Meals for cooler seasons: a plain cushion

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Available at: https://researchlibrary.agric.wa.gov.au/journal_agriculture4/vol1/iss4/13

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ALTHOUGH March, April and May go to make up the "official" autumn season, the Clerk of the Weather does not always send us typical autumn weather. Once Easter has passed however, we can usually expect cooler days and can look forward to the preparation and enjoyment of foods that are richer and more substantial than our hot weather fare. Here are some suggestions for two universal favourites—roast duck and baked ham.

ROAST DUCK WITH ORANGE AND PINEAPPLE

**Ingredients.**
- 2 5-lb. dressed ducks.
- Duck livers.
- 2 oranges.
- 4 slices tinned pineapple.
- 3 cloves of garlic (or an onion).
- ¼ cup brandy.
- ½ cup dry sherry.
- 1 ½ cups stock.
- 1 teaspoon powdered tarragon.
- ¼ cup currant jelly.
- Tomato sauce to taste.
- 2 tablespoons butter.
- 1 teaspoon salt.
- ¼ teaspoon black pepper.
- 3 level tablespoons flour.

**Method.**
Peel rind from oranges, shred thinly and put on one side. Remove pith and seeds, and quarter the oranges.
Mix oranges, pineapple, chopped garlic or onion and tarragon. Stuff ducks with this mixture.

Place ducks on trivets or racks in a baking tin and bake in a slow oven (325°F.) for 2½ hours or until cooked.
Saute the duck livers in butter for 10 minutes.
Heat the brandy, light it and pour over the livers.
When the flame dies down, remove the livers, chop and leave on side of stove to keep warm.
To the liquid remaining in the saucepan add shredded or grated orange rind and a finely-chopped garlic clove. Simmer for 5 minutes.
Mix wine, stock, tomato sauce, jelly, salt and pepper. Blend flour with this mixture.
Add to liquid in saucepan, cook until smooth, stirring all the time.
Add chopped livers and simmer for 15 minutes.
Pour into a sauce tureen and serve with duck.

**Notes.**
If ducks are smaller or larger, allow 30 minutes cooking time for each pound by weight of individual ducks.
No fat is necessary in the pan for cooking. There is sufficient fat under the skin of the duck to roast the duck satisfactorily.

Tarragon is a kitchen herb. If this is not available, sage or mixed herbs are suggested as alternatives.

Saute is a term used for frying in a small quantity of fat. The lid is sometimes left on the saucepan.

A SIMPLER RECIPE FOR ROAST DUCK

Ingredients.
1 duck (dressed).
3 or 4 new season’s apples.
6 prunes (soaked).
Salt, pepper.
Giblets.
1 dessertspoon cornflour.
1 cup stock.
Watercress or parsley.

Method.
Season the duck inside and out with salt.
Fill with a stuffing of cut-up apples and prunes.
Truss the duck.
Bake according to preceding recipe allowing 30 minutes cooking time for each pound of duck.
A piece of greased paper (a butter wrapper) may be placed over the duck while cooking.
Remove paper half-hour before serving and dredge the breast with flour and leave in oven until nicely browned.
Serve with brown gravy made with cornflour, chopped giblets and stock.
Garnish with watercress or parsley.
Green peas and chipped potatoes are suitable accompaniments.

The Gravy.
Leave a little of the drippings from the duck in baking tin.
Add cornflour and brown well.
Stir in stock, stir until smooth.
Boil a few minutes.
At the last minute add chopped giblets (previously cooked in stock).

BAKED HAM (1)

Ingredients.
1 12 lb. uncooked ham.
2 large onions.
1 stick of celery.
2 garlic cloves.
3 cloves.

2 teacups dry sherry.
1½ tablespoons flour.
1 pint chicken or meat stock.
Orange segments.

Method.
Skin and score ham, slice the onion and garlic, chop up celery.
Bake the ham in a slow oven in a dish with onions, garlic, celery, cloves and wine.
Bake for 5 hours, basting frequently.
Remove ham from pan and pour off all but 2 tablespoons of fat.
Add flour and stir until smooth.
Add the stock and bring to boil, stirring all the time. Boil several minutes.
Serve sauce with ham.
Garnish with segments of orange.
Accompany this dish with hot vegetables.

BAKED HAM (2)

Ingredients.
1 12 lb. uncooked ham.
2 large onions.
1 stick of celery.
2 garlic cloves.
3 cloves.
2 teacups dry sherry.
1½ tablespoons flour.
1 pint chicken or meat stock.
Orange segments.

Method.
Bake in a slow oven allowing 25 minutes for each pound of meat. Longer is necessary for a boneless ham.
Half an hour before serving take from oven, remove the rind and score the fat crosswise.
Add glaze and return to moderate to hot oven to brown for an extra 15 or 20 minutes.

Glazes for Ham.
A clove may be inserted into each scored square if desired.

No. 1.
¾ cup brown sugar.
1 tablespoon mustard.
¾ cup of pickle juice or spiced fruit juice.

No. 2.
1 cup brown sugar.
¾ cup crushed pineapple.

BAKED HAM (3)

Method.
Soak the ham overnight.
Dry the ham with a cloth, then cover thickly with a crust made of flour and water.
Roll ham in muslin and bake 4 hours or 25 minutes to each pound.
Fat is required in baking tin. Baste frequently.
When cooked, remove crust and peel off the rind and sprinkle dried browned bread crumbs and nutmeg over the fat.
Decorate the knuckle with a paper frill.
HAVE you a cushion that requires a new cover? Perhaps you need some new cushions for the verandah, porch or breakfast room. The directions given are for a square cushion measuring 19 in. x 19 in. The cushion of course may be made larger or smaller or an entirely different shape may be preferred.

Materials required.
Just over 1 yd. of unbleached calico, ticking or other strong lining material (40 in. wide).
2 pieces of covering material 21 in. x 21 in. (Shadow tissue, cretonne, strong printed cottons are all suitable; 45 in. is a good width when buying).
2½ lb. kapok or other filling.
Some 2½ yd. lengths of thick knitting wool (optional).

To Make the Cushion.
From an old cardboard box cut a pattern for rounding the corners of the cushion.
For convenience when machining, cut a width gauge from the box.
Make it ⅛ in. to 1 in. deep according to the width you intend to make the border.
Machine the lining pieces together to form a square. An opening should be left along one side for inserting the kapok.
Using the pattern for the corners, round off each corner and cut off the surplus material.
Turn on to the right side.
Machine the cover pieces together on the wrong side and leave an opening to correspond with the opening in the lining.
Make the cover ⅛ in. to 1 in. wider than lining on each edge.
Round off the corners, as for lining and turn cover on to right side.
Using the width gauge, machine the cover ⅛ in. to 1 in. from the edge so that lining will fit the cushion exactly.
Leave the cushion unsewn on the edge where the kapok is to be inserted.
Place lining inside cushion cover.
Fill the cushion with kapok or other filling then sew up the gap in the lining.
Complete the unsewn portion of the cover.
For a really professional finish, pad the border with thick strands of knitting wool left over from last year’s knitting.
These covers are easily removed for washing. Unpick along one side and remove cover.

THOSE FROCK BUTTONS
Have you a frock which requires the removal of buttons before going to the wash or to the dry cleaners?
Study the buttons. If they are stemmed buttons with the holes on the stems, try fastening them to the frock with small brass safety pins. Then it will be a quick and easy matter to remove and replace the buttons as required.

CUT PUMPKINS
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