

More Recipes next Monday



WATCH FOR SET  
NO. 40 NEXT  
MONDAY.

## MYSTERY CHEF RECIPES

PRESENTED BY:

# STEINBERG'S

WHOLESALE GROCETERIAS LIMITED



### ARE YOU EATING ENOUGH FRESH FRUIT ?

Every man, woman and child requires some fruit DAILY. Your Steinberg Store is headquarters for the Freshest, Biggest and Best fruit in town, and at the Lowest Prices!!!

### 4 EGG SPONGE CAKE

#### Ingredients

4 eggs (separated) - 1 cup sugar - 1 cup sifted flour  
 $\frac{1}{2}$  teaspoons baking powder -  $\frac{1}{4}$  teaspoon salt - 4 teaspoons lemon juice  
 (for strong, lemon flavor add the grated rind of  $\frac{1}{2}$  lemon to the juice and add with the juice)

**DIRECTIONS:** Sift the flour. Then measure one cup of the sifted flour, add the salt and sift again. Separate the whites and yolks of the eggs and beat the yolks for 10 minutes until they are thick and ivory colored. Then add the sugar to them gradually, and beat while adding. Add the lemon juice, mix thoroughly and then fold in the flour alternately with the stiffly beaten egg whites. This is done by gently passing the spoon through the mixture, and bringing it up and over the mixture. Continue until all is thoroughly combined. Be careful not to beat the cake at this stage. Put the batter either into a square layer cake pan, loaf pan, or tube cake pan—but whichever pan you use, it must be dry and clean, and a sprinkling of flour should be sifted into the bottom of it. Bake in a slow oven. For layer pans turn oven heat control to 325°F.—bake 30 minutes; for loaf or tube pans turn oven heat control to 300°F.—bake 40 to 60 minutes. Test if baked by pressing gently on top of cake with flat of finger. If slight dent springs back, cake is baked. When baked, invert pan on wire cake cooler and allow to cool for one hour—no more. Then carefully remove cake pan and you will have a perfect sponge cake.



### FRESH PARSLEY GROWING IN YOUR KITCHEN, SPONGE PARSLEY

This excellent tip for a little kitchen victory garden was contributed by one of our Chicago fellow artists at the range, but no name or address was given. We thank you just the same. The recipes are illustrated with little drawings. I quote exact instructions as given: "SPONGE PARSLEY". Dampen a sponge, sprinkle parsley seeds in sponge holes. Hang on bracket and have fresh parsley all winter long. Light sprinkling with water occasionally. You can carve a little man and wire a sponge in front of him, as though he were holding it; put wire through sponge and round his waist. Dampen sponge and fill in parsley seeds and hang him up...BIRD NEST SPONGE. Have little birds hanging from wires as ornaments. Pretty too."

REAL GOULASH—Veal or BeefIngredients required—To serve four

1½ lbs lean veal or beef - ¾ cup flour - 2 tablespoons drippings  
 1 tablespoon paprika - ½ tablespoon salt - 1 small onion - 1 small kernel garlic - 1 cup hot water

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You require a pot with a cover. Cut veal or beef into small pieces and roll the pieces in flour, pressing in as much flour as possible. Then put pot on the fire and put in 2 tablespoons of beef drippings, or other fat. When fat is sizzling hot, put meat in and add salt and paprika. Stir around until thoroughly brown; then add 1 cup of hot water and 1 small onion, which has been cut up fine, and 1 small kernel of garlic. Cover the saucepan with a lid and allow to cook very slowly until tender (about 45 minutes for veal—1½ hours for beef; for beef add 2 cups of water). No more water need be added, as the one cup will give you sufficient gravy. The gravy will color and thicken itself while cooking.

MYSTERY CHEF'S OWN SPECIAL FISH PIE RECIPECan be used with any cooked fish.

This dish is made with cooked fish. If having baked fish for dinner one day, then bake enough to have a small fillet left over. One very small fillet of haddock will make a pie to serve six liberal servings. Fish should be baked by Mystery Chef Master Fish Recipe.

Ingredients required—Serves six

1 small fillet of haddock or 1½ cups of any cooked fish - 2 cups egg sauce  
 1 medium size onion, chopped fine and few fine slices - 2 teaspoons Worcester Sauce  
 4 to 6 medium size potatoes, mashed - 2 to 3 tablespoons freshly grated Parmesan Cheese or other cheese  
 1 tablespoon butter - Salt and pepper

FOR EGG SAUCE:

2 cups Milk (1 pint) - 2 tablespoons flour  
 ¼ teaspoon white pepper - 2 tablespoons butter or other shortening - 1 teaspoon salt - 2 eggs

Make Egg Sauce as follows: Melt butter in saucepan. When melted, remove from fire and stir in flour until smooth with no lumps; add milk, salt and pepper, and return to fire and stir constantly till mixture boils and allow to simmer very slowly for 3 minutes. Boil eggs while making sauce; boil 10 or 12 minutes. When cooked, remove shells, chop fairly small and mix into sauce. Fry the chopped onion in a small saucepan with a little butter; fry till golden. Then put pie together as follows: Place fish, broken into pieces, into deep baking dish; sprinkle over it the cooked chopped onion and the Worcestershire Sauce; over this pour the Egg Sauce and on top of the sauce put mashed potatoes about 1 inch thick. Sprinkle top of potatoes with the grated cheese and place in hot oven (450°F.) and bake till cheese browns.



LISTEN TO THE "MYSTERY CHEF" EVERY DAY AT 2:15 - STATION CFCF.

**Steinberg's**

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