

For Cooking, Storing, and Carrying Food

Aluminium Foil Will Help You

... and It Has Many Other Uses

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ALUMINIUM foil is the answer to a hundred kitchen problems and has proved a most adaptable helper for cooking, storing, and carrying food. However, it has possibilities for much wider use to reduce the time every busy housewife must spend in her kitchen.

THE foil, which looks like heavy silver paper, comes in rolls of about 20 ft which vary in width from 12 in. to 20 in.—wide enough to wrap a turkey. In some countries it is available in different grades, according to weight and thickness, but only one grade is obtainable in New Zealand shops at present. It may be used double or triple thickness if heavy-duty foil is needed.

The superiority of foil over the usual kitchen wrapping materials is that, among other things, it can be easily formed and moulded to retain different shapes, for example, when it is used to cover odd sized containers. It is proof against grease and moisture and does not soften on contact with either, and it will act as an insulator to retain heat or cold fairly well in foods wrapped in it.

Foil given careful treatment can be used several times. It needs only to be wiped with a damp cloth or rinsed in soapy water, smoothed out, and dried in a warm place to make it ready for use again.

COOKING WITH FOIL

Meat Cooked in the Oven

If meat is wrapped and cooked in foil, the juices are sealed in close to the meat, keeping it moist and tender, and do not get a chance to evaporate as they would from an open pan. This method is ideal for cooking lean meats

Mould foil to cover a variety of →
containers in the refrigerator and to
prevent mingling of flavours and loss
of quality from uncovered foods.

