



Connie Baker's FOOD features

SECOND SECTION The News-Review, ROSEBURG, OREGON —THURSDAY, JUNE 13, 1957 ★★ 139-57

Take Advantage Of Strawberry Season To Freeze Berries To Enjoy During Long Winter Months

Strawberries are ripe and red and are in abundance on our grocer's shelf. So while you are enjoying these fresh berries, why not freeze some for those weeks and months when they are out of season?

Directions For Freezing Berries
Berries such as strawberries, raspberries, boysenberries, and blackberries may be frozen, using either dry sugar or sugar syrup. Whichever you use, the object is to completely coat the fruit with sugar or syrup. This shuts out the air and prevents oxidation — which causes darkening.

Select fully ripe, but firm, berries; wash in cold water, preferably containing ice cubes. Drain in colander or on a tray lined with several thicknesses of absorbent paper toweling. (If not to be frozen immediately, store in refrigerator.) Remove stems; cut large berries into halves or quarters.

Dry Sugar Method: For 4 to 6 cups berries, use 1 cup granulated or superfine dessert sugar. Pour sugar over berries and stir gently until the berries are coated and sugar is dissolved. It is not absolutely necessary to use Ascorbic Acid (another name for Vitamin C), but if you do, allow 1/4 teaspoon per cup of sugar used. Dissolve Ascorbic Acid in 2 tablespoons water; pour over berries, and mix along with sugar. Fill freezer containers to within 1/4 inch of top; seal, label and freeze at once.

Sugar Syrup Method: Put sliced or whole berries in freezer containers and then cover with simple sugar syrup. Make syrup in advance and chill before using. (If Ascorbic Acid is used, add 1/2 teaspoon of Acid to 1 quart of water used in the syrup.) To make sugar syrup, dissolve sugar in boiling water, using these proportions: For 30 per cent syrup — 1 cup granulated sugar to 2 cups water; for 40 per cent syrup 1 2/3 cups sugar to 2 cups water; for 50 per cent syrup — 2 1/2 cups sugar to 2 cups water.

New Low Sugar Pectin Varies Range Of Sugar Content In Jams, Jellies

Think of being able to make strawberry and other fruit jams and jellies with such a range of sugar content that they can be eaten and enjoyed by everyone, from diabetics to those with a real "sweet tooth!"

Never before has this been possible until this year, with the development of an amazing new "low sugar" pectin — the only pectin that can make jams, jellies, and desserts with less, little or no sugar at all. The term "low sugar" does not refer to the sugar in the pectin, but to that in the finished products it alone can make.

With the new pectin, you can make jams and jellies with a sugar range of from 0 per cent to about two-thirds of that in the regular kind, which have from 65 to 70 per cent sugar content. Thus, the home preserves made with the "low sugar" pectin are such that they meet the needs of those who are diabetic, on a strict diet or who simply prefer these things less sweet than usual.

Take advantage of the fresh ripe berries on the market at the moment. The red raspberries are apt to have a more delicate flavor, but either the reds or the black fruit make excellent shortcake.

BRAN SHORTCAKE BISCUITS
1/2 cup ready-to-eat bran
1/2 cup buttermilk or sour milk
1 1/2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup shortening
1 tablespoon melted butter or margarine

Combine all-bran and buttermilk; let stand until most of moisture is taken up. Sift together flour, baking powder, soda, salt and sugar. Cut in shortening until mixture resembles coarse cornmeal. Add all-bran mixture and stir until combined.

Turn out on lightly floured board and knead gently a few times. Roll out to thickness of 1/8 inch. Brush with melted butter, fold in half and roll to thickness of 1/8 inch. Cut with floured 2 1/2-inch biscuit cutter. Place on greased baking sheet. Bake in moderately hot oven (400 deg. F.) about 15 minutes.

Yield: 8 shortcakes, about 2 1/2 inches in diameter.

It's Raspberry Shortcake Time

Early summer is raspberry time. And we think the best way to serve them is on "old-fashioned" homemade biscuits for the best shortcake you ever ate. This recipe uses all-bran cereal as one of the ingredients, which assures extra good flavor and texture.



... Strawberry Party Punch

Here's A Strawberry Punch With A Party Touch

"Let's plan a party" is suggested by this recipe for Strawberry Punch — for it will surely add to the success of a party with its gaily bedecked strawberry islands floating on top of the creamy smooth cream.

It is gratifying to know that a refreshment such as this is contributing to the daily milk requirements of your guests. Milk is the best dietary source of calcium, and it supplies large quantities of protein, riboflavin, and many other valuable minerals and vitamins. As one of the basic foods adults should have at least two cups a day while growing children should have three to four or more cups each day.

Ice cream is blended with strawberries to add smoothness and color to this party punch. Ice cream also contributes many of the valuable nutrients of milk.

Serve variations of your favorite butter cookies with the punch. Make some with a cookie press, and add marmalade, tiny chocolate bits sugar topping, or cinnamon for color and flavor to others.

Summertime parties, graduations and showers will call for easy-to-prepare, delicious and attractive food. Whether the party is for adults or the young crowd, an ice cold milk drink will be a perfect refreshment choice. So keep this recipe handy. You will want to use it often.

STRAWBERRY PARTY PUNCH
1 quart fresh, sweetened, sliced strawberries
1 pint vanilla ice cream, softened
1 quart well-chilled milk
Red food coloring
Whipped cream
Fresh whole, washed, unhulled strawberries, optional

Combine defrosted frozen strawberries and softened ice cream in electric blender or mixer. Mix thoroughly. Pour into punch bowl. Stir in chilled milk. Tint, if desired, with red food coloring to make an attractive strawberry pink color. Top with spoonfuls of whipped cream (or additional vanilla ice cream). Garnish with whole strawberries. Makes 12 to 14 punch-cup size servings.

SOMETHING DIFFERENT

Do you like to serve something different when you're entertaining for dinner? Then try this cucumber soup for a delectable first course. The recipe will make four to six servings. Here's how. Place 2 cups of sliced cucumbers, 1/2 teaspoon of salt and 1/4 teaspoon of black pepper in a saucepan. Add 1/2 cup of water and bring to a boil; then cook about 15 minutes until the cucumbers are tender. Prepare a can of condensed cream of celery soup according to directions on the can; stir in cucumbers and 1 cup of dairy sour cream. Heat to boiling point and serve. Add a dash of paprika on top of each bowl for a splash of color.

COLORFUL SALAD

Juicy tender prunes, stuffed with sections of fresh or canned mandarin orange make an attractive addition to a colorful fruit salad arrangement. Select the largest-sized prunes to use in salads and compotes. Use the economical small-sized prunes for breads, cakes, pies or other recipes calling for chopped or sieved prunes.

REFRESHING

For a refresher serve chilled apricot, pear or peach whole fruit nectar in frosty-looking glasses. Dip rim of glass in lemon or lime juice, then in sugar. Chill in refrigerator and fill with cracked ice and whole fruit nectar. Use a slice of fresh lime as garnish.

ELEGANT TOPPING

A blend of avocado and sour cream makes an elegant topping for tomato soup. Mash avocado with fork and combine with commercial sour cream and few drops lemon juice. Spoon on top of hot tomato soup just before serving. Delicious on frozen shrimp soup, also.

SERVE PIE

To top off a light menu, serve wedges of sweet walnut-raisin pie. Break the walnuts into large pieces and add to favorite raisin pie filling. Top with lattice pastry strips to show off the luscious pumpkin raisins.



... Easy, Delicious Salad

Frozen Strawberry Salad Is Wonderful For Luncheon

Strawberries — red, ripe, and luscious — make a wonderful frozen salad for luncheon, dinner, or for an attractive buffet service. This salad is easy to make and easy to serve, but oh so delicious! You'll want to make it often while the berries are in season.

Frozen Strawberry Salad
1 pint fresh strawberries
1 cup granulated or superfine dessert sugar
1 tablespoon lemon juice
2 cups commercial sour cream
1/2 cup granulated or superfine dessert sugar
1 to 2 cups additional whole berries

Wash, hull and drain berries, then crush enough to make 1 cup. Sweeten with about 1/2 cup of the sugar. Add lemon juice. Stir rest of the sugar into sour cream and mix well; fold in strawberries. Pour into a 1- or 1 1/2 quart circular mold. Freeze.

When ready to serve, pour the 1/2 cup sugar over additional whole berries and carefully mix until sugar is dissolved. Remove salad from mold; fill center with the sugared berries. Serve with whipped cream or marshmallow dressing.

ADDS FLAVOR

Using instant minced onion is the most convenient way of adding onion flavor to countless dishes. This new moisture-free onion can be found at your grocers in glass jars or foil packets. Try it in any of our recipes calling for onion. Use right from its container whenever liquid is present in a recipe. Or, add to a little water and let stand a few minutes when adding to a "dry" mixture.

DINNER STARTER

Frosty glasses of chilled apricot whole fruit nectar or pineapple juice are extra inviting when topped with cubes of mellow-flavored avocado. Serve in small glasses as dinner starter or in tall ones as an afternoon refresher.

MARINATE POTATOES

Warm weather menus call for ever-popular potato salad. Make yours better-than-ever by marinating the cooked potatoes in white table wine and a sprinkling of herbs.

EXOTIC TOUCH

Bring an exciting exotic touch to baked pork chops by sprinkling chops generously with curry powder before browning, and serving with chutney - filled canned cling peach halves. Fill each large golden canned cling peach cup with a spoonful of chutney. Bake in shallow pan in moderate oven about 15 minutes to heat peaches thoroughly.



... Strawberry Jam Rolls

Light Pancakes And Strawberry Jam Make Lunch Dish

Here's something different for lunch or brunch! Wonderful light pancakes spread with Strawberry Jam and folded, brushed with melted butter and broiled. These luscious jam rolls can be put together ahead of time and run under the broiler when ready to serve. Make pancakes by your favorite recipe or use this wonderful Sour Cream Pancake recipe:

SOUR CREAM PANCAKES
2 eggs, separated
1/2 cup granulated or superfine sugar
1 cup commercial sour cream
2 tablespoons melted butter or margarine
1 cup cake flour
1/2 teaspoon salt
1 teaspoon baking powder

Beat egg whites until they hold up in peaks. Add sugar and beat about 2 minutes. Set aside. With out washing the beaters, beat the yolks until light in color. (Do not use beaters or mixers from this point on.) Stir in sour cream and melted butter. Sift flour, salt, and baking powder together; add to sour cream mixture; mix well. Fold in beaten egg whites. Make thin pancakes about 8 inches in diameter. Cool on wire rack lined with paper towels or napkins. Spread with homemade Strawberry Jam made by this recipe:

STRAWBERRY JAM
4 cups strawberries (measured after stemming)
4 cups granulated sugar
2 tablespoons lemon juice
Select firm, ripe berries; wash and drain carefully to prevent crushing. Remove stems with a sharp knife. (If berries are extremely large, you may want to halve or quarter them.) Put berries in a large saucepan, or kettle. Add 2 cups of the sugar; mix gently.

Place over medium heat and bring to a boil, stirring occasionally. Let boil 5 minutes, then carefully stir in rest of the sugar and the lemon juice. Boil 10 to 15 minutes longer, or until syrup will sheet off the edge of a metal spoon. Remove from heat and skim off foam. Cool in saucepan, shaking occasionally to redistribute the berries and turn them over. Let stand for several hours or overnight.

Place cold in hot sterilized jars, and seal (or cover with hot paraffin). Makes about 2 pints.

When ready to serve these mouth-watering Strawberry Jam in Rolls, brush tops with melted butter and broil to a golden brown. Serve piping hot.

TASTY LOAF

Delight your bridge guests with a tasty sandwich loaf in place of the usual sweet dessert. Cut loaf of unsliced bread into four lengthwise slices. Spread one slice with pimento cheese, top with second slice spread with ripe olive and egg salad mixture. Put on third slice of bread and spread with almond-tuna mixture. Top with last slice and wrap in aluminum foil and chill several hours. Frost with softened cream cheese and cover with chopped almonds before serving.

GOOD DESSERT

Here's a dessert for chocolate-lovers. Bake chocolate angel food cake according to directions. When cool, split into three layers. Put layers together with chocolate cream, made by combining chocolate ice cream, chopped or slivered almonds with very stiffly whipped cream. Sprinkle top and sides of cake with crunchy almonds.

DESSERT-SALAD

For a beautiful dessert - salad fill avocado half shells with fresh or canned fruits and top with spoonful of lemon sherbet. Accompany with dainty cheese or chicken sandwiches. To prepare avocado half shells, simply cut fruit in half and remove seed. Drizzle inside of avocado with lime or lemon juice to keep delicate color.

'QUICKIE'

Here's a quickie for Friday night supper. Heat undiluted tomato soup with ripe olive wedges, canned shrimp, chopped green pepper and seasoning of chili powder. Pour into shallow casserole and top with baking powder biscuits, sprinkled generously with shredded sharp Cheddar cheese. Bake in hot oven about 20 minutes.

NO FROSTING NEEDED

No frosting is needed with walnut-topped upside-down cup cakes. Put melted butter-brown sugar mixture and walnuts in bottom of greased muffin pans. Cover with yellow cake batter and bake as usual. Let stand about 3 minutes before inverting pan to remove.

ADD FLAVOR

A teaspoon of grated orange rind and 1/2 cup or more of moist chewy raisins mixed into plain cookie batter is an easy way to add flavor and extra nutrition. Use a package of cookie mix or your best recipe.