

Mutton Curry.— $\frac{1}{2}$ lb. mutton cut into small pieces, one teaspoonful curry powder, two teaspoonsful salt, four teaspoonsful onions, cut fine, one teaspoonful butter, $\frac{1}{2}$ lb. desiccated coco-nut, fine. Add the curry powder and the salt to the mutton and stir well. Pour $\frac{1}{4}$ pint boiling water on the desiccated coco-nut and let it soak for five minutes. Then squeeze out milk, preferably with the hand, and pass the milk through a strainer. Fry the onions in the butter (in a saucepan) until they turn a golden brown. Add the mutton and fry for ten minutes over a slow fire, then add the coco-nut milk, cover the saucepan and boil over a slow fire for twenty minutes. Take down as soon as a thick gravy is formed, and add one teaspoonful of fresh lemon juice.

NOTE.—The following curries can be made in the same way:—Prawn, fish, chicken and liver.

Cabbage Mallung.— $2\frac{1}{2}$ oz. shredded cabbage, the tender inner leaves in preference, one dessertspoonful desiccated coco-nut, fine, one teaspoonful onions, cut fine, one ripe chilli, cut fine, two teaspoonsful salt. Boil the cabbage with the onions, chilli and salt in eight dessertspoonsful of water until the water evaporates. Add the desiccated coco-nut and stir well over a slow fire for five minutes. When large quantities are cooked the stirring should continue longer, if necessary (until all trace of the water disappears).

PREPARATION OF CHOCOLATE.

The process for treating cacao beans has remained practically the same except for mechanical improvements for many years, although the use of the products has grown and changed. The beans, upon arrival at the factory, are cleaned and sorted before grading. They are then roasted in rotating drums at 260° F. to 280° F. to develop the aroma and flavour. The beans are then cracked into "nibs", the shell pieces being winnowed off. This cacao shell, formerly wasted, became used as a fuel because of its high B.T.U. content and is now finding increasing use in fertilizers and medicines. The "nibs" are ground by mill stones or steel rollers, during which the heat produced melts the cacao butter, about 50 per cent. of the bean, and there emerges a thick chocolate brown fluid. This, when cooled, forms the unsweetened chocolate of commerce. It can be mixed with sugar, nuts, and spices to form ordinary chocolates or with milk, powdered or condensed, &c., to form milk chocolate. The "mass" as the brown fluid is called, is next sent to a hydraulic press, where it is subjected to a pressure of 6,000 lb. per sq. in. to remove a portion of the cacao butter. The cake left in the press is ground up and forms the cocoa powder used for making drinks. The cacao butter is the final product and is widely used in cosmetics, confectionery, and pharmacy.