

... popcorn shamrock

## A Popcorn Shamrock Is Just Right For St. Patrick's Day Entertaining

If you're entertainin' durin' St. Pat's Day week, here's a clever, unusual, and absolutely delicious confection — a centerpiece and conversation piece that will make any Irish heart proud. It's a big green, glistening shamrock made of popcorn!

So simple to make, all it requires is some cardboard, a bit of aluminum foil your favorite light popcorn ball recipe and a few drops of green food coloring.

When finished, your shamrock can be decorated with small shamrocks and set on a doilie on a cake plate in the center of your table.

Best of all, you can make your shamrock days ahead of time, wrap it in foil or saran, and it'll be fresh and crisp come serving time.

Here's how to make this Irish man's dream:

Cut a shamrock measuring 10 inches from top to the bottom of the stem and about 7 inches from side to side out of a piece of cardboard. Cover the shamrock with aluminum foil.

Pop about three quarts of popcorn and put in a buttered bowl in a slow oven (30 degrees). Make your favorite light popcorn ball syrup, and, to the cooked syrup, add a teaspoon of green food coloring.

Set aside about a fourth of the syrup (keeping it hot enough to stay liquid); and pour the rest over the popped corn, mixing well with a buttered spoon.

Working quickly (with your hand greased or slightly wet) pile the coated popcorn onto the shamrock

pattern, packing it firmly on all sides. Build to a height of at least two inches. Let the mold cool.

For the finishing touches, trim rough edges with a sharp knife and using a pastry brush, touch up any spots not thoroughly coated with the remaining syrup.

After that, slice, serve, and watch it disappear!

### Basic Syrup Recipe

- 2½ cups granulated sugar
  - 1 cup light corn syrup
  - ¾ cup water
  - ½ cup butter or margarine
  - 1 teaspoon salt
  - 1 teaspoon vanilla
- Mix together sugar, syrup, water, butter or margarine, and salt in a saucepan. Bring to soft crack state (270 to 280 degrees F.). Remove from heat and stir in vanilla and food coloring.

## These Salad Recipes Are Especially Good For People Keeping Watch On Calories

Are you on a diet? Or maybe just cutting down a bit on calories? Many people are these days especially since so much emphasis has been placed on the dangers of overweight.

If you are one who wants to cut down on the calories and still enjoy eating, then here are a few salad suggestions that make a tasty meal and are nourishing too.

Each salad can be served with a fresh fruit or vegetable garnish, rolls, or crisp crackers and a glass of ice cold milk.

**Vege-Tomato Aspic**  
2 envelopes (2 tablespoons) unflavored gelatin  
¾ cups tomato juice  
2 tablespoons lemon juice  
1 tablespoon minced onion  
1 teaspoon salt  
¼ teaspoon pepper  
½ cup chopped celery  
1 cup shredded cabbage  
Soften gelatin in ½ cup cold tomato juice. Heat remaining tomato juice to boiling, add softened gelatin and stir until dissolved.

Add lemon juice, onion, salt and pepper. Chill until gelatin mixture begins to set. Fold in celery and cabbage. Pour into 1½ quart mold. Chill until set. Unmold and serve with gourmet sour cream dressing.

Makes 8 to 10 servings, 8 servings 25 calories per serving, 10 servings 28 calories per serving.

**Gourmet Sour Cream Dressing**  
2 tablespoons minced onion  
3 tablespoons wine vinegar  
2 teaspoons sugar  
1 teaspoon salt  
1 teaspoon prepared mustard  
Dash of Tabasco  
¼ teaspoon pepper  
1 cup dairy sour cream  
Combine all ingredients and chill in refrigerator for ½ hour or longer to blend flavor. Serve as a dressing for vegetable salads, sliced tomatoes, or cucumbers and onions. Makes 1½ cups dressing, 26 calories per tablespoon.

**Jewel Fruit Salad**  
1 package lemon-flavored gelatin

1 can (1 pound) fruit cocktail  
1 cup boiling water  
¾ cup gingerale or lemon-flavored carbonated beverage  
2 tablespoons lemon juice  
2 cups cream-style cottage cheese  
Salt to taste  
One-third cup chopped nuts, if desired  
Salad greens  
Drain fruit cocktail and reserve juice for use with other fruit juices in sauces or beverages. Dissolve gelatin in boiling water, add gingerale or carbonated beverage and lemon juice. Divide gelatin in two parts and add fruit cocktail to one. Pour into a 5-cup ring and chill until almost firm. Melt, blend drained cottage cheese, salt and nuts and blend with remaining gelatin. Pour over chilled layer and chill until firm. Unmold on a salad plate, garnish with greens and serve with sour cream fruit dressing. Makes 6 to 8 servings, 8 servings (omitting nuts) — 148 calories per serving.

## Fried Chicken Comes With Spring

Spring brings renewed enthusiasm for lots of good fried chicken. And fortunately it's also the time when the supply of fryers on the market is up.

This new version of fried chicken uses yellow cornmeal to add a beautiful golden color and pleasantly crispy crust to each piece of chicken.

Dip the pieces of chicken first in evaporated milk, then in the corn-

meal. The evaporated milk will help the cornmeal cling to the chicken in an even coating which in turn produces an even crust and the best browning. Then you can "fry" the chicken in the oven — a simplified method where the chicken browns and cooks with only one turning.

Creamy giblet gravy is just about irresistible along with chicken and biscuits. The giblets will

cook in the time the chicken is in the oven and be ready to go into the rich creamy gravy.

**Country-Fried Chicken**  
1 frying chicken, cut in pieces  
¼ cup flour  
½ cup yellow cornmeal  
½ teaspoon salt  
½ cup evaporated milk  
¼ cup butter  
Wipe pieces of chicken thoroughly. Mix flour, cornmeal and salt



... country fried chicken

# Plan St. Pat's Day Celebration

## Add Touch Of Old Ireland With Shamrock Coffee Cake

Celebrate the wearin' o' the green at your house by donning a cheery green apron — then bake the best-tatin' "shamrock" o'ld St. Pat ever dreamed of.

You won't need any "luck of the Irish" to prepare this cinnamon-flavored treat. It's so easy that even a mischievous little leprechaun could make it. The recipe makes two coffee cakes, so you can serve one for a breakfast surprise and have another for a dessert or snack-time specialty later in the day. Or because yeast-raised coffee cakes freeze well, you can tuck the second Shamrock coffee cake, already baked, into the freezer for another day.

Tasty, attractive coffee cakes are high in nourishment as well as flavor. They offer generous amounts of B-vitamins and food iron.

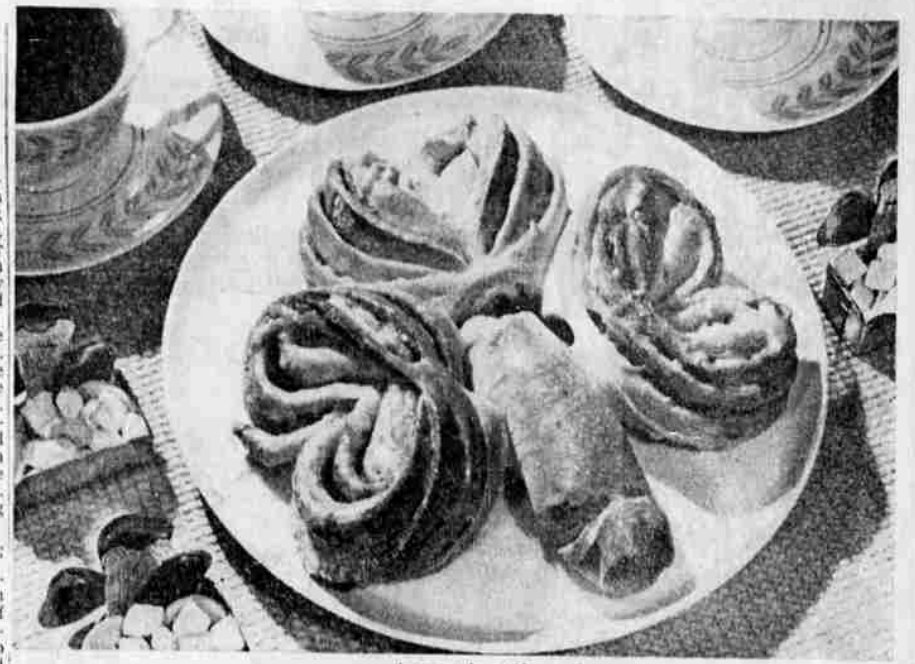
### Shamrock Coffee Cake

- 1 package yeast, compressed or
- ¼ cup water (lukewarm for compressed yeast, warm for dry)
- ½ cup milk
- ¼ cup sugar
- 1 teaspoon salt
- 2 tablespoons shortening
- 2½ cups sifted enriched flour (about)
- 1 egg
- Melted butter or margarine
- ½ cup cinnamon sugar
- Confectioners' sugar icing
- Soften yeast in water. Scald

milk. Add sugar, salt and shortening. Cool to lukewarm. Add enough flour to make a thick batter. Mix well. Add softened yeast and egg. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl.

Cover and let rise in warm place until doubled (about 1½ hours). When light, punch down. Divide dough into 2 equal parts and shape into balls. Let rest 10 minutes. Shape each ball into shamrock coffee cake. For shamrock, roll ball into rectangle 5 x 22 inches. Brush with melted butter or margarine and sprinkle with cinnamon sugar. Roll up like a jelly roll, sealing edge. Flatten roll slightly.

Cut into three 6-inch pieces, leaving 4-inch piece for "stem." Fold 6-inch pieces in half lengthwise and seal edges. Arrange on greased baking sheet in shapes of spokes of wheel with cut ends toward center. With scissors or sharp knife cut each roll from folded end to with ½ inch of center. Lay each roll open to form petals of shamrock. Roll 4-inch piece of dough under hand to 6-inch length. Place at base of "petals" to form "stem." Let rise until doubled (about 45 minutes). Bake in moderate oven (350 degrees F.) 15 to 20 minutes. When cool, frost with confectioners' sugar icing. Makes 2 coffee cakes.



... shamrock coffee cake

## Peanut Pantry Dips Make Hit With Kids

Peanuts and peanut butter dips are probably the easiest and most welcome party food you can serve.

It's no secret that "whipping up" snack platters and midnight buffet suppers has become a ridiculously expensive and time-taking chore — the more absurd in that the majority of people don't really want a platter of fried tidbits and rich pastries late at night.

Take a poll and you'll find that most folks (yourself included) would rather munch a handful of peanuts and spread a few cocktail crackers with a tangy dip, sip a cold drink or a hot cup of coffee and call it a night!

So why not give it a try? Next time it's "his" night to have the poker game, or the bridge club is due, line up two or three types of salted peanuts in a lazy-susan or in little wood bowls on a tray.

Alternate with assorted crackers and stir up a "conversation-piece" spread. Set it out early, for munching and dipping ad lib. Here are spread-and-dip ideas you can vary to please the palates of your particular crowd.

### Peanut Pantry Dips

Looking for a brand new snack cracker dip for the poker or bridge crowd tonight? Here's fun! Stand in front of your kitchen supply shelf with a jar of creamy peanut butter in one hand and a jar of crunchy peanut butter in the other. Put some crackers in between. Now let your eyes rove over the shelves. What's up there that might be wonderful with peanut butter? How about the herb and spices rack, the meat sauce and condiment boxes, those soup and salad dressing mixes? What's in the refrigerator in the way of tangy or smoky cheese spreads? Put a few dabs of peanut butter on a plate and try your first inspiration — now another and another! Try them with a cracker. Ah — there's one that sets your eyes sparkling! Stir up a bowlful of tangy or smoky cheese spread and assorted snack crackers and salted cocktail peanuts for munching. Now let 'em come. You're all set!

### Creamy Giblet Gravy

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup chicken broth
- 1 cup evaporated milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- Chicken giblets, wing tips and back
- ½ bay leaf
- Parsley or celery leaves, or both

Simmer giblets (except the liver), wing tips and back of chicken along with bay leaf, parsley and celery leaves in water to cover until tender, about 1 hour. Add liver during last 15 minutes of cooking. Drain, saving broth. Discard bay leaves, parsley and celery leaves. Cut giblets into small pieces. Melt butter in a small saucepan. Remove from heat and stir in flour.

Add chicken broth, then evaporated milk and seasonings. Cook and stir until hot and thickened. Stir in giblets. Serve immediately.

### PEACH COBBLERS

For quick peach cobbles, place canned peach halves and small amount of syrup in individual baking cups. Fill each peach center with cream cheese cube. Top each with baking powder drop biscuit and bake in very hot oven about 15 minutes. Serve hot.

## A Gourmet Dish For Even Beginner Cooks Is Chicken Topped With Flavorful Gravy

Chicken paprika — golden fried chicken topped with a creamy, paprika-flavored gravy — is a gourmet dish even beginner cooks can prepare with ease. The secret of this recipe's goodness lies in the gravy, which is made rich and smooth with sour cream, and is delicately flavored with paprika and instant minced onion, that easy-to-use, moisture-free product you simply spoon from a jar or foil packet. The delicious gravy is served over the chicken, with more to pour over hot noodles or rice.

This delightful company dish needs only the addition of a hot vegetable and a tossed green salad to complete the menu. For dessert you might like to serve warm apple pie with wedges of

cheese, and hot coffee.

### Chicken Paprika

- 1 (3-pound) frying chicken
- Two-thirds cup sifted all-purpose flour
- 1 teaspoon salt
- 2 teaspoons paprika
- One-third cup cooking oil
- ¼ cup water
- 1 cup milk
- 1 tablespoon instant minced onion or ¼ cup finely chopped raw onion
- ½ pint commercial sour cream
- Hot rice or noodles

Have chicken cut into serving pieces. Sift flour with salt and ½ teaspoon paprika, and turn into a paper bag. Shake chicken pieces a few at a time in bag with flour.

Heat oil in heavy skillet, add chick-

en and brown slowly on all sides. Add water, cover and turn heat low. Cook very slowly until chicken is tender, about 30 minutes. Transfer chicken to hot serving dish.

Turn drippings from chicken into measuring cup, and spoon off all but ¼ cup. Return the ¼ cup drippings to skillet, and stir in 2 tablespoons seasoned flour from dipping chicken. Add remaining 1½ teaspoons paprika. Blend in milk and onion, and cook and stir until mixture boils thoroughly and thickens. Stir in sour cream, and heat, but do not boil. Taste sauce, and add salt if needed. Spoon over chicken and serve with hot rice or noodles.

Makes about 4 servings.

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