

Connie Baker's FOOD features

SECOND SECTION

THE NEWS-REVIEW

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★ 4-55

Here's A Dish With A Rare Flavor Treat

The French do wonderful things with veal. They enhance the meat's own bland flavor with harmonious tastes subtly blended in during the cooking process. They dress it up with luscious sauces and serve it forth looking almost too good to eat. Not quite, though, for nobody could resist the combined aromas of Veal Madeleine and steaming coffee inviting them to the dinner table.

Good as it is, Veal Madeleine is not difficult to prepare. You just take a thick veal steak, pan-brown it, smother it with golden-brown soft-fried onions, simmer it in a little water until it's tender. Then you set it in a bed of noodles that have been buttered, paprika'd and sprinkled with almonds and poppy seeds. The steaming platter is served with a separate sauce made from the pan-juices, thickened and spiced with sour cream, herbs and wine.

To round out a wonderful meal, serve little hot biscuits, a tossed salad and brimming cups of fragrant coffee. If you wish, a very simple dessert may accompany the "coffee after" that follows the "coffee with."

We think you'll agree with us that Veal Madeleine, a French contribution to veal cookery, deserves a place alongside the classic Italian Veal Scalopini, the Austrian Wiener Schnitzel and the Hungarian Veal Paprika.

Veal Madeleine
 1/4 cup flour
 1 tablespoon paprika
 1 teaspoon salt
 1 veal steak, 1 1/2 inches thick
 3 medium onions, sliced thin
 3 tablespoons fat
 1 cup water
 1 cup sour cream
 2 tablespoons dry sherry
 1/4 teaspoon oregano

Combine flour, paprika and salt. Dredge veal thoroughly in this mixture. Cook onions in fat over low heat until soft and golden brown. Remove from pan. Brown veal well on both sides in pan in which onions were cooked. Place onions on veal. Add any remaining flour mixture to pan, with water. Cover and simmer until veal is tender, about 1 hour. Remove veal and onions to platter and surround with sliced stuffed olives if desired. Keep warm. Add cream, sherry and oregano to pan and stir to blend. Heat to serving temperature. Serve separately.

RECIPES FOR PRE-COOKED POTATOES
HASHED BROWN POTATOES
 6 medium sized russet potatoes
 2 tablespoons shortening
 2 tablespoons chopped parsley
 1/4 cup chopped onion
 Salt and pepper to taste
 1/4 cup of cream
 Peel and dice raw potatoes; or use pre-cooked potatoes, chopped parsley and onion. Heat shortening in a heavy skillet and sprinkle in potatoes, parsley and onion. Cover and cook until potatoes are crisp on the bottom; turn to brown on the other side. Add cream about 10 minutes before potatoes are done. Turn out on a hot platter. Serves 6.

SCALLOPED RUSSET POTATOES
 6 russet potatoes (medium size)
 3 cups medium white sauce
 Peel and thinly slice potatoes. Prepare white sauce. Arrange in a greased baking dish. Pour over the potatoes and season with salt and pepper. Dot with butter. Bake at 400 degrees for 1 hour or until tender.



VEAL MADELINE ...

Winter Weather Means Hot And Hearty Meals

Nippy winter days call for something hot and hearty on the menu. And corn and tomato chowder teamed up with franks in cheese caraway pastry makes a flavorful combination to fill the bill.

The chowder is very simply made by simmering together potatoes, onions, tomatoes, corn, and seasoning. Just before serving time, rich evaporated milk is added and the mixture is brought to piping hot serving temperature. To go with this, pastry (made especially good with the addition of shredded cheese, caraway seeds and soured evaporated milk) is wrapped around frankfurters and baked. Eaten either with fingers or fork franks in pastry are a treat.

Corn and Tomato Chowder
 1 cup raw potatoes, diced
 1/4 cup chopped onions
 1 1/4 cups water
 1 cup canned tomatoes
 1 cup whole kernel corn, liquid included
 1/4 teaspoon salt
 2 cups evaporated milk
 Cover and cook the potatoes and onions in the water until tender, about 20 minutes. Add tomatoes, corn and salt. Bring to boiling point. Just before serving, add milk, stirring rapidly all the while. Heat to serving temperature, do not boil. Makes 6 servings.

Franks in Cheese Caraway Pastry
 2 cups sifted flour
 1/4 teaspoon salt
 2/3 cup lard or shortening
 1/2 cup shredded Cheddar cheese
 2 tablespoons caraway seeds
 1 1/2 teaspoons vinegar plus evaporated milk to make 1/2 cup
 8 frankfurters (about 1 pound)
 Sift flour with salt. Cut in lard with two knives or pastry blender until the size of small peas. Stir in cheese and caraway seeds. Make a well in the mixture, add liquid all at once; then stir with a fork to moisten quickly but thoroughly. Gather mixture together and place on floured board or pastry cloth. Divide pastry in half. Roll the first half to 1/4 inch thickness in a square 12 x 12 inches. Cut rolled pastry into four squares. Place a frankfurter diagonally on each square, rolling one half the pastry over frankfurter, then folding in the ends and rolling over other side of pastry square so that frankfurter is completely wrapped. Make sev-

eral small diagonal slashes on top of roll. Repeat with remaining pastry and frankfurters. Place wrapped frankfurters on shallow baking pan or baking sheet. Bake in hot oven (425 Deg. F.) until pastry is lightly browned, 10 to 15 minutes. Makes 8 (4 servings).

There are likely as many versions of "Brunswick Stew" as there are of genuine Southern fried chicken. We think, however, you'll like our simplified recipe for this savory, one-dish meal with cubed pork and veal. The blend of dry lima beans, okra, corn and tomatoes makes a robust and colorful vegetable combination that's hard to beat.

Brunswick Stew
 1 pound veal
 1/2 pound pork
 Salt
 Pepper
 Fat for frying
 1 chopped clove garlic
 1 tablespoon chopped green pepper
 2 tablespoons chopped onion
 2 cups canned tomatoes
 1 small can or 1 cup fresh okra
 1 small can whole kernel corn
 2 cups cooked large dry lima beans (1 cup uncooked)
 Cut meat into 1-inch cubes. Sprinkle with salt and pepper. Brown in a little hot fat or oil. Add garlic, green pepper and onion; cook gently until onion is yellowed. Stir in tomatoes. Simmer 45 minutes. Add okra, corn and lima beans. Season to taste. Cook gently until flavors blend, about 30 minutes. Serves 6.

Golden Knelettes
 1 cup sifted enriched flour
 1 1/4 teaspoons baking powder
 1/4 tea spoon salt
 2 tablespoons shortening
 1/4 cup cooked whole kernel corn
 2 tablespoons chopped green pepper
 1/3 cup milk (about)
 1 1/2 cups diced, cooked chicken
 2 cups chicken gravy
 Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Add corn and green pepper and mix

lightly. Add milk to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out 1/4-inch thick. Cut with floured 3-inch biscuit cutter. Bake on ungreased baking sheet in hot oven (450 deg. F.) about 12 minutes. While Knelettes are baking, fold chicken into gravy and heat thoroughly. Spoon chicken mixture between and over split Knelettes. Makes 4 servings.

And Of Course There's Spinach

Delicious Baked Spinach is wonderfully good as a vegetable with broiled fish, broiled meat or other un-sauced main dishes. Or, it may be garnished with bacon curls and served as a luncheon or supper main dish on its own. The really rich wine sauce envelops the spinach, making it a good choice for a cold turkey supper, now, and at holiday time, too.

DELICIOUS BAKED SPINACH (Serves 6)

2 packages frozen chopped spinach
 2 tablespoons chopped onion
 3 tablespoons butter or margarine
 3 tablespoons flour
 1/4 cup milk
 1/4 cup Sherry Wine
 3 hard-cooked eggs, grated
 1/4 teaspoon nutmeg
 Salt and pepper to taste
 1/2 cup grated American cheese
 1/2 cup grated soft bread crumbs
 2 to 3 tablespoons melted butter or margarine
 Paprika
 Cook spinach according to directions on carton; drain thoroughly. Sauté onion in butter until tender and golden; blend in flour; add milk and cook, stirring constantly, until mixture boils and thickens. Remove from heat; stir in wine. Combine sauce with the spinach and eggs; season with nutmeg, salt and pepper. Turn into a greased casserole; sprinkle with a mixture of the cheese and crumbs. Drizzle melted butter over the top and dust with paprika. Bake in a moderately hot oven (375 deg. F.) about 25 minutes, or until bubbly.

You're smart to keep some cooked large dry limas in the refrigerator—they've come to many a busy housewife's rescue! We've used our favorite quick tomato sauce made from a can of soup simmered with herbs for these "Blushing Limas." And if you want a good one-pot dinner try the new brown 'n' serve sausages in this dish.

BLUSHING LIMAS
 2 cups cooked large dry lima beans
 1/4 cup chopped onion
 1 tablespoon butter or margarine
 1/4 cup chopped celery
 1 (10 1/2-ounce) can tomato soup
 1 teaspoon Worcestershire sauce
 2 bay leaves
 1/2 teaspoon thyme
 Drain limas and sprinkle with salt. Cook onion in butter until transparent. Add celery and cook about 5 minutes. Add remaining ingredients and limas, and heat thoroughly. Remove bay leaves and serve.
 Makes 5 to 6 servings.

SAVORY SPLIT PEA SOUP
 Prepare 1 (4 oz.) package split pea soup according to directions on carton, but use only 2 1/2 cups water. To the hot soup add 1/2 cup deviled ham, 1/2 cup top milk or evaporated milk, 1x3 cup Sherry wine and a dash of thyme; blend well and heat thoroughly. Pour into heated soup bowls or cups and garnish with croutons. Serves 3 or 4.

Variety Plus For Menu Planners

Bland foods often are greatly enhanced and enriched when prepared with or served with butter. Baked potatoes are a typical example of this. Menu planners however, are looking for variety, so here are three simple but delicious ways to fix potatoes in which butter is most important in the final result. Not only does butter lend its fine flavor to the potatoes in these recipes, but butter also is a rich source of Vitamin A.

Potatoes Delicious
 Peel one medium-sized potato for each person. Slice evenly thin—just a little thicker than for potato chips. Arrange in concentric circles in a well-buttered shallow baking dish, suitable for table service. There should not be more than 5 to 6 layers. Season each layer with salt and pepper and brush generously with melted butter. Bake in a hot oven, 400 Deg. F., about 40 minutes or until crisp and brown, top and bottom. Cut in wedges to serve.

Harlequin Potatoes
 2 cups peeled potatoes cut in cubes
 6 tablespoons butter
 1/4 cup minced onion
 2 tablespoons chopped green pepper
 2 tablespoons chopped pimiento
 1 teaspoon salt
 Cook potatoes in boiling salted water just until tender; do not overcook. Drain. Melt butter in same saucepan; add onion and remaining ingredients and cook for about 3-5 minutes. Add potatoes. Cook, turning occasionally until golden brown on all sides. Serves 4.

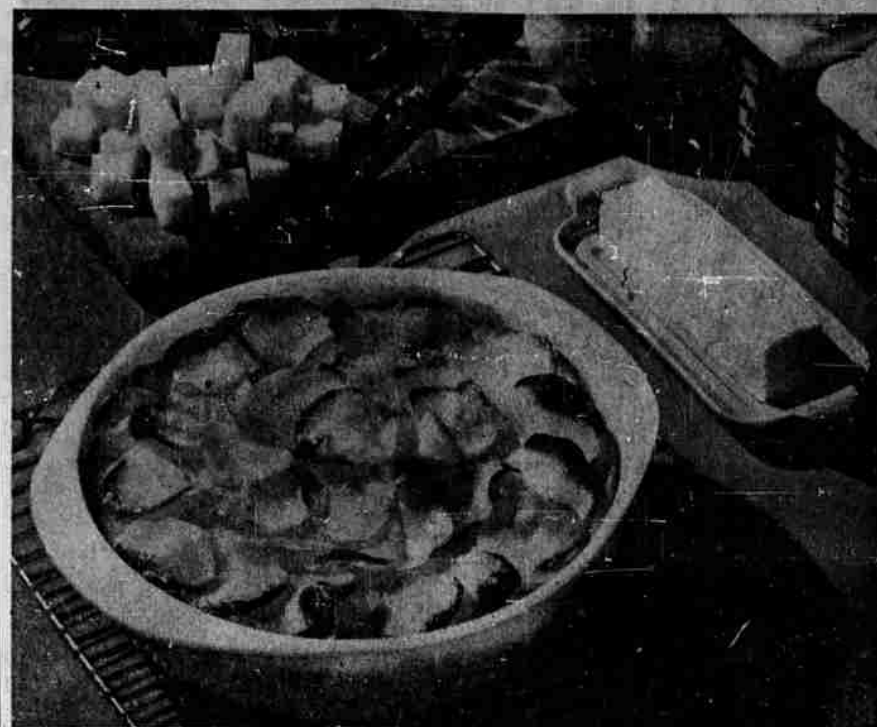
Oven French Fried Potatoes
 Allow one medium potato for each serving. Pare and cut as for French Fried Potatoes. In a shallow pan, melt 1/4 cup butter. Place potatoes in pan and turn to coat on all sides with the butter. Sprinkle with paprika. Bake in a hot oven, 425 Deg. F., for about 45 minutes or until crisp and brown. Baste several times with additional melted butter during baking period. Salt before serving.

RUSSET ROLLS
 1 Russet Potato
 1/4 cup lukewarm milk
 2 tablespoons sugar
 1 teaspoon salt
 1 cake compressed yeast
 6 tablespoons soft shortening (1/4 cup plus 2 tablespoons)
 2 to 2 1/2 cups sifted flour
 Peel and cook Russet Potato until tender. Mash (add no seasonings). Combine and mix well: 1/2 cup mashed potato, milk, sugar and salt. Crumble the yeast into the mixture and stir until dissolved; add shortening and mix well. Sift flour and add all at once. Mix with a wooden spoon and then with your hands. As the dough begins to leave the sides of the bowl, turn out onto a lightly floured board and knead until it is smooth and doesn't stick to the board. Shape into desired shape and set in a warm place to rise until double in bulk. (45 to 60 minutes). Bake at 400 degrees F. for 15 to 20 minutes. Yield: about 1 1/2 dozen rolls.

RUSSET LAYER CASSEROLE
 4 russet potatoes
 4 onions
 6 pork steaks
 2 tablespoons fat or shortening
 1/4 cup flour
 1/4 cup flour
 1/4 teaspoon oregano
 1/4 teaspoon marjoram
 1/2 cup hot water
 4 tomatoes
 1 small green pepper
 Salt and pepper to taste
 Peel and slice potatoes and onions. Mix flour, oregano, marjoram. Melt fat in a large skillet with a tight lid. Roll steaks in flour and brown in hot fat. Remove 3 steaks and add a layer of potatoes and onions; season with salt and pepper. Top with remaining steaks, potatoes and onions. Add water; bring to a boil and simmer, tightly covered, for 30 minutes. Meanwhile, slice green pepper into rings and wash and slice tomatoes. Add the tomatoes and pepper; season with salt and pepper and cook 15 minutes longer. Serves 6.

POTATO PANCAKES
 1 cup grated raw Russet Potatoes
 1 teaspoon grated onion
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 tablespoons flour
 1 egg
 Peel potatoes; grate fine and drain thoroughly. Add onion, salt, pepper and flour in with beaten egg. Fry on moderately hot grid-iron, making cakes about 2 inches across. Btwn well on one side, turn once and brown on other side. Will make six or eight small cakes. Good served with pot roast.

VEGETABLE GUMBO SOUP BURGANDY
 Mix 1 can condensed chicken gumbo soup, 1 can condensed vegetable soup, 1/2 cup Burgundy Wine or other red table wine, 1/2 cup water and 1/2 cup tomato juice. Bring to a boil, then simmer gently for 5 minutes or so. Pour into heated soup bowls or cups and sprinkle with chopped parsley. Serves 4 or 5.



POTATOES DELICIOUS ...

Meat, Fruit, Vegetables Blend Flavors

Ten minutes in the kitchen is all that's required to prepare this sumptuous feast of baked ham, squash and tender, succulent apple rings. It's all cooked in a single dish and you can slide the baking dish into the oven and forget about it until time to serve. All you have to do is to baste occasionally. Since the spicy, aromatic apples give this oven dinner its special, inviting flavor, today's recipe suggests the rosy red Winesap Apples are good bakers because they hold their shape and texture and their characteristic spicy flavor. For a treat next time you're baking, moisten mincemeat with a small amount of orange juice, fill the centers of the cored apples with the mixture and bake as usual. Serve warm, or chilled with whipped cream cheese.

Ham, Squash and Apple Oven Dinner
 2 acorn squash
 1 1/2 lb. ham steak, cut in 1/2 inch slices
 1/4 cup brown sugar
 2 tbsps. dry mustard
 2 tbsps. water
 2 Winesap apples
 1/4 tsp. nutmeg
 2 tbsps. butter
 2 1/2 cups apple cider
 Set oven at moderate (350 degrees F.). Cut squash into rings about 1 1/2 inch thick and remove seeds. Place squash rings in large casserole and top with ham slices. Combine brown sugar, dry mustard and water and spread evenly over the ham. Core apples and slice in 1/2 inch rings. Arrange apple rings on top of ham. Sprinkle apple rings with nutmeg and dot with butter. Pour cider into casserole and bake uncovered 1 hour and 45 mins., basting occasionally. Serves 6.

Instant Apple Dessert for two is made by slicing two Winesap apples about a quarter inch thick. Fry the apple slices slowly in two tablespoons of butter for 5 to 10 minutes. Sprinkle with sugar and serve with cream.

QUICK POTATO FONDANT
 1 medium russet potato
 1 pound powdered sugar, approx. 1/2 teaspoon salt
 Peel and boil potato until tender. Drain and dry potato by shaking pan over heat until all water is evaporated. Mash very fine (add no other seasonings). While potato is still hot, add the powdered sugar and work together until smooth. Continue adding sugar until mixture is firm enough to knead. Spread into an 8 inch greased square pan. Make in advance as flavor improves with ripening.

COCONUT FONDANT
 Add 1 cup shredded coconut to the basic fondant recipe. Instead of spreading in a pan, roll into 1/4 inch balls and set aside.
CHOCOLATE-MINT FONDANT
 To the basic recipe, add 3 or 4 drops of mint extract (to taste). Spread the fondant in an 8 inch greased square pan. Melt in a double boiler, 1 package semi-sweet chocolate bits and spread over the fondant.

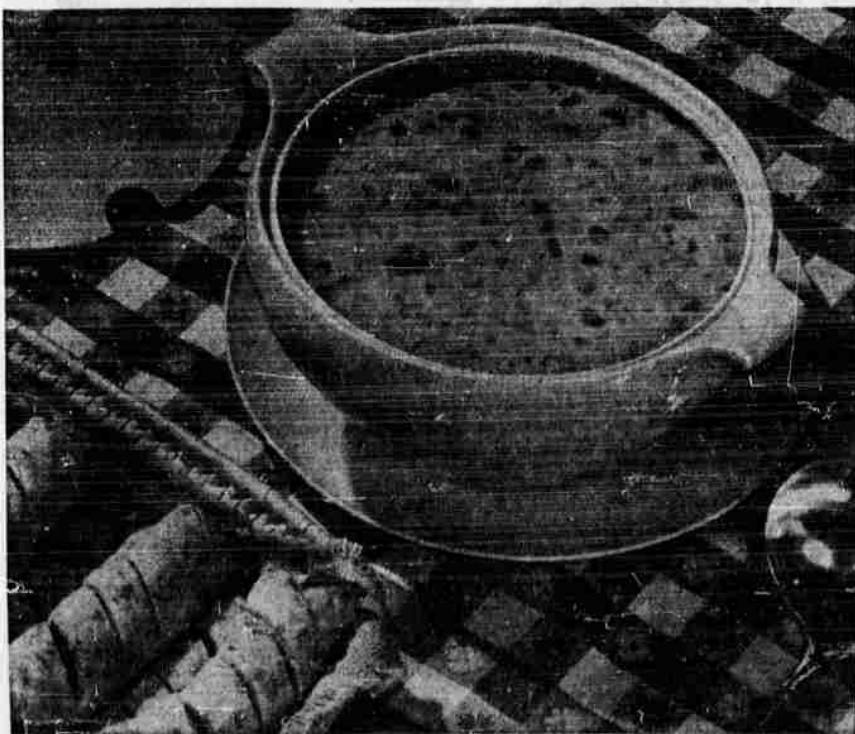
VICHYSOISE
 3 medium sized russet potatoes
 3 chicken bouillon cubes
 3 cups hot water
 3 tablespoons butter or margarine

2 to 3 leeks (white part only) and 1/2 cup chopped onion OR 1 1/4 cups chopped onion
 1/3 cup chopped celery
 1 teaspoon salt
 1/4 teaspoon monosodium glutamate
 1/4 teaspoon pepper
 1 cup chilled cream
 Peel and dice potatoes. Chop onions, leeks and celery. Dissolve in a 2-quart saucepan, the bouillon cubes in hot water and set aside. Melt butter in a saucepan; add leeks and onions and cook, stirring occasionally until transparent. Add potatoes and the next 4 ingredients to the chicken broth. Cook until potatoes are tender (about 15 minutes). Press through a fine sieve. If serving hot, add cream now and reheat. If cold, chill the soup and just before serving, add the cream and serve in chilled bowls. Garnish with chopped chives and paprika. Serves 6.

CURRIED NOODLE SOUP
 Prepare 1 (2 or 2 1/2 oz.) package dehydrated noodle soup according to directions on package but use only 2 cups water. To the hot soup add 1 cup top milk or evaporated milk 1/2 cup Sauterne Wine or other white table wine, 1/4 teaspoon curry powder, 1/4 teaspoon sugar and 1/2 teaspoon grated onion. Heat gently (do not boil) and pour at once into heated soup bowls or cups. Sprinkle with paprika. Serves 3.



TREASURES HUNT MIX ...



CORN AND TOMATO CHOWDER ...



APPLE OVEN DINNER ...