

Connie Baker's FOOD features

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Make A 'Quick To Fix' Casserole For Dinner



... Tuna Quickie Casserole

Serve This Quick Casserole Either Plain Or Fancy

Dinner in a whiz! That's a meal built around Tuna Quickie Casserole. This main dish is ready for the table in just about 45 minutes.

During 30 of those minutes, the casserole is baking. That's when you can prepare the rest of your dinner. You won't need more than a hot vegetable or an ample salad and some crisp bakery rolls, plus beverages and dessert.

Tuna Quickie Casserole combines broad noodles with tuna and peas. For a simple sauce, use mushroom soup. Top the dish with buttered bread crumbs.

To glamorize a noodle casserole

such as this, add a little chopped pimiento for color. Or garnish the top with hard-cooked egg slices and parsley. Use these tricks with baked macaroni and spaghetti main dishes, too. No matter how plain or fancy you prepare these durum wheat foods, you can count on them for smart nutrition. Macaroni products contain significant amounts of plant protein and other vital nutrients.

Tuna Quickie Casserole
4 ounces broad noodles
1 1/2 cups condensed mushroom soup (10 1/2-ounce can)
1-3 cup milk

1 cup flaked tuna (7-ounce can)
1 cup cooked peas
Buttered bread crumbs
Add 2 teaspoons salt and noodles to 3 cups boiling water. Boil rapidly, stirring constantly for 2 minutes. Cover, remove from heat and let stand 10 minutes. Meanwhile, combine mushroom soup, milk, tuna and peas.
Rinse noodles with warm water and drain well. Fold in noodles. Pour into 1-quart casserole. Sprinkle with bread crumbs and bake in moderate oven (350 Deg. F.) about 30 minutes.
Makes 4 servings.

Try This Lenten Version Of An Old Italian Favorite

Lasagne, like spaghetti, is a famous Italian dish now popular in the United States. It takes its name from the long, thin, ruffled noodles which make its base. The lasagne noodles are combined with two or more Italian cheeses, usually Mozzarella and Ricotta, and a spicy sauce to make an unusually delicious entree.

For our version of this dish, we have substituted wide noodles and a combination of American or Swiss, and cottage cheeses. The sauce is cooked separately and served piping hot over the squares of baked noodle and cheese mixture. As with many Italian dishes lasagne is almost a meal in itself. The addition of a large green salad with an Italian-style oil and vinegar dressing, garlic-buttered bread, spumoni and cafe au lait will complete a mouth-watering meal. Try it soon, and "bon appetito!"

LASAGNE

Casserole:
8 ounces lasagne or wide noodles
2 cups cottage cheese
1/4 cup chopped green pepper
2 tablespoons chopped onion
3 eggs
1 teaspoon salt

1 teaspoon dry mustard
1/4 teaspoon pepper
2 cups milk
1 pound sliced processed American or Swiss or Mozzarella cheese

Sauce:

1/4 cup butter
1/2 cup chopped green or dried onions
1/4 cup chopped green peppers
1/4 cup flour
1 No. 2 1/2 can (3 1/2 cups) tomatoes
1 teaspoon salt
1/2 teaspoon oregano
Dash of garlic salt (optional)

Cook noodles until tender in boiling salted water. Drain. Blend together cottage cheese, green pepper, and onion. Combine eggs, salt, mustard, and pepper and beat with fork. Add milk.

Spread 1/2 of noodles over bottom of buttered oblong baking dish (13 x 9 x 2 inches) and cover with 1-3 of cheese slices. Spread with 1/2 of cottage cheese mixture. Spread 1/2 of remaining cheese slices over this and cover with remaining noodles. Arrange remaining cheese slices and cottage cheese mixture over top. Drizzle



... Hot Deviled Eggs

Add Hot Deviled Eggs To Your Lenten Fare

Hot deviled eggs are a new way to serve the familiar deviled eggs of picnic fame. As a main dish they are quick to fix and good to eat. The peppery tomato sauce together with the fluffy yellow stuffing of the eggs bring a gay note of spring to the eye and appetite alike.

Eggs are popular for year around eating, but during the Lenten Season they have a very special place in the menu. However, quality is important whatever the season. The wise homemaker knows that by selecting eggs that carry a well-known food company's brand name she is assured of praiseworthy results in her fine cooking and baking. To keep eggs at their freshest best, they should be stored in the refrigerator and used within a week. This versatile food can be prepared so many ways. And, when cooked properly, eggs are a joy to eat. The secret of egg cookery is a low temperature no matter what way you wish to use them. For example, the basis for deviled eggs are "hard-boiled" eggs which actually are not boiled at all. Hard-cooked would be a better name. To prepare, place the eggs in a

saucepan containing enough water to cover them by about 1 inch. Heat the water until it begins to boil rapidly. Turn off heat, cover the kettle and allow it to stand 15 to 20 minutes. Then drain and turn cold water on the eggs for a minute or two so they will cool quickly. If the shells are removed immediately, they will peel off easily without sticking and there is less chance of discoloration around the yolk.

Hot Deviled Eggs in Tomato Sauce

Yield: 4 servings

8 eggs, hard-cooked
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons pickle relish
3 tablespoons salad dressing
10 1/2 ounce can tomato soup
1 cup grated cheese
1 teaspoon Worcestershire sauce
1 teaspoon onion juice
1/2 teaspoon dry mustard

Slice shelled eggs in half. Remove yolks and mash with fork. Mix in salt, pepper, pickle relish, and salad dressing. Refill whites with egg yolk mixture, heaping it lightly. Mix together in a skillet, tomato soup, cheese, Worcestershire sauce, onion juice, and dry mustard. Heat until cheese is melted, stirring constantly. Arrange deviled eggs in the sauce. Cover skillet. Heat 5 minutes over low heat. Serve immediately.

Egg Souffle-Vegetable Casserole

Yield: 6 servings

4 eggs separated
1/4 cup chopped onion
1/2 cup chopped celery
2 tablespoons butter or margarine
3 tablespoons flour
1/4 teaspoon pepper
1 can (1 pound) cut green beans
1 can (4 ounce) mushroom stems and pieces, drained
1 cup grated cheese
Pan - fry onion and celery in melted butter until tender. Stir in flour and pepper. Add beans, bean liquid, and mushrooms. Blend thoroughly. Pour into 1 1/2 quart casserole. Beat egg yolks until lemon-colored. Fold in stiff cheese. Beat egg whites until stiff. Fold into yolk mixture. Spread egg combination over beans. Bake in hot oven (400 Deg. F.) 25 minutes, or until a knife inserted comes out clean. Serve at once.



... Tuna Tamale Pie

Try This New Taste In A Tamale Pie

Tuna Tamale Pie is the newest and best-tasting tamale pie ever lifted piping hot from your oven. Two things make it different from usual recipes — its flaky-tender pastry crust and a can of chunk or solid tuna.

It's amazing how well tuna blends with the traditional tamale pie ingredients and gives you a meatless main dish which your

egg-milk mixture over all. Set in Pan of hot water. Bake in a moderate oven, 350 degrees, until mixture has set and top has browned, about 1 1/2 hours. To make sauce melt butter in skillet; add onions and green pepper and cook until tender. Blend in flour; stir in tomatoes and cook slowly, stirring constantly until sauce has thickened slightly. Blend in seasonings. Serve over squares of casserole. Makes 6-8 servings.

family will want often. The recipe is extremely easy. Note that pastry is made by the Stir-N-Roll method — easy, failure-proof, always tender and flaky.

Tuna Tamale Pie

All measurements are level. Sift flour before measuring.
1 onion, chopped
1 small green pepper, chopped
3 tablespoons oil or drippings
2 cups tomatoes (No. 303 can)
1 1/2 cups whole kernel corn (12 oz. vacuum pack)
1 tablespoon chili powder
1 teaspoon salt
1/4 cup uncooked yellow corn meal
1 can chunk or solid tuna (7 oz. can)
1/2 cup ripe olives
Cook onion and green pepper in oil until soft. Stir in all remaining ingredients. Turn into pastry lined skillet, pie pan or shallow casse-

role, about 9 - 10 inches diameter. Garnish top with a ring of grated sharp cheese and ripe olive slices, if desired.

Bake in hot oven, 425 Deg., for 20 - 25 minutes, 6 servings.

Pastry

2 cups sifted flour
1 teaspoon salt
1/2 cup cooking oil
Sift flour and salt into a bowl. 1/2 cup cold milk
Add oil and milk. Stir with fork until pastry clings together. Press into a ball and place between 2 sheets of waxed paper (about 12-inch squares). Roll out until pastry reaches edges of paper. Peel off top paper. Place paper-side up over skillet and remove paper. Ease pastry snugly into place. Build up a fluted edge.

Heres A Good Choice For A Lenten Menu

A good, inexpensive family entree that will keep Lenten appetites on the upgrade, is this Crunchy Salmon Scallop which is simply served with a mixed salad and pickled beets with onion rings.

Easy to make, the scallop combines canned salmon, onions, green pepper and a cream sauce, with a crisp topping of buttered corn flakes crumbs. Just before serving, garnish with slices of hard-cooked eggs.

Crunchy Salmon Scallop

2 tablespoons finely chopped onions
1/4 cup finely chopped green pepper
3 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
2 cups milk
2 cups (1-1 lb. can) salmon
1 tablespoon lemon juice
2 hard-cooked eggs, sliced
2 1/2 cups corn flakes

Cook onions and green pepper in butter until tender. Stir in flour and seasonings. Add milk gradually, stirring constantly; cook until thickened, stirring occasionally. Drain salmon, remove bones and skin, separate pieces. Arrange in greased 1-quart casserole; sprinkle with lemon juice. Cover with sliced eggs.

Crush corn flakes slightly; sprinkle half the crumbs over eggs. Pour sauce over all, sprinkle with remaining crumbs. Bake in moderate oven (350 degrees F.) about 25 minutes. Yield: 6 servings, 1/4 cup each.

This Casserole Is 'Pace-Changer'

The more the merrier might well be the byword when it comes to ideas for Lenten meals, for meatless menus in particular need a frequent change of pace to prevent monotony.

One nice pace-changer is this shellfish casserole that offers such an interesting melange of flavors and textures as shrimp, hard-cooked eggs, horseradish and buttered corn soya shreds.

This also is a fine dish for Lenten entertaining, since both the shrimp and eggs can be prepared ahead of time and stored in the refrigerator until needed. Then they are simply folded into a seasoned sauce and baked for about 25 minutes or until thoroughly heated.

Creamed Eggs And Shrimp

1-3 cup butter or margarine
1-3 cup flour
2 1/2 cups milk

1 teaspoon salt
1/2 teaspoon pepper
1 1/2 teaspoons grated horseradish
4 hard-cooked eggs, coarsely chopped
2 cups cooked, cleaned shrimp, broken
1 tablespoon chopped parsley
2 cups corn soya shreds
1 tablespoon butter or margarine, melted
Melt butter, stir in flour. Add milk slowly, stirring constantly. Cook until thickened, stirring occasionally. Stir in salt, pepper and horseradish. Fold in eggs, shrimp and parsley. Spread in greased 10x6-inch pan or shallow casserole. Crush corn soya slightly, combine with melted butter. Sprinkle over shrimp mixture. Bake in moderate oven (350 degrees F.) about 25 minutes until thoroughly heated. Serve at once. Yield: 6 servings.

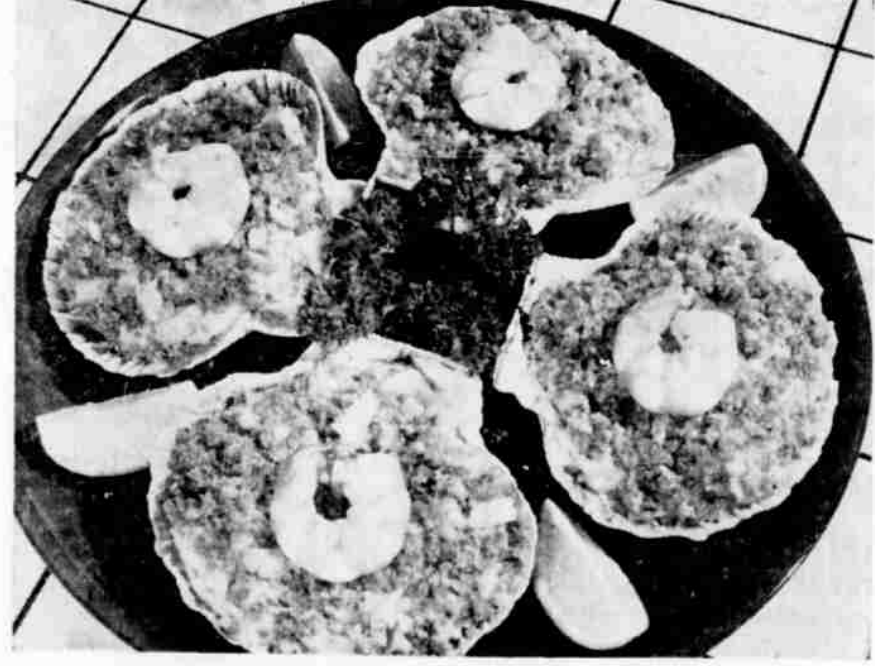
Meals Will Get Lift With This Casserole

Lenten meals will get a lift — as will the family's appetites — from this tempting, flavor-blended casserole made with tuna fish and thin spaghetti in a rich, well-seasoned sauce.

For color as well as for taste, chopped parsley and pimiento are added — and just before baking the whole casserole is topped with corn flakes crumbs mixed with melted butter. Along with the flavor contribution of this topping, the corn flakes also add a bonus of vitamins and energy — for corn soaks up more sun than any other grain.

Tuna Fish and Spaghetti Casserole

1/4 cup butter or margarine
1/4 cup flour
1 teaspoon salt
1/2 teaspoon pepper
2 1/2 cups milk



... Neptune's Shellfish Casserole

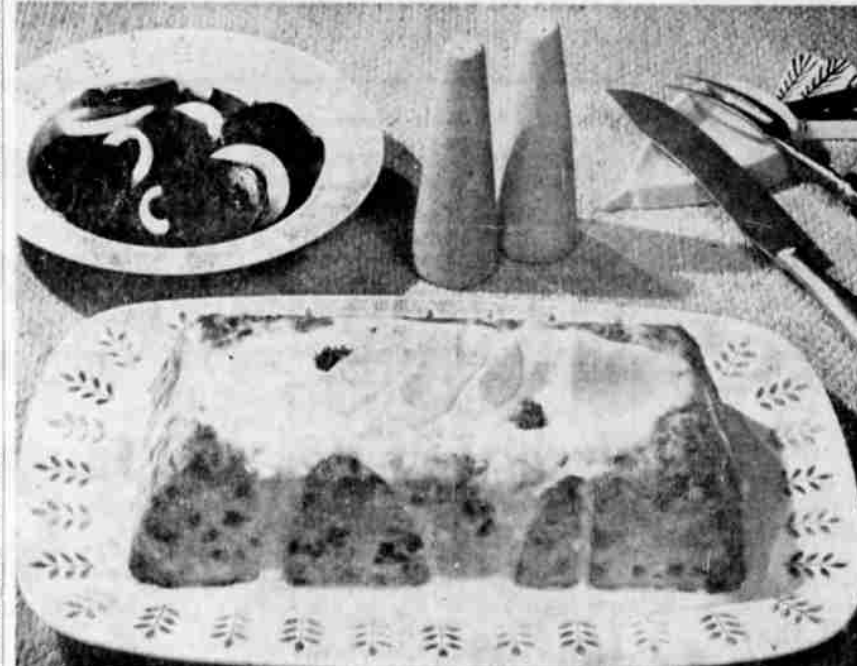
Milk Makes This Casserole A Lenten Favorite

If you have problems during Lent in planning that "extra special" main course for guests, your worries are over. Neptune's Shellfish Casserole, attractive and very good to eat, will serve well as an entree at luncheon or supper during the Lenten season.

Milk, used in the form of a well seasoned cream sauce, blends the delicate flavors of your favorite seafood, with pimiento and parsley added, for color. The high nutritive value of milk and its use in this type of combination dish, insures not only appetite appeal but a good measure of important food nutrients as well.

Neptune's Shellfish Casserole
1/4 cup butter
1/4 cup flour
1 teaspoon salt
1 teaspoon dry mustard
2 cups milk
1 cup diced cooked celery
1 cup cooked or canned shrimp
1 cup cooked or canned crabmeat
1 cup cooked or canned lobster
2 tablespoons diced pimiento
1 tablespoon chopped parsley
Seasoned Buttered Crumbs
Melt butter in saucepan over low heat; blend in flour, salt, and dry mustard. Add milk slowly, stirring constantly, until sauce thickens.

Add celery, shrimp, crabmeat, lobster, pimiento and parsley. Mix and pour into buttered casserole, or individual baking dishes. Top with seasoned crumbs. Bake in moderate oven, 375 Deg. F., 20-25 minutes. Makes 6 servings.
Seasoned Buttered Crumbs
1/4 cup butter
1/4 teaspoon Worcestershire sauce
1/2 teaspoon poultry seasoning
1 1/2 cups soft bread crumbs
Sauté onion in butter, stir in Worcestershire sauce and poultry seasoning. Add bread crumbs; toss lightly with fork to mix in seasoning. Yield: 6 servings.



... Calico Loaf

This Lenten Vegetable Loaf Is Meal In Itself

A Lenten luncheon loaf of mixed vegetables is a bright way to cope with a meatless menu. Protein rich with eggs and a meltingly smooth cheese sauce to pour over, the loaf is practically a meal in itself.

So colorful is the loaf that it's earned the name of Calico Loaf which should have an intriguing sound for the children. Frozen mixed vegetables add color and the loaf bakes to a lovely shade of light brown. Calico Loaf holds its shape nicely even in serving since it has the eggs, bread crumbs and evaporated milk all acting as binders. The cheese sauce, also rich with evaporated milk, can be poured over the whole loaf on the serving platter or could be passed around for individual servings.

Calico Loaf

2 packages frozen mixed vegetables (10 oz. each)
1 cup boiling water
1 small raw potato (about 1 cup shredded)
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1 1/2 cups evaporated milk
3 eggs
2 cups soft bread crumbs
Add frozen vegetables to boiling water in large saucepan. When thawed, add shredded potato. Bring to boil and cook for about 4 minutes, or until vegetables are just tender. Add butter, flour and salt and stir to blend well. Stir in evaporated milk. Cook until thickened, stirring constantly. Remove from heat.

Beat in eggs one at a time, then stir in bread crumbs. Turn into well greased loaf pan (10 1/2 x 5 1/2 x 2 1/2 inches) lined on bottom with waxed paper.

Bake in preheated moderate oven (350 Deg. F.) until set, about 45 minutes. Serve hot with Cheese sauce makes 6 servings.

Cheese Sauce

1 cup evaporated milk
1/2 cups shredded process cheese
Few grains salt
1/2 teaspoon Worcestershire sauce
Heat evaporated milk in a small saucepan. Add cheese and stir over low heat until cheese is melted. Add salt and Worcestershire sauce and stir to blend. Serve immediately.