

80—QUICKLY MADE PUDDINGS

recipes for appetising puddings that take very little time to make once the pastry is ready are given below.

Fruit Square

Line a shallow tin with pastry. Grate an apple or two on it, add some chopped dates, a few raisins, a squeeze of lemon juice or a drop or two of lemon essence, a sprinkle of ground cloves, if liked, some coconut, brown sugar to taste (especially with tart apples), and some tart jam (apricot or damson is delicious). Spread the filling on so that the surface is fairly flat and sprinkle over all a little water. Cover the mixture with another layer of pastry, press down the edges, and bake it. This fruit square may be eaten hot or cold and is delicious with custard or cream.

New Zealand Tart

Line a pie plate with pastry and bake it lightly. Meanwhile mix the following:—

2oz. of butter	2 grated apples
2oz. of sugar	1oz. of coconut
1 egg well beaten	

Spread the tart with raspberry jam. Pour the apple mixture over this and bake the tart again until it is golden brown.

Golden Syrup Tart

Fill previously lightly baked plate tart with crumbled stale bread and pour over this sufficient warmed golden syrup to cover the crumbs. Bake the tart until it is hot through and crisp on top.

Banana Custard Tart

Make an ordinary soft custard with eggs, in the proportion of one to each cup of milk, sufficient nearly to fill a previously baked deep plate tart. Add sugar and essence to taste. Slice a banana or two into the custard and pour it into the tart. Re-heat the tart, or if it is to be served cold, make sure the custard has cooled down before putting it into the tart.

Alternatively an extra egg may be used and the yolks only used in the custard. Whip the whites with a little sugar, spread them over the custard in the tart, and bake it until the meringue is browned.

Gelatine Puddings

Certain whipped jellies can be made to set almost at once if the following three simple rules are observed:—

1. Use more gelatine than usual to a given amount of liquid.

2. Dissolve the gelatine in the smallest possible quantity of the hot liquid and cool it quickly.

3. Beat the cold gelatine liquor into some other thickening agent such as white of egg or condensed milk.

Probably the quickest way to cool the gelatine liquor is to stand the bowl in a large basin or saucepan in the sink and run the cold tap slowly into the basin so that the water keeps overflowing and changing continuously. Be sure the bowl does not float under the tap. Stir the gelatine liquor occasionally while it is cooling. It must not be used until it is quite cold, though it need not necessarily be beginning to set.

Marshmallow

2 dessertspoons of gelatine	3 egg whites
1 cup of boiling water	Pinch of salt
1 cup of cold water	$\frac{3}{4}$ cup of sugar
$\frac{1}{2}$ teaspoon of citric acid	$\frac{1}{4}$ teaspoon of lemon essence

Dissolve the gelatine and citric acid in boiling water, add the cold water, and cool the liquor quickly. Add the salt to the egg whites and beat them until they are stiff. Gradually add the cold gelatine and the sugar, a little of each at a time, beating the mixture constantly. Add the essence. Pile the mixture into a glass dish.

A good combination is marshmallow served with fruit and a custard made from the egg yolks. It is ready almost immediately for use, but is better if left to stand for about an hour.

The rind and juice of a lemon may be used instead of the lemon essence, or a teaspoon of concentrated fruit extract (for making fruit drinks) instead of the essence and citric acid. The whole pudding may be coloured, or one-third of the mixture may be coloured and put between two white layers when the pudding is put into the glass dish.

Unsweetened Condensed Milk Jelly

1 packet of jelly crystals	1 tin of unsweetened condensed milk
1 cup of boiling water	

Dissolve the jelly crystals in the cup of boiling water and cool the liquor quickly. Pour the condensed milk into a bowl and beat it until it is thick. Then pour the cold jelly liquor into it a little at a time and continue beating. Pour the jelly into a wet mould and leave it to set in a cold place, preferably a refrigerator, or in a large basin of cold running water as described earlier.

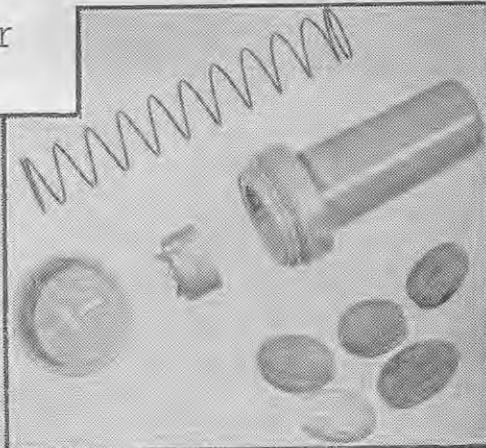
Sweetened Condensed Milk Jelly

1 tablespoon of gelatine	About $\frac{1}{4}$ cup of lemon juice
$\frac{1}{2}$ cup of boiling water	$\frac{1}{2}$ tin of sweetened condensed milk
Rind of 2 or 3 lemons	$\frac{1}{2}$ cup of cold water

Dissolve the gelatine in the boiling water, add the cold water, and cool the liquor quickly. Mix the lemon juice and rind with the condensed milk and beat it until it is smooth. Add the cold gelatine liquor a little at a time, beating all the time. Pile the mixture into a glass dish. If the mixture appears too thick, add more water.

Other acid fruit juice and pulp, such as damson, red or black currant, sour plum, or rhubarb, may be substituted for the lemon juice and cold water.

Nutmeg Grater



FRESHLY ground whole spices are generally agreed to be superior in flavour and aroma to those bought ready ground and packaged. The popularity of small table pepper-mills at present available is proof of this.

Nutmeg is also preferable fresh, but a large grater is not very convenient to use, so the sprinkling which decorates the junket or milk pudding and the larger quantity which adds an intriguing flavour to biscuits or cakes are often omitted.

The device illustrated works on the mill principle. The base screws off, nutmegs are forced up the barrel against the spring, which, when the base is replaced, holds them firmly against the grinding teeth. When the barrel is turned the ground nutmeg drops out through slots in the base.

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