

EASY
RECIPIES
AND
HELPFUL HINTS



COMPILED & PUBLISHED

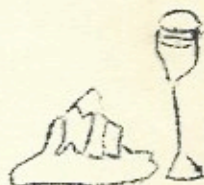
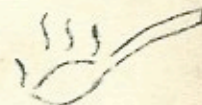
BY THE

NDOLA WOMENS ZIONIST SOCIETY

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FOREWORD.

We would like to thank everyone who has made the publication of this booklet possible - our advertisers for their most generous support, & all our contributors who so kindly gave us their favourite recipes.

We feel that this book will be welcomed in all households, and users have the added satisfaction of knowing that their support is helping a deserving cause.

The Committee
Ndola Women's Zionist Society.

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"I guessed my pepper, my soup was too hot.
I guessed my water, it dried in the pot.
I guessed my salt, and what do you think?
For the rest of the day we did nothing but drink.
I guessed my sugar, my sauce was too sweet,
And thus by guessing I spoilt my treat.
So now I guess nothing, for cooking by guesses
Will ruin all skill and produce nothing but messes,

Lemon Fish:

2 lbs. firm fish	4 bay leaves
1 onion	Egg yolk-
salt and pepper	1 teaspoon pepper-
Little water	corns
	Lemon jelly

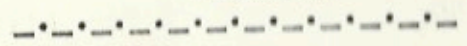
Boil fish and all ingredients slowly. When three-quarter cooked add one packet lemon jelly which has been dissolved in $\frac{1}{2}$ pint water. Add to fish. Add juice of one lemon and sugar to taste. When cooked take one egg yolk, rub in sugar and some of the gravy from fish. Stir well and pour over mixture. Remove fish carefully and strain gravy over fish. Allow to set.

Salmon Delight:

1 lb. tin salmon	1 teaspoon melted
$\frac{1}{2}$ cup milk	butter.
2 tablespoons grated onion	Lemon juice
1 tablespoon flour	salt and pepper
$\frac{1}{2}$ cup grated cheese	

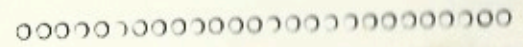
Drain gravy from salmon and add $\frac{1}{2}$ cup milk and the melted butter to it. Stir the flour into gravy, butter and milk and add salt and pepper to taste. Add the cheese to mixture and cook over medium heat until the mixture is thick. Then add two tablespoons lemon juice and the grated onions to the mixture. Pack the salmon (after removing big bones) into a pyrex dish well greased with butter and pour mixture over it. Bake in a moderate oven for 25 minutes. Put small pieces of celery over top.

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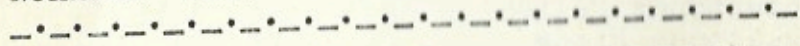


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FISH

Sweet and Sour Herrings:

4 Herrings	Vinegar and sugar to taste
1 sliced onion	Syrup
peppercorns and 2 bay leaves	

Soak herrings overnight, then clean and soak in hot water for a few minutes. Cook onion until soft, add peppercorns, bay leaves, vinegar, sugar and syrup. Put in sliced herrings and cook for a few minutes. Serve hot or cold.

Fish Fritters:

1 lb. small fish	$\frac{1}{2}$ teaspoon pepper
3 eggs - separated	1 tablespoon minced parsley
3 tablespoons flour	
1 tablespoon salt	$\frac{1}{2}$ teaspoon minced garlic

Cook fish, remove skin and bones and mash. Beat egg yolks until light and thick, then add flour, salt, pepper, garlic, parsley and fish. Fold in white of eggs beaten until stiff. Drop by table-spoonsful into hot deep fat and fry until brown.

Chopped Herring:

3 herrings	3 eggs
1 small onion	9 Marie biscuits
Vinegar, sugar	1 or 2 apples

Soak herrings overnight, clean and skin. Boil eggs till hard. Mince eggs, onion, herring and peeled apple (or chop, if preferred). Soak biscuits in $\frac{1}{2}$ cup vinegar and add to mixture. Add sugar to taste. Spread on plate and decorate with chopped egg.