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### A soup-making hint

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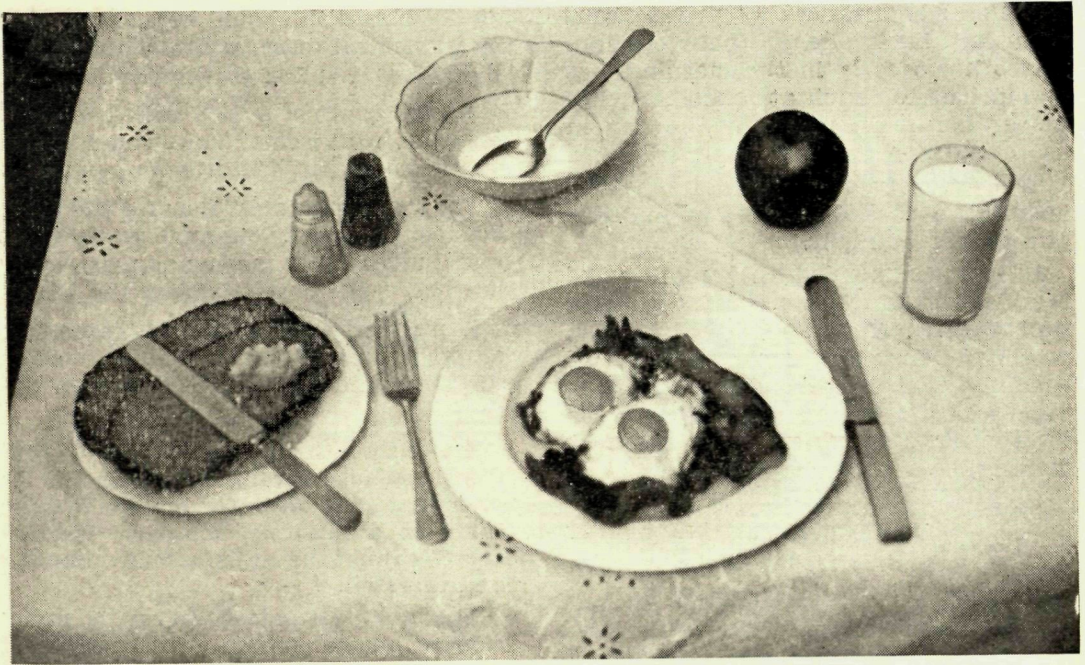
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# THE FARM BREAKFAST

By H. M. GLOSTER

**M**OST modern farmers go to considerable trouble to ascertain the dietary requirements of the livestock on their farms and try to provide the recommended quantities of each nutrient as set down by skilled advisers on animal nutrition. They carefully study each animal, and on the slightest sign of loss of condition, immediately seek expert advice and lose no time in remedying any deficiencies in the diet.

It is regrettable that in many homes, both in the country and in the cities, the family diet does not receive more than a fraction of this consideration. The common tendency is for the housewife to be swayed too much by what the family "likes," and too little by its real needs.

In a country like Australia where a wide range of foodstuffs is available at prices well within the average income, it is amazing to find that 13.3% of children in metropolitan and 11.7% in country schools were suffering from under-nutrition in 1950, and that this

condition was on the increase, as the figures for 1949 were 9.1% and 10.1% respectively.

It is a matter for serious concern that more than one child in every ten in this State are in need of a more satisfactory diet, and the onus is on every housewife to study the dietary pattern of her particular household and gradually introduce adjustments where they are needed.

There are 10,000 country children travelling to school daily by bus in this State and to this number may be added a further group of children who travel



considerable distances by private conveyance. Each one of these children leaves home early in the morning, has a cold packed lunch at school and has his or her main meal for the day in the evening.

The majority of city children, similarly, have packed lunches at mid-day and dinner at night.

It is recommended that mothers of families should make a careful study of the breakfast fare and do all that is possible to ensure that every member of the family eats an adequate and satisfying breakfast to provide a good basis for the day's activities. The breakfast menu should provide:

- (a) Foods which provide energy. These requirements are obtained mainly from cereals (starch), sugar and fatty foods.
- (b) Body-building foods. At breakfast these are mainly provided by eggs, fish, meat and milk.
- (c) Protective foods, or the foods which maintain the tone of the body and ensure that the various bodily functions are in proper working order. These needs are supplied by the foods containing ample supplies of minerals and vitamins. To these may be added food containing sufficient roughage or bulk to keep the bowels properly regulated.
- (d) Sufficient liquids to keep the bodily processes functioning satisfactorily.

In planning breakfasts the housewife should endeavour to select foods from the chart on the next page and include some from each column in the meal.

In terms of complete meals this may be interpreted as follows:—

On rising—a glass of warm water.

**Breakfast**—A plate of porridge with treacle or sugar and milk according to taste, followed by a cooked dish containing ample protein or body-building foods such as eggs, fish, meat or meat

offal. This dish should be accompanied by wholemeal toast, or bread and butter if liked and suited to the dish.

A milk drink or a food cooked in milk together with some fruit would round off the meal satisfactorily.

For the growing child, or for the adult engaged in heavy manual work, toast and butter with marmalade or honey may be used to supplement the above.

A piece of fruit should be eaten last as crisp, fresh fruit will help to clean the teeth and lessen the chances of decay.

**A point worth emphasising also is that the household arrangements should be such that they allow for breakfast to be eaten in a leisurely manner. Hurried meals cannot be satisfactorily chewed and digested.**

The breakfast pattern in far too many modern homes consists of a cold cereal with milk and sugar, some toast with butter and marmalade and a cup of tea. This is a meal which can be prepared quickly and easily. It appeals to the modern palate and is satisfying as it consists largely of energy food.

Its disadvantages are that from the nutritive point of view it is unbalanced and expensive. The milk served with the cereal provides most of the protective value of the meal but where the household budget has to be considered, porridge will be found much cheaper and far more nutritious.

### **PORRIDGE**

Porridge is made from ground or flaked whole grain and its nutritive value is not lost in milling or in pre-cooking as is the case with many prepared cereals. Of the various types of grain meal which can be purchased, oatmeal has the highest nutritive value, and it is easy to prepare and may be served with milk and sugar. Treacle instead of sugar will increase the food value by providing extra minerals and vitamins but porridge with milk is a well-balanced meal in itself.



## FOOD CLASSIFICATION CHART

Heat & Energy	Body-building	Protective	
		(Minerals & Vitamins)	(Roughage)
Porridge	Porridge	Porridge	Porridge
Treacle or	Milk	Milk	Wholemeal Toast
Sugar	Eggs	Eggs	Wholemeal Bread
Milk	Fish	Fish	Fruit
Wholemeal Toast	Meat	Meat	
Wholemeal Bread	Wholemeal Toast	Wholemeal Toast	
Butter	Wholemeal Bread	Wholemeal Bread	
		Butter	
		Fruit	

(It will be noted that porridge and wholemeal bread or toast figure in every column. Extras such as toast with butter, marmalade and honey may be added according to appetite.)

### Oatmeal Porridge

#### *Ingredients.*

- 2 heaped tablespoonfuls of rolled oats.
- 1 pint of boiling water.
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoonful salt according to taste.

#### *Method.*

1. Put water on to boil and add the salt.
2. Sift the oatmeal carefully into the water stirring all the time until water comes to the boil.
3. Allow the porridge to simmer for half an hour stirring occasionally.

N.B.—Porridge may be cooked in a double saucepan but takes longer. If porridge meal is soaked over night the time of cooking will be shortened.

### Wheatmeal Porridge

#### *Ingredients.*

- 2 tablespoonfuls of wheatmeal.
- 1 pint water (boiling).
- $\frac{1}{4}$  to half teaspoonful salt.

#### *Method.*

1. Soak meal overnight or mix in a little extra water. Add salt.
2. Stir boiling water into blended meal.

3. Return to saucepan, stir until boiling.

4. Simmer for half an hour, stir occasionally.

## BREAKFAST DISHES

### Savoury Omelet

The foundation for this will be found under Mushroom Omelet (March-April issue). Any of the following may be used instead of mushrooms.

Finely chopped ham.

Cooked brains—chopped.

Chopped chicken (left-over).

Cooked tomato.

Finely chopped parsley may be added to the omelet itself. No further flavouring is required.

### Tomato Cream

#### *Ingredients.*

- 4 tomatoes.
- 1 tablespoonful butter or margarine.
- 1 teaspoonful sugar.
- 2 eggs,  $\frac{1}{2}$  teaspoonful salt, pinch cayenne.

#### *Method.*

1. Dip tomatoes into boiling water and remove the skins.
2. Melt fat in saucepan, add tomatoes (cut up roughly), sugar, salt, pepper.



3. Cook gently until tomatoes are soft.
4. Allow to cool slightly, then add well beaten eggs, stirring all the time.
5. Stir over a gentle heat until mixture thickens.
6. Serve on hot buttered toast.

N.B.—For a luncheon dish or a sandwich filling, add a few tablespoonfuls of grated cheese to the above mixture.

The offal of sheep is often discarded on a farm. Besides being highly nutritious (rich in protein, iron and "B" vitamins) kidneys, liver, will add variety to the breakfast menu and are to be recommended. Brains also add variety. Here are a few recipes.

#### Lambs Fry and Bacon

1. Wash the liver in cold salt water. Dry thoroughly.
2. Cut into neat pieces  $\frac{1}{2}$  in. thick.
3. Season a little flour with salt and pepper.
4. Coat liver well in seasoned flour.
5. Heat some dripping in a frying pan.
6. Cook liver on both sides until brown then more gently until liver is cooked through. This takes 10 to 15 minutes. Test by cutting the largest piece. If there is no sign of red juice, and the liver has lost lost its raw appearance throughout, it is cooked. Serve with fried or grilled bacon and rich brown gravy.

N.B.—Fried onions may be served with liver. Liver should be *very fresh* when used.

#### Liver in Batter

##### Ingredients.

- $\frac{1}{2}$  lb. liver.
- 2 tablespoonfuls self-raising flour.
- Pinch salt.
- Cold water.

##### Method.

1. Wash and dry liver, cut in neat pieces.
2. Make a batter with flour, salt and cold water.
3. Have ready a saucepan of fuming fat.
4. Dip each piece of liver in batter, then fry until a nice golden brown.
5. Serve with bacon.

#### Grilled Kidneys

1. Wash, skin and dry kidneys.
2. Split in two, rub over with dripping or a butter paper.
3. Heat and grease the grid iron and grill kidneys closely over glowing coals for two minutes on each side. The split side should be grilled first.
4. Grill more slowly until cooked (about eight minutes altogether). Serve with bacon and green butter balls.

#### Fried Brains

1. Soak brains in salted water half an hour.
2. Remove the skin, dry well.
3. Coat with egg and breadcrumbs.
4. Fry in hot fat until well browned. Serve with fried or grilled bacon. Garnish with lemon and parsley.

##### OR

1. Soak brains in salt water, skin.
2. Cover with water, bring to boil, strain. (This is called blanching.)
3. Coat with egg and breadcrumbs.
4. Fry in hot fat.
5. Garnish with lemon and parsley.

N.B.—Blanched brains may be used for omelets. If blanched brains are required for sandwiches, simmer for five minutes before pouring off the water.



# MERINGUED APPLES

By H. M. GLOSTER

**A** PLEASING variation of the ever-popular baked apples, is the addition of a meringue covering. Very little extra time is needed to prepare this dish which is a universal favourite with the young folks.

## Ingredients.

- 6 or 7 cooking apples.
- Sugar.
- Water.
- Lemon juice.
- Dates, cloves.
- 1 dessertspoonful butter.
- Whites of three eggs.
- $\frac{1}{2}$  lb. castor sugar.

## Method.

1. Choose well-shaped apples of even size.
2. Peel and core the apples, keeping them whole.
3. If liked, stuff with dates and pierce each apple with a clove.
4. Place the apples in a baking-dish or piedish.
5. Sprinkle apples with a little sugar and put a squeeze of lemon juice on each.
6. Just cover the bottom of dish with water.

7. Bake apples *slowly* until soft. Be careful not to overcook or apples will break.
8. Drain off liquid and arrange apples in baking dish with spaces between them.

## The Meringue.

1. Whisk whites of eggs until stiff. A pinch of salt will hasten the whisking.
2. Beat in the sugar gradually, a tablespoonful at a time.
3. Pile meringue mixture over the top of each apple, covering fruit entirely.
4. Return to a slow oven and bake very *slowly* until crisp and a pale biscuit colour.
5. Serve with whipped cream or custard made with the egg yolks.

An even more attractive dish may be made by colouring half the meringues with cochineal to a pale pink colour. Sugar or nonpareils (hundreds and thousands) may be sprinkled on top to improve the appearance.

## A SOUP-MAKING HINT

**W**HEN making a puree soup, try this method instead of rubbing ingredients through a sieve or strainer (a tedious process).

1. Pour liquid from soup into a basin.
2. Remove bones, bacon rind, bouquet garni, etc., from saucepan.
3. Mash softened ingredients as you would mash potatoes.
4. Return liquid to saucepan and finish off the soup in the usual way.



# PLASTICS IN THE KITCHEN

**A** LARGE range of plastic sheeting is now available in Perth stores. The material is usually about 24 inches in width and comes in a variety of plain colours and patterns at prices ranging from 11d. to 4s. 11d. a yard according to quality.

One of the most popular lines is a thin transparent cloth at about 11d. a yard and the housewife will find many uses for this material in the kitchen.

It may be made up into bags by either machining, sealing with dux tape or placing the material on an ironing blanket, covering with a thickness of brown paper and running the heel of a warm iron over the edges to be sealed. Care is necessary to see that the iron is not too hot and is only applied to a thin strip where the actual sealing is required.

In addition, the material may be cut into squares and these may be used for wrapping food as required.

Raw vegetables, meat, fish and other foods may be wrapped in these plastic squares before being placed into the refrigerator. This allows more food to be stored without risk of contamination.

Plastic cloth is waterproof and airtight, and vegetables, salad greens, etc.

will keep fresh much longer, even without a refrigerator, if they are first wrapped in plastic.

A heavier quality of plastic cloth may be obtained for the wrapping of bread to keep it from drying out in hot weather and these cloths are invaluable for wrapping packed lunches which will be kept fresh and free from contamination.

Smaller pieces of plastic cloth make excellent covers for bottles, jars and jugs. A few of these handy covers with elastic machined round the edge to keep them in position are an asset in any kitchen.

## Hygienic.

Plastic materials may be kept quite clean and wholesome by rubbing them over with a clean wet cloth, drying with a clean dry cloth and airing before putting away or using.

The enterprising housewife will doubtless find many other uses for this welcome addition to the modern kitchen—H.M.G.

## "STORED SUNLIGHT"

**S**AVOUR the exquisite fragrance of honey fresh from the comb; note the delightful odours so typical of all that is fresh, pure and healthful; suggesting the haunting perfumes of flowers, new-mown hay, and the rain-washed immaculacy of the countryside with which the spring days are scented . . . Taste its variety of intriguing flavours, and let your palate be delighted by the subtle blends which are never twice the same; flavours which have captured the aroma of the flowers from which the nectar was gathered . . . In its variety of golden hues it is as pleasing to the eye as it is to the palate, a fact which has been realised by many of those allotted the task of preparing show exhibits, for their pyramids of honey-filled jars are attractively illuminated by concealed lighting.