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THE TRADITIONAL SEPHARDI RECIPE BOOK

compiled by the
sephardi ladies
of salisbury



L. SORIANO

PIQUANT CAKE Mix Together: 8 Cup Flour
4 Eggs
5 Tbsp oil
5 " sugar

Cream 3 tsp yeast w 1/2 glass water
2 cups hot milk

Mix rapidly into a dough
in use

TO ADD THOSE PIQUANT FLAVOURS TO

FILLING YOUR RECIPES

400 gm. marg. } Always Use
6 Tbsp lard } mix and spread on dough,
12 Tbsp sugar } cups and place on disk

HEINZ

Bake at 350 when brown pour on top
1 1/2 cups milk + 6 Tbsp sugar on boiling hot.

Top Quality Tomato Ketchups and Table

Sauces

PICKLES — HORSERADISH

FRANKY DOUGH: 2 cups flour
1 Tbsp oil
1 " vinegar

HEINZ 57

1/2 cup water
pinch of salt
1/4 lb margarine

Blend flour oil vinegar salt and water

Roll out and spread 1/3 of marg fold
3 to 4 times, cool for 15 mins then roll out
and spread margarine, fold and allow to rest

Gabato Borek: Filling:
4 eggs } beat
1 coffee cup sugar } together
add gradually

3/4 tea cup Semolina
add
2 cups warm milk
add

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to 2 more cups milk and
cook as for custard -
cool and then place on 10 sheets
fills

Bake at 350 for 1/2 hour

LITHOGRAPHIC & LETTERPRESS

Make 1 cup syrup (1/4 water 1 sugar)
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PICKLING

BRINE FOR PICKLING CABBAGE

- 1 full tablespoon Salt to every 3 cups Water
- 1 tablespoon white Heinz Vinegar
- 1 stalk Celery
- 1 medium Chili.

METHOD:

Cut cabbage into big chunks, place into jar and fill with brine. Green tomatoes and green peppers can also be pickled in this brine.

BRINE FOR PICKLING CUCUMBER

- 1 full tablespoon Salt to every 3 cups Water
- 1 tablespoon Heinz White Vinegar
- fresh Dill
- 3 cloves Garlic (optional).

METHOD:

Cut off tops of cucumbers and place in jar. Fill with brine and place on top a few vine leaves and 1 piece bread.

BRINE FOR PRESERVING BLACK OLIVES

Soak black olives in boiling water for 3 hours. Then place in jar and fill jar with equal quantities of Heinz Vinegar and Olivine Oil.

BRINE FOR PRESERVING GREEN OLIVES

Place olives in jar, add 1 tablespoon salt to every 4 cups water and juice of 2 lemons.

BRINE FOR PRESERVING WHITE CHEESE

Cut cheese into large chunks and coat each individual piece with salt. Place in jar. Add 2 tablespoons of salt, juice of 2 lemons, 2 tablespoons Olivine Oil and fill up with water.

rose bush LUSH F-012 rose
10 Lbs Fertilizer "S"
1 Cup Epsom Salts
1/2 Cup Sulfate of Iron

FOREWORD

Apply every 6 weeks 1/2 cup to each bush

All girls are, from the day of their birth, candidates for the Cordon Bleu. Between the ages of eight and eighty they are either —

(a) Cooks or

(b) "Would-be" Cooks

roll,
Both of these categories have a problem. The good cook is often at a loss to know what dish to prepare; the 'not so good' cook is as often at a loss to know how to prepare the dish she would like to serve. It is my sincere desire on behalf of the Sephardi Women's Society to solve the problem for my sisters in both these categories. And as most of our menfolk seem to believe that variety is the spice of life this publication will be of special interest to my Ashkenazi and non-Jewish sisters so that every girl will be able to satisfy her man's weakness for the exotic as well as his nostalgia for the dishes of his forebears. I can but hope that this publication will succeed in so doing.

JUSTINE PIHA.

Chairlady.

Use as required

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HAROSET

1 KG DATES + 4 CUPS WATER - COOK
2 CUPS ALMONDS
2 GRATED APPLES - 1/4 CUP VINEGAR

OLIVINE

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BOIL DATES + WATER TILL SOFT
SIEVE THEN ADD ALMONDS & APPLE
THEN BOILED VINEGAR



GRAPE JAM

3 cups of black and green Grapes which have been stalked
 3½ cups Sugar
 ½ cup of Water.

METHOD:

Put the sugar with the ½ cup of water to boil. When it comes to the boil add grapes. Leave to boil until mixture forms threads when put between the fingers. Remove from the stove and put into jam jars until required.

MINT SNOWBALLS

(MAKES 36 BALLS)

4 oz. margarine
 4½ T. icing sugar
 2 t. water
 8 oz. self-raising flour
 ½ oz. One-Minute Quaker
 Oats

FROSTING:

14 oz. icing sugar
 About 3 T. milk
 ½ t. peppermint essence
 Green colouring
 Grated coconut

METHOD:

Cream margarine and sugar until fluffy. Add water. Sift flour and salt and add to creamed mixture. Mix well. Blend in oats. Shape into balls and bake on ungreased baking sheets in a slow oven (325° or No. 3) for 25-30 minutes. Remove from sheet and cool. Mix sugar, milk and peppermint essence. Add a little green colouring. Mix well. Dip balls in frosting and then in coconut. Drain on a wire rack.

Recipe supplied by the courtesy of
Quaker Oats Limited, England

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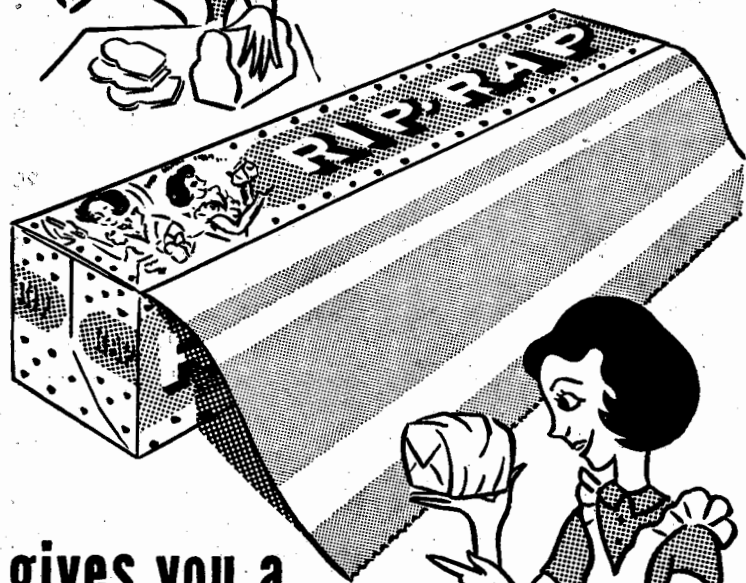
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BAKLAVA

Pastry:

5 tea cups Sunglow Flour (half quantity Sunglow American Flour for preference, when available)
2½ tea cups iced Water.

Filling:

1 lb. Almonds
1 teaspoon Cinnamon
½ teaspoon ground Cloves.
(Other ingredients required):—
1 coffee cup roasted Sessame Seeds
1½ glasses Olivine Oil
1½ jars Honey
1½ same honey jar Water
1½ same honey jar Sugar.

METHOD:

Sift flour, add water — mix then mince through mixmaster twice. Separate into about 14 pieces, coat into maizena then roll into 6 inch diameter circles. Cover with pieces of cloth between each piece, one placed on top of each other in a dish then cover again. This to stand for 1 hour.

Filling:

Shell almonds in hot water, when dry roast very slightly until golden brown in colour. When cool grind. Add cinnamon and cloves and sesame seeds and mix. (This can be prepared beforehand).

METHOD:

Prepare starched tablecloth on a large table. Now place one piece of dough on table, and stretch gradually around table. This should be stretched to cover table and should be like rice paper in appearance. Leave a few minutes to dry. Cut off thick pieces around border, then cut into pieces the size of the pan to be used. Oil pan, place one piece of rice paper into pan, sprinkle with little oil, add another sheet of rice paper, sprinkle oil, rice paper, sprinkle filling. This procedure to be repeated until all dough has been used. This should be about 1½ inches deep when complete.

Cut pastry, now all in pan, in 1½ inch strips and then across to form diamond shapes. Heat remaining oil until smoking and sprinkle all over. Cook in 350° oven. Five minutes later reduce heat to 275°. This should be ready in 1 hour.

Prepare water, honey and sugar in saucepan and allow to boil until sticky consistency. Then pour over pastry when completely cooled.

WHOLE ORANGE OR NAARTJIE JAM

6 very small Oranges or Naartjies
juice from 3 oranges
juice from a Lemon.

METHOD:

Boil whole fruit until tender. Boil 2 lbs. sugar in 2 cups water until sticky, add orange and lemon juices, and whole fruit. Let this all boil until sticky and thickening.

PINYONATE (LIKE TEGLACH)

- 4 Eggs
- 1 tablespoon Olivine Oil
- Sunglow Flour. *2 1/4 cups. (Large cups)*

Beat eggs and oil, add flour for softish dough.

Syrup:

- 1/2 jar Honey
- 2 lb. Syrup tin
- 3/4 of 2 lb. tin Water. Put to boil.

METHOD:

Roll dough into long thin strips and cut into pieces 1/2" long. Place onto a floured cloth. When syrup has started to boil, add cut dough into pot. Pot must be large. Do not open for at least 30 minutes. Cook on medium stove for about 1 hour till syrup turns sticky. Remove from stove and add 1/2 cup cold water and 1/2 cup toasted almonds (if desired).

look for 20 min on low then keep stirring every 5-10 mins - whole cooking time 1/2 hour

CROCON (Brittle)

1 glass sugar to 1 glass blanched roasted split almonds or monkey nuts or sesame seeds, pine kernals.

METHOD:

Caramelize sugar in frying pan, adding a few drops water. When ready, remove from stove and add almonds, mixing well. While very hot, pour onto oiled enamel or marble top. Spread this mixture with 2 fresh lemons in your hands to form a thin brittle and cut into pieces before cooling.

BOULOUKUGNO SESSAME SWEET

- 2 1/2 glasses clean sessame (toasted in frying pan)
- 1/2 jar Honey
- 3/4 glass Sugar
- 1/2 glass Water
- 1/2 glass roasted Almonds.

METHOD:

Put honey, sugar and water to boil, till sticky. Before doing this, toast the sessame in a frying pan on the stove, till golden brown, then remove from stove, add 1 tablespoon flour. Add sessame to stick syrup off the stove and mix well. Then add almonds. Pour onto damp enamel table. Roll into long strips of 1" thickness while still quite warm and cut into pieces of about 1" - 1 1/2" long. Keep in tightly closed tin once cooled.

SOUPS

AVGOLEMONO

Take 2 cubes of Chicken Bouillon or take bones and giblets of chicken

- Salt
- 2 pints of Water
- 1 grated Potato
- 1 small coffee cup washed Kota-Kota Rice.

METHOD:

Boil all together till rice is cooked very well. Just before serving take 1 egg, beat it well and add juice of 1 small lemon to egg. Then pour a bit of soup over the egg. Add this mixture to the pot of soup and serve.

FISH SOUP

Follow above recipe substituting fish bones and head of fish for the chicken.

PAPPA (Garlic Soup)

INGREDIENTS

- 3 tablespoons Olivine Oil or Butter
- 5 cloves of Garlic
- 2 pints Water
- 1/2 cup Milk
- 1/2 loaf of stale Bread sliced thick and cut into squares.
- 1/2 lb. white Cheese
- 2 Eggs
- 1 1/2 teaspoon Salt, little Pepper.

METHOD:

Fry in a casserole the oil and garlic, add water, milk, salt and pepper. Bring to the boil for a few minutes. Add the bread and lastly the cheese. Serve immediately.

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FISH RECIPES

BOILED FISH

- 2 lbs. Kobeljou or Kingklip — sliced.
- 1 tablespoon Lemon juice.
- 1 cup fresh Tomato Juice.
- 1 tablespoon Olivine Oil
- Salt and Pepper.

METHOD:

Place sliced Fish into a saucepan, add the lemon juice, tomato juice, oil, salt and pepper and allow to cook for half an hour. Then add 1 cup water into which 1 teaspoon of flour has been dissolved. Cook at medium heat and when nearly ready add 1 teaspoon chopped parsley. This dish is served with its own gravy.

BAKED FISH

- 2 lbs. Kobeljou or "74" or Hake.
- 1 Onion
- 2 large Tomatoes
- 2 Potatoes
- 1 tablespoon chopped Parsley
- 3 tablespoons Olivine Oil
- Juice of a Lemon
- 1 sliced green Pepper
- Salt and Pepper.

METHOD:

Place fish in a pyrex dish. Slice onions, tomatoes and potatoes and arrange on top of fish. Add oil, lemon juice, salt and pepper and green peppers and 1 cup water. Bake in 400 oven for about ¾ hour. Before serving sprinkle with parsley.

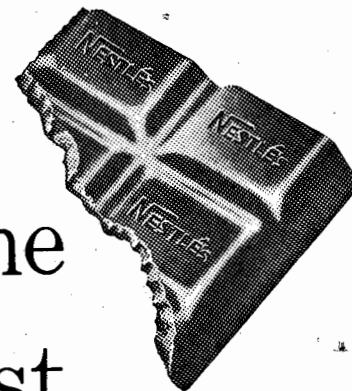
GRILLED FISH

- 2 lbs. Fish
- Juice from 1 lemon
- 2 tablespoons Olivine Oil
- 1 tablespoon Parsley
- Salt and Pepper.

METHOD:

Line grilling pan with ALCAN aluminium foil. Season fish, brush with oil and place on tin foil and add lemon juice. Cook till golden brown. Before serving sprinkle with parsley and the juice of ½ lemon, beaten with 1 tablespoon oil.

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make the
very best
chocolate



SHAMALI (Almond sponge with syrup)

- 3/4 coffee cup Olivine Oil
- 1/2 tea cup Sugar
- 4 Eggs
- 1 tea cup Semolina
- 1 tea cup ground shelled Almonds
- 1/2 tea cup Sunglow Flour
- 2 level teaspoons Baking Powder.

METHOD:

Beat eggs with sugar, add oil. Mix semolina, almonds and flour and baking powder and add to mixture. Grease a 12" x 9" pyrex and bake in oven 325° for 40 minutes. Take out of oven and cut into squares leaving cake in pyrex.

SYRUP:

Boil 1 1/2 cups sugar with 3 tablespoons honey and 1 1/2 cups water. Add a squeeze of lemon till sticky and pour over hot shamali. Put on each square an almond or walnut.

SHAMLIAS

- 1 Orange (juice only)
- 1 Egg
- 1 tablespoon Brandy
- 1 tablespoon Olivine Oil
- enough Sunglow Flour to make medium dough.

METHOD:

Beat together orange, egg, brandy and oil. Add flour and knead dough. Roll dough into oblong shape, fairly thin. Cut into inch wide strips and form into a bow. Drop into a frying pan of hot oil and fry until a golden colour on either side. When cold sprinkle with icing sugar and cinnamon.

MASAPAN

- 1 lb. finely ground blanched Almonds
- 14 ozs. Sugar.

METHOD:

Put sugar in pot, mix 3 cups water with 1/2 egg white and add to sugar. Put to boil and remove white scum which forms on the top. Boil until mixture becomes very sticky. Remove from stove and add almonds gradually, mixing well. Return to low stove stirring continually for 1/2 hour until mixture begins to leave sides of pot. Remove mixture from pot and place on damp enamel or formica table and allow to cool. Then place in mixing bowl and beat for 5 minutes.

FORMATION:

Roll, into long strips 1" thick and cut into pieces about 1 1/2" long. Makes about 45 masapans.

FRIED FISH

- 2 lbs. sliced boneless Fish.

METHOD:

Wash and clean fish well and allow to drain. Dry fish in cloth and season well. Coat fish in flour and dip in beaten egg. Fry fish in hot oil until golden brown in colour.

FISH A LA ROSETTA

- Fried Fish — preferably SOLES
- 2 cloves Garlic
- 2 tablespoons Olivine Oil
- Juice of 2 Lemons
- 1 tablespoon Water
- Pinch Salt.

METHOD:

Crush garlic, add oil, lemon, water and salt and beat. Dip freshly made fried sole into this gravy and pour over remaining liquid. This can be eaten either hot or cold.

MARINATO FISH

- 2 lbs. Fried Fish
- 1/2 cup Heinz Vinegar
- 1/4 cup Water
- 2 cloves Garlic
- Pinch of Salt
- Rosemary.

METHOD:

Place vinegar, water, salt in a saucepan and bring to the boil, add the fried fish for one minute and then remove from the stove. Place fish in serving dish, sprinkle with crushed garlic and rosemary and remaining gravy.

PIHTY FISH (JELLIED FISH)

- 4 slices Cod Fish
- Juice of 1 Large Lemon
- 2 tablespoons Oil
- 2 cups Water
- Salt and Pepper.

METHOD:

Boil fish with lemon, oil, salt and pepper at medium heat for 1/2 hour. Place boiled fish in pyrex dish and cover with its own gravy. Place in fridge to become jellied. Serve Cold.

FISH FRICADELLES

- 1 lb. Hake
- 2 spring Onions
- 2 sliced bread soaked in water
- Juice of ½ large Lemon
- 2 eggs
- 1 tablespoon Olivine Oil
- Chopped Parsley
- Salt and Pepper

METHOD:

Boil fish with lemon, oil, salt and pepper, and a little water. When boiled, bone fish and then mince. Add remaining ingredients, mixing well. Make into small balls, coat with bread crumbs and fry in hot oil. Tinned SALMON can be substituted for boiled fish.

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AHAYSHAU

- ½ jar Honey
- 1 cup Sugar
- ½ cup Water.

METHOD:

Boil mixture till sticky, remove from stove. Add 1½ cups toasted Matzo meal, 1 cup toasted chopped nuts and ground ginger to taste. Pour into pyrex.

GRAPEFRUIT PEEL SWEET

- 3 large Grapefruit
- 3 glasses Sugar
- 1 glass Water
- juice of 2 Oranges
- juice of 1 Lemon.

METHOD:

Peel the fine yellow skin of grapefruit, then remove the white skin off the fruit in 6 strips. Roll each strip and hold with toothpick. Place them in a pot of water to boil for ½ hour. Remove the boiling water and pour cold water. Leave in cold water for 3 days. This water must be changed every day.

SYRUP:

Place water, sugar and juices of lemon and orange in a pot and bring to boil. Strain the grapefruit and add to syrup in the pot and leave to simmer till syrup becomes sticky.

NAARTJIE PEEL SWEET

- 6 Naartjies
- 1 glass Sugar
- ½ jar Honey
- 1 glass Water
- juice of 2 Oranges
- squeeze of Lemon
- 1 coffee cup toasted Almonds or Walnuts.

METHOD:

Remove skin from fruit and put skin to boil in water for 20 minutes. Remove boiling water and pour cold water. Leave in cold water for 3 days, changing water every day.

QUINCE SWEET

6 medium sized Quinces (very green)

METHOD:

Peel quinces, cut into thin pieces, leave in dish of water with pinch of salt. Put quinces into boiling water on stove and bring to boil. When quinces are soft, remove from boiling water put into a strainer and put under cold tap to cool. Then take the quinces and pass them through a fine sieve.

For every 1 glass of puree quince, add 1 glass sugar. Put into a large pot, return to stove and cook over medium heat, stirring continually till bubbles start bursting. Then add 1 tablespoon lemon juice. Put into pyrex and leave to set.

WHOLE PEAR SWEET

2 doz. small green Pears
3 glasses Sugar
1/2 Lemon juice
whole Cloves.

METHOD:

Peel and core pears, wash pears and put them with sugar in a pot and leave overnight. Place pot on stove and bring to a boil.

Remove from stove and leave as it is for 2 days. Add 1 teaspoon of whole cloves and simmer till sticky. Remove from stove and keep in pyrex. Cover when cool.

PUMPKIN SWEET

1 ~~cup~~ per lime
2 lbs. Pumpkin
1 cup Honey
1/2 lb. tin Syrup
ground Ginger
1 cup roasted Almonds.

METHOD:

Peel pumpkin, cut into long thin strips about 1/2 inch thick and 3" - 4" long. Place in dish of water and 1 ~~cup~~ per lime. Allow to crisp for 1 - 1 1/2 hours. Wash well. Put honey syrup, water and sugar into large pot. As soon as this sugar mixture starts to boil, add the pumpkin strips and allow to boil on medium heat till syrup is sticky. Remove from stove and add ginger to taste and roasted almonds.

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STEWES

BAMIA — OKRA OR LADIES' FINGERS

2 lbs. Fresh Ladies' Fngers
3. cloves Garlic or 1 Onion
2 lbs. Veal
1 glass fresh Tomato Juice
3 tablespoons Olivine Oil
Salt and Pepper to taste.

METHOD:

Wash ladies' fingers well and drain. Cut off top and tip. Put oil in saucepan, add garlic or onion and fry a little, add meat, which has been cleaned and washed, and simmer for 10 mins. Add ladies' fingers, tomato juice, salt, pepper and the juice of 1/2 lemon and let this cook for 2 hours on medium stove. Then place in 350 oven for an hour, adding water slowly as required.

SPINACH AND HARICOT BEANS STEW

1 cup Haricot Beans, which have been left to soak over-night.
2 lbs. Spinach
1 lb. Brisket
2 large Tomatoes
2 tablespoons Olivine Oil
1 teaspoon Salt
Juice from 1/2 Lemon
2 cups Water.

METHOD:

Boil beans until tender and then wash in cold water. Wash and chop spinach. Place brisket in a saucepan with the oil and cook for half an hour in a little water. Add a layer of spinach, a layer of beans and a layer of the remaining spinach on top. Add the skinned and chopped tomatoes, salt and lemon juice and cook for two hours at medium heat, adding water a little at a time.

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MRS. MATILDA FERERA

SPINACH STEW (With Dry Haricot Beans)

- 1 bunch Spinach
- 1 lb. stewing Steak or Veal
- 1 Onion
- 3 tablespoons Olivine Oil
- 1/2 cup Haricot Beans, which have been allowed to soak overnight
- Salt to taste
- Juice of half a Lemon.

METHOD:

Cook beans in salt water until tender. Leave to one side until required. Wash and remove all stalks from spinach and cut into thin strips (shred). Slice onion and brown slightly, then add meat and stew until tender. When meat is ready add beans, spinach, salt to taste, lemon and water. Stew over low heat for about 40 minutes. The above recipe can also be made using 1/2 cup rice or 1/2 cup chick peas (garbanzos) in place of the beans.

SPINACH AND HARICOT BEAN STEW

- 2 tablespoons Olivine Oil
- 1 bunch Spinach
- 1 cup Haricot Beans, which have been left soaking overnight
- 2 large Onions
- 4 large peeled Tomatoes
- 1 lb. shin of Veal or Beef
- Salt and Pepper to taste.

METHOD:

Clean and shred spinach. Heat oil in saucepan, simmer sliced onions, add meat and chopped tomatoes, and then add layers of spinach and beans. Add water as required. When beans are nearly cooked, add salt and pepper and the juice of 1/2 lemon and allow to simmer.

NOTE: Chick peas can be used instead of Haricot Beans.
Celery can be substituted for Spinach.

RIA — PLUCK

- 1 Pluck complete (Heart, liver and lungs — preferably sheeps)
- 4 Tomatoes
- 3 cloves Garlic or 1 chopped Onion
- Salt and Pepper
- 2 tablespoons chopped Celery
- 2 tablespoons Olivine Oil

METHOD:

Clean pluck thoroughly. Cut into pieces add tomatoes, oil, garlic (or onion), salt and pepper, celery and 2 cups boiling water. Cook till tender — serve.

SWEETS AND JAMS

KAYSEE (Apricot Sweets)

- 1 lb. Apricot dried
- 2 1/4 glasses Sugar
- Soak Apricots overnight
- boil Apricots in water till soft.

METHOD:

Put through sieve. Add sugar and apricots into pot. Cook over medium stove stirring all the time, till mixture begins to leave sides of pot. Put into pyrex dish. Allow to set.

SHELLED GROUND MOUSTACHUDOS (Approx. 25)

- 1/2 lb. Almonds (300PS)
- CUP 1/2 Sugar
- 1/2 teaspoon Cinnamon
- 1/2 teaspoon ground Cloves
- 2 tablespoons honey
- 1 Egg
- a little Water.

METHOD:

Mix all ingredients together and shape into small triangles. Bake on greased and floured pan for 5-10 minutes in 425° oven. Leave to cool before removing from pan, sprinkle with icing sugar.

SHAROPE

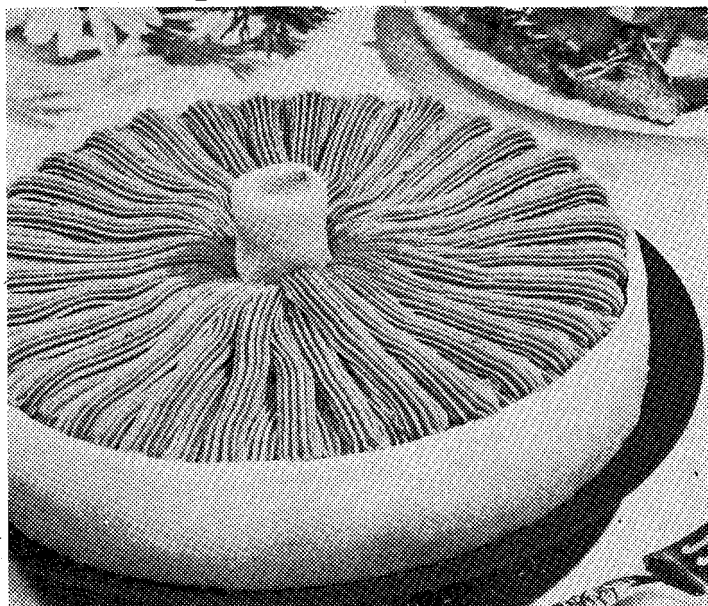
- 1 dessertspoon Egg white
- 2 tumblers Water
- 2 tumblers Sugar
- 1 teaspoon Lemon

METHOD:

Put into enamel saucepan the water and egg white and stir slightly. Add sugar and boil until sticky. Add lemon juice and boil for a few moments longer. Remove from stove and leave until lukewarm. Stir clockwise with brass mallet until fine white and smooth. Pour into shallow pyrex.

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MRS. REBECCA PIHA

A Tasty dish using cocoa



CHOCOLATE MUSHROOM CAKE (ABOVE)

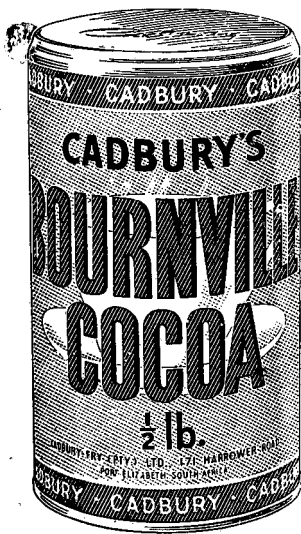
3 eggs, 3 oz. castor sugar, 2½ oz. self-raising flour, 1 tablespoon cocoa, 2 oz. ground almonds, sieved jam, almond paste, 3 oz. butter, 6 oz. icing sugar, 1 tablespoon sieved cocoa, almond essence.

METHOD

Whisk the sugar, eggs and essence until stiff and fluffy. Fold in the sieved flour and cocoa. Carefully add the ground almonds. Turn into a prepared 9in. sandwich or cake tin. Bake for 25 min. in oven Mark 5 or 375 deg. Cool on a wire tray.

Brush the sides with sieved jam. Roll the marzipan into a strip long and deep enough to cover the sides. Press into position and trim. Knead the trimmings into a piece for the stalk, and dust the top with cocoa.

To make the butter cream, beat the icing sugar and butter together until smooth. If necessary, add a little milk to keep a soft consistency. Beat in the almond essence and sieved cocoa. Using a star nozzle, pipe lines from the outer edge to the centre. Place the stalk in the centre as illustrated.



BUNYEKAS DI SIVOYA (Stuffed Onions)

- 12 large Onions
- 1 coffee cup rice
- 1 lb. Mince
- Salt and Pepper
- Parsley
- 1 Egg
- 1 teaspoon Sunglow Flour
- 2 tablespoons Olivine Oil
- Juice of Lemon
- 2 tablespoons Tomato Puree.

METHOD:

Boil onions in salted water for ten minutes. Split onion and separate layers.

Filling: Mix mince meat, salt, pepper, washed rice, egg, parsley and flour with little oil. Fill onions with this mixture and roll into onion shape again. Place in saucepan next to each other, add tomato puree (dissolved in 1½ cups water) salt and pepper. Simmer until rice is cooked.

UVETCH (Stew)

- 1 lb. Brisket or Stewing Mutton
- 6 large Tomatoes
- 6 large Onions
- 1 tablespoon Olivine Oil
- 1 teaspoon Herbs
- 1 teaspoon Cummon (herbs)
- 4 Potatoes
- 3 cups Water.

METHOD:

Cut brisket into pieces with chopped tomatoes and chopped onions and cook until almost tender in 3 cups of water. Add sliced potatoes, herbs, salt and pepper to taste. This can now be cooked on plate or baked in oven.

LIVER STEW

- 1 lb. Calves Liver
- 4 Tomatoes
- 3 cloves Garlic
- 2 tablespoons Olivine Oil
- Parsley or Celery Sprig.

METHOD:

Skin liver, season and grill. When cooked dice. Place oil in saucepan, add liver, tomatoes (skinned, chopped and de-pipped) chopped garlic, and 2 cups water. Simmer for 2 hours by which time water should have evaporated. Add chopped parsley or celery before serving.

PATCHA — (Calves Feet or Mutton)

- 4 Calves Feet
- 4 Tomatoes
- 3 cloves of Garlic
- 1 teaspoon Heinz Vinegar
- Parsley
- Salt and Pepper

METHOD:

Scrape calves feet and wash well until clean. Place feet in saucepan, cover with water, add salt and pepper and boil until tender. Add chopped tomatoes, vinegar and garlic. Simmer until soft. Add parsley before serving.

COLA Y CANE (Oxtail)

- 1 large Ox Tail
- 4 Tomatoes
- 1 tablespoon Olivine Oil
- 3 cloves Garlic - or 1 large Onion
- 6 Potatoes
- 1 teaspoon Heinz Vinegar
- Salt and Pepper.

METHOD:

Scrape oxtail, cut into pieces, add all ingredients together and boil until tender.

MELSA (Spleen)

- ½ lb. Mince Meat
- 1 Calves Spleen
- ½ coffee cup Kota Kota Rice
- Parsley
- Garlic
- 1 tablespoon Tomato Puree
- 1 tablespoon Olivine Oil
- little Sunglow Flour
- Salt and Pepper
- another 1 tablespoon Oil and ½ Lemon

METHOD:

First remove vein inside spleen — skin and soak for ¼ of an hour, then boil with 1 tablespoon salt for 1 hour until soft. Cut along length then into 2" pieces — slit through centre and fill with filling as follows: Mix together mince meat, rice, chopped parsley, chopped garlic, 1 teaspoon flour, little salt and pepper, oil and juice of lemon. Take saucepan, add oil, tomato puree dissolved in 2 cups of boiling water, place pieces into saucepan and simmer until rice is cooked.

CAKES

PESACH GATEAU (Almond Cake)

- 6 Eggs (large)
- 1 glass Sugar
- 1 glass ground Almonds (unblanched)
- ½ glass Matzo Cake Flour
- rind of one Lemon or Orange
- 2 tablespoons Orange juice.

METHOD:

Beat eggs and sugar till very fluffy. Add orange juice. Fold in ground almonds, rind of orange and lastly the flour. Pour into a funnel cake tin. Bake 350° for 45 minutes.

This cake can be made during the year substituting Matzo cake flour for Sunglow cake Flour, increasing the flour to ¾ of a glass.

OPTIONAL FILLING

1 slab of chocolate. Dissolve in double boiler and add ½ oz. margarine or 1 egg yolk beaten. Allow to cool. Spread over cake.

SPONGE CAKE

- 6 Eggs
- 1 cup Sugar
- 1 cup Sunglow Flour
- 1 tablespoon Iced Water.

METHOD:

Beat eggs and sugar till very fluffy. Fold in flour then iced water. Bake 350° for 40 minutes.

DATE CAKE

- 5 Eggs
- 1 cup chopped Dates
- 5 teaspoons Olivine Oil
- 1 cup chopped Walnuts
- 4 tablespoons Sugar (level)
- 5 tablespoons Sunglow Flour
- 1 teaspoon Baking Powder
- 1 teaspoon Vanilla.

METHOD:

Beat eggs with sugar. Add oil. Then add dry ingredients. Pour into oblong Pyrex. Bake 375° for 45 minutes.

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LENTIL STEW

- 4 tablespoons Olivine Oil
- 2 cups Lentils
- 1 cup strained Tomatoes
- 2 large Onions
- 1 lb. shin of Veal or Beef
- 3 cups Water
- Salt and Pepper to taste.

METHOD:

Clean and soak lentils in boiling water. Heat oil in saucepan and simmer sliced onions. Add meat, lentils, strained tomatoes, salt and pepper and water and let it cook on medium stove until lentils are nearly cooked. Then simmer, adding water as required. (Instead of meat, chunks of cheese may be added just before serving). This stew must be served with plenty of its own gravy.

EGG PLANT DOLMAS

- 6 medium sized egg plants (the long thin type)
- 1 lb. minced Beef
- 1 heaped tablespoon Kota Kota Rice
- 1 chopped Onion
- 1 tablespoon chopped Parsley
- 1 skinned and chopped Tomato
- 1 Egg
- 1 tablespoon Olivine Oil.

METHOD:

Peel the egg plant, cut a slice from it and scoop out the pulp leaving a shell $\frac{1}{4}$ inch thick. Combine the rest of the ingredients, season well and fill the egg plants with the mixture. Arrange the egg plants in a shallow pot, pour 1 cup of water, 1 cup of tomato juice and 2 tablespoons of oil over them and cook over medium low heat until done, adding water a little at a time if necessary.

HANDRAJO (a filling to be used with the pastry used for bourekitas).

- 1 large Egg Plant
- 1 large Onion
- 4 or 5 Tomatoes
- 1 coffee cup Olivine Oil.

METHOD:

Peel the egg plant, remove the seeds and chop up the pulp. Chop up the onion, skin and chop the tomatoes. Arrange the vegetables in a pot. First put the egg plant, then the onion and last the tomatoes. Season to taste with salt, pepper and sugar and add the oil. Cook slowly over low heat. It is not necessary to add any liquid as there is sufficient moisture in the vegetables. When no more liquid is left add about 2 cups of grated cheese and use the mixture as a filling with the same pastry as the one used for bourekitas.

FRIED EGG PLANT

Peel a large egg plant and cut it in $\frac{1}{4}$ inch slices. Dredge the slices with seasoned flour and fry them in hot oil. Alternatively, you can dip the floured slices of egg plant in beaten egg before frying.

CELERY HEARTS WITH CHICKEN OR MEAT

- 1 large tin Celery hearts
- ½ Chicken cut into pieces
- 2 tablespoons Olivine Oil
- ½ cup Tomato Puree
- Salt
- juice of ½ Lemon.

METHOD:

Stew the chicken in oil, water salt and puree, celery hearts and lemon juice. Cook for another 15 minutes.

TOMAT ALLA TURCA (Stuffed Tomatoes)

Meat Mixture:

- ½ lb. minced Steak
- 1 teacup Kota Kota Rice
- 1 teaspoon Salt and pinch Pepper
- 1 tablespoon chopped Parsley
- 1 tablespoon Olivine Oil
- 2 cloves Garlic — cut up.
- 6 medium Tomatoes
- 3 Green Peppers
- 1 Egg Plant (optional)
- 2 large Potatoes.

METHOD:

Cut off the tops of the tomatoes and green peppers, remove seeds and half fill with meat mixture. Cut up potatoes and egg plant into small pieces and place them in a saucepan. Place the stuffed tomatoes and Green peppers on top and add 2 tablespoons oil, salt to taste and 1 glass tomato juice. Cook at medium heat for 1 hour, adding a little water as required. Then place in 350 oven for half an hour.

FRIED BRAINS

2 sets brains — soak brains in cold water then skin them. Boil water and add ½ teaspoon salt. Add cleaned brains and cook for about 5 minutes. Strain and cut into slices. Fry in Sunglow Flour and egg. Serve either plain fried with salads or these pieces can be stewed as follows:—

Gravy:

- Take ½ cup tomato puree (not concentrated)
- 1 tablespoon Olivine Oil
- 1 cup water
- pinch salt and 1 teaspoon lemon juice.

Bring all to boil and place brains in the sauce to cook for a few minutes.

PITIKAS

- 1 coffee cup Olivine Oil
- 1 tea cup Water
- pinch Bicarb.
- enough Sunglow Flour to make firmish dough.

METHOD:

Form this dough into small rounds the size of a marble. Allow to rest for half an hour. Roll out the rounds as thin as possible. Fry in deep oil till golden brown. Sprinkle ground almonds, cinnamon and pour 1 teaspoon syrup over each Pitika.

PYOTTS CHILDREN'S SPECIAL

- ½ lb. Butter
- 1 lb. sifted Icing Sugar
- 2 Eggs
- 1 pkt. PYOTT'S MARIE Biscuits
- 2 tablespoons Cocoa
- 1 teaspoon Vanilla Essence
- Pinch of Salt

METHOD:

Melt the butter, add the icing sugar, salt and cocoa. Add the beaten egg and stir over a low heat until the egg is cooked; add vanilla. Crumble the biscuits and mix into the warm mixture. Pour into a greased flat pan and leave to set. Place in the refrigerator until it has hardened. Cut into small squares and serve.

These biscuits are just the thing for a children's party.

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COORABYE (Almond Biscuits)

- 1/2 lb. Summer County Margarine
- 3/4 cup Castor Sugar
- 1 coffee cup Olivine Oil
- 1 teaspoon Vanilla
- 1 cup ground Almonds
- 3 1/2 cups Sunglow Flour.

METHOD:

Cream margarine and sugar. Add oil, vanilla, almonds and then add sufficient flour to make dough a softish consistency. Form into 3 cornered shapes. Oven 350° for 30 minutes. Sprinkle icing sugar over when cool.

MASA DE VINO (Vine Biscuits)

- 1 glass Olivine Oil
- 1/2 glass sweet Wine
- 1/2 glass Sugar
- 4 1/2 to 5 glasses Sunglow Flour
- pinch of Bicarbonate of Soda.

METHOD:

Mix wine and sugar until sugar dissolves. Mix flour and oil and rub well together. Then add wine and sugar to mixture making a firm dough. Roll the dough into small balls and flatten it by pressing fork on top and shaping design. Oven 275° Approximately for 20 minutes.

RESHIKAS (Oil Biscuits)

- 3 Eggs
- 1 tea cup Sugar
- 1 tea cup Olivine Oil
- 1 tea cup Water with Orange juice (Milk can be used instead of Orange juice)
- 3 teaspoons Baking Powder
- Sunglow Flour, approx. 6 cups (as much as mixture will absorb to make a soft dough
- add a little Cinnamon to Flour.

METHOD:

Beat sugar and eggs well. Add oil and mix, then add water, flour and baking powder to make a soft dough. Put through mincer twice and shape as shown below. Brush with beaten egg and dip in sennam seeds (which have been well cleaned) and bake in oven at 400°.

To Crisp:

Heat oven to 300° and switch off. Place all biscuits in one pan and put in oven and leave until cold.



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STUFFED TOMATOES AND ONIONS

Meat Mixture:

- 3 medium Tomatoes
- 3 medium Onions
- 1 lb. mixed Steak
- 1 teaspoon Salt
- Pinch Pepper
- 2 slices Bread soaked in water
- 1 Egg
- 1 tablespoon chopped Parsley
- 1 tablespoon Olivine Oil
- 1 tablespoon Water.

METHOD:

Cut tomatoes and onions in half, remove centres and cut these in small pieces and place in a saucepan together with 2 diced potatoes. Fill tomato and onion halves with meat mixture, then dip in flour and beaten egg and fry in frying pan with oil until golden brown. Place the fried, stuffed tomatoes and onions on top of the cut up onion, tomato and potato, add a little water, salt to taste and a little tomato puree and 1 tablespoon oil.

Allow this to cook at low heat for 1 hour, adding a little water as required.

NOTE: Celery hearts can be substituted for halved tomatoes and onions.

MEDIAS DE BIRINJENAS

- 3 long Egg Plants (cut each one in 4 quarters and scoop).
- 2 large Potatoes (boiled and mashed)
- 2 tablespoons grated cheese
- 1 teaspoon Butter
- Salt to taste
- 1 Egg

mix all this well

METHOD:

Fill mixture to egg plant quarters and coat them in flour and egg and fry them in hot oil.

Gravy:

- 1 tablespoon Butter or 1 tablespoon Olivine Oil
- 1/2 cup Water
- 1/2 cup milk
- 1 teaspoon Sunglow Flour added to water or milk and dissolve well
- 1 tablespoon grated cheese
- 2 tablespoons fresh Tomato Juice

METHOD:

Place gravy in a saucepan and bring to boil then place the egg plant in pot and let this cook in medium heat for 1/2 an hour.

HARICOT BEANS AND MEAT STEW

- 1½ glasses Haricot Beans, which have been soaked overnight and thoroughly cleaned and washed.
- 1 lb. Shin of Beef or Veal
- 2 large Onions
- 1 glass steamed Olivine Oil.

METHOD:

Heat oil in saucepan and simmer sliced onions, add meat and beans with water and allow to cook at medium heat, adding water as required. When beans are nearly ready add salt, pepper and strained tomatoes and let simmer for 2 to 3 hours (1 stick of celery with leaves can be added for extra flavouring).

This stew must be served with plenty of its own gravy. Same recipe for Black Lentils, Sugar Beans, Chick Peas, Black Heided Beans.

SOPADO (CHICK PEAS AND TOMATO STEW)

- 1 cup Chick Peas, which have been soaked overnight, boiled until soft and drained
- 4 large Onions — sliced
- 8 large peeled Tomatoes
- 1 lb. Shin of Veal or Beef — cut into pieces
- 4 tablespoons Olivine Oil
- 1 cup Siam Rice
- Chopped Parsley
- Salt and Pepper to taste.

METHOD:

Heat Oil on medium stove and simmer onions. Add meat and cook for 15 minutes. Add chopped tomatoes, chick peas, salt and pepper and stew, adding water as required. An hour before serving add 1 cup Rice and chopped parsley and cook until rice is cooked.

FASOULIA (Green Beans)

- 1½ lbs. Green Beans
- 2 Onions
- 4 peeled Tomatoes
- 1 lb. Beef or Veal Shin
- 2 tablespoons Olivine Oil.

METHOD:

String and peel beans. Heat oil in saucepan and add sliced onions. Add cut up shin and fry a little. Add beans, chopped tomatoes and salt. Add 1½ cups water and cook for about an hour on a medium stove, the simmer on low for about 2 hours, adding water as and when required.

MINENAS (Date Cookies)

- ½ lb. Margarine
- 3 tablespoons Icing Sugar
- 1 teaspoon Vanilla
- 1 coffee cup warm Water
- enough Sunglow Flour to make soft dough approx. 11 tablespoons.

METHOD:

Cream margarine and sugar and vanilla, then flour.

Date Filling:

- 1½ pkts. minced Dates
- ¼ teaspoon Cloves
- ¾ cup chopped Nuts
- 1 tablespoon Water.

Formation:

Place a small piece of date filling in piece of dough. Cover filling and roll in hands into oblong shape. Prick top for design. Bake in 400° oven for 30 minutes. When cool sprinkle icing sugar.

MINENAS (Approx. 4 doz.)

- ½ lb. Margarine
- 2 tablespoons Icing Sugar
- 1 teaspoon vanilla
- 1 Egg.
- enough Sunglow Flour to make soft dough.

METHOD:

Cream margarine and sugar, add vanilla and egg, then flour.

Date Filling:

- 1½ pkts. minced Dates
- ¼ teaspoon Cloves
- ¾ cup chopped Nuts.
- 1 tablespoon Water.

Formation:

Place a small piece of date filling in piece of dough. Cover filling and roll in hands into oblong shape. Prick top for design. Bake in 400° oven for 30 minutes. When cool sprinkle icing sugar.

COORABYE (Short Bread Biscuits)

- ½ lb. Summer County Margarine
- 2 tablespoons Icing Sugar
- 1 Egg white
- 1 teaspoon Vanilla
- 4 tablespoons Maizena Flour
- 8 tablespoons Sunglow Flour
- ½ cup ground Almonds.

METHOD:

Cream margarine and sugar. Add oil, vanilla, almonds and then flour, dough, softish consistency. Form into 3 cornered shapes. Oven 350° for 30 minutes.

Sprinkle icing sugar over when cool.

TRAVADOS (Almond and Honey Cookies) (Approx. 40)

Dough:

- 1 glass Olivine Oil
- 1/2 glass Sugar
- 1/2 glass Water
- 1 teaspoon Bicarb. of Soda
- enough Sunflow Flour for soft dough.

Filling:

- 1/2 lb. Almonds
- 1 level tablespoon Sugar
- 2 level tablespoons Honey
- 2 level tablespoons Water
- 1 teaspoon cinnamon and cloves mixed.

METHOD:

Mince almonds, add sugar, honey, water, cloves and cinnamon. Mixture should be softish. Flatten dough with hands to 2" circle. Fill with 1/2 teaspoon filling and fold over and press edges together. Oven 350° approximately for 30 minutes. After travados has been baked, take —

- 1 cup Sugar
- 3 tablespoons honey
- 1/2 cup Water.

Boil together until sticky. Drop travados into syrup and allow to boil for 1 minute. Take out. Put into plate and sprinkle with sesame seeds, allow to cool, and cover.

BIRMELOS (Doughnuts)

- 1 dessertspoon granulated Yeast
- 1 teaspoon Sugar
- pinch Salt
- 2 teacups Water.

Mix together.
When yeast has risen
add 3 cups flour,
beat well.
Allow to rise for 2 hours.

METHOD:

Half fill a large pot with oil, allow to get very hot. Dip your hands in cold water, take a small quantity of the soft dough in your hands, while dropping into the oil with thumbs, try and form a hole in centre. Remove from oil when golden brown.

Syrup:

- 3 tablespoons Honey
- 3 tablespoons Sugar
- 3 tablespoons Water
- 1/2 teaspoon Cinnamon.

METHOD:

Bring to boil till slightly sticky. Pour over birmelos while hot. Sprinkle with little cinnamon.

CHICKEN AND PEA STEW

- 1/2 Chicken (about 1 lb. weight) cut into 5 or 6 pieces.
- 2 lbs. Peas
- 1 small Onion - chopped
- 2 tablespoons Olivine Oil
- 1 teaspoon Salt.

METHOD:

Place chicken, oil and chopped onion in saucepan and cook for 15 minutes, then add peas, salt and 1 1/2 cups water and cook at medium heat for 1 hour.

CAULIFLOWER

- 1 Cauliflower
- 2 Eggs
- Olivine Oil
- 1 lb. Celery
- 1 lb. Veal Shin or Chicken
- Tomato Puree
- Juice of a Lemon.

METHOD:

Cut cauliflower, wash in hot water several times. When clean, cook in salt water into which a piece of bread has been added (this removes the acid). Remove before tender, rinse under cold tap, drain and remove excess water by pressing slightly between piece of cloth. Dip in flour and beaten egg and fry — remove and leave aside. Put a little oil in saucepan, add meat cut into pieces and salt. Cook until tender, then add diced celery and finally place cauliflower in saucepan and pour over the 2 tablespoons tomato puree dissolved in a cup of water and the lemon juice. Allow to simmer for 1 hour.

BROAD BEAN STEW

- 1 lb. Broad Beans
- 1 Onion (chopped)
- 2 Tomatoes (peeled and chopped)
- 3 or 4 pieces Shin or Chicken
- 1 teaspoon Salt
- 2 tablespoons Olivine Oil
- 1/2 teaspoon Sugar
- 1 cup hot Water
- squeeze of Lemon.

METHOD:

Shell beans and wash well. Put all ingredients in a saucepan and cook for 2 hours on medium stove — more water can be added if required.

STUFFED BROAD BEANS:

This can be made by boiling the skins until tender and filling them with the same filling for stuffed tomatoes. Coat with flour and beaten egg and fry in hot oil then place on top of the above ingredients.

YAPRAK WITH HARICOT BEANS (Stewed Haricot Beans with Stuffed Vine Peas)

- 1 lb. Veal stew
- 1 tin Vine leaves
- 1 lb. Minced Steak
- 1 coffee cup Mahatma Rice
- 1½ teaspoon Salt and a pinch Pepper
- 5 tablespoons Olivine Oil
- 2 cups Haricot Beans, which have been left to soak overnight
- Chopped Parsley.

METHOD:

Boil beans until tender and then wash in cold water. Mix raw mince meat, uncooked rice, ¾ teaspoon salt, pepper, parsley and 1 tablespoon oil. Then take one vine leaf, open flat in a plate, fill with a teaspoonful of the mixture and tightly roll into one inch rectangular shape. Place the veal stew at the bottom of saucepan, add layer of beans, then layer of rolled vine leaves and finally another layer of beans. Add the 4 tablespoons oil, ¾ teaspoon salt, 1 tablespoon tomato puree and the juice of a lemon. Cover the saucepan with a plate and allow to cook for 2 hours at medium heat, adding the two cups of water a little at a time.

NOTE: Parboiled spinach or cabbage can be substituted for vine leaves.
2 chopped potatoes can be used instead of beans.

YALANGI YAPRAK (Stuffed Vine Leaves)

- 1 teacup Mahatma Rice
- 2 medium Onions
- 2 medium Tomatoes
- 1½ teaspoons Salt
- pinch of Salt
- 1 tablespoon Dill and Parsley chopped
- 6 tablespoons Olivine Oil
- Juice from ½ Lemon
- 1 tin Vine leaves.

METHOD:

Mince onions and simmer in 4 tablespoo. oil, then add rice, salt, pepper, skinned and chopped tomatoes and 1 cup water. When nearly cooked add lemon juice, dill and parsley. Remove from stove and leave to cool. **Shape:** To shape the yalangi, take one vine leaf, open it on a plate and fill with 1 teaspoon of the above mixture, then fold and roll firmly. Arrange rolled vine leaves in a flat saucepan cover them with the juice of a large lemon, three tablespoons oil, and two cups of water, added a little at a time. Cover the whole with a plate and allow to cook on low heat until all the water is consumed. This dish is served as a cold vegetable.

BISCUITS

MOULOUPITA (Individual Sponge Biscuits)

- 6 Eggs
- 12 dessertspoons Sugar (level)
- 12 dessertspoons Sunglow Flour (rounded)
- rind of Lemon
- 6 teaspoons Olivine Oil.

METHOD:

Beat eggs and sugar till very fluffy. Add oil, beating continually and lastly fold in flour and rind. Place spoonfuls on oiled and floured pan about 2" apart. Bake 350° oven for 20 minutes. Afterwards switch off oven, replace biscuits to crisp until oven is cool.

ALMOND MACAROONS

- 4 Egg whites
- 1 cup Sugar
- ½ lb. ground Almonds
- 1 teaspoon Vanilla.

METHOD:

Make meringue with sugar and egg whites. Fold in almonds and vanilla. Drop 1 tablespoon into paper cups and bake 400° for 15 minutes.

MAROUCHINOS (Almond Macaroons)

- 1 lb. finely ground blanched Almonds
- 14 ozs. Sugar
- 3 Egg whites.

METHOD:

Put sugar in pot. Mix 3 cups water with ½ egg white and add to sugar. Put to boil and remove white scum which forms on top. Boil until mixture becomes very sticky. Remove from stove and add almonds gradually mixing well. Return to low stove stirring continually for ½ an hour until mixture begins to leave side of pot. Remove mixture from stove and add stiffly beaten egg whites. Drop 1 tablespoon for each on a greased and floured pan. 350° F for 10 minutes, remove from pan when cool.

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RUJALDIES (Meat Pies)

Pastry

Refer to Baklava pastry (half quantity)

Meat Filling:

- 1 lb. Mince Meat
- 2 hard boiled Eggs
- 1 set Brains (cleaned and boiled)
- Salt and Pepper to taste
- 2 beaten Eggs
- 2 cups Water
- 1 coffee cup Olivine Oil
- Parsley.

Method of filling required first:

Put oil into pan, when hot add meat and seasoning and stir to avoid lumps. Add water immediately. When cooked this should be juicy. When cool, add diced brains and hard boiled eggs, add beaten eggs and parsley. Stretch pastry, cut into 3" x 18" strips. Sprinkle with oil. Put another layer of rice paper and then put 1½ teaspoons of filling at beginning and roll into triangle shapes — place in pan. Sprinkle oil then sesame seeds on top — bake in 370 oven. This recipe can be made with various fillings.

BOULEMAS (Cheese Pies)

- 1 glass warm Water
- 1 tablespoon D.C.L. yeast grains
- 1 tablespoon either Butter or Margarine
- 1 teaspoon Salt.
- Sunglow Flour.

Fillings

Pumpkin mashed with salt, pepper and grated cheese
Potato mashed with 4 eggs, salt, pepper and grated cheese
Spinach shredded with salt, pepper and grated cheese.

METHOD:

Put yeast grains into water with pinch of sugar and 1 tablespoon flour. Leave for ¼ of an hour. When risen add water mixture into basin where flour and butter has been crumbled. Knead and leave to rise for half an hour. The dough must be soft. Shape dough into balls the size of a walnut. Let balls stand in oil placed in a pan and cover for ½ an hour. Open each ball flat with hands and fill with filling either round or long. Put a little dab of butter on top of each and a little grated cheese and place one next to another in an oiled pan containing ½ cup Olivine Oil. Leave to rise for another ½ hour. Bake in 400 degrees oven for about half an hour.

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SALSBURY

JELLIED CHICKEN

INGREDIENTS

- 1 Chicken
- 1 teaspoon Salt
- 3 teaspoons Gelatine
- juice of one Lemon
- 1 tablespoon Heinz Vinegar
- 1 teaspoon Sugar
- ½ teaspoon Salt

METHOD:

Boil chicken with 1 teaspoon salt. In a cup put 3 teaspoons gelatine, the juice of one lemon, 1 tablespoon vinegar, 1 teaspoon sugar, ½ teaspoon salt and fill the cup with water. Add to chicken gravy. Cook for five minutes. Mince or cube the chicken and add to gravy. Put in the fridge.

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PIES

FRETADA DE TOMAT (Tomato Pie)

- 4 x 1 lb. tins peeled Tomatoes or
- 6 lbs. ripe peeled fresh Tomatoes
- 1 tablespoon Sugar.
- 1/2 packet Cream Crackers
- 6 Eggs
- chopped Parsley
- Salt and Pepper to taste
- 2 tablespoons Olivine Oil
- (a cup of parmesan cheese can be used instead of parsley for flavouring in the above recipe).

METHOD:

Drain Tomatoes thoroughly and chop. Put 2 tablespoons oil in saucepan — when hot add chopped peeled tomatoes and simmer well. Add 1 tablespoon sugar. Roll the cream crackers and put sieved tomatoes into a bowl and add crackers, chopped parsley or cheese, add salt and pepper to taste, add beaten eggs. Put into a greased pyrex and bake in hot oven. (425).

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BOURIKITAS. (Approx. 30 Bourikitas)

Dough:

- 1 coffee cup Olivine Oil
- 1 1/2 coffee cup iced Water
- 1/2 teaspoon Salt
- 1 coffee cup grated Cheese
- Sunglow for firm dough. → 2 cups +

Alternative Filling:

- shredded Spinach
- pinch Salt
- grated Cheese.

METHOD:

Mix oil, water, cheese and salt. Add flour for firm dough. Form balls in ping pong. Allow to rest 15 minutes.

Filling:

- 3 large mashed Potatoes
- add 1 1/2 coffee cups grated Parmesan and Cheddar mixed
- 3 Eggs
- Salt and Pepper
- little Milk.

Formation:

Roll ball out. Fill with 1 teaspoon of filling. Fold over and cut edges with biscuit cutter. (Make like jam turnovers). Dab beaten egg over bourikita and sprinkle grated cheese. Oven 400 deg. — approx. 40 minutes.

Potato Filling:

- 1 lb. potatoes boiled and mashed and mixed with 1/2 cup parmesan cheese, 1 cup grated cheddar cheese, 2 eggs and salt and pepper to taste. (no sesame required, instead add grated cheese on top).

Pumpkin Filling:

- 2 lbs. pumpkin boiled, drained and mashed with 1/2 cup parmesan cheese and 1 cup of grated cheddar cheese. If too thick add little beaten egg, 1 teaspoon oil, salt. Prepare usual way.

Spinach Filling:

- 2 bunches Spinach — core out hearts, wash, dry and shred
- 1 cup grated Cheese
- Salt and Pepper
- 1 teaspoon Sunglow Flour — fold together lightly and fill.

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MEAT PIES PASTELICOS

Dough:

- 1 coffee cup Olivine Oil
- 1½ teacup Water
- 1 teaspoon Salt
- pinch Bicarb.
- enough Sunglow Flour to make firm dough. *2 cups*

METHOD:

Boil water and oil. Remove from stove. Add salt, bicarb and enough flour to make firm dough. Form 2/3 of dough into balls size of ping-pong and balance into smaller balls for tops.

Meat Filling:

- 1 lb. Meat minced
- 1 large Onion
- 3 peeled Tomatoes
- chopped Parsley
- 1 coffee cup washed Siam Rice
- Salt and Pepper.

METHOD:

Chop onion and fry in 2 tablespoons oil until golden brown. Add peeled chopped tomatoes — minced meat, rice and enough water to cook rice well, salt and pepper. Simmer till water has been absorbed. Add chopped parsley. Allow to cool.

Formation:

Form balls into shape of patties; fill with meat filling. Form smaller balls into flat lids, press into sesame seeds and cover the pastelico. Take sharp pointed knife and serate top edges of meat pie. Put 3-4 tablespoons oil into pan and bake in oven 425 deg. until golden brown approximately 40 minutes.

This measure should make approximately 40 pastelicos.

Alternate Filling:

Stew eggfruit with onion and peeled tomato, salt and pepper.

GUIZADAS OF POTATOES (Makes about 30)

- 1 coffee cup Olivine Oil
- 1½ coffee cups cold Water
- 1 teaspoon Salt
- 3 teacups Sunglow Flour

Millig:

- 3 medium sized Potatoes
- ½ lb. white Cheese mashed
- ½ teaspoon Salt
- 4 Eggs.

METHOD — DOUGH

Mix oil with flour well and add water and salt. The dough should be of medium consistency. Separate into 30 small balls. Form these balls into patty cases. Fill with teaspoon of potato filling. Form small pleats on top edge of each case. Brush over with beaten egg, sprinkle with grated cheese. Place onto well oiled pan. Bake 400 — 30 minutes.

FONGOS (Spinach and Potato Pie)

- 1 bunch Spinach
- 1 large cup grated Cheese
- 3 Eggs
- Mashed Potatoes, (2 large potatoes mixed with half cup grated cheese, 1 raw egg and salt)
- Olivine Oil
- Butter
- Salt to taste.

METHOD:

Wash, remove stalks and cut spinach into strips. Place in well greased dish then mix in thoroughly 3 beaten eggs, cheese and salt to taste. Place spoonfull of mashed potatoes on top of spinach with pats of butter. Place in 375 F oven and cook until firm about 30 to 40 minutes. Serve hot with hard boiled eggs.

MACARON REYNADO (Macaroni and Meat Pie)

- 1½ lbs. Steak
- 1 set Brains (cleaned and boiled)
- 2 peeled Tomatoes (chopped)
- Chopped Parsley
- Salt and Pepper to taste
- 1 cup Tomato Juice
- 1 pkt. thick Macaroni
- 6 Eggs

METHOD:

Boil macaroni well, strain and mix with cold water. Mince the meat, place ½ cup oil in a saucepan when hot add the peeled tomatoes, add steak and fry a little, then add the tomato juice and cook for 10 minutes, remove from the stove and add brains, chopped parsley, salt and pepper to taste, mix this with the macaroni, beat eggs well and add to mixture. Put the mixture into a greased pyrex and cook in hot oven 425 F. until lightly golden brown.

SPINACH AND POTATO PIE

- 2 bunches Spinach (remove cores)
- 2 cups Parmesan Cheese
- 4 large Potatoes boiled and mashed
- ¾ cup Milk
- 6 Eggs
- Salt and Pepper to taste.

METHOD:

Shred spinach finely and drain very well. Place spinach, mashed potatoes, cheese, salt and pepper in a bowl and mix well. Add milk and beaten eggs. Grease a pyrex using 2 Tablespoons oil, and add mixture and bake in a hot oven 425 F.

QUAJADO DI SPINACHA (Spinach Pie)

- 1 large bunch Spinach
- 1 large cup grated Cheese
- 4 Eggs
- Salt to taste
- 4 tablespoons Olivine Oil
- 1 medium sized Potato
- ½ cup Milk.

METHOD:

Wash, remove stalks from spinach and cut into thin strips. Leave in collander for all water to drain off. Thoroughly grease a pyrex dish, (size about 9 x 9). Put spinach in dish then mix into it salt, 4 beaten eggs, 1 grated raw potato, half a cup milk, and 1 cup of grated cheese. Spread evenly in dish and cook in 375 F oven for 40 minutes or until set and brown on top and sides. This can be cut up into squares and served as a sundowner snack, hot or cold.

MEAT PIE

- 1 lb. Mince
- 1 set Brains (parboiled)
- 1 Spring Onion — finely chopped
- 2 peeled Tomatoes
- Salt and Pepper
- 3 tablespoons chopped parsley
- 6 Eggs
- 3 sheets Matzo.

METHOD:

Cook mince in 3 tablespoons oil, stirring all the time. Add 1 cup water and cook till slightly thickened — put aside to cool. Soak matzos in water, when soft squeeze slightly. Separate eggs. Mix mince, matzos, chopped parsley, salt and pepper, spring onions, chopped brains and egg yolks. Fold in stiffly beaten egg whites. Pour oil into pyrex, pour over mixture, and bake in 350 oven for about ½ hour.

SPRING ONION PIE

- ½ lb. Mince Meat
- 1 bunch Spring Onions
- ¼ lb. Bread
- Salt and Pepper
- 3 Eggs
- coffee cup Milk.

METHOD:

Clean onions and chop very finely. Soak bread and squeeze. Beat eggs and add salt and pepper. Mix with milk and add the mince meat. Put into pyrex with little oil. Bake in 350 oven for ½ an hour.

SAVORY PASTIES, SCONES, ROLLS, ETC.

BOYOS DE PAN. (Bread Scones)

- ½ loaf white Bread — soaked and squeezed
- 1 tablespoon Margarine
- 2 tablespoons Olivine Oil
- 1 cup grated Cheese
- 2 cups Sunglow Flour.
- Salt and Pepper to taste.

METHOD:

Mix all ingredients together and shape into small balls. Flatten balls with a fork and sprinkle little grated cheese on each one. Bake in 350 oven on greased baking pan.

BOYOS DE RAO (Cheese Scones)

- 1 coffee cup Milk
- 1 coffee cup grated Cheese
- 1 tablespoon Butter
- ½ teaspoon Salt
- 1 Egg
- 1 level teaspoon Baking Powder
- 2 cups Sunglow Flour.

METHOD:

Mix all ingredients in the flour and mix well. Shape into balls and flatten with a fork and sprinkle cheese on top. Grease baking pan — bake in 400 oven.

ROSKA (Coffee Rolls)

Yeast

- 1 dessertspoon level Yeast (D.C.L. Dry Yeast)
- 1 teaspoon Sugar and a pinch of Salt
- 1 cup warm Water.
- add enough Sunglow Flour to make it into a thick paste
- leave to rise.

Dough:

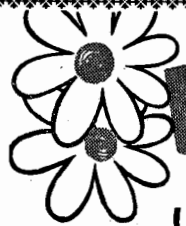
- 3 Eggs
- ½ glass Sugar
- ½ glass Olivine Oil
- 1 cup warm Water.

METHOD:

Beat eggs and sugar add oil, then add the risen yeast mixture and add flour with a little cinnamon to make a nice dough. Put through mincer once and leave to rise. Then shape the dough into coffee rolls. Dip into sesame seed and brush with beaten egg. Leave to rise well then bake in oven 350 deg., until golden brown.

RUSKS:

The above recipe can be made into rusks.



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MARSHMALLOWS

Do not melt Marshmallows in a pan over direct heat. Make sure that they are either in a double pan, in a basin over gently boiling water or in a liquid — as directed. You will enjoy a marshmallow dipped on top of your cup of coffee.

MALLOW JELLY TRIFLE

Stale Sponge Cake. 4 oz. Marshmallows, halved 1 raspberry, strawberry or blackcurrant jelly, $\frac{1}{2}$ - $\frac{3}{4}$ pint stewed fruit (not too sweet), 1 pint custard, freshly made.

Break up cake then put, with the Marshmallows, into a large serving dish. Make up jelly as directed on the packet and when cool and just beginning to thicken, pour over cake and Marshmallows. Leave to set, then cover with a layer of stewed fruit. Top with freshly made custard and cool. Just before serving, decorate with pink and white Marshmallows and angelica.

BANANA WHIP

Bananas and cream with a Marshmallow difference.

4 oz. Marshmallows (white for preference), 2 tablespoons milk, 4 bananas, juice of $\frac{1}{2}$ lemon, $\frac{1}{4}$ pint double cream, whipped till thick. Melt Marshmallows in the milk. Mash banana finely, add lemon juice and beat until smooth. Fold in cream then stir in melted Marshmallows. Turn into 6 individual dishes and chill. Before serving sprinkle tops with ginger or cinnamon.

GOLDEN HONEY SNOW

This is a light, fluffy and nourishing sweet which children will love. 1 oz. cornflour, $\frac{1}{2}$ pint milk, 3 level tablespoons honey, 2 oz. Marshmallows, 2 egg yolks, juice of one small orange, juice of $\frac{1}{2}$ a lemon, 2 egg whites.

Mix cornflour to a thin paste with a little of the milk. Heat remainder, pour on to paste, then return to pan. Cook, stirring, till mixture comes to the boil and thickens, then simmer gently for 3 minutes. Over a low heat, add honey. Marshmallows and egg yolks. Stir until Marshmallows are melted. Remove from heat, add fruit juices and cool. Whisk egg whites until stiff, then fold into cooled mixture. Turn into four sundae dishes and chill. Decorate with finely chopped walnuts or grated plain chocolate before serving.

QUAJADO DI BIRENJENA (Egg Plant Pie)

- 3 large Egg Plants
- 1 cup grated Cheese
- 4 Eggs
- 4 slices Bread — soaked and squeezed out
- Salt and Pepper
- 2 tablespoons Olivine Oil.

METHOD:

Skin and boil egg plant until soft — drain and chop same. Add cheese, beaten eggs, bread, parsley, salt and pepper. Take 2 tablespoons oil and put into about 6" x 9" pyrex. Pour contents into pyrex and bake in 350 oven for $\frac{1}{2}$ an hour.

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FRICADELLES

POTATO FRICADELLES

- 6 large Potatoes
- 4 Eggs
- 1 teaspoon Salt
- 1½ cups grated Cheddar or Parmesan Cheese.

METHOD:

Boil, peel and mash potatoes and add eggs, salt and cheese. Mix well and shape into small balls. Fry in deep hot oil until golden brown.

MEAT FRICADELLES

- ½ lb. Mince Meat
- 1 Egg
- 2 soaked slices of white Bread
- 2 tablespoons of chopped Parsley
- Salt and Pepper to taste.

METHOD:

Mix all ingredients and make into balls and flatten them, coat them with flour and egg and fry in hot oil. This recipe can be done by adding in one fresh chopped tomato and chopped garlic or onions.

FRICADELLES OF GREEN OR BROAD BEANS

- 2 lbs. Broad Beans (only use the shell)
- 2 boiled Potatoes
- 3 small fresh Onions or Garlic
- ¼ lb. Mince Meat
- 2 tablespoons Breadcrumbs
- 1 raw Egg
- 2 tablespoons chopped Parsley
- Salt and Pepper to taste.

METHOD:

Take broad beans shells, wash well and boil with one tablespoon salt, until tender. Mince them and mix with all other ingredients. Form into balls, dip in flour and fry in hot oil. Beans may be used as a stew cooked with meat.

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PUDDINGS

SOUTLACH (Ground Rice Pudding)

- 2 teacups Milk
- 1 teacup Water
- 4 teaspoons Sugar
- 2 teaspoons ground Rice
- 1 teaspoon diluted Orange blossom or Vanilla (agua de flor).

METHOD:

Put rice to soak in water, for 15 minutes. Then bring milk and sugar to the boil, add rice and water essence, stirring continually to avoid lumps. Boil till this mixture thickens. Pour into individual plates. Sprinkle with cinnamon.

OVOS NEVADAS

EGG PUDDING

This pudding is made in 3 stages.

1. Caramelize 4 dessertspoons of sugar. Put into funnel cake tin with hole in the middle and allow to cool.
2. Beat 6 egg whites very stiff with 4 dessertspoons sugar. Add ½ cup chopped walnuts and ½ teaspoon vanilla. Pour over caramel. Put the tin into the oven in a pan half filled with water and bake in 400 oven for 5 minutes. Then switch oven down to 250 for 25 minutes. Take out of the oven and turn out immediately into large glass plate.
3. Take 6 egg yolks with 6 dessertspoons sugar and place in pot on stove stirring until sugar has dissolved. Then pour it over the pudding and allow to cool. Put this pudding into fridge and serve cold.

K's Turkish Coffee

- 1 coffee cup water
- 1 heaped teaspoon K's Turkish Coffee
- 2 level teaspoons sugar

When water has boiled add sugar and coffee, stir and bring to re-boil.

AGRISTADA (Cooked Mayonnaise)

- 1 full tablespoon Sunglow Flour
- 2 cups Water
- 4 tablespoons Olivine Oil
- 3 Eggs
- juice of 1½ Lemons or to taste
- 1 teaspoon Salt.

METHOD:

Put oil in saucepan, add flour and dissolve well. Add lemon juice and salt. Add 2 cups water and beaten eggs and mix well. put on medium stove and cook, stirring all the time (to avoid lumps) until thick. Pour into serving dish. The above recipe is served with fried fish.

A LA MANEKO. (To eat with fried fish)

- 2 cups cold Water
- 1 tablespoon Sunglow Flour
- 4 tablespoons Olivine Oil
- 6 cloves of Garlic chopped up
- 2 tablespoons of chopped Celery
- juice of half a Lemon.

METHOD:

Mix flour with water until smooth. Add all other ingredients. Cook on medium stove until thick.

AJADA (Garlic Mayonnaise)

- ½ loaf of Bread (soaked)
- 1 Egg
- 1 head of Garlic
- 6 tablespoons Olivine Oil.

METHOD:

Bread when soaked must be squeezed dry. Put all ingredients in a bowl and beat well until thick. Place this in the fridge and use when required. This can be eaten with fish, meat and cold meats.

AJADA DE PATATA (Garlic Mayonnaise of Potatoes)

- 4 medium Potatoes
- 4 tablespoons Olivine Oil.
- the yolks of 2 Eggs
- 1 teaspoon Salt
- juice of ½ lemon.
- 1 head Garlic (crushed)

METHOD:

Put all ingredients in a bowl and beat well till thick. Place this in the fridge and use it when required. This is eaten with fish, chicken and meat.

CHEESE A BONDIGAS

CHEESE FRICADELLES

- 6 slices stale soaked Bread
- 1 Egg
- 1 full cup grated Cheese
- Salt to taste

METHOD:

Squeeze soaked bread well and add all ingredients to the bread and mix well. Then make them into balls and dip in flour.

GRAVY

- 1 tablespoon Butter
- 1 cup Water with 1 teaspoon Flour dissolved in it.
- pinch of Salt.

Bring all this to boil and place the cheese balls in the gravy and let this boil for 10 minutes on Medium heat.

ALBONDIGAS (Meat Balls)

- ½ lb. Mince Meat
- 2 slices Bread
- 1 Egg
- Salt and Pepper
- Parsley
- 1 small Onion or 3 Spring Onions. (chopped fine).

METHOD:

Mix together meat, bread soaked in water, beaten eggs, chopped onion and parsley, salt and pepper. Form into balls and roll in flour. Pour 2 tablespoons oil, 2 tablespoons tomato puree and juice of ½ a lemon into saucepan. Place fricadelles into this gravy and boil on high for ¼ of an hour. Serve with rice.

FRICADELLES OF MATZOS

- 6 sheets Matzos
- 4 Eggs
- 1 cup grated Cheese
- Salt and Pepper.

METHOD:

Soak matzos. When soft squeeze. Beat eggs, add cheese, salt and pepper — mix together and fry into fricadelles in hot oil.

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SAUCES

TARAMA (Caviar)

- 2 tablespoons Tarama
- 3 slices soaked white Bread
- 1 cup Olivine Oil
- 1 Egg
- juice of 1 Lemon.

METHOD:

Beat tarama with the soaked bread that has been squeezed dry.. Add the oil and beat until thick, then add egg and lastly lemon. Place this in the fridge and use when required.

AGRETTO

- 1 full tablespoon Sunglow Flour
- 2 cups Water
- 4 tablespoons Olivine Oil
- 1 Egg
- 1 teaspoon Salt
- 4 cloves crushed Garlic
- juice of 1 large Lemon
- Chopped Parsley.

METHOD:

Put oil and flour in saucepan and dissolve well. Add egg, lemon juice, salt, water and garlic and mix well. Cook at medium heat, stirring all the time (to avoid lumps) until slightly thick. Then add parsley. The above recipe is served with fried fish.

VINAGRETT

- 4 cloves of chopped Garlic
- 4 tablespoons Olivine Oil
- $\frac{1}{2}$ cup Heinz Vinegar
- 1 tablespoon Sugar
- $1\frac{1}{2}$ tablespoons Honey (optional)
- 1 cup Water
- 3 peeled and chopped Tomatoes
- 1 teaspoon Salt
- 1 full tablespoon Sunglow Flour
- Chopped Parsley.

METHOD:

Fry Garlic in 4 tablespoons oil and add chopped tomato and let simmer. Mix flour, honey, sugar, vinegar, salt and water and add to garlic and tomato stirring on a slow stove until thick — then add parsley and pour into serving dish. The above recipe is served with fried fish.

BIRINJENA SALATA

EGG PLANT SALAD (fried)

- 1 large, firm Egg Plant
- 1 chopped Onion
- 1 tablespoon chopped Parsley
- a few slices of Tomato
- French dressing

METHOD:

Peel egg plant and slice it thinly. Fry the slices in hot oil until just golden brown and then drain well. Arrange the slices neatly in a shallow salad bowl and garnish with the chopped onion, parsley and tomato. Pour over it a French dressing made of lemon juice, a few drops of vinegar, water, salt, pepper and a little sugar. The addition of oil is unnecessary as the egg plant has been fried.

EGG PLANT SALAD (grilled)

- 2 Egg plants
- a slice of Bread
- 2 cups of Olivine Oil
- Lemon juice.

METHOD:

Bake egg plants in a hot oven until they feel soft and the skin is shrivelled. Then remove the skin and the pips. Chop up the pulp and add to it the slice of bread from which the crust has been removed, and which has been broken up into small pieces, and season it to taste. Now beat the mixture very well, gradually adding the oil and lemon juice as though you were making a mayonnaise. This salad is tastier if eaten well chilled.

EGG PLANT SOUFFLE

- 2 Egg plants
- 4 Eggs
- 2 cups of grated Cheese (a mixture of Guryere and Parmesan preferably).
- White Sauce (made with 2 tablespoons Butter, 2 table-
spoons Sunglow Flour and ½ pint of Milk).

METHOD:

Bake egg plants in a hot oven until soft and shrivelled. Remove skin and pips and chop up the pulp finely. Mix the grated cheese, white sauce and the 4 egg yolks with the pulp, and then fold in the 4 egg whites which have been beaten very stiffly. Grease a souffle dish and sprinkle it with fine breadcrumbs. Pour the mixture into the dish and bake it at 400 for about 30 minutes. Serve at once.

RICE

PINK SPANISH RICE (and Varieties)

- 1 full teacup Mahatma, Kwikee, Siam or Kota-Kota Rice
- 1 teaspoon salt
- 3 tablespoons Olivine Oil
- 2 tea cups Water
- 2 teaspoons Tomato puree (or fresh Tomato juice).

PINK RICE. Wash rice well and soak in hot water. Warm the oil in a saucepan, add rice and salt, stir for a couple of minutes. When shining add the water and the tomato puree. Let that cook on medium for a while then put the plate on low and leave until all the water is absorbed. **Plain White Rice for Risotto** is done the same way omitting the tomato puree.

Yellow Safron Rice is obtained by adding to white rice (above) a pinch of safron diluted in a little cold water.

SAUCES — to be used preferably with white or yellow rice.

METHOD:

Fry 2 chopped onions in 3 tablespoons oil or about 1 or 2 ozs. margarine. Add 4 fresh tomatoes chopped (or 4 tablespoons tomato puree), chop into small pieces 1 lb. fillet or 1 lb. minced meat, 2 grated carrots (optional), origano or basilico (optional), ½ teaspoon salt, 1 teaspoon sugar. Add water a little at a time and let it cook on medium for about one hour.

OPTIONAL. add a few drops of Tabasco Sauce, a couple of sweet green peppers or red ones thinly sliced.

N.B. Sauces can be done with either chopped fillet or minced, with chopped pieces of chicken, mushrooms or prawns. Serve rice with grated parmigiano.

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CHICKEN A LA KING:

With an ordinary pot, you first have to boil the chicken. With Unico the whole process takes place simultaneously. Cut the chicken into pieces, about 8. Brown slightly in 2 tablespoons of butter. Add mushrooms finely cut up, 2 tablespoons French capers or chopped celery or chopped parsley, $\frac{1}{2}$ cup white wine, some lemon juice, $\frac{1}{2}$ cup of water. Steam together in the bottom of the cooker for about 40 minutes. Remove chicken bones and cut chicken fine and in the meantime, thicken the sauce with flour. Add the cut-up chicken to the cream sauce, boil only once and serve. Rice can be steamed in the solid container at the same time. The very thing with this delicious chicken dish!

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MACARONI DELICACY:

Ingredients: 1 onion, 1 tablespoon butter or fat, mincemeat, small pieces of bacon, salt and pepper, Worcester sauce, powdered cloves, 1 tomato, macaroni, eggs, parsley or mint leaves.

Method: Fry 1 onion until brown in the bottom of the Unico with 1 tablespoon butter or fat. Add mincemeat that has been mixed with salt, pepper, Worcester sauce, powdered cloves and small pieces of bacon. Fry until brown. Add 1 large tomato and 1 cup of water. Place macaroni in solid container with meat and put on a large dish. Decorate dish with hardboiled eggs which have been cut into slices and parsley or mint leaves.

FILLAS OR FIDEO — NOODLES

$\frac{1}{2}$ pkt. Fillas or Fideo
2 cups Water
1 teaspoon Salt
1 tablespoon fresh Tomato juice
2 tablespoons Olivine Oil.

METHOD:

Place Fillas or Fideo in oven until golden brown in colour, then remove. Place oil in saucepan together with water and tomato juice and salt and bring to boil. When boiling add the fillas or fideo. Cook on medium and then low stove, stirring now and then. Cook until soft. Serve as a change from rice.

FILLAS OR FIDEO. (Vermicelli)

$\frac{1}{2}$ pkt. of Fillas or Fideo
2 cups Water
1 teaspoon Salt
1 tablespoon of fresh Tomato juice
2 tablespoons Oil (Olivine).

METHOD:

Place fillas or fideo in oven until golden brown — remove from oven. Then place oil in saucepan together with water, tomato juice and salt and bring to boil, then put the fillas or fideo in the gravy, stirring now and then in a medium then low stove. More water can be added if required until soft.