

The WOODEN SPOON



FOREWORD

It is with pride and pleasure that I present THE WOODEN SPOON Recipe Book, on behalf of the Sharon School.

This book was made possible through the sole endeavours of our small enthusiastic Committee and I take this opportunity of thanking all the ladies who made available their favourite recipes, as well as the Radio and T.V. Personalities and our sponsors, for their contributions.

I feel that special mention must be made of our advertisers, to whom we are grateful for their generosity, co-operation and courtesy.

Whilst I do not claim this book to be a Gourmet's Encyclopaedia, I feel sure that you will find many recipes — both old and new — to enjoy and I hope THE WOODEN SPOON will be a source of many a delicious "mouthful".

Bon Appétit!

CONNIE TAITZ

Convener.

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BISCUITS AND CAKES

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BISCUITS AND CAKES

CHEESE SCONES MADE WITH OLIVINE

QUICK AND EASY

2 ounces Buttercup Margarine
1 cup Water
2 teaspoons Baking Powder
1 Egg (optional)

3 tablespoons Olivine
2½ cups Brown or White Red Seal
Flour
1 cup Grated Cheese (the sharper
the better)

METHOD: Melt the margarine with the oil in a double boiler. Add the water and beat *very well*. Add the flour which has been sifted together with the baking powder. Add the cheese. If you desire a richer scone add an egg.

Roll the mixture into small balls and flatten slightly. Bake at 350° for 15 minutes, or so.

FEATHERLIGHT CRUMPETS

4 ounces Red Seal Flour
1 tablespoon Sugar
1 tablespoon melted Melva Vegetable Fat

Pinch Red Seal Salt
2 teaspoons Baking Powder
1 Egg
1 cup Milk

METHOD: Sift flour, salt and sugar. Add well beaten egg and half cup milk, beating well. Add balance of milk and melted Melva. Sprinkle baking powder over and fold in, blending well. Drop spoonfuls on to greased hot plate or pan. When bubbles appear turn and cook other side till lightly browned. Place on clean cloth, as each crumpet is ready, keep covered with the cloth.

FLAPJACKS

Mix:

1 cup Red Seal Flour
2 teaspoons Baking Powder

Red Seal Salt and Nutmeg to taste
2 dessertspoons Sugar

Add:

1 Egg
2 tablespoons Olivine Oil

½ cup Milk

METHOD: Beat well. Drop onto greased hot plate. Turn when bubbles appear.

FRENCH PANCAKES

Suitable for cheese, mushroom, salmon, asparagus blintzes.

6 Eggs

1 cup Milk

Pinch Red Seal Salt

$\frac{3}{4}$ cup Red Seal Flour

4 ounces melted Buttercup

Margarine

$\frac{1}{2}$ pint Cream

3 dessertspoons Water

METHOD: Beat eggs well, add other ingredients and fry on one side only.

PANCAKES

$1\frac{1}{4}$ cups Red Seal Flour

3 tablespoons Sugar

$2\frac{1}{2}$ teaspoons Baking Powder

$\frac{3}{4}$ teaspoon Red Seal Salt

Mix the above all together. Then add:-

1 Egg beaten

3 tablespoons Olivine

1 cup Milk

The mixture must be smooth.

Drop 1 teaspoon at a time on greased hotplate or frying pan. When golden brown turn to other side until done.

FEATHER LIGHT SCONES

2 cups Red Seal Flour

4 teaspoons Baking Powder

1 level tablespoon Sugar

$\frac{1}{4}$ teaspoon Red Seal Salt

3 ounces Buttercup Margarine

1 Egg beaten

$\frac{3}{4}$ —1 cup Top Milk (depending on size of egg)

METHOD: Sift flour, salt and sugar. Cut butter into flour and finish rubbing in lightly with finger tips. Mix egg and top milk and add to flour mixture, binding dough with a knife. Lightly pat dough $\frac{1}{2}$ " thick onto floured board, handling as little as possible. Cut into rounds with floured cutter, brush with beaten egg and bake in 450° oven for 10 minutes.

CHEESE SCONES

1 teacup Red Seal Flour (generous)

1 teaspoon Red Seal Salt

1 cup Milk

1 dessertspoon Baking Powder

1 teaspoon Dry Mustard

2 drops Tabasco or Pinch Red Pepper

$1\frac{1}{2}$ cups Grated Cheese

METHOD: Mix all dry ingredients and cheese and add 1 cup milk with Tabasco sauce in it; butter deep cookie pans. Bake in hot oven 450° for 10 minutes, using 1 dessertspoon mixture for each scone.

SCONES Q.E.D.

2 cups Red Seal Flour
3 teaspoons Baking Powder
1 Egg
Red Seal Salt

2 tablespoons Sugar
2 tablespoons Butter
¾ cup Milk

METHOD: Mix together flour, sugar, baking powder and salt. Rub butter in mixture; add milk with beaten egg. Pat into pan. Bake in hot oven. Cut in squares.

CHEESE PUFFS

1 cup Grated Cheese
1 cup Milk
½ teaspoon Red Seal Salt

1 cup Red Seal Flour (sifted)
4 teaspoons Baking Powder

METHOD: Mix above ingredients together carefully. Then spoon a little mixture onto greased baking sheet or put in patty tins. Bake 10—12 minutes at 350°—400°.

GINGER BISCUITS

¼ lb. Buttercup Margarine
½ lb. Red Seal Flour
1 level tablespoon Syrup
1 level teaspoon Bicarbonate

½ lb. Sugar
2 heaped teaspoons Ginger
1 tablespoon Milk
1 Egg

METHOD: Sift flour, sugar and ginger into a bowl and rub in the margarine till mixture resembles fine crumbs. In a small pan melt syrup and add milk (low heat) and stir till blended. Add bicarbonate of soda. Beat egg very well and add to the flour mixture, together with the melted syrup mixture. Form into a dough. (If necessary add a little more flour.) Roll into small balls, the size of a small walnut and place on biscuit sheets, leaving room for spreading. Bake for about 10 minutes at 300°—325°.

The above quantities may be doubled if a larger amount is required.

BASIC RICH PASTRY

FOR TWO TARTS OR BISCUITS

(Can be preserved in the fridge for a week if necessary)

½ lb. Butter
1 cup Sugar
1 tablespoon Olivine Oil
1 teaspoon Vanilla if making biscuits
(for tarts omit Vanilla)
Pinch of Red Seal Salt

2 tablespoons Thick Cream
3 teaspoons Baking Powder
4 to 5 cups Red Seal Flour
to make a soft dough
2 Eggs plus 2 Yolks

METHOD: Cream butter and sugar well. Then add oil. Separate the eggs and add the 4 yolks to the creamed butter and mix. Add the cream. Beat up the two egg whites stiffly and fold into the mixture. Add the vanilla. Sift the flour, salt and baking powder and mix all ingredients to form a soft dough. Roll out or press into a greased pyrex dish. Add filling and bake at 375° or 400°.

NOTE: It is easier to work with this pastry if it has been previously chilled. Wrap the pastry in an air light container or plastic bag and place in the fridge until required.

BASIC DOUGH FOR TARTS

¼ lb. Buttercup Margarine
1 Egg
1½ teaspoons Baking Powder
1 teaspoon Vanilla Essence

1½ cups Red Seal Flour
2 Egg Yolks
4 dessertspoons Sugar

METHOD: Cream margarine and sugar, add egg and egg yolks; then flour, baking powder, and lastly vanilla essence.

APPLE SLICE

**8 ounces Red Seal Flour sifted with
pinch of Red Seal Salt
About ¼ pint Iced Water**

3 ounces Melva Cooking Fat
Squeeze Lemon Juice
3 ounces Butter

Filling:

**1 lb. Cooking Apples, peeled cored
and sliced**
1 teaspoon Cinnamon

1 ounce Peel chopped
1½ ounces Sultanas

Glaze:

1 Egg White or 1 Egg (beaten)
**½ ounce Almonds (halved and
blanched)**

Castor Sugar

To Finish:

2 tablespoons Apricot Glaze

METHOD: Rub half fat into flour. Add lemon juice to iced water and use this to make a soft dough. Roll into oblong 3 times as wide as it is long. Using half the butter, place small pats of butter over two-thirds of the dough and fold in three, placing plain third against dough with butter. Seal edges lightly and chill. Give quarter turn and repeat process, first with remaining cooking fat and then the butter, chilling well between each roll and fold. Roll and fold once more, without fat, and chill again.

Filling: Mix together all ingredients. Roll pastry into an oblong about 14" x 10" and divide unequally into two pieces about 14" x 4½" and 14" x 5½". Place the smaller piece on a baking tray and, leaving 1" clear edge of pastry, put filling down centre, piling it up well. Fold second piece of pastry in half lengthwise. With a sharp knife make cuts through the two layers, at right angles to the fold and at 1" intervals, but not quite to the open edge.

Dampen the edges of the first piece of pastry and open out the slit piece. Place it on the fruit filling, with the cuts gaping slightly, and knock up the edges to seal. Set 425° oven and chill the apple slice for 10 minutes. Glaze top with egg white (or beaten egg) sprinkle with nuts and sugar. Bake at top of pre-set oven for 20 minutes. Reduce heat to 375° for 10 to 15 minutes until golden and crisp. Remove to cooling rack and brush lightly with 2 tablespoons of hot apricot glaze.

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SLIMMERS' RECIPE

INGREDIENTS:

1 Box KRUIMAER



METHOD:

As per instructions
on Box



RESULT:

Guaranteed loss of
weight.

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GINGER ROLLS

¼ lb. melted Butter or Buttercup
Margarine
2 tablespoons Syrup
1 teaspoon Bicarbonate of Soda
1 teaspoon Mixed Spice

3 tablespoons Sugar
2 Eggs
1 teaspoon Baking Powder
2 teaspoons Ginger
3 cups Red Seal Flour (approx.)

METHOD: Combine all ingredients and make into a pliable dough.

Filling:

1 lb. Dates
Juice and Rind of 1 Orange

2 tablespoons Apricot Jam

Boil till soft and mash well. Cool. Add a few chopped nuts. Cut dough into 4 pieces. Roll each piece into an oblong and spread with date mixture. Roll up like a Swiss Roll. Brush with egg white and bake at 350° oven 20 to 30 minutes (allow for spreading). Cut on slant when cool.

ORANGE HONEYS

1¼ cups Red Seal Flour
¼ teaspoon Red Seal Salt
¼ cup Honey
1 Egg
1 cup slightly crushed Cornflakes

1 teaspoon Baking Powder
One-third cup Olivine Oil
¼ cup Sugar
½ teaspoons grated Orange Rind
1 tablespoon Orange Juice

METHOD: Sift flour, add baking powder and salt; sift again. Mix Olivine, sugar, honey, egg, orange rind and juice; blend thoroughly. Stir in flour mixture; mix well. Fold in cornflakes, drop by heaped teaspoonfuls on greased cookie sheet. Bake in moderate oven, 375° about 10 minutes.

SPICEY ORANGE BARS

Two-thirds cup Buttercup Margarine
2 Eggs
2 cups sifted Red Seal Flour
1 teaspoon Soda
1 teaspoon Cinnamon
¼ teaspoon Cloves
1 cup chopped Walnuts

1½ cups Brown Sugar
2 tablespoons grated Orange Peel
3 tablespoons Orange Juice
½ teaspoon Red Seal Salt
½ teaspoon Nutmeg
1 cup seedless Raisins

METHOD: Cream together sugar and margarine. Add sifted flour, soda, salt and spices. Then add eggs, orange peel and juice. Mix very well, stir in raisins and nuts. Spread in a greased 15½" x 10½" x 1" biscuit pan. Bake in moderate oven 350° about 30 minutes or till done. Cool, cut into squares. Makes about four dozen.

PINEAPPLE CRISPS

½ lb. Red Seal Flour
2 teaspoons Baking Powder
¼ teaspoon Red Seal Salt
4 ounces Buttercup Margarine
½ cup fresh or tinned Pineapples
finely chopped and drained well

2 ounces Brown Sugar
2 ounces White Sugar
1 cup chopped Nuts
1 cup Cornflakes
2 Eggs

METHOD: Crush cornflakes slightly and mix with half the brown sugar and chopped nuts. Sift flour, baking powder and salt. Cream margarine and sugar and add eggs one at a time, beating well. Add sifted dry ingredients alternatively with chopped pineapple, mixing well. Roll rounded teaspoons of dough into cornflake mixture and push dough off spoon with knife onto well greased baking sheet. Bake 12 to 15 minutes in 375° oven. Makes about 36 cookies.

CRUSTY LEMON BUTTER SQUARES

6 ounces Buttercup Margarine
6 ounces Castor Sugar

2 Eggs
6 ounces Red Seal Self-Raising Flour

Topping:

Juice of 1 Lemon

4 ounces Castor Sugar

METHOD: Grease a shallow baking tin 9" x 13" very well. Cut margarine into pieces and slowly melt. Cool and stir in sugar. Beat eggs and stir into mixture with the flour. Turn mixture into prepared tin and bake in 350° oven for about 35 to 40 minutes till lightly golden. (Surface will be soft). Remove from oven and while hot spread with topping made from:-

Lemon juice and 4 ounces castor sugar mixed to a thin paste. If lemon is large add a little more castor sugar to spreading consistency. The lemon juice will sink into the surface, leaving a crispy top when cold. Cut into 48 squares.

STRAWBERRY BISCUITS

4 tablespoons Olivine Oil
8 ounces Red Seal Flour
1 level teaspoon Baking Powder
4 ounces Castor Sugar

½ teaspoon Strawberry Essence
1 Egg White
1 tablespoon Cold Water
Strawberry Jam

METHOD: Mix oil and sugar very well. Sift flour and baking powder and add to oil and sugar mixture. Add essence and egg white and mix to a stiff dough with the water. Roll out onto floured board to ¼" thickness. Prick surface with a fork and cut into 2" rounds. Remove centres from half the biscuits with a 1" cutter making rings. Bake in 375° oven for 10 to 15 minutes. When cool, spread rounds with strawberry jam and place rings on rounds, filling centres with extra jam.

COOKIES

1. Mix $\frac{1}{4}$ lb. butter or Buttercup margarine (soft — not melted) with 1 cup sugar and 2 eggs.
2. Sift 2 cups Red Seal Flour with 2 teaspoons baking powder and pinch Red Seal Salt.
3. Add the flour mixture to the butter mixture by the cupful.
4. Add sufficient milk to make a dropping consistency.
5. Add 2 teaspoons vanilla essence.

METHOD: Place in buttered patty tins or paper cups. Allow oven to heat to 400°, reduce heat to 350° and bake 10 to 15 minutes till brown.

PLAIN BISCUITS

(For Cookie Press)

1 lb. Buttercup Margarine
4 Eggs
Flavouring

2 cups Sugar
2 lbs. Red Seal Self-Raising Flour

METHOD: Cream margarine and sugar, but do not over-beat. Beat eggs and flavouring. Add alternately with flour, till a smooth dough is formed. Press out with cookie machine. Bake in oven for about 8 to 10 minutes at 375°—400° (approximately).

PLAIN BUTTER BISCUITS

$\frac{1}{2}$ lb. Buttercup Margarine
4 cups Red Seal Flour
 $\frac{1}{4}$ pint Thick Cream
1 teaspoon Vanilla Essence

2 Egg Yolks
1 cup Sugar
 $\frac{1}{2}$ teaspoon Bicarbonate of Soda
1 teaspoon Hot Water

METHOD: Beat egg yolks till pale and add cream and vanilla and beat well. Dissolve soda in hot water and add. Then in another bowl sift flour and sugar and rub in margarine till mixture resembles fine breadcrumbs. Add egg mixture to flour to form soft dough. Chill dough in fridge. Roll out on lightly floured board; cut into shapes. Brush with egg white and sprinkle with sugar. Bake in 400° oven for about 8 to 10 minutes.

FRUIT TARTLETS

$\frac{1}{4}$ lb. softened Buttercup Margarine
 $\frac{1}{2}$ teacup Sugar
1 Egg

2 teacups Red Seal Cake Flour
1 teaspoon Baking Powder
1 teaspoon Vanilla Essence

METHOD: Mix together margarine, sugar and egg, add sifted flour gradually and baking powder; add vanilla essence. Roll out the dough and cut it with a round biscuit cutter. Place the rounds of dough in greased patty pans and prick with a fork. Bake at 375° for 15 minutes.

When the tart shells are cooled and removed from the tins, they can be filled with custard and decorated with fresh or tinned fruit or any other fruit and cream combination.

CHOCOLATE SQUARES

6 ounces Buttercup Margarine
6 ounces Sugar
1 tablespoon Syrup
1 Egg beaten

1 teaspoon Bicarbonate of Soda
1 teaspoon Vanilla
10 ounces Red Seal Flour
1 cup Chopped Dates

METHOD: Cream butter and sugar well. Add syrup, egg, flour and then bicarbonate of soda, vanilla and dates. Bake in large shallow greased tin 350° oven for 30 to 35 minutes.

ICING:

2 ounces Red Seal Flour
5 ounces Icing Sugar

1 heaped tablespoon Cocoa
Vanilla

Mix ingredients with little hot water. Ice while cake is hot and cut into squares when cold.

CHOCOLATE CRUNCHIES

2 level tablespoons Cocoa
2 rounded tablespoons Golden Syrup
2 ounces Butter or Buttercup Margarine

2 rounded tablespoons Icing Sugar
2 rounded tablespoons Coconut (optional)
Corn Flakes or Rice Krispies

METHOD: Melt all ingredients together except corn flakes and bring to the boil. Add corn flakes to absorb all chocolate. Drop by dessertspoonful into paper cases and chill in fridge. (A great favourite with children.)

CRUNCHIES

1½ cups Red Seal Flour
1 cup Oats
1 cup Sugar
1 cup Coconut

¼ lb. Buttercup Margarine
1 tablespoon Syrup
½ teaspoon Bicarbonate of Soda

METHOD: Mix flour (sifted), oats, sugar and coconut together. Melt the butter and syrup (do not boil), and add the bicarbonate of soda. Pour melted mixture over dry ingredients, and blend well. Press this crumbly mixture into a well greased shallow pan and flatten down with the back of a wooden spoon. Bake in 300° oven for about 20 to 25 minutes. Cut into squares while hot.

PEANUT BUTTER CRUNCHIES

1½ cups Red Seal Flour
½ teaspoon Baking Powder
¼ teaspoon Baking Soda
¼ teaspoon Red Seal Salt
½ cup Olivine Oil

½ cup Peanut Butter
½ cup Granulated Sugar
½ cup Brown Sugar
1 Egg well beaten
½ cup Milk

METHOD: Sift flour; measure and add baking powder, soda and salt; sift again. Cream together Olivine and peanut butter. Gradually blend in granulated and brown sugars, add egg and mix thoroughly, stir in flour mixture alternately with milk; mix well, drop heaped teaspoonfuls on ungreased cookie sheet. Bake in moderate oven, 375°F for about 12 minutes.

PUFFED WHEAT CRACKLE

(A great favourite with children)

2 ounces Buttercup Margarine
4 tablespoons Syrup
4 tablespoons Sugar

5 cups Puffed Wheat
Few drops Vanilla Essence

METHOD: Put margarine, syrup and sugar in a large saucepan (8"). Boil until a little of the mixture becomes hard and brittle when dropped into cold water (3 to 5 minutes). Remove from heat, beat in essence then stir in puffed wheat until all toffee has been absorbed. Turn out on a 12" x 8" greased tray and cover with greaseproof paper. Press down evenly. Cut into slices when cold.

GOLDEN PEANUT BISCUITS

½ lb. Butter
1 cup Sugar
4 tablespoons Golden Syrup

1 cup shelled and halved Peanuts
2 cups sifted Red Seal Self-Raising
Flour

METHOD: Cream butter and sugar. Add golden syrup and beat again. Add flour and peanuts and mix. Drop by teaspoonful onto greased tray about 2 inches apart, as biscuits spread. Bake about 15 minutes in moderate oven.

CINNAMON ROLLIES

2 cups Red Seal Flour
4 teaspoons Baking Powder
½ teaspoon Red Seal Salt
4 ounces Buttercup Margarine
Plus 3 tablespoons Buttercup
Margarine

Two-thirds cup Milk
1 Egg
½ cup Brown Sugar
½ teaspoon Cinnamon
(Handful Mixed Cake Fruit optional)

METHOD: Sift dry ingredients and rub 4 ounces margarine into this. Beat egg and add milk to make pliable dough. (If egg is large add little extra flour.) Roll dough on slightly floured board to thickness of ¼ inch. Spread with softened 3 tablespoons margarine. Sprinkle with brown sugar and cinnamon and fruit (if desired). Roll up as for a Swiss Roll and cut into ½" slices. Place standing on cut ends in a very well greased deep patty tin. Bake at 375° for about ½ hour.

CINNAMON BALLS

2 cups Cornflake Crumbs
1 cup Butter or Buttercup Margarine
½ cup Sugar
2 teaspoons Vanilla Essence

2 cups sifted Red Seal Flour
1 teaspoon Cinnamon
1 cup chopped Pecan Nuts
1½ cups Castor Sugar

METHOD: Crush flakes into crumbs, blend butter, sugar and vanilla essence. Sift flour with cinnamon, add nuts, mix well with butter mixture and shape into small balls. Place on a baking sheet, bake for 25 minutes in a 350° oven, remove and roll in castor sugar.

CHELSEA BUNS

2 cups Red Seal Flour
4 teaspoons Baking Powder
Pinch Red Seal Salt

3 ounces Buttercup Margarine
1 cup Milk

METHOD: Rub margarine into dry ingredients until fine crumbs, add milk and knead dough (dough should be soft so you can roll out).

Melt 2 ounces butter and spread over dough (after dough has been rolled out) and sprinkle sugar, cinnamon and fruit over the buttered rolled out dough. Roll up tightly and cut into slices and dip one end into beaten egg. Place on greased pan. Bake at 450° for 10—12 minutes. Ice with water icing.

MERINGUES

3 Egg Whites
1 cup Castor Sugar
1 teaspoon Baking Powder

1 teaspoon each of Water, Vinegar
and Vanilla
½ teaspoon Red Seal Salt

METHOD: Beat egg whites till very stiff, adding salt and baking powder gradually. Add alternately 1 teaspoon sugar and drops of liquid until all used up. Bake 250° for approximately 15 minutes. Switch off oven and leave in oven overnight.

MERINGUES

1 Egg White
2 teaspoons Vinegar
8 ounces Castor Sugar

2 tablespoons Boiling Water
2 teaspoons Vanilla
2 level teaspoons Baking Powder

METHOD: Beat egg white till stiff, adding sugar, water, vinegar — keep beating — finally add vanilla and baking powder.

Pipe into shapes or drop from spoon. Bake 200° for 45 minutes — turn off and leave out overnight.

BRANDY PUFFS

Fat or Olivine Oil for deep frying
2 ounces Butter or Buttercup
Margarine
4 ounces Plain Red Seal Flour

1 level tablespoon Icing Sugar
3 large Eggs
1 tablespoon Brandy
2 tablespoons Castor Sugar

METHOD: Heat the oil. Put ½ pint cold water and butter in saucepan. Bring to the boil. Sift flour. Beat eggs, stir flour into pan. Beat over low heat until mixture forms a ball. Cool slightly. Sift icing sugar. Beat in icing sugar, beat in eggs and brandy.

Drop heaped teaspoons of the mixture into the hot fat or oil. Cook 4—5 minutes or until well puffed up and golden brown. Drain on kitchen paper. When drained toss brandy puffs in castor sugar. Pipe cream on top with fine nozzle.

CONDENSED MILK BISCUITS

(No Eggs)

$\frac{3}{4}$ lb. Red Seal Flour (12 ounces)	$\frac{1}{2}$ lb. Butter
2 teaspoons Baking Powder	1 teaspoon Lemon Essence
$\frac{1}{2}$ cup Castor Sugar	$\frac{1}{4}$ teaspoon Red Seal Salt
$\frac{1}{2}$ tin Condensed Milk (sweetened)	

METHOD: Cream butter, sugar and condensed milk. Add dry ingredients and lemon essence. Put through SAWA biscuit maker or any other biscuit machine — make different shapes. Decorate with "hundreds and thousands", cherries, chocolate vermicelli, etc. Bake at 400° until golden brown — about 15—20 minutes. Open oven regularly to check that the biscuits are not burning.

BRIEF MOMENTS

1 cup soft Butter	$2\frac{1}{4}$ cups (9 ounces) sifted Red Seal
$\frac{1}{2}$ cup sifted Icing Sugar	Flour
1 teaspoon Vanilla Essence	$\frac{1}{4}$ teaspoon Red Seal Salt

METHOD: Mix butter, icing sugar and vanilla thoroughly. Mix flour and salt and stir in. Chill dough for 1 hour. Heat oven to 400° (moderately hot). Form into round shapes (preferably with biscuit maker) *all the same shape*, or form in chocolate 'kiss' shape by gradually twisting top of cookie into peak. Place on ungreased baking sheet. Bake 8—10 minutes, until set but not brown. When cool, put two cookies together (flat sides) with coloured icings or chocolate icing. Makes about 7 dozen biscuits.

COLOURED ICINGS:

Mix:

1 cup sifted Icing Sugar	3 or 4 teaspoons Cream (to make
$\frac{1}{2}$ teaspoon Vanilla Essence	spreading consistency)

Tint desired colours. The mixture should be quite stiff. Use for sandwiching "Brief Moments" together.

SOUR MILK OR BUTTER MILK RUSKS

12 ounces Butter or Buttercup Margarine	$1\frac{1}{4}$ cups Thick Sour Milk or Butter Milk
2 lbs. Red Seal Self-Raising Flour	$1\frac{1}{4}$ to $1\frac{1}{2}$ cups Sugar

METHOD: Rub the butter or margarine into the self-raising flour. Dissolve sugar in thick sour milk or buttermilk. Pour milk mixture over flour mixture, and mix thoroughly. This can be done in a mix-master. Knead a little and then roll the dough into long rolls about two inches thick in diameter. Oil the pan and bake at 350° until brown. Remove from the oven and cut into slices. Put the slices back into the oven and dry out thoroughly at 250° for about an hour.

The above quantities may be halved, if desired.

POST TOASTIE BISCUITS

¼ lb. Butter
1 Egg
3 tablespoons Sugar
Few drops of Vanilla Essence
1 cup crushed Post Toasties

1½ cups Red Seal Flour
1 heaped teaspoon Baking Powder
Red Seal Salt
¼ lb. Mixed Fruit (or currants, dates, nuts etc.)

METHOD: (Can be done in the mix-master.) Rub the sugar into the butter. Add the egg and then the vanilla. Sift the flour, salt and baking powder. Add the flour to form a soft dough, and then the fruit mixture (it may be necessary to add a little more flour). Take a teaspoon of the dough and roll it in the crushed post toasties. Place on a greased tin and bake at 375° or 400°.

CASTOR SUGAR BISCUITS

1½ cups Red Seal Flour
Pinch of Red Seal Salt (¼ teaspoon)

¼ lb. Buttercup Margarine
¼ carton Cream approximately

METHOD: Rub flour, salt and margarine until like breadcrumbs. Gradually add cream to mixture until of rolling consistency. Roll out ¼" thick and cut with small round cutter (wine glass size) and thimble for the removal of centre. Bake at 375° until very light brown. When baked roll in castor sugar while hot.

SHORTBREAD

1 lb. Butter or Buttercup Margarine
½ lb. Castor Sugar

4 tablespoons Cornflour
4 cups (2 lbs.) Red Seal Flour to start

METHOD: Mix together till dough comes away from sides and is no longer greasy, if necessary add a few more tablespoons of flour. Press into pan and bake at 300° for ¾ hour. Take out of oven and sprinkle immediately with castor sugar and cut while still hot.

SWISS CAKES

4 ounces Butter
1 ounce Castor Sugar

4 ounces Red Seal Flour, sifted
1 teaspoon Vanilla Essence

METHOD: Cream butter and sugar. Add flour and vanilla and mix well. Pipe through star tube into paper cases, leaving a depression in the centre. Bake at 350° till pale golden. Fill centre with jam, when cold.

CRACKNELL BISCUITS

4 Eggs
1 dessertspoon Sugar
2 tablespoons Olivine Oil

Red Seal Flour to make dough that can be easily handled

METHOD: Beat eggs until frothy, add sugar then oil and beat well. Add flour and make a fairly soft dough. Form into rolls between palms of hands, cut into 3" lengths and shape into rings. Drop rings into boiling water, cover and leave for about a minute. Remove and bake on hot baking sheet (ungreased) at 450° to 475° till golden brown.

FRIDGE COOKIES

1 small tin Evaporated Milk
 4 ounces Marshmallows
 3 tablespoons Orange Juice
 8 ounces Dates
 4 ounces Raisins (seedless)
 3 ounces Walnuts or Almonds

5 ounces Mixed Peel
 2 ounces Cherries
 1 packet Digestive Biscuits
 1 teaspoon Cinnamon
 1 teaspoon Nutmeg

METHOD: Put milk, marshmallow and orange juice into a saucepan. Heat slowly until marshmallows dissolve. Chop fruits and nuts and stir into mixture. Finally add biscuits crushed into crumbs and the spices, press all into buttered mould, cover and chill for two days. You can then cut into small squares, or shape into small round balls. Roll them in icing sugar and serve them in small cake cases.

JUMBLES

¼ lb. Buttercup Margarine
 ½ cup Sugar
 1 Egg
 Few drops of Vanilla Essence

1 cup Red Seal Flour
 1 cup Coconut
 ½ teaspoon Baking Powder
 1 tablespoon Cocoa

METHOD: Beat margarine and sugar, add egg, vanilla and dry ingredients. Spread in Swiss Roll tin, bake at 275° for 15 to 20 minutes. Ice with chocolate water icing while hot. Cut when cold.

CUSTARD LOGS

6 ounces Buttercup Margarine
 2 ounces Castor Sugar
 2 ounces Custard Powder

6 ounces Red Seal Flour
 Pinch Red Seal Salt

METHOD: Heat oven to 425°. Grease 2 large baking sheets. Cream margarine and sugar till light and fluffy. Sift together flour, salt and custard powder. Gradually work flour mixture in margarine and sugar until smooth dough is formed. Divide dough into 24 pieces and roll each piece into a sausage shape 2" long. Place on prepared tins and flatten each lengthwise with a fork. Bake for 15 minutes.

COCONUT PUFFS

1 lb. Coconut
 2 tablespoons Sugar

1 tin Sweetened Condensed Milk
 1 Egg

METHOD: Mix all ingredients together until pliable. Roll balls and place on baking tray. Bake at 350° until brown.

COCONUT PYRAMIDS

6 ounces Coconut
6 ounces Castor Sugar
2 Egg Whites

Glace Cherries
A sheet of Rice Paper

METHOD: Mix the coconut and sugar. Whisk egg whites until they are very stiff, then fold in the coconut and sugar. Cover a baking tray with rice paper and cover it with heaps of mixture. Form these into little pyramids with moist fingers. Top each with a piece of cherry. Bake in a moderate oven — 350°—375° for 20—25 minutes. Leave to cool.

GREEK SHORTBREAD

½ lb. Butter
3 tablespoons Icing Sugar
3 tablespoons Custard

1 Egg
Red Seal Flour to form soft dough

METHOD: Cream sugar and butter. Add custard powder and egg. Add enough flour to form soft dough. Roll into strips and form shape of "S". Bake at 350° for 20—25 minutes. Biscuits do not turn brown. Remove from oven and sprinkle well with icing sugar.

STUFFED MONKEYS DE LUXE

¾ lb. Castor Sugar
1 lb. Red Seal Flour
1 tablespoon Cinnamon
1 teaspoon Baking Powder
Blanched Almonds for decoration

1 lb. Butter
1 tablespoon Cornflour (if necessary)
1 teaspoon Mixed Spice
1 Egg Yolk
1 Egg White

METHOD: Sift all the above dry ingredients. Add cut up butter and rub into flour. Add egg yolk. Form into pliable dough.

Filling:

1 cup Sultanas, 1 cup Currants and ¼ cup Mixed Peel minced.

Add:

1 teaspoon Mixed Spice
1 Egg Cup Brandy
¼ lb. Almonds

1 ounce soft Butter
Stale Cake Crumbs

Mix the above ingredients together well. Roll dough out ¼" thickness. Cut circles with 2"—3" cookie cutter. Place teaspoon filling in centre. Wet edges, cover with remaining circles, pressing edges down. Paint top with egg white and place ½ almond in centre.

STUFFED MONKEYS

¼ lb. Buttercup Margarine
2 Eggs
Red Seal Flour
½ cup Sugar
1 teaspoon Baking Powder

½ cup Chopped Nuts
1 cup Cake Fruit (moistened with a little jam)
Sugar
Cinnamon

METHOD: Cream margarine and sugar. Add beaten eggs, baking powder and enough sifted flour to make a soft pliable dough. Roll dough into oblong shape, about 4" wide. Spread over little extra very soft margarine and sprinkle with sugar and cinnamon, mixed fruit and chopped nuts. Roll up like a Swiss Roll and cut into one-inch slices. Brush tops with beaten egg and sprinkle with little cinnamon and sugar. Bake in well greased tins until golden brown in 400° oven.

BISCUIT WHIRLS

8 ounces Red Seal Flour
6 ounces Buttercup Margarine
Pinch Red Seal Salt
1 Egg White

5 ounces Sugar
1 Egg Yolk
1 teaspoon Vanilla
Little extra Sugar

METHOD: Place all ingredients in a bowl. Knead well into pliable dough. Pinch off pieces of dough the size of a walnut and roll into ¼" rolls about 6" long. Starting from centre, form into whirls. Dip into slightly beaten egg white and then into sugar. Bake in 325° oven for about 20 minutes or till golden brown. This dough also makes a good tart base.

ALMOND MACAROONS

8 ounces Shortcrust Pastry
5 ounces Castor Sugar
2 teaspoons Lemon Juice
3 ounces Ground Almonds

3 Egg Whites
Raspberry Jam
Sugar to dredge

METHOD: Line some patty tins with shortcrust pastry and prick the bottom of each. Put the sugar into a bowl with the lemon juice and ground almonds. Beat the egg whites and mix with these ingredients. Put a little raspberry jam in each pastry case and place some of the almond mixture on top. Put a cross of pastry on top of each and dredge with sugar. Bake in a moderately hot oven 400° for about 30 minutes, until firm and golden coloured.

DATE LOAF

1 lb. Dates
2 teaspoons Bicarbonate of Soda
2 cups Boiling Water
One-third lb. Buttercup Margarine,
or Butter

3 cups Red Seal Flour
2 teaspoons Baking Powder
3 Eggs
2 teaspoons Vanilla
1 cup Sugar

METHOD: Cut up dates, add bicarbonate of soda and boiling water. Allow to cool. Rub butter/margarine and sugar well. Add the beaten eggs, vanilla and date mixture to this. Then add the sifted flour and baking powder and mix well. Put into 2 bread tins and bake in moderately hot oven for 1 hour.

DATE LOAF DE LUXE

4 ounces Buttercup Margarine
 2 packets Dates (1 chopped fine and
 1 in large pieces)
 ½ cup Water mixed with ½ cup Milk
 1 cup Sugar
 2 teaspoons Baking Powder

3 Eggs
 1 teaspoon Vanilla
 1 teaspoon Cinnamon
 2 cups Red Seal Flour
 1 cup seedless Raisins
 4 ounces Nuts (Cashews or
 Almonds) chopped

METHOD: Cream the margarine and the sugar. Next add finely chopped dates which have been soaked in ½ cup hot water mixed with 1 teaspoon baking powder. (Reserve the water to mix with the milk.) Beat these dates in well. Add eggs separately, beating well after each addition. Add vanilla and cinnamon. Add the flour alternately with the milk/water mixture. Mix in the remaining teaspoon baking powder. Lastly, mix in by hand the raisins, large dates and nuts. Bake in a loaf tin at 375° 40 to 45 minutes.

POUND CAKE

½ cup Butter (no other shortening)
 1¼ cups Castor Sugar
 Two-thirds cup Milk
 2¼ cups sifted Red Seal Cake Flour
 1¼ teaspoons Red Seal Salt

1 teaspoon Baking Powder
 1 teaspoon grated Lemon Peel
 1 tablespoon Lemon Juice
 3 Eggs

METHOD: Cream butter and sugar until light and fluffy. Add milk and sifted flour, salt and baking powder. Beat up well, then add lemon juice and rind and beat again. Add eggs one at a time, mixing in gently with a fork. Then beat well for one minute. Pour into a greased loaf tin and bake in a slow oven 300° for about 1 hour 20 minutes. When thoroughly cool, sift icing sugar over the top. This cake keeps well.

BOILED FRUIT CAKE

1 cup Seedless Raisins
 1 cup Currants
 1 cup Water
 1 teaspoon Bicarbonate of Soda
 1 teaspoon Baking Powder
 1 tablespoon Brandy

1 cup Sultanas
 1 cup Sugar
 ¼ lb. Butter
 1 beaten Egg
 2 cups sifted Red Seal Flour

METHOD: Boil all ingredients together for 20 minutes in a big pot. Remove from stove and add the bicarbonate of soda and mix well. Allow to cool, then add the beaten egg, baking powder, flour and brandy. Mix well, pour into greased and lined cake tin. Bake at 325° to 350° for 1½ hours.

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FRUIT CAKE

1 lb. Fruit	4 Eggs
3 cups Red Seal Flour	½ cup Milk
½ lb. Buttercup Margarine	2 teaspoons Baking Powder
8 ounces Castor Sugar	Few drops Lemon Juice

METHOD: Warm fruit, then mix little flour. Cream margarine, sugar; add eggs, one at a time, then add milk and flour alternately. Add baking powder then lemon juice. Add fruit last; mix with wooden spoon. Bake at 350° for 1¼—1½ hours.

FESTIVE FRUIT CAKE

½ lb. Butter	½ lb. Sultanas
½ lb. Brown Sugar	½ lb. chopped Cherries
½ lb. Red Seal Flour	2 ounces chopped Almonds
Pinch Red Seal Salt	2 ounces ground Almonds
1 teaspoon Mixed Spice	Grated rind of 1 Lemon
1 teaspoon Baking Powder	6 ounces Peel
½ lb. Currants	4 Eggs
½ lb. Raisins	1 tablespoon Treacle
½ lb. Dates	

METHOD: Cream butter and sugar thoroughly; sift flour, salt, spice and baking powder. Mix the fruit, nuts, lemon rind and peel together and set aside. Beat the eggs and treacle and add to the butter and sugar mixture alternately with dry ingredients, lastly fold in fruit and nuts. Bake in double lined and greased tins for approximately 3—3½ hours in 300° oven. (To test if done insert fine skewer or knitting needle, which should be dry on withdrawal.) Makes 2 cakes 7½" by 2½" deep.

QUICK LEMON CHEESECAKE

1 cup Biscuit or Rusk Crumbs	3 tablespoons Sugar
4 tablespoons melted Butter	1 teaspoon ground Nutmeg

Filling:

1 tablespoon Gelatine	Grated rind of 1 Lemon
¼ cup Cold Water	½ cup strained Lemon Juice
1 tin Condensed Milk	1 cup Whipped Cream
8 ounce carton Cottage Cheese	

METHOD: Combine crumbs, melted butter, sugar and nutmeg. Set aside one third for the top and press the remainder of the mixture into the base of a 9" or 10" springform pan. Bake at 350° for 80 minutes.

To make filling: Soak gelatine in cold water, then dissolve over hot water. Stir cottage cheese to soften, add condensed milk, lemon juice and rind. Beat together until well-blended, then add gelatine. Fold in whipped cream.

Pour mixture over cooled crust. Sprinkle reserved crumbs on top and chill for at least 4 hours.

CHEESE CAKE

Basic Pastry Recipe suitable for cheese cakes, apple tarts, etc. The following recipe makes a large quantity which keeps well in the fridge.

14 ounces Buttercup Margarine
4 Eggs
1 $\frac{3}{4}$ cups Sugar

6 cups Red Seal Flour
4 teaspoons Baking Powder
4 heaped teaspoons Cornflour

Filling:

2 Eggs
 $\frac{1}{2}$ lb. Cream Cheese
1 tablespoon Red Seal Flour
3 tablespoons Sugar

1 cup Milk
 $\frac{1}{2}$ teaspoon Vanilla Essence
2 tablespoons Lemon Juice

METHOD: Melt down margarine. Beat up eggs and add to melted margarine. Mix well. Add sugar and rest of dry ingredients. Very soft pastry.

To make filling: Combine cheese, flour and sugar. Add yolks of eggs, vanilla, milk and lemon juice. Beat whites stiffly and add. Bake at 325° for 45 minutes.

CHEESE TART

Pastry Shell
3 Eggs
1 carton Cream Cheese
1 carton Cottage Cheese

Two-thirds cup Milk
2 level tablespoons Red Seal Flour
3 tablespoons Castor Sugar
Cinnamon and Sugar mixture

METHOD: Line a pastry dish with pastry. Separate eggs. Cream together cottage cheese, cream cheese, sugar and yolks. Then add milk and flour. Beat whites stiffly and fold into mixture. Pour into pie dish, sprinkle with cinnamon and sugar mixture. Bake in moderate oven (approximately 350°) for 30 minutes.

QUICK MOCK CHEESE CAKE

$\frac{3}{4}$ packet Marie Biscuits crushed

$\frac{1}{4}$ lb. Butter or Buttercup Margarine

Filling:

1 tin Condensed Milk
2 teaspoons Cornflour

$\frac{1}{2}$ cup Lemon Juice
3 Eggs separated

METHOD: Melt butter and stir in biscuit crumbs. Line oven dish with half this mixture.

To make filling: Mix together condensed milk, cornflour, lemon juice and egg yolks. Fold in stiffly beaten egg whites. Pile this mixture into crumb-lined dish. Cover with remaining half of the crumbs. Bake approximately 30 minutes in 300° oven.

ECONOMICAL CHEESE CAKE

¼ lb. Buttercup Margarine
3 tablespoons Sugar
1 Egg

½ teaspoon Baking Powder
1 cup Red Seal Flour

Filling:

1 tablespoon Red Seal Flour
3 tablespoons Sugar
½ lb. Cream Cheese
2 Eggs

1 cup Milk
2 tablespoons Lemon Juice
½ teaspoon Vanilla

METHOD: Cream butter and sugar, add egg and sifted dry ingredients. Spread in ovenproof dish in size approximately 8" x 12".

To make filling: Sift flour and sugar, add cheese (sieved) and mix thoroughly. Separate eggs and add yolks to mixture. Add milk and vanilla and lastly lemon juice. Whip egg whites until stiff and fold into mixture. Place filling in dough lined dish and bake in 325° oven for 45 minutes.

SWISS ROLL

4 Eggs
4 ounces Sugar
4 ounces Red Seal Flour

4 tablespoons Water
1 heaped teaspoon Royal Baking Powder

METHOD: Beat the eggs and sugar well together until creamy. Add flour and mix lightly. Then add water, and lastly baking powder. Line bottom of Swiss Roll tin with greaseproof paper, pour in the mixture and bake. When baked, turn out onto a damp sugared cloth, cut off crusts with a sharp knife, spread with soft jam, and roll up carefully, leaving in the damp cloth for a short while. Temperature 400°. Time 10 minutes.

CHOCOLATE SWISS ROLL

5 Eggs
½ cup Cocoa

1 cup Icing Sugar

METHOD: Separate the eggs. Beat the yolks until almost white, add icing sugar and beat. Add cocoa, and again beat. Fold in the beaten egg whites. Pour into a greased Swiss Roll tin and bake at 375° for ten minutes. Roll on a sugared damp serviette when baked. Fill with sweetened whipped cream when cool.

MOCHA SWISS ROLL

¼ cup Red Seal Flour
1 cup Icing Sugar
3 tablespoons Cocoa

Red Seal Salt
5 Eggs
Vanilla

Filling:

4 tablespoons Cocoa
One-third cup Castor Sugar

½ teaspoon Vanilla
1 cup Cream

METHOD: Sift flour and measure. Add sugar, cocoa, salt and sift again. Separate eggs and beat egg yolks until thick. Add sifted ingredients and vanilla. Blend well. Beat whites until stiff but not dry. Fold in yolk mixture. Line greased pan with waxed paper and grease again. Pour in batter. Bake in moderate oven 350° for 15—20 minutes. Turn out on damp icing sugar cloth and roll.

To make filling: Mix cocoa, sugar and vanilla with little hot water. Whip cream well. Fold in cocoa mixture.

HURRY UP CHOCOLATE CAKE

6 ounces Red Seal Flour
½ ounce Cocoa
6 ounces Sugar
4 ounces Buttercup Margarine

2 teaspoons Baking Powder
2 Eggs
½ cup Milk
½ teaspoon Vanilla

METHOD: Mix all well together and bake at 375° for half an hour.

CHOCOLATE SPONGE CAKE

6 tablespoons Milk
4 tablespoons Olivine Oil
3 Eggs
1 cup Sugar

1 cup Red Seal Flour
1 level teaspoon Cream of Tartar
½ teaspoon Bicarbonate of Soda
3 tablespoons Cocoa

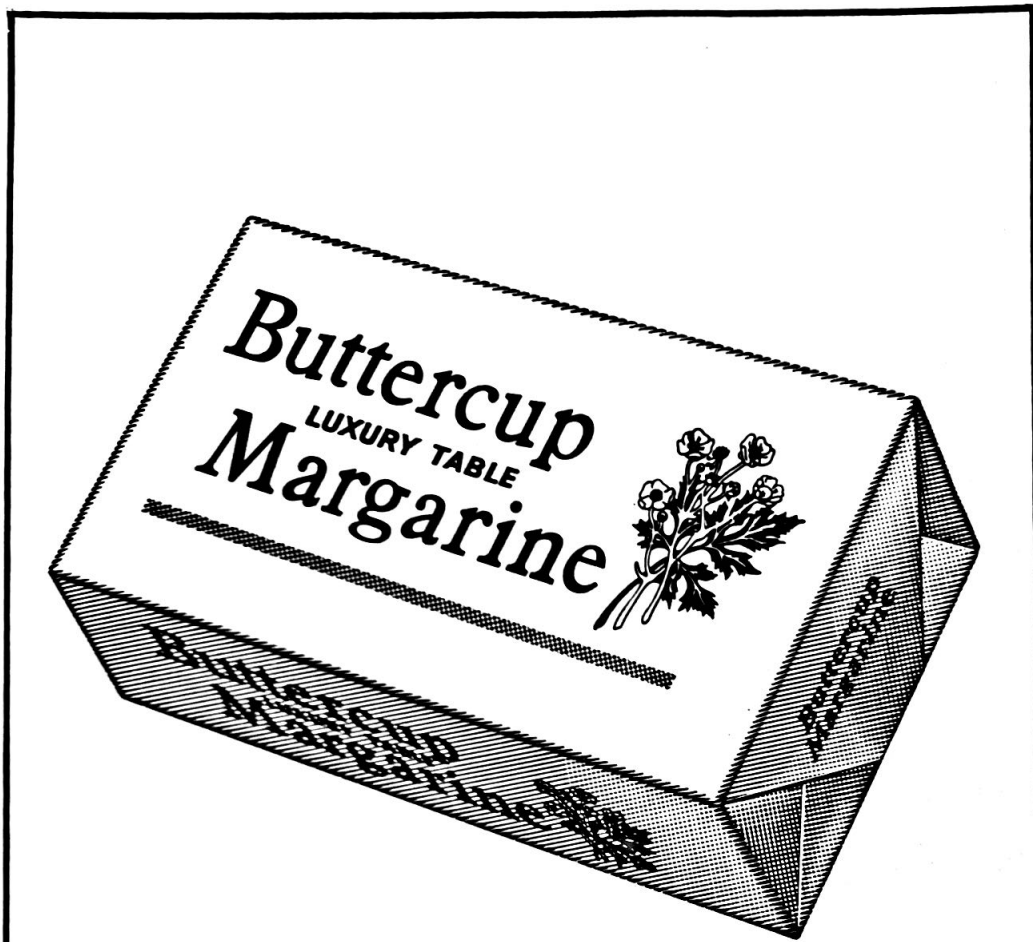
METHOD: Boil milk and Olivine together. Beat eggs and sugar till light and fluffy. Mix cream of tartar with flour and add to eggs. Add bicarbonate of soda to the boiling mixture and mix with flour and eggs. Add cocoa. Put into sandwich tins. Bake at 350° for 25 minutes.

CHOCOLATE CHIFFON CAKE

1 cup Red Seal Flour
1 cup Castor Sugar
2 tablespoons Cocoa
2 rounded teaspoons Baking Powder
½ cup Olivine Oil

½ cup Boiling Water
4 Egg Yolks
1 teaspoon Vanilla
4 stiffly beaten Egg Whites

METHOD: Sift together flour, sugar, cocoa and baking powder. Stir in ½ cup Olivine, ½ cup boiling water and the egg yolks beaten with the vanilla. Fold in the stiffly beaten egg whites. Bake in large sandwich tins for about 25 minutes at 350°.



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CHOCOLATE CAKE

½ lb. Butter or Buttercup Margarine
 10 ounces Sugar
 3 Eggs (separated)
 4 ounces Instant Drinking Chocolate
 1 glass strong warm Coffee

¼ teaspoon Cinnamon
 Grated rind of Lemon
 Little Rum or Brandy
 10 ounces Red Seal Flour
 1 teaspoon Baking Powder

METHOD: Mix together butter and sugar, cream very well. Add egg yolks one at a time, then add rum or brandy (according to taste). Add chocolate powder, cinnamon, grated lemon rind, alternately with the coffee. Add the flour and baking powder. Lastly fold in stiffly beaten egg whites. Bake in slow oven, approximately 300° to 325° for 45 to 60 minutes according to oven.

HOT MILK CHOCOLATE SPONGE SANDWICH CAKE

6 tablespoons Milk
 3 tablespoons Olivine Oil
 2 level tablespoons Cocoa
 3 large Eggs
 1 cup Sugar (8 ounces)

1 teaspoon Vanilla
 1 cup Red Seal Flour (rounded)
 (9 ounces)
 Pinch Red Seal Salt
 2 teaspoons Baking Powder

METHOD: Set oven temperature at 425°. Take 2 x 8" sandwich pans, grease them with oil and sprinkle with a little flour. Boil milk, oil and cocoa (if desired the cocoa can be sifted with the flour). Beat eggs very well. Add sugar and beat very well. Add vanilla. Sift the flour, salt and baking powder and fold into the egg mixture. Add the boiling milk mixture and divide into two sandwich pans. Put the two pans in the oven, and immediately switch the temperature down to 400°. Bake for 10 to 15 minutes.

ORANGE CAKE

½ cup Butter
 ½ cup Orange Juice
 ½ cup Cream
 2 teaspoons Baking Powder
 1 teaspoon Vanilla Essence

1½ cups Sugar
 Grated Rind of 1 Orange
 2½ cups Red Seal Flour
 2 Eggs

METHOD: Cream butter and sugar very well. Add orange juice, grated rind, and cream, blend well. Sift flour and baking powder. Add one egg and half the dry mixture, blending well, before adding the second egg and remainder of flour mixture. Add flavouring. Bake in 2 layer pans at 350° for 40 minutes. Put together with orange frosting.

ORANGE FROSTING

1 cup Icing Sugar
 ½ teaspoon lemon juice

Juice and grated rind of 1 Orange

ORANGE BUTTER CAKE

1 cup Sugar
3 Eggs
2 cups Red Seal Flour

½ lb. Butter
1 cup Milk
2 teaspoons Baking Powder

METHOD: Cream butter and sugar well. Beat in eggs separately. Add the milk and flour gradually and lastly add the baking powder. Grate in rind of one orange. Bake in moderate oven for 40 minutes.

ORANGE TWO TONE CAKE

2½ cups Red Seal Flour
4 teaspoons Baking Powder
¼ lb. Butter
3 teaspoons Cocoa
2 teaspoons Orange Rind

Pinch of Red Seal Salt
1½ cups Sugar
2 Eggs
1 cup Orange Juice

METHOD: Cream sugar and butter very well. Add orange rind, then two lightly beaten egg yolks. Add the flour and orange juice alternately, and then baking powder and salt which have previously been sifted together. Lastly fold in stiffly beaten egg whites. Divide mixture into two and add cocoa to one part. Drop alternate tablespoonfull of each mixture into greased tins. Makes a large cake — 3 layers. Bake in a 350° oven.

SPICE CAKE

3 Eggs separated (beat whites)
1½ teaspoons Vanilla Essence
2 teaspoons Cinnamon
½ cup Water
2 teaspoons Baking Powder

4 ozs. Buttercup Margarine
1 teaspoon Ginger
½ cup Milk
2 cups Red Seal Flour
1 cup Sugar

METHOD: Cream margarine and sugar. Add egg yolks, beat in well. Add vanilla then cinnamon and ginger. Beat. Then add flour alternately with milk water mixture. Beat well. Add baking powder with the last lot of flour. Fold in egg whites last. Bake in 375° oven in loaf tin for 40—45 minutes. Serve with icing sugar and cinnamon sprinkled on top.

BINENSTICH

(Bee Sting Cake)

Pastry:

¼ lb. Buttercup Margarine or Butter
½ lb. Self-Raising Red Seal Flour

¼ lb. Sugar
1 Egg

Topping:

4 ozs. Butter
2—3 ozs. Chopped Almonds

2—3 ozs. Sugar
2 tablespoons Cream

METHOD: Cream margarine or butter and sugar. Add whole egg, then add flour.

To make topping: Melt butter and sugar, add chopped almonds, bring to the boil, remove from stove and add cream.

Oil cake tin well, pat in pastry and pour topping over. Smooth out evenly with fork. Bake 350° for approximately 15—20 minutes till golden brown.

RAISIN ROLL

1 breakfast cup Red Seal Flour
 ¼ lb. Butter
 ¾ cup Cream
 Plum Jam
 Raisins
 Cinnamon

METHOD: Rub butter into flour, add cream and mix into dough. Refrigerate. Roll out thin, spread with plum jam, raisins and cinnamon and roll up. Bake at 350° for about 30 minutes. Glaze with water icing when hot.

Currants and Sultanas may also be added.

GINGER LOAF

¼ lb. Buttercup Margarine
 1 dessertspoon Ginger
 ½ cup Syrup
 1 cup Sugar
 1 dessertspoon Cinnamon
 ½ cup Milk
 1 teaspoon Mixed Spice
 ½ cup Water
 3 Eggs
 1 teaspoon Bicarbonate of Soda
 2 cups Red Seal Flour

METHOD: Cream butter and sugar. Add egg yolks, then milk, syrup and water, to which soda has been added. Mix in dry ingredients. Lastly add stiffly beaten egg whites. Bake ¾ hour in moderate oven in well greased tin with paper at bottom.

GINGER CAKE

1. Place the following in a bowl and mix together:-

3 Egg Yolks (reserve the Whites)
 ½ cup Sugar
 ½ cup Olivine Oil
 1 cup Syrup

2. In another bowl sift the following ingredients:-

2½ cups Red Seal Flour
 1 teaspoon Ginger
 ½ teaspoon ground Cloves
 1 heaped teaspoon Baking Powder
 1 teaspoon Mixed Spice
 1 teaspoon Cinnamon

3. Make one cup strong tea. Allow to get cold and add one teaspoon bicarbonate of soda.

METHOD: Mix dry ingredients and add mixture 3. Stir well and add mixture 1 and beat in electric mixer for one minute. Fold in egg whites stiffly beaten. Grease 2 loaf tins lining bottom with greased paper, and bake for 30 to 40 minutes in 350° oven.

ICED GINGER SPONGE

2 cups Red Seal Flour
 2 Eggs
 A little Mixed Spice
 ½ cup Syrup
 1 teaspoon Bicarbonate of Soda
 ½ cup Butter (¼ lb.)
 2 teaspoons Ground Ginger
 ¾ cup Sugar
 ½ cup Milk

METHOD: Melt butter, and cream with sugar. Add eggs, beating after each addition. Add syrup. Gradually add flour sifted with ginger and spice. Lastly add milk into which bicarbonate of soda has been dissolved. Beat well. Bake in two greased layer tins in moderate oven for half an hour. When cold ice with chocolate butter icing.

SPONGE CAKE

6 Eggs separated
1 cup Sugar
4 drops Lemon Juice

1 cup Red Seal Flour
4 drops Water

METHOD: Beat the egg whites till very stiff. Add the sugar, not more than 2 tablespoons at a time. Add 6 egg yolks, and beat. Add lemon juice and beat. Add water and beat. Lastly add flour that has been sifted three times. Oil pan and bake at 325° for 45 minutes — 1 hour.

7 EGG ORANGE CHIFFON CAKE

2¼ cups sifted Red Seal Flour
2 teaspoons Baking Powder
1½ cups Sugar
1 teaspoon Red Seal Salt
½ cup Olivine Oil

5 Egg Yolks
Juice and rind (grated) of 2 medium sized Oranges
½ teaspoon Cream of Tartar
7 Egg Whites

METHOD: Sift the flour, baking powder, sugar and salt into a bowl. Make a well in the centre and add the Olivine, followed by the egg yolks and then the orange juice and rind. Blend and then beat in a mixer for one minute until smooth. In a larger bowl, beat the egg whites with the cream of tartar for at least 10 minutes, until *very stiff*. Spoon the flour/orange mixture over the stiffly beaten egg whites, and fold in very gently (do not stir) until just blended. Spoon into ungreased 9 inch chiffon cake tin with loose bottom, and bake for 45 to 55 minutes in 325° oven. Invert immediately and allow to stand until cold. Ease out with thin bladed knife (Never grease chiffon cake tin.)

MARBLE CHIFFON CAKE

2¼ cups sifted Red Seal Flour
1½ cups Sugar
3 teaspoons Baking Powder
1 teaspoon Red Seal Salt
½ cup Olivine Oil
7 Egg Yolks
¾ cup Cold Water

1 teaspoon Vanilla
7 Egg Whites
½ teaspoon Cream of Tartar
¼ cup Boiling Water
2 tablespoons Sugar
2 ounces Plain Chocolate melted

METHOD: Sift together flour, sugar, baking powder, salt. Make well in centre of dry ingredients and add oil, egg yolks, cold water, vanilla. Beat till satin smooth. In large bowl, beat egg whites with cream of tartar till very stiff peaks form. Pour egg yolk mixture in thin stream over entire surface of egg whites, gently folding to blend. Remove one-third of batter to separate bowl. Blend melted chocolate, water and sugar and gently fold into one-third portion of batter. Spoon half the light batter into ungreased 10" tube pan, top with half the chocolate batter. Repeat layers. With narrow spatula, swirl gently through batters to marble. Bake in slow oven (325°) about 55 minutes or till cake tests done. Invert cake in pan, and cool. If liked frost with chocolate frosting.

4 EGG ORANGE CHIFFON CAKE

3 Egg Yolks	1 teaspoon Orange Rind
4 Egg Whites	1 cup Red Seal Flour
$\frac{3}{4}$ cup Castor Sugar	$1\frac{1}{2}$ teaspoons Baking Powder
$\frac{1}{4}$ cup Olivine Oil	$\frac{1}{2}$ teaspoon Red Seal Salt
$\frac{1}{4}$ cup plus 2 tablespoons Orange Juice	$\frac{1}{4}$ teaspoon Cream of Tartar

METHOD: Separate yolks from egg whites. To the yolks add sugar, oil, orange juice and rind. Mix until well blended and smooth. Sift flour, baking powder and salt; add to yolks. Beat egg whites and cream of tartar until very stiff. Fold yolk mixture into egg whites very gently. Bake in ungreased chiffon tin for 1 hour at 300°. After 50 minutes, switch off oven and leave cake in oven for remaining 10 minutes. After taking out of oven, immediately invert tin and leave until cold. Ease out of tin.

FRESH APPLE CAKE

2 medium Apples	1 teaspoon Bicarbonate of Soda
1 cup Sugar	$\frac{1}{2}$ teaspoon Red Seal Salt
$\frac{1}{2}$ cup melted Buttercup Margarine	1 teaspoon Cinnamon
1 Egg	$\frac{1}{4}$ teaspoon Nutmeg
$1\frac{1}{2}$ cups Red Seal Flour	$\frac{1}{2}$ cup Seedless Raisins

METHOD: Peel and chop apples coarsely. Add sugar and allow to stand for 10 minutes in a big bowl. Blend margarine and egg in apple mixture. Sift flour, soda, spices and add to mixture. Dust raisins in flour and add to mixture. Bake 50 minutes in moderate oven 350°. Cool 10 minutes and remove from pan. Cool on rack and when cold sprinkle top of cake with icing sugar.

PLAIN CAKE

$1\frac{1}{2}$ cups Red Seal Flour (6 ozs.)	4 ounces Buttercup Margarine (very soft)
$\frac{3}{4}$ cup Sugar (6 ozs.)	1 teaspoon Vanilla Essence
2 teaspoons Baking Powder	$\frac{1}{2}$ cup Milk
2 Eggs	

METHOD: Put all ingredients in bowl. Mix with beater for 3 minutes. Bake at 350° for 50 minutes, or in sandwich at 400° for 20—30 minutes. If chocolate cake is desired, add 1 heaped tablespoon cocoa and reduce flour accordingly.

MINUTE CAKE

1½ cups Red Seal Flour
2 teaspoons Baking Powder
2 Eggs
1 teaspoon Flavouring

¾ cup Sugar
Pinch of Red Seal Salt
½ cup Milk
¼ lb. soft (not melted) Buttercup
Margarine

METHOD: Put all these ingredients into mixmaster; make a well and add the eggs, milk and flavouring. Lastly add the soft margarine. Beat well. Bake in 350° oven for ½ hour.

For variation, slice 1 apple into bottom of cake tin and sprinkle cinnamon and sugar on top.

4 EGG MOCHA CHIFFON CAKE

1 tablespoon Cocoa sifted
One-third cup Boiling Water
½ cup Castor Sugar
½ teaspoon Red Seal Salt
¼ cup Olivine Oil
4 Egg Whites
One-third cup Castor Sugar

¼ cup Instant Coffee
¾ cup Red Seal Flour
1½ teaspoons Baking Powder
4 Egg Yolks
1 teaspoon Vanilla Essence
¼ teaspoon Cream of Tartar

METHOD: Stir the cocoa, instant coffee and boiling water until smooth and set aside to cool. Sift into a bowl the flour, castor sugar, baking powder and salt. Make a well in the centre and add in the following order the egg yolks, olivine oil, the cocoa/coffee mixture, which has now cooled and the vanilla essence. Stir to blend, then beat with electric beater for one minute. In a larger bowl, beat in electric mixer the egg whites and cream of tartar until very stiff (about ten minutes). Gradually add the one-third cup castor sugar and continue to beat until meringue-like and very stiff. Fold cocoa/flour mixture gently into the egg white mixture, until just blended. (Do not stir.) Spoon into ungreased 9" chiffon tube pan, with loose bottom, and bake in 325° oven for 45 to 50 minutes or until surface springs back when lightly touched. Immediately invert pan and allow to cool. When quite cold, gently ease out with a thin bladed knife. (Never grease chiffon cake tin.) Cover with the following Mocha Frosting:

MOCHA FROSTING

6 ounces Sugar
2 teaspoons Instant Coffee
1 tablespoon Powdered Milk

4 ounces Buttercup Margarine
1 tablespoon Cocoa

METHOD: Sift dry ingredients, and cream with margarine till fluffy and light. If necessary add a little top milk to get the right consistency for spreading.

PEBBLE TART

Pastry:

2 ounces Butter
2 tablespoons Olivine Oil
1 Egg
2 tablespoons Sugar

2 cups Red Seal Flour
2 teaspoons Baking Powder
Pinch of Red Seal Salt
Vanilla Essence

Filling:

1 cup Raisins soaked in Brandy or
Sherry
Nuts

Cooked Apple
Cinnamon
Brown Sugar

METHOD: Cream butter, sugar and oil. Add beaten egg. Add flour, baking powder and salt sifted together. Add essence. Knead. Grate half of the dough into a pie dish.

To make filling: Mix together and grate rest of dough on top of filling. Bake at 350°—375° for one hour.

MACAROON CAKE

First Part:

½ cup Butter
3 well beaten Egg Yolks
½ cup Milk
2 level teaspoons Baking Powder

½ cup Sugar
1 teaspoon Vanilla
1 cup Red Seal Flour
Pinch Red Seal Salt

METHOD: Cream butter and sugar well together. Then add the well beaten egg yolks, vanilla and milk together with the flour sifted with the baking powder and salt.

Second Part:

3 stiffly beaten Egg Whites
½ cup Sugar

1 cup Coconut

METHOD: Fold the sugar into the stiffly beaten egg whites, then add the coconut. Spread Second Part over First Batter. Bake for 40 minutes in 350° oven.

CINNAMON CRUMB CAKE

1½ cups sifted Red Seal Flour
3 teaspoons Baking Powder
¼ teaspoon Red Seal Salt
3 tablespoons Sugar

2 tablespoons Butter or Buttercup
Margarine
1 Egg
Milk

Crumb Mixture:

4 tablespoons Sugar
2 tablespoons solid Butter

2 level tablespoons Red Seal Flour
2 teaspoons Cinnamon

METHOD: Sift together flour, salt, baking powder and sugar. Add butter and cut into pieces with a knife. Then squeeze the lumps into flakes using fingers and thumbs. When the shortening is flaked and no lumps remain, rub mixture lightly through spread fingers. Continue until butter is thoroughly mixed into flour. Beat egg in cup and fill cup with milk. Add this milk and egg mixture to flour and mix thoroughly. Spread the batter in a layer cake pan. Crumb the mixture together with a fork and spread over the batter. Bake at 400° for 25 minutes.

MELK TART FILLING

2 cups Milk
3 tablespoons Sugar
1 full tablespoon Butter (can be omitted)

2 Eggs
1½ tablespoons Cornflour
½ teaspoon Vanilla Essence
½ teaspoon Almond Essence

METHOD: Boil milk and sugar, add butter. In a small bowl beat the eggs and cornflour and about a tablespoonful of cold milk. Add the egg mixture to the boiling milk mixture and stir until thick. Remove from heat and add the almond and vanilla essence. Pour this mixture into a pie dish which has been lined with a sweet short crust pastry, and bake in a moderate oven, about 350° for 25—30 minutes.

MARBLE CAKE

½ lb. Buttercup Margarine
1¼ cups Sugar
4 Eggs
3 cups Red Seal Flour
2 teaspoons Baking Powder

1 cup Milk
1 teaspoon Vanilla Essence
2 tablespoons Cocoa
2 tablespoons Sugar
2 tablespoons Milk

METHOD: Cream margarine and sugar. Add eggs (whole), one at a time. Sieve flour and baking powder and add alternately with milk. Beat for ten minutes. Take one-third of the mixture and add the cocoa, 2 tablespoons sugar and two tablespoons milk. Grease and flour baking tin well; put in one layer white mixture, then chocolate mixture, lastly white mixture. Bake at 350° for ¾ hour. Makes a very large cake, or 2 small ones.

COCONUT LOAF CAKE

3 ounces Buttercup Margarine
½ cup Castor Sugar
1 teaspoon Baking Powder
¼ cup Milk

Yolks of two Eggs
1 cup Red Seal Cake Flour
Pinch Red Seal Salt

METHOD: Cream margarine and sugar. Add egg yolks. Then add the other ingredients and put into a loaf tin. Top with the following mixture:-

½ cup Castor Sugar
2 Egg Whites

1 cup Coconut

Beat egg whites. Add castor sugar and beat again. Stir in the coconut. Bake at 375° for 45 minutes.

TUCKBOX CAKE

12 ounces Red Seal Self-Raising
Flour
¼ teaspoon Red Seal Salt
5 ounces Butter or Buttercup
Margarine
5 ounces Brown Sugar

4 ounces Glace Cherries
4 ounces Chopped Dates
4 ounces Mixed Dried Fruit
2 Eggs
Milk to mix

METHOD: Sieve together the flour and salt and rub in the fat. Add sugar, cut up cherries, dates and fruit, add the slightly beaten eggs and mix with enough cold milk to give a dropping consistency. Put into a square or oblong cake tin and bake in a moderately hot oven, 400°, for about 1½ hours. If preferred do not cut up all the cherries but halve some of them and put on top of the cake mixture before it goes into the oven.

BLITZ TART

1 cup Red Seal Flour
1 teaspoon Baking Powder
Pinch of Red Seal Salt
¼ lb. Butter
1¼ cups Sugar
4 Eggs (separated)

1 teaspoon Vanilla Essence
3 tablespoons Milk (or boiling water)
½ cup sliced Almonds
1 tablespoon Sugar mixed with
½ teaspoon Cinnamon

METHOD: Sift flour, baking powder and salt. Cream butter and ½ cup sugar. Add well beaten egg yolks, vanilla, milk and sifted dry ingredients. Spread mixture into two pans and beat egg whites stiff with the remaining ¾ cup sugar. Spread over unbaked mixture on both pans. Sprinkle with almonds and cinnamon/sugar. Bake in a 350° oven for 25—30 minutes. Cool and spread custard or whipped cream between layers.

BANANA CAKE

½ cup soft Buttercup Margarine
1½ cups Sugar
2 large Eggs
2 cups Red Seal Flour
¼ teaspoon Baking Powder
½ cup Chopped Nuts (if desired)

¾ teaspoon Bicarbonate of Soda
1 teaspoon Red Seal Salt
¼ cup Sour Milk (made sour with
Lemon)
1 cup Mashed Ripe Bananas

METHOD: Grease and flour 2 x 9" layer pans or 13" x 9" oblong pan. Cream margarine and sugar. Beat eggs in thoroughly. Sift dry ingredients and stir them in alternately with a mixture of the sour milk, mashed bananas and chopped nuts. Beat batter thoroughly and pour into prepared pans. Bake in moderate oven, 350°, for approximately 25—30 minutes for layers. For square or oblong pans bake 35 to 45 minutes. Cool. Use whipped cream and sliced bananas for filling and spread whipped cream over top of cake. Can be eaten without cream as well.

FLUFFY WHITE FROSTING

1 cup Granulated Sugar
One-third cup Water
¼ teaspoon Cream of Tartar

Dash of Red Seal Salt
2 unbeaten Egg Whites
1 teaspoon Vanilla

METHOD: Combine sugar, water, cream of tartar and salt in a saucepan. Bring to boil, stirring till sugar dissolves. Very slowly add to unbeaten egg whites in mixing bowl, beating constantly with electric mixer till stiff peaks form. Beat in vanilla. Frosts top and sides of two 8 or 9 inch layers, or 10 inch tube cake.

WINE BUTTER ICING

Sufficient for 8" Cake

4 ounces Buttercup Margarine
2 tablespoons Wine

12 ounces Icing Sugar

METHOD: Cream margarine. Add icing sugar gradually, alternately with the wine. Beat well until mixture resembles whipped cream.

Variations:

GRANADILLA Substitute strained granadilla juice for wine.

MOCHA Substitute 2 teaspoons coffee and 1 tablespoon cocoa dissolved in 3 tablespoons hot water for wine.

ROYAL ICING

Used for "flowers" "leaves", etc.

1 lb. Icing Sugar

2 large or 3 medium Egg Whites

METHOD: Sieve icing sugar. Beat egg whites lightly and add icing sugar gradually, beating very well until mixture "holds a peak" when pulled with a knife. Divide mixture and colour as desired. Cover with plastic bags to prevent drying out.

For **harder** icing: Add 2 drops acetic acid per egg white before adding icing sugar to the mixture.

For **softer** icing: Add 1 teaspoon glycerine per egg white to icing.

GLACE ICING

Sufficient for 8" Cake

½ lb. Icing Sugar

Approximately 3 tablespoons Water

1 teaspoon Vanilla Essence

Few drops colouring

METHOD: Sift the icing sugar, blend with boiling water (add the water gradually) to a thick spreading consistency. Add vanilla and a few drops of desired colouring — remembering that the colour will deepen as the icing dries.

Variations:

Orange — substitute orange juice for water and vanilla.

Lemon — substitute lemon juice for water and vanilla.

APRICOT GLAZE

Sufficient for 8" Cake

6 tablespoons Smooth Apricot Jam 2 teaspoons Lemon Juice

METHOD: Heat apricot jam and lemon juice over low heat. The mixture will become liquid. Strain and pour over cake.

BOILED ICING

Shiny coating icing

suitable for Petits Fours — about two dozen

4 ounces Buttercup Margarine
14 heaped tablespoons Icing Sugar
Few drops Colouring

2 tablespoons Milk
1 teaspoon Flavouring

METHOD: Sieve the icing sugar. Melt margarine in saucepan, remove from heat. Add 8 tablespoons icing sugar, milk and any desired flavouring and colouring. Blend well and return to stove until mixture boils (do not stir at this stage). Remove from heat. Add remaining 6 tablespoons icing sugar and beat well. This icing dries very rapidly so work quickly. If icing dries too quickly dip spatula in boiling water and smooth over "rough" patches.

PASTRY AND PUFF PASTRY IDEAS

2

THIS SECTION (PAGES 35 — 46) CONTAINS THE FOLLOWING RECIPES.

Mock Puff Pastry
Puff Pastry
Sour Cream Flaky Dough
Hot Water Pastry
Pizza Pies
Cheese Spirals
Onion Tart
Savoury Egg Rolls (Parava)
Cream or Savoury Horns
Asparagus Roll
Perogen
Tongue Horseshoe
Lamb Chop Pie
Cornish Pasties
Salmon in Pastry
Fish Roll
Fish Roly Poly

Sharon Fish Pie
Puff Puff Pears
Strawberries in Puff Pastry
Jam Tarts (Parava)
Pastry Fillets (Jam Puff Slices)
Apple Puffs (Parava)
Apple Strudel
Fruit Rolls (Parava)
Custard Slices
Pigs Ears (Parava)
Eccles Cakes
To Glaze Pastry
To prevent Fruit Tarts from becoming
soggy
Sausage Rolls
Cornish Pasties
Savoury Salmon Rolls (Parava)

PASTRY AND PUFF PASTRY IDEAS

For all the following pastry recipes your pan must be ice cold. The best way to ensure this is to lay your uncooked baking on the pan and leave in fridge for at least half an hour before cooking, unless specifically stated otherwise.

Your oven must be very hot from 425° to 500° F., depending on the heating capacity of your particular oven, hence no exact degrees are given in the following recipes, bar one.

The amount of pastry you use will depend on how many biscuits or rolls you require.

MOCK PUFF PASTRY

½ lb. Buttercup Margarine
2 cups Red Seal Flour

Good pinch Red Seal Salt
½ pint Cream

METHOD: Coarsely grate margarine or cut into sifted flour and salt. Add cream and mix well with knife. Refrigerate for at least 1 hour. Roll and fold three times.

PUFF PASTRY

2 cups Red Seal Flour
½ teaspoon Cream of Tartar
¼ lb. Butter

¼ lb. Melva Vegetable Fat
Two-thirds cup Iced Water

METHOD: Sift flour, measure, add cream of tartar and sift again. If shortening is very hard, pound with rolling pin to make it plastic. Cut shortening into 1½ inch cubes. Toss cubes into flour, until well coated. Do **not** blend with flour. Add all but 2 tablespoons water all at once. Mix gently with a wooden spoon, using a folding motion until paste forms a ball. Do not break up cubes of shortening more than necessary. Pour remaining water over crumbs at bottom of the bowl and pat into the ball of paste.

Flour board well and toss paste, which is at the moment sticky, in the flour just until it can be handled. Pat into a flat square 1½ to 2 inches thick. Roll paste into a square about ¼ inch thick. Brush off excess flour with a pastry brush. Work quickly and in a cool place. Fold pastry in thirds. Roll a little to seal layers. Fold in thirds again. Repeat rolling and folding four times. After each time cover with a damp cloth and place in refrigerator for a short time. This makes the dough easy to roll and the pastry extra flaky.

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SOUR CREAM FLAKY DOUGH

(For filled cookies and tartlets — can be doubled if more is required.)

1 cup Red Seal Flour
3 ounces Butter

½ teaspoon Baking Powder
½ cup Sour Cream

METHOD: Grate butter into flour. Add baking powder and then cream. Stir with knife until mixed. Chill for 1½ hours. Roll onto floured board. Make rounds and fill with a little jam. Fold over and press down firmly with fork. Prick a few holes in the sides. Bake at 400° until golden brown. Other fillings can be used, i.e. raisins, pineapple (grated and sweetened).

HOT WATER PASTRY

4 ounces Melva Vegetable Fat
3 ounces Buttercup Margarine
8 ounces Red Seal Flour

¼ teaspoon Red Seal Salt
½ cup Boiling Water

METHOD: Cut shortening into small squares and pour over boiling water, stirring till melted. Allow to cool slightly. Sift flour and salt into bowl and add liquid, mixing thoroughly with knife, to form spongy dough. Wrap in tinfoil or wax wrap and refrigerate overnight. Next morning roll in one direction only. Fold in three and re-roll. Repeat this process once more. Fold and wrap in tinfoil or greaseproof paper and use as required. Keeps well in refrigerator.

Good for apple strudels, vol-au-vents or meat pies. Heats up well.

PIZZA PIES

1 lb. Puff Pastry
1 tin Canned Tomatoes
Anchovies

Oreganum
Grated Cheddar Cheese

METHOD: Roll out pastry, cut with scone cutter to size to fit patty tins. Put dough in patty tins, brush with oil, add piece of tomato to each patty, cover with grated cheese, put a cross of anchovy on top of each and sprinkle with oreganum. Cover the patty tins with damp cloth for 30 minutes. Put into very hot oven for approximately 10 minutes. Remove patties carefully from tin, place on plate, garnish with chopped parsley and olives.

If one large pizza is required use the same method; just roll out the dough to fill a Swiss Roll tin or large biscuit tin.

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CHEESE SPIRALS

(From left over Puff Pastry)

Left over Puff Pastry
3 tablespoons grated sharp Cheese
1½ teaspoons Red Seal Salt

Diluted Egg Yolk
1½ teaspoons Paprika
A dash of Cayenne

METHOD: Roll out the puff pastry ¼" thick. Cut out an oblong 10" long and 6" or 8" wide. Brush with diluted egg yolk. Combine 3 tablespoons grated sharp cheese with the paprika, salt and cayenne. Sprinkle half the cheese mixture over oblong pastry and pat gently with knife until cheese mixture adheres firmly. Turn over, brush with diluted egg yolk and sprinkle remaining cheese mixture and pat to make cheese mixture adhere. Cut into strips ¼" wide and 10" long. Place on a greased baking sheet. Twist each strip into a spiral. Press ends firmly to pan so they cannot unroll. Chill thoroughly. Bake in moderate oven, 375°, for about 20 minutes. Makes 2—2½ dozen delicious cheese spirals.

ONION TART

½ lb. Puff Pastry
4 cups Chopped Onions
1½ cups Dried Peeled Tomatoes
1½ teaspoons Red Seal Salt
2 Cloves Garlic, Crushed

½ teaspoon Black Pepper
1 cup Sliced Black Olives
4 tablespoons Minced Parsley
8 Anchovies, Minced

METHOD: Soften the onions in butter, add tomatoes, garlic, salt and pepper. Stir and cook for 10 minutes, cool. Roll out puff pastry dough to fit 1 large baking tin. Spread the cooled onion mixture on the pastry and sprinkle with the olives, anchovies and parsley. Bake in 425° oven for 20 minutes. Serve hot.

SAVOURY EGG ROLLS (PARAVA)

6 Eggs
Mayonnaise
Vinegar or Lemon

Dash of Mustard
Pepper
Red Seal Salt

METHOD: For 1 lb. Puff Pastry you need about 6 eggs. Makes at least 4—5 dozen small rolls.

Hard boil eggs, mash and mix with mayonnaise, a drop of vinegar or lemon juice or a dash of mustard, according to taste, some seasoning salts and salt and pepper. Must be fairly spicy. Cut pastry in half, roll out both pieces. Keep in fridge for some while. If small sausage-type rolls are required, cut each piece of pastry into two or three sections, lengthwise. Put some mixture down length of each piece and fold over. Be careful not to put too much on pastry as it will ooze out. Brush with beaten eggs and cut into small pieces. Pinch sides together and bake on chilled pan in very hot oven for about 5—7 minutes, depending on your oven.

For a supper dish: Make the rolls any size you wish, and serve with hot mushroom, cheese or mustard sauce.

If required, put unbaked uncut rolls in deepfreeze and cut just before baking when required. Keeps for weeks in freezer and most useful to have on hand.

CREAM OR SAVOURY HORNS

Ingredients as per Puff Pastry

METHOD: For this you **must** have metal horn cases. Roll out your well chilled pastry fairly thinly, cut into strips, the length of your pastry, between $\frac{1}{2}$ " and $\frac{3}{4}$ " wide. Place your strip at the thin end of your horn, pinch on to metal and begin rolling your strip to almost the top of the horn, but **not** over it. Your strips **must** overlap each other, otherwise the horns will come apart. Pinch top ends together. Chill again on pan in fridge then brush with beaten egg and bake in a very hot oven till golden. They come off easily from the cases.

Fill with jam and cream or orleywhip, or with a savoury salmon, egg or mushroom mixture. The empty cases keep for weeks in a tightly closed tin.

Please note: Your pan or metal horns must not be greased for any of these pastry recipes.

ASPARAGUS ROLL

2 ounces Butter	1 beaten Egg
3 tablespoons Red Seal Flour	1 lb. Puff Pastry
$\frac{1}{4}$ pint Sweet Cream	1 tablespoon Caraway Seed
$\frac{1}{4}$ lb. Cheddar Cheese Grated	Pinch of Red Seal Salt
1 lb. tin Asparagus cuts or Cocktail Asparagus	8 Anchovy Fillets
	$\frac{1}{2}$ cups Bread-crumbs

METHOD: Drain asparagus, reserving the juice. Melt the butter and add flour, mixing well. Add asparagus juice and stir. Then add cream, grated cheese and stir over a medium heat until same thickens. Fold in the asparagus and add a pinch of salt. Remove from stove and cool. Roll out the puff pastry thinly on a floured cloth and sprinkle with the breadcrumbs. Cover half the dough with the asparagus filling. Lifting one side of the cloth, roll up like a Swiss Roll and place on a biscuit sheet. Brush all over with the beaten egg. Sprinkle with the caraway seed and garnish with the anchovy fillets. Bake in a 450° oven for 10 minutes, then reduce oven to 350° and bake for 20 minutes. Serve hot.

PEROGEN

2 cups Red Seal Flour	$\frac{1}{2}$ lb. Melva Vegetable Fat
2 teaspoons Baking Powder	1 Egg
$\frac{1}{2}$ teaspoon Red Seal Salt	1 teaspoon Vinegar

METHOD: Sift dry ingredients and rub in Melva until mixture resembles fine crumbs. Add egg beaten with vinegar and form into dough. Cut with cookie cutter (3") and fill with the following:-

Filling: Mixture of any cooked meat which has been minced with onion and to which has been added chicken fat, salt, pepper. Place teaspoon filling on each round, wet edges with water and pinch together along centre. Brush with beaten egg yolk mixed with a little water. Bake in 400° oven till golden brown.

Variation: Add 1 heaped teaspoon curry powder to the above meat filling. Place teaspoon meat mixture on 3" rounds, wet edges with water and fold in half. Press edges together with fork. Brush tops with egg yolks beaten with little water. May be served hot with drinks.

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TONGUE HORSESHOE

8 ounces Flaky Pastry
8 ounces thinly sliced Pickled Tongue

Egg to Glaze

METHOD: Roll pastry out to oblong 15" x 10". Divide into 6 squares of equal size — cut across each square to form a triangle. Place a piece of tongue on each triangle and roll from the longest edge towards the point, roll up the pastry with tongue inside. Damp corners and secure. Shape gently into horseshoe. Brush with beaten egg and bake at 475°.

LAMB CHOP PIE

8 ounces Puff Pastry
9 Chops
1½ Sliced Potatoes
8 ounces Sliced Onion
1 Clove Garlic Chopped
¼ pint Soup

1 teaspoon Mixed Herbs
1 tablespoon Chopped Parsley
Red Seal Salt
Pepper
Egg for Glazing

METHOD: Arrange chops in pie dish so that bones stand up in a line down middle of the dish. Fill up with sliced potatoes, onions, chopped garlic, herbs and parsley; add seasoning and stock. Roll out pastry to cover dish. Cut a strip approximately ½ inch wide to fit round edge of the pie dish. Damp with water. Make a slit down middle of the pastry so that bones stand upright. Cover pie dish with pastry, trim and scallop the edges. Glaze top with egg. Bake 20 minutes at 475° and then reduce and bake 40 minutes at 350°. When serving place small frill on top of each bone.

CORNISH PASTIES

Brown Stew
Puff Pastry

Potatoes

METHOD: Make a nice brown stew, including some potatoes, or use heated up left over stew, or curried stew, to which potatoes have been added. Use chilled rolled out pastry, cut round rings with lid of small pot. Put a small amount of warmed, well seasoned meat, and fold over, pinching sides. Brush with egg. Cook in hot oven till done (on a chilled pan) usually about 15 minutes. Serve with gravy or mushroom sauce.

METRIC CONVERSION TABLE

WEIGHT

1 kilogram = 1000 grams = 2¼ lbs
1 lb. = 454 grams
12 oz. = 340 grams
8 oz. = 230 grams
6 oz. = 170 grams
4 oz. = 115 grams
3 oz. = 86 grams
2 oz. = 57 grams
1 oz. = 28 grams

VOLUME

1 litre = 1000 millilitres = 1¾ pints
1 pint ‡ 570 millilitres
½ pint = 285 millilitres
¼ pint = 190 millilitres
¼ pint = 143 millilitres

SALMON IN PASTRY

1 lb. Puff Pastry
Juice of 1 lemon

½ cup Fresh cut up Dill

Filling:

2 cups Tinned Salmon
2 Hard Boiled Eggs
10 tablespoons Melted Butter

2 cups cooked Rice
¼ lb. Fresh Mushrooms
1 small Onion
2 teaspoons Curry

METHOD: Roll pastry in 2 sheets, approx. 12" x 8", making one sheet slightly larger. Place the smaller sheet on baking tin. Place ¾ of the rice over the pastry, keeping away from the edges, spread the salmon over the rice and sprinkle it with lemon juice, black pepper and a little cayenne pepper. Sprinkle dill on the top. Cover with chopped eggs and 4 tablespoons melted butter. Cover with mushrooms and onions and a little more dill and remainder of rice. Moisten edges of pastry with water. Now cover with larger piece of dough. Press edges together, cut some vents on the top, paint with egg yolk. Place within a very hot oven. Turn down immediately to 300° and bake for 25 minutes. Have ready 6 tablespoons of melted butter into which stir 2 teaspoons of curry — pour this into pastry vents.

FISH ROLL

1 packet Frozen Fish
1 Onion
1 Green Pepper
1 lb. Puff Pastry

1 tin Mushroom Soup
Seasoning
¼ pint Cream

METHOD: Fry chopped onion and green pepper in butter and add ½ tin of soup, which should be thickened with a little Red Seal Flour. Boil up first, in a little salt water, the fish with a cut up onion, bay leaf and peppercorn. When cold flake it and add to the onion and mushroom mixture; season and add chopped parsley. Roll out pastry; put fish mixture on one side; cover with other side. Bake at 450° for 10 minutes and then at 350°. Heat and stir the other half of the mushroom soup as a sauce. Mix in ¼ pint cream.

FISH ROLY POLY

Filling:

1 lb. Salmon type Tinned Fish
or Cooked Fresh Fish
2 Hard Boiled Eggs
½ teaspoon Pepper
1 lb. Puff Pastry

¼ cup Finely Chopped Parsley
1 teaspoon Vinegar
Mayonnaise
Dough

METHOD: Coarsely flake the fish (if tinned drain first) chop and add the hard boiled eggs. Mix in pepper, parsley and vinegar. Add sufficient mayonnaise to moisten to a spreading consistency. Roll out pastry, lightly flouring the board if necessary. Put fish mixture on top of pastry, moisten edges, then roll up like a Swiss Roll. Bake at 400° for 30 minutes. Serve hot with mayonnaise or other sauce.

SHARON FISH PIE

1 lb. Puff Pastry
3 Hard Boiled Eggs
Chopped Parsley
2 cups Cooked Flaked Fish

1½ cups Medium White Sauce
flavoured with 1 tablespoon
Anchovy Paste

METHOD: Divide pastry into 2, rolling out one half to fit a deep greased pie plate. Mix fish with the sauce, add seasoning if necessary to taste. Add parsley. Turn fish mixture into the pie and cover with slices of hard boiled egg. Moistened edges of pie; roll out remains of pastry and cover, pressing edges all round with fork to seal. Bake in hot oven 425° for 20—25 minutes, until pastry is cooked and nicely browned.

PUFF PUFF PEARS

Pears
Squares of Puff Pastry
Sugar
Brandy

Beaten Egg
Strawberry Jam
Whipped Cream

METHOD: Roll out some puff pastry fairly thin, cut into squares, each large enough to enclose one pear. Peel pears, remove stalk and hollow the centre to remove core very gently. Fill hole with sugar and brandy. Turn each square of pastry over then, keeping pear upright, shape pastry round each one. Brush with beaten egg. Leave a hole at the top and decorate with a few bands of fancy shapes cut from pastry trimmings. Brush with egg glaze. Bake upright in pre-set oven for about 15—20 minutes. Meanwhile melt some strawberry jam over hot water. Pour a little over each pear. Serve with whipped cream.

STAWBERRIES IN PUFF PASTRY

1 lb. Strawberries
¾ lb. Puff Pastry
4 tablespoons Almonds
browned and chopped

1 teaspoon Sugar
Vanilla Essence
Strawberry Jam
½ pint Cream

METHOD: Roll out pastry as thin as possible onto a large sheet of tin foil. Lay this onto a baking tin. Pierce well with fork, chill. Bake in hot oven for 10—15 minutes. When cold trim and cut into 3 strips 3"—4" wide. Mix sliced strawberries with beaten, sweetened, cream. Spread over first layer of pastry. Place a second layer on top, spread remaining cream and cover with last piece of pastry. Brush top with strawberry jam, arranging halved strawberries on top. Cover sides with nuts and crushed trimmings.

JAM TARTS (PARAVA)

Puff Pastry
Jam

Beaten Egg

METHOD: Roll out puff pastry thinly. Leave in fridge for some time. Mark out into squares, dab a bit of jam, about half teaspoon, on each square. Cut pastry into squares, pinch together, brush with beaten egg. Bake in very hot oven 7 to 10 minutes. Keeps for weeks in tin. Warm up before using.

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PASTRY FILLETS (JAM PUFF SLICES)

Sugar
Shredded Almonds

Jam
Whipped Cream

METHOD: Roll out puff pastry into rectangle $\frac{1}{4}$ " thick and 6" wide. Cut strips 2 x 3" using a fluted pastry cutter. Brush half the strips very lightly with a wet soft brush. Cover each one of the remaining strips. Press down very lightly with a wide spatula. Sprinkle with sugar and shredded almonds. Put on a baking sheet. Chill thoroughly and bake in hot oven 425° for 25—30 minutes. When baked split and cool. Cover lower strips with raspberry, strawberry or currant jam and sweetened, flavoured, whipped cream. Cover with top strip.

APPLE PUFFS (PARAVA)

About 4 dozen medium pieces.

1 lb. Puff Pastry
6 Apples
Castor Sugar

Cinnamon
Sultanas or Raisins

METHOD: Cut 1 lb. puff pastry into half. Roll each half fairly thinly on a floured board, equally, so that they can eventually fit over each other. Put both halves in the fridge for at least half an hour, folded over. Core and peel approximately 6 apples, medium to large, and cut into about half inch round slices, then cut these slices in half. You can usually get about 4 slices from one apple. Experience will tell you how many apples you need. Put some castor sugar and a few shakes of cinnamon plus a few sultanas or seedless raisins (optional) over the apples, and let stand for about a quarter of an hour. The apples must not be too wet. Take pastry from fridge. Lay apple slices in rows on one piece of pastry, leaving about one inch or a little more apart. Put other piece of pastry on first piece and flatten with your fingers between the apple slices in rows. Cut pastry between the flattened rows and press each piece of apple and pastry together. Brush if desired with beaten egg. Put wrung out wet cloth on pastry for about 10 minutes and put on chilled baking sheet and bake in very hot oven for 8—12 minutes or until golden brown.

These puffs are delicious served as a hot sweet after a meat meal. If desired sprinkle with a little icing sugar. Also delicious for tea. Can be heated up next day, or kept in the deep freeze and then heated up.

This recipe can be adapted to fresh peaches, apricots, pineapple etc. or well drained tinned fruit.

APPLE STRUDEL

Puff Pastry
Melted Buttercup Margarine
Breadcrumbs
Grated Apple

Sugar
Cinnamon
Lemon Juice
Mixed Cake Fruit

METHOD: Roll out puff pastry onto a clean serviette. Brush with melted margarine, sprinkle breadcrumbs on top then add grated apples which have been mixed with sugar and cinnamon, 1 tablespoon lemon juice and a handful of mixed cake fruit. Roll up like a Swiss Roll, put onto a baking tin and let strudel stand for 30 minutes in fridge, then put into a 450° oven for approximately 20 minutes.

FRUIT ROLLS (PARAVA)

½ lb. Mixed Cake Fruit
½ lb. Pastry

Brown Sugar
Chopped Nuts

METHOD: Mix cake fruit with a couple of spoons of brown sugar and add a handful of chopped nuts. Roll chilled pastry thinly; cut in half and lay fruit the length of each pastry strip, roll over and pinch sides together. Either cut into small pieces or, if liked, leave in one long roll. Brush with beaten egg. Leave unbaked pastry mixture on flat pan in fridge for about half an hour. Bake in very hot oven for 7—10 minutes. The small pieces must be laid cut side down on the pan.

CUSTARD SLICES

1 packet Puff Pastry
1 packet cooked Vanilla Pudding

¾ pint Milk
Icing Sugar

METHOD: Prepare pudding as directed using only ¾ pint milk (mixture should be like thick custard), set aside. Roll out pastry, handling as little as possible, to fit baking tray 18" x 12" approximately. Bake till golden brown in hot oven 425° approximately 10 minutes. Cut in half to fit Swiss Roll tin approximately 7" x 11". Spread custard mixture over half pastry, cover with other half like a sandwich. Leave in fridge to cool. When cool, sieve over icing sugar and cut into approximately 9 slices.

PIGS EARS (PARAVA)

½ lb. Pastry
Castor Sugar

Hot melted Chocolate (optional)

METHOD: Roll ½ lb. well chilled pastry to form a strip ¼" thick and approximately 18" long. Brush lightly with water and sprinkle generously with castor sugar. Fold the ends over to meet in the centre and flatten lightly with rolling pin or hands. Brush again with water and sprinkle with castor sugar. Fold again, flatten and repeat water and sugar treatment. Press the two folded portions together well and chill the pastry for 10—15 minutes. When chilled, cut a roll into ¼" slices with very sharp knife. Place cut side down on a wet baking sheet and sprinkle with castor sugar. Bake at about 425° depending on your type of oven, for 5—7 minutes. Watch carefully as they burn very quickly and easily. For very special occasions, dip one end (after baking) of each biscuit into some hot melted chocolate, drying on wire rack.

ECCLES CAKES

8 ounces Puff Pastry
2 ounces Buttercup Margarine
2 ounces Sugar
2 ounces Sultanas

2 ounces Currants
2 ounces Candied Peel
Grated rind and juice 1 Lemon
Pinch of Mixed Spice

METHOD: Roll pastry out until it is about the thickness of a cent. Cut into large round shapes. Cream margarine and sugar together, then work in all the ingredients. Put a spoonful of this mixture on half of the pastry. Fold over, then press the edges very firmly together. If necessary, brush with a little milk and water to seal. Shape with rolling pin and your fingers until you have rounds. Make two to three slits of top of each cake. Brush with milk and castor sugar. Bake in the centre of hot oven 450° for 20 minutes.

TO GLAZE PASTRY

To give pastry a good finish the following glazes may be used:-

1. **Top of pies** — brush with beaten egg.
2. **Meat pies** — brush with egg yolk diluted with a little water.
3. **Fruit pies** — brush with slightly beaten egg whites.

TO PREVENT FRUIT TARTS FROM BECOMING SOGGY

After lining dish with pastry, paint the pastry with a beaten egg. Allow to stand for a few minutes before putting in fruit. This will result in the bottom of the crust being crisp and brown after baking.

SAUSAGE ROLLS

Mince any left-over meat, if possible add minced pickled or smoked meat or polony for extra taste and flavour. Add cold gravy and minced onion. **Do not put eggs in meat mixture.**

Proceed as for Egg or Salmon Rolls. Extremely good for keeping unbaked in deepfreeze.

CORNISH PASTIES

Make a nice brown stew, including some potatoes, or use heated up left over stew, or curried stew, to which potatoes have been added. Use chilled rolled out pastry, cut round rings with lid of small pot. Put a small amount of warmed, well seasoned meat, and fold over, pinching sides. Brush with egg. Cook in hot oven till done (on a chilled pan) usually about 15 minutes. Serve with gravy or mushroom sauce.

SAVOURY SALMON ROLLS (PARAVA)

½ lb. Tinned Pink Salmon

1 lb. Puff Pastry

METHOD: Mash salmon plus juice, mix with mayonnaise, a little vinegar and lemon juice, seasoning salt, Red Seal Salt and pepper. Must be spicy. Proceed as for Savoury Egg Rolls. Very good as a supper dish; if wanted, also serve with mushroom sauce.

DIPS, SAVOURIES, HORS D'OEUVRES AND SOUPS

3

THIS SECTION (PAGES 47 — 54) CONTAINS THE FOLLOWING RECIPES.

Avocado Pear Dip
Hot Mushroom Dip
Roquefort Cheese Dip
Cheese Dip
Liptauer Cheese
Cream Cheese and Tomato Dip
Cauliflower Dip
Tuna Fish Dip
Tuna Dip
Tarama
Appetizer Melon Cocktail
Grilled Grapefruit
Avocado Hors D'Ouvres
Curried Cashew Nuts
Cream Cheese Olives
Anchovy and Olive Rolls

Cheese Puffs
Cheese Stuffed Cucumber Snacks
Cheese Balls
Choux Pastry Snacks
Cheese Dreams
Savoury Puffs
Dauphine Potato Puffs
Onion Tart
Party Loaf
Creme d'Asperges
Gazpacho (Spanish Cold Soup)
Ministrone Soup
French Onion Soup
French Onion Soup
Tomato Soup (Milk)
Cold Beetroot Soup

PAGES

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DIPS, SAVOURIES, HORS D'OEUVRES AND SOUPS

AVOCADO PEAR DIP

Avocado Pear
1 small Grated Onion
Tabasco Sauce
Worchestershire Sauce

1 tablespoon Vinegar
2 tablespoons Mayonnaise
Red Seal Salt
Pepper

METHOD: Mash a ripe avacado pear. Add onion, dash of Tabasco Sauce and dash of Worchestershire Sauce, vinegar, mayonnaise, salt and pepper.

HOT MUSHROOM DIP

White Wine
Garlic
2 Eggs
Pepper

Mushroom Soup
Grated Cheese
Red Seal Salt
Fried Bread Cubes

METHOD: Simmer a wine glass of dry white wine with a crushed clove of garlic in a small pan until well reduced. Strain into a bowl and add one can of mushroom soup. Add 6 ounces grated cheese, 2 beaten eggs, Red Seal Salt and pepper. Mix well and return to stove in a double boiler until it is creamily blended. Serve hot with fried bread cubes.

ROQUEFORT CHEESE DIP

Roquefort Cheese
Cream Cheese
Mayonnaise
Worchestershire Sauce
Onion Juice

Red Seal Salt
Pepper
Parsley
Paprika

METHOD: Mix together one-third cup softened Roquefort Cheese, ¼ cup softened and sieved cream cheese, 2 tablespoons mayonnaise, ½ teaspoon Worchestershire sauce, 1 teaspoon onion juice, Red Seal Salt, pepper. If necessary add a little cream or top milk to get right consistency. Blend well and sprinkle with chopped parsley and paprika.

CHEESE DIP

4 ounces Butter
1 lb. Cream Cheese
1 teaspoon Red Seal Salt
1 teaspoon Mustard (prepared)
¼ cup Chopped Onion
¼ cup Chopped Parsley

¼ cup Chopped Capers
Dash of Tabasco Sauce
Dash of Worchestershire Sauce
¼ cup Tomato Ketchup
½ cup Sherry

METHOD: Cream butter very well. Add the cheese and all other ingredients. Serve in bowl, surrounded with potato crisps.

LIPTAEUER CHEESE

6 ounces Cheese (cheddar)
2 Anchovies Chopped
1 teaspoon Capers

1 small Onion Grated
1 teaspoon Paprika
1 teaspoon Mustard Powder

METHOD: Beat cheese with enough boiling milk (approximately $\frac{1}{2}$ cup) to make creamy consistency. Add to other ingredients. Serve with French loaf sliced almost through. Cover with melted butter and crushed garlic and grill in oven for a few minutes.

CREAM CHEESE AND TOMATO DIP

Cream Cheese
Cayenne Pepper
Dry Wine

Tomato Soup
Tabasco Sauce
Chopped Parsley

METHOD: Blend into required quantity of cream cheese some condensed tomato soup to make a smooth consistency, similar to lightly whipped cream. Add a dash of cayenne pepper or Tabasco Sauce and also a little dry wine. Sprinkle with chopped parsley and serve with bread sticks.

CAULIFLOWER DIP

1 small Head of Cauliflower
(slightly boiled)
 $\frac{1}{4}$ cup Horseradish (prepared)

$\frac{1}{4}$ cup Chili Sauce
 $\frac{1}{2}$ cup Sour Cream
4 ounces Cream Cheese

METHOD: Mix horseradish, chili sauce and sour cream, and add to mashed cream cheese. When ready to serve, place sauce bowl in centre of round plate and surround with separated flowerlets of cauliflower.

TUNA FISH DIP

1 tin Tuna Fish
2 tablespoons Capers
2 tablespoons Mayonnaise

2 Anchovies (or equivalent anchovy
paste)
1 Lemon

METHOD: Press tuna fish through sieve. Add crushed anchovies or anchovy paste, capers, mayonnaise and the juice of 1 lemon. Serve in a dish surrounded with potato crisps.

TUNA DIP

6 ounces Cream Cheese
6 ounces Tin Tuna Fish
Small Jar Mayonnaise
Small tin Carnation Milk
Red Seal Salt

Lemon Juice
Onion Juice
Few drops Tabasco
Pepper

METHOD: Mix all ingredients together till creamy. Cut up fish and fold in. Alternate with salmon or anchovies.

TARAMA

½ to ¾ cup Olivine Oil

½ lb. Tarama

Juice of 1 large Lemon (or more)

1 whole Egg

2 slices White Bread (soaked in water and squeezed.)

METHOD: Mix for as long as possible in mixer — until whitish and smooth. One grated onion may be added. Four tablespoons of cream will give Tarama that little extra smoothness and richness.

APPETIZER MELON COCKTAIL

Canteloupe

Honeydew

Spanspek

Watermelon

Lemon Juice

Honey

Fresh Mint Leaves

METHOD: Cut balls of equal quantities of canteloupe, honeydew, spanspek and watermelon. For each fruit cup mix 1 tablespoon lemon juice with 1 tablespoon honey. Let the balls stand in this mixture in the fridge until thoroughly chilled. Garnish cocktails with fresh mint leaves. Balls of avocado may be added for a novel flavour.

GRILLED GRAPEFRUIT

3 Grapefruit

6 teaspoons Syrup or Honey

Halved Cherries

3 ounces Brown Sugar

Few pieces Crystallised Ginger

METHOD: Halve the grapefruit and remove the core and membrane. Put a teaspoon of syrup or honey on each half and sprinkle with brown sugar. Place under grill for a few minutes and garnish with ginger or halved cherries. Serve hot with a few drops of rum if desired.

AVOCADO HORS D'OEUVRES

(For 4 Servings)

Red Seal Salt

2 Avocado Pears

¼ cup Cream Cheese

¼ lb. Smoked Snoek

Pepper

Olives

Mayonnaise

METHOD: Halve avocado pears. Mash cream cheese, snoek, pepper, salt, mayonnaise and finely chopped olives. Fill avocado halves with this mixture. Garnish with parsley and a sprinkling of cayenne pepper.

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CURRIED CASHEW NUTS

Large unsalted Cashew Nuts
Salt Water

Olivine Oil
Dry Curry Powder

METHOD: Choose large unsalted cashew nuts. Soak them in salt water for 1 hour. Dry well. Heat just sufficient Olivine Oil to cover the base of your pan. Dust the nuts generously with dry curry powder. Stir the nuts until they are hot and crisp. Drain on brown paper. If they are not yellow enough, dust with more curry, while they are still hot. When cold spike 3 or 4 nuts on cocktail sticks and serve with a small bowl of chutney, into which the nuts may be dipped.

CREAM CHEESE OLIVES

METHOD: Make a mixture of the cream cheese, Red Seal Salt, a sprinkling of cayenne pepper, a little chutney and a few drops of Worcestershire sauce. Blend well and coat stuffed olives with the mixture. Roll in chopped cashew nuts that are salted. Impale on cocktail sticks and insert into the skin of half an orange as a base. Serve with drinks.

ANCHOVY AND OLIVE ROLLS

Anchovy Fillets
Seasoned Cream Cheese (optional)

Large Stuffed Olives

METHOD: Wrap an anchovy fillet round each large stuffed olive and secure with a toothpick. If desired remove the stuffing from olives and replace with seasoned cream cheese.

CHEESE PUFFS

1 cup Grated Cheddar Cheese
1 Egg Separated
¼ teaspoon Paprika

¼ cup Dry Breadcrumbs
¼ teaspoon Dry Mustard
¼ teaspoon Red Seal Salt

METHOD: Mix together cheese, breadcrumbs, egg yolk and seasoning. Fold in stiffly beaten egg white. Shape into balls about ¾ inch in diameter. Roll in some fine breadcrumbs and fry in hot Olivine Oil until browned. Serve hot.

CHEESE STUFFED CUCUMBER SNACKS

Remove centre of 2 peeled cucumbers with an apple corer. Stuff with any of the following mixtures:-

Anchovy Filling:

4 to 6 ounces Cream or Cottage Cheese
6 to 8 finely chopped Anchovies
Red Seal Salt

1 tablespoon Mayonnaise
Few drops Lemon Juice
Dash of Pepper
Dash of Tabasco

Smoked Salmon Filling:

4 to 6 ozs. Cream or Cottage Cheese
½ teaspoon Lemon Juice
Red Seal Salt
Pepper

3 tablespoons Smoked Salmon finely chopped
1 tablespoon Cream or Top of Milk

Snoek Filling:

4 ounces Cream or Cottage Cheese
1 teaspoon Lemon Juice
Red Seal Salt
Pepper

½ cup Snoek
¼ teaspoon Grated Onion
1 tablespoon Cream or Top of Milk

Sardine Filling:

Same as Snoek Filling, but use sardines.

If cucumbers are very long, halve before removing centre. Chill stuffed cucumbers and cut into ½ inch slices. Insert toothpick in each slice.

CHEESE BALLS

¼ cup Butter
½ cup Red Seal Flour
1 cup Milk
1½ cups Grated Cheese (use several varieties if you have left overs)
1 Egg

Dash of Cayenne Pepper
3 drops Worcestershire Sauce or little Prepared Mustard
Red Seal Salt
Pepper
Egg and Breadcrumbs for coating

METHOD: Make a white sauce with the butter, flour and milk. Add seasonings and stir until sauce thickens. Then add grated cheese. Continue to stir until cheese has melted. Remove saucepan from heat and add well beaten egg. Allow mixture to get cold. Form into small balls. Roll these in beaten egg and breadcrumbs. Fry a delicate brown in hot Olive. Serve piping hot on cocktail sticks.

CHOUX PASTRY SNACKS

BASIC CHOUX PASTRY

2 ounces Buttercup Margarine
 ¼ pint Water
 2 Eggs

2 ounces Red Seal Flour
 Pinch Red Seal Salt

METHOD: Place water and margarine in a saucepan and bring to the boil. Add flour and salt all at once into the boiling mixture and stir all the time until the mixture forms a ball and leaves the sides of the saucepan clean. Remove from stove. Allow to cool, beating well. Add eggs one at a time, continuing to beat well after each egg. The mixture should be thick and glossy and just stiff enough to hold its shape. Drop small teaspoonfuls onto greased baking sheet, leaving room for spreading. Bake in hot oven 425°—450° for 15—20 minutes till well risen and pale golden.

Using the above recipe the following may be made:-

CHEESE DREAMS

Basic Choux Pastry Recipe
 2 ounces Parmesan Cheese
 ½ teaspoon Cayenne Pepper

½ teaspoon Red Seal Salt
 Olivine Oil for frying

METHOD: Prepare basic choux pastry and after adding eggs add Parmesan cheese and seasoning and beat well. Drop from small teaspoon into very hot oil and fry until golden brown. Drain well before serving.

SAVOURY PUFFS

Make small puffs using teaspoonsful of the above mixture. Fill with any of the following:-

Cream Cheese:

4 ounces Cream Cheese
 ¼ teaspoon Red Seal Salt
 ½ teaspoon Garlic Salt

1 tablespoon Mayonnaise
 Good pinch Cayenne Pepper

Combine all ingredients together to form soft mixture.

Salmon:

1 small Tin Red Salmon
 Pinch Red Seal Salt

1 teaspoon Lemon Juice
 Pepper

Flake salmon finely and add rest of ingredients.

Tangy Egg:

4 Hardboiled Eggs
 1 tablespoon finely chopped Spring
 Onion

½ teaspoon Red Seal Salt
 1 tablespoon Mayonnaise
 Pinch Pepper

Mash egg together with all ingredients. If too dry add little extra mayonnaise.

Cheese Pickled Gherkins:

4 ounces Grated Cheddar or any
 other sharp Cheese
 2 tablespoons finely chopped
 Gherkins

2 tablespoons Mayonnaise or
 Thick Cream
 Pinch Red Seal Salt

Combine all the ingredients to form a soft mixture.

DAUPHINE POTATO PUFFS

1 cup Mashed Potatoes
1 Basic Choux Pastry Recipe
1/8 teaspoon Cayenne Pepper

Red Seal Salt
Breadcrumbs

METHOD: Combine all the above ingredients. Drop from teaspoon into breadcrumbs and fry in hot Olive oil until golden brown. Drain well and sprinkle with extra salt. Serve at once piping hot.

ONION TART

1 cup Red Seal Flour
1 teaspoon Sugar
2 teaspoons Baking Powder

1/2 cup Milk
2 ounces Butter
Pinch Red Seal Salt

Filling:

1 x 1 lb. tin Asparagus
1 Egg
8 Onions coarsely chopped
2 ounces Butter

1/2 pint Cream
1/2 to 1 cup grated Cheddar Cheese
Pepper
Red Seal Salt to taste

METHOD: Sift dry ingredients. Grate butter into mixture and stir in milk with a knife. Knead lightly and gently paste into greased pyrex dish

To make filling: Simmer onions in butter over medium heat until tender, but not brown. Add salt and pepper. Cool. Spread this mixture over dough. Combine cream, beaten egg and little salt. Arrange drained asparagus over onions and add cream mixture. Sprinkle with grated cheese. Bake at 425° for approximately 10 minutes.

PARTY LOAF

METHOD: This is easy to do if you can find fillings of different colours. Beetroot, picallili, avocado pear and so on. Remove crusts of a small sandwich loaf and cut lengthwise in slices, butter both sides of slices. Fill each layer with different colours then place the layers back into the shape of the loaf. Cover top and sides with sieved and beaten cream cheese and garnish with stuffed olives. When you cut the slice you have a multi-coloured layer. Using a round loaf, known as the television loaf by the bakers, make similar layers then ice again with cream cheese. Place a china crinoline lady on the top and make frills all around the skirt with round potato crisps.

CREME D'ASPERGES

1 tin Asparagus Soup
1 tin Asparagus 1" cuts.

1/2 pint Cream

METHOD: Make the soup, as directed on the tin, using all milk. Drain the tin of asparagus cuts and add the pieces to the soup and keep hot. Just before serving, whip the cream and fold into the soup. Serve immediately.

HERRINGS AND FISH

4

THIS SECTION (PAGES 55 — 72) CONTAINS THE FOLLOWING RECIPES.

Herring Bourangere
Herring Au Vin Blanc
Herring Lyonnaise
Chopped Herring
Creamed Herrings
Creamed Pickled Herrings
Mustard Herrings
Herrings in Mustard Sauce
Herrings in Hot Cream Sauce
Pickled Herrings
Herring Salad
Danish Herrings in Wine
Pineapple Herrings in Mayonnaise
Compote of Herring
Sweet 'n' Sour Marinated Herrings
Herring Bake Sweet 'n' Sour
Snoek Salad
Tuna Mousse
Moulded Fish Salad
Tuna Salad
Salmon Mould
Trout Grilled
Trout au vin Rouge

Trout d'Oree
Trout Colbert
Sole Walewska
Sole Bonne Femme
Sole Bourguignonne
Sole Mornay
Sole Fillets in Apple Juice
Kob Steaks with Mushroom Sauce
Baked Fish Fillets
Maitre d'Hotel Butter
Gefilte Fish
Gefilte Fish
Gefilte Fish Cakes
Baked Fish Balls
Pickled Fish
Egg and Lemon Fish
Baked Fish
Fish in Curry Sauce
Fish with Capers
Seafood Newberg
Salmon Asparagus Chantilly
Salmon Lasagne Casserole
Baked Tuna Fish

HERRINGS & FISH

HERRING BOURANGERE

Herring
Thin sliced Potatoes
1 Onion

Melted Butter
Lemon Juice
Chopped Parsley

METHOD: Season the cleaned herring and place in buttered pan. Add thin sliced potatoes and 1 onion. Pour melted butter over and enough water to cover. Bring to boil then place in oven till cooked. Sprinkle with lemon juice and chopped parsley.

HERRING AU VIN BLANC

Herring
1 cup White Wine

Butter Squares

METHOD: Cut into thick slices, season and place in butter dish. Add 1 cup white wine. Sprinkle with butter squares. Cook for about 4 minutes then cover and allow to simmer.

HERRING LYONNAISE

Herring
Red Seal Salt
Pepper
Red Seal Flour

Sliced Onion
One-third cup Vinegar
White Wine
Chopped Parsley

METHOD: Slit the cleaned herring along the back and sides. Season with salt and pepper, and coat with flour. Saute on one side, then add sliced onion. Turn herring and add one-third cup vinegar and white wine. Cook until ready and pour the juices over and sprinkle with chopped parsley.

CHOPPED HERRING

3 Herrings
1 large Onion
2 large Apples
12 Marie Biscuits soaked in White
Vinegar

¼ teaspoon Pepper
Juice of ½ large Lemon
4 Hardboiled Eggs
1 dessertspoon Sugar

METHOD: Clean and soak herrings overnight. Next day skin and fillet herrings. Soak biscuits in approximately ¼ cup vinegar. Mince herrings, apples and 2 eggs. Add soaked biscuits, pepper, sugar, lemon juice and mix well. If the herrings are large, it may be necessary to add extra biscuits and a little more sugar. Arrange on a platter and decorate with 2 remaining grated or finely chopped eggs and garnish with parsley, tomatoes and pickled cucumber as desired.

CREAMED HERRINGS

White Vinegar
Sugar
Mustard
Cream

Herring
Eggs
Cornflour
Onions

METHOD: Soak and fillet 6 herrings. For the sauce, boil ½ bottle white vinegar and ¾ cup sugar in a double boiler. Take 3 yolks and 2 whole eggs, beat well. Mix 1 teaspoon mustard powder with a little warm vinegar, add eggs, stirring constantly on stove. Mix 2 teaspoons cornflour with ½ cup cold water and add to mixture in pot, stirring all the time till it thickens. Cool. Fold in ½ pint cream. Slice onions and cut herrings into pieces and pour over sauce in layers.

CREAMED PICKLED HERRINGS

6 Herrings
2 large Onions
3 Egg Yolks
1 teaspoon Mustard
1 tablespoon Sugar

Bay Leaves
Peppercorns
¾ cup White Vinegar
½ pint Cream

METHOD: Clean and skin herrings and soak overnight; slice into one inch slices. Slice onions and pack alternate layers of onion and herrings into a jar. Rub together egg yolks, mustard and sugar. Add bay leaves and peppercorns. Place this mixture in a double boiler and boil till mixture thickens slightly. Remove from heat and allow to cool. When cool strain and add cream. Pour over herrings and refrigerate. Allow to stand for 3 to 4 days before use.

MUSTARD HERRINGS

6 Herrings
3 Egg Yolks
¾ cup Sugar
1½ cups Vinegar
½ cup Water

2 large Onions
2 teaspoons Mustard Powder
Bayleaves
Peppercorns

METHOD: Soak herrings overnight. Beat egg yolks with sugar till light and creamy. Boil vinegar and water and then add one tablespoon at a time to the egg mixture, mixing well. Add mustard and return to heat to boil up once. Cool, cut herrings into 1" pieces. Arrange herring and onions in alternate layers with bayleaves and peppercorns in jar. Pour liquid over herrings in jar, and refrigerate.

HERRINGS IN MUSTARD SAUCE

Vinegar	Bayleaves
Peppercorns	Eggs
Mustard	Sugar
Onions	Herrings

METHOD: Soak 6 herrings overnight and cut into 1 inch pieces. Boil together 1 cup white vinegar, 3 bayleaves and 6 peppercorns. Beat together 3 eggs, 2 teaspoons mustard and $\frac{1}{2}$ cup sugar. Gradually add boiled vinegar and return to stove turned to "low" to simmer gently until mixture thickens. Remove from stove to cool then add $\frac{1}{2}$ pint cream. Slice 3 medium onions and arrange alternate layers of onion and herrings. Pour liquid over herring and onions and, when cold, leave in fridge for few days before use.

HERRINGS IN HOT CREAM SAUCE

3 Salt Herrings	$\frac{1}{2}$ pint Sour Cream
2 Onions	2 Eggs
Water	Pinch of Pepper

METHOD: Clean herrings and soak overnight. Cut into $1\frac{1}{2}$ to 2" slices. Put in a saucepan and cover with water. Bring to the boil and pour off water. Replace with fresh cold water and boil again. Repeat this process twice more.

Sauce: Slice onions thinly and boil until soft, in a little water. Allow to cool slightly. Whip cream, eggs and pinch of pepper and stir into cooled onions over very low heat, to prevent curdling. Remove herrings to a suitable heatproof dish and pour over sauce. Serve hot with boiled potatoes.

PICKLED HERRINGS

6 Herrings	3 Onions
8 Bay Leaves	10 Peppercorns
1 cup White Vinegar	1 tablespoon Sugar
$\frac{1}{4}$ cup Water	

METHOD: Clean herrings and soak for 24 hours. Skin, fillet and slice into 1 inch pieces. Slice onions and arrange alternately layers of herring and onions, bayleaves and peppercorns in a suitable jar. Mix vinegar and water with sugar and heat until sugar is dissolved. When cool pour over herrings. Add an extra two to three bayleaves and a few peppercorns. Cover with lid and place in fridge for 4 to 5 days before use.

HERRING SALAD

Use the above pickled herring recipe. Strain about half the amount of herrings and onions into a bowl, discarding bayleaves and peppercorns. Add the following:-

$\frac{1}{4}$ cup thinly sliced Celery	2 diced Apples (1 if large)
$\frac{1}{2}$ diced Pickled Cucumber	$\frac{1}{2}$ finely chopped Green Pepper
1 diced Beetroot (optional)	$\frac{1}{2}$ pint Cream

METHOD: Mix together well; pour over herrings and place in fridge for about two hours before serving.

DANISH HERRINGS IN WINE

6 Herrings
 ½ cup Olivine Oil
 1 cup Dry Red Wine
 1 cup chopped Apples
 ¼ teaspoon Pepper

1 cup Brown Vinegar
 1 cup Tomato Puree
 1 cup chopped Onions
 1 heaped teaspoon prepared Mustard

METHOD: Clean and soak herrings overnight. Next day skin, fillet and cut into approximately ½ inch slices. Mix together in a bowl all the remaining ingredients and stir well. Place herrings in this mixture and mix well. Transfer to a suitable glass jar or container. Cover and refrigerate for at least 4 days before use.

PINEAPPLE HERRINGS IN MAYONNAISE

8 Herrings
 ¼ cup Sugar
 1 cup Vinegar
 4 Egg Yolks

2 large sliced Onions
 1 small tin Pineapple Chunks
 1 teaspoon Dry Mustard
 Bayleaves and Peppercorns

METHOD: Soak herrings overnight. Clean and fillet into quarters. Roll each quarter round a pineapple chunk and secure with a toothpick. Bring vinegar and pineapple juice to the boil. Beat egg yolks and sugar together, and slowly pour the vinegar and pineapple juice over the beaten egg mixture. Remove to a double boiler. Add mustard, bayleaves and peppercorns. Boil until mixture coats back of spoon and thickens. Allow to cool. Arrange alternate layers of herrings, sliced onions and balance of pineapple chunks. Remove bayleaves and peppercorns from the mayonnaise and pour over the herrings. Cover jar and leave in refrigerator for 3 or 4 days before using.

COMPOTE OF HERRING

6 Herrings (soaked overnight and cleaned)
 1 lb. Mixed Dry Fruit
 2 large Onions

½ cup Dry White Wine
 ½ cup White Vinegar
 1 cup Syrup

METHOD: Soak dried fruit in water for 1½ hours to 2 hours. Fillet herrings and arrange in layers with fruit and onions in suitable oven dish. Add remaining ingredients and bake in 350° oven for approximately 2 hours.

SWEET 'N' SOUR MARINATED HERRINGS

6 Herrings
 3 Onions
 4 tablespoons Water
 Few Peppercorns
 Bayleaves

2 tablespoons Syrup
 ½ cup Saltanas
 2 Lemons
 Pinch of Pepper
 ¼ cup Sugar

METHOD: Clean, skin and soak herrings overnight. Slice onions and place in saucepan with peppercorns, bayleaves, pepper, lemon juice, syrup, sugar, sultanas and water. Boil for 20 minutes. Cool. Cut herrings into one inch slices and place in dish. Pour marinade over herrings and refrigerate. Allow to stand for 2 or 3 days before using.

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HERRING BAKE SWEET 'N' SOUR

3 large or 4 small Herrings
2 Onions
4 dessertspoons Syrup

3 or 4 teaspoons Allspice
2 large Lemons
1 Cinnamon Stick

METHOD: Clean and skin herrings and soak overnight. Cut into one inch slices and place in well greased oven dish. Slice onions thinly and place on top of herrings. Mix syrup with juice of lemons and pour over herrings. Add allspice and cinnamon stick and bake in slow oven, 300°, till well browned. May be served hot with mashed potato, or cold.

SNOEK SALAD

1 cup cooked Red Seal Rice
1 pickled Cucumber
1 Onion
1 Green Pepper

8 ounces Smoked Snoek
Red Seal Salt, Pepper
Garlic Salt
Paprika to taste

METHOD: Chop all ingredients finely, add to rice and mix well. Add a little mayonnaise and press into a mould. Put in the freezer for 10 minutes. Unmould before serving.

TUNA MOUSSE

1½ tablespoons unflavoured Gelatine
½ cup Cold Water
¼ cup Lemon Juice
2 cups Tuna coarsely flaked
½ cup chopped pared Cucumber
½ cup thinly sliced Celery
1 cup Mayonnaise

¼ cup sliced stuffed Green Olives
2 teaspoons Onion Juice
1 teaspoon Horseradish Sauce
¼ teaspoon Paprika
1 cup Whipped Cream
¼ teaspoon Red Seal Salt

METHOD: Soften gelatine in cold water in saucepan. Add lemon juice. Heat and stir over medium heat till gelatine is dissolved. Stir into mayonnaise. Add tuna and remaining ingredients except cream. Mix well. Fold in whipped cream. Pour into an 8½" x 4½" x 2½" loaf pan. Chill till firm. Unmould and decorate with lemon slices.

MOULDED FISH SALAD

2 cups boiled flaked Fish
½ tablespoon Gelatine
1 tablespoon Lemon Juice
½ cup Mayonnaise
1 teaspoon Worcestershire Sauce

½ tablespoon finely grated Onion
½ cup boiling Fish Stock
2 tablespoons Capers
¼ cup thick Whipped Cream
Red Seal Salt and Pepper

METHOD: Soften gelatine in a little cold water and dissolve over boiling water. Combine with fish stock and allow to cool. Stir in mayonnaise, lemon juice, salt and pepper, Worcestershire sauce and onion. Fold in whipped cream. Stir in flaked fish and capers. Turn into lightly oiled mould and chill. Unmould and garnish with tomato, parsley, capers, olives etc.

TUNA SALAD

1 tin Tuna Fish (flaked)
1 Cucumber
1 Lettuce (torn)
6 sticks Celery

3 Tomatoes
8 Spring Onions
12 Olives (take out pips)

METHOD: Dice all the ingredients, except the fish, and place in a salad bowl. Add fish, salt, one tablespoon brown vinegar, one tablespoon Olivine Oil, and toss.

SALMON MOULD

1 tall can Salmon
2 Hardboiled Eggs, coarsely chopped
3 tablespoons Tomato Sauce
1—2 dessertspoons Lemon Juice
2 tablespoons Mayonnaise
1 tablespoon Gelatine

2 tablespoons cold Water
4 tablespoons Cheese Sauce
1 medium sized Onion, finely grated
2 tablespoons chopped Pickled Cucumber
Red Seal Salt and Pepper to taste

METHOD: Sprinkle gelatine over cold water and allow to set till firm. To the juice of salmon add sufficient water to make up quarter of a pint. Heat this liquid and add the gelatine cake, stir till dissolved. Allow to cool. Flake salmon, add eggs, cucumber, lemon juice and rest of ingredients. Stir in gelatine and place in well oiled fish shaped mould to set. Turn out on bed of finely cut lettuce and decorate around mould with sliced egg, tomatoes, cucumber and olives.

RAINBOW TROUT (Sole may be used)

TROUT GRILLED

Trout
Olivine Oil

Red Seal Salt
Pepper

METHOD: Cut the trout and rinse thoroughly in cold water, then dry the trout. Brush with Olivine Oil or melted butter and season with salt and pepper. Place under griller and turn frequently, brushing with oil or butter the underside to prevent sticking.

TROUT AU VIN ROUGE

Trout
Red Seal Salt
Pepper
1 Carrot

1 Onion, chopped fine
Red Wine
Melted Butter

METHOD: Season the cleaned trout with Red Seal Salt and pepper. Place in pan and pour over 1 carrot and 1 onion chopped fine, and cook lightly in butter. Add enough wine (red) to almost cover the trout and cook on top of the stove for approximately 10 minutes, then cover and cook in oven. Remove and drain the trout and add 2 tablespoons of melted butter to remaining juices and pour over trout for serving.

TROUT D'OREE

Trout
Red Seal Flour
Melted Butter

White Wine
Mushrooms

METHOD: Lightly coat the cleaned trout with flour and place in a pan of melted butter. Pour cup of white wine slowly over. Allow to simmer turning over. When cooked, remove fish and add one-third cup finely chopped mushrooms to juices in pan and pour over for serving.

TROUT COLBERT

Trout
Red Seal Flour
Milk

Breadcrumbs
Butter

METHOD: Remove skin and side bones. Soak in cold boiled milk for approximately 10 minutes. Coat with flour, egg and breadcrumbs and deep fry in butter.

SOLE

SOLE WALEWSKA

Sole
One-third cup diced Mushrooms

½ cup Fresh Cream
Grated Parmesan Cheese

METHOD: Remove skin and side bones of Sole and poach. When cooked, remove and boil away two-thirds of remaining water in pan. Add mushrooms, fresh cream and 1 heaped tablespoon grated Parmesan cheese. Stir and pour over.

SOLE BONNE FEMME

Sole
Parsley
½ cup Dry White Wine

½ cup Mushrooms
Lemon Juice

METHOD: Fillet and season both sides. Place in buttered pan with fine chopped mushrooms and pinch chopped parsley. Add the dry white wine and few drops lemon juice. Bake in oven. Pour juice over for serving.

SOLE BOURGUIGNONNE

Sole
Red Burgundy
Finely diced Mushrooms

Onions
Butter
Red Seal Flour

METHOD: Fillet and season. Poach slowly in fish fumet made of the bones of the Sole and any Red Burgundy. Remove the fish and strain the fumet. Replace Sole in fumet and add finely diced mushrooms and onions already cooked in butter, and spoon of flour to thicken.

SOLE MORNAY

4 large Fillets of Sole
Bouquet Garni
1 cup Milk
½ cup White Wine
Mushrooms

Chopped Parsley
Red Seal Salt
Pepper
Butter
Red Seal Flour

METHOD: Roll up fillets. Steam fillets in wire sieve or colander. When fairly soft, place in casserole. Sprinkle with lemon juice. Meanwhile make a white sauce with butter, flour, salt and pepper. Add milk and wine and stir till smooth. Add the mushrooms, parsley and pour over fish. Place in oven and bake for 10 minutes. Cheese (grated) may be used instead of — or with — mushrooms.

SOLE FILLETS IN APPLE JUICE

4 large Fillets Sole
1 Bayleaf
1 cup Apple Juice

1 chopped Onion
Red Seal Salt
Pepper

METHOD: Bake the fillets with the bones, onions and apple juice for 10 minutes. Remove bones and strain off the liquid. Melt 1½ tablespoons butter and add 1½ tablespoons Red Seal Flour. Add the sauce from the fish slowly. Stir till boiling. Add chopped parsley and pour over fish. Bake 5 minutes more. Cream may be added to the sauce. This is an excellent dish.

KOB STEAKS WITH MUSHROOM SAUCE

4 Kob Steaks (¾" thick)
1 chopped small Onion
¼ lb. chopped Mushrooms
6 tablespoons Boiling Water
3 tablespoons Butter

3 tablespoons Red Seal Flour
2 cups Milk
Red Seal Salt
Pepper
Paprika

METHOD: Place steaks in oiled baking dish. Cook onions and mushrooms for 3 minutes in the water. Add butter, stir in flour and mix well. Add milk. Heat to boiling point, stirring constantly. Season and pour over fish. Sprinkle with paprika. Bake in 350° oven for 30 minutes, or until fish is tender. Serves 4. Kingclip and Sole are equally tasty for this dish.

BAKED FISH FILLETS

1 lb. Fish Fillets (Kingclip, Hake etc.)
1 cup Milk
Dry Breadcrumbs

1 tablespoon Red Seal Salt
1 tablespoon Olivine Oil
Melted Butter

METHOD: Cut fillets into serving pieces. Combine milk and salt. Dip fish into milk, then into crumbs. Place in greased baking dish. Sprinkle with oil and brown quickly in very hot oven (500°) 10 to 20 minutes. Do not add water. Serve with Maitre d'Hotel Butter. Serves 2—3.

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MAITRE D'HOTEL BUTTER

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GEFILTE FISH

3 lbs. Mixed Fish (usually 1 lb. each of the following:- Hake, Cod, Red Roman, King Klip, "74")

3 Onions

1 teaspoon Sugar

2 tablespoons Matzo Meal

Pepper

Red Seal Salt to taste

1 Egg

Carrots

Water

METHOD: Clean, skin and fillet the fish. Retain the bones, skins and heads. Mince the fish with two onions. Add salt to taste, 1 teaspoon sugar, 1 stiffly beaten egg, 2 tablespoons matzo meal and three quarters of a cup of water. Mix thoroughly. Slice carrots (so that you have enough carrot slices to decorate the fish) and remaining onion. Place these vegetables and the fish heads, skin and bones, into a 4 quart pot with 2 pints of water. Add 1 teaspoon salt and pepper to taste. Bring to the boil. Form fish mixture into balls and drop into boiling liquid. Allow to boil for 1½ hours. Place fish balls in serving dish, garnish with cooked carrot slices. Taste liquid to see if seasoning is correct. Pour strained gravy over.

GEFILTE FISH

2½ lbs. Fish (any mixed fish, if possible)

1 large Onion

1 Egg

1 teaspoon Sugar

1 cup Cold Water

1 tablespoon Chopped Parsley

About 4 Carrots

Red Seal Salt

Pepper

1 tablespoon Olivine Oil

2 tablespoons Marie Biscuit Crumbs

1 tablespoon Ground Almonds
(optional)

Additional Onion

METHOD: Wash, salt and fillet fish, reserving bones, heads and skin for the stock. Mince fish with onion and two carrots. Add all remaining ingredients, mixing very well. Form into balls. Place skins, bones and heads in a saucepan, together with additional onion and 2 sliced carrots. Place fish balls on top. Add sufficient cold water to cover the fish. Simmer gently for approximately 2 hours. If necessary add extra water to keep fish covered. Serve either hot or cold.

GEFILTE FISH CAKES

METHOD: Use the above mixture. Form into small fish cakes. Roll in beaten egg and coat in breadcrumbs. Fry in hot Olivine till nicely browned. Drain on crumpled brown paper.

BAKED FISH BALLS

METHOD: Use the above mixture. Butter oven dish and place fish balls in same. Dot with butter. Add about $\frac{1}{2}$ pint milk and bake till lightly browned. Mix 1 tin mushroom soup with $\frac{1}{4}$ pint cream and spoon over fish. Bake till brown and bubbling.

PICKLED FISH

5 lbs. White Fish
Red Seal Salt
Pepper
Lemon

Red Seal Flour
Beaten Egg
Olivine Oil

METHOD: Take 5 lbs. of white fish (Kingclip, Hake, Kob, etc.) and prepare for frying. Squeeze a whole lemon over the fish slices. Add salt and pepper. Dip first in flour, then in beaten egg and fry in fairly deep, hot Olivine. Leave to drain and cool on clean brown paper. Place in dishes, pour over the following sauce:

Sauce: Put in saucepan —

3 pints Vinegar
2 pints Water
1 tablespoon Sugar

1 tablespoon Peppercorns
6 Bayleaves
Pinch Red Seal Salt

Bring to the boil for 5 minutes. Mix 4 tablespoons curry powder, 4 tablespoons flour and a little water to make a smooth, thin paste. Add the boiling vinegar mixture and mix until smooth. Leave to cook slowly for about 7 minutes. Pour over the fried fish. Leave for 2 hours before serving.

EGG AND LEMON FISH

6 large slices Fish
2 large Lemons
2 tablespoons Sugar
1 large sliced Onion
3 Bayleaves

2 cups Water
2 Egg Yolks (or 1 large whole egg)
1 dessertspoon Vinegar
5—6 Peppercorns
Red Seal Salt, Pepper

METHOD: Boil water, onion, vinegar, bay leaves, peppercorns, salt and pepper for 5 to 6 minutes. Add cleaned fish and gently simmer for 20—25 minutes. Add strained juice of lemons and sugar (more sugar to taste if necessary) and cook for further 10 minutes. Carefully remove fish to a dish. Strain stock and return to heat. Beat egg yolks and stir in a little fish stock to beaten eggs. Slowly pour egg mixture into fish stock and reheat, but do not boil, stirring well. Pour this sauce over fish. Cool and refrigerate.

BAKED FISH

Fillets of Fish
Red Seal Salt
Pepper

Lemon Juice
Mushroom Soup

METHOD: Place fish in greased pan, sprinkle with salt, pepper and lemon juice. Cover the fish with a can of mushroom soup. Bake in a moderate oven for approximately 30 minutes. Serve with mashed potatoes and salad.

FISH IN CURRY SAUCE

Hake
Onion
Red Seal Salt
Egg

Carrot
Olivine Oil
Sugar
Pepper

METHOD: Mince 1 lb. hake with 1 large onion and 1 raw carrot. Add 2 teaspoons Olivine Oil, 1 teaspoon sugar, salt, pepper, 1 raw egg and a little water. Mix well. Form into balls and fry in deep Olivine Oil.

Sauce: Fry 1 chopped onion in a little Olivine Oil till light brown. Take 1 teaspoon curry powder and 1 teaspoon Red Seal Flour. Add about 2 tablespoons tomato sauce, 1 tablespoon chutney, 1 teaspoon sugar and dash Worcestershire sauce. Mix well, add about 1 cup water, 1 grated apple and about 2 tablespoons sultanas. Add to fried onion and simmer for about 10 minutes. Pour over fish and chill.

FISH WITH CAPERS

12 ounces of any White Fish
1 or 2 Onions
2 tablespoons Sour Cream
Juice of ½ Lemon and grated Lemon Peel

1 tablespoon Capers
Parsley
Red Seal Salt
Pepper

METHOD: Slice the onions and fry until golden brown. Cut the fish into small pieces and add to the onions. Season with salt and pepper, add sour cream, lemon juice and peel, parsley and capers. Mix well and bake in a moderate oven until the fish is tender.

SEAFOOD NEWBERG

Cooked Fish
Buttercup Margarine
Red Seal Salt
Paprika
Mayonnaise
Milk

Nutmeg
Mustard
Worcestershire Sauce
Red Seal Flour
Pepper

METHOD: Melt 3 tablespoons Buttercup Margarine. Add broken up cooked fish. Add ¾ teaspoon salt, ½ teaspoon paprika, ¼ teaspoon nutmeg and dry mustard, ⅛ teaspoon Worcestershire sauce and pepper, 2 tablespoons flour. Blend 1½ cups milk with ½ cup mayonnaise, pour into fish mixture. Cook until the mixture thickens. Serve on toast.

SALMON ASPARAGUS CHANTILLY

1 lb. tin Salmon (drained)
Liquid of Salmon mixed with milk
to make 2 cups
4 tablespoons Buttercup Margarine
4 tablespoons Red Seal Flour
3 teaspoons grated Onion
1 teaspoon Dry Mustard
2 teaspoons Red Seal Salt

Dash of Pepper
2 tablespoons Mayonnaise
2 tablespoons chopped Parsley
3 Hardboiled Eggs, coarsely chopped
1 small tin Asparagus cut into 1"
pieces
½ cup Grated Cheese
Crumbs

METHOD: Remove skin and bones from salmon. Make a sauce by melting margarine and adding flour. Stir well, add milk and salmon liquid and simmer, stirring all the time, till smooth and thickened. Remove from heat. Add grated onion, mustard, salt, pepper, mayonnaise and parsley. Combine sauce with salmon and fold in eggs and asparagus. Sprinkle with crumbs and grated cheese. Bake in 350° oven for about 25—30 minutes.

SALMON LASAGNE CASSEROLE

2 x 7 ounce tins Salmon
8 ounces Ribbon Noodles
2 Onions chopped
2 Green Peppers chopped and
seeded
½ teaspoon Oregano
4 ounces Cheddar Cheese

2 ounces Butter
1 x 6 ounce tin Tomato Paste
½ teaspoon Red Seal Salt
¾ cup Water
Pepper
2 ounces grated Parmesan Cheese

METHOD: Boil the noodles and drain. Saute onions and green peppers in the butter, until soft but not brown. Add tomato paste, water, salt, pepper and oregano. Flake the salmon and stir into the mixture. Grease an oven dish and place a layer of noodles in the bottom, then a layer of salmon mixture and a layer of sliced cheddar cheese. Repeat this process, ending with a layer of cheese. Sprinkle with Parmesan cheese and bake in 350° oven for about half an hour, till brown and bubbly. This dish may be made beforehand and reheated for about ¾ hour before serving. Serve with a crisp green salad.

BAKED TUNA FISH

1 x 7 oz. Tuna Fish flaked
1 tablespoon Red Seal Flour
Red Seal Salt
Paprika
½ cup soft white Breadcrumbs
3 tablespoons Lemon Juice

1 tablespoon Butter
1 cup Milk
Pepper
Bay Leaf
2 Hardboiled Eggs chopped
1 teaspoon Worcestershire Sauce

METHOD: Melt butter, blend in flour and add milk and seasoning. Cook until thickened, stirring constantly. Remove bayleaf and add remaining ingredients. Fill individual dishes and top with extra crumbs and grated cheese. Bake at 350° for 30 minutes.

SOUPS

GAZPACHO (SPANISH COLD SOUP)

½ Green Pepper in 1" slices
 ¾ unpeeled Cucumber in 1" slices
 ½ medium Onion halved
 1 stalk Celery in 1" slices

METHOD: Place all the above ingredients into liquidizer with enough water to cover; blend at low speed for 3 seconds. Drain into a strainer, discard water.

Place in liquidizer:-

½ peeled Clove of Garlic
 A dash of Tabasco Sauce
 1 teaspoon Red Seal Salt
 ½ cup Water
 1 Tomato quartered
 1 sprig Parsley
 ¼ cup Salad Dressing
 1 tin (1 lb.) Tomato Puree

Liquidize at high speed for one minute. Combine the above vegetables with the tomato mixture, then place in fridge. It becomes firm, and must be served cold. Serves 4 to 6.

MINISTRONE SOUP

4 pints Water
 1 lb. Soup Meat
 Beef Bones
 ¾ cup chopped Onions
 ½ cup sliced Celery
 1 teaspoon Red Seal Salt
 1½ cups diced Potatoes
 1 cup Macaroni (broken in very small pieces)
 1 tablespoon chopped Parsley
 ½ cup chopped Leeks
 ¾ cup diced Carrots
 ¾ cup diced Turnips
 1 cup shredded Cabbage
 ½ clove chopped Garlic
 ¼ teaspoon Pepper
 ¾ cup Peas
 1 cup Canned Tomatoes
 1 cup cooked Butter Beans

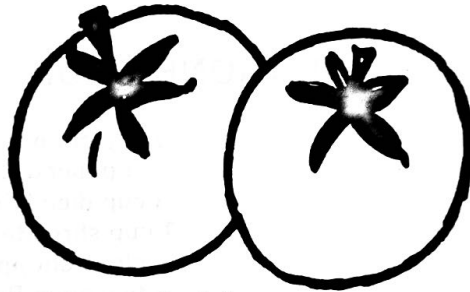
METHOD: Make stock of water, meat, bones and onions. Then add leeks, carrots, turnips, cabbages, celery and garlic and simmer until soft. Add seasoning and boil for about 15 minutes. Add potatoes, peas and macaroni and cook until vegetables and macaroni are tender. Add tomatoes, beans and parsley and simmer gently for a further 15 minutes.

FRENCH ONION SOUP

3 tablespoons Buttercup Margarine
 2½ cups sliced Onions
 Red Seal Salt Pepper
 4½ cups Vegetable Stock
 French Bread
 Parmesan Cheese, grated

METHOD: Heat margarine and add onions; simmer till soft and lightly browned. Add stock and simmer for 20 minutes. Season to taste. In a pan saute slices of French Bread in extra margarine and serve hot soup in bowls with sauteed bread floating on top. Sprinkle with Parmesan cheese. Sauteed bread may also be covered thickly with cheese and placed under grill, before placing on top of soup.

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FRENCH ONION SOUP

2 tablespoons Butter
2 large Onions
6 cups Scalded Milk

Red Seal Salt
Pepper
French Loaf

METHOD: Melt butter, chop or grate onions, saute until tender and golden. Add scalded milk, simmer for 20 minutes, season and pour over bread. Grate cheese, sprinkle on top and put under grill. Serve at once.

TOMATO SOUP (MILK)

3 cups Tomatoes
1 cup Water
4 tablespoons grated Onion
1½ teaspoons Red Seal Salt

2 teaspoons Sugar
1 cup Scalded Milk
Two-thirds cup cooked Red Seal
Rice

METHOD: Over low heat cook tomatoes, water onions, salt and sugar for 30 minutes. Force through food mill. Stir in milk and rice.

COLD BEETROOT SOUP

Beetroot
Sugar
Red Seal Salt

Lemon Juice
Eggs

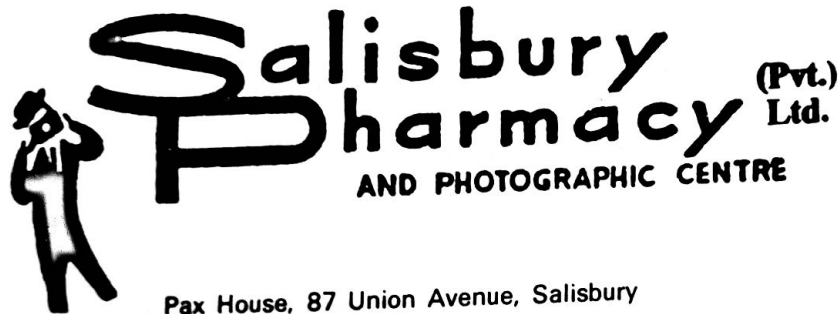
METHOD: Peel 6 large beetroots. Cover with about 6 or 7 large cups water. Add 1 tablespoon sugar and 1 teaspoon salt, and boil until soft. When soft remove beetroots from liquid and grate 3 beetroots on a coarse grater and place the grated beetroot back in the boiling liquid. Add the juice of 1 large lemon, extra salt and sugar to taste. More lemon might be required, as the soup should have a sweet sour taste, but should not be too sweet. Simmer for a few minutes and remove from heat.

Beat the yolks of 2 eggs and slowly add a little of the hot soup to the beaten eggs, beating all the time. Continue until about 1 cup of soup has been added to the egg mixture, beating continuously. Then add the egg mixture to the soup and beat very well. Cool and refrigerate the soup. Serve with hot boiled potatoes and a spoonful of cream.

Further Soup Recipes can be
found in the Outdoor Entertaining
Section.

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HERRINGS AND FISH

4

THIS SECTION (PAGES 55 — 72) CONTAINS THE FOLLOWING RECIPES.

Herring Bourangere
Herring Au Vin Blanc
Herring Lyonnaise
Chopped Herring
Creamed Herrings
Creamed Pickled Herrings
Mustard Herrings
Herrings in Mustard Sauce
Herrings in Hot Cream Sauce
Pickled Herrings
Herring Salad
Danish Herrings in Wine
Pineapple Herrings in Mayonnaise
Compote of Herring
Sweet 'n' Sour Marinated Herrings
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Snoek Salad
Tuna Mousse
Moulded Fish Salad
Tuna Salad
Salmon Mould
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Trout d'Oree
Trout Colbert
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Gefilte Fish
Gefilte Fish
Gefilte Fish Cakes
Baked Fish Balls
Pickled Fish
Egg and Lemon Fish
Baked Fish
Fish in Curry Sauce
Fish with Capers
Seafood Newberg
Salmon Asparagus Chantilly
Salmon Lasagne Casserole
Baked Tuna Fish

HERRINGS & FISH

HERRING BOURANGERE

Herring
Thin sliced Potatoes
1 Onion

Melted Butter
Lemon Juice
Chopped Parsley

METHOD: Season the cleaned herring and place in buttered pan. Add thin sliced potatoes and 1 onion. Pour melted butter over and enough water to cover. Bring to boil then place in oven till cooked. Sprinkle with lemon juice and chopped parsley.

HERRING AU VIN BLANC

Herring
1 cup White Wine

Butter Squares

METHOD: Cut into thick slices, season and place in butter dish. Add 1 cup white wine. Sprinkle with butter squares. Cook for about 4 minutes then cover and allow to simmer.

HERRING LYONNAISE

Herring
Red Seal Salt
Pepper
Red Seal Flour

Sliced Onion
One-third cup Vinegar
White Wine
Chopped Parsley

METHOD: Slit the cleaned herring along the back and sides. Season with salt and pepper, and coat with flour. Saute on one side, then add sliced onion. Turn herring and add one-third cup vinegar and white wine. Cook until ready and pour the juices over and sprinkle with chopped parsley.

CHOPPED HERRING

3 Herrings
1 large Onion
2 large Apples
12 Marie Biscuits soaked in White
Vinegar

¼ teaspoon Pepper
Juice of ½ large Lemon
4 Hardboiled Eggs
1 dessertspoon Sugar

METHOD: Clean and soak herrings overnight. Next day skin and fillet herrings. Soak biscuits in approximately ¼ cup vinegar. Mince herrings, apples and 2 eggs. Add soaked biscuits, pepper, sugar, lemon juice and mix well. If the herrings are large, it may be necessary to add extra biscuits and a little more sugar. Arrange on a platter and decorate with 2 remaining grated or finely chopped eggs and garnish with parsley, tomatoes and pickled cucumber as desired.

CREAMED HERRINGS

White Vinegar
Sugar
Mustard
Cream

Herring
Eggs
Cornflour
Onions

METHOD: Soak and fillet 6 herrings. For the sauce, boil ½ bottle white vinegar and ¾ cup sugar in a double boiler. Take 3 yolks and 2 whole eggs, beat well. Mix 1 teaspoon mustard powder with a little warm vinegar, add eggs, stirring constantly on stove. Mix 2 teaspoons cornflour with ½ cup cold water and add to mixture in pot, stirring all the time till it thickens. Cool. Fold in ½ pint cream. Slice onions and cut herrings into pieces and pour over sauce in layers.

CREAMED PICKLED HERRINGS

6 Herrings
2 large Onions
3 Egg Yolks
1 teaspoon Mustard
1 tablespoon Sugar

Bay Leaves
Peppercorns
¾ cup White Vinegar
½ pint Cream

METHOD: Clean and skin herrings and soak overnight; slice into one inch slices. Slice onions and pack alternate layers of onion and herrings into a jar. Rub together egg yolks, mustard and sugar. Add bay leaves and peppercorns. Place this mixture in a double boiler and boil till mixture thickens slightly. Remove from heat and allow to cool. When cool strain and add cream. Pour over herrings and refrigerate. Allow to stand for 3 to 4 days before use.

MUSTARD HERRINGS

6 Herrings
3 Egg Yolks
¾ cup Sugar
1½ cups Vinegar
½ cup Water

2 large Onions
2 teaspoons Mustard Powder
Bayleaves
Peppercorns

METHOD: Soak herrings overnight. Beat egg yolks with sugar till light and creamy. Boil vinegar and water and then add one tablespoon at a time to the egg mixture, mixing well. Add mustard and return to heat to boil up once. Cool, cut herrings into 1" pieces. Arrange herring and onions in alternate layers with bayleaves and peppercorns in jar. Pour liquid over herrings in jar, and refrigerate.

HERRINGS IN MUSTARD SAUCE

Vinegar
Peppercorns
Mustard
Onions

Bayleaves
Eggs
Sugar
Herrings

METHOD: Soak 6 herrings overnight and cut into 1 inch pieces. Boil together 1 cup white vinegar, 3 bayleaves and 6 peppercorns. Beat together 3 eggs, 2 teaspoons mustard and $\frac{1}{2}$ cup sugar. Gradually add boiled vinegar and return to stove turned to "low" to simmer gently until mixture thickens. Remove from stove to cool then add $\frac{1}{2}$ pint cream. Slice 3 medium onions and arrange alternate layers of onion and herrings. Pour liquid over herring and onions and, when cold, leave in fridge for few days before use.

HERRINGS IN HOT CREAM SAUCE

3 Salt Herrings
2 Onions
Water

$\frac{1}{2}$ pint Sour Cream
2 Eggs
Pinch of Pepper

METHOD: Clean herrings and soak overnight. Cut into $1\frac{1}{2}$ to 2" slices. Put in a saucepan and cover with water. Bring to the boil and pour off water. Replace with fresh cold water and boil again. Repeat this process twice more.

Sauce: Slice onions thinly and boil until soft, in a little water. Allow to cool slightly. Whip cream, eggs and pinch of pepper and stir into cooled onions over very low heat, to prevent curdling. Remove herrings to a suitable heatproof dish and pour over sauce. Serve hot with boiled potatoes.

PICKLED HERRINGS

6 Herrings
8 Bay Leaves
1 cup White Vinegar
 $\frac{1}{4}$ cup Water

3 Onions
10 Peppercorns
1 tablespoon Sugar

METHOD: Clean herrings and soak for 24 hours. Skin, fillet and slice into 1 inch pieces. Slice onions and arrange alternately layers of herring and onions, bayleaves and peppercorns in a suitable jar. Mix vinegar and water with sugar and heat until sugar is dissolved. When cool pour over herrings. Add an extra two to three bayleaves and a few peppercorns. Cover with lid and place in fridge for 4 to 5 days before use.

HERRING SALAD

Use the above pickled herring recipe. Strain about half the amount of herrings and onions into a bowl, discarding bayleaves and peppercorns. Add the following:-

$\frac{1}{4}$ cup thinly sliced Celery
 $\frac{1}{2}$ diced Pickled Cucumber
1 diced Beetroot (optional)

2 diced Apples (1 if large)
 $\frac{1}{2}$ finely chopped Green Pepper
 $\frac{1}{2}$ pint Cream

METHOD: Mix together well; pour over herrings and place in fridge for about two hours before serving.

DANISH HERRINGS IN WINE

6 Herrings
 ½ cup Olivine Oil
 1 cup Dry Red Wine
 1 cup chopped Apples
 ¼ teaspoon Pepper

1 cup Brown Vinegar
 1 cup Tomato Puree
 1 cup chopped Onions
 1 heaped teaspoon prepared Mustard

METHOD: Clean and soak herrings overnight. Next day skin, fillet and cut into approximately ½ inch slices. Mix together in a bowl all the remaining ingredients and stir well. Place herrings in this mixture and mix well. Transfer to a suitable glass jar or container. Cover and refrigerate for at least 4 days before use.

PINEAPPLE HERRINGS IN MAYONNAISE

8 Herrings
 ¼ cup Sugar
 1 cup Vinegar
 4 Egg Yolks

2 large sliced Onions
 1 small tin Pineapple Chunks
 1 teaspoon Dry Mustard
 Bayleaves and Peppercorns

METHOD: Soak herrings overnight. Clean and fillet into quarters. Roll each quarter round a pineapple chunk and secure with a toothpick. Bring vinegar and pineapple juice to the boil. Beat egg yolks and sugar together, and slowly pour the vinegar and pineapple juice over the beaten egg mixture. Remove to a double boiler. Add mustard, bayleaves and peppercorns. Boil until mixture coats back of spoon and thickens. Allow to cool. Arrange alternate layers of herrings, sliced onions and balance of pineapple chunks. Remove bayleaves and peppercorns from the mayonnaise and pour over the herrings. Cover jar and leave in refrigerator for 3 or 4 days before using.

COMPOTE OF HERRING

6 Herrings (soaked overnight and cleaned)
 1 lb. Mixed Dry Fruit
 2 large Onions

½ cup Dry White Wine
 ½ cup White Vinegar
 1 cup Syrup

METHOD: Soak dried fruit in water for 1½ hours to 2 hours. Fillet herrings and arrange in layers with fruit and onions in suitable oven dish. Add remaining ingredients and bake in 350° oven for approximately 2 hours.

SWEET 'N' SOUR MARINATED HERRINGS

6 Herrings
 3 Onions
 4 tablespoons Water
 Few Peppercorns
 Bayleaves

2 tablespoons Syrup
 ½ cup Saltanas
 2 Lemons
 Pinch of Pepper
 ¼ cup Sugar

METHOD: Clean, skin and soak herrings overnight. Slice onions and place in saucepan with peppercorns, bayleaves, pepper, lemon juice, syrup, sugar, sultanas and water. Boil for 20 minutes. Cool. Cut herrings into one inch slices and place in dish. Pour marinade over herrings and refrigerate. Allow to stand for 2 or 3 days before using.

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HERRING BAKE SWEET 'N' SOUR

3 large or 4 small Herrings
2 Onions
4 dessertspoons Syrup

3 or 4 teaspoons Allspice
2 large Lemons
1 Cinnamon Stick

METHOD: Clean and skin herrings and soak overnight. Cut into one inch slices and place in well greased oven dish. Slice onions thinly and place on top of herrings. Mix syrup with juice of lemons and pour over herrings. Add allspice and cinnamon stick and bake in slow oven, 300°, till well browned. May be served hot with mashed potato, or cold.

SNOEK SALAD

1 cup cooked Red Seal Rice
1 pickled Cucumber
1 Onion
1 Green Pepper

8 ounces Smoked Snoek
Red Seal Salt, Pepper
Garlic Salt
Paprika to taste

METHOD: Chop all ingredients finely, add to rice and mix well. Add a little mayonnaise and press into a mould. Put in the freezer for 10 minutes. Unmould before serving.

TUNA MOUSSE

1½ tablespoons unflavoured Gelatine
½ cup Cold Water
¼ cup Lemon Juice
2 cups Tuna coarsely flaked
½ cup chopped pared Cucumber
½ cup thinly sliced Celery
1 cup Mayonnaise

¼ cup sliced stuffed Green Olives
2 teaspoons Onion Juice
1 teaspoon Horseradish Sauce
¼ teaspoon Paprika
1 cup Whipped Cream
¼ teaspoon Red Seal Salt

METHOD: Soften gelatine in cold water in saucepan. Add lemon juice. Heat and stir over medium heat till gelatine is dissolved. Stir into mayonnaise. Add tuna and remaining ingredients except cream. Mix well. Fold in whipped cream. Pour into an 8½" x 4½" x 2½" loaf pan. Chill till firm. Unmould and decorate with lemon slices.

MOULDED FISH SALAD

2 cups boiled flaked Fish
½ tablespoon Gelatine
1 tablespoon Lemon Juice
½ cup Mayonnaise
1 teaspoon Worcestershire Sauce

½ tablespoon finely grated Onion
½ cup boiling Fish Stock
2 tablespoons Capers
¼ cup thick Whipped Cream
Red Seal Salt and Pepper

METHOD: Soften gelatine in a little cold water and dissolve over boiling water. Combine with fish stock and allow to cool. Stir in mayonnaise, lemon juice, salt and pepper, Worcestershire sauce and onion. Fold in whipped cream. Stir in flaked fish and capers. Turn into lightly oiled mould and chill. Unmould and garnish with tomato, parsley, capers, olives etc.

TUNA SALAD

1 tin Tuna Fish (flaked)
1 Cucumber
1 Lettuce (torn)
6 sticks Celery

3 Tomatoes
8 Spring Onions
12 Olives (take out pips)

METHOD: Dice all the ingredients, except the fish, and place in a salad bowl. Add fish, salt, one tablespoon brown vinegar, one tablespoon Olivine Oil, and toss.

SALMON MOULD

1 tall can Salmon
2 Hardboiled Eggs, coarsely chopped
3 tablespoons Tomato Sauce
1—2 dessertspoons Lemon Juice
2 tablespoons Mayonnaise
1 tablespoon Gelatine

2 tablespoons cold Water
4 tablespoons Cheese Sauce
1 medium sized Onion, finely grated
2 tablespoons chopped Pickled Cucumber
Red Seal Salt and Pepper to taste

METHOD: Sprinkle gelatine over cold water and allow to set till firm. To the juice of salmon add sufficient water to make up quarter of a pint. Heat this liquid and add the gelatine cake, stir till dissolved. Allow to cool. Flake salmon, add eggs, cucumber, lemon juice and rest of ingredients. Stir in gelatine and place in well oiled fish shaped mould to set. Turn out on bed of finely cut lettuce and decorate around mould with sliced egg, tomatoes, cucumber and olives.

RAINBOW TROUT (Sole may be used)

TROUT GRILLED

Trout
Olivine Oil

Red Seal Salt
Pepper

METHOD: Cut the trout and rinse thoroughly in cold water, then dry the trout. Brush with Olivine Oil or melted butter and season with salt and pepper. Place under griller and turn frequently, brushing with oil or butter the underside to prevent sticking.

TROUT AU VIN ROUGE

Trout
Red Seal Salt
Pepper
1 Carrot

1 Onion, chopped fine
Red Wine
Melted Butter

METHOD: Season the cleaned trout with Red Seal Salt and pepper. Place in pan and pour over 1 carrot and 1 onion chopped fine, and cook lightly in butter. Add enough wine (red) to almost cover the trout and cook on top of the stove for approximately 10 minutes, then cover and cook in oven. Remove and drain the trout and add 2 tablespoons of melted butter to remaining juices and pour over trout for serving.

TROUT D'OREE

Trout
Red Seal Flour
Melted Butter

White Wine
Mushrooms

METHOD: Lightly coat the cleaned trout with flour and place in a pan of melted butter. Pour cup of white wine slowly over. Allow to simmer turning over. When cooked, remove fish and add one-third cup finely chopped mushrooms to juices in pan and pour over for serving.

TROUT COLBERT

Trout
Red Seal Flour
Milk

Breadcrumbs
Butter

METHOD: Remove skin and side bones. Soak in cold boiled milk for approximately 10 minutes. Coat with flour, egg and breadcrumbs and deep fry in butter.

SOLE

SOLE WALEWSKA

Sole
One-third cup diced Mushrooms

½ cup Fresh Cream
Grated Parmesan Cheese

METHOD: Remove skin and side bones of Sole and poach. When cooked, remove and boil away two-thirds of remaining water in pan. Add mushrooms, fresh cream and 1 heaped tablespoon grated Parmesan cheese. Stir and pour over.

SOLE BONNE FEMME

Sole
Parsley
½ cup Dry White Wine

½ cup Mushrooms
Lemon Juice

METHOD: Fillet and season both sides. Place in buttered pan with fine chopped mushrooms and pinch chopped parsley. Add the dry white wine and few drops lemon juice. Bake in oven. Pour juice over for serving.

SOLE BOURGUIGNONNE

Sole
Red Burgundy
Finely diced Mushrooms

Onions
Butter
Red Seal Flour

METHOD: Fillet and season. Poach slowly in fish fumet made of the bones of the Sole and any Red Burgundy. Remove the fish and strain the fumet. Replace Sole in fumet and add finely diced mushrooms and onions already cooked in butter, and spoon of flour to thicken.

SOLE MORNAY

4 large Fillets of Sole
Bouquet Garni
1 cup Milk
½ cup White Wine
Mushrooms

Chopped Parsley
Red Seal Salt
Pepper
Butter
Red Seal Flour

METHOD: Roll up fillets. Steam fillets in wire sieve or colander. When fairly soft, place in casserole. Sprinkle with lemon juice. Meanwhile make a white sauce with butter, flour, salt and pepper. Add milk and wine and stir till smooth. Add the mushrooms, parsley and pour over fish. Place in oven and bake for 10 minutes. Cheese (grated) may be used instead of — or with — mushrooms.

SOLE FILLETS IN APPLE JUICE

4 large Fillets Sole
1 Bayleaf
1 cup Apple Juice

1 chopped Onion
Red Seal Salt
Pepper

METHOD: Bake the fillets with the bones, onions and apple juice for 10 minutes. Remove bones and strain off the liquid. Melt 1½ tablespoons butter and add 1½ tablespoons Red Seal Flour. Add the sauce from the fish slowly. Stir till boiling. Add chopped parsley and pour over fish. Bake 5 minutes more. Cream may be added to the sauce. This is an excellent dish.

KOB STEAKS WITH MUSHROOM SAUCE

4 Kob Steaks (¾" thick)
1 chopped small Onion
¼ lb. chopped Mushrooms
6 tablespoons Boiling Water
3 tablespoons Butter

3 tablespoons Red Seal Flour
2 cups Milk
Red Seal Salt
Pepper
Paprika

METHOD: Place steaks in oiled baking dish. Cook onions and mushrooms for 3 minutes in the water. Add butter, stir in flour and mix well. Add milk. Heat to boiling point, stirring constantly. Season and pour over fish. Sprinkle with paprika. Bake in 350° oven for 30 minutes, or until fish is tender. Serves 4. Kingclip and Sole are equally tasty for this dish.

BAKED FISH FILLETS

1 lb. Fish Fillets (Kingclip, Hake etc.)
1 cup Milk
Dry Breadcrumbs

1 tablespoon Red Seal Salt
1 tablespoon Olivine Oil
Melted Butter

METHOD: Cut fillets into serving pieces. Combine milk and salt. Dip fish into milk, then into crumbs. Place in greased baking dish. Sprinkle with oil and brown quickly in very hot oven (500°) 10 to 20 minutes. Do not add water. Serve with Maitre d'Hotel Butter. Serves 2—3.

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GEFILTE FISH

3 lbs. Mixed Fish (usually 1 lb. each of the following:- Hake, Cod, Red Roman, King Klip, "74")

3 Onions

1 teaspoon Sugar

2 tablespoons Matzo Meal

Pepper

Red Seal Salt to taste

1 Egg

Carrots

Water

METHOD: Clean, skin and fillet the fish. Retain the bones, skins and heads. Mince the fish with two onions. Add salt to taste, 1 teaspoon sugar, 1 stiffly beaten egg, 2 tablespoons matzo meal and three quarters of a cup of water. Mix thoroughly. Slice carrots (so that you have enough carrot slices to decorate the fish) and remaining onion. Place these vegetables and the fish heads, skin and bones, into a 4 quart pot with 2 pints of water. Add 1 teaspoon salt and pepper to taste. Bring to the boil. Form fish mixture into balls and drop into boiling liquid. Allow to boil for 1½ hours. Place fish balls in serving dish, garnish with cooked carrot slices. Taste liquid to see if seasoning is correct. Pour strained gravy over.

GEFILTE FISH

2½ lbs. Fish (any mixed fish, if possible)

1 large Onion

1 Egg

1 teaspoon Sugar

1 cup Cold Water

1 tablespoon Chopped Parsley

About 4 Carrots

Red Seal Salt

Pepper

1 tablespoon Olivine Oil

2 tablespoons Marie Biscuit Crumbs

1 tablespoon Ground Almonds
(optional)

Additional Onion

METHOD: Wash, salt and fillet fish, reserving bones, heads and skin for the stock. Mince fish with onion and two carrots. Add all remaining ingredients, mixing very well. Form into balls. Place skins, bones and heads in a saucepan, together with additional onion and 2 sliced carrots. Place fish balls on top. Add sufficient cold water to cover the fish. Simmer gently for approximately 2 hours. If necessary add extra water to keep fish covered. Serve either hot or cold.

GEFILTE FISH CAKES

METHOD: Use the above mixture. Form into small fish cakes. Roll in beaten egg and coat in breadcrumbs. Fry in hot Olivine till nicely browned. Drain on crumpled brown paper.

BAKED FISH BALLS

METHOD: Use the above mixture. Butter oven dish and place fish balls in same. Dot with butter. Add about $\frac{1}{2}$ pint milk and bake till lightly browned. Mix 1 tin mushroom soup with $\frac{1}{4}$ pint cream and spoon over fish. Bake till brown and bubbling.

PICKLED FISH

5 lbs. White Fish
Red Seal Salt
Pepper
Lemon

Red Seal Flour
Beaten Egg
Olivine Oil

METHOD: Take 5 lbs. of white fish (Kingclip, Hake, Kob, etc.) and prepare for frying. Squeeze a whole lemon over the fish slices. Add salt and pepper. Dip first in flour, then in beaten egg and fry in fairly deep, hot Olivine. Leave to drain and cool on clean brown paper. Place in dishes, pour over the following sauce:

Sauce: Put in saucepan —

3 pints Vinegar
2 pints Water
1 tablespoon Sugar

1 tablespoon Peppercorns
6 Bayleaves
Pinch Red Seal Salt

Bring to the boil for 5 minutes. Mix 4 tablespoons curry powder, 4 tablespoons flour and a little water to make a smooth, thin paste. Add the boiling vinegar mixture and mix until smooth. Leave to cook slowly for about 7 minutes. Pour over the fried fish. Leave for 2 hours before serving.

EGG AND LEMON FISH

6 large slices Fish
2 large Lemons
2 tablespoons Sugar
1 large sliced Onion
3 Bayleaves

2 cups Water
2 Egg Yolks (or 1 large whole egg)
1 dessertspoon Vinegar
5—6 Peppercorns
Red Seal Salt, Pepper

METHOD: Boil water, onion, vinegar, bay leaves, peppercorns, salt and pepper for 5 to 6 minutes. Add cleaned fish and gently simmer for 20—25 minutes. Add strained juice of lemons and sugar (more sugar to taste if necessary) and cook for further 10 minutes. Carefully remove fish to a dish. Strain stock and return to heat. Beat egg yolks and stir in a little fish stock to beaten eggs. Slowly pour egg mixture into fish stock and reheat, but do not boil, stirring well. Pour this sauce over fish. Cool and refrigerate.

BAKED FISH

Fillets of Fish
Red Seal Salt
Pepper

Lemon Juice
Mushroom Soup

METHOD: Place fish in greased pan, sprinkle with salt, pepper and lemon juice. Cover the fish with a can of mushroom soup. Bake in a moderate oven for approximately 30 minutes. Serve with mashed potatoes and salad.

FISH IN CURRY SAUCE

Hake
Onion
Red Seal Salt
Egg

Carrot
Olivine Oil
Sugar
Pepper

METHOD: Mince 1 lb. hake with 1 large onion and 1 raw carrot. Add 2 teaspoons Olivine Oil, 1 teaspoon sugar, salt, pepper, 1 raw egg and a little water. Mix well. Form into balls and fry in deep Olivine Oil.

Sauce: Fry 1 chopped onion in a little Olivine Oil till light brown. Take 1 teaspoon curry powder and 1 teaspoon Red Seal Flour. Add about 2 tablespoons tomato sauce, 1 tablespoon chutney, 1 teaspoon sugar and dash Worcestershire sauce. Mix well, add about 1 cup water, 1 grated apple and about 2 tablespoons sultanas. Add to fried onion and simmer for about 10 minutes. Pour over fish and chill.

FISH WITH CAPERS

12 ounces of any White Fish
1 or 2 Onions
2 tablespoons Sour Cream
Juice of ½ Lemon and grated Lemon
Peel

1 tablespoon Capers
Parsley
Red Seal Salt
Pepper

METHOD: Slice the onions and fry until golden brown. Cut the fish into small pieces and add to the onions. Season with salt and pepper, add sour cream, lemon juice and peel, parsley and capers. Mix well and bake in a moderate oven until the fish is tender.

SEAFOOD NEWBERG

Cooked Fish
Buttercup Margarine
Red Seal Salt
Paprika
Mayonnaise
Milk

Nutmeg
Mustard
Worcestershire Sauce
Red Seal Flour
Pepper

METHOD: Melt 3 tablespoons Buttercup Margarine. Add broken up cooked fish. Add ¾ teaspoon salt, ½ teaspoon paprika, ¼ teaspoon nutmeg and dry mustard, ⅛ teaspoon Worcestershire sauce and pepper, 2 tablespoons flour. Blend 1½ cups milk with ½ cup mayonnaise, pour into fish mixture. Cook until the mixture thickens. Serve on toast.

SALMON ASPARAGUS CHANTILLY

1 lb. tin Salmon (drained)
Liquid of Salmon mixed with milk
to make 2 cups
4 tablespoons Buttercup Margarine
4 tablespoons Red Seal Flour
3 teaspoons grated Onion
1 teaspoon Dry Mustard
2 teaspoons Red Seal Salt

Dash of Pepper
2 tablespoons Mayonnaise
2 tablespoons chopped Parsley
3 Hardboiled Eggs, coarsely chopped
1 small tin Asparagus cut into 1"
pieces
½ cup Grated Cheese
Crumbs

METHOD: Remove skin and bones from salmon. Make a sauce by melting margarine and adding flour. Stir well, add milk and salmon liquid and simmer, stirring all the time, till smooth and thickened. Remove from heat. Add grated onion, mustard, salt, pepper, mayonnaise and parsley. Combine sauce with salmon and fold in eggs and asparagus. Sprinkle with crumbs and grated cheese. Bake in 350° oven for about 25—30 minutes.

SALMON LASAGNE CASSEROLE

2 x 7 ounce tins Salmon
8 ounces Ribbon Noodles
2 Onions chopped
2 Green Peppers chopped and
seeded
½ teaspoon Oregano
4 ounces Cheddar Cheese

2 ounces Butter
1 x 6 ounce tin Tomato Paste
½ teaspoon Red Seal Salt
¾ cup Water
Pepper
2 ounces grated Parmesan Cheese

METHOD: Boil the noodles and drain. Saute onions and green peppers in the butter, until soft but not brown. Add tomato paste, water, salt, pepper and oregano. Flake the salmon and stir into the mixture. Grease an oven dish and place a layer of noodles in the bottom, then a layer of salmon mixture and a layer of sliced cheddar cheese. Repeat this process, ending with a layer of cheese. Sprinkle with Parmesan cheese and bake in 350° oven for about half an hour, till brown and bubbly. This dish may be made beforehand and reheated for about ¾ hour before serving. Serve with a crisp green salad.

BAKED TUNA FISH

1 x 7 oz. Tuna Fish flaked
1 tablespoon Red Seal Flour
Red Seal Salt
Paprika
½ cup soft white Breadcrumbs
3 tablespoons Lemon Juice

1 tablespoon Butter
1 cup Milk
Pepper
Bay Leaf
2 Hardboiled Eggs chopped
1 teaspoon Worcestershire Sauce

METHOD: Melt butter, blend in flour and add milk and seasoning. Cook until thickened, stirring constantly. Remove bayleaf and add remaining ingredients. Fill individual dishes and top with extra crumbs and grated cheese. Bake at 350° for 30 minutes.

SOUPS

GAZPACHO (SPANISH COLD SOUP)

½ Green Pepper in 1" slices
 ¾ unpeeled Cucumber in 1" slices
 ½ medium Onion halved
 1 stalk Celery in 1" slices

METHOD: Place all the above ingredients into liquidizer with enough water to cover; blend at low speed for 3 seconds. Drain into a strainer, discard water.

Place in liquidizer:-

½ peeled Clove of Garlic
 A dash of Tabasco Sauce
 1 teaspoon Red Seal Salt
 ½ cup Water
 1 Tomato quartered
 1 sprig Parsley
 ¼ cup Salad Dressing
 1 tin (1 lb.) Tomato Puree

Liquidize at high speed for one minute. Combine the above vegetables with the tomato mixture, then place in fridge. It becomes firm, and must be served cold. Serves 4 to 6.

MINISTRONE SOUP

4 pints Water
 1 lb. Soup Meat
 Beef Bones
 ¾ cup chopped Onions
 ½ cup sliced Celery
 1 teaspoon Red Seal Salt
 1½ cups diced Potatoes
 1 cup Macaroni (broken in very small pieces)
 1 tablespoon chopped Parsley
 ½ cup chopped Leeks
 ¾ cup diced Carrots
 ¾ cup diced Turnips
 1 cup shredded Cabbage
 ½ clove chopped Garlic
 ¼ teaspoon Pepper
 ¾ cup Peas
 1 cup Canned Tomatoes
 1 cup cooked Butter Beans

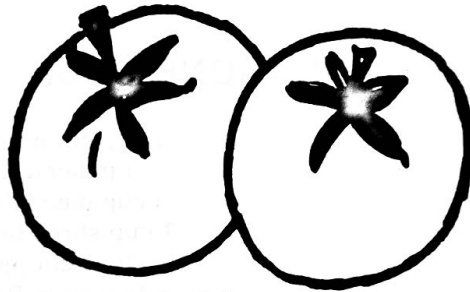
METHOD: Make stock of water, meat, bones and onions. Then add leeks, carrots, turnips, cabbages, celery and garlic and simmer until soft. Add seasoning and boil for about 15 minutes. Add potatoes, peas and macaroni and cook until vegetables and macaroni are tender. Add tomatoes, beans and parsley and simmer gently for a further 15 minutes.

FRENCH ONION SOUP

3 tablespoons Buttercup Margarine
 2½ cups sliced Onions
 Red Seal Salt Pepper
 4½ cups Vegetable Stock
 French Bread
 Parmesan Cheese, grated

METHOD: Heat margarine and add onions; simmer till soft and lightly browned. Add stock and simmer for 20 minutes. Season to taste. In a pan saute slices of French Bread in extra margarine and serve hot soup in bowls with sauteed bread floating on top. Sprinkle with Parmesan cheese. Sauteed bread may also be covered thickly with cheese and placed under grill, before placing on top of soup.

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FRENCH ONION SOUP

2 tablespoons Butter
2 large Onions
6 cups Scalded Milk

Red Seal Salt
Pepper
French Loaf

METHOD: Melt butter, chop or grate onions, saute until tender and golden. Add scalded milk, simmer for 20 minutes, season and pour over bread. Grate cheese, sprinkle on top and put under grill. Serve at once.

TOMATO SOUP (MILK)

3 cups Tomatoes
1 cup Water
4 tablespoons grated Onion
1½ teaspoons Red Seal Salt

2 teaspoons Sugar
1 cup Scalded Milk
Two-thirds cup cooked Red Seal
Rice

METHOD: Over low heat cook tomatoes, water onions, salt and sugar for 30 minutes. Force through food mill. Stir in milk and rice.

COLD BEETROOT SOUP

Beetroot
Sugar
Red Seal Salt

Lemon Juice
Eggs

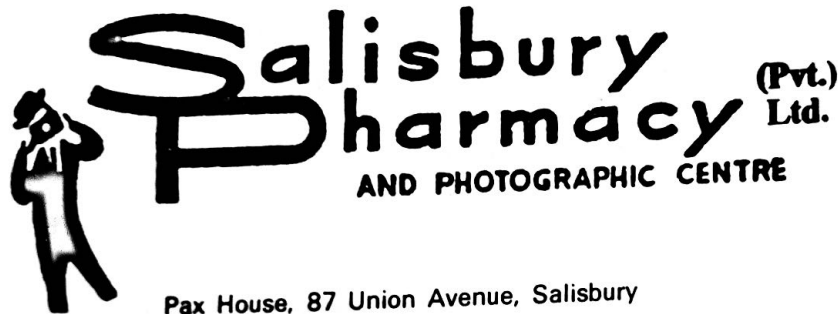
METHOD: Peel 6 large beetroots. Cover with about 6 or 7 large cups water. Add 1 tablespoon sugar and 1 teaspoon salt, and boil until soft. When soft remove beetroots from liquid and grate 3 beetroots on a coarse grater and place the grated beetroot back in the boiling liquid. Add the juice of 1 large lemon, extra salt and sugar to taste. More lemon might be required, as the soup should have a sweet sour taste, but should not be too sweet. Simmer for a few minutes and remove from heat.

Beat the yolks of 2 eggs and slowly add a little of the hot soup to the beaten eggs, beating all the time. Continue until about 1 cup of soup has been added to the egg mixture, beating continuously. Then add the egg mixture to the soup and beat very well. Cool and refrigerate the soup. Serve with hot boiled potatoes and a spoonful of cream.

Further Soup Recipes can be
found in the Outdoor Entertaining
Section.

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OUTDOOR ENTERTAINING

5

THIS SECTION (PAGES 73 — 84) CONTAINS THE FOLLOWING RECIPES.

Mint Julep
Fruit Punch
Lemonade
Pink Lemonade
Punch au Peche (Peach Cup)
Punch Banane (Banana Cup)
Punch d'Amour
Quick Vichysoisse
Vichysoisse
Cold Cucumber Soup
Gazpachio
Hot Tomato Starter
Garlic Bread
Parsleyed French Slices
Hot Herb Loaf
Foiled Baked Anchovy Loaf
Barbequed Savoury Mutton Chops
Chops En Papillote

Kebabs Indonesia
Grilled Porterhouse Steaks
Sosaties
Curried Lamb Kebabs
Geelrys (Yellow Rice)
Barbequed Hamburgers
Shashlik
Kebabs Varies
Barbecue Sauce
Chicken Barbecue
Barbecue Sauce and/or Marinade
Quick Chicken Barbecue Sauce
Pruneburgers
Onioned Potatoes
Foil-baked Onions and Potatoes
Skewered Vegetable Barbecue
Fruit Kebabs Delice
Basting Syrup

OUTDOOR ENTERTAINING

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*** *IN YOUR GARDEN*

*** *ON YOUR PATIO*

*** *PICNICS*

MINT JULEP

1 bunch Fresh Mint
1½ cups Sugar
½ cup Water

3 bottles Ginger Ale
1 cup Lemon Juice

SUGAR

METHOD: Mix the mint leaves, ~~water~~ and lemon juice and stand the mixture for half an hour. Pour it over a large piece of ice and add ginger ale. Serve in small glasses.

FRUIT PUNCH

2 Lemons
2 Oranges
1 cup grated Pineapple

4 cups Boiling Water
½ cup Sugar
Maraschino Cherries

METHOD: Add lemon and orange juice to pineapple. Pour boiling water onto sugar and when dissolved, add fruit juices. Mix well and cool. Chill in fridge and strain before serving. Serve with ice cubes and top each glass with a maraschino cherry.

LEMONADE

Rind of 1 Lemon (see Method)
Sugar to taste

Juice of 2 Lemons
1 pint Boiling Water

METHOD: Cut lemon rind into fine strips. Put into a jug together with sugar and strained lemon juice. Pour over the boiling water; cover and stand until cold. Strain and use.

PINK LEMONADE

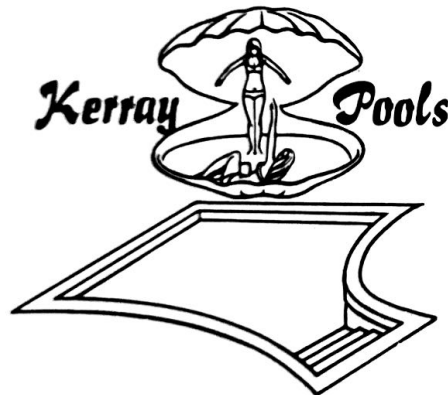
1 cup Sugar
1 cup Boiled Water
Juice of 4 or 5 large Lemons
(strained)

2 quarts Cold Water
2 dozen Ice Cubes
Few drops Cochineal
1 Lemon cut into very thin slices

METHOD: Dissolve sugar in the hot water and add all remaining ingredients. Stir well and place in refrigerator until ready to serve. Serves 8.

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PUNCH AU PECHE (PEACH CUP)

1 Family Size Coca-Cola
4 tots Rum
1 tablespoon Lemon Juice
Dash of Gin

6 tablespoons Peach Syrup (drained
from tin of peach halves)
Peach Halves and Lemon Slices to
garnish

METHOD: Combine the Coca-Cola with the rum, peach syrup lemon juice and dash of gin. Add a few peach halves and the lemon slices and chill well before serving.

PUNCH BANANE (BANANA CUP)

1 large bottle Grape Juice
2 wine glasses Brandy
Juice of 1 Lemon
Ice Cubes

4 Bananas
1 bottle Champagne
1 bottle Soda Water

METHOD: Combine the grape juice with the brandy and lemon juice in a large jug. Add the bananas, peeled and sliced. Chill. Before serving add the champagne, well chilled, and the soda water. Pour over ice cubes in tall glasses.

PUNCH D'AMOUR

1 bottle Red Wine
Juice 1 Lemon
2 tablespoons Sugar
Peel of 1 Cucumber (cut into strips)

1 pint Soda Water
2 Peaches diced
Ice Cubes

METHOD: Combine the red wine and lemon juice in a jug. Add the sugar and cucumber peel and pour in the soda water. Add the diced peaches and leave to stand for at least 2 hours. Serve over ice.

ICED SOUPS

QUICK VICHYSOISSE

1 packet Leek Soup Mix
2 cups cooked mashed Potato
Pinch Nutmeg and Mace

½ pint Cream
1 teaspoon Red Seal Salt
Chopped Chives or Spring Onions

METHOD: Make up the soup mix as directed. Cool. Beat in the mashed potatoes, blending well, so that the mixture is very smooth. Add the salt, nutmeg and mace. Stir in the cream. Chill. Beat until smooth and serve sprinkled with chopped chives.

VICHYSOISSE

6 Leeks
3 Onions
2 quarts Water or Vegetable Stock
¼ lb. Butter
1 lb. Potatoes

Red Seal Salt
Pepper
1 pint Cream
¼ cup chopped Chives or
Spring Onions

METHOD: Chop leeks and onions very finely. Melt butter in a pan and gently cook leeks and onions until soft, but not brown. Add water slowly. Add potatoes, which have been peeled and sliced very thinly. Add seasoning to taste. When potatoes are soft, put through a sieve and stir into liquid. If hot soup is desired, heat the mixture and slowly add the cream, but do not allow to boil. If cold soup is preferred, add the cream when the soup is cold.

COLD CUCUMBER SOUP

3 large Cucumbers
3 tablespoons Butter
3 tablespoons Red Seal Flour
Few drops Green Colouring

3 cups Vegetable Stock
1 cup Hot Milk
1 cup Sour Cream
Chopped Chives or Spring Onions

METHOD: Peel and slice cucumbers. Melt butter and cook cucumbers for 10 minutes. Add flour slowly, stirring well. Add vegetable stock and milk and cook gently over low heat for further 10 minutes. Strain and put through a sieve. Reheat and remove from stove. Cool slightly and stir in sour cream. Chill thoroughly and sprinkle with chopped chives or spring onions before serving.

GAZPACHIO

(For 4 Helpings)

1 lb. ripe Tomatoes
1 medium sized Cucumber
1 medium sized Onion
1 Green Pepper

Red Seal Salt
1 or 2 Cloves of Garlic
Lemon Juice
Olivine Oil
Pepper

METHOD: Skin tomatoes by pouring boiling water over them and allow to stand for 1 minute. Place the following in a liquidiser (a sieve can be used instead), tomatoes, peeled and cut up, cucumber, green pepper — de-pipped and cut up, onion, cut up. Liquidise for a few minutes. Then add 1 bottle tomato juice. Check seasoning and add lemon juice to taste. Then add a little Olivine (about 1 tablespoon) gradually (with blender on). Add iced water from fridge, until mixture is of flowing consistency. Chill. Serve in chilled bowls with some, or all, of the following accompaniments — chopped hardboiled eggs, fried bread croutons, chopped spring onions mixed with diced cucumber.

HOT TOMATO STARTER

(For emergency)

1 can condensed Tomato Soup
1 can condensed Beef Broth
(Bouillon cube may be used)

1 can Water
¼ teaspoon Marjoram
¼ teaspoon Thyme

METHOD: Combine all ingredients and simmer for 3 minutes. Top each cup with chopped parsley.

FOIL-BAKED BREADS

GARLIC BREAD

1 loaf long French Bread	2 or more Cloves of Garlic (crushed)
4 ounces Butter or Buttercup Margarine	Little Pepper
	Red Seal Salt

METHOD: Put butter or margarine in an electric mixer. Add seasoning, garlic and cream until well mixed. Cut loaf in diagonal $\frac{3}{4}$ inch slices, almost to the bottom crust. Spread mixture on each slice. Wrap loaf in two thicknesses of tin foil and heat over coals on the braai, turning often until well heated — about 15 to 20 minutes. Separate slices to serve.

PARSLEYED FRENCH SLICES

1 loaf French Bread	1 tablespoon chopped Parsley
Half to two-thirds cup soft Butter or Buttercup Margarine	1 tablespoon Basil
2 tablespoons chopped Onion	1 teaspoon Lemon Juice

METHOD: Cut loaf into $\frac{3}{4}$ inch slices, almost to the bottom. Combine remaining ingredients and spread on each slice. Heat uncovered on baking sheet in 250° oven for 25 minutes. Separate slices to serve. May also be wrapped in tin foil, as above and cooked on the braai.

HOT HERB LOAF

1 French Loaf	Black Pepper
4 ounces Butter or Buttercup Margarine	Little Garlic crushed (optional)
1 tablespoon Mixed Dry Herbs	Little grated Onion
	Juice of $\frac{1}{4}$ Lemon

METHOD: Cream butter with herbs, lemon juice and seasonings and add little grated onion, and garlic (if liked). Cut loaf in even slanting slices, about $\frac{1}{2}$ inch thick and spread each slice generously with the butter mixture. Re-shape loaf, spreading remaining butter (if any) over the top and sides of loaf. Wrap in tin-foil and place on baking sheet in hot oven (425°) for 10 minutes. Then reduce heat to 400° and open foil, so that bread browns and crisps. This takes a further 5 to 8 minutes. At second stage, you can brown loaf (on tin-foil) over your braai.

FOIL BAKED ANCHOVY LOAF

$\frac{3}{4}$ cup Butter	1 tablespoon finely chopped Parsley
2 tablespoons minced Anchovies	A few drops Lemon Juice
A few chopped Black Olives	

METHOD: Proceed as for Garlic Bread as above and use the above filling.

OPEN FIRE BARBECUE DISHES

BARBEQUED SAVOURY MUTTON CHOPS

6 two-inch thick Mutton Chops

Seasoned with Garlic Salt and a little pepper

SAUCE:

2 tablespoons Olivine Oil
2 tablespoons Worcestershire Sauce
1 tablespoon Fruit Chutney
¾ teaspoon dried Mint or Sprig Fresh Mint

Third of a cup of Black or Red Currant Jelly
2½ tablespoons Brandy
Pinch of freshly ground Black Pepper
1 tablespoon Lemon Juice

METHOD: Blend together and mix well the oil, Worcestershire sauce, chutney, brandy, lemon juice and pepper and stir over medium heat, until hot. Pour over chops and leave to stand for 5 hours. Drain, reserving marinade. Grill chops till browned and tender. Add the currant jelly and finely chopped mint to the marinade; heat to boiling point and serve the sauce with the chops.

CHOPS EN PAPILOTE

6 Lamb Chops
2 Hardboiled Eggs
1½ ounces Fresh Breadcrumbs
1 small Clove Garlic (chopped in a little salt)

Pinch of Pepper
1 tablespoon Chopped Parsley
½ teaspoon Red Seal Salt
1½ tablespoons Olivine Oil

METHOD: Chop hardboiled eggs finely and mix with breadcrumbs, garlic seasoning, parsley and oil. Coat each chop with this mixture and wrap individually in a piece of aluminium foil, or greaseproof paper. Bake in hot oven, 450° for 25—30 minutes. Open foil and grill chops until golden brown, either on braai or under oven-grill. Allow each chop to remain on its piece of paper.

KEBABS INDONESIA

3 lbs. Lamb, cut into 1" cubes
¾ cup Water
½ cup Soy Sauce
½ teaspoon Chilli Powder

About one-third cup Peanut Butter
½ cup Minced Peanuts
Juice of 1 Lemon

METHOD: Put meat cubes in a dish. Mix together all remaining ingredients and heat until boiling. Cool thoroughly and pour half this marinade over the meat cubes; allow to stand for at least 1 hour. Place on skewers and grill on braai. Serve with the following sauce, which must be brought to the boil:

Balance of Marinade
3 large Tomatoes, peeled and put through strainer

Juice of 1 Lemon
Few drops of Tabasco Sauce

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GRILLED PORTERHOUSE STEAKS

¼ teaspoon Prepared Mustard
½ teaspoon Sugar

2 teaspoons Lemon Juice
Dash of Black Pepper

METHOD: For incomparably tender Porterhouse Steaks, rub each steak with the above mixture. Leave to stand in fridge for at least 24 hours. Grill on open fire.

SOSATIES

2 lbs. Lamb or Mutton, with fat on
(weight not to include bones)
1 teaspoon Red Seal Salt
¼ teaspoon Pepper
2 medium-sized Chopped Onions
Olivine Oil

1 tablespoon Curry Powder
1 tablespoon Sugar
1 tablespoon Chutney
1 cup Cold Water
2 cups Vinegar
6 Lemon or Orange Leaves,
(coarsely chopped)

METHOD: Cut meat into small squares. Season with salt and pepper and put onto small wooden skewers, alternating meat and fat. Prepare marinade as follows:-

Slice and chop onions and brown them in a pan with 2 to 3 tablespoons Olivine Oil. Sprinkle with curry powder and stir. Add sugar, salt, pepper, vinegar, water, chutney and lemon or orange leaves. Stir well. Allow to boil. Put skewered meat in a deep bowl and pour over the cooled marinade. Stand overnight, or longer. Remove meat from marinade, drain and grill over hot fire.

CURRIED LAMB KEBABS

6 Lamb Cutlets from best end neck
Red Seal Salt, Pepper
1 large Onion
4 tablespoons Vinegar

1 teaspoon Curry Powder
1 teaspoon Sugar
1 level teaspoon Cornflour
12 Prunes, soaked and stoned

METHOD: Cut each cutlet into 3 pieces. Season well. Chop onions finely and fry gently in Olivine Oil. Add curry powder, sugar, cornflour and vinegar, to make coating sauce. Cool and pour over meat. Mix well and leave overnight. Skewer meat alternately with prunes. Grill gently for 15 minutes on open fire. Sosaties or Curried Lamb Kebabs can be served with South Africa's traditional Geelrys (Yellow Rice).

GEELRYS (YELLOW RICE)

½ cup Rice
½ cup Sugar
1 teaspoon Red Seal Salt

½ cup Seedless Raisins
1 teaspoon Tumeric
1 tablespoon Olivine Oil

METHOD: Wash rice very well in a sieve under running cold water. Put into a saucepan and cover with boiling water. Boil for 5 minutes, then drain off the water and cover with more boiling water. When rice reaches boiling point again, add the remaining ingredients. Stir a little and cook until rice is dry.

BARBEQUED HAMBURGERS

1 lb. Raw Minced Beef
1 large Grated Onion
1 Egg

1 tablespoon Tomato Sauce
Red Seal Salt to taste
Pepper to taste

METHOD: Mix ingredients till blended. Shape into patties. Wrap each hamburger in tinfoil and grill on open fire, about 10 to 20 minutes each side. Serve on warmed up hamburger rolls, adding a slice of tomato, a slice of onion and a little tomato sauce.

SHASHLIK

Onions
Cumin
Cloves
Cinnamon
Wine
Scotch Fillet
Green Pepper

Olivine Oil
Red Seal Salt
Pepper
Kusbarah
Wine Vinegar
Tomato

METHOD: Brown 2 large onions in $\frac{1}{4}$ cup Olivine. When onions have browned, stir in 2 teaspoons each of cumin, cloves, cinnamon, Red Seal salt, pepper and Kusbarah. Blend well and cook for about 2 minutes; add 2 cups of wine vinegar and two-thirds cup Olivine. Cover and simmer the mixture for 1 hour. Cut 2 lbs. of Scotch fillet of beef into 1 inch cubes and marinate in the prepared mixture for 4 hours, the marinade should be hot when poured over the beef. Skewer pieces of beef alternately with pieces of onion, tomato, green pepper, and grill over hot open fire basting with the marinade until the outer edges char. (Allow $\frac{1}{2}$ lb. of beef per person.)

Variation: Liver cubes, kidneys, onions, green peppers, tomatoes or other accompaniments may be put on the skewers along with the steak cubes.

KEBABS VARIES

METHOD: Thread onto skewers small cubes of steak, mutton, lamb, sausages, chicken livers, kidneys, mushrooms, quartered tomatoes, pineapple chunks, stones prunes, green peppers, red peppers, bananas and small pieces of onions. Alternate meat, vegetables and fruit separately. Season with Red Seal salt and brush generously with Olivine Oil. Grill over open fire, till nicely browned and serve with the following Barbeque Sauce:

BARBECUE SAUCE

1 cup Vinegar
1 cup Tomato Puree
1 teaspoon Worcestershire Sauce

1 dessertspoon Brown Sugar
Red Seal Salt
Pepper

METHOD: Stir all the ingredients together and bring to the boil. Simmer for 15 minutes.

CHICKEN BAR-B-QUE

METHOD: Cut 2 chickens into serving pieces and place in a large bowl. Make a Bar-B-Que sauce as follows:

3 tablespoons Vinegar	1 tablespoon Soy Sauce
1 cup Pineapple Juice	1 crushed Clove Garlic
1 small tin Tomato Puree	1 cup Water
2 dessertspoons Worcestershire Sauce	¼ teaspoon Ground Ginger
1 teaspoon Curry Powder	¼ teaspoon Cinnamon
1 cup Olivine Oil	Few Drops Tabasco Sauce
1 teaspoon Paprika	1 Bayleaf
1 tablespoon Lemon Juice	3 or 4 Peppercorns
Red Seal Salt	2 grated medium-sized Onions
Pepper	½ cup Brown Sugar

Mix all the above ingredients together well and pour over the chicken. Allow to marinate for about 18 to 24 hours, turning chicken occasionally. Keep in refrigerator until about an hour before use. While grilling, baste with little sauce. This sauce may also be used for steaks.

BAR-B-QUE SAUCE and/or MARINADE (for Steak)

Mix together:

1 cup Tomato Puree	1 grated Onion
½ cup Olivine Oil	½ teaspoon Curry Powder
½ cup Pineapple Juice	1 tablespoon Worcestershire Sauce
2 tablespoons Sugar	Red Seal Salt, Pepper, to taste

METHOD: Marinate steak overnight, as above.

BAR-B-QUE SAUCE and/or MARINADE (for Mutton or Lamb Ribs)

1 bottle Brown Vinegar	½ teaspoon Ground Coriander
2 grated Onions	2 Bayleaves
1 tablespoon Worcestershire Sauce	6 Peppercorns
½ bottle Chutney	1 crushed Garlic Clove
½ teaspoon Curry Powder	Red Seal Salt, Pepper

METHOD: Marinate meat overnight, as above.

QUICK CHICKEN BAR-B-QUE SAUCE

1 cup Olivine Oil	1 crushed Clove Garlic
½ cup Sweet Sherry	Red Seal Salt
¼ cup Soya Sauce	Pepper

METHOD: Mix together all the above ingredients and serve as a sauce for Chicken Bar-B-Que, or use for basting.

PRUNEBURGERS

Large Prunes
1 large Onion
Slices of Smoked Brisket

1 lb. Minced Raw Beef
Red Seal Salt
Pepper

METHOD: Choose large prunes. Wash and boil them for 3 minutes. Drain and dry under heat for 1 minute, to toughen skin slightly. Cool and roll between fingers to loosen stones. Slit with a sharp knife, remove stones and stuff with a mixture of raw minced beef, grated onion, salt and pepper. Wrap a slice of smoked brisket round each, so that it just meets, skewer with toothpicks and grill, turning once, so that smoked meat cooks evenly. When the outside meat is nicely browned, the meat inside will be cooked also.

ONIONED POTATOES

(Very good with braai meat)

6 medium Potatoes
½ cup very soft Buttercup Margarine

1 envelope Onion Soup

METHOD: Scrub potatoes, but do not peel. Cut each potato into 3 or 4 lengthwise slices. Blend margarine and soup mix, spread on slices then re-assemble the potatoes. Wrap each potato well in tin foil. Bake on top of braai 45—60 minutes, turning once.

FOIL-BAKED ONIONS AND POTATOES

METHOD: Onions wrapped individually in tinfoil and potatoes in their jackets, washed, dried and a little Melva cooking fat or Olivine Oil brushed over and also wrapped individually — are marvellous when cooked in the coals of the fire, but be sure to allow at least one hour for cooking.

SKEWERED VEGETABLE BAR-B-QUE

The following assortment of vegetables may be threaded on individual small wooden skewers, or if desired, on long skewers.

Button Mushrooms
Diced or chunky pieces of Onion
Quartered Small Tomatoes
Chunky pieces of Green Pepper

Potatoes cut into thin slices or small cubes
Pineapple Chunks
Dried Prunes

METHOD: Thread on skewers alternately each of the above ingredients and brush with little Olivine Oil or fat and cook until nicely browned, turning to brown all over. Serve with grilled chicken or steak.

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FRUIT KEBABS DELICE

Thread onto individual wooden skewers, a variety of such fruits as:

Dried Prunes (stoned)
Dried Apricots
Dried Figs
Banana Chunks
Large Marshmallows

Pineapple Chunks
Apple Chunks
Dates
Maraschino Cherries

METHOD: Place each skewer on a square of tinfoil, turning sides up, forming a container to hold basting syrup. Grill in oven, basting frequently with syrup, for about 10 minutes. Serve in the tinfoil containers.

BASTING SYRUP

1 cup Sugar
½ cup Water
Pinch Cinnamon

3 tablespoons Grand Marnier, or
Cointreau or Kirsch
2 tablespoons Butter or Buttercup
Margarine

METHOD: Boil the first four ingredients for 3 to 5 minutes and stir in butter or margarine, till melted.

TRADITIONAL JEWISH AND PASSOVER

6

THIS SECTION (PAGES 85 — 96) CONTAINS THE FOLLOWING RECIPES.

Chopped Liver
Stuffed Helzel
Perogen
Perogen (Soda Water Pastry)
Kreplach
Blintzes (Pancakes)
Fillings
Salmon Blintzes
Potato Latkes
Potato Kugel
Lokshen Pudding
Flaumen Tzimmes
Carrot Tzimmes
Pletzlach
Pommerantzen
Carrot Ingberlach

Filled Taiglach
White Taiglach
Yeast Coffee Rusks
Hamentaschen
Cinnamon Bools (Buns)
Kichlach
Kneidlach
Pesach Squares
Wine Biscuits
Pesach Date and Nut Squares
Pesach Pudding
Pesach Apple Pudding
Pesach Biscuits
Teiglach for Pesach
Pesach Gateau
Pesach Date Cake

TRADITIONAL JEWISH

CHOPPED LIVER

½ lb. Chicken Liver (any liver
may be used)
3 tablespoons Chicken Fat
Pepper

1 large Onion
Red Seal Salt
2 Hardboiled Eggs

METHOD: Slice onion and fry in chicken fat until golden colour. Cut liver into pieces and fry lightly until done, but not dry. Remove onions, liver, and fat from heat, and mince together with eggs. Add seasoning to taste, and moisten with 1 tablespoon chicken fat. When thoroughly mixed, flatten onto a shallow dish and garnish with additional chopped hardboiled egg, parsley, tomato slices, finely cut lettuce, or as desired.

STUFFED HELZEL

1½ cups Red Seal Flour
4 tablespoons grated Onion
½ cup Chicken Fat

1¼ teaspoons Red Seal Salt
¼ teaspoon Pepper
1 teaspoon Paprika

METHOD: Carefully remove the skin from neck of a goose or chicken. Sew together at one end, stuff with the above ingredients mixed together, leaving a space to allow stuffing to swell. Sew up the other end. Roast in the pan with chicken or goose.

PEROGEN

2 cups Red Seal Flour
2 teaspoons Baking Powder
½ teaspoon Red Seal Salt

½ lb. Melva Vegetable Fat
1 Egg
1 teaspoon Vinegar

METHOD: Sift dry ingredients and rub in Melva until mixture resembles fine crumbs. Add egg beaten with vinegar and form into dough. Cut with cookie cutter (3") and fill with the following:-

Filling: Mixture of any cooked meat which has been minced with onion and to which has been added chicken fat, salt, pepper. Place teaspoon filling on each round, wet edges with water and pinch together along centre top. Brush with beaten egg yolk mixed with a little water. Bake in 400° oven until golden brown. Serve hot with clear chicken soup.

Variation: Add 1 heaped teaspoon curry powder to the above meat filling. Place teaspoon meat mixture on 3" rounds, wet edges with water and fold in half. Press edges together with a fork. Brush tops with egg yolks beaten with little water. May be served hot with drinks.

PEROGEN (SODA WATER PASTRY)

1 lb. Red Seal Flour
1 level teaspoon Red Seal Salt
1 bottle Soda Water

1 lb. Buttercup Margarine
2 tablespoons Lemon Juice

METHOD: Sieve the flour and salt. Rub in the margarine. Add the lemon juice, and the bottle of soda water which has been chilled. Leave this mixture overnight in the fridge. Roll and fold as for puff pastry. Cut into rounds. Fill with meat mixture as for blintzes. Bake at 450° for about 20 minutes or until golden brown.

KREPLACH

2 cups Red Seal Flour
3 Eggs

1 tablespoon Water

Filling:

½ lb. Cooked Beef (or Chicken)
1 medium Onion
1 Hardboiled Egg

Red Seal Salt
Pepper

METHOD: Make a dough of above, kneading well. If eggs are large, add little extra flour. Roll out thinly on lightly floured board.

To make filling: Mince the meat with the onion and hardboiled egg. Add seasoning and mix well. Cut dough into 3" squares and put a teaspoon of meat on each square. Brush edges lightly with water. Fold diagonally across to form triangles and press edges down firmly. Allow to dry. Boil in fast boiling salt water for about 15 to 20 minutes. Drain and serve with soup.

BLINTZES

(The Pancakes)

3 Eggs
1 heaped teaspoon Red Seal Salt

4 ounces Red Seal Flour
Water

METHOD: Beat eggs and salt together. Add flour and blend until smooth. Add enough water to make a thin batter (about 3 cups). Pour ¼ cupful of this mixture onto a greased 8" frying pan. Cook until batter leaves the side of the pan — thus making a thin pancake. (You should get about 16 to 18 pancakes.) The pancakes should only be cooked on one side. Place one of the fillings on the cooked side, then roll into "envelope" shape. Fry the blintzes or bake if desired.

FILLINGS

CHEESE:

1 lb. Cottage Cheese
 ½ teaspoon Red Seal Salt
 2 Eggs

2 ounces Butter
 4 ounces Sugar (or to taste)

METHOD: Blend together well.

MEAT:

½ lb. Lung
 ½ lb. Hump
 2 Onions
 Water

½ lb. Veal
 1 Chicken Bouillon Cube
 A little Olivine Oil

METHOD: Fry the onions until lightly brown. Mince the meats with the onion. Add the chicken cube dissolved in three quarters of a cup of water.

SALMON BLINTZES

1 cup Red Seal Flour
 2 Eggs

1 cup Water
 Small teaspoon Baking Powder

Filling:

1 tin Red Salmon
 6 chopped Olives
 1 chopped Pickled Cucumber

1 chopped Onion
 1 Hardboiled Egg chopped

METHOD: Beat eggs with salt and water. Stir in flour and baking powder and mix well to a smooth paste. Make pancakes. Turn out on a cloth to cool.

To make filling: Mix ingredients together with a little cream to bind. Salt and pepper to taste. Place a spoonful of the salmon mixture on each pancake. Roll up and place in a buttered dish. Cover with thick cream, sprinkle with grated cheese and bake until cheese melts. Serve hot.

POTATO LATKES

Potatoes
 Red Seal Salt
 Egg
 Olivine Oil

Onion
 Sugar
 Breadcrumbs

METHOD: Wash, peel and grate 6 large potatoes and 1 large onion on a medium fine grater. Immediately add 1 heaped teaspoon Red Seal Salt, ½ teaspoon sugar, 1 egg and 2 tablespoons breadcrumbs (or soak a slice of bread in water, squeeze the water out, then mash into mixture). Heat a little Olivine in a frying pan. Drop tablespoonsful of the potato mixture into the hot oil, and fry until golden brown.

POTATO KUGEL

6 medium Potatoes

1 Onion

3 Eggs

½ teaspoon Red Seal Salt

¾ cup Red Seal Flour

Dash of White Pepper

4 tablespoons Shortening

METHOD: Grate potatoes, squeeze out excess liquid and grate onion into potato pulp. Add eggs, salt, pepper and as much flour as necessary make a batter that will drop from the spoon. Heat shortening and fold into batter. Turn batter into greased baking pan. Bake 30—40 minutes at 375° till well browned and crisp at the edges.

LOKSHEN PUDDING

1 lb. Broad Noodles

3 Eggs

3 ounces Buttercup Margarine

Red Seal Salt

3 tablespoons Syrup

½ teaspoon Cinnamon

Grated rind and juice of 1 Orange

½ cup Cream

METHOD: Boil noodles in salt water till soft. Drain and wash under cold water. Set aside in a large bowl. Beat eggs and add orange juice and rind, add syrup, cinnamon and cream. Pour mixture over drained noodles and stir well, using wooden spoon. Place in well greased dish and dot with pieces of margarine. Bake at 350° until well browned.

FLAUMEN TZIMMES

4 lbs. lean Brisket

10 medium sized Potatoes (fewer sweet potatoes if desired, may be used)

¾ lb. Dried Prunes

3 tablespoons Syrup

1 teaspoon Cinnamon

Red Seal Salt

1 heaped teaspoon Potato Flour

METHOD: Parboil brisket, till about half cooked, adding salt to taste. Transfer meat to a heavy-bottom casserole dish. Surround with potatoes and prunes. Add syrup, cinnamon and 3 cups liquid in which meat was boiled. Add more salt if necessary. Cover and place in 300° oven and bake until meat is tender. Thicken gravy with potato flour.

CARROT TZIMMES

3 to 4 lbs. lean Brisket

3 lbs. thinly sliced Carrots

1 whole Onion

2 cups of liquid in which meat was cooked

6 large Potatoes or Sweet Potatoes

Handful of Red Seal Flour

3 tablespoons Syrup

2 tablespoons Brown Sugar

1 teaspoon Cinnamon

METHOD: Parboil brisket with 1 whole onion, until meat is half cooked. Sprinkle sliced carrots and potatoes with flour, to which a little Red Seal Salt has been added, and mix through. Remove meat to a heavy bottom casserole. Surround with potatoes and carrots (not onion, which should be discarded). Add 3 tablespoons syrup, 2 tablespoons brown sugar, 2 cups of liquid in which meat was cooked, and 1 teaspoon cinnamon. Bake in slow oven, 300°, with lid on casserole.

PLETZLACH

1 lb. Dried Apricots

1¼ lb. Sugar

METHOD: Wash the apricots, and soak overnight. Remove the fruit from the water and mince. Mix in the sugar, cook for half an hour, or until the mixture leaves the sides of the pan. Pour the mixture onto a wet board. Smooth. Allow to cool. Cut into diamond shapes.

POMMERANTZEN

8 large Grapefruit
Juice of ½ Lemon

3 lbs. Sugar

METHOD: Peel the grapefruit, cutting the skin into 6 to 8 segments, and reserving the juice of two of the grapefruit. Place the segments of skin in a large pot; cover generously with water and boil for about an hour, changing the water about every 15 minutes (this takes the bitterness out). Remove the segments from the water and drain thoroughly. Make a syrup from 3lbs of sugar (more if desired), the juice of ½ a lemon and the juice of 2 grapefruit. As the syrup starts to thicken add the segments and turn with a fork until they become transparent. Remove the segments and let the syrup boil on until it becomes thick and very sticky. When the segments are cool, roll them up like a Swiss Roll, place them very close together in a dish and pour the syrup over.

CARROT INGBERLACH

3 lbs. Carrots
3 ounces chopped Almonds
(optional)

Grated rind of 2 Oranges
Sugar
2 to 3 teaspoons Ground Ginger

METHOD: Boil carrots until soft. Mash or put through fine strainer or grater. Strain off all the liquid, leaving dry pulp. To each cup of grated pulp, add 1 cup sugar. Place this mixture in a heavy bottom saucepan, adding orange rind. Bring to the boil, stirring continuously, to prevent burning. Cook until mixture thickens and comes away from the sides of pan and also begins to show signs of whitening round sides and bottom of pan. Remove from heat. Add ginger and nuts. Spread about ½" thick on a wetted board. Cut into diamond shapes when beginning to set. Leave until cold and completely set. Turn to dry on other side.

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FILLED TAIGLACH

Filling: Mince together prunes and a handful of mixed cake fruit. Add grated rind and juice of a small orange, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon mixed spice.

9 Eggs less 2 Whites
4 cups Sugar
4 cups Water
4 cups Syrup
2 level teaspoons Ground Ginger

1 large tablespoon Olivine Oil
1 large tablespoon Brandy
1 large tablespoon Ground Ginger
Red Seal Flour

METHOD: Separate eggs and whip up the whites until stiff, and fold in beaten yolks. Add the oil, brandy, 2 teaspoons ginger and enough flour to make a nice pliable dough. Break off pieces of dough and fill with minced fruit. Boil in a large saucepan, the sugar, water and syrup and, when fast boiling, drop in the Taiglach, which should by now have a dry surface. Place lid on saucepan and boil for 25 minutes before lifting lid. Stir occasionally, until Taiglach are a nice golden brown. Wipe inside of lid each time before replacing. When Taiglach are cooked, add the one tablespoon of ginger and stir well. Remove Taiglach and roll in chopped nuts, or sugar and place on a board to cool.

WHITE TAIGLACH

2 Eggs
1 Yolk
Pinch Red Seal Salt
1 teaspoon Sugar

1 teaspoon Ginger
2 tablespoons Olivine Oil
2 teaspoons Baking Powder
Red Seal Flour

SYRUP:

2 cups Sugar
1 heaped teaspoon Ginger

$\frac{3}{4}$ cup Water

METHOD: Mix all ingredients together. Dough consistency should be a little stiffer than scone dough. Roll into 20 circles and bake at 425° until light brown.

To make syrup: Bring to boil and add Taiglach. Keep basting until all syrup is used up, and Taiglach are sugar coated. **N.B.** This part of the recipe must be done on a low heat.

METRIC CONVERSION TABLE

WEIGHT

1 kilogram = 1000 grams = $2\frac{1}{4}$ lbs
1 lb. = 454 grams
12 oz. = 340 grams
8 oz. = 230 grams
6 oz. = 170 grams
4 oz. = 115 grams
3 oz. = 86 grams
2 oz. = 57 grams
1 oz. = 28 grams

VOLUME

1 litre = 1000 millilitres = $1\frac{3}{4}$ pints
1 pint \dagger 570 millilitres
 $\frac{1}{2}$ pint = 285 millilitres
 $\frac{1}{2}$ pint = 190 millilitres
 $\frac{1}{4}$ pint = 143 millilitres

YEAST COFFEE RUSKS

Dried Yeast
Red Seal Flour
Eggs

Sugar
Olivine

METHOD: Prepare the yeast as follows:- Mix together and leave to rise 2 dessertspoons dried yeast (or 2 ounces baker's yeast), 2 teaspoons sugar, ½ cup Red Seal Flour and 1 cup warm water. In a basin mix 1 cup Olivine, 3 eggs, 1 cup sugar, 1½ to 2 cups more warm water, the yeast mixture and enough flour to make a soft dough (about 6 cups). Mince this dough. Allow to rise for about 15 minutes. Shape dough into rolls three quarters of an inch wide and as long as your baking tin (a rectangular roasting pan is ideal). Pack the rolls close together into the tin — brushing their sides with Olivine so that they can be easily separated when baked. Leave to rise to almost double their height. Brush top with beaten egg, and bake at 350° to 375° for 30 to 40 minutes or until golden. When baked allow to cool. Separate rolls. Place on baking tray in 250° oven, and turn rusks as they darken slightly. Then switch off oven and leave rusks to dry for 3 to 4 hours.

Variation: Omit the 1 cup sugar and add 2 teaspoons salt in its place. Substitute brown Red Seal Flour for the white flour.

HAMENTASCHEN

2½ lbs. Red Seal Flour
6 ounces Sugar
2 teaspoons Red Seal Salt
3 ounces Baker's Yeast

Warm Water
¾ lb. Buttercup Margarine
3 Eggs
¾ pint Milk

METHOD:

1. Sieve flour into a bowl, make a well in the centre.
2. Break the yeast into a cup, mix with ¾ cup of warm water.
3. Pour this mixture into the well in the flour.
4. Leave to rise.
5. Cut the softened margarine into small pieces, and place on the flour.
6. Sprinkle salt and sugar over.
7. Beat the eggs until very stiff, pour this mixture over the flour as well.
8. Warm the milk, pour this over the other ingredients on the flour.
9. Mix all the ingredients together, and form into a dough. Cover.
10. Allow to rise very well. (About 3 times the original size.)
11. Roll into rounds and place filling in the centre. Fold into "three-corner shape".

FILLINGS:

Cheese: (As for recipe for Cheese Blintzes).

Poppyseed: Wash 1 lb. poppyseed well. Boil (changing the water several times). When the seed is soft, mince three times, then mix with honey to taste. Add 1 cup sultanas.

When the Hamentaschen have been filled, allow to rise for at least half an hour. Brush with egg. Bake at 375° for about 25 minutes.

For Rolls: Omit filling, form into roll or bun shapes, bake as for Hamentaschen.

For Babke: Roll dough into oblong, brush with butter, sprinkle 1 cup cinnamon/sugar mixture over, and 2 cups sultanas. Roll as for a Swiss Roll, allow to rise. Bake at 375° for three quarters of an hour.

CINNAMON BOOLKES (BUNS)

5 cups Red Seal Flour
1 level tablespoon Red Seal Salt
½ pint Milk
Cinnamon
4 heaped tablespoons Sugar

2 Cakes Yeast (in very hot weather
use 1½)
2 Eggs
¼ lb. Butter
Sultanas (optional)

METHOD: Mix flour, sugar and salt (less one teaspoon) into a basin. Make well in centre. Crumb yeast into well. Add one extra teaspoon sugar, and the remaining teaspoon salt. Add about ¼ cup lukewarm water, and mix ingredients in the "well" into loose paste. Allow to stand about 15—20 minutes, until yeast mixture bubbles. Drop in eggs, unbeaten. Warm the milk, but do not heat. Cut in the butter and leave to melt. Cool and add to the ingredients in "well". Work in flour gradually, to get a soft dough, just to come clean from sides. Knead well. Cover with something thick, like a folded blanket. Put in warm place to rise overnight.

Next morning, knead lightly in basin. Cover again then leave to rise for an hour or two, until about twice original size. Make long roll and cut into slices. Work each slice into a round shape about ½" thick. Dust with cinnamon and add sultanas if liked. With sharp knife, slit each round from edge to centre. Fold into 3 layers. Cover, and allow to rise. Glaze with beaten egg, sprinkle with cinnamon and sugar and bake at 400° till golden brown (approximately 12—15 minutes).

KICHLACH

6 Eggs
3 cups Red Seal Flour
Good pinch Red Seal Salt

3 tablespoons Helio Oil
1 teaspoon Sugar

METHOD: Separate 3 eggs and beat up the whites until stiff. Sift flour, salt and sugar into a bowl. Make a well in centre and add oil, the 3 whole eggs and the 3 yolks, plus the stiffly beaten egg whites. Mix well and form into a soft dough. Roll out very thinly and brush lightly with little oil. Cut into rounds with a biscuit cutter or into diamond shapes with a sharp knife. Sprinkle with little sugar and pass rolling pin lightly over the Kichlach. Prick with fork. Warm baking tins in oven and oil lightly. Bake in very hot oven 425° to 500° for about 5 to 7 minutes. Watch carefully, as Kichlach burn quickly, if overbaked.

PASSOVER RECIPES

KNEIDLACH

2 Eggs
1 cup Matzo Meal
Pinch Pepper
1 teaspoon Sugar
4 tablespoons Chicken Fat

4 tablespoons Chicken Broth
1 teaspoon Red Seal Salt
¼ teaspoon Cinnamon
⅛ teaspoon Ginger

METHOD: Beat eggs very well and add chicken fat and soup, continuing to beat. Add salt, pepper, sugar, cinnamon and ginger, beating all the time. Add matzo meal. Consistency should be fairly firm. Cover dish and refrigerate for 4 to 5 hours, at least. Form into small balls (walnut size) and drop into fast boiling water, (salted). Cover with lid and do not lift lid for 25 minutes. Time: 45 minutes.

PESACH SQUARES

12 ounces Pesach Self Raising Flour
1 Egg
½ lb. Butter
½ lb. Sugar

2 ounces Ground Almonds
2 ounces Candied Peel chopped
up very fine
2 ounces Blanched Almonds

METHOD: Cream butter and sugar. Add egg well beaten (keep a little back for painting top). Add ground almonds, flour and peel. Mix into a stiff dough and lay out in a well buttered flat biscuit tin. Pat out until about ¼" thick, till pan is covered. Brush with remaining egg and decorate with chopped almonds. Bake in moderate oven 325°—350° for 30 minutes. Cut into squares while still hot.

WINE BISCUITS

(For Pesach — Quick & Easy)

1 cup Olivine Oil
½ cup Sugar

¾ cup Wine
~~Flour~~ Self-Raising Flour

METHOD: Beat the wine, Olivine and sugar together very well. Add enough self-raising flour to make a soft dough (about 1½ lbs.) Roll the mixture into small balls, flatten with a fork. Bake at 350° for 15 to 20 minutes.

PESACH DATE AND NUT SQUARES

2½ heaped tablespoons Potato Flour
2½ heaped tablespoons Cake Meal
3 Eggs (separated)
Pinch Red Seal Salt

4 tablespoons Sugar
1 cup chopped Dates
1 cup chopped Nuts

METHOD: Beat yolks, sugar and salt until creamy and smooth. Add sifted potato flour and cake meal. Add nuts and dates. Fold in stiffly beaten egg whites. Spread on small well greased Swiss Roll tin. Bake at 400° for about 15—20 minutes.

PESACH PUDDING

Prunes
Sugar
Egg Whites

Sweet Wine
Lemon
Ground Almonds (or walnuts)

METHOD: 2 lbs. prunes, stoned, wash and soak overnight; in 2 cups sweet wine with ½ cup cold water. Boil ½ hour with a little sugar to taste and juice of 1 lemon and grated rind. Beat up 2 egg whites till fluffy and dry, then add 1 cup castor sugar. Stir in 1 cup ground walnuts or almonds. Pour over prunes in pyrex dish. Bake 300° for ½ hour.

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PESACH APPLE PUDDING

2 cups Grated Apple
4 Eggs (separated)
Two-thirds cup Sugar
½ cup Matzo Meal

½ Grated Lemon Rind
Chopped Almonds
or Almond Flakes
¼ teaspoon Cinnamon

METHOD: Cream sugar and egg yolks. Add apples, cinnamon, lemon rind and matzo meal. Fold in stiffly beaten egg whites and sprinkle in almonds while mixing. Pour into well oiled dish. Bake in 400° oven until lightly browned.

PESACH BISCUITS

¼ lb. Butter
¾ cup Sugar
2 cups Cake Meal

1 heaped tablespoon Ground Almonds
1 tablespoon Cream

METHOD: Sift meal and sugar. Add almonds. Rub in butter. Add cream and knead into a dough. Roll into small balls. Flatten slightly by pressing half an almond on top. Bake 10 minutes in 400° oven.

TEIGLACH FOR PESACH

8 Eggs (3 Whites removed)
2 cups Sugar
2 lb. tin Syrup
1 x 2 lb. tin Water
3 tablespoons Olivine Oil

1 teaspoon Ginger, in dough
1 teaspoon Ginger in Syrup Mixture just before removing from pot
Self-raising Cake Flour. Mix as much as it takes to make a pliable dough.

METHOD: Beat eggs, oil, ginger, very well; then add flour as much as it takes. Roll pieces of dough into strips and wind around dates. Bring to boil sugar, syrup and water. When syrup is boiling add teiglach. Stir and put lid on pot and leave to boil for 20 minutes on high. (Do not lift lid for the 20 minutes.) Switch stove down to medium heat. When removing lid, dry well each time. Stir Teiglach and replace lid. (Look at Teiglach every 10 minutes.) Cook for 1 hour or till golden brown. Then add 1 teaspoon ginger. Leave for a few minutes. Take out Teiglach and roll quickly into sugar and ginger, a few at a time.

PESACH GATEAU

(Sephardi Recipe)

6 large Eggs
1 glass unblanched ground Almonds
1 glass Sugar

½ glass Matzo Cake Flour
2 tablespoons Orange Juice
Rind of 1 Lemon or Orange

METHOD: Beat eggs and sugar till fluffy; add the orange juice. Fold in rind of orange, ground almonds and flour. Bake for 45 minutes in a moderate oven 350°. It is preferable to use a funnel cake tin. This cake can be made during the year, substituting the matzo flour for self-raising flour, using only ¾ glass.

Optional filling: 1 slab chocolate dissolved in a double boiler, add ½ ounce Buttercup margarine and allow to cool. Spread over cake.

PESACH DATE CAKE

4 Eggs
½ coffee cup Olivine Oil
4 tablespoons Matzo Meal
1 teacup boiling Water

4 tablespoons Sugar
1 cup chopped Walnuts
8 ounces stoned Dates

METHOD: Soak the dates in boiling water. Reserve. Beat the eggs and sugar until pale and very thick. Add the oil a little at a time. Beat again. Add the chopped walnuts, mixed with the matzo meal and the dates in water. Pour this mixture into a greased pyrex dish (12" x 8") and bake at 350° on the middle shelf for about 30 minutes.

MEAT

7

THIS SECTION (PAGES 97 — 111) CONTAINS THE FOLLOWING RECIPES.

Marinated Steak
Porterhouse Steak in Wine
Braised Mushroom Steak
Monkey Gland Steak
Swiss Steak
Sweet and Sour Meat Balls
Savoury Mince Crumble
Spaghetti Bolognese
Savoury Spaghetti Mince
Cabbage Russe
Porcupines
Bobotie
Calcutta Beef
Moussaka
Bunyekas di Sivoya (Stuffed Onions)
Cabbage Bredie
Tomato Bredie
Hungarian Goulash
Sauerbratten
Alsation & Swiss Dish (Tongue)

Nasi Goreng
Onion Orange Lamb Roast
Mint Glazed Lamb
Stuffed Shoulder of Lamb
Lamb or Mutton Curry
Goulash
Wiener Shnitzel
Veal Birds
Brawn
Marinated Roll of Beef
Bouef a la Wellington
Mexican Potroast
American Harvest Roast
Oxtail (American Style)
Casserole Meat
Chuck
Spring Tongue
Ox Tongue in Red Wine
Pickled Meat

MEAT

MARINATED STEAK

2 tablespoons Tomato Puree or Tomato Paste, diluted	1 Clove chopped Garlic or Garlic Salt
1 chopped Onion	1 dessertspoon Brown Sugar
1 tablespoon Lemon Juice	3 tablespoons Wine or Sherry
1 tablespoon Worcestershire Sauce	Pinch Red Seal Salt
Juice of small tin Button Mushrooms	Pinch Cayenne Pepper

METHOD: Soak fillet or rump steak slices in the marinade for 8 hours. Drain well and grill steak. Meanwhile simmer the marinade sauce until the chopped onion is soft. Add mushrooms from the tin from which juice was poured. Serve with the grilled steak.

PORTERHOUSE STEAK IN WINE

Wine	Potatoes
Onion	Porterhouse Steak

METHOD: Marinate seasoned and tenderised porterhouse steaks in approximately 1 cup wine, 1 cup water and 1 grated onion. (There should be enough liquid to cover steaks), for at least 4 hours. Just before baking in 300° oven for one hour, add parboiled sliced potatoes to bottom of dish.

BRAISED MUSHROOM STEAK

3 lbs. Steak (approximately)	Olivine Oil
Onions	Pepper
Garlic Salt	Button Mushrooms
Ground Ginger	Red Seal Flour (optional)
Wine	

METHOD: Cut meat into long strips. Take 3 large onions and brown in a little Olivine Oil. Sprinkle meat with a little garlic salt, pepper, ground ginger and add to oil. Put in 2 cups of water and let this simmer until tender. Then add 1 small tin button mushrooms with liquid and ½ cup table wine and let simmer. If gravy is too thin, mix a little Red Seal flour & ½ cup water and add to mixture to thicken.

MONKEY GLAND STEAK

SAUCE:

2 tablespoons Tomato Sauce
2 tablespoons Vinegar
½ teaspoon Dry Mustard

2 tablespoons Worcestershire Sauce
2 tablespoons Chutney
1 Onion grated

METHOD: Marinate approximately 1½ lbs. seasoned and tenderized steak in the above sauce for at least 3 hours. Remove meat from marinade, scraping off as much liquid as possible and fry in a little Olive Oil. When fried add the liquid to meat in frying pan and simmer on low heat for about ten minutes. Transfer to pyrex dish and keep in very low oven until required for use.

SWISS STEAK

2 lbs. Steak or Topside Beef
2 ounces Red Seal Flour
1 teaspoon Red Seal Salt
¼ teaspoon Pepper
⅛ teaspoon Thyme

2 ounces Melva Vegetable Fat
1 Onion
2 Carrots sliced
1½ cups skinned chopped Tomatoes

METHOD: Slice the beef 1½ inches thick. Dry meat with a damp cloth. Mix flour, salt, pepper and thyme in a paper bag and shake the meat to coat well. Beat the meat until 1" thick. Heat the cooking fat till smoking hot and brown the meat. Place in a shallow oven dish, add remaining seasoned flour, onions and carrots. Pour the tomatoes with their juice on top. Cover dish and bake in slow oven, 250°—300° for approximately 1½—2 hours until tender. Serves 6.

SWEET AND SOUR MEAT BALLS

2 lbs. Minced Beef
5—5½" thick slices White Bread
Cubed
½ cup Chicken or Beef Soup
(Bouillon) cold
2 teaspoons Red Seal Salt
¼ teaspoon Garlic Salt
1 ounce Red Seal Flour
½ cup plus extra 1 tablespoon
Olive Oil

2 ounces Sugar
1 lb. tin Pineapple Chunks
1 grated Onion large
1 Egg
Black Pepper
1 cup Tomato Sauce
1 Carrot
2 small Green Peppers chopped
½ cup diced Sweet Pickles
¼ cup White Vinegar

METHOD: Soak bread cubes in mixture of cold soup and beaten egg. Add minced beef, grated onion, 1 teaspoon salt, pepper and garlic salt. Mix well and form into small balls about the size of a large walnut. Roll in flour to coat. Heat ½ cup oil and brown meat balls till golden. Drain well. Remove oil from pan and return meat balls. Add ¾ cup pineapple syrup, tomato sauce, vinegar and sugar, 1 teaspoon salt and pickles. Add pineapple chunks reserving 8 chunks for garnishing. Simmer over low heat on stove for 10—15 minutes turning meat balls occasionally and allow sauce mixture to reduce by half. Meanwhile put 1 tablespoon oil in a pan and saute the green peppers and carrot slices till tender. Add half of this to meat balls stirring gently. Spoon into serving dish and decorate with pineapple chunks and green pepper mixture. Serve with rice.

SAVOURY MINCE CRUMBLE

1½ lbs. Minced Beef
 2 Carrots
 1 ounce Red Seal Flour
 1 teaspoon Red Seal Salt
 2 ounces Green Peas
 Pinch Cayenne Pepper

1 large Onion
 1 ounce Melva Vegetable Fat
 ½ pint Beef Bouillon Cube
 ¼ teaspoon Pepper
 2 tablespoons Tomato Sauce
 Few drops Worcestershire Sauce

TOPPING:

6 ounces Red Seal Flour
 1 teaspoon Mustard Powder

½ teaspoon Red Seal Salt
 3 ounces Buttercup Margarine

METHOD: Chop onion and dice carrots into small pieces, and fry in the Melva fat till golden brown. Add the mince and fry for 5 minutes. Stir in the flour and gradually add the stock and stir well. Add salt, pepper, cayenne, peas, tomato sauce and Worcestershire sauce and simmer for 35 to 40 minutes, stirring occasionally to prevent sticking. Remove to deep oven dish. Make the topping by rubbing the margarine into the sifted dry ingredients, as for pastry. Sprinkle the crumbled mixture over the mince and bake in 400° oven for 45 minutes or till crumble is golden and firm.

SPAGHETTI BOLOGNAISE

1 lb. Minced Beef
 1 Onion grated
 2 crushed Cloves Garlic
 ¼ cup Olivine
 1½ lbs. skinned chopped Tomatoes
 1 tablespoon Tomato Paste

1 or 2 teaspoons Sugar
 1 teaspoon Red Seal Salt
 ¼ teaspoon Pepper
 ¼ teaspoon Oreganum (optional)
 1 teaspoon chopped Parsley

METHOD: Mix beef with onion and garlic very well. Heat oil and add meat stirring constantly till meat colours. Add all remaining ingredients, except parsley and tomatoes, and simmer slowly. In a separate pan cook tomatoes till soft and strain to remove pips. Add strained tomatoes and parsley to meat, correct seasoning, if necessary. Simmer gently.

Boil spaghetti in a large saucepan for about 20 minutes in fast boiling water to which salt has been added. Serve meat sauce on drained spaghetti, on well-heated plates.

SAVOURY SPAGHETTI MINCE

1 lb. Minced Steak
 1 Green Pepper chopped
 2 Onions chopped
 1 Clove Garlic crushed
 1 lb. Tomatoes skinned and chopped
 ¼ teaspoon Oregano
 Good pinch Cayenne Pepper

Red Seal Salt
 Few drops Chilli Sauce
 1 cup Beef or Chicken Stock
 1 lb. Spaghetti cooked and drained
 Breadcrumbs
 Buttercup Margarine or Chicken Fat

METHOD: In a large pan heat 4 tablespoons Olivine oil. Add and saute onions, garlic and green peppers. Add mince meat and stir till brown. Add tomatoes and seasonings together with soup stock and simmer gently for 45 minutes with lid on. Stir occasionally. Grease large oven dish and place the spaghetti in this dish. Spoon meat mixture over spaghetti and place additional tomato slices on top. Sprinkle with breadcrumbs and dot with small pats of margarine or chicken fat. Bake in 350° oven for about 15 minutes.

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KOSHER AND PARAVA

CABBAGE RUSSE

1 large Head Cabbage
 1 Onion chopped finely
 Olivine Oil
 Thyme
 Red Seal Salt, Pepper
 1 tablespoon chopped Parsley

1 lb. Mince Meat
 ½ cup Mushrooms sliced
 ½ cup Red Seal Rice (uncooked)
 1 tin Peeled Tomatoes
 Juice of 1 Lemon
 ¼ cup Brown Sugar

METHOD: Pour boiling salted water over cabbage and allow to stand 30 minutes. Separate leaves to stuff. Brown onion in oil and add seasonings, parsley and mushrooms. Add rice and meat and saute till brown. Cut off thick centre of cabbage leaf to permit rolling. Place portion of meat mixture in centre of each leaf and roll up, tucking in the edges. Pour little oil in bottom of casserole and place cabbage rolls in casserole. Add tomatoes and lemon juice and brown sugar. Cook in covered casserole about 2 hours in 300° oven. Shake pan occasionally to prevent burning on bottom and baste occasionally.

PORCUPINES

1½ lbs. Minced Meat
 ½ teaspoon Garlic Salt
 1 tablespoon chopped Parsley
 ¼ teaspoon Pepper
 ½ cup cold Water
 1 cup Raw Rice (Red Seal)

1 tablespoon Grated Onion
 ½ teaspoon Red Seal Salt
 Dash Ginger
 1 tin Tomato Soup (condensed)
 ½ can Water

METHOD: Mix together beef mince, seasonings, water, onion and rice. Form into balls and place in casserole. Mix soup with water and pour over meat balls. Bake in moderate oven until rice is tender.

BOBOTIE

2 lbs. Mince Meat
 1 thick slice White Bread
 2 medium Onions (chopped)
 1 Apple sliced
 3 Eggs
 Red Seal Salt
 Pepper
 ½ pint Soup Stock

2 tablespoons Curry Powder
 1 dessertspoon Castor Sugar
 3 ounces Buttercup Margarine
 Handful of Sultanas or Raisins
 (optional)
 2 or 3 Orange Leaves or
 1 tablespoon Lemon Juice
 8 Almonds finely chopped

METHOD: Soak bread in the soup stock, beating lumps out with a fork, and squeeze dry. Grease oven dish very well with 1 ounce margarine. Fry onions and apple in remaining margarine and add curry powder, sugar, salt, pepper, (raisins, if liked), and one well beaten egg and lastly meat. Mix well and place in greased dish. Add orange leaves or lemon juice. Beat the other 2 eggs with the rest of the soup stock, strained off the bread, which should not be less than ¼ pint, and pour over the mixture. Bake gently in slow oven. (Too hot an oven will dry the Bobotie out.) Serve with boiled rice and chutney.

CALCUTTA BEEF

- | | |
|---------------------------|-----------------------------------|
| 1½ lbs. Mince Meat | 1 tin whole Tomatoes |
| 3 tablespoons Chicken Fat | 1 chopped Tart Apple |
| 2 Onions sliced | 1 tablespoon Green Pepper chopped |
| 1 teaspoon Garlic Salt | 2 cups Chicken Stock |
| ¼ teaspoon Pepper | 2 tablespoons Curry Powder |
| ½ cup cooked Peas | 1 tablespoon Red Seal Flour |

METHOD: Melt chicken fat and add onions, mince meat and seasonings. Brown well and add tomatoes, apples, green peppers, stock, curry powder mixed with flour. Stir until smooth. Place all ingredients in casserole and bake in moderate oven 300° to 350° for 30 minutes. Add peas and bake for further 5 minutes. Serve with rice.

MOUSSAKA

- | | |
|--------------------------------|---|
| 3 medium sized Egg Plants | 4 tablespoons Tomato Puree mixed with 4 tablespoons Water |
| 1 teaspoon Red Seal Salt | Good Pinch Pepper |
| 1 lb. Lamb, minced | 2 tablespoons Cornflour |
| 4 finely chopped Onions | 2 large cups Soup Stock |
| 3 tablespoons Water | 4 Eggs slightly beaten |
| 2 finely chopped Cloves Garlic | 1 teaspoon Sugar |
| 6 tablespoons Olivine Oil | |

METHOD: Slice unpeeled egg plants to about half an inch thickness. Sprinkle with salt and leave to drain for about an hour. Place mixture of minced lamb, water, onions and garlic in hot oil and gently fry till lightly coloured. Remove from heat and fry the sliced egg plants in the oil until golden. Mix tomato puree with water and add pepper and sugar. Put alternate layers of egg plant, meat mixture and tomato puree in a well greased oven dish, ending with egg plant as a top layer. Bake in 350° oven for about 45 minutes. Meanwhile dissolve the cornflour in the soup stock and add the beaten eggs. Mix well and pour over the baked mixture. Bake for about another 20 minutes, until set.

BUNYEKAS DI SIVOYA (STUFFED ONIONS)

- | | |
|----------------------------|---------------------------|
| 12 large Onions | 1 coffee cup Rice |
| 1 lb. Mince Meat | Red Seal Salt |
| Pepper | Parsley |
| 1 Egg | 1 teaspoon Red Seal Flour |
| 2 tablespoons Olivine | Juice of 1 Lemon |
| 2 tablespoons Tomato Puree | |

METHOD: Boil onions in salted water for ten minutes. Split onions, and separate layers.

Filling: Mix mince meat, salt, pepper, washed rice, egg, parsley and flour with a little oil. Fill the 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.

CABBAGE BREDIE

2 lbs. Mutton Cut 1" pieces
 1 large Cabbage, shredded
 2 large Onions
 2 Leeks finely cut

½ cup sliced Celery
 4 Potatoes, diced
 4 tablespoons Olivine Oil
 Red Seal Salt, Pepper

METHOD: Slice onions and brown in hot olivine. Add the meat and brown lightly. Add all the vegetables and seasoning. Simmer gently for 2 hours, adding little extra water, if bredie appears to be too dry. Add potatoes about half an hour before serving, and continue to simmer until potatoes are done. Serve with rice.

TOMATO BREDIE

2 lbs. Mutton cut in 1" pieces
 4 chopped Onions (large)
 3 lbs. Tomatoes
 1 tablespoon Sugar

4 Potatoes (large)
 Red Seal Salt, Pepper
 1 Bay Leaf
 1 chopped Clove of Garlic

METHOD: Place tomatoes in boiled water for few minutes. Remove from water. Skin them and cut into pieces and squeeze to remove pips. Brown the onions in a little Olivine Oil and add the meat, garlic, sugar, salt, pepper and bay leaf. When meat is slightly browned, add the tomatoes and simmer gently until meat is tender and the liquid has been reduced by half. Dice potatoes and add to the meat about half an hour before serving. Simmer gently and serve at once.

HUNGARIAN GOULASH

1½ lbs. lean Stewing Steak
 ½ lb. left over Veal cut in 1" pieces
 2 ounces Melva Vegetable Fat
 2 large Onions chopped
 1½ teaspoons Red Seal Salt
 ¼ teaspoon Pepper
 1 teaspoon Caraway Seed (optional)

1 pint Water
 4 large Potatoes
 2 Carrots
 1 Green Pepper chopped
 1 teaspoon Paprika
 ½ teaspoon Marjoram
 1 cup tinned Tomatoes

METHOD: Cut raw meat into 1" cubes. Heat cooking fat and brown the meat. Add onions and green pepper and saute lightly. Add seasonings, caraway seed, tomatoes and water and simmer gently for 15 minutes. Add the cooked veal and stir into the mixture. Season to taste. Simmer gently on low heat for about 1½ hours or if desired place in casserole dish and bake in 350° oven for 2 hours. After cooking meat for 1 hour, add diced potatoes and sliced carrot. Add extra water if mixture gets too dry.

SAUERBRATTEN

Hump
Cloves
Red Seal Salt
Cinnamon
Sultanas

Bayleaves
Onions
Ginger
Vinegar

METHOD: Put 3 to 4 lbs. hump in a large deep dish; add bayleaves, cloves, 3 to 4 onions cut in rings. Mix together 1 tablespoon Red Seal Salt, 1 teaspoon ginger, 1 teaspoon cinnamon, ½ a cup vinegar and two cups water, pour this over the meat. Leave in fridge for about 10 days, turning meat occasionally. Boil meat in the gravy, in a slow oven till tender. Remove meat when tender, and slice. Strain gravy and thicken it with a little flour (it may require a little sugar, depending on taste, or instead of sugar you can use honey or even syrup. When gravy is ready add a handful of sultanas and pour over meat. This can be prepared a couple of hours before serving and then just warmed up. This can be served with spaghetti or noodles, green peas and a green salad.

ALSATION & SWISS DISH FAVOURITE ROSH-HASHANA TONGUE

Cooking time about 3 hours (to serve 6).

1 x 3 lb. Beef Tongue
2 Cloves
3 Allspice
1 Bayleaf
2 Onions
2 Cloves Garlic (optional)
2 teaspoons Red Seal Salt
Water

Pinch Ginger
2 Gingersnaps
3 tablespoons Sugar
2 ounces Raisins
2 tablespoons Cornflour
3 tablespoons Wine Vinegar
3 Peppercorns
Juice 1 Lemon (optional)

METHOD: Cook the tongue (on a low heat, after bringing to the boil) with the cloves, allspice, bayleaf, onions, garlic, peppercorns and salt with enough water to cover for about 2½ hours until tender. Skin the tongue while still warm and return to the pot with the strained sauce. Add the ginger snaps, sugar, raisins and vinegar and cook for about 20 minutes on a low heat. Mix the cornflour with 3 tablespoons water and add. More sugar may be added for a sweeter taste, or the juice of a lemon to add piquancy.

NASI GORENG (INDONESIAN SAVOURY RICE)

1 lb. Red Seal Rice
8 cups boiling Water or Soup Stock
Red Seal Salt, Pepper
1 lb. Onions
2 Cloves Garlic

Olive Oil for Frying
2 tablespoons Chutney
1 teaspoon Ground Coriander
½ teaspoon Cumin Seed

METHOD: Any cold meats cut in strips; cook rice strain and dry; chop onion and garlic, fry in oil in large pan until light brown. Add the meats, chutney and spices, fry lightly and gradually add rice and boiling water or soup stock. Cook slowly and turn occasionally, do not stir. Garnish with omelette, cut in strips, and serve with cucumber, salad and chutney.

ONION-ORANGE LAMB ROAST

(Makes 8 Servings)

3 to 4 lb. Leg of Lamb
 ¼ cup chopped Onion
 ½ cup Orange Juice

2 tablespoons Prepared Mustard
 ¾ teaspoon Rosemary
 Red Seal Salt, Pepper to taste

METHOD: Place lamb on rack in shallow roasting pan. Roast in 325° oven for 30 to 35 minutes per pound. (Until medium done.) Combine onion juice, mustard, rosemary and seasoning and spoon over the lamb during the last hour of roasting time.

MINT-GLAZED LAMB

1 large Leg of Lamb
 2 teaspoons of Olivine Oil
 1 teaspoon Red Seal Salt
 Pepper

1 large crushed Clove of Garlic
 1 teaspoon Rosemary
 ½ teaspoon Basil
 ½ cup Mint Jelly

METHOD: Mix all seasonings with oil, including garlic (but not mint jelly). Wash and dry leg of lamb and rub the seasoned oil all over the leg. Allow to stand for 2½ to 3 hours. Then place in roasting pan and add a small amount of water to the pan. Roast in oven approximately 350° to 400° basting occasionally. About half an hour before leg is done, spread one quarter of a cup mint jelly on top. Baste 15 minutes later, spreading the remaining mint jelly. Do not thicken gravy.

STUFFED SHOULDER OF LAMB

1 Boned Shoulder of Lamb (approx.
 3 lbs.)

1 oz. Melva or Chicken Fat

STUFFING:

1½ ozs. cooked Red Seal Rice
 1 tablespoon chopped Parsley
 1 oz. fresh Breadcrumbs

1 Lamb Kidney
 1 small Onion
 Red Seal Salt and Pepper

STUFFING: Remove core from kidney and cut into small pieces. Lightly fry for 5 minutes in fat the peeled chopped onion and chopped kidney. Stir in drained rice, breadcrumbs, parsley and seasoning. Spread on lamb.

METHOD: Roll up and tie the lamb securely with string then weigh. Allow 30 minutes to the pound. Roast at 390°. Baste well during cooking.

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LAMB OR MUTTON CURRY

2½ lbs. Lamb or Mutton cut into pieces	2 Onions chopped
2 crushed Cloves Garlic	2 tablespoons Curry Powder (more if desired)
2 Bayleaves	2 tablespoons Olivine Oil
4 Peppercorns	1 tablespoon Melva Vegetable Fat
3 Cloves	2½ cups Water
3 skinned Tomatoes diced	1 tablespoon Sugar
3 tablespoons Currants	2 Bananas which have been mashed
2 Tart Apples, peeled and chopped	1 tablespoon Desiccated Coconut
½ cup Vinegar	2 tablespoons Apricot Jam
Red Seal Salt, Pepper	2 tablespoons Chutney

METHOD: Heat oil and Melva and fry onion and garlic till golden. Add seasoned meat and brown with onions and garlic. Remove to large saucepan. Add 2 cups water and simmer gently for 25 minutes. In a small bowl make a mixture of curry powder, sugar, vinegar and ½ cup water. Add this to the meat. Add all remaining ingredients and simmer slowly until the meat is tender. Correct seasoning. Serve with rice and some or all of the following suggested side dishes:

1. Chopped onion and tomatoes.
2. Sliced bananas.
3. Chopped cucumber.
4. Desiccated coconut.
5. Crushed pineapple.
6. Poppadums (obtainable from grocers).
7. Different chutneys.
8. Finely chopped green peppers.

This curry can be made in advance and the fat removed from the surface before reheating.

GOULASH

Veal	Red Seal Salt
Paprika	Caraway Seed
Red Seal Flour	Onion

METHOD: Cut veal into pieces. Scald the meat, add Red Seal salt, paprika, caraway seeds, Red Seal flour. Fry one large onion, add the meat, brown well, cover and simmer. When the meat is dry, add a little water. Cook until the meat is tender. Serve with rice.

WIENER SHNITZEL

Veal	Lemon Juice
Red Seal Salt	Pepper
Eggs	Breadcrumbs
Olivine Oil	

METHOD: In a bowl marinate the veal cutlets in lemon juice for 1 hour. Pat dry with paper towels, sprinkle well with Red Seal Salt and pepper, dip in flour then in 2 eggs beaten with 2 tablespoons water. Then dip in breadcrumbs, shake off surplus and place in refrigerator for at least 20 minutes before frying. Heat Olivine Oil till very hot, then add cutlets, reduce heat and fry over medium heat for 3—4 minutes on each side, or until brown. Serve immediately with slice lemon and an anchovy.

VEAL BIRDS

1½ lbs. Veal Steak cut very thin and
pounded
Red Seal Flour
¼ pint Stock or Tomato Sauce

Red Seal Salt
Made Mustard
Pepper

ORANGE STUFFING:
6 tablespoons soft Breadcrumbs
½ teaspoon Mixed Herbs
Red Seal Salt

Grated rind of 1 small Orange
½ beaten Egg
Pepper

METHOD: Divide the veal into 8 or 10 oblong pieces. Mince any trimmings and add to the stuffing. Mix the stuffing and spread on the veal. Roll and secure with fine string or wooden picks. Roll in flour and brown in a little hot oil. Place in casserole and add stock or tomato sauce. Cook in covered casserole for about 40 to 60 minutes at 300° to 325°.

BRAWN

Veal Knuckle
Peppercorns
Bayleaves
1 Hardboiled Egg

Red Seal Salt
2 Cloves Garlic
Vinegar
1 Pickled Cucumber (optional)

METHOD: Ask butcher to cut 1 veal knuckle for you. Wash and cut meat. Season well. Cover with water. Place in pressure cooker and cook for at least one hour. When the meat is soft, mince it. Strain the water in which meat was cooked. Mix with the meat. Add 1 tablespoon vinegar. Slice the egg and cucumber. Place in the bottom of a serving dish. Cover with little liquid mixture. Allow to set. Add remainder of meat mixture and allow to set in fridge. Turn out of dish and serve with a little vinegar, if desired.

MARINATED ROLL OF BEEF

3 lbs. Roll of Beef or Veal
2 Bayleaves
Red Seal Salt, Pepper
2 large Onions diced
Dash of Cloves
Ginger
2 Ginger Snaps (optional)

½ cup Vinegar
Pinch of Saffron
2 tablespoons Olivine Oil
Celery Root (optional)
1 large Carrot
½ cup Water or Wine

METHOD: Refrigerate meat with the vinegar and bayleaves for a day, turning from time to time. Dry the meat and season it. Heat oil and brown meat on all sides. Add vinegar in which the meat has been soaked, and the remaining ingredients. Cover. Bring to boil and then reduce the heat to low and cook for about 2 hours until tender, turning from time to time. The sauce can be thickened by boiling up with crumbed gingersnaps. This dish may be made of veal, in which case it should only be marinated for half a day and cooked for less time. (1½ hours).

This is a Dutch main dish of the Sabbath, similar to the Austrian Sauerbraten.

BOUEF A LA WELLINGTON

1 whole Scotch Fillet
 1 teaspoon Dry Mustard
 ¼ lb. Smoked Mutton
 ½ lb. Mushrooms, finely chopped
 1 Clove Garlic, crushed
 One-third cup Sherry
 Olivine Oil

1 lb. Chicken Livers (cut into small pieces)
 1 tablespoon Tomato Paste
 Puff Pastry (hot water Perogen Pastry)
 Red Seal Salt, Pepper

METHOD: Rub meat with mustard, salt and pepper. Roast in hot oven, 400°, in oil till brown and tender, turning from time to time. Remove and allow to cool. Place in a pan the mushrooms, chopped smoked mutton, garlic, sherry, chicken livers, tomato paste and saute till tender. Salt and pepper to taste. Allow to cool. Roll the pastry about ¼ inch thick and large enough to enclose the fillet. Place the meat in the centre of the pastry, spread the mushrooms and liver sauce over it and cover completely with pastry, pinching the edges well together. Place on a greased baking sheet, seam side down, and brush with beaten egg-white. Decorate with remaining pieces of pastry. Bake at 425° for about 20 to 30 minutes, till pastry is golden brown. Make sauce from juices left in pan, mixed with ½ cup sherry and ½ cup strong beef stock. Correct seasoning. Heat for 10 minutes and serve with the meat accompanied by roast potatoes, peas, a green salad and a Rose wine.

MEXICAN POTROAST

3 lbs. Potroast
 2 cups chopped Tomatoes
 1 large chopped Onion
 ½ cup Celery chopped
 1 tablespoon chopped Green Pepper
 2 Cloves Crushed Garlic

1 cup Beef Stock
 ¼ cup White Wine
 ½ teaspoon Oregano
 Red Seal Salt
 Pepper, Paprika
 2 tablespoons Olivine

METHOD: Wipe roast and sprinkle with flour and paprika. Sear in hot oil in a pan. Place in casserole, adding rest of ingredients. Bake in moderate oven until tender, about 3 hours.

AMERICAN HARVEST ROAST

6 lbs. Double Thick Brisket
 6 medium sized Raw Sweet Potatoes
 cut in half
 1 lb. Prunes
 ¾ lb. Dried Apricots
 12 small Carrots cut in rounds

6 tablespoons Brown Sugar
 Juice and grated Rind of 1 Lemon
 Juice of 1 Orange
 Red Seal Salt
 Pepper

METHOD: Place all ingredients in roasting pan. Cover with water. Place lid on roaster and bake in 350° oven for 3½ hours. Uncover and allow to brown for further 30 minutes. (This may be made the day before use. Allow to get cold and remove fat from surface, then reheat.)

OXTAIL (AMERICAN STYLE)

2 small or 1 large Oxtail	1 tablespoon chopped Green Peppers
2 tablespoons chopped Onions	Red Seal Flour
Red Seal Salt, Pepper	½ teaspoon Ginger
2 cups Tinned Tomatoes	2 cups Soup Stock or Water
2 slices Lemon	1 sliced Carrot
2 tablespoons Melva Vegetable Fat	1 sliced Celery Stick

METHOD: Heat the fat and add chopped onion, carrots, celery and green peppers and fry gently for a few minutes. Wash the oxtail, which has been cut into suitable pieces and cover with boiling water. Stand for a few minutes, then throw away this water and drain and dry the pieces of tail. Roll each one in flour seasoned with salt, pepper and brown with vegetables. When nicely coloured, add water or stock — about 2 cups is sufficient as the tomatoes and other ingredients supply liquid. Add remaining ingredients. Cover pot and stew gently until the meat falls away from the bones. Cool and skin off fat and bring to the boil again. (This dish is better made the day before required.)

CASSEROLE MEAT

Cut 2 lbs. best steak into cubes, pepper and Red Seal salt and dip into mixture of:-

1 tablespoon Red Seal Flour	½ teaspoon Dry Mustard
½ teaspoon Sugar	

Slice:-

1 medium Onion	2 Carrots
2 Tomatoes which have been skinned	½ can of Peas
2 Potatoes thinly sliced	

METHOD: Put layers of meat alternately with vegetables in casserole dish. Make a sauce of:-

2 cups Water	2 tablespoons Brown Vinegar
1 tablespoon Worcestershire Sauce	2 tablespoons Tomato Sauce

Pour sauce over meat in casserole and cover. Put into slow oven, approximately 300° for 2 to 3 hours. This dish needs very little looking after. You can look at it after 2 hours. If ready, turn off oven and reheat to serve.

CHUCK

Chuck (about 2 to 3 slices per person)	Onions
Carrots	Tomatoes
2 Cloves Garlic (optional)	Lemon Juice
Olivine Oil	Red Seal Salt
	Pepper

METHOD: 2 to 3 hours before cooking (the longer the better) marinate the slices of meat 2 inches thick with oil, lemon juice, slices of onion. Brown meat, coated in a little Red Seal flour, then put into a casserole dish, a layer of meat, a layer of sliced carrots and onions. When all the ingredients are used up, put in two to three sliced tomatoes and water to just cover. Cook in a moderate oven (300 to 350) for about three hours. Serve with noodles or rice with a green salad.

SPRING TONGUE

3 lbs. Tongue
 ¼ cup chopped celery
 ¼ cup chopped Onion
 ¼ cup chopped Green Peppers

1 teaspoon Red Seal Salt
 ¼ teaspoon Garlic Salt
 1 tablespoon Parsley chopped
 2 chopped Tomatoes peeled

METHOD: Boil tongue until tender. Skin and season. Slice tongue and add vegetables and place in casserole. Add water if needed. Cover and bake in 350° oven until all vegetables are tender.

OX TONGUE IN RED WINE

Tongue
 Peppercorns
 Buttercup Margarine
 Cooking Wine
 Sugar
 Lemon Rind

Bayleaf
 Onion
 Red Seal Flour
 Raisins
 Cayenne Pepper
 Almonds

METHOD: Bring tongue to the boil in cold water and pour off water. Then put tongue on to boil with enough fresh cold water to cover, adding 1 large onion, 1 bayleaf and few peppercorns. Boil until soft. Skin and slice the tongue and keep hot. Make a sauce of 4 ounces Buttercup Margarine or Melva Fat and 4 ounces Red Seal Flour and gradually add 1 cup of stock in which the tongue was boiled and 2 cups red cooking wine. Add 1 cup water in which ½ cup raisins have been boiled, plus raisins, as well. Correct seasoning and add a little sugar, grated rind of half a lemon and a pinch of cayenne pepper. Finally add ½ cup blanched and shredded or roughly chopped almonds. (If sauce appears too thick add a little extra stock or water). Pour over sliced tongue. Serve with mashed potatoes.

PICKLED MEAT

3 lbs. Brisket (or fresh tongue) or
 3 lbs. Hump
 1 teaspoon White Pepper
 1 teaspoon Saltpetre

3 Cloves crushed Garlic
 2½ tablespoons Red Seal Salt
 2 teaspoons Sugar

METHOD: Combine these ingredients and mix well together. Prick meat deeply with a fork, and rub mixture well into the meat with a spoon. Add 10 bayleaves, 12 peppercorns, 6 cloves. Place in a dish (it must fit well) and pack firmly. Press it down with a lid which has been weighted with a heavy stone. Leave in fridge for one week turning occasionally.

TO COOK: Place meat in pot, cover with boiling water, bring to boil and boil for five minutes. Discard the water. Cover with fresh boiling water and add 1 tablespoon vinegar and 1 teaspoon sugar and cook for 5 hours.

POULTRY

BARBECUE CHICKEN

Chicken
Onions
Tomato Sauce
Worcestershire Sauce
Pepper

Red Seal Flour
Green Peppers
Sugar
Red Seal Salt
Chutney

METHOD: Cut 1 chicken in serving pieces — coat with seasoned Red Seal flour; fry in fat until golden brown. Brown two large onions (cut in slices) and add 1 cup green peppers cut small, 1 cup tomato sauce, 1 cup water, 2 tablespoons sugar, 2 tablespoons Worcestershire sauce, pepper, Red Seal salt and some chutney. Let boil quickly. Place fried chicken in deep casserole and pour sauce mixture over it. Cover with lid and cook in medium oven for 1—2 hours.

BARBECUED CHICKEN

METHOD: Young chickens, 1½ lb. to 2 lbs., halved should be used. Brush chickens with the following barbecue sauce before grilling and baste frequently. Cook until chicken is tender.

CHICKEN BARBECUE SAUCE

1 cup White Vinegar
1 cup Olivine Oil
3 teaspoons grated Onion
3 teaspoons Tomato Sauce
Few drops Tabasco Sauce
Little Pepper

3 teaspoons Red Seal Salt
1 teaspoon Paprika
½ teaspoon Mustard Powder
1 teaspoon Worcestershire Sauce
1 crushed Clove of Garlic

METHOD: Brown onions in oil and add all remaining ingredients and simmer gently over low heat for about 20 minutes. Serve chicken with green salad and potatoes baked in their jackets.

CHICKEN CACCIATORE

1 x 3 lb. Chicken (or portions for serving)
1 Chicken Cube
1 dessertspoon Cornflour
Pepper
1 tablespoon Olivine Oil

1 stick Celery
2 sliced Onions
1 tin Button Mushrooms
1 Clove minced Garlic
8 ounces cooked Spaghetti
½ cup Tomato Sauce

METHOD: Brown chicken, celery, onions and mushrooms in the oil. Add tomato sauce, stock cube in two cups hot water, and seasoning. Place in casserole and bake in medium oven until chicken is tender. Thicken gravy with cornflour. Arrange chicken on cooked spaghetti, pour sauce over and garnish with olives.

POULTRY

8

THIS SECTION (PAGES 112 — 120) CONTAINS THE FOLLOWING RECIPES.

Barbecue Chicken
Barbecue Chicken
Chicken Barbecue Sauce
Chicken Cacciatore
Chicken Cacciatore
Chicken with Orange and Almond
Sauce
Poulet a la Basquaise
Coq Aux Apricotines
Chicken or Meat Curry
Chicken Marengo
Savoury Chicken
Coq Au Vin

Baby Chicken with Pineapple, Green
Pepper and Curried Rice
Chicken a la Lisbon
Ginger Sauce
Arroz Con Pollo Cuban Style
Chicken Italiana
Scalloped Chicken and Spaghetti
Chicken Corn Pie
Duck with Pineapple
Duck Jubilee
Roast Turkey
Baked Turkey Loaf

CHICKEN CACCIATORE

2 Spring Chickens (2—2½ lbs.)	1 cup chopped Green Peppers
Approximately ½ cup Red Seal Flour seasoned with Red Seal Salt and Pepper	1 x 4 ounce tin Tomato Paste
½ cup Olivine Oil	2 tablespoons chopped Parsley
2 tablespoons Chicken Fat	1 teaspoon Oregano
3 crushed Cloves of Garlic	Pinch Thyme
1 cup chopped Onion	1 cup Dry Red Wine
1 large tin peeled Tomatoes or 2½ cups peeled fresh Tomatoes	2 teaspoons Sugar
	2 x 10 ounce tins sliced Mushrooms
	1 Bayleaf

METHOD: Joint chickens. Place flour with salt and pepper in brown paper bag and shake chicken pieces in the bag to coat with seasoned flour. Heat oil and chicken fat and brown chicken. Remove chicken to suitable ovenproof dish. Add the following to hot oil: garlic, onions, peppers. Saute till light brown. Then add all remaining ingredients, except mushrooms, and stir occasionally till thick and well blended. Pour sauce over chicken, cover with lid and bake in moderate oven until tender for approximately 1—1½ hours, or simmer on top of stove for approximately 1 hour or till tender. Add mushrooms 20 minutes before chicken is completely cooked. Serve with broad noodles or spaghetti.

CHICKEN WITH ORANGE AND ALMOND SAUCE

1 Frying Chicken (about 2½ lbs.)	Red Seal Salt
Pepper	Paprika
2 ounces Buttercup Margarine	3 Oranges
1 level dessertspoon Castor Sugar	1½ ounces Almonds (shredded and browned)

METHOD: Cut the chicken into 4 joints and season well. Heat margarine in a large pan and fry the joints until golden brown. Cover pan, reduce heat and cook gently for 30 minutes, or until joints are tender. Squeeze juice from 2 of the oranges, remove skin and pith from third orange and cut into segments. Remove chicken joints from pan and arrange on a hot serving dish. Drain excess fat from the pan and add orange segments and juice and sugar. Bring slowly to the boil, stirring all the time. Allow to boil rapidly for 2 to 3 minutes. Adjust seasoning. Pour the orange mixture over the joints, sprinkle with the almonds and serve.

METRIC CONVERSION TABLE

WEIGHT

1 kilogram = 1000 grams = 2¼ lbs
 1 lb. = 454 grams
 12 oz. = 340 grams
 8 oz. = 230 grams
 6 oz. = 170 grams
 4 oz. = 115 grams
 3 oz. = 86 grams
 2 oz. = 57 grams
 1 oz. = 28 grams

VOLUME

1 litre = 1000 millilitres = 1¾ pints
 1 pint ‡ 570 millilitres
 ½ pint = 285 millilitres
 ¼ pint = 190 millilitres
 ⅛ pint = 143 millilitres

POULET A LA BASQUAISE

(Serves 4)

2½ lb. Chicken	1 large Green Pepper
Red Seal Salt	4 ripe Tomatoes
Pepper	4 ounces Mushrooms chopped
1½ ounces Buttercup Margarine	¼ pint White Wine
1 tablespoon Olivine Oil	Chopped Parsley
1 teaspoon Sugar	

METHOD: Cut chicken into 4 pieces and sprinkle with salt. Heat margarine and oil and fry the chicken gently until golden brown for about 10 minutes. Meanwhile skin and seed tomatoes and chop flesh. Discard seeds from green pepper and cut into fine strips. Add tomatoes, green pepper, sugar, mushrooms and wine. Cover and simmer gently for 30 to 40 minutes. Remove chicken to serving dish and keep hot. If necessary, reduce sauce to a coating consistency by boiling rapidly without lid for a few minutes. Season and pour over chicken, sprinkle with chopped parsley and serve with boiled rice.

COQ AUX APRICOTINES

6 Baby Chickens, halved, seasoned with Red Seal Salt and Pepper, ginger and Lemon Juice.

SAUCE:

1 tin Apricots with Juice (2lb. tin)	1 teaspoon Soy Sauce
Juice and Rind of Orange	1 tablespoon Lemon Juice
2 tablespoons Golden Syrup	Olivine Oil
1 teaspoon Ginger	

METHOD: Brush seasoned chickens with oil and grill till brown and tender. Place in large casserole with lid.

To make sauce: Sieve the apricots together with the juice. Add other ingredients and bring to boil. Pour over the chickens and simmer for about 20 minutes in moderate oven with lid on for the first 10 minutes and then remove lid. See that chicken is well coated with sauce. Serve with a green salad, roast potatoes and peas.

CHICKEN OR MEAT CURRY

2 lbs. Chicken, Mutton or Beef	2 tablespoons Sugar
1 level teaspoon Ground Ginger	2 teaspoons Lemon Juice
1 Clove Garlic	4 large skinned ripe Tomatoes or
2 teaspoons Curry Powder (more or	1 small tin Tomato Puree
less to taste)	¼ level teaspoon Ground Cloves
½ level teaspoon Turmeric	4 tablespoons Olivine Oil
1 level teaspoon Cinnamon	2 large chopped Onions
1 level teaspoon Thyme	Red Seal Flour to thicken

METHOD: Heat oil, crush clove of garlic into ginger and fry for a minute, add onions, curry powder, thyme, cinnamon, turmeric, cloves and cook until onions are glazed, but be careful not to burn. Add 1 pint water, tomatoes, sugar and lemon juice and 1½ teaspoons Red Seal salt. Bring to boil, add meat and simmer until tender, thicken slightly with flour (about 1½ tablespoons).

CHICKEN MARENGO

1 Chicken (2½—3 lbs.)	½ lb. Tomatoes chopped
1 Onion, finely chopped	1½ ounces Cornflour
1¼ pints boiling Water	2 Chicken Cubes
2 Carrots chopped	2 tablespoons Olivine Oil
¼ lb. sliced Mushrooms	⅛ pint Sherry
2 small tins Tomato Puree	

METHOD: Skin and joint chicken. Saute onion lightly in oil, add carrots and tomatoes and cook for about 5 minutes. Add tomato puree and cornflour and mix well. Add crumbled chicken cubes and water, stir until boiling then simmer gently for 10 minutes. Rub sauce through sieve, add sherry and chicken joints. Cover and simmer until tender (at least 45 minutes). About 15 minutes before it is done, add mushrooms. Serve chicken in a dish with sauce poured over and garnished with chopped parsley.

SAVOURY CHICKEN

2 small Broilers, jointed	1 cup Sugar
Red Seal Salt, Pepper	1 large tin Pineapple Chunks
Paprika	Dash Tabasco Sauce
1 tablespoon Chicken Fat	1 tablespoon Worcestershire Sauce
1 Clove Garlic	1 tablespoon prepared Mustard
3 tablespoons Cornflour	2 Green Peppers
1 cup Vinegar	1 Red Pepper

METHOD: Brown broilers seasoned with salt and pepper and rubbed with garlic and melted chicken fat. Combine cornflour, vinegar and cook with sugar until clear. Add tabasco, Worcestershire sauce, mustard, green and red peppers, cut into large pieces. Add pineapple chunks with juice. Pour over chicken in a casserole and bake 30—40 minutes in moderate oven.

COQ AU VIN

2 small Chickens	Red Seal Salt, Pepper
2 tablespoons Buttercup Margarine	1 Bouillon Cube
2 tablespoons Olivine Oil	2 tablespoons Red Seal Flour
2 tablespoons Brandy	1 cup Chicken Stock
18 small Pearl Onions	1 teaspoon Tomato Paste
½ lb. Mushrooms, sliced	¾ cup Dry Red Wine

METHOD: Clean and wash chickens well. Brown whole in hot margarine and oil mixture. When well browned, pour brandy over chickens and ignite. When finished burning, remove chickens from pan and brown onions and mushrooms. Stir in dissolved bouillon cube and remove from heat. Stir in flour. Add tomato paste, stock and wine. Add seasonings and chickens cut into serving pieces. Place all in casserole. Cover and simmer in moderate oven until tender.

BABY CHICKEN WITH PINEAPPLE, GREEN PEPPER AND CURRIED RICE

1 cup Red Seal Rice
3 Green Peppers
1 Pineapple

~~1 cup Red Seal Flour~~
4 Baby Chickens
1 Onion chopped
Seasoning

METHOD: Curried rice: Wash rice in hot water and leave to drain. Heat 1 tablespoon Olivine Oil and add 1 dessertspoon curry powder, 2 cups of hot water and 1 teaspoon tomato puree. Add rice and cook until dry. Clean chickens and stuff with half the curried rice. Cut the pepper and pineapple into pieces. Brown chopped onion and chickens in casserole dish. Add peppers and pineapple and a little water and cook till tender. Serve with balance of rice with green salad, or vegetables if preferred.

CHICKEN A LA LISBON

1 x 3 lb. Chicken (disjointed)
One-third cup Red Seal Flour
1½ teaspoons Red Seal Salt
¼ teaspoon Pepper
½ teaspoon Ground Ginger

½ Clove crushed Garlic
2 Eggs
¼ cup White Wine
Breadcrumbs
Olivine Oil

METHOD: Blend together sifted flour, salt, pepper, ginger and garlic. Turn chicken pieces in this mixture until well coated. Beat eggs. Beat in white wine. Dip chicken pieces in this, then roll in breadcrumbs. Press crumbs on firmly. Brown chicken pieces, a few at a time, in hot oil. When all are brown transfer to well-greased casserole. Bake in moderate oven for 30 minutes or until chicken is tender. Turn pieces once or twice. Serve with the following Ginger Sacce.

GINGER SAUCE

2 ounces Buttercup Margarine
½ cup White Wine
1 teaspoon Sugar
½ teaspoon Ground Ginger

1 teaspoon Cornflour
1 dessertspoon Vinegar
4 drops Tabasco Sauce
1 ounce chopped Mixed Pickles

METHOD: Combine all ingredients and cook over low heat until boiling. If desired add extra teaspoon of cornflour, blended with little water to thicken sauce.

ARROZ CON POLLO CUBAN STYLE

Chicken
Onion
Rice
Red Seal Salt
Saffron

Olivine Oil
Garlic
Tomatoes
Pepper

METHOD: Cut 2 chickens in serving pieces and brown them in a ¼ cup Olivine Oil. Add 1 large finely chopped onion and 2 crushed cloves of garlic, and brown well with chicken. Add 2 cups washed rice to the browned chicken stirring constantly until rice is well browned. Then add 2 cups raw, peeled and chopped tomatoes and simmer for 15 minutes, stirring frequently. If more liquid is needed add ½ cup of chicken stock and simmer slowly until chicken and rice are well done. Season with Red Seal salt and a dash of pepper to taste. Just before serving, add a pinch of saffron, dissolved in a little cold water.

CHICKEN ITALIANA

1 large (4 lb.) or 2 small Chickens	1 cup sliced Mushrooms
½ cup Red Seal Flour	¼ cup chopped Parsley
3 tablespoons Olivine Oil	1 teaspoon Rosemary
½ cup chopped Onion	3 cups Chicken Stock or Bouillon
1 finely chopped Clove of Garlic	1 tin Tomato Paste
½ cup chopped Celery	1 teaspoon Red Seal Salt and Pepper

METHOD: Cut chicken into serving pieces. Sprinkle with salt and pepper and dredge with flour. Brown in hot oil. Remove chicken. To fat left in pan add onion, garlic, celery, mushrooms, parsley and rosemary. (If necessary add more oil.) Cook until soft and lightly browned. Add stock, (or bouillon), tomato paste, seasonings and chicken. Cover pot and simmer over low heat for about 1½ to 2 hours, until chicken is tender. If necessary thicken sauce with a little flour. Serve with spaghetti and a green salad.

SCALLOPED CHICKEN AND SPAGHETTI

¼ cup Red Seal Flour	One-third cup Chicken Fat
¼ cup finely chopped Onion	2 cups Chicken Stock
1 finely chopped Garlic	Red Seal Salt
1 cup sliced Mushrooms	Pepper
8 ounces boiled Spaghetti	1 cup canned Tomatoes
½ cup Breadcrumbs	2 to 3 cups cooked Chicken (diced)

METHOD: Heat fat and onion, garlic and mushrooms. Cook till soft and lightly browned. Add flour and stir till blended. Slowly pour over stock and stir over low heat, until thick and smooth. Add salt and pepper to taste. Add chicken and tomatoes. Arrange layers of chicken and spaghetti in a well greased casserole. Top with breadcrumbs which have been mixed with a tablespoon of extra chicken fat and a dash of paprika. Bake in a moderate oven (350°—375°) about 25 minutes or until well browned.

CHICKEN CORN PIE

1 cup Rice	2 extra tablespoons Chicken Fat
2 tablespoons Chicken Fat	1 cooked Chicken
1 cup Chicken Broth	3 Mealies (large)
1 beaten Egg	Red Seal Salt, Pepper

METHOD: Boil the rice and add 2 tablespoons chicken fat. Put half the rice in the bottom of a well greased oven dish. Cut the chicken into small pieces. (Chicken must have been cooked in well seasoned broth), and add the corn scraped from the 3 mealies. Pour over this the cup of chicken broth and add the two extra tablespoons chicken fat, salt and pepper. Cover with remaining rice. Glaze top with beaten egg and bake to a delicate brown in a moderate oven.

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DUCK WITH PINEAPPLE

1 Duck
Red Seal Salt
1 tin Pineapple Rings
2 teaspoons Cornflour

1¾ pints Dry Red Wine
Pepper
Juice of 1 Lemon

METHOD: Cut duck into portions, and dust with salt and pepper. Place in saucepan in one pint red wine and simmer gently for 1 hour. Turn heat up to reduce liquid and allow duck to brown. Pour off all excess fat. Add remaining three quarters of a pint of wine. Simmer gently for a further 10 minutes. Remove duck onto serving dish. Add lemon juice and pineapple rings in their syrup to liquid in saucepan. Thicken with cornflour. Pour sauce over duck and decorate with cherries. 4 to 5 servings.

DUCK JUBILEE

1 large Duck, cleaned and quartered
1 tablespoon Lemon Juice
1 teaspoon Red Seal Salt
¼ teaspoon Pepper
1 tablespoon Shortening or Chicken Fat
1 Onion

1 Bayleaf
1 cup Almonds
½ cup Red Wine
2 tablespoons Cornflour
1 large tin Cherries
2 tablespoons Brandy

METHOD: Brown duck in frying pan. Pour off fat. Pour brandy over duck and flame it. Remove duck to casserole. Saute onions in fat. Drain cherries and stuff with blanched almonds. Dissolve cornflour in ½ cup cherry juice. Combine all ingredients (except cherries) with duck in casserole and simmer in moderate oven until duck is tender. Add cherries just before serving.

ROAST TURKEY

Turkey
Red Seal Salt
Paprika
Sherry

Pepper
Ginger
Tomato Juice

METHOD: Clean 12—14 lb. turkey. Season it with salt, pepper, ginger and plenty of paprika, inside and out. Fill it with desired stuffing and place in a roasting pan. Pour into the pan 2 cups tomato juice, 1 cup sherry and 6 cups water. Roast in 375° oven for 3 hours, turning the bird every half hour. Ten minutes before the turkey is done, pour off all juices from roasting pan and let the bird roast dry to complete browning. For the gravy: skim off surface fat from the natural gravy. Taste for seasoning. It does not need to be thickened.

BAKED TURKEY LOAF

(To use up your left over Turkey)

2 cups cold minced Turkey	¼ cup thinly sliced Celery
2 tablespoons minced Green Peppers	1 small tin Mushrooms
2 tablespoons minced Tomatoes	1 tablespoon Buttercup Margarine
2 tablespoons minced Onions	3 well beaten Eggs
2 tablespoons chopped Parsley	3 teaspoons Red Seal Salt
½ cup Breadcrumbs	Pepper
1½ cups Turkey or Chicken Stock	3 tablespoons Red Seal Flour

METHOD: Cream the margarine and add the eggs that are well beaten. Add all the remaining ingredients and mix well. Place in a well greased loaf tin, sprinkle extra breadcrumbs on top and dot with a little more margarine. Bake in a 375° oven for about 25—30 minutes. Serve with rice and green peas.

SALADS AND VEGETABLES

9

THIS SECTION (PAGES 121 — 132) CONTAINS THE FOLLOWING RECIPES.

Salad Dressing	Curried Rice Salad
Cream Salad Dressing	Greek Salad
Blender Mayonnaise	Red Cabbage Toss
Mayonnaise	Salad Nicoise
Sauce Tartare	Vinaigrette Dressing
Brinjal Salad	Red Pickled Cabbage
Egg Plant Salad	Pickled Egg Plant
Moulded Avocado Salad	Pickled Onion
Moulded Cabbage and Carrot Salad	Avocado Mousse
Moulded Beetroot Salad	Cucumber Mousse
Mustard Sauce	Aubergines Farcies Provencale
Waldorf Salad	Baked Egg Plant
Cabbage Salad	Brussels Sprouts with Orange
Brinjal Salad	Mustard Sauce
Pickled Cucumbers	Brussels Sprouts Au Gratin
Quick Pickled Cucumbers	Crisp Fried Onion Rings
California Orange Salad	Chou-Fleur Au Gratin
Cheese, Grape and Banana Salad	Caraway Carrots
Banana Salad	Egg Plant Extrordinaire
Rice Salad	Hot Sweet and Sour Cabbage
Bean Salad	Cheesed Off Mealies
Rice Salad	Mealie Souffle

SALADS AND VEGETABLES

SALAD DRESSING

3 tablespoons Olivine Oil
 2 tablespoons of Brown Vinegar
 Plenty of freshly ground Black
 Pepper
 Red Seal Salt to taste

1 teaspoon of made Mustard
 Sugar to taste (approximately 1
 teaspoon)
 Fresh chopped Parsley

METHOD: Can be kept in a screw top jar in the fridge, so make large quantities but add the chopped parsley as you need it.

CREAM SALAD DRESSING

1 teaspoon Sugar
 1 tablespoon Cream
 1/4 teaspoon Red Seal Salt
 2 Eggs

METHOD: Beat eggs well and other ingredients by degrees, place bowl in boiling water and stir until it thickens. Cool and use as required.

BLENDER MAYONNAISE

(Mixing time 4 minutes)

1 Egg Yolk
 Pinch Red Seal Salt
 2 tablespoons Vinegar

1/2 teaspoon Mustard
 1/2 cup Olivine Oil
 Sugar to taste

METHOD: Beat egg yolk, mustard, salt and sugar in small bowl on speed 3. Add vinegar and oil gradually.

MAYONNAISE

1 Raw Yolk
 1/2 teaspoon made Mustard
 Red Seal Salt
 Pepper

3 drops Lemon Juice
 1 cup Olivine Oil
 1 teaspoon Castor Sugar
 1 tablespoon Vinegar

METHOD: Put the egg in a large mixing bowl. Work in the mustard, lemon juice, sugar, salt and pepper. Put the oil in a small milk jug. Hold the jug with the left hand, resting the spout against the bowl so that the oil trickles slowly into the egg drop by drop, down the sides of the bowl. With the right hand stir rapidly with a wooden spoon, stirring well, round the whole circle of the bowl. Gradually add a little faster. Add the vinegar gradually. The oil must be added drop by drop to start with and later a rotary whisk can be used.

LIEBIG'S (RHODESIA) LTD.

MANUFACTURERS OF

CASHEL VALLEY

VEGETABLES ● SOUPS ● JAMS ● FRUITS

FRAY BENTOS

MEATS ● SPREADS

SUN

● JAMS ●

VEGEX and OXO

MAYONNAISE

2 Egg Yolks	1 dessertspoon boiling Water
1 teaspoon Mustard Powder	1 cup Olivine Oil or Helio Oil
1 teaspoon Sugar	2 tablespoons White Vinegar or
1 teaspoon Red Seal Salt	1 tablespoon Vinegar and
Dash White Pepper	1 tablespoon Lemon Juice

METHOD: In an electric mixer beat the egg yolks, mustard, sugar, salt and pepper, till well mixed. Add boiling water and beat. Boil vinegar (or vinegar and lemon juice) and set aside to cool. Meanwhile, add oil, teaspoon at a time to the mustard mixture, until the mixture starts to thicken (about half the amount of oil), beating all the time. Then slowly add the balance of the oil in a very thin stream, beating continuously. The mixture should now be very thick and creamy. Beat in the cooled vinegar. Bottle in a covered jar and refrigerate. Lasts well.

SAUCE TARTARE

1 teaspoon finely chopped Parsley	3 teaspoons finely chopped Spring
1 finely chopped Picked Cucumber	Onions

METHOD: Using 1 cup of mayonnaise, stir in and mix well the above.

BRINJAL SALAD

3 Brinjals	3 large Tomatoes
Cheese Slices (cheddar and gruyere)	A little Olivine Oil

METHOD: Peel the brinjals, slice across and fry lightly in a little Olivine oil in a pyrex dish, place alternate layers of brinjal slices, tomato slices and cheese slices until all the ingredients are in the dish. Bake at 400° for 15 to 20 minutes.

EGG PLANT SALAD

Egg Plant	Onion
Red Seal Salt	Olivine Oil
Vinegar	Cucumber

METHOD: Burn large egg plant in dry frying pan, when inside is soft, scoop out and with a little of burnt skin, place in liquidiser. Mince medium onion and mix together. Add Red Seal Salt, Olivine Oil and vinegar, mix well. Serve cold with sliced cucumber on top.

MOULDED AVOCADO SALAD

1 packet Lemon Jelly	½ cup boiling Water
1 cup mashed Avocado Pear	2 tablespoons grated Onion
½ cup Mayonnaise	Red Seal Salt and Pepper

METHOD: Dissolve jelly in boiling water. Allow to cool in fridge until it starts to thicken. Beat until thick and creamy. Then gradually add mashed avocado pear, onion, mayonnaise and seasoning, beating all the time. Pour into wetted mould and chill until firm. Unmould onto a bed of shredded lettuce. Very good with any cold meats.

MOULDED CABBAGE AND CARROT SALAD

1 packet Apple Jelly
 ½ cup cold Water
 1 cup finely chopped Cabbage
 1 cup grated Carrot

1 cup boiling Water
 ½ cup White Vinegar
 1 tablespoon grated Onion
 ½ teaspoon Red Seal Salt, Pepper

METHOD: Dissolve jelly in boiling water, add cold water, vinegar, salt and pepper. Chill in fridge until mixture starts to thicken. Mix in carrot, onion and cabbage and pour into wetted mould. Chill until firmly set. Unmould onto a bed of lettuce and garnish with tomato slices and serve with mayonnaise.

MOULDED BEETROOT SALAD

1 packet Lemon Jelly
 ¼ cup Vinegar
 ¼ teaspoon Red Seal Salt
 1 cup chopped cooked Beetroot

1½ cups Water
 1 Bayleaf
 3 Cloves
 ¼ cup chopped Onions

METHOD: Put bayleaves, cloves, vinegar and salt in water and bring to the boil. Strain and add jelly crystals. When dissolved, leave mixture in cold place until it begins to thicken. Gently fold in beetroot and onions. Pour into wetted mould. Garnish with finely shredded raw cabbage. Or omit cabbage and serve with mustard sauce.

MUSTARD SAUCE

1 tablespoon Red Seal Flour
 1 tablespoon Vinegar
 ¼ teaspoon Red Seal Salt
 ¾ cup Water

1 teaspoon Mustard
 1 teaspoon Sugar
 1 Egg Yolk
 1 tablespoon Buttercup Margarine

METHOD: Mix into smooth paste the flour, mustard, salt, sugar and vinegar. Beat egg yolk and add the water and stir into the mustard mixture. Bring to the boil, stirring constantly. Simmer for 2 minutes, until thick, then add the margarine. Cool.

WALDORF SALAD

1 packet Royal Apple Jelly
 1 cup hot Water
 3 tablespoons Mayonnaise
 1½ cups Tart, unpeeled Apples,
 diced (2 medium sized apples)

¼ cup chopped Nuts
 ½ cup cold Water
 One-third cup diced Celery
 1½ teaspoons Lemon Juice
 ¾ teaspoon Red Seal Salt

METHOD: Dissolve jelly in hot water, add cold water and chill until mixture begins to thicken. Beat in mayonnaise with rotary egg beater, until jelly is fluffy. Fold in lemon juice, salt, apples, celery and nuts. Turn into wetted mould and chill.

WALDORF SALAD

1 Pineapple
2 Apples

3 sticks Celery
Walnuts

METHOD: Chop up the above into little squares, toss altogether and pour over some mayonnaise and put into a bowl lined with crisp lettuce leaves.

CABBAGE SALAD

(Keeps in a jar for a month)

METHOD: Shred 1 medium sized cabbage finely. Sprinkle with Red Seal salt well, and pour over sufficient boiling water to cover. Allow to stand for one hour; then squeeze out all water. Put into bowl and pepper well. Pour over the hot sauce, cover and allow to cool.

Sauce: Beat 2 eggs well with 2 tablespoons sugar. Take $\frac{3}{4}$ cup vinegar, fill it up with water and boil together in saucepan for a few minutes. This keeps in the fridge in a glass jar for a month.

BRINJAL SALAD

3 medium Egg Plants
1 medium sized Onion

Red Seal Salt
2 tablespoons Olivine Oil

METHOD: Wash vegetables and remove the green growth at the top. Place in 350° oven and bake, turning occasionally, until soft — about 20 minutes. Skin immediately and allow all liquid to drain, as the liquid is bitter. Chop the egg plant together with onion, salt and oil, or blend together in liquidiser. Pour into serving dish and chill. Garnish with olives, if desired.

PICKLED CUCUMBERS

5 lbs. Cucumbers cut lengthwise and sprinkled with salt in layers in a basin.

Boil together:

5 pints of Water
2 tablespoons Mustard Seed
 $\frac{1}{4}$ cup Sugar
4 dessertspoons Red Seal Salt
5 Cloves Garlic

4 dessertspoons White Vinegar
Essence
1 dessertspoon Peppercorns
6 Bayleaves

METHOD: Pour over cucumbers. Place weight on top until cold. Bottle.

QUICK PICKLED CUCUMBERS

2 cups Water
1 cup White Vinegar

3 tablespoons Sugar
1 tablespoon Red Seal Salt

METHOD: Boil above ingredients together for 10 minutes. Add bayleaves and peppercorn. Cool this. Add sliced and unpeeled cucumbers to the liquid, bottle and store in refrigerator.

QUICK PICKLED CUCUMBERS

METHOD: Wash 5—6 cucumbers. Slice thickly, about $\frac{1}{4}$ inch. Place in large earthenware bowl. Place the following ingredients in a saucepan and boil for approximately 2 to 3 minutes:-

3 cups Water	10 Bayleaves
$1\frac{1}{2}$ cups Vinegar	1 teaspoon Coriander
2 tablespoons Sugar	$\frac{1}{2}$ teaspoon Garlic Flakes
1 dessertspoon Red Seal Salt	$\frac{1}{2}$ teaspoon Garlic Salt
20 Black Peppercorns	

Pour over cucumber slices immediately and let stand overnight. Next morning bottle and keep in fridge. Lasts well.

CALIFORNIA ORANGE SALAD

1 large Lettuce	6 chilled Oranges
$\frac{1}{4}$ lb. Ripe Olives	1 teaspoon Ground Coriander
$\frac{1}{2}$ cup Olivine Oil	1 tablespoon chopped Chives
$\frac{1}{4}$ teaspoon each of Pepper, Sugar, Dry Mustard	2 tablespoons Cider Vinegar
	$\frac{1}{4}$ teaspoon Red Seal Salt

METHOD: Peel oranges and slice thinly across. Place on shredded lettuce; sprinkle with chives and olives. Blend remaining 7 ingredients together, pour over salad.

CHEESE, GRAPE AND BANANA SALAD

8 ounces Grapes	12 ounces Cottage Cheese
2 sliced Bananas	To Garnish: Lettuce
Lemon Juice	

METHOD: Wash and seed the grapes. Toss bananas in lemon juice to preserve the colour. Arrange chilled cottage cheese in a circle on a serving plate or plates. Fill the centre with the fruit. Garnish with lettuce and serve with mayonnaise.

BANANA SALAD

METHOD: Slice 6 bananas, pour lemon juice over and let stand for ten minutes. Chop one cup walnuts and mix all together with mayonnaise.

BANANA SALAD

6 to 8 Bananas	Approximately 1 cup Tomato Sauce
6 to 8 Tomatoes	$\frac{1}{2}$ cup Mayonnaise
Red Seal Salt	$\frac{1}{2}$ cup Cream
Pepper	

METHOD: Mix together till well blended. Very good with curried fish or any fish.

RICE SALAD

Rice
Green Pepper
Sultanas
French Dressing

Onion
Cucumber
Tinned Pineapple

METHOD: Add 4 ounces long grain rice to boiling salted water to cover and cook for 10 minutes till tender. Drain and rinse under cold water. Spoon the rice into a mixing basin and add 1 small onion finely chopped, 1 green pepper de-seeded and chopped, ½ cucumber chopped, 1 cup sultanas which have been soaked in boiling water for about ½ hour, 1 small tin (8 ounces) pineapple, drained and chopped small. Stir in 3—4 tablespoons french dressing and mix well. Serve cold as an hors d'oeuvre or with cold meats.

BEAN SALAD

1 lb. Haricot or Black-eyed Beans
1 teaspoon Water
1 tablespoon chopped Spring Onions
(dry onions may be substituted)

½ teaspoon Red Seal Salt
1 teaspoon chopped Parsley
Juice of 1 Lemon or 2 tablespoons
Vinegar

METHOD: Boil the beans until tender. Cool. Mix the remaining ingredients and pour over the beans.

RICE SALAD

1 cup Red Seal Rice cooked and cool
2 Green Peppers chopped finely
3 halves Canned Peaches
chopped finely
½ cup Mayonnaise

2 or 3 finely chopped Tomatoes
½ Onion grated
1 tablespoon Chutney
1 teaspoon Curry Powder

METHOD: Mix altogether and if too strong or dry add juice of canned peaches;

CURRIED RICE SALAD

1½ cups cooked Rice
6 chopped Tomatoes

2 bunches Spring Onions chopped
2 chopped Peppers

METHOD: Mix together and then mix in 1 cup mayonnaise to which has been added paprika, Red Seal salt, pepper and curry powder to taste.

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GREEK SALAD

½ cup Olivine Oil
3 tablespoons White Vinegar
1 tablespoon Lemon Juice
Little Red Seal Salt, Pepper

1 Clove Garlic crushed
½ teaspoon Sugar
¼ teaspoon Garlic Salt
Dash of Paprika

METHOD: Make a dressing of the above ingredients. Mix very well by shaking in a bottle, and set aside. Combine the following in a bowl:-

Thinly sliced Onions, Green Peppers,
Cucumbers
Tomato Wedges

Lettuce, broken into pieces
Black Olives
Feia Cheese, cut into ½ inch cubes

Pour well-blended dressing over vegetables and chill.

RED CABBAGE TOSS

1 small Head Red Cabbage, finely
shredded
1 small Green Pepper
2 tablespoons grated Onion
1 tablespoon Sugar

1 stalk Celery
2 Apples
1 teaspoon Red Seal Salt
4 tablespoons Tarragon Vinegar

METHOD: Core but do not peel apples, and dice them. Combine with all vegetables in a bowl. Mix remaining ingredients and pour over salad. Toss and chill for 1 hour.

SALAD NICOISE

8 ounces cooked French Beans
4 quartered Tomatoes
8 ounces sliced boiled Potatoes
Vinaigrette Dressing

6 or 7 sliced Olives
Few Capers
12 Anchovy Fillets

METHOD: Toss beans, potatoes and olives in dressing. Arrange in a bowl and place tomatoes on top, garnish with the anchovies and capers.

VINAIGRETTE DRESSING

2 dessertspoons Vinegar (Wine,
Cider or Tarragon Vinegar
5 dessertspoons Olivine Oil

Good Pinch Red Seal Salt
Pepper

METHOD: Mix all ingredients.

RED PICKLED CABBAGE

METHOD: Cut away leaves from centre stem and cut up into thin strips. Place in a basin and sprinkle with Red Seal cooking salt. Leave overnight. Boil vinegar, bayleaves and peppercorns. Do not wash salt off cabbage. Place cabbage in jars and pour vinegar over it. Leave about 1 week before using.

PICKLED EGGPLANT

2 large Egg Plants
2 cups Vinegar

Red Seal Salt
Garlic

METHOD: Peel egg plants and slice in rounds. Season with Red Seal salt. Fry the pieces fairly well and drain on brown paper. Boil 2 cups vinegar and 1 cup water with 5 pieces of garlic sliced thick. Place egg plant in vinegar mixture, and simmer for 15 minutes. Place in jar and chill. Should be ready in 10 to 12 hours.

PICKLED ONIONS

1 lb. small Pickling Onions
Brown Vinegar

1 tablespoon Red Seal Salt

METHOD: Clean onions. Sprinkle salt over onions and leave in a strainer overnight. Place onions in a ball jar, cover with vinegar and add the tablespoon of salt to it. Leave for a few days.

AVOCADO MOUSSE

Gelatine
Onion Juice
Avocado
Mayonnaise

Red Seal Salt
Worcestershire Sauce
Cream

METHOD: Soak 1 tablespoon gelatine in $\frac{1}{2}$ cup cold water. Dissolve above into 1 cup boiling water. Add 1 teaspoon Red Seal salt and cool slightly. Then add 1 teaspoon onion juice, 2 teaspoons Worcestershire sauce and 2 cups mashed avocado. Chill until about to set, then add $\frac{1}{2}$ cup thick cream and $\frac{1}{2}$ cup mayonnaise and fold into avocado. Place in oiled mould and chill until set. Unmould on bed of lettuce and garnish with sliced orange or pineapple and walnuts.

CUCUMBER MOUSSE

2 teaspoons Gelatine
3 tablespoons Water
2—3 fresh Cucumbers finely
chopped

$\frac{3}{4}$ teaspoon Red Seal Salt
 $\frac{1}{4}$ teaspoon Paprika
2 teaspoons Lemon Juice (or vinegar)
1 cup Cream (whipped)

METHOD: Sprinkle gelatine into water and allow to set in a cake. Place over boiling water and stir till dissolved. Add lemon juice, salt and paprika. Allow to cool. When cool, fold gelatine into the whipped cream. Fold finely chopped cucumbers into the mixture. Place in well oiled mould and set in fridge. Unmould and decorate as desired. This is excellent with fish.

AUBERGINES FARCIES PROVENCALE

Egg Plant
Buttercup Margarine
Chopped Mushrooms
Tomatoes

Garlic
Onions
Breadcrumbs

METHOD: Carefully scoop out the flesh of 4 medium sized egg plants. Cut the flesh into dice and fry until tender, in Buttercup Margarine or butter, adding a few chopped mushrooms, 4 skinned tomatoes, 1 clove garlic and 3 chopped onions. While this is cooking, parboil shells, being careful not to overcook them, or they will fall to pieces. When flesh is cooked, season to taste and refill into shells. Place on baking dish, sprinkle with breadcrumbs and dot with margarine or butter. Brown in oven and serve very hot.

BAKED EGGPLANT

Egg Plants
Red Seal Salt
Pepper
Breadcrumbs

Hardboiled Egg
Buttercup Margarine
or Butter

METHOD: Steam required number of egg plants (unskinned) for half an hour. Cut them lengthwise. Scoop out pulp, taking care not to break the skin. Mix the pulp with a good amount of butter, Red Seal salt, pepper and finely chopped hardboiled egg. Fill the skins with the mixture; sprinkle with breadcrumbs and dot with small pats of butter or Buttercup Margarine. Bake in a fairly hot oven, till brown.

BRUSSELS SPROUTS WITH ORANGE MUSTARD SAUCE

Brussels Sprouts
4 ounces Butter
½ cup Orange Juice
Grated rind of 1 small Orange

1 tablespoon Olivine
1 tablespoon finely chopped Parsley
1 teaspoon Dry Mustard

METHOD: Melt the butter and the oil, add the remaining ingredients. Pour the hot sauce over boiled brussels sprouts.

BRUSSELS SPROUTS AU GRATIN

METHOD: Cook a packet of brussels sprouts, till soft. Drain and put them back into the pan with a good sized piece of Buttercup Margarine or butter. Add Red Seal salt and pepper to taste, and a little grated nutmeg. Transfer to fireproof dish, sprinkle with grated cheese, add the few tablespoons cream and brown quickly under the grill.

CRISP FRIED ONION RINGS

METHOD: Peel onions and slice them rather thickly; divide the slices into rings. Mix pepper and Red Seal salt with some Red Seal flour; dip the rings of onions into the seasoned flour and drop into boiling deep Olivine oil. Fry the rings until brown and crisp. Drain well and serve hot with grilled steak or chops.

CHOU-FLEUR AU GRATIN

METHOD: Trim, steam and drain a cauliflower, then put it in a fireproof dish and pour over it a thin white sauce and a little grated Parmesan cheese. Sprinkle fairly thickly with breadcrumbs; add a few pats of Buttercup Margarine or butter and brown in the oven. Serve hot.

CARAWAY CARROTS

2 ounces Butter	1 teaspoon Caraway Seed
2 tablespoons Lemon Juice	½ teaspoon grated Lemon Rind
Dash of freshly ground Black Pepper	

METHOD: Melt the butter in a saucepan, add the remaining ingredients, blend well. Pour this mixture over boiled carrot slices.

EGG PLANT EXTRORDINNAIRE

2 Onions	1 cup Hot Water
¼ cup Chicken Fat	2 teaspoons Red Seal Salt
1 lb. chopped Cooked Beef	Pepper
1 cup Tomato Sauce	1 teaspoon Sugar
1 large Egg Plant	4 tablespoons Olivine

METHOD: Fry chopped onions slowly in fat until brown. Add meat, tomato sauce, hot water, seasoning and sugar. Simmer 15 minutes. Grease casserole. Peel, slice and quickly fry egg plant slices. Put egg plant and meat mixture in alternate layers in casserole. Bake 1 hour in 325° oven.

HOT SWEET AND SOUR CABBAGE

1 medium Red Cabbage (about 2lbs.)	Bouquet Garni (Bayleaf, Sprig Parsley, 2 Peppercorns, 2" Celery)
2 Onions chopped	2 tablespoons Water
2 Cooking Apples chopped	2 tablespoons Wine Vinegar
2 teaspoons Sugar	1 ounce Buttercup Margarine
½ teaspoon Black Pepper	

METHOD: Remove any coarse outside leaves and excess stalk from cabbage. Wash in plenty of water and shred very finely. Layer it in a casserole with onions, apples, sugar and seasonings. Put bouquet garni (in a muslin bag) in the middle. Pour the water and vinegar over. Cover dish and cook in slow oven at 300° for 2 hours. Stir in margarine just before serving.

CHEESED OFF MEALIES

4 Green Mealies
1 Egg
1 cup grated Cheese

Red Seal Salt
Pepper
½ pint Milk

METHOD: Put mealies through mincer. Beat egg and milk and add seasoning and thoroughly mix with mealies and cheese. Pour into greased pyrex dish and bake in moderate oven for 40 minutes.

MEALIE SOUFFLE

4—6 Mealies
2 tablespoons Butter
3 tablespoons Red Seal Flour
1 cup Milk

2 Eggs
Pepper
Red Seal Salt
½ cup grated Cheese

METHOD: Boil mealies, cut off cob and put through a mincer, (approx. 2 cups). Melt butter, stir in flour and milk gradually till you have a creamy thick sauce. Season. Add minced mealies. Stir in the two beaten egg yolks and fold in the beaten whites. Pour into buttered dish and sprinkle lightly with grated cheese. Put dish in water and cook in moderate oven, 300°, for about ½ hour.

DESSERTS

10

THIS SECTION (PAGES 133 — 159) CONTAINS THE FOLLOWING RECIPES.

Coffee Chiffon Dessert
Coffee Meringue
Coffee Velvet
Ginger Cream Roll
Cafe au Creme Quebec
Chocolate Sauce
Chocolate Pudding (Parava)
Chocolate Biscuit Pudding
Profiteroles au Chocolat
Rich Chocolate Mousse
Parave Orange Pudding
Orange Pudding
Orange Cream
Lemon Slices
Lemon Meringue Pie
Lemon Sponge
Lemon Mousse
Lemon Cream
Strawberry Gateau Supreme
Fondant Dipped Strawberries
Strawberry Almond Bombe
Pineapple Pudding (Parava)
Pineapple Pudding
Upside Down Cake
Cake Batter
Pineapple Upside Down Cake
Prune Upside Down Cake
Peach or Apricot Upside Down Cake
Pineapple Upside Down Cake
Pineapple and Marshmallows
Pineapple Pudding
Frosted Grapes
Guava Souffle
Banana Cornflake Crisp
Whipped Peach Ring
Creme Caramel
Caramel Pudding
Brandy Cream
Gelatine Mock Cream (Parava)
Orly Whip Cassata
Superquick Chiffon
Lemon Sorbet
Plum Sorbet
Peach or Nectarine Sorbet
Peppermint Sorbet
Strawberry Sorbet
Pineapple or Granadilla Sherbet
Gingered Sorbet with Pineapple
Jamaican Sundae Special
Dessert Fridge Cake
Jenney's Favourite
Baked Alaska Igloos
Crunchy Pecan-Pumpkin Pie
Desert Brandy Pear Cake
Spumoni
Honolulu Mallow Rice
Frozen Zabaione
Peppermint Crisp Pudding
Shamali
Coffee Whip
Orange Chiffon Cram
Baked Egg Custard
Coffee Baked Custard
Fluffy Coffee Custard
Fresh Lemon Jelly
Lemon Snow
Lemon and Orange Jelly
Pineapple Cheese Mounds
Chocolate Souffle
Steamed Pudding
Steamed Pudding
Crepes Suzette
Suzette Sauce
Fruit Filled Pancakes
Swedish Pancakes
Cherries Jubilee
Pears Flambe
Pears in Red Wine
Hot Prune Souffle
Hot Brandy Sauce
Pineapple Betty
Fruit Crisp
Dutch Apple Cake
Apple Tart
Sonhos (Dreams) Portuguese
Dessert

COLD DESSERTS

COFFEE CHIFFON DESSERT

1 cup (½ packet) finely crushed
Tennis Biscuits
1 tablespoon Coffee essence
Pinch Red Seal Salt

3 Eggs separated
½ pint Whipped Cream
½ cup Sugar

METHOD: Whip egg whites until stiff. Beat yolks with sugar until pale. Whip cream until stiff. Add salt and coffee essence to yolks, then add whipped cream. Fold in stiffly beaten egg whites till well blended (if desired chopped nuts and finely chopped cherries may be added). Line a dish with crumbed biscuits, leaving a little for sprinkling on top. Pour in mixture and sprinkle crumbs on top. Place in freezer.

COFFEE MERINGUE

7 Egg Whites (if large use 6)
1 cup Sugar
½ cup Castor Sugar

1 teaspoon Vanilla
1 dessertspoon Nescafe
½ cup chopped Walnuts

METHOD: Beat egg whites stiffly. Beat in 1 cup sugar and slowly add ½ cup castor sugar, vanilla essence and Nescafe. Divide mixture in half, add ½ cup chopped walnuts to one half. Spread for base, leaving 1" all round for spreading. Pipe remaining mixture round. Bake as normal meringue.

Filling: Cream 3 ounces butter with 6 ounces castor sugar and 6 yolks, and flavour with a little rum and Nescafe. Add a little icing sugar if necessary to firm. Spread over base. Decorate with fruit and cream.

COFFEE VELVET CREAM

1 dessertspoon Gelatine
1½ cups strong black Coffee
½ cup Milk
1 cup Sugar

4 Eggs separated
1 teaspoon Vanilla
½ pint Cream whipped

METHOD: Dissolve gelatine in hot coffee. Beat egg yolks until light and thick. Add to gelatine and coffee. Add milk and sugar slowly and place in double boiler, stirring constantly until mixture boils. Remove from heat immediately. Cool by stirring over cold water. Fold in whipped cream and then fold in stiffly beaten egg whites. Set in refrigerator.

GINGER CREAM ROLL

Packet of Ginger Biscuits
¼ pint very strong Coffee

½ pint Cream (whipped)
Chopped Ginger

METHOD: Dip each biscuit quickly into coffee. Spread each biscuit with cream which has been mixed with chopped ginger. Sandwich together in a roll. Cover outside with cream and decorate with pieces of ginger. Serve chilled.

CAFE AU CREME QUEBEC

24 Marshmallows
1 cup strong black Coffee

1 cup Heavy Cream
Chopped Nuts and shaved Chocolate

METHOD: Melt marshmallows in the coffee. Cool. Whip cream and fold into the mixture which has been thickened. Pour into sherbert glasses and top with nuts and chocolate. Chill and serve.

CHOCOLATE SAUCE

½ cup Cocoa
¾ cup boiling Water
Pinch of Red Seal Salt

¾ cup Sugar
2 teaspoons Vanilla Essence

METHOD: Sift sugar, salt and cocoa and add boiling water. Stir until dissolved and put into saucepan on medium heat. Bring to the boil and simmer, stirring all the time, for two or three minutes. Remove from heat and add vanilla. Cover till cool, and bottle in a jar with lid. Place in fridge. Lasts well in fridge. (May be reheated in double boiler if hot chocolate sauce is required.)

CHOCOLATE PUDDING (PARAVA)

(Serves 6 people)

4 ounces dark Chocolate
3 teaspoons Cocoa

6 teaspoons Icing Sugar
6 Eggs

METHOD: Melt chocolate, cocoa, icing sugar, over double boiler. Remove and let cool slightly. Add egg yolks one at a time beating well after each one. Beat egg whites stiff and fold into chocolate mixture.

CHOCOLATE BISCUIT PUDDING

1½ cups Chocolate Flavoured
Biscuits

4 ounces melted Buttercup
Margarine

3 teaspoons Gelatine

¼ cup cold Milk

3 Eggs, separated

½ cup Sugar

1 cup Milk

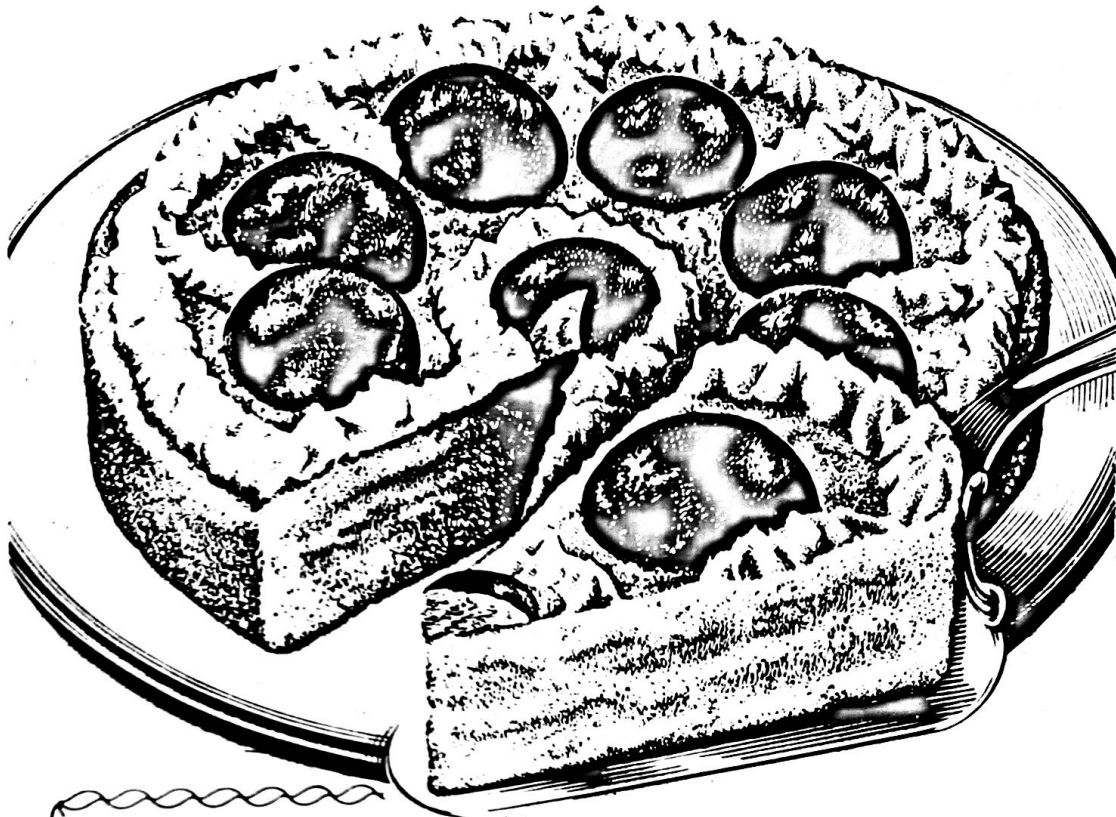
Pinch of Salt

¼ teaspoon Nutmeg

½ cup Sherry

½ pint whipped Cream

METHOD: Crush biscuits on wax paper until fine, then mix with melted margarine and pat onto pyrex plate. Chill 1 hour. Soften gelatine in cold milk, then put egg yolks in a double boiler. Beat slightly, add sugar and 1 cup of milk. Stir well and cook until mixture coats back of spoon. Add gelatine mixture, salt, nutmeg. Remove from stove, stir well to dissolve gelatine; add sherry slowly. Place in refrigerator to thicken; fold in stiffly beaten egg whites and whipped cream. Pour into crumb shell. Garnish with grated chocolate and nuts. Replace in refrigerator for several hours until lovely and firm.



NUTTY APRICOT PIE

1 lb. cooked sieved apricots (reserve 8 halves for decoration). 1 tin of Nestlé Condensed Milk. 4 oz. butter. 8 oz. flour. 8 oz. rolled oats. 2 oz. brown sugar.

Mix the sieved apricots with the Condensed Milk. Rub the butter into the flour till the mixture resembles breadcrumbs, add the rolled oats and sugar. Grease a round or square 7 loose bottomed sandwich tin and press two thirds of crumb mixture over the bottom and sides of the tin. Pour filling in lined tin and cover with rest of crumbs (do not press into filling). Bake into moderately hot oven, Mark 6 or 425 F for 25-30 minutes till golden. Decorate with apricot halves and serve hot or cold with Nestlé Pure Cream.

NESTLÉ
FULL CREAM SWEETENED
CONDENSED MILK

*Nestlé
discovers the
secret of
Nutty Apricot Pie* *

Your own favourite recipes which require milk will have a surprising new richness, an altogether delicious, smooth creaminess when you discover the secret of "Nestlé Condensed Milk." Try this delightful recipe for yourself - it's simple, quick and perfect.



PROFITEROLES AU CHOCOLAT

1 cup hot Water
1 cup sifted Red Seal Flour

4 ounces Buttercup Margarine
4 Eggs

METHOD: Boil the water and margarine. Add flour all at one time. Beat with wooden spoon until mixture leaves sides of pan. Remove from heat. Beat in eggs, one at a time, beating very well after each addition. Force mixture through a pastry bag, forming miniature puffs (about 4 dozen) onto a lightly greased tray. Bake at 450° for 10 minutes, then reduce heat to 350° and bake a further 10 minutes. Cool. Cut off tops and fill shells with the following mixture of 1 pint whipped cream blended with ¼ cup castor sugar and 1 tablespoon cocoa (sifted). Replace tops and pile profiteroles pyramid on a serving plate top with the following sauce:-

½ cup Sugar
2 ounces Chocolate (broken into pieces)

½ cup strong Coffee
Pinch Red Seal Salt
1 tablespoon Cream

METHOD: Mix the above ingredients together in a heavy saucepan. Cook over a low heat, stirring constantly until sauce begins to thicken. Remove from heat and blend in 1 tablespoon Buttercup Margarine, ½ teaspoon vanilla essence.

RICH CHOCOLATE MOUSSE

6 large Eggs (separated)
½ pint Cream
2 large slabs bitter Chocolate

2 tablespoons Milk
4 level tablespoons Sugar
2 tablespoons Rum

METHOD: In a double boiler melt chocolate in the milk, until completely dissolved. Remove from heat. Cool slightly. Add egg yolks, one at a time, beating with an egg whisk after each addition. Add rum. Beat cream until stiff, adding a teaspoon of sugar at a time and fold into chocolate mixture. Beat egg whites very stiff and fold in. Set in refrigerator for 4 to 5 hours. If desired, boudoir biscuits may be included. Reduce rum to 1 tablespoon in the chocolate mixture. Add the other tablespoon rum to a little milk and quickly dip each biscuit in this mixture. Line bottom of serving dish with a layer of dipped biscuits, then spoon a layer of the chocolate mousse over it. Continue in this manner and end with a layer of chocolate mousse. When set, decorate with additional whipped cream, flaked or chopped nuts and cherries.

PARAVE ORANGE PUDDING

1 Orange Jelly
3 tablespoons Sugar

Juice 4 Oranges
3 Eggs

METHOD: Make the orange jelly with one cup of hot water and ½ cup cold water. Set aside to cool but do not set. Separate eggs. Beat together sugar and yolks, add orange juice and then cooled jelly. Beat whites stiffly and fold into rest of ingredients. Put into fridge to set. Decorate with thin slices of oranges cut into half moons and stood up all around the pudding dish.

ORANGE PUDDING

1 glass Orange Juice
 ½ glass Sugar
 ½ glass Water

1 heaped tablespoon Custard
 Powder
 2 Egg Whites

METHOD: Boil together the orange juice, sugar and water. Mix the custard powder to a paste with a little water and add it to the orange mixture. Cook until the mixture thickens. Add well beaten egg whites, pour into a serving dish and leave to set in fridge.

ORANGE CREAM

1 packet Orange Jelly
 1 small tin Mandarin Oranges

1 small tin Condensed or
 Evaporated Milk

METHOD: Chill tin of milk overnight. Strain juice off oranges. Reserve fruit. Heat juice with enough water to make 1 cup. Dissolve jelly crystals in this mixture. Add 1 cup cold water. Leave jelly to cool and start to thicken. Then whisk jelly and add cold milk. When mixture is fluffy, pour into serving dish and decorate with reserved fruit.

Variations: Substitute different flavoured jellies and various types of fruit.

LEMON SLICES

3 tablespoons Custard Powder
 1 pint Milk
 6—7 dessertspoons Sugar

½ cup Lemon Juice
 1 tin Condensed Milk
 1 packet Tennis Biscuits

METHOD: Take 3 tablespoons milk from the pint and stir into the custard powder till smooth. Bring remainder of milk to the boil. Add custard and stir till thick. Remove from heat and allow to cool. In a square dish arrange a layer of tennis biscuits, filling spaces with biscuit crumbs, then pour layer of cooled custard over. Arrange a second layer of biscuits on top of custard, again filling spaces with crumbs. Next Layer: Mix tin of condensed milk with the strained lemon juice till well blended and pour over second layer of biscuits. Sprinkle biscuit crumbs on top and refrigerate for several hours till set. Cut into neat squares to serve either as a dessert or for tea.

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LEMON MERINGUE PIE

- | | |
|------------------------------|--|
| 1½ cups Sugar | 2 tablespoons Buttercup Margarine
or Butter |
| 3 tablespoons Cornflour | ½ teaspoon grated Lemon Peel |
| 3 tablespoons Red Seal Flour | One-third cup Lemon Juice |
| Dash Red Seal Salt | 1 baked 9" pastry shell |
| 1½ cups hot water | Meringue from 3 Egg Whites |
| 3 slightly beaten Egg Yolks | |

METHOD: In saucepan, mix first sugar, cornflour, flour and salt; gradually add hot water, stirring constantly. Cook and stir over high heat till mixture comes to boiling. Reduce heat, cook and stir 2 minutes. Stir small amount hot mixture into egg yolks, then return to hot mixture. Bring to boil and cook 2 minutes, stirring constantly. Add butter and lemon peel. Slowly add lemon juice, mixing well. Pour into pastry shell. Spread meringue over filling. Bake in moderate oven (350°) 12 to 15 minutes. Cool before serving.

Meringue: Beat 3 egg whites with ½ teaspoon vanilla and ¼ teaspoon cream of tartar till soft peaks form. Gradually add 6 tablespoons sugar, beating till stiff peaks form and all sugar is dissolved. Spread on top of pie, sealing to edge of pastry.

LEMON MERINGUE PIE

- | | |
|----------------------------|----------------------------------|
| 1½ cups Sugar | 4 Egg Whites |
| ¼ teaspoon Cream of Tartar | 3 tablespoons Coconut (optional) |
| 4 Egg Yolks | 3 tablespoons Lemon Juice |
| 1 tablespoon Lemon Rind | ⅛ teaspoon Red Seal Salt |
| 1 pint Heavy Cream | Strawberries |

METHOD: Sift 1 cup sugar with ¼ teaspoon cream of tartar. Separate eggs and beat whites until they stand stiff but not dry peaks. Slowly add sugar and when meringue is very stiff with glossy peaks spread it over bottom and up sides of well greased pyrex plate (sprinkle rim with coconut). Bake in 275° oven for 1 hour. Cool. Beat 4 egg yolks in double boiler then stir in ½ cup sugar, 3 tablespoons lemon juice, lemon rind grated, salt. Cook till thick, about 8 minutes. When cool whip cup cream then fold mixture into it. Pour lemon cream mixture into meringue. Chill. Garnish with strawberries.

LEMON SPONGE

- | | |
|----------|-------------|
| Gelatine | Lemon Juice |
| Eggs | Sugar |

METHOD: Sprinkle 1 dessertspoon gelatine in 2 tablespoons cold water. Stir over hot water until completely dissolved. Add 6 tablespoons lemon juice. Beat 3 egg yolks with 3 tablespoons sugar until light and luffy. Add lemon and gelatine to the yolk mixture and another 3 tablespoons sugar. Grate rind of 2 lemons and add to mixture. Whip egg whites until stiff and fold into mixture. Spoon into serving dish and refrigerate till set.

LEMON MOUSSE

5 Eggs
4 ounces Castor Sugar
3 teaspoons Gelatine
1½ Lemons squeezed

1 small Orange squeezed
½ pint Fresh Cream
Grated Peel of 1 Lemon

METHOD: Dissolve gelatine in ¾ cup warm water. Beat yolks with sugar until foamy. Add juices of fruit, then the gelatine and the lemon peel. Mix well. Chill for 10—15 minutes until it starts to set around the edge. Remove from the fridge and fold in the well beaten egg whites and the slightly beaten fresh cream. Chill for at least 2 hours before serving.

LEMON-CREAM

1 tin Evaporated Milk
1 cup Sugar
¾ cup boiling Water

3 Lemons, Juice and Rind
1 packet Lemon Jelly

METHOD: Boil unopened tin of milk for 2 hours. Tin must be covered with boiling water. Chill overnight in fridge. Next day open tin and pour contents into mixing bowl and beat until stiff. Add juice and rind of lemons and sugar, beat very well. Dissolve jelly in boiling water. Cool. Beat cooled jelly into milk mixture. Pour into serving dish and set in fridge.

STRAWBERRY GATEAU SUPREME

8 large Eggs
8 ounces Castor Sugar

8 ounces Red Seal Flour

METHOD: Beat eggs and sugar till mixture takes impression of beaters for 5 seconds. Spoon in flour and fold in gently. Divide mixture into 3 eight inch greased sandwich tins. Bake in 400° oven for 10 minutes. Whip ½ pint cream and put layers together with crushed strawberries and cream. Ice top with butter icing or extra whipped cream. Arrange whole strawberries around edge and pour glaze over.

GLAZE:

4 tablespoons strained Strawberry
Jam

1 level dessertspoon Cornflour
½ cup Water

Bring to boil over low heat and stir till thick and transparent. When cool pour over top.

FONDANT DIPPED STRAWBERRIES

1¼ cups Water
¼ teaspoon Red Seal Salt
1 punnet Strawberries

2 cups Sugar
2 tablespoons Syrup

METHOD: Combine the water, sugar, salt and syrup in a saucepan. Heat, stirring constantly until sugar dissolves. Then boil without stirring until a small amount of mixture forms a soft ball when dropped in cold water. Pour mixture into a cold, wet bowl and beat with a fork until white and creamy. Store in a covered jar overnight. Wash and drain strawberries. Melt the fondant over hot water, then dip berries in and allow to cool on wax paper. Serve within a short time.

STRAWBERRY ALMOND BOMBE

1 punnet Strawberries
 Few drops Cochineal
 8 tablespoons Sugar
 3 tablespoons chopped Blanched Almonds

Water
 ¼ teaspoon Almond Essence
 1 teaspoon Gelatine
 1 cup Whipped Cream

METHOD: Sieve strawberries. Add 5 tablespoons sugar and water to make up two cups. Sprinkle gelatine on to one tablespoon cold water, and dissolve over hot water. Add to strawberries. Place in freezing tray until partly frozen. Remove from freezer and beat well until soft, adding few drops cochineal. Place in melon mould and freeze until almost firm. Remove from freezer. Line the mould, packing the mixture up the sides, leaving the centre hollow. Add remaining sugar, nuts and essence to the whipped cream and spoon this into the hollowed centre in the mould. Cover with tinfoil and freeze till firm. Unmould onto a chilled platter and surround with whole strawberries.

PINEAPPLE PUDDING (PARAVA)

Pineapples
 Eggs

Jelly
 Sugar

METHOD: Grate 2 pineapples, add 3 cups boiling water. Bring to boil. Dissolve 1 jelly in 1 cup boiling water. Mix in beaten yolks of two eggs. Add to pineapple. Beat whites stiffly, add 2 tablespoons sugar, beat well. Fold into cooled mixture.

PINEAPPLE PUDDING

1 x 1 lb. tin Pineapple Chunks or Rings
 Gelatine
 2 Eggs

2 ounces Sugar
 ½ teaspoon Vanilla
 Pinch Red Seal Salt
~~½ teaspoon Tartaric Acid~~

METHOD: Drain pineapple well in strainer and press out liquid. Arrange in dish reserving some. Measure juice allowing ¾ tablespoon gelatine to ¼—½ pint juice. Warm together to dissolve. Beat egg yolks and sugar well. Add salt and vanilla. Gently stir in juice and fold this mixture into stiffly beaten egg whites.

UPSIDE DOWN CAKE

Butter
 Brown Sugar

Cooked Fruit
 Whipped Cream

METHOD: Melt one-third cup butter in heavy 10" skillet or baking dish. Sprinkle ½ cup brown sugar evenly over butter. Arrange drained cooked fruit in attractive pattern on the butter-sugar coating. Make the cake batter (see below) and pour it over the fruit. Bake until wooden pick thrust into centre of cake comes out clean. Immediately turn upside down on serving plate. Do not remove pan for a few minutes. Brown sugar mixture will run down over cake instead of clinging to pan. Serve warm with plain or whipped cream.

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CAKE BATTER

Eggs
Sugar
Flavouring
Red Seal Salt

Red Seal Flour
Fruit Juice
Baking Powder

METHOD: Beat until thick and lemon coloured (5 minutes) 2 eggs, gradually beat in two-thirds cup sugar. Beat in all at once 6 tablespoons juice from fruit, 1 teaspoon flavouring; sift together and beat in all at once, 1 cup sifted Red Seal Flour, one-third teaspoon baking powder, $\frac{1}{4}$ teaspoon Red Seal salt. Bake in 350° moderate oven for 45 minutes.

PINEAPPLE UPSIDE DOWN CAKE

METHOD: Follow recipe above using vanilla for flavouring. Arrange slices of pineapple over butter-sugar coating and garnish with maraschino cherries and pecan nuts.

PRUNE UPSIDE DOWN CAKE

METHOD: Follow recipe above using lemon extract for flavouring. Arrange very large drained, pitted, cooked prunes (not sweetened) over butter-sugar coating. Garnish with walnuts.

PEACH OR APRICOT UPSIDE DOWN CAKE

METHOD: Follow recipe above using lemon and vanilla for flavouring. Arrange drained canned apricots or peach halves hollow-side down over butter-sugar coating, with blanched almond in centre of each. Sprinkle moist shredded coconut round fruit.

PINEAPPLE UPSIDE DOWN CAKE

(Infallible)

2 tablespoons Buttercup Margarine
Two-thirds cup Buttercup Margarine
 $\frac{3}{4}$ cup Pineapple Juice (add water to
make up right amount)
2 Eggs

1 cup Brown Sugar
 $\frac{3}{4}$ cup Sugar
 $1\frac{1}{2}$ cups Red Seal Flour
3 teaspoons Baking Powder

METHOD: Place the 2 tablespoons Buttercup Margarine and brown sugar into a well greased pan approximately 8" x 10". Heat until sugar has dissolved. Cool and place layers of pineapple rings in neat rows on dissolved sugar. Cut few cherries in half, and fill pineapple holes and spaces, cut side up, with halved cherries. Sprinkle with coarsely chopped nuts. To make batter cream sugar and margarine until light and fluffy, and add beaten eggs. Sift flour and baking powder, and add alternatively, with pineapple juice to creamed margarine and sugar. Pour this batter over pineapple rings in the pan, and bake for 45 minutes in a 350° oven. Turn cake upside down onto flat dish as soon as same is done. Serve either plain or with whipped cream. (May also be served with tea.)

PINEAPPLE AND MARSHMALLOWS

1 tin Pineapple
1 pint Cream

1 large packet Marshmallows

METHOD: Drain pineapple and cut up into small pieces. Cut the marshmallows and mix with the fruit (no juice). Leave overnight. Beat cream and mix with fruit mixture. Serve cold with chopped cherries.

PINEAPPLE PUDDING

1 grated Pineapple
1 pint Sweet Whipped Cream

1 packet Finger Biscuits
Cherries, Nuts

METHOD: Set in layers. Biscuits, cream, grated pineapple and finish with cream and decorate with nuts and cherries.

FROSTED GRAPES

METHOD: Wash grapes thoroughly, drain, divide into little bunches. Brush with white of egg and coat with castor sugar. Chill for an hour.

GUAVA SOUFFLE

1 tin (1 cup drained fruit) Guavas
2 Eggs (separated)
1 pint Guava Juice (from tin with water added)

½ ounce Powdered Gelatine
2 teaspoons Lemon Juice
4 ounces Sugar

METHOD: Place egg yolks, 2 ounces of the sugar, guavas and gelatine in liquidizer. Blend on maximum speed until smooth. Place in saucepan and bring to boil stirring all the time. Set aside to cool. Whisk egg whites till stiff, gradually add remaining 2 ounces sugar and whisk until mixture "peaks". Fold the meringue into guava mixture. Pour into mould and refrigerate. Serve with whipped cream and blanched almonds.

Variation: Substitute any tinned fruit for guavas.

BANANA CORNFLAKE CRISP

4 level tablespoons Custard Powder
1 pint Milk
Juice and rind of 1 Lemon
2 ounces Buttercup Margarine

2 ounces Cornflakes crushed
6 large Bananas
3 ounces Sugar

METHOD: Blend 4 tablespoons milk with the custard powder and bring remainder to the boil. Stir in the creamed custard powder. Bring back to boil and cook for 1 minute. Mash the bananas and fold them into the custard together with the lemon juice and rind. Add 1 ounce sugar and chill in serving bowl. Melt margarine and add remaining sugar and crushed cornflakes, stirring over low heat for a few minutes. Sprinkle over the banana custard and chill. The children will love this dish.

WHIPPED PEACH RING

1 packet Orange Jelly
 ¾ cup hot Peach Juice
 2 tablespoons Lemon Juice

1 tin sliced Peaches
 1 tin Evaporated Milk
 Cherries

METHOD: Chill tin evaporated milk in fridge overnight. Dissolve jelly in hot peach sauce and place in fridge until syrupy. Beat 1 cup chilled milk until stiff. Gradually add lemon juice and continue beating until very stiff. Chop ¾ cup peaches and add to the jelly mixture. Fold into the whipped milk and spoon into mould. Chill until firm. Decorate with balance of peaches and cherries.

Variations: Lemon jelly and tinned pineapples; greengage jelly and tinned pears.

CREME CARAMEL

2 pints Milk
 8 Egg Yolks
 2 Egg Whites

1½ cups Sugar
 1 teaspoon Vanilla Essence

METHOD: Boil milk with 1 cup sugar for one hour, this will reduce amount to about one half. Leave to get cold. Place egg yolks and whites in a dish and beat very well. Add cold milk and vanilla and stir well. In a heavy pan, melt half a cup of sugar to a dark brown colour. Quickly pour into an aluminium dish to coat, tilting from side to side until evenly coated, but leave about 1 tablespoon melted sugar to continue to get darker and add 1 tablespoon hot water to prevent it burning. Then add this to the milk. Put the milk mixture through a fine strainer, into the caramel-lined dish. Cover this. Place in pan of hot water and bake in a pre-heated oven (300°—350°) for about 3 hours (or longer). If necessary, add boiling water to the pan of water. Test with a toothpick, which should be dry when caramel is cooked.

CARAMEL PUDDING

Sugar
 Eggs

Milk

METHOD: Cook over low heat: ½ cup sugar, and stir with wooden spoon until brown caramel has formed. Leave to cool in a warmed pyrex bowl, and in another pot scald: 2 cups milk; add 2 eggs plus 2 egg yolks. Beat all this with ½ cup sugar. Add this mixture to the caramelized sugar, and bake in a pan of hot water in a cool oven for approximately ½ hour to 1 hour, until golden brown and firm to the touch. Serve with cream or fruit.

BRANDY CREAM

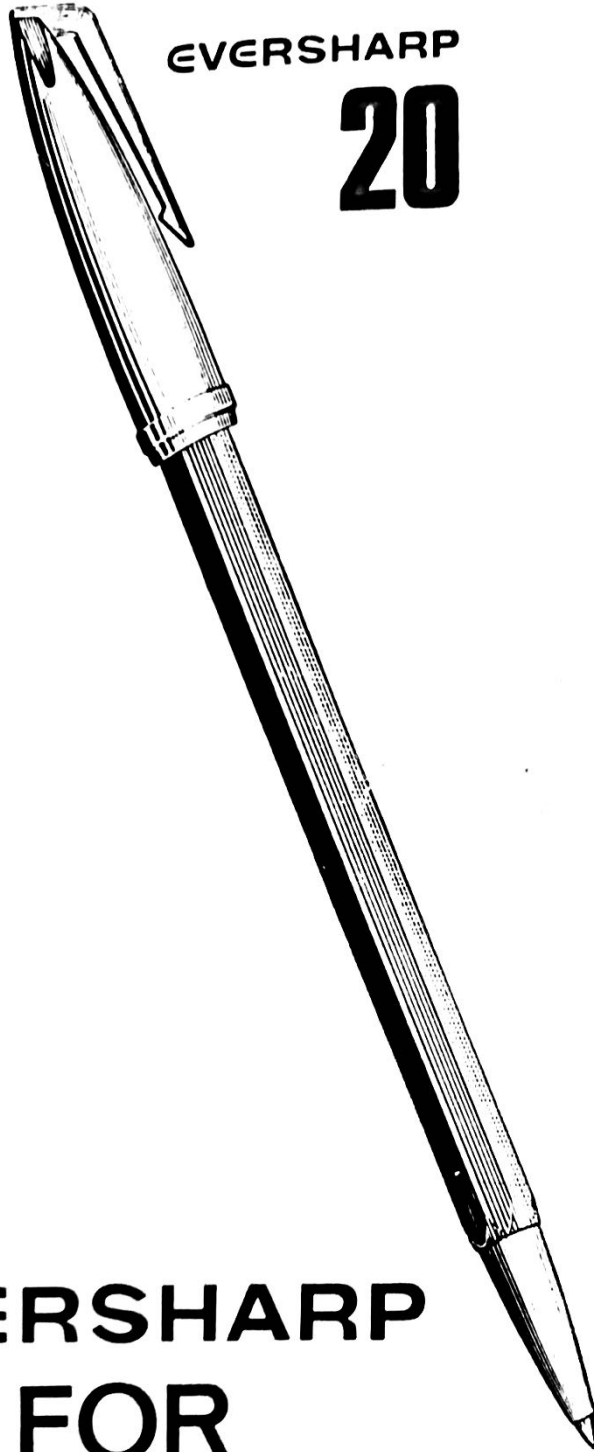
½ pint Cold thick Custard
 1 tablespoon Marmalade
 Castor Sugar to taste

1 tablespoon Brandy
 Juice of ½ Lemon
 Grated rind of medium Orange

METHOD: Whisk custard, stir in marmalade, brandy and lemon juice with sugar to taste. Pile in sundae glasses. Top with grated orange rind.

EVERSHARP

20



**EVERSHARP
FOR
EVERYONE**

GELATINE MOCK CREAM (PARAVA)

2 ounces Buttercup Margarine
1 level tablespoon Gelatine
1 pinch Cream of Tartar

1 ounce Castor Sugar
2 tablespoons cold Water
Few drops Vanilla Essence

METHOD: Beat the margarine and sugar till light and creamy. Add vanilla and cream of tartar. Soak gelatine in cold water and dissolve over hot water. Gradually beat into creamed mixture. Beat well after each addition, keeping the gelatine mixture warm all the time.

ORLY WHIP CASSATA

2 envelopes Orly Whip
4 Eggs
½ cup chopped Walnuts
½ cup crystallised Pineapple

¾ cup Sugar
½ cup sliced Glace Cherries
½ cup sliced Ginger with some
syrup

METHOD: Whip Orly very well with one-third of sugar. Whip egg yolks very well with one-third sugar. Whip egg whites as well with balance of sugar. Fold all together and stir in the cherries, chopped walnuts, ginger with syrup and the crystallised pineapple. Place mixture in paper-lined mould and freeze. Serve in slices. This can be kept in the freezer for a long time.

SUPERQUICK CHIFFON

1 packet Jelly
1 cup boiling Water

8 Ice Cubes

METHOD: Dissolve jelly crystals in 1 cup boiling water. Place ice cubes in liquidizer. Pour jelly liquid over ice cubes. Turn liquidizer to top speed until ice cubes are crushed. Turn mixture into serving dish. May be served 1 hour later. Decorate as desired.

SORBETS OR FRUIT ICES

LEMON SORBET

METHOD: Combine 2 cups sugar with 4 cups water. Bring to the boil, stirring till sugar is dissolved. Allow mixture to boil for 6 minutes. Let the syrup cool slightly and stir in ¾ cup strained lemon juice. Pour the mixture into a refrigerator tray and freeze till almost set. Transfer to a chilled bowl and beat well to break up the ice crystals. Return to the refrigerator tray, till frozen but not solid. Serve in chilled sherbet glasses or lemon shells. Garnish with a sprig of mint.

PLUM SORBET

METHOD: Combine 1 cup sugar with 2 cups water, bring to boil and boil for 6 minutes. Allow the syrup to cool and add 1 cup of plum puree, made from fresh stewed plums or canned plums. Add the juice of ½ lemon, a pinch of Red Seal salt, and a little green food colouring. Pour the mixture into a refrigerator tray and freeze. Continue as for the lemon sorbet.

PEACH OR NECTARINE SORBET

METHOD: Combine in a saucepan 1 cup water with ¾ cup sugar. Bring the mixture to the boil and boil for 6 minutes. Allow the syrup to cool. Peel and slice enough fresh peaches or nectarines to fill 1½ cups of firmly packed fruit. Work the slices through a sieve or puree in a blender. Stir the puree into the syrup, and add the juice of ½ lemon and a pinch of Red Seal salt. Pour the mixture into a refrigerator tray and freeze. Continue as for lemon sorbet.

PEPPERMINT SORBET

METHOD: Combine 3 cups each of water and sugar in a saucepan. Bring to the boil for 6 minutes. Allow to cool. Stir in the juice of 2 lemons, the grated rind of 1 lemon and one-third of a cup of creme-de-menth. Pour the mixture into refrigerator tray and freeze. Continue as for lemon sorbet.

STRAWBERRY SORBET

METHOD: Combine 1 cup each of sugar and water. Bring to the boil for 6 minutes. Allow syrup to cool. Stir in 1½ cups strawberry pulp, the juice of ½ lemon and ½ orange and a pinch of Red Seal salt. Pour into refrigerator tray and freeze. Continue as for lemon sorbet.

PINEAPPLE OR GRANADILLA SHERBET

2 cups Sugar	
2 cups grated Pineapple (fresh or tinned — if fresh boil before use) or 2 cups Granadilla Pulp	¼ ounce Gelatine 1¼ cups cold Water 2 Lemons

METHOD: To the grated pineapple or granadilla pulp, add the gelatine, dissolved in the boiling water, after being softened in a little of the cold water, also add the cold water, the sugar and juice of the lemons. Freeze. N.B. If canned fruit is used, the amount of sugar must be decreased slightly.

GINGERED SORBET WITH PINEAPPLE

1 fresh Pineapple (complete with "leaves")	One-third cup chopped Preserved Ginger
4 large scoops Lemon Sorbet	Mint Leaves to garnish

METHOD: Allow sorbet to soften slightly. Fold in ginger. Re-freeze. Cut pineapple in 4 right through "leaves". Discard pineapple core, scoop out fruit and cut into bite-sized pieces. Put fruit back into shells and pile a scoop of sorbet on each shell. Garnish with mint leaves.

JAMAICAN SUNDAE SPECIAL

(Serves 6)

4 ounces Brown Sugar
2 tablespoons Rum
6 scoops Vanilla Ice Cream

One-third cup Water
9 medium Bananas sliced

METHOD: Boil sugar and water together for 5 minutes. Remove from heat. Cool. Add rum, then sliced bananas. Pour over ice cream.

DESSERT FRIDGE CAKE

1 packet Tennis Biscuits
1 tin crushed Pineapple
1 Pineapple or Lemon Jelly

1 tin Condensed Milk
1 cup Pineapple Juice

METHOD: Make jelly with one cup of boiling water and mix in one cup pineapple juice, allow to half set. Mix in condensed milk and crushed pineapple. Arrange layers of tennis biscuits with mixture, decorate with whipped cream and nuts.

JENNEY'S FAVOURITE

Chocolate Vermicelli
1 tin cooked Condensed Milk
1 pint Sweet Cream
1 bottle Preserved Ginger
2 to 3 packets Finger Biscuits

Rum or Coffee Liqueur
Chopped Nuts
Oblong Dish
Wax Paper

METHOD: Cook a tin of condensed milk for about 3 hours and put it in the fridge for at least 4 days before using. Mix a little coffee liqueur with milk, or rum with water, and dip the finger biscuits into the desired flavour. Lay the finger biscuits in the dish then put a layer of the frozen milk into which the ginger syrup has been poured to make a good consistency. Add a layer of cut up ginger, then a layer of sliced banana. Spread whipped cream on alternate layers finishing up with a layer of whipped cream. Decorate with cherries and nuts and chill for several hours.

BAKED ALASKA IGLOOS

1 tin Pineapple Rings
1 flat Sponge Cake
Block Vanilla Ice Cream

5 Egg Whites
10 ounces Castor Sugar
¼ cup Brandy (optional)

METHOD: Drain pineapple rings. Cut rounds of sponge cake with a biscuit cutter the same size as the pineapple rings. Place cake rounds on a wooden board. Put a pineapple ring on each round of sponge cake. Whip egg whites until stiff, gradually add 7 ounces sugar. Continue to beat until very stiff. Fold in remaining sugar. Place a scoop of ice-cream on each pineapple ring. Cover completely with meringue and bake in 400° oven for about 3 minutes, when meringue should be lightly browned. Heat brandy in a small pan, until thoroughly warmed. Transfer baked alaskas to a serving dish. Pour brandy over and flame, and serve while flaming.

CRUNCHY PECAN-PUMPKIN PIE

Prepare a 9" pastry or biscuit pie case. Mix in blender:—

2 cups cold cooked Pumpkin
2 teaspoons Curacao
½ teaspoon Cinnamon

Two-thirds cup Brown Sugar
½ teaspoon Ginger
1 teaspoon Nutmeg

METHOD: Add 2 eggs and 1 cup cream. Pour this mixture into pastry shell. Bake at 350° for 50 minutes to 1 hour. When pie has baked for 35 to 40 minutes quickly add topping which you prepared after pie was put into oven.

Topping: Melt 4 tablespoons Buttercup margarine, add 6 ounces pecans (or walnuts) and stir gently until coated with margarine. Remove from heat and stir in 4 tablespoons brown sugar. Bake until done (about another 10 minutes). Serve warm or cold with sweetened whipped cream.

DESSERT BRANDY PEAR CAKE

1 round Sponge Cake

SYRUP:

8 ounces Lump Sugar
¼ pint Cold Water

6 teaspoons Instant Coffee
¼ teaspoon Vanilla Essence

METHOD: Put sugar in a saucepan, add the cold water and dissolve slowly over a low heat. Bring to the boil and cook quickly for a minute. Pour the resultant syrup over the coffee in a jug and stir very well. Strain well. Leave the liquid until cold, add essence and strain again. Add a dessert-spoon of brandy, then pour the liquid into a flat dish. Put the sponge cake in it and leave to soak up the syrup. Arrange pear halves on top. Decorate with cream and cherries.

SPUMONI

(ITALIAN FROZEN DESSERT)

2 cups Milk
5 Egg Yolks
Good pinch Red Seal Salt
1 cup Sugar
1 tablespoon chopped or flaked Almonds
1 tablespoon Brandy

1 teaspoon Vanilla Essence
¼ teaspoon Almond Essence
1 cup Cream
2 tablespoons minced Orange Peel
About 10 finely chopped Maraschino Cherries
1 tablespoon Maraschino Liqueur from the cherries

METHOD: Place the following ingredients in a double boiler: milk, slightly beaten egg yolks, salt and ¾ cup sugar. Bring to the boil, constantly stirring, until the mixture thickens and coats back of a spoon. Remove from heat and cool. Add vanilla and almond essence and put in freezing tray, until almost firm. Line a 2 quart melon mould or glass pyrex bowl with this mixture. Whip the cream until stiff and fold in balance of sugar, minced peel, chopped cherries, almonds, brandy and the maraschino liqueur. Spoon this mixture into the centre of the mould. Cover and replace in freezer, until firm.

HONOLULU MALLOW RICE

Small tin Pineapple Chunks
 ½ cup cooked Red Seal Rice
 ¼ cup Whipped Cream

8 Glaze Cherries
 1 teaspoon Castor Sugar
 6 Marshmallows

METHOD: Drain pineapples. Make the syrup up to 1 cup with water and place in saucepan. Cut up marshmallows and melt in boiling syrup. Whisk mixture, then blend in rice. Cover and leave to stand 5 minutes. Cut cherries into quarters and mix with pineapple chunks. Blend cream and sugar. Fold fruit and blended cream into rice mixture. Turn into individual serving glasses. Chill thoroughly before serving.

FROZEN ZABAIONE

4 Egg Yolks
 4 tablespoons Sugar
 4 tablespoons Marsala or Sweet
 Sherry
 Pinch Red Seal Salt

1½ dessertspoons Gelatine
 dissolved in a little water
 1 packet Boudoir Biscuits
 ½ pint Cream (whipped)

METHOD: Beat yolks and sugar until pale and creamy. Add salt and marsala and continue to beat until blended. Place this mixture in a double boiler and beat continuously, until the mixture thickens and starts to rise. Do not allow to boil. Empty the bottom of double boiler and replace with cold water. Cool the mixture in this and, when cool, gently fold in the whipped cream and dissolved gelatine. Place layer of Zabaione at bottom of serving dish and then a layer of biscuits. (The biscuits should be dipped in a little extra Marsala.) Continue with these layers, ending with a layer of Zabaione. Refrigerate for at least 3 to 4 hours before use. Decorate with extra whipped cream, flaked or chopped nuts or cherries.

PEPPERMINT CRISP PUDDING

1½ cups Milk
 3 Eggs
 3 Peppermint Crisps
 1 cup Cream

½ cup Sugar
 1 dessertspoon Gelatine (heaped)
 ½ lb. Slab Chocolate
 Pinch Red Seal Salt

METHOD: Beat well: milk, salt, sugar and 3 egg yolks. Dissolve gelatine in ½ cup boiling water, add to first mixture and put in freezer. Melt 2½ peppermint crisps and chocolate, and beat again with the mixture. Whip cream, beat 3 egg whites and fold into above mixture. Place in a bowl and allow to set. Decorate with balance of peppermint crisp, cherries and angelica.

SHAMALI

2 Eggs
 ½ cup Sugar
 ½ cup Semolina
 ½ cup Ground Almonds

½ cup Red Seal Flour
 1 teaspoon Cinnamon
 ½ teaspoon Baking Powder
 Less than ¼ cup Olive Oil

METHOD: Beat eggs with sugar and add oil. Mix semolina, almonds, flour and baking powder and add to mixture. Grease a pyrex and bake in oven 325° for about 30 minutes. Cut into squares leaving cake in pyrex.

SYRUP:

1 cup Sugar
 1 cup Water

Juice of Lemon
 1 tablespoon Honey

Boil above ingredients together. Pour over hot shamali, put walnut on each square.

LOW CALORIE DESSERTS FOR SLIMMERS

COFFEE WHIP

2 Egg Whites
 ½ ounce Gelatine
 ½ pint Milk
 ¼ pint strong black Coffee

1 tablespoon Cream
 2—3 Saccharine Tablets
 8 chopped Almonds

METHOD: Dissolve gelatine in hot coffee. Warm milk and add crushed saccharine tablets; add coffee. Allow to cool and when beginning to set, fold in well beaten egg whites and whipped cream. Chill and sprinkle with chopped almonds.

ORANGE CHIFFON CREAM

3 Eggs (separated)
 Grated Rind of 1 large Orange
 Juice 2 large Oranges
 Juice of ½ Lemon

8 Saccharine Tablets dissolved in 3
 tablespoons hot water, and then
 add 2 teaspoons gelatine

METHOD: Beat egg yolks until lemon coloured, add juices and rind and place in double boiler until it begins to thicken. Add dissolved gelatine and saccharine and stir well. Add more saccharine tablets if necessary. Cool, and when beginning to set, fold in stiffly beaten egg whites. Chill. May be sprinkled with coconut or chopped nuts.

BAKED EGG CUSTARD

3 Eggs
1 pint Milk
½ teaspoon Vanilla Essence

2—3 Saccharine Tablets
Little grated Nutmeg

METHOD: Beat eggs and add the milk, vanilla and saccharine (crushed). Strain into an oven dish. Sprinkle with nutmeg. Place in a pan of cold water and bake in a slow oven 275°—300° for about 1½ hours.

COFFEE BAKED CUSTARD

METHOD: Use above recipe, but use ¼ pint strong black coffee with ¾ pint milk.

FLUFFY COFFEE CUSTARD

¼ pint Strong Black Coffee
3 Eggs (optional)
½ teaspoon Vanilla Essence

¾ pint Milk
2—3 Saccharine Tablets

METHOD: Beat egg yolks with milk, vanilla and coffee. Add crushed saccharine tablets. Fold in stiffly beaten egg whites. Place in oven dish and put into pan of cold water and bake in slow oven 275°—300° for 1—1½ hours.

FRESH LEMON JELLY

Juice of 3 Lemons
2 level dessertspoons Gelatine

Water
3—4 Saccharine Tablets

METHOD: Grate lemon rind without any of the pith, which will make this dish bitter. Put the rind into ¾ pint cold water and simmer for 5 minutes gently, then strain. Sprinkle gelatine into the lemon juice and pour onto hot strained lemon rind liquid. Stir well. There should be 1 pint, if not add a little water. Add saccharine tablets and stir till dissolved. Chill and, when set, decorate with slices of fresh fruit.

LEMON SNOW

METHOD: Use above ingredients and 2 egg whites stiffly beaten. When jelly is almost set, fold in the stiffly beaten egg whites. If necessary add extra saccharine tablets.

LEMON AND ORANGE JELLY

Juice and Rind of 2 Lemons
Juice and Rind of 2 Oranges
1 extra Orange

1 tablespoon Gelatine
½ pint Water
3—4 Saccharine Tablets

METHOD: Simmer grated rind (no pith) in water for 5 minutes, strain. Dissolve saccharine and gelatine in this. Add fruit juices and, if necessary, more water to make up to 1 pint. Remove skins of segments from extra orange and cut into pieces. When jelly is partly set add orange segments and chill.

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PINEAPPLE CHEESE MOUNDS

1 Pineapple
8 ounces Cottage Cheese
Strawberries

2 crushed Saccharine Tablets
1—2 tablespoons Milk

METHOD: Warm milk and dissolve saccharine tablets in the milk. Sieve cottage cheese and beat well, adding the milk which should be cooled. Slice pineapple and top each slice with a mound of cheese. Arrange a few strawberries on the cheese.

HOT DESSERTS

CHOCOLATE SOUFFLE

1 ounce Butter
1 ounce Red Seal Flour
¼ pint Milk
3 Egg Yolks

1 ounce Castor Sugar
Vanilla Essence
4 Egg Whites
2 ounces Grated Chocolate

METHOD: Melt butter in a fairly large pan over a low heat and stir in the flour with a wooden spoon. Dissolve chocolate in the warm milk, then add the milk gradually. Stir until the mixture thickens, then beat hard until it leaves the sides of the pan. Make sure that the mixture is absolutely smooth, then remove the pan from the heat and add the egg yolks one at a time. Beat in each yolk thoroughly and blend all the ingredients carefully. Add the sugar and vanilla essence, then put aside while you beat the egg whites to a stiff froth. Fold in the beaten egg whites as quickly and lightly as possible. Then pour the mixture into a well buttered souffle dish, which should not be more than three quarters full, and bake in a moderately hot oven for about 30 minutes. Sprinkle with a little castor sugar and serve immediately.

STEAMED PUDDING

3 ounces Buttercup Margarine
3 ounces Red Seal Flour
2 Eggs
3 tablespoons Plum Jam

•• Apricot Jam or Syrup
3 ounces Sugar
½ teaspoon Baking Powder
Pinch Red Seal Salt

METHOD: Cream margarine and sugar and add gradually sifted flour, salt and baking powder, alternately with well beaten eggs. Grease a pudding bowl well and put jam at the bottom. Cover with the mixture. Place tin foil over bowl, (or lid if you are using a steamer) and steam for 1½ hours. Serve with custard.

STEAMED PUDDING

4 tablespoons Butter (2 ounces)
 ½ cup Sugar
 1 Egg
 1½ cups (6 ounces) Red Seal Flour

2 teaspoons Baking Powder
 ¼ teaspoon Red Seal Salt
 ½ cup Milk
 Grated Rind of ½ Lemon or
 ½ teaspoon any flavouring

METHOD: Cream butter and sugar. Beat in egg and flavouring. Sift flour, salt and baking powder, add alternately with milk to butter mixture. Place 2 tablespoons syrup in the bottom of a greased pudding basin. Pour pudding batter over syrup. Steam for 2 hours. Serve with custard.

CRÊPES SUZETTE

½ cup Red Seal Flour
 ½ teaspoon Red Seal Salt
 2 well beaten Eggs
 Two-thirds cup Milk

1 tablespoon Melted Shortening
 1 tablespoon Sugar
 ½ teaspoon Grated Orange Rind

METHOD: Sift flour. Measure and add salt. Sift again. Combine beaten egg, milk and shortening. Add flour and beat until smooth. Add sugar and grated orange rind. Mix well. Pour enough batter into hot greased pan to make a pancake about 5 to 6 inches in diameter. Tilt pan quickly from side to side to make pancakes as thin as possible. Cook until brown, turning to brown both sides. Keep hot until all cakes are done. Place hot pancakes which have been folded, in the Suzette sauce and heat for about 1 minute, basting with the sauce. Pour brandy over the pancakes in the sauce, ignite and shake pan. Serve immediately.

SUZETTE SAUCE

½ cup Butter
 1 tablespoon grated Orange Rind
 1 teaspoon grated Lemon Rind
 ½ cup Brandy or Grand Marnier

¼ cup Sugar
 One-third cup Orange Juice
 ¼ cup Curacao

METHOD: Melt butter over very low heat. (This may be done in a chafing dish, if available). Gradually add sugar, stirring well until blended, add juice and both rinds. Cook over low heat about 5 minutes or until slightly thickened. Add curacao and mix well.

FRUIT FILLED PANCAKES

4 ounces Red Seal Flour
 Pinch Red Seal Salt

½ pint Milk with a little Iced Water
 1 Egg

FILLING:

1 small can Pineapple
 3 tablespoons Raspberry Jam
 3 tablespoons Pineapple Juice

2 teaspoons Kirsch
 2 teaspoons Cornflour
 Lemon Juice

METHOD: Sieve flour and salt. Add egg. Beat well. Add milk slowly until smooth. If possible allow to stand for ½ hour before cooking.

To make filling: Boil jam and pineapple juice together for 5 minutes. Strain and return to pan. Mix the cornflour to a smooth paste with 1 tablespoon pineapple juice. Add to the syrup. Stir until boiling and boil for 3 minutes. Add lemon juice and kirsch. Stir in the chopped pineapple and reheat. Spread the pancakes with the fruit filling and roll up.

SWEDISH PANCAKES

157

1½ cups Red Seal Flour
¼ teaspoon Red Seal Salt
1¼ cups Milk

2 tablespoons Sugar
3 Eggs (beaten)
2 tablespoons Melted Butter

METHOD: Sift the dry ingredients together. Beat the eggs and milk and butter together. Combine egg mixture with dry ingredients, beat until smooth. This batter can stand for several hours. However, the pancakes must be served soon after they are made. To make pancakes, heat 8" pan and pour ¼ cup batter in for each pancake, tilting the pan so that the mixture fills it. When mixture hardens on top, flip with narrow spatulam Makes 16.

To serve: Fold in quarters and top with a tablespoon of this mixture:-
1 cup mulberries blended into 1 cup whipped (not sweetened) cream.

CHERRIES JUBILEE

METHOD: Drain 1 large tin cherries and place syrup in saucepan (you should have about 2½ cups drained cherries). Boil syrup for about 10 minutes, then place cherries into syrup to heat. Stir cherries gently occasionally. Meanwhile place scoops of vanilla ice cream in individual serving dishes. Heat two-thirds cup kirsch, flame, pour over cherries. Pour flaming cherries over ice cream.

PEARS FLAMBE

1 small tin Pears
¼ teaspoon Nutmeg
Pinch Cinnamon

Pinch Cloves
½ cup Brandy or Kirsch
Little Sugar

METHOD: In a saucepan, gently heat the pears and syrup. Add the nutmeg, cloves and cinnamon. When hot, transfer pears to a chafing dish and continue to heat. Pour over brandy (or kirsch) and ignite. While flaming sprinkle with a little sugar and baste with the syrup. Serve, as soon as flames die down, with cream or ice cream.

Variation: Peach Flambe — use canned peaches instead of pears, and proceed as above.

PEARS IN RED WINE

Ripe Eating Pears
2 small cups Red Cooking Wine
(not sweet)
1 small cup Water

4 ounces Sugar
Rind of Lemon and a little juice
1 stick Cinnamon

METHOD: Place as many ripe, but not over-ripe eating pears as will fit comfortably on the bottom of a heavy saucepan or ovenproof dish. Dissolve the sugar in the wine and water. Add the lemon rind and stick cinnamon. Peel the pears, removing the eyes but leaving on the stalks, and pop them into the gently simmering liquid as they are peeled. Baste the pears and let them poach till tender and pink all over. Remove pears and discard cinnamon and peel. Reduce the liquid a lot until it is a syrup which will coat the back of a spoon. This syrup can now be further thickened by the addition of a dessertspoon of arrowroot (from your chemist) slaked in water (like starch). Add this off the heat and then bring the liquid to the boil. It should now be sticky and perfect for coating the pears. You can sprinkle the pears with toasted almonds or other nuts and serve with cream.

HOT PRUNE SOUFFLE

2 Egg Whites
8 ounces Prunes
½ cup Sugar
1 tablespoon Lemon Juice

1 teaspoon grated Lemon Rind
¼ teaspoon Cream of Tartar
¼ teaspoon Red Seal Salt

METHOD: Place prunes in small saucepan, cover with water. Bring to boil and cook till tender. Stone prunes and place in liquidizer. Blend at the maximum speed until smooth. Return pulp to pan. Add ¼ cup sugar. Heat to boiling point. Add lemon juice and rind. Beat egg whites until stiff but not dry. Gradually add remaining ¼ cup sugar and fold in prune pulp. Turn into an oven proof dish which has been well greased and sprinkled with sugar. Bake at 350° for about an hour. Serve with hot Brandy Sauce.

** with chocolate*

HOT BRANDY SAUCE

2 Egg Yolks
1 tablespoon Brandy

1 tablespoon Sugar
½ pint Milk

METHOD: Beat yolks and sugar with brandy. Fold egg mixture into scalded milk and stir in double boiler until mixture thickens.

PINEAPPLE BETTY

2 cups Breadcrumbs
2 tablespoons Melted Butter
2 tablespoons Sugar

1 tin Pineapple Slices
Grated Orange Rind
Orange Juice

METHOD: Mix the crumbs, melted butter and sugar and put a layer in a buttered oven dish. Cover with a layer of pineapples, cut into small pieces, and sprinkle over some pineapple and orange juice, and a little orange rind. Fill dish with alternate layers, ending with crumbs. Bake in 350° oven till golden brown, (approximately ¾ hour) and serve with cream.

FRUIT CRISP

(Serves 4)

4 cups Fruit
Flavouring
Red Seal Flour
Red Seal Salt
Baking Powder

Cinnamon
Brown Sugar
Melted Butter
Cream

METHOD: Mix 4 cups tinned or fresh fruit (you can use apples, peaches, pears, pineapples, or a mixture) with 2 tablespoons flavouring — depending on the fruit used — lemon juice or wine, and arrange in a dish 10" x 6" x 2". Combine 1 cup Red Seal Flour, 1 teaspoon baking powder, 1 teaspoon cinnamon, ¾ cup brown sugar, ½ teaspoon Red Seal Salt into a crumble mixture. Pour this mixture over the fruit and top with one-third cup melted butter. Bake at 350° for about half an hour. Serve warm with cream.

DUTCH APPLE CAKE

(Serves 6)

1 cup Red Seal Flour
 1½ teaspoons Baking Powder
 5 ounces Buttercup Margarine or Butter
 2 tablespoons Castor Sugar
 ¼ cup Seedless Raisins
 ¼ teaspoon Red Seal Salt

¼ cup Milk
 1 Egg well beaten
 3 cups peeled Tart Apple Wedges
 ¼" thick
 ½ teaspoon Cinnamon
 ¼ teaspoon Nutmeg

METHOD:

1. Sieve flour, salt and baking powder. Rub in 3 ounces Margarine. Add 1 tablespoon castor sugar and the raisins.
2. Combine egg and milk and blend into mixture (1).
3. Spread dough into a greased dish 10" x 6" x 2".
4. Arrange apple wedges in rows in batter, pressing straight edges down slightly. Melt remaining 2 ounces margarine and brush over apples, then mix remaining 1 tablespoon castor sugar with nutmeg and cinnamon and sprinkle this mixture over. Bake at 400° for 30 to 40 minutes. Cut into squares and serve warm with cream.

APPLE TART

¼ lb. Buttercup Margarine
 ½ cup Sugar
 2 teaspoons Baking Powder

2 tablespoons Olivine Oil
 1 beaten Egg
 2 cups Red Seal Flour

METHOD: Cream together the margarine, olivine oil and sugar. Add beaten egg, baking powder and Red Seal Flour. Press dough into pyrex dish, but reserve some dough to crumble over apple. Bake 375° to 400° for approximately ¾ hour.

Apples for tart: Either tinned or fresh, place either in pot with 3 table-
 spoons water and cook gently with cinnamon, sugar and lemon to taste,
 for approximately 10 minutes.

SONHOS (DREAMS)

PORTUGUESE DESSERT

3 ounces Buttercup Margarine
 1 cup Red Seal Flour
 3 large Eggs
 Cinnamon

1 cup Water
 Pinch Red Seal Salt
 Olivine Oil for frying
 Sugar

METHOD: Put margarine and water into saucepan and bring to boil. When boiling briskly add sifted flour and salt. Beat mixture with a wooden spoon until it forms a solid mass and leaves side of saucepan. Remove from heat, cool slightly and beat in eggs one at a time, beating well after each addition. Heat oil. Drop mixture by dessertspoonfuls into hot oil. As they puff up and rise to the surface turn once and brown the other side. When well puffed and golden, remove from oil with slotted spoon and drain on absorbent paper. Serve hot, sprinkled with sugar and cinnamon. They may be served with the following syrup if desired.

Orange Sugar Syrup: Dissolve ½ cup sugar in 1 cup water. Add the grated rind of 1 orange and bring to the boil. Reduce heat and simmer for 5 minutes. Add orange segments and heat through.

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MISCELLANEOUS

THIS SECTION (PAGES 161 — 182) CONTAINS THE FOLLOWING RECIPES

Steak Fondue	Instant Brazilian Mocha
Meat Fondue	Cheesecake
Cheese Fondue	Babke
Cheese Fondue	Stewed Lamb
Tomato Fondue	Morgadinhos
Mock Chicken Fat	Egg Custard
Cheese Souffle	Mushroom Braided Velvet Chicken
Cheese Sauce	Pineapple Chicken
Quick Cheese Sauce	Pita Falafel with Tahina Sauce
Tomato Sauce	Falafel Sauce
Gnocchi	Tahina Sauce
Jiffy Casserole	Fried Pastry
Macaroni Cheese	Grilled Masala Meats
Pink Rice	Green Avoglemono Soup
Lemon Curd	Dolmathes or Stuffed Vine Leaves
Turkish Delight	Pickled Brisket with Pineapple
Coconut Ice	Devil's Food Cake
Fudge	Double Boiler Icing
Toffee Apples	Brownies
French Truffles	Vegetables Neapolitan
Toffee	Crepe Brulee
Coconut Ice	Staffordshire Golden Mint Syrup Tart
Chocolate Balls	Zratys Nelson
Watermelon Konfyt	Boiled Beef with a difference
Cafe Brulot	Potted Herrings
Irish Coffee	Fish Casserole

MISCELLANEOUS

STEAK FONDUE

METHOD: Trim best steak, rub both sides with cut side up of garlic. Season well, after sprinkling salt and freshly milled black pepper to taste. Cut into about 1" cubes, squeeze a few drops of lemon juice and mix well. Heat Olivine Oil on stove till boiling and pour into fondue pot. Keep it boiling over spirit burner.

Each member cooks his own piece by holding it with fondue fork. When ready, dip in sauce. It is ideal to have two or three varieties of sauces.

Other side dishes to serve: Gherkins, sliced fresh cucumber or salads. Serve with wine (Red dry) and Hot Garlic Bread.

Sauces: As below.

MEAT FONDUE

METHOD: Allow 4 ounces of meat per person, best steak. Heat Olivine Oil to boiling point in your chafing dish. Add 1 teaspoon vinegar and a clove of garlic for extra flavour. Each person has a spearing fork with which to spear the meat. Dip into the oil to cook. Serve with a French salad and various sauces.

SAUCES:

1. Grate one large onion into 1 cup mayonnaise. Add 1 tablespoon chopped parsley, Red Seal salt and pepper to taste.
2. To one cup of tomato sauce add 1 small chopped onion, 2 tablespoons chopped olives, dash of Worcestershire sauce and 1 tablespoon A1 sauce.
3. In your electric blender puree 1 small tin asparagus. Add 1 tablespoon mayonnaise, Red Seal salt and pepper and 1 teaspoon Tabasco Sauce.
4. Chop ½lb. mushrooms with 1 large onion and fry in little Melva cooking fat. Add 1 cup soup stock, thickened with gravy powder. Season to taste.

CHEESE FONDUE

½ lb. Emmenthaler Cheese
 ½ lb. Gruyere Cheese
 1 Clove Garlic

2 cups Dry Wine (White)
 1 level tablespoon Cornflour
 2 tablespoons Kirsch

METHOD: Pour the wine into a saucepan and heat until wine is covered with a fine foam of bubbles. Grate both cheeses on a coarse grater and add. Stir mixture continually until the cheese has melted. Mix the cornflour and kirsch to form a paste and add to the cheese mixture. Cook till the mixture is thick and an even consistency. Cut the clove of garlic in half and rub the inside of the fondue pan with it. Pour in the cheese mixture and place the pan over the burner to keep warm. Serve with cubes of French bread. Each guest is given a long fondue fork with which to spear the bread cubes into the fondue. Serve a plain green salad with this.

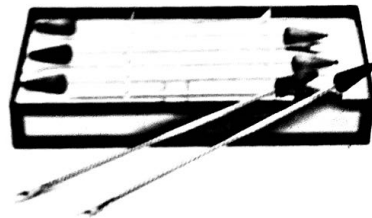


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CHEESE FONDUE

1 lb. Matured Cheddar Cheese
1 large Clove of Garlic
1 long French Roll
2 cups Dry White Wine

2 tablespoons Brandy
Red Seal Salt
White Pepper (freshly ground)

METHOD: Dredge the coarsely grated cheese with flour and toss together until well mixed. Rub inside of pan with cut garlic. Pour wine into the pan and boil just below boiling point, (keep flame low) as the wine simmers bubbles will come to the surface. Add cheese gradually, stirring with a fork all around and across. Continue this until fondue is creamy. Cook for 2 to 3 minutes more but do not allow to boil. Season with salt, pepper, sugar (just a pinch) and nutmeg. Finally stir in brandy. Keep contents on low flame. The eater spears a pre-cut cube of bread with fondue fork and dips it into cheese mixture with a stirring motion, assuring complete coating of piece and at the same time maintaining the consistency of the fondue. (Correct consistency by stirring in a little pre-heated wine, as required.)

TOMATO FONDUE

2 medium sized Ripe Tomatoes
½ teaspoon dried Sweet Basil
1 Clove Garlic
2 tablespoons Butter

½ glass Dry White Wine
2 cups grated Cheddar Cheese
Paprika

METHOD: Skin the tomatoes and remove the seeds. Chop the flesh very finely, and stir in the basil. Rub the inside of a Fondue saucepan with the clove of garlic, then melt the butter in it and when bubbling (it should not get brown) add the chopped tomato. Simmer for about ten minutes, then season with paprika and add the wine. (Do not add salt). Simmer the mixture till well blended, then add the grated cheese. Keep stirring and, when the cheese is melted and well blended, serve with cubes of toast.

MOCK CHICKEN FAT

1 lb. Melva Vegetable Fat
1 bottle Olivine or Helio Oil

2 cups sliced Onions
2 cups grated Carrots

METHOD: Dissolve the vegetable fat in oil and add onions and carrots. Boil gently stirring occasionally until onions are nicely browned. Remove from heat and strain through fine strainer. When cool store in jar and refrigerate.

CHEESE SOUFFLE

1 ounce Butter
½ ounce Red Seal Flour
¼ pint Milk
3 ounces grated Cheddar Cheese

4 Eggs, separated
Red Seal Salt
Cayenne Pepper

METHOD: Melt butter, blend in flour and add milk, stirring all the time. Bring to the boil and cook for 1 minute. Allow to cool lightly, then add yolks, seasonings and cheese. Whisk egg whites stiff, stir in one tablespoon of whites, then fold in remainder. Pour into greased soufflé dish and bake at 375° for 30 minutes. Serve immediately.

CHEESE SAUCE

1 tablespoon (level) Red Seal Flour
 ½ teaspoon Red Seal Salt
 Pepper to taste

1 tablespoon Buttercup Margarine
 ¼ cup Milk
 ¾ cup Cheddar Cheese (grated)

METHOD: Sift dry ingredients into melted margarine over low heat. Stir well, gradually add milk, stirring all the time, until smooth. Add cheese and stir till cheese is melted and mixture well blended.

QUICK CHEESE SAUCE

METHOD: Put 4 Nestles cheese portions into a saucepan. Gradually add 1¼ pints hot water. Add one packet onion soup, cook for 10 minutes on low heat. Serve over fish cauliflower, or spaghetti.

TOMATO SAUCE

METHOD: Skin and dice 5 large tomatoes. Slice 2 green peppers and one large onion. Mix together with ¾ cup vinegar, ¼ teaspoon cloves, ¼ teaspoon ginger, ¼ teaspoon cinnamon, 1 teaspoon Red Seal Salt and 1 dessertspoon sugar. Boil on quick heat, until the mixture thickens. Bottle.

GNOCCHI

3 lbs. potatoes
 Red Seal Salt

2 Eggs
 ½ lb. Red Seal Flour

METHOD: Take 3 lbs. peeled potatoes. Boil until soft. Beat well until thoroughly mashed, and leave to cool. Add the eggs, salt and Red Seal flour. Bring a large pan of water to the boil with some salt. Roll handfuls of potato mixture into a sausage, then slightly flatten and cut in squares. Drop into the boiling water and take out when they come to the top.

Sauce for Gnocchi: Fry a large onion, add 1 lb. raw mince meat, 6 ounces tomato paste, Red Seal salt, pepper and 2 bay-leaves. Cook until sauce has thickened. Serve over Gnocchi.

JIFFY CASSEROLE

2 tablespoons Buttercup Margarine
 3 peeled large Tomatoes
 Red Seal Salt, Pepper

1 teaspoon Oregano
 1 packet Spaghetti (raw)
 1 teaspoon Sugar

METHOD: Dot casserole bottom with margarine. Place sliced tomato on bottom, covering with layer of spaghetti. Repeat with second layer of tomatoes, spaghetti and seasonings. Dot top with tomatoes. Place in 350° oven for 25—30 minutes.

MACARONI CHEESE

¾ lb. Macaroni	2 cups grated Cheddar Cheese
1 teaspoon Red Seal Salt	3 sliced Tomatoes
Boiling Water	2 tablespoons Red Seal Flour
2 cups Milk	Pepper
2 beaten Eggs	Dash of Dry Mustard
1 tablespoon Butter	

METHOD: Boil the macaroni in salted water until soft and then strain. Make a white sauce by melting the butter, stirring in flour and milk (be careful it does not lump), adding gradually. Add a pinch of salt, pepper and a dash of dry mustard and beaten egg. Stir in the grated cheese. Layer the macaroni, sliced tomato and cheese sauce alternately in a greased oven-proof dish. Garnish the top with grated cheese and tomato slices. Dot with butter and bake in oven until brown.

PINK RICE

1 cup Rice	2 cups Water
1 tablespoon Tomato Puree diluted in 1 cup Water (or ½ cup fresh tomato juice)	3 tablespoons Olivine
	1 teaspoon Red Seal Salt

METHOD: Soak the rice for 15 minutes then strain. Heat the oil, add the rice and stir until it is thoroughly coated (about 3 minutes). Add remaining ingredients.

Variation: Risotto — omit the tomato sauce, otherwise cook rice as above. In another saucepan, fry 2 large onions in a little Olivine. Add 2 peppers (sliced into rings), 1 tomato which has been peeled and sliced, and tinned mushrooms. You can also add diced, cooked chicken and 2 tablespoons chicken broth to this mixture if desired.

NOTE: Add this sauce to the plain white rice just before serving. This rice can be moulded and garnished as desired.

LEMON CURD

2 ounces Butter	2 Eggs
4 ounces Sugar	2 Lemons (medium sized)

METHOD: The lemons should have firm, yellow skins. Grate the rind off the lemons and squeeze out the juice. In a double boiler, melt the butter. Add the sugar, lemon rind, juice and well beaten eggs. Cook until mixture thickens.

TURKISH DELIGHT

1½ lbs. Sugar
1 ounce Gelatine
2 heaped tablespoons Cornflour
3 cups Water
Pinch of Citric Acid

¼ teaspoon Cream of Tartar mixed
in 1 tablespoon Water, added when
sugar boils
Rose Essence
Lemon Essence

METHOD: Soak gelatine in 1 cup water. Mix cornflour in 1 cup water. Place sugar in saucepan with 1 cup water. When it boils, add melted gelatine and cream of tartar, then the well mixed cornflour slowly. Stir gently all the time for 12 to 15 minutes (rapidly boiling). Be very careful at this stage as the Turkish delight burns very quickly. Add the pinch of citric acid, then remove from the heat to cool a little. Add essence of rose to half, colouring this half pink and lemon essence to the other half. Put in two buttered dishes to set for 12 hours (size of dishes approximately 5" x 5"). Cut the Turkish Delight into squares using a sharp knife dipped in boiling water and roll in ¼ lb. icing sugar and 1 tablespoon of cornflour, and pack in plenty of icing sugar.

COCONUT ICE

2 lbs. Sugar
¼ pint Milk
¼ pint Water

8 ounces Coconut
Few drops Cochineal

METHOD: Slowly dissolve sugar in the milk, stirring from time to time. Bring to the boil and cook until a little of the mixture forms a soft ball when dropped in cold water. Add coconut and beat until mixture is thick and creamy. Pour half into a well greased shallow tin. Quickly add cochineal to the remainder and pour on the first half. When cold and set, mark and cut into squares.

NOTE: It is essential to work quickly after the coconut has been beaten as it sets fairly rapidly.

FUDGE

6 tablespoons Water
4 tablespoons Syrup
¼ lb. Buttercup Margarine

2 tins Condensed Milk
1 teaspoon Vanilla
4 cups Sugar

METHOD: Heat water, syrup and margarine in saucepan and, when dissolved, add 4 cups sugar, one cup at a time, stirring all the time. When mixture starts to boil, add condensed milk and boil for 15 to 20 minutes on low heat, stirring constantly. Remove from fire and add one teaspoon vanilla and beat well till thick and creamy. Pour into buttered pan and cool. Mark into squares.

FUDGE

4 cups Sugar
4 level tablespoons Buttercup
Margarine
1 tin Condensed Milk

2 level tablespoons Syrup
1 cup Water
1 teaspoon Vanilla Essence

METHOD: Place the following in a pan and bring to the boil:- sugar, water, margarine, syrup, and boil for 10 minutes on high heat. Reduce heat to low and add condensed milk and stir till it boils. Boil until a little dropped into cold water forms a soft ball. Add vanilla. Remove from heat and beat with a wooden spoon until thick and chalky. Pour ½" deep into buttered pan and when nearly set cut into squares with a sharp knife.

TOFFEE APPLES

METHOD: Make syrup by boiling 2 cups brown sugar, 2 tablespoons butter, 1 teaspoon vanilla and 1 tablespoon vinegar until brittle when tested in cold water. Add few drops cochineal. Dip apples on stick into hot syrup. Drain on unglazed paper.

FRENCH TRUFFLES

4 ounces Plain Chocolate
2 ounces Buttercup Margarine
3 heaped tablespoons sieved Icing
Sugar

½ teaspoon Angostura Bitters
Chocolate Vermicelli
2 Egg Yolks
Drinking Chocolate Powder

METHOD: Gently melt the chocolate in a double boiler. Cream together the margarine, icing sugar and egg yolks and stir into the melted chocolate. Add the bitters, beat thoroughly, and leave in a cool place to thicken and set. Form into small balls and roll in either chocolate vermicelli or in drinking chocolate powder. Put into small paper cases. (2 teaspoons of Brandy or Rum may be used instead of Angostura Bitters).

TOFFEE

1 lb. Brown Sugar
¼ cup Water
1 tablespoon Syrup

2 ounces Butter
Pinch of Cream of Tartar
1 teaspoon Vinegar

METHOD: Put all ingredients into a saucepan and stir until the sugar has dissolved. Boil until a little of the mixture, tested in cold water, is firm enough to crack. Pour into well buttered tins and mark with a knife into squares before quite set and break into pieces when hard.

COCONUT ICE

METHOD: Take a 14 ounce tin of sweetened condensed milk. Add 1¼lb. icing sugar and 10 ounces desiccated coconut. Mix well. Add a few drops cochineal for colouring, then press into 8" x 10" pan. Leave to set, then cut into small squares.

CHOCOLATE BALLS

2 packets Boudoir Biscuits, minced
½ lb. soft Butter
½ cup Cocoa
¼ cup Icing Sugar

2 tablespoons Liqueur
1 cup Nuts chopped small (preferably walnuts)

METHOD: Mix all together in mixer. Cool in fridge, then roll into balls and coat with chocolate vermicelli.

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WATERMELON KONFYT

METHOD: Use a large "ice cream" watermelon. Cut in quarters, remove fruit pulp. Peel off thin green outer layer, this leaves the hard greenish white rind which is to be preserved. Cut the rind evenly into square pieces. Prick all over with a fork.

Mix 1 tablespoon lime (obtainable from the chemist) with 6 quarts water. Soak the melon pieces in this mixture overnight. Discard this water. Rinse the pieces in fresh water, place in a large pan, cover with water, and boil for three-quarters of an hour.

Take 1 lb. 3 ozs. sugar for every 1 lb. of fruit, and to every cup of sugar take 1 cup water. To this syrup add a muslin bag containing a little crushed ginger (optional). Add the boiled pieces of melon rind. Boil for 2½ to 3 hours. Pour the fruit and syrup into sterile jars.

For crystallized fruit: Allow the fruit to boil until crystals form.

CAFE BRULOT

METHOD: In a chafing dish put 1 teaspoon lemon rind, 2 teaspoons orange rind (both grated), 12 lumps sugar, 1 cinnamon stick, 2 cloves, 1 cup brandy. Heat. When brandy is warm, flame, then add 1 quart hot, strong black coffee. Serve in demitasse cups.

IRISH COFFEE

METHOD: For each serving place 2 teaspoons sugar in a wine glass, pour in two-thirds of the wine glass full of coffee, mix, then add 2 table-
spoons whisky. Top with a tablespoonful of whipped cream.

INSTANT BRAZILIAN MOCHA

METHOD: Place 2 cups water, ¼ cup instant coffee powder, and 1 ounce dark chocolate in a saucepan. Stir over very low heat until chocolate has melted. Blend well, add ¼ cup sugar and a dash of Red Seal Salt. Bring mixture to the boil and boil for 4 minutes, stirring constantly. Add 2 cups milk gradually, and heat again thoroughly, taking care not to boil the milk. Serves 6.

A FEW NATIONAL DISHES

MRS. BABS NAIM
SALISBURY WOMEN'S ZIONIST LEAGUE

CHEESECAKE

DOUGH:

¼ lb. Butter or Buttercup Margarine
2 cups Red Seal Flour
¾ cup Sugar
2 teaspoons Baking Powder

Pinch Red Seal Salt
1 tablespoon Thick Cream (optional)
1 Egg — well beaten
½ cup liquid (½ water, ½ milk)

METHOD: Rub together butter, flour, sugar, baking powder and salt. Add the cream, then beaten egg. Lastly add liquid to make soft dough. If necessary add more liquid to make rolling consistency. Line buttered and floured dish, pour in filling.

CHEESE FILLING:

1 lb. Cream Cheese
½ cup Sugar
¼ cup Cream

Red Seal Salt to taste
2 Eggs

METHOD: Beat all together till soft. Pour into dough lined case. Decorate as required, either with strips of left over dough or cinnamon and sugar. Paint with beaten egg. Bake at 400° for half an hour.

BABKE

8 cups Red Seal Flour
3 ounces Yeast
1 large cup Sugar
½ cup warm Water
½ lb. Buttercup Margarine

3 large or 4 medium Eggs
2 teaspoons Red Seal Salt
1 cup warm Milk
Sultanas, Raisins
Cinnamon & Sugar

METHOD: Sift flour, make a well. Dissolve yeast in warm water (water must be tepid, not hot). Add to flour. Allow to ferment. Add salt, sugar and warmed butter and milk. Add well beaten eggs, make into soft dough. Knead well, leave to rise in warm place, until double in bulk, approximately 3 hours. Knead, sprinkle with cinnamon and sugar mixture, and sultanas and raisins, shape into either loaves (or small buns). Place in well buttered pans, allow to rise again, and bake in moderate oven (350°—375°) for 30—40 minutes depending on size of loaf.

MRS. J. PORTELA'S PORTUGUESE DISHES

**STEWED LAMB
(ENSOPADO DE CABRITO)**

3 lbs. Lamb cut into small pieces
Melva Vegetable Fat
Olivine Oil
3 large chopped Onions and Garlic
(2 cloves)
2 Bay Leaves

Parsley
3—4 Cloves
3 lbs. Potatoes
Paprika to taste
1 tablespoon Vinegar & Water
Bread

METHOD: Place in a saucepan Olivine oil, little Melva vegetable fat, chopped onions and garlic, bay leaves, paprika, parsley, cloves and the lamb cut into small pieces, as well as thickly sliced potatoes. Leave to simmer on a low heat. When the meat is brown, pour in vinegar and water and cook the meat till tender. In a serving dish, arrange thin slices of bread and over them pour the meat and sauce and serve.

MORGADINHOS

½ lb. Sugar
½ lb. finely ground Almonds
12 Egg Yolks
Red Seal Flour

2 Egg Whites
4 tablespoonfuls Sugar
1 small glass of Water

METHOD: Dissolve sugar in a saucepan with a small glass of water and bring to the boil. Boil until it has turned into a heavy syrup. Leave it to cool for a few minutes, then add the lightly beaten egg yolks, and bring it to the boil again. Stir in the ground almonds and boil once more, stirring constantly till the mixture can be handled and shaped into small balls with the addition of some flour. Place them on floured baking trays in the oven and bake at 350° till lightly browned. When baked, brush over with the egg whites beaten with sugar and put them in small paper cases.

EGG CUSTARD (LEITE CREME)

1 pint Milk
6 Egg Yolks

14 ounces Granulated Sugar
2 tablespoonfuls Red Seal Flour

METHOD: Sift flour and mix in some cold milk, until a smooth paste is obtained. Beat the egg yolks well with the sugar, then stir in the flour paste and the balance of milk which should be lukewarm. Bring the mixture to the boil and thicken, stirring constantly. Pour into a serving dish, dust with sugar and place under the grill to melt and brown the sugar.

MANDARIN RESTAURANT — MR. & MRS. SMITH

MUSHROOM BRAISED VELVET CHICKEN
(MAW GOO CHOW GHUY PIEN)

1 can white Button Mushrooms
3 pairs Chicken Breasts
1 slice Ginger
2 tablespoons Olivine Oil
¼ teaspoon White Pepper
1 teaspoon Red Seal Salt
1 Clove Garlic

1 tablespoon Soya Sauce
1 tablespoon Cornflour
¼ cup Mushroom Water from tin
¼ teaspoon Gourmet Powder
¼ teaspoon Sugar
1 teaspoon Brandy

METHOD: Slice chicken about 1½" in size and ¼" in thickness. Mix in 1 tablespoon cornflour, salt, pepper, soya sauce, sugar, brandy and vegetable oil. Heat mushrooms with sauce made of 2 teaspoons cornflour and ½ teaspoon salt dissolved in ¼ cup of mushroom water. Chop ginger and garlic and fry in a little hot oil. Add chicken and fry over a hot fire until semi-rare (about ½ a minute). Pour in hot mushroom mixture and gourmet powder. Continue frying together until chicken turns white all over and is just done. **Serve hot and quickly.** Serves 4—6 people.

NOTE: Care must be taken not to overcook the chicken.

PINEAPPLE CHICKEN (BAW LAW GHUY)

½ lb. fillet of Chicken
1 small can of Pineapple
½ Clove of Garlic
1 tablespoon Olivine Oil
Parsley
1 slice Ginger
1 tablespoon Cornflour

1 tablespoon Soya Sauce
Pinch of Pepper
½ teaspoon Red Seal Salt
½ teaspoon Sugar
¼ teaspoon Gourmet Powder
1 teaspoon Brandy

METHOD: Slice chicken and mix 1 teaspoon cornflour, pepper, oil, salt, sugar, brandy and 1 teaspoon soya sauce. Cut pineapple slices into wedges. Heat a little oil in skillet and fry chicken until just underdone. Add pineapple wedges. Cover skillet with lid and braise chicken and pineapple together for 3 minutes. Remove to dish. Mix together 2 teaspoons soya sauce, 2 tablespoons water, 4 tablespoons pineapple juice, 1 teaspoon sugar and 2 teaspoons cornflour. Heat a little oil and fry minced garlic and ginger, add sauce mixture and gourmet powder, then stir until thickened. Mix in chicken and pineapple. Garnish with parsley and serve.

AN ISRAELI DISH (bigger than a snack). MRS. LALA BLOOM

PITA, FALAFEL WITH TAHINA SAUCE

PITA (MIDDLE EASTERN BREAD)

6 cups Red Seal Flour
1 tablespoon Dry Yeast or
1 ounce Fresh Yeast
2 teaspoons Red Seal Salt

2½ cups warm Water
2 tablespoons of Sugar
1 tablespoon Olivine Oil

METHOD: Mix yeast, sugar and ½ cup of warm water. Leave to ferment. Sift flour into a large bowl, make a well and pour yeast mixture into it. Add 1½ cups of warm water and knead well. Leave in warm place to rise. When the dough is double its original size, divide into 2 portions and make each portion into a large roll. Brush with oil and leave to rise again for about half an hour. Then divide each roll into ten portions. Knead each portion on a floured board and leave to rise for 15 minutes, then roll each portion into shape and size of a saucer. Leave to rise for another 15 minutes then bake for only 6 minutes in a 550° oven. Pita will puff up. Cool slightly then cut 3 inches off one edge and carefully insert a knife and ease gently to form a pouch for the Falafel and Tahina sauce. Leave to cool. Pita may be stored in deep freezer just like bread.

FALAFEL ~~SEEDS~~

1 lb. dried Chick Peas
1 medium sized Onion
4 Cloves of Garlic
4 slices of Bread which have been
soaked in water and squeezed out
A good handful of Parsley

2 Eggs
1½ teaspoons "Kamoun" (spice)
1 tablespoon of Kusbara (spice)
Red Seal Salt
Pepper to taste

METHOD: Soak dry peas overnight in water and a pinch of bicarbonate of soda. Drain and mince together with all ingredients. Add eggs, spices, salt and pepper and mix well. Roll into small flat balls the size of a walnut and fry in deep oil until medium brown.

TAHINA SAUCE

½ tin of Tahina
2 cups of iced Water
Juice of a large Lemon
2—3 crushed cloves of Garlic

A bit of chopped Parsley
Red Seal Salt
Pepper to taste
1 teaspoon of Sugar

METHOD: Dilute Tahina with water, pouring water little by little, and stirring at the same time. Add all the other ingredients and taste. Salt, pepper and lemon may be increased according to taste.

Serve as follows: Place a few hot falafel balls into the pouched Pita, pour Tahina sauce into the pouch. Garnish with chopped pickled cucumber or sauerkraut. Add 1 teaspoon hot pepper relish which is optional. Pita is eaten like a hamburger.

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ITALIAN SWEET — MRS. TERESA CROCE

FRIED PASTRY (SWEET)

These are little fried cakes which are found in practically every region in Italy although with different names.

In Emilia they are called "Sfrappole", in Veneto "Galani", in Tuscany "Cenci", in Trentino "Grostoi" and in other parts of the country "Frappe" or "Chiacciere" etc. They are usually eaten during Carnival time and particularly on Shrove Tuesday. I found that everybody, and children most of all, like these little cakes.

11 ounces plain Rd Seal Flour
 ¼ pint of lukewarm Milk
 Red Seal Salt to taste

1 tablespoon Butter
 2 Egg Yolks

METHOD: Beat the 2 yolks with the lukewarm milk in which the butter has been melted. Put the flour on the table, make a well in the centre and add the milk and the salt. Mix everything with your hands and knead until you have a smooth dough like bread dough. Shape the dough into a ball and let it rest for half an hour under a towel. Roll out the dough as thinly as possible — it should be as thin as a sheet of paper — and cut out pieces of any shape you like (rectangular, square or triangular) about half the size of a playing card. Fry them in Olivine Oil which must be very hot and at least 3" deep in the frying pan. They will puff up immediately and when they are golden brown (usually in a few seconds), take them out of the oil and put them on a piece of paper to drain. Sprinkle them well with icing sugar. 1 tablespoon of rum may be added to the dough if wished.

NOTE: It is important to roll out the dough a little at a time and fry it at once without letting it get dry.

RECIPE FROM A WELL-KNOWN INDIAN HOUSEWIFE

WHO WISHES TO REMAIN ANONYMOUS

GRILLED MASALA MEATS

1 small Shoulder of Lamb (any cut will do, chicken or beef will also taste delicious done this way)

1 teaspoon freshly pounded Red Chillies or Green Chillies

1 tablespoon Ginger/Garlic

1 Pineapple (optional)

1 teaspoon Red Seal Salt

1 teaspoon crushed Jeero

1 teaspoon crushed Coriander Seeds (whole dhunia)

½ teaspoon Tumeric Powder

Juice of 1 Lemon

METHOD: Pound chillies and add to crushed dhunia seeds and jeero, add all other spices and make into masala paste with lemon juice. Wash shoulder and make deep cuts all over. Stuff as much of masala into the cuts and smear the balance over the shoulder. Put ¼ cup of ghee or Olivine oil in roasting pan, place shoulder in it and bake with pan covered for about 1½ hours. Uncover pan and allow to bake and brown. It will be necessary to baste the meat by pouring a little ghee or oil from time to time. Meat is done when tender and a lovely golden brown. During the last 5 minutes of baking, arrange chunks of fresh peeled pineapple on roasting pan. (The pineapple is optional, but those that have tasted it say that it makes the world of difference to the flavour especially of chicken and mutton.) Serve on large platter with chunks of pineapple, some oven baked potatoes and onions or any vegetables as preferred.

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MRS. EVE PAFITIS

GREEK AVOGLEMONO SOUP**(Meaning Eggs and Lemon) — A Thick Soup for Winter**

1 plump Boiler Chicken
2 or 3 Eggs
1 medium Onion

1 or 2 Lemons (depending on size)
Red Seal Salt
Pepper

METHOD: Put chicken, etc., into a pot. Cover with water — adding 1 medium whole onion. Remove chicken when cooked. To chicken stock add 1 cup rice — there must be quite a lot of liquid in pot. (Keep adding water whilst boiling). When rice is well cooked and soup is ready to be served, beat up two or three eggs and gradually add the juice of 1 or 2 lemons, depending on size. Beating all the time, add this to the soup, but do not let it boil as the soup will curdle.

As an aside: Chicken is lovely and moist when left to cool on it's own liquid. Use the liquid for making soup and serve chicken cold with mayonnaise.

DOLMATHES OR STUFFED VINE LEAVES

2 lbs. Mince Meat
½ cup Rice (uncooked) — washed
and strained
½ cup Olivine
1 large grated Onion
4—6 ripe Tomatoes (grated to pulp)
Red Seal Salt

Pepper
Parsley (chopped)
Lemon Juice
Fennel (optional) — a little chopped
1 cube Chicken Stock
Olivine Oil

METHOD: Place all this into a deep bowl and mix well (add a little left over gravy). Take a vine leaf and place a little of the mixture into the middle of leaf and fold over — envelope-wise — pack these little packets into a casserole tightly, add 1 cube chicken soup, a little oil and lemon juice and water to simmer slowly. Place 2—3 plates inverted on top of the vine packets — this weight stops packets from opening. Same mixture can be used with cabbage or spinach leaves plunged into boiling water and then used. Cabbage must be de-veined first.

GLADYS LIPWORTH'S SCHOOL OF COOKERY

PICKLED BRISKET WITH PINEAPPLE

METHOD: Cook a piece of pickled brisket, approximately 4—5 lbs., until tender. Drain and put in a roasting pan. Crumble some brown bread, a tin of crushed pineapple, brown sugar and some prepared mustard. Rub the meat with the mustard and put on the brown crumbs; put the pineapple on and sprinkle with brown sugar and pour over a little of the juice from the pineapple. Brown in the oven and pour over the pineapple juice during the browning. Serve hot or cold.

DEVIL'S FOOD CAKE

½ cup Buttercup Margarine
 1½ cups Sugar
 ½ cup Cocoa
 ½ cup Milk
 2 Eggs

2 cups Red Seal Flour
 2 teaspoons Soda (bi-carb)
 1 cup Boiling Water
 ½ teaspoon Vanilla

METHOD: Cream shortening, cocoa and sugar. Add eggs and beat well. Add milk alternately with flour which has been sifted with soda. Add vanilla and beat well. Add boiling water and stir until mixture is smooth. Bake in long 13" x 9" pan or 2 x 9" layer pans. Bake for 1 hour in 300° oven (slow oven). When cool frost with Double Boiler Icing.

DOUBLE BOILER ICING

2 Egg Whites
 ¼ teaspoon Cream of Tartar

1½ cups Sugar
 One-third cup Water

METHOD: Put ingredients in top of boiler and place over boiling water. Beat on slow speed until blended. Then cook beating constantly on high speed until mixture stands in peaks. Remove from heat and continue beating until spreading texture — total beating time about 5 minutes — and ice cake immediately.

AMERICAN WOMEN'S CLUB

BROWNIES

¾ cup Buttercup Margarine (melted)
 4 Eggs
 ¼ teaspoon Red Seal Salt
 2 cups Sugar

¾ cup Cocoa
 1 cup Red Seal Flour
 1 cup chopped Walnuts

METHOD: Beat eggs and add salt. Sift sugar with cocoa and add to eggs. Add melted margarine. Sift flour and add to mixture. Add nuts and beat until mixture is smooth. Bake on greased flat pan for ½ hour in 350° oven. Cool in pan and cut into squares.

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LALE HEATHCOTE'S

VEGETABLES NEAPOLITAN

2 Baby Marrows
1 Egg Plant
4 large Tomatoes
3 Potatoes
½ lb. Young Carrots

½ lb. French Beans
4 Eggs
2 ounces Grated Cheese
Black Pepper
Red Seal Salt

METHOD: Cut the marrows into rounds about one eighth of an inch thick season with black pepper and salt and a pinch of mint if liked. Heat a dessertspoonful of olive oil in a pan then cook the marrows over a low heat for 10 minutes, then leave. Peel the egg plant and cook the same using marjoram instead of mint. Put tomatoes in hot water then skin them. Remove cores and seeds. Slice tomatoes and cook them over a hot plate for two minutes in oil with a little garlic. Cook the beans. Peel and slice the potatoes, cook them in oil till soft. Cook the carrots in the same way as the marrows but without the mint. Beat the eggs, add the grated cheese, parsley and basil. Grease a large pudding mould or casserole and put in a little of the egg mixture. Add a layer of marrows then more egg. Carry on like this with a different vegetable and egg mixture alternately until the dish is full. Pour on the rest of the egg mix. Cook in a moderate oven for 20 minutes.

JILL BAKER

CREME BRULEE

Creme Brulee is a speciality of Cambridge University — utterly delicious and very rich. Best served with fruit.

4 Egg Yolks
1 level tablespoon of Castor Sugar
1 pint Cream

A few drops of Vanilla Essence
Additional Castor Sugar

METHOD: Mix 4 egg yolks with one level tablespoon of castor sugar. Put one pint of cream in a double boiler, cover and bring to scalding point. Do not boil. Add a few drops of vanilla essence, pour all on to the sugar and egg mixture, return to the double boiler and thicken very carefully, stirring constantly. Again do not boil. Strain into a pie dish and allow to stand for a few hours, or even better, overnight. Pre-heat your grill then dust the surface ~~with~~ cream, which should have the consistency of condensed milk, with castor sugar so that it has a uniformly white look. Quickly place under the grill and allow the sugar to melt and brown. Again stand for a few hours before serving. The result is the most heavenly, slightly flavoured cream with a hard toffee on top. Ambrosial! but tricky to make.

PAULINE BAILEY'S

STAFFORDSHIRE GOLDEN MINT SYRUP TART

METHOD: Line a tart with short pastry rolled fairly thin. Cover the pastry with two teacups of fine breadcrumbs. Over the breadcrumbs sprinkle very finely chopped fresh, washed mint leaves, then pour half a tin of Golden Syrup over the top. When this has spread all over cover with a thin lid of pastry. Prick the pastry lid all over with a fork until it looks like a pincushion minus pins then decorate the edges with a fork and bake in a hot oven.

MONICA MARSDEN'S

ZRATYS NELSON

(A Hot Main Dish)

Thinly sliced Potatoes
French fried Onions
Flat Meat Rissoles made in the
usual way

Batter of 1 beaten Egg, 1 bare cup of
Water, 1 cup Red Seal Flour and
Red Seal Salt well mixed and
beaten in the usual way

SAUCE:

Chopped peeled Mushrooms
Thinly sliced peeled Cucumber
1 tablespoon Tomato Sauce

Seasoning to Taste
A little Red Seal Flour and Water

METHOD: Fry the potatoes until brown and set aside in a warm dish. Place fried rissoles on top. Mix the ingredients for the sauce, and cook until mushrooms and cucumber are cooked and the sauce thickened with the flour. Pour over the rissoles. Top with fried onions or French fried — for the latter, peel and slice large onions thickly. Separate the rings and leave to soak in iced water for an hour or so. Drain, dry well, and dip in the batter. Fry in deep hot fat until brown, and drain well. Keep in a hot oven until ready to serve.

ETTA REYNOLDS'

BOILED BEEF WITH A DIFFERENCE

METHOD: Choose a good meaty piece of Brisket weighing about 4—4½ lbs. (if the brisket is too fatty, top side can be used). Cover the meat with water in a deep saucepan and bring to the boil and skim. Chop up 6 large onions and 2 medium sized cabbages (fairly small) put them in with the meat. Add peppercorns, a bay leaf and a bouquet garni, one tablespoon of Soy Sauce and one tablespoon of Worcestershire Sauce. Cover the saucepan and allow to simmer until the meat is nearly tender (by this time the onions and cabbage should have cooked and reduced into a nice thick sauce it will need no extra thickening). Add half a dozen potatoes and another cabbage cut into quarters. Again cover the saucepan and cook until the potatoes and cabbage are tender. Serve the meat on a dish surrounded by the cabbage quarters and potatoes and the sauce in a big sauce boat with a ladle. This whole dish takes about three hours to cook.

MERVYN HAMILTON'S

POTTED HERRINGS

1 dozen Fresh Herrings
 2 breakfast cups Vinegar
 1 breakfast cup Water
 1 teaspoon Red Seal Salt
 ¼ teaspoon Pepper
 6 Cloves

2 blades Mace
 1 Bay Leaf
 12 Peppercorns
 1 ounce Butter
 3 Chilli Peppers

METHOD: Wash and clean the herrings, removing heads, tails and fins but do not bother about the backbones. Dry the fish on a cloth and push plenty of pepper and salt into the cavities and lay the fish in a casserole, head to tail. Add the seasonings and spices and put the bay leaf in the centre of the dish. Add the vinegar and water, enough to cover the herrings and dot with thin slivers of butter. Cover the casserole tightly and put it into a hot oven. When the liquid boils reduce the heat and bake for four or five hours in a very slow oven — take it out and cool. This long baking in vinegar almost dissolves the herring bones and makes them easy to eat. The herrings are richer potted whole than if first rolled and filleted. Serve cold with plenty of salad. You might find that there is a little too much vinegar and that this could be cut down — and we add a little brown sugar to counteract the acidity of the vinegar. This dish keeps well and it's a darn good summer lunch.

FIONA & JACK BELL

FISH CASSEROLE

1 lb. of Hake
 1 tin Button Mushrooms
 1 pint thick White Sauce
 1 teaspoon Mustard

1 chopped Onion
 1 tablespoon chopped Parsley
 2 cups of Cheese
 2 tablespoons Sherry

METHOD: Fry fish in Buttercup margarine for 2 minutes. Place in a greased fire-proof dish in pieces, add mushrooms and make the sauce with the remaining ingredients leaving a small quantity of cheese. Pour sauce over the fish, sprinkle with the remainder of the cheese and then bake at 375° for 30 minutes.

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