

Salad Dressings

The dressing is an important part of salad, for it can make or mar the dish. There are several kinds, including French dressing, which is used mostly with crisp greenstuffs, cooked dressing which can be used with any kind of salad, and mayonnaise dressing which also can accompany any kind of salad but is especially used with fish, meat, and eggs. A Spanish proverb says, "A salad dressing requires a spendthrift for oil, a judge for salt, a miser for vinegar, a madman to mix them." and this is really the recipe for French dressing.

French Dressing:

1 cup salad oil, $\frac{1}{8}$ cup vinegar, about 1 teaspoon salt, and pepper to taste.

Put the ingredients into a bowl and beat very thoroughly with an egg-beater until the globules of oil are as small as possible. Put into a bottle and shake well each time before using. French dressing may be varied to suit the salad or individual taste by adding more vinegar; $\frac{1}{2}$ teaspoon curry powder; 1 teaspoon Worcester sauce; by substituting celery salt for the plain salt; by adding 1 to 2 teaspoons finely-chopped chives and parsley; 1 teaspoon minced onion; 2 tablespoons chopped chutney; or 1 tablespoon prepared horseradish or chopped mint.

Cooked Dressings:

Cooked dressings are the most commonly used and a quantity can be made and kept in a screw-stoppered jar. When needed, a portion can be taken out and mixed with fresh top milk (or thin cream, when there are no restrictions on the use of cream!) Here are two good recipes for this general purpose type of dressing:—

1. 2 tablespoons butter, 3 egg yolks, 1 tablespoon sugar, 1 cup milk, $\frac{1}{2}$ tablespoons flour, 1 teaspoon dry mustard, 1 teaspoon salt, 1 cup vinegar.

Melt the butter and add the flour gradually, then add the milk and cook until the mixture has thickened, stirring continuously. Mix the egg yolks and seasoning, and pour in the hot vinegar, stirring constantly until it is thick. Blend the two cooked mixtures

POPLAR IN AUTUMN

*Outside my window, through the grime
Of city smokes that curl and climb,
There is a shining reed of light
As graceful as a bird in flight;
There is a sudden flash of gold
Like fading tints on dead leaf-mould;
Or glimpse of green athwart the sky
As a gipsy breeze goes gaily by . . .
O! shining poplar tree so tall
That grows outside my office wall
I thank you for the magic way
Your beauty charms my cares away.*

—Mary Kitching

and store in a cool place. When required take out half the quantity of dressing needed and thin to full amount with top milk. Use vegetable fat in place of butter if necessary.

2. This dressing can be made quite successfully with vegetable fat, and so is easy on the butter ration:—

1 tablespoon vegetable fat (or butter), 1 large teaspoon mustard, 2 beaten eggs, 4 tablespoons vinegar, 2 tablespoons sugar, $\frac{1}{4}$ teaspoon salt.

Mix together the sugar, mustard, and salt, add the beaten eggs and the vinegar, and mix until it is smooth. Melt the vegetable fat but do not heat, and add the mixture. Stir continually over very low heat or over boiling water until it is thick but not curdled. Strain through a fine sieve into a glass jar and store covered in a cool place. Break down with milk when required for use.

Mayonnaise Dressing:

1 egg yolk, 1 teaspoon salt, $\frac{1}{2}$ teaspoon dry mustard, 1 cup salad oil, 2 tablespoons lemon juice or vinegar.

Put the yolk and seasonings in a bowl and beat well. Add 1 tablespoon vinegar (or lemon juice) and beat again. Beat in the oil gradually a few drops at a time at first and then more quickly. When it is thick, add the

Poultry Problems

TO a person like myself, born and bred in London, and whose only acquaintance with fowls, livestock, and green fields was from a railway carriage window, country life in New Zealand was full of pitfalls, especially as I was just 21 and newly married. In fact, so many mishaps occurred during that first year that if it hadn't been for a sense of humour and a very good-natured husband, I am sure I would have developed a definite inferiority complex. For instance, I remember the time I asked the butcher for "some beef chops, please," and the poker-faced butcher enquired how many and would I take them or have them sent, before he broke into roars of laughter. Another day, when expecting my husband's boss and his wife to dinner, I cleaned and plucked a fowl for the first time. Alas, I had forgotten its crop, and when the bird appeared on the table its bosom had swollen so alarmingly that my visitors promptly christened it a puffin between their howls of merriment.

However, I think the following was the prize mishap of all, and although it happened ten years ago, my neighbours have never allowed me to forget it. We had just moved in to our cottage when the folk next door asked

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remainder of the vinegar (or juice). If the oil is added too rapidly, the dressing separates. To remedy this a second egg yolk must be beaten and the curdled mixture added little by little, while beating continues. Keep the dressing in a cool place, and use for any kind of salad.

Use of Cream

When the restrictions on the use of cream are lifted, a cream salad dressing which requires no cooking will be found the quickest and easiest to make. Take half a cup of sweet cream and beat it until it is stiff. Add one teaspoon of dry mustard mixed with three teaspoons of sugar. Then add vinegar or lemon juice to taste, beat again slightly and use. When the cream is too fresh or thin to beat, mix in mustard and sugar, then add vinegar a little at a time and leave to stand. The vinegar will thicken the cream slightly.

Condensed Milk Recipe:

1 tin sweetened condensed milk, $\frac{1}{2}$ of the tin of vinegar, 1 teaspoon salt, 2 teaspoons mustard.

Put all the ingredients into a bowl and beat with an egg-beater until thick. Store in a screw-stoppered jar and dilute a quantity with fresh milk when needed. It keeps well.

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me to feed their pullets, as they wanted to go to town. "Just mix up some pollard and bran with water," were the instructions. I agreed to do this, though I hadn't the faintest idea what pollard was. I found some brown stuff in a sack and some bran in a bin, and throwing in a couple of handfuls of grain for luck, I mixed the whole lot together with water and spread it carefully on the various plates and dishes in the run. The pullets did not seem particularly enthusiastic, but I concluded that they were shy of me and left them to it.



The next morning my neighbour practically staggered in, wiping her eyes with her apron, and in her other hand she held two "concrete" plates liberally sprinkled with bran flakes and grain. Yes, the brown stuff was cement!

—"Puffin," Hawke's Bay.