

## Uses for Continental Cheeses

**C**ONTINENTAL cheeses are all more expensive than the rationed varieties, because they are not subsidised and they bear a heavy import tax, but I feel that they are money well spent. When you buy one pound of whole-milk cheese you get the protein and fat from a gallon of milk, as well as useful quantities of calcium and other minerals. In fact, two ounces of cheese is equivalent in protein to four eggs or an average helping of meat. And so cheese dishes are an excellent substitute for meat, fish or poultry.

The soft cheeses, such as brie, camembert, port'salut and pont l'évêque, are best served with plain bread or cracker biscuits at the end of a meal, where the distinctive flavour of each can be appreciated. They are all rich, full-cream cheeses that spread easily without butter, and a little goes a long way. Danish blue, roquefort and gorgonzola are all blue-veined cheeses with a piquant flavour. In addition to table use they can be mixed with equal quantities of butter or margarine and used as sandwich fillings, or spread on biscuits to make savoury cocktail snacks. Since the flavour of all these cheeses is strong, 1 oz. of cheese and 1 oz. of butter beaten together will be sufficient to spread 24 small biscuits.

Roquefort cheese is widely used in America to make a piquant salad dressing. To make this you blend together 2 oz. blue cheese with 4 tablespoons of French dressing, using a wooden spoon and beating the dressing gradually into the cheese. This makes a very rich and tasty accompaniment for vegetable salads.

The hard cheeses, gruyere and parmesan, are mainly used for cooking purposes. These are the cheeses which give the real Italian flavour to macaroni cheese, gnocchi and risotto, and a

mixture of the two gives a superb flavour to a cheese soufflé. For this you need:

- 1 oz. of margarine
- 1 oz. of flour
- $\frac{1}{4}$  pint of milk
- 3 yolks of eggs and 4 whites
- 2 tablespoons of finely-grated gruyere cheese
- 2 tablespoons of parmesan
- salt and cayenne to flavour

Grease a soufflé dish and tie a band of greased paper round the top, to support the soufflé when it rises. Make a sauce with the margarine, flour and milk and beat until smooth, then stir in the grated cheese and seasoning. Allow to cool and stir in the three yolks of egg. Whip up the whites of egg until stiff and fold them lightly into the mixture, using a metal spoon for this to keep in the air. Lift the mixture carefully into the prepared dish and bake in a moderate oven of 375 degrees F. for 30 minutes. The soufflé should be well risen above the top of the dish and a rich golden-brown colour. Remove the paper band carefully and serve at once. If you prefer to make individual soufflés they will require only 15 minutes to cook. If you cannot get gruyere or parmesan cheese you can make a very good soufflé by substituting cheddar, adding 1 teaspoon of mixed mustard to improve the flavour. With a salad accompaniment this makes a main supper dish for 4 people.

One of the most famous dishes made with gruyere cheese is called Cheese Fondue; again if you have no gruyere you can use cheddar. Here too it is very simply and quickly made, and for this you require:

- 1 oz. of butter or margarine
- 2 oz. of grated cheese
- 3 eggs

Beat the eggs in a basin, then add the grated cheese and butter. Pour into a thick casserole

and stir over a low heat until the mixture thickens. It can then be poured over rounds of toast, or served in the true continental way: the casserole is put in the centre of the table and fingers of toast or French bread are dipped into the communal dish and eaten at once. The great advantage of serving in the casserole is that the mixture keeps hot and runny; in fact it is like eating cheese velvet.

GEORGIE RODGERS

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## Recipes for the Housewife

### BISCUITS FOR BEGINNERS

THERE ARE MANY different ways of making and shaping biscuits and endless names for them, including the American name of 'cookie'. Most methods of mixing can be used: rubbing the fat into the flour as you do for pastry, or creaming the fat and sugar, or melting them. In all cases the consistency or stiffness the mixture should be depends on the way the biscuits are going to be shaped. The most common method is to roll the dough out on a pastry board and cut it into shapes with round or fancy cutters. For rolling, the mixture should be stiff. Roll the biscuits an even thickness, remembering that the thicker they are the longer they will take to cook and that if you have some thick and some thin they will brown unevenly and give a lot of trouble during baking.

One of my favourite ways of shaping biscuits, and a quick one, is to break off small pieces of the dough and roll them in balls between the palms of the hands, then press flat and put on the baking tray. The mixture can be a little softer than for rolling out. Try to make them all the same size. If you have a small cut glass tumbler, or dish with a design on the bottom, you can make very pretty biscuits by rolling the mixture in balls and then flattening them by pressing down with the bottom of the tumbler.

Now for the baking. Most people grease the trays but, if you are hard up for fat, you will find you can dispense with the greasing, except for biscuits with a lot of sugar or syrup in them. The kind of tray you use is very important for successful baking. If your stove has trays provided with it you will be all right as long as you remember to put the tray the right way round so that it does not block the heat rising in the oven. If you do that, or use a tray too big for the oven, the biscuits will 'catch' underneath.

Baking should be slow and steady. It is better to be on the long, slow side than too fast. Slow baking makes a crisp biscuit which will keep. Most biscuits are baked until they turn pale

brown, but not necessarily until they are crisp. They harden up during cooling. It is a good plan to let them cool a little on the trays and then slip them off with a palette knife or a fish slice, and let them finish cooking on a wire cake rack. When quite cold put them away in an air-tight tin.

Here is an excellent recipe for a rolled oat biscuit—the quickly made drop type. The ingredients for 18-24 biscuits are:

- 3 oz of fat or margarine
- 3 oz of sugar
- 2 level tablespoons of syrup or honey
- 1 tablespoon of water
- 3 oz. of plain flour
- $\frac{1}{2}$  teaspoon of bicarbonate of soda
- 4 oz. of rolled oats
- $\frac{1}{2}$  level teaspoon of ginger or cinnamon

Cream the fat and sugar. Heat the syrup and water until melted and add to the fat and sugar. Add the dry ingredients and mix well. Drop in small spoonfuls on greased trays, leaving room for spreading. Cook in a slow to moderate oven for about  $\frac{1}{2}$  hour. Leave on the trays to cool and harden.

BEE NILSON

### TWO ITALIAN DISHES

First a word about the Italian way of cooking spaghetti. Have plenty of boiling, salted water ready and then lower the long pieces of spaghetti slowly into the saucepan. It does not break, as it goes soft on immersion and will easily fit into the pan. Cook quickly for about 12 minutes, then drain well. For a typical Italian dish using spaghetti you will need:

- $\frac{1}{2}$  lb. of spaghetti
- 1 onion
- $\frac{1}{2}$  tin of tomato puree or  $\frac{1}{2}$  lb. of fresh tomatoes
- 2 oz. of grated cheese
- 1 oz. of fat
- seasoning

Boil the spaghetti for 12 minutes and whilst it is cooking fry an onion in the fat. If you are using fresh tomatoes cook to a pulp with

the onion. If you use the tomato puree stir it into the onion when it is fried. Drain the spaghetti well and put it into a dish. Season the onion and tomato mixture and strain over the spaghetti like a thick sauce. Sprinkle the top with grated cheese.

Florentine eggs is another Italian dish. I serve one hard-boiled egg per person. Halve these and put in a dish. Make a cheese sauce by melting 1 oz. of fat in a saucepan and stirring in 1 oz. of flour. Gradually add  $\frac{1}{2}$  pint of milk to make a smooth sauce, then stir in 2 oz. of grated cheese and seasoning. Pour over the hard-boiled eggs and arrange mashed potatoes round the edge of the dish.

BETTY GRIGGS

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## Recipes for the Housewife

### CRUNCHY BISCUITS

THESE BISCUITS are very easy to make, and not at all extravagant with ingredients. You need:

- 1 tablespoon of golden syrup
- 1 tablespoon of milk
- 2 oz. of margarine
- 3 oz. of sugar
- 1 breakfastcup of self-raising flour
- pinch of salt
- 1 teaspoon of bicarbonate of soda

These quantities are sufficient to make about fifteen biscuits. For flavouring use 1 teaspoon of ground ginger or the grated rind of a lemon.

Sieve the flour with the salt and bicarbonate of soda, then put the syrup, milk and margarine into a medium saucepan. Boil gently until the margarine has melted. Remove the pan from the heat and add the flour containing the salt and the bicarbonate, add the flavouring and mix all the ingredients together in the saucepan.

With a teaspoon drop the mixture in small heaps on to greased baking trays not too close together. Have your oven ready—it should be fairly cool—and the biscuits are done when they are golden brown—about 15 minutes. Leave the biscuits on the trays until they are cold.

DOREEN FULLEYLOVE

### GAYER SWEETS AND SAVOURIES

In my experience few people think of using fruit juice in a cake filling. Try beating a little strained lemon or orange juice, or tinned pineapple juice, into an ordinary creamed margarine and sugar filling, or into a mock cream filling. It produces a good soft creamy texture and the flavour is delicious. Then mix the glacé icing with the same fruit juice, and remember to warm the icing over hot water before pouring it over the cake; but do not make it hot. Warming produces the glossy, professional look that many home-iced cakes lack. A rainbow finish to the top of the glacé iced cake is more unusual

and less expensive than bought decorations, like glacé cherries or angelica, and it takes only a minute or two to do. With a writing pipe make two or three straight lines of icing in different colours, together, across the centre of the cake. Now repeat this with bands of colour parallel with the first at intervals of about 1-2 inches, according to the size of the cake. This must be done while the coating icing is still wet—now quickly, before the icing has had time to dry, draw the back of a knife gently across the icing, from one side of the cake to the other, at regular intervals, which will shape the bands of colour into scallops. The icing will run smoothly together, giving a rainbow effect.

A good mock cream makes another very useful filling or decoration. For this I use a tin of evaporated milk. Put the unopened tin in a saucepan with cold water to cover and boil it gently for about eight minutes. Cool in cold water. When you are ready to use the milk add castor sugar and a little essence and whisk it to a thick creamy texture. Add 1 teaspoon of powdered gelatine dissolved in 3 tablespoons of hot water and whisk again until thick. This makes a good soft cake-filling or a coating for the top of a trifle or a sponge jelly, or it can be served separately with any cold sweet or stewed fruit. For a thicker mixture for piping, beat about 1 oz. of margarine and 1 oz. of icing sugar to a soft creamy texture, then beat in gradually about 3 tablespoons of the mock cream and leave in a cool place until firm enough for piping. You can add colouring and flavouring essence to give variety.

There is tremendous scope at this time of year for savoury garnishes and trimmings. There are some things back again in the shops that have not been seen for a good many years. Capers, for instance, I found I had almost forgotten. Have you tried shrimps and capers, both heated, arranged in alternating rows as a garnish for a dish of poached white fish? It makes a most unusual finish and an excellent

flavouring for ordinary fish such as cod or fresh haddock. I often use these two, chopped together, as a stuffing for the fish as well as for garnish. Gherkins sliced across in thin rings are excellent for decoration on small savouries. Even ordinary onions will make a good and a popular decoration. I like them with fish or meat, chopped and fried, well drained on paper, and then mixed with a little chopped parsley for serving with fish, meat or cheese. If you like to be rather more elaborate, cut a large, skinned onion across in slices about an eighth-of-an-inch thick. Separate the outer rings from each slice, dip them in beaten egg white, then in flour and fry them. They will come up quite puffy and a light golden brown colour.

HILDA WHITLOW

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# Recipes for the Housewife

## SALAD DRESSING

AS SALADS come into season, salad dressing seems to become more and more difficult to find in the shops, but there are so many varieties of home-made dressing which can be made quite easily that this difficulty can soon be overcome.

Though vegetable oil is a great improvement to a dressing, there is a limited amount on sale, and it is expensive, and may be difficult to get in some areas. If oil is out of the question margarine can be used instead in many recipes.

A home-made dressing should keep for one or two weeks if it is cooked, but it is advisable not to make too much at once.

The easiest dressing to make is a plain boiled one, which is really just a thick white sauce with egg, seasoning and vinegar added, but if you want something slightly more elaborate, here is a recipe for a cooked mayonnaise. For this you require:

- 1 level teaspoon of sugar
- 1 level teaspoon of salt
- $\frac{1}{2}$  level teaspoon of mustard
- a good pinch of pepper
- a shake of cayenne pepper
- 1 egg
- 2 tablespoons of vinegar
- 1 tablespoon of lemon juice
- 1 tablespoon of oil or 1 oz. margarine

Mix all the ingredients, except the oil, together in a basin, and stand the basin over a pan of boiling water. Cook over gentle heat, stirring continually, until the mixture thickens. Beat in the oil or margarine, leave to cool, and pour into sterilised screw-top bottles.

Many people prefer French dressing to any

this basic recipe you can try out variations by adding different flavourings such as celery salt, cayenne pepper, tomato juice, lemon juice, Worcester sauce, chopped onions, gherkins, capers, parsley, mint or other herbs, and of course you could use a mixture of any of these. I think you will find this kind of dressing is much more interesting than the bought variety.

MARJORIE HUXLEY

## FRENCH PANCAKES

- 1 oz. of margarine
- 1 oz. of sugar
- 2 eggs
- 2 oz. of flour
- 1 level teaspoon of baking powder
- $\frac{1}{4}$  pint of milk and water

Cream the margarine and sugar together, add the egg and flour and baking powder alternately, then gradually beat in the liquid. Thoroughly grease six saucers, and put them in a hot oven for two minutes. Pour in the batter and bake near the top of a hot oven for 10 to 15 minutes. Turn on to sugared papers and put a little jam on each pancake.—*Woman's Hour*

## SAVOURY SNACKS

For this recipe, any left-over scraps of meat may be used instead of the raw steak. The ingredients are:

- $\frac{1}{2}$  lb. of minced raw steak
- 4 slices of bread, cut in halves
- 2 oz. of fat for frying
- 5 tablespoons of sieved, dried breadcrumbs
- $\frac{1}{2}$  cup of milk
- $1\frac{1}{2}$  tablespoons of chutney
- 1 tablespoon of raw, grated carrot

other half-slice on top. Fry these sandwiches for 3-5 minutes in a very little fat.

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For Canadian Butter Tart, make some pastry and line a sandwich-tin with it—but don't cook it. Dab it with  $1\frac{1}{2}$  oz. of margarine cut into squares. Scatter over it a teacupful of dried fruit, 1 tablespoon of sugar,  $\frac{1}{2}$  teaspoon of cinnamon and a sprinkling of grated nutmeg. Then pour on 2 reconstituted dried eggs. Bake in a hot oven for 20 minutes.

MABEL CONSTANDUROS

## CLEANING STAINED PANS

Any acid will remove black marks caused by hard water on aluminum saucepans. For a slight stain, boil up in the pan sufficient water to cover the stained area, adding two tablespoons of vinegar to each quart of water, or use a teaspoon of cream of tartar to each quart of water. The acid should be added to the cold water.—

*Woman's Hour*

# Recipes for the Housewife

## MORE USES FOR OATMEAL

OATMEAL OR ROLLED OATS is excellent for making  $\frac{1}{2}$  lb. of mince go twice as far. After browning the mince well with an onion, add 2-3 tablespoons of rolled oats or oatmeal, mix it in well, and cook with the mince for a minute or so; then add boiling stock or water and bring to the boil. Season—a little meat extract and a drop or two of ketchup helps the flavour. We call this dish Mince Collops, and it is very good served with triangles of toast.

At breakfast or supper, to eke out the bacon ration, I have a recipe for Oatmeal Sausage which is excellent. You need:

- 4 oz. of oatmeal
- 1 oz. of chopped onion
- 1  $\frac{1}{2}$  oz. of fat
- $\frac{1}{2}$  pint of water
- 1 egg, fresh or dried
- salt and pepper

Toast the oatmeal lightly so that it is partially cooked; this improves the flavour. Cook the onion in the fat until it is golden brown. Add the water, and bring to the boil. Then add the oatmeal, stirring all the time. Cook for 2-3 minutes until thick. Cool on a plate, then divide into four sausage shapes. Coat in reconstituted egg and crumbs, and fry in bacon fat or in deep fat. Serve with bacon or fried tomato. For lunch, serve with mashed potatoes, green vegetables and a good brown sauce. If fat is scarce, the mixture may be steamed in a greased bowl for 1  $\frac{1}{2}$  hours, turned out, and served with a good savoury sauce.

Rolled oats may be used for delicious biscuits called Gypsy Creams. The ingredients are:

- 2 cups of rolled oats
- 1 cup of plain flour
- $\frac{1}{2}$  cup of sugar
- 1 teaspoon of bicarbonate of soda
- 2 oz. of margarine

- 2 oz. of lard
- 1 tablespoon of syrup
- 1 tablespoon of water
- pinch of salt

Mix the dry ingredients; melt the fat, syrup and water, without boiling, and add to the dry ingredients to form a stiff consistency. Make into small balls about the size of hazelnuts. Flatten slightly, and bake in a moderate oven for 10-15 minutes. When golden brown, cool on a wire tray. Sandwich together with a filling of butter icing, flavoured according to taste with chocolate, orange or vanilla. A little dried milk and syrup helps to stretch this filling.

BETTY MALCOLM

## HONEY CAKES

Here is a recipe for Honey Cakes which keep well and are very good for school children who like to have something to take for 'elevenses'.

- 2  $\frac{1}{2}$  oz. margarine
- 1 level tablespoon of sugar
- 2 level tablespoons of honey
- 6 oz. of self-raising flour  
or 6 oz. of plain flour and 3 level teaspoons of baking-powder
- 1 level teaspoon of cinnamon or mixed spice
- pinch of salt

Beat together the sugar and margarine until the mixture is soft and creamy, then add the honey. If it is clear honey it will blend quite easily; if it is the thick honey it will require rather more effort to get it worked in with the margarine and sugar.

Sift together the flour and baking-powder if you are using it, cinnamon or mixed spice and the pinch of salt. Add these to the creamy mixture in the basin. Continue mixing with the spoon and when the mixture is beginning to bind together work it with your fingers until it is a

soft smooth dough. Flour your hands a little and then take off a piece of dough about the size of a large walnut and roll between the palms of your hands until it is a smooth ball. Put on to a slightly greased tin and flatten slightly. Continue doing this until all the dough has been used up. The mixture should make about 16 to 20 good-sized cakes. Bake in a moderately hot oven, about 350 degrees F., until the cakes are nearly done—this should take about 12 minutes—then take them out and sprinkle with a little icing sugar and put back into the oven for the last few minutes. Icing sugar gives a shiny glaze on the top of the cakes, which are crisp on the outside and slightly tacky in the centre.

These cakes improve with keeping—if your family will allow you to keep them!

# Recipes for the Housewife

## BONES ARE USEFUL

A MARROW BONE is a prize, especially if the butcher will chop it in eight or ten pieces. Every scrap is useful, and the smaller a bone is cut the more flavour will go into the boiling liquid surrounding it. And it will only cost you round about 6d. or 8d. There are other bones, of course; rump bone, big and flavoursome: occasionally, pork or mutton, or veal bones. From the shop where you get your bacon there may occasionally be rib bones, or a ham bone. These are useful after soaking to reduce their saltiness. If you can, get a marrow bone.

Wash the bone in cold water, drain well, and place in large saucepan. Cover with 3 quarts of cold water. Bring to boil and boil fast for 10 minutes without the lid on the pan. Remove any scum which rises. Place a close-fitting lid in position and keep at simmering point for 2½ hours. You may get about 3½ pints of stock after straining it away from the bones into a basin. When quite cold, the fat should be removed carefully, and you may find it weighs anything from 4 to 8 oz.

As for the stock, you may use it for a soup which takes 1-2 hours to cook, or for a quick soup like this:

- 1 quart of bone stock
- 2 small carrots
- 1 turnip
- 4 small potatoes
- 2 onions
- 1 meat cube
- 1 level teaspoon of butter
- Seasoning of pepper, salt and chopped parsley

When ready, grate all the prepared vegetables on a coarse grater. Add these to a quart of the bone stock, season to taste. Bring to the boil, cook for ½-hour, stirring occasionally. Add the broken-up meat cube. Stir in butter just before serving.

Variations can easily be made in flavouring the plain stock: for instance, by slicing and frying the onions and other vegetables, using thick mid-ribs of cabbage or cauliflower in place of turnip; using bits of bay-leaf, parsley and thyme; adding chopped leek or shallot; thickening with flour mixed with a little cold water or milk, or with mashed potatoes, and serving as a white soup with chopped parsley or chives sprinkled in at the last moment; or adding tiny dumplings mixed with hot sauce.

MRS. ARTHUR WEBB

## RABBIT SUPREME

This is a special occasion recipe because it needs a lot of bacon. For a party you may not mind hoarding some rashers—or perhaps you have laid in one of those tins of fat American bacon.

Joint the rabbit and wash it thoroughly in salted water. Then dip each piece into seasoned flour: and, when you are seasoning, throw in about 1 level teaspoon of powdered mixed herbs. Then spread out some bacon at the bottom of a casserole with a well-fitting lid. On top of the bacon under-blanket sprinkle plenty of finely chopped onion. Then pack in the pieces of rabbit, and cover them up cosily with some more bacon. If the casserole is a small one and the rabbit a well-grown specimen

a second layer like this, of course, with more bacon and onion. The top cover must be bacon. Then clap on the lid and put the casserole into a hot oven for about 10 minutes.

After that, let it cook fairly slowly for something like 2 hours or a little more. That is the secret of success—long slow cooking. Sprinkle some chopped parsley on top and serve it with mashed potato and a green vegetable: crisply cooked brussels sprouts, or cauliflower. Water-cress is good as a trimming; so is red currant jelly. A chicken is excellent cooked in this way.

RUTH DREW

# Recipes for the Housewife

## SAVOURY PANCAKES

WHATEVER I COOK for breakfast must be something that is quickly cooked and also something that can be prepared the night before. That is why I rely on Savoury Pancakes. The batter is made with:

4 oz. of flour  
1 egg, lightly beaten  
pinch of salt  
about  $\frac{1}{2}$  pint of milk and water mixed

Place the flour and salt in a basin. Make a hole in the centre and add the egg and a little of the milk and water; gradually add the rest of the milk and water, a little at a time, beating vigorously with a wooden spoon until you get a fairly thin mixture that will pour easily. Cover the basin and put it in the larder until the morning.

The fillings for your pancakes can be varied according to what supplies you have. If we have fish for our main meal the day before, I make a point of saving a little so that I can make Savoury Fish Pancakes for breakfast the following morning. While the pancake is sizzling in the frying-pan, the flaked fish can be heating gently in a saucepan in a little parsley or white sauce. If you have no left-over sauce you can make a small quantity quickly and easily with 1 dessert-spoon of flour mixed to a smooth paste with a little milk and water. Then gradually add  $\frac{1}{4}$  pint of milk and water and boil for a minute or two until you get a smooth white thick sauce. Season this with salt and pepper and you may add some chopped parsley or a dash of anchovy flavouring. Put the fish in this to heat up, then lay the cooked pancake open on a plate and place 1 tablespoon of the fish mixture on one half of

it. Fold the other half over it to form a half-moon. I like to place a couple of spoons of the filling on top to give an indication of what is inside the pancake, before I serve it steaming hot, crisp and golden and looking extremely appetising.

Any left-over minced or chopped meat from the joint, or corned beef can be heated in a little gravy and used in the same way. If you have not much meat add a few cooked tinned peas.

I sometimes make savoury pancakes when I have no meat or fish. I fill them then with some spaghetti with a grating of cheese mixed in it and a shred of onion to give a piquant flavour. Baked beans answer very well, of course, or you can use lightly fried tomatoes with a few snippets of bacon mingled in to give a bacony flavour.

QUEENIE NEWCOMBE

## SCHINKEN-STRUDEL

I have always found that Austrian recipes are very kind to the rations. This Schinken-Strudel—made here with corned beef and not with the original ham—is a typical example. Here are the ingredients you will need:

1 lb. of boiled and mashed potatoes  
12-16 oz. of flour  
1 egg  
1 oz. of margarine  
 $\frac{1}{2}$  tin of corned beef  
parsley and seasoning

Mix the potatoes, while still hot, with the flour, egg and margarine. It is rather difficult to give the exact amount of flour. Some potatoes want more and some less to make a dough of the right consistency—that is, smooth but

not soft. Knead firmly and then roll out on a floured board or table.

Chop the corned beef, fry with the chopped parsley and season according to taste. Spread on the dough and roll together like a Swiss Roll. Put on a greased baking-sheet, brush over with milk (to get a nice, golden crust) and bake for 1-1 $\frac{1}{2}$  hours in a medium oven—between 350 and 400 degrees F. Serve either with sauce or salad for dinner, or better still, hot for high tea. It is enough for 4-6 people.

MARGIT HAYEK

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# Recipes for the Housewife

## USES FOR OATMEAL

HERE IS A RECIPE for porridge in the approved Scottish manner, using medium oatmeal:

- 2 tablespoons of medium oatmeal
- $\frac{1}{2}$  teaspoon of salt
- 1 pint of freshly boiled water

Bring the fresh cold water to the boil, and add the salt; measure the meal into a cup, and sprinkle into the boiling water, stirring briskly all the time with a porridge stick, or 'spurtle' as we call it, or failing that, the handle of a wooden spoon. Continue stirring and boiling for five or six minutes until the meal is well swollen, then put on a lid, draw the pan to the side and reduce the heat and leave to simmer for at least half an hour, stirring frequently. If necessary add boiling water as the porridge thickens.

Some people find porridge more digestible if the oatmeal is soaked overnight in the pint of cold water: in the morning, it simply has to be brought to the boil, stirring all the time, and simmered for half an hour. Please note it is quite wrong to put sugar into porridge, although many people sprinkle it on top when eating: but we in Scotland do not.

The other famous way of using oatmeal is in oatcakes. Thin oatcakes are perhaps the most popular, and here is how we make them. The ingredients are:

- 3 oz. of medium oatmeal
- $\frac{1}{2}$  oz. of dripping
- pinch of salt
- pinch of bicarbonate of soda
- about  $\frac{1}{2}$  gill of warm water

Now mix the oatmeal, and salt and soda, heat the dripping, add a little warm water to it, and mix to a rather soft consistency with boiling water. Turn on to a baking-board which has been sprinkled and well rubbed with oatmeal, knead quickly and thoroughly, and quickly roll out. Cut into a round with a teaplate, then divide into four, kneading up the scraps. Cook

on a moderately hot girdle—or hot plate—until the corners curl up. Finish by toasting in front of the fire, or in a very moderate oven. Rub the oatcakes gently with oatmeal to whiten them, and when cool store in a tin.

Oatcakes require very careful handling as they are so brittle, and great care must be used in lifting them on to the girdle and off again. They taste much better if crisped off before they are used each time. Try oatcakes with sardines, or herrings—they are delicious.

BETTY MALCOLM

## SAVOURY MEAT ROLLS

This recipe is extremely adaptable in that the meat can be varied according to what you have in the larder. You need:

- about  $\frac{3}{4}$  lb. of meat
- 1 pint of brown gravy or brown sauce

And for the filling:

- 4 oz. of mashed potato
- 1 grated onion
- 2 tomatoes
- seasoning
- 1 tablespoon of chopped parsley
- 2 tablespoons of chopped celery

Here are some suggestions for the meat which may be used. Many people can get tripe, but have not the milk in which to cook it in the old-fashioned way. I have tried these rolls made with tripe and they are extremely good. Blanch the tripe first, and then boil for about  $1\frac{1}{2}$  hours: you can then continue as you would do for any other meat. You could also use frozen liver which you consider to be too hard to grill; ask the butcher to cut it in thin slices. Whalemeat, too: soak it first for at least 2 hours in cold water, adding 1 good tablespoon of vinegar to each pint of water. Serve it with plenty of flavouring, and you get a very appetising result. And if you are tired of just stewed steak, try it this way too.

The meat should be cut thinly and into pieces about 4 inches square. Skin the tomatoes, cut into small pieces, mix with the rest of the filling. Without any extra liquid, this will make a sufficiently moist mixture and a new and tasty stuffing. Spread over the pieces of meat and then roll them tightly. If you feel they might come unrolled, tie them with cotton. Arrange in a casserole, pour over the sauce or gravy, and bake in the centre of a moderately hot oven until tender. If you are using tripe, even though it has had a lot of cooking first, still allow 1 hour. For liver or whalemeat,  $\frac{3}{4}$  hour should be plenty. For stewing beef you should allow about  $1\frac{1}{2}$  hours.

MARGUERITE PATTEN

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## Recipes for the Housewife

### MACARONI CUSTARD

WITH THE MILK which one can now get I have been able to make extra junkets, milk jellies, and a real filler in the way of a Macaroni Custard. Here is the recipe for the Macaroni Custard:

4 oz. of macaroni  
 1½ pints of boiling water  
 pinch of salt  
 1 pint of boiling milk  
 2 eggs  
 3 tablespoons of sugar

Bring the water to the boil, add the macaroni and pinch of salt, and boil for 20 minutes. Drain well, put into a baking dish, and add the sugar. Have the eggs beaten in a basin, add the boiling milk and stir well. Pour the custard over the macaroni, mix together. Bake in a very moderate oven until nicely browned on top.

By omitting the sugar, and adding grated cheese, a finely chopped onion, or 2 tablespoons of minced bacon just crisped in the frying-pan, you can make appetising savoury dishes and still call them Macaroni Custard.

MRS. ARTHUR WEBB

### ASPARAGUS IS IN SEASON

Asparagus does not go far when prepared in the conventional manner, with melted butter. When it is served in that way I think it deserves to be treated as a course. If you grow your own asparagus use the thickest stems to serve whole and set aside the thin shoots for a made-up dish, such as an egg entrée or a soup. Cream of asparagus soup is a delicious dish and very easily made. As an economy measure with bought asparagus, try using just the white tough parts of the stems for soup and cook the green parts and tips to serve whole with melted butter

or clarified margarine. The liquor in which the green stems have cooked has quite a good colour and flavour and makes an excellent base for the soup. Reserve a few tips for garnishing.

For this dish you need:

30-40 or more asparagus stems (minus the green parts)  
 about a dozen green stems and tips  
 6 oz. of shelled green peas  
 1½ oz. of margarine  
 salt and pepper to taste  
 1 teaspoon of sugar  
 1½ pints of asparagus liquor  
 1 oz. (very liberal) of flour  
 ¼ pint of milk  
 4 tablespoons of top milk

Cut off the asparagus tips and set them aside to cook separately. Melt the margarine in a saucepan. Add the roughly sliced stems and the peas. Cover the pan and cook very gently, without browning, for about five minutes. Add seasoning, sugar and liquor and cook gently for about 30 minutes. Strain through a sieve and rub through the peas and as much asparagus stem as possible. Bring the purée to boiling point. Stir in the flour, blended smoothly with the ¼ pint of milk. Stir until boiling and simmer for three minutes. Add the top milk, and the tips, cooked separately in a little boiling water or liquor. Reheat just before serving, but do not boil. You will get a better flavour soup by using the whole stems, including the tips, but this is expensive. If you use whole stems, you will need only about 25-30 altogether.

The asparagus egg entrée makes a delicious and very pretty lunch or supper dish. Very thin stems will do. Simply cook the asparagus in the usual way; drain it well and cut up in short lengths. Heat it in a pan with a little butter or margarine and salt and pepper. Have ready mashed potato and poached eggs. Arrange the

eggs on the potato down the centre of the dish and make a wreath of the asparagus; or serve the eggs on crisp buttered toast with a ring of asparagus round each.

HILDA WHITLOW

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- ERIC NEWTON (page 852): art critic of the *Sunday Times*
- CLAUDE COLLEER ABBOTT (page 853): Professor of English Language and Literature at Durham University since 1932; author of *A Catalogue of Papers relating to Boswell, Johnson and Sir William Forbes; the Sand Castle and other Poems*, etc.

# 17/11 Recipes for the Housewife

## MARKS ON FURNITURE

MY FAVOURITE RECIPE for scratches on dark polished furniture is simply brown boot polish. Rub a little into the scratch and then polish in the usual way. Heat marks which have not damaged the actual surface of the wood often yield to a rub with metal polish. That should be followed by a good treatment with linseed oil or olive oil. If the top surface of the wood has been destroyed there is nothing for it but stripping and professional polishing.

W. P. MATTHEW

## SOUFFLÉS

A soufflé consists of a foundation thick sauce called a panada; eggs—2-4 usually, depending on the type of soufflé and the amount you can spare (in some cases the whites are separated and whisked, and sometimes, as in the case of a fish or meat soufflé, added whole); and the flavouring—cheese, fish, game, meat, vegetable, grated, minced or sieved before adding to the mixture. For a sweet soufflé you can use any liquid flavouring, or fruit.

For Fish Soufflé the ingredients are:

4 oz. of raw fish, skinned and boned (choose whitening or sole)

2 eggs

cayenne pepper and salt

$\frac{1}{2}$  gill of top of milk

$1\frac{1}{2}$  gills of coating sauce

lemon juice

lemon and parsley to garnish

For the panada you need:

1 oz. of plain flour

$\frac{1}{2}$  oz. of margarine

$\frac{1}{2}$  gill of fish stock

Grease a soufflé tin or case with clarified margarine; place a round of greased paper in the bottom to prevent the soufflé from sticking. Have ready a second paper greased to cover. Melt the margarine, add the flour, and cook together for a few seconds; add the stock and mix well until the mixture leaves the sides of the pan. Leave it to cool. Don't be tempted to over-cook the panada, or you will make it heavy. Cut up the fish and pound well in a thick bowl. Add the panada to the fish, also the eggs one at a time; pound well together, and if you like, run through a wire sieve. Season, add lemon juice and stir in the top of the milk. Put the mixture into the prepared tin, leaving room for it to rise, cover with the second paper, and steam very gently for  $\frac{3}{4}$ -hour, until firm. Don't over-cook. Even heat is essential. Turn out, coat with white sauce and garnish with lemon and parsley. Serve immediately.

For Baked Chocolate Soufflé you need:

1 dessertspoon of castor sugar

1 teaspoon of vanilla essence

2 yolks and 3 whites of egg

For the panada, use:

1 oz. of margarine

$\frac{3}{4}$  oz. of flour

1 gill of milk

2 oz. of finely-grated cooking chocolate

Dissolve the chocolate in the milk and use this to make the panada, as in the Fish Soufflé. Have ready a carefully greased soufflé dish or fireproof dish. Remove the panada from the

heat and add the sugar and vanilla essence, and the yolks one at a time. Finally, fold in the stiffly beaten whites very lightly. Bake in a moderate oven for 30-40 minutes until risen and set.

BETTY MALCOLM

## Some of our Contributors

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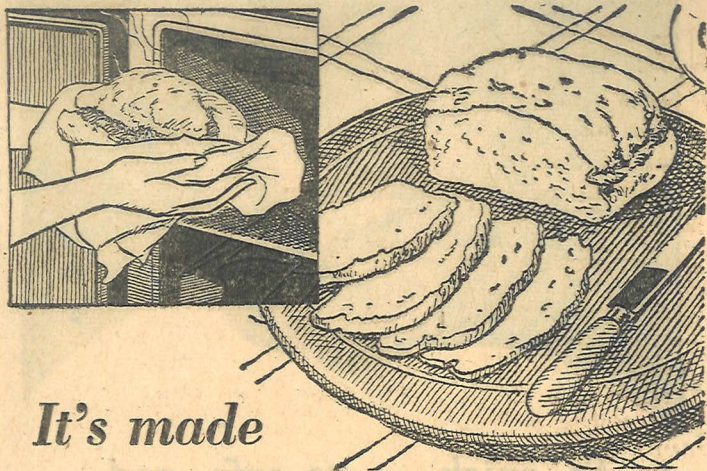
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You need 3 lb. plain flour, 1 teaspoon salt, 3 dessertspoons Royal Baking Powder,  $1\frac{3}{4}$  pints water to mix. To make: Sift flour, salt, and Royal Baking

Powder together. Mix to a very moist consistency with the water, and turn on to a floured board. Knead well; this is important. Cut into four and bake 30 minutes. Oven temperature, 350°F. (Regulo 3.)

Royal Baking Powder, blended in just the right proportions, gives exactly the right taste and texture to Soda Bread.



**Royal Baking Powder**

# MEINL-BISKOTTEN

## VERWENDUNGSREZEPTE

### Weinchaudeau mit Biskotten

1/4 Liter Weißwein, 6 Eidotter und 20 dkg Staubzucker gibt man in einen Schneekessel und schlägt die Masse im Dunst oder Wasserbad mit einer Schneerute zu einem kompakten Schaum. Dann nimmt man den Schneekessel vom Feuer und schlägt die Masse weiter, bis sie halb ausgekühlt ist.

Nun schüttet man den Chaudeau über die in einer Schüssel schön geschichteten Biskotten oder serviert beides separat.

### Schokolade-Biskottentorte

5 ganze Eier im Schneekessel über Dampf mit 15 dkg Zucker dick schlagen, kalt weiterrühren, 15 dkg Butter oder Margarine dazumischen und die Masse halbieren. In den einen Teil kommt eine Mokkatasse starker schwarzer Meinl-Kaffee, in den anderen 12 dkg zerlassene Schokolade. Eine gefettete, gestaubte Tortenform wird mit Biskotten, die man durch kalte Milch zieht, belegt, darüber eine Lage Creme, dann wieder durch Milch gezogene Biskotten und darauf die zweite Lage Creme gegeben. 2 Stunden aufs Eis stellen und vor dem Servieren Schlagcreme darauf streichen und nach Belieben mit Früchten belegen.

Falsches Hirn mit Trockenei 4 Portionen  
6 Stück abgeriebenes Weißgebäck in ganz kleine  
Würfel schneiden, in  $\frac{1}{2}$  Deka Fett kräftig  
über rösten dann 8 Deka Trockenei in  $\frac{1}{2}$   
Liter kaltem Wasser Salz u. Pfeffer u.  
einen Kaffeelöffel fein gehackter Petersilie ver-  
rührt u. über die Semmeln gegossen die  
man unter rühren am Feuer läßt bis  
alles cremig geworden ist.