

Pineapple Mousse

500 gr. (15 oz) crushed Pineapple.

1 Tbsp cold Water

1 " hot "

1 " Lemon Juice

2 Tbsp. Sugar

1 Asp. Gelatine

Drain pineapple & reserve $\frac{1}{2}$ cup syrup. Soak gelatine in cold water & dissolve in hot. Add lemon juice & reserved syrup to gelatine. Whip $\frac{1}{2}$ cup cream & sugar till stiff, fold in drained pineapple & gelatine etc. Set in mould.

See Cream Dessert.

Make & cool blancmange then beat in 1 tin condensed milk.

Chill & serve with fruit.

HONEY AND BANANA CREAM

You need:

- 1 tablespoon gelatine.
- $1\frac{1}{4}$ cups cold water.
- $1\frac{1}{2}$ cups milk.
- 3 ripe bananas.
- 1 tablespoon lemon juice.
- 1 cup honey.
- 1 cup whipped cream.

Method:

Soak the gelatine in the cold water and dissolve over boiling water. Stir the gelatine into the milk and refrigerate.

Mash the bananas, stir in the lemon juice and honey. As soon as the milk mixture begins to set, fold in the bananas. Place in a serving bowl and refrigerate until set.

BERI-BAVARIAN CREAM

YOU NEED:

- 2 dessertspoons gelatine
- $\frac{1}{4}$ cup hot water
- $\frac{1}{2}$ cup fruit juice
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ cups crushed berries
- $1\frac{1}{2}$ cups cream

Method:

Soak the gelatine in water.

Heat the fruit juice, or place with extra water,

and add to the gelatine.

Add the sugar. When this mixture begins to set, fold in the fruit.

Whip the cream and fold in.

Set in a mould and serve with cream and berry fruits.

BERRIES IN THE SNOW

You need:

- 2 cups hulled strawberries

Pancakes

- $\frac{1}{2}$ cups Homelife flour
- $2\frac{1}{2}$ tsp baking powder
- $\frac{3}{4}$ tsp salt

- 1 egg, beaten
- $1\frac{1}{4}$ cups milk
- 3 tbsp oil

Sift together the flour, salt and baking powder. In a separate bowl mix together the milk, egg and oil. Gradually add the dry ingredients. Stir into a smooth batter. Cook in a greased frying pan. Turn over when underside is golden brown. Serve with maple syrup or sugar and lemon.

Rhubarb Crisp

- 450g rhubarb
- $\frac{3}{4}$ cup sugar
- 1 tsp ground ginger
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ cup flour
- 50g butter

Dice rhubarb and combine with sugar in an ovenproof dish.

Mix brown sugar, rolled oats, flour and ginger.

Rub in butter until it resembles breadcrumbs.

Spread over rhubarb and bake at 350deg C for 40mins or until fruit is soft and top lightly browned.

Serve warm with ice cream.

Serves 4.

Sago Special.

2 Tablesp. Sago 2 cups Milk
1 " cornflour 1/2 " Sugar
2 " Sugar 2 Eggs
1 - 8oz. tin Pineapple

Wash sago, drain & soak in milk overnight, then bring sago & milk to boil, stirring well, & simmer till cooked.

Mix egg yolks, cornflour & sugar, add to sago mixture & stir over heat until thickens. Add drained pineapple & pour into oven dish.

Beat egg whites stiffly & beat in 1/2 cup sugar, pile on top previous mixture.

Oven 350 till pale brown.

Caramel Pudding

8oz. Flour 1 cup mixed Fruit
2 tsp. Bkq. Pdr. 1/2 " milk
Salt.

Combine dry ingredients & fruit & add milk. Should be sticky mixture. Spread into a

3-pint dish & pour over following sauce -

2 cups boiling water, 1 tsp butter

1 " brown sugar

Oven 350 - 30 - 40 minutes.

Dorothy's Pav.

4 Egg whites

10 qts. Sugar

3 Tablesp. cold water

1 Teas. Vanilla

3 Teasps. cornflour

1 " Vinegar

Beat whites & water till stiff. Sprinkle with cornflour & beat again. Sprinkle & gradually beat in sugar. Add vinegar & vanilla with continued beating (20 mins from beginning to end). Place in tin or on vel. buttered paper. Place in oven 350° - 5 mins, reduce to 300 for 10 mins, then 250 for 1 1/4 hrs. Do not open oven door 3/4 - 1 hr.

Turn upside down onto ^{heated} plate.

A. Freeman's Pavlova.

4 Egg whites — beat very stiffly.

Beat in 4 tablesp. Sugar.

Fold in 4 tablesp. Sugar & rounded tablesp. cornflour, 1 teasp. vinegar, vanilla.

Grease paper & run cold water over. Put meringue on & form into high round.

Oven 275° - 1/4 hr. or until outside set & crusty. Oven off & leave about 1 1/4 hour.

Add substance to whipped cream

BEFORE whipping cream for pavlovas, sponges, sherry logs and other desserts, add one to two tablespoons of vanilla instant pudding. Holds cream firm for hours.

Date Pudding.

Put in saucepan 1 cup milk, 1 cup chopped dates, $\frac{1}{4}$ cup sugar, 2 tablesp. butter & bring to boil. Add 1 tablesp. soda & when it foams stir in $\frac{1}{2}$ cup flour, 1 tablesp. bkq. pdt., pinch salt.

Steam 2 hrs.

Meringue Special.

2 Eggs: beat well 5 minutes, gradually add $\frac{1}{2}$ cup sugar & beat another 5 mins; then fold in $\frac{1}{2}$ cup arrowroot. Lastly add 1 tablesp. Bkq. Pdt.

Place mixture in greased, floured tin & bake 10 mins.

Beat egg whites to very stiff froth then fold in $\frac{3}{4}$ cup sugar & $\frac{1}{2}$ tablesp. vinegar. Place in a papered tin (same size as sponge tin) & bake in slow oven 1 hour.

When cold, turn sponge upside down, pile sweetened whipped cream & 2 mashed bananas on top & place meringue on top of cream.

Orange Snow.

1 tin Unsweetened Milk 2 tablesp. Sugar
Juice & rind 1 lge Orange. 1 " Gelatine.
3 teasps. Lemon Juice. ½ teacup boiling Water.

Place unopened milk in pan, cover with cold water & leave till quite cold. Empty milk into bowl, add salt, fruit-rind & juices. Whisk till thick & foamy. Add sugar & gelatine, soaked in boiling water & become cold.

Whisk all together, pile into dish, decorate with fruit & cream.

Jelly Dessert.

Make jelly as usual & halve. When nearly set add 2 dessertsp. cond. milk to half & beat. Place fruit on top of plain jelly & pour "fluff" on top.

Steamed Spice Pudding.

2 oz. Butter 1 teasp. grated Lemon Rind
1 tablesp. Sugar $\frac{1}{2}$ " Soda
1 " G. Syrup 1 " Bkg. Par.
+ $\frac{3}{4}$ Cup Milk 1 " Gnd. Ginger
 $\frac{3}{4}$ " Flour $\frac{1}{2}$ Cup Chopped Dates & Fruit.

Beat butter, sugar, syrup, milk, dates, & lemon rind. When sugar dissolved stir in soda. Sift flour, bkg. par., & ginger & stir in liquid. Pour into greased quart pudding bowl & cover with greased foil or grease-proof paper & a cloth. Bait $\frac{1}{4}$ hr. Serves 6.

Apple Snow.

$\frac{1}{2}$ teasp. Gelatine. $\frac{1}{2}$ pt. Sweet Apple Juice.
3 tablesp. Hot Water 1 Egg White.
1 " Lemon Juice

Add dissolved gelatine & lemon juice to apple pulp. Leave to thicken slightly. Beat egg white till stiff, beat into mixture & continue beating till thick & foamy.

Lemon Pudding.

1 1/2 cup Bread-crumbs

Grated rind 1 Lemon.

2 Tablesp. Sugar.

1 Pt. Milk

2 Eggs.

Mix rind & sugar with crumbs & place in dish. Over this pour beaten eggs & milk. Bake slowly till nearly set. Then pour the following sauce over before serving:

Juice 2 Lemons

Rind 1 "

1 Tablesp. Butter

3/4 Cup Water

1 beaten egg.

1 teasp. cornflour.

Short Pastry

8 ozs. Flour

1/2 cup Water

2 tablesp. Baking Powder.

4 ozs. Fat. (lard & butter)

Salt

Cut fat into flour till crumbly. Add enough water to keep crumbs to-gether - add scrap by scrap.

When starting to stick to-gether, press to-gether & make into ball.

Place in "fridge" 10 mins. before cooking.

Roma Apple Pudding.

Put chopped apple in dish.

Mix breadcrumbs, $\frac{1}{2}$ cup sugar, 1 teasp. cinnamon & spread over apple.

Dissolve 2 tablesps. golden syrup in 1 cup boiling water & pour over other ingredients.

Drop little butter on top & bake slowly about 30 mins.

Alice's Shortcake.

2 cups Flour

1 Egg

$\frac{3}{4}$ " Sugar

1 teasp. Bkg. Pat.

$\frac{1}{4}$ lb. Butter

Salt.

WHEN making apple shortcake, avoid the top layer of pastry breaking into pieces by rolling it between two sheets of plastic wrap to the required size and shape; freeze for 8-10 minutes. It can then be lifted easily on to the top of the fruit filling after the plastic wrap is removed.

Java Cream.

2 cups Milk

2 tablesps. Sago

$\frac{1}{4}$ " Sugar

2 Eggs Separated

$\frac{1}{2}$ " Coconut

$\frac{1}{2}$ teasp. Vanilla

Simmer milk, sugar & sago till sago cooked.

Stir in egg yolks & cook few minutes longer.

Cool slightly. Fold in coconut, vanilla & 2 stiffly beaten egg whites.

Christmas Pudding.

3 qts. Wholemeal	1/4 teasp. Salt
3 " Flour	1/2 " Nutmeg
2 " Breadcumbs	1 " Spice
4 " Brown Sugar	1 " Soda
6 " Suet	2 Eggs
4 tablesp. Milk	1 dessertsp. G. Syrup.
1 lb. Fruit.	

Mix fruit & dry ingredi. Add beaten eggs, syrup, soda in milk.
Bail 4 hrs.

Summer Pudding.

Make up 1 pkt. jelly crystals & allow to half set. Whip 1/2 tin unsweetened cond. milk, add to jelly & whip again.

Lemon Snow.

2 cups Water { bring to boil & thicken }
1 " Sugar } 2 tablesp. cornflour.
Cool & add lemon juice & 2 stiffly
beaten egg whites.

"Camp" Pudding.

$\frac{3}{4}$ lb. Flour	10 oz. Suet
$\frac{3}{4}$ " Breadcrumbs	1 Teasp. Bkg. Pds.
1 " Currants	1 " Spice.
1 " Sultanas	1 Cup Milk
1 " Raisins	3 Eggs
$\frac{1}{4}$ " Lemon Peel.	Pinch Salt
$\frac{3}{4}$ " Brown Sugar	

Boil 4 hours.

Three Milk Ice Cream.

2 cups Warm Milk	$\frac{1}{2}$ tin Cond. Milk.
3 Tablesp. Milk Powder	1 Teasp. Gelatine in
2 Teasp. Ling Sugar	$\frac{1}{2}$ cup Boiling Water.

Liquidise 1 min. Freeze. Add flavouring when partly set.

Plain Souffle.

1 oz. Butter 2 dessertsp. Arrowroot.
1 tablesp. Sugar Vanilla
Almost 1/2 pt. Milk 2 Eggs.

Melt butter in pan, mix in arrowroot, then milk. Stir well & add sugar, beaten yolks & vanilla. Beat in stiffly beaten whites.

Bake 20-25 mins.

Cornish Cream.

1 pt. Milk 2 tablesp. Brown Sugar.
2 dessertsp. Flour 2 Eggs.
1 " Butter. Rind 1 Lemon.

Melt butter & sugar, add eggs & flour. Beat well, add milk & lemon rind. Place on stove & stir till thickens.

Apple or Banana Fritters.

3/4 cup Flour 1 tablesp. Melted Butter.
1/2 " Milk 1 " Sugar
1 teasp. Bkg. Pds. 1 Egg. Fruit.

Cream butter & sugar, add beaten egg & other ingredi.

Fry in hot fat.

Apple Meringue.

Half fill dish w stewed apples.
Mix in 1 cup bread-crumbs & 2 egg yolks.
Beat whites stiffly, add $\frac{1}{2}$ cup sugar &
lemon ess., & spread over fruit. Bake slowly.

Apple Crisp.

Place sliced apples in dish & sprinkle w
sugar & cinnamon.

Rub together till crumbly: -

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup Brown Sugar
$\frac{3}{4}$ " Flour or wholemeal.	$\frac{1}{2}$ " Flour
$2\frac{1}{2}$ tablesp. Butter.	$\frac{1}{2}$ " Rolled Oats.
	$\frac{1}{3}$ " Butter.

Rub on top of apples.

Bake in moderate oven.

Rice Pancakes.

2 cups cooked Rice	1 pt. Milk
2 " Butter	4 cups Flour
2 Eggs	1 " Sugar.

Put flour in basin, drop in eggs & mix.
Add milk & rice.

Fry in butter.

Apple Oven Sitter.

Apples
Butter
1 Lemon
Salt
2 Eggs.

1 tablesp. Sugar
3 " Cold Water.
 $\frac{3}{4}$ breakfast cup Flour.
 $\frac{1}{3}$ cup Milk.

Melt thin layers butter in dish then slice apples on top. Sprinkle with sugar & lemon juice. Cook gently in oven till soft.

Sift flour & salt into bowl, make hole in centre & pour in milk, water & egg yolks. Whisk till smooth & creamy & leave till required. Before using, whisk whites stiffly & fold in lightly. Pour over apples & bake in hot oven just long enough to puff & brown.

Boiled Chocolate Pudding.

Beat $\frac{1}{4}$ lb. butter & $\frac{1}{2}$ cup sugar, add 2 beaten eggs, then large cup flour, 1 tablesp. cocoa & 1 heaped tablesp. bkg. powder. Mix well & boil in greased basin 1 hour.

Mum's Delight.

1 heaped tablesp. Butter
3/4 cup Sugar
2 tablesps. Coconut
4 " Milk
3 " Jam

1 teasp. Bkg. Pat.
2 unbeaten Eggs
1 cup Flour
Pinch Salt.

Melt butter in bowl & add in following order: sugar, coconut, salt, milk, eggs & flour. Stir all gently together & beat 2 minutes only. Carefully stir in bkg. pat. Place jam in pudding basin, pour in mixture. Cover with greased paper & steam 1 1/2 hrs.

Steamed Pudding.

1 teacup Breadcrumbs. Fruit
3 tablesps. Flour 3/4 cup Milk
3 " Sugar 1/2 teasp. Soda
1/2 teas. Cinnamon 1 tablesp. Butter.
1/2 " Spice.

Bring butter, fruit & milk to boil, add soda & dry ingred. Steam 2 hrs.

Frozen Apricot Brunch.

1 can Apricots
1 teasp. Vanilla
2 " Gelatine
1 " Cinnamon
1/2 cup Chilled evaporated milk
2 tablesps. Sugar
2 " Cold Water
2 oz. Melted Butter
4 Weetbix
1 Egg

Crush Weetbix. Melt butter, add crumbs & cinnamon. Place 1/4" layer in freezing trays in fridge. Dissolve gelatine in water. Beat milk till thick, add apricots, sugar & vanilla. Mix well, fold through the gelatine. Pour over the crumbed mixture & top with remaining crumbs. Freeze 1 hour. Cut into slices & top with cream.

Orange Honey Fluff.

1 pkt. Orange Jelly.
1/2 cup Honey
Juice 1 lge Lemon
1/4 cup boiling Water.
1 " Chilled evaporated milk.

Dissolve jelly in boiling water, add honey & lemon juice, allow to thicken, beat till frothy. Whip milk till thick, then fold into jelly mixture. When set, decorate with mandarin segments.

Peppermint Pudding.

2 ozs. Butter

3 " Sugar

$\frac{3}{4}$ teasp. Peppermint Ess.

1 " Bkg. Pdr.

4 ozs. Flour

1 Egg

$\frac{1}{4}$ Cup Milk

$\frac{1}{2}$ " Currants

Cream butter & sugar, add essence, then egg.

Add dry ingredients & milk alternately to make soft mixture. Add currants. Steam 1 hour.

Pineapple Pudding.

2 ozs. Butter

2 " Custard Powder

Sm. Tin Pineapple.

2 Eggs

$\frac{1}{2}$ pt. Milk.

Melt butter in saucepan, add custard powder & stir in milk. Boil for 2 mins., add pineapple juice & egg yolks. Put over pineapple in ovenproof dish.

Beat whites & 2 tablesp. water till stiff. Beat in $\frac{1}{2}$ cup sugar. Pile onto mixture in dish & bake in med. oven (350°) 15-20 mins. Can be made with apricots or peaches.

Fruit & Pineapple Pudding.

1 cup drained Pineapple chunks.

1 " Fruit

1 Teasp. Vanilla

1/2 " Flour

1/2 " Bkg. Pst.

1/2 " Sugar

2 Eggs

Salt.

Mix pineapple & fruit. Beat egg yolks, vanilla & sugar. Add fruit & dry ingredients, & mix in beaten egg whites.

Turn into flat dish & bake at 325° about 35 mins. Cut in squares & serve with custard.

Marmalade Pudding.

4 ozs. each butter, sugar, flour, 2 eggs,
lge Tablesp. marmalade, 1 teasp. soda, salt.
Cream butter & sugar, add marmalade & eggs
& fold in dry ingredients.

Steam 1 1/2 hrs.

Coconut Ice Pudding.

Make blancmange with 1 pt. milk,
2 tablesp. sugar, salt & knob butter.
Add 1/2 cup coconut & vanilla essence.
Pour half in dish. Place other half
& pour on top.

Apple Chiffon.

1 cup Sugar
1 " Hot Water
3 " 5 uncooked Apples
2 tablesp. Gelatine
1/2 cup cold water.
1 lemon &
rind of 2.

Boil sugar & water, add apples & cook.
Soak gelatine 5 mins in cold water & add
to apples, stirring well.

Add lemon juice & rind, stir well.
Chill in mould. Serve \bar{c} custard or cream.

Whipped Rice Pudding.

Put into refrigerator tray:

1/2 tin "Ideal" milk. Chill till ice
crystals start to form.

Mix together:

1/2 cup cooked rice

1/2 " drained crushed pineapple.

1 " coconut

Whip Ideal milk till stiff & beat in

2 dessertsp. lemon juice, 1/2 cup icing sugar.

Fold into rice mixture.

Lemon Sago.

boils required amount sago in water. Sweeten with golden syrup. When cooked add lemon juice to give distinct lemon flavour.

Serve hot or cold with custard or cream.

American Cheese Cake.

Chill: 1 can Anchor Condensed Milk

Chill: 1 pkt. lemon jelly crystals dissolved in 1 cup boiling water (do not allow to set).

Blend: 8 ozs. Cream Cheese. 1 Teasp. Vanilla
1 cup Sugar Juice of 1 lemon.
 $\frac{1}{2}$ Teasp. Salt.

Mix: - Jelly mixture & cream cheese mixture.

Have whipped in very large bowl - cans of con. milk.

Add: - the jelly & cream cheese mixture & beat till thoroughly blended.

Put into crust previously prepared & sprinkle with chopped walnuts.

Serve with whipped cream.

Crust: - 1 pkt. Crushed wine biscuits.

6 ozs. melted Butter.

Mix & press into dish.

Hawaiian Whisk.

Make a pineapple jelly using juice from small tin crushed pineapple. When beginning to set beat in 1 egg white & juice & rind 1 lemon. Put in double boiler & stir till thickens. Beat 1 egg white in large basin, add small tin unsweetened milk & beat till thick. Add lemon mixture & jelly & beat well. Lastly add pineapple & set.

Fruit Topping.

$\frac{1}{4}$ cup Butter $\frac{1}{2}$ cup Flour
 $\frac{1}{2}$ " Brown Sugar $\frac{1}{2}$ " C/nut
Salt $\frac{1}{2}$ " Cornflakes
 $\frac{1}{2}$ teasp. Cinnamon.

cream butter & sugar, add flour, cinnamon & salt, C/nut & C/flakes. Mix lightly.

Top fruit. Moderate oven - 30 minutes or till golden brown.

Gracle Pudding.

2 cups Flour 3 Eggs
1 " Sugar 1 teas. Soda
 $\frac{1}{2}$ " Butter 4 tablesp. Gracle.

Mix & steam.

Light Christmas Pudding.

1 cup Flour
1 dessertsp. Golden Syrup.
1/4 lb. Butter
1 teaspoon mixed spice.
2 Eggs
1 " baking powder.
1 cup Sugar
Pinch salt.
2 " Fruit
Milk to mix.
Breadcrumbs.

Mix flour, breadcrumbs, sugar & rub in butter.
Add beaten eggs, other ingredients & milk to mix.
Lie in scalded floured pudding cloth. Drop in
boiling water & boil 3 hours.

Lemon Jelly.

Ingredients for four
servings: *Lemon Jelly*
3/4 cup sugar
1 1/2 tablespoons gelatine
2 cups cold water
3 lemons

Sift the sugar and gelatine in a saucepan. Add the cold water, stir again, and leave it to stand while you peel the yellow skin from the lemons using a floating blade peeler. Do not peel off any of the white pith.

Drop the peel into the gelatine mixture, then heat it until it comes to the boil, and the gelatine dissolves. Remove from heat.

Squeeze the lemons, which should yield 1/2 to 3/4 cup juice. Add this to the rest, with any pulp and seeds, stir well, then pour the jelly through a sieve into the dish in which it will set.

PANCAKES RECIPE

1 cup flour
1/2 teaspoon salt
2 eggs
1 1/2 cups milk
Butter

Sift flour and salt into a bowl. Beat eggs and add to the milk.

Make a well in the centre of the dry ingredients and beat in sufficient liquid to form a smooth paste.

Blend in the remaining liquid to form a smooth batter.

Pour into a jug, cover and set aside for at least one hour.

To make pancakes:

Heat a small amount of butter in a small pan of about 15 centimetres diameter.

Tip excess butter out so bottom of pan is only coated.

Stir batter in jug, adding a little milk if batter has thickened. It should be the consistency of pouring cream.

Pour a little batter into the centre of the pan, rotating the pan at the same time so the batter coats the bottom, thinly and evenly.

Cook until golden brown underneath.

Toss or turn and cook the other side.

Turn cooked pancake on to a plate and cover with a cloth.

Repeat making pancakes until all the batter is used up.

Makes 8 to 10.

Winter Fruit Salad with Hot Sauce

2 pears
4 kiwifruit
2 crisp apples
2 bananas
1 small bunch grapes (optional)
juice of 1 lemon

Sauce

1 tbsp root ginger, very finely chopped
1/2 cup sugar
1/2 cup water
1/4 cup grapefruit or lemon juice

1. Slice the fruit attractively and place in a salad bowl.
2. Heat the sauce ingredients, stirring until boiling.
3. Serve the sauce hot over the fruit salad just before serving. Serves 6.

Vary fruit as desired - try also feijoas, pineapple or oranges.

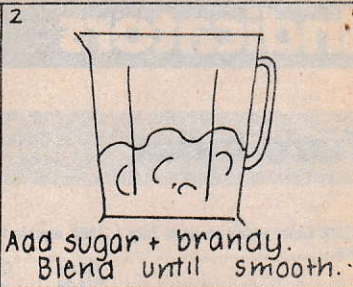
BANANA MOUSSE

4 ripe bananas
2 tablespoons sugar
1 tablespoon brandy

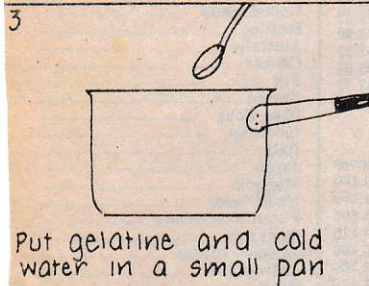
2 teaspoons gelatine
3 tablespoons cold water
1 cup cream



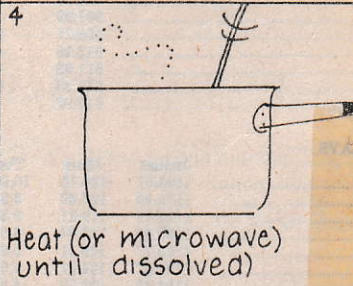
Peel + chop up bananas
Put in blender.



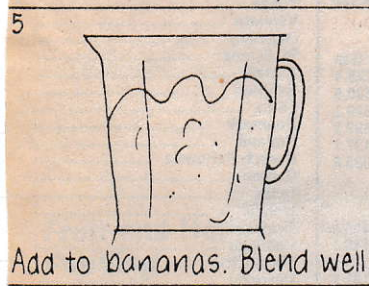
Add sugar + brandy.
Blend until smooth.



Put gelatine and cold
water in a small pan



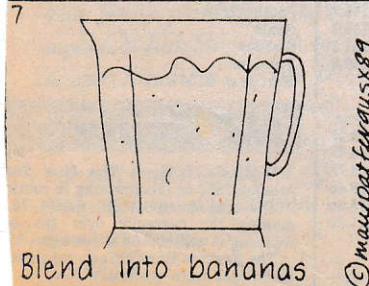
Heat (or microwave)
until dissolved



Add to bananas. Blend well.



Whip cream until thick



Blend into bananas



Pour into dishes
Refrigerate until set

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4 slices fruit bread

30g butter

3 eggs, beaten

1 tablespoon plain flour

1½ cups cream, heated

¼ cup honey

¼ teaspoon
ground cinnamon

1. Preheat the oven to moderate 180°C. Lightly

Allow to stand for 10 minutes. Remove the saucer from the moulded pudding.
3. Bake in the preheated oven for 30-35 minutes or until custard is set and golden brown. Serve Fruit and Honey Pudding immediately with cream or fruits.
NOTE. Weighting the custard allows the egg mixture to soak into the bread to give a rich, heavy pudding.

Easy-to-cook tomato soup

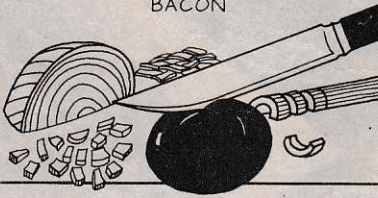
Text: Shirley Bradstock

Pictures: Sandra Parkkai

50 GRAMS BUTTER
1 LARGE ONION
2 CARROTS
2 STALKS CELERY

1 KILOGRAM TOMATOES
3 RASHERS BACON
1 LITRE WATER
2 TEASPOONS SALT

1 CHOP THE ONION, CELERY,
CARROT, TOMATO AND
BACON



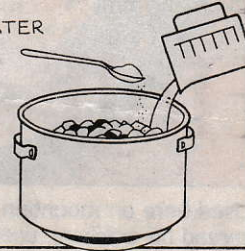
2 MELT THE BUTTER IN
A LARGE POT...



3 ... AND
SAUTE
THE
VEGETABLES
AND
BACON



4 ADD WATER
AND
SALT
AND
BRING
TO A
BOIL



5 REDUCE HEAT AND
SIMMER FOR
30 MINUTES



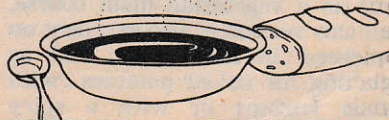
6 REMOVE FROM
HEAT AND
MASH WELL



7 SIMMER FOR A FURTHER
10 - 15 MINUTES



8 SERVE IN BOWLS WITH
A SWIRL OF CREAM OR
MILK AND SOME
FRESH BREAD



■ **FRUIT AND VEGETABLES**

CHRISTMAS PUDDING

Serves 10 to 12.

100g butter, melted
2 eggs
1 cup packed brown sugar
grated rind from 1 large lemon
grated rind from 1 orange or tangelo
3 cups mixed fruit
1 large apple, finely chopped or grated
2 cups flour
1 tsp cinnamon
½ tsp ground cloves
1 tsp baking soda
1 cup liquid (see below)

Heat the butter until it is liquid, then add the eggs and the brown sugar and mix well with a wooden spoon or egg beater until thoroughly combined.

Grate all the coloured rind from the citrus fruit. Add to the bowl with the mixed fruit, chopped or grated apple, then mix this in well.

Measure into a sieve, then shake into the bowl, the sifted flour, cinnamon, ground cloves, and baking soda.

Mix up a cup of liquid. Use the juice of the orange or tangelo, the juice of another orange or tangelo if available, but not the juice of the lemon.

Make this up to a cup with ¼ to ½ cup of sherry, or a mixture of

sherry and rum, or whisky, or brandy. Top up with cold tea, coffee, fruit juice or soft drink, or use water if none of these flavoured liquids are available.

Stir the sifted dry ingredients and the liquid into the rest of the pudding mixture. The finished batter will be wetter than a cake mixture.

Pour mixture into one large or two smaller buttered bowls that will fit inside large pots. The mixture should no more than ¾ fill the bowl(s). Cover bowls with foil which has a pleat in the middle, in case the pudding rises more than expected. Press the foil firmly around the edges of the bowl(s).

Make a string circle under the rim, with a handle over the top, if this makes the bowl easier to lift from a snug-fitting pot.

Lower each pudding bowl onto a saucer or small plate standing in a large pot containing enough boiling water to come half way up the bowl. Cover pot tightly with its lid, bring back to the boil, then simmer gently for four hours, adding extra boiling water to the pot if the level falls. The water in the pot should not stop simmering during the first three hours of the cooking. (The last hour of cooking is not vital, but it seems to make the pudding nicer.)

Remove the cooked pudding from the pot, remove its foil lid, cool until just warm and quite firm, then remove from the bowl. Wrap loosely in greaseproof paper or wrap in a teatowel for storage of less than a week, refrigerate in a plastic bag up to a month, or freeze in a plastic bag for longer storage. When the pudding is required, bring it to room temperature, replace it in a buttered bowl, cover with foil again and simmer for 2 hours or longer, or

Simple Omelet

1 Tblsp. water to
each egg. Salt
Onion sticks.

Will keep in
refrigerator

...sage, dance Keating says.

Easy-to-cook pancakes

Text: Shirley Bradstock

Pictures: Sandra Parkkali

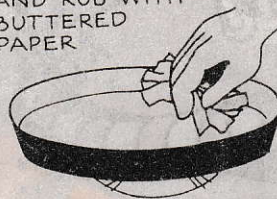
1 CUP FLOUR
1 CUP MILK
2 EGGS

1 TABLESPOON OIL
2 TEASPOONS SUGAR

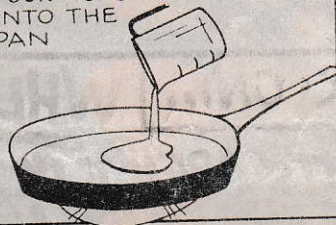
1 MIX ALL INGREDIENTS



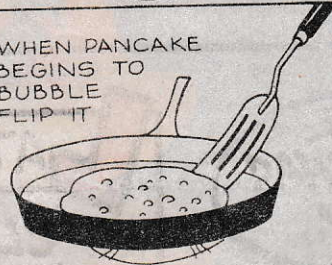
2 HEAT A PAN ON MEDIUM
AND RUB WITH
BUTTERED
PAPER



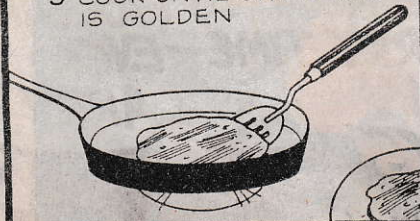
3 POUR $\frac{1}{3}$ CUP OF BATTER
INTO THE
PAN



4 WHEN PANCAKE
BEGINS TO
BUBBLE
FLIP IT



5 COOK UNTIL OTHER SIDE
IS GOLDEN



6 SERVE WITH A SPRINKLING
OF ICING SUGAR, JAM
OR MAPLE SYRUP

