter for 5 minutes. Salt and cool. Cook rice and chop the hard-boiled eggs. Mash the salmon. Pre-heat oven to 500°. Divide pastry and roll smaller portion on a baking tin. Spread ¾ of the rice, salmon, lemon juice, black pepper and cayenne pepper, chopped eggs, 4 tablespoons melted butter, mushrooms and onions and the remainder of the rice. Moisten edges of pastry and unroll the second portion of pastry on top and seal. Cut some vents in the top pastry. Paint with egg yolk. Place in oven and reduce heat immediately to 300°. Bake for about half an hour and a few minutes before ready pour 6 tablespoons of butter into the pastry vents. Curry powder is optional and can be mixed in to the butter.

*Leora Fintz*



### SNOEK PATE

Lightly fry 1 sliced onion in a little Buttercup Margarine. Don't allow to brown — only glossy. Cut small.

Flake and debone snoek. Wash and use about 4 tablespoons parsley without stems. Add together with:

Cream cheese	Pepper
Mayonnaise	Aromat and maggi liquid
Salt	

Liquidise until smooth.

If necessary, keep stopping the liquidiser and push ingredients down with a spatula.

*Pamela Lassak*

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### HORS D'OEUVRES ROLL SOUFFLE

Melt 50 g Buttercup Margarine. Add ½ cup flour and pinch of salt. Gradually add 2 cups milk, cook till quite thick and remove from stove. Blend in 4 yolks and 1 teaspoon sugar. Fold in 4 stiffly beaten egg whites. Grease a Swiss roll tin, line with greaseproof paper, which has been greased and floured. Bake at 325° for 40-45 minutes. Roll up after spreading with filling.

#### Filling

50 g tinned spinach, drained and chopped	1 teaspoon lemon juice
½ cup sour cream	salt, pepper
1 carton cream cheese	nutmeg

Mix all ingredients and spread on roll.

*Leora Fintz*

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### SALMON/SWEETCORN QUICHE

60 g Buttercup Margarine	little salt
1 cup flour	2 teaspoons baking powder
1 teaspoon sugar	

Crumb the above and add milk to bind — about half a cup. Line a greased 20 cm Pyrex dish. Sprinkle cornflour on top of pastry to avoid the pastry getting wet.

#### Filling

1 tin salmon	1 onion — diced and sauted
1 small tin creamed sweetcorn	salt, pepper, tabasco sauce — to taste
2 cups Cheddar or other sharp cheese	

Place the filling into the pastry. Beat 1 egg with 150 ml cream, and pour over, pricking so cream and egg mixture penetrates through.

Sprinkle the top with a small packet of cheese and onion chips, which have been crushed.

Bake at about 300°-350° for about 25 minutes or until cooked.

**Note.**— Variations can be made — in place of salmon cooked flaked haddock or fish — as haddock is smoked tabasco sauce may not be necessary.

In place of sweetcorn a small tin of cooked vegetables is also very tasty.

*Edith Golub*

### SALMON MOUSSE

1 tablespoon gelatine	¼ cup cold water
2 tablespoons sugar	1 teaspoon salt
1 teaspoon prepared mustard	½ cup vinegar
2 egg yolks, beaten	1 tablespoon prepared horse radish
1 large tin salmon, flaked	½ cup heavy cream, whipped
1 cup chopped celery	

Soften gelatine in cold water, mix sugar, salt and mustard thoroughly. Combine with vinegar and egg yolks in double boiler. Cook until thick, stirring constantly. Remove from heat, add gelatine and stir until dissolved. Add horse radish. Chill until mixture begins to thicken. Add salmon and celery and fold in cream. Turn mixture into oiled fish mould. Chill until firm (several hours). Unmould on to platter and garnish.

*Mrs. Gwen Brown*

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### PASTELICOS (PIES)

#### Hot Water Pastry

Ingredients as follows:

1 glass water	1 teaspoon salt
½ coffee cup oil	2½ cups flour

**Method for pastry.**— Boil up water, salt and oil, then mix in flour.

#### Other Ingredients

375 g mince meat	1 set brains
1 dessertspoon rice	tomato puree
parsley	salt and pepper
onion	

**Method.**— Chop onion and fry. When light brown add mince meat, and stir. Take a dessertspoon of rice, add to mixture, also a little tomato puree, a little water and leave to cook. When rice has cooked and water evaporated, take off stove. Add plenty of parsley.

**N.B.**— Salt and pepper to be put in before cooking. Cut cooked brains in small pieces and add to mixture. From dough make pie shapes and fill with mixture and seal with pastry top. Grease roasting pan with oil and cook at 450° till brown.

*Mrs. Lilian Rabinovitz*

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### SPINACH ONION KUGEL

125 g cooked chopped spinach	125 g melted Buttercup Margarine
250 g rice noodles, cooked	1 packet brown onion soup
1 cup Coffeemate	½ teaspoonful salt
3 beaten eggs	pinch pepper

Mix all ingredients together and pour into pie dish. Bake at 325° for 1 hour. Serve hot.

*Yvonne Benatar*

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### STUFFED TOMATOES

Use large, firm tomatoes. Scoop out all the pulp and mash with Matzoh Meal or breadcrumbs, salt and pepper to taste. A dash of mustard if desired. Then stuff tomato and put a lump of butter and strong grated cheese on top. Put in Pyrex dish and bake till brown. Add just a little water in dish. Serve on toast.

*Phyllis Sussman*

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## VEGETABLE QUICHE (QUICK AND EASY)

### Pastry

1 cup flour  
1½ tsp. baking powder  
½ cup Olivine oil

¼ tsp. salt  
½ cup milk

Sieve dry ingredients. Put oil in cup. Add milk — do not mix or stir.

Add to dry ingredients and mix with wooden spoon. Put into greased pie dish and smooth out with wooden spoon.

### Filling

1 large tin asparagus pieces  
or lightly sauteed mushrooms  
or lightly sauteed white part of leeks  
or mixture of all three

salt and pepper  
1¼ cups grated cheese  
50 g Buttercup Margarine  
2 eggs

Put layers of vegetables and grated cheese over the dough. Beat eggs separately. Add whites to yolks mixture. Add salt and pepper and pour over veg. Sprinkle with cheese, dot with specks of margarine. Bake at 350° for 35-40 minutes.

*Yochi Kretzer*

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## DANISH HERRING

4-6 salt herrings  
¼ cup Olivine  
1 cup vinegar  
1 cup tomato puree

1 cup chopped apples  
1 cup chopped onions  
1 cup sugar  
chopped gherkins

**Method.**— Soak herrings for 24 hours. Cut and clean — remove all bones and skin. Mix sugar, tomato puree, vinegar and oil. Add onions, apples, gherkins and herring. Place in ball jar and pickle for 2 days.

*Elaine Baron*

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## CHEESE OMELETTE

1 cup milk  
2 eggs

1 cup grated cheese  
salt and pepper to taste

Melt cheese in the milk over slow fire, add salt and pepper. Beat the eggs well and add to mixture. Bake in moderate oven in well-buttered pie dish till well browned.

*Mrs. Sophie Benyshai*

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## WELSH RAREBIT

First take 1½ cups of milk and bring to boil with 1 cup grated cheese. Stir into milk 1 dessertspoon butter and pinch red pepper. Boil until cheese melts. Thicken with little flour if too thin. Serve on hot toast.

*Phyllis Sussman*

## SPAGHETTI AND CHEESE

125 g spaghetti  
125 g grated cheese  
2 level tablespoons flour  
small piece of Buttercup Margarine

600 mls milk  
salt, pepper mustard  
2 tomatoes

Boil spaghetti in salt water till soft. Drain well. Skin tomatoes and cook till a thick pulp. Melt butter, add flour and slowly stir in milk and boil well. Add grated cheese slowly. Add tomato pulp and spaghetti and season well. Pour into a greased pie-dish. Sprinkle with a little grated cheese and brown in a hot oven for 10 to 15 minutes.

*Mrs. Reichman*

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## CHICKEN LIVER PATÉ

500 g chicken livers, grilled for 10 minutes and then minced finely  
4 hard-boiled eggs grated

1 large onion, sliced and fried in chicken fat until glossy  
salt, pepper, ¼ tsp. ginger,  
¼ tsp. cinnamon

Mix all ingredients together, including the fat in which the onions were fried, seasoning to taste. If it is bitter, add ½ tsp. sugar or golden syrup. Stock may be added to achieve a consistency that is not too thick or dry.

To make this into paté, all ingredients should be liquidised with the addition of 1 tbs. sherry, 1 tbs. brandy and enough Orly whip to obtain a very smooth mixture.

Place paté in serving dish and allow to set in the fridge.

*Mrs. Annie Tatz*

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## STUFFED TOMATOES

6 large tomatoes  
3 tablespoons rice  
1 tablespoon Buttercup Margarine  
1 slice bread, soaked in 2  
tablespoons milk

2 hard-boiled egg yolks  
½ teaspoon curry powder  
½ teaspoon salt  
little pepper  
1 teaspoon chopped parsley

Cut tops from tomatoes and remove pulp. Wash rice carefully and put into saucepan with ½ cup boiling salt water and the tomato pulp and cook until the rice is tender.

Mash the bread and egg yolks with fork and add to rice. Add butter and seasoning. Stuff tomato shells with this mixture, replace tops and place on a baking sheet. Bake in moderate oven, 375°, until the tomatoes are soft — about 2 minutes. The curry powder may be omitted if not desired.

*Mrs. S. Benyshai*

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## TOMATO EGGS

Scald and slice tomatoes. Put in buttered dish. Sprinkle with sugar, salt, pepper, pinch bi-carbonate soda and little breadcrumbs and bake. If too watery when taken out, pour off juice. Then break 4 eggs carefully without breaking yolks. Pour ½ cup cream over and put quickly back in oven. Bake till eggs are set.

*Mrs. L. A. Rubinstein*

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### CURRIED EGGS

Fry onions (sliced) in Buttercup Margarine. Season with salt and pepper. Add 1 tablespoon curry powder, lemon juice and sugar to taste. Add enough water to make gravy and simmer slowly for a few minutes. Cut hard-boiled eggs in halves, place into the gravy and simmer till eggs are hot. Serve on boiled rice, with chutney.

*Mrs. A. H. Ralstein*

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### BAKED HERRING

Parboil large potatoes in their jackets, then cut off tops and scoop out inside. Put a piece of pickled herring inside, add a piece of butter and put into the oven to bake. Serve on toast with scrambled egg.

*Mrs. E. Katz*

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### EGG, CHEESE AND POTATO DISH

Butter a Pyrex dish. Put in a layer of mashed potatoes, then a layer of grated cheese, slices of hard-boiled eggs and sliced tomatoes. Add dabs of Buttercup Margarine and top with mashed potato to cover. Sprinkle with breadcrumbs or Matzoh Meal, dabs of butter and bake in a slow oven till golden brown.

*Mrs. J. Graham*

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### SAVOURY EGGS

Take individual Pyrex dishes and melt Buttercup Margarine in each. Then sprinkle with grated cheese. Break an egg into each and season with pepper and salt. Sprinkle cheese on top and fill dishes with cream. Bake in a moderate oven for about 15 minutes.

*Mrs. W. Treger*

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### FISH A LA YASMINA

500 g puff pastry.

Roll into two pieces approximately 25 cm x 50 cm. Cut each into a fish shape. Bake for 5 to 10 minutes at 400°. Keep warm.

#### Filling

500 g cooked hake  
1 chopped onion  
3 sliced celery sticks  
2 tablespoonsful Olivine  
1 tablespoon flour  
300 mls fish stock

1 teaspoon curry powder  
½ teaspoon mustard powder  
1 chopped boiled egg  
few cashew nuts  
salt and pepper

Fry onions, celery and cashew nuts in oil, add flour, then fish stock, curry powder and mustard powder. Cook till thickened. Add seasoning. Remove from stove and add one chopped egg.

Place filling between pastry fish shapes and serve hot.

*Tirzah Feigenbaum*

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## FISH

### GEFILTE FISH AND MUSHROOMS

After gefilte fish has been made strain stock, place fish in a Pyrex dish and prepare the following mushroom sauce.

Slice 1 large onion and simmer in 125 g Buttercup Margarine until soft. Add 1 tin of cut-up mushrooms, add salt and pepper to taste. Add 1 tin of cream of mushroom soup, 3 tablespoons sherry or white wine. Then add 150 mls cream. Add the stock of the fish. Mix well and pour over the fish which has been placed in a Pyrex dish. Bake for about 20 minutes at about 300°.

*Mrs. Esther Lange*

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### MOCK CRAYFISH

Boil 1 kg kingclip (not too soft). Chill after removing bones and skin. Flake and cover with the following sauce (the sauce can be prepared beforehand):

½ cup cream	1 small chopped onion
1 cup mayonnaise	salt and pepper to taste
¼ cup tomato sauce to colour	½ teaspoon dry mustard
½ teaspoon Worcester sauce	2 or 3 drops Tabasco sauce

Mix all these ingredients well together, pour over fish and serve on shredded lettuce in individual glasses.

*Mrs. Ann Fischer*

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### FISH CASSEROLE WITH MUSTARD SAUCE

500 g boiled fish	<b>Sauce:</b>
1 tablespoon Buttercup Margarine	600 mls fish stock and water mixed
2 large sliced onions	or milk and water
mashed potatoes	2 tablespoons flour
lemon juice	1 tablespoon Buttercup Margarine
	made mustard

First make sauce. Bring liquid to boil; blend flour with a little water and add to liquid. Stir till it thickens. Add butter and mustard to taste.

Divide fish into pieces. Fry onions brown. Grease a Pyrex dish and put in a layer of fish, add layers of potatoes, onion and sauce with a squeeze of lemon juice. Continue until all is used up, finishing with a layer of mashed potatoes. Put into oven to heat through and brown top.

*Mrs. Miriam Gordon*

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### BAKED FISH LOAF

Make any gefilte fish mixture, but add little extra water. Grease with butter any Pyrex dish or loaf tin, put in fish mixture and bake slowly for about 1 hour. Cool and turn mould out.

Dilute mayonnaise with cream and add some grated pickled cucumbers. Pour this over the loaf and decorate with tomatoes, etc.

*Mrs. Rima Lutrin*

*This page sponsored by CHERYL RABINOWITZ*

### BAKED SOLE WITH ASPARAGUS AND CHEESE

3 soles  
sliced onions  
2 potatoes  
asparagus tips

cream and milk  
grated cheese  
pepper and salt

Take about 6 strips of filleted sole and roll each round asparagus tips. Season. Steam with thinly-sliced onion for 10 minutes. Then carefully place in a buttered Pyrex dish. Boil potatoes till soft and mash with a little cream and sufficient milk to make a thick sauce. Pour over the fish. Grate cheese and sprinkle over the fish. Bake in a moderate oven till golden brown. (Mushrooms can be used instead of asparagus). Serve with potatoes *au gratin*.

Mrs. H. Sussman

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### SALMON AND MACARONI

500 g tin salmon  
2 eggs, separated  
2 tablespoons minced onion  
minced parsley  
2 teacups cooked cut macaroni

¾ cup thin cream  
½ teaspoon mustard powder  
salt and pepper  
celery salt

Flake Salmon — do not drain off liquid. Beat egg yolks, and add to salmon. Turn salmon mixture into a saucepan. Stir in the onion and cream and seasoning. Stir till boiling, then simmer 5 minutes. Remove from heat. Fold in stiffly beaten egg whites. Place macaroni into greased casserole fish. Pour the salmon mixture over. Bake at 375° for 30 minutes.

Mrs. D. Ralstein

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### FISH SWISS ROLL

150 mls cream  
1 cup flour

Dough  
125 g Buttercup Margarine

Grate butter into flour. Mix in cream with 2 knives. Roll 3 times and put in fridge overnight. **Fish.**— Fry large onion, sliced in rings, in butter, not too brown. Add 2 tablespoons mushroom juice and about 1 kg filleted kingklip. Cook until ready. Pour over 150 mls cream. Allow to simmer. Add chopped mushrooms. Dissolve 1 tablespoon maizena with one beaten egg. Stir into fish. Finally add ½ cup grated Cheddar cheese.

Take dough out of fridge. Roll thinly. Put cold fish mixture on top. Roll up like a Swiss roll, closing the ends, slitting top. Bake in a hot oven. Serve hot with salads.

Mrs. Stella Sager

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### GEFILTE FISH

500 g stock fish  
500 g Kobeljau  
2 medium onions

2 eggs  
salt and pepper  
piece rye bread

Mince fish, onions and add eggs, pepper, salt, bread and 1 cup of cold water. In the meantime, boil up in a pot, onions sliced, carrots and the skin and bones from the fish. Make the minced fish into balls and put into the boiling water. Boil at least 2 hours. (After mincing, chop the fish very well).

Mrs. Bloch (Snr.)

### FRENCH FISH

6 serving pieces filleted Kingklip  
1 tablespoon lemon juice  
½ cup milk  
paprika

2 sliced onions  
½ green pepper  
2 tablespoons tomato sauce  
2 tablespoons cream

Squeeze lemon juice over fish, then put in a dish and cover with milk; sprinkle with paprika, and leave for about ½ hour. Saute onions in butter or margarine in a covered pot till golden brown. Add green pepper, and then add the fish with all the milk. Simmer about ½ hour until fish is soft. Then add 2 tablespoons tomato sauce and cream, and simmer further 5 minutes. If not enough gravy, add extra milk.

Mrs. P. Lis

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### ITALIAN FISH

500 g filleted Hake  
2 large onions, sliced thinly  
2 potatoes, sliced thinly

2 tablespoons cream  
milk  
parmesan cheese

Boil fish in water to which you have added salt, until soft. Boil onions and potatoes separately in water till potatoes are cooked but not too soft. Pour off water from both pots. Grease a Pyrex dish and put in a layer of onions, then fish. Cover with potato slices. Add milk to cover, and pieces of margarine. Cover with lid, and bake at 350° for ½ hour. Take off cover, and add 2 tablespoons cream, and sprinkle with parmesan cheese and put under the grill till brown. Serve immediately.

Mrs. P. Lis

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### SALMON PASTRY LOAF

1 tin (large) middlecut salmon *or*  
2 tins tuna or pink salmon (small)  
1 chopped onion and chopped celery  
1 small tin button mushrooms (cut up)

cream (optional)  
butter  
salt and pepper and Tabasco  
mayonnaise

Drain most liquid off fish, and mash. Gently fry onion and chopped celery in butter till transparent only. Mix in fish. Also gently brown mushrooms in butter. Combine and add mayonnaise, Tabasco, salt and pepper and mix till smooth consistency. If dry, add cream or drop of milk or fish liquid.

Use any short crust pastry or ready dough. Roll out dough, and place on an oiled baking sheet, and add mixture, and seal. (Otherwise it is difficult to lift on to tin). Bake at 400°-425°. Brush top with oil.

Mrs. Anne Moss

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### FISH CAKES

500 g Stock Fish (or any kind)  
2 medium onions  
1 egg

2 medium potatoes  
1 carrot  
salt and pepper

Boil together in a little water, potatoes, onions, carrot, till soft. Then steam fish on top of vegetables for 10 minutes, or till fish can flake nicely. When cold, mince all together — vegetables and fish — add egg and salt and pepper to taste. Make into cakes, and fry in hot oil till light brown.

Mrs. L. Gruber

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### PASTRY FISH ROLL (makes 1 roll)

#### Pastry:

¼ cup thick cream  
4 tablespoons Buttercup Margarine  
½ cup flour

#### Filling:

600 g filleted fish (tinned salmon can be substituted for fish)  
75 mls sweet cream  
1 small grated onion  
2 teaspoons Buttercup Margarine  
cornstarch  
seasoning  
1 small tin button mushrooms

(Rub butter with flour and add cream. Knead with dough, chill. Can be kept in fridge for weeks.)

**Filling.**— Cut fish into pieces, and fry with onions in butter. Add 1 tablespoon mushroom liquid, and simmer slowly. When soft, add cream and sliced mushrooms. Thicken with 1 dessertspoon cornstarch. Cool and thicken. Roll out pastry into strip about 400 mm x 200 mm. Place cold fish in centre of strip. Then fold over and seal ends. Brush over with egg. Bake at 425° till brown. Serve with hot cheese sauce.

**Cheese Sauce.**— Melt 30 g butter. Mix in 1 tablespoon flour, salt and pepper to taste. Add 1 cup milk, and after it thickens, add ¼ teaspoon mustard powder and ½ cup grated cheese.

*Mrs. L. Gruber*

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### HADDOCK TIMBALE

150 mls white wine and water mixed  
bayleaf, peppercorns, salt  
1 large pkt. frozen haddock fillets

300 mls white sauce  
juice of 1 lemon  
3 egg yolks and 3 egg whites

Put wine and water mixed into frying pan with bayleaf, peppercorns and salt. Add the separated contents of haddock fillets — skin side up — cover and cook gently for 15 minutes. Lift out fish and remove skin. Break up well with a wooden spoon. Make a savoury white sauce with ½ pint milk, and add it to the fish with a good pinch of mace, pepper and lemon juice. Beat in yolks and finally stiffly beaten whites. Turn mixture into a well greased 2-pint pudding basin. Cover with foil, and steam gently for 50-60 minutes. Turn on to a serving dish, and cover with anchovy flavoured white sauce if desired.

*Mrs. Pauline Bloomhill*

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### TUNA FISH COCKTAIL

1½ cups flaked tuna fish

#### Sauce

1 cup mayonnaise  
½ cup chilli sauce  
2 tablespoons tomato sauce

¼ cup prepared horseradish  
1 teaspoon Worcester sauce  
few drops Tabasco sauce

Mix all sauce ingredients, and pour over tuna fish.

*Mrs. V. Zacks*

### ROLLED FILLETS OF SOLE WITH FRESH DILL STUFFING

4 fillets of sole or other firm fish  
1½ tablespoons lemon juice  
1½ teaspoons salt  
½ teaspoon freshly ground black pepper  
1 crushed clove garlic

¼ teaspoon turmeric  
¼ teaspoon cayenne pepper  
2 tablespoons finely chopped onion  
2½ teaspoons finely grated root ginger  
9 tablespoons finely cut dill  
5½ tablespoons clarified butter

Sprinkle both sides of fish with lemon juice, 1 teaspoon salt and all the black pepper. Marinate at room temperature for 10 minutes. Preheat oven to 450°. Heat 3 tablespoons butter over moderate heat and add garlic, ginger, onions, cayenne pepper, turmeric, and remainder of salt, stirring after each addition. Reduce heat to low, and fry till onions are soft and golden brown. Stir all the while. Remove pan from heat, and adjust seasoning if necessary. Place equal portions of the filling on each fillet, and roll into small thick roll. Skewer if necessary. Heat rest of butter in pan big enough to hold fillets side by side, and cook uncovered for 5 minutes. Transfer pan to oven and bake until rolls are firm when pressed with finger-tips — (approximately 12 minutes). Place under hot grill to brown slightly. Boil up any remaining liquid until well blended. Pour over fish, and serve immediately.

*Mrs. Pauline Bloomhill*

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### SCALLOPED SALMON AND EGGS (Serves 4)

¾ cup white sauce, flavoured  
with nutmeg  
chopped parsley  
1½ tablespoons Buttercup Margarine

3 or 4 quartered hard-boiled eggs  
paprika  
breadcrumbs  
1 large can salmon

Make a nutmeg flavoured white sauce. Put a little into a greased oven proof dish. Top with quartered egg. Sprinkle with paprika and barely cover with white sauce. Flake the salmon (remove bits) add to dish. Sprinkle with parsley. Cover with rest of sauce, sprinkle with breadcrumbs. Dot with margarine and brown in hot oven 425° or under grill.

*Mrs. Pauline Bloomhill*

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### SMETANA FISH

1 kg fish  
2 hard-boiled eggs  
2 tablespoons flour  
4 tablespoons grated cheese  
300 mls smetana sauce

250 g mushrooms  
750 g potatoes  
200 g Buttercup Margarine  
salt and pepper

Cut fish and cover with flour. Brown both sides, in Buttercup Margarine. Place in a buttered dish, and lay slices of egg on each portion. Slice mushrooms and fry in butter. Pile over the eggs. Peel and slice potatoes, fry in butter until brown, and place around the fish. Sprinkle with salt and pepper and pour smetana sauce over all. Cover top with grated cheese, and bake in moderate oven for 20 minutes.

#### Smetana Sauce

150 mls sour cream  
2 tablespoons butter  
1 tablespoon flour

150 mls stock  
salt and pepper

Melt butter, blend with flour, and gradually dissolve with warmed fish or vegetable stock. Add cream and salt and pepper to taste. Mix well and simmer gently for 5-10 minutes.

*Mrs. Ruth King*

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### GEFILTE FISH

Wash and dry 1½ kg Stock Fish; squeeze on juice of 1 lemon, and sprinkle with salt — allow to stand.

Boil water with:-

- |  |                                |
|--|--------------------------------|
| 2 large sliced carrots                                 | 1 teaspoon pepper              |
| 1 large diced onion                                    | ½ teaspoon paprika             |
| 2 tablespoons sugar                                    | ½ teaspoon turmeric (optional) |
| 2 teaspoons salt                                       |                                |
| pieces of sliced celery or parsnip<br>(improves gravy) |                                |

Mince fish with:-

- |  |   |
|--|---|
| 2 onions (sliced and slated<br>before mincing) | 1 large carrot                                      |
|  | 2 slices soaked bread, squeezed<br>(without crusts) |

Add:-

- |                              |                                     |
|------------------------------|-------------------------------------|
| 4 eggs                       | 1 teaspoon salt                     |
| 2 tablespoons ground almonds | dash of paprika and pepper to taste |
| 1 tablespoon sugar           | 4 tablespoons Matzoh Meal           |

Make into balls or a loaf, and put in boiling liquid. Simmer for 1½-2 hours, on low, with lid slightly open. **N.B.** Sugar can be substituted with artificial sweetening.

*Mrs. R. Zwebner*

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### FISH A LA CREME

- |                 |                          |
|-----------------|--------------------------|
| Fillets of sole | salt and pepper to taste |
| chopped parsley | 300 mls cream            |

Take a large Pyrex dish, and butter it well. Lay the soles in the dish; sprinkle with chopped parsley. Pour over the cream, and bake in a very slow oven for 15-20 minutes.

*Mrs. Ruth Jacobson*

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### BOILED FISH

- |  |                   |
|--|-------------------|
| 2 sliced onions (fried in very<br>little Olive) oil) | 2 sliced parsnips |
| 2 cups water   | 2 sliced tomatoes |
| 2 sliced carrots                                     | pepper and salt   |

Boil all the above ingredients together. Then place 750 g sliced fish into the boiling mixture. Add 5 teaspoons sugar and boil again for 20-25 minutes. The amount of water should just cover the fish. Cool, and place in refrigerator to jell. Serve cold.

*Mrs. H. Haimowitz*

*This page sponsored by SHEILA BROOMBERG*

### CURRIED FISH

- |                      |                                 |
|----------------------|---------------------------------|
| 1 cup vinegar        | 2 tablespoons mild curry powder |
| 1 cup water          | 1 teaspoon flour                |
| 6 bayleaves          | 2 tablespoons apricot jam       |
| 1 teaspoon salt      | onions, peppercorns             |
| 2 teaspoons sultanas |                                 |

**Method.** — Boil vinegar and water with bayleaves and peppercorns. Mix salt, curry powder, flour and jam into a paste with a little water. Add boiled mixture to paste and when blended return to stove.

Add sliced onions and boil until just softening but still crisp.

Pour over fried fish, and allow to cool.

*Elaine Baron*

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### FISH MOULD WITH SOUR CREAM AND CUCUMBER SAUCE

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 kg fish (hake and bream)       | 2 small finely grated carrots |
| 2 chopped onions, sauteed in oil | 1 tablespoon Matzoh Meal      |
| 1 tablespoon flour               | 2 eggs                        |
| ½ teaspoon sugar                 | ¼ teaspoon pepper             |
| 2 teaspoons salt                 | 1-2 teaspoons fish spice      |
| ¾ cup water                      |                               |

Mince fish, sauteed onions and carrots. Place in an electric mixer, add all other ingredients and beat very well. Place in an oiled ring mould and cover with oiled foil. Bake in a tin of warm water for 40 minutes at 350°F (180°C). When cold, turn out, decorate with thinly sliced unpeeled cucumber and serve with sauce.

**Sauce.** — Mix the following:

- |                  |                       |
|------------------|-----------------------|
| 1 cup sour cream | 1 chopped cucumber    |
| ½ grated onion   | 1 teaspoon salt       |
| ½ teaspoon sugar | a little chopped dill |

May also be served with horseradish sauce or hot with mushroom, cheese, or anchovy sauce.

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### WHOLE FISH (HOT OR COLD)

1 whole line fish, washed, scaled and degutted, but with skin left on.

Place a large piece of aluminium foil on a baking tray. Place some sliced onion, carrots and parsley onto it. Season fish well inside and outside with salt and freshly ground black pepper. Place on tray. Stuff cavity with more onions, parsley and carrots, and place more on the top of the fish. Pour over one cup of dry white wine and seal foil. Bake in a medium oven for 45 minutes.

To serve hot: Skin and cover with fried onions, tomatoes and mushrooms.

To serve cold: Allow to cool for several hours, skin and cover with either mayonnaise, curry dressing or tarragon cream.

*Tirzah Feigenbaum*

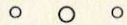
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**TARRAGON CREAM FOR WHOLE BAKED FISH**

- 1 egg
- 2 tablespoons caster sugar
- 3 tablespoons tarragon vinegar
- salt and pepper

Beat egg well then add other ingredients. Thicken on top of double boiler and allow to cool. Fold in 150 ml whipped cream. Cool then cover fish.

*Pamela Lassak*



**CURRY DRESSING FOR WHOLE BAKED FISH**

- 2 teaspoons curry powder
- 1 teaspoon salt
- ½ teaspoon mustard powder
- 1 heaped tablespoon apricot jam
- 1 heaped tablespoon flour
- 100 ml cream for recipe
- 300 ml cream for folding into sauce
- 2 tablespoons lemon juice
- 2 egg yolks

Combine all dry ingredients. Beat all other ingredients into this dry mixture and thicken on top of double boiler over low heat. Cool.

When ready to use, whip the 300 ml cream and fold into sauce. If a lighter sauce is needed, add more whipped cream.

*Pamela Lassak*

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## SOUPS

### TOMATO SOUP

Slice 1 kg of tomatoes into quarters and boil with 2 cups of water, pepper, salt and a little sugar, till soft. Strain and add ½ cup of sweet cream when cold. Serve iced.

Mrs. M. Smith

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### CREAM OF CAULIFLOWER SOUP

1 medium-sized cauliflower	pepper and salt
2 or 3 floury potatoes	a small piece of Buttercup Margarine
water to cover	milk and a little cream

Chop the white and a little of the green cauliflower and the peeled potatoes. Put them into a pot with water and seasoning, cover and boil until soft. To the puree add enough milk to make 4 or 5 plates of soup. Heat through. At the last minute add butter and cream.

Mrs. M. Berzack

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### MILK TOMATO SOUP

Boil 1 kg ripe tomatoes with enough water to cover. Add a little sugar. When soft, sieve through strainer and add about 1 dessertspoon Maizena dissolved in a little cold water to thicken and boil for a few minutes, stirring all the time. Take about 2½ cups milk, add salt and add this to the tomato mixture. Warm all this but do not boil as it will curdle.

Mrs. Becky Marks

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### QUICK PARAVA PEA SOUP AND DOUGH DROPS

Grate one medium onion into 2 tablespoons hot oil or margarine. When golden brown add 3 dessertspoons flour. Stir until mixture is light brown. Add ½ pkt. frozen peas, 2 dessertspoons Telma vegetable soup powder, dash pepper, paprika and 1 teaspoon sugar, and salt to taste. Mix over slow heat, then add 2 pints cold water, and bring to boil.

**To make Dough Drops.**— Beat 1 egg well, and add 3 dessertspoons flour and 3 dessertspoons water, pinch of garlic salt (optional), pinch of pepper and salt. Beat well to a smooth paste. Drop with fork into boiling soup, and simmer for 15 minutes. Serve hot.

Mrs. R. Zwebner

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### THICK LENTIL SOUP

If large brown lentils are used, soak overnight. If small red lentils are used, it is not necessary to soak them overnight.

½ kg lentils	little celery
½ kg beef ribs or brisket	salt
1 onion, finely diced	2 carrots

Put all into saucepan with water to cover, and boil slowly for 3-3½ hours. Do not strain. Before serving, if desired, add dumplings:-

Flour, water, 1 egg, pinch salt.

Mix in a plate, the above ingredients. Take a teaspoon at a time, and put into boiling soup. Stir soup gently after addition of each teaspoon of mixture.

*This page sponsored by RHEBE TATZ*

### VEGETABLE SOUP, BASIC

½ kg beef ribs or brisket  
3 potatoes — grate on medium grater  
salt

6 carrots — grate on medium grater  
1 onion  
parsley, celery, parsnip, turnips, leeks

Put all ingredients into a saucepan. Cover with water, and boil slowly for 3 hours.

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### COLD BEETROOT SOUP

1 kg young small beetroots

Do not peel, but clean thoroughly. Cover with water, and boil until soft. Remove from water, and when the beetroots are cold, remove the skin. Grate beetroots on fine grater, or put through mincer. Have ready 2,5 litres of already boiled cold water in a dish. Add minced beetroot, salt, lemon juice and sugar to taste, to water. Add ¼ pint cream. Chill in fridge. Serve with hot boiled potatoes, or hard boiled eggs, cut in half. Garnish with a little parsley if desired.

*Mrs. S. Shatz*

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### COLD CUCUMBER SOUP

3 cucumbers, peeled and sliced  
3 tablespoons flour  
½ cup cream

1 onion scalded in 1 cup of milk  
2 tablespoons Buttercup Margarine  
3 cups water

Saute cucumbers in butter. When they are transparent add flour and cook for 5 minutes. Slowly add 3 cups water, stirring all the time. Add the milk and onion and season to taste. Simmer for 10 minutes. Put the vegetables through a sieve or liquidiser. Chill well. Serve with chopped parsley or spring onions sprinkled on each serving.

*Mrs. Rhebe Tatz*

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### OATMEAL SOUP

Put flank and vegetables (carrots, parsnips, tomatoes and leeks) in pot with water, salt and pepper and boil in usual way. When vegetables are soft, sieve them through back into the soup and an hour before serving, add 2 tablespoons oatmeal and 3 diced potatoes. (Soup must be boiling rapidly when oatmeal is added).

*Mrs. A. H. Ralstein*

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### HARICOT BEAN OR SPLIT PEA OR BARLEY SOUP

Soak 500 g haricot beans, or 500 g split peas, or 500 g barley, overnight. Use same ingredients as for vegetable soup, and cook together slowly with soaked beans or peas or barley for 3 hours. Can be used unstrained, or as a thick strained soup with vegetable, also mashed through strainer. (Do not strain if barley is added). If thick strained soup, croutons may be served with it.

**Croutons.**— Slice bread and cut into cubes. Fry in margarine to a light brown.

*This page sponsored by LUBA TREGER*

### CHICKEN NOODLE SOUP

1 small boiling chicken  
3 carrots  
1 onion  
1 leek

1 parsnip  
little celery  
salt

Cover chicken with cold water, bring to boil and skim thoroughly. Add vegetables and simmer slowly until chicken is soft. If clear soup is desired, strain. Add ¼ cup fine noodles into boiling soup. Boil for about 10 minutes until noodles are soft.

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### LEEK SOUP

Cut up about 4 to 5 leeks, white part only, and wash well, and also 1 sliced onion and fry a little in butter to soften and glaze. Transfer to pot. Add sliced raw potatoes — about 6 large ones. Then pour over 1 or 2 pints stock or cubes and let cook till all vegetables are soft. Strain through sieve and puree and season. Can also be served cold. (Margarine can be used instead of butter).

*Mrs. Anne Moss*

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### MINISTRONE

250 g dry white beans (soaked overnight, and boil till soft). 2½ l beef stock, or cook soup meat with onion and carrot and save some small pieces of meat to add to ready soup. Chop 1 clove garlic, 2 onions, 2 leeks, 1 teaspoon parsley, 3 tomatoes, peeled and cut up. Fry these vegetables in 1 spoon Olivine oil, then add 1 tablespoon tomato paste, salt and pepper. Fry lightly. Take 3 stalks celery, 2 carrots, 2 potatoes, ¼ cabbage shredded, 1 turnip and add to beef stock, and boil up, then add fried vegetables and when beans are soft add them, and cook all for at least 1 hour. Add 1 cup elbow macaroni.

*Mrs. Anne Moss*

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### SOUP SOUP

neck of mutton and giblets, or  
chicken  
salt to taste

vegetables, such as carrots, leeks or  
spring onions

Boil meat for ½ hour. Remove meat, and wash. Replace in stock. Add vegetables and salt to taste. Boil till meat is tender. Add juice of 3 lemons to soup. In the tureen, put 2 eggs and 2 tablespoons water. Add soup to egg and water, beating all the time. Serve.

*Mrs. Dulberger*

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### CHILLED AVOCADO SOUP

2-3 large avocado pears — mashed  
¼ cup lemon juice  
salt and pepper

600 mls chicken stock or strained  
chicken soup  
cream — optional

Place all ingredients in liquidiser or food processor and blend together. Should be thickish. Chill. Sprinkle chopped dill or chopped spring onions and parsley on top when serving.

*Mrs. Anne Moss*

*This page sponsored by ELLA ROBINSON*

### CHILLED ASPARAGUS CREAM SOUP (Serves 8)

500 g tin of asparagus spears  
500 g peeled potatoes  
1 small peeled onion  
the asparagus juice made up to 1 litre with light stock

salt and pepper  
600 mls milk  
300 mls cream

Cut off tips of half the spears and keep them aside to add to the soup after it is cooked. Slice the potatoes and onion thinly and put in a pan with the rest of the asparagus and the juice and the stock.

Add a little salt and pepper and simmer the soup until the potatoes are tender.

Sieve the soup, or put through a blender.

Stir in the milk, half the cream and the remaining asparagus tips. Season the soup carefully, then chill.

Pour the soup into little bowls and float a dessertspoon of cream on the top.

*Beulah Lurie*

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### BEETROOT SOUP

1 kg brisket  
6 beetroots  
2 carrots

½ cup lemon juice  
sugar and salt to taste

Place meat in pot together with 3 beetroots and carrots (grated). Add about 2 l water and allow to simmer for about 3½ to 4 hours. Remove meat and strain soup. Cut meat into small cubes and add to strained soup together with remaining beetroots, finely grated. (This gives soup a better colour than it has if all beetroot is added at beginning). Add lemon juice, salt and sugar to taste. This soup should have a tang and if necessary, more lemon juice can be added. Serves 8.

*Mrs. A. Keet*

o o o

### TOMATO ORANGE SOUP

1 kg fresh tomatoes, seeded and chopped (or 500 g tin whole tomatoes, seeded and chopped)  
1 onion — sliced  
2 carrots — sliced  
2 bayleaves  
8-10 peppercorns, whole  
2 l chicken stock (chicken cubes dissolved in hot water may be used)

60 g Buttercup Margarine kneaded with 60 g flour  
Salt and pepper to taste  
2 dessertspoons sugar  
15 cm of lemon rind  
15 cm of orange rind  
juice of 1 orange  
300 mls cream

In pot, combine tomato, onions, carrots, lemon rind, bayleaves, peppercorns, stock.

Simmer covered for ¾ hour. Liquidise everything in the pot, including bayleaves and peppercorns. Melt butter kneaded with flour.

Stir in liquidised ingredients. Bring to boil for 5 minutes. Season to taste with salt, pepper and sugar. Add orange rind, juice and cream.

Keep hot without boiling.

*Anonymous*

*This page sponsored by JOYCE AMATO*

### ZUCCHINI SOUP

500 g (2 pkts.) baby marrow (sliced)  
2 onions (sliced)  
4 Telma vegetable cubes  
2-3 stalks celery (sliced)

1 potato (sliced)  
4-5 cups water  
cream (optional)

**Method.**— Fry onions in butter and glaze. Add all ingredients. Boil until all vegetables are soft. Season well.

Liquidise.

Can be served hot or cold.

*Bette Rabinson*

### YOGHURT SOUP

1 large container plain yoghurt  
1 shredded fresh cucumber  
3 hard-boiled eggs, shredded

small bunch spring onions chopped  
1 tin cream of tomato soup

Combine all ingredients and chill well. Serve with wholewheat bread and butter.

*Ronnie Elkaim*

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### MUSHROOM SOUP

From 375 g fresh mushrooms, reserve about 6.

Boil the rest in 750 mls stock for ½ hour. Drain. Reserve stock. Liquidise or slice very thinly the cooked mushrooms.

Make a sauce using 3 tbs. Buttercup Margarine melted and 3 tbs. flour cooked together for 3 minutes. Add mushroom stock stirring all the time. Remove from heat.

Add the liquidised mushrooms, 300 mls cream, 2 tbs. sherry (optional). Season to taste. Reheat to serve.

Do not boil again. Slice the reserved fresh mushrooms very thinly and float a few pieces on each serving of soup.

*Rhebe Tatz*

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### VICHYSOISSE

You will need for 5-6 servings:-

3 leeks  
2 small onions  
500 g potatoes  
45 g Buttercup Margarine  
900 mls chicken stock or water  
¼ level teaspoon pepper

½ level teaspoon salt  
dash of Worcestershire sauce  
pinch nutmeg  
300 mls single cream  
chives to garnish

Wash and finely shred the white part of the leeks, chop the onions finely, peel and slice the potatoes. Melt the fat in a large pan and add the leeks and onions. Cover with a lid and cook gently until tender. Add the stock, sliced potatoes, seasoning, Worcestershire sauce and nutmeg. Bring to the boil, then lower heat and simmer gently for 30 minutes. Pass the soup through a fine sieve. Chill well and stir in the cream. Sprinkle with chopped chives and serve.

*Avril Lasker*

*This page sponsored by INGE HEILBRON*

# SOUP GARNISHES

## KNEIDLACH

2 eggs	1 teaspoon salt (level)
2 tablespoons fat	¼ teaspoon pepper
5 tablespoons cold water	½ teaspoon cinnamon
1¼ cups Matzoh Meal	

Beat eggs very well. Add water and beat again. Melt fat and add with rest of ingredients, mix well. Allow to stand at least 1½ hours. Form into balls and put into boiling soup, or can be put into boiling salt water, and boil for ½ hour.

*Mrs. A. H. Ralstein*

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## KNEIDLACH (FILLED)

5 eggs	1 teaspoon sugar
5 tablespoons fat	salt, pepper and cinnamon
8 tablespoons water	2 teaspoons grated onion
2½ cups Matzoh Meal	

Beat 4 eggs with 4 tablespoons fat and the water. Stir in salt, pepper and grated onion. Add Matzoh Meal. Leave to stand.

**Filling.**— Beat 1 egg yolk with 1 tablespoon fat. Add little cinnamon, sugar and salt. Add enough Matzoh Meal to make a crumbly mixture. Take pieces of the first mixture and put a little of the filling in and make into balls. Put into boiling soup and boil for ½ hour.

*Mrs. B. Lange*

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## MEAT BALLS

Mince about 250 g raw steak with 1 onion, pepper and salt and a pinch of sugar. Add 1 egg and a little Matzoh Meal or breadcrumbs to bind. Form into very small balls and add to boiling soup. Boil for about ½ hour.

*Anonymous*

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## FRITTER BEANS

Beat 1 egg until light, then add ¾ teaspoon salt, ½ cup of flour and 2 tablespoons water. Pour through a colander into deep hot fat and fry until brown. Drain and serve in soup.

*Anonymous*

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## PASTRY FOR SMALL PERROGEN

4 cups flour	2 eggs
6 tablespoons Olivine	3 teaspoons baking powder
½ teaspoon salt	cold water

Crumb flour and oil. Add salt. Then add eggs and baking powder. Add enough cold water to make a soft dough. Bake at 400°.

*Mrs. Heleen Graham*

## FARFEL

Beat 1 egg yolk slightly with pinch of salt. Add enough flour to make astiff dough. Grate on a coarse grater and spread on a board to dry. Add to boiling soup and boil 10 minutes.

*Anonymous*

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## CHREMSLACH

1 cup Matzoh Meal	1 cup water
1 egg	1 tablespoon fat
Sugar, salt, cinnamon and ginger to taste	

Beat up egg, water and seasoning. Then add fat, and beat. Then add Matzoh Meal and mix. Let it stand for a short while before frying spoonfuls in oil.

*Mrs. Heleen Graham*

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## PERROGEN (MEAT PIES)

2½ cups flour	<b>Pastry</b>	½ teaspoon salt
2 tablespoons chicken fat		1½ teaspoons baking powder
2 eggs		½ cup cold water

### Meat

Calf pluck, or any meat you prefer      Onions and chicken fat

Boil the meat with the onions. When meat is soft, mince it with the onions. Put in a little seasoning and 1 tablespoon chicken fat. Prepare pastry by mixing all ingredients together to make a soft dough. Roll out on board. Cut rounds with a tumbler and fill with a spoonful of minced meat. Pinch ends together, and if desired, brush with egg yolk. Fry in chicken fat or bake in oven of 450° for 15 minutes.

*Mrs. M. Watkins*

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## MEAT BLINTZES

155 g Holsum	<b>Pastry</b>	155 g water (iced)
250 g flour		little lemon juice and salt

Make pastry, roll out and cut into squares. Mince any cold chicken, brisket or steak with fried onions; add pepper, salt and a little fat and ½ teaspoon sugar. Fill into the squares, seal and bake in a moderate oven.

*Mrs. O. Lowenstein*

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## FILLING FOR KISHKA OR NECK

2 cups unsifted wholemeal flour	1 large grated onion
salt and pepper	

Clean kishka very well. Remove fat and cut it into the flour, add salt, pepper and onion. Stuff this into the cleaned kishka.

*Mrs. D. Middeldorf*

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This page sponsored by PAM KATZ

## MEAT BLINTZES

3 eggs	Batter	salt
½ cup cold water		1 cup flour

Beat all well together. Grease a small frying pan with fat and pour in about 1 large spoon of batter, and fry till set (1 side only). Turn out on a board and fill each with the following meat filling. Then fry just before serving.

**Meat Filling.**— Boil some flank or brisket. Mince with raw onions. Put deep fat in a pan, add the meat and onions, pepper and salt and mix well while frying.

*Mrs. O. Freed*

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## VEGETABLES

### SPANISH RICE

- |  |                 |
|--|-----------------|
| 1 cup rice   | 2 cups water    |
| 3 full tablespoons Olivine                           | 1 teaspoon salt |
| 1 tablespoon tomato puree or more according to taste |                 |

On a high stove boil all ingredients excluding rice. When boiling add rice. When rice settles and a rich scum, a quarter of an inch high, appears on top of the rice, switch off the stove and let rice cook in its own heat for ¾ hour or an hour.

*Mrs. Lilian Rabinowitz*

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### POTATO PUFFS

Into a breakfast cup of hot mashed potatoes beat 1 egg, a dab of Buttercup Margarine and a tablespoon of milk. When this is fluffy but stiff, fold in 2 rounded tablespoons of grated cheese. Arrange in rough lumps on a greased baking sheet and cook in a quick oven until the outside is crisp.

This is delicious as a light luncheon dish accompanied by a green salad.

*Mrs. Sophie Benyshai*

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### SWEET AND SOUR CABBAGE

- |                             |                          |
|-----------------------------|--------------------------|
| 1 cabbage                   | 1 marrow bone            |
| 1 dessertspoon tomato sauce | lemon and sugar to taste |

Shred cabbage finely and sprinkle well with salt. Knead as though kneading dough. Wash in hot water. Put in marrow bone and tomato sauce. Cover with water and stew slowly until nearly done. Add lemon and sugar to taste.

*Mrs. S. Kagan*

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### BROSELKNODEL (Parsley Dumpling)

- |                                   |                 |
|-----------------------------------|-----------------|
| 4 tablespoons Buttercup Margarine | 2 eggs          |
| 1 roll or large slice bread       | salt            |
| 125 g breadcrumbs                 | chopped parsley |

Cream butter, add eggs, plenty chopped parsley. Soak bread in water, squeeze out and add to butter. Add salt and as many breadcrumbs as required. Mixture should be stiff enough to form little balls (if mixture is too dry add a little milk). Simmer in water for 5 minutes. Serve in place of potato or in soup.

*Mrs. Miriam Gordon*

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### SWEET POTATO "MOUSSE"

Boil sweet potatoes in jackets until tender. Remove from jackets and place in casserole. Beat in sherry and butter to taste. Cover top with white marshmallows and put into the oven. Leave until marshmallows are melted and have turned golden brown.

*Mrs. Valerie Back*

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### LEEK FRICADELLES

Boil about 4 to 6 leeks and cool. Mince together with cooked breast of chicken and a little half-fried or steamed onions. Add salt and pepper to taste and 2 or 3 eggs. Lastly, add a little breadcrumbs and flour. The mixture should not be too stiff. Heat fat in a pan, but not too hot, make the mixture into fritters, and fry, not too brown. When fried, place the fricadelles in a saucepan and add sauce.

**Sauce.** — Boil tomato juice to which has been added pepper, salt, sugar, a little lemon juice and hot water, and simmer.

*Mrs. A. Courian*

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### CARROT LOAF

2 cups minced carrots	3 eggs
2 cups breadcrumbs	2 cups strained tomatoes
$\frac{2}{3}$ cup chopped nuts	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	2 teaspoons minced onion

Mix ingredients in order given. Shape into loaf and put into greased baking dish. Steam the loaf for 1 hour and then bake in the oven, 400°, until brown. Serve as a vegetable.

*Mrs. H. Sergay*

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### POTATO AND SPINACH PIE

Boil about 6 large potatoes in jackets. Cool, peel and mash. Add salt, pepper, a pinch of sugar and 1 or 2 eggs. Mix well. Add a little flour to bind. Boil spinach, mince and add a little grated onion together with a little butter and seasoning.

Grease a Pyrex dish well and add thin layers of potato mixture alternately with spinach mixture, a potato layer on top. Brush with milk. Bake for 45 minutes in a moderate oven. Serve hot or cold.

*Mrs. Courian*

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### POTATO LATKES

3 cups raw, grated potatoes	2 eggs
1 teaspoon salt	1 large grated onion
pepper	3 tablespoons flour

Mix all together well. Drop by spoonful into hot fat or Buttercup Margarine and fry till brown on both sides.

*Mrs. B. Lange*

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### POTATO PUDDING

6 large potatoes	1 egg
1 medium onion	pepper and salt
1 cup breadcrumbs	4 tablespoons chicken fat

Grate potatoes and onion. Then throw off liquid from potatoes. Add about  $\frac{1}{2}$  cup water and rest of ingredients. Grease a Pyrex dish with lumps of fat (about 2 tablespoons). Pour in the pudding and bake at 425° till brown.

*Mrs. I. Sacks*

*This page sponsored by SUSAN KAUFMAN*

### CHICK-RICE

Boil rice until almost cooked, then drain. Fry 8 medium sized onions, adding chicken stock all the while so that the onions do not get dry. When onions are brownish, add to rice mixture. Place in a greased Pyrex dish — (add 2 teaspoons dried chicken soup — optional) and bake at 300° until rice is brownish. If it is too dry, add stock to keep it moist. Serve with meat. Should you wish to serve this as a dish on its own, add small pieces of cut up chicken (left-over).

*Mrs. Heleen Graham*

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### MUSHROOM NOODLES

Boil mushrooms till soft. Fry 6 onions and then add mushrooms which have been sliced. Add  $\frac{1}{2}$  cup chicken stock, salt and pepper to taste, and allow to simmer for  $\frac{1}{2}$  hour. Cook broad noodles (quantity as required). Drain noodles and then mix with mushroom and onion mixture. Allow to simmer and serve with any meat dish.

*Mrs. Heleen Graham*

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### POTATO KUGEL

4-5 large grated potatoes	2 tablespoons flour
2 beaten eggs	$\frac{1}{4}$ teaspoon cinnamon
375 g melted Buttercup Margarine	1 level tablespoon salt
$\frac{1}{2}$ teaspoon baking powder	1 dessertspoon sugar or golden syrup
2 tablespoons breadcrumbs	

**Method.** — Mix all above ingredients together. Bake in a greased Pyrex dish for about 1-1 $\frac{1}{2}$  hours at 350°. (If necessary, loosen from edges — and add hot water from time to time to keep moist). Serve either as a side dish with meat or chicken or with soup.

*Ronnie Elkaim*

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### WHOLEWHEAT AND VEGETABLE ROAST (Serves 6)

60 g Olivine	1 cup soya beans if desired
1 large onion — finely chopped	$\frac{3}{4}$ teaspoon thyme
250 g carrots — finely chopped	$\frac{1}{2}$ teaspoon salt
250 g turnips — finely chopped	$\frac{1}{4}$ teaspoon black pepper
2 celery stalks — finely chopped	$\frac{1}{2}$ cup grated cheese
1 cup wholewheat flour (soaked overnight and drained)	

Pre-heat oven to 400°.

Lightly grease a loaf tin with a little oil. Set aside. In a large frying pan, heat oil over moderate heat. When hot add onion and stir until soft and glossy (not brown). Add carrots, turnips and celery and stir the mixture. Continue frying, stirring occasionally for 10-12 minutes or until all vegetables are tender.

Remove from heat and transfer vegetables to large mixing bowl. Add wholewheat flour, soya beans, thyme salt and pepper. Blend ingredients together until a sticky batter is formed. Smooth batter into greased tin. Place in oven and bake for about 45 minutes — until knife comes out clean.

*Phina Gruer*

*This page sponsored by SONIA ORKIN*

### SPINACH PIE

1 kg spinach — Swiss Chard type  
500 g Cheddar cheese, grated  
1½ level teaspoons salt  
¼ teaspoon pepper  
6 standard eggs

Wash spinach well, leaving 5 cm white stalk and boil in lightly salted water until stalks show a clarification. Drain boiled spinach in colander, chop roughly and allow to cool. Mix altogether well drained spinach, cheese, salt, pepper and eggs and beat thoroughly.

Pour mixture into a buttered eight inch ovenproof EARTHENWARE soufflé dish, and bake at 360°/370° for approximately 50 minutes, or until the centre feels set to the touch.

Larger containers may be used, under which circumstances the pie will be shallower and not take quite the full time of cooking.

Mrs. M. Woolley

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### CURRIED PEACH BAKE (TO SERVE WITH MEAT)

Mix together:-

2 tablespoons Buttercup Margarine  
¼ cup brown sugar  
½ cup seedless raisins  
1 teaspoon curry powder

Pour over 1 large tin drained peaches. Bake at 325° for 45 minutes.

Rhebe Tatz

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### LENTILS — BROWN

Boil 1 cup lentils in 4 cups salted water, to which you have added at least one marrow bone, and one whole peeled onion.

When tender, drain, remove onion and marrow bone. Add the juice of one lemon, salt and pepper to taste. Add 1 tablespoon Buttercup Margarine and keep warm.

Rhebe Tatz

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### LENTILS A LA GREQUE

Boil 1 cup brown lentils in 4 cups water. Adding 3 onions and 2 tablespoons olive oil. When soft, drain and add 1 teaspoon (5 mls) origanum and 1 clove of garlic, mashed.

Rhebe Tatz

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### PASTA/SPINACH SOUFFLE

250 g pasta (tagliatella)  
450 g spinach (fresh or frozen)  
About 125 g cheese (sliced)  
Curry powder (to taste)  
2 eggs  
2 to 3 onions  
Olivine  
salt

**Method.**— Boil pasta in 2 l of water (salted), to which add 1 teaspoon Olivine. Cut onions in slices and brown in a little oil. Add 1 teaspoon curry powder. Add spinach and mix well and cook for a few minutes. Butter dish and place alternate layers of pasta and spinach mixture. Cover with slices of cheese. Beat eggs with a little milk and pour over cheese and top with a few knobs of butter. Bake in a pre-heated oven (medium heat) for about ½ hour. Serve hot or cold.

Mrs. Elsie Furman

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## SALADS, SALAD DRESSINGS, SAUCES AND PICKLES

### COLE-SLAW DRESSING

Suitable for cabbage, celery and apple and potato salads.

2 tablespoons sugar	300 mls vinegar
1 tablespoon flour	2 eggs (or 1 will suffice)
2 teaspoons salt	1 tablespoon Buttercup Margarine
1 tablespoon made mustard	cream or milk for final dilution

Mix dry ingredients together. Moisten with little water, add mustard. Add to vinegar and cook thoroughly for about 15 minutes. Beat eggs, add butter, pour hot vinegar over these and beat thoroughly. When cool add a cup of cream or milk. Beat again. This keeps well in refrigerator and it is a good plan to put it away before cream is added and take out a small quantity as required.

*Mrs. Phyllis Sussman*

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### BARBECUE SAUCE (Serves 10)

1 medium onion, chopped	1 cup tomato sauce
2 tablespoons cooking fat	2 tablespoons Worcester sauce
2 tablespoons lemon juice	1/8 teaspoon pepper
1 or more cups water	1 teaspoon salt
1/2 teaspoon mustard powder	2 tablespoons vinegar
2 tablespoons brown sugar	

Brown onion in hot fat. Then add rest of the ingredients, and boil for 20 to 30 minutes.

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### AVOCADO SALAD

Scoop out a medium sized avocado, and mash up well. Add salt and pepper to taste. Chop up a small onion very finely and add to mixture. Meanwhile prepare 1 lime jelly in the usual way. When it is beginning to jell, mix in the avocado mixture; mix well and mould to freeze. Turn out of the mould when well set, and garnish with tomatoes, etc.

*Mrs. Anne Moss*

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### PICKLED CUCUMBERS (QUICK)

2 1/2 kg firm cucumbers (washed)	8 cloves garlic (cut into small pieces)
3 l water	6 bayleaves
4 dessertspoons salt	25 peppercorns
4 dessertspoons white vinegar	1 tablespoon sugar
1 tablespoon mustard seed	1 tablespoon caraway seed (crushed)
1 small red chilli (optional)	

Cut the cucumbers in half, lengthwise and sprinkle cut sides liberally with salt (takes about 8 teaspoons in all). Boil remaining ingredients, and when boiling, pour over the cucumbers which have been packed in a large basin, cut sides up. Put a plate on top with a weight, to keep the cucumbers under the liquid until cold. Leave out of fridge until the following day. Then pack into jars and keep in fridge.

*Mrs. D. Ralstein*

*This page sponsored by GRACE HELFER*

### EGG SALAD (IN TOMATOES)

6 hard-boiled eggs, chopped  
½ cup finely chopped celery  
⅓ cup diced green pepper  
⅓ cup thinly sliced green onions  
2-3 tablespoons prepared mustard

½ teaspoon salt  
dash pepper  
¼ cup salad dressing or mayonnaise  
large tomatoes

Combine the first 7 ingredients well. Then add mayonnaise and mix well. Make tomatoes into flowers, by cutting not right through bottom, in half then in quarters, and fill them with the salad, between the slices.

*Mrs. D. Ralstein*

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### PICKLED CUCUMBERS

2½ kg small firm cucumbers  
(place whole in a basin)  
few peppercorns and bayleaves  
⅓ cup salt — to taste

fresh dill  
1 head of garlic (cut into small pieces)  
3 or 4 lemon or orange leaves (fresh)

Boil 3 pints of water, and pour it over the cucumbers. Add rest of ingredients. Put a plank on top with a heavy stone, and leave out of the fridge for 3 days. Taste for more salt if necessary, and then pack in jars and put in fridge.

*Mrs. I. Pogir*

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### CABBAGE SALAD

Wash 1 cabbage well and shred finely. Grate about 8 carrots and mix with cabbage. Add lemon juice, sugar and mayonnaise to taste. If liked, add a little grated pineapple.

*Mrs. Celia Baron*

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### BEETROOT IN ASPIC

Boil 6 peeled beetroots. Cool and slice. Add 1 raw onion thinly sliced, sugar, salt and vinegar. Take 2 dessertspoons gelatine and dissolve in a little of the hot beetroot gravy in which they were boiled. Add enough of the gravy to cover the beetroots. Pour into a rinsed mould and set. Unmould and trim.

*Mrs. Rebecca Rabinowitz*

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### CUCUMBER, TOMATO AND ONION SALAD

½ medium-sized cucumber  
250 g firm tomatoes  
125 g onions  
1 teaspoon salt

1 large teaspoon sugar  
3 tablespoons vinegar  
a shake of pepper

Peel cucumbers and slice thinly and skin and slice tomatoes. Peel onions and slice wafer thin. Mix salt, sugar, pepper and vinegar. Arrange vegetables in layers in a salad bowl, pouring on the dressing as you go. Leave for 20 minutes, sprinkle with chopped parsley and serve.

*Mrs. O. Rosenberg*

*This page sponsored by BELLA BOYER*

### SAUCE TARTARE

Add to the above mixture finely-chopped spring onions (the green part), pickled cucumbers and green olives.

*Mrs. M. Taitz*

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### PICKLED ONIONS

Clean small pickling onions and soak in salt water overnight. In the morning, pack them in bottles with bayleaves, peppercorns and a few cloves. Pour over a vinegar made up of 1 tablespoon sugar to 1 pint of vinegar. Close jars.

*Mrs. L. A. Rubinstein*

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### PICKLED CABBAGE

Shred cabbage very finely. Wash well. Pour boiling water over to cover and leave to cool. When cool, add white vinegar essence, salt and sugar to taste. Add 1 teaspoon caraway seeds. Improve with a few small onions added. Can be kept when bottled.

*Mrs. M. Sussman*

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### BARBEQUE SAUCE

Brown onions in fat. Skin and stew 1 kg tomatoes and add to the onions. Add tomato sauce, Worcester sauce, salt and a little sugar and vinegar to taste.

*Mrs. M. Taitz*

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### SALAD DRESSING

yolks of 2 hard-boiled eggs  
1 heaped teaspoon sugar  
½ teaspoon salt

½ teaspoon mustard powder  
⅓ cup lemon juice  
water or cream to mix

Mix all the ingredients well together and pour over salad. Add more sugar or lemon to taste.

*Mrs. A. H. Ralstein*

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### ISRAELI SALAD

tomato  
pickled cucumber  
shredded lettuce  
olives  
olive oil

cucumber  
shredded carrot  
fresh green peas  
drop of lemon juice  
salt

Cut and mix all ingredients. Dress with lemon juice, olive oil and salt.

*Mrs. S. Kagan*

*This page sponsored by FAY BERNSTEIN*

### FRENCH DRESSING

1 teaspoon mustard powder  
½ teaspoon salt  
3 tablespoons Olivine  
1½ tablespoons vinegar

1 teaspoon chopped chives  
1 teaspoon chopped onion  
1 teaspoon chopped parsley

Mix all the above ingredients very well.

*Mrs. Mavis Kingsley*

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### SUGARLESS PICKLED CUCUMBERS (24 hour pickle)

20 small cucumbers  
¾ cup coarse salt  
1 dessertspoon saltpetre  
20 cloves crushed garlic

5 l water  
1 dessertspoon pimento corns  
2 tablespoons yeastmans vinegar  
essence

Boil water, salt, pimento and half the crushed garlic. In pickling dish, place the cucumbers that have been washed and dried. Sprinkle saltpetre and balance crushed garlic. Pour the boiling mixture over the cucumbers, etc., and then add vinegar essence.

*Mrs. Heleen Graham*

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### VEGETABLE PICKLE

1 egg plant cut into cubes  
½ or more small cauliflower  
2 carrots cut into strips  
2 celery stalks  
1 baby marrow  
1 green pepper  
90 mls olives — optional

wine vinegar  
1¾ cup Olivine  
2 tablespoons sugar  
1 teaspoon salt  
½ teaspoon oregano  
¼ teaspoon black pepper  
½ cup water

Boil over medium heat for 5 minutes. Add to vegetables when cool and bottle.

*Pam Katz*

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### WHEAT SALAD KERNELS

Boil clean wheat kernels in salted water until tender and swollen. Drain and cool. Chop 1 green pepper and 2-3 spring onions very finely, add to wheat and mix well. Pour over French dressing. Let stand for at least one hour before serving.

*Rhebe Tatz*

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### AVOCADO AND GRAPEFRUIT SALAD

Drain one tin of grapefruit segments.

Liquidise one avocado pear with sufficient French dressing to make a runny consistency — pour over grapefruit and add ½ cup chopped pecan nuts. Serve with fish or meat.

*Rhebe Tatz*

*This page sponsored by A. L. URBACK*

### AJADA (GARLIC MAYONNAISE)

2 thick slices stale bread (cut off crusts,  
soak in water, squeeze well)  
1 head garlic, crushed

1 lemon squeezed, dash vinegar  
1 teaspoon salt  
1 egg

**Method.**— Liquidise all these ingredients in a blender. Slowly add Olivine — as for mayonnaise — until thick. Delicious served as a dip with crusty bread.

*Val Pilosof*

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### FRIED EGG PLANT SALAD

Peel egg plant and slice into rings. (Approx. ½ cm thick), sprinkle with salt and allow to stand for about one hour (preferably in a colander) to drain.

Fry salted and drained slices in Olivine until cooked. Place in a dish.

Crush one or two cloves of garlic and add to the cooked egg plant. Pour over brown vinegar to cover the slices. Allow to cool before serving. Keeps well in fridge.

*Ronnie Elkaim*

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### PARSLEY SALAD DRESSING

2 bunches parsley leaves off the stalk  
1 cup lemon juice  
1 cup vinegar  
2 cups Olivine

Salt, pepper, aromat  
⅓ teaspoon dry mustard  
2 teaspoons salt

Blend all ingredients together until thick. When blended, oil should not separate from the vinegar if it is beaten properly.

*Pamela Lassak*

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### CAULIFLOWER SALAD WITH ROQUEFORT DRESSING

1 cauliflower cut into florets

Drop cauliflower into boiling salty water for 3 minutes. Remove and pour over following marinade:-

½ teaspoon salt  
½ teaspoon sugar  
¼ teaspoon ground black pepper

⅓ cup vinegar  
⅓ cup water  
⅓ cup Olivine

Marinate for 2 days, place on serving dish and pour over the following dressing. Sprinkle with chopped pecan nuts.

300 mls cream  
1 tablespoon roquefort cheese  
2 tablespoons vinegar  
1 tablespoon lemon juice

¼ teaspoon ground black pepper  
½ cup mayonnaise  
2 crushed cloves garlic  
¾ teaspoon salt

Liquidise all together until smooth.

*Tirzah Feigenbaum*

*This page sponsored by JEANETTE SCHUR*

### RAW SPINACH SALAD

500 g young spinach leaves, thinly sliced

**Dressing.**— Mix very well together:-

1/3 cup Olivine

1 1/2 tablespoons soya sauce

pinch ground ginger

salt and pepper to taste

1/2 teaspoon sugar

Pour over salad and serve.

1 cup bean sprouts  
Add 2 hard-boiled eggs,  
well chopped

1/2 teaspoon honey,

2 tablespoons vinegar

1/2 teaspoon grated lemon rind

1 cup croutons

*Rhebe Tatz*

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### PICKLED GREEN PEPPERS

1 kg green peppers  
(seeded and quartered)

1 1/2 l white vinegar

2 tablespoons sugar

2 tablespoons salt

1 large whole head of garlic  
1 tablespoon pickling spice  
bayleaves and peppercorns

Dissolve salt and sugar in vinegar (add more water if too strong). Add spices and garlic. Pour over peppers. Allow to stand overnight then keep in fridge.

*Avis Mirbach*

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## MEATS AND POULTRY

### LAMB A LA PORTUGAISE (Leg or shoulder lamb — just under 2 kg)

#### Sauce

2 onions, chopped	2 cloves garlic, chopped
2 sliced tomatoes	1 dessertspoon H.P. sauce
½ teaspoon sugar	¼ teaspoon paprika
½ teaspoon ginger	salt and pepper
3 bayleaves	6 peppercorns

Mix above well, then add 1 tablespoon flour and mix again. Remove outer skin from meat, and rub all over with a cut lemon. Put in dish, and rub sauce well in and leave to stand overnight. In morning turn and rub sauce well in again. If meat is lean, make slits in it and fill with pieces of Pastrine. Roast as usual with sliced onions and a little water. When ready, drain off any fat, and add to gravy about ½ cup red wine. Strain gravy, and serve with meat together with rice and other vegetables.

*Mrs. Anne Taub*

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### AMERICAN CHICKEN SALAD

Cook a large chicken by steaming with a bayleaf, peppercorns, a little garlic, etc. When cold remove from bone and skin. Dice very fine, and mix with a cup of mayonnaise, a cup of diced celery, a cup of diced fresh cucumber and half a cup of fried sliced almonds or fresh chopped walnuts. Serve on lettuce leaves.

*Mrs. L. Emanuel*

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### CHINESE SWEET AND SOUR MINCE BALLS (Serves 6)

Mix 500 g minced beef with 1 egg, 1 tablespoon corn starch, 1 teaspoon salt, 2 tablespoons chopped onions, little pepper, and 1 teaspoon ground ginger. Roll into small balls (about 1 inch in diameter) and fry in Olive. Drain well.

**Sauce.**— Mix 1 tablespoon Olive with 1 cup pineapple juice, and cook over low heat for a couple of minutes. Add:-

3 tablespoons cornstarch (flat)	1 tablespoon soya sauce
3 tablespoons brown vinegar	6 tablespoons water
½ cup sugar	

Cook again slowly until mixture thickens, stirring all the time.

Pour the sauce over the meat balls, add cubed pineapple and 1 jar Amoy Chinese Pickles (diced). Heat all together and before serving, add 3 diced green peppers.

**N.B.**— Use the tinned pineapple chunks.

If you wish to increase the quantities, do not use more corn starch. More can always be added if the sauce is not thick enough.

*Mrs. J. Mandelstam*

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### SAUERBRAUTEN

Take beef and brown on both sides. Chop onions and brown in fat. Use about ¾ cup vinegar, tomato sauce and a few drops Worcester sauce and Tabasco sauce and approximately 2 cups water. Add seedless raisins and sultanas and a few peppercorns and bayleaves. Pour over beef and simmer. An hour before serving add 10 ginger snaps.

*Mrs. Ray Vnuk*

*This page sponsored by RACHEL BARON*

### SPAGHETTI BOLOGNAISE (8 servings)

½ pkt. spaghetti	1 can tomato soup
1½ cups minced meat	500 g tin tomato puree
2 tablespoons Olivine	2 cups water
⅓ cup diced or grated onion	1 teaspoon chopped parsley
1 clove garlic (optional)	¼ teaspoon thyme
small piece bayleaf	1 teaspoon salt
few drops Tabasco sauce	250 g grated cheese (optional)

Heat oil in a saucepan. Add meat, onion and garlic. Cook until meat is browned. Add more oil if necessary. Add soup, puree, water, parsley and seasoning. Simmer over low heat uncovered for about 1½ hours, or until thick. Add salt to taste.

**Spaghetti.**— Cook, rinse and drain spaghetti. Keep hot until ready to serve. Pour sauce on top. If required, serve with grated cheese.

*Mrs. Dobby Chai*

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### CHOP SUEY

Cut into strips of 2½ cm x ½ cm the following:-

Chicken and/or lamb — about 1 kg. Marinate this with 2 tablespoons soya sauce, 2 tablespoons sherry and 1 teaspoon ginger. (Grated fresh ginger is best). Work in with hands.

500 g young beans	1 head celery
1 bunch spring onions (green as well)	1 small tin bamboo shoots
250 g mushrooms (dried are best)	1 small tin water chestnuts

Fry in a little very hot oil (1 tablespoon) the above vegetables, separately, for 3 minutes only. Then put together in a pot. Lastly, fry the meat marinating also only for 3 minutes. Put this together with the vegetables. Add 1 more tablespoon soya sauce, and 1 tablespoon sherry, 1 cup chicken soup, 1 tablespoon maizena, and boil for 5 minutes. Serve on a platter and cover with Chinese rice straws. (Rice straws are fried in hot oil for 1 minute). Only rice is served with this dish.

*Mrs. F. Zwarenstein*

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### OX TONGUE IN POLISH SAUCE

1 ox tongue

#### Sauce

4 sugar cubes	thin strip lemon peel
4 tablespoons chicken fat	2 tablespoons sultanas
1 level tablespoon flour	2 tablespoons almonds
¼ glass sherry	vegetables as for stock
juice of ½ lemon	1 tablespoon salt
bouquet garni (spices)	

Rinse the tongue well in hot water. Simmer it gently with vegetables, salt and bouquet garni. Take out when tender (3-4 hours). Skin the tongue and leave to cool. Slice.

Make a roux out of the flour and chicken fat. Add the stock in which the tongue was boiled, add lemon juice, sherry, slightly browned sugar, rind, well rinsed sultanas, and blanched and shredded almonds. Stir well. Add the sliced tongue. Bring to the boil. Serve with mashed potatoes.

*Mrs. Rachel Baron*

*This page sponsored by A. KAVOWIC*

### HUNGARIAN BRAISED CHICKEN

Slice 2 onions and fry in fat in a saucepan till half done. Cut a raw chicken in portions and add to the onions and fat. Let it steam till nearly all liquid is absorbed. Then when there is just a little fat left, sprinkle a little flour and 1 teaspoon paprika in. Cover with water and leave to simmer. Serve with potatoes.

*Mrs. J. Zlattner*

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### APRICOT SAUCE FOR FRESH OR PICKLED TONGUE

Cook tongue until tender. Remove skin, and when cool, slice thinly. Cook 1 can apricot halves and juice until tender. Strain through sieve. Add ⅓ to ½ cup white vinegar. Mix 1-2 teaspoons flour to a paste, add 1 teaspoon salt, and bring all to the boil. Now place layer by layer on tongue in casserole dish alternately with sauce. Top off with sauce. Cook gently. Serve hot with fluffy rice and green peas.

*Mrs. Stella Sager*

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### LASAGNE (Vleisig)

½ pkt. green noodles	¼ teaspoon pepper
1 cm wide	2 bayleaves
500 g minced beef	¼ cup water
2 large onions, diced	6 tablespoons Olivine
2 cloves garlic	2 tablespoons flour
4 tablespoons chopped parsley	2 egg yolks
1 large tin tomatoes	1 chicken bouillon cube
1 small tin tomato puree	1 teaspoon salt

Heat 2 tablespoons oil in pan. Saute 1 diced onion and 2 cloves garlic (crushed) for a few minutes. Add minced beef and brown. Add parsley, tomatoes, puree, salt, pepper and bayleaves. Stir and simmer for 20 minutes at low heat. Cook noodles in boiling water for 20 minutes. Add 1 tablespoon oil to water. Drain. Make sauce by browning 1 diced onion in 4 tablespoons hot oil until golden. Quickly stir in flour. Dissolve chicken cube in 2 cups boiling water and add. Stir to form smooth sauce. When thick remove from heat and slowly add 2 beaten yolks. Set aside. In large ovenproof dish, place layer of noodles, tomato and meat mixture. Spoon a layer of sauce over. Continue, ending with generous layer of sauce topping. Bake at 350° for 15-20 minutes.

*Mrs. Stella Sager*

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### HAMBURGER CASSEROLE

1 tablespoon chicken fat	1 tin sweetcorn
2 sliced onions	1½ cups mashed potatoes
500 g mince	1 beaten egg yolk
1 cup tinned tomato soup	½ cup breadcrumbs which have been moistened with fat

Melt fat and saute meat and onions over low heat until onions are golden brown. Add soup and sweetcorn, mixing thoroughly. Spoon into greased baking dish. Cover with mashed potatoes well seasoned with salt and pepper. Brush top with beaten egg yolk and sprinkle generously with the crumbs. Bake at 400° until well browned (about 45 minutes).

*Mrs. Ada Plett*

*This page sponsored by CHOP SUEY CENTRE*

### CHITUNDI (An Indian Dish)

1 chicken	Olivine
500 g onions per head	salt and sugar
tomato puree	lemon juice
turmeric	

Grate onions and cook slowly in hot oil. Do not brown. Add 2 or 3 tablespoons turmeric, salt, 1 dessertspoon sugar and juice of 3 lemons. Also add small tin tomato puree and the chicken which has previously been cut into small pieces. Add water to cover. Simmer gently until chicken is tender, renewing water or stock as required and keeping mixture to consistency of porridge. Serve hot with rice. Makes 4 to 6 portions, according to size of chicken.

*Mrs. N. Blake*

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### CABBAGE — HUNGARIAN STYLE

750 g cabbage, or pickled cabbage, drained	3 tablespoons tomato sauce
1 medium onion	2 tablespoons flour
1 tablespoon syrup	1 pinch salt and pepper
1 tablespoon apricot jam	1 apple
1 kg lean brisket or soft beef cut in inch squares	juice of 1 lemon

Shred cabbage finely, salt and let stand. Fry diced onion in hot fat. When golden brown squeeze cabbage well and put in a pot. Cover with lid, and let simmer on low heat for 10 minutes, then add syrup, jam, tomato sauce and flour. Blend well together, adding a dash of pepper and salt. Bring to boil with cold water. Then add sliced apples, sliced beef and lemon juice. Cook in oven — slow heat — until meat is soft — approximately 1½ hours. Meat can be substituted by any cooked left-overs or polony.

*Mrs. R. Zwebner*

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### STUFFED GREEN PEPPERS

Cut off top of peppers and clean inside.

Mix together minced beef, ½ cup rice, chopped onion, salt, pepper and a taste of garlic. Scald peppers in boiling water until soft. Dry, drain and stuff with meat mixture. Stand upright in a baking pan and add 1 tin tomato, a little water, about 2 tablespoons brown sugar and lemon juice. Keep basting with liquid until done. Add a little oil at end to glaze.

*Mrs. L. Emanuel*

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### ORANGE DUCK OR CHICKEN

Rub duck with salt, pepper and garlic. Roast in ordinary way, preferably in aluminium foil until done.

Cook ½ cup redcurrant jelly, juice of two oranges and a little grated rind, 1 cup of water, 2 tablespoons of cornflour.

Put duck in pan and coat with sauce.

*Mrs. L. Emanuel*

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### VIENNA SCHNITZELS

Season schnitzels with salt and pepper. Dip in beaten egg, and then in breadcrumbs. Place in fridge for at least one hour. Heat some oil, and brown schnitzels quickly on both sides. Serve with lemon, peas and mashed potatoes or chips.

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### HUNGARIAN GOULASH

750 g beef	1 tablespoon paprika
5 or 6 onions	salt and pepper
1 or 2 cloves garlic	few caraway seeds

Add sliced onions to hot fat in saucepan and cook until beginning to brown. Add cubed beef, crushed garlic, paprika, caraway seeds. Season to taste. Cover pan and cook until slightly brown. Add sufficient hot stock or water and simmer 1½ to 2 hours. Serve with dumplings.

*Mrs. N. Blake*

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### MOCK CHICKEN FAT

500 g pkt. vegetable fat	1 bottle Sunflower Seed Oil
500 g cut up onions	500 g grated carrots
salt and pepper	

Put everything into a large pot and allow to cook slowly for an hour. When cold strain, and put into jars and use instead of chicken fat. Lots of carrots make it lovely and yellow.

*Mrs. L. Gruber*

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### CABBAGE BLINTZES

1 cabbage	sugar
beetroot	tomatoes
apple	minced meat
carrots	egg
lemon juice	onions

Boil several outer leaves of cabbage (uncut) for a few minutes till soft in salt water. Take out and pour cold water over. Prepare mincemeat with egg, onion, pepper and salt and put about 1 tablespoon of the meat in centre of each leaf. (Cut off part of hard centre stem of leaves to enable leaf to be folded without breaking).

Fold leaves as for blintzes. Place in a roasting-pan with fat. Then cover with grated beetroot, apple, carrots, shredded cabbage and sliced tomatoes. Season with pepper and salt and flavour with sugar and lemon juice to taste.

Put dabs of fat on top and bake in hot oven till brown. (If tomatoes are too brown when done, remove them before serving).

*Mrs. A. Leifer*

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### CHICKEN PILAU

Boil a chicken and let it cool in the soup. Remove all the meat from the frame. Fry sliced onions in fat. Boil some rice. Mix onions, fat, rice and a few sultanas. Line a Pyrex dish with some of the rice mixture and then a layer of chicken and cover with the remainder of the rice. Bake in the oven.

*Mrs. H. Banet*

This page sponsored by TRISH JAFFA

### SWEET AND SOUR CHICKEN

Skin a chicken and mince the raw flesh.

Boil about 3 leeks in a little water and when soft, mash and add to the chicken. Add 2 eggs, 1 tablespoon flour (or Matzoh Meal), pepper, salt and ginger. Form into balls and partly fry. In the meantime, boil about 500 g skinned tomatoes in water. Put chicken balls in and stew. Add also about ½ cup tomato sauce. When nearly done, add sugar and lemon juice to taste.

*Mrs. T. Zacks*

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### SPICY VEAL CASSEROLE (Serves 4)

- |                                |  |
|--------------------------------|--|
| 500 g stewing veal, cubed      | 6 small onions (pickling type), peeled |
| 1 tablespoon schmalz or Olive  | 2 tablespoons white wine               |
| 450 mls veal or chicken stock  | salt, pepper                           |
| 125 g button mushrooms         | 4 tart eating apples, cored and        |
| 125 g seedless raisins         | thickly sliced                         |
| 1 level dessertspoon cornflour |  |

Saute veal and onions in fat in a heavy casserole until golden brown. Add stock and wine and bring to the boil. Add all other ingredients except the cornflour, and season to taste. Cover and cook over a low heat, or in the oven at 350° for about 1 hour, or until meat is tender. Blend cornflour with a little cold water, then stir gently into the casserole and continue cooking until it thickens.

*Mrs. Ada Plett*

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### QUICK MUTTON PILAFF (Using left-over meat)

- |  |                         |
|--|-------------------------|
| 1 tin tomato soup                          | ¼ cup almonds (chopped) |
| 1 small onion, minced                      | ½ cup seedless raisins  |
| 2 or 3 cups left-over cooked mutton, diced | salt and pepper         |
| 2 cups cooked rice                         | breadcrumbs for topping |

Combine the rice, onions, raisins and almonds. Heat soup and add it, stirring until blended, then season to taste. Grease an ovenproof dish and into it put alternative layers of the rice mixture, and the cubed meat, finishing with a layer of rice. Top this layer with breadcrumbs. Bake in a moderate oven for no more than 30 minutes — serve with chutney.

*Mrs. Ada Plett*

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### OSBO BUCCO (Serves 4)

- |                                       |                        |
|---------------------------------------|------------------------|
| 4 thick slices of shin of veal        | 1 anchovy fillet       |
| 2 cloves garlic                       | 1 finely chopped onion |
| 150 ml stock                          | 150 ml dry white wine  |
| 2 tablespoons tomato concentrate      | 4 sprigs parsley       |
| flour, salt and freshly ground pepper | rind of 1 lemon        |

Dredge veal in flour and saute in oil until brown. Season with salt and ground pepper. Add onion, garlic, stock, wine and tomato concentrate. Cover and simmer gently until meat is tender — approximately 1½ hours. Add 1 anchovy fillet, finely chopped, and parsley and finely grated lemon rind. Serve on saffron rice.

*Mrs. Rhebe Tatz*

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### MONKEY GLAND STEAK

- |                               |              |                           |
|-------------------------------|--------------|---------------------------|
| 2 tablespoons tomato sauce    | <b>Sauce</b> | ½ teaspoon mustard powder |
| 2 tablespoons Worcester sauce |              | 1 grated onion            |
| 2 tablespoons vinegar         |              | salt and pepper           |

Mix all above ingredients together. Slice steak thinly and beat it well. Soak the steak in the sauce for about 2 hours or more. Drain through a colander and fry the steak in a little fat. When done, pour the sauce over in the pan, and simmer. A few chopped green olives can be added if liked.

*Mrs. Marcia Rubinstein*

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### PINEAPPLE BRISKET

Boil pickled brisket (¾ cooked). Then baste in the following sauce:-

- |                                 |              |                   |
|---------------------------------|--------------|-------------------|
| 1 kg tin pineapple juice        | <b>Sauce</b> | 1 cup brown sugar |
| 1 heaped tablespoon dry mustard |              |                   |

Turn on to a dish about ½ hour before serving, placing pineapple rings around and on top of the meat, with a cherry in the hole of the pineapple ring. Pour sauce over it and allow to brown in oven.

*Mrs. Heleen Graham*

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### BEEF ROLL

- |                            |                               |
|----------------------------|-------------------------------|
| Flank Steak                | ½ cup minced onion            |
| 1 beaten egg               | ½ cup chopped celery          |
| 1 cup minced carrots       | ½ cup cooked tomatoes         |
| breadcrumbs                | 3 tablespoons fat             |
| 1 teaspoon salt            | 1½ cups hot water (or mixture |
| ½ teaspoon pepper          | wine and water)               |
| 1 cup mushrooms (optional) |                               |

Mix egg, vegetables, salt and crumbs. Spread stuffing over meat, and roll and tie. Roll in flour and pepper and brown in hot fat in a roasting pan. Add hot water and mushrooms. Cover tightly, and cook at 325° for 1½-2 hours.

*Mrs. Pauline Bloomhill*

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### PICKLED LEG LAMB

- |                              |                           |
|------------------------------|---------------------------|
| 1 large leg of lamb          | 1 teaspoon brown sugar    |
| 8 pieces garlic              | bayleaves and peppercorns |
| 3 large handfuls coarse salt | cold water to cover       |
| 1 teaspoon saltpetre         | pinch mustard powder      |

Score the lamb and put pieces of garlic into meat. Mix together salt, saltpetre, mustard and sugar and rub into meat. Add bayleaves and peppercorns and a little extra garlic. Cover with cold water. Press with a plate with a stone on top. Leave in refrigerator for 4 days, turning once each day.

When ready, boil with a little lemon juice in the water. Serve hot with any piquant sauce or cold with salads.

*Mrs. I. Kretzmer*

*This page sponsored by EVA KAPLAN*



### SWEET AND SOUR TONGUE

Boil a tongue and cool. (Left-over cold tongue may be used). Slice. Simmer cold tongue in the following sauce for 10 minutes:-

**Sauce.**— Melt 1 tablespoon fat and add 1 chopped onion. Fry until golden brown. Add 2 tablespoons flour and 600 mls gravy from tongue. Bring to boil and stir all the time. Add 1 tablespoon syrup, 4 tablespoons brown sugar, 2 tablespoons vinegar and 2 doz. sultanas or seedless raisins, 2 teaspoons cinnamon and lemon juice. Simmer sauce for 10 minutes and strain before tongue is added.

*Mrs. Ray Vnuk*

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### AMO CHINESE STEAK

Cut 750 g round steak very thin. Marinate for ½ hour turning after 15 minutes in following sauce: ⅓ cup soy sauce, 1 teaspoon sugar. Cut 3 large peeled tomatoes. Cut 2 green peppers into strips. In large frying pan heat ¼ cup oil, add one clove garlic and ¾ teaspoon ginger. Cook for a few minutes, remove garlic. Add green pepper and saute, stirring constantly for 3 minutes. Add beef and its liquid and cook for another 3 minutes. Add tomatoes and cover. Simmer for another few minutes. Blend 2 teaspoons cornstarch with 2 tablespoons soy sauce. Stir into meat and cook 1 minute more. Serves 6.

*Mrs. Pat Baldachin*

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### YORKSHIRE PUDDING (Served with Roast Beef)

2 eggs	salt, pepper
2 cups flour	1 teaspoon baking powder
1 cup water	

Beat eggs very well. Add all ingredients except baking powder and beat again. Allow to stand at least 1 hour. Add baking powder just before baking. Bake in a Pyrex dish in boiling fat or gravy till crisp. Serve with roast beef.

*Mrs. H. Eliasov*

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### STUFFING FOR POULTRY

1 tablespoon chicken fat	few drops onion juice
2 cups breadcrumbs	1 tablespoon chopped parsley
salt and pepper	1 well-beaten egg

Mix breadcrumbs into fat and salt, pepper and onion juice. Add parsley and lastly, well-beaten egg. Mix all together on the stove for a few minutes. You can either use this to stuff poultry or serve separately with the meat course.

*Mrs. S. Benyshai*

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### BRAWN

1 doz. sheeps' trotters	½ doz. pickled sheeps' tongues
-------------------------	--------------------------------

Clean and boil trotters with salt until soft (takes about a day). Boil tongues separately till soft. Remove bones from trotters, chop up tongues and mix together. Place in a bowl with gravy from trotters and place in refrigerator to set. If required, line bowl first with hard-boiled eggs, sliced.

*Mrs. Becky Rabinowitz*

*This page sponsored by MAUREEN SUMMERFIELD*

### CARROT TZIMES

1½ kg brisket (boned)	3 tablespoons golden syrup
3 bunches carrots	2 teaspoons sugar
4 large potatoes	little ginger
salt and pepper	

Boil brisket with water to cover until meat is nearly soft. Cube carrots and potatoes and put into the pot with the meat. Add salt, pepper, syrup, sugar and a little ginger. When cooked, the vegetables can be browned in the oven.

*Mrs. B. Lange*

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### BOILED CHICKEN AND RICE (A Tasty Dish)

Boil a chicken, adding to the water 1 chopped onion, a bayleaf, about 6 peppercorns, ½ teaspoon cinnamon and about 1 tablespoon salt. When the meat is tender, remove the chicken. The stock should now be strained and a cup of rice added. Cover and boil this for about 10 to 12 minutes. The chicken may now be returned either cut up or whole. Cook gently until the rice has taken up all the stock.

*Mrs. A. Sarif*

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### CHICKEN

Joint a chicken, dip in flour and brown. Place pieces in a casserole dish with lightly fried onions. Pour over the following sauce, and bake slowly for about 1 hour.

<b>Sauce</b>	
½ pkt. tomato soup (or tinned soup)	1 tablespoon golden syrup
1 teaspoon mustard powder	piri piri — pinch

Heat all up together, and pour over chicken. Serve with salad, and rice.

*Mrs. Arlene Barnett*

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### SWISS STEAK

1 kg steak	1½ teaspoons salt
⅓ cup flour	⅓ teaspoon pepper
3 tablespoons oil	2 onions
½ cup water	1 green pepper
3 bayleaves	2 teaspoons Worcester sauce
1 cup tomato puree	

Pound flour, salt and pepper into meat, then brown in oil. Add rest of ingredients, and place in a casserole dish in oven, and cook until tender. Serve with spaghetti.

*Mrs. Ruth King*

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### FRUIT STUFFING FOR POULTRY

1 pineapple	2 eggs
1 small onion	bread to bind
6 mint leaves	salt and pepper

Mince all together. Add egg and place in bird, before cooking.

*Mrs. Ruth King*

*This page sponsored by JACK AND ZELDA LOWE*

### STUFFED GREEN PEPPERS

6 peppers  
500 g minced meat  
a slice dried bread, soaked in water  
1 onion, minced

fat  
1 egg  
salt and pepper  
spoonful tomato sauce

Mix bread, onion, egg and tomato sauce with meat. Remove tops from peppers and remove seeds. Stuff with the meat mixture. Put in pot with very little water and ½ tablespoon fat and simmer gently for ½ hour on medium heat. Mix some tomato sauce with water. Add to the peppers and simmer again for ½ hour. Add salt and 1 teaspoon sugar when tomato sauce gravy is added.

Mrs. Dulberger

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### OXTAIL CREOLE

2 kg oxtail  
4 tablespoons Olivine  
1 teaspoon chili powder  
1 teaspoon dry mustard  
3 teaspoons cornflour  
½ teaspoon salt  
1 cup orange juice

3 tinned red pimentos cut into strips or fresh peppers cut into strips  
1 cup chopped stuffed olives  
3 stalks celery — sliced  
2 tablespoons lemon juice  
Worcestershire sauce  
1 cup seedless raisins

Brown oxtail in oil. Mix chili powder, mustard, cornflour, salt, orange juice, lemon juice, Worcester sauce into smooth paste. Mix in raisins and add to oxtail.

Bring to boil slowly. Add celery. Cover with sheet of tin foil and then lid of casserole dish. Cook slowly for 2½-3 hours or until oxtail is tender. Before serving add pimentos and olives and heat thoroughly.

Beulah Lurie

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### MEAT ROLLS

Take rump steak cut in thin slices and fill each slice with a piece of pickled cucumber and a few slices of onion. Sprinkle with salt and mustard powder. Roll up and tie with string. Brown first in fat in a pot, then add 1 carrot, 1 parsnip and a little water, and stew.

Mrs. Kuttner

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### MINCE MEAT IN CABBAGE LEAVES

750 g minced meat  
1 slice bread soaked in water  
2 tablespoons fat  
juice of lemon  
little sugar to taste

15 large white cabbage leaves  
sliced raw apple  
sliced tomato  
2 eggs  
1 tablespoon syrup

Boil large leaves in water until fairly soft. Mix meat with bread and eggs. Fold into leaves, and secure if necessary with cotton. Heat fat in shallow pan, and add stuffed leaves, sliced apple, tomato, lemon juice and sugar. Cover pan, and cook in oven for 1½ hours. Then add syrup mixed with one dessertspoon flour (mixed to a smooth paste with water). Cook for ½ hour uncovered to brown.

Mrs. Thea Weinberg

### VIENNA SCHNITZELS

4 Schnitzels peppered and salted. Dip in beaten eggs and breadcrumbs. Then put in freezer to chill for 20 minutes to ½ hour. Take 500 g knuckle of veal, and make stock with vegetables. Chill and skim off fat. Then warm stock.

Heat some oil, in which a clove of garlic has been put. When garlic is brown, take out and quickly brown schnitzels on both sides. Then pour warmed stock over the schnitzels, and simmer for 40 minutes. Serve with a slice of lemon and anchovy.

Mrs. Lily Pincus

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### SWEET AND SOUR MEATBALL SAUCE

½ cup ketchup  
½ cup brown sugar  
2 teaspoons mustard

1 cup water  
¼ cup vinegar

Mix ketchup, mustard, vinegar, brown sugar and water in saucepan. Bring to boil and add meatballs. Cook for 15 minutes.

Rena Reiff

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### COCA COLA CHICKEN

1 chicken cut into portions  
½ cup tomato sauce  
½ cup apricot jam

1 tablespoon soya sauce  
½ cup Coca Cola  
garlic and onion salt, onion flakes

Place chicken in casserole dish and sprinkle with garlic and onion salt.

Mix sauces and jam and coke — pour over chicken — sprinkle with onion flakes.

Bake until tender — about 2 hours.

Moira Fisher

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### MONKEY GLAND STEAK (Serves 4)

500 g rump steak  
3 tablespoons tomato sauce  
3 tablespoons Worcester sauce  
1 chopped onion

1 chopped pickled cucumber  
½ teaspoon mustard  
3 tablespoons Chef sauce

Beat 4 steaks until flat and thin. Mix all ingredients and marinade the steaks in the mixture for an hour. Remove steak and place on grill for 3-4 minutes each side. Heat mixture in which steak has been marinated and let simmer for a few minutes. Pour over steak and serve at once.

Gillian Lewis

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### BRISKET

4 kg boneless brisket  
10 tablespoons tomato sauce  
salt  
2 bayleaves  
2 small bottles Coca Cola

2 sliced onions  
½ cup chutney  
pepper  
1 pkt. mushroom soup

Mix all above ingredients and pour over meat. Cover and roast in oven at 350° for 3½-4 hours, turning hourly.

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### BAKED CHICKEN WITH CUMIN AND CHILLIES

Pound 2 dry red chillies with 4 cloves garlic, add 2 tablespoons Olivine, the juice of 1 lemon, 1½ teaspoons salt, ¼ teaspoon ground cumin, 2 tablespoons chopped green coriander, 1 heaped teaspoon paprika, and 1 teaspoon curry powder (mild, medium or hot according to your taste). Marinate a jointed chicken in this paste overnight.

One hour before serving, bake all above in an uncovered dish at 375°, turning pieces all the time. Pieces of potato may be added.

Serve with a sauce made of fried onions, garlic, tomatoes and a teaspoon of curry powder. Sprinkle with chopped spring onion and chopped coriander. Garnish with tomatoes and lemon wedges.

*Yochi Kretzmar*

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### CHICKEN CURRY

1-1½ kg chicken, jointed	3 tablespoons Olivine
2½ teaspoons salt	6 cloves garlic
3 chopped onions	1 teaspoon ground cumin
walnut sized piece of scraped fresh ginger	1 teaspoon ground coriander
2 teaspoons turmeric	4 seeded cardamom pods
¼ teaspoon ground fennel (optional)	3 tablespoons boiling water
¼ teaspoon chilli powder	1½ tablespoons fresh chopped coriander
3 skinned ripe tomatoes	3 cloves
1½ teaspoons garam masala	red paprika for colour
1 stick cinnamon bark	

Pound the ginger and garlic to a paste. Heat oil, add cinnamon and cloves and fry for a few minutes, add onion and fry till golden brown. Reduce heat, add cumin, coriander, fennel, cardamom, chilli, turmeric and paprika and fry for a minute. Add chicken and turn so that it browns and becomes covered with spices. Add chopped tomato and half the fresh coriander and salt. Add boiling water.

When chicken is tender, add garam masala and the remainder of the coriander. Simmer for 20 minutes. Serve with rice.

**To prepare rice.**— Heat 1 tablespoon Olivine, add a few black mustard seeds, and fry till they pop, add a stick of cinnamon, 4 cloves and a few cardamom seeds. Fry for a few minutes, then add 2 onions cut lengthwise. Add all this to nearly soft boiled rice and cook over low heat so that spices will be absorbed. If yellow rice is required, add a pinch of turmeric to the water.

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### VEAL PAPRIKA

1½ kg veal steaks	4 tablespoons Olivine
4 teaspoons paprika	6 sliced onions
salt	pepper
3 cups orley whip flour	2 teaspoons lemon juice

Cut veal into serving portions. Season with salt and pepper and coat lightly with flour. Heat oil, add paprika and onions, saute till limp and transparent. Add meat and brown. Add orley whip and lemon juice and cover. Cook slowly until meat is tender. Add a little water if sauce thickens too quickly.

*Gill Lewis*

*WITH  
COMPLIMENTS*

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## HOT PUDDINGS

### RICE SOUFFLE

½ cup rice  
600 mls milk  
½ cup sugar  
brandy (optional)

2 eggs  
strawberry jam  
300 mls apple puree

Cook rice and milk in a double saucepan until creamy. Cool slightly. Mix 1 tablespoon sugar and egg yolks, add to rice. Put a third of the rice in a greased fireproof dish and spread with jam. Continue with alternate layers of rice and jam, then spread apple puree over. Top with a meringue mixture made with the egg whites and the rest of the sugar. Bake in a moderate oven, 350° for 20 minutes. (If brandy is used, pour over, set alight and serve immediately).

*Mrs. Miriam Gordon*

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### LOKSHEN PUDDING

1 pkt. broad noodles  
2 eggs  
½ cup unbleached sultanas  
1 carton cream cheese

3 apples, grated  
3 tablespoons golden syrup  
strawberry jam  
milk, margarine, cinnamon and sugar

Boil noodles in large pot of salt water about 1 hour, till soft. Strain, and rinse with cold water. Then put into a greased Pyrex dish. Cover the noodles with milk and beaten eggs mixed. Add apples, and sultanas. Put blobs of cream cheese and jam and margarine on top. Pour syrup over, and sprinkle with cinnamon and sugar. Bake at 350° till brown.

*Mrs. P. Lis*

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### FUDGE PUDDING

1 cup sifted flour  
2 teaspoons baking powder  
½ teaspoon salt  
¾ cup sugar  
6 tablespoons cocoa  
½ cup milk

1 teaspoon vanilla  
2 tablespoons melted  
Buttercup Margarine  
¾ cup chopped walnuts  
¾ cup brown sugar  
1¾ cups hot water

Sift together flour, baking powder, salt, sugar and 2 tablespoons cocoa. Stir together vanilla, milk and butter. Add to dry ingredients. Add nuts. Pour into greased 9-inch square tin. Mix brown sugar and remaining cocoa. Sprinkle over batter and now pour hot water over the surface of uncooked batter in pan. (That's right!) Bake at 350° for 40 minutes. Serves 6 to 8.

*Mrs. L. Michaels*

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### BANANA FRITTERS

4 tablespoons flour  
1 egg  
1 tablespoon sugar  
1 teaspoon baking powder

bananas sliced lengthwise (into  
about 8 pieces and then halved)  
about ½ cup water

Squeeze lemon juice over bananas. Mix all ingredients (dry). Add beaten egg, also a little water to make a loose batter. Dip each section of banana into batter before frying in hot butter/oil. This batter can be used with any fruit.

*Mrs. H. Eliasov*

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### ORANGE CREPES

1 cup cottage cheese  
(creamed in blender)  
¼ teaspoon salt  
3 tablespoons orange juice  
1 cup flour

1 cup thick sour cream  
1 tablespoon sugar  
1 tablespoon orange rind  
4 well beaten eggs

Beat cheese in blender, and add cream, sugar, salt, orange rind and orange juice. Mix well. Blend in well beaten eggs, and sifted flour, and beat until smooth. Heat lightly greased pan over medium heat. Pour batter ¼ cup at a time into pan. Tilt to make 6 pancakes. Bake 1 to 2 minutes on each side. Roll warm pancakes. Arrange in oblong dish. (May be made ahead of time, then rolled and re-heated). Serve with hot orange honey sauce.

**Orange Honey Sauce.**— Blend in saucepan:-

½ cup honey  
⅓ cup butter  
¼ teaspoon cinnamon

2 teaspoons orange rind  
2 tablespoons orange juice

Cook over medium heat until everything has been melted and blended.

*Mrs. Enid Treger*

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### LOCKSHEN PUDDING

Lockshen  
3 eggs  
125 g Buttercup Margarine  
salt

3 tablespoons syrup  
cinnamon  
pinch ginger  
grated rind and juice of 1 orange

Boil lockshen in salt water. Water must boil before adding lockshen. Boil slowly for about 1 hour until soft and swollen. Then drain and allow cold water to run through. Beat up eggs well and add syrup, salt, cinnamon, ginger and juice and rind. Add butter. Add lockshen. Pour into a greased Pyrex dish and bake at 350°. When bottom is cooked, turn off oven and allow top to become golden brown.

*Mrs. H. Eliasov*

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### PANCAKES

125 g flour  
1 large egg  
sugar and lemon

300 mls milk  
pinch of salt

Sift flour and salt and make a well in centre. Drop in the egg and half the milk, gradually beating in the flour. Beat well and add the rest of the milk. Leave to stand for at least 1 hour. Pour small quantity into a buttered small pan and fry till brown on both sides. Roll up with jam and serve with lemon and sugar.

*Mrs. Magidson*

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### HONEYCOMB PUDDING

125 g Buttercup Margarine  
4 tablespoons sugar  
4 eggs  
4 tablespoons gooseberry jam

4 tablespoons flour  
salt  
½ cup milk to which add  
½ teaspoon bi-carb.

Cream butter and sugar. Add eggs one at a time. Then add jam, flour and salt. Lastly, add milk and bi-carb. Bake 1 hour in moderate oven.

*Mrs. S. Herman*

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### CHEESE BLINTZES

2 cups sifted flour  
4 cups water

3 eggs  
dash pepper and salt

Gradually add water to flour and mix to a smooth paste. Beat well with egg-beater, then add eggs, pepper and salt. Beat very well. Fry batter in butter on one side only. Turn on board and put cheese filling in. Fold up and fry.

#### Filling

2 cream cheeses  
salt

1 teaspoon sugar  
3 eggs

Fry in Buttercup Margarine. Makes about 21.

*Mrs. H. Eliasov*

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### CREAM CHEESE PANCAKES

500 g cream cheese  
1 tablespoon sugar  
2 eggs

2 tablespoons flour  
pinch salt  
½ teaspoon vanilla essence

Separate eggs. Beat up yolks with sugar until white. Mix in cheese and flour and add vanilla essence. Leave for about ½ hour in bowl. Beat up egg whites stiffly and fold in. Fry by spoonfuls in hot oil. Serve with a little sugar mixed with cinnamon sprinkled on top, and thick cream. Must be served piping hot.

*Mrs. Ben Baron*

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### FRESH FRUIT MERINGUE

1 cup seedless grapes  
2 pears, peeled, cored and diced  
5 plums, pitted and diced  
3 egg whites  
¼ cup sugar

3 peaches, peeled, pitted and  
cut into large dice  
2 oranges, peeled, sectioned  
and coarsely chopped

Mix all the fruit together in a bowl. Sprinkle the fruit with sugar to taste, and add a little kirsch, if desired. Arrange fruit in a decorative, deep pie dish. Beat egg whites until they hold a shape. Gradually beat in ⅓ cup sugar, and continue beating the meringue until it is shiny and holds definite points. Spoon into a pastry bag fitted with a large decorative tube, and pipe beaks over the fruit, each peak touching the next, to make a solid covering. Bake in a hot oven (425°) for 8-10 minutes or until golden. Serve the dessert at room temperature.

*Mrs. Edith Levin*

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### CHERRY PUDDING

2 tablespoons Buttercup Margarine  
1¼ cups sugar  
1 cup sifted flour  
1 teaspoon baking powder

⅓ teaspoon salt  
¾ cup milk  
1½ cups cherries  
¼ cup cherry juice

Cream butter with 1 cup of the sugar. Sift together flour, baking powder and salt. Add alternately with milk to creamed mixture. Pour into greased baking dish. Combine cherries with remaining sugar and juice and heat. Pour this mixture over the batter. Bake in a moderate oven, 350°, for 35-40 minutes. Serves 6.

*Mrs. L. Michaels*

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### PEACH FLAMBE

1 kg tin peach halves  
cinnamon  
few chopped nuts

2 tablespoons brandy  
Buttercup Margarine

Drain peach halves, and place cut side up in an oven dish. Pour in enough juice into the dish to reach halfway up the peaches. Into each peach put a dot of Buttercup Margarine, and a few nuts. Sprinkle all well with cinnamon. Heat in the oven, but do not boil. Pour a little brandy into each peach, and set alight before serving with ice cream.

*Mrs. Jenny Keet*

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### PEAR DELIGHT

500 g pears, drained (custard can be made with juice)

¼ cup sherry  
caster sugar

Arrange pears, cut side up in a lightly greased ovenware dish. Sprinkle with caster sugar and sherry. Top with layer of marshmallows, and put under grill. Serve piping hot.

*Mrs. Anne Moss*

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### OLD FASHIONED LEMON PUDDING

Cream together 2 tablespoons Buttercup Margarine, ¼ cup sugar.

Add:-

2 egg yolks  
juice of 1 lemon

1 cup milk  
2 tablespoons flour

Beat 2 egg whites until stiff and fold into above mixture. Pour into ovenproof dish. Place in a dish of water.

Bake at 350° for 20-30 minutes depending on the depth of the dish.

The top will be spongy and the bottom liquid. Keep warm. Serve with ice cold whipped cream.

*Rhebe Tatz*

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### MULFA PUDDING

1 cup flour  
1 teaspoon lemon juice  
1 well beaten egg  
1 teaspoon bi-carbonate of soda  
¾ cup milk

½ cup sugar  
pinch of salt  
2 tablespoons apricot jam  
125 g Buttercup Margarine

**Method.**— Cut margarine into pieces into flour — using a knife. Add all other ingredients and mix well. Grease 20 cm pie dish and bake at 350° for 1 hour.

#### Sauce

3 cups water  
½ tin (small size) apricot jam

lemon juice

Bring to the boil, serve hot with pudding.

*Bette Rabinson*

*This page sponsored by M. WOOLLEY*

### LOCKSHEN PUDDING

Boil lockshen in salt water till soft. Drain in cold water. Put into a Pyrex dish. Grate in 1 apple. Add 2 beaten eggs, salt, cinnamon, sugar, 1 dessertspoon Buttercup Margarine and a little jam. Mix well. Add enough milk to make a loose mixture. Bake till browned.

*Mrs. M. Solomon*

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### APPLE PUDDING (Serves 6)

6 apples, stewed with little sugar and water  
75 g Buttercup Margarine  
½ cup sugar  
1 egg

¾ cup milk  
1 cup flour  
1 teaspoon baking powder  
vanilla essence

Cream butter and sugar. Add egg, milk and flour. Then add vanilla and baking powder. Butter a Pyrex dish. Put stewed apples into the dish and pour batter on top. Bake at 350° for 1 hour. Serve hot with cream or custard.

*Mrs. M. Lewis*

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### CREPES — SWEET

**Basic recipe.**— Makes 20 small crepes.

250 g cake flour  
1 level teaspoon sugar  
pinch salt

2 tablespoons brandy  
2 tablespoons melted Buttercup Margarine  
450 mls milk

Mix dry ingredients. Beat eggs, milk, butter and brandy. Add to dry ingredients carefully to avoid lumps. Mix well. Strain and allow to stand for at least 2 hours before using (consistency should be that of cream). Stir before using.

Lightly butter small frying pans and heat gently. Pour in enough batter to cover bottom of pan thinly. Cook gently until crepe comes away from the sides of pan. Remove from heat — stack crepes until required. Freeze well between squares of plastic wrap.

*Rhebe Tatz*

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### PARAVE GINGER SPONGE PUDDING

125 g flour  
60 g breadcrumbs  
90 g vegetable fat  
¼ teaspoon salt  
½ teaspoon bi-carbonate of soda (small)

½ teaspoon ground ginger  
30 g brown or granulated sugar  
1 egg  
2 tablespoons melted syrup  
milk to mix

Measure dry ingredients, add vegetable fat and make breadcrumbs. Make a well in the centre, add egg, melted syrup and sufficient milk to make into a soft dropping mixture. Turn into a greased bowl, and bake for about ½ hour.

*Mrs. Elsie Furman*

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### TOASTED PRUNE PUDDING (Serves 10)

4 cups toasted bread cubes (about 8 slices)	¾ cup water
1½ cups cooked prunes, sliced	¾ cup sugar
1½ cups chopped cooking apples	½ teaspoon salt
1 cup prune liquid	½ teaspoon cinnamon
	2 tablespoons butter

Place half the cubes in a buttered dish. Add the prunes in a layer, then the apples in a layer. Add remaining bread cubes on top. Combine liquids, sugar, salt, cinnamon and butter and boil 2 or 3 minutes. Then pour this over the other ingredients. Bake at 375° for about 1 hour. Serve hot.

*Mrs. C. Berman*

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### BRANDY TART

250 g chopped dates

1 teaspoon bi-carbonate of soda

Pour 1 cup boiling water over the above mixture and allow to cool. Whilst cooling, cream 2 tablespoons Buttercup Margarine with ¼ cup sugar.

Add 1 beaten egg and then add date mixture. Add 1½ cups sifted flour and 1 teaspoon baking powder. Bake in a Pyrex dish 25 cm for 20-30 minutes at 350°F (180°C).

**Sauce.**— Boil ¾ cup water and 1 cup sugar. Add 2 teaspoons Buttercup Margarine, 1 teaspoon vanilla and ¼ cup brandy. Spoon slowly over the cake. Cover with cream (optional). Do half the recipe so as the tart is not too rich.

*Sophie Codron*

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### APPLE AND COCONUT CRUNCH

1 tin (397 g) pie apples	100 g brown sugar
5 ml cinnamon	60 ml Molico
75 ml sultanas and raisins	2 ml ginger
25 ml white sugar	60 g coconut
25 ml Van der Hum or sweet sherry	150 g Buttercup Margarine
90 g flour	5 ml cinnamon

Combine apples, cinnamon, fruit, sugar and liqueur and place in a greased casserole dish. Mix remaining dry ingredients together and rub in the butter. Sprinkle mixture over the apples and bake at 180°C for 30 minutes.

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### BAKED LEMON DELIGHT

162 g flour	25 ml grated lemon rind
2 ml baking powder	50 ml lemon juice
1 ml salt	50 g Nespray
300 g sugar	375 ml water
3 eggs, separated	25 ml Buttercup Margarine, melted

**Method.**— Sift together the flour, baking powder, salt and 250 ml sugar. Beat the egg yolks until light, add lemon juice, lemon rind, butter and milk and beat well. Add the flour mixture, stirring until smooth. Beat the egg whites until stiff. Gradually add the remaining sugar while beating. Fold the beaten egg white mixture into the other mixture. Pour into a buttered baking dish and put this into a pan with water, 1 cm deep.

Bake at 180°C for approximately 45 minutes. Remove and serve hot or cold with cream.

*This page sponsored by ANNE GELMAN*

### APPLE DESSERT

750 g tin pie apples	100 g white sugar
50 g brown sugar	125 ml water
140 g flour	80 g Buttercup Margarine, melted
50 ml Nespray	1 egg
5 ml baking powder	3 ml vanilla essence
2 ml salt	

25 g chopped pecan nuts

**Topping**

25 ml sugar

Mix pie apples and brown sugar together. Place in deep pie plate. Sift dry ingredients and add sugar. Beat remaining ingredients together and gradually add dry ingredients. Pour mixture over apples. Mix nuts and sugar together and sprinkle over batter. Bake at 180°C for approximately 50 minutes.

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### STEAMED FRUIT PUDDING

1 cup sugar  
2 cups water

**Sauce**

1 cup fruit and cherries  
2 tablespoons vinegar

Simmer for 10 minutes.

Mix together:-

1 cup melted Buttercup Margarine  
1 cup flour  
1 cup water  
2 teaspoons bi-carb.

3 tablespoons apricot or plum jam  
1 egg  
pinch salt

Pour the sauce into a large pudding dish. Add the second mixture and steam for 3 hours. When ready turn out into a large platter, fruit cascades down. Serve with custard or cream.

*Mrs. Grace Helfer*

## COLD PUDDINGS

### SHEIL'S HONEYCOMB SPONGE

Make a jelly. Add ½ tin condensed milk and mix well. When cool whip in the white of an egg which has been beaten stiff, fold in lightly. Put into mould to set.

*Mrs. S. Benyshai*

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### ORANGE PUDDING

4 teacups orange juice  
2 teacups water  
grated rind of 2 oranges

1 cup sugar (to taste)  
1 level tablespoon gelatine  
3 egg yolks, beaten  
3 egg whites, beaten

Mix orange juice, water, rind and sugar, and bring to boil. Dissolve gelatine in a little cold water and add. When boiling add beaten egg yolks. Remove from stove and pour mixture on to the well-beaten whites. Fold in well. Set in a glass dish. Serve with cream or custard.

*This page sponsored by RACHEL KAUFMAN*

### STUFFED BAKED APPLES

4-5 even sized apples  
2 tablespoons red jam  
3 eggs (separated)  
45 g flour

90 g sugar  
1-2 tablespoons boiling water  
90 g grated almonds

Peel and core apples, leaving them whole. Fill with jam. Whisk egg yolks, sugar and water for 10 minutes. Add grated almonds and flour to mixture. Fold in stiffly-beaten egg whites. Pile this mixture round the apples in a Pyrex dish. Bake in a moderate oven (350°) for 30-45 minutes.

*Mrs. Mirriam Gordon*

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### CHOCOLATE RUM PUDDING

125 g chocolate (or 1 large slab)  
4 eggs (separated)  
1 tablespoon sugar

1½ cups boiling water  
1 level tablespoon gelatine  
1 tablespoon rum

Beat egg yolks with sugar. Add this to chocolate melted with water and gelatine. Mix with stiffly-beaten whites. Add rum. Set in refrigerator.

*Sister A. Tomlinson*

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### ICE CREAM

300 mls sweet cream  
pinch salt  
¼ cup caster sugar

½ to 1 teaspoon vanilla  
3 egg whites

- (a) Whip the sweet cream with vanilla and a pinch salt until thick (not as thick as butter).  
(b) Whip egg whites with caster sugar until glossy.  
Fold (a) into (b). Put into freezer to set.

This can be flavoured with either peppermint liqueur, nuts and cherries or rum.

*Mrs. Leonora Kibel*

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### VANILLA PUDDING

1 teaspoon gelatine  
300 ml cream  
3 eggs (separated)  
½ teaspoon vanilla

about 600 ml milk  
60 g caster sugar  
2 tablespoons water

Dissolve gelatine in water. Beat egg yolks and add milk. Cook over stove. Add gelatine and mix. Fold in beaten whites when taken off stove. When cool, fold in whipped cream. Set in a glass dish.

For **Chocolate Pudding**, make as above, but add cocoa or chocolate to custard.

For **Ginger Pudding**, add 60 g preserved ginger and 2 tablespoons ginger syrup to the mixture with cream.

For **Coffee Pudding**, add coffee essence to taste. Add a little sherry.

*Sister A. Tomlinson*

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### SHERRY FLUFF

1 tin Ideal milk (refrigerated overnight)  
1 cup orange juice  
½ wine glass sherry

1 pkt. jelly powder (any flavour)  
1 cup boiling water

Dissolve jelly in boiling water and allow to partly set. While the jelly is setting, beat up the Ideal milk until it is thick and frothy. Add the partly set jelly to the milk and beat well again. Then add the orange juice and sherry and beat in well. Pour into a dish and decorate top as desired with cherries, hundreds and thousands, etc. Put in refrigerator until ready to serve.

*Mrs. H. Bernstein*

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### ITALIAN BISCUIT TORTONI

1 cup cream (whipped)  
¼ cup Confectioner's sugar  
1 egg white (stiffly beaten)

½ cup fine macaroon crumbs  
2 teaspoons rum or 3 teaspoons sherry

Whip cream until stiff and fold in sugar and egg white, macaroon crumbs, rum or sherry. Spoon into paper cups. Sprinkle with macaroon crumbs. Set in ice cream tray and freeze until firm. Makes 6-8 servings.

*Mrs. Thelma Beira*

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### APRICOT PUDDING

1 large tin apricots  
3 eggs  
1 teaspoon Maizena

1 cup cream  
1 pkt. lemon jelly

Strain juice of apricots and put fruit through sieve. Heat juice, add jelly powder and bring to boil. Remove from stove and add very well-beaten eggs in which teaspoon of Maizena has been dissolved. Bring to boil again, cool, fold in stiffly-beaten whites of eggs and 1 cup slightly whipped cream. Chill and decorate before serving. Canned pineapple, minced, can be used instead of apricots.

*Mrs. Robert Salmon*

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### ORANGE AND LEMON FRIDGE CAKE

2 packets finger biscuits  
¾ cup sugar  
¼ teaspoon lemon peel  
¼ cup lemon juice  
1 tablespoon gelatine

4 eggs  
1 tablespoon orange peel  
¾ cup orange juice  
¼ cup orange juice  
pinch salt

Mix 4 egg yolks with sugar, the juices and the peels put in double cooker and boil until mixture coats the spoon, then add gelatine which has been dissolved in ¼ cup orange juice. When slightly cool fold in whites beaten stiffly to which a pinch of salt has been added. Butter dish and arrange a layer of biscuits, add layer of mixture. Repeat until both mixture and biscuits are finished. Leave in refrigerator for 24 hours before serving.

*Mrs. Pearl Leiserowitz*

*This page sponsored by ANITA PRICE*



### COFFEE MOUSSE

2 cups cream  
¾ cup caster sugar  
¼ teaspoon salt

1 teaspoon gelatine (softened)  
1 tablespoon water  
1 cup strong black coffee

Whip until stiff 2 cups cream and add the sugar and salt. Soften the gelatine in 1 tablespoon water and dissolve over hot water. Add to previous mixture, and lastly add 1 cup strong black coffee. Set in mould.

*Mrs. A. Abrahamson*

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### DANISH APPLE PUDDING

½ cup Buttercup Margarine  
5 large apples  
¼ cup water  
½ teaspoon grated lemon rind

3 cups rusk crumbs  
¾ cup sugar  
1 tablespoon lemon juice  
½ cup currant jelly

**Method.**— Melt Buttercup Margarine. Then add crumbs, and stir until brown. Place layer of crumbs in greased casserole. Peel and core apples, slice thin. Cook apple, sugar, water, lemon juice and rind for 10 minutes. Arrange layer of apples on crumbs. Spread 3 tablespoons jelly over apples. Repeat ending with crumbs. Pour juice from apples over top. Bake in slow oven (300°) for two hours. Chill well. Unmould. Serve with cream (for 8).

*Mrs. Maureen Fox*

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### MARSHMALLOW HASH

16 marshmallows  
1 cup milk  
1 cup almonds, blanched and chopped  
1 cup walnuts, chopped

1 cup Maraschino or candied cherries  
1 cup cream, whipped

Dissolve marshmallows in milk in the top of a double boiler over hot water. Cool and add nuts and cherries. Fold in whipped cream. Allow to set slightly in refrigerator. Take out and beat well. Put in freezing tray to set until firm.

*Mrs. Audrey Berman*

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### MOUSSE AU CITRON (For 5-6)

3 eggs  
grated rind and juice (strained) of 2 small lemons  
3-4 tablespoons water  
a little extra whipped cream and chopped browned nuts for decorating

200 g caster sugar  
1 level dessertspoon gelatine  
300 mls cream, partially whipped

Separate yolks and whites of eggs. Work the sugar into the yolks by degrees. Then add lemon rind and juice. Whisk over gentle heat until thick and mousse-like. Remove and whisk for a few minutes longer. Then dissolve gelatine in the water, add to mixture. Whip whites to a firm snow. Fold the cream into the mousse and lastly the egg whites. Turn at once into a prepared souffle case, and put aside to set. Peel off paper carefully, pipe top with cream, etc.

*Mrs. Phyllis Sussman*

*This page sponsored by SARA SHAPIRO*

### EASY ICE CREAM

3 level dessertspoons custard powder  
150 mls cream  
1 dessertspoon cocoa

1 teaspoon vanilla  
600 mls milk

Make 600 mls custard adding cocoa and vanilla essence. Put in freezer for about 1 hour. Turn out into mixing bowl. Add cream. Beat until light. Freeze.

*Mrs. S. Kagan*

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### ICE CREAM

3 eggs  
1 cup milk  
600 mls cream

¾ cup sugar  
vanilla essence

Beat egg yolks and sugar well. Add milk, cream, vanilla and lastly, stiffly-beaten egg whites. Freeze.

*Mrs. L. Schragger*

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### ORANGE CUSTARD

2 large cups orange juice  
1 large cup water  
2 eggs

1 pkt. yellow jelly  
1 tablespoon custard powder  
sugar to taste

Take ½ cup water or juice and mix in jelly powder and custard to smooth paste. Bring remaining juice and water to boil. Add mixture and sugar to taste and boil another 5 minutes. Remove from stove and add well beaten yolks. Cool. Add stiffly beaten whites. Mould and set.

*Mrs. V. Zacks*

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### DELICIOUS ALMOND PUDDING

Beat 200 g butter with 125 g caster sugar.  
Add in this order:- (1) 4 egg yolks  
(2) 200 g ground almonds  
(3) brandy to taste  
(4) ¾ cup made custard  
(5) 4 stiffly beaten egg whites

Dip boudoir biscuits or sponge cake in a mixture of milk and brandy, and arrange in layers on a platter with the above mixture in between the layers. Then cover the whole arrangement with the mixture, and chill. Serve with whipped cream and chopped nuts.

*Mrs. Paula Fischer*

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### CHOCOLATE MOUSSE

90 g dark chocolate  
3 eggs

rum or brandy

Cut the chocolate into small squares, and melt in top of double boiler. Separate eggs. Add slightly beaten yolks to melted chocolate and stir in, away from stove. Add a little rum or brandy. Whisk egg whites well till stiff and dry, and gently fold into mixture. Set in bowl.

*Mrs. V. Zacks*

*This page sponsored by ROSY BENATAR*

### STRAWBERRY CREAM

2 cups strawberries  
¼ cup water  
1 cup cream

juice of 1 orange  
1½ level dessertspoons gelatine  
sugar to taste

Wash strawberries and rub through sieve. Add sugar and orange juice. Mix gelatine in water and dissolve over hot water. Mix with strawberry mixture. Stand in ice cubes and stir till nearly set. Then fold in whipped cream. Set in a mould. Turn out and decorate with strawberries.

Mrs. A. H. Ralstein

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### CHOCOLATE PUDDING

1½ packets sponge fingers  
6 eggs

2 slabs plain chocolate  
1 small tumbler sherry

Melt chocolate with 1 tablespoon water in the top of a double boiler. Remove from stove and add beaten yolks of eggs and sherry. Then fold in stiffly-beaten egg whites. Line a shallow dish with the finger biscuits and pour the mixture over. Allow to set in refrigerator and trim with whipped cream and walnuts.

Mrs. B. Lobel

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### CREME DE MENTHE PEARS

Make a syrup of 3 cups sugar and 2 cups water. Boil well. Add colouring to make it emerald green. Flavour with peppermint essence. Drop whole peeled pears into the syrup. Cook until tender and transparent and tinted green. Pack fruit boiling hot into hot ball jars. Fill to overflowing with the boiling syrup and seal immediately. Serve with cream. (Will keep indefinitely).

Mrs. A. H. Ralstein

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### PINEAPPLE MOUSSE

1 tin Ideal milk (unsweetened)  
1 small tin pineapples

1 dessertspoon gelatine  
¼ cup boiling water

Before starting this pudding, put the unopened tin of milk in a pot of boiling water and boil up for 20 minutes. Then cool tin and put in refrigerator, still unopened. Leave overnight. Next morning, whip milk till frothy. Chop pineapple and add to milk with 1 cup of the fruit juice. Dissolve gelatine in boiling water and add to mixture. Beat all again very well. Pour into glass dish and when set, decorate with nuts, cherries and pineapples. Does not turn out.

Mrs. R. G. Fredman

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### ORLEY WHIP ICE CREAM

3 eggs  
1 pkt. Orley Whip (half of pack)

½ cup sugar

Beat the Orley Whip. Separate eggs and beat yolks well with sugar. Add desired flavouring. Lastly fold in beaten egg whites and freeze.

Mrs. V. Zacks

This page sponsored by JOYCE KOHLL

### CARAMELISED PEACHES

peaches  
cream

brown sugar

Peel and slice peaches and place in colander for about 1 hour to let excess juice drop away. Whip cream until stiff. Place fruit in fire-proof souffle dish. Spread whipped cream on top, and cover with 1 cm soft brown sugar. Chill in fridge overnight. A moment before serving, place dish under grill and caramelize. Serve at once. Good with coffee ice cream.

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### MARSHMALLOW PUDDING

250 g marshmallows (melted with 2  
tablespoons milk)

Add ½ cup strong black coffee. When cold, stir in 1 cup whipped cream and ½ cup chopped nuts if liked. Set in mould. Turn out and decorate with whipped cream.

Mrs. S. Barnett

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### FRIGIDAIRE PUDDING

250 g sponge fingers  
2 tablespoons cocoa  
2 tablespoons sugar

1 teaspoon vanilla  
300 mls cream  
½ cup boiling water

Place the biscuits flat in a dish. Mix together cocoa, sugar and water and add vanilla and cool. Whip cream slightly and add 2 tablespoons to the cocoa mixture. Crumb ½ cup biscuits and fill spaces between the layer of biscuits in dish. Pour in mixture. Then whip remaining cream and spread on top. Sprinkle remainder of crumbs mixed with chopped walnuts on top. Put in refrigerator for 12 hours.

Mrs. B. Lange

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### GELATINE LEMON CHIFFON PIE

a baked pie shell  
1 tablespoon gelatine  
¾ cup water  
½ cup sugar  
½ cup lemon juice  
½ teaspoon salt

4 beaten egg yolks  
1 teaspoon grated lemon rind  
4 egg whites  
½ cup sugar  
1 cup heavy cream or Orley Whip

Prepare a baked pie shell. Soak gelatine in ½ cup water. Combine, stir and cook in double boiler till consistency of custard, the following:-

½ cup sugar  
½ cup lemon juice

salt and beaten yolks

Stir in the dissolved gelatine and 1 teaspoon lemon rind. Cool. Whip egg whites till stiff and beat in very slowly ½ cup sugar. In separate bowl beat till stiff the cream or Orley Whip. When custard begins to thicken, beat it with a wire whisk until it is fluffy. Fold in the egg whites. Fold in the cream. Fill the pie shell. Chill pie thoroughly before serving.

Mrs. V. Zacks

This page sponsored by DESIREE COHEN

### GRANADILLA PUDDING

1½ cups granadilla pulp  
sugar to taste  
½ cup cream

2 level dessertspoons gelatine  
1 egg white

Dissolve gelatine. Sweeten granadilla pulp to taste and add gelatine. Stir over ice until on point of setting, then fold in cream and stiffly-beaten egg white.

*Mrs. L. Gruber*

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### ONE THOUSAND TREASURES DESSERT

In a double boiler, cook:-

3 beaten egg yolks  
2 tablespoons vinegar  
1 tablespoon Buttercup Margarine

2 tablespoons sugar  
2 tablespoons pineapple syrup  
pinch of salt

Stir constantly until thickened. Cool, and stir in the following selection of fruits:-

2 cups drained cherries  
2 cups mandarin oranges

2 cups drained pineapple chunks

Fold in 2 cups miniature marshmallows, and 2 cups whipped cream. Refrigerate for 24 hours before serving. Serve in a glamorous crystal bowl.

*Mrs. Edith Levin*

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### FAIRY RING

500 g strawberries  
6 marshmallows  
2 dessertspoons gelatine  
¾ cup walnuts  
1½ cups chopped apple

150 mls cold water  
¾ cup caster sugar  
2 tablespoons icing sugar  
2 tablespoons lemon juice  
300 mls cream

Soak gelatine in cold water until soft. Heat prepared sieved strawberries in top of double boiler. Turn into a basin and add gelatine, lemon juice and caster sugar. Leave till cold and when mixture begins to thicken, add half the cream beaten to a stiff froth. Place mixture in a wet border mould and leave till set. When required, turn out. Beat remainder of cream and stir in sifted icing sugar, chopped apple, chopped marshmallows and minced walnuts. Pile lightly into centre of ring.

*Mrs. A. H. Ralstein*

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### PINEAPPLE SOUFFLE

1 tablespoon gelatine  
¼ cup cold water  
3 eggs, separated  
1 teaspoon grated lemon rind  
2 tablespoons lemon juice

½ cup sugar  
¼ teaspoon salt  
⅔ cup crushed canned pineapple  
½ cup cream, whipped

Soften gelatine in water for 5 minutes. Beat egg yolks slightly and add grated rind, lemon juice, sugar and salt. Cook in double boiler, stirring all the time, until mixture thickens. Add gelatine and stir until dissolved. Add pineapple and cool.

When mixture begins to thicken, fold in whipped cream and stiffly-beaten egg whites. Turn into a mould and chill. Turn out and garnish as required.

*Mrs. A. H. Ralstein*

### ICE CREAM

2 eggs, separated  
2 tablespoons sugar

300 mls cream  
vanilla essence

Beat egg yolks well with sugar. Add vanilla. Fold in stiffly-beaten whipped cream and lastly, fold in beaten egg whites. If liked, 2 tablespoons milk can be added. Pour into freezing tray in refrigerator and freeze.

*Mrs. A. H. Ralstein*

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### RICH CHOCOLATE PUDDING

4 egg yolks  
7 egg whites  
4 tablespoons sugar

250 g slab of plain chocolate  
1 tablespoon brandy

Beat egg yolk thoroughly with the sugar. Dissolve chocolate in top of double boiler, to which add the egg and sugar mixture. Add the brandy. Stir well. Remove from fire and fold in stiffly-beaten whites. Mould and chill. This can be served with chopped nuts, canned fruits, etc.

*Mrs. Becky Marks*

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### MINT CHOCOLATE SURPRISE

1 family size brick of ice cream  
2 peppermint crisp bars

1 flaky bar  
cherries and nuts

Allow ice cream to soften (not melt). Crush peppermint crisps and mix into ice cream. Set in mould or freezer tray. Just before serving turn out, and decorate with crushed flaky bar, nuts and cherries.

*Mrs. Edith Levin*

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### LEMON FREEZE (Serves 8)

2 eggs  
1 can condensed milk  
⅓ cup fresh lemon juice  
½ teaspoon grated lemon rind  
¼ cup melted Buttercup Margarine

3 tablespoons sugar  
¾ cup cornflakes crumbs or  
biscuit crumbs  
2 tablespoons sugar

Combine crumbs, sugar (2 tablespoons) and melted Buttercup Margarine. Line ice cube tray or pie dish. Keep 2 to 4 tablespoons crumb mixture for the topping. Press the crumbs firmly to sides of dish. Beat egg yolks until thick and lemon coloured. Combine with condensed milk. Add lemon juice and peel, and stir over hot water until thickened. Cool. Beat egg whites until stiff, and beat in sugar. Fold into yolk mixture gently, and pour into crumb lined pan. Sprinkle with reserved crumbs. Freeze until firm. Turn out and decorate. Cut into wedges or bars to serve. May be garnished with fresh berries.

If frozen very hard, set pan on hot wet towel for a few minutes before cutting.

*Mrs. Lorna Kluk*

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### TRIFLE

Line a dish with Boudoir biscuits, and spread with apricot jam. Moisten biscuits with sherry, and sprinkle with chopped walnuts. Top with 600 mls custard, and decorate with whipped cream, to which has been added ½ egg white, stiffly beaten, and a little sugar to taste.

*Mrs. Arlene Barnett*

### EASY CHOCOLATE PUDDING

6 eggs  
250 g slab chocolate (plain)

2 teaspoons gelatine  
2 teaspoons sugar

Separate yolks and whites. Beat yolks well with sugar till creamy. Melt chocolate with 2 tablespoons cold water. Dissolve gelatine in 2 tablespoons cold water over hot water. Add chocolate to yolks and add gelatine. Fold in stiffly-beaten egg whites.

*Rose Gordon*

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### COFFEE CARAMEL ICE CREAM

1½ cups milk  
2 tablespoons Nescafe  
1 cup sugar  
2 egg yolks (well beaten)

salt  
1½ cups cream  
1 teaspoon vanilla

Combine milk and coffee and scald. Put ¾ cup sugar into a heavy saucepan and brown slightly. Then add milk and coffee. Cream yolks with remaining sugar and pinch salt. Then add hot coffee caramel mixture slowly. Add vanilla and stiffly-beaten whipped cream when mixture slightly chilled.

*Mrs. Arthur Kaplan*

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### ORANGE SNOW

1 tablespoon gelatine  
1 cup orange juice  
1 cup boiling water

4 tablespoons sugar  
2 egg whites  
300 mls cream

Combine gelatine, orange juice, water and sugar and stir all together. Beat egg whites stiffly and add to mixture. Fold in stiffly-beaten cream. Pour into rinsed mould and set. When set, un mould and trim.

*Mrs. Arthur Kaplan*

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### STRAWBERRY BAVARIAN PUDDING (Serves 8)

1 pkt. strawberry jelly  
1 cup fresh strawberry puree  
1 cup cream

1 cup cold thick custard  
2 pkts. Boudoir biscuits  
fresh strawberries for garnishing

Make the jelly according to instructions. Chill till consistency of unbeaten egg whites. Puree the strawberries in a liquidiser or push through a fine sieve, and sweeten to taste. Whip the cream till thick, fold in the fruit puree and the cold custard. Mix lightly till well blended. Add the jelly and blend well with the other ingredients. Chill till on the point of setting. Line the bottom and sides of a 200 mm spring form pan with the Boudoir biscuits, pour in the cream mixture. Chill till firm and ready to serve. Remove sides from the pan, and place in a serving plate. Garnish with fresh strawberries.

*Mrs. Rochelle Benyshai*

*This page sponsored by BECKY KRIKLER*

### ORANGE PUDDING

4 cups orange juice  
1 cup boiling water  
½ cup sugar to taste

1 dessertspoon custard powder  
1 packet orange jelly powder  
1 egg

Boil orange juice, water and sugar. Add custard and jelly. Add beaten egg yolk and boil up again. Then fold in stiffly-beaten egg white. Pour into rinsed mould to set. Turn out and trim.

*Mrs. M. Solomon*

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### MAPLE FLUFF

1 dessertspoon gelatine  
¼ cup cold water  
600 mls cream  
2 eggs, separated

1 cup maple syrup  
½ cup shredded coconut  
¼ teaspoon salt  
½ teaspoon almond extract

Soften gelatine in cold water and stand in boiling water till dissolved. Heat cream in double boiler, then pour slowly over beaten egg yolks. Return mixture to double boiler and cook till mixture begins to thicken. Stir constantly. Remove from heat and stir in softened gelatine. Add maple syrup and cool. When mixture begins to thicken, add coconut, salt and almond flavouring. Beat egg whites till stiff but not dry and fold in mixture. Pour into bowl. Serve with whipped cream topped with toasted coconut.

*Mrs. H. Eliasov*

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### ICE CREAM

1 tin sweetened condensed milk  
1 tin water, or milk, or strong  
coffee for variation  
300 mls cream

1 egg white  
pinch salt  
2 teaspoons vanilla essence

Mix milk and water. Beat cream and fold in. Add vanilla and salt, and lastly, fold in stiffly-beaten egg white. Put into trays in refrigerator and stir once after ½ hour.

*Mrs. Marcia Rubinstein*

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### MOCK CREAM

2 apples (baked or stewed and cooled)  
1 egg white

¾ cup sugar  
1 teaspoon vinegar

Mix all together and beat till fluffy, white and thick. Ideal for Pesach time also.

*Mrs. Lorna Kluk*

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### STRAWBERRIES MELBA

500 g strawberries  
2 tablespoons sugar  
2 tablespoons Kirsch

½ cup strawberry jam  
½ cup water  
½ cup slivered blanched almonds

Mix jam, sugar, water and simmer for a few minutes. Add Kirsch and chill. Arrange strawberries in individual serving dishes, over scoops of ice cream and pour chilled sauce over. Sprinkle with nuts.

*Mrs. Rochelle Benyshai*

*This page sponsored by ELAINE BARON*

### CHOCOLATE PUDDING

3 eggs  
½ teacup sugar  
125 g plain chocolate

1 dessertspoon gelatine  
½ teacup water

Dissolve chocolate in water. Dissolve gelatine in a little water over hot water; add to chocolate and cool. Beat egg yolks with sugar; add chocolate mixture and lastly fold in well-beaten whites.

*Mrs. L. Ellenbogen*

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### TRIFLE

Line a dish with Boudoir biscuits, and spread with apricot jam. Moisten biscuits with sherry, and sprinkle with chopped walnuts. Top with 600 mls custard, and decorate with whipped cream, to which has been added ½ egg white, stiffly beaten, and a little sugar to taste.

*Mrs. Arlene Barnett*

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### RISE-A-LA-MENTE (Danish)

600 mls milk  
¾ cup rice  
1 teaspoon salt

almond essence  
almond nuts  
600 mls cream

**Method.**— Bring milk to the boil. Add rice and stir for ¾ hour (do not leave to boil alone). Add salt and 1 tablespoon sugar.

When cold, add almond essence and chopped almonds. Turn in fresh whipped cream. Chill. Serve with a touch of Ribena (optional).

*Pia Kaplan*

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### YOGHURT ICE CREAM

1 large carton strawberry/youngberry/  
pineapple yoghurt  
1 tablespoon lemon juice

1 large carton cream  
1 tin sweetened condensed milk

Chill condensed milk and add to yoghurt and beat by hand or electric mixer. Fold in cream and lemon juice. Freeze in Pyrex dish or other container. Requires no more mixing.

*Mrs. Anne Moss*

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### BITTER SWEET APPLES

6 firm green apples,  
peeled and quartered  
2 tablespoons syrup  
rind 1 lemon

1 glass orange squash  
1 glass water  
grated rind of 1 lemon

Boil liquids and rind. Poach apples (do not boil) until nearly soft. Pieces must be kept whole. Reduce liquid a little and pour over apples. Serve very chilled. Apples must have "glazed" look.

*Yochi Kretzmer*

*This page sponsored by BAILEH BLOCH*

### GRANADILLA PUDDING

600 ml cream  
2 small tins or 1 large tin granadilla

2 tins sweetened condensed milk  
juice of 4 large lemons

**Method.**— Beat cream stiffly and then add granadilla, condensed milk and lemon juice beating all together very well.

Put into the fridge to thicken the night before it is required.

This recipe makes a large bowl full, so recipe may be halved.

*Rachel Baron*

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### RICH COFFEE ICE CREAM

1 tin condensed milk — chilled  
600 mls cream  
4 eggs

2 tablespoons coffee mixed with  
2 tablespoons water  
chopped nuts

Beat condensed milk until thick, add beaten egg yolks and coffee mixture. Add whipped cream (not too thick) and beat again. Fold in stiffly beaten egg whites and chopped nuts. Freeze.

*Val Pilosof*

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### CREME BRULEE

8 egg yolks  
200 mls cream

1½ tablespoons caster sugar  
1 teaspoon vanilla

Beat egg yolks — add vanilla. Heat cream in double boiler, with sugar until hot to the touch. It must not boil. Stir well until sugar is dissolved. Cool. Add to beaten yolks and stir until very well blended. If too much froth — strain.

Pour into rectangular Pyrex dish. (30 x 18 x 8 cm). Place dish in tin of cold water and place in oven slightly under 300° for 1 hour. Cool, place in fridge overnight.

Several hours before serving, cover surface evenly with about ½ cm dark brown sugar. Pre-heat grill. Place Pyrex dish in tin of iced water and place about 12 cm under grill with door open. Watch carefully — sugar must only set not bubble. Remove from oven and cool. When cool the sugar coating should be hard when tapped.

Place in fridge until ready to serve.

*Yochi Kretzmer*

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### PARAVA FRUIT MOUSSE

1 cup orange juice  
1 cup sugar  
1 cup water  
1 tablespoon flour

1 level tablespoon gelatine or  
equivalent if using aga aga  
juice of 10 granadillas

Boil water, sugar and orange juice. Mix flour to paste with extra orange juice. Add and boil together for 5 minutes. Remove from heat and add gelatine which has been softened in ¼ cup orange juice or water, then dissolved by putting cup in pan of boiling water. Cool slightly. Place in a bowl with a beater (whisk) and beat on med. speed adding the strained juice of granadillas. This will become double or treble in bulk and of a creamy consistency. Pour into serving dish and decorate. Place in fridge. Variations: Can put in the dish with layers of sliced strawberries, bananas or orange segments or fill hollowed out frozen orange cases.

*Yochi Kretzmer*

*This page sponsored by YVONNE AMATO*

### COFFEE TORTONI

1 egg white  
1 tablespoon coffee powder  
pinch salt

Combine all these ingredients and beat until stiff. Add 2 tablespoons sugar and beat again. Whip 1 cup cream. Add ¼ cup sugar, ½ teaspoon vanilla, few drops almond essence. Fold into egg mixture. Add 1 tablespoon toasted almonds. Freeze.

*Rhebe Tatz*

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### CREME CARAMEL

¾ cup sugar  
1 tablespoon water

Boil in a heavy bottomed pot over low heat until syrup has turned golden brown. Add ¼ cup water and stir. Pour into tin or ovenproof dish.

6 eggs  
½ teaspoon salt  
1.2 l milk  
2 teaspoons vanilla  
¾ cup sugar

Bring milk to boil and add to eggs, vanilla, sugar and salt. Stir but do NOT BEAT. Strain into above dish and place dish into a tin of deep warm water.

Bake at 350° for 30 minutes. Refrigerate until required, then turn out onto serving dish.

*Tirzah Feigenaum*

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### WATER ICES OR SORBET

Prepare a basic syrup and make up your own recipes for simple water ices. Any fruit juice and/or puree can be mixed with the syrup (equal quantities of each). Add colouring, and remember that when the mixture is frozen the colouring and flavour will be weaker.

### BASIC SUGAR SYRUP

250 g granulated sugar  
600 mls water  
grated rind and juice of 1 lemon

Put sugar, water, lemon rind and juice into a pan and stir over low heat until sugar has completely dissolved. Bring to boiling point and, without stirring, boil briskly for 10 minutes. Remove any scum as it rises to the surface. Draw pan off heat, strain syrup through muslin and leave until cold.

### ORANGE WATER ICE (Serves 4-5)

3 large oranges  
250 g (or 8 rounded tablespoons)  
caster sugar  
600 mls water  
half a lemon  
a little orange colouring

Place finely grated rind from oranges with sugar and water in a large saucepan. Stir over low heat to dissolve the sugar. Bring to the boil and cook rapidly for 10 minutes. Draw pan off heat and allow to cool. Stir in the juice from oranges and lemon half, add a few drops of orange colouring.

Strain into one large or two small freezer trays, and freeze until firm, stirring occasionally to make a smooth consistency.

*Avril Lasker*



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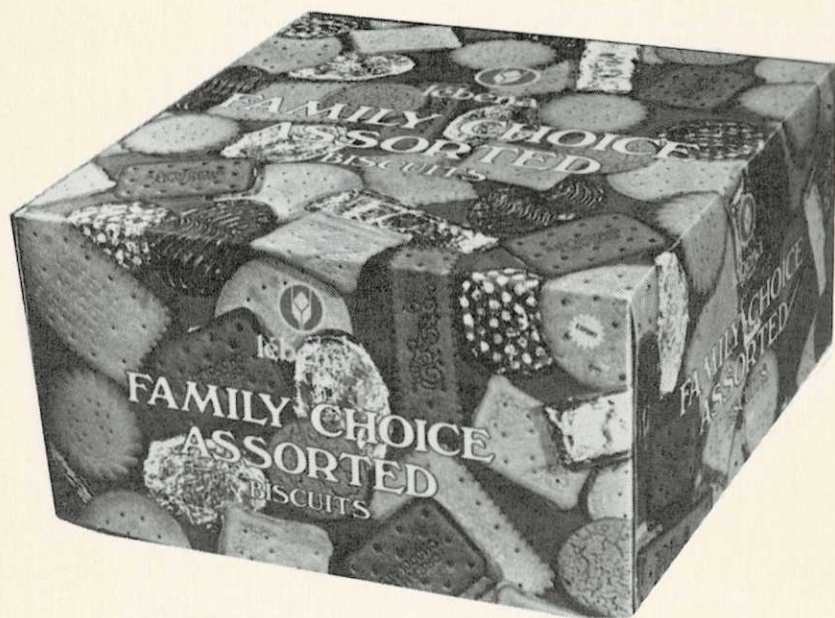
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## BISCUITS

### GINGER ROLLS

3 eggs	3 tablespoons syrup
3 teaspoons baking powder (level)	3 teaspoons ginger
½ cup sugar	enough flour to make stiff dough

Mix all ingredients well together. Roll into long strips. Place on greased tin. Brush with milk and bake till brown at 400°. Cut when cool.

*Mrs. Sally Lieber*

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### VANILLA BISCUITS

125 g Buttercup Margarine	125 g caster sugar
500 g flour	1 egg
½ teaspoon vanilla essence	

Cream Buttercup Margarine and sugar well. Add vanilla essence, then the flour gradually and the beaten egg to form a thick paste. Roll out and make into fancy shapes. Place two together with a little jam and bake in a moderate oven until pale brown.

*Mrs. A. Ullman*

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### TEA PASTRY

90 g Buttercup Margarine	4 yolks
90 g sugar	180 g flour

Melt Buttercup Margarine — add sugar, beating well. Add yolks one at a time alternately with 90 g flour. Form "Bretzeln" and bake them.

*Mrs. A. Ullman*

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### KAESEKRAPFERL

Take equal weights of butter, cream cheese and flour. Add a pinch of salt. Knead well, Keep in fridge for a few hours — roll out and fill with jam. Bake in a moderate oven.

*Mrs. A. Ullman.*

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### PIGS EARS

250 g Buttercup Margarine	1 teaspoon lemon juice
1 cup cream	pinch salt
2 cups flour	caster sugar

Chop Buttercup Margarine into flour and salt. Add cream and lemon juice and form a fairly soft dough. Wrap in greaseproof paper and leave in refrigerator for about 3 hours. Throw out on to a floured board and roll out a few times, sprinkling caster sugar on all sides and rolling it in. Then roll out into an oblong shape. Roll over each end to the centre. Then place the one roll on top of the other and press down slightly. Slice thinly and place on a greased pan, sprinkled with caster sugar. Bake at 450°. Turn over and sugar the other side and put back in the oven for a couple of minutes.

*Mrs. L. Zipper*

*This page sponsored by JOYCE CHITRIN*

### DATE PASTRY

125 g blanched almonds  
2 egg whites

125 g dates  
sugar to taste

Cut almonds and dates very fine. Add the stiffly beaten egg whites. Put the mixture on rice paper (Oblatten) and bake in a mild oven. Cut when very hot.

*Mrs. A. Ullman*

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### TUILES D'AMANDES

2 egg whites  
125 g caster sugar  
60 g flour

30 g blanched shredded almonds  
60 g Buttercup Margarine  
½ teaspoon vanilla essence

Break whites into bowl, beat in sugar with fork and add flour, vanilla, almonds and butter, melted but not hot. Grease some baking sheets and spread out the mixture in teaspoons. Bake to a golden brown in a moderate oven, then lift carefully and lay over a rolling pin to cool. Store immediately in an air-tight tin.

*Mrs. Phyllis Sussman*

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### KISSES

125 g flour  
125 g maizena  
125 g caster sugar

125 g Buttercup Margarine  
1 teaspoon baking powder  
1 egg

Cream butter and sugar. Beat in eggs. Add flour, maizena and baking powder. Shape into small balls, and bake on a greased pan. Put two together with butter icing or jam.

*Mrs. L. Frank*

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### MERINGUES

3 egg whites  
6 tablespoons caster sugar

Beat together egg whites and caster sugar till the mixture is very stiff. Drop the mixture on to a floured pan. Heat oven to 350° before placing meringues in the oven. When these are in the oven, switch off entirely and leave for three or four hours, or overnight.

If so desired, fold in chopped walnuts into stiff mixture before setting out on pan.

*Mrs. Lilian Rabinowitz*

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### BUTTERHAEUFCHEN

125 g Buttercup Margarine  
1 egg yolk  
3 tablespoons sweet cream

180 g sugar  
2 whole eggs  
500 g flour

Cream Buttercup Margarine and sugar very well. Add sugar, 1 egg yolk, 2 eggs and the cream mixing well for half an hour if done by hand. Add flour last. Drop with teaspoon on greased tin. Bake them a golden colour.

*Mrs. A. Ullman*

### FLORENTINES

125 g Buttercup Margarine  
125 g caster sugar  
1 egg  
2 tablespoons blanched almonds —  
long shreds  
2 tablespoons cherries  
2 tablespoons currants

4 tablespoons candied peel  
4 tablespoons chopped walnuts  
125 g blanched almonds  
coarsely chopped  
125 g plain chocolate  
2 tablespoons sultanas

Melt Buttercup Margarine and sugar in saucepan. Stir in all nuts, etc., except shredded almonds. Add beaten egg. Grease and flour two baking tins and put small heaps of mixture on these, allowing room to spread. Press shredded almonds on top. Bake about 20-25 minutes at 350°. Allow to half cool before putting on wire sieve. Coat bottoms with melted chocolate and draw or pipe chocolate lines across tops.

*Mrs. Daphne Ralstein*

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### CREAM BISCUITS

250 g Buttercup Margarine  
1 cup sugar  
2 teaspoons baking powder  
3 egg yolks

1 tablespoon oil  
1 teaspoon vanilla essence  
½ cup cream  
flour — about 3½ cups to make  
fairly soft dough

Cream Buttercup Margarine, sugar and cream together. Add egg yolks, oil and vanilla. Lastly add sifted flour and baking powder. This dough can be rolled and used for stuffed monkeys, or it can be put through a cookie machine. Bake at 400° until light brown.

*Mrs. Gay Kenigsberg*

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### BISCUITS

180 g Buttercup Margarine  
4 egg yolks  
2 egg whites  
1 cup sugar

3 teaspoons baking powder  
½ cup cream  
about 5 cups flour  
salt

Cream Buttercup Margarine and sugar. Add eggs one at a time. Add cream, flour, baking powder and salt. Roll out. Cut as desired. Beat up 2 extra whites slightly and brush biscuits with this. Sprinkle with chopped nuts. Bake on a greased pan at 350° till pale brown.

*Mrs. S. Eliasov*

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### KICHLACH

12 eggs (take off four whites)  
½ teaspoon salt

6 tablespoons Olivine  
enough flour to make a soft dough

Roll out and sprinkle with sugar. Cut and prick with a fork. Put an ungreased pan in a 500° oven to get hot. Then put kichlach on pan to bake.

*Mrs. J. Graham*



### CHOCOLATE BISCUITS

1 egg  
12 tablespoons flour  
½ teaspoon baking powder  
6 tablespoons Buttercup Margarine  
6 tablespoons caster sugar  
2 tablespoons cocoa

Cream Buttercup Margarine and sugar. Add egg. Sieve dry ingredients into mixture. Roll out and cut into rounds and bake at 350°. When cool, put two together with the following filling:-

#### Filling

4 tablespoons Buttercup Margarine  
125 g icing sugar  
2 tablespoons cocoa  
vanilla essence

Cream Buttercup Margarine and sugar and add cocoa and essence.

*Mrs. L. Gruber*

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### ALMOND BISCUITS

250 g Buttercup Margarine  
½ cup caster sugar  
1 cup flour  
1 cup cornflour  
1 cup chopped almonds  
vanilla essence

Cream Buttercup Margarine and sugar well. Add sifted cornflour and flour, then add almonds and essence. Form into small balls and place on a greased pan and bake at 350° for 15-20 minutes until light brown. Roll in caster sugar while still hot.

*Mrs. Ann Fischer*

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### BISCUITS

1 kg flour  
500 g sugar  
1 tablespoon brandy  
500 g Buttercup Margarine  
4 eggs  
juice and grated rind of 1 lemon

Cream Buttercup Margarine and sugar very well. Add yolks one at a time and mix again. Add all other ingredients. Lastly fold in the stiffly beaten egg whites. Make a dough and leave in fridge overnight or as required. Bake in moderate oven and when still hot sprinkle with sugar and cinnamon.

*Mrs. A. Ullman*

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### DATE COOKIES

500 g flour  
125 g Buttercup Margarine  
125 g Buttercup Margarine  
½ teaspoon salt  
½ cup sugar  
1 dessertspoon baking powder  
2 eggs  
dates

Cream Buttercup Margarine and sugar. Add eggs, beaten and sifted dry ingredients. Roll out dough and cut in rounds. Place a date, cut up, on each round and close up. Brush with yolk of egg and sprinkle with sugar. Bake in a moderate oven.

*Sister A. Tomlinson*

### GINGER COOKIES

2 cups sugar  
2 cups Buttercup Margarine  
1 packet bicarb. of soda  
500 g golden syrup  
4 eggs  
2 teaspoons ginger  
1-1½ kg flour to make a stiff dough

Beat sugar and Buttercup Margarine well. Add eggs, syrup and lastly, sifted dry ingredients. Roll out, cut and bake at 300-350°.

*Sister A. Tomlinson*

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### CINNAMON ROLLS

2 cups flour  
¾ cup milk  
sugar to taste  
2 tablespoons Buttercup Margarine  
3 teaspoons baking powder  
½ teaspoon salt  
cinnamon

Sift dry ingredients, rub in Buttercup Margarine with fingers and add milk. Roll out dough thinly, spread with Buttercup Margarine and sprinkle cinnamon and sugar. Roll up like Swiss roll, cut into slices and bake in slow oven.

*Mrs. Sophie Benyshai*

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### KAREN BISCUITS

250 g Buttercup Margarine  
250 g sugar  
1 egg  
375 g flour  
1 finely grated lemon rind

Cream Buttercup Margarine and sugar, add egg and rind, stir, then add flour which has been sifted, knead lightly, take little pieces and roll into ball, flatten slightly and add piece of walnut or cashew nut and bake at 350° until golden brown. Remove from pan while still hot.

*Mrs. Sophie Benyshai*

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### BISCUITS

250 g Buttercup Margarine  
2 large cups flour  
1 large cup sugar  
2 teaspoons baking powder  
2 eggs  
vanilla essence  
pinch salt

Sift flour, sugar and baking powder five times. Rub in Buttercup Margarine and add well-beaten eggs, salt and vanilla. Put in refrigerator to chill. Can be used for biscuits or tarts.

*Mrs. M. Smith*

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### OIL BISCUITS

125 g Buttercup Margarine  
¾ cup sugar  
2 tablespoons Olivine  
2 eggs  
2 scooped dessertspoons  
baking powder  
¾ cup milk and water mixed  
pinch salt  
about 3½ cups flour

Cream Buttercup Margarine and sugar. Add Olivine and then all other ingredients. Roll and cut into shapes desired. Bake in hot oven until golden brown in colour.

*Mrs. Fay Broomberg*

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### MADELEINES

125 g Buttercup Margarine (softened)  
½ cup sugar  
1 teaspoon syrup  
1 teaspoon bicarb. of soda dissolved  
in 1 tablespoon of boiling water

1 full cup flour  
1 teaspoon baking powder  
2 cups Post Toasties (crushed)

Cream Buttercup Margarine and sugar well together, add syrup, bicarbonate of soda, flour, baking powder and Post Toasties into a firm dough. Smooth dough out with rolling pin and cut with small biscuit cutter or top of egg cup. Bake at 350° for about 8 minutes and cool before removing from pan.

Put 2 together with:-

	<b>Filling</b>	
4 tablespoons melted Buttercup Margarine (not on stove)	2 tablespoons syrup 1½ tablespoons cocoa	

*Mrs. Rena Reiff*

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### NUTTY FLOURS

250 g Buttercup Margarine  
4 tablespoons sugar  
4 tablespoons chopped nuts  
1 cup dates

1 egg  
1 cup flour  
1 teaspoon baking powder  
Post Toasties

Cream Buttercup Margarine and sugar. Add beaten egg. Mix and add dry ingredients. Roll spoonfuls in Post Toasties or Puffed Rice. Bake at 400° for 15-20 minutes.

*Mrs. Sally Lieber*

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### RASPBERRY SQUARES

1 cup of flour  
1 teaspoon baking powder  
½ cup Buttercup Margarine  
1 egg  
1 tablespoon milk  
½ cup raspberry jam

**Topping:**  
4 tablespoons Buttercup Margarine  
1 egg  
1 cup sugar  
1 cup dessicated coconut  
1 teaspoon vanilla

**Method.**— Sift flour and baking powder and cut Buttercup Margarine into it. Rub until mixture looks like mealie meal. Beat the egg slightly and stir into flour mixture with milk. Spread dough over square baking pan and cover with layer of raspberry jam.

**Topping.**— Melt Buttercup Margarine and beat egg and add sugar and Buttercup Margarine together. Fold in coconut and vanilla. Spread over top of the raspberry jam. Bake for about 30 minutes and cut into squares when hot.

*Mrs. L. Emanuel*

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### COCONUT SHORTBREAD

2 tablespoons caster sugar  
125 g Buttercup Margarine  
1 cup dessicated coconut

1 cup flour  
few drops almond essence

Rub Buttercup Margarine into all dry ingredients and add essence. Pat into a greased biscuit pan, prick with a fork and bake in a hot oven till golden brown. When baked, sprinkle with sugar and cut into slices while still warm.

*Mrs. W. Lobel*

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### MARIE BISCUITS

250 g Buttercup Margarine  
1 cup sugar  
2 well-beaten eggs  
2 tablespoons cornflour

1 teaspoon baking powder  
½ teaspoon bi-carb.  
½ cup milk

Cream Buttercup Margarine and sugar well. Add beaten eggs, and mix. Beat till smooth. Sift cornflour and baking powder and add to mixture. Dissolve bi-carb. in milk and add to mixture. Roll out thin, cut into rounds and prick with a fork. Bake at 400° on a greased pan for 12 minutes.

*Mrs. I. Miller*

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### COCONUT DAINTIES

2 egg whites only  
2 tablespoons sugar

4 tablespoons coconut

Beat egg whites stiffly, sift in sugar and beat again until very stiff. Add coconut. Make into small cones, place on buttered paper and bake in a slow oven.

*Mrs. S. Benyshai*

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### DATE COOKIES

250 g Buttercup Margarine  
1 egg  
500 g dates

½ cup caster sugar  
1 packet Marie biscuits

Melt Buttercup Margarine and add sugar, cream well together. Add dates, cook until soft. Add egg. Replace on stove and add broken up Marie biscuits. Stir until well mixed. Pour into greased tin. Place in refrigerator overnight. Cut in pieces and roll in coconut.

*Mrs. Hilda Lepar*

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### DATE BISCUITS

500 g dates  
1 teaspoon baking powder  
2 tablespoons sugar

3 small cups flour  
250 g Buttercup Margarine  
1 egg

Clean dates and put through mincer. Grease hands with Buttercup Margarine and roll minced dates in long narrow rolls to fit baking tin. Mix dough well, if too stiff add a little milk. Roll in strips and fill with dates. Mark biscuits, bake, cut through while still warm. Bake at 350° for 20 minutes.

*Mrs. Hilda Lepar*

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### CHOCOLATE SHORTBREAD

125 g Buttercup Margarine  
½ cup sugar  
1 cup crushed cornflakes

3 tablespoons cocoa  
1 cup flour  
chocolate  
pecan nuts

Cream Buttercup Margarine and sugar. Add cocoa, flour and cornflakes. Make dough pliable. Roll into small balls. Bake at 325° for 10-15 minutes. Decorate with melted chocolate and pecan nuts.

*Mrs. Joy Messer*

*This page sponsored by WENDY LEPAR*

### CATS' TONGUES

3 egg whites  
125 g caster sugar  
125 g Buttercup Margarine  
125 g flour  
vanilla

Cream Buttercup Margarine well. Add sugar and beat 3 minutes. Add unbeaten whites one at a time. Add flour and vanilla. Put in pastry bag and force on to a buttered and floured tin in about 3 cm lengths — allow for spreading. Bake at 350° for 5-7 minutes till pale yellow.

*Mrs. Y. Kretzmer*

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### CHERRY BISCUITS

3 egg yolks  
375 g Buttercup Margarine  
1 cup caster sugar  
3½ cups flour

Cream Buttercup Margarine and sugar. Add eggs and flour. Roll into long rolls 1 inch wide. Cut. Brush with egg yolk, sprinkle with chopped almonds and decorate with cherry. Bake at 350°.

*Mrs. Frieda Harris*

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### DAMENGOLATSCHEN

250 g Buttercup Margarine  
2 egg yolks  
125 g sugar  
250 g flour

Cream Buttercup Margarine well. Add sugar then add yolks one at a time, then add the flour. Mix everything well. Make small round balls. Brush over with egg. Make a deepening with the handle of a wooden spoon and bake to a nice golden colour. Fill with jam as required.

*Mrs. A. Ullman*

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### CIGARETTES RUSSES

2 egg whites  
125 g sugar  
3 tablespoons flour, well sifted  
2 tablespoons melted Buttercup Margarine

Whisk egg whites until stiff. Mix in very lightly, using a wooden spoon, first the sugar, then the flour and lastly butter. Spread fairly thinly, in oblongs the size of a cigarette paper on a buttered and floured tin, and bake in a hot oven 5-6 minutes. Remove from the tin, quickly lay upside down on the table, and roll round a pencil, holding it firmly with the hand. Slide off the pencil, and leave to cool. Store at once in a tin. The ends of each cigarette may be dipped in melted chocolate and then chopped brown almonds.

*Mrs. Phyllis Sussman*

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### CHECKERBOARDS

250 g Buttercup Margarine  
2½ cups flour  
½ cup and 2 tablespoons sugar  
cocoa

Cream Buttercup Margarine and sugar together. Add flour, and blend well. Halve dough and add 2 tablespoons cocoa to one half. Place dough in refrigerator to harden. When dough is firm take out and cut each half in two pieces. Roll in long strips and place one white roll over one brown roll and vice versa. Cut slices ½ inch thick. Bake at 300° in ungreased pan for about 20 minutes till firm but not too brown. Roll in caster sugar when hot.

*Mrs. Joy Messer*

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### TEIGLACH

1½ cups egg yolks  
1 tablespoon ginger  
enough flour to make a soft dough

Filling.— Minced raisins and prunes.

4 cups golden syrup  
2 cups sugar  
Syrup  
2 cups water

Make dough of egg yolks, ginger and flour. Roll out, cut into squares, place a little filling on each and roll up to form balls. Put syrup on to boil and when boiling, add the teiglach and boil on to medium till brown. Ten minutes before taking off, add 1 tablespoon more ginger to syrup. Remove from fire and pour over ¼ cup boiling water. Take out of syrup and roll in sugar and a little ginger.

*Mrs. L. Brenner*

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### KICHLACH

4 eggs (take out 2 whites)  
2 cups flour  
large teaspoon Olivine  
pinch of salt

Beat eggs, oil and salt very well. Add sufficient flour to make a fairly loose dough. Roll out very thinly like lokshen and cut into any shape required. Brush over with water and sprinkle with sugar. Bake at 450° for 10 minutes.

*Mrs. Faye Fredman*

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### FRUIT SQUARES

125 g Buttercup Margarine  
200 g sugar  
½ cup fruit mincemeat  
1 cup flour  
¼ teaspoon salt  
2 eggs  
1 teaspoon vanilla  
½ cup chopped nuts  
4½ tablespoons cocoa  
1 teaspoon baking powder

Method.— Cream Buttercup Margarine and sugar. Add eggs. Beat well. Add vanilla, mincemeat, nuts and mix well. Sift in cocoa, flour, salt and baking powder and mix thoroughly. Spread mixture in tin lined with greaseproof paper. Bake at 350° for 20 minutes. When cold cut into fingers and roll in icing sugar.

*Mrs. Faye Fredman*

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### NUT MERINGUES

1 cup chopped nuts  
3 eggs  
1¼ cups sugar  
1 teaspoon vanilla essence  
1 teaspoon almond essence  
1½ cups flour  
125 g Buttercup Margarine  
2 teaspoons baking powder  
1 small tin smooth plum jam

Cream Buttercup Margarine and ½ cup sugar well. Add vanilla essence. Then add yolks of eggs, one at a time, sifted flour and baking powder. Put this dough into oblong pan and press to about ½ inch thick. Spread with jam and sprinkle ½ cup nuts on top. Beat 3 egg whites with balance of sugar gradually, also almond essence. Mix balance of nuts into whites with wooden spoon only. Spread this over the jam. Medium hot oven for about 30 minutes.

*Mrs. Pauline Nosel*

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### BOURMELOS (Doughnuts)

3 level teaspoons granulated yeast      3 cups flour  
2 cups lukewarm water

**Method.**— Put the yeast with a cup of lukewarm water and leave for an hour or so till bubbles appear. Then add gradually 2 cups of flour, mixing well with a wooden spoon, also 1 tablespoon melted Buttercup Margarine. Then add third cup of flour and another cup of warm water slowly. You should have a near liquid consistency. Heat oil in a saucepan and put in spoonfuls of the mixture till golden brown. Serve with honey.

*Mrs. Lilian Rabinovitz*

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### CUSTARD CREAM BISCUITS

125 g Buttercup Margarine      6 tablespoons flour (heaped)  
2 tablespoons sugar      2 tablespoons custard powder (level)  
1 egg      1 teaspoon baking powder

Cream Buttercup Margarine and sugar. Add well-beaten egg. Then sift flour, custard powder and baking powder. Add to Buttercup Margarine mixture. Roll out, cut and bake.

*Mrs. Arthur Kaplan*

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### CINNAMON BISCUITS

200 g sugar      2 teaspoons cinnamon  
200 g Buttercup Margarine      2 egg yolks  
250 g flour      chopped almonds to trim tops

Rub Buttercup Margarine into flour and sugar and add cinnamon. Add egg yolks. Pat dough into a greased Swiss roll tin and sprinkle with almonds. Bake in a moderate oven and cut into squares when cool.

*Mrs. L. A. Rubinstein*

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### CHEESE STRAWS

250 g flour      2 eggs  
250 g Buttercup Margarine      ½ teaspoon cayenne pepper  
250 g cheese, grated      ½ teaspoon salt

Run Buttercup Margarine into flour and cheese. Beat eggs and add to mixture. Leave a little of the egg to smear over the straws. Roll out and cut into straws. Bake in a hot oven.

*Mrs. L. A. Rubinstein*

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### KISSES

250 g Buttercup Margarine      1 dessertspoon vanilla  
2 large cups flour      1 cup caster sugar  
2 teaspoons baking powder      2 egg yolks, with a little water  
2 cups maizena

Rub all the dry ingredients with Buttercup Margarine till in crumbs. Then add yolks and vanilla to form dough. Take a small teaspoon and with it break off pieces of dough and place on baking sheet. Bake at 350°. When cool, put two together with apricot jam or melted chocolate.

*Mrs. M. Sussman*

### AMERICAN NUT BISCUITS

250 g shelled pecan nuts      4 tablespoons powdered sugar  
250 g Buttercup Margarine      2 cups flour  
2 teaspoons water      1 teaspoon vanilla

Cream Buttercup Margarine and sugar. Mix flour and nuts and add water and vanilla. Mix all together. Butter pan, make small balls of the dough and place on pan. Gently pat down. Bake in a medium oven but do not brown. Roll in sugar.

*Mrs. M. Sussman*

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### CHOCOLATE MINT BISCUITS

60 g chocolate      ¾ cup flour  
125 g Buttercup Margarine      ¼ teaspoon peppermint extract  
2 eggs      salt  
½ cup sugar      ½ cup chopped nuts

Melt chocolate and Buttercup Margarine. Beat eggs and sugar, and mix all together. Add flour, peppermint, salt and nuts. Press into a 22 cm x 27 cm greased tin. Bake at 350° for 20-25 minutes. When cool spread with the following:-

2 tablespoons Buttercup Margarine      ¾ teaspoon peppermint extract  
1 cup icing sugar      green colouring  
1 tablespoon milk or cream

Mix all above ingredients well, and spread on to the baked dough. Put in the fridge to set. When set melt 30 g chocolate with 1 tablespoon Buttercup Margarine, and pour on top of the biscuits and spread with knife. Set again and decorate with nuts, and cut into squares.

*Mrs. Nellie Banet*

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### NUT SLICES

250 g Buttercup Margarine      ¾ cup sugar  
250 g ground almonds      2½ cups flour  
2 eggs      1 teaspoon baking powder

Mix butter and sugar well. Add eggs. Add nuts. Add baking powder and flour. Divide dough into two sections. Pat the one section of dough into a baking tin thinly. Add 1 tablespoon cocoa to the second section and pat over the first.

Allow to cool before cutting.

*T. Goldwasser*

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### CUSTARD MELTING MOMENTS

180 g Buttercup Margarine      180 g flour  
60 g icing sugar      pinch of salt  
60 g custard powder

Cream Buttercup Margarine and icing sugar. Add custard powder and flour and knead well till smooth. Roll into little balls about the size of a 20c piece, and press down with a fork on a buttered pan. Bake at 375° till yellowish and light brown underneath — about 15-20 minutes.

When cool stick two biscuits together with chocolate icing and if liked sprinkle with caster sugar.

*Mrs. Paula Fischer*

### COCOA PASTRY

250 g Buttercup Margarine  
3 eggs  
125 g sugar  
1 teaspoon vanilla essence  
60 g melted cocoa (in the oven)  
500 g flour

Cream Buttercup Margarine and sugar well — add egg yolks one at a time, then the other ingredients. Lastly fold in the stiffly beaten egg whites. Make into any shape — brush over with egg and bake.

Mrs. A. Ullman

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### CHOCOLATE BISCUITS FILLED

125 g Buttercup Margarine  
½ cup sugar  
1 teaspoon vanilla essence  
1 tablespoon cold water  
1½ to 2 cups flour  
large slab chocolate — break into squares

Cream Buttercup Margarine and sugar well. Add vanilla, cold water and flour. Knead well with K beater or Mixer, to a dough — which feels like putty. Roll a little dough around each square of chocolate, covering completely. Bake at 375° for 5 to 8 minutes, till they are set. Watch them and see that they are not overbaked as then they get hard. Decorate with icing on top.

Mrs. L. Gruber

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### SCOTCH SHORT BREAD

250 g caster sugar  
750 g flour  
500 g Buttercup Margarine

Soften Buttercup Margarine and add sugar, and beat well. Add flour and knead it well. Pat into biscuit trays. Sprinkle sugar over top. Before baking prick right through with fork. Bake for 1 hour at 350°. Cut when cold.

Mrs. L. Gruber

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### CHINESE CHEWS

1 cup flour  
2 teaspoons baking powder  
pinch salt  
2 eggs  
2 teaspoons milk  
60 g melted Buttercup Margarine  
½ cup sugar  
¾ cup nuts — chopped  
½ cup cherries — cut up  
½ cup dates — cut up

Sift flour, baking powder and salt. Add sugar. Add nuts, cherries and dates. Beat eggs with milk. Add to melted butter. Add flour mixture. A fairly dry mixture. Spread on a greased baking pan, and bake at 350° about ½ hour till brown. When cold, cut into squares.

Mrs. I. Pogir

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### KICHLACH

1 dozen eggs  
1 dozen yolks  
salt  
enough flour to make a firm dough

Mix all above and roll out thinly. Sprinkle with sugar. Prick with a fork. Cut and bake at 450° on an ungreased tin till done (about 5 minutes).

Mrs. Ch. Miller

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### CHEESE STRAWS

4 heaped tablespoons cheese  
60 g Buttercup Margarine  
1 cup flour  
pinch cayenne pepper  
½ teaspoon salt  
½ teaspoon baking powder  
milk to mix

Roll out and cut into strips and twist.

Phyllis Sussman

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### ALMOND RINGS

125 g Buttercup Margarine  
1½ cups flour  
2 egg yolks  
1 egg white (for top)  
½ cup sugar  
¾ cup ground almonds  
pinch salt  
¼ cup cup chopped almonds (for top)

Cream Buttercup Margarine. Add sugar and cream well. Add egg yolks, beating well after each addition. Add rest of the ingredients and mix well. Place in refrigerator for a few minutes. Roll out thinly on a slightly floured board. Cut into rounds and remove centres with a thimble. Brush over with beaten egg white and sprinkle with chopped almonds. Bake at 400° for 10 minutes.

Mrs. N. Barnett

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### COCONUT NESTS

1¼ cups flour  
¼ cup sugar  
¼ teaspoon salt  
1 egg yolk  
½ cup Buttercup Margarine  
1 egg white  
coconut

Sift flour 3 times with salt. Cream Buttercup Margarine and sugar and add beaten egg yolk. Combine well. Mix in dry ingredients about one-third at a time. Roll dough into tiny balls with floured hands. Beat egg white with a fork. Dip each ball into egg white then in coconut and place on greased pan. Indent in middle with finger. Bake 20 minutes at 350°. Fill with jam or cherries.

Mrs. L. A. Rubinstein

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### BISCUITS (or TARTLETS)

500 g Buttercup Margarine  
500 g sugar  
5 large eggs  
1 kg self-raising flour

Rub sugar and Buttercup Margarine well. Add to flour and throw in 1 egg at a time and stir well. Wrap dough in greaseproof paper and put in refrigerator. Take out a couple of hours before use, and use as much of the dough as required. Put rest back in refrigerator for further use.

Note.— Use "Ideal Biscuit Maker" gadget, which can be attached to your Milchidike Mincing Machine.

Almond Paste.— Beat 2 egg whites well with 1 teaspoon sugar. Add some ground almonds and a little almond essence, or add coconut, and flavour. Roll out biscuit dough, place in flat pan and spread with jam. Spread this almond mixture on top of jam, and sprinkle with chopped nuts. Bake in moderate oven. Cut when baked and put back into the oven for a little. The same dough can be used for flan tarts and and filled with the almond, or jam and cream. Keep biscuits in tins for crispness.

Mrs. M. Swiel

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### BUTTERSCOTCH BISCUITS

250 g Buttercup Margarine  
1 3/4 cups brown sugar  
2 eggs  
1 teaspoon vanilla

1/2 teaspoon bicarb. soda  
1/4 cup chopped walnuts  
3 1/2 cups sifted flour  
1 teaspoon baking powder

Cream Buttercup Margarine and sugar and beat well. Add eggs one at a time, beating all the time. Add essence and slowly add remaining ingredients and nuts. When well-mixed divide into four parts, make each into a long sausage. Wrap in grease-proof paper and put in refrigerator overnight. Next morning, cut into slices and bake in moderate oven.

Mrs. L. A. Rubinstein

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### ALMOND SLICES

125 g flour  
125 g Buttercup Margarine  
1/2 teaspoon baking powder  
1 egg yolk  
2 tablespoons caster sugar

**Top Layer:**  
125 g almonds and walnuts, chopped  
almond essence  
1 cup caster sugar  
1 egg white

Rub Buttercup Margarine into flour, sugar and baking powder and make into dough with egg yolk. Roll out and cut into fingers. Whip egg white stiff, add sugar and beat again. Fold in nuts and essence. Spread over each biscuit. Bake at 350°.

Mrs. L. A. Rubinstein

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### DATE CRACKERS

250 g dates  
1 1/4 cups oats  
1 1/4 cups flour  
1/2 cup brown sugar  
1/4 teaspoon bi-carb. soda

1/3 cup white sugar  
125 g Buttercup Margarine  
1/4 cup cold water  
1/4 cup hot water  
pinch salt

Put dates, white sugar and cold water in pot and stir over stove till soft, and allow to cool. Cream Buttercup Margarine and brown sugar well. Add oats, flour and salt. Lastly, add hot water to which you have added bi-carb. soda. Roll out and cut half. Spread one half with date mixture and cover with the other half. Cut into squares and bake in greased tins in moderate oven for about 20 minutes.

Mrs. S. Herman

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### RUSKS

4 cups flour  
1 teaspoon bicarb. soda  
1 1/2 teaspoons cream of tartar  
1/2 cup sugar

pinch salt  
125 g Buttercup Margarine  
2 eggs  
1/2 cup milk

Put flour, bi-carb., cream of tartar, salt and sugar in a bowl. Beat eggs, add Buttercup Margarine and milk and add to dry ingredients. Knead well, cut in rounds, fairly thick, and bake in a hot oven. When finished, take out. Cut in half like scones, and spread each half with mixed cinnamon and sugar and put back in the oven till light brown. This makes a big quantity, and can be halved.

Mrs. S. Herman

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### OAT CRISPIES

1 cup each, oats, coconut and sugar  
2 cups flour  
pinch salt  
125 g Buttercup Margarine

1 teaspoon bi-carb. soda  
1 tablespoon syrup  
1 tablespoon milk

Put all dry ingredients in bowl and add melted Buttercup Margarine to which you have added syrup and milk with bi-carb. of soda. Knead and roll out in thin rounds or squares and bake in fairly hot oven.

Mrs. S. Herman

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### TEIGLACH

6 egg yolks  
3 egg whites  
2 dessertspoons Olivine  
1 dessertspoon brandy  
2 heaped teaspoons ginger

minced dried fruits (not wet),  
prunes, raisins, apricots, etc.  
2 cups golden syrup  
2 cups water  
2 cups sugar  
flour

Make a dough of yolks, whites, oil, brandy, ginger and enough flour to make fairly hard dough for rolling, but not too stiff. Roll out thinly, cut in squares, fill each square with minced fruit and close up.

Boil in a large pot, syrup, water and sugar. When boiling, throw in teiglach and cover pot. Allow to boil quickly for 20 minutes without uncovering pot. Boil further until golden brown, mixing carefully with a wooden spoon. When right colour, add further 2 teaspoons ginger and mix again.

Remove from stove, push teiglach to one side, and pour against side, 1 cup water to loosen syrup. Take teiglach out and roll in coconut or leave plain.

Mrs. D. Charney

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### EDNA'S BUTTER BISCUITS

250 g Buttercup Margarine  
9 heaped tablespoons flour  
4 level tablespoons sugar

1 egg yolk  
2 drops vanilla essence  
1 teaspoon baking powder

Cream Buttercup Margarine and sugar. Add egg yolk and flour. Flatten in medium size tin. Put egg white on top and sprinkle with heavy grained white sugar. Bake in 350° for 1 hour. Cut into squares whilst still warm.

Gillian Lewis

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### POST TOASTIES COOKIES

125 g Buttercup Margarine  
3 tablespoons sugar  
1 egg, beaten  
1 cup chopped dates

1/2 cup chopped nuts  
1 cup flour  
1 teaspoon baking powder  
1 teaspoon vanilla

Cream Buttercup Margarine and sugar. Add rest of ingredients. Drop 1 teaspoonful of this mixture into Post Toasties, roll into balls, and bake in a moderate oven of 350°.

Mrs. O. Rosenberg

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## TEIGLACH

6 eggs  
4 dessertspoons Olivine  
1 kg golden syrup  
1 kg sugar  
grated rind of 4 oranges

4 teaspoons ground ginger  
filling of mixed orange and  
lemon peel, seedless raisins  
and nuts  
flour  
4 cups water

Beat eggs, oil, half the orange rind, half the ginger, with an egg-beater. Then add enough flour to make a soft dough. Divide into three portions. Roll each into oblong and sprinkle with the filling. Roll up and seal the ends well. Roll into long strips and then cut to the required sizes.

Boil together sugar, syrup and water. When it comes to the boil, put in the teiglach. Boil on high for first 15 minutes, then lower to medium and boil about 1¼ to 1½ hours, stirring occasionally. Must be kept covered. When nice chocolate brown colour, take off fire and add rest of orange peel and ginger and pour on about 1½ pints boiling water. Stir while adding water. Cover and leave to cool.

*Mrs. S. Favish*

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## BISCUITS

125 g Buttercup Margarine  
½ cup sugar  
1 egg  
1 teaspoon vanilla essence

¼ cup milk  
2 teaspoons baking powder  
about 2½ cups flour

Cream Buttercup Margarine and sugar. Beat egg and add vanilla. Add to Buttercup Margarine mixture. Add milk, then flour and baking powder, to make a soft dough. This can be used to make various biscuits as follows:-

**Fruit Fingers.**— Roll out dough thinly, spread with a smooth jam. Sprinkle one half with cinnamon, sultanas, cherries and nuts if liked. Fold other half over. Roll slightly and cut into fingers. Bake at 400° for about 10 minutes.

**Coconut.**— Add 1 cup coconut to above mixture.

**Ginger.**— Add 1 tablespoon syrup, 1 level tablespoon ginger, and 1 dessertspoon cinnamon.

*Mrs. P. C. Ralstein*

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## UJALDRES

2 cups flour, heaped  
1 teaspoon salt, level

enough iced water to make a  
soft dough

Sift flour and salt and add water to make a soft dough. Divide into about 10 portions. Knead each portion thoroughly and place in refrigerator for a couple of hours.

Sprinkle a board with flour and roll each portion very thinly. With hands, stretch dough very finely over a cushion. Replace on board and dot with blobs of Buttercup Margarine (or fat). Cut into two-inch strips. Fill with mincemeat or the following nut filling and fold strips over and over to form triangles. Bake in buttered or fatted pan at 400° for about 20 minutes.

**Nut Filling.**— Chopped nuts, ground almonds, cinnamon and a little golden syrup to bind.

*Mrs. Allegro Hassen*

*This page sponsored by LEONE LASKER*

## RICE CRISPIES

125 g Buttercup Margarine  
1 slab milk chocolate

½ packet Rice Crispies  
nearly 250 g marshmallows

Melt Buttercup Margarine, chocolate and marshmallows in top of double boiler. When dissolved, add Rice Crispies and mix with a knife. Put on a greased pan in refrigerator and when cold cut into diamond shapes.

*Mrs. J. Graham*

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## CRUNCHIES

2 cups oats  
1 cup flour  
1 cup sugar  
1 cup coconut

180 g Buttercup Margarine  
1½ tablespoons golden syrup  
1 teaspoon bi-carbonate of soda

Boil up Buttercup Margarine and syrup. When boiling, add bi-carbonate of soda and mix well. Add to dry ingredients. Pack tightly into greased biscuit pan. Bake at 325° for about 15 minutes. Cut in pan while warm and lift out when cool.

*Mrs. E. Zacks*

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## TEA CORNETS

1 egg  
¼ cup sugar  
⅓ cup flour

⅓ teaspoon baking powder  
flavouring  
pinch salt

Beat eggs till very light. Add sugar little by little, beating well after each addition until quite thick. Sift together flour, baking powder and salt. Fold into egg mixture. Add few drops flavouring essence. Drop by teaspoons on well-greased pan several inches apart. Bake in moderate oven, 375° for 5 minutes. Loosen from and roll them around to resemble a horn. If they become too crisp to roll, put back in oven for a minute. Serve with whipped cream.

*Mrs. M. Berzack*

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## SPANISH BISCUITS

500 g Buttercup Margarine  
3 tablespoons icing sugar  
1 teaspoon vanilla essence

500 g flour  
2 egg whites

Melt Buttercup Margarine, then stand it over ice. Add icing sugar and mix with wooden spoon till it thickens. Remove from ice and add egg whites, flour and essence. Roll in strips and cut. Bake at about 350°, moderate oven, till pale brown colour. Whilst still warm, roll in icing sugar. These can be put through the cookie machine in fancy shapes and trimmed.

*Mrs. M. Sussman*

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### CREAM BISCUITS

2 cups flour  
125 g Buttercup Margarine  
1 cup cream

2 teaspoons baking powder  
caster sugar

Rub Buttercup Margarine into flour and baking powder. Add cream. Put in refrigerator for 15 minutes. Roll into strips and shape into wheels, round or twists. Bake in moderate oven about 375° till pale biscuit colour. While still warm, roll in caster sugar.

*Mrs. L. Greenspan*

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### AMERICAN REFRIGERATOR BISCUITS

125 g Buttercup Margarine  
90 g caster sugar  
1 teaspoon vanilla  
½ teaspoon salt  
150 g oats

90 g soft brown sugar  
1 egg  
125 g plain flour  
½ teaspoon bi-carbonate of soda  
30 g chopped nuts (optional)

Cream Buttercup Margarine and sugar, add egg and vanilla. Sift flour, salt and bi-carbonate of soda and add to mixture. Stir in oats and nuts. Form into a roll 5 cm in diameter. Chill for at least 1 hour. Cut into ½ cm slices and bake until lightly browned (allowing room for expansion).

*Mrs. Moira Fisher*

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### ALMOND MACAROON TARTS

#### Pastry

1 large cup flour  
pinch salt  
2 tablespoons sugar  
1 teaspoon baking powder

90 g Buttercup Margarine  
1 egg  
little milk

Sift flour, salt, sugar and baking powder and rub in Buttercup Margarine. Add egg and enough milk to make a soft dough. Roll out and put into greased patty tins, spread with a little jam and put in each 1 teaspoonful of the following almond mixture:-

#### Filling

60 g ground almonds  
pinch salt

1 small teacup sugar  
2 egg whites

Beat egg whites stiffly with salt and sugar. Add ground almonds. Put this filling in tarts and bake in moderate oven till light brown.

*Mrs. S. Herman*

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### CHEESE STRAWS

90 g flour  
60 g Buttercup Margarine  
60 g grated cheese

2 egg yolks  
pepper and salt

Rub Buttercup Margarine into flour. Add cheese and seasoning and mix with egg yolks to a stiff dough. Roll out and cut into strips and bake in a quick oven till a pale brown. (Add a little warm water to the egg yolks).

*Mrs. S. Benyshai*

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### STUFFED MONKEYS

3 cups flour  
250 g Buttercup Margarine  
2 eggs

2 teaspoons baking powder  
1 cup sugar  
salt

Rub Buttercup Margarine into flour and salt. Add sugar, baking powder, and lastly, eggs. Roll out and fill with mixed fruit. Brush tops with egg white. Bake on a greased pan at 400° till light brown. (Same pastry can be used for cheese cake or any tart).

*Mrs. Faye Fredman*

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### VIENNA BISCUITS

500 g flour  
500 g Buttercup Margarine  
vanilla essence  
1 egg

½ cup sugar  
¼ cup ground almonds  
pinch salt

Mix all dry ingredients together. Add beaten egg and make into paste. Roll out and cut into shapes. Brush lightly with vanilla essence, then with egg and sprinkle with chopped almonds and sugar. Bake at 300° till light brown.

*Mrs. M. Sussman*

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### BISCUITS

500 g Buttercup Margarine  
750 g flour  
3 teaspoons baking powder

6 eggs, beaten  
250 g sugar  
pinch salt

Rub Buttercup Margarine into flour. Add salt, baking powder and sugar. Add beaten eggs. Roll as required and cut into shapes or use for tarts.

*Mrs. A. Abrahamson*

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### CHOCOLATE PINWHEELS

1½ cups sifted flour  
½ teaspoon baking powder  
pinch salt  
1 teaspoon vanilla essence  
30 g square chocolate, melted

½ cup Buttercup Margarine  
½ cup sugar  
1 beaten egg yolk  
3 tablespoons milk

Sift flour, baking powder and salt. Cream Buttercup Margarine and sugar. Add egg yolk and vanilla and beat well. Add dry ingredients alternately with milk. Mix well. Divide dough into two parts. To one part add melted chocolate, and blend. Chill until firm enough to roll. Roll each half and place plain sheet over the chocolate one, and roll together, like a Swiss roll. Chill till firm, then cut in slices. Bake in ungreased tin in a hot oven.

*Mrs. A. Abrahamson*

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### SPICED KISSES

150 g Buttercup Margarine	3 tablespoons coconut
2 tablespoons sugar	1 tablespoon cocoa
1 egg	1 heaped teaspoon baking powder
1 teaspoon mixed spice	flour to make fairly stiff dough
1 teaspoon cinnamon	

Cream Buttercup Margarine and sugar well. Add all other ingredients. Roll in strips and cut in about 1½-inch-wide lengths. Press with a fork. Bake at 400°. When finished jam two together and roll in caster sugar.

*Mrs. F. Sacks*

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### CORNFLAKE CRUNCHIES

125 g Buttercup Margarine	1 cup chopped dates
2 cups flour	3 tablespoons sugar
2 eggs	2 tablespoons cream
1 teaspoon baking powder	Post Toasties or Cornflakes
1 cup chopped walnuts	

Sift all dry ingredients except Post Toasties. Rub in Buttercup Margarine. Beat eggs and add cream to them, then add this mixture to dry ingredients. Add nuts and dates and mix well. Take teaspoonful and roll in Post Toasties. Place on buttered pan far apart to allow for spreading. Bake at 375° for about 20 minutes.

*Mrs. L. A. Rubinstein*

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### JAM BISCUITS

125 g Buttercup Margarine	2 teaspoons baking powder
1 cup sweet cream	1 teaspoon vanilla essence
1 egg yolk	enough flour to make a soft dough

Mix Buttercup Margarine and cream well. Add egg yolk, baking powder, vanilla and enough flour to make a soft dough. Roll out thinly. Cut in rounds and place a little jam in the centre of each round. Fold in half and press edges down. Beat 1 egg white and paint over tops of biscuits and sprinkle with sugar. Bake in greased pan at 400° till done.

*Mrs. Weinblum*

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### STRUDEL

250 g Buttercup Margarine	vanilla essence
½ teacup sugar	1 level teaspoon baking powder
2-2½ cups flour	3 eggs

Cream Buttercup Margarine and sugar. Add eggs one at a time. Add 1 cup flour sifted with baking powder. Add essence. Add rest of flour a little at a time to make a soft dough. Take about one cup of the dough and roll very thin. Spread with a little smooth jam, then sprinkle with 1 cup each sultanas and currants, 1 tablespoon mixed peel, few chopped nuts. Sprinkle with a little sugar and 1 teaspoon ground mixed spice. Put pats of margarine all over. Roll up and brush with beaten egg and sprinkle with sugar. Bake on greased pan at 350°. Slice when cold.

The rest of this dough can be used for tarts, cheesecake, etc.

*Mrs. D. Middledorf*

*This page sponsored by PNINA GRUER*

### MAZARINES

<b>Pastry</b>	<b>Filling</b>
125 g flour	raspberry jam
30 g cake crumbs	1 egg white
30 g ground almonds	125 g caster sugar
60 g sugar	1 tablespoon grated chocolate
90 g Buttercup Margarine	45 g chopped almonds
egg yolk and water to mix	vanilla essence (1 teaspoon)

Sift flour. Add cake crumbs, ground almonds and sugar. Rub in Buttercup Margarine. Mix to a stiff dough with egg yolk and water. Roll out into a long strip about 15 cm wide x ½ cm thick. Cut a strip 1½ cm wide off each long side, wet them and stick them on to each long side of the strip to form an edge. Prick pastry and bake at 375° for about 10 minutes.

Spread raspberry jam along centre. Partly beat egg white, add caster sugar, grated chocolate, chopped almonds and bring to boil. Add vanilla essence. Spread over the jam. Return to oven till set. Cut into fingers.

*Mrs. L. Creewel*

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### SPONGE BISCUITS

6 tablespoons Olive oil	grated rind of lemon
6 tablespoons caster sugar	1 teaspoon baking powder
2 eggs	1 cup flour — or little more
1 cup chopped nuts, ground almonds, etc.	to make soft dough

Beat eggs, sugar and oil; add dry ingredients, to form soft dough. Scoop ½ teaspoon dough onto baking sheet, not too close as they spread, and bake for a few minutes till golden brown, at 350°.

**Filling.**— Join two biscuits together with: Buttercup Margarine, Nescafe and icing sugar. Rum can be used instead of Nescafe.

*Mrs. Lily Gruber*

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### GINGER BISCUITS

1 egg	4 teaspoons preserved ginger
1 cup sugar	(cut small)
250 g Buttercup Margarine	12 cherries, cut up
2 tablespoons ginger syrup	¼ cup chopped nuts
1 teaspoon baking powder	3 level teaspoons ground ginger (or more)

Beat egg and sugar. Melt Buttercup Margarine with ginger syrup, not too runny, and add to eggs and sugar.

Add preserved ginger, cherries, and nuts to the flour, sifted with baking powder and ginger. Mix all together well.

Put into 30 x 20 cm tin, about 2.5 cm deep, and bake at 350° for 20-25 minutes. Cool, and cover biscuits with following icing, and then put back in oven for 1 minute; remove and cut.

**Icing.**— Mix 1 cup icing sugar with lemon juice and a drop of water.

*Mrs. Anne Moss*

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## TEIGLACH

### Dough

4 eggs and 8 yolks  
1 teaspoon ginger  
1½ egg cups Olivine  
about 4 cups flour

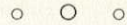
### Syrup

1½ kg syrup  
1 cup water  
2 cups sugar

Beat eggs very well, add other ingredients and mix thoroughly. Dough must be wet and fairly sticky. If necessary add a little more flour. Then take pieces of dough and roll on board in little flour and make thin rolls, which you cut in lengths to go round 2 fingers, to make a ring. Place each on greased paper or board, and turn over once.

Put all ingredients for syrup into large pot, and when syrup is boiling, drop teiglach in and boil on high (covered) for 5 minutes. Then lower heat to medium and after 15 minutes, open pot quickly and stir well. Re-open after further 10 minutes, and add 1 heaped teaspoon ginger, and stir well. Close, and re-open after further 10 minutes until they are a rich brown colour. Add ½ cup boiling water and move pot to side of stove. Remove teiglach, and roll in sugar or sugar and ground ginger or coconut.

*Mrs. Chadowitz*



## SPICE BISCUITS

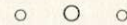
1 cup syrup  
1 cup sugar  
3 eggs  
4 cups flour  
a few grated nuts

2 teaspoons mixed spice  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
1 teaspoon bi-carb. soda  
1 soup spoon cocoa

Mix all dry ingredients together, add the syrup and eggs, and mix well. Wrap in greaseproof paper, and leave in fridge overnight. Make into shapes (or little balls) and bake at 420° for only 5 minutes, and watch them carefully as they burn easily.

When taken out of oven, pour over a mixture made of icing sugar and lemon juice.

*Mrs. Cilly Langberg*



## ORIENTAL FINGERS

125 g Buttercup Margarine  
90 g sugar  
250 g flour  
milk  
icing sugar

60 g glace cherries, cut up  
60 g chopped nuts  
60 g dates, cut into small pieces  
60 g sultanas

Rub ¼ of the Buttercup Margarine into the flour. Add ½ of the sugar, and enough milk to make a firm dough.

Roll out half of the dough into a neat oblong about ½ cm thick, and put on an ungreased baking sheet.

Put rest of the Buttercup Margarine and sugar into a saucepan. Heat until the Buttercup Margarine has melted. Stir in the cherries, nuts, dates and sultanas, and mix well. Spread over dough. Then roll out rest of the dough, and cover the filling. Place in the centre of a 375° oven, and bake for 25-30 minutes. Mark into fingers while warm, but cut when cool. Sprinkle top with icing sugar, or make water icing and ice top.

*Mrs. Helen Schur*

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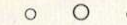
## QUICK BISCUITS

125 g Buttercup Margarine  
2 cups flour  
2 eggs  
½ cup milk

3 teaspoons baking powder  
½ cup sugar  
1 cup raisins and sultanas, mixed

Rub Buttercup Margarine into flour. Beat eggs and add milk. Mix all ingredients together well. Drop in teaspoonful on greased pan or patty tins, and sprinkle sugar on top. Bake at 450° for 5-10 minutes.

*Mrs. Anne Moss*



## BRANDY SNAPS

125 g flour  
125 g Buttercup Margarine  
125 g demerara sugar

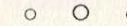
1 teaspoon ground ginger  
1 teaspoon lemon juice  
125 g golden syrup

Warm gently the Buttercup Margarine, sugar, syrup, and ginger in a saucepan until Buttercup Margarine is melted.

Sift in the flour, and add the lemon juice. Grease a baking tin and pour in teaspoonsful of the mixture at a good distance apart, to form rounds. Bake for 15 minutes at 300°.

Lift the snaps off the tin and roll them up quickly. If the snaps get too stiff to roll, pop them back in the oven to warm and soften. Fill with whipped cream.

*Mrs. Avril Lasker*



## SPICE BISCUITS

2 cups flour  
150 g Buttercup Margarine  
2 teaspoons baking powder  
½ cup brown sugar  
¼ teaspoon almond essence

1 egg  
¼ teaspoon ground cloves  
1 teaspoon cinnamon  
½ teaspoon mixed spice  
½ teaspoon ground ginger

Rub Buttercup Margarine into flour. Beat egg and sugar, add spices and stir into butter and flour. Add baking powder and essence. Roll dough out thinly after chilling. Can be used in cookie maker. Bake at 350°.



## RADIO TAIGLACH

4 eggs *plus*  
3 yolks  
2 tablespoons cocoa

flour  
2 heaped teaspoons baking powder

Mix the above, to form dough. Roll out 2.5 cm thick, and cut into squares.

### Boil in the following syrup:-

1 kg sugar  
1 teaspoon syrup

1 teaspoon ginger  
1 teaspoon vanilla

Rolling in syrup for 20 minutes.

*Mrs. Edith Levin*

*This page sponsored by DOREEN BIK*

### CHOCOLATE CRUNCHIES

250 g Buttercup Margarine  
125 g sugar  
2 teaspoons baking powder  
½ teaspoon salt

60 g coconut  
2 cups flour  
1 tablespoon cocoa

Cream Buttercup Margarine and sugar. Add baking powder, salt, cocoa, coconut and flour, and mix well.

Spread about ½ cm thick in a greased biscuit pan, and pat in. Bake in a moderate oven for 25 minutes. Ice when hot, and cut into squares when cold. Can be sprinkled with coconut.

#### Icing

150 g sifted icing sugar  
30 g cocoa  
2 tablespoons hot water

60 g melted margarine  
few drops vanilla essence

*Mrs. Sarah Joffe*

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### BISCUITS FOR SAWA COOKIE MAKER

250 g Buttercup Margarine  
1 cup sugar  
1 egg yolk  
½ teaspoon brandy or rum

2 cups flour  
pinch salt  
1 tablespoon ground almonds  
almond essence and lemon essence

Cream Buttercup Margarine and sugar, add brandy and other ingredients, lastly flour. Bake at 275-300°. If you wish to roll biscuits out, instead of using cookie maker, add extra flour.

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### BISCUITS (easy and suitable for bulk baking)

750 g plain flour  
500 g Buttercup Margarine  
flavouring  
pinch salt

¾ cup white sugar  
4 teaspoons baking powder  
1 large tin condensed milk

Rub dry ingredients and Buttercup Margarine all together. Blend with milk and flavouring. Either roll into shapes, or use cookie maker. Bake at 350°.

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## CAKES — LARGE AND SMALL

### PASTRY FOR CHEESE CAKE OR APPLE TART

60 g Buttercup Margarine	2 tablespoons caster sugar
5 tablespoons flour	1 egg
vanilla essence	pinch salt

Cream Buttercup Margarine and sugar. Add egg and balance of ingredients. Very soft dough, which you put out on to a tart dish. Can be stored in fridge.

*Mrs. Anne Moss*

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### HEALTH CARROT FRUIT CAKE

250 g cake mixture	1 teaspoon bi-carbonate of soda
¾ cup brown sugar	½ cup milk (mix with a little water)
½ cup breadcrumbs	2 large eggs
¾ cup shredded carrots	2 teaspoons mixed spice
1 cup self-raising flour	few cherries or nuts
2 tablespoons Olivine	

**Method.** — Put the fruit and sugar into a basin and pour the milk over it. Allow to stand for four minutes until fruit is well soaked. Beat together the eggs, the oil and the bi-carbonate of soda — finally add the shredded carrots, flour and the breadcrumbs mixed with the spice. Mix well. If the mixture is too dry, add a little more milk. Pour into a greased bread loaf tin lined with well greased grease-proof paper. Bake for about 45 minutes at 180°C (350°F).

*Sophie Codron*



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### BANANA BREAD

Buttercup Margarine to be at room temperature.

125 g Buttercup Margarine	2 eggs
¾ cup sugar	pinch of salt
1 cup mashed bananas (approximately 4)	1 teaspoon vanilla essence
1 teaspoon bi-carb. of soda	6 tablespoons milk
2 teaspoons baking powder	2 cups sifted flour

**Method.** — Beat margarine and sugar well. Add eggs, salt and vanilla. Add bananas and beat slowly. Warm up milk and bi-carb. and add to the other mixture. Add flour, and baking powder. Beat quickly. Bake in loaf tin at 325° for 1 hour. Freezes well and good with butter when eaten.

*Cookie Lasker*

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### MADEIRA CAKE

250 g Buttercup Margarine	½ teaspoon baking powder
8 rounded tablespoons caster sugar	1 tablespoon brandy (optional)
4 large or 5 small eggs	vanilla essence
8 heaped tablespoons flour	

Cream Buttercup Margarine and sugar. Add eggs, and lastly fold in sifted dry ingredients. Put into greased tin, and bake at 350-375° for ¾-1 hour.

*Mrs. Thelma Eliasov*

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## FRUIT CAKE

Fruit	
250 g glace fruit <i>or</i>	125 g chopped dates
250 g chopped glace fruit (pineapple, watermelonkonfyt, figs, apricots)	100 g glace ginger
500 g mixed cake fruit containing raisins, sultanas, currants and orange rind	125 g whole cherries (do not chop)
	100 g flaked almonds
	60 g walnuts

Ingredients	
1 cup brown sugar	5 ml cinnamon
4 eggs	2.5 ml nutmeg
500 ml cake flour	7.5 ml mixed spice
3 ml bi-carb. of soda	125 ml liquid — water, milk or orange juice
2.5 ml ginger	
150 g Buttercup Margarine	

Cream Buttercup Margarine and sugar. Beat in eggs very well. Add sieved dry ingredients over the fruit and nuts and mix. Add creamed mixture and liquid to fruit and dry ingredients. Mix with a wooden spoon or with hand — **BE CAREFUL NOT TO CRUSH THE FRUIT.**

Bake in lined 20 cm round or square tin with the top covered with tin foil — shiny side down with a few holes in the foil.

Bake at 140°C (300°F) for approximately 3 hours — remove foil for the last ½ hour.

Pour on brandy syrup and cool slightly before removing from tin.

### Brandy Syrup

100 ml sugar	100 ml brandy
100 ml water or orange juice	

Dissolve sugar with water/orange juice and bring to the boil. Cool and add brandy.

*Pamela Lassak*

## HONEY APPLE CAKE

150 g sugar	125 g Buttercup Margarine
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Cream well together. Add 1 beaten egg, alternate with 150 g flour, 10 mls baking powder and pinch salt, 100 mls milk.

Pour half the mixture into a greased pie dish with sprinkle brown sugar and cinnamon. Add tin apple and pour rest of mixture on top. Bake at 350° for about 45 minutes.

Cool off for a while, prick the top with a fork and pour a mixture of 40 ml melted Buttercup Margarine and 40 ml honey over.

Can be served with cream.

*Mrs. Grace Helfer*

## CHEESE CAKE

150 g sugar	few drops vanilla essence
125 g Buttercup Margarine	600 g cottage cheese
4 egg yolks	(drain off the water)
20 mls maizena	a little lemon juice and rind
	4 egg whites beaten very stiff

Grease your baking tin and put in a little breadcrumbs. Mix all ingredients, adding the stiff beaten egg whites — carefully. Cook medium oven 300-350° for 70-80 minutes.

*Inga Heilbron*

*This page sponsored by BETSI GORDON*

## BACHER CAKE [Viennese Chocolate Cake]

5 egg yolks	125 g Buttercup Margarine
125 g caster sugar	125 g black chocolate
90 g cake meal or maizena	1 teaspoon baking powder
5 egg whites	

Beat Buttercup Margarine and sugar until nice and smooth, then add egg yolks one by one and beat well. Then add melted chocolate and mix well until thick. Add the flour and baking powder. Lastly fold in beaten egg whites. Pour into well greased tin and bake for approximately 40 minutes, in 400° oven. When cool spread with a little jam and ice with chocolate icing or any other according to taste.

*Mrs. O. Zlättner*

## CHOCOLATE CAKE

125 g Buttercup Margarine	2 cups flour (well packed)
1 <sup>2</sup> / <sub>3</sub> cups sugar	4 level teaspoons baking powder
3 eggs	1 teaspoon salt
1 <sup>1</sup> / <sub>4</sub> cups milk	4 tablespoons cocoa
1 teaspoon vanilla essence	

Cream Buttercup Margarine and sugar well. Add eggs one at a time, beating well. Add sifted dry ingredients alternately with milk. Add vanilla. Bake at 375° for 25 minutes in 2 greased sandwich tins or 40 minutes in 1 large tin. Fill and ice with any chocolate icing.

*Mrs. Jessie Schragger*

## HOT WATER SPONGE CAKE

3 eggs	1 cup flour
1 cup sugar	1 heaped teaspoon baking powder
1 tablespoon Buttercup Margarine	4 tablespoons boiling water
2 teaspoons vanilla essence	

Put sugar in bowl, add eggs one at a time, beating well after each addition. Add ½ teaspoon baking powder and 1 cup flour. In meantime put Buttercup Margarine and water on stove to melt, when boiling add to mixture and beat well again. Then add remaining ½ teaspoon baking powder, beat well. Grease and flour tin and bake at 400° for 35-40 minutes. If liked 23 tablespoons of cocoa may be added.

*Mrs. Leah Port*

## GINGER CAKE (makes 2 loaf cakes)

3 breakfast cups flour	1 cup sugar
1 dessertspoon mixed spice	125 g Buttercup Margarine
1 dessertspoon ginger	1 cup syrup
1 teaspoon cinnamon	¾ cup boiling water
1 cup milk	2 teaspoons bi-carb. soda
2 eggs	

Cream Buttercup Margarine and sugar, add eggs. Mix in syrup, milk and flour, sifted with spices. Lastly add boiling water, to which you have added bi-carb. Bake for 1 hour at 350°. (Line tins with paper).

*Mrs. S. Eliasov*

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### SPICE CAKE

2¼ cups flour, sifted	1 teaspoon salt
1½ cups sugar	1 teaspoon cinnamon
1 tablespoon baking powder	½ teaspoon ground cloves
½ cup Olivine	½ teaspoon ground nutmeg
6 eggs, separated	2 tablespoons syrup
¾ cup cold water	1 teaspoon grated orange rind
½ teaspoon cream of tartar	2 teaspoons orange juice

Sift flour, sugar, baking powder, salt and spices into a bowl. Make a well in the centre, and add, in order, oil, egg yolks, syrup, water, orange rind and juice. Beat well until smooth. Add cream of tartar to the egg whites, and beat very, very stiffly. Pour the yolk mixture gradually over the egg whites, carefully folding in with a rubber spatula until well blended. Do not stir. Pour immediately into a slightly greased 24 cm x 10 cm tube pan. Bake at 325° for 70 minutes, or until top springs back when lightly touched.

After removing cake from oven, turn pan upside down placing the tube over neck of a small funnel. Loosen sides from tin when cool. Can be frosted with any frosting.

*Mrs. Zena Lurie*

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### CHOCOLATE CAKE

1¼ cups flour	⅛ teaspoon salt
2 teaspoons baking powder	1 heaped tablespoon cocoa
½ cup milk	½ teaspoon vanilla
45 g Buttercup Margarine	3 eggs
1 cup caster sugar	

Beat eggs and add sugar gradually and beat again for another 3 minutes. Sift dry ingredients 4 times and stir into egg mixture blending thoroughly. Bring milk and Buttercup Margarine to boil and add to mixture. Mix together quickly and bake in one large tin or 2 sandwich tins. When cold ice and decorate as desired.

1 large tin — 40-45 minutes  
2 tins — 15-20 minutes

*Mrs. Helen Boyer*

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### FINNISH MAUSTEKAKKU (Spice Cake)

250 g melted Buttercup Margarine	90 g chopped almonds
3 eggs	½ teaspoon ground cloves
grated orange peel	½ teaspoon ground cinnamon
½ teaspoon ground cardamoms	750 g flour
2 teaspoons baking powder	300 mls cream
250 g demerara sugar	

Grease and flour an 8 inch tin (square). Add sugar to melted Buttercup Margarine and whip until mixture is light and fluffy. Beat in the eggs a little at a time and mix in the nuts, flavourings and the cream. Sift the baking powder and flour, stir in to the mixture. Bake for 1 hour in a moderate oven (350°). This cake is similar to gingerbread.

*Mrs. Mirriam Gordon*

*This page sponsored by PADDY RASSINER*

### FRUIT CAKE

250 g flour	125 g sugar
125 g Buttercup Margarine	250 g mixed fruit
1 cup black tea	1 level teaspoon bi-carb. soda
1 teaspoon mixed spice	

Boil Buttercup Margarine, fruit and tea together for 3 minutes. When cool, mix with dry ingredients. Put mixture in well-greased cake tin, and bake at 400° for 50 minutes. Do not open the oven during that time.

*Mrs. Sally Lieber*

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### RICH DELICIOUS ALMOND/CHOCOLATE CAKE

5 eggs (separated)	1 sherry glass sherry or sweet wine
1 cup caster sugar	few drops almond essence
1 cup ground almonds	1½ tablespoons cocoa
1 cup breadcrumbs	pinch salt

Beat yolks and sugar till light and frothy. Add almonds, breadcrumbs, sherry, cocoa, essence and salt. Then add well beaten egg whites. Bake at 350° for ¾ hour. When cool ice with melted bitter chocolate.

*Mrs. Paula Fischer*

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### CHEESE CAKE MIXTURE

Use any tart base. Beat 2 eggs until frothy.

Add

4 tablespoons sugar	½ tablespoon flour
½ teaspoon salt	1 tablespoon lemon juice
2 tablespoons cream	500 g cream cheese

Pour into tart base, and bake at 325° for 1 hour.

*Mrs. Heleen Graham*

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### CHIFFON CAKE

2 cups flour	1½ cups sugar
3 teaspoons baking powder	1 teaspoon salt

Sift into bowl and make a well in the centre, then add:

½ cup Olivine	7 egg yolks
¾ cup water	1 teaspoon vanilla

Beat until smooth.

Beat 7 egg whites and ½ teaspoon cream of tartar until stiff. Fold egg yolk mixture into egg white mixture. Bake for 1 hour in 350° oven.

*Mrs. Freda Abrahamson*

*This page sponsored by FAY BERNSTEIN*

### BANANA BREAD

½ cup Buttercup Margarine	½ teaspoon baking powder
1½ cups brown sugar	¾ teaspoon bi-carbonate of soda
2 cups flour	½ teaspoon salt
2 eggs	1 cup mashed bananas (3 or 4)

Cream Buttercup Margarine and sugar well together and add well-beaten eggs. Add sifted dry ingredients and add to mixture with bananas and a little milk if too stiff. Put mixture into a lined bread tin and bake in a moderate oven for about 1 hour.

*Mrs. L. Gruber*

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### NUT CAKE (Combine)

⅔ cup Buttercup Margarine	1 teaspoon salt
1 cup sugar	1 cup milk
3 eggs	1 teaspoon vanilla
2¾ cups flour (sifted)	

Mix well in Kenwood, then add 2 teaspoons baking powder. Mix again and lastly fold in 1½ cups chopped walnuts. Pour into two buttered pans and bake for 30 minutes in oven of 350°.

*Mrs. A. Abrahamson*

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### MOCCA SPONGE CAKE

5 eggs	1 cup sugar
¼ teaspoon cream of tartar	¾ cup flour
¼ cup cocoa	3 tablespoons coffee essence
1 teaspoon vanilla	½ teaspoon salt

Beat whites of eggs till frothy, then add cream of tartar and beat till very hard. Gradually beat in half the sugar. In another dish beat yolks until thick and creamy and add rest of sugar, coffee essence and vanilla, and beat very well. Fold yolk mixture into the whites and add flour and cocoa. Bake in 350° oven for about 45 minutes. Do not grease tins. When cake is ready turn on to rack while hot.

*Mrs. Pam Harris*

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### DATE LOAF

250 g dates	1 teaspoon bi-carb. soda
1 tablespoon Buttercup Margarine	¾ cup sugar
1 egg	1½ cups flour

Pour 1 cup boiling water over chopped dates. Add the bi-carb. soda and cool. Cream Buttercup Margarine and sugar and add beaten egg. Add sifted flour and date mixture. Bake in lined tin at 350° for about 1½ hours.

*Mrs. Wally Hammerschlag*

### MARILLEN KUCHEN (Apricot Cake)

4 eggs	weight of 4 eggs in flour	weight of 4 eggs in Buttercup Margarine
		weight of 4 eggs in sugar
250 g fresh apricots (or other fruit)		

Separate eggs, cream Buttercup Margarine well, add egg yolks and sugar, fold in stiffly beaten egg whites and the flour. Spread the mixture 1½ cm thick on a greased baking tin, and place over the mixture the halved stoned apricots at regular intervals. Bake in hot oven, 450°, for ½ hour till set and golden brown.

*Mrs. Mirriam Gordon*

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### VIENNESE ORANGE CAKE

4 eggs	150 g caster sugar
150 g ground almonds	1 juicy orange
2 teaspoons fresh white breadcrumbs	

Separate eggs, put yolks and sugar into basin over boiling water and beat until creamy. Fold ground almonds into mixture and add orange juice. Fold in stiffly beaten egg whites sprinkling in the bread crumbs at the same time. Bake in a shallow, lined and greased tin for about ½-¾ hour in moderate oven 350°. Turn out carefully as this cake is of a very rich, moist consistency.

*Mrs. Mirriam Gordon*



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### MARBLE CAKE [2]

250 g Buttercup Margarine	1 teaspoon vanilla essence
1 small cup sugar	2 tablespoons milk
250 g sifted flour	1 tablespoon water
4 eggs	2 level teaspoons baking powder
pinch salt	

Cream Buttercup Margarine and sugar till light and fluffy. Add eggs one at a time alternately with the sifted flour, beating well between each addition. Beat well for 5 minutes. Add pinch salt. Add the milk, water vanilla, and lastly, baking powder. Divide mixture in two and to the one half add 1 tablespoon cocoa mixed with 2 teaspoons milk. Blend well. Pour the mixtures alternately into a greased tin and bake in moderate oven about 400° for about 1 hour. Before baking, cover top of cake with a piece of brown paper which has been greased.

*Mrs. R. E. Glickman*

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### COCONUT CAKE

(1) ½ cup Buttercup Margarine	½ cup milk
½ cup sugar	1 cup flour
3 egg yolks, beaten	2 teaspoons baking powder (level)
1 teaspoon vanilla	salt

Cream Buttercup Margarine and sugar. Add beaten yolks, vanilla and milk. Then add flour and salt, and lastly, baking powder.

(2) 3 egg whites, well beaten with ½ cup sugar, and then fold in 1 cup coconut.

Grease an oblong tin. Put in first mixture and then cover with the second mixture and top with cherries to trim. Bake for 40 minutes at 400°.

*Mrs. L. Rabinowitz*

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*This page sponsored by MOIRA FISHER*

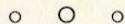
### TIP-TOP APRICOT CAKE

- |                               |                                 |
|-------------------------------|---------------------------------|
| (1) ½ cup Buttercup Margarine | (2) 1 cup flour and 1 cup sugar |
| 1 cup sugar                   | ⅛ teaspoon salt                 |
| 1 tin apricots                | 1 teaspoon baking powder        |
|                               | 2 eggs                          |
|                               | 5 tablespoons apricot juice     |

(1) Melt Buttercup Margarine in baking pan or Pyrex dish. Spread sugar over bottom (brown sugar can be used to advantage), lay in apricots, cut side up.

(2) Beat egg yolks, add sugar, apricot juice, sift in flour, baking powder and salt. Fold in beaten egg whites. Pour batter over fruit. Bake at 375° for about 45 minutes. Invert on to a plate. Serve with custard.

Mrs. L. Frank

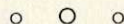


### RUM GATEAU

- |  |   |
|--|---|
| 3 eggs (weigh them)  | 2 tablespoons rum   |
| weight of the three eggs in Buttercup Margarine, flour and sugar | 500 g tin apricots (or any fruit, even glace cherries, dates, nuts) |

Cream sugar and Buttercup Margarine well. Add eggs one at a time. Fold in sifted flour. Then fold in about half the apricots cut in small pieces. Put mixture into a greased tin, and bake at 350°. After about 8 minutes open oven, and place remaining halves of apricots and a few chopped almonds on top of cake to decorate, and bake again for 30-40 minutes.

Mrs. M. Zworestine



### BLITZ CAKE

- |                           |                               |
|---------------------------|-------------------------------|
| 125 g Buttercup Margarine | 1 teaspoon baking powder      |
| ¼ cups sugar              | 3 tablespoons milk            |
| 4 eggs, separated         | ½ cup sliced blanched almonds |
| 1 cup flour               | 1 tablespoon sugar            |
| pinch salt                | ½ teaspoon cinnamon           |
| 1 teaspoon vanilla        |                               |

Cream Buttercup Margarine and ½ cup sugar well. Add well-beaten egg yolks and beat again. Add sifted flour, baking powder, salt and vanilla. Add milk. Spread mixture in 2 greased tins. Beat egg whites till stiff, add remaining sugar and beat till eggs hold a peak. Spread this over the unbaked mixture in the tins. Sprinkle tops with almonds, 1 tablespoon sugar and the cinnamon and bake at 350° for about 30 minutes. Cool and spread following custard filling between layers.

#### Custard Filling

- |                     |                                |
|---------------------|--------------------------------|
| 3 tablespoons flour | 1 egg, beaten                  |
| ⅓ cup sugar         | ½ teaspoon vanilla             |
| pinch salt          | 1 teaspoon Buttercup Margarine |
| 1 cup milk          |                                |

Mix dry ingredients very well. Add milk and egg and cook over boiling water, stirring constantly until thickened. Add vanilla and Buttercup Margarine. Cool.

Mrs. A. H. Ralstein

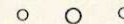
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### DATE AND WALNUT LOAF

- |                          |              |
|--------------------------|--------------|
| 500 g dates              | 60 g walnuts |
| 60 g Buttercup Margarine | ½ cup sugar  |
| 1 teaspoon ginger        |              |

Cut up and mix above ingredients. Pour over 1½ cups boiling water. When cold add 1 egg and 1 teaspoon bi-carb. soda, which has been added to 2 cups flour. Bake in slow oven 1½-2 hours.

Mrs. Hilda Lepar



### SURPRISE PLAIN CAKE

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup sugar               | 1½ cups flour                   |
| 125 g Buttercup Margarine | ½ cup milk and warm water mixed |
| 3 eggs                    |                                 |
| 2 teaspoons baking powder |                                 |

Cream Buttercup Margarine and sugar well. Add eggs one at a time and beat well between each addition. Then add other ingredients. Put half the batter into a well-buttered tin, sprinkle with sugar, cinnamon and either cake or biscuit crumbs. Add rest of the batter and bake at 350°.

Mrs. C. I. Jacobs



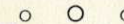
### FRUIT CAKE

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 cups sugar              | 250 g crystallised peel          |
| 500 g flour               | 10 eggs                          |
| 500 g Buttercup Margarine | 2 heaped tablespoons mixed spice |
| 500 g dates               | 1 tablespoon cocoa               |
| 250 g nuts                | 1 teaspoon bi-carb.              |
| ½ glass brandy            | 1 teaspoon cinnamon              |
| 500 g sultanas            | ½ teaspoon ground cloves         |
|                           | ½ teaspoon ground ginger         |

Cream Buttercup Margarine and sugar. Add beaten eggs, then flour. Mix bi-carbonate of soda with just a little milk and add to mixture.

Add spices, brandy and fruit, which should be warmed before adding to mixture. Don't have mixture too loose. Line greased tins with four layers of greaseproof paper and pour in mixture. Bake at 275° for not more than 3 hours. Half this quantity makes a nice sized cake.

Mrs. M. Sussman



### CHOCOLATE CHIFFON CAKE

- |                           |                     |
|---------------------------|---------------------|
| 1 cup flour               | ½ cup boiling water |
| 1 cup caster sugar        | ½ cup Olivine       |
| 2 tablespoons cocoa       | 1 teaspoon vanilla  |
| 3 teaspoons baking powder | pinch salt          |
| 4 eggs (separated)        |                     |

Sift dry ingredients together, but with ONLY 2 teaspoons of the baking powder. Add egg yolks and oil, then the boiling water. Beat egg whites stiffly with teaspoon of baking powder, then fold into other mixture. Bake in loose-bottomed tin, ungreased at 375° for about 50 to 60 minutes. When cool, ice with bitter chocolate mixed with icing sugar, a dab of butter and peppermint essence.

Mrs. Paula Fischer

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### CHOCOLATE MARBLE CAKE

125 g Buttercup Margarine  
3 eggs  
1 cup sugar  
1 cup flour

1 teaspoon baking powder  
½ cup milk  
1 tablespoon cocoa

Cream Buttercup Margarine and sugar. Add egg yolks separately, beating well. Add flour, baking powder and milk. Lastly fold in stiffly-beaten egg whites. Put half mixture in dish and add 1 tablespoon cocoa to this. Pour into greased tin and bake at 400° for 40 minutes.

*Mrs. L. Schragger*

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### BUTTER SPONGE CAKE

3 eggs  
pinch salt  
¾ cup sugar  
1 cup flour

4 tablespoons milk  
1 tablespoon Buttercup Margarine  
1 teaspoon baking powder

Beat eggs well. Add sugar and beat again. Then add flour and salt. Boil up milk and Buttercup Margarine and add immediately to mixture. Flavour with vanilla, cocoa, coffee or orange rind. Lastly, add baking powder. Bake in two medium-sized sandwich tins, greased, for 25-30 minutes at 350°.

*Mrs. H. Eliasov*

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### CHEESE CAKE WITH MARIE BISCUITS

2 cream cheeses  
2 eggs  
150 mls cream  
1 teaspoon custard

2 tablespoons sugar  
1 packet Marie Biscuits  
250 g Buttercup Margarine

Crush biscuits very well, add Buttercup Margarine and mix thoroughly. Grease a Pyrex dish well and put the biscuit mixture right round the dish, leaving a little for the top. Mix the cheese, eggs, cream, custard and sugar very well. Put the mixture into the biscuit-lined dish and spread with the remaining biscuit mixture. Bake for 40 minutes at 400°.

*Mrs. M. Watkins*

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### CHEESE TART

#### Dough

¾ packet Marie Biscuits  
125 g Buttercup Margarine  
¼ cup milk

#### Filling

500 g cream cheese  
2 egg yolks and whites  
¾ cup caster sugar  
2 tablespoons flour  
1 teaspoon vanilla

**Dough.**— Crush biscuits. Melt Buttercup Margarine in the milk and add to biscuits to form a dough. Line a buttered Pyrex plate with this and press down the edges.

**Filling.**— Cream together egg yolks and sugar, add cheese, flour and vanilla. Beat the egg whites stiffly, add to mixture and mix well. Pour into the dough and bake at 400° for 25 minutes.

*Mrs. L. Zipper*

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### CONTINENTAL STRUDEL

#### Dough

3 cups plain flour  
½ teaspoon salt  
juice of ½ lemon

2 cups warm water  
3 dessertspoons Olivine

Mix Olivine, water, lemon juice and salt. Make a well in the centre of the flour, and add the above mixture, blending into flour slowly. Then beat with a spoon with a lifting motion, until dough is stretchy and comes clean away from the spoon. Put dough in fridge in a sealed container whilst preparing fillings. When fillings are ready, put the dough on a large cloth, well dusted with flour—roll out slightly, lubricate with oil, then start gently pulling first the ends of the dough, then the centre; dough must be kept moist, otherwise it is liable to break. Now put over the whole dough, the desired filling, and roll up, away from the tablecloth. Bake for ½ hour at 375° or until golden brown.

**Fillings:**

#### APPLE

6 large apples  
¼ cup cherries  
2 handfuls of either Rice Krispies or  
Cornflakes, crushed  
½ cup sultanas

½ cup nuts  
juice and rind of ½ lemon  
1 cup sugar  
3 tablespoons apricot jam

#### CABBAGE

Fry 1 onion, sliced, till golden brown. Add 1 shredded cabbage, cover pot with lid and let cabbage simmer until soft. Add 1 teaspoon pepper, 2 teaspoons salt, 1 tablespoon sugar. Cool before putting on the dough.

#### CHEESE

500 g cottage cheese, 2 eggs, ½ cup sultanas, rind and juice of 1 lemon, salt and sugar to taste, 1 handful of Rice Krispies or Cornflakes.

*Mrs. R. Zwebner*

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#### ORANGE CAKE

180 g Buttercup Margarine  
3 eggs  
1 cup sugar  
2 cups flour

2 teaspoons baking powder  
⅓ cup orange juice  
⅓ cup cold water  
grated rind of orange

Beat all above together for 10 minutes in machine, adding baking powder last. Bake in a loaf tin, greased at 375°.

*Mrs. Paulette Hodes*

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#### NUT CAKE

6 eggs, separated  
200 g sugar  
200 g groundnuts

60 g chocolate  
60 g breadcrumbs  
a little rum

Cream egg yolks and sugar till thick and creamy. Fold in the nuts, melted chocolate and the breadcrumbs, which have been dampened with rum. Lastly, fold in the stiffly-beaten egg whites. This cake is best cut only the next day, and filled with cream. (Pour into a greased tin and bake in a medium oven).

*Mrs. E. Zlattner*

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### MARBLE CAKE

125 g Buttercup Margarine	3 level teaspoons baking powder
¾ cup sugar	¾ cup milk
3 eggs	1 teaspoon vanilla
2½ level cups flour	salt
	2 teaspoons cocoa

Cream Buttercup Margarine and sugar well. Add eggs one at a time. Add milk alternately with flour and salt. Add baking powder. Mix cocoa with 2 teaspoons sugar and 1 teaspoon milk. Add 2 tablespoons of the cake mixture to this. Grease a large tin and put in a layer of white mixture, then blobs of chocolate mixture and balance of white. Bake at 400°.

*Mrs. V. Zacks*

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### BANANA CAKE

4 eggs	1 teaspoon baking powder
2 tablespoons melted Buttercup Margarine	4 heaped tablespoons flour
6 tablespoons sugar	2 tablespoons breadcrumbs
4 bananas	1 tablespoon ground walnuts
	lemon juice

Cream egg yolks and sugar well. Add melted Buttercup Margarine gradually and mix well. Beat egg whites and fold into mixture. Add flour, breadcrumbs, nuts and baking powder. Mash bananas, add lemon juice to them and fold in. Bake for 1 hour in a greased tin at 300° to 350°.

*Mrs. Courian*

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### ALMOND CAKE

90 g Buttercup Margarine	60 g ground almonds
125 g sugar	60 g chocolate
4 egg yolks	45 g breadcrumbs
grated lemon rind	

Cream Buttercup Margarine and sugar very well. Add egg yolks and lemon rind and beat again. Add almonds, melted chocolate and breadcrumbs. Mix well but do not beat again. Pour into a well-buttered cake tin and bake in a medium oven. When ready, cool and ice with chocolate icing.

*Mrs. E. Zlattner*

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### CHOCOLATE CAKE

8 eggs, separated	2 tablespoons flour
8 tablespoons sugar (icing)	2 tablespoons cocoa

Beat egg yolks and icing sugar till thick and creamy. Then add flour and cocoa, sifted. Then fold in the stiffly-beaten egg whites. Pour into a greased cake tin and bake in a slow oven. When baked, cut in half and fill with the following cream.

Place in top of a double boiler 3 tablespoons strong black coffee, 2 tablespoons icing sugar and 125 g chocolate and cook till well blended. Cool slightly, and add 180 g Buttercup Margarine, the beaten yolks of 2 eggs, and then fold in the stiffly-beaten whites of 2 eggs.

*Mrs. E. Zlattner*

### BAKED MERINGUE SPICE CAKE

2 cups flour	½ teaspoon cloves
3 teaspoons baking powder	125 g Buttercup Margarine
¼ teaspoon salt	1 cup brown sugar
1 teaspoon cinnamon	1 egg and 1 egg yolk
¾ cup milk	

Sift flour, baking powder and salt together three times, with spices. Cream Buttercup Margarine and sugar very well. Add beaten egg and yolk and beat again. Add sifted dry ingredients alternately with milk and beat well. Pour into a large greased pan and spread with the following meringue.

1 egg white, beaten well with ½ cup brown sugar. Spread over unbaked cake, sprinkle with ¼ cup chopped nuts and bake at 350° for 50-60 minutes. (Size of tin about 15 x 25 cms).

*Mrs. A. H. Ralstein*

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### CHOCOLATE GATEAU

1 tablespoon (level) drinking chocolate	2 tablespoons (heaped) flour
2 teaspoons (heaped) baking powder	4 egg yolks, beaten with
1 tablespoon (level) cocoa	4 tablespoons caster sugar

Beat yolks with caster sugar for 8 minutes. Remove from beater, and fold in all dry ingredients. Add stiffly beaten egg whites. Grease and line a Swiss roll tin, and pour in mixture about ¾ full. Bake at 450° for 8 minutes. Remove from stove, and cool. Then turn out and cut into four pieces, and put the following filling between layers:-

Beat 300 mls cream, 1 tablespoon drinking chocolate, 1 tablespoon cocoa, 1½ tablespoons sugar, till thick.

Decorate with flaky chocolate and nuts.

*Mrs. Bertha Golembo*

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### ALL BRAN LOAF

1 cup Kellogs Hi-bulk Bran	1 cup caster sugar
1 cup flour	1 teaspoon baking powder
1½ cups mixed cake fruit	1 cup milk
¼ teaspoon salt	

Put bran sugar and fruit into a bowl, and mix well together. Stir in milk and leave to stand 1 hour. Sift flour, baking powder and salt. Add to first mixture and stir well. Pour into well greased 500 g loaf tin, and bake at 350° for 50-60 minutes.

*Mrs. Sheila Fredman*

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### GINGER CAKE

1 cup Olivine	2½ cups flour
1 cup syrup	1 teaspoon baking powder
2 eggs	2 teaspoons bi-carb. soda
2 teaspoons ginger	dissolved in 1 cup black tea
2 teaspoons cinnamon	½ cup caster sugar

Sift all dry ingredients in bowl. Then put in rest of ingredients and beat very well. Bake in moderate oven 350° for 1 hour.

*Mrs. Barbara Sher*

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### ORANGE SPONGE CAKE

2 cups flour	½ cup cold water
2 teaspoons baking powder	1 tablespoon grated orange rind
pinch salt	½ cup orange juice
5 egg yolks	4 egg whites
1¾ cups sugar	

Sift flour, baking powder and salt four times. Beat egg yolks well. Add sugar gradually and beat until thick and creamy. Add water and beat again. Add rind to orange juice and add to mixture alternately with dry ingredients. Beat egg whites till stiff and fold in. Pour into a very large ungreased tin and bake at 350° for 50-60 minutes. Turn pan over when done and leave to cool, when cake will fall out. Can be iced with any orange icing.

*Mrs. A. H. Ralstein*

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### COCONUT-TOPPED CAKE

3 cups flour	2 cups sugar
3 teaspoons baking powder	1 teaspoon vanilla
pinch salt	4 eggs, separated
250 g Buttercup Margarine	1 cup milk

Sift flour, baking powder and salt. Cream Buttercup Margarine and sugar well. Add vanilla, and egg yolks one at a time, and beat again. Add sifted dry ingredients alternately with milk, beating well. Fold in stiffly-beaten egg whites. Pour into three greased and paper-lined sandwich tins and bake at 400° for about 30 minutes. Fill with lemon filling and cover tops and sides with seven minute icing. Sprinkle thickly all over with coconut.

*Mrs. A. H. Ralstein*

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### BANANA CAKE

2 cups flour	1 cup mashed bananas
½ teaspoon baking powder	½ cup Buttercup Margarine
¾ teaspoon bi-carb. soda	1½ cups sugar
pinch salt	2 eggs, well beaten
¼ cup sour milk	1 teaspoon vanilla

Sift flour, baking powder, soda and salt. Add milk to mashed bananas. Cream Buttercup Margarine and sugar until fluffy. Add eggs and beat again. Add sifted dry ingredients and milk alternately, beating well after each addition. Add vanilla. Pour into two greased sandwich tins and bake at 375° for 30 minutes. When cool, spread frosting between layers and ice top and sides of cake with it. Trim with sliced bananas.

*Mrs. A. H. Ralstein*

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### MADEIRA CAKE

250 g Buttercup Margarine	1 heaped cup flour
1 cup sugar	½ cup cornflour
4 eggs	1 teaspoon baking powder
salt	few drops lemon essence
¼ cup milk	

Cream Buttercup Margarine and sugar well. Add eggs one at a time. Then add salt and flavouring. Sift flour and cornflour together and add to mixture alternately with milk. Lastly, add baking powder. Bake in a large greased tin at 350-400° for about 40 minutes.

*Mrs. V. Zacks*

*This page sponsored by PAM GALANTE*

### CHEESE CAKE

500 g cream cheese	2 teaspoons lemon juice
2 eggs (separated)	1 tablespoon flour
1 cup cream (thick)	½ teaspoon cinnamon
2 teaspoons Buttercup Margarine	pinch salt
90 g sugar	

Mix all ingredients very well, folding in the beaten egg whites last. Line a buttered pan with any pastry, pour in the cheese filling, sprinkle top with sugar and cinnamon and cut dabs of Buttercup Margarine on top. Bake at 400° till the pastry is well baked.

*Mrs. A. H. Ralstein*

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### NUT CAKE

6 eggs	1 breakfast cup sugar
1½ cups minced hazelnuts	¾ cup breadcrumbs
1 teaspoon baking powder	pinch salt

Beat egg yolks, sugar and salt well. Add nuts and breadcrumbs. Beat egg whites stiffly and add half to the mixture, beating well. Fold in the remainder of egg whites. Add baking powder. If you find the mixture not thick enough add more crumbs and nuts. Bake in two sandwich tins in a moderate oven for 25-40 minutes. When cool, fill either with jam or chocolate and cream.

*Mrs. Kay Finkelstein*

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### ORANGE CAKE

125 g Buttercup Margarine	2 cups flour
250 g caster sugar	2 teaspoons baking powder
3 eggs	1 teaspoon orange rind
⅔ cup milk	pinch salt

Cream Buttercup Margarine very well — gradually add sugar, beating all the time. When light and creamy, add eggs one at a time, beating well. Add salt, sifted flour and milk, reserving 2 tablespoons flour and baking powder. Add orange rind, and lastly fold in 2 spoonfuls flour and baking powder. Bake in two 9 inch buttered sandwich tins at 400° for 20 minutes. When cold, ice with butter icing to which ½ cup orange juice is added and drop of orange colouring.

*Mrs. P. Keet*

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### CARAMEL LAYER CAKE

5 egg yolks and whites (separated)	½ cup flour
½ cup sugar	pinch salt
½ teaspoon vanilla	

Beat yolks and sugar well. Add vanilla and gradually flour and salt. Fold in well-beaten egg whites. Bake in about 9 layers at 375° for 5-8 minutes. Spread following filling between. Beat in top of double boiler ½ cup sugar, 1 teaspoon vanilla, 4 eggs until eggs thicken. Cool slightly. Melt 125 g bitter chocolate in two tablespoons boiling water. Cream 250 g Buttercup Margarine. Add chocolate mixture and beat into the egg mixture. Glaze top layer with a caramel glaze. Melt and brown in a frying-pan 3 tablespoons sugar. Pour over cake — spread with hot knife. Rest cake in cool place for 12 hours.

*V. Zacks*

*This page sponsored by LEONE LASKER*

### WALNUT AND RUM CAKE

6 eggs  
6 tablespoons sugar

5 dessertspoons flour  
1 dessertspoon cocoa

Separate yolks and whites of eggs. Beat yolks and sugar well for 20 minutes and divide into two equal parts. Add to one part 3 dessertspoons flour and to the other part, 2 dessertspoons flour and 1 dessertspoon cocoa.

Beat egg whites stiffly and add half to each portion of the mixture. Bake in two greased sandwich tins in a moderate oven. When cool, put together with the following filling:-

#### Filling

125 g walnuts  
125 g Buttercup Margarine  
180 g sugar

½ cup boiling milk  
2 tablespoons rum

Grind nuts and pour boiling milk over them. Rub into a paste until cool. Cream Buttercup Margarine and sugar and add to nut mixture. Add rum. Fill cake with this mixture and also spread top and sides with the mixture with a fork.

*Mrs. Feldman*

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### CHERRY CAKE

250 g flour  
125 g Buttercup Margarine  
180 g sugar  
2 eggs

1 teaspoon baking powder  
½ cup milk  
glace cherries (sliced)

Cream Buttercup Margarine and sugar well. Add eggs one at a time, beating well after each addition. Add milk gradually. Then add flour and baking powder, and lastly fold in cherries. Pour into a paper-lined tin and cover top with brown paper. Bake in a moderate oven for about 1 hour.

*Mrs. A. H. Ralstein*

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### MYSTERY CAKE

125 g Buttercup Margarine  
1¼ cups sugar  
3 eggs  
2½ cups sifted flour  
pinch salt

4 teaspoons baking powder  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
just under 1 cup milk

Cream Buttercup Margarine and sugar well. Add eggs, one at a time, beating well after each addition. Sift flour, salt and spices together and add to mixture alternately with the milk. Add baking powder. Bake two-thirds of the mixture in two buttered sandwich tins lined with paper. To the remaining third, add 1 tablespoon cocoa mixed with 1 tablespoon cold water. Use this for the middle layer. Bake layers at 375° for about 20 minutes. Put following filling and icing between layers and on top and sides of cake. (Use chocolate layer in centre).

#### Filling

3 tablespoons Buttercup Margarine  
3 cups icing sugar  
2 tablespoons cocoa

1 teaspoon vanilla  
3 tablespoons strong coffee  
1 egg white

Beat all above together very well.

*Mrs. A. H. Ralstein*

*This page sponsored by LILY NADEL*

### HONEY'S CHOCOLATE CAKE (MOCHA)

125 g Buttercup Margarine  
125 g cocoa  
250 g sugar  
1 glass strong coffee  
2 teaspoons cinnamon

1 teaspoon cloves  
250 g flour  
2 teaspoons baking powder  
4 eggs

Cream Buttercup Margarine and sugar. Add eggs one at a time. Sift flour, cocoa and baking powder and add to mixture. Add cinnamon and cloves and stir in coffee slowly. Bake in a moderate oven in greased tin for 45 minutes.

*Mrs. D. Frenkel*

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### NUT CAKE

6 eggs  
6 tablespoons groundnuts  
6 tablespoons sugar

3 tablespoons breadcrumbs  
pinch baking powder

Beat yolks and sugar well. Add crumbs, nuts and baking powder. Fold in stiffly-beaten whites. Bake in greased tin at 400° and switch off oven as soon as cake is put in. Leave for ½ hour.

#### Filling

300 mls cream  
2 teaspoons Nescafe powder

Whip cream and coffee powder. When cake is cool, cut in half across and fill.

**Icing.**— Melt 1 teaspoon Buttercup Margarine, 125 g slab bitter chocolate, 2 tablespoons cocoa, 2 tablespoons icing sugar and 2 tablespoons water. Mix to smooth paste.

*Mrs. J. Zlattner*

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### MAIZENA CAKE

3 eggs  
1 small cup sugar  
1 breakfast cup flour  
¾ cup Maizena

2 teaspoons baking powder  
125 g Buttercup Margarine  
¾ cup milk  
1 teaspoon vanilla

Cream Buttercup Margarine and sugar. Rub each yolk in one at a time. Add vanilla. Sift flour, baking powder and Maizena and add alternately to mixture with milk. Beat well-beaten whites in last. Bake 25-30 minutes in a moderate oven.

*Ethel Margolis*

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### COFFEE SPONGE CAKE

4 eggs (separated)  
1 cup caster sugar  
1 cup sifted flour  
1 heaped teaspoon baking powder

3 tablespoons cold water  
1 tablespoon coffee essence  
vanilla essence

Beat egg yolks well with caster sugar. Sift flour and baking powder and add alternately to egg yolks with cold water. Add essences. Lastly, fold in stiffly-beaten egg whites. Bake in two greased tins at 375° for 20 minutes. When cold, fill with any coffee filling or cream and ice top.

*Mrs. E. R. Thal*

*This page sponsored by CHANA CHADOWITZ*

### REFRIGERATOR CAKE

1 packet Marie biscuits, broken into small pieces  
125 g Buttercup Margarine  
4 dessertspoons sugar  
3 dessertspoons cocoa  
2 well-beaten eggs

Mix all well together. Line a small tin with greaseproof paper. Then put the mixture into it and press well down. Leave in the refrigerator for a few hours.

Mrs. S. Grevler

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### SPONGE CAKE

3 eggs  
3 tablespoons sugar  
3 tablespoons flour  
1 tablespoon water  
2 teaspoons baking powder

Beat sugar and eggs very well. Add flour and water and lastly, baking powder. Bake in a greased tin at 350° for 20 minutes.

Mrs. Faye Fredman

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### ANGEL CAKE WITH MOCHA FILLING

1 cup flour  
¾ cup sugar  
3 eggs  
1 tablespoon Buttercup Margarine  
½ teaspoon bi-carb. soda  
1 teaspoon cream of tartar  
4 tablespoons boiling water

Beat sugar and eggs for 15 minutes. Fold in sifted flour, cream of tartar and bi-carbonate of soda. Lastly, add Buttercup Margarine melted in the water and pour into two greased and papered sandwich tins. Bake at 430° for 20 minutes. When cool, fill with the following filling:-

#### Filling

60 g Buttercup Margarine  
¾ tablespoon sugar  
pinch cream of tartar  
small teaspoon vanilla essence  
½ teaspoon gelatine  
1½ tablespoons hot water

Beat Buttercup Margarine, sugar and cream of tartar well. Add essence. Melt gelatine in hot water and add to mixture. Continue beating till white.

Mrs. J. Wasserson

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### HAPPINESS CAKE

250 g Buttercup Margarine  
250 g sugar  
6 eggs  
450 g flour  
1 cup milk (or orange juice)  
2 teaspoons baking powder

Cream Buttercup Margarine and sugar. Separate eggs and add yolks to mixture. Sift flour and baking powder and add gradually to mixture. Add milk. Fold in stiffly-beaten egg whites. Pour into greased tin and bake at 400° for 45 minutes.

Mrs. D. Frenkel

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### LARGE CHEESE CAKE

#### Pastry

Enough for one large tart and one dozen small tart shells  
125 g Buttercup Margarine  
½ cup sugar  
½ teaspoon vanilla  
1 large egg  
1 tablespoon cold milk  
approx.: 2 cups flour  
1 tablespoon maizena  
2 level teaspoons baking powder  
(This must not be a stiff mixture)

Cream Buttercup Margarine and sugar, add all other ingredients. Pat into greased Pyrex dish not too thickly.

**Cheese.**— Mash 500 g very fresh cheese with sugar to taste. Add 2 eggs, ½ teaspoon vanilla, 1 heaped teaspoon custard powder mixed into ⅓ cup milk and ¼ cup cream. Pour into Pyrex dish and sprinkle the top with crushed Marie biscuit. Bake in moderate oven for 25 minutes.

Ethel Margolis

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### FRUIT CAKE (Boiled)

1 cup sugar  
1 cup raisins  
1 cup mixed peel  
1 cup currants  
1 cup sultanas

Add to this 1½ teaspoons bicarb. of soda, mixed in 1 cup of boiling water and 180 g Buttercup Margarine. Boil for half an hour.

When cool, add 3 well beaten eggs, 2 cups flour, ⅓ cup milk and lastly 1½ teaspoons baking powder. Line tin with brown paper first then greaseproof paper. Bake for 1½-2 hours. Oven 400°.

Mrs. Faye Fredman

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### CHEESE CAKE

60 g Buttercup Margarine  
30 g sugar  
125 g flour  
1 egg yolk

Make the above into a dough and bake it.

#### Filling

500 g cream cheese (sieved)  
3 tablespoons sugar  
1 tablespoon Buttercup Margarine  
3 egg yolks  
some vanilla essence  
3 egg whites

Mix all ingredients together — lastly the stiffly beaten egg whites.

Put this following mixture on the baked pastry which must be cold.

The following mixture comes on top:-

3 eggs  
3 tablespoons melted Buttercup Margarine  
½ tablespoon flour  
3 tablespoons sugar  
3 egg whites  
a little essence of vanilla

Cream yolks and sugar well. Add the melted Buttercup Margarine and essence and the stiffly beaten egg whites — also the flour. Pour this mixture on top of the filling. Sprinkle with a little sugar and bake to a light golden colour. Bake in a hinged side cake tin (Springform).

Mrs. A. Ullman

This page sponsored by BEULAH LURIE

### CZECHOSLOVAKIAN HAZELNUT — GATEAU

200 g hazelnuts  
¼ teaspoon vanilla essence

200 g icing sugar  
6 eggs

Roast the hazelnuts in oven till brown. Let them cool, and then grind. Separate yolks and mix with icing sugar and vanilla essence. Gradually fold in the ground hazelnuts and the stiffly beaten egg whites. Bake at 375° for 30 minutes.

#### Filling

100 g Buttercup Margarine  
70 g dark chocolate, melted  
1 teaspoon Nescafe

70 g icing sugar  
1 egg yolk

Mix all the above together. Cut the cooled cake in half, and spread the filling in the middle, and on the top and sides.

*Mrs. Charlotte Rothbart*

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### CHOCOLATE CAKE

4 eggs, separated  
1 teaspoon baking powder  
1 cup caster sugar  
½ cup Olivine  
½ cup hot water

pinch salt  
2 teaspoons vanilla essence  
1 cup flour heaped  
2 tablespoons cocoa  
2 teaspoons baking powder

Beat egg whites till stiff, and add 1 teaspoon baking powder. Cream yolks, caster sugar until light yellow and creamy. Add Olivine, water, salt, flour, vanilla, cocoa and 2 teaspoons baking powder. Fold egg whites into chocolate mixture. Place in 2 sandwich tins — greased. Bake at 350° for 30 minutes. When cool, ice with rich butter icing.

*Mrs. Leone Lasker*

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### BUTTER CAKE

125 g Buttercup Margarine  
1 small cup sugar  
1½ cups flour  
2 teaspoons baking powder  
flavouring

4 eggs  
1 teaspoon Olivine  
1 teaspoon cold water  
1 tablespoon cream or milk

Cream Buttercup Margarine and sugar. Add egg yolks separately. Add all other ingredients and lastly fold in beaten egg whites. Sprinkle a pan with coconut and sugar, pour mixture in, and bake at 400° for approximately 45 minutes.

*Mrs. H. Banet*

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### DATE LOAF

500 g dates (cut in fairly large sections)  
1 cup chopped walnuts  
4 heaped tablespoons flour

1 teaspoon baking powder  
4 eggs  
salt

Mix all dry ingredients. Beat eggs well and fold into dry ingredients. Bake in a greased tin 350° for 30-35 minutes.

*Mrs. Arthur Kaplan*

*This page sponsored by DOROTHY LIEBERMAN*

### ECHE SACHERTORTE (Genuine Viennese Chocolate Cake)

250 g unsalted butter  
250 g sugar  
8 eggs

180 g plain grated chocolate  
125 g breadcrumbs (white)

Separate eggs and beat whites till stiff. Beat butter till creamy and add egg yolks 1 at a time, also adding 30 g of sugar with each egg yolk. Add grated chocolate and breadcrumbs, beating gently, and lastly, fold in beaten whites. Line a shallow tin with white paper, pour in mixture and bake in moderate oven. Ice with chocolate icing and serve with stiffly-beaten whipped cream.

*Mrs. H. Banet*

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### MARIE BISCUIT CAKE

1 packet Marie Biscuits (or Tennis)  
125 g Buttercup Margarine  
½ cup icing sugar

1 teaspoon vanilla  
3 eggs  
1 dessertspoon coffee essence

Cream Buttercup Margarine and sugar. Add essence and egg yolks. Beat whites and fold in. Moisten biscuits with sherry. Put layer of mixture on layer of biscuits till all used up. Grate biscuits on top. Put in refrigerator to set.

*Mrs. B. Lange*

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### CHOCOLATE CAKE

125 g Buttercup Margarine  
1 cup sugar  
4 eggs  
pinch salt  
2 tablespoons cocoa

½ cup milk  
1 teaspoon vanilla essence  
2 teaspoons baking powder  
1 tablespoon cold water  
1¾ cups flour

Cream Buttercup Margarine and sugar very well. Add eggs one at a time, beating well between each addition. Add salt, vanilla and cocoa. Add milk alternately with sifted flour and lastly, add the baking powder over which you pour the cold water. Bake in two greased sandwich tins at 400° for 25 minutes. Ice when cold.

*Mrs. A. H. Ralstein*

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### PLAIN BUTTER CAKE

125 g Buttercup Margarine  
180 g sugar  
180 g flour  
2 level teaspoons baking powder

½ cup milk  
2 eggs  
1 teaspoon grated lemon rind

Put all ingredients together in bowl, and beat for 8 minutes. Pour into two 20 cm tins, lined and greased. Bake for 25-30 minutes at 350°. Cool. Fill with jam or desired filling. This cake is suitable for cream and strawberries, and can, for variation, be flavoured with chocolate, coffee, or orange and baked in 1 tin for double the length of time.

*Mrs. Lorna Kluk*

*This page sponsored by VICTOIRE KOBLENZ*

### SWISS ROLL

- |   |                           |
|---|---------------------------|
| 4 eggs  | 3 teaspoons baking powder |
| 4 tablespoons flour                                   | pinch salt                |
| 4 tablespoons sugar                                   | 1 teaspoon vanilla        |
| 1 teaspoon iced water, placed on top of baking powder |                           |

Beat eggs for 10 minutes. Add sugar and beat again. Add sifted flour, salt and vanilla and baking powder, and iced water. Bake in a Swiss roll tin for 10 minutes at 400°. Turn out on to a sugared damp cloth or greaseproof paper, and roll up. Leave a few minutes, then unroll, and fill with icing filling or jam when cake is cool. Roll up and sprinkle with sugar on top. If you make it a chocolate Swiss roll, add 2 tablespoons cocoa, and use 2 tablespoons flour only, not four as in recipe. Can also be baked in round sandwich tins or in 1 large oblong, and cut into three, and filled with custard filling and covered with custard and crumbs.

*Mrs. Lorna Kluk*

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### OVALTINE CHOCOLATE CAKE

- |                           |   |
|---------------------------|---|
| 125 g Buttercup Margarine | 2 tablespoons cocoa or drinking chocolate |
| ½ teaspoon cinnamon       | 3 eggs                                    |
| ½ cup very cold water     | 1½ teaspoons ovaltine                     |
| ¼ teaspoon salt           | 1 cup sugar                               |
| 1½ cups sifted flour      | 2 teaspoons baking powder                 |
| 1 teaspoon vanilla        |   |

Cream Buttercup Margarine and sugar. Add cocoa, ovaltine and cinnamon, well beaten eggs and gradually add flour, salt then vanilla and cold water. Lastly add baking powder. Pour into two 9 inch sandwich pans and bake at 375° for 25 minutes.

#### Icing

- |                        |                                    |
|------------------------|------------------------------------|
| Mix 1 tablespoon cocoa | 1 teaspoon Ovaltine                |
| ¼ teaspoon cinnamon    | 1½ tablespoons Buttercup Margarine |

Add icing sugar and 2 tablespoons boiled milk. Lastly 2 tablespoons whipped cream and 1 teaspoon vanilla.

*Mrs. Fay Broomberg*

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### DANISH ALMOND CREAM CAKE

- |                |                           |
|----------------|---------------------------|
| 300 mls cream  | 1½ cups flour             |
| 2 eggs         | 1 cup sugar               |
| almond essence | 2 teaspoons baking powder |
| pinch salt     |                           |

#### Topping

- |  |                    |
|--|--------------------|
| 2 tablespoons Buttercup Margarine            | 1 tablespoon cream |
| ⅓ cup sugar                                  | 1 tablespoon flour |
| ¾ cup blanched almonds (thin) or cashew nuts |                    |

Whip cream until soft peaks form. Add eggs one at a time, stir in almond essence. Sift sugar, flour, salt and baking powder, and add the cream mixture. Stir until well mixed. Pour into 20 cm tin, and bake in moderate oven for 45 minutes (until skewer comes out clean). About 5 minutes before cake is cooked, blend ingredients for topping over a low heat, and pour over the cake, and bake 10-15 minutes more. Cool for 10 minutes before removing from tin.

*Mrs. Ruth King*

*This page sponsored by MARCIA RUBINSTEIN*

### DATE LOAF WITH MARMALADE

- |                           |                          |
|---------------------------|--------------------------|
| 125 g Buttercup Margarine | 2 small bananas          |
| ½ cup sugar               | 2 cups flour             |
| 2 eggs                    | 1 teaspoon baking powder |
| ½ cup chopped dates       | 3 tablespoons milk       |
| 1 tablespoon marmalade    |                          |

Cream Buttercup Margarine and sugar until light and fluffy. Beat in eggs one at a time. Mash bananas and add with the marmalade and dates. Sift flour with baking powder, and add alternately with the milk. Pour into greased and lined 500 g loaf tin, and bake at 350° for 1 hour. Allow to cool slightly before turning out.

*Mrs. L. L. Owens*

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### MOCHA CAKE

- |                             |                          |
|-----------------------------|--------------------------|
| 4 eggs (separated)          | 1 cup sugar              |
| 1 tablespoon coffee essence | 1 cup flour              |
| pinch salt                  | 1 teaspoon baking powder |

Beat yolks till light. Add essence, salt and sugar and beat again till thick and creamy. Add flour and baking powder and fold in stiffly-beaten egg whites. Mix well, but do not beat. Spread in two buttered sandwich tins and bake at 350° for about 10-15 minutes. When cool, fill with whipped cream flavoured with icing sugar and coffee essence. Spread also on top of cake and sprinkle with chopped brown almonds.

*Mrs. A. H. Ralstein*

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### GINGERBREAD

- |                            |                                     |
|----------------------------|-------------------------------------|
| 3 breakfast cups flour     | 1 breakfast cup sugar               |
| 1 tablespoon mixed spice   | 1 breakfast cup Buttercup Margarine |
| 1 tablespoon ground ginger | 1 breakfast cup syrup               |
| 1 breakfast cup milk       | ¾ breakfast cup boiling water       |
| 2 eggs                     | 2 teaspoons bi-carb. soda           |

Cream Buttercup Margarine and sugar. Add 2 eggs, mix in syrup, then milk. Sift together flour, spice and ginger and add gradually. Dissolve bi-carbonate of soda in boiling water and add to mixture. Put into paper-lined tins and bake in a moderate oven for about 1 hour or until ready.

*Mrs. R. Salmon*

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### LAYER CAKE

- |                           |                            |
|---------------------------|----------------------------|
| ½ cup Buttercup Margarine | 1 teaspoon vanilla essence |
| ¾ cup sugar               | ¾ cup sweet milk           |
| 2 eggs                    | 2 cups flour               |
| ¼ teaspoon salt           | 2 teaspoons baking powder  |

Cream the Buttercup Margarine well. Add the sugar and cream again. Add the well-beaten eggs and salt and mix. Add the milk alternately with the sifted flour. Add essence and then the baking powder. Pour into 2 greased tins and bake in moderate oven, about 350°, for 20 minutes. When cool, put layers together with jam, and ice top.

*Mrs. N. Davidoff*

*This page sponsored by PAT SCHMULIAN*

### CHIFFON CAKE

8 egg whites	1 teaspoon salt
½ teaspoon cream of tartar	½ cup Olivine
2 cups cake flour	8 unbeaten egg yolks
1½ cups sugar	¾ cup orange juice
3 teaspoons baking powder	1 tablespoon orange rind

**Method.**— Whip egg whites and cream of tartar until very stiff. (Peaks are formed).

Sift flour, sugar, salt and baking powder into large mixing bowl, make well in centre of flour, add Olivine, egg yolks. Add 1 tablespoon orange rind and orange juice. Beat with wooden spoon until smooth. Gradually pour egg yolk mixture over whipped egg whites gently with rubber scraper just until blended. Pour into ungreased tube cake pan. Bake at once.

Time:- 1 hour at 325°. Immediately turn upside down to cool. When cold cut from sides of tin, lift out cake and invert on plate.

Mrs. Miriam Lazarus

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### CHEESE CAKE

more or less 1 pkt. Marie Biscuits (crushed)	125 g melted Buttercup Margarine
1 tin evaporated milk	500 g cream cheese
2 tablespoons custard powder	2 eggs, separated
1 teaspoon vanilla essence	1 cup sugar

Place cheese in dish. Add milk, yolks, custard powder, sugar and vanilla. Beat very well. Beat whites until stiff, and beat into the above mixture.

Line Pyrex dish with Marie biscuits and butter mixture, and pour cheese mixture in. Bake at 300° for 1 hour.

Mrs. Marcia Brenner

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### CARAMEL CAKE

**Syrup.**— Melt 1 cup sugar in pan and stir in 1 cup of boiling water. Stir and simmer for a minute or two.

**Praline.**— Melt 2 cups sugar in pan. Stir until well dissolved and pour into oiled biscuit tin. It will harden immediately. Crush with rolling pin. Store in screw top jar and store in fridge. (Can also be used in ice cream with nuts).

**Butter Cream.**— Cream 125 g Buttercup Margarine with 3 cups icing sugar. Add 4 tablespoons caramelised syrup, 1 teaspoon vanilla and 1 tablespoon boiling water. Keep on adding bits of margarine, beating all the time until a butter cream mixture is obtained.

#### The Cake

½ cup dark brown sugar	250 g soft Buttercup Margarine
½ cup light brown sugar	2 rounded teaspoons baking powder
4 large eggs	¾ cup caramel syrup. Add milk or water
2 breakfast cups sifted cake flour	(for parava) to make 1 cup

Cream Buttercup Margarine and sugar till light and fluffy. Add eggs one at a time — beat. Add flour alternatively with liquids. Add vanilla. Beat well and fold in baking powder. Grease and flour 3 x 18 cm (8") tins. Divide and bake at 375° for 20 minutes.

Put together with butter cream — cover top and sides and sprinkle all over with praline — including the sides.

Yochi Kretzmer

This page sponsored by IRMGARD STERNBERG

### HAZELNUT MERINGUE GATEAU

Sieve together:

250 g caster sugar	1 rounded dessertspoon cocoa
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Beat 4 egg whites stiffly. Whisk in half cocoa — sugar mixture. Fold in rest of mixture. Bake in cool oven 220° for 2 or 3 hours until firm and dry. Cool. Layer with 300 mls cream whipped with 1 teaspoon of cocoa. Add ½ cup chopped hazelnuts. Decorate with whipped cream and a few whole hazelnuts that have been baked in the oven for a few minutes, and skinned.

Z. Zworestine

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### FLORENTINE CAKE

#### Basic Biscuit Dough

4 cups flour	4 teaspoons baking powder
250 g Buttercup Margarine	1½ teaspoons vanilla essence
1½ cups sugar	2 dessertspoons cream
1 teaspoon salt	

Mix all ingredients together. Chill for at least 1 hour.

#### Rich Butter Cream

135 g Buttercup Margarine	60 g cocoa
275 g icing sugar	2-3 teaspoons cream

**Method.**— Cream together Buttercup Margarine, icing sugar and cocoa until well mixed. Add cream gradually.

#### Topping

125 g Buttercup Margarine	125 g nuts, preferably almonds
125 g sugar	3 tablespoons top of the milk

Boil together for five minutes. Add ½ teaspoon vanilla essence and ½ cup chopped cherries. Roll out chilled dough into four *thin* rounds approximately 23 cm in diameter. Bake these on biscuit trays for 10 minutes at 375° or until lightly browned. Using one baked round, pour over top the cooked topping and bake again for 10-15 minutes or until topping is bubbly. Cool.

Layer remaining rounds with several different flavoured jams, e.g., apricot, sweet orange marmalade, quince, etc.

Place top round on cake and cover sides with rich butter cream. Allow to stand before cutting to enable flours to mature.

**Chocolate Sauce.**— In double boiler melt 11 slabs cooking chocolate with 8 marshmallows and 120 mls (6 tablespoons) milk. Stir well and serve hot over ice cream.

Rhebe Tatz

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### CHOCOLATE SWISS ROLL (without butter and flour)

5 eggs	½ cup cocoa
1 cup icing sugar	

Beat egg yolks well. Add sugar and beat again. Add cocoa. Lastly, fold in stiffly-beaten egg whites.

Bake in a greased Swiss roll tin for about 10-15 minutes at 375°.

When baked, roll up in a serviette and when cool unroll and fill with whipped cream.

Nellie Banet

This page sponsored by SADIE HYMAN



### CRYSTALISED GINGER CAKE

250 g Buttercup Margarine	1 cup sour milk
1 cup brown sugar	2 teaspoons bi-carbonate of soda
2 eggs	½ cup cut up preserved ginger
½ cup ginger syrup	1 tablespoon milk
3 cups flour	

Cream Buttercup Margarine and sugar, add eggs, mix bi-carbonate of soda with milk, add dry ingredients then ginger and syrup. Bake at 325° for 1 hour.

#### Icing

125 g Buttercup Margarine	500 g icing sugar
a little ginger syrup	a few pieces cut up ginger

Mix all together.

*Mrs. A. Hellman*

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### CHEESE CAKE RECIPE

1 cup sugar	300 mls cream
4 eggs	1 tablespoon flour
4 cartons cream cheese	1 pkt. Marie Biscuits
125 g Buttercup Margarine	

**Method.**— Crush biscuits, add melted Buttercup Margarine. Place in buttered Pyrex dish. Pat down into tart crust.

Beat eggs and sugar until light and fluffy. Fold in flour. Add cream cheese and cream. Mix until smooth and light. Place cheese mixture into Pyrex dish.

Bake 1 hour at 350° until golden brown.

*Tom Sani*

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### GREENTREE LAYER CAKE

½ cup Buttercup Margarine	3 teaspoons baking powder
1¼ cups sugar	⅔ cup milk
2 eggs	1 teaspoon vanilla extract
2 cups flour	

**Method.**— Cream shortening thoroughly, add sugar slowly, beating until very light and of creamy consistency. Add beaten eggs and part of flour which has been sifted with baking powder. Add milk and small amount at a time and remainder of the flour. Add flavouring and mix well. Dividing batter evenly pour into four large greased and floured cake pans. Spread batter very thinly, just to cover the bottom of the pans. Bake in moderate oven at 400° for about fifteen or twenty minutes depending on heat of oven. Cool and remove from pans and put together with the following filling and frosting.

#### Cocoa Almond Filling and Frosting

6 tablespoons Buttercup Margarine	½ teaspoon almond extract
3 cups confectioners sugar	⅓ cup cream
8 tablespoons cocoa	

Cream Buttercup Margarine, add sugar and cocoa a little at a time beating until very light and of creamy consistency. Add flavouring and cream more if necessary to make the icing soft, enough to spread. Spread thickly between layers and put a thin layer on top and sides of cake. With pastry tube (using the top for a rose border) put icing up and down sides of the cake to represent the bark of a tree. Cover top with chopped pistachio nuts. If latter are unavailable use chopped brown almonds. Makes one four layer cake.

*Rachel Baron*

*This page sponsored by E. GAVRONSKY*

### CHOCOLATE SPECIAL

Can be used as a cake or as a pudding. Served plain or with whipped cream.

250 g chocolate	2 level teaspoons caster sugar
250 g Buttercup Margarine	2 packets digestive biscuits
2 eggs	nuts and cherries (optional)

Grease a cake tin — about 17 cm (a square or oblong tin is preferable). Line the tin with tin foil. Melt the chocolate in double boiler. Melt the Buttercup Margarine in a saucepan. Beat 2 eggs and add 2 level dessertspoons caster sugar. Into the egg mixture add the melted Buttercup Margarine and then the melted chocolate. Beat. Break up the digestive biscuits and add to mixture — this should be added by hand. Cherries and nuts can be added if desired. Pour into tin. Put in fridge for at least 4-5 hours. Turn out. Can be served whole or cut up into pieces.

*Mrs. Grace Helfer*

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### FRUIT CAKE

150 g Buttercup Margarine	4 eggs
150 g brown sugar	125 g peel
125 g ground almonds	60 g cherries
½ teaspoon baking powder	1 tablespoon brandy
180 g flour	125 g raisins
250 g sultanas	250 g currants
½ teaspoon mixed spice	1 tablespoon treacle or syrup

Cream Buttercup Margarine and sugar. Beat eggs and add alternately with flour mixed with all fruits. Bake at 350° for 30 minutes. Turn to low. Bake for 2-2½ hours longer. Turn out immediately and pour 1 tablespoon brandy over the bottom. Paper-lined tin.

*Mrs. H. Fox*

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### SWISS ROLL

4 eggs	4 level teaspoons baking powder
4 tablespoons sugar	vanilla essence
4 tablespoons flour	salt

Beat eggs well. Add sugar and beat again. Sift flour and add baking powder. Add to mixture. Fold in. Pour into paper-lined Swiss roll tin and bake at 400° for 10 minutes. Turn out and roll in damp serviette. When cold, fill.

*Sheila Mathison*

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### BUTTER CAKE

125 g Buttercup Margarine	1 teaspoon vanilla
1 teacup sugar	1 cup (large) flour
3 eggs	2 teaspoons baking powder
¼ cup maizena	1 teacup milk

Cream Buttercup Margarine and sugar well. Add egg yolks 1 at a time. Add vanilla. Sift flour, baking powder and maizena 3 times. Add flour mixture and milk alternately. Fold in stiffly-beaten egg whites. Take off about one-third of this mixture and to it add 2 teaspoons cocoa. Grease a long loaf tin and pour in part of the white mixture. Then the chocolate mixture and then balance of white. Bake at 375° for 45 minutes.

*Mrs. J. Graham*

*This page sponsored by MARTHA OELOFSE*

### FRUIT CAKE

1 cup currants	1 cup sugar
1 cup raisins	150 g Buttercup Margarine
1 cup sultanas	1½ teaspoons bi-carb. soda
1 cup boiling water	

Boil all these ingredients together for 20 minutes and allow to cool properly. Then add 2 eggs, beaten, 2 cups flour, ¼ cup milk and ½ wineglass brandy. Pour into paper-lined tin and bake for 1½ hours at 350°.

*Mrs. L. Gruber*

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### RUM CAKE

5 eggs	½ teaspoon vanilla
5 tablespoons sugar	1 dessertspoon flour
5 dessertspoons breadcrumbs	

Separate yolks and whites of eggs. Add sugar to yolks and beat well. Add breadcrumbs and flour mixed. Lastly, add vanilla and stiffly-beaten egg whites. Pour into greased tin and bake at 375° for 20-30 minutes. When cake is baked, turn out, and while still hot, pour the following liquor over it:-

**Liquor.**— 1 glass water, 4 tablespoons sugar, 3 tablespoons rum, all boiled together till the sugar is dissolved. Pour hot over hot cake. When cake is cold, decorate with cream, whipped.

*Anonymous*

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### CHILLED REFRIGERATOR CHEESE CAKE

125 g caster sugar	300 mls orange juice
2 tablespoons gelatine	4 cartons cream cheese
½ teaspoon salt	300 mls stiffly whipped cream
2 eggs (separated)	2 teaspoons grated orange rind

Place half the caster sugar, gelatine, salt, beaten egg yolks and orange juice in a basin over gently boiling water. Beat slowly until dissolved. When cold and just beginning to thicken, blend with cream cheese, orange rind and cream. Beat egg whites until stiff and gradually add remainder of sugar. Fold into yolk mixture and pour into a 25 cm cake tin. Chill well. Unmould onto serving platter and decorate with crumbs.

*Mrs. Bella Chitrin*

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### STREISEL KUCHEN

180 g Buttercup Margarine	2 cups flour
¾ cup sugar	2 teaspoons baking powder
4 large eggs	¾ cup milk
pinch salt	

Cream Buttercup Margarine and sugar. Add eggs one at a time. Add milk and flour alternately. Add baking powder last. Pour into greased baking tin, a large square one, and sprinkle with the following topping:-

½ cup flour	½ teaspoon ginger
1 teaspoon cinnamon	60 g Buttercup Margarine
2 teaspoons sugar	

Rub all together to make crumbs.

*Mrs. Becky Rabinowitz*

*This page sponsored by SHEILA MATHISON*

### PRO NUTRO FRUIT CAKE

250 g Buttercup Margarine	250 g sugar
4 eggs	pinch salt
2 teaspoons baking powder	2 cups flour
1 cup Pro Nutro	250 g mixed fruit
¾ cup milk	

Cream Buttercup Margarine and sugar, add eggs, salt, flour Pro Nutro, milk, fruit and lastly baking powder. Bake in a 25 cm pan for 1 hour at 325° (Flaked almonds can be sprinkled on top before baking). Alternatively, instead of adding fruit, add one packet of caraway seeds.

*Mrs. Moira Fisher*

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### MIKADO CAKE

250 g Buttercup Margarine	1 teaspoon baking powder (heaped)
1 cup sugar	500 g flour to make a soft paste
1 egg	
1 teaspoon vanilla	

Cream Buttercup Margarine and sugar. Add egg, flour and baking powder. Then add vanilla. Pat dough with hand in three or four greased sandwich tins and bake at 350° till light brown — about 20 minutes.

When cool, put layers together with the following two fillings used alternately.

#### Filling No. 1

1 tablespoon custard powder	3 teaspoons sugar
1 cup milk	4 teaspoons brandy

Make custard with custard powder, milk and sugar and when ready add brandy. Cool and use.

#### Filling No. 2

Put any jam between next layers.

#### Icing

1 slab plain chocolate, melted with	1 tablespoon icing sugar
1 tablespoon boiling water	3 teaspoons brandy

Ice cake with above icing and decorate with cherries or almonds.

*Mrs. S. Zelichov*

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### CHERRY FARM CAKE

240 g flour	170 ml caster sugar
2 ml salt	170 g Buttercup Margarine
5 ml baking powder	2 eggs
50 ml Nespray	water to mix
90 g glace cherries	5 ml vanilla essence

**Method.**— Grease and line a loaf tin. Sieve the flour, salt, Nespray and baking powder into a mixing bowl. Cut the cherries into four and add them to the flour mixture. Cream the sugar and margarine. Beat in each egg separately, then lightly stir in the dry ingredients. Add vanilla essence and enough water to form a firm dropping consistency. Pour mixture into prepared tin and bake in a moderate oven (170°C) for 1¼-1½ hours until firm and golden brown.

*This page sponsored by CYNTHIA MENDELSON*

## CHOCOLATE CAKE

1 x 397 g tin Nestle  
sweetened condensed milk  
240 g flour  
10 ml baking powder  
2 ml bicarbonate of soda

1 ml salt  
50 g cocoa  
160 ml water  
5 ml vanilla essence

**Method.**— Sift the flour with the baking powder, soda, salt and cocoa; resift. Add the Nestle Condensed Milk, butter which has been melted, water and vanilla. Beat until thoroughly mixed. Pour into a buttered square pan, 23 cm or 2 layer cake pans 25 cm. Bake at 190°C for 35 minutes.

## CAKE FILLINGS AND ICINGS

### TOPPING FOR ANY SPONGE OR BUTTER CAKE

1 teacup sugar  
2 tablespoons cream  
2 tablespoons Buttercup Margarine

Mix sugar and Buttercup Margarine well and add cream. Spread on top of baked cake. Trim with chopped nuts and cherries. Put under grill about 6 inches from top of oven at 400°, with door open. Place a flat tin under the cake to catch any icing. Leave till light brown. Remove from oven and cool.

*Mrs. I. Kretzmer*

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### FRANGIPANG

This is used as a filling in conjunction with pastry of some kind. Mix all ingredients in order as they come.

125 g Buttercup Margarine  
125 g caster sugar  
2 eggs  
125 g ground almonds  
30 g flour  
lemon juice, vanilla, or orange-flower water for flavouring

*Mrs. Phyllis Sussman*

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### CREAMY COFFEE FILLING

2 level dessertspoons cornflour  
1 heaped teaspoon Nescafe dissolved  
in 1 tablespoon hot water  
150 mls milk  
40 g Buttercup Margarine  
30 g caster sugar

Blend cornflour with little of the cold milk. Warm rest of milk with dissolved Nescafe. Stir into blended cornflour and return to heat, and stir until well-cooked and thick. Cool. Cream Buttercup Margarine and sugar well together, then gradually add cooled cornflour and beat until consistency of thick whipped cream.

*Mrs. A. H. Ralstein*

### COFFEE ICING

2 level teaspoons Nescafe dissolved in  
2 tablespoons hot water  
60 g Buttercup Margarine  
2 level tablespoons cocoa  
250 g icing sugar

In a large bowl, blend Buttercup Margarine and cocoa together. Stir in half the Nescafe liquid then half the sugar. Mix well. Gradually add remaining sugar and liquid. Beat until smooth and easy to spread. This makes enough for top and three layers.

*Mrs. A. H. Ralstein*

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### FILLING FOR SMALL TARTS

1 cup chopped raisins (or figs or dates)  
6 tablespoons sugar  
5 tablespoons boiling water  
½ teaspoon grated lemon rind  
2 teaspoons lemon juice  
2 teaspoons Buttercup Margarine  
⅓ teaspoon salt

Boil all ingredients together and stir until thick. Makes enough to fill three dozen tart shells.

*Mrs. A. H. Ralstein*

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### BUTTER CREAM FOR CAKE FILLING

90 g Buttercup Margarine  
2 tablespoons milk  
375 g icing sugar  
vanilla essence

Beat all ingredients in mixer, and spread.

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### BUTTER ICING

2 cups sifted icing sugar  
1 whole egg  
⅓ cup Buttercup Margarine  
flavouring

Mix all well together. Enough for one small cake.

*Mrs. H. Eliasov*

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### BANANA FROSTING FOR LAYER CAKE

½ cup mashed banana  
½ teaspoon lemon juice  
60 g Buttercup Margarine  
500 g icing sugar

Mix banana and lemon juice. Cream Buttercup Margarine with 1 cup sugar, then add banana and enough of remaining sugar to make mixture thick enough to spread.

*Mrs. A. H. Ralstein*

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### SEVEN-MINUTE ICING

1½ cups sugar  
⅓ cup water  
2 egg whites  
¼ teaspoon cream of tartar  
¼ teaspoon salt  
1 teaspoon vanilla

Combine all ingredients except vanilla in top of double boiler and beat until well mixed. Place over boiling water and beat with egg-beater constantly for 7 minutes. Remove from fire. Add vanilla and beat till cool and thick.

*Mrs. A. H. Ralstein*

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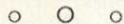
### LEMON FILLING FOR CAKE

¼ cup sugar	⅓ cup lemon juice
2 tablespoons cornflour	½ cup water
pinch salt	1 egg, beaten
1 tablespoon grated lemon rind	1 tablespoon Buttercup Margarine

Mix sugar, cornflour and salt very well. Add remaining ingredients and blend.

Cook over boiling water, stirring constantly till thick. Cool.

*Mrs. A. H. Ralstein*

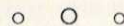


### FILLING FOR LAYER CAKE

250 g Buttercup Margarine	½ slab plain chocolate
1 cup strong coffee	1 cup sugar

Cream Buttercup Margarine until very soft. Grate chocolate and add to it coffee and sugar and boil until you can spin a thread. Remove from fire and stir until cold. Then add to the creamed Buttercup Margarine and spread this filling carefully and thinly between the layers of the cake. Enough for six layers.

*Mrs. H. Eliasov*



### ORANGE ICING

½ cup sweetened condensed milk	2 tablespoons grated orange rind
2 tablespoons orange juice	¾ cups icing sugar

**Method.**— Mix condensed milk, orange juice and grated orange rind. Add sifted icing sugar gradually beat until smooth and creamy.

Cook cake before spreading icing.

*Rachel Baron*



### BOILED ICING

Can also be used for dipping — to coat ginger, biscuits, etc.

2 tablespoons Buttercup Margarine	2 heaped tablespoons cocoa
2 tablespoons milk	

Melt Buttercup Margarine. Add milk and cocoa and mix well. Sift in 4 tablespoons icing sugar. Heat and mix very well. Add another 4 tablespoons icing sugar, stirring all the time and bring to the boil. Allow to boil, stirring well until a drop of the mixture hardens when dropped on a plate. Pour over cake. Do not smooth too much with spoon or knife as the icing will lose its shine.

*Rhebe Tatz*



### LEMON COCONUT

175 ml Nestle condensed milk	yellow vegetable colouring if desired
260 g icing sugar	5 ml lemon rind, grated (yellow)
25 ml lemon juice (fresh)	80 g coconut (250 ml)

Stir the sifted icing sugar into the Nestle condensed milk. Add the lemon juice and rind and beat until smooth and creamy. Colour if desired, and spread on a cold cake. Sprinkle the coconut over the top. Makes enough icing to cover the tops of 2 (23 cm) layers or the top and sides of a loaf cake, or 18 cup cakes.

### CHOCOLATE ICING

1 x 397 g tin Nestle condensed milk	60 g chocolate
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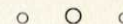
Melt the chocolate in the top of a double boiler. Add the Nestle condensed milk and stir for 5 minutes or until it thickens. Cool. Spread on a cold cake. Makes enough to cover the top and sides of 2 (23 cm) layers, or the top and sides of a loaf cake, or about 24 cup cakes.

**Variations on Chocolate Icing:**

**Mocha Pecan Icing.**— Proceed as for chocolate icing, using coffee dissolved in a little water, and adding 50 g pecan nuts (125 ml), chopped. Additional pecan nuts may be used to decorate the top.

**Chocolate Marshmallow Icing.**— Proceed as for chocolate icing adding 8 marshmallows which have been quartered. Stir until the mixture has blended but not fully dissolved.

**Caramel Chocolate Icing.**— Proceed as for chocolate icing, using a tin of Nestle condensed milk that has been caramelised.



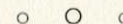
## SMALL CAKES

### CUP CAKES

125 g Buttercup Margarine	½ cup milk
¾ cup sugar	1½ cups flour
2 teaspoons baking powder	2 eggs
essence	

Beat all ingredients except baking powder together. Beat for 3 minutes. Fold in baking powder. Add essence, put in paper cups. Bake at 375° for about 20 minutes, till lightly browned.

*Mrs. Joy Messer*



### FRUIT SQUARES

250 g Buttercup Margarine	<b>Dough</b>	2 cups flour
2 teaspoons baking powder		½ cup sugar
3 eggs		

1 cup sultanas	<b>Fruit Mixture</b>	2 cups currants
1 cup raisins		1 cup dates
1 tablespoon Buttercup Margarine and enough water to cover		

Boil all fruit in the water with Buttercup Margarine added. When soft strain off any excess water. Make the dough by mixing flour, sugar and baking powder. Add Buttercup Margarine and eggs and adjust with flour until the dough is not sticky. Butter a biscuit pan. Lay half the dough out in the pan cover with fruit mixture and then cover with the remaining dough. Brush with egg. Bake in 400° oven for 20 minutes to half an hour or until golden brown. Cut into squares cover with sugar or icing sugar if desired.

*Mrs. Dobby Chai*

## JAN SMUTS COOKIES

125 g Buttercup Margarine  
1½ cups flour  
1 egg  
¼ teaspoon salt

### Pastry

½ cup sugar  
1 teaspoon baking powder  
jam  
a little milk

**Method.**— Rub Buttercup Margarine into flour, salt and baking powder, with fingertips. Beat the egg with the sugar and mix into crumbed mixture. Use a little milk and make a stiff dough. Roll out fairly thick and line patty tins. Place one teaspoonful of jam into each tartlet and put a teaspoonful of the following on top of the jam:-

**Filling.**— Beat 60 g Buttercup Margarine and 60 g sugar till creamy. Add 1 beaten egg and 2 tablespoons flour in which half a teaspoon baking powder has been sifted. Beat all well together. Bake tartlets in a quick oven 425-450° for 10-12 minutes.

*Mrs. D. Hurwitz*

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## ECCLES CAKES

250 g flour  
150 g Buttercup Margarine  
1 tablespoon caster sugar

1 yolk  
a little lemon juice  
a little water

On board have flour and sugar, then roll in Buttercup Margarine. Make a hole in centre and add egg, lemon juice and water and work it all in. Roll and cut shapes to fill patty tins and also cut pastry for covers over filling. Moderate oven.

**Filling.**— Quantities sufficient to fill tins used:-

currants  
treacle  
30 g melted Buttercup Margarine  
white sugar

sultanas  
sugar  
mixed spice

*Mrs. Fay Broomberg*

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## CREAM PUFFS

1 cup water  
60 g Buttercup Margarine  
1 cup flour

salt  
3 eggs

Boil up water and Buttercup Margarine. Mix in flour and salt until it forms a dough. Put pot on ice cubes and cool mixture. When cool, add the eggs, 1 at a time. Put spoonfuls on a greased pan and bake at 375° for 30-35 minutes.

*Mrs. S. Israel*

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## QUICK CARAMEL SPONGE CUP CAKE

1 cup light brown sugar  
2 eggs  
½ cup cake flour (sifted)  
¼ teaspoon baking powder

¼ teaspoon salt  
1 cup chopped nuts (or ¾ cup chopped nuts and ¾ cup chopped dates)

Beat eggs till very light. Sift sugar and add gradually to the eggs, beating till well blended. Sift flour with baking powder and salt and add in three parts to the egg mixture, beating well till smooth after each addition. Fold in the nuts. Bake in greased pans at 325° for about 25 minutes. Permit the cake to cool in the pans.

*Mrs. Baecher*

## ECLAIRS

½ cup milk  
½ cup water  
60 g Buttercup Margarine

1 cup sifted flour  
4 eggs  
pinch salt

Bring to the boil milk, water and Buttercup Margarine. Add all at once, flour and salt. Stir quickly till mixture forms a smooth dough and leaves sides of pot. Remove from fire and add 1 egg. Mix well and leave aside to cool. When cool, add remaining eggs one at a time, mixing well between each addition. Drop teaspoonful on a buttered baking sheet about 2 inches apart to allow for spreading. Smooth with back of a spoon dipped in cold water. Bake at 400° for about 20 minutes. Split, and when cold fill with whipped cream, and top with chocolate water icing, or sprinkle with icing sugar. When eclairs are done, and are particularly soft, switch off oven and allow to remain in just to dry a little longer.

*Mrs. A. H. Ralstein*

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## FAIRY CAKES

125 g Buttercup Margarine  
150 g sugar  
¼ teaspoon salt  
¼ to ⅓ cup milk

200 g flour  
2 eggs  
2 teaspoons baking powder  
½ teaspoon vanilla

Cream Buttercup Margarine and sugar well. Beat in eggs one at a time, beating well after each addition. Add flavouring. Add sifted dry ingredients alternately with milk to make soft dropping consistency. Bake in greased patty tins at 400° for 10-15 minutes (makes 30). When cool, scoop out tops, fill with jam and whipped cream. Cut tops in half and replace into cream. Sprinkle with icing sugar.

*Mrs. A. H. Ralstein*

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## FAIRY CAKES

125 g Buttercup Margarine  
¼ breakfast cup sugar  
2 breakfast cups sifted flour  
2 teaspoons baking powder (heaped)  
1 tablespoon coconut

3 eggs  
vanilla essence  
½ cup milk  
½ cup water

Cream Buttercup Margarine and sugar. Add eggs one at a time. Add 1 cup flour, then half the liquids, then the remaining cup of flour (minus 1 tablespoon). Add remaining liquids and essence and the coconut. Then add the baking powder mixed with the last tablespoon of flour. Bake in greased patty tins at 400° for about 10 to 15 minutes. When cool, cut off tops, fill with cream and put tops back.

*Mrs. D. Middeldorf*

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## COOKIES

125 g Buttercup Margarine  
1 cup sugar  
2 cups flour  
3 teaspoons baking powder

milk  
2 eggs  
1 teaspoon vanilla essence

Melt Buttercup Margarine. Add eggs one at a time. Add sugar and beat very well. Add flour and baking powder alternately with milk to make soft consistency. Add essence. Put in papered cases or buttered patty tins and bake at 400° for about 10-15 minutes.

*Mrs. R. Solovei*

## COOKIES

125 g Buttercup Margarine	2 eggs
1 cup sugar	2 cups flour
vanilla essence	2 teaspoons baking powder
milk	

Cream Buttercup Margarine and sugar. Add eggs, beating well. Add flour, baking powder, essence and milk. Bake at 375° for 12 minutes in greased patty tins.

*Mrs. L. Schragger*

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## MERINGUES

4 egg whites	250 g sugar
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Beat up whites until stiff and add the sugar, then beat well until mixture is very stiff. Drop by tablespoons on baking sheet lined with greaseproof paper. Bake in cool oven (200°) until quite dry.

*Mrs. L. Gruber*

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## WHOLEWHEAT HONEY CAKES

250 g fine wholewheat flour	90 g Buttercup Margarine
½ teaspoon salt	1 tablespoon sultanas
3 teaspoons baking powder	1 tablespoon pecan nuts, chopped
½ teaspoon ground cinnamon	4 tablespoons honey
½ teaspoon ground nutmeg	milk to mix if necessary

Sift flour, salt, baking powder and spices into a bowl. Rub Buttercup Margarine into flour with fingers until resembles bread crumbs. Stir in sultanas, nuts, warmed honey and sufficient milk to mix a stiff dough.

Turn dough out onto lightly floured board. Roll to 1.5 cm thickness. Cut into 5 cm rounds with scone cutter and place on lightly floured baking tray.

Bake in hot (400-450°) oven for 20 minutes.

*Phina Gruer*

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## CHEESE SLICES

125 g Buttercup Margarine	4 egg yolks
60 g sugar	250 g flour
mixed peel which must be cut very fine	

Cream Buttercup Margarine and sugar well. Add yolks one at a time and mix again. Add the sugar, flour and mixed peel. Roll out on the pastry board and put at once on the baking tin and put on the following mixture:-

60 g Buttercup Margarine	60 g sugar
3 yolks	250 g cream cheese, sifted
1 handful sultanas	

Mix well and put this mixture on the dough and bake in a slow oven. Slice when still hot and let it cool in the tin.

*Mrs. A. Ullman*

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## TARTS AND PASTRY

### CRUMB APPLE TART

125 g flour  
90 g Buttercup Margarine

125 g sugar  
1 teaspoon baking powder

Rub all ingredients together with fingers until crumbs are formed. Sprinkle half the mixture on to greased tart dish, put layer of pie-apples on this, then other half of mixture. Lemon juice, cinnamon, sugar and raisins or sultanas added to apples will add to the flavour. Bake at 400° for about 45 minutes. Delicious served with cream or ice cream as a dessert.

*Mrs. Helen Raizon*

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### PINEAPPLE TART

Line a Pyrex dish with short crust pastry and bake.

#### Filling

1 kg tin pineapple chunks  
1 pineapple jelly

1 dessertspoon custard powder  
60 g Bourneville chocolate

When shell is cold, melt chocolate and spread over bottom and sides of shell. Allow to cool before adding the following filling:-

Drain pineapple. Take juice and add sufficient water to make 2 cups of liquid. Then add a little liquid to the custard powder and add to jelly gradually. Allow mixture to boil until thickened. Remove from stove and allow to partly set before pouring into shell. Lastly, add pineapple chunks.

*Mrs. Thelma Eliasov*

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### ALMOND TART

1 cup sugar  
125 g ground almonds  
¼ cup Buttercup Margarine  
1 cup flour

1 egg yolk  
cherries to trim  
apricot jam

Mix the sugar, almonds, Buttercup Margarine and flour well together. Rub in the egg yolk. Press into two greased tins. Decorate the top of one with cherries, after brushing both with beaten egg white. Bake at 350°. When done, put together with apricot jam.

*Mrs. Rima Lutrin*

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### PLUM TART

125 g Buttercup Margarine  
1 egg  
¾ cup sugar

1 teaspoon baking powder  
flour enough to make a soft dough

Cream sugar and egg and add melted Buttercup Margarine. Add flour and baking powder. Pat into a large round 12 inch pan, and bake at 400° till light brown.

Open a 1 kg tin of satsuma plums and drain well. Put the plums in halves to cover the tart shell. Take the juice from the plums and bring to the boil. Mix 2 dessertspoons Maizena with a little cold water and pour the hot juice over it. Return to pot and bring to boil, stirring all the time. Boil until thick. Cool and pour over the plums. Set in refrigerator. Can be trimmed with whipped cream.

*Mrs. R. Golden*

### DREAM CAKE

125 g Buttercup Margarine  
250 g flour  
½ cup sugar

juice of 1 orange  
½ teaspoon baking powder

Cream butter and sugar, add orange juice, flour and baking powder. Pat into greased square tin and half bake at 400°. Take out and fill with the following filling:-

**Filling**

2 eggs  
1 cup sugar  
1 cup chopped walnuts  
1 cup coconut

1 teaspoon almond essence  
1 teaspoon baking powder  
2 level tablespoons flour

Beat eggs well with sugar. Then fold in nuts, essence, coconut and lastly flour and baking powder.

Smear the bottom of the half-baked tart shell with raspberry jam, slightly warmed. Pour the filling over the jam and bake at 400° until golden brown.

When cold cut into squares or leave whole.

*Mrs. R. Golden*

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### FRUIT TART

150 g Buttercup Margarine  
2 cups flour  
2 teaspoons baking powder

**Pastry**

2 level tablespoons sugar  
½ teaspoon salt  
1 egg yolk

Rub Buttercup Margarine into sifted dry ingredients. Add egg yolk and knead well. Pat into an ungreased loose-bottomed tin, round sides as well. Fill with following filling:-

Take 1 tin canned fruit. Drain and boil juice. Add 1 dessertspoon Maizena, 2 teaspoons custard powder dissolved in a little cold water. Stir till it thickens. Cool slightly. Pour into unbaked tart; arrange fruit in the juice and bake at 400° for 20 minutes.

*Mrs. Becky Marks*

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### ALMOND TART

1 cup flour  
pinch salt  
½ teaspoon baking powder

**Pastry**

1 tablespoon sugar  
60 g Buttercup Margarine  
1 egg yolk mixed with a little cold water

Sift flour, baking powder and salt together. Rub in Buttercup Margarine. Add sugar and blend to a firm dough with egg and water. Roll to ¼ inch and line an 8 inch pastry tin.

**Filling**

60 g Buttercup Margarine  
30 g ground almonds  
4 marie biscuits  
jam

2 tablespoons caster sugar  
1 teaspoon almond essence  
1 egg

Cream Buttercup Margarine and sugar, add egg yolk and ground almonds, crushed biscuits and essence. Mix well. Fold in 2 stiffly-beaten egg whites, smear jam over pastry then add filling. Make criss-cross design with left over pastry and bake in moderate oven for 30 minutes. When cold brush over top with a little thin water icing.

*Mrs. Leah Hyman*

### COCONUT TART

150 g Buttercup Margarine  
2 cups flour  
1 teaspoon baking powder  
salt

1 tablespoon sugar  
1 egg yolk beaten with a little water

Rub Buttercup Margarine into flour, baking powder, salt and sugar. Add egg to form dough. Roll out and line a greased sandwich tin.

**Filling**

2 cups coconut  
1 cup sugar  
1 good lump Buttercup Margarine

little water  
2 eggs

Boil the coconut, sugar, Buttercup Margarine and water for 10 minutes. When cool, add the beaten eggs. Pour into the unbaked pastry shell and bake at 350°.

*Mrs. M. Sussman*

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### RUSSIAN TART

500 g flour  
250 g Buttercup Margarine  
1 teaspoon baking powder

**Pastry**

1 egg  
little cold water

Rub Buttercup Margarine into flour and baking powder and mix to stiff paste with beaten egg and cold water. Line a greased tin with the pastry. Spread thinly with apricot jam. Make the following filling:-

3 tablespoons Buttercup Margarine  
6 tablespoons sugar  
6 heaped tablespoons oats

4 tablespoons milk  
1 level teaspoon almond essence  
3 tablespoons grated almonds

Cream Buttercup Margarine and sugar. Add dry ingredients and lastly milk and essence. Spread thickly over jam. Then sprinkle with chopped nuts. Bake at 400° till brown. Cool before cutting.

*Mrs. F. Sacks*

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### APPLE CREAM (TART)

2 cups flour  
125 g Buttercup Margarine  
pinch salt

**Pastry**

150 mls cream  
1 egg yolk

Rub Buttercup Margarine into the flour and salt. Add egg yolk and cream. Pat the dough into the bottom and sides of a pie-plate and spread with a thin layer of jam. Prepare the following filling:-

3 large sour apples, grated on  
a coarse grater  
rind of 1 orange finely grated

60 g Buttercup Margarine  
½ cup sugar  
3 eggs, beaten

Mix all ingredients together well and add a little lemon juice. Pour into the unbaked shell and bake at 400° for about ½ hour, or until the pastry is well baked. Take out and leave to cool. Can be trimmed with whipped cream and strawberries and can be served as a pudding or cake.

*Mrs. Becky Marks*



### APPLE FARFEL TART

125 g Buttercup Margarine	2 cups flour
vanilla	2 teaspoons baking powder
pinch salt	2 tablespoons Olivine
1 egg	2 tablespoons sugar
1 small tin pie apples	little jam

Cream Buttercup Margarine, sugar and oil and add beaten egg, then flour and rest of ingredients. Knead well. Grate half quantity of dough into buttered cake plate and blobs of jam, tinned apple, sprinkle with sugar and grate on other half. Bake  $\frac{3}{4}$  hour in slow oven.

*Mrs. Faye Fredman*

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### BIENENSTITCH (ALMOND TART)

Make any piecrust, half bake and then fill with the following filling:-

125 g chopped almonds	3 tablespoons milk
125 g Buttercup Margarine	vanilla essence
125 g sugar	almond essence

Melt Buttercup Margarine in pan; add sugar, etc. (not essences). Boil for 5 minutes. Add essences. Pour into half-baked pie-shell. Bake at 400° for  $\frac{1}{2}$  hour.

*Mrs. Arthur Kaplan*

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### DUTCH TART

2 cups flour	6 tablespoons milk, iced
4 teaspoons baking powder	125 g Buttercup Margarine
$\frac{1}{2}$ teaspoon salt	4 tablespoons sugar
1 egg	

Sift flour, baking powder and salt. Cut in Buttercup Margarine with 2 knives. Add sugar and mix lightly. Drop (don't beat) an egg into a cup and add ice-cold milk and mix slightly with knife. Add to flour and Buttercup Margarine. Pat pastry into a pan. Cut apples in slices and press into the batter (should be similar to scone batter in texture). Sprinkle with 2 tablespoons sugar and 1 teaspoon cinnamon. Dot Buttercup Margarine on top and bake at 400°.

*Mrs. I. Sacks*

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### PINEAPPLE TART

125 g Buttercup Margarine	pinch salt
1½ cups flour	2 egg yolks
2 tablespoons sugar	1 teaspoon baking powder

Rub Buttercup Margarine into flour. Add all dry ingredients. Beat up eggs well and add. Water may be added to dough if necessary.

**Filling.**— Grate 1 pineapple and 1 large apple. Add 2 tablespoons sugar and 1 dessertspoon custard powder. Simmer on stove, stirring till it thickens. Cool. Roll out pastry and line a greased layer tin with it. Pour in the filling and bake in fairly hot oven till almost done. Beat up whites of 2 eggs with a pinch of salt and 1 tablespoon sugar. Put on top of tart and brown slightly.

*Mrs. R. Lonstein*

### CHOCOLATE CREAM PIE

60 g Buttercup Margarine	3 eggs (separated)
2 tablespoons golden syrup	60 g caster sugar
250 g crushed digestive biscuits	1 teaspoon vanilla essence
4 level tablespoons powdered gelatine	2 tablespoons hot water
155 g plain chocolate (bitter)	300 mls thick cream

Crush biscuits well. Melt Buttercup Margarine and syrup in a saucepan, then bring to the boil. Remove from heat and stir into the crushed biscuit crumbs. Mix all this together very well, then line a pie dish, pressing well round the sides and bottom of dish. When this is done, put the dish into the fridge, to set until you are ready with the filling. Place egg yolks, sugar and vanilla in the top of a double boiler which you put over boiling water; stir this mixture well until it starts to get thick. Dissolve the gelatine in the hot water, add to egg mixture, break up chocolate into mixture, and keep stirring all the time until everything is dissolved and well mixed. Take off stove. Beat the cream until thick but not stiff, then fold into mixture. Beat the egg whites until very stiff, then fold into mixture. Put all this into the pie dish, and put into fridge to set. Decorate if desired.

*Mrs. Barbara Sher*

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### ROUGH PUFF PASTRY

125 g flour	pinch salt
90 g Buttercup Margarine	iced water to mix

Sift flour and salt together. Cut Buttercup Margarine into pieces the size of small walnuts. Add sufficient iced water to make a stiff dough. Roll out into strip about 3 times as long as wide. Fold into three, bottom piece up, top down, seal edges, turn half to left. Re-roll and re-fold 4 times in all. Roll and cut to size desired. May be used for tarts, rolls, etc. Bake in hot oven.

*Mrs. L. Creewel*

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### HUNGRY BOY TART

3 heaped tablespoons flour	1 tablespoon sugar
1 teaspoon baking powder	pinch salt
60 g Buttercup Margarine	

Rub Buttercup Margarine into flour. Add other ingredients and mix to a softish batter with a little milk. Put into tart pan, leaving cavity in centre. Fill with jam and bake for 15 minutes in oven at 400°. Make a meringue top with 2 egg whites beaten stiffly with 2 tablespoons caster sugar. Fill the meringue in tablespoonsful on the tart and allow another 2 minutes.

*Mrs. J. Wasserson*

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### FARFEL CAKE

125 g Buttercup Margarine	1 egg
$\frac{3}{4}$ cup sugar	2 teaspoons vanilla
1 tablespoon Olivine	2 breakfast cups flour
2 teaspoons baking powder	

Cream Buttercup Margarine, sugar and Olivine well. Add 1 egg. Add sifted flour and baking powder. Then add vanilla. Halve the dough. Grate half into a greased tin and spread apricot jam over, then grate the second half of the dough on top. Bake at 450° for 45 minutes.

*Mrs. O. Rosenberg*

### QUICK PUFF PASTRY

125 g flour  
125 g cream cheese  
125 g Buttercup Margarine  
salt

Rub all well together. Put in refrigerator to chill. Then roll out and use as required.

*Mrs. Becky Marks*

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### APPLE TART (RICH)

**Pastry:**  
90 g Buttercup Margarine  
1 breakfast cup flour  
2 tablespoons sugar  
1 level teaspoon baking powder  
1 well beaten egg  
2 tablespoons cream

**Filling:**  
1 tin unsweetened apples, mixed with sugar, lemon juice and rind  
dates — cut up  
cinnamon  
chopped nuts (optional)

Rub Buttercup Margarine into flour, add sugar and baking powder. Then add egg and cream. Put dough into fridge for 30 minutes. Roll out in long shape, and place on a greased tin. Put filling on as follows:-

Cut up dates, and put a layer of apples, and more dates, on top. Add nuts and cinnamon to top layer.

Close up the dough, and pinch together in the middle. Brush with milk, and sprinkle with cinnamon and sugar. Bake at 400° for 25 minutes or longer. While still warm, decorate with water icing, and top with cherries and chopped nuts. This can be made into 2 smaller long tarts.

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### AMERICAN RAISIN TART

1½ cups flour  
1 egg  
salt  
1 teaspoon baking powder  
1½ tablespoons Buttercup Margarine  
good tablespoon sugar

Knead Buttercup Margarine, sugar, flour and baking powder and salt. Add egg. Roll out and line a greased sandwich-tin.

#### Filling

1 well-beaten egg  
3 tablespoons sugar  
1½ tablespoons flour  
pinch salt  
½ teaspoon cinnamon  
½ teaspoon sour milk  
1 teacup chopped raisins

Mix egg, sugar, flour and spices. Stir in remainder of ingredients. Pour filling into the unbaked pastry shell and decorate with strips of pastry. Bake at 400° and then lower to 350°.

*Mrs. M. Sussman*

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### PINEAPPLE TART

Line a greased sandwich-tin with any pastry and pour in the following filling:-

1 pineapple, grated  
½ cup water  
½ cup sugar to taste  
1 dessertspoon custard powder

Boil the pineapple, water and sugar. Add custard powder, stir and remove from stove. Pour into pastry and bake at 350°.

*Mrs. M. Sussman*

### ALMOND TART

125 g ground almonds  
125 g Buttercup Margarine  
125 g flour  
60 g sugar

Mix all ingredients well and knead until a paste is formed. Take 2 sandwich-tins, greased. Halve paste and knead in each tin to fill bottoms only. Bake about 20 minutes at 350° till pale biscuit colour. Sandwich with jam and slice while warm.

*Mrs. Rae Rabinowitz*

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### QUICK PUFF PASTRY

250 g Buttercup Margarine  
2½ cups flour  
pinch salt  
300 mls cream

Grate Buttercup Margarine. Add flour and salt. Rub in. Add cream and mix with knife. Leave in refrigerator for ½ hour. Roll on enamelled-top table with a bottle filled with ice-water. Roll about ⅛ inch thick. Cut in rounds, fill with jam, fruit and nuts. Sprinkle with nuts and sugar and bake in greased pan at 450°. Switch off oven after putting in pan and leave for 20 minutes.

*Mrs. M. Lewis*

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### FOAMY LEMON TART

Line a pie-plate with short pastry and bake till a golden brown. Make the following filling:-

1 tablespoon gelatine  
¼ cup cold water  
4 eggs (separated)  
1 cup sugar  
½ cup lemon juice  
grated rind of 1 lemon

Dissolve gelatine in water. Beat yolks very well and add sugar, lemon juice and rind. Place in top of double boiler and cook until thick, stirring constantly. Add gelatine. Remove from fire and allow to cool. Fold in stiffly-beaten egg whites. Pour into baked crust and place in refrigerator for a few minutes till set.

*Mrs. S. Wolffe*

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### APPLE PIE

2 eggs  
1 cup sugar  
½ cup Olivine  
¼ cup cold water  
1 teaspoon vanilla  
2 teaspoons baking powder  
2½ cups flour  
pinch salt

Beat eggs and sugar together, sift baking powder, flour and salt together and add to egg mixture. Pour in oil, water and vanilla. Mix all ingredients well. Divide dough in half and roll each piece out flat.

#### Filling

4 large or 6 medium sized apples  
½ teaspoon lemon juice  
½ cup sugar

Slice apples, place filling over one half of the dough and spread a little jam on top for flavouring. Fold the other half on to this and close at the sides. Slash top in a design and sprinkle with sugar. Bake in a greased pan at 350° for about ¾ hour.

*Mrs. Julia Solomon*

### FRENCH APPLE TART

1 kg apples or 1 large and 1 small tin pie apples (depending on size of baking dish)  
3 or 4 skinned red apples  
180 g flour  
pinch salt

125 g Buttercup Margarine  
90 g caster sugar  
1 large egg yolk  
juice of lemon  
2 tablespoons apricot jam

**N.B.**— If using tinned apples place in pot over low heat, add orange juice, lemon juice and sugar to taste. Mash to a fairly smooth consistency — not pureed.

**Dough.**— Sift flour with salt. Rub Buttercup Margarine into the flour until mixture resembles fine breadcrumbs. Mix in caster sugar. Mix to a fairly stiff dough with egg yolk and a little iced water. Wrap in grease proof or plastic bag and leave in fridge for 30 minutes.

Stew apples in very little water and cook to a dry puree. Not too sweet or lumpy. Allow to cool. Cut red apples into thin slices. Sprinkle with lemon juice. Roll out pastry ½ cm thick and line tart pan (or if available Pyrex dish). Spoon puree into dough and smooth the top. Arrange apples slices overlapping in circles until the entire surface is covered. Bake at 400° for 45 minutes. When cool, glaze with melted apricot jam with a little lemon juice and water added.

*Yochi Kretzmer*

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### CUSTARD PIE

1 packet shortcrust pastry  
125 ml Nestle condensed milk  
375 ml warm water  
2 eggs

2 ml salt  
1 teaspoon vanilla essence  
1 teaspoon Buttercup Margarine  
1 teaspoon cornflour

Roll out pastry to fit 2 x 200 mm pie plates. Mix condensed milk with the warm water. Beat in the eggs, salt, vanilla essence, butter and cornflour. Pour filling into pie shells. Bake in a slow oven until the tart is brown and milk set (150°C). Sprinkle with cinnamon. Serve cold.

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### PRUNE AND APRICOT PIE

300 g plain flour  
100 g Holsum  
50 g diced Buttercup Margarine  
¼ teaspoon salt  
6 tablespoons iced water

**Filling:**  
350 g stoned prunes  
350 g dried apricots  
150 g walnuts  
100 g sugar  
1 teaspoon grated lemon rind  
1 teaspoon vanilla  
150 g melted Buttercup Margarine

Crumb flour, Holsum, Buttercup Margarine and salt. Add 120 mls iced water and knead till dough can be gathered into a ball. Dust with flour, wrap and chill for half an hour.

Butter a pie-dish and divide dough into 2 parts, one a third larger than the other. Roll out the larger portion and line dish. Use the rest for decorating strips and refrigerate all the dough while making the filling.

Cover prunes and apricots with water and bring to the boil and then boil rapidly for 5 minutes. Drain, dry and quarter. Combine them with the walnuts, coarsely chopped, sugar, lemon rind and vanilla. Add the melted Buttercup Margarine and mix thoroughly. Spoon the mixture into the shell. Arrange the strips across the top and secure to the rim. Brush the strips with a bit of the melted Buttercup Margarine and bake at 350° for an hour till golden brown. Serve warm accompanied by unsweetened cream.

*Leora Fintz*

### MAGIC LEMON MERINGUE PIE

1 x 397 g tin Nestle condensed milk  
125 ml lemon juice (fresh)  
grated rind of 1 lemon (yellow)

2 eggs, separated  
1 heaped tablespoon granulated sugar  
baked pie shell

Mix together the Nestle condensed milk, lemon juice, lemon rind and egg yolks. Pour into baked pie shell. Cover with meringue made by beating egg whites until stiff and adding sugar. Bake in a moderate oven (180°C) 10 minutes or until brown on the top. Chill before serving.

**Note.**— Make sure to use grated rind of a yellow lemon. The recipe will not set if using a green-skinned lemon.

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### STRAWBERRY CREAM CHEESE PIE

1 x 397 g tin Nestle condensed milk  
80 ml lemon juice (fresh)  
2 medium eggs, separated  
90 g cream cheese

250 ml sliced strawberries  
1 tablespoon sugar  
baked pie shell

Mix the Nestle condensed milk and lemon juice together. Stir until the mixture thickens. Add the beaten egg yolks, cream cheese and sliced strawberries. Pour the mixture into the prepared pie shell. Cover with meringue made by beating egg whites until stiff and adding the sugar. Bake at 180°C for 10 minutes or until brown. Chill before serving.

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### CRUSTLESS MILK TART

3 medium eggs, separated  
200 g sugar  
120 g flour  
130 g Nespray  
1 litre water

¼ teaspoon salt  
¼ teaspoon vanilla essence  
30 g Buttercup Margarine  
cinnamon and sugar

Melt the Buttercup Margarine. Beat the egg yolks and add the sugar and margarine. Add the sifted flour and salt. Add the milk gradually, then the vanilla essence. Lastly fold in the beaten egg whites. Pour into 2 x 200 mm ovenproof dishes and bake at 180°C for approximately 1 hour. Sprinkle cinnamon mixture over the tart before it cools.

## BREAD AND SCONES

### DROPPED SCONES

1 cup flour  
60 g Buttercup Margarine  
1 egg  
1 cup grated Cheddar cheese

1 teaspoon baking powder  
little less than ¼ cup milk  
pinch salt

Rub Buttercup Margarine into sifted flour, salt and baking powder. Add 1 egg well beaten, with milk, add cheese. Pour the batter by spoonful into small patty tins and bake at 350° for 20 minutes. Serve hot.

*Mrs. Ray Rabinowitz*

### CHEESE SCONES

1 cup grated Cheddar cheese	4 level teaspoons baking powder
2 cups flour	60 g Buttercup Margarine
½ teaspoon salt	1 egg
½ cup milk	

Sift flour, salt and baking powder into a bowl. Rub in the Buttercup Margarine and add grated cheese. Beat egg and add to milk. Then blend into very soft dough. Turn on to floured board, toss with floured hands. Pat out to 2.5 cm thick. Cut into rounds, brush tops with beaten egg. Place on to lightly greased baking sheet and bake in hot oven, 475-500°, for 10-12 minutes.

*Mrs. Thelma Eliasov*

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### CHEESE MUFFINS

1 cup flour	1 egg
60 g Buttercup Margarine	2 level teaspoons baking powder
1 cup grated Cheddar cheese	¼ cup milk
salt	

Rub Buttercup Margarine into sifted flour, baking powder and salt. Add beaten egg, then cheese and milk. (Must be fairly loose consistency). Bake in greased patty tins at 425-450° for about 8 minutes.

*Mrs. Ann Fischer*

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### REFRIGERATOR ROLLS

1 cake Anchor Yeast	1 heaped teaspoon salt
¼ cup sugar	1 cup milk
150 g Buttercup Margarine	enough flour to make a stiff
1 cup mashed potato (about 3 or 4)	dough (about 7 cups)
2 well-beaten eggs	

Put yeast into ½ cup lukewarm water. Put milk in saucepan and bring nearly to boil. Add Buttercup Margarine, sugar, salt and potato. Leave to cool. Beat eggs well. Add yeast and eggs to cooled mixture. Then add flour and knead well. Put in refrigerator in a large basin, allowing for rise. Leave overnight. Pinch off as needed. Make into very small rolls and leave to rise for 1 hour, out of refrigerator. Bake at 425° for 7 to 8 minutes.

*Mrs. C. I. Jacobs*

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### GRANNY LOAF

250 g self-raising flour	45 g sugar
pinch salt	30 g each currants, raisins and cut peel
mixed spice	200 mls milk
30 g Buttercup Margarine	

Sift flour, salt and spice. Rub in Buttercup Margarine. Stir in sugar, fruit and peel and make into dough with the milk. Turn on to a floured board and form into a round. Place in a well-greased cake-tin, brush over with milk and bake in a moderate oven for about 30 to 40 minutes. Slice and butter.

*Mrs. N. Blake*

### WAFFLES

2 cups flour	½ cup melted Buttercup Margarine
1 teaspoon salt	4 level teaspoons baking powder
1¼ cups milk	2 teaspoons sugar
2 eggs, beaten separately	

Mix and sift dry ingredients. Add milk gradually, yolks well-beaten, then melted Buttercup Margarine and lastly, stiffly-beaten egg whites. Meanwhile, heat Waffle Iron, and before putting in mixture, brush over with melted Buttercup Margarine. Mixture is best used from a jug and it can be stored in the refrigerator and used next day.

*Mrs. P. Taub*

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### KUCHEN

250 g Buttercup Margarine	1 teaspoon salt
2 whole eggs and 4 extra yolks	1 cup sugar
2 cups milk	flour to make soft dough
2 cakes yeast	

Put yeast with a little sugar in ½ cup warm water to rise. Warm milk and add Buttercup Margarine to it. Beat eggs and sugar well. Put flour in bowl with salt. Add yeast, eggs and milk mixtures. Knead well to a soft dough. Cover and leave overnight to rise. In the morning, make into shapes. Place on buttered pan, and leave to rise for half an hour. Paint with egg, sprinkle with cinnamon and sugar and bake at 350° for about half an hour.

*Mrs. B. Lange*

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### MILK LOAF OR BUNS

8½ cups flour	150 ml cream
3 cakes yeast	250 g Buttercup Margarine
1 cup sugar	1 cup milk
4 egg yolks	1 teaspoon salt
2 egg whites	and if you fancy it, 1 cup sultanas

Sift flour. Mix yeast with 1 cup lukewarm water. Add the salt and sugar to the flour. Warm the Buttercup Margarine and milk and add to the flour mixture with the yeast. Add the cream and the eggs. Knead well to a soft dough. Put in a dish, cover well and leave in a warm place to rise for 3 to 4 hours. Knead again and make into any shapes required, putting layers of cinnamon and sugar, and sultanas if used. Place in buttered tins and allow to stand for half an hour. Paint tops with beaten egg and bake for 25 minutes at 400°.

*Mrs. M. Watkins*

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### BOSTON BREAD

2 breakfast cups flour	1 egg
1 teaspoon bi-carbonate of soda	2 tablespoons golden syrup
2 tablespoons sugar	milk
1 saltspoon salt	sultanas, currants, chopped peel

Sift all dry ingredients together. Add egg, syrup and milk to make a loose dough. Add the fruit. Grease tins with oil. Half fill and steam for about 2 hours. To vary the Fruit Boston, make a Ginger Boston by omitting the fruit and adding 1 dessertspoon ground ginger and small pieces of crystallised ginger. To make a Raisin Boston, omit fruit and add mixed spices and whole seedless raisins.

*Mrs. A. J. Lassman*

### CHEESE SCONES

2 cups flour  
1 egg  
little salt and cayenne pepper

2 teaspoons baking powder  
60 g Buttercup Margarine  
large cup grated cheese

Rub Buttercup Margarine into flour. Add baking powder, cheese, salt and cayenne pepper then well beaten egg and little milk to mix well. Roll out about 1.5 cm thick and cut into shapes. Bake at 400°.

*Mrs. F. Salmon*



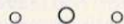
### SOUR MILK SCONES

2½ cups flour  
½ teaspoon salt  
60 g Buttercup Margarine  
2 dessertspoons sugar

3 teaspoons baking powder  
1 egg  
1 cup sour milk

Sift dry ingredients together and rub in Buttercup Margarine. Beat up egg and mix it with the sour milk. Add this to mixture. Knead lightly and roll to 1.5 cm thickness. Cut into rounds and paint the tops with milk. Bake for 10 minutes at 450°.

*Mrs. M. Watkins*



### DROP SCONES

60 g Buttercup Margarine  
8 tablespoons flour  
1 egg  
2 tablespoons cream

pinch salt  
1 tablespoon sugar  
¼ cup warm milk  
2 teaspoons baking powder

Sift all dry ingredients together and rub in Buttercup Margarine. Beat together egg, milk and cream. Mix. Half-fill greased patty tins. Paint scones with egg yolk. Bake in oven at 450°.

*Mrs. R. Lonstein*



### ALL-BRAN SCONES

2 tablespoons Buttercup Margarine  
¼ cup sugar  
1 egg  
1 cup milk

1 cup All-Bran  
1 cup flour  
3 teaspoons baking powder  
¼ teaspoon salt

Cream Buttercup Margarine and sugar. Beat in egg, All-Bran and milk. Sieve flour, salt and baking powder and add to mixture. Roll and cut and bake on greased pan at 400° for about 20 minutes.

*Mrs. E. Zacks*



### SCONES

125 g Buttercup Margarine (little less)  
2 large cups flour  
1 large egg  
2 heaped tablespoons sugar

½ cup milk (little less)  
2 teaspoons baking powder  
pinch salt

Rub Buttercup Margarine into flour and sugar with fingertips. Add baking powder. Make well in middle. Beat egg well with the milk and add. Must not be a stiff dough. Pat on board and cut into shapes. Brush tops with egg. Bake in hot oven.

*Mrs. Ethel Margolis*

### KUCHEN

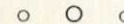
1 ⅓ kg sifted flour  
30 g yeast  
1 cup sugar  
1 dessertspoon salt

6 egg yolks  
150 g Buttercup Margarine  
about 1½ cups warm milk

Dissolve yeast in ½ cup warm water, 1 teaspoon sugar and leave to stand for 5 minutes. Melt Buttercup Margarine in warm milk. Pour the yeast into all the other ingredients and beat well into a stiff dough. Leave overnight to rise.

In the morning, roll and leave for 30 minutes to rise. Bake at 350° for about 45 minutes. (Paint top with beaten egg).

*Mrs. L. Brenner*



### MILK LOAF

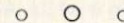
125 g Buttercup Margarine  
½ large cup sugar  
1½ eggs  
4½ cups flour

½ teaspoon salt  
1 cup warm milk  
½ square Anchor Yeast

Cream Buttercup Margarine and sugar well. Add eggs and salt. Add milk, flour and yeast dissolved in ½ cup warm water, alternatively. Mix through well and cover warmly with blankets. Leave overnight.

Next morning, cut into shapes on floured board, place on buttered pans and allow to rise in a warm place. Then paint with egg yolk and milk and sprinkle with sugar. Bake at 400°.

*Mrs. S. H. Wolfe*



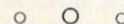
### CRUMPETS

1 egg  
½ cup sugar  
60 g melted Buttercup Margarine  
1 cup milk

2 cups flour  
pinch salt  
2 heaped teaspoons baking powder

Beat egg well and add sugar. Add melted Buttercup Margarine and milk. Then add flour, salt and baking powder. Mix all well together and put in spoonfuls on greased girdle or electric stove. Turn when brown.

*Mrs. S. Herman*



### KUCHEN

1 cake yeast  
6 large cups flour  
250 g Buttercup Margarine  
warm milk

1 cup sugar  
1 dessertspoon salt  
3 eggs

Put yeast in 1 cup warm milk and mix with 1 cup flour, 1 teaspoon salt and 1 teaspoon sugar. Leave about half an hour.

When ready, put into rest of flour. Add eggs, salt and sugar and knead well. Melt Buttercup Margarine in 1 cup warm milk and add. Leave to rise overnight. In the morning, knead and roll. Place into greased pans and leave to rise for half an hour. Bake at 400° for about 45 minutes.

*Mrs. C. M. Harris*

## BAGLES

6 cups flour  
1 tablespoon baking powder  
2 eggs

salt  
warm water to make a biscuit dough

Mix all ingredients well to a consistency of biscuit dough. Roll out about 1.5 cm thick in strips. Form rings. Boil water with salt or sugar to taste. Add bagles to water for only two seconds. Take out and bake in hot oven.

*Mrs. M. Berzack*

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## SCONES

6 heaped tablespoons flour  
1 tablespoon sugar  
4 teaspoons baking powder  
pinch salt

1 tablespoon Buttercup Margarine  
1 egg  
½ cup milk

Sift flour, salt and sugar. Rub in Buttercup Margarine and then add baking powder. Make a well in the centre, break in the egg, add the milk and mix well to a soft dough. Pat on to a floured board and cut into rounds. Bake on a greased pan for 5 minutes in a very hot oven.

*Mrs. L. A. Rubenstein*

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## FLAPJACKS

8 tablespoons flour  
1 tablespoon sugar  
2 eggs

2 teaspoons baking powder  
salt  
enough milk to make a medium batter

Beat eggs and sugar well. Leave to stand a while. Add flour, salt, milk and baking powder. Drop by spoonful on to a buttered girdle or on to a plate or stove and turn when brown. Butter while hot.

*Mrs. J. Graham*

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## BROWN BREAD (2 loaves)

7 cups unsifted wholemeal flour  
3 tablespoons Olivine  
1 cake yeast (or equivalent in dry yeast)

4 cups water  
3 level teaspoons salt  
2 tablespoons syrup  
(reduce if too sweet)

Dissolve yeast in lukewarm water (3 cups). Dissolve syrup in 1 cup boiling water. Add flour, etc. to liquids, mix very well with wooden spoon. Put in tins to rise (till nearly full). Cover with a damp cloth — 2 hours. Bake in a hot oven — 425°, and lower heat to 350° when inserting bread. If baking too quickly lower heat still more, and switch off for last 10 minutes.

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## SCONES

1 egg  
1 tablespoon sugar  
4 teaspoons baking powder

2 cups flour  
125 g Buttercup Margarine  
¾ cup milk

Crumb sugar and flour, baking powder and Buttercup Margarine. Take 1 egg and beat well. Take off part of egg for brushing. Take balance of egg and add to ¾ cup milk and add to mixture. Cut and bake in hot oven for a few minutes.

*Mrs. Pauline Nosel*

## TO MAKE MELBA TOAST

sliced bread (use toast-sliced, as it is thicker than sandwich)

Toast slices of bread in a toaster. While still hot, cut off crusts, and with a very sharp knife, cut each slice through the middle carefully. Now scrape all the untoasted bread off each side, and place the untoasted sides up under the grill till golden brown. Will keep in a tin for weeks.

*Mrs. Jenny Keet*

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## FRIGIDAIRE YEAST DOUGH

250 g Buttercup Margarine  
½ teaspoon sugar  
4 eggs, well beaten  
½ teaspoon salt

1 cup milk  
2 cakes yeast  
4½ cups flour

Scald milk, add Buttercup Margarine, salt and sugar, and boil till melted.

When lukewarm add yeast softened in lukewarm water. Add eggs. Beat flour into mixture. Let mixture stand for 6 hours. Chill till ready to use. Bake in hot oven.

*Mrs. I. Goldschmidt*

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## SCONES WITH A DIFFERENCE

2 cups flour  
4 teaspoons baking powder  
½ teaspoon salt

¼ cup Olivine  
1 egg  
milk and water

Sift flour, baking powder and salt. Into a measuring jug put oil and egg, and enough milk and water to make a cup full. Beat well, and add to dry ingredients. Mix well. Turn on to a floured board; press flat to 1.5 cm thick. Cut into desired shapes, brush over with a little milk, and bake at 350° to 400° for 10 minutes. Add ½ cup cheese, if wanted.

*Mrs. L. L. Owens*

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## HOT GARLIC BREAD

1 long French loaf  
½ cup Buttercup Margarine

1 or 2 cloves garlic, minced

Slash bread on bias in ¼" slices, but do not cut quite through bottom crust. Cream garlic into butter. Spread generously between slices. Wrap in foil. Heat in hot oven — 400° for 15-20 minutes, or until piping hot.

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## CHEESE PUFFS

2 cups grated cheese  
salt, pepper cayenne, and a pinch of dry mustard

Filling  
3 eggs, separated  
3 dessertspoons cream

Beat whites separately and fold in after other ingredients have been mixed well. Using ready made puff pastry, cut into round ½ cm thick, and place in cookie cups. Fill these cups with cheese mixture, and bake at 400° till golden brown.

*Mrs. Heleen Graham*

### CRUMPETS

1 large cup flour  
2 eggs  
½ cup milk  
1 tablespoon honey

2 dessertspoons sugar  
1 tablespoon Buttercup Margarine  
½ cup water  
2 heaped teaspoons baking powder

Sift flour and sugar. Add eggs, melted Buttercup Margarine, milk, water and honey. Lastly add baking powder.

Mrs. Barbara Sher

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### BAIGEL

6 cups flour  
1 cake yeast  
1½ teaspoons salt

1 egg  
1 dessertspoon sugar  
1 egg cup Olivine

**Method.**— Mix yeast well with 1 cup lukewarm water, and leave to rise about 10 minutes. Then add rest of ingredients and knead well. Allow to stand 20 minutes. Re-knead, and take pieces of dough, roll like sausage, and fold around your four fingers, sealing end to form a ring. Leave on floured greased paper. Boil a pot of water fiercely, and drop a few in at a time, and boil till it rises and remove, drain; then put on a greased baking tin, and bake at 450°.

Mrs. Anne Moss

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### BREAD

7 cups wholemeal flour  
2 cups Pro Nutro (plain)  
3 teaspoons granulated yeast  
or 45 g fresh  
2 tablespoons Olivine

2 tablespoons dark brown treacle  
2 tablespoons boiling water  
1 tablespoon salt  
½ teaspoon sugar

Cream yeast and sugar and ½ cup tepid water to a smooth paste. Sprinkle with white flour. Put into warm place to sponge — 10 to 15 minutes.

Add Olivine, treacle and boiling water mixed together to sponge.

Mix flour and salt. Add liquids mixed with yeast and mix, with wooden spoon adding 4½ cups of lukewarm water. Stir very well.

Put into 2 oiled tins sprinkled with bran. Fill ⅔ full. Cover and let rise, out of a draught, till it rises to the top of the tin (about 1 hour).

Bake at 375° for 1½ hours.

Yochi Kretzmer

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### WHOLE WHEAT BUNS OR ROLLS

25 g fresh yeast  
1 teaspoon sugar  
1 teaspoon salt

250 g whole wheat flour  
2 tablespoon plain flour  
1 cup water  
2 tablespoons sour cream

**Method.**— Cream yeast, sugar, add water and cream and rest of the ingredients. Make a dough which is pliable and firm. If too wet, add a little flour and let it rise to double the bulk. Grease and dust a baking sheet, form small balls and let rise covered with towel. When soft to touch, bake at 180°C 15 minutes. Makes 18 buns.

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### DIVINE FUDGE

1 kg sugar  
1 cup milk  
1 tablespoon vinegar  
1 tin condensed milk

125 g Buttercup Margarine  
1 teaspoon vanilla essence  
½ cup chopped pecans or walnuts

Boil all ingredients together for twenty minutes. Beat until thickened and opaque. Pour into buttered tin until set. Cut into squares.

*R. Tatz*

### TO MAKE CREAM CHEESE

Put 2 litres milk in a large jug, and leave out of fridge until sour. Turn out in a basin. Boil 2 litres water, and pour on to the cheese whilst boiling. Add ¼ teaspoon salt, and leave to cool. When cold, pour into a muslin bag, and hang up to allow liquid to drain off. Takes about 2 hours. Then put the cheese — still in the bag — on to a board, place another board with a heavy weight on top, to squeeze out the remaining liquid. If liked, a little fresh dill can be chopped up and mixed in when the cheese is ready.

*Mrs. I. Pogir*

### PAMPLEMOES MARMALADE

Slit 2 Pamplemoes fruit. Soak in water 3-4 days. Renew water daily — then boil up till skin is soft (to test pierce with match stick). While fruit is boiling make a syrup of: 2 kg sugar and 8 cups water.

Pour water off fruit, add syrup and boil until it jells.

*Sister A. Tomlinson*

### MARMALADE

Shred fruit and allow 1.8 l water to every 500 g fruit and soak overnight. Keep pips and hard membranes separate and cover with a little of the measured water.

Next day, boil fruit and water from membranes, etc. for 1 hour. Let stand overnight. Now weigh the pulp. Allow 500 g sugar to every 500 g fruit. Bring fruit to the boil till tender, add sugar and boil fast till it jellies.

*Mrs. A. J. Lassman*

### CANNING GUAVAS (Method 1)

Peel the guavas, using a silver fruit knife, or else they will turn black. Pack them nicely into bottles, allowing the cut side to show. Pour prepared syrup (made of 1 cup sugar to 2 cups water) over.

*Mrs. Golub*



### CANNED APRICOTS

Never peel apricots for canning. They can be left whole, or to remove the stones, split them. Prepare syrup by boiling 1 cup sugar to 2 cups water. Pack the apricots in jars and pour over the boiling syrup.

*Mrs. Golub*

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### CANNED PEACHES

Boil the peaches either whole or halved in a syrup made of 1 cup sugar to 3 cups water. When soft enough, place fruit in jars and pour the boiling syrup over.

*Mrs. Golub*

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### ORANGE JAM

Take about 22 oranges and squeeze out the juice into a large pot. Add 750 g sugar and let it boil a nice brown colour. Then add juice of 3 or 4 lemons to taste. Test this mixture by putting a teaspoonful on to a plate and try and roll it. When it rolls easily it is ready to be removed from the stove. Cool, and put in jars.

*Mrs. S. Benyshai*

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### GRAPEFRUIT MARMALADE

Shred 4 grapefruit and to every pound of fruit add 2 litres cold water. Leave to soak for 24 hours. Then boil till tender. Pour into a dish and stand again overnight. Weigh, and to each pound of fruit add 500 g sugar and boil about 2 hours.

*Mrs. J. Graham*

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### APRICOT JAM

500 g dried apricots	1.5 kg sugar
2 litres water	

Wash fruit. Soak in the 2 litres water for 12 hours. Boil in the same water for 1 hour, or until fruit is soft. Add sugar and boil another hour. Cool and bottle.

*Mrs. L. A. Rubinstein*

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### APRICOT CHUTNEY

500 g dried apricots	1 level dessertspoon cinnamon
600 mls vinegar	1 level dessertspoon ground ginger
500 g sultanas	1 heaped teaspoon pepper
750 g onions	1 heaped teaspoon salt
500 g sugar	1 heaped teaspoon mustard

Wash apricots and sultanas and soak overnight in vinegar. Put fruit and onions through mincer (fine) next morning. Add spices, sugar, etc., mix well and bottle. Equally good with hot or cold meats, fish and sandwiches.

*Mrs. A. J. Lassman*

### FUDGE

125 g Buttercup Margarine	750 g sugar
4 tablespoons water	4 tablespoons syrup
1 teaspoon vanilla essence	2 tins condensed milk

Put sugar, Buttercup Margarine, water, syrup and condensed milk in a heavy saucepan, stir continuously for about 30 minutes. Take pan off stove and add vanilla. Pour on to buttered pan and allow to cool before cutting into squares.

*Mrs. R. Salmon*

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### PRESERVED GRAPEFRUIT

Cut 3 grapefruit in halves. Squeeze out juice. Soak in lime water (1 tablespoon lime to 4.5 litres water) overnight. In morning, pour off. Add fresh cold water and repeat for 3 nights (change water also during day). Use lime water only the first time. Remove fruit from water, drain well, and rinse. Put on to boil until tender, but not broken up. Remove from stove. Rinse with cold water, squeeze out all water. Peel very finely.

To the 6 halves grapefruit take 8 cups sugar and 6 cups water, and boil, and squeeze in juice of 1 lemon. Boil fast till it becomes transparent. Slice if required and bottle. If preferred dry, use 2 cups sugar to 1 cup water and drain on wire tray. Chop nuts and roll in the skins, then slice.

*Anonymous*

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### ROSELLA JELLY

Remove red leaves from pods and weigh the leaves, then rinse them in cold water, shake well and place in pot with fresh water. (2 breakfast cups water to each 500 g leaves). Boil for 20 minutes, stirring often, as it burns easily. Strain through a wire sieve, using a wooden spoon to rub mixture through. Then measure cup by cup of juice, allowing 1 cup sugar to each cup of juice. Place mixture in saucepan again, and boil for another 20 minutes, or until it jellies when a little is run on to a cold plate. Cool and bottle.

If you want to make the residue leaves into jam, measure 1 cup sugar to each cup of leaves, add a bit of the juice from the jelly, a few cut up apples, some sultanas, cinnamon and sugar and ginger to taste — delicious.

*Mrs. Paula Fischer*

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### ORANGE MARMALADE

3 oranges	½ lemon
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Peel oranges very finely. Remove white pulp (do not use). Shred peel finely and shred oranges and lemon. Take 600 mls water to each orange. Soak overnight. In the morning, boil about 10 minutes. Then leave again overnight. Then take 500 g sugar to each pound of fruit and boil until it jells. (When putting on to boil, add juice of an extra lemon).

*Anonymous*

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### STUFFED DATES

Stone dates. Whip white of an egg stiffly. Add a little icing sugar and a good handful of ground almonds. The mixture must not be too stiff. Stuff the paste into the date and put a walnut on top.

*Mrs. Ben Baron*

### EASY LEMON CURD

60 g Buttercup Margarine                      2 eggs  
125 g sugar    2 lemons

Grate rind and squeeze juice of lemons. Mix these together. Melt Buttercup Margarine and add sugar, rind, juice and well-beaten eggs. Cook gently all together in top of double boiler until mixture is thick.

*Mrs. Ben Baron*

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### PINEAPPLE PLETZLACH

2 pineapples    2 cups sugar  
1 packet jelly

Grate pineapple and strain off all juice. Boil for 10 minutes, add sugar and boil for another 10 minutes. Add jelly and boil 10 minutes. Boil another few minutes and keep at low temperature. Pour into a wet dish and allow to set. Cut into shapes and dip into icing sugar.

*Mrs. F. Reiff*

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### GINGERS

2 cups grated carrots (packed tight)  
2 cups sugar  
grated rind of 1 orange  
chopped nuts  
1 heaped dessertspoon ginger

Put all together and boil till it sets. Pour on to a damp board, flatten out and cut into squares.

*Mrs. A. L. Rubinstein*

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### ORANGE AND CARROT PLETZLACH

750 g oranges    750 g carrots

Boil together till soft, in a little water — then mince. Measure, and add 1 cup sugar to 1 cup pulp, plus 1 extra cup of sugar. Then boil well, for at least 2½ hours — medium heat — till it comes away from the sides, then add 1 packet lemon jelly powder. There should be no liquid left. Put on to a wet board, and cut into pieces. If liked it can be rolled in sugar or coconut.

*Mrs. L. Fredman*

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### GOOSEBERRY JAM

500 g gooseberries and 375 g sugar. Wash fruit and prick some and place in greased pot with very small amount of water. Boil till berries are soft for about 25 minutes. Add juice or sliced lemon. Then add sugar and boil till it jells. Allow to cool a bit before bottling or else fruit rises to top.

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### STRAWBERRY JAM

500 g strawberries to 375 g sugar. Wash fruit and boil it up for about 10 minutes in a little water with juice of 1 lemon. Then grease pot and add sugar, stirring well till dissolved before allowing to boil up. Stir often and test on cold plate.

### LEMON CURD

125 g Buttercup Margarine                      5 eggs  
180 g caster sugar                                      juice of 6 medium lemons

Melt Buttercup Margarine in double boiler. Add sugar and lemon juice. Add slightly-beaten eggs and cook until thick, stirring constantly. Strain and bottle.

*Mrs. B. Goldstein*

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### POMERANTZEN

6 thick-skinned grapefruit                      2 kg sugar  
4 lemons

Cut grapefruit in halves and remove centre with pips, leaving half the pulp in. Put on to boil in water for 6 hours. Then remove from stove and wash in five fresh waters (cold). Peel skin off very thinly. Put back in pot with 1 glass water and the sugar and boil again. When nearly ready, peel the lemons, slice and remove pips and add. Almonds can also be added if liked.

*Mrs. D. Bernic*

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### SLICED PEACH JAM

Using local peaches. Peel peaches and slice in long strips and crack some of stones and use the kernels, first removing skin. Weigh peaches, and place in pot with a little cold water, kernels, juice of lemon and a piece of root ginger, and boil. Best to use peaches which are still green. When fruit is soft, remove and grease pot and add 375 g sugar to each 500 g of fruit, and continue using same method as above to test, etc.

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### MARMALADE

Use grapefruit on its own. Seville oranges in proportion of 6 to 2 sweet oranges and 2 lemons. Pampelmoos to be cooked on its own. Navel or Valencia to have 2 lemons to 4 oranges. A family marmalade can be made of 1 grapefruit, 1 large orange and 1 large lemon. Wash all fruit, and cut in ½ and ¼ and remove all pith and pips which are placed in a small bowl covered with water till following day. FIRST of course weigh all fruit, and for every 500 g of fruit add 2 l water. After removing pips, etc., you either slice fruit very thinly, or mince it and place in a large pot and add measured water, allowing it to stand till following morning. Then boil it for about 1 hour or more. Add the water strained out from the bowl of pips. Then measure all the fluid and pulp, and for every pint of fluid, weigh 500 g of sugar. Grease pot, add fluid and sugar, stirring well till all sugar is dissolved. Do not put to boil until all sugar is dissolved. Better marmalade is made if pulp and fluid are left to stand for 1 day before adding sugar. Test jam constantly, not forgetting to remove scum, and boil with sugar minus a lid, fairly quickly, else it becomes too dark.

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### NAARTJIE MARMALADE

Take 6 naartjies and 2 lemons — peel nartjies by taking off skins in 4 sections and removing all pith from inside of skin and all threads from fruit. Slice fruit and remove pips, which you soak with all pith till next day. The skins are then cut into very thin strips with sharp knife or scissors. Use same method as above, prepare fruit and leave to soak till next day. Continue in same way and same amount of sugar as well.

*Mrs. Anne Moss*

### APRICOT PLETZLACH (MEBOS)

Soak 500 g dried apricots in hot water. Remove and pour fresh boiling water over and allow to stand for 2 hours. Then mince apricots and squeeze in juice of 2 or 3 lemons. Put on to boil and keep stirring till it forms a jelly (about 30-40 minutes). While cooking, add 1 kg sugar and boil all together. Remove from fire, put on to a board and allow to cool. Then cut into shapes and roll in sugar.

Mrs. S. Herman

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### FUDGE

2 cups sugar	2 rounded tablespoons sifted cocoa
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ teaspoon vanilla
1 level tablespoon Buttercup Margarine	

Heat sugar, Buttercup Margarine and milk to boiling point. Add cocoa and stir till melted. Keep stirring till mixture granulates against side of pot. Remove from stove, add vanilla and beat until smooth. Pour into a buttered dish and mark squares when set slightly.

Mrs. H. Stern

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### MARZIPAN

250 g ground almonds	a few drops each vanilla and almond essence
250 g icing sugar	a few drops lemon juice
1 whole egg	

Knead all well together and put in refrigerator for  $\frac{1}{2}$  hour. In the meantime, melt some plain chocolate for icing. Roll the marzipan into 4 or 5 long sticks, about 2.5 cm thick. Spread tops with chocolate and leave to set. Cut into slices as required. Can be kept for weeks.

Mrs. S. Israel

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### PRESERVED FIGS (Nice for Yomtov or Pesach)

Pick hard green figs — not too small. Peel and soak overnight in  $3\frac{1}{2}$  l water and 1  $\frac{1}{2}$  tablespoons lime.

Wash well 2 or 3 times next day and leave in water for 2 hours. Boil in clear water until able to pierce with a toothpick. (Use an enamel pan).

Make a syrup of 500 g sugar to 500 g figs and 4 cups of water.

Stir till sugar is dissolved and bring to boil. Drop in the figs, few at a time and keep syrup boiling. Add bruised ginger and lemon juice and green colouring. Boil until syrup is thick and green — about 2 hours.

Yochi Kretzmer

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### MULBERRY LIQUEUR

Half fill a big ball jar (2.5 l) with mulberries and fill the other half with white sugar. Shut tight and shake twice a day for 10 days.

Strain juice through muslin cloth at least 3 times, extracting all the juice from the mulberries. Put equal quantities of brandy to equal quantities of mulberry juice. Bottle and leave to mature for 9 months. Quite divine.

Hada Forman

### PLUM JAM

Cut fruit in half, and remove stones. First weigh before placing in pot with a little water. Use 500 g sugar for 500 g fruit and juice of 1 lemon. Continue in same way as above.

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### SUGARED PEANUTS

3 cups raw peanuts	1 cup water
2 cups sugar	

Boil all together on high until it dries out, then turn onto low and stir until at caramelises (about 20 minutes).

Sandy Broomberg

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### POMERANTZEN (ORANGE PRESERVE)

8 thick-skinned oranges. Peel off the zest. Bring to the boil, throw away water. Boil a further twice throwing off water each time.

Cut oranges into halves and squeeze off half of juice. Reserve. Now cut into quarters and place into pot.

Add 7 glasses of sugar, 2 glasses of water, one glass of reserved orange juice and the juice of one lemon.

Boil until thick and sticky.

Tirzah Feigenbaum

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### FRIANDISES

500 g sugar	$\frac{1}{2}$ teaspoonful cream of tartar
$\frac{1}{2}$ cup water	

Place all into a thick bottomed saucepan and boil rapidly. DO NOT STIR. When syrup turns to a light brown remove from stove. Drop prepared fillings into syrup and lift out with a fork or tongs. Place on a lightly oiled biscuit tin. Place into paper cups to serve.

N.B. Prepare these the same day as required, as they do not keep.

Suggested fillings: Naartjie segments, strawberries, nuts, grapes, prunes, cherries or marzipan with a combination of above.

#### Marzipan

60 g ground almonds	60 g icing sugar
60 g caster sugar	1 egg yolk

Mix all ingredients and knead well.

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### TOFFEE CRISPIES

90 g Buttercup Margarine	12.5 ml golden syrup
155 g sugar	vanilla essence
1 tin Nestle sweetened condensed milk	60 g rice crispies

Melt the Buttercup Margarine and sugar together. Add the milk and syrup and bring slowly to the boil. Simmer for 20 minutes, stirring continuously. When mixture reaches soft-ball stage, add vanilla and rice crispies. Pour into a greased 180 mm square tin. When cold, cut into squares.

### BAILEY'S LIQUEUR

1 egg  
300 ml cream  
1 small tin condensed milk  
3 teaspoons Nesquik or chocolate  
1 cup whisky  
4 drops almond essence

Beat egg well, slowly add tin of condensed milk, beating all the time, then the cream, etc., and lastly the whisky. Bottle and keep in the fridge and shake before use.

*Hada Forman*

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### OLD FASHIONED GINGER CORDIAL (For the hot weather)

30 mls essence of lemon  
45 mls strong tincture of ginger  
15 mls tartaric acid  
caramel to taste  
1½ kg. cane sugar  
2.5 l water

Dissolve sugar in water and when cold add all other ingredients. Allow to stand for 24 hours. Use two tablespoonsful to a pint of water.

*Marvyn Hatchuel*

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### BOTTLED CHEESE SPREAD

375 g grated Cheddar cheese  
2 tablespoons finely chopped parsley  
2 tablespoons finely chopped onion  
½ teaspoon dry mustard  
2 tablespoons sherry  
2 tablespoons tomato sauce  
1 tablespoon soft Buttercup Margarine  
dash Tabasco and Worcester sauce

**Method.**— Mix until smooth and creamy. Pack in bottles and refrigerate — use when required.

*Pam Katz*

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### IMGBERLACH

1½ kg grated carrots  
500 g grated apple  
2 kg sugar  
juice of one lemon  
1 dessertspoonful ginger  
grated rind of one lemon  
almonds (optional)

Boil carrots, sugar and apples on low heat in a thick bottomed pot until it comes away from sides of pot (approximately 2½ hours). Add lemon juice, ginger and almonds.

Sprinkle grated rind on board and spread mixture onto it. Allow to set and cut when cold.

*Yvonne Benatar*

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### COCONUT ICE

1 kg sugar  
300 mls water  
180 g coconut  
60 g Buttercup Margarine  
red food colouring

Boil sugar and water for about 20 minutes (until a few drops poured into ½ cup cold water forms a soft ball between your fingers). Add Buttercup Margarine and coconut and stir well. Divide into 2 and colour one half pink with a few drops of colouring. Pour into a greased pan, first pouring pink half then white half on top. Allow to set and cut into squares.

*Tirzah Feigenbaum*

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## PASSOVER RECIPES

### ORANGENTORTE

6 yolks  
125 g ground almonds  
grated rind of 2 oranges  
6 egg whites

125 g sugar  
juice of one orange  
grated rind and juice of 1 lemon

Mix all these ingredients very well. Add Matzomeal as required, but the mixture must not be too thick. Fold in gently the stiffly-beaten egg whites. Grease a baking tin with fat or oil or sprinkle with Matzomeal. Bake in a moderate oven.

*Mrs. A. Ullman*

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### CHREMSLACH

3 eggs  
3 tablespoons finely chopped  
nuts or almonds

3 tablespoons matzo meal  
¼ cup wine

Beat yolks well, and add all other ingredients except whites. Fold in stiffly beaten whites. Drop spoonfuls in hot oil, fry till golden brown. Drain, and roll in cinnamon and sugar. Can be served hot or cold.

*Mrs. R. Zwebner*

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### MATZOH CHEESE KNEIDLACH

250 g cream cheese  
3 tablespoons matzo flour

2 large eggs  
pinch of salt

Mix cheese, eggs and salt very well. Add matzo meal and leave in fridge for 10 minutes. Boil water with 1 teaspoon of salt. Make Matzo balls and add to boiling water, and allow to boil with lid closed for 10 minutes. Serve hot with melted cinnamon and sugar.

*Mrs. R. Zwebner*

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### CRUMPETS

3 eggs, separated  
1 tablespoon sugar  
½ cup Matzo Meal

½ cup water  
½ teaspoon salt

Beat sugar and yolks until very light. Blend Matzo Meal, water and salt and add to yolks. Beat egg whites until stiff and fold into yolk mixture. Drop spoonfuls onto a greased girdle iron. Bake till golden brown and turn. Delicious.

*Pauline Treger*

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### MANDELKUCHEN

9 egg yolks  
9 (not too large)  
tablespoons Matzomeal

125 g sugar  
some juice and grated rind of lemon

Cream yolks and sugar very well. Add other ingredients and lastly the stiffly beaten egg whites. Grease cake tin well with fat or oil and sprinkle tin with Matzomeal. Sprinkle top of cake with ground or finely chopped almonds. Oven of medium heat.

*Mrs. A. Ullman*

**MATZO FRIDGE CAKE**

90 g Buttercup Margarine  
2 tablespoons wine or liqueur  
500 g melted dark chocolate

½ cup caster sugar  
1 egg yolk

Cream Buttercup Margarine and sugar well. Blend in egg yolk and wine and chocolate. Put some wine in a flat dish. Dip Matzo in wine, one at a time. Sandwich matzos with chocolate mixture (adding nuts if desired) until cake reaches the desired height (approximately 8 matzos). Cover with chocolate and sprinkle with nuts as desired.

*Mrs. R. Zwebner*

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**ALMOND CAKE**

8 eggs (separated)  
250 g ground almonds

250 g sugar  
pinch salt

Beat yolks, sugar and salt for 15 minutes. Beat egg whites with a beater till stiff. Then add to mixture and beat again 8 minutes. Add almonds and beat another 10 minutes. Bake in a greased tin for 1 hour at 350°. (Use a large square tin, and do not open the oven before the hour).

*Mrs. M. Taitz*

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**MATZOH SWISS ROLL**

4 eggs  
½ cup sugar

½ cup Matzoh Meal

Beat yolks well. Stir in sugar and beat again. Add Matzoh Meal finely-sifted. Fold in stiffly-beaten egg whites. Spread in paper-lined tin and bake for 10 minutes at 400°. Turn on to a board sprinkled with caster sugar, remove paper, spread with lemon honey or jam and roll up. Sprinkle with sugar.

*Mrs. Rose Rubin*

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**BISCUITS**

1½ cups cake meal  
1½ cups potato flour  
250 g Buttercup Margarine  
1 cup sugar

3 eggs  
½ teaspoon lemon juice  
1 teaspoon brandy

Rub Buttercup Margarine into flour and sugar. Beat in eggs one by one. Add other ingredients. Roll out to about ½ cm only, cut and prick biscuits. Bake at 300°. (After 5 minutes, look at them, as they burn easily).

*Mrs. P. C. Ralstein*

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**PASSOVER SHORTBREAD**

180 g cake meal  
90 g sugar

125 g Buttercup Margarine  
1 egg

Cream meal, Buttercup Margarine and sugar well. Add egg and bind into a firm dough. Press into greased tin and bake at 350° about ½ hour. Cut into strips and sprinkle with caster sugar.

*Mrs. Anne Moss*

**PASSOVER MACAROONS**

whites of 2 eggs  
¾ cup caster sugar  
2 teaspoons lemon juice

1 cup grated almonds  
pinch salt

Beat egg whites till stiff. Sift in sugar. Beat in almonds, lemon juice and salt. Drop spoonfuls on a well greased baking sheet, and bake in a slow oven (300°) for 25 minutes. Chopped nuts and fruit or coconut can be substituted for almonds.

*Mrs. R. Zwebner*

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**KARTOFFEL TORTE**

125 g sugar  
6 egg yolks

juice and grated rind of one lemon  
125 g boiled, grated potatoes

Mix for half an hour (if done by hand). Add potatoes, lastly the stiffly whisked egg whites. Bake for ¾ of an hour.

*Mrs. A. Ullman*

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**MANDELAUFLAUF**

6 eggs (separated)  
250 g sugar

250 g blanched ground almonds  
juice and grated rind of 1 lemon

Whisk 6 whites of eggs very stiff. Add the egg yolks carefully, then the sugar and the almonds, and the juice and grated rind of 1 lemon. Grease a hinged side cake tin (Springform). Bake in slow oven to a nice golden colour. Remove from tin. Can be served hot or cold.

*Mrs. A. Ullman*

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**BISCHOFSKUCHEN**

8 whole eggs  
500 g sugar  
1 handful currants  
500 g Matzomeal

4 egg yolks  
1 handful ground almonds  
1 handful sultanas  
juice and grated rind of 1 lemon

Cream egg yolks, eggs and sugar very well. Add other ingredients gradually. Grease cake tin with fat or oil and sprinkle with matzo meal. Slow baking.

*Mrs. A. Ullman*

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**PASSOVER WINCREME**

1 tablespoon potato flour  
5-6 yolks  
juice of 2 lemons

2 glasses white wine  
125 g sugar  
grated rind of 1 lemons

Put all the ingredients in a double boiler and keep on stirring until it comes to the boil. Pour into a dish or glasses. Serve cold. You can use as many as 15 egg yolks.

*Mrs. A. Ullman*

### PRUNE AND APPLE DEEP DISH PIE

In a greased baking dish place alternate layers of sliced apples and stewed prunes drained and broken into pieces. Heat ½ cup prune juice and ½ cup water and in it melt 1 tablespoon fat and ½ cup sugar. Pour a little of this over each layer of fruit. Add a little nutmeg and cinnamon.

Crumble some Matzoh coarsely over the top layer of fruit. Pour a little melted fat on top. Sprinkle with cinnamon and sugar and bake in a moderate oven of 350° till browned and the apples tender.

*Mrs. Rose Rubin*

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### ROLLS

2 cups Matzoh Meal	1 teaspoon salt
3 teaspoons sugar	1 cup water
½ cup Olivine	4 eggs

Boil water and Olivine, add to Matzoh Meal, salt and sugar. Stir well. Add eggs one at a time mixing well. Allow to stand for 20 minutes, then roll into shape with wet hands. Place onto a greased biscuit tin and bake for 45 minutes at 375°.

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### PASSOVER SPONGE CAKE

10 eggs	juice of ½ lemon or
10 tablespoons sugar	tablespoon brandy
10 tablespoons potato flour	

Beat egg yolks and sugar well till thick and creamy. Fold in potato flour. Add lemon or brandy and lastly, fold in stiffly-beaten egg whites. Pour into large tin, and bake at 350° for about 45 minutes.

**Note.**— Instead of 10 tablespoons potato flour, you can use 5 tablespoons potato flour and 5 tablespoons cake meal.

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### BISCUITS

180 g cake meal	2 eggs
125 g potato flour	125 g Buttercup Margarine
125 g sugar	3 tablespoons almonds (heaped)

Cream sugar and Buttercup Margarine. Add eggs, then almonds and flour. Roll and cut, sprinkle with almonds and sugar and bake at 350°.

*Mrs. J. Blumenthal*

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### MATZOH PUDDING

2 Matzohs	2 tablespoons syrup
1 egg, beaten	salt, cinnamon, sultanas and
1 tablespoon fat, or little more	cherries
1 teaspoon sugar	

Soak Matzoh in water and squeeze out. Add all other ingredients and mix well. Grease a Pyrex dish or basin with fat and a little syrup. Pour in pudding and bake about 1-1½ hours.

*Mrs. P. C. Ralstein*

### MATZOH FRITTERS

4 eggs	30 g ground almonds
3 tablespoons Matzoh Meal	ground cinnamon

Beat up eggs very lightly. Add meal and ground almonds and beat again for 5 minutes. Fry a spoonful at a time in boiling oil till brown on both sides. Drain well and dust with cinnamon and sugar.

*Mrs. Magidson*

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### NUT CAKE

125 g sugar	8 eggs
125 g ground almonds (wipe almonds, do not wash, then grind). If white cake preferred, take skins off almonds	1 tablespoon Matzoh Meal

Beat yolks and sugar well. Add almonds and Matzoh Meal. Fold in stiffly-beaten egg whites. Bake at 350° for 30-35 minutes.

*Mrs. J. Fabian*

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### PASSOVER NOODLES

Beat up 2 eggs slightly, add a pinch of salt and 2 tablespoons Matzoh Meal. Melt a little fat in a frying pan and pour in little mixture. Cook on both sides, roll up each pancake and slice finely. Drop into boiling soup.

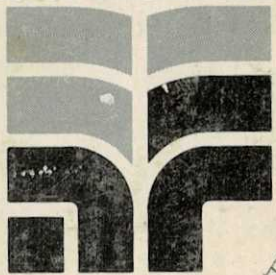
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