

A

Cavalcade

of

Recipes



PUBLISHED BY THE BULAWAYO WOMEN'S ZIONIST SOCIETY

"FIVE ROSES"

Super Quality

TEA

BOVRIL

makes
good cooks
better



BOVRIL gives that *extra* flavour to all soups, pies and savouries. And nourishment, too!—for Bovril is the concentrated goodness of beef. Bovril is also a tasty sandwich spread—and a cup of hot Bovril daily makes you feel *fine*!

FOREWORD

I PROUDLY present this Cavalcade of Recipes, which comes to you from the Jewish Women of Bulawayo, for whose contributions I am most grateful. I also thank the advertisers and sponsors for their help in the success of this book.

Daphne Ralstein.

COMPILED BY Mrs. A. H. RALSTEIN

Published by the Bulawayo Women's Zionist Society
and printed by Typocrafters Limited, Bulawayo.

Index

	Page
BEVERAGES	3
BISCUITS	5
BREADS AND SCONES	21
CAKES, LARGE AND SMALL	27
CAKE FILLINGS AND ICINGS	54
FISH	57
HORS D'OEUVRES	62
INVALID COOKERY	65
JAMS, PRESERVES AND SWEETS	68
MEATS AND POULTRY	75
PASSOVER RECIPES	83
PUDDINGS, COLD	86
PUDDINGS, HOT	98
SALADS, SALAD DRESSINGS, SAUCES AND PICKLES	105
SOUPS	109
SOUP GARNISHES	113
SUPPER DISHES	115
TARTS AND PASTRY	118
VEGETABLES	125
MEASURES AND HINTS	128

You can't insure against your wife's
cooking but you can insure against
all other risks . . .

E. ELIASOV

INSURANCE AND ESTATE AGENT

Telephone 3986

12 Colray House, Bulawayo

BEVERAGES

PINEAPPLE BEER

1 Pineapple with the skin (not the top !)	1 teaspoon ginger
2 cups sugar	3 pints water

Wash the pineapple very well and grate on a coarse grater. Then add 2 cups sugar and the ginger and pour the water over. Let stand in a large pot for 24 hours, out of the refrigerator. Strain, and stand for another 2 hours out of the refrigerator. Bottle, and keep in the refrigerator. Use as required.

Mrs. Becky Marks.

★

COLD WATER GINGER BEER

7 bottles cold water	12 large raisins
3 cups sugar	2 tablespoons liquid yeast
1 tablespoon ground ginger	$\frac{1}{2}$ packet cream of tartar

Stir all ingredients together till sugar is dissolved. Put away until the raisins float on top. Remove raisins. Bottle, and tie corks down very securely. Can be used after 3 days.

Anonymous.

★

LEMON SYRUP

Juice and rind of 4 oranges	$\frac{1}{2}$ packet Epsom salts
Juice of 8 lemons	6 teacups sugar
1 packet tartaric acid	6 breakfast cups boiling water

Put all ingredients together and bring to the boil. Boil for a few minutes. Allow to cool. Strain and bottle and close the bottles the following day.

Mrs. J. Graham.

For Comfort and Durability wear

ESCOMA

Clothing, Shirts and Pyjamas

ESCOMA CLOTHING MANUFACTURERS
(RHODESIA) LIMITED

Tel. Add.: "ESCOMA"
Telephone 4867

Stand 5180, Ingutsheni Road
Belmont, BULAWAYO

This book has been compiled especially for our

GRAND CAVALCADE

to be held on

2nd and 3rd April, 1951

at the

CITY HALL

The Cavalcade is in aid of W.I.Z.O. Funds and the proceeds
will go to W.I.Z.O. Funds.

This space kindly donated by GEDDES LIMITED

BISCUITS

PIGS EARS

8 ozs. butter
1 cup cream
2 cups flour

1 teaspoon lemon juice
pinch salt
Castor sugar

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

Mrs. L. Zipper.

★

KISSES

$\frac{1}{4}$ lb. flour
 $\frac{1}{4}$ lb. maizena
 $\frac{1}{4}$ lb. castor sugar

$\frac{1}{2}$ lb. butter
1 teaspoon baking powder
1 egg

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

Mrs. L. Frank.

★

KICHLACH

12 egg yolks
6 egg whites
5 tablespoons oil

$\frac{1}{2}$ teaspoon baking powder
pinch salt
enough flour to make soft
dough

Beat yolks and whites well. Add oil, flour, baking powder and salt. Roll thinly and cut in rounds. Place on oiled baking sheet. Brush tops with oil, and sprinkle with sugar. Bake at 400 degrees till light brown.

Mrs. S. Eliasov.

