

Connie Baker's FOOD features

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... easy pickle recipes

Put Up Pickles The Short, Easy Way

Old time pickle makers claim the by-gones-and-by-forgotten, or maybe it was a potato, system gave results that pleased them. But, unless you can control temperature as well as both acid and salt strength of the brine, the short way is best for you. You should, of course, taste the pickles before canning as it may be that you like more seasoning than specified in these recipes.

Green Gold Cucumber Chips
10 4 to 5 inch cucumbers
1/4 cup salt
1 teaspoon turmeric
4 cups vinegar
1 cup white sugar
yellow food color
1 tablespoon mixed spices
1 clove garlic
1 cup brown sugar
1/2 teaspoon powdered alum
Wash, drain and cut cucumbers into thin slices. Carefully mix cucumbers and salt. Let stand 3 or 4 hours. Drain. Add turmeric and 2 cups vinegar to 2 cups water; heat to boiling. Pour over cucumbers and let stand until cold. Then, discard vinegar water. Taste cucumbers. If too salty, scald again. Add white sugar, spices and garlic (tied in a cloth) and 1/4 cup of water to 2 cups vinegar. Simmer 15 minutes then add a few drops of the yellow food color. Pour pickling syrup over cucumbers and let stand 12 to 24 hours. Drain syrup into kettle, add brown

sugar and alum, bring to boiling then add the cucumbers and simmer 10 minutes. Spoon hot pickles into hot fruit jars, bring syrup to a hard boil and pour boiling hot over pickles. (If not enough syrup to cover pickles, add more hot vinegar and boiling water.) Put dome lid on jar; screw band tight.

Mixed Pickles
1 quart small cucumbers
1 quart cut cucumbers
1 pod hot red pepper
1 medium sized cauliflower
1 pint pickling onions
1 cup salt
2 tablespoons mixed pickling spices
2 cups sugar
5 cups vinegar

Heavenly Cherries:
2 cups sweet cherries, pitted
1 cup pineapple cubes
2 cups cooked rice
16 marshmallows, quartered
3 tablespoons sugar, divided
1/2 cup heavy cream, whipped
Few drops vanilla extract
Wash and pit fresh sweet cherries. Mix pineapple, rice, marshmallows, and 2 tablespoons sugar, and let stand 1 hour. Whip cream, adding vanilla and 1 tablespoon sugar. Fold cherries and rice mixture into whipped cream. Pile into sherbet dishes, and chill. Garnish with unstemmed sweet cherry to serve. Serves 6.

Wash, rinse and drain vegetables. Cut deep slit in each small cucumber. Slice larger cucumbers into 1/2 inch chunks and measure. Remove outer skin from onions. Dissolve salt in 4 quarts cool water. Pour over vegetables and let stand about 18 hours. Drain. Taste cucumbers. If too salty, put into cold water to soak out some of the salt. Add spices (tied in a piece of cloth) and sugar to vinegar. Boil 3 minutes. Add vegetables and simmer until vegetables are hot through, then bring to boiling. Pack boiling hot pickles into tapered jars. Put dome lid on jar; screw band tight.

Dill Pickles
For about thirty 4 or 5 inch cucumbers, you will need 3 tablespoons mixed spices, 1 cup sugar, 1/2 cup salt, 4 cups vinegar and enough dill for a good sized spray for each jar. You may also want to put a clove of garlic and a small red pepper in each jar.
Wash, drain and cut cucumbers in half, lengthwise. The spices in piece of cloth. Simmer for 15 or 20 minutes with sugar, salt, vinegar and 4 cups of water. Put cucumbers, spray of dill, clove of garlic and pepper in jars. Heat brine to boiling and pour over cucumbers. Put dome lid on jar; screw band tight. Process pints and quarts 15 minutes in boiling - water bath.

Try These Honey Recipes For Home Freezer Treats

On the hottest day of the summer, how nice it is to think of freezing foods. And summertime, when the golden produce of your garden lies ready for use, is the time to make sure these foods can grace your table in winter.

We have welcome news for all homemakers who own a freezer. Honey, when used as an ingredient in baked goods, keeps the food from crumbling and drying out in the freezer. It holds the moisture right in the food. So you can be sure that your freezer foods will be as good when you take them out as they were when you put them in!

Make use of this discovery when you prepare your cakes and other baked goods to put in the freezer; fortify them with Honey!

Your Honey-baked cakes will be doubly good if you add the frosting to them before you freeze them. Frostings freeze well, especially if they contain a large amount of fat and confectioner's sugar. A candy-type frosting like fudge freezes best if it contains Honey to retain the moisture.

One caution, however, if you wish to frost your cakes before you freeze them, be sure to thaw them very slowly. A grainy frosting will result from rapid thawing.

Freezers are perhaps the most versatile of kitchen appliances. What could be easier than preparing lunch boxes in your spare time, sticking them in the freezer, and knowing that when morning comes there will be no rush to throw an adequate lunch together?

And that's exactly what you can do.

Sandwiches that have been frozen take 3 1/2 to 4 hours to thaw out—just the right length of time before lunch. Remember that sandwiches with Honey fillings will keep the bread moist and appetizing all the time it is frozen.

For the aspiring young football player in your family or for Dad's noon day snack, try these Honey recipes in your home freezer.

Super Delicious Chocolate Cake

3 squares, unsweetened chocolate, melted
2-3 cup Honey
1 1/4 cups sifted cake flour
1 teaspoon soda
1/2 cup butter or other shortening
1/2 cup sugar
1 teaspoon vanilla extract
2 eggs, unbeaten
2-3 cup water
Blend chocolate and Honey; cool to lukewarm. Sift flour once, measure, add soda and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add chocolate-Honey mixture and vanilla. Blend. Add eggs, one at a time, beating thoroughly after each addition. Add flour, alternately with water, a small amount at a time, beating after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (350 degrees F.) 30 to 35 minutes. Spread with frosting.

French Honey-Chocolate Frosting

1/2 cup sugar
1/4 cup butter
1/4 cup light cream
1/4 cup Honey
1/4 teaspoon salt



... use summer avocados

For Warm Weather, Serve Avocado Salad

Get the avocado habit now! There is no room for drab or uninspired menus when avocados are available. You'll find summer Calavo avocados in your market—modestly priced and of superior quality. Look for their typical pebbly skins; thicker, too, than that of their winter cousins and often purplish black in color. But, the same fine flavor is there.

So, streamline warm weather eating by serving "Avocado Summer Salad Bowl" as the main feature of your backyard or porch supper meals. Folks enjoy this "meal-in-a-bowl" of crackling cold mixed greens, artichoke hearts, with generous rings of luscious avocado. A chilled "Shrimp Dressing" goes right along to the table for tossing lightly into the salad mixture. To further simplify your work, combine the ingredients in the salad bowl and keep chilled in the refrigerator until serving time. Then, top with the avocado rings at the last minute.

Avocado summer Salad Bowl
Mixed salad greens
Artichoke hearts (freshly cooked or canned)
Tiny whole tomatoes (or wedges)
Asparagus spears (freshly cooked or canned)
Pitted ripe olives
Calavo olive rings
Shrimp Dressing

Shrimp Dressing
1 cup (fresh or 5-ounce can) shrimp
2 green onions
1 (8-ounce) package cream cheese
1/4 cup sweet pickle relish
1/2 cup commercial sour cream
1/2 teaspoon garlic salt
1/4 teaspoon salt
1/4 teaspoon curry powder (optional)
2 tablespoons lemon juice
1/4 cup white table wine
Be sure all ingredients are chilled. Arrange greens in large salad bowl with artichoke hearts, tomatoes, asparagus and olives. Place overlapping rings of avocado on top. Serve dressing in separate bowl to be added to ingredients and tossed lightly just before serving.

Shrimp Dressing: Chop shrimp

coarsely; chop onions fine. Cream cheese until soft; blend in all remaining ingredients, heating until smooth. Chill. Dressing makes about 1 pint.

Oil In Dressing Is Costly Item

Summertime and salad time go together like love and marriage. But it's the dressing that makes for a happy union, shoppers are reminded.

Because oil is the most costly item in dressings, type and amount of oil used determines the cost of dressings made at home or purchased. Dressings may vary from 1 1/4 to 5 cents an ounce, depending on the type used. A quart of mayonnaise costs 10 to 20 cents more than a quart of salad dressing because mayonnaise contains more oil. Soybean, cottonseed and olive oil are most common vegetables oils used in dressings, say home economists, and can be substituted for one another in recipes.

Mayonnaise, salad dressing and french dressing are the three basic dressings on almost all markets. According to federal food and drug standards, mayonnaise must contain at least 65 per cent oil, and salad dressing 30 per cent. Egg yolk, vinegar or lemon juice, and seasonings are the other ingredients.

Basic Recipe, Low Calorie Dressing

Yield 2 1/2 cups — 5 1/3 ounces — (30 calories - 1 tablespoon)
1 teaspoon gelatin
1 tablespoon cold water
1/4 cup hot water
3 tablespoons sugar
1/4 teaspoon salt
1/4 cup lemon juice
1/4 teaspoon paprika
Soften gelatin in 1 tablespoon cold water and dissolve in 1/4 cup hot water. Add sugar and salt; cool, add lemon juice and paprika. Excellent for fruit salads. For vegetable salads, add to the basic recipe 1/4 teaspoon pepper, 1/4 teaspoon dry mustard, 2 tablespoons catsup or chili sauce, and 1/4 teaspoon Worcestershire sauce, onion or garlic. Shake mixture in covered jar. Do not refrigerate. Use within a few days.



... Alaskan celebration

Baked Alaskan Sundaes Toast Statehood

How about taking your family on a trip to Alaska this week end? (Not exactly along the Alcan

Highway, but with the help of your culinary artistry and cool, crisp Baked Alaskan Sundaes!) You can pay homage to Alaskan statehood and your family at the same time with a dinner featuring broiled salmon topped with a combination of melted butter, lemon juice and chopped, fresh parsley. Then for dessert de luxe... a crisp meringue shell with a scoop of ice cream... sealed with a soft meringue and lightly browned.

Fancy for show, but not for making, with a new meringue mix, if you're entertaining, make the shells the day ahead. Then... just a few minutes away from your guests while you place on scoops of ice cream, swirl on some soft

meringue, and lightly brown in the oven for 3 to 5 minutes. Here is the recipe, as developed in the Betty Crocker kitchens:

Alaskan Sundaes

1 pkg. Meringue Mix
1 pt. ice cream
Make meringue shells as directed on meringue mix package, using one packet of mix. Fill 6 baking sheet until firm. Prepare soft meringue from other packet of mix. Cover ice cream completely, sealing meringue shell. Bake in 500 Deg. very hot oven 3 to 5 minutes, or until lightly browned. Serve immediately. Makes 6 servings.

Prepare Summer Vegetables In Unusual, Tempting Ways

Ever - pleasing to the home-maker's eye is the sight of rows, stacks and brimming baskets of fresh summer vegetables in the produce section of the grocery store. Their bright greens and warm reds and yellows tell her she can begin to introduce all sorts of variety and good eating to her warm weather meals.

Aside from cooking vegetables in the conventional manner, or serving them when possible in their crisp, natural form, one can also turn vegetables into unusually tempting casseroles and other accompaniments. Let dishes of this type star in your summer suppers. Team them with uncomplicated foods - cold cuts or grilled smoky sausages, brown 'a serve breads and big green salads.

You'll enjoy trying these three dishes featuring, in turn, summer squash, tomatoes and broccoli. While broccoli is not the most plentiful of summer green vegetables, the casserole in which it appears makes serving it well worth your while.

Summer Squash-Sausage Stuffing

1 large summer squash, cut into 6 1-inch slices
1 pound bulk sausage
1 cup chopped celery
1/2 cup chopped onions
2 cups corn flakes
1/4 teaspoon pepper
Scoop out centers of squash slices to make rings, put rings in frying pan and cook over mod-

erate heat until browned; drain off fat. Add celery and onions; cook until softened. Crush corn flakes with medium fine crumbs. Add to sausage mixture together with pepper; mix thoroughly. Drain squash rings; place in greased shallow pan. Fill centers generously with stuffing; cover. Bake in moderate oven (375 degrees F.) about 45 minutes or until tender.

Yield: 6 servings, 1 slice each.

Baked Tomatoes With Cheese

4 large tomatoes
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup grated American cheese
1 cup ready-to-eat high protein cereal
1/2 teaspoon paprika
2 teaspoons butter or margarine, melted

Wash tomatoes, remove stems and cut in half crosswise. Place cut side up in baking pan. Sprinkle with salt, pepper and cheese. Combine ready-to-eat high protein cereal, paprika and butter; sprinkle over cheese. Bake in moderate oven (350 degrees F.) about 25 minutes.

Yield: 8 servings.

Braunschweiger Milk-Sandwiches

Mix 1/4 cup Braunschweiger and 2 tablespoons salad dressing together until well blended. Gradually stir in 1 1/2 cup instant (dry form) until smooth.



... low calorie salad

Feature Sunshine Salad As Supper Dish

This Sunshine Salad is just perfect for hot days because it can be easily prepared in the cool of the day and put aside to chill and set. No cooking or difficult preparation is necessary to make this refreshing salad mold in which hard-cooked egg and vegetables are combined with low-calorie lemon gelatin.

We call it "Sunshine Mold" because it is big and round and yellow...with the sun's face in diced pimento atop the mayonnaise used in the center of the mold. Pimento also is added to the low-calorie gelatin for color

contrast. This attractive, slimming salad combines well with cold beef, tongue or lamb for a low-calorie supper to serve in patio or garden.

August Supper Menu

Cold meat (beef, tongue, or lamb)
Mustard Pickles
Thin slices whole wheat bread, lightly buttered
Sunshine Salad
Watermelon & Honeydew Cup
Iced Coffee (Black) or Iced Tea

Sunshine Salad
2 envelopes low calorie lemon-flavored gelatin
1 teaspoon salt

2 cups hot water
1 1/2 to 2 tablespoons vinegar
2 tablespoons diced pimento
1 1/2 tablespoons diced celery
1 hard-cooked egg, cut into 8 pieces

2-3 cup cut asparagus spears
Dissolve low - calorie gelatin and salt in hot water. Add vinegar. Chill until slightly thickened.

Then add pimento, celery, egg, and asparagus. Pour into mold. Chill until firm. Unmold. Garnish with additional egg and greens, if desired. Makes 6 to 8 servings. About 26 calories per serving based on 6 servings.

Shrimp Dressing

1 cup (fresh or 5-ounce can) shrimp
2 green onions
1 (8-ounce) package cream cheese
1/4 cup sweet pickle relish
1/2 cup commercial sour cream
1/2 teaspoon garlic salt
1/4 teaspoon salt
1/4 teaspoon curry powder (optional)
2 tablespoons lemon juice
1/4 cup white table wine
Be sure all ingredients are chilled. Arrange greens in large salad bowl with artichoke hearts, tomatoes, asparagus and olives. Place overlapping rings of avocado on top. Serve dressing in separate bowl to be added to ingredients and tossed lightly just before serving.

Shrimp Dressing: Chop shrimp



... frozen fudge pie

Frozen Fudge Pie Is Cool Dessert Treat

Young and old lovers of chocolate chilled whipping cream, beat until stiff, and pour into pie shell. For a garnish, use toasted almonds—then freeze. It's that simple!

Your family will also enjoy a delicious and refreshing Peanut Creme Frozen Pie. The peanut creme mix, combined with whipped cream, makes a quick-to-prepare hot weather specialty.

Frozen Fudge Pie

(or Peanut Creme Pie)
18" or 9" baked pie shell
1 1/2 pkg. Chocolate Fudge Frosting Mix or Peanut Creme Frosting Mix
2 tbsp. boiling water
1 1/2 cups chilled whipping cream

chilled whipping cream, beat until stiff, and pour into pie shell. For a garnish, use toasted almonds—then freeze. It's that simple!

Your family will also enjoy a delicious and refreshing Peanut Creme Frozen Pie. The peanut creme mix, combined with whipped cream, makes a quick-to-prepare hot weather specialty.

Chocolate Mousse

1/2 pkg. Chocolate Fudge Frosting Mix or Peanut Creme Frosting Mix
Make 1/2 package Chocolate of Peanut Creme Frosting from the mix. Blend whipping cream with frosting; beat until stiff. Chill for several hours. Serve in sherbet dishes, garnish with toasted almonds. 8 to 10 servings.