

RECIPES



COMPILED BY THE WAKARI BRANCH OF THE
DUNEDIN FREE KINDERGARTEN.

no milk
Anna Oyster

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FOREWORD

This Cookery Book is useful and practical. Interesting and tested recipes have been sent in by mothers of the Wakari Free Kindergarten children.

The whole of the net proceeds resulting from the sale of this publication will be used in the running and maintaining of the Wakari Free Kindergarten.

We wish to express our grateful thanks to the mothers and their friends who so willingly sent us recipes, and also wish to sincerely thank the firms who so readily assisted us by advertising in this book. You will realise it is by their generosity that this publication has been made possible. We would therefore ask you to support all the firms who have advertised in this book.

V. MILNE,
Secretary.

PRESIDENT'S REPORT

The Executive of the Wakari Free Kindergarten would like to thank the mothers and friends of the Kindergarten for their help in compiling this excellent book in aid of our funds.

P. WEIR,
President, Wakari Free Kindergarten Committee.

FISH

WHITEBAIT FRITTERS

E. J. I.

- | | |
|------------------------------|-------|
| ½ lb. whitebait | 1 egg |
| ½ level teasp. baking powder | salt |
| 2 level teasp. flour | |

Method. Put whitebait into a sieve, run water through to wash. Whip egg white stiffly. Fold in flour, baking powder, salt, egg yolk, and whitebait. Fry in hot fat, browning first one side and then the other.

HARD-BOILED EGG AND SALMON PIE

Mrs. A. D. Henderson.

- | | |
|-------------------|--------------------------|
| 1 8oz. tin salmon | 4 eggs |
| 1 pint of milk | 2 tblsp. chopped parsley |
| salt and pepper | mashed potato |
| 2 tblsp. butter | 2 tblsp. flour |

Method. Hard boil and peel four eggs. Melt two tablespoons butter in a saucepan, then blend in two tablespoons of flour. Stir in one pint of milk, a little at a time, and continue stirring until the sauce is smooth and boiling. Season with a little salt and a good dash of pepper. Turn one tin of salmon into an oven glass dish. Strain sauce over it. Halve hard-boiled eggs and set, cut side up, round the salmon. Sprinkle with two tablespoons of chopped parsley, then cover with a thick layer of mashed potato, beaten smooth with butter and milk. Bake in a moderate oven until the sauce is boiling and the potatoes a golden brown. Scatter a little finely-chopped parsley over the top to serve.

FISH PIE

Mrs. Morrell.

- | | |
|----------------------------|------------------------------|
| 1 medium sized smoked fish | 1 breakfast cup cheese sauce |
| 3 rashers bacon | seasoning to taste |
| tomatoes | |

Method. Combine the fish and sauce, put in shallow dish, pipe with mashed potato and decorate with tomato and rolled bacon rashers; put under grill to brown.

Cheese Sauce. 1 small dessertspoon butter, 1 heaped dessertspoon flour, 1 large cup of milk, salt and pepper to taste.

FISH CROQUETTES

Mrs. Clearwater.

- | | |
|-------------------------|--------------------------|
| ½ lb. cooked white fish | ½ lb. mashed potatoes |
| pinch mixed herbs | 2 teasp. chopped parsley |
| milk to bind | 1 teasp. Worcester sauce |
| egg and breadcrumbs | hard boiled egg |

Method. Flake fish finely, mix with potatoes, herbs, salt and pepper to taste, add Worcester sauce and bind stiffly with milk. Form mixture into 6 portions, roll them into sausage shapes. Brush with beaten egg, roll in breadcrumbs. Fry in deep fat until golden. Drain, garnish with sliced hard-boiled egg and parsley.

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MISCELLANEOUS

BUTTER

E. Farquharson.

To more than double its volume.

1 lb. butter
2 cups milk

2 dtsp. gelatine
pinch salt

Method. Soften butter do not let get oily. Put in beater and beat well. Dissolve gelatine in milk, heated to blood heat, stirring all the time. Add gradually to butter in beater. Keep back about 1/8th of the milk and add cold last of all. Beat well.

SOAP

Mrs. Newton.

7 lb. fat
1 lb caustic
3 tbsp ammonia

1 packet Lux
1/2 Citronella (buy this at chemists)

Method. Melt fat fairly hot until you can put your finger in it. Mix Lux with 1/2 pints of cold water, then mix caustic with 2 pints of cold water. When caustic is cold, pour into fat and lastly add Lux, ammonia and Citronella. Mix well with stick. Be extra careful of caustic.

SILVER TOWELS

V. Miles.

Put 1 quart water in an enamel saucepan and boil. To boiling water add 1/2 tablespoon of Goddards Plate Powder and 1 cup of ammonia. Stir in clean towels and boil for 5 minutes. Hang out dripping wet. Very good for drying silver. It does not have to be cleaned.

FLOOR POLISH

1 tin kerosene (large fruit tin) 1 teasp. detergent (Bliss)
1 tin boiling water 1 dtsp. floor polish

Method. Dissolve floor polish in water and let cool. Put into bottle and add kerosene and detergent. Shake bottle before using.

CLEVER MARY

Mrs. McLeod.

3 cups boiling water
1 tbsp. ammonia

1 cake sandsoap
2 tbsp. washing powder

Method. Mix all in a basin until thick.

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