

# Betty King's COOK BOOK

AN ENLARGED UP-TO-THE-MINUTE EDITION OF THE  
FAMOUS COPHA RECIPE BOOK



FEATURING BETTY KING'S NEW, EASY MELT'N'MIX RECIPES  
FOR MAKING CAKES, BISCUITS, SCONES  
PUDDINGS, PASTRY, SAUCES, ETC.





## Welcome to a feast of good cooking says Betty King

WELCOME to tender-textured cakes and crisper, more delicious cookies. Welcome to the heady pride of baking the lightest, flakiest pastry that ever melted in your mouth . . . and the new respect with which your family views your prowess as a cook.

Welcome to better cooking — with Copha.

Copha is 100% pure shortening — so pure that it keeps fresh and sweet for months, in your refrigerator or ice chest. Because Copha is tasteless and odourless, you really savour the fine flavour of good ingredients, and all your cooking tastes unbelievably rich and delicate. Because Copha contains no water and is *all* high-

grade concentrated shortening, it represents real value for your house-keeping.

Gone is the arduous task of creaming a reluctant shortening, the tiresome beating of eggs in a separate basin . . . gone with all the old uncertainty which robbed baking of much of its joy. You'll get perfect results every time you use Copha's new sure-fire Melt'n'Mix method for easier, more successful cooking.

Whether you're an old hand at the mixing bowl, or a brand-new bride baking her first cake, *you'll cook better with Copha.*

*Betty King*



## Cooking with Copha

*What can you make with Copha?*

EVERYTHING you now make with other types of shortening — and more. Copha is the one shortening you need for perfect results in all your cooking.

Use Copha for high, fluffy scones and tender pastry . . . for breathlessly light steamed puddings . . . for golden, digestible fries . . . frostings

and fillings and candies . . . and for cakes, and more cakes.

On special occasions — or to make any occasion special — use Copha for the wonderful biscuits, cakes and confections which don't even require cooking. They taste like a party — and take only minutes to make!

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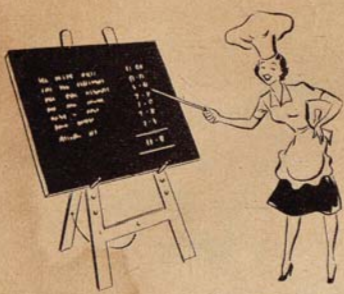
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## Cake-making Hints

1. Read recipes carefully and follow them exactly.
2. Assemble utensils and weigh or measure ingredients accurately. (See list of weights and measures at back of book). This is important as these recipes are worked out to a definite balance of ingredients.
3. Arrange oven shelves in position and preheat according to type of stove. If using an electric oven, follow chart provided for oven temperatures.
4. Ingredients should be at room temperature. Eggs, especially, should not be used straight out of the refrigerator.
5. Dried fruits should have stalks removed and be washed and thoroughly dried. This is best done when they are first bought. They may then be stored ready for use. Damp fruit sinks and makes a heavy cake.
6. Wash sugar from candied and crystallised fruit and dry.
7. Melt Copha over gentle heat. It is a good plan to remove the saucepan from the fire before Copha is quite melted, to ensure that it is barely *warm*, and *not hot*.
8. If using an electric mixer, beat on low (No. 2) speed for the same length of time as stated for a rotary beater.
9. Do not open oven door for the first 10 minutes when cakes are baking. If using an electric oven with an indicator or a gas oven with heat control it should not be necessary to open oven door till complete baking time has elapsed. If your oven has no heat control, open door as little as possible, as this quickly reduces oven temperatures and lengthens cooking time. Never slam the oven door.
10. When baked, cakes should be elastic to the touch. Test with a straw or skewer which should be free of mixture if the cake is cooked. A slight shrinkage from the side of the pan also indicates that cake is cooked. Too much shrinkage means too long or too quick baking.
11. Turn onto a cake cooler and, if difficult to remove, let stand for a few minutes rather than force out of the pan.
12. Allow cake to become quite cold before frosting and/or storing.

### COPHA PAN COAT

A number of recipe books state that cake pans should be greased and floured. This is an excellent idea as it aids browning and ensures that the baked cakes will come away from the pan easily.

I suggest that you make up some "Copha Pan Coat" which may be

stored in a jar and is always ready for use.

**Ingredients:** 4 ozs. Copha, 1 oz. flour.

**Method:** Soften Copha slightly and cream. Beat in the flour till evenly combined.

### BASIC 3 EGG RECIPE

**Ingredients:** 4 ozs. Copha, 3 eggs, 5 tablespoons milk, 1 level teaspoon salt, 1 teaspoon vanilla, 8 ozs. self-raising flour, 8 ozs. sugar.

**Preparation:** Grease and flour two 7" layer pans. Measure all ingredients carefully (eggs should not be refrigerator cold). Place eggs, sugar, vanilla and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan,

chop roughly and melt over gentle heat. It should be barely *warm*, *not hot* (test with your finger tip). Add measured milk to melted Copha.

**And Mix:** Pour the Copha and milk onto the other ingredients, except half the flour and beat with a rotary beater for five minutes. Add the remaining flour and beat 1 minute longer. Place in the prepared tins and bake in a moderate oven, 350°F. gas, 30-35 minutes.

### VARIATIONS OF 3 EGG CAKE

#### Orange Cake

1. Reduce the quantity of milk to 2 tablespoons.
2. Add grated rind of 1 orange and 3 tablespoons orange juice before beating.
3. Fill and ice the cooled cakes with Orange Frosting (see recipe Frostings Section).

#### Marble Cake

1. Divide completed mixture into 3 equal parts. Colour one portion pale pink, leave one plain and to the other add 2 level tablespoons cocoa mixed to a thick paste with a little hot water.
2. Spoon alternate colours into greased and floured cake pan (7" dia.).
3. Bake in a moderate oven (350°F. gas), 50-55 minutes.
4. Ice when cold with Simple icing. (See recipe in Frostings Section) coloured and flavoured as desired.

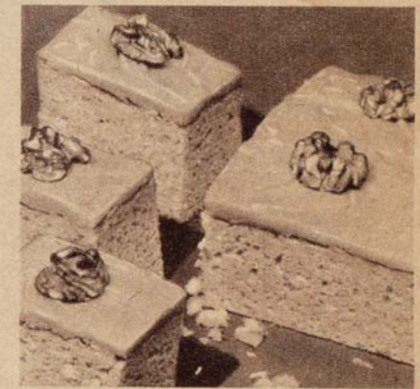
#### Banana Cake

1. Make as a layer cake in two greased and floured 7" cake pans or in a loaf tin 9 x 4 x 2½".
2. Mash 2 ripe bananas and add to mixture before beating.
3. Use a moderately hot oven (350°F. gas). Allow 30-35 minutes in layer pans and 65 minutes in loaf pan.

4. Fill and ice with Snowdrift Frosting (see recipe in Frostings Section).

#### Caramel Spice Cake

1. Use 8 ozs. brown sugar in place of white.
2. Add 1 level teaspoon cinnamon and ½



- level teaspoon nutmeg when sifting flour.
3. Bake in a greased and floured square cake pan (9 x 9 x 2") in a moderate oven (350°F. gas) 35 minutes.
4. Ice when cold with Caramel Frosting (see recipe Frostings Section).

### BASIC 2 EGG RECIPE

**Ingredients:** 3 ozs. Copha, 8 ozs. sugar, 8 ozs. self-raising flour, 2 eggs, ¼ pt. (6 tablespoons) milk, 1 level teaspoon salt, 1 teaspoon vanilla.

**Preparation:** Grease and flour one 9 x 9 x 2" square tin. Measure all ingredients carefully (eggs should not be refrigerator cold). Place sugar, eggs, vanilla and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan,

chop roughly and melt over gentle heat. It should be *warm*, *not hot* (test with your finger tip). Add milk to melted Copha.

**And Mix:** Pour the Copha and milk onto the other ingredients except half the flour and beat with a rotary beater for 5 minutes. Add remaining flour and beat 1 minute longer. Pour into prepared tin and cook in a moderate oven (350°F. gas) for 30-35 minutes.





**ORANGE CAKE**  
(See page 5 for recipe)



### *Chocolate Cake*

Follow Basic 2 egg recipe, but:

1. Use 5 ozs. Copha instead of 3 ozs.
2. Increase milk from 6 tablespoons to 9 tablespoons.
3. Add 2 tablespoons cocoa to the flour before sifting.
4. Bake in 2 greased and floured layer pans (6" square or 7" round) in a moderate oven, 350°F. gas, 30-35 minutes.
5. Fill and ice when cold with Creamy Chocolate Frosting or Champagne Frosting (see recipe Frostings Section).



### *Coffee Layer Cake*

Follow Basic 2 egg recipe, but:

1. Use 5 tablespoons milk and 1 tablespoon Coffee Essence instead of 6 tablespoons milk.
2. Use 2 greased and floured 7" sandwich tins and bake 30-35 minutes in a moderate oven (350°F. gas).
3. Join together and ice when cold with Mocha Frosting (see recipe Frostings Section).



### *Coconut Cake*

Follow Basic 2 egg recipe, but:

1. Add 3 ozs. coconut with the second addition of flour.
2. Bake in a greased and floured loaf pan (9 x 4 x 2½") in a moderate oven, 350°F. gas, 50-55 minutes. A tin 9 x 9 x 2" may be used, baking for 35 minutes.
3. Frost, when cool, with Coconut Ice Frosting (see recipe Frostings Section).



## BASIC ONE-EGG RECIPE

**Ingredients:** 2 ozs. Copha, 4 ozs. sugar, 5 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{2}$  teaspoon essence, 1 egg, 4 tablespoons milk.

**Preparation:** Grease a 7" layer pan. Place the sugar, egg, essence and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place the Copha in a small saucepan, chop roughly and melt over gentle heat. It should be barely *warm*, not

*hot* — test with your fingertip. Add the measured milk to melted Copha.

**And Mix:** Pour Copha and milk onto ingredients in mixing bowl. Beat with a rotary beater for 5 minutes. Add remaining flour and beat 1 minute longer. Place in prepared tin and bake in a moderate oven, 350°F. gas, 30-35 minutes.

Frost when cold with your favourite frosting.

## VARIATIONS OF ONE-EGG CAKE

### Mocha Nut Cake

1. Add 1 level tablespoon cocoa when sifting flour.
2. Use 5 instead of 4 tablespoons milk.
3. Add 1 dessertspoon coffee essence to measured milk.
4. Add 1 oz. mixed nuts with last portion of flour.
5. Frost when cold with Mocha Frosting (half quantity of recipe in Frostings and Fillings Section).

### Orange Cake

1. Add the grated rind of 1 large orange to the mixture.
2. Use 1 tablespoon orange juice and 3 tablespoons milk, instead of 4 tablespoons milk.
3. Frost when cold with Orange Frosting (half quantity of recipe in Frosting and Fillings Section).

### Cherry and Walnut Cake

1. Add the following ingredients with the second portion of flour:— $\frac{1}{2}$  cup crystallised cherries (washed and chopped),  $\frac{1}{2}$  cup chopped walnuts.
2. Ice when cool and decorate with cherries and walnuts if desired.



### Patty Cakes

1. Grease 15-16 patty pans or set out the same number of paper patty cases. Paper cases keep their shape better, if standing in patty pans.
  2. Fill patty pans to about  $\frac{2}{3}$  full.
  3. Bake in a moderate oven, 375°F. gas, about 15 minutes.
  4. Ice and decorate as required when cold.
- Note:** Fruit Patty Cakes. Add  $\frac{1}{2}$  cup sultanas, chopped dates, or mixed fruit to the mixture.

### Ginger Cakes

1. Use brown instead of white sugar.
2. Add 1 dessertspoon golden syrup with sugar.
3. Add 1 level dessertspoon ground ginger and 1 level teaspoon cinnamon when sifting flour and salt.
4. Bake in greased patty pans or paper cases in a moderate oven, 375°F. gas, 15 minutes.
5. Ice, when cold, with lemon flavoured icing and decorate if desired.
6. Makes 16-18 cakes.



### Chocolate Date Cake

1. Add 2 level tablespoons cocoa when sifting flour.
2. Add 1 tablespoon milk extra.
3. Add  $\frac{1}{2}$  cup chopped dates mixed with second portion of flour.
4. Frost when cold with Creamy Chocolate Frosting (see Frostings and Fillings Section).



### Lemon Cake (1 egg)

**Ingredients:** 2 ozs. Copha, 4 ozs. sugar, 5 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, grated rind 1 lemon, 1 egg, 4 tablespoons milk.

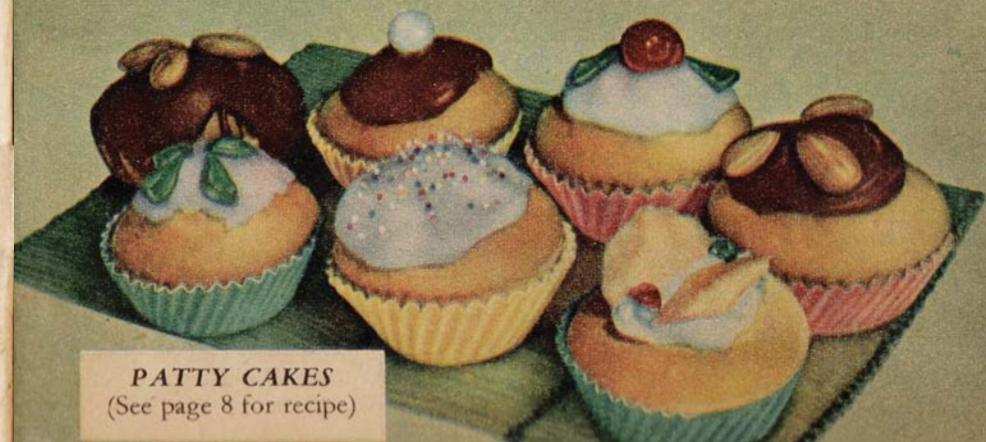
**Preparation:** Grease a 7" layer pan. Place sugar, egg, lemon rind and half sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely *warm*, not *hot*—test

with your fingertip. Add the measured milk to melted Copha.

**And Mix:** Pour Copha and milk onto ingredients in mixing bowl. Beat with a rotary beater for 5 minutes. Add remaining flour and beat 1 minute longer. Pour into prepared tin and bake in a moderate oven, 350°F. gas, 30-35 minutes.

**Frosting:** Frost with Lemon Delight Frosting. See page 15.



**PATTY CAKES**  
(See page 8 for recipe)



# Melt'n'Mix recipes for other favourite cakes

## Chocolate Marshmallow Cake

**Ingredients:** 3 ozs. Copha, 5 ozs. sugar, 1 egg, 1 heaped tablespoon cocoa, 6 ozs. self-raising flour,  $\frac{1}{4}$  pint milk,  $\frac{1}{2}$  level teaspoon salt.

**Preparation:** Grease and flour an 8" recess tin. Weigh and measure all ingredients carefully. Egg should not be refrigerator-cold. Place sugar, egg, and half the flour, cocoa and salt, which have been sifted together, in a mixing bowl.

**Now Melt:** Chop Copha roughly, place in a saucepan, and melt over gentle heat. It should be barely *warm, not hot* (test with your fingertip). Add milk to melted Copha.

**And Mix:** 1. Add milk and Copha to ingredients in mixing bowl and beat with a rotary beater for 5 minutes.

2. Add remainder of flour and beat for 1 minute longer. Bake in a moderate oven, 350°F. gas, for 35 minutes.

3. Turn on to a cake cooler, and when cold pour Chocolate Icing over the bottom and edges of the recess, fill with Marshmallows (see recipe Frostings and Fillings) and partly cover sweets with icing, to give a brown and white effect.

## Cream Puffs or Eclairs

**Ingredients:**  $\frac{1}{2}$  pt. water, 1  $\frac{1}{2}$  ozs. Copha, 4 ozs. self-raising flour, 3 eggs, half level teaspoon salt.

1. Bring Copha and water to boiling point, add flour and salt and stir until thoroughly cooked — about 2 minutes. Remove from heat and cool.

2. Add eggs singly, beating well with a wooden spoon after each addition.

3. When perfectly smooth, drop in small spoonfuls on well greased trays and bake in a hot oven, 400°F. gas, 25 to 35 minutes, according to size. Puffs should be round and eclairs finger-shaped.

4. When cool cut open at the side and fill with whipped cream or substitute.

Eclairs may be iced with Chocolate or Coffee Icing and cream puffs dusted with icing sugar before serving.

**Note:** Chilled Mellah (Vanilla, Caramel or Chocolate flavour) makes an excellent filling.

## Sponge Sandwich

**Ingredients:**  $\frac{1}{2}$  oz. Copha, 3 eggs, 4 ozs. sugar, 4 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 2 tablespoons milk.

1. Grease and flour two 7" layer pans.  
2. Beat egg whites and salt till stiff, but not dry.

3. Beat in egg yolks, then add sugar gradually and beat till the mixture is thick and the sugar dissolved.

4. Fold in sifted flour, then Copha and milk which have been just heated to boiling point.

5. Pour into prepared pans and bake in a moderate oven, 350°F. gas, 20 minutes.

6. Turn onto a cake cooler. Fill and ice as required when cool.

## Prune Bar

**Ingredients:** 4 ozs. Copha, 6 ozs. sugar, 8 ozs. self-raising flour, 1 egg, 1 level teaspoon salt, 4 ozs. prunes,  $\frac{1}{2}$  level teaspoon bi-carbonate of soda,  $\frac{1}{4}$  pint (6 tablespoons) boiling water.

**Preparation:** Stone and chop the prunes. Add boiling water and soda; allow to stand  $\frac{1}{2}$  hour, then mash the prunes in the water. Grease and flour a 9 x 4  $\frac{1}{2}$  x 2  $\frac{1}{2}$ " loaf pan. Measure all ingredients carefully. Place everything except Copha and half the sifted flour in the mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat — it should be barely *warm, not hot* — (test with your fingertip).

**And Mix:** Pour the Copha on to the other ingredients (except half the flour) and beat vigorously for 5 minutes with a rotary beater, or for 8 minutes with a wooden spoon. Add remaining flour and beat one minute. Bake in a moderate oven, 350°F. gas, for 55 minutes. Allow to cool in pan before turning out.

When cold, ice with Lemon Delight Frosting and decorate with sliced prunes.

## Jam Coffee Cake

**Ingredients:** 3 ozs. Copha,  $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon essence, 8 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, jam (berry or dark plum) — about 2 tablespoons.

**Topping:**  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{4}$  cup chopped nuts, 1 teaspoon cinnamon, 1 level tablespoon flour, 1 tablespoon finely crushed Kellogg's Corn Flakes,  $\frac{1}{2}$  oz. Copha (melted).

### METHOD — TOPPING

Combine dry ingredients and mix in melted Copha.

### METHOD — CAKE

**Preparation:** Grease and flour a slab cake tin (11 x 7  $\frac{1}{2}$  x 1  $\frac{1}{2}$ "). Place sugar, egg, essence and half sifted flour and salt in a basin.

**Now Melt:** Place Copha in a saucepan, chop roughly, and melt over gentle heat. It should be barely *warm, not hot*. Add measured milk to melted Copha.

**And Mix:** Pour Copha and milk on to ingredients in basin and beat with a rotary beater for 3 minutes. Add remaining half of flour and beat 1 minute longer.

Place about three-quarters of this mixture in prepared tin and dot with the jam. Cover with remaining mixture and sprinkle with topping. Bake in a moderate oven (350°F. gas) 35 to 40 minutes. Turn on to a cake cooler and serve plain or with butter if desired.

## Economical Luncheon Cake

**Ingredients:** 3 ozs. Copha, 1 egg, 5 ozs. sugar, 6 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 4 tablespoons milk, 1 cup sultanas, 2 ozs. chopped peel.

**Preparation:** Grease and flour a 9 x 3  $\frac{1}{2}$  x 2  $\frac{1}{2}$ " loaf pan. Weigh and measure all ingredients carefully. Place sugar, egg, and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly, and melt over gentle heat. It should be barely *warm, not hot* (test with your fingertip). Add milk to melted Copha.

**And Mix:** 1. Add Copha and milk to ingredients in mixing bowl and beat with a rotary beater for 5 minutes. Add remaining half of flour and beat 1 minute longer. Stir in sultanas and peel.

2. Pour into prepared pan and bake in a moderate oven (350°F. gas) for 55 minutes.

## Apple Cake

**Ingredients:** 3 ozs. Copha, 4 ozs. sugar, 1 egg, 6 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, essence, 3 tablespoons milk, 1 apple, 1 dessertspoon sugar, 1 teaspoon cinnamon.

**Preparation:** Grease a 7" layer pan. Place sugar, egg, essence, and half the sifted flour and salt in a basin.

**Now Melt:** Place Copha in a saucepan and chop roughly. Melt over gentle heat. It should be barely *warm, not hot*. Add measured milk to melted Copha.

**And Mix:** Pour Copha and milk on to ingredients in basin and beat with a wooden spoon 2 minutes. Add remaining flour and beat 1 minute longer. Place three-quarters of mixture in prepared tin and cover with a generous layer of thinly sliced raw apple. Spread remaining mixture over apple and sprinkle with the combined cinnamon and sugar. Place in a moderate oven (350°F. gas) and bake 40 to 45 minutes.

## Caramel Banana Cake

**Ingredients:** 3 ozs. Copha, 5 ozs. brown sugar, 6 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 1 egg, 4 tablespoons milk, pulp of 1 mashed banana.

**Preparation:** Grease and flour a 9 x 4 x 2  $\frac{1}{2}$ " loaf pan. Weigh and measure all ingredients carefully. Place in a mixing bowl brown

sugar, egg, and half the sifted flour and salt. **Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely *warm, not hot* (test with your fingertip). Add milk to melted Copha.

**And Mix:** 1. Add milk and Copha to ingredients in mixing bowl, and beat with a rotary beater for 5 minutes. Add remaining flour and beat for 1 minute longer. Fold in mashed banana.

2. Pour into prepared tin and bake in a moderate oven, 350°F. gas, for 40-45 minutes.

## Ginger Cakes

**Ingredients:** 2 ozs. Copha, 2 ozs. brown sugar, 4 ozs. plain flour, 1 level teaspoon cinnamon or spice, 1 level dessertspoon ground ginger, 1 dessertspoon golden syrup, 1 level teaspoon bi-carbonate of soda, 1 tablespoon milk, 1 egg,  $\frac{1}{2}$  level teaspoon salt.

**Preparation:** Grease and flour patty tins or prepare patty paper cases. Measure all ingredients carefully (milk and eggs should not be refrigerator cold). Place everything except Copha, milk, soda, and half the sifted flour in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly, and melt over gentle heat. It should be barely *warm, not hot* (test with your fingertip). Add measured milk to melted Copha.

**And Mix:** Pour Copha and milk on to the other ingredients, except half the flour and soda, beat with a rotary beater 3 minutes. Add remaining flour and soda sifted together and beat 1 minute. Spoon into patty tins or paper cases and cook in a quick oven, 400°F. gas, 10-12 minutes.

Makes 1 dozen cakes.

## Fairy Cakes

**Ingredients:** 3 ozs. Copha, 2 eggs,  $\frac{1}{4}$  pt. milk, 1 teaspoon vanilla, 6 ozs. sugar, 1 level teaspoon salt, 8 ozs. self-raising flour, 1 oz. cornflour.

**Preparation:** Grease and flour patty tins. Measure all ingredients carefully (milk and eggs should not be refrigerator-cold). Place everything except Copha, milk, cornflour and half the sifted flour in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly, and melt over gentle heat. It should be barely *warm, not hot* (test with your fingertip). Add measured milk to melted Copha.

**And Mix:** Pour the Copha and milk on to the other ingredients except half the flour and cornflour, and beat with a rotary beater for 5 minutes. Add the remaining flour and cornflour and mix well. Place in greased tins and cook in a moderate oven, 400°F. gas, 15 minutes. Leave plain or when cool ice and decorate as you wish.

Makes 2 dozen cakes.





### Lamingtons

Make Basic 2 egg cake (see recipe page 5). Then follow these directions.

1. It is advisable to allow cake to stand 12-24 hours before cutting.
2. Cut into small blocks as required.
3. Support on a two-pronged fork (e.g. carving fork) and coat with Chocolate Icing (see recipe Frostings Section).
4. Toss in coconut to cover evenly and stand on waxed or greaseproof paper to set.
5. Stand the container of icing over hot water to prevent it setting while coating Lamingtons.



### All-Bran Tea Cake

**Ingredients:** 2 ozs. Copha, 1 cup Kellogg's All-Bran,  $\frac{3}{4}$  cup milk, 7 ozs. self-raising flour, 1 egg, 4 ozs. brown sugar, raspberry jam, 1 level teaspoon salt.

**Preparation:** Soak All-Bran in the milk. Weigh ingredients, and place sugar, egg, and half the sifted flour and salt in a basin.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely warm, not hot.

**And Mix:** 1. Add All-Bran, milk and melted Copha to ingredients in bowl and beat with a wooden spoon for 1 minute. Add remaining flour and mix through evenly. 2. Place  $\frac{2}{3}$  of the mixture in a greased and floured loaf tin 9 x 4  $\frac{1}{2}$  x 2  $\frac{1}{2}$ ", spread with raspberry jam, then add remaining  $\frac{1}{3}$  of batter. 3. Bake in a moderately hot oven, 375°F. gas, 40-45 minutes. Serve when cold in buttered slices.



### Boiled Fruit Cake (1 egg)

**Ingredients:** 1 lb. mixed fruit, 4 ozs. Copha, 6 ozs. brown sugar, 1 cup water, 1 rounded tablespoon marmalade, 1 egg, 6 ozs. self-raising flour, 4 ozs. plain flour, 2 level teaspoons spice, 1 level teaspoon salt.

1. Line a cake tin (6" square) with greaseproof paper.
2. Place Copha, sugar, water, marmalade and fruit in a saucepan. Bring to boiling point, stirring well. Pour into basin and allow to cool.
3. Add egg and sifted flours, spice and salt. Mix well to combine all ingredients evenly.
4. Place in prepared tin and bake in an oven barely moderately hot, 325°F., 2 hours.



### Christmas Cake

**Ingredients:** 8 ozs. Copha, 8 ozs. brown sugar, 5 eggs, 8 ozs. plain flour, 2 ozs. self-raising flour, 1 level teaspoon salt, 2 level teaspoons spice, 1 tablespoon coffee essence or Parisian Essence, 2 pkts. (1  $\frac{1}{2}$  lbs.) mixed fruit,  $\frac{1}{2}$  lb. chopped dates or prunes, 2 ozs. crystallised cherries, 2 ozs. blanched almonds, 4 ozs. glazed apricots, candied peel or crystallised pineapple, 5 tablespoons rum, sherry or brandy.

#### Preparation:

1. Line a cake tin (8" round or 7" square) with brown paper, then greaseproof paper.
2. Prepare all fruit and nuts and place in a basin with the rum or sherry. Mix well.
3. Place sugar, eggs, coffee essence and half the sifted flour, salt and spice in a large mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely warm, not hot — test with your fingertip.

**And Mix:** Pour Copha onto ingredients in mixing bowl and beat 3 minutes with a rotary beater. Add remaining flour alternately with fruit, mixing with a wooden spoon to combine thoroughly.

Place in an oven, barely moderately hot (300°F.) and bake in a slowly decreasing heat 2  $\frac{1}{2}$  to 3 hours.

Leave cake in tin standing on a cake cooler till quite cold.

Frost with Xmas Frosting and decorate as desired.

#### SPECIAL XMAS FROSTING

**Ingredients:** 1 oz. Copha,  $\frac{1}{2}$  lb. crystal sugar, 3 tablespoons milk. 1 extra dessert-spoon milk, almond, lemon or vanilla essence.

Place Copha, sugar and the 3 tablespoons of milk in a saucepan. Stir till the sugar is dissolved and the mixture boils. Boil quickly, without stirring, till a little will form a soft ball when tested in cold water (about 1  $\frac{1}{2}$  minutes).

Pour into a basin to cool. Beat till creamy and beginning to thicken. Add extra milk and essence. Continue beating till of the consistency required for spreading on cake.

**Note:** This is sufficient frosting for the top of the cake. Make 3 times this quantity for top and sides.



## "Let's have a party!"

Exciting words — but they *could* entail for you a lot of hard work. Why not save yourself hours of baking by high-lighting your hospitality with some of Copha's famous party specials? They're easy to make — hard to resist — fabulous to eat. And here they are — all your old favourites, from Chocolate Crackles to Chocolate Biscuit Cake, plus an impressive line-up of new winning numbers.

P.S. Don't *wait* for a party — make some today!

### COPHA Party Specials

The object of this section is to give you recipes for cookies, cakes and confections, which may be produced without any actual baking.

Such recipes will, I feel, be ap-

preciated because of the speed of preparation, and from the point of view of fuel economy or shortage.

May I suggest that recipes of this type are ideal for those first cooking lessons for your small daughter. She can learn weights, measurements and method and produce something good to eat without danger of burnt fingers.



### Chocolate Snowballs

**Ingredients:** 1 cup (crushed) Kellogg's Corn Flakes, 1 cup cake or biscuit crumbs, 3 level tablespoons coconut, 1 level tablespoon icing sugar, 2 level tablespoons cocoa,  $\frac{1}{2}$  level teaspoon salt, 3 ozs. Copha, 1 tablespoon raspberry jam, 1 tablespoon Sherry, extra coconut for covering.

**Preparation:** Combine all dry ingredients in a basin.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat; it should be *warm, not hot*. Add jam and sherry to Copha.

**And Mix:** Pour liquid onto dry ingredients and mix well to combine evenly. Take portions of mixture and roll lightly into balls. Toss in coconut and place on a tray covered with waxed or greaseproof paper.

Stand in a cool place till firm.

This mixture makes 18.

### Chocolate Biscuit Cake

**Ingredients:** 5 ozs. Copha, 2 tablespoons milk,  $\frac{1}{2}$  lb. icing sugar, 1 teaspoon vanilla, 2 level dessertspoons cocoa,  $\frac{1}{2}$  lb. biscuits (coffee, malt or any plain biscuits may be used and it is wise to allow them to soften slightly by exposure to the air).

**Preparation:** Line a straight sided cake tin (6" square is suitable) with greaseproof paper. Sift icing sugar and cocoa into a basin.

**Now Melt:** Place Copha in a saucepan and chop roughly. Add milk and heat till Copha is melted. Add Vanilla.

**And Mix:** Pour melted Copha and milk onto icing sugar and cocoa, mixing to form a smooth icing. Place alternate layer of Chocolate mixture and biscuits in prepared tin — beginning and finishing with a layer of Chocolate mixture. Place in a cool place to set. Remove from tin and serve in slices.

### Chocolate Delight

**Ingredients:** 4 ozs. Copha,  $\frac{1}{2}$  lb. Coffee (or similar) biscuits finely broken, 1 oz. cocoa,  $\frac{1}{2}$  cup crushed walnuts, 1 teaspoon vanilla.

**Preparation:** Line a shallow tin (6" square) with greaseproof paper. Combine all the ingredients except Copha into a mixing bowl.

**Now Melt:** Place Copha in a saucepan and chop roughly. Melt over gentle heat.

**And Mix:** Pour melted Copha onto dry ingredients and mix thoroughly. Press out into prepared tin and allow to set. Ice with Chocolate Icing if desired, then cut into squares or fingers.

### Fruit and Nut Fudge

**Ingredients:** 4 ozs. Copha, 1 lb. icing sugar,  $\frac{1}{2}$  lb. fine coconut, 2 egg whites, 1 teaspoon vanilla, 3 ozs. chopped nuts, 3 ozs. chopped sultanas, 3 ozs. candied peel (chopped).

**Note:** Crystallised cherries or ginger may be substituted for peel.

**Preparation:** Line a shallow tin (7" to 8" square is suitable) with greaseproof paper. Sift icing sugar into a basin, mix in coconut, fruit, nuts, vanilla and slightly beaten egg whites.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat.

**And Mix:** Pour melted Copha onto other ingredients and stir to combine thoroughly. Press out into prepared tin and allow to set in a cool place. Cut into blocks when firm.

### Ginger Cotton Tops

**Ingredients:** 8 ozs. ginger biscuits, 4 ozs. chopped sultanas, 3 ozs. Copha, 2 tablespoons golden syrup.

**Topping:** 2 ozs. Copha, 4 ozs. sifted icing sugar, 1 teaspoon grated lemon rind.

**Preparation:** Set out about 16 paper patty cases. Crush biscuits finely and mix with sultanas and syrup.

**Now Melt:** Place Copha in a saucepan and chop roughly. Melt over gentle heat.

**And Mix:** Pour melted Copha onto other ingredients and mix all well together till crumbs are moistened. Press firmly into paper patty cases and leave till set.

Make topping by creaming ingredients thoroughly then swirl on top of each cake. This mixture makes 15-18 cakes.



**CHOCOLATE BISCUIT CAKE**  
(See recipe opposite page)



## Prizewinning Melt'n'Mix Pastry

EVERYBODY likes pastry — if it's light, tender, . . . if it's **Copha** pastry. From today on, you can forget all those old-fashioned notions about pastry being difficult to make. Just follow the easy, sure-fire Melt'n'mix recipes we've evolved for you in the Betty King kitchen. You can forget tedious "rubbing-in" of flour and shortening forever — just Melt'n'Mix for wonderful, crisp pastry that literally melts in your mouth. Even if you're a beginner, you'll find you've become an expert overnight!

### HINTS FOR HANDLING PASTRY DOUGH

1. Work in a cool place if weather is warm.
2. Melted Copha should be just *warm, never hot*.
3. Use a minimum of flour on board.
4. Keep board and rolling pin free from mixture to ensure even rolling without sticking.
5. Lift pastry by rolling around rolling pin, then unrolling over pie or pie plate.
6. Should pastry become too firm in the cold weather, knead or mould between the hands and the warmth will quickly soften it. Left-over pastry may be wrapped and stored then worked up in this way when required.
7. Pie or tartlet shells (cooked without filling) should be pierced well with a fork before baking.
8. The tops of sweet pies may be glazed before baking by first brushing with egg-white or cold water and then sprinkling with sugar.
9. Baked pie shells should be quite cold before adding the cooled filling.
10. A hot oven, 450°F, gas, should be used for all pastry except cake or biscuit pastry.

### PASTRY RECIPES

#### Cheese Pastry (Melt'n'Mix Method)

**Ingredients:** 3 ozs. Copha, 8 ozs. self-raising flour, 1 level teaspoon salt,  $\frac{1}{2}$  level teaspoon cayenne pepper, 4 ozs. cheese (grated), 2 tablespoons cold water.

**Preparation:** Sift flour, salt and cayenne into basin. Mix in cheese.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely *warm, not hot* — test with your fingertip. Add water to Copha.

**And Mix:** Pour melted Copha onto the ingredients in mixing bowl and mix to a firm dough. Roll thinly and cut as required. Bake in a hot oven, 450°F.

Use as a pie shell or tartlets for savoury filling, e.g. creamed fish, macaroni cheese, sweet corn, etc.

For cheese biscuits, roll thinly and cut into small shapes. Place on slides and pierce

each several times with a fork. Bake about 10 minutes.

#### Basic Melt'n'Mix Short Crust Pastry

**Ingredients:** 4 ozs. Copha, 3 tablespoons water, 1 tablespoon milk, 8 ozs. self-raising flour, 1 level teaspoon salt.

1. Chop Copha roughly and place in mixing bowl.

2. Bring water and milk to the boil and pour over Copha in basin.

3. Beat with a fork till smooth and white, like whipped cream.

4. Add sifted flour and salt and stir with quick round-the-bowl strokes to form a medium firm dough.

5. Roll as required on a floured board and bake in a hot oven, 450°F, gas.

**Note:** Sufficient for 2 pie shells (8") or 1 double crust pie (8") or 2 $\frac{1}{2}$  dozen tartlets.

#### Rough Puff Pastry

**Ingredients:** 4 ozs. Copha, 8 ozs. plain flour, 1 level teaspoon baking powder (or 4 ozs. plain flour, 4 ozs. self-raising flour), 1 level teaspoon salt, 7 tablespoons cold water, 1 dessertspoon lemon juice, 1 egg yolk.

1. Sift flour, salt and baking powder into a basin.

2. Add Copha in pieces about the size of a small nut and mix lightly with flour. Do not rub in.

3. Combine egg yolk, water and lemon juice then add to dry ingredients. Mix lightly to a soft dough and knead slightly.

4. Roll on a floured board into a long strip.

5. Fold into 3 then into 2, the opposite way. Roll to size and shape required.

6. Bake in a hot oven 450°F, gas.

7. Use as a topping for meat or apple pies, for sausage rolls, patties, etc.

8. Do not decorate edges by pinching together as this prevents the flakes rising.

9. For cutting use a knife or cutter heated by dipping in boiling water.

#### Biscuit or Cake Pastry

**Ingredients:** 1 $\frac{1}{2}$  ozs. Copha, 1 oz. sugar, 5 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 1 egg.

**Preparation:** Place sugar, egg and half the sifted flour and salt in a basin.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat. It should be barely *warm, not hot* — test with your fingertip.

**And Mix:** Add melted Copha to ingredients in basin and beat 2 minutes. Add remaining flour and work in to form a firm dough. Roll thinly and use as required for a pie shell or tartlets. Pierce pastry well with a fork if baking without a filling. Bake in a moderate oven 350°F.

**Makes:** 1 pie shell (9") bake 20 minutes. 1 $\frac{1}{2}$  doz. tartlets — bake 12 to 15 minutes.

#### Corn Flakes Pastry

**Ingredients:** 3 cups Kellogg's Corn Flakes,  $\frac{1}{4}$  cup sugar, 3 ozs. Copha (melted — *not hot*), 1 level teaspoon cinnamon or grated rind of 1 lemon.

**Method:** 1. Crush Corn Flakes finely by rolling with a rolling pin.

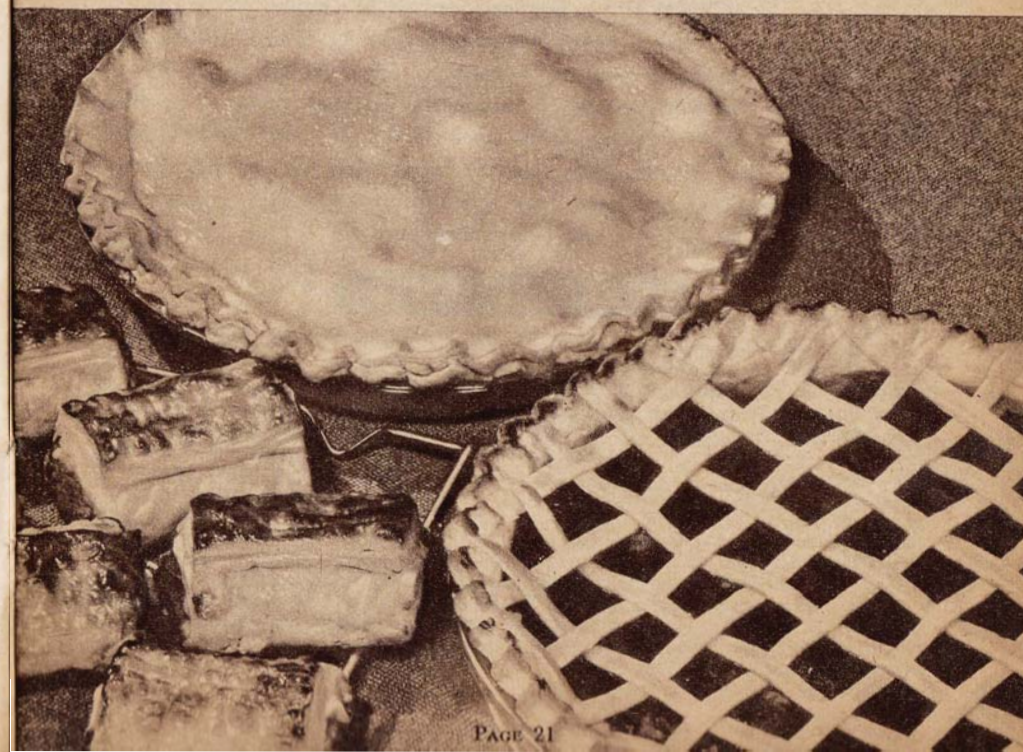
2. Place in a basin with sugar and flavouring and mix well.

3. Add melted Copha and stir to combine evenly.

4. Place mixture in a greased pie plate (8" to 9") and press out to cover sides and bottom evenly.

5. Stand in a cool place (e.g. refrigerator or ice chest) to become quite firm before adding the cooled filling.

6. Individual cases may be made by pressing mixture into paper patty cases and allowing to set.







### Coconut Jam Drops

**Ingredients:** 4 ozs. Copha, 1 egg, 1 tablespoon milk, pinch salt, 2 ozs. sugar, 6 ozs. self-raising flour, 2 ozs. coconut, jam, extra coconut.

**Preparation:** Place egg, milk, sugar and half the flour and salt sifted together in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be barely *warm*, not *hot*.

**And Mix:** 1. Add melted Copha to other ingredients and beat for 3 minutes with a wooden spoon. Add remaining flour and coconut and beat 1 minute longer.

2. Take a teaspoon of mixture, make into a small ball, press a hole in the centre, put in a little jam and pinch together to cover the jam.

3. Roll in coconut, place on greased tin and bake in a moderate oven, 350°F. gas, 15-20 minutes.

Makes 3 dozen cookies.



### Brown Fruit Fingers

**Ingredients:** 4 ozs. Copha, 6 ozs. brown sugar, 1 egg, 1½ cups self-raising flour, ½ level teaspoon salt, ½ cup coconut, 1 cup Kellogg's Bran Flakes, 1 cup sultanas or chopped dates.

**Preparation:** Grease a slab-cake tin (8 x 10"). Place all ingredients except Copha in a mixing bowl.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat. It should be barely *warm*, not *hot*.

**And Mix:** Pour Copha over other ingredients and work in well to form a very dry mixture. Press out into prepared tin. Bake in a moderately hot oven, 350°F. gas, 25-30 minutes. Cut into fingers while hot and allow to cool in tin.



### Butterscotch

### Refrigerator Cookies

**Ingredients:** 4 ozs. Copha, 4 ozs. brown sugar, 1 egg, ½ teaspoon vanilla, 8 ozs. self-raising flour, 2 ozs. chopped nuts, ½ level teaspoon salt.

**Preparation:** Place all ingredients except Copha, nuts and half the flour in a mixing bowl.

**Now Melt:** Place the Copha in a saucepan, chop roughly, and melt over gentle heat.

**And Mix:** Add Copha to other ingredients in mixing bowl. Beat for 3 minutes with a wooden spoon. Add remaining flour and nuts and mix through firmly. Shape into a roll, wrap in greaseproof paper. Chill until firm. Cut in ½" slices, glaze with egg or milk and cook in a moderate oven, 350°F. gas, about 15 minutes.

Makes about 4 dozen cookies.



## Scone Secrets

HOW OFTEN it happens — the very day you want to impress people with your scones they sit down in the oven! Yet on other occasions they rise to prize-winning proportions.

If you have often wished you could take the guesswork out of scone-making you'll be delighted with this sure-fire Copha method. It's easier than the old-fashioned way of making scones . . . it's quicker because you add the shortening *melted* instead of tediously rubbing it in . . . and it's better because it gives you guaranteed results.

Even if you've never made scones before, follow this simple new Melt'n' Mix technique and you will be rewarded with high fluffy scones every time . . .



### BASIC MELT'N'MIX SCONE RECIPE

**Ingredients:** 1 oz. Copha, 2 cups self-raising flour, 1 level teaspoon salt, milk (¾-1 cup see method), 1 level tablespoon sugar.

**Preparation:** Place sugar, sifted flour and salt into a basin.

**Now Melt:** Place Copha in saucepan and melt over gentle heat. It should be barely *warm*, not *hot* — test with your fingertip. Pour melted Copha into measuring cup,

and then add sufficient milk to make 1 cup liquid in all.

**And Mix:** Add the liquid to dry ingredients. Then stir with a knife to form a soft dough.

Knead slightly on a lightly floured board and press out ½" thick. Cut into scones and place on an ungreased slide. Bake in a hot oven, 450°F. gas, 12 minutes.

Makes 15 scones using 2" cutter.



## Cheese Scones

Add  $\frac{1}{2}$  cup grated cheese (well flavoured) and  $\frac{1}{2}$  level teaspoon cayenne pepper to the dry ingredients. Mix according to recipe. Glaze scones with a little milk and sprinkle with extra grated cheese before baking.

## Fruit Scones

Add an extra tablespoon sugar and  $\frac{1}{4}$  cup dried fruit to dry ingredients. A beaten egg may be used in place of some of the milk if desired.

## Drop Scones

Place dessertspoonsful of mixture straight on to lightly greased trays. These bake into crusty roughly shaped scones.

## Girdle Scones

Press dough out to barely  $\frac{1}{2}$ " thick and cut into rounds. Pre-heat girdle iron or electric hot plate thoroughly then lower heat. Grease very lightly with Copha and cook scones 3 to 4 minutes on each side.

## All Bran Muffins

**Ingredients:** 1 cup Kellogg's All-Bran, 2 ozs. Copha,  $1\frac{1}{2}$  cups self-raising flour,  $\frac{1}{2}$  cup crystal or brown sugar, 1 egg,  $\frac{1}{2}$  level teaspoon salt,  $\frac{3}{4}$  cup milk.

**Preparation:** Grease and flour muffin pans. Weigh and measure all ingredients accurately (egg and milk should not be refrigerator-cold). Soak All-Bran in milk. Place sugar, egg, and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat. It should be *barely warm, not hot*, (test with your fingertip).

**And Mix:** Add All-Bran and milk to ingredients in basin. Pour in melted Copha and beat with a wooden spoon for two minutes. Add remaining flour and beat one minute longer.

Two-thirds fill greased muffin or deep patty pans with mixture. Bake in a moderately hot oven, 400°F. gas, 15-20 minutes.

## Spicy Scone Ring

**Ingredients:** 1 quantity Melt'n'Mix Scone mixture, made up with the addition of  $\frac{3}{4}$  cup sultanas and 1 tablespoon sugar.

**Topping:**  $\frac{1}{2}$  cup brown sugar, 1 tablespoon nut crumbs, 2 level teaspoons cinnamon (mix all together).

1. Grease a ring-cake pan (7" to 8").
2. Press out scone dough (about  $\frac{1}{2}$ " thick), and cut into fifteen 2" rounds.
3. Brush the top of each with melted Copha

and sprinkle generously with the topping.

4. Arrange scones sideways in ring pan, so that the top of one scone is touching the base of the next. Brush top with melted Copha and sprinkle with remaining topping.
5. Bake in a hot oven (400°F. gas), 20-25 minutes.

Cool on cake cooler then separate into sections and serve with butter.

## Butterscotch Whirls

**Ingredients:** 1 quantity Melt'n'Mix Scone mixture, 1 cup brown sugar, 1 oz. Copha (melted).

1. Roll scone dough into a strip about 6" wide and  $\frac{1}{4}$ " thick (you may find it easier to handle half the dough at a time).
2. Brush generously with the melted Copha and sprinkle with brown-sugar, keeping a little back for the tops.
3. Roll firmly (as for roly poly) and cut with a floured knife into 1" slices.
4. Place in greased patty pans. Brush top with melted Copha and sprinkle with brown sugar.
5. Bake in a hot oven (400°F. gas) about 14 minutes. Yields 18 Butterscotch Whirls.

## Scone Turnovers

**Ingredients:** 1 quantity of Melt'n'Mix Scone mixture made up with an extra tablespoon sugar. Jam or dates.

1. Roll scone dough  $\frac{3}{8}$ " thick. Cut into 2" to 2 $\frac{1}{2}$ " rounds.
2. Place  $\frac{1}{2}$  teaspoon jam or a date on each. Moisten edges and fold over to enclose jam or date.
3. Glaze lightly with milk and place on greased slide.
4. Bake in a hot oven, (450°F. gas) about 15 minutes.

## Scone Dumplings

Make up half quantity Melt'n'Mix Scone mixture.

Drop dessertspoonsful onto simmering stew. (e.g. Beef Stew, Rabbit Stew).

Cover saucepan with well fitting lid and simmer over a low heat 20 minutes.

**Note:** Do not lift lid from saucepan during first 10-15 minutes of cooking.

## Scone Crust

Scone Crust may be used in place of pastry on any cooked filling.

Make up half or full quantity Melt'n'Mix Scone mixture and cut into rounds or squares.

Arrange on top of hot mixture (e.g., casserole steak), in a pie dish.

Glaze if desired, and bake in a hot oven, (400°F. gas) about 20 minutes till golden brown.



## The Tea you serve is still the most important item . . .

says Betty King

"Her sandwiches were delightful . . . but oh! the tea! It quite spoiled the whole effect!"

How often have you come away from an afternoon tea party just aching for a really good cup of tea. So often all the careful preparation is ruined because the tea is wishy-washy. But serve *Lipton Tea* and you *always* serve a good cup of tea! World famous "Brisk" Lipton tea is blended by experts for your greater enjoyment. As many as 15 different teas are blended to produce this brisk, full-bodied tea. ("Brisk" is the tea expert's own word to describe the distinctive Lipton flavour). Lipton tea has won top honours in 5 great World's Fairs —has become the choice of Royalty. Whatever the occasion, you'll always be proud to serve and enjoy "Brisk" Lipton Tea.

## HOW TO BREW A BETTER CUP OF TEA

by Betty King

1. Warm the pot. (If you're using your best silver tea service, be sure to scald the pot before making the tea. Otherwise the tea will have a metallic taste).
2. Add one heaped teaspoon of tea for each person —and one extra for the pot. (Always use "Brisk" Lipton tea and be sure you're serving the best)
3. Add just-boiled, bubbling hot water.
4. Stand for 5 minutes before pouring. This way the full-bodied satisfying flavour of "Brisk" Lipton tea is allowed to "draw"



Says Cuppa Brisk

BRISK FLAVOUR — NEVER FLAT





## Please them with Melt'n'Mix Puddings

WHEN CRISP DAYS put a new sharp edge on their appetites, there's nothing quite so welcome as an old-fashioned pudding made this *new*-fashioned way. Copha is ideal for puddings because its blandness and purity bring out the full flavour of ingredients — the delicacy of Vanilla, the smooth richness of chocolate, the fine, exciting tang of ginger and lemon rind and green apples. And puddings made with Copha are so light and easy to digest. You can expect orders for more of these Melt'n'Mix puddings right round the calendar.

### STEAMED SPONGE PUDDING

#### BASIC MELT'N'MIX RECIPE



**Ingredients:** 3 ozs. Copha, 3 ozs. sugar, 1 egg, 3 tablespoons milk, 6 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla.

**Preparation:** Grease pudding basin ( $1\frac{1}{2}$ -2 pt. size). Place sugar, egg, vanilla and half the sifted flour and salt in mixing bowl.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat. It should be barely warm, not hot. Add milk to Copha.

**And Mix:** Pour Copha and milk onto ingredients in mixing bowl. Beat 3 minutes. Add remaining flour and beat 1 minute longer. Place in prepared steamer and cover securely. Steam  $1\frac{1}{2}$  hours.

Serve hot with a suitable sauce or custard (see Sauce Section).

### VARIATIONS

#### Coconut Sponge Pudding

Add  $\frac{1}{2}$  cup coconut to dry ingredients. Serve with Vanilla Mellah Sauce and sprinkle with coconut.

#### Lemon Pudding

Add grated rind 1 lemon and 1 tablespoon lemon juice to dry ingredients. Use only 2 tablespoons milk. Serve with Lemon Sauce.

#### Chocolate Pudding

Add 1 rounded tablespoon cocoa blended in 2 tablespoons milk when beating in the last portion of the flour.

Serve with Chocolate Mellah Sauce or Custard Sauce.

#### Spiced Date Pudding

Add 1 level teaspoon mixed spice when sifting dry ingredients. Mix in  $\frac{3}{4}$  cup chopped dates with the last portion of the flour.

Serve with hot Chocolate Mellah Sauce.

#### College Pudding

Place 2 tablespoons jam in the greased pudding basin before adding the mixture. Serve with Vanilla Mellah Sauce.

#### Golden Sponge Pudding

Place 2 tablespoons golden syrup in greased pudding steamer before adding the mixture. Serve with Custard Sauce.

### Shortcake

**Ingredients:** 3 ozs. Copha, 1 level teaspoon salt, 8 ozs. self-raising flour, 3 ozs. sugar, 1 egg, 1 tablespoon milk.

**Preparation:** Grease 7" sandwich tin. Place all ingredients except Copha and milk in a mixing bowl.

**Now Melt:** Place Copha in a saucepan, chop roughly and melt over gentle heat—it should be barely warm, not hot. Add milk to melted Copha.

**And Mix:** Add Copha and milk to ingredients in bowl, mixing to a fairly dry dough. Press into prepared tin. Bake in a hot oven, 400°F. gas, for 25-30 minutes.

When baked cut into 2 or 3 layers and fill with sweetened berries or stewed fruit as desired.

Serve hot or cold with either whipped cream, ice cream or Vanilla Mellah.



### Fruit Sponge Pudding

**Ingredients:** 2 cups stewed fruit (well drained), e.g. apples, rhubarb, peaches; 2 ozs. Copha, 4 ozs. sugar, 4 ozs. self-raising flour, 1 egg, 3 tablespoons milk,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{2}$  teaspoon vanilla.

**Preparation:** Put stewed fruit in a pie dish. Place sugar, egg, vanilla and half the sifted flour and salt in a mixing bowl.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat. It should be barely warm, not hot. Add milk to melted Copha.

**And Mix:** Add Copha and milk to ingredients in bowl and beat 3 minutes. Add remaining flour and beat 1 minute longer. Spread batter on fruit in pie dish and bake in a moderate oven, 350°F. gas, 25-30 minutes according to depth. Serve hot or cold with cream or Vanilla Mellah Sauce.

### Lemon Souffle

**Ingredients:** 1 oz. Copha, 1 oz. flour,  $\frac{1}{2}$  pt. milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  level teaspoon salt, grated rind 1 large or 2 small lemons, 1 tablespoon lemon juice, 3 eggs.

Melt Copha in a saucepan, then blend in flour. Cook several minutes without browning. Add milk and stir till the mixture boils and thickens. Remove from fire and

mix in sugar, lemon rind and juice, salt and egg yolks. Mix till evenly blended. Fold in stiffly beaten egg whites very gently. Pour into a greased oven-proof dish and bake in a barely moderate oven, 325°F. gas, 35-45 minutes, according to depth. **Note:** A Souffle must be served at once as it shrinks as it cools, and loses its fluffiness.

### VARIATION — Chocolate Souffle

Omit lemon rind and juice from above mixture and substitute 1 tablespoon cocoa. Add 1 tablespoon sherry if liked.

### Pancakes

**Ingredients:**  $\frac{1}{2}$  oz. Copha, 4 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 1 egg,  $\frac{1}{2}$  pt. milk, extra sugar and lemon juice.

1. Sift flour and salt into basin.  
2. Make a well in the middle of the flour. Add the egg, and stir in the flour gradually from the sides.

3. Add the milk a little at a time, beating well with a wooden spoon until light and free from lumps.

4. Prepare an omelette pan as follows:—Put a small piece of Copha in the pan and allow to become very hot. Wipe pan dry with a piece of paper, put another dot of Copha in the pan and melt it.

5. Pour into the pan 2 tablespoons of batter at a time. Cook quickly till set and lightly brown. Toss or turn pancake with a knife, and cook on other side till brown.

6. Turn on to paper to drain, sprinkle with sugar and lemon juice, roll up and serve immediately.

### Fruit Crumble Top

**Ingredients:** 2 cups stewed fruit (well drained), 2 ozs. Copha, 4 level tablespoons flour, 2 cups Kellogg's Corn Flakes, 1 level teaspoon cinnamon or spice (if liked), 4 level tablespoons sugar, (brown or white).

**Preparation:** Place fruit in a pie dish. Crush Corn Flakes and combine in a basin with all ingredients except Copha.

**Now Melt:** Place Copha in a saucepan and melt over gentle heat.

**And Mix:** Pour melted Copha onto dry ingredients and mix well. Sprinkle mixture over fruit in pie dish. Bake in a moderate oven, 350°F. gas, 20-25 minutes till crisp and brown. Serve hot or cold as desired.







## STEAMED CARAMEL PUDDING

**Ingredients:** 3 ozs. Copha, 4 tablespoons golden syrup, 1 egg, 8 ozs. plain flour, 1 level teaspoon bi-carbonate soda,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{2}$  pint milk (6 tablespoons). **Preparation:** Grease pudding basin (2 pint size). Place syrup, egg and half-sifted flour and soda in a mixing bowl.

**Now Melt:** Place Copha in a saucepan

and melt over gentle heat. Add milk to melted Copha.

**And Mix:** Add Copha to ingredients in mixing bowl and beat 2 minutes. Add remaining flour and beat 1 minute longer. Pour into prepared pudding basin and steam  $1\frac{3}{4}$ -2 hours. Serve with Chocolate Mellah Sauce.

## VARIATIONS

### Ginger Pudding

Add 2 level teaspoons ground ginger when sifting flour.

### Caramel Fruit Pudding

Add  $\frac{3}{4}$  cup dried fruit (e.g. chopped dates, sultanas or mixed fruits) when beating in

last portion of flour. Serve with Custard Sauce.

### Spiced Caramel Pudding

Add 2 level teaspoons cinnamon and  $\frac{1}{2}$  level teaspoon nutmeg when sifting dry ingredients.



### Rich Fruit Pudding

(1 EGG XMAS PUDDING.)

**Ingredients:** 3 ozs. Copha,  $\frac{3}{4}$  lb. mixed fruit,  $\frac{1}{4}$  lb. dates, 2 ozs. chopped peel or cherries, 6 ozs. brown sugar,  $\frac{3}{4}$  cup water, 1 egg, 3 tablespoons rum or sherry, 6 ozs. flour, 1 level teaspoon bi-carbonate soda, 2 level teaspoons mixed spice, 1 level teaspoon salt.

1. Grease a pudding basin ( $2\frac{1}{2}$  pint size).  
2. Place Copha, fruits, sugar and water in a saucepan. Bring to boiling point and cook 1 minute stirring well. Pour into a large basin to cool.



## Successful Sauces

SAUCE PLAYS a supporting role on the family dinner table — but its performance can make or mar a meal. A successful sauce provides **contrast** — contrast of flavour, like the cheese on a cauliflower; contrast of texture, like the smooth custard we pair with apple pie; contrast of temperature, like the hot chocolate sauce that glorifies an ice cream.

Sauces made with Copha are smoother, richer, more velvety than those made with ordinary shortenings. Here are some basic recipes to start your collection: they lend themselves to infinite variation!

## SWEET SAUCES

### Mellah Sauce

**Ingredients:** 1 packet Mellah (Vanilla, Chocolate or Caramel flavour), milk.

Make according to directions on packet and serve hot or cold with pies, puddings, stewed fruit or ice cream.

### Rich Chocolate Sauce

(For Ice Cream)

**Ingredients:**  $\frac{1}{2}$  oz. Copha, 4 level tablespoons cocoa, 1 cup sugar, 2 level tablespoons golden syrup,  $\frac{1}{2}$  cup water, 1 teaspoon vanilla.

Place all ingredients in a saucepan. Bring to boil and cook 3 minutes stirring constantly.

### Clear Lemon Sauce

**Ingredients:**  $\frac{1}{2}$  pint water, grated rind 1 lemon, 3 level tablespoons sugar, 2 tablespoons lemon juice, 1 level dessertspoon cornflour.

1. Blend sugar and cornflour with water. Add lemon rind and stir till boiling. Cook 1 minute, stirring well.

2. Stir in lemon juice and mix till smooth.

**Note: For Lemon Wine Sauce** — use 1 tablespoon sherry and 1 tablespoon lemon juice instead of 2 tablespoons lemon juice.

### Custard Sauce

**Ingredients:**  $\frac{1}{2}$  oz. Copha, 1 level dessertspoon cornflour,  $\frac{1}{2}$  pint milk, 1 egg, 1 level tablespoon sugar, essence, pinch of salt.

1. Blend cornflour with a little of the milk. Heat remainder of milk and the Copha. Add blended cornflour and stir till the mixture boils and thickens. Cook 2 minutes, stirring all the time.

2. Beat egg, sugar and salt, then stir in hot cornflour mixture.

3. Return to saucepan and reheat without boiling. Flavour with essence and serve hot or cold.

3. Add egg, sherry and sifted dry ingredients. Mix thoroughly.

4. Place in prepared pudding basin and cover securely. Steam 3-3 $\frac{1}{2}$  hours.

5. Serve hot with cream or Festive Sauce as desired.

### Festive Sauce

**Ingredients:** 1 pkt. Vanilla Mellah, milk, 2 tablespoons brandy or 3 tablespoons sherry.

1. Make up the Vanilla Mellah according to directions on packet.

2. Stir in the brandy or sherry and serve with Xmas Pudding.





## SAVOURY SAUCES

### Foundation White Sauce

**Ingredients:** 1 oz. Copha, 2 level tablespoons flour,  $\frac{1}{2}$  level teaspoon salt, pinch of cayenne pepper,  $\frac{1}{2}$  pint milk.

1. Melt Copha and blend in flour, salt and

pepper. Stir over fire without browning 1-2 minutes.

2. Add milk and stir till the sauce boils and thickens.

## VARIATIONS

### Cheese Sauce

Add  $\frac{1}{2}$  cup grated cheese to cooked sauce. Re-heat without boiling.

### Lemon and Parsley Sauce

(For Fish Dishes)

Add grated rind 1 lemon, 1 teaspoon lemon juice and 1 tablespoon finely chopped parsley — just before serving.

### Oyster Sauce

Add grated rind 1 lemon and 1 dozen oysters. Re-heat without boiling.

### Tomato and Onion Sauce

(Serve with grilled or fried meat, e.g. cutlets, rissoles, etc.)

**Ingredients:** 1 oz. Copha,  $\frac{1}{2}$  lb. tomatoes (peeled and sliced), 1 onion (diced), 1 bacon rasher (diced),  $\frac{1}{2}$  pint water, 1 level dessertspoon cornflour, salt and pepper to taste.

1. Melt Copha in saucepan. Add prepared tomatoes and onion and bacon. Cover with lid and cook gently over low heat for 5 minutes.

2. Add water and simmer a further 10 minutes.

3. Add cornflour blended in a little cold water and boil for 2 minutes, stirring all the time. Then season to taste with salt and pepper.

### Paprika Sauce

May be used as an accompaniment for spaghetti and macaroni dishes, with fried or grilled meats, etc.

**Ingredients:** 1 oz. Copha,  $\frac{1}{2}$  cup chopped onion, 3 level tablespoons flour,  $\frac{3}{4}$  pt. vegetable stock,  $\frac{1}{2}$  lb. tomatoes (or  $\frac{1}{2}$  cup tomato sauce), 1 level teaspoon salt, 1 level dessertspoon paprika.

1. Melt Copha over a gentle heat.

2. Add onion and fry till golden brown.

3. Blend in flour and brown lightly.

4. Add stock and stir till the sauce boils and thickens.

5. Add the tomatoes (peeled and chopped), salt and paprika blended with a little of the sauce.

6. Cover and simmer 10 minutes over a very low heat. Stir occasionally to prevent sticking.

### Mustard Sauce

**Ingredients:**  $\frac{1}{2}$  pt. Foundation White Sauce (see recipe above), 2 level teaspoons mustard, 2 tablespoons vinegar.

1. Blend mustard with vinegar.

2. Stir into white sauce.

3. Re-heat before serving and add extra salt and pepper if desired.

**Note:** This sauce is a suitable accompaniment for Corned Beef.

### Salad Dressing Cream

**Ingredients:** 1 oz. Copha, 3 level tablespoons flour, 3 level teaspoons mustard, 4 level tablespoons sugar, pinch cayenne pepper, 2 level teaspoons salt,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  cup vinegar, 1 tablespoon lemon juice.

1. Melt Copha and blend in flour, mustard and salt. Cook several minutes without browning.

2. Add milk and stir till mixture boils and thickens.

3. Remove from the fire and mix in the sugar and cayenne. Gradually beat in vinegar and lemon juice till of a smooth consistency.

4. Store in covered jar in a cool place.

**Note:** If too thick dilute as required with a little vinegar or milk.

### Creamy Curry Sauce

(Foundation for Curried Eggs, Fish, etc.)

**Ingredients:** 1 oz. Copha, 1 small onion (diced), 1 small tart apple (diced), 2 level tablespoons flour, 2 level teaspoons curry powder,  $\frac{1}{2}$  level teaspoon salt, pinch cayenne pepper, 1 level teaspoon sugar, squeeze lemon juice,  $\frac{1}{2}$  pint milk.

1. Melt Copha in a saucepan, add onion and apple and fry without browning 2 or 3 minutes.

2. Blend in all ingredients, except milk and lemon juice. Stir over fire 1 minute without browning.

3. Add milk and stir till sauce boils and thickens. Stir in lemon juice.



## "Lunchtime Special!"

### WITH CONTINENTAL BRAND CHICKEN NOODLE SOUP

When home-for-lunch kiddies set eyes on this mouth-watering combination of golden chicken soup and scrambled egg sandwich, there's no holding 'em. That lip-smacking Continental Brand Chicken Noodle Soup is simply swimming with nourishing, enriched egg-noodles and flecks of greenest parsley.

Takes you only 7 minutes to prepare from unique foil envelope to steaming plateful. Then taste that chicken... taste that fresh home-made flavour. Yet this luxury chicken soup is so easy on the budget. One packet makes 4 generous or up to 6 medium servings. Continental makes every meal a banquet.



**TASTE  
THAT  
CHICKEN!**





## New Slant on Soup

**YOU CAN'T BEAT** a good, steaming bowl of soup on a cold day, or as the one hot, satisfying dish in the warmer weather.

Be it home-made or bought soup, the family looks . . . licks its lips and spoons are dipped.

We've collected some old favourite soup recipes — and we've included other exciting and satisfying recipes made from the new favourite — the made-in-7-minutes Continental Brand Chicken Noodle Soup (a fine blend of succulent chicken, fresh picked parsley and tender, enriched egg noodles).

These days, when even the most dispirited-looking bird makes a catastrophic dint in the budget, what a blessing it is to be able to serve real chicken soup and save money at the same time.

It's practically a foregone conclusion that you're going to like the flavour of Continental Brand Chicken Noodle Soup so much you won't want to vary it. Still, since variety is the spice of good cooking, you might care to try some variations now and then, so we've included some in this section.

### SOUP SUGGESTIONS

#### Golden Soup

**Ingredients:** 1 medium sized potato,  $\frac{1}{2}$  lb. pumpkin, 1 large onion, 1 level teaspoon salt, water. 1 oz. Copha, 2 level tablespoons flour, 2 cups milk, 1 cup yellow sweet corn (cooked or canned).

1. Peel potato, pumpkin and onion and chop roughly. Place in a saucepan with the salt and sufficient water to cover. Cook gently till soft (about 30 minutes) or pressure

cook 10 minutes.

Rub mixture through sieve or colander to form a puree.

2. Melt Copha, blend in flour and cook several minutes without browning. Add milk and stir till the mixture boils and thickens. Mix in the corn, then the puree, and re-heat without boiling.

3. Season to taste, and serve piping hot with toast sippets or fried croutons.

#### Vegetable Cream Soup

(Time-saving recipe)

**Ingredients:** 1 cup each coarsely grated carrot and potato, 1 onion (diced), 1 cup finely diced celery,  $1\frac{1}{2}$  pts. white stock or water,  $\frac{1}{2}$  oz. Copha, 2 level tablespoons flour, salt and cayenne,  $\frac{3}{4}$  pt. milk, 1 tablespoon chopped parsley.

1. Place vegetables (except parsley) in a saucepan with the stock or water. Bring to boil and simmer 30 minutes (or pressure cook 7 minutes).

2. Melt Copha in a saucepan and blend in flour. Cook 2 minutes without browning. Add milk and stir till it boils and thickens. Stir in the vegetables and liquid and add salt and cayenne to taste.

3. Re-heat without boiling. Add parsley just before serving.

**Note:** If liked,  $\frac{1}{2}$  teaspoon paprika may be added.

#### Mulligatawny Soup

**Ingredients:** 2 pts. stock,  $\frac{1}{2}$  cup diced apple,  $\frac{1}{2}$  cup chopped celery, 1 cup chopped carrot, 1 onion (chopped), 1 level dessert-spoon brown sugar, 1 bunch herbs, 1 or 2 cloves (if liked),  $\frac{1}{2}$  oz. Copha, 2 level tablespoons flour, 2 level teaspoons curry powder, 2 tablespoons lemon juice.

1. Place first 8 ingredients in a saucepan. Cover and simmer 45 minutes (pressure cook 15 minutes). Rub through a sieve to form a puree.

2. Melt Copha, blend in flour and curry powder and cook several minutes. Stir in the puree and continue stirring till the soup boils and thickens. Add the lemon juice and salt and pepper to taste.

Boiled rice may be served as an accompaniment, a little being placed in each plate.

#### Simple Broth

**Ingredients:** 1 lb. shin of beef, neck of mutton or other suitable soup meat, 3 pts. water, 2 cups diced vegetables (e.g. carrot, celery, parsnip, turnip), 1 onion (diced), 3 level tablespoons pearl barley, bunch of herbs, 2 level teaspoons salt, 1 tablespoon chopped parsley.

1. Gash meat on bones or cut meat finely. Place in saucepan with water, salt, barley, onion and herbs. Cover and simmer  $2\frac{1}{2}$  hours.

2. Add vegetables and simmer a further 45 minutes. Remove bones and serve hot, sprinkled with parsley.

#### Continental Brand Chicken Noodle Soup Variations

Substitute tomato juice for some of the water in the recipe on the packet.

Add the liquid from cooked or canned vegetables in place of portion of the water.

Go all elegant with Curried Chicken Soup

by adding a teaspoon each of curry powder and chutney and a whisper of lemon rind.

Crumble crisp leftover bacon into each bowlful just at serving time. (The perfect accompaniment: crunchy Melba Toast).

Stir in a puree of leftover vegetables — such as peas, cauliflower, carrots.

Give it an Italian accent by handing round a dish of grated Parmesan (or tasty) cheese. Golden-brown garlic bread, hot and crunchy from the oven, makes it fit for a gourmet!

#### Brown Onion Soup

1. Peel and slice 2 medium sized onions.

2. Fry in  $\frac{1}{2}$  oz. Copha till golden brown.

3. Add 4 cups water and bring to boiling point.

4. Add the contents of 1 packet Continental Brand Chicken Noodle Soup and cook 7 minutes.

#### Corn and Chicken Soup

1. Add the contents of a packet of Continental Brand Chicken Noodle Soup to 2 cups of boiling water.

2. Stir in 1 cup sweet corn and 1 tablespoon finely minced onion.

3. Cook 7 minutes.

4. Stir in 1 cup milk — reheat without boiling and serve.

#### Chicken Noodle Broth

1. To 4 cups boiling water add the contents of one packet of Continental Brand Chicken Noodle Soup,  $\frac{1}{2}$  cup finely grated carrot and parsnip, 1 tablespoon finely minced onion.

2. Cook 7 minutes.

3. Serve hot with toasted sippets.

#### Continental Brand Chicken Noodle Soup

To Make With Milk:

1. Add the contents of the packet of soup to 2 cups boiling water in a saucepan.

2. Cook 7 minutes.

3. Stir in 2 cups milk, and re-heat without boiling.

#### Cream of Chicken Soup

1. Cook the contents of the packet of Chicken Noodle Soup in 2 cups water for 7 minutes.

2. Add 2 cups thin white sauce (see recipe below), and re-heat.

#### Thin White Sauce

Melt  $\frac{1}{2}$  oz. Copha in a saucepan and blend in 1 level tablespoon flour. Cook for several minutes without browning. Then stir in 2 cups milk and stir till the sauce boils and thickens.



## Crisp Golden Frying with Copha



NO NEED to be frying-pan-shy now you're cooking with Copha! If you've been bypassing fritters and fries with a strong mind and a wistful eye, here's the best news that ever came into your kitchen. ***Foods fried in Copha are never greasy!*** And foods fried in Copha are light, so crisp, miraculously tender . . .

Bring out the frying pan and see what your family can do to golden-brown potato chips . . . feather-light fritters and croquettes . . . fat, sugary doughnuts . . . pancakes that melt in the mouth.

Copha will fry food beautifully — give things a delightful golden colour and retain their fresh, natural flavours. Fried foods are more digestible, too, when they are fried with Copha. Just fry potato chips and fritters in Copha and the exquisite flavour will convince you that you should use Copha for ***all*** your frying.

Here are a few simple rules which will help you to obtain perfect results.

### DEEP FRYING (For Potato Chips, Croquettes, Fritters, etc.)

1. Use a deep-sided frying pan or a saucepan. A heavy pan is best.
2. Have sufficient Copha to cover the food or to float it well up from the bottom of the pan, as for fritters and doughnuts. The pan should not be more than 2/3 full of melted Copha as it may tend to bubble over when moist food is added.
3. Place Copha in pan and melt over gentle heat. Fierce heat should not be used while Copha is in a solid form.
4. Copha is not so liable to smoke as ordinary fats and for this reason can be heated to a higher temperature. This enables food to be fried quickly, without the fat soaking in and making it greasy.
5. Copha should never be allowed to smoke and the correct temperature may be judged roughly by watching for the

faint blue haze which rises from heated Copha. A more accurate way to test the temperature is to drop a small cube of stale bread into the heated Copha. If this becomes golden brown in 1 minute the Copha is ready for deep frying.

6. Do not fry too much food at once, as it lowers the temperature of the Copha and lengthens cooking time.
7. Allow Copha to re-heat before adding next batch of food to be fried.
8. Food in a frying basket should be lowered gently into the Copha to make sure it does not bubble over.
9. All fried foods should be drained on unglazed paper, which may be crumpled first to make it absorbent.
10. Serve hot and freshly fried.

### SHALLOW FRYING (For Eggs, Crumbed Cutlets, Sausages, Rissoles, etc., also searing meat prior to braising).

1. Heat Copha gently until melted, then a little more quickly till hot, but not smoking.
2. Foods to be fried are usually covered in some way, e.g., with egg and breadcrumbs

or seasoned flour.

3. Meats (e.g. cutlets) should be browned quickly on each side then the heat reduced for the remainder of the cooking.

## SUGGESTIONS FOR FRYING

### Croutons

Cut stale bread into 1/4" slices and remove crust. Cut into 1/4" cubes and deep fry in hot Copha till golden brown. Lift out on a slice and drain on paper. Serve as an accompaniment with pea soup and cream soups.

### Fried Bread for Savoury Bases

Cut 1/4" slices of stale bread into small squares, rounds, fingers, or fancy shapes as desired. Deep fry in hot Copha till golden brown, turning to brown each side evenly. Drain on unglazed paper and use as a foundation for savoury spreads or toppings. Serve as hors-d'oeuvres or supper savouries.

### Potato Chips

1. Peel potatoes, cut into desired shape and dry well.
2. Fry in deep hot Copha till golden brown. Use a frying basket if available and shake occasionally to keep chips separated.
3. If frying a large quantity of chips in a basket, it is a good idea to lift out when partly cooked and allow the Copha to re-heat — then complete the cooking. This cuts down the cooking time and prevents over-cooking before browning.

4. Drain on unglazed paper and sprinkle with salt.

### Croquettes—Foundation Sauce

**Ingredients:** 1 oz. Copha, 4 level tablespoons flour, 1/2 pint milk, 1/2 level teaspoon salt, pinch cayenne pepper.

1. Melt Copha in saucepan and blend in flour. Cook several minutes without browning.
2. Add milk and stir till the sauce boils and thickens. Flavour with salt and cayenne.
3. **Note:** As this is a very thick sauce it may be necessary to beat well (rather than stir) with a wooden spoon as it begins to thicken.

### Macaroni Cheese Croquettes

**Ingredients:** 1/2 pt. Foundation Sauce, 1 cup cooked Macaroni or Spaghetti, 1/2 cup grated cheese (tasty), 1/2 level teaspoon dry mustard.

1. Combine all ingredients while Sauce is hot.
2. Allow to become quite cold and chill if desired.
3. Shape into croquettes or cakes on a floured board and dip in egg glaze or milk, then cover with breadcrumbs or crushed Kellogg's Corn Flakes.
4. Deep fry in hot Copha till golden brown. Drain on paper and serve with vegetables if desired.

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## Meat Croquettes

**Ingredients:**  $\frac{1}{2}$  pt. Foundation Sauce, 1 cup finely chopped, cooked cold meat, e.g., rabbit, veal, tripe, brains, lamb, tongue, etc., 1 tablespoon chopped parsley, 1 tablespoon finely chopped onion (if liked).

1. Combine all ingredients while Sauce is hot.
2. Allow to become quite cold, then make up as for Macaroni Cheese Croquettes.

## Salmon Croquettes

**Ingredients:**  $\frac{1}{2}$  pt. Foundation Sauce, 1 (4 oz.) tin Salmon or other similar fish (drained), 1 tablespoon chopped parsley, 1 tablespoon lemon juice.

1. Combine all ingredients and make up as for Macaroni Cheese Croquettes.

**Note:** The liquid from the tinned fish may be used in place of some of the milk in the sauce.

## Hot Cheese Puffs

**Ingredients:**  $\frac{3}{4}$  cup milk, 1 egg, 1 cup grated cheese,  $1\frac{1}{2}$  cups self-raising flour, 1 tablespoon parsley (chopped), 2 level teaspoons Paprika (if liked),  $\frac{1}{2}$  level teaspoon salt.

1. Beat egg, salt and Paprika.
2. Mix in cheese and parsley.
3. Add flour alternately with milk to form a thick batter.
4. Drop dessertspoonfuls into deep hot Copha and fry till golden brown on both sides (3-4 minutes) according to size.
5. Drain on unglazed paper and serve hot with grilled bacon and tomatoes or Tomato and Onion Sauce (see Sauce Section).

\* (See illustration page 37)

## Fritters—(Fritter Batter)

**Ingredients:** 4 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt, 1 egg,  $\frac{1}{2}$  cup milk.

1. Sift flour and salt into mixing bowl and hollow out in the centre to form a well.
2. Drop unbeaten egg into centre and with a wooden spoon gradually blend flour into egg to form a paste. Add milk gradually, still beating from the centre, to form a smooth batter.
3. Cover prepared pieces of fruit, fish or cooked meat with batter, and fry in deep hot Copha, 2-4 minutes, till golden brown on both sides.
4. Drain on unglazed paper and serve hot. Fruit Fritters should be sprinkled with sugar.

## Fruit Fritters

**Apples:** Peel, core and cut into 1" rings.  
**Bananas:** Peel and cut each across and lengthwise, making 4 pieces.

**Peaches:** Peeled and cut into halves or quarters, according to size. Canned peach halves (well drained) may be used.

**Pineapple:** Half rings,  $\frac{1}{2}$ " thick.

## Fish in Batter

Clean, dry fillets of raw fish are suitable or portions of fish cut into pieces of a suitable size for serving. Thick pieces of fish will require longer cooking.

## Meat in Batter

Cooked and sliced cold meat, cooked tripe or cooked sausages may all be re-heated by making up as fritters.

## Doughnuts

**Ingredients:** 2 ozs. Copha, 4 ozs. sugar, 1 egg, 4 tablespoons milk, 8 ozs. self-raising flour,  $\frac{1}{2}$  level teaspoon salt,  $\frac{1}{2}$  level teaspoon cinnamon,  $\frac{1}{2}$  level teaspoon spice.

**Preparation:** Place sugar, egg and half the sifted flour, salt and spices in a mixing bowl.

**Now Melt:** Place Copha in a small saucepan and melt over gentle heat. Add milk to Copha.

**And Mix:** Pour Copha and milk onto ingredients in bowl and beat with a wooden spoon for 2 minutes. Add remaining flour and mix to a fairly firm dough. Roll to barely  $\frac{1}{2}$ " thick and cut into 2 $\frac{1}{2}$ " or 3" rounds. Make each into a ring by cutting out centre with a small cutter (1").

Deep fry in Copha, turning once to brown evenly. Drain on unglazed paper and serve sprinkled with sugar.

## Fried Rice Savoury

**Ingredients:** 1 oz. Copha,  $\frac{1}{2}$  cup chopped onion or spring onion, 1 bacon rasher (chopped), 2 cups cold boiled rice, 2 eggs, 1 tablespoon soy sauce, salt and pepper as required.

1. Melt Copha in pan and fry onion and bacon lightly.
2. Add rice (this should be washed and drained after boiling, so that grains are separated) and fry for 10 minutes, stirring frequently.
3. Add beaten eggs and soy sauce and fry slowly a further 3 to 5 minutes, stirring occasionally.
4. For variation add any of the following: Prawns, chopped (parboiled) red or green peppers, pieces of cooked meat, fish or poultry, mushrooms, chopped celery (parboiled), chopped parsley.

## Breakfast Cakes

**Ingredients:** 1 cup cold mashed potato, 1 cup cooked left-over vegetables, 1 egg (beaten), 1 tablespoon chopped parsley or  $\frac{1}{2}$  teaspoon herbs, 1 tablespoon diced onion, salt and pepper.

1. Combine all ingredients.
2. Shape into cakes on a floured board.
3. Shallow fry in hot Copha till golden brown on both sides.
4. Drain and serve hot with sauce, bacon or tomatoes.



## Sweet Sensations

THE NICEST DINNERS have a happy ending. Whether it's hot, hearty and rib-sticking — or cool and unsubstantial as a moonbeam — the sweet you serve sets the seal of perfection to your meal. The right dessert plays an important part in balancing the day's nutrition, as well as pleasing the family sweet tooth and sending everyone contented from the table.

With the introduction of wonderful new U.S. style packaged desserts, delicious sweets are a dream to make — so easy, and so nourishing. We'd like to introduce an all-star cast of luscious new dessert sensations, which will make superb, satisfying endings to every meal.

## SWEET SUGGESTIONS

### Marble Parfait

**Ingredients:** Chocolate and Vanilla Mellah — use 1 or  $\frac{1}{2}$  pkt. each as desired, milk, cherries.

1. Make Chocolate and Vanilla Mellah according to directions, using correct amount of milk. Cool.
2. Pour some Vanilla Mellah into bottom of tall glasses.
3. Tilt each glass at an angle of 45° and pour in some Chocolate Mellah, then the remainder of the Vanilla Mellah. (When straightened — this gives a marble effect). Top each glass with a cherry.

**Note:** If preferred the two desserts can be set in separate bowls and piled in alternate spoonfuls in serving dishes.

### Lemon Dessert Cake

**Ingredients:** 1 pkt. Vanilla Mellah, milk,  $\frac{1}{2}$  cup lemon juice, grated rind 1 lemon, 1 x 7" cake (see recipe 1-egg cake, Cake Section).

1. Make Vanilla Mellah according to directions, but using only half the quantity of milk specified.
2. Add lemon juice and grated rind. Allow to cool.
3. Remove the top of the cake by cutting around about 1" from edge, working the knife down towards the centre to form a hollow.

4. Lift out top portion of cake and fill with Lemon Mellah filling.

(continued on page 41)



## CARAMEL and PASSIONFRUIT

## VANILLA and STRAWBERRIES

## CHOCOLATE and BANANAS

*The answer to your  
dessert problems...*

**so easy . . . so nourishing**

There's no need to be stumped by that constant question: "What to make for dessert?" Mellah dessert is the easy answer . . . serve it with fruit — in a pie — as sauce hot or cold. It's delicious *however* it's served. Mellah's nourishing too — made with milk, packed with body-building foods to stoke up energy in growing youngsters. Serve it tonight and hear them call for "More Mellah, Mum!"

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HEAR THEM CALL FOR "More Mellah Mum!"

5. Cut top into wedges and replace over Mellah. Dust with icing sugar and serve with cream if desired.

## Caramel Date Dessert

**Ingredients:** 1 pkt. Caramel Mellah,  $\frac{3}{4}$  cup seeded dates,  $\frac{1}{2}$  teaspoon grated lemon rind.

1. Chop dates roughly.
2. Make Caramel Mellah according to directions on packet.
3. Stir in dates and lemon rind.
4. Pour into serving dish, garnish with extra dates, and chill.

## Creamy Pineapple Dessert

**Ingredients:** 1 oz. Copha, 3 level tablespoons flour,  $\frac{1}{2}$  level teaspoon salt, 3 level tablespoons sugar,  $\frac{1}{2}$  pt. milk, 2 egg yolks, 1 cup stewed (or canned) pineapple cubes — drained,  $\frac{1}{4}$  cup syrup from pineapple.

**Meringue:** 2 egg whites, 2 level tablespoons sugar.

Melt Copha, blend in flour and salt and cook several minutes without browning. Add milk and stir till the mixture boils and thickens. Add egg yolks and sugar (beaten together), then pineapple syrup. Re-heat without boiling, stirring all the time.

Mix in pineapple cubes and pour into greased pie dish. Top with meringue (made by gradually beating the sugar into the stiffly beaten egg whites) and brown lightly under the grill, or in a moderate oven. This may be served warm, or cold, as desired, but should not be chilled.

## Fruity Foam

**Ingredients:** 2 level dessertspoons gelatine,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup water, 3 tablespoons lemon juice, 2 passionfruit, 3 bananas.

Combine sugar and gelatine in saucepan, add water, bring to boil and simmer 2 minutes. Remove from fire and add lemon juice and passionfruit pulp. Allow to cool, but not set, then beat with rotary beater or electric mixer till white and fluffy.

Fold in mashed or sliced bananas and colour pale pink if desired. Allow to set in a cool place.

## Pavlova Dessert

**Ingredients:** 3 egg whites,  $\frac{1}{2}$  teaspoon salt,  $\frac{3}{4}$  cup castor sugar, 3 level dessertspoons cornflour.

Beat egg whites and salt till stiff. Gradually add the sugar and beat till the sugar is dissolved, and the meringue will hold its shape. Sift in cornflour and fold in lightly.

Pile onto a slide covered with grease-proof paper. Shape as required with a knife. (Usually a round about 2" deep and hollowed toward the centre). Bake in a very slow oven, 250°F. gas, 1 hour. Stand tray on a cake cooler to cool.

**Note 1:** This makes a meringue which is

crusty on the outside and soft (like marshmallow) in the centre.

**Note 2:** The same mixture may be used to make a meringue shell. Place a portion of the meringue on slide covered with paper and flatten with a knife into a round or oval shape to form a base  $\frac{1}{2}$ " to  $\frac{3}{4}$ " thick. Pipe one row around to form the side. Bake in a slow oven 2-2 $\frac{1}{2}$  hours till quite dry. If deeper sides are required bake the first part 1 hour, then pipe another layer around side and bake a further 1 $\frac{1}{2}$  hours.

## Serving Suggestions for Pavlova or Meringue Shell:

**Note:** It is wise to fill just before serving, otherwise the fruit tends to soak in and soften the meringue too much.

1. Fill a pale pink case with large spoonfuls of Vanilla Ice-Cream (see recipe this Section), and cover with Rich Chocolate Sauce (see recipe Sauce Section) or use fruit such as passionfruit or crushed sweetened berries on ice-cream.

2. Fill with fruit salad and serve with whipped cream.

3. Pile with ice-cream and cover with lemon butter.

4. Fill with any suitable stewed or canned fruit and serve with cream, ice-cream or iced Mellah.

## Moulded Coffee Sundae

**Ingredients:** 2 level dessertspoons gelatine,  $\frac{1}{4}$  pt. strong black coffee (may be made up by combining 1 tablespoon coffee essence and  $\frac{1}{4}$  pt. water),  $\frac{1}{2}$  cup sugar,  $\frac{3}{4}$  pt. milk,  $\frac{1}{4}$  cup finely chopped nuts,  $\frac{1}{2}$  cup finely chopped dates, prunes or raisins.

Dissolve gelatine and sugar in the hot coffee. Stir in the milk (it should not be refrigerator-cold), then fruit and nuts.

Pour into a wetted mould or into individual moulds. Place in ice-chest or refrigerator to set.

Turn out onto serving dishes (to do this, dip mould in warm water and loosen edge with knife), and garnish with whipped cream.

## Mellah Jelly Whip

**Ingredients:** 1 pkt. Vanilla Mellah, milk, 1 pkt. Jelly Crystals (lemon — or any flavour preferred),  $\frac{3}{4}$  pt. hot water.

1. Dissolve jelly crystals in hot water and stand aside till cool and beginning to set.

2. Make up Vanilla Mellah according to instructions on the packet, using  $\frac{3}{4}$  of the quantity of the milk specified. Cool.

3. Beat jelly with rotary beater or electric mixer till light and frothy. Gradually beat in Mellah.

4. Pour into a mould or serving dish and chill.

**Note:** 2 or 3 sliced bananas; the pulp of 2 passionfruit or 1 cup diced fruit such as peaches, or cooked pineapple may be folded in at the end of beating.





## Perfect Pies



YOU CAN SHOW your versatility when it comes to pies. Don't rest on your laurels with a crisp-crust, golden-brown apple pie alone! Spread yourself—make pies that would be proud to appear in the pages of the glossy magazines. Choose from this taste-tantalising array of recipes.

Make two or three pie shells at a time (follow the simple Melt'n'Mix pastry recipe in the Pastry Section). With a stock of pie shells ready, you can ring the changes for dessert . . . win compliments at supper time or the mid-afternoon snack, by serving generous wedges of pie brimming with luscious fillings.

Put *Pie* near the top of your list of cooking tricks, because it's easy . . . it's delicious . . . it's popular.

### SUGGESTIONS FOR PIES

#### Quick Lemon Meringue Pie

**Ingredients:** 1 pie shell (8" or 9") baked and cooled.

**Filling:** 1 pkt. Vanilla Mellah,  $\frac{1}{4}$  cup lemon juice, grated rind 1 lemon, 1 egg yolk.

Make up Vanilla Mellah according to directions on packet but using only half the quantity of milk. Add lemon rind and juice and egg yolk and re-heat without boiling. Cool before placing in prepared pie shell. Top with meringue and return to oven or place under griller to set and lightly brown meringue.

**Meringue:** Beat egg white till stiff with a pinch salt. Gradually beat in 1 rounded tablespoon sugar, beating till thick and sugar is dissolved.

#### Double-Crust Apple Pie

**Ingredients:** 1 quantity of Melt'n'Mix Pastry (see recipe Pastry Section), 3 large cooking apples,  $\frac{3}{4}$  cup sugar, grated lemon rind, cinnamon or cloves, 1 tablespoon lemon juice or water.

1. Divide pastry into two and roll one portion and line an 8" pie plate.

2. Peel apples and slice thinly. Place on

pastry, sprinkling the sugar and lemon rind through the layers. Pile apples well towards the centre. Sprinkle lemon juice over apples.

3. Moisten edges of pastry and cover with remaining portion.

4. Press edges together and trim. Pinch edges together to seal. Make several incisions on top of pastry with a floured knife.

5. Glaze with water and sprinkle with sugar.

6. Bake in a hot oven, 425°F. gas, for the first 15 minutes. Reduce the heat and cook a further 30 minutes.

7. Serve hot or cold with cream, ice-cream or Vanilla Mellah.

#### Caramel Meringue Pie

**Ingredients:** 1 quantity cake pastry (see Pastry Section), 1 packet Caramel Mellah, 1 egg, 2 level tablespoons sugar.

1. Line a pie plate with pastry, prick with a fork, and bake in the usual way. Cool.

2. Make Caramel Mellah according to directions, but using three-quarters of the quantity of milk specified. When boiling add 1 egg yolk and stir in well. When cool and thick pour into pastry case.

3. Make a meringue with 1 egg white and 2 tablespoons sugar. Spread over Mellah and brown in a hot oven or under the griller.

4. If preferred, egg may be omitted from recipe and a Marshmallow Topping (see Frostings and Fillings Section) can be used instead.

**Note:** You can make Chocolate Meringue Pie by using Chocolate Mellah instead of Caramel.

#### Nougat Pie

**Ingredients:** 1 quantity cake or biscuit pastry (see Pastry Section), raspberry jam.

**Topping:** 1 cup coconut,  $\frac{1}{2}$  cup sugar, 1 egg.

1. Roll pastry and line an 8" or 9" tart plate. Trim and decorate edges and fill with jam.

2. Make the topping by combining the

coconut, sugar and binding with beaten egg. Sprinkle the mixture over the raspberry jam.

3. Bake in a moderate oven, 350°F. gas, 20-25 minutes.

**Note:** 1. A layer of well-drained stewed fruit may be used in place of jam.

2. This may be also made up in a square tin, as a slice.

#### Custard Tart

**Ingredients:** 1 quantity biscuit or cake pastry (see recipe Pastry Section), 2 eggs, 2 level tablespoons sugar, 1 level dessertspoon cornflour,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  pt. milk, nutmeg, cinnamon or coconut.

1. Roll pastry and line a 7" sandwich tin or 8" to 9" tart plate. Line *carefully*, making sure there are no breaks or weak places in pastry. Trim and decorate edges. Do not pierce with a fork.

2. Combine eggs, sugar, cornflour and vanilla in a basin and beat together. Stir in milk.

3. Place custard mixture in pastry a tablespoonful at a time—never pour it in.

4. Sprinkle with nutmeg, cinnamon or coconut to taste.

5. Bake in a moderate oven, 350°F. gas, for first 15 minutes, then decrease heat and cook gently till custard is set.

**Note:** A layer of jam or sliced bananas may be placed on pastry before adding custard.

#### Chocolate Mallow Pie

**Ingredients:** 1 pie shell (8" or 9") baked and cooled, 1 pkt. Chocolate Mellah,  $\frac{3}{4}$  pt. milk,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  pt. water, 1 level dessertspoon gelatine, essence.

1. Mix sugar and gelatine together in a saucepan. Add water, bring to boil and simmer 3 minutes. Pour into a basin, mix in essence and cool.

2. Make up Chocolate Mellah, according to instructions on packet, using the  $\frac{3}{4}$  pt. milk. Cool.

3. Beat gelatine mixture till thick and frothy, to make Marshmallow.

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4. Fold cooled Chocolate Mellah into marshmallow till the mixture has a marbled appearance. Pour into pie shell and allow to set in a cool place.

### Corn Flakes Crumble Tarts

**Ingredients:** 1 quantity Cake Pastry Mixture (see Pastry Section), jam (berry or Dark Plum), 1 cup Kellogg's Corn Flakes,  $\frac{1}{2}$  cup coconut, 2 level tablespoons sugar,  $1\frac{1}{2}$  ozs. Copha.

**Pastry:** Roll pastry thinly on a lightly floured board, and cut into rounds to line 1 dozen shallow patty tins. Put a little jam in each and cover generously with Corn-flakes Crumble Filling. Bake in a hot oven, 425°F. gas, 12-15 minutes.

**Corn Flakes Crumble Filling:** Crush Corn Flakes and mix in sugar and coconut. Add melted Copha, not hot, and mix well to combine.

**Note:** This may be made up as a tart and served as a dessert with Vanilla Mellah.

### Caramel "Rocky Road" Pie

**Ingredients:** 1 baked and cooled pie shell (8")—see recipe Pastry Section, 1 pkt. Caramel Mellah, milk. 12 Marshmallows. (These may be made from recipe for Fluffy Marshmallow in Frosting Section).

1. Make up Caramel Mellah using three-

quarters of the quantity of the milk specified and following directions on packet.

2. Cool and gently fold in marshmallows.

3. Pile into prepared pie shell and place in refrigerator or ice-chest to become firm.

### Banana Cream Pie

**Ingredients:** 1 pie shell (8") baked and cool—see Pastry Section; or—1 Corn Flakes Pastry pie shell (chilled).

**Banana Cream Filling:** 1 oz. Copha,  $\frac{1}{2}$  level teaspoon salt, 3 level tablespoons flour,  $\frac{1}{2}$  pt. milk, 2 egg yolks, 3 level tablespoons sugar, 1 tablespoon lemon juice, 3 or 4 bananas.

2 egg whites, 2 tablespoons sugar.

**Method:** Melt Copha and blend in flour and salt. Cook several minutes without browning. Add milk and stir till the mixture boils and thickens. Add sugar and egg yolks (beaten together) and re-heat without boiling. Stir in lemon juice and mashed bananas. Cool several minutes by standing saucepan in cold water, and stirring to prevent a skin forming. Pour into prepared pie shell and top with meringue. Set and lightly brown meringue in a moderate oven or under the grill.

**Meringue:** Beat the egg whites till stiff, then gradually add sugar. Continue beating till thick and frothy.

## MEAT PIES AND PASTIES

### Home Style Steak and Kidney Pie

**Filling:** 1 lb. stewing steak, 2 kidneys, 1 onion,  $\frac{1}{2}$  teaspoon herbs, water, salt and pepper, blended flour to thicken.

**Method:** Cut meat and kidney into small pieces and place in a saucepan with chopped onion, salt, pepper and herbs. Cover with water and simmer gently till tender, about  $1\frac{1}{2}$  hours. Thicken with blended flour and pour into pie dish.

Place a pie funnel or inverted egg cup in centre of pie dish to support pastry.

**Note:** If preparing meat in a pressure cooker use  $\frac{1}{2}$  to  $\frac{3}{4}$  pint water and pressure cook 30 minutes.

**Pastry:** Make up Melt'n'Mix pastry (see recipe Page 20.).

1. Roll pastry about  $\frac{1}{4}$ " thick.
2. Brush edges of pie dish with water.
3. Cut 1" strips from edges of pastry and arrange on edge of pie dish.
4. Wet edges of pastry and cover with rolled out pastry being careful not to stretch pastry too much.
5. Trim pastry (not too close to the edge of dish) press down lightly and decorate as desired.
6. Make several incisions in the pastry with the point of a knife to allow the steam to escape.

7. Glaze lightly with milk and top with a rose and leaves, made out of some of the pastry, if liked.

8. Bake in a hot oven (450°F.) about 20 minutes.

### Meat Pasties

**Filling:**  $\frac{3}{4}$  lb. cold cooked meat, 1 medium sized onion, salt and pepper, tomato sauce (3 or 4 tablespoons).

**Method:** Mince onion and meat finely. Season with salt and pepper and combine with tomato sauce.

**Note:** If desired, chopped parsley, herbs, curry powder or left-over cooked vegetables may be added to vary flavour.

**Pastry:** Make up Melt'n'Mix Pastry (see recipe page 20).

1. Roll pastry about  $\frac{1}{4}$ " thick and cut into large rounds. This may be done by inverting a saucer on the pastry and cutting around with a knife.
2. Place some of the filling on each round and moisten edges of pastry.
3. Fold over to enclose the filling (as for turnovers) and press edges together. Crimp edges and glaze pastry lightly with milk.
4. Bake on slides in a hot oven (450°F.) 15-20 minutes.

Makes 6 to 8 large pasties.



## The cup that cheers...

FEW WORDS in our language can lift the spirit and rejoice the heart like that magic syllable: *tea*. From the first refreshing cup to the comforting hot drink at bedtime, it carries us over the rough places of the day and brings a warmth and sociability into even the most humdrum way of life.

Once exclusively the drink of the privileged, tea has become our national beverage. But—as with any other drink—there are right and wrong methods of preparing it, and these greatly affect our enjoyment.

Rule one is to carefully select a brand of tea which will give you fine, full-bodied flavour every time. In Lipton Tea you get an expert blend of no fewer than fifteen quality teas—hence the celebrated brisk flavour which distinguishes this tea from ordinary blends.

Next in importance comes the ritual of warming the pot. (When using your silver tea service, scald the teapot to prevent a metallic flavour). Add 1 teaspoon of tea for each person and one over for the pot, and pour on the bubbling, freshly-boiled water. (Always take the pot to the kettle, *never* the kettle to the pot!) Allow to stand 3-5 minutes before pouring, to draw the full brisk Lipton flavour from the leaves.

And now for a surprise. If you've always thought of tea *only* as a hot beverage, here's a brand new taste-thrill coming up! This summer, try the special recipe in this section for Iced Tea. Serve it clear, amber nectar in your tallest, thinnest glasses, add tinkling ice and slices of lime or lemon... then listen to those long-drawn o-o-o-hs and a-a-a-hs!

### To make hot, brisk full-flavoured tea...

1. Use a warmed tea pot.
2. Allow 1 heaped teaspoon Lipton Tea for each cup (average tea cup).
3. Pour on freshly boiling, bubbling water.
4. Allow tea to infuse (or draw) for 5 minutes.
5. Serve with milk and sugar according to taste.

**ICED TEA** *This is a thirst-quenching drink which may be served at lunch, dinner or as a mid-afternoon or evening "cooler".*

#### METHOD 1:

1. Prepare according to above instructions and infuse 5 minutes.
2. Strain into glasses filled with ice cubes or cracked ice.
3. Add a squeeze of lemon juice to each glass and sugar to taste.
4. Garnish with a fresh mint sprig and a slice of lemon on the side of each glass.

#### METHOD 2:

1. Make tea and infuse 5 minutes.
2. Strain into a glass or earthenware jug then add  $\frac{1}{2}$  pint cold water to each pint of tea.
3. Allow to cool then chill.
4. Pour into glasses (ice may be added if required) and serve with sugar and lemon to taste.

### SERVING SUGGESTIONS

1. Use cold tea as a liquid base for fruit punch.
2. A pineapple cube and a glace cherry on a toothpick makes a festive garnish for iced tea.
3. The rims of the glasses may be frosted

by moistening with lemon juice (to a depth of  $\frac{1}{4}$ " to  $\frac{1}{2}$ ") and dipping in crystal sugar. Mint leaves may be frosted similarly.

4. Try honey or syrup from stewed or canned fruit, in place of sugar to sweeten iced tea.





## Year-round favourite for kiddies—grown-ups, too . . . HOME-MADE ICE CREAM



3 flavours to choose from . . . Chocolate, Caramel and Vanilla

### Mellah Ice Cream

**Ingredients:** 1 pkt. (any flavour) Mellah, milk,  $\frac{1}{2}$  cup evaporated milk, 2 level tablespoons powdered milk, extra  $\frac{1}{2}$  cup milk, 4 level tablespoons sugar.

1. Make Mellah as instructed on packet using quantity of milk specified and cool.
2. Pour into freezing tray and freeze lightly.
3. Turn into cold basin, add other ingredients and beat with a rotary beater or electric mixer for 5 minutes. Freeze again.
4. When partly set, turn out again into a cold basin, beat until double original bulk. Freeze.

**Note:** If Evaporated milk is not available use Condensed Milk and only 2 level tablespoons sugar.

### Chocolate Dip for Ice Cream

**Ingredients:** 4 ozs. Copha,  $2\frac{1}{2}$  ozs. (7 level tablespoons) icing sugar, 1 oz. cocoa (3 level tablespoons).

1. Sift icing sugar and cocoa till absolutely free from lumps. This is important.
2. Place Copha in a saucepan, chop roughly, and melt over gentle heat. It should be barely warm, not hot.
3. Gradually pour melted Copha onto icing sugar and cocoa, beating well.
4. Have ice-cream very hard and cut into blocks as required. Insert a small stick or cardboard spoon into each.
5. Dip each block quickly—the Chocolate Dip will set at once.
6. The Chocolate Dip should be warm for easy coating. If covering a large quantity of ice-cream stand bowl of Dip over warm water.

**Note:** As an alternative the coating may be poured over individual serves of ice-cream in sweet dishes.

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## Measuring Hints . . .

THE RECIPES in this book have been tested and the exact weight or measurement of each ingredient stated.

Your cooking results will be consistently good if you follow the recipes exactly.

1. Household scales should be checked for accuracy.
2. A standard glass (or plastic) graduated measuring cup should be used and the measure read at eye level.
3. In this, and most other Australian recipe

books, flour is sifted *after* measuring.

4. Flour should be spooned into measuring cup. Shake gently but *never* pack down.

5. Measure dry ingredients first then the same cup may be used for measuring liquids.

6. In this book a spoonful means as much on top as in the bowl of the spoon unless a level measure is stated.

7. For accurate "level spoon" measures even off with a knife.

8. Copha is usually of a consistency where it can be cut in 1 oz., 2 oz., 3 oz. etc. pieces as required. If sufficiently soft to measure with spoon or cup be sure to pack down with a knife.

## Weights and Measures

### NOTE:

1. Use a standard graduated glass measuring cup.
2. A rounded spoonful means as much on top as in the bowl of the spoon.

|             |                                       |                             |
|-------------|---------------------------------------|-----------------------------|
| COPHA       | $\frac{1}{2}$ cup (well pressed down) | 4 ozs.                      |
|             | 2 level tablespoons                   | 1 oz.                       |
| SUGAR       | $\frac{1}{2}$ cup                     | 4 ozs.                      |
|             | 1 tablespoon (slightly rounded)       | 1 oz.                       |
| ICING SUGAR | 1 cup                                 | 6 ozs.                      |
|             | 3 level tablespoons                   | 1 oz.                       |
| BROWN SUGAR | 1 cup (pressed in lightly)            | 6 ozs.                      |
|             | 2 level tablespoons (pressed down)    | 1 oz.                       |
| FLOUR       | 1 cup                                 | 4 ozs.                      |
|             | 1 tablespoon                          | 1 oz.                       |
| COCOA       | 3 level tablespoons                   | 1 oz.                       |
| CORNFLOUR   | 3 level tablespoons                   | 1 oz.                       |
| SULTANAS    | 1 cup (pressed down)                  | 6 ozs.                      |
| DATES       | 1 cup (pressed down)                  | 8 ozs.                      |
| LIQUID      | 6 tablespoons                         | 1 gill ( $\frac{1}{4}$ pt.) |

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**Want special recipes?  
... Hints?  
.. Advice?**



**T**HERE ARE recipes for every occasion between these covers. Delicious suggestions that fill out your reputation as a cook. But should you need a recipe for a special occasion and you can't find it in this Recipe Book; if you'd like particular cooking information or hints; if something goes wrong with any recipe you try, write to me at The Betty King Kitchen. Address your query to Betty King, Box 2625, G.P.O., Sydney, and we will be happy to supply the necessary recipe or information promptly. For now, kindest regards and good cooking, from

***Betty King***

Senior Home Economist  
World Brands Pty. Ltd.

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## From Betty King's kitchen to yours

BETTY KING, Home Economist of World Brands Pty. Ltd. is one of the leading ladies of Australian cookery. Her name is closely identified with all that is newest and best in modern cookery techniques . . . with fine foods, reliable recipes and up-to-date serving ideas. If any proof of her popularity were required, it could be found every day of the week in the constant stream of letters which pour in from every city and country district. The Betty King Kitchen is any woman's dream kitchen, equipped with everything the housewifely heart could desire. Yet Betty King and her staff of experts have never for a moment lost touch with the very real and practical problems which beset the average homemaker. Recipes are streamlined to the

requirements of the busy woman. They require neither expensive equipment nor an elastic household budget.

It was, of course, Betty King who evolved the revolutionary new cake-making technique known as Melt'n'-Mix. She has now applied this new method to other branches of cookery, such as puddings, scones, biscuits and pastry, and these interesting and original recipes have already appeared in leading magazines.

The good work is still going on. New foods are being tested; new recipes are being developed; complicated and time-wasting techniques are being simplified and replaced. All this accumulated knowledge is for the benefit of you and your family and the cream of it is presented in this book.