



Butterfly Tea

"Over the Tea-Cups"

NO matter what the subject of the tea-table talk may be, the one impression that lingers after all else is forgotten, is "What a lovely cup of tea"—whenever Butterfly Tea is served.

Women who have acquired a reputation for the quality of their tea—at once the envy and desire of their neighbours—are those who know the exquisite flavour and unvarying quality of Butterfly Tea.

If you have never tried Butterfly Tea, put it on the order to your grocer this week.

"You can always depend
on Butterfly Blend"

Brown, Farrett Ltd., Auckland

HOME COOKERY.

by "CUISINIÈRE"

Deep or Wet Frying

FREQUENTLY people say they cannot eat fried foods. When that is the case, it usually means that the fat was not hot enough, or the article cooked was not sufficiently drained when taken out of the pan. At sea-level water boils at 212 deg. F., fat at 350 deg. F., and at that heat cooks and browns very quickly, so whatever is to be fried should be slipped in gently. Water bubbles when it boils. Fat is still, and gives off a faint bluish vapour. There must be enough fat to cover the article to be fried, so the pan should be about half full. Whatever is to be fried, whether fish, rissoles, or fritters, should be either rubbed in flour, egg or bread-crumbs, or dipped in batter. The great heat sets this at once, forming a skin, so that the fat does not touch the substance of fish or meat, and so it cannot be greasy; but if the fat is not hot enough, fish and rissoles will fall to pieces and be greasy and indigestible.

Batter for Fish Cooked in Deep Frying

Flour, 4 tablespoons
Olive oil, 1 tablespoon
Warm water, half a cup
The white of one egg.

SIFT the flour into a basin, make a well in the centre, and pour in the oil, then add the warm water, stirring from the centre in one way with a wooden spoon, keeping very smooth by adding the liquid very gradually. Let the batter stand for half an hour, then whisk the white of egg to a solid froth, and gently fold it into the batter at the last moment. Cut the fish into rather small pieces, dry them in a cloth, then in seasoned flour, dip into the batter, covering all over, then drop into boiling fat a few pieces at a time. Drain on soft crumpled or blotting paper, serve garnished with cut lemon and sprigs of parsley, either raw or fried. Milk may be used in the place of oil, if preferred.

Fried Flounders

2 flounders
Seasoned flour
1 egg
White bread-crumbs.

TRIM and skin the fish, rub in seasoned flour, dip in beaten egg. Shake in a paper of fine bread-crumbs, and fry in boiling fat. Garnish with parsley and quarters of lemon.

Flounders or any kind of fish can be filleted, cut into neat pieces, and treated in the same way.

The flour may be seasoned with just salt and pepper, or chopped parsley, and a grating of lemon rind.

Meat Balls (Cooked Meat)

½ lb. cold beef
2 slices of cooked ham or bacon
½ lb. cooked mashed potatoes
1 small onion (parboiled)
1 teaspoon mixed herbs
2 eggs
Flour, pepper and salt.

MINCE the beef and bacon, add herbs, chopped parboiled onion, pepper, salt and mashed potatoes. Mix all well together and bind with a beaten egg, or a little milk. Form into balls. Cover with flour, brush over with beaten egg and roll in white bread-crumbs. Fry a few at a time in smoking fat deep enough to cover the balls. Drain on soft paper, and serve



piled on a dish paper, garnishing with fresh or fried parsley, and send to table with a good brown sauce in a sauceboat.

Brown Sauce

Butter, 1oz.
Cornflour, 1oz.
Stock or brown gravy, ½ pint
Seasoning.

DISSOLVE the butter in a small saucepan. Lift off the fire and with a wooden spoon stir in the sifted cornflour. Return to the fire and fry a nice brown. Dissolve half teaspoon stock in the stock, adding it very gradually to butter and flour, and stirring one way all the time. Allow the sauce to boil a few minutes to cook the flour, adding salt and pepper to taste.

Andover Cutlets

MAKE a mixture as in meat balls, adding a small quantity of any cooked vegetables. Put this to cook on a plate. Shape the cutlets by cutting off pieces the size of an ordinary cutlet, making as many as required. This can be done on a board, using floured hands or a knife. Cover with flour, egg or bread-crumbs, and fry in smoking fat. When cooked, place a stick of large macaroni to imitate the bone of the cutlet, and dish leaning on each other down the centre of dish. Garnish with peas, French beans, or parsley.

Scotch Eggs

6 eggs
1½ lb. ham, tongue, or sausage meat
Beaten egg and bread-crumbs
Flour, pepper, and salt.

BOIL the eggs fifteen minutes, then plunge into cold water. When cold remove the shell, leaving the egg whole. Mince, and pound the meat, seasoning it with pepper and salt, if required. Cover each egg with some of the meat, working to a good shape, but slightly flattening each end, roll in a little flour, brush over with egg, cover with white bread-crumbs, and fry in deep smoking fat, cooking about two or three at a time until they are a nice golden brown. Drain on soft paper, and when cold cut the eggs across in halves, and serve on rounds of fried bread. Garnish with parsley or small cress.