

Kitchen Curiosities

"THE NATION'S WEALTH IS ITS BABIES."
Dr. Saleby.

As the strength of a nation depends on its children, so the strength of its children depends on their food.

Let the children have plenty of the milk puddings which they readily eat. They get full digestive value out of the milk when used with Brown & Polson Corn Flour.

For young children, milk soup; for older children and adults, Corn Flour baked pudding, with or without egg, and the delicious sultana pudding, are very strengthening.

Corn Flour savoury dishes are full of nourishment and acceptably replace meat.

Brown & Polson's Corn Flour

Free Offer.—The Brown & Polson recipe book. Write for copy now to J. B.

Over the years our favourite ingredients have changed, with a new focus on fresh ingredients and international flavours. Access to new and exciting foods wasn't as simple during the 1918 pandemic. Local youth groups such as Scouts helped hand out ration packs and support families.

2021 (or even 2020) is not the first time New Zealanders have been creative in the kitchen. In 1918, New Zealand, like the rest of the world, endured the influenza pandemic.

New Zealand's first proper cookbook was published in 1887, Fanny Murdoch's *Dainties; or how to please our lords and masters*. By the early 20th century, more New Zealand-suitable recipes were being created. The focus shifted to baking, lamb and game.

Summer Fruit

is now in season. Children should be encouraged to eat it. Light sweets such as stewed fruit with blancmange or Corn Flour custard are more wholesome than heavy puddings; they have the nourishment of milk, made delicious and digestible by

Brown & Polson's Corn Flour

One of the lightest of sweets—natural fruit jellies without gelatine—can be made with Brown & Polson's Corn Flour. See recipe in booklet offered below.

A new and improved way of serving stewed fruits.— Strain off the juice from stewed fruit, and to every pint add a heaped teaspoonful of Brown & Polson's Corn Flour, which has first of all been blended with a little cold water to a smooth cream. Boil up again for 2 minutes, and pour over and round the fruit.

Free.—The Brown & Polson book of recipes for dainty summer dishes from J. B. Gilfillan & Co., P.O. Box 848, Auckland. Write for copy to-day.

Our knowledge of food has also changed - staple ingredients have been replaced by new alternatives. One staple found in a number of pantries in 1918 (and still around today) is cornflour from Brown & Polson's. So popular, you could even get a copy of their special cookbook.

What better time to explore your kitchen than now? Choose one of the Brown & Polson's recipes below to recreate at home.



Can you convert the recipes from imperial to metric?

Imperial System	Metric System
1/2 oz	15g
3/4 oz	20g
1 oz	30g
1 Pint	500mls

CORNFLOUR CUSTARD PUDDING

1 1/2 oz. Brown & Polson cornflour 1 1/2 oz. castor sugar
 1 pint milk 1 egg
A piece of lemon peel, cinnamon or a bay leaf.

Mix the cornflour with a little of the milk. Beat up the egg. Bring to the boil the remainder of the milk with the sugar and flavouring. If lemon peel, cinnamon, or bay leaf has been used, remove it. Add the cornflour and boil for 3 minutes, stirring all the time. Remove from the heat, cool a little, stir in the beaten egg; pour into a buttered dish and bake in a slow oven till brown on top. Regulo 3. Temperature 350° F.

SCONES

1 oz. Brown & Polson cornflour 1/2-1 oz. sugar (if liked)
 7 ozs. flour 1 oz. currants or sultanas (if liked)
 1 teaspoon baking powder Sufficient milk to mix to a soft dough
 2 oz. lard or margarine
 Pinch salt

Sieve the flours and salt, rub in the fat with the tips of the fingers, add the sugar, fruit and raising agent. Add the milk gradually, mixing with a knife, until the mixture begins to form in large pieces, then lightly draw the ingredients together with the hand. Turn on to a floured board. Knead lightly to make smooth, turn the dough over, roll out to about 1/2 inch thick, cut into rounds, place on a greased baking sheet, brush with egg or milk to glaze, bake in a quick oven 10-12 minutes. Regulo 8. Temperature 475° F. To make scones richer, an egg may be used with the milk for mixing.

LIVER AND TOMATO SAVOURY

1 tablespoon Brown & Polson cornflour Slices of bread
 1/2 lb. liver Seasoning
 4 tomatoes Dripping for frying

Cut the liver into pieces and allow one or two pieces for each slice of bread. Wash and dry the liver and toss in seasoned cornflour. Put plenty of dripping into the frying pan; fry the bread golden brown on both sides, drain and keep on hot dish. Fry the liver, allowing about 7-10 minutes, and then fry the tomatoes (cut in halves). Place the liver on the fried bread and put a tomato on top, sprinkle with salt and pepper. Serve very hot.

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Discovery Time