Connie Baker's FOOD features

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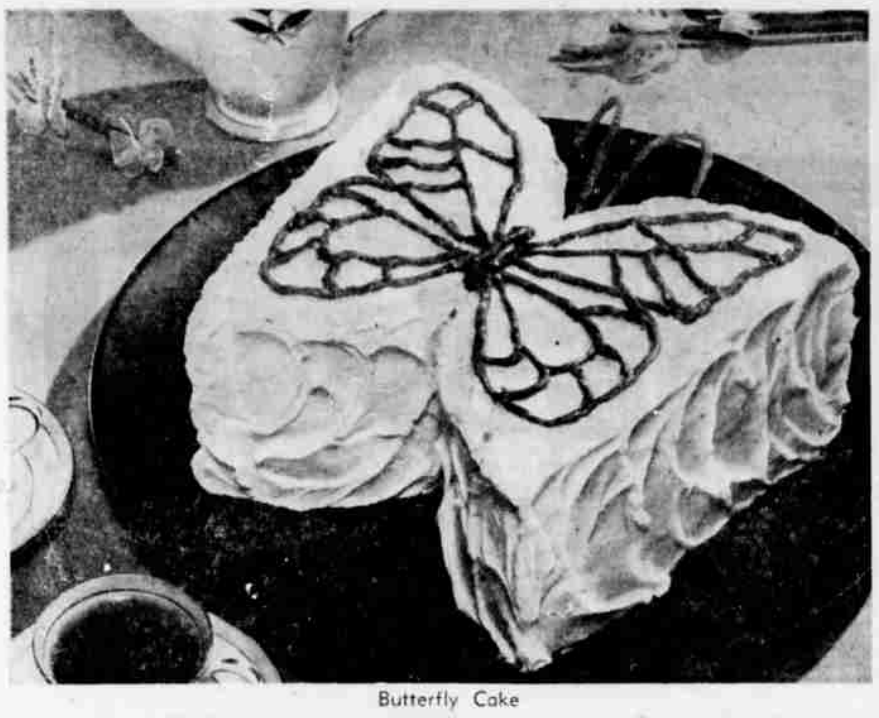
# Homemade Breads, Desserts Are Important During Lent



Butterfly Cake

## This Beautiful Cake Is Easy To Decorate

Spring is coming, you can be certain of that . . . so let's announce it at a party this weekend with a delightful Butterfly Cake! Easy to make and so pretty to see, this butterfly will flutter the eyes of all the women present! Serve the cake on a large, dark platter to show it off to best advantage. Use it as a centerpiece and surround the cake with tiny multi-colored nylon or paper butterflies.

But, you say, it looks so difficult? No! at all. Just cut a round layer cake in two and put the rounded sides together in Butterfly fashion. A little frosting, a bit of design and you have a perfect replica of the butterfly . . . a sure sign of spring.

**Butterfly Cake**

2¼ cups sifted cake flour
1½ cups sugar
3½ tsp. baking powder
1 tsp. salt
½ cup soft shortening
2-3 cup plus ½ cup milk
1 tsp. flavoring
4 egg whites (½ to 2-3 cup) beaten

Sift dry ingredients. Add shortening, 2-3 cup milk, flavoring. Beat 2 min. Add ½ cup milk, egg whites. Beat 2 more min. Pour into pans. Bake 30 to 35 min. at 350 degrees in two 8 or 9x1½" greased and floured layer pans.

When cake is cool, put layers together with your favorite frosting or filling. Cut cake in two. Set rounded edges together (butterfly fashion). Trim with butter icing . . . sprinkle with yellow sugar. To make butterfly design, add cocoa to a small amount of icing.

Make design on cake with toothpick, then squeeze frosting through a pastry tube onto the lines. The feelers are made with pipe cleaner dipped in a brown butter icing.

## 'Shamrock Pies' Are Appropriate For March

March is an important month. The blustery winds pronounce the coming of spring. The sap begins to stir within the trees and the sun sets later behind the cool horizon. In Alabama the azaleas are in full bloom and in San Jacinto Valley the almond trees are burgeoning with newly - opened blossoms.

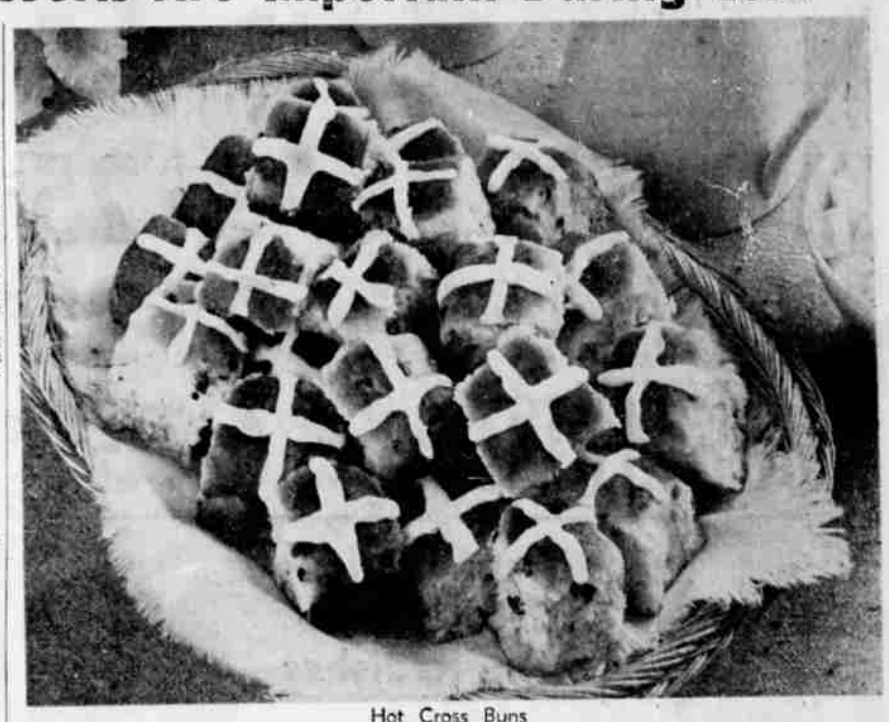
March is also the month to make the welkin ring with an Irish harp, to wear the green and wield a shillelagh. For the vast majority of Americans — whether of Irish descent or not — Saint Patrick's is a great day for dining in the style of the Emerald Isle.

For those who plan a Saint Patrick's Day feast, individual "shamrock pies" are ideal for dessert. To make them, pastry cut-outs, in the traditional shamrock shape, are baked to a golden doneness and filled with a mixture of sweetened whipped cream and fruit. For the pastry you will want to use the shortening with a "just-opened" quality to complement the deliciousness of the fruit.

Whether family and guests speak with a brogue or not, this is a dessert which will appeal to every palate.

**Shamrock Pies**

2¼ cups sifted enriched flour
1 teaspoon salt
¾ cup shortening
5 tablespoons water
1 cup sliced fruit or berries
1 cup heavy cream
¼ cup sugar



Hot Cross Buns

## Traditional Buns Are Highlight Of Lenten Season

A traditional feature in many homes during Lent is the serving of Hot Cross Buns. For busy homemakers who like to bake Hot Cross Buns, we present a tested recipe for a basic dough that is keyed to modern homemaking efficiency.

Our recipe, which makes four dozen Hot Cross Buns, can be kept in the refrigerator for about five days. So it is possible to prepare enough dough at one time to make two or more servings of Hot Cross Buns.

No need to scald the milk for our recipe also features a convenient method of preparation with instant nonfat dry milk powder. Simply add the powder to the flour, and the yeast is dissolved in warm water. Also, it is possible to enrich the recipe without increasing the quantity by using instant nonfat dry milk in the powder form.

**Hot Cross Buns**

(Makes 4 dozen)

2 packages or cakes yeast, active dry or compressed
½ cup warm water
¾ cup hot water
6 tablespoons sugar
1-3 cup shortening
1 tablespoon salt
½ teaspoon cinnamon
1 egg, beaten
3½ cups sifted flour
1 cup instant nonfat dry milk powder
¾ cup raisins or currants
1 egg yolk, slightly beaten

Sprinkle or crumble yeast into warm water; stir until dissolved. Into the hot water, stir sugar, shortening, salt and cinnamon; cool to lukewarm; add yeast. Add egg and 2 cups of the flour; beat until smooth.

Sift together remaining flour and instant nonfat dry milk powder; stir into mixture. Add raisins or currants. Place dough in a greased bowl; brush top with soft shortening. Cover tightly with waxed paper. Store in refrigerator at least 2 hours before using (will keep in refrigerator about 5 days).

When ready to use, punch down dough and cut off amount needed. Shape into balls 1½-inches in diameter; place in greased 8-inch square pan. Brush with egg yolk; cover; let rise about ¾ hour or until doubled in bulk.

Bake in a moderate oven (375 degrees F.) about 30 minutes. When cool; make a cross with confectioners' sugar frosting atop each bun. If desired, sprinkle lightly with confectioners' sugar.

### Bacon, Onions Give Good Fragrance, Flavor

Crisp bacon bits and mild, fresh-flavored instant minced onion give "Onion Breakfast Bread" its wonderful fragrance and flavor. Serve it for breakfast some morning soon with scrambled eggs, baked grapefruit halves, and hot coffee.

**Onion Breakfast Bread**

4 strips bacon
2 cups biscuit mix
2 tablespoons instant minced onion or, ½ cup finely-chopped raw onion
2-3 cup milk
3 tablespoons melted butter or half butter and half bacon fat

Cut bacon into small squares. Fry until crisp; drain. Combine biscuit mix with 1 tablespoon instant minced onion (or ¼ cup raw onion). Add milk; blend thoroughly with a fork.

Turn dough into greased 8-inch square baking pan, using the back of a spoon to spread dough evenly to edges of pan.

Combine remaining 1 tablespoon instant minced onion (or ¼ cup raw onion) with butter. Spoon over dough. Sprinkle with bacon.

Bake in a very hot oven (450 degrees F.) 15 to 20 minutes. Cut into squares and serve hot.

Makes 9 to 12 servings.

## Eggs, Olives Combine In This Curry Dish

Here's a flavor combination your guests will applaud— ripe olives and hard-cooked eggs in a lightly-seasoned curry sauce. Serve "Ripe Olive Egg Curry" on fluffy rice with crumbled crisp bacon, finely chopped onion and chutney.

**Ripe Olive Egg Curry**

½ cup ripe olives
3 hard-cooked eggs
¼ cup thinly sliced onion
3 tablespoons butter or margarine
¼ cup sifted all-purpose flour
1 teaspoon salt
⅛ teaspoon black pepper
¾ teaspoon curry powder
1½ cups milk
1 bouillon cube
Steamed or boiled rice

Cut olives into large pieces. Cut eggs into eighths. Cook onion slowly in butter until tender. Blend in flour, salt, pepper and curry powder. Add milk and bouillon cube, and cook and stir until thickened. Add olives and eggs, and cook a minute longer. Serve at once on fluffy hot rice.

Makes 4 servings.

**GOOD DIP**

"Guacamole" is Mexican in origin but is a favorite wherever it is served. Combine mashed avocado with grated onion, finely chopped tomato, finely chopped canned green chili pepper, fresh lime or lemon juice, salt and pepper. Serve either as a dip or salad.

**GOOD SUNDAE**

Your children will love an ice cream sundae made this way. Put a canned cling peach half in the bottom of a sherbet dish and top with a scoop of vanilla ice cream. Cover with crisp corn flakes and a little maple syrup.

## The Topping Makes This Cake Delicious

It's the topping that makes "Apricot Crumb Cake" a conversation piece. Sweet, golden dried apricots are spread over the batter. Over the apricots goes a mixture of crumbs, sugar and butter. Serve this delicious cake warm with butter for breakfast or for a teatime snack.

**Apricot Crumb Cake**

¾ cup sifted all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ cup granulated sugar
¾ cup fine dry bread crumbs
2 tablespoons shortening
1 egg
½ cup milk

**Topping:**

½ cup cooked dried apricots
¼ cup brown sugar (packed)
¼ cup fine dry bread crumbs
2 tablespoons butter or margarine

Sift together flour, baking powder, salt, cinnamon and granulated sugar. Stir in ¾ cup bread crumbs. Blend in shortening. Beat egg lightly, add milk, and add to first mixture, stirring only to moisten dry ingredients. Turn into greased 8-inch square pan.

**Topping:** Drain apricots thoroughly and chop. Spread over batter. Blend brown sugar, bread crumbs and butter; sprinkle over apricots. Bake in moderately hot oven (375 degrees F.) 20 to 25 minutes. Serve warm. Makes 9 servings.

**Tasty**

Toasted roll-up sandwiches make tasty accompaniments to luncheon salads or party hors d'oeuvres. Spread trimmed slices of bread with mixture of chopped ripe olives, mayonnaise, minced chicken and finely sliced green onion. Roll up and fasten with wooden pick. Brush with melted butter and place on cooky sheet. Toast in broiler and serve while crisp and warm.

March Hare Sandwiches

## This March Hare Takes Party Honors

Alice in Wonderland has nothing on the hostess who delights her guests by serving gay little March Hare sandwiches. These whimsical touches take but a few minutes extra work yet add so much to the success of any get-together. The little canapes can be prepared well in advance of the party and stored in the refrigerator on a damp cloth-covered tray.

Both colorwise and flavorwise your March Hare sandwiches will be appealing. Mild, sharp or bluelle cheese spread, whole-wheat bread and pimiento olives are always favorite combinations. The rabbit faces will not be difficult to do when you use the cheese in plastic tubes. With a slight pressure of the fingertips you can squeeze out a ribbon of cheese which spreads easily to cover the surface of the bread. Special fluting is possible using the decorator cap which accompanies the party pack of three tubes of cheese spread.

Whether a planned party or an impromptu affair, these tubes of cheese spread with the decorator cap are mighty convenient. A limited assortment of crispy crackers can be dressed up in a hurry with ruffles and rosettes of cheese. The decorator cap is inter-changeable from one tube to another so that all three varieties of cheese may be used with ease. Incidentally, the decorator cap and plastic tube may be used as a cake decorator after the cheese is gone. Simply snip open the bottom of the tube, wash carefully and fill with your favorite decorator frosting.

**MARCH HARE SANDWICHES**

Cheese Spread
Whole wheat sandwich bread, sliced
Pimiento olives

To make rabbit heads, cut 2-inch rounds from slices of whole wheat bread. With kitchen scissors, cut ears from remainder of bread. Fasten ears to head with wooden picks. Spread Sharp or Mild cheese spread on rounds of bread. Use half slices of pimiento olives to make eyes and mouth. Using the decorator cap, squeeze ribbons of Bluelle cheese spread on rabbit ears.

**CHEESE-STUFFED APPLES**
**Yield: 4 servings**

¼ cup sharp cheese spread
4 baking apples
4 tablespoons butter
¼ cup brown sugar
1 teaspoon cinnamon
1 tablespoon syrup from baked apples
1 tablespoon chopped nuts
1 tablespoon raisins

Core apples. Put 1 tablespoon butter, 1 tablespoon brown sugar and ¼ teaspoon cinnamon in center of each apple. Place in baking dish filled with water to a depth of ¼ inch. Bake uncovered at 350 degrees F. for 45 minutes. Baste occasionally.

Use a small amount of the syrup from the baked apples to thin the Sharp cheese spread. Blend well. Add nuts and raisins. Mix well. Spoon cheese mixture into center of cooled apples. On top make rosette of Sharp cheese spread using the decorator cap.

Crusty French Bread

**GOOD BREAKFAST**

Vary the fruit you serve for breakfast by including some "Raisin Filled Baked Apples." Along with the cream sugar, butter and cinnamon, simply add some seedless raisins and bake as usual.

**GOOD FOR WEIGHT**

When you're preparing a cheese and crackers snack, add a few of your raisins. Raisins cut down cheese and are a wonderful flavor combination and make good nibble food.

**EASY DESSERT**

For an easy light dessert, dice a bright red apple and add to a can of fruit cocktail. The addition of a tablespoon or two of Sherry wine will give further distinction to the commonplace canned fruit.

**SPICY FLAVOR**

For a change of flavor add chopped or ground raisins to your cakes, cookies and quick breads. You'll like the rich flavor the fine raisin pieces distribute all the way through your products.

**PACK SURPRISES**

Don't forget to include little surprises when you pack sack lunches or lunch boxes. Shiny ripe olives stuffed with slivers of carrot or celery will make welcome accompaniments to a sandwich or soup lunch.

**QUICK**

When unexpected company presents a dessert problem, serve chilled canned cling peach halves heaped with a yummy mixture of whipped cream and crumbled ginger snaps.

## All Women Enjoy Baking Delicious Bread For Family

Bread baking is fun, and those beautiful golden brown loaves just out of the oven can give a homemaker a real sense of accomplishment. In spite of the fact that most people stand a little in awe of the lady who makes her own bread, it's really one of the easiest items to bake.

The dough isn't temperamental like pie pastry, nor delicate like cake batter. Besides, with today's improved products, laboratory tested recipes, and reliable ovens, all the guess work has been cut out. For instance, a new high-protein flour now being marketed in Oregon is especially designed for bread baking. It produces a superior loaf of bread — one that has better shape, finer cell structure, whiter sheen, and remains fresh longer.

Here are two good examples of accurate, carefully developed recipes. The first is Up-To-Date Bread. Chopped dates and nuts give it a very special flavor. Serve it for breakfast, lunch, or dinner. Up-To-Date Bread makes good sandwiches, too, for lunch boxes or afternoon coffee parties.

The Crusty French Bread is so simple to make you'll hardly believe it. The perfect accompaniment for soup and salad meals, French bread also makes a delicious snack spread with garlic butter and toasted.

**Crusty French Bread**

1 tablespoon shortening
1 tablespoon salt
1 tablespoon sugar
1 cup boiling water
1 cup cold water
1 cake compressed yeast, crumbled, or 1 package active dry yeast dissolved as directed on package
5½ to 6 cups sifted all purpose flour
egg white

In large bowl combine shortening, salt, sugar, and boiling water. Add cold water; cool to lukewarm. Blend in yeast; mix well. Let stand 5 minutes. Gradually add flour, mixing well after each addition, to form a stiff dough. Knead on floured surface until smooth and satiny, about five minutes. Place in greased bowl; cover. Let rise in warm place until light and doubled in size, about 1½ hours.

Shape into two oblong loaves about 14 inches long, place on greased baking sheet. Cover. Let rise until light and doubled in size, about 1 hour. Brush with slightly beaten egg white. With sharp knife gently make three diagonal slashes across top. Bake in hot oven (425 degrees) 5 to 30 minutes until golden brown; reduce heat to 350 degrees and bake for 30 minutes. Makes 2 loaves.

Water used to dissolve dry yeast should be subtracted from water in recipe.

Up-To-Date Bread

**Up-To-Date Bread**

2 cups milk
[illegible] cups dates, cut in pieces
2 cakes compressed yeast, or 2 packages active dry yeast
½ cup warm water
[illegible] tablespoons shortening
2 tablespoons sugar
1 teaspoon salt
1 cup scalded milk
1 cup nuts, ground or chopped fine
5½ to 9 cups sifted all purpose flour

Heat the 2 cups milk in top of double boiler over boiling water. Add dates. Cook for 10 minutes. Cool to lukewarm.

Soften yeast in water. In large bowl combine shortening, sugar, salt, and the scalded milk, cool to lukewarm, and add date milk mixture, and the softened yeast. Blend in flour to form a stiff dough. Knead on well-floured surface until smooth and satiny, 8 to 10 minutes. Place in greased bowl, cover. Let rise in warm place until light and doubled in size, about two hours.

Divide dough into 3 equal parts. Shape into loaves. Place in greased 9 x 5 x 3-inch pans. Cover. Let rise in warm place until light and doubled in size, 40 to 60 minutes. Bake in moderate oven (375 degrees) 35 minutes until deep golden brown. Brush with Glaze. Return to oven and bake for 5 to 10 more minutes.

**Orange Glaze:** Combine 2 tablespoons sugar and 2 tablespoons orange juice. Mix well.

**WILL APPEAL**

A practical Lenten meal-in-one dish of creamed vegetables and tuna will appeal to busy homemakers. Combine left-over "dabs" of cooked vegetables with a can of white sauce and an undrained can of tuna; top with crumbs and heat through.

**USE SOON**

As is the case with most fruits, it is best to prepare avocados just before serving. Fresh lime or lemon juice will help prevent the cut surfaces from darkening. Sprinkle unused portions with lime or lemon juice and wrap in waxed paper or foil before refrigerating.