

Making Vegetables Attractive

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AT certain times of the year when there are only a few kinds of vegetables in season the housewife is faced with the problem of serving the same kinds frequently.

However, there is no need for the fare to become monotonous, as variety can always be attained by a little ingenuity in the method of cooking.

Here are two unusual ways of serving onions and carrots.

Onion Crisp

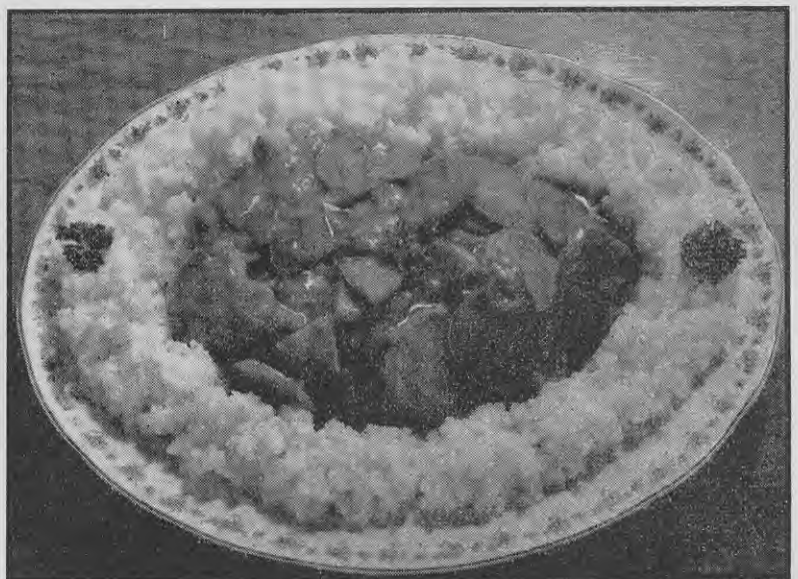
1 dozen small onions	2oz. of butter
$\frac{1}{2}$ pint of milk and water mixed	2oz. of flour
1 tablespoon of left-over peas or beans	2 tablespoons of breadcrumbs
$\frac{1}{2}$ teaspoon of salt	1 cup of onion liquor
	A few walnuts

Peel the onions and boil them until tender in the milk and water to which the salt has been added. Place them in a greased pie dish and sprinkle the peas or beans over them. Make a thick sauce, using the butter, flour, and onion liquor; season to taste and pour over the vegetables. Sprinkle with breadcrumbs and chopped nuts. Place in a moderate oven (350 degrees F.) and bake for 15 minutes to 20 minutes until the breadcrumbs are crisp. (4 to 6 servings.)

Curried Carrots with Rice

1oz. of dripping	1 chopped apple
1lb. of carrots	1 teaspoon of chutney
1 piece each of celery and turnip	Salt and pepper to taste
1 small onion	$\frac{3}{4}$ lb. of potatoes
2 teaspoons of curry powder	1oz. of flour
2 cups of hot, cooked rice	1 pint of vegetable water, stock, or water

Prepare and slice the vegetables. Melt the dripping in a saucepan and saute the sliced carrots, celery, onion, and turnip for a few minutes. Add the curry powder and fry the mixture for a further few minutes. Then add the liquid, apple, and chutney with the salt and pepper. Bring to the boil, cover, and simmer gently for about $\frac{1}{2}$ hour. Add the sliced potatoes and continue cooking the vegetables until they are tender. Mix the flour to a smooth paste with a little cold water and thicken the curry. Place in a hot dish, arrange the rice as a border, and serve very hot. (6 to 8 servings.)



HEADING PHOTOGRAPH: Onion crisp. Right—Curried carrots with rice. Photographs by Sparrow.