



NORWAY SARDINE GRILL . . .



CHINESE TUNA . . .



NORWAY SARDINES EN BOUSSION . . .

Smoked Beef Tongue Rated High On Unusual Dish List

High on the list of special favorites with many folks is versatile, flavorful smoked beef tongue. This tender variety meat now can be purchased already cooked, trimmed, skinned, and ready to slice and serve, making it especially popular with the cook in the family.

There's no waste to the new smoked beef tongue because the skin, fat, bones, and gristle have been removed in the processing. And since the tongues range in weight from about 1 1/2 to 2 1/2 pounds, you can select the size that best suits your needs. Plan on 4 to 5 generous servings per pound of the ready-to-eat tongue, depending on the size of family appetites. Of course, you'll want to buy enough for quick, intriguing leftover meals.

Keep the ready-to-eat tongue in its vacuum sealed wrapper in the refrigerator until ready to use. You may keep the tongue for as long as 3 weeks if the vacuum wrapper is kept intact and the meat is under refrigeration. However, once the package has been opened, you should keep the meat chilled and use it within 3 or 4 days.

The wonderful smoky flavor of quality beef tongue combines well with many different foods, and it's delicious served either hot or cold, so you can vary the style of service frequently. Another big help to the homemaker is that this tender, boneless tongue is easily carved into uniform, attractive slices, perfect for an interesting meat platter.

Feature smoked tongue slices served hot with a favorite vegetable or cold with an intriguing sauce. This recipe combines tongue, either hot or cold, with colorful lima beans.

Tongue With Special Lima Beans

Yield: 4 servings
 8 to 10 slices fully cooked beef tongue (hot or cold)
 2 tablespoons pickle relish
 1 8 oz. package frozen lima beans
 1/2 cup chopped onions
 1/2 cup commercially soured cream
 1 teaspoon salt
 1/4 teaspoon pepper
 1 tablespoon flour
 Spread pickle relish over sliced tongue. Cook lima beans and onions in a saucepan until tender. Do not drain. Stir in sour cream, salt, pepper and flour. Cook until thickened. Serve with tongue.

Tongue 'N Vegetable Salad

Yield: 10 servings
 1 pound fully cooked beef tongue
 8 oz. or 2 cups shell macaroni
 2 1/2 cups cooked whole kernel corn
 2 cups cooked peas
 1 4-oz. can pimiento, diced
 1/4 cup French dressing
 1/4 cup mayonnaise
 1/2 teaspoon salt
 1/4 cup horse-radish
 Cook macaroni according to directions on package. Rinse with cold water. Drain. Cut tongue into small strips. Combine all ingredients in a large bowl. Mix lightly. Serve on lettuce.

Coffee Cake and Rolls

1 cake compressed yeast
 1/4 cup evaporated milk, cold
 2 tablespoons sugar

3/4 teaspoon salt
 1 egg, well beaten
 2 cups sifted flour
 1/4 pound butter
 2 tablespoons butter, melted
 1/2 teaspoon cinnamon
 1/2 cup sugar
 1 cup coarsely chopped pecans

Soften yeast in the cold milk in a medium size mixing bowl. Stir in the 2 tablespoons sugar, salt and egg. Add flour 1 cup at a time and beat until smooth. Turn out onto a generously floured board and roll out. Cut the butter into about 8 portions and place cut side down in the middle of the rolled out dough. Fold like a napkin. Roll out. Repeat the rolling and folding operation five times. The last time, roll out into a square about 15 x 15 inches and about 1/4 inch thick. Brush with melted butter. Sprinkle with the 1/2 cup sugar and cinnamon that have been mixed together, then with chopped pecans. Cut dough in half. To shape the coffee cake, roll top and bottom edges to meet in center scroll fashion. Slice into 7 or 8 1-inch slices. Place slices (with one of the cut sides down) close against each other on half of a lightly greased baking sheet. Pinch slices together slightly so they do not come apart in the rising and baking. To shape small snails: Cut dough into 1-inch strips and then divide each strip into fourths. Roll lightly and place on baking sheet. To shape double snails: Cut dough into 1-inch strips, then into thirds. Roll each end toward the center, then twist and place on baking sheet. To shape crescents: Cut a strip about 3 inches wide, then cut into triangles. Roll up, starting at wide end and place on baking sheet. Let coffee cake and rolls rise until light, about 1 1/2 hours. Brush with undiluted evaporated milk. Bake in moderate oven (350 Deg. F.) until lightly browned, about 25 to 35 minutes. Drizzle immediately with frosting. Sprinkle with cut citron, chopped candied cherries and pecans, if desired. Remove to cooling rack with pancake turner or spatula. Serve warm or cold. Makes 1 coffee cake and about 18 to 24 small rolls.

For Your File

RUSSETS, DELMONICO

2 cups cooked Russet potatoes, peeled and diced (2 large)
 2 cups medium white sauce
 Salt and pepper
 1/2 cup buttered bread crumbs

Cook potatoes in their jackets until tender. Make white sauce; add potatoes, salt and pepper. Prepare bread crumbs. Pour into a buttered baking dish and cover with the crumbs. Bake 10 minutes in a hot oven (400 degrees). Serves 6.

HOT POTATO SALAD

4 cups cooked, diced Russet Potatoes (3 large)
 4 strips chopped bacon
 1 tablespoon flour
 1/4 cup chopped sweet pickle
 1/4 cup finely chopped onion
 1/3 cup water
 1/3 cup vinegar
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/4 teaspoon dry mustard
 1/4 teaspoon paprika
 1/4 teaspoon celery seed
 Cook potatoes in their jackets until tender. Peel and dice while hot. Fry bacon and remove from skillet. Add flour to bacon drippings and combine all ingredients except potatoes and bacon. Bring to a full boil. Add potatoes and bacon; mix well. Turn heat very low, cover and let heat for about 10 minutes. Serves 4 to 6.

California Canape Cheese

3 (3 oz.) packages cream cheese
 4 teaspoons anchovy paste
 1/4 cup Sauterne or other white table wine
 2 tablespoons capers
 1 tablespoon minced parsley
 1 teaspoon minced onion
 1 teaspoon paprika
 1/4 teaspoon dry mustard
 Place cream cheese in a bowl and mash with a fork; add anchovy paste; gradually blend in wine. Add capers, parsley, onion, paprika and mustard; beat until well blended. Store, covered, in the refrigerator until needed. Makes about 1 1/3 cups. Excellent for canapes or with thin slices of rye bread or potato chips as a dunking mixture.
 Note: For best results, have cheese at room temperature when you start to mix the spread.

Frosting

2/3 cup confectioners' sugar
 1/2 teaspoon vanilla extract
 1 tablespoon evaporated milk
 Blend sugar, vanilla and milk. Drizzle frosting over hot coffee cake and rolls.

Sherry Tom and Jerry

(Serves 10)
 Beat 3 eggs and 1/4 cup confectioners' sugar together until very thick. Heat 5 cups Sweet Sherry Wine add 2 1/2 cups boiling water to simmering; do not let mixture boil. Preheat mugs or cups with boiling water. Place 3 tablespoons of the egg-sugar batter in each mug or cup; add 3/4 cup heated Sherry mixture. Stir well and sprinkle with nutmeg. Serve at once with a demi-tasse spoon or teaspoon.

Connie Baker's FOOD features

SECOND SECTION THE NEWS-REVIEW ROSEBURG, OREGON — THURSDAY, JANUARY 13, 1955 ★★ 10-55

Exciting New Recipes Start The New Year Right

When your church or club group comes in for a planning session at mid-morning you'll want a little "something-different" to serve with the coffee. What to do? Just bake this delicious coffee cake in individual pie pans and you'll say you never saw a cup of coffee kept company by a more unusual snack!

INDIVIDUAL COFFEE CAKES

1/4 cup shortening
 1 cup sugar
 2 egg yolks
 1 1/4 cups sifted, enriched flour
 2 teaspoons baking powder
 1/4 cup chopped walnut meats
 1/2 teaspoon salt
 1/2 cup milk
 2 egg whites
 1/3 cup sugar
 1/4 teaspoon cinnamon
 Cream shortening. Add 1 cup sugar gradually and cream thoroughly. Beat egg yolks. Add to first mixture. Mix and sift flour, baking powder and salt and add alternately with milk. Beat egg whites stiff but not dry. Fold in. Pour into well-greased individual pie pans. Mix 1/3 cup sugar with cinnamon and chopped walnut meats. Sprinkle over batter. Bake in moderate oven, 375 deg. F., 20 to 25 minutes. Serve hot. Yield: 8.

BUTTERMILK DATE BREAD

1 cup fresh dates
 1 cup walnuts
 1 egg
 1 cup brown sugar (packed)
 2 tablespoons cooking oil
 1 cup buttermilk
 2 cups sifted all-purpose flour
 1 teaspoon baking powder
 1/4 teaspoon soda
 1 teaspoon salt
 Pit and slice dates; chop walnuts. Beat egg, brown sugar and oil until smooth and creamy. Stir in buttermilk. Sift flour, baking powder, soda and salt into creamed mixture. Beat until well blended. Stir in dates and 1/4 cup of the nuts. Turn into a greased and floured loaf pan (8 x 5 x 3 inches). Sprinkle remaining nuts over top of batter. Bake in a moderately slow oven (325 deg. F.) for about 1 hour. Cool thoroughly before slicing.
 Makes one loaf.

Norway Sardine Mixed Grill

Ingredients
 2 (3 1/2 oz.) cans sardines
 4 fillets of lemon sole
 8 jumbo shrimp
 4 halves of tomatoes
 4 heads of mushrooms
 Parsley butter
 Bread crumbs
 Drain oil from sardines. Roll sardines; fillets of sole, shrimp, and halves of tomatoes in bread crumbs. Sprinkle with olive oil and grill to a golden brown. Dress on a platter, with the sardines and sole in the center and the shrimp and tomatoes arranged around them. Top tomatoes with broiled mushroom heads. Sprinkle parsley butter over platter. Garnish with bouquet of parsley, lemon. Serve mayonnaise or tartar sauce on the side. Makes 4 servings.

Norway Sardines En Bouisson

Ingredients
 4 (3 1/2 oz.) cans sardines
 2 cups flour
 1 teaspoon salt
 4 eggs
 2 cups of milk
 1 cup of beer
 To prepare batter, put flour in a mixing bowl. Add the eggs and milk, and mix. Then add the beer and mix vigorously. Drain oil from the 4 cans of sardines and dip the sardines in the batter. Fry in deep fat until golden brown. Arrange bouquets of fried parsley either end of the platter and bouquets of julienne potatoes at other 2 ends. Garnish with lemon. Serve with tomato sauce. Makes 4 servings.

Norway Kipper Potato Salad

Perk up sluggish appetites with this tasty, easy to prepare lunch or supper dish, Norway Kipper Potato Salad. It's sure to be a family treat, and economical, too. What's more, the kippers are packed in easy-to-open aluminum cans which preserves that distinct delicious flavor.
 Ingredients (6 to 8 servings)
 1 (6 1/2 oz.) can kippers (or two

It is always fun to have a new recipe to prepare when you are entertaining the club, or having your friends for lunch. It is especially exciting when the new recipe is easy to prepare and serve, and economical too. Here are recipes that will fill all these requirements and more besides.

CHINESE TUNA

6 tablespoons butter
 6 tablespoons flour
 3 cups milk
 1/4 teaspoon salt
 2 egg yolks, well beaten
 1 cup (7 oz. can)
 1/2 cup toasted split blanched almonds
 2 cups chow mein noodles
 2 egg whites, stiffly beaten
 2 tablespoons chopped, crisp, sweet pickles. Serves 6 to 8.
 Melt butter in saucepan over low heat. Stir in flour and blend. Add milk gradually and cook, stirring over low heat until smooth and thickened; add salt. Mix 1/4 cups cream sauce with egg yolks, tuna, almonds and noodles. Mix well. Carefully add in sunny beaten egg whites. Pour into well buttered 8 x 5 1/2 loaf pan. Bake in moderate oven, 350 degrees F., for 30 minutes or until set and lightly browned on top. Unmold on hot platter and serve with remaining 1-3/4 cup cream sauce to which has been added 2 tablespoons chopped, crisp sweet pickles. Serves 6-8.

MOLDED TUNA SALAD

1 teaspoon plain gelatin
 1/2 cup cold water
 1/4 cup mayonnaise
 1/2 teaspoon grated onion
 1/4 teaspoon salt
 Dash Tabasco sauce
 1/2 cup ripe olives
 2 hard-cooked eggs
 1 (7-ounce) can tuna
 1 cup chopped celery
 Salad greens
 Soften gelatin in cold water and dissolve by placing over hot water. Cool until slightly thickened. Blend in mayonnaise, onion, salt and Tabasco. Cut olives into large pieces. Slice eggs. Add olives, eggs, flaked tuna and celery to mayonnaise mixture. Turn into individual molds and chill until firm. Unmold on salad greens.
 Makes 4 to 5 servings.

PEACH ALMOND PIE

Almond Shell
 1 1/2 cups finely ground blanched almonds
 3 tablespoons granulated sugar
 Filling:
 1 No. 2 1/2 can cling peach slices
 1 envelope (1 tablespoon) plain gelatin
 1 tablespoon lemon juice
 1/4 cup granulated sugar
 Few grains salt
 1 tablespoon brandy
 1/2 cup whipping cream
 Almond Shell: Combine almonds and sugar. Press firmly on bottom and sides of lightly greased 8-inch pie pan. Bake in very hot oven (450 deg. F.) about 8 minutes. Cool.
 Filling: Drain peaches thoroughly, reserving syrup. Soften gelatin in 1/4 cup peach syrup. Heat 1/2 cup syrup and dissolve softened gelatin in it. Blend in lemon juice,
 Truly festive and gay is this recipe for "Peach Almond Pie." The crust is made with finely ground blanched almonds sweetened with a little sugar. Baked to golden goodness it's filled with a creamy peach mixture and topped with toasted slivered almonds. Here's a pie that's outstanding from the top to the bottom.

Mulled Wine Monterey

(About 21 servings)
 Dissolve 1 cup sugar in 4 cups water in large kettle. Add peel of 1/2 lemon, and 18 whole cloves. Boil for 15 minutes. Add 2 large (4 1/2 qt.) bottles Burgundy wine and heat gently. Do not boil. Serve hot in pottery mugs or coffee cups. Garnish each serving with a cinnamon stick to be used for stirring.

Barbecued Beef Loaves

Individual meat loaves are always appealing and when the little barbecue sauce, they're unusually delicious. Lemon slices, baked on top, lend a nice touch of color. The loaves are served with Brussels sprouts which have been tossed with browned butter and sprinkled with almonds.
 Lemon Barbecued Beef Loaves Meat Loaf Mixture
 1 1/2 pounds ground beef
 1/4 cup lemon juice
 1/2 cup water
 1 egg, slightly beaten
 4 slices stale bread, finely diced
 1/4 cup finely chopped onion
 2 teaspoons seasoning salt
 Topping
 1/2 cup catsup
 1/3 cup brown sugar
 1 teaspoon dry mustard
 1/4 teaspoon ground cloves
 1/4 teaspoon ground allspice
 6 thin slices lemon
 Combine all ingredients for meat loaves. Mix well and shape into 6 individual loaves in a greased oblong baking pan. Combine ingredients for the topping, with the exception of the lemon slices. Bake loaves at 350 deg. F. for 15 minutes, then cover with topping and place a lemon slice on each loaf. Continue baking for 30 minutes, basting occasionally with sauce around loaves. Serve with sauce spooned over loaves, 6 servings.

Beef, Pork Starred Here

Individual meat loaves are always appealing and when the little barbecue sauce, they're unusually delicious. Lemon slices, baked on top, lend a nice touch of color. The loaves are served with Brussels sprouts which have been tossed with browned butter and sprinkled with almonds.

Lemon Barbecued Beef Loaves

1 1/2 pounds ground beef
 1/4 cup lemon juice
 1/2 cup water
 1 egg, slightly beaten
 4 slices stale bread, finely diced
 1/4 cup finely chopped onion
 2 teaspoons seasoning salt

Topping

1/2 cup catsup
 1/3 cup brown sugar
 1 teaspoon dry mustard
 1/4 teaspoon ground cloves
 1/4 teaspoon ground allspice
 6 thin slices lemon

Combine all ingredients for meat loaves.

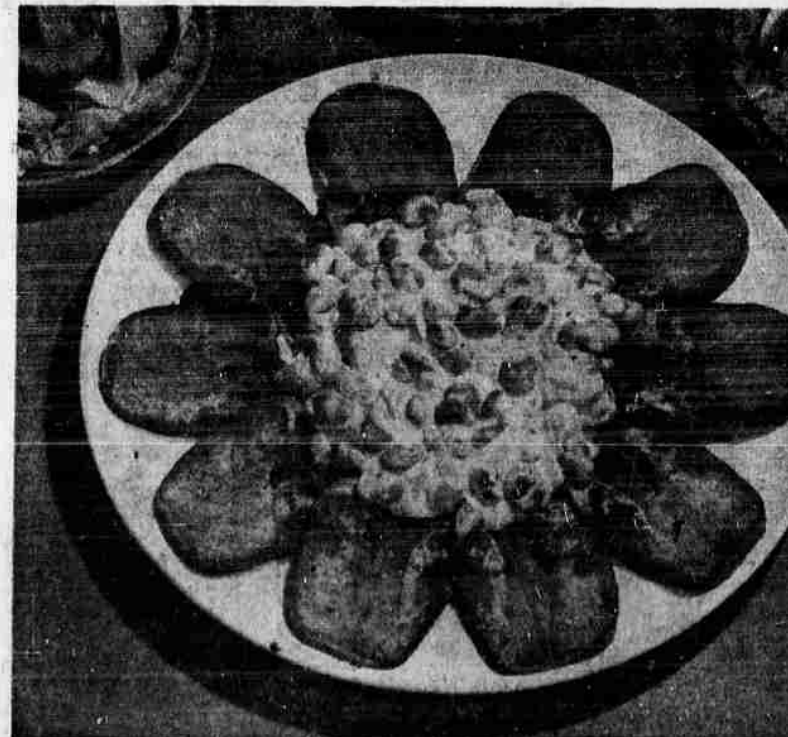
Mix well and shape into 6 individual loaves in a greased oblong baking pan. Combine ingredients for the topping, with the exception of the lemon slices. Bake loaves at 350 deg. F. for 15 minutes, then cover with topping and place a lemon slice on each loaf. Continue baking for 30 minutes, basting occasionally with sauce around loaves. Serve with sauce spooned over loaves, 6 servings.

Pork and sauerkraut make the best of partners.

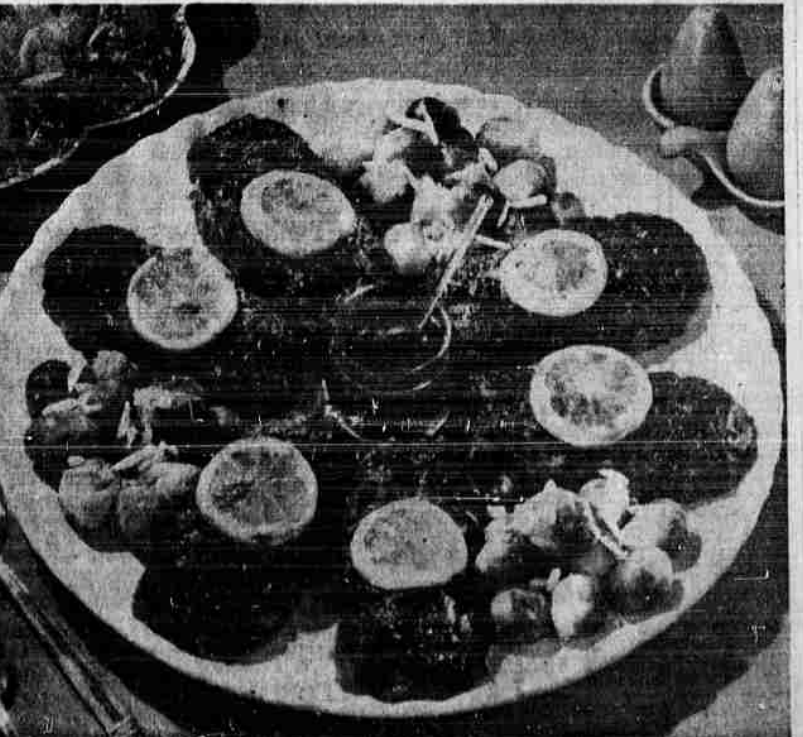
Apples added to the twosome give the combination even better flavor. In this savory dish, the ribs, seasoned with a hint of caraway seeds, is cooked together until the chops are tender and the flavors are well blended. Here's the tested recipe:

Pork Chop Apple-Kraut Dinner

4 pork chops or pork shoulder steaks
 Salt, pepper
 1 No. 2 can sauerkraut (2 1/2 cups)
 1 teaspoon caraway seed
 1/3 cup brown sugar
 3 tablespoons chopped onion
 2 apples
 Brown pork chops or steaks in a little hot fat in a Dutch oven or other large heavy utensil; season with salt and pepper. Remove chops from the pan and pour off the fat. Add sauerkraut, caraway seed, brown sugar, onion, and sliced apples; mix thoroughly. Top with pork chops. Cover utensil and cook over low heat 1 hour or until chops are tender, basting chops occasionally with juices in the pan. 6 servings.



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