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### Cheese luncheon snack

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## Know Your Knives and Spoons

By HELEN M. GLOSTER

A GOOD technician uses only the best tools and is careful to maintain them in first class condition, for he knows that the quality of his work will suffer if he has to depend upon inferior or neglected equipment. Kitchen utensils are the cooks' "tools of trade", and to ensure good results in the shortest time, the housewife must possess adequate equipment that is kept in first class working condition.

Knives are an important feature of kitchen equipment. Good sharp knives save time and labour in preparing a meal, so let us glance at some of the types in common use.

The "cook's knife" (1) is the largest of them all and, for the home kitchen, one with a blade not less than 8 in. long and 1½ in. wide will be needed. This type is often called a "French knife" or "chopping knife" and should possess a sharp, curved cutting edge.

If it is in good order the cook's knife should pass the following test:—

Hold the knife with the cutting edge downward on to a board and press the blade on to the board at the handle end. Run the left hand along the back of the knife towards the point, pressing the blade against the board until the tip is reached. While you are doing this watch the blade to see if it contacts the board along the entire cutting edge. It should be possible to rock the knife in a seesaw manner on the board with the curved edge always maintaining a steady pressure.

If the blade is worn and has flat portions it will not pass this test and its use for chopping or dicing vegetables will be impaired.

Use this type of knife for cutting meat and chopping materials such as vegetables, suet, parsley, mint, nuts, candied peel, etc.

To chop these materials quickly hold the tip of the knife steady by pressing it against the chopping board with the tips of the fingers of the left hand. Hold the knife handle lightly with the fingers and thumb of the right hand and move the knife quickly up and down as shown in the photograph.

The kitchen knife (2) is essentially a mixing, rather than a cutting tool. The knife is blunt and the end of the blade is rounded to prevent

damage to the mixing bowl. An inexpensive table knife makes a useful kitchen knife and the type shown which is a one-piece metal handled model can be particularly useful. The blade should be moderately thick and firm, not flexible.

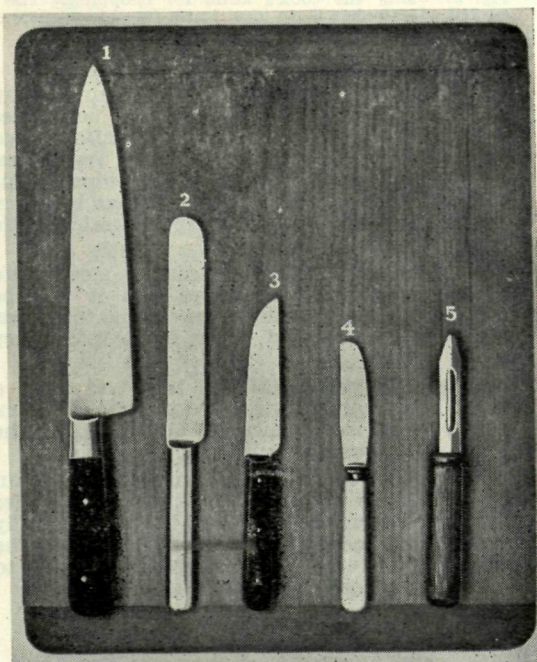


Fig. 1.—Left to right; (1) Cook's knife; (2) Kitchen knife; (3) Vegetable knife; (4) Salad knife; (5) Vegetable peeler.



Such a knife is handy for mixing scone dough, pastry and similar mixtures and may also be used for turning foods in the frying pan. The rounded blunt end of the knife minimises the risk of breaking through the surface of the food while it is being turned or moved in the pan.



Fig. 2.—Using the cook's knife for chopping. The curved edge makes it an ideal knife for this purpose.

### THE VEGETABLE KNIFE

This is a small knife (3) with a fairly sharp point and a keen cutting edge. The best types are made of stainless steel and the knife is used for peeling and cutting fruit and vegetables, and for scraping carrots and parsnips. This knife will be found particularly handy when preparing salads, although a special salad knife (4) is a useful kitchen tool.

This is a small, sharp, stainless steel knife with a serrated cutting edge and it will be found particularly useful when cutting tomatoes, eggs, rock melons and other foods into fancy shapes.

A vegetable peeler (5) will be found to be a particularly handy utensil for any kitchen. These peelers are inexpensive and speed up the operation of peeling fruit and vegetables.

Because it controls the thickness of skin which may be removed, the vegetable peeler will be found most economical in use, especially for the rapid peeling of potatoes or apples. The type shown in the photograph is designed to facilitate the coring of apples also.

### KNOW YOUR SPOONS

Several types of spoons are needed in the kitchen, the largest of all being a long handled basting spoon. These usually have bowls which are larger than the tablespoon and the long

handle minimises the risk of burns or scalds while basting fat over food during the cooking process.

Large and small wooden spoons are very handy in the kitchen for creaming fat and sugar, mixing batters, stirring sauces and for jam making.

Being blunt and non-metallic, they will not scratch or chip basins or saucepans. They are rigid, which is an advantage in beating or creaming, and as wood is a non-conductor of heat the spoons will not become too hot to hold when stirring food over the stove.

Wooden spoons should not be used for brown stews or gravies, or for meat dishes containing onions. Such dishes are apt to stain the spoons, while the flavour of the onions will linger on a wooden spoon.

After use, wooden spoons should be washed in cool water, thoroughly scrubbed with a stiff brush, then rinsed and dried. Air them thoroughly before putting them away.

A tablespoon and a teaspoon should be set aside for quick measuring of cooking materials, but where accuracy is essential I strongly advise the use of the British Standard Measuring spoons and cups which were described in the March-April, 1953, issue of the Journal.

Do not get into the habit of tapping spoons against basins and saucepans in an endeavour to remove those last particles of food. Sooner or later the rims of enamelled or china utensils will become all chipped and cracked.

Where do the chips go? Into the food of course and later into the human body. There is a danger to health in this practice even if we do not consider the damage to the basins and saucepans.

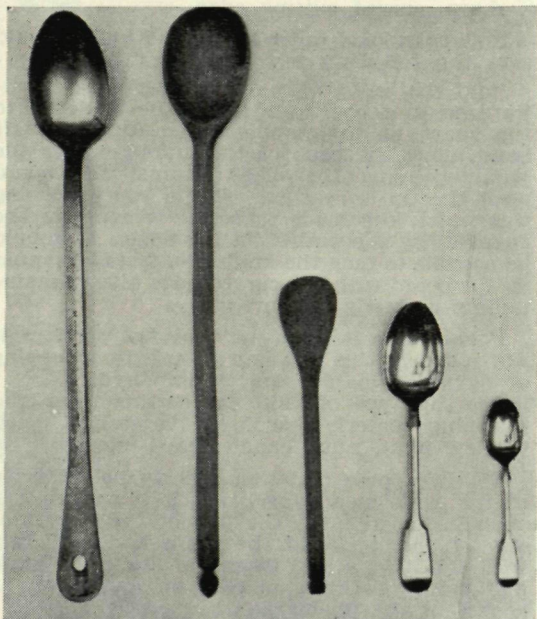


Fig. 3.—Left to right; basting spoon; large and small wooden spoons; tablespoon; teaspoon.



# Some Liver Dishes

By HELEN M. GLOSTER

**L**IVER is a valuable food which is frequently recommended to sufferers from anaemia. It is an excellent source of iron and contains appreciable quantities of Vitamin A and B1, but most people experience difficulty in "ringing the changes", and providing variety in the menu for those whose medical advisers have prescribed a liver diet. These recipes may serve to give some needed variety to liver dishes and they include some European national and traditional methods of using liver in cookery.

Liver should be prepared by soaking in salt water for three-quarters of an hour, after which it is dried thoroughly on a cloth.

## STEWED LIVER

### Ingredients:

- 1 lb. liver skinned and sliced.
- $\frac{1}{2}$  lb. fat bacon strips.
- 1 cup mixed diced vegetables (raw).
- Stock or vegetable water.
- 1 onion (chopped).
- Level teaspoon salt.
- Pepper.
- 1 tablespoon plain flour.
- $\frac{1}{4}$  teaspoon thyme.
- 1 teaspoon chopped parsley.

### Method:

1. Soak liver in salt water  $\frac{3}{4}$  hour.
  2. Roll liver in seasoned flour, sprinkle with parsley and herbs.
  3. Wrap each piece in a strip of bacon.
  4. Place prepared vegetables in a saucepan or casserole, lay meat rolls on top.
  5. Cover with stock, simmer 1 hour.
  6. Season and thicken liquid if necessary.
- N.B.—Omit salt, if bacon is very salty.

## ROAST LIVER

### Ingredients:

- Liver.
- Salt.
- Pepper.
- Flour.
- Fat for baking.

### Method:

1. Soak liver  $\frac{3}{4}$  hour in salt water.
2. Dry and cover with greased paper.
3. Place in a baking dish with fat, bake gently for 1 hour.
4. Remove paper, sprinkle with flour, salt, pepper, brown for a few minutes.
5. Serve with baked tomatoes and brown gravy.

## LIVER AND MACARONI

### Ingredients:

- 6 oz. macaroni or spaghetti.
- $1\frac{1}{2}$  lb. liver.
- 1 teaspoon salt.
- Pepper.
- $\frac{1}{2}$  teaspoon mixed herbs.
- 1 tablespoon flour.
- 1 cup stock.
- 2 tomatoes.
- 1 onion chopped onion, shallot or pickled onion.
- Little grated cheese.

### Method:

1. Break up macaroni or spaghetti, simmer in boiling salted water 20 minutes.
2. Cut liver into thin slices, coat with flour, seasoning and finely chopped mixed herbs.
3. Fry lightly on both sides.
4. Make a thick, brown gravy, using remainder of flour, stock, cut up tomatoes and onion.

When hot, add fried liver and simmer 20 minutes.

Serve on a hot dish with liver in the middle and macaroni around it. Pour gravy over macaroni and sprinkle over a little grated cheese.

N.B.—Boiled rice or mashed potato may be used instead of macaroni.

## LIVER PIES

### Ingredients:

- Pigs liver.
- Onions.
- Apples.
- Potatoes.
- Salt.
- Pepper.
- Sage.

### Method:

1. Grease a pie dish or casserole and put in a layer of sliced onions. Sprinkle with salt, pepper, and a little sage.
2. Add a layer of sliced liver.
3. Add a layer of sliced apple.
4. Add a layer of sliced potato.
5. Season each layer and continue until dish is full, having a layer of potato on top.
6. Pour over plenty of good stock or vegetable water.
7. Bake in a very slow oven 2 hours.

## LIVER AND TRIPE

### Ingredients:

- $\frac{1}{2}$  lb. cooked tripe.
- $\frac{1}{2}$  lb. liver.
- Fat for frying.
- 1 tablespoon flour.
- 1 teaspoon salt.
- Pepper.
- 1 onion.
- Stock or vegetable water.

### Method:

1. Cut tripe and liver into strips.
2. Fry liver and place on a serving dish in oven to keep hot.



3. Dip tripe in seasoned flour, fry until golden brown then add to liver.
4. Slice onions, fry, then make a border with them around the dish.
5. Make a thick brown gravy and serve.
6. Garnish with parsley.

### LIVER FORCEMEAT

#### Ingredients:

- $\frac{1}{2}$  lb. calve's liver.
- 3 oz. fat bacon.
- $\frac{1}{2}$  onion.
- 1 shallot.
- 1 oz. dripping.
- 1 teaspoon mixed herbs.
- Pinch each of cayenne, nutmeg, pepper and salt to taste.

#### Method:

1. Mince liver and bacon finely and fry until brown.
2. Add minced onion and shallot herbs.
3. Stew until tender.
4. Rub through a sieve and mix to a paste with yolk of egg.

Use as a stuffing for game, pigeons and other birds.

### LIVER PUDDING

#### Ingredients:

- $\frac{1}{2}$  lb. pig or ox liver.
- $\frac{1}{4}$  lb. bacon.
- 1 cupful cooked rice.
- 2 tablespoons treacle.
- $\frac{3}{4}$  cup soaked sultanas or seeded raisins.
- Salt.
- Pepper.
- Breadcrumbs (dry).
- Margarine or other fat.

#### Method:

1. Fry liver gently until cooked.
2. Fry bacon.
3. Mince liver and bacon and mix.
4. Mix liver, bacon, cooked rice, treacle, sultanas and seasoning together.
5. Pour mixture into a greased pie dish.
6. Sprinkle with breadcrumbs, dot with margarine.
7. Bake in a moderate oven 45 minutes.

### LIVER IN BATTER

#### Ingredients:

- $\frac{1}{2}$  lb. liver cut in small portions.
- 2 tablespoons self raising flour.
- Pinch salt, pepper.
- Cold water.

#### Method:

1. Make a thick batter with flour, seasoning and water.
2. Have ready a pan of fuming fat.
3. Dip each piece of liver in batter and fry until a golden brown.
4. Serve hot with vegetables.

### LIVER AND POTATO ROLL

#### Ingredients:

- $1\frac{1}{2}$  lb. liver.
- 1 tablespoon flour.
- 1 onion.
- $\frac{1}{2}$  cup milk.
- 4 oz. cooked mashed potato.
- Salt and pepper.

#### Method:

1. Slice liver and fry with onion. Chop when fried.
2. Make gravy with flour and milk, then add the other ingredients.
3. Mix together and form into a roll.
4. Put into a baking tin with dripping.
5. Bake 45 minutes.

### ROAST LIVER (Another method)

#### Ingredients:

- 1 lb. liver (in a solid piece).
- 1 thin rasher of bacon.
- 1 onion.
- Breadcrumbs (fresh).
- 1 egg.

#### Method:

1. Cut a pocket in the liver, to hold the stuffing.
2. Chop bacon and onion, mix with breadcrumbs, egg and sufficient hot water to moisten crumbs.
3. Stuff the pocket, sew up or tie together with string.
4. Bake until tender.
5. Make a rich brown gravy.
6. Serve hot with red currant jelly.

N.B.—Extra rashers may be placed over liver during cooking.

### LIVER PUDDING

#### Ingredients:

- 1 lb. liver.
- $\frac{1}{4}$  lb. bacon.
- $\frac{1}{4}$  lb. soft breadcrumbs.
- Seasoning.
- 4 tablespoons milk.

#### Method:

1. Chop together liver and bacon.
2. Mix all ingredients together.
3. Put mixture into a greased basin cover with greased paper, steam  $1\frac{1}{2}$  hours.
4. Serve with brown gravy or sauce.

### LIVER DUMPLINGS

#### Ingredients:

- $\frac{1}{4}$  lb. bread.
- $\frac{1}{4}$  lb. finely chopped liver.
- 1 oz. margarine.
- 1 oz. lard.
- 1 egg.
- 1 teaspoon chopped onion.
- 1 teaspoon chopped parsley.
- Salt, pepper.
- 1 tablespoon breadcrumbs or semolina.



**Method:**

1. Soak bread in cold water, rub bread and liver through a sieve.
2. Cream fats, then beat in the egg.
3. Add the remainder of ingredients, let stand for  $\frac{1}{2}$  an hour.
4. Grease a basin, dust with breadcrumbs, fill with mixture.
5. Cover and steam 1 hour.

**LIVER NOODLES**

Prepare mixture as in preceding recipe, press through a coarse grater into simmering soup. Simmer five minutes.

**BUCKINGHAMSHIRE DUMPLING****Ingredients:**

- 1 lb. self raising flour.
- 6 oz. beef suet.
- $\frac{1}{4}$  lb. fat bacon.
- $\frac{1}{2}$  lb. liver.
- 2 large onions.
- 1 teaspoon powdered sage.
- Salt and pepper to taste.

**Method:**

1. Cut bacon into thin strips, chop liver and onion finely.
2. Sift flour and salt.
3. Add finely chopped suet, mix to a stiff dough.
4. Roll out on a floured board.
5. Cover dough with bacon strips.
6. Cover with liver, onion, sage and seasoning.
7. Roll up tightly in a floured cloth and boil about  $2\frac{1}{2}$  hours.
8. Serve hot with a good brown gravy.

**LIVER AND BACON HOT POT****Ingredients:**

- 1 lb. pig's liver.
- Salt and pepper.
- $\frac{1}{2}$  lb. streaky bacon.
- Apples.
- Breadcrumbs (soft).
- Onions.
- Chopped parsley and herbs.

**Method:**

1. Chop apples and onions, cut liver in thin pieces, bacon in thin slices.
2. Place a layer of liver in a greased hot pot or casserole, cover with bacon.
3. Sprinkle with breadcrumbs, onions, herbs, parsley, salt and pepper.
4. Add one thick layer of chopped sharp apples.
5. Repeat these layers until the dish is full, the last layer being breadcrumbs.
6. Fill dish with water.
7. Cover dish and bake in a moderate oven for 2 hours.
8. Add more water if mixture becomes too dry.
9. Bake without lid for last half hour.

**LIVER SOUP****Ingredients:**

- $\frac{1}{4}$  lb. liver.
- 2 oz. stale bread.
- 1 small onion.
- 1 tablespoon lard.
- $1\frac{1}{2}$  pints white sauce or white sauce and stock mixed.
- Salt and pepper.

**Method:**

1. Thinly slice liver, bread and onion.
2. Fry quickly in lard until crisp.
3. Mince or pound to a pulp.
4. Add pulp to sauce, simmer 15 minutes.
5. Add salt and pepper to taste.

**STEWED LIVER (Chinese method)****Ingredients:**

- 1 lb. liver.
- 1 stick celery.
- 1 onion or spring onions.
- 1 teaspoon worcester sauce.
- 2 tablespoons flour.
- Salt and pepper.
- 2 tablespoons stock.

**Method:**

1. Season flour, dip liver in it, previously cutting it into small pieces.
2. Fry in hot fat.
3. Dice onions and celery and add to liver.
4. Add worcester sauce and stock.
5. Simmer gently a few minutes and keep stirring all the time.

## ***Cheese Luncheon Snack***

**W**HEN you are lunching alone and fancy a tasty and quickly-prepared snack to break the monotony of the day's routine, give this a trial.

**Ingredients:**


- 1 tablespoonful of grated cheese.
- 1 tablespoonful of cream cheese.
- 1 tablespoonful of chopped shallot.
- Cayenne pepper and salt to taste.
- 2 thick slices of bread.
- Butter.

**Method:**

1. Mix cheese, shallot and seasoning to a paste.
2. Toast the bread and spread with butter.
3. Spread the cheese and shallot paste on the buttered toast.
4. Place in oven or under griller until the cheese spread is browned.

Cut into fingers, this makes an attractive supper savoury.





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