

Casseroles, Oven Dishes Are Mainstays In All Good Cooks' Files

Connie Baker's FOOD features

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... DEVILED FRENCH LOAVES

Left Over Roast Will Taste Good In This Recipe

Brighten blue Monday's dinner with these "Deviled French Loaves." If you serve left overs to your family in this unusual way, they won't mind eating Sunday's roast again.

Hollow out and butter individual loaves of French bread. While they're toasting, make the filling. Add cubes of cooked meat to a well-seasoned cream sauce, enriched with ripe olives and pepped up with green onions. Spoon into bread cases just before serving. Easy to do, and oh so good! This is a handy recipe to keep in mind for cooked or canned shrimp, crab or tuna, too.

Deviled French Loaves
4 French rolls
Melted butter or margarine
Filling:
1/2 cup ripe olives
2 green onions
1/4 cup chopped green pepper

3 tablespoons butter or margarine
3 tablespoons flour
2 teaspoons dry mustard
2 teaspoons salt
1/4 teaspoon black pepper
Dash cayenne pepper
1 teaspoon Worcestershire sauce
1 1/2 cups rich milk or cream
1 1/2 cups rich milk or cream
1 1/2 cups diced, cooked beef, chicken or turkey; shrimp or crab, or ham
Cut tops from French Rolls. Remove soft centers and crumble. Brush inside and out with melted butter including inside of each top. Toast loaves in moderate oven (350 degrees F.) 20 minutes, toasting the tops the last 5 minutes. Filling: Cut olives into large pieces. Chop onions including part of tops. Add green pepper and cook slowly in butter 5 minutes. Blend in flour, mustard, salt, pepper, cayenne and Worcestershire sauce. Add milk and cook and stir until thickened. Stir in meat, olives and crumbled bread crumbs; mix well. Spoon into toasted rolls and serve. Serves 4.

Macaroni On Your Table Means Economy For Your Budget

A shelf-full of macaroni products in your pantry can help assure you the best of dining. Macaroni, noodles and spaghetti are wonderfully adaptable to fall meals. They are a fine mainstay for casserole dishes, the stars of any buffet dinner. You'll also like the way macaroni foods combine with autumn vegetables. Use them, too, in economical main dishes that get real "mileage" from the last of your holiday turkey.

Spaghetti Americano uses round steak in a meat sauce that is sure to delight guests at your next buffet-style supper. Let your guests serve the sauce themselves from your prettiest chafing dish.

Spaghetti Americano
2 tablespoons fat
1 pound round steak, cubed
3/4 cups cooked tomatoes (1 No. 2 1/2 can)
2 cups tomato sauce (2 8-ounce cans)
1/4 cup chopped onion
2 tablespoons chopped green pepper
2 tablespoons chopped parsley
1/2 cup chopped celery
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon marjoram
1/4 teaspoon thyme
1 large bay leaf
8 ounces long spaghetti

Melt fat in large skillet and brown meat well (about 10 minutes). Add tomatoes and remaining ingredients except spaghetti. Mix well. Cover and simmer 1 hour until meat is tender. Remove cover and simmer 15 minutes or until sauce has thickened. Remove bay leaf. Cook spaghetti in boiling salted water until tender (about 15 minutes). Drain and rinse with hot water. Arrange spaghetti on hot platter and pour sauce over it. Serve with Parmesan cheese. Makes 4 servings.

Top Hat Squash
2 medium acorn squash
1-3 cup water
4 ounces elbow macaroni
1/2 pound ground beef
2 tablespoons fat or drippings
1/4 cup chopped onion
2 tablespoons chopped green pepper
2 tablespoons enriched flour
1 teaspoon salt
Dash pepper
1 cup milk
1 cup shredded American cheese
2 teaspoons prepared mustard
1 tablespoon butter or margarine
Buttered bread crumbs

Cut squash in halves. Remove seeds. Place cut side down in baking pan and add water. Bake in moderate oven (350 Deg. F.) 35 minutes. While squash is baking, cook macaroni in boiling salted water until tender (about 8 minutes). Drain and rinse.

While macaroni is cooking, brown ground beef in fat or drippings in skillet. Add onion and green pepper and brown lightly. Stir in flour, salt and pepper. Add milk and cook until thickened, stirring constantly. Add cheese and prepared mustard, mixing well. Fold in macaroni.

Remove squash from oven and turn right side up. Brush inside of squash with butter or margarine and fill with macaroni mixture. Sprinkle with buttered bread crumbs. Bake in moderate oven (350 Deg. F.) 15 minutes longer. Makes 4 servings.



... MEXICAN CHICKEN STUFFED TORTILLAS

The Flavor Of Mexico Visits U. S. Kitchens

For anyone seeking the dramatic and beautiful in the way of scenery, Mexico is surely the place to go. And, for anyone with adventurous taste buds, Mexican dishes are certainly "musts" to try.

Even if traveling is not on the agenda, it's possible to bring the flavor of this section of North America into the home. For instance, "Mexican Chicken Stuffed Tortillas" — chicken stuffed pancakes served with a spicy sauce — is an American adaptation of a typical recipe.

They're easy to make, too, in any U. S. kitchen when using this version of tortillas. Here, the usual amount of corn meal is reduced and combined with malted whole wheat flakes to provide a more appealing flavor and added nutrition. Also, these crisp, quick-energy flakes give the tortillas an interesting texture. As for the filling, it's authentic and hard to "beat" flavor-wise.

Mexican Chicken Stuffed Tortillas
1 cup diced cooked chicken
5 Spanish olives, chopped
2 tablespoons raisins, chopped
2 1/2 cups (19-ounce can) tomatoes
1 green pepper, chopped
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons salad oil
2 tablespoons flour
1 clove garlic, cut in half (optional)
2 cups malted whole wheat flakes
1/2 cup flour
1 1/2 teaspoons salt
2 teaspoons sugar
1/2 cup corn meal
4 eggs
1 1/2 cups milk
1/4 cup butter or shortening, melted
Chopped onions
Shredded lettuce
Combine chicken, olives, and raisins and set aside.

Mix tomatoes, green pepper, 1 teaspoon salt, the pepper, and the salad oil in a 1 1/2-quart saucepan. Blend 2 tablespoons flour with about 6 tablespoons of the tomato mixture, making a smooth paste; then blend into the remaining tomato mixture. Add garlic and simmer 15 minutes.

Measure cereal and crush finely. Add the remaining dry ingredients. Combine eggs and milk and add gradually to dry ingredients, mixing well after each addition. Blend in melted shortening. Bake on hot ungreased griddle, allowing about 1/4 cup batter for each tortilla. Remove to plate, place about 1 tablespoon of the chicken mixture in center of each tortilla, roll, and fasten with a toothpick. Keep hot for serving.

Serve with tomato sauce and shredded lettuce with chopped onions and shredded lettuce. Makes 12 tortillas or 6 servings.



... STUFFED CABBAGE ROLLS

Here Is A Welcome Variation For Any Meal

Some time when the idea of what to have for dinner is slow in coming, try Stuffed Cabbage Rolls. In this flavorful combination of vegetables, corned beef and cream sauce, you have a one-dish meal that fulfills all requirements.

The cook will find this recipe helpful, too, because the rolls are prepared ahead of time and when meal time comes, they need only be taken from the oven and served. Made up of potatoes, onions, carrots, cabbage and corned beef, the resulting flavor is light and delicious. The cabbage rolls are baked with a nutritious cream sauce that is expertly flavored with mustard. A perfect combination dish is the result, even to the added milk nutrients used in the tasty sauce. With the addition of a fruit salad, crisp celery, toasted roll with butter and a tray of cheese and crackers for dessert, work is a minimum and yet the meal will supply flavor contrast and the necessary supply of food nutrients. Milk to drink of course, should be on the table for every meal.

Stuffed Cabbage Rolls
1 1/2 cups diced potato
1/2 cup sliced onion
1 cup diced carrot
1 medium head cabbage, diced
1 12-ounce can corned beef, drained
1/4 cup butter
2 tablespoons flour
1/2 teaspoon salt
Few grains pepper
1 teaspoon dry mustard
2 cups milk
Cook potatoes, onions and carrots in a little water until tender. Put head of cabbage in deep pot of boiling water; boil 5-10 minutes to make leaves pliable. Remove large leaves.

Add corned beef to drained vegetables and place an equal amount of mixture on 6 large cabbage leaves; fold leaves around mixture. Fasten each with string.

Place cabbage rolls in buttered baking dish. Melt butter in saucepan over low heat and blend in flour, salt, pepper and mustard. Add milk slowly and cook, stirring constantly until sauce is smooth and thickened.

Pour sauce over cabbage rolls; bake in moderate oven 350 degrees F., 45-60 minutes. Makes 6 servings.

Curried Rice Ring Has Gay Garnish
Bright orange strips of pimiento topping a sunny yellow ring of curried rice is a sight to brighten the grayest day. A garnish of fresh green parsley will make this delicious main dish even more colorful.

The rice ring is simple enough to prepare and a wonderfully smooth cheese sauce to go with it is even simpler to do. Evaporated milk is used just as it pours from the can which means it provides a double amount of all the nutrients of whole milk. Put into the top of a double boiler, diced cheese melts smoothly into the milk to become the sauce with just an occasional stir.

Serve this with a green salad or lot of crisp relishes on the side.

Easy Cheese Sauce
1 2/3 cups evaporated milk (1 tall can)
1/4 pound process Cheddar cheese, diced (about 3 cups)
Place cheese and milk on top of double boiler. Cook over boiling water until cheese is melted, stirring occasionally. (Takes about 25 minutes.)

Curried Rice on Pimiento
1 2/3 cups uncooked rice
3 tablespoons butter
1/3 cup chopped onion
1 tablespoon curry powder
1 small can pimientos (4 oz., drained)
Few sprigs parsley
Cook rice in salted water according to package directions. Melt butter in a small sauce pan. Add onion and cook until transparent. Stir in curry powder. Pour over mixture. Butter an 8-inch ring mold generously. Lightly pack curried rice into buttered mold.

Cover and keep in warm place until ready to serve. When ready to serve, unmold rice ring on warm platter. Arrange strips of pimiento on top of ring.

Garnish with parsley and serve immediately with Cheese Sauce. Makes 6 to 8 servings.



... THREE-WAY PIZZA

With These Variations, Pizza Will Please Everyone

All that's to be said about pizza hasn't been said yet! Volcanoes have been written, but still the last word has not been printed. Ever since the end of World War II, people in this country have been enjoying this special delicacy imported from Italy. Now we offer you Three-Way Pizza — one that is easy to assemble, quick to make, yet one that has every bit of true pizza flavor from the Old World.

Quick as a wink the tender biscuit dough made of pancake mix and enriched corn meal can be mixed and rolled. You'll find the corn meal adds a delightful crunch to the crust as well as giving it a pleasing flavor. No special pizza pan is necessary for this Three-Way Pizza — just use a large, cookie sheet.

The topping is what makes Three-Way Pizza so extra special. If your guests' taste buds are selective, then this pizza is literally made to order. Arrange the triple delight topping of mushroom, olive and sausage in wide strips. Top

with grated Mozzarella cheese and it is ready for the oven.

When it's time for cutting, the pizza emerges from the oven a golden brown and bubbling with tiny rivulets of cheese. Let each guest choose the pieces with this favorite topping. Three-Way Pizza, when served with chilled glasses of grape juice, is sure to please even the most discriminating tastes.

Three-Way Pizza
Makes 4 to 6 servings
Topping:
1 lb. Italian pork sausage
One 6-oz. can tomato paste
One 8-oz. can tomato sauce
2 teaspoons oregano
1/2 teaspoon sweet basil
1 teaspoon garlic powder
1 teaspoon onion salt
1/2 cup cut mushrooms
1/2 cup sliced black olives
1 1/2 cups grated Mozzarella cheese
1/4 cup olive oil
Base:
2 cups pancake mix

1/2 cup enriched corn meal
1/3 cup shortening
2 1/2 cup milk
Heat oven to hot (425 Deg. F.). Pan-fry pork sausage until brown and well cooked. While sausage is cooking, prepare base of pizza as follows: Mix together pancake mix and corn meal; cut in shortening until mixture resembles coarse crumbs. Add milk, stirring lightly only until mixture is dampened. Turn out on floured board or canvas and knead gently a few seconds. Roll to form 18 x 15-inch rectangle. Place on ungreased cookie sheet. Pinch edges up to form sides around the base.

To assemble pizza, combine tomato paste and tomato sauce; spread on the base. Sprinkle with oregano, basil, garlic powder and onion salt. Sprinkle mushrooms over one-third of base, olives over second part and cooked pork sausage over third part of the base. Now sprinkle the entire pizza with the grated Mozzarella cheese and olive oil. Bake in preheated oven (425 Deg. F.) about 20 minutes.



... HAM AND CHICKEN CASSEROLE

This Casserole Will Be Favorite For Any Season

A delicious and satisfying casserole dish saves many a day for the homemaker, summer or winter. It's one of those old stand-bys that gives a new look to left-overs, is simple in preparation, provides sturdy food fare for the family, with emphasis on a one-dish meal, and it's easy on the budget.

Our recipe for Ham and Chicken Casserole fills the bill on all of these scores. It's made with economical and nutritious nonfat dry milk, a mighty versatile dairy product available at leading food stores. Nonfat dry milk provides real milk nourishment without fat — and rich in protein, calcium, riboflavin and lactose. A one-pound

package with a protective foil lining, yields five full quarts of dairy-sweet, nonfat milk.

Ham and Chicken Casserole (Makes 6 to 8 servings)
1 1/2 cups water
1/2 cup nonfat dry milk
3 tablespoons flour
1 teaspoon salt
Dash pepper
1 tablespoon Worcestershire sauce
1/2 package (14 lb. Sharp Cheddar Cheese Slices, cubed)
2 cups cooked rice (2 1/2 cup uncooked)
1 cup diced cooked ham
1 cup diced cooked chicken
1 1/2 cups cooked lima beans

1 can (3-oz.) mushrooms, drained
2 tablespoons diced pimiento
Pour water into top of double boiler. Sprinkle nonfat dry milk powder, flour, salt and pepper over surface; add Worcestershire sauce. Beat with rotary beater until smooth. Add cheese.
Cook over hot water, stirring constantly, until slightly thickened. Combine remaining ingredients in a 2-quart casserole. Pour cheese sauce over mixture; stir until just blended.
Bake in a moderate oven (350 Degrees F.) about 30 minutes or until mixture begins to bubble.