

KITCHEN FRONT. FREDDIE GRISEWOOD SPEAKING.

Mrs. Wilson

Thursday, December 14th, at 8.15 a.m. for 5 mins approx.

HOME SERVICE.

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Hello everybody. I've picked two of "Your Ideas" this morning, hoping they might come in useful during the Christmas holidays.

The first comes from young Geoffrey Stowell, of Windsor, Berkshire, who tells me that he often gets the supper at night and has tried many dishes of his own invention. The one I'm going to tell you about he call's Braised Apples and its very good. I'll tell you how he does it.

First of all, take 4-5 large apples (according to the number in the family)  
1 oz. dried fruit  
1 oz. sugar  
1/3 level teaspoon cinnamon  
Pink colouring, if you like.

I'll just run over these again:

4-5 apples  
1 oz. dried fruit  
1 oz. sugar  
1/3 level teaspoon cinnamon  
Pink colouring, if you like.

Now for the method. Peel and core the apples, stuff with the dried fruit, and simmer them very gently in water till cooked. You should have the water about 2/3rds of the way up the apples, and keep the lid on the pan. Watch them very carefully and don't let them break. Pour off about 1/2 pint of the liquid (and Geoffrey tells me it makes a very nice drink), then arrange the apples on a dish. Add the sugar and cinnamon to the remaining liquid, and a dash of colouring and boil rapidly till it has reduced to about half. Pour over the apples and serve either hot or cold.

The other recipe I want to tell you about is one for the children-- for a party, if they're having one, or just for an ordinary teatime that you want to make a bit special. It's Wartime Banana spread and it comes from Mrs. Hadden of Southsea, who's sent me a number of good recipes  
/from

from time to time. For this you want:

$\frac{1}{2}$  lb. parsnips  
1 oz. margarine  
1 oz. sugar  
Banana essence to taste.

Here they are again:

$\frac{1}{2}$  lb. parsnips  
1 oz. margarine  
1 oz. sugar  
Banana essence to taste

Clean and slice the parsnips, boil 'em till they're tender. Then drain off the surplus water and mash very thoroughly with a fork. Very thoroughly indeed, any lumps are going to spoil the resemblance to bananas. Cream the margarine and sugar till they're white, then add banana essence and parsnips, and beat again till thick and of the consistency of crushed bananas. Then spread the cream between two layers of sponge, on bread and butter, make sandwiches with it, anything you like, and watch the youngsters go for it. Though the very little ones may be somewhat puzzled as to what all the excitement is about!

Oh, just before I go---a word about the Kitchen Front recipe book. Please DON'T WRITE TO ME about it---or to the Ministry of Food. Get your bookseller to order it, if he hasn't got it in stock, from the publisher. The publisher is Nicholson and Watson. Remember the name now, Nicholson and Watson. Your bookseller will know the address. And now goodbye until next time.