

HOT TEA DISHES FOR COLD DAYS . . .

Dice the vegetables and cook them in boiling salted water, sieve them, and add sufficient vegetable stock to make 4 cups of vegetable puree. Reheat the puree and then add it gradually to the hot white sauce, stirring all the time. Season the soup if necessary and serve it hot with croutons and chopped parsley.

Lentil Soup

3 cups of No. 1 white sauce
8oz. of lentils
2oz. of celery
3½oz. of carrot

3½oz. of onion
5 cups of water or stock
½ tablespoon of salt
½ teaspoon of pepper

Wash the lentils and prepare the vegetables. Dice the vegetables, add the stock or water and the lentils, and cook until they are tender. Put the mixture through a fine sieve and make it up to 5 cups with extra water or stock. Reheat the puree and add it to the hot white sauce, stirring all the time. Season the soup if necessary and serve it with croutons and parsley.

Fish Chowder

1½ lb. of white fish
3 cups of cold water
2 slices of salt pork or bacon
1 diced onion

1½ cups of diced carrot
2 cups of milk
2 teaspoons of salt
4 water biscuits
4 diced potatoes

Wash the fish and cut into cubes, placing the bones and skin in a pot with cold water. Place the pot on the heat and cook the contents for 20 minutes. Strain the liquor from the bones and skin. Cut the pork into small pieces and fry it with the diced onion. Drain the pork and onions well and add them to the hot liquor. Add the vegetables and the diced fish to the liquor. Cook the soup for 20 minutes. Add the milk and the water biscuits, which have been broken into small pieces, and simmer the chowder for

another 5 minutes. Serve hot in a soup plate with chopped parsley.

Vegetables

Casserole of Cauliflower

1 small cauliflower
1 cup of tomato sauce
½ cup of grated cheese

2 teaspoons of melted fat
3oz. of spaghetti
½ cup of buttered breadcrumbs

Wash and cook the cauliflower. Cook the spaghetti. Prepare the tomato sauce and add to it the grated cheese. Stir the sauce until the cheese is melted and then pour the sauce over the cauliflower and spaghetti, these having been placed in alternate layers in a casserole.

Cover the top of the mixture with buttered crumbs and brown it in the oven.

Bread Tests for Fat Temperatures

To test fat temperatures if a thermometer is not available, use a lin. cube of stale bread and note the number of seconds taken to brown it.

Temperature Degrees F.	Seconds to brown	Use
375	60	Cutlets, apple fritters, uncooked mixtures
385	40	Croquettes, cooked mixtures
395	20	Potato chips

Potato Croquettes

1 cup of hot, well-mashed potatoes
1 tablespoon of fat (melted)
A shake of pepper
½ teaspoon of chopped parsley
¼ teaspoon of salt
¼ teaspoon of celery salt

½ teaspoon of grated onion
1 egg (½ for croquette mixture and ½ for coating)
1 tablespoon of water, breadcrumbs (for coating)

Mix the ingredients in the order given, using only half of the egg. Beat

the mixture thoroughly and cool it. Shape the mixture into cylinders and dip them into fine, dry breadcrumbs, then into the egg and water mixture (half an egg diluted with 1 tablespoon of cold water), and then dip them into crumbs again. Stand the crumbed cylinders in a cool place for ½ hour and then fry them in deep fat at 385 degrees F. until they are golden brown. Drain the croquettes well and serve them with tomato sauce.

Savoury Spinach

1 lb. or 2 bunches of spinach
1 cup of cooked meat
2 tablespoons of onion juice
1 teaspoon of salt

½ teaspoon of pepper
2 cups of tomato sauce
½ cup of cheese
½ cup of cooked rice

Cook the rice. Wash and cook the spinach, chop it finely, and to it add the finely chopped meat, cooked rice, onion juice, and seasoning. Place the mixture in a greased casserole, pour the tomato sauce over it, and bake it in the oven until it is thoroughly hot. Sprinkle it with grated cheese before serving it.

Apple Fritters

1 cup of flour
1 cup of milk
1 egg
½ teaspoon of salt
1 tablespoon of fat

2 teaspoons of baking powder
2 tablespoons of sugar
Apples

Sift the dry ingredients into a bowl; combine the beaten egg, milk, and the melted fat. Add the liquid to the dry ingredients and stir (as little as possible) until the flour is dampened.

Peel and core the apples and slice them into rings 1/3 in. thick. Dip the rings into the batter and fry them in deep fat at 375 degrees F. until they are cooked and golden brown. Drain well. Dust with icing or castor sugar and serve hot.

Fish

Fish Balls

½ cup of cooked flaked fish
1 cup of hot mashed potatoes
1 teaspoon of melted fat
½ teaspoon of onion juice

1 teaspoon of salt
A shake of pepper
1 egg (½ for fish-ball mixture and ½ for coating)
1 tablespoon of water, breadcrumbs (for coating)

Mix the ingredients in the order given, using only half the egg, and beat the mixture thoroughly. Cool the mixture and shape it into balls. Dip these into fine breadcrumbs, then into the egg and water mixture (half an egg diluted with 1 tablespoon of water), and then into the breadcrumbs again. Stand the balls in a cool place for ½ hour and then fry them in deep fat at 385 degrees F. until they are golden brown. Serve the fish balls with tomato sauce or slices of lemon.

Celery and Fish Casserole

½ lb. of fish (grop or cod)
½ head of celery
½ teaspoon of salt
¼ teaspoon of pepper

1 cup of tomato sauce (the flour and fat of which have been increased to 3 tablespoons)
½ cup of buttered breadcrumbs

Steam the fish and, when it is cooked, flake it. Wash the celery, cut it into small pieces, and cook it until it is tender. Place the flaked fish and the cooked celery in a casserole and over them pour the tomato sauce. Cover with a layer of buttered breadcrumbs and bake the casserole in the oven until it is brown and is heated through.



RED BUNNY AND COLE SLAW

[Campbell Photography photo.]