

Bringing Colour to Meals

ATTRACTIVE meal service is an art on its own. The added garnish or the unusual arrangement of the simplest meal gives that extra fillip to the appetite. A little imagination and just a few minutes' attention will give very pleasing results.

Next time a left-over dish is served, pipe mashed potatoes (previously mixed with a little milk to give a workable cream) on top through a biscuit forcer. The cottage pie will have quite a festive look.

For added colour to meals serve diced carrots and green peas mixed together and sprinkled with finely chopped parsley. Light-coloured vegetables can be made to look more interesting by serving them with cheese sauces or white sauces to which chopped parsley or chopped hard-boiled eggs have been added. Mint leaves and watercress can be used as garnishes in place of parsley.

Here are some new ways of serving tomatoes. Firm, ripe tomatoes should be chosen. Dip them in boiling water for $\frac{1}{2}$ minute or run over them with the back of a knife to aid easy peeling.

1. Place a tomato stem down and with a sharp knife cut it in a series of strips two-thirds through. The strips should be about $\frac{1}{4}$ in. wide. Turn the tomato and cut again at right angles, which will produce cubes. Spread the cubes out slightly and sprinkle with grated cheese and chopped walnuts, garnish with parsley, and serve on a nest of lettuce leaves.

2. Hold a tomato stem down and cut just through the flesh to form eight petals. Ease out these petals and remove most of the pulp and seeds. Pile mixed cooked vegetables, which have been tossed in salad dressing, into the hollow formed and garnish them with finely cut chives.

3. Again place a tomato stem down; insert a sharp-pointed knife at an angle about one-third the way down the tomato and cut out a cone-shaped wedge. Fill the hollow with cream cheese and put the "lid" on cut side uppermost. Garnish with parsley.

—**DAPHNE EILERS**,
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Upper—Various garnishes. Middle—Removing tomato skin. Lower—Cutting skinned tomatoes. Below—Finished individual salads. [Sparrow

