

and a very liberal seasoning of cayenne and salt. Mix well; if necessary, moisten with a little milk or cream. Then turn the mixture into individual scallops or well-greased pie-dish. Cover lightly with bread-crumbs and brown in moderately hot oven. Time, $\frac{1}{2}$ hour.

EGG-PLANT FRITTERS, CURRIED.

Ingredients.—Egg-plant, béchamel sauce, curry-powder, frying batter, salt.

Method.—Peel an egg-plant desired size; cut into strips 1 inch wide and 1 inch thick; cook it until tender in stock or salted water; drain the pieces on a sieve. When cold, toss into the thick béchamel sauce which has been previously mixed with curry-powder to suit the palate (the pieces must be thoroughly coated with sauce). Dip each piece into batter; drop into boiling fat, fry a deep golden-brown, and drain on a cloth or paper. Sprinkle with fine salt mixed with a little curry-powder or paprika (just enough to flavour). Dish up while hot. Time, about $1\frac{1}{2}$ hours.

EGG-PLANT AND MACARONI STEW.

Ingredients.—One egg-plant (medium size), milk, water, salt, bay-leaf, 2 oz. macaroni, 6 tablespoons béchamel sauce or white sauce, white pepper, a grate of nutmeg.

Method.—Peel the egg-plant; cut into slices 1 inch thick; soak in salted water for at least 1 hour; remove from water and boil till tender in milk and water seasoned with salt and a bay-leaf; drain and cut the slice into 2-inch strips in length and 1 inch wide. This may be done before stewing. Cook the macaroni likewise in salted water. When done, drain on to a sieve and cut into pieces same length as the egg-plant. (Ready cut macaroni is best for this purpose.) Heat up the sauce, put in the egg-plant and the macaroni, season with white pepper and nutmeg, and let the whole simmer gently for 15 minutes. Great care must be taken not to break the egg-plant or macaroni. Dish up. Time of cooking, $\frac{3}{4}$ hour. Sufficient for five persons.

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This circular has been prepared by J. L. Hilborn, Kill Kare Fruit Farm West Summerland, B.C., at the request of the Horticultural Branch.

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