



## Appetising Stews

### Best Stew Recipe

The prize of 2/6 for the best stew recipe is awarded to Mrs. I. M. Quinlan, Matamata, for the following recipe:—

#### BROWN STEW.

2lb blade steak, 1 tablespoon dripping, 1 large onion, 2 large carrots, 1 medium potato, 1 cup dried peas (soak overnight), salt and pepper, hot water to cover.

Method.—Melt the dripping and fry the onion in it, also the steak cut into dices and fried till brown. Add the hot water, carrot rings, peas, and salt and pepper. Lastly, grate in potato; this thickens the stew. Simmer gently until tender 2 to 2½ hours.

#### IRISH STEW.

2lb neck of mutton (or stewing chops), about 6 potatoes, 3 onions, 3 carrots, pepper and salt.

Trim off the fat and cut into chops or small pieces. Pare and half the potatoes, cut onions into slices, scrape and slice carrots. Place meat and vegetables in saucepan, add warm water. Bring to a boil and simmer gently until meat is tender—about 1½ hours.—Mrs. J. Ferguson, Auckland.

#### OXTAIL STEW.

1 oxtail cut in small pieces, 2 carrots, 1 swede, 2 onions, 2oz sago, 1 tablespoon tomato sauce (or Worcester), pepper, salt and pinch of curry powder, 1½lb potatoes (roughly sliced and seasoned).

Method.—Cut oxtail up. Add vegetables (except potatoes). Also add sago,

seasoning, and curry powder, and 2 pints water. Put all in casserole, or saucepan with well-fitting lid, and slowly simmer for 2½ or 3 hours. Put away for fat to settle. Skim, add potatoes, and simmer for another ¾ hour. A suet crust instead of potatoes is delicious, and may be added about 40 minutes before serving.—“London Lass,” Wellington.

#### JARRETT STEW.

1lb stewing beef, 1 tablespoon tomato sauce, Worcester sauce to taste, flour, salt, and pepper.

Cut meat into small pieces, roll in seasoned flour and put into casserole, add tomato and Worcester sauce. Just cover the meat with cold water and cook slowly in the oven. I always cook all stews in the oven as it prevents burnt saucepans. Dumplings can be added before serving.—“Plain Jane,” Taupiri.

#### “WATERLESS STEW.”

1½lb stewing steak cut up and rubbed slightly in flour, 4 good-sized onions, 6 good-sized carrots scraped and washed, pepper and salt, knob of butter the size of a walnut.

Put butter in saucepan, then layer of onion, meat, and carrot, repeat layers till all vegetables and meat are used up. Add pepper and salt to taste. Put on slow heat, shake saucepan gently at 10-minute intervals until stew is boiling about ½ hr. You will then find your vegetables, etc., almost covered with liquid. Simmer slowly for 2 hours altogether. Do not add water or any liquid, and do not thicken; very rich and tasty. This can be done in casserole in oven, if desired. Either way is satisfactory.—Mrs. R. J. Croucher, Henderson.

#### MUTTON STEW (BROWN).

Cut a neck of mutton into convenient-sized pieces, roll in flour and brown in a large saucepan (lid off) using 1 tablespoon of dripping. When browned put in 1 onion and 3 or 4 carrots cut in small pieces and, in season a finely-sliced stalk of silver beet. Add 1 level teaspoon of salt, pepper to taste, and barely cover with hot water. Put lid on and cook gently for 2-2½ hours. Remove the meat to serving dish, skim off fat and thicken the gravy. Pour gravy and vegetables over the meat and serve very hot.—Mrs. J. S. Tricker.

#### OXTAIL AND KIDNEY STEW.

1 ox tail, 6 kidneys (sheep's), 1 teaspoon salt, 1 pt. water, 1oz dripping, 1oz flour, ½ small teaspoon pepper, 1 large onion, 1 carrot, 1 turnip.

Mix flour, salt, and pepper. Wash the tail and cut into joints; skin and halve the kidneys. Dip the joints and kidneys in the flour and brown them in the dripping, also the onion. Pour away the fat, add 1 pint of hot water, stew gently for 2 hours, add vegetables and stew another hour. Take out joints and kidney, strain the gravy and make it thicker with flour if necessary. Pour over meat and serve hot.—Mrs. O. Stuart, Wellington.

#### VEGETABLE TAP.

1½lb topside, 2 parsnips, 3 large kumeras, pepper and salt, 6 small onions, 6 smallish carrots, 1 tablespoon chopped parsley.

Cut meat into small pieces. Place in saucepan and cover with cold water. Add salt and pepper and put on to

## Cakes for the Boys Overseas

TO-DAY nearly everyone regards their cooking for the boys overseas as the most important part of their weekly baking. What is your favourite recipe for fruit cake? Economy is a vital element in cooking to-day, and perhaps your recipe is a better one than your neighbour uses.

A prize of 2/6 is offered for the best fruit cake recipe sent to the “Mixing Bowl” before August 20th.

cook slowly while the vegetables are being done. Now peel onions and carrots but leave them whole. Skin the kumeras and cut into pieces a little bigger than the onions. Then the parsnips are to be cut into small pieces, and then all the vegetables are to be put on top of the meat and slowly cooked for about 2 hours. Just before serving thicken with a little corn-flour and then add the parsley.—Mrs. Ferguson, Glenbrook.