

# Hot Tea Dishes are Important for Cold Days

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**I**T is important to have a hot, interesting, and appetising meal ready for the children when they come home from school on the many cold evenings throughout the year. The men on coming in from their outside work also enjoy something hot and substantial for tea.

**T**HE dish can be very nutritious and, with careful planning, can help to provide a well-balanced diet for the family. If the earlier meals of the day have been lacking in some necessary food—for example, eggs, cheese, or milk—this can be made up by having a tea dish made principally from foodstuffs which have been lacking, or if protein, for instance, is insufficient in the day's menu, this can be augmented by having a cheese or fish dish for tea.

It is necessary in an economically run home to use up left-overs. These can be made into attractive dishes so that they in no way resemble left-overs and are still appetising and of nutritive value in the diet.

Of the recipes given, the majority are easily and quickly prepared, and many of them, especially those using left-overs, can be made earlier in the day, requiring only heating through before the meal.

Several of the recipes contain a white sauce, buttered crumbs, or tomato sauce, so the basic recipes for these are given first. The white sauces are classified according to their degree of thickness into four different types varying from No. 1 which is very thin to No. 4 which is very thick. The method of preparing all the thicknesses of white sauce and that for tomato sauce are the same.

## WHITE SAUCE

	No. 1	No. 2	No. 3	No. 4
Butter or good fat	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Flour	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Salt	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{2}$ teaspoon
Milk	1 cup	1 cup	1 cup	1 cup

## TOMATO SAUCE

$\frac{1}{2}$ cup of tomato puree (sieved)	2 tablespoons of fat
$\frac{1}{2}$ cup of water	2 tablespoons of flour
or 1 cup of tomato juice	$\frac{1}{2}$ teaspoon of salt

**Method of preparing all the sauces:**  
Melt the fat in a saucepan, add the flour and salt, and stir well until they are thoroughly blended (1 to 2 minutes). Remove the saucepan from the heat, add about a third of the liquid, and stir until the ingredients are well blended. Return the saucepan to the heat and as the mixture begins to thicken add another third of the liquid quickly, blend until it is smooth, and then add the remaining liquid. Heat the sauce until it is boiling, stirring it slowly, and cook it for 1 to 2 minutes.

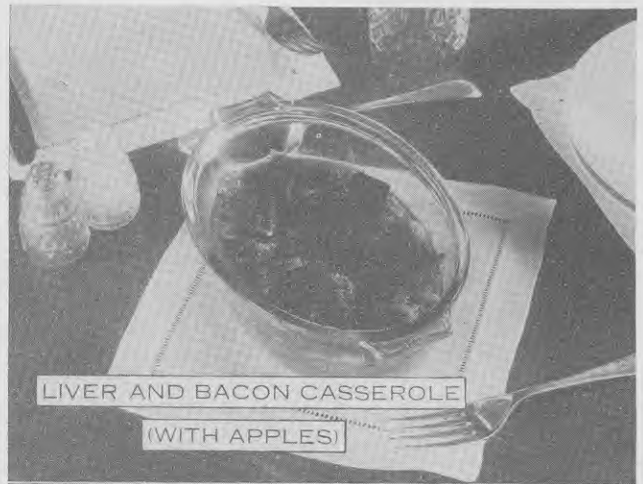
## Buttered Crumbs

Crumb stale but soft bread with a grater. Melt a small amount of butter or clean fat in a small pan. Stir in the crumbs. When the buttered crumbs are coated with fat but not brown use them as a topping or covering for dishes which are to be browned in the oven.

## Soups

### Cream of Pumpkin Soup

4 cups of No. 1 white sauce	2oz. of celery
$\frac{1}{2}$ tablespoon of salt	Vegetable liquid to make vegetables up to 4 cups
$1\frac{1}{2}$ lb. of pumpkin	
$\frac{1}{2}$ lb. of onions	



LIVER AND BACON CASSEROLE  
(WITH APPLES)



BAKED BEANS (WITH TOMATO)



SPAGHETTI RING WITH PEAS

[Photographs on this page by Campbell Photography.]