

The News-Review

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Molded Dessert With Pineapple Is Refreshing Summertime Food

These dramatic molded pineapple desserts are French inspired beauties with continental air and flair. The creamy rice and custard combination is in studied textural contrast with the crisp tidbits of canned pineapple. The sparkling clear sauce uses the pineapple syrup, flavored with exotic dark rum.

Pineapple Rice Imperatrice
1 (1-pound 4 1/2-ounce) can pineapple tidbits
1/2 cup sugar
1 envelope unflavored gelatin
1/4 teaspoon salt

1 teaspoon grated lemon peel
1/2 teaspoon almond extract
1 1/2 cups milk
3 egg yolks, beaten
1 cup cooked rice
1 tablespoon lemon juice
1 cup whipping cream
1 teaspoon vanilla
Pineapple tidbits and sliced strawberries for garnish
Pineapple Rum Sauce
Drain pineapple well; save syrup for sauce. Blend sugar, gelatin and salt together. Add lemon peel, almond extract and milk. Cook over moderate heat, stirring

frequently, until gelatin dissolves. Stir a little of hot mixture into beaten yolks; combine with remaining hot mixture. Cook and stir until custard thickens slightly, about 5 minutes. Remove from heat. Stir in rice, lemon juice and drained pineapple. Chill until custard thickens and mounds. Beat cream with vanilla until stiff. Fold into pineapple custard. Spoon into individual molds. Chill until firm. Unmold and garnish with extra pineapple and sliced strawberries. Top with Pineapple Rum Sauce. Makes 8 servings.

Pineapple Rum Sauce

Combine 1 cup reserved pineapple syrup, 1/4 cup water, 1 cup sugar, 3 (1/4-inch) slices lemon and 1/2 teaspoon salt. Boil about 10 minutes. Remove lemon slices. Blend in 1 teaspoon cornstarch mixed with 1/4 cup dark rum. Simmer a few minutes until clear and slightly thickened. Remove from heat. Cool; add additional 1/4 cup rum. Chill before serving. Makes 1 cup sauce.

Minted Pineapple Rum Sauce

Rinse and bruise 1 sprig fresh mint. Add to syrup along with lemon slices. Remove after cooling.

STUFFED PEPPERS

Parboil hollowed out green peppers until slightly soft but still brilliant green. Fill generously with canned pineapple tidbits and kidney beans which have been drained, then marinated in French dressing in refrigerator several hours. These conversation piece pineapple salads make a delicious meal with cold sliced ham, rolls and beverage.

Hearty Centennial Salad Good For Those Lazy Days Of Summer

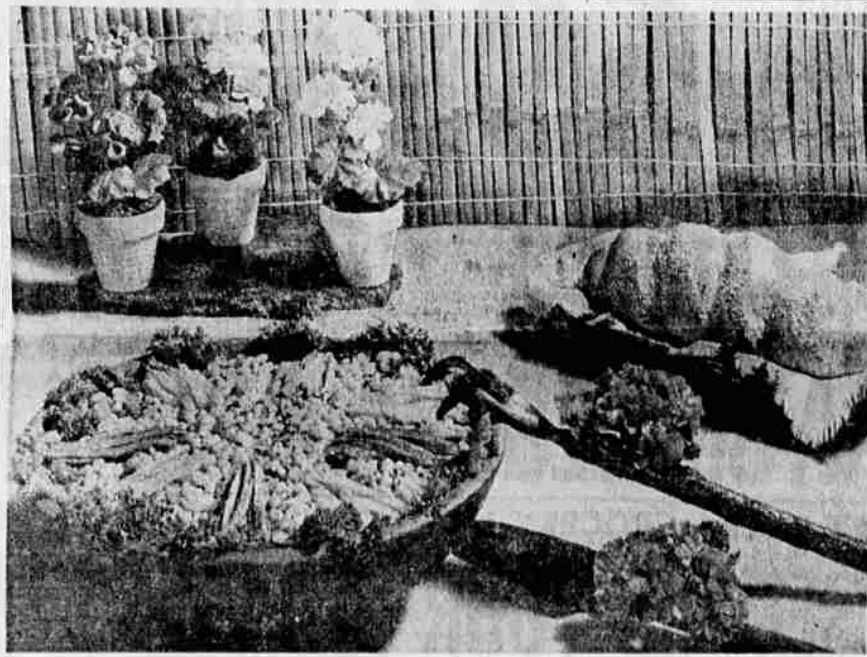
A little meat, a little cheese, a lot of beans—those plump perfect large white Great Northern beans which are Idaho's pride and joy—can make a meal-in-a-salad bowl. Perfect for lazy days of summertime but good around the calendar.

Idaho's Centennial Salad
(It has everything — almost!)
Cooked Idaho Great Northern (large white) beans
Thin-sliced celery
Whole garlic black pepper (fresh-ground in your pepper mill)
Slices of Swiss and Cheddar cheeses, boiled or baked ham
Sliced hard-cooked eggs, if desired
Crisp salad greens

Soak washed beans overnight or boil 2 minutes; let stand 1 hour. Simmer in soaking water until tender, add 1 teaspoon salt for each cup of beans. Drain, reserving liquid to use as soup along with some of the beans. Better cook plenty. One cup dried beans will give about 2 cups cooked beans

plus liquid. Allow about 1/2 cup cooked beans for each salad serving. Chill beans before adding salad dressing and celery. Then stir in enough thin-sliced celery to make for crunchiness, add fresh-ground pepper and enough dressing to coat the beans. Chill well in the bowl in which the salad is to be served. Just before serving, tuck crisp salad greens around the edges of the bowl. Arrange the slivers of cheese, ham, and chicken or turkey if desired, in alternate clumps atop the bean salad, with hard-cooked egg slices or thin-sliced radishes as a center garnish.

Chive Dressing: In a pint jar with a tight-fitting cover place 1/2 cup each undiluted evaporated milk and salad oil, 3 tablespoons vinegar or red wine vinegar, 1 teaspoon each salt and granulated sugar, 1/2 teaspoon dry mustard, 1/4 teaspoon coarse-ground black or white pepper, 2 tablespoons frozen chopped chives. Shake until well-blended. Chill thoroughly to mellow the flavors. Makes 1 cup.



Idaho's centennial salad

Aroma Of Barbecued Fish Will Excite Many Diners

The outdoor barbecue has become as American as the morning coffee break. Now, with the barbecue season in full swing, families from Maine to California are enjoying outdoor entertaining. This is the time of year when the men don the chef's apron, take skewer in hand, and show off their culinary talents.

The mouth-watering aroma of herb-seasoned, stuffed fish roasting over the charcoal fire will excite the appetites of guests and neighbors as well. This savory stuffing has a unique and luscious taste which enhances the flavor of any fish. Large fish, such as red snapper, sea bass, cod, salmon and striped bass are best for this summertime feast.

4 to 5 pound fish
Salt and pepper
2 cups packaged herb-seasoned stuffing
1/2 cup snipped parsley
Two-thirds cup water
1/2 cup melted butter
Melt butter for basting
Wash and clean fish. Thoroughly dry inside of fish and lightly season with salt and pepper.
Combine herb-seasoned stuffing,

Make This Salad Ahead Of Time

Warm-weather time is salad time, and any salad that can be made ahead of time is so much the better for the busy homemaker. "Golden Olive Salad" is a chilled combination of lemon gelatin, crushed pineapple and shredded carrot highlighted by wedges of mellow ripe olives. Ripe olives may be purchased pitted as well as whole. Either way, you'll enjoy their delicious nut-like flavor which does wonders for so many salads, casseroles and sandwich fillings.

QUICK CAKE TOPPING

Boil together 1 (8 1/2-ounce) can undrained crushed pineapple and 1/4 cup sugar a few minutes, until sugar dissolves. Prick top of 8-inch square white, yellow or sponge cake all over with fork. Pour topping over, letting the sweet syrup soak in.

PINEAPPLE KABOBS

Alternate canned pineapple chunks and chunks of banana on skewers. Brush with honey thinned with pineapple syrup. Heat these on the barbecue grill or under the broiler until glazed and brown, brushing with honey mixture often. These are a sweet tasty meat garnish and are contrasty with ice cream, too.

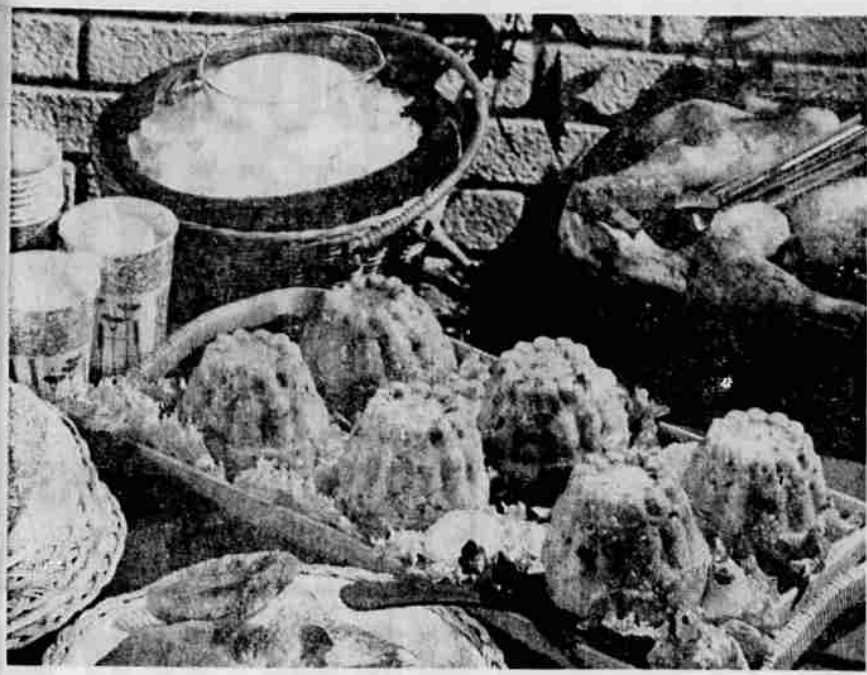
Golden Olive Salad

1/2 cup ripe olives
1 package (3 oz.) lemon gelatin
1 1/2 cups boiling water
1 can (8 oz.) crushed pineapple
2 tablespoons lemon juice
Dash salt
1 1/4 cups coarsely shredded carrot
Salad greens
Cut olives into wedges. Dissolve gelatin in boiling water. Blend in undrained pineapple, lemon juice and salt. Chill until mixture mounds on spoon. Fold in olive and carrot. Turn into 8-inch square pan. Chill until firm. Cut into squares and serve on greens. If desired, garnish with mayonnaise. Makes 6 to 8 servings.

Try these on your Bar-B-Cue



Eastside Market
2595 NE Diamond Lake Blvd.
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ice cream salad molds

Hostess Needn't Wait For Winter To Serve Delicious Cranberries

If you've been waiting for winter holidays as an excuse to serve cranberries, you're missing out on a lot of good summer eating. Right now, your summer meals of barbecued chicken, fried chicken, or grilled turkey will be all the more delicious with a tart-sweet cranberry accompaniment.

Instead of the traditional cranberry sauce, why not try a tempting new molded cranberry salad? These Ice Cream Salad Molds combine ice cream, cranberry sauce and oranges in orange gelatin, for a brand-new taste experience. Tangy, yet creamy-textured, this mixture is poured into individual molds which can be unmolded on crisp lettuce to dress up your patio table. Ice Cream Salad Molds are luscious enough to serve as dessert, too. Simply omit the greens and serve with crisp cookies.

This an easy salad to make, and one which can be prepared quickly, because the ice cream cools the gelatin so rapidly. It has all the rest of cranberry-orange relish which is served so often with poultry dinners. This same flavor combination makes a perfect partner for such summer favorites as broiled or barbecued chicken. For your next back yard meal or patio party, bring out these pink-and-gold salad molds, deliciously light and tangy.

Ice Cream Salad Molds

Individual salad molds, 8-8 1/2 servings

Cornish Pastry Good When Cold

One of the most famous dishes in the English cuisine is the Cornish Pastry which originated in the Duchy of Cornwall. It is a turnover or small pie with a filling usually of chopped beef, potatoes and onions.

Although you can serve pasties hot or cold, take a tip from the English and pack cold pasties in the lunch box or picnic basket.

Cornish Pasties

1/2 pound stewing beef, cut into 1/4-inch cubes
1/2 cup (1/4-inch) cubes of raw potato
1/4 cup chopped onion
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon parsley flakes
Dash thyme
2 tablespoons water
1 teaspoon Worcestershire sauce
Margarine pastry

Mix beef, potato cubes, onion, salt, pepper, parsley and thyme together. Add water and Worcestershire sauce; toss until moistened. Prepare pastry. Divide into 6 equal portions. Roll out each between pieces of waxed paper to (4 to 5-inch) circles. Place one-sixth the meat mixture in center of each circle. Fold up sides and seal across top of filling. Place on ungreased cookie sheet. Bake in 400 degrees F. (hot) oven until pastry is golden brown and filling is cooked, about 25 minutes. Serve hot or cold. Makes 6 pasties.

Margarine Pastry

1 1/2 cups sifted flour
1/4 teaspoon salt
1/2 cup margarine
2 tablespoons cold water
Combine flour and salt in mixing bowl. Blend in margarine with pastry blender or 2 knives until mixture is very well blended and fine crumbs form. (Do not be afraid of overmixing.) Sprinkle water over mixture while tossing to blend well. Press dough firmly into ball with hands. (If mixture seems crumbly, work with hands until it will hold together.)

Hot Shrimp Salad Done On Barbecue New Cooking Trick

Ever barbecued a salad? It's an innovation in outdoor cooking introduced in Hawaii at America's Cookout Championship "for men only."

It's a hot shrimp salad, topped with mayonnaise, foil wrapped and cooked on your barbecue grill. The remainder of the salad is a hot rice mixture, seasoned luxuriously with mushrooms, Brazil nuts and onions, all cooked in a large skillet on the grill.

You turn the hot rice mixture into the bottom of a large shallow salad bowl, open the foil packet, spoon the juicy shrimp mixture over the top of the rice. Garnish with green pepper rings or slices.

Shrimp Bowl "300"

(Serves 6)

2 1/2 lb. raw shrimp, shelled and deveined
1/2 cup mayonnaise
2 tablespoons soy sauce
1 tablespoon parsley flakes
3 cups cooked rice
3 large onions, diced
1/2 lb. mushrooms
1 cup crushed pineapple
1/2 cup sliced Brazil nuts
1/2 tablespoons peanut oil
6 slices green pepper, 1/2-in. thick

Quilted Foil, 14-in. heavy duty Arrange shrimp, 1 layer deep, in the center of a 26-inch strip of quilted foil. Combine mayonnaise, 1 tablespoon soy sauce and parsley flakes; spread over shrimp. Bring ends of foil to the center, making double folds to seal the package completely. Grill 15 minutes.

Saute onions and mushrooms in oil until soft but not browned. Add rice, pineapple and remainder of soy sauce, cover and simmer 15 minutes. Stir in Brazil nuts and pour into large salad bowl. Top with grilled shrimp. Stand green pepper slices on end around outside of bowl for decoration.

FROZEN SUCKER STICKS

Freeze pineapple juice in ice cube trays until almost firm. Insert small wooden skewers for sticks and freeze solid. Tint various colors, if you like. Children find these a cooling treat on hot afternoons.

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sunny graham-nut torte

Charcoal Enhances Flavor Of Halibut

Outdoor barbecuing has grown so popular in America that the manufacture of special equipment has become a thriving business. Outdoor cooking fans use fish at every opportunity because it is versatile and easy to handle, and charcoaling greatly enhances the fine flavor of fish, making it a barbecue food without rival. Halibut steaks are especially well suited to grilling because their firm white meat does not break apart readily. The grill should be hot and well greased to avoid sticking. As halibut is a lean fish, it should be basted frequently with a flavorful sauce, oil or butter.

4 to 6 halibut steaks, fresh or frozen
3 tablespoons lemon juice
1/2 cup corn oil
Salt and pepper to taste
1/4 cup chopped parsley
1 tablespoon grated onion
1/2 teaspoon dry mustard

If halibut is frozen, let stand at room temperature 30 minutes to defrost. Arrange fish steaks in refrigerator dish. Combine remaining ingredients and pour over steaks. Cover dish and let marinate about 4 hours. Place fish on well-greased grill over low glowing coals. Grill 10 minutes on each side, or until fish flakes easily with a fork. Baste frequently with remaining marinade during grilling. Makes 4 to 6 servings. Serve with Barbecue Sauce.

Sauce for Barbecuing Halibut Steaks

1 can (8 oz.) tomato sauce
Pinch garlic powder
Pinch oregano
1/2 teaspoon monosodium glutamate
1/4 cup chili sauce
1 tablespoon Worcestershire
1/2 teaspoon pepper
1/2 teaspoon sugar

Combine all ingredients in small saucepan. Simmer, stirring occasionally, for 10 minutes. Serve over grilled halibut steaks.

Rich Torte Is Elegant For Parties

Although tortes are traditionally one of the most complicated dessert delicacies to prepare, this one is really easy. The cake layers are made with a base of packaged graham cracker crumbs and chopped pecans for extra richness. They are then split and spread with whipped cream mixed with pineapple, and chilled for an hour, or all day if you wish. Serve this elegant torte soon.

"Sunny Graham-Nut Torte"

1/2 cup sifted flour
2 teaspoons baking powder
2 cups graham cracker crumbs
1/2 cup butter or margarine (1 stick)
1 cup sugar
3 eggs, separated
1 cup chopped pecans
1 teaspoon vanilla extract
1 cup milk
1 cup heavy cream
1 can crushed pineapple, well drained
Maraschino cherries

Sift flour and baking powder together into crumb; mix well together. Cream butter or margarine gradually add sugar and mix well. Add egg yolks and beat until light and fluffy. Stir in nuts and vanilla. Add crumb mixture alternately with milk, beginning and ending with the dry material; beat just until smooth. Beat egg whites until stiff but not dry and fold gently into crumb mixture. Turn into 2 waxed paper-lined 8-inch layer pans. Bake in moderately hot oven, 375 degrees F., for about 30 minutes, or until cake tester inserted in center comes out clean. Cool in pans on rack. When layers are thoroughly cool, remove from pans and peel off paper. Split each layer in two. Whip cream until stiff and stir in drained pineapple. Spread mixture evenly over four layers and stack. Refrigerate at least an hour before serving. Decorate with cherries. Yield: 8 to 10 servings.

Almond Lemon Cookies Happy Ending To Meal

Cookies for dessert are delightful. Especially good are these macaron-like "Almond Lemon Cookies." Serve them with fruit and coffee for a happy ending to a sumptuous meal. The combination of roasted diced almonds and halved blanched almonds give these cookies a fancy appearance and a very special almond flavor.

Almond Lemon Cookies

2 egg whites
1 1/2 cups fine graham cracker crumbs
1/2 teaspoon salt
1 cup brown sugar, packed

1/4 teaspoon grated lemon rind
1/4 cup roasted diced almonds
Halved blanched almonds
Beat egg white until stiff, but not too dry. Mix together graham cracker crumbs, salt, brown sugar, lemon rind and almonds. Fold into beaten egg whites. Drop onto greased cookie sheet and flatten with fork. Garnish each cookie with 1/2 almond. Bake in 325-degree (moderately slow) oven 15 minutes. Allow to stand 2 or 3 minutes before removing from pan.
Makes 14 cookies 2 1/2 inches in diameter.

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