

Chinese Egg Foo Young Is Sandwich Inspiration

Inspired by a famous Chinese dish, Egg Foo Young, are these delightful Oriental Egg and Shrimp Sandwiches. Even if you've hesitated to try Oriental cookery, you'll have no trouble with this Americanized version of that delicious egg dish.

The filling for Oriental Egg and Shrimp Sandwiches is a custard-like combination of eggs, bean sprouts, diced shrimp, milk and seasonings. Though Egg Foo Young is fried like an omelet, for the sandwich version the filling is baked in individual custard cups. The little egg and shrimp molds are served open-faced on toasted hamburger buns paired with tomato slices and sprinkled with chopped watercress. For more Oriental flavor the sandwiches can be served with soy sauce.

The pretty, colorful appearance of Oriental Egg and Shrimp Sandwiches shows their Far Eastern influence. And there's another "plus" in the sandwiches that's much closer to home. This bonus is, of course, the nutritional goodness provided by the enriched hamburger buns — rich in three essential B-vitamins and the mineral iron — enclosing the protein filling.

Oriental Egg and Shrimp Sandwiches will be a supertime treat for the whole family. Any waist-line watchers will be particularly delighted with the low calorie count of the sandwiches — about 235 calories per serving. Complete the menu with other low calorie foods: Crisp relishes and for dessert lime sherbet topped with mandarin orange sections, accompanied by fortune cookies. Tea is the traditional beverage.

Oriental Egg And Shrimp Sandwiches
5 eggs, beaten
2 cups bean sprouts, drained (1-pound can)
1 cup diced cooked shrimp (7-ounce package, frozen)
1/4 cup milk



... Oriental sandwiches

1 1/2 teaspoons salt
Dash pepper
Dash Tabasco
Butter or margarine, softened
6 enriched hamburger buns, toasted
6 tomato slices (1 tomato)
1/2 cup chopped watercress
Soy sauce, if desired
Mix together eggs, bean sprouts, shrimp, milk, salt, pepper and Tabasco. Scoop mixture into 6 small custard cups which have been lightly greased with butter or margarine. Place filled custard cups

in pan of hot water. Bake in moderate oven (350 degrees F.) 45 to 50 minutes or until silver knife inserted in center comes out clean. Spread toasted buns with butter or margarine. Turn egg mixture out of custard cups upside-down onto bottom halves of buns. Cover top halves of buns with tomato slices. Sprinkle watercress over egg mixture and tomato slices. Sprinkle soy sauce over egg and tomato, if desired. Serve immediately, open-face. Makes 6 sandwiches.

No. of ingredients: 12. No. of utensils: 17. Total preparation time: 1 hour and 15 minutes.

PACK 'EM FROZEN

Make lunch box packing a breeze by preparing a week's supply of sandwiches at a time. Wrap the sandwiches individually in moisture-vapor proof material, then freeze. In the morning pack the sandwiches, still frozen, into sacks or lunch boxes. They'll thaw to delicious just-made freshness by lunchtime.

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... tea sandwiches

New Party Sandwiches Give Elegance To Teas

Gleaming silver and delicate china set the scene for the feminine elegance of an afternoon tea. Traditional formal teas are the nicest way to honor someone special — your favorite young graduate, the new bride in the block, a close friend or relative.

Tea parties call for something really extra-special in the way of refreshments. These three tea sandwiches — one hot, two cold — will certainly bring you a wealth of compliments. First are pastel-pretty Banana-Raspberry Pinwheel Sandwiches — a sweet variation of the favorite pinwheel sandwich. These feature slices of enriched white bread spread with cream cheese that has been flavored with raspberry preserves. The bread is then rolled pinwheel-fashion around lengthwise quarters of banana.

Next are Creamy Mushroom Sandwiches, gay little toast triangles topped with a rich mushroom-cream-butter mixture and garnished with a bright sprinkling of sieved hard-cooked egg yolk. The third tea-timer is Summer Rye Sandies, which feature a tangy spread of sour cream, green onion and radishes garnished with thinly sliced avocado or radish — all on party rye bread.

Summertime — or anytime of the year — nothing tops sandwiches for all-occasion party refreshments. Now during August, National Sandwich Month you'll find recipes geared for year-round entertaining — hearty, meal-sized sandwiches and dainty tea party size, as well. Sandwiches are tops in nutrition, too — enriched and whole grain breads are important sources of three essential B-vitamins and the mineral iron.

Tea Sandwiches
Banana-Raspberry Pinwheel
1-pound loaf unsliced enriched white bread, trimmed
1 1/2 cups softened cream cheese (four 3-ounce packages)
7 tablespoons red raspberry preserves
1/4 teaspoon red food coloring
1/2 cup toasted coconut
1 medium banana

Slice loaf lengthwise into seven slices. Blend cream cheese, raspberry preserves and food coloring. Spread each slice with cream cheese mixture and sprinkle with coconut. Cut banana in half crosswise, then into lengthwise quarters. Place one section, with a cut side down, on end of each bread slice and trim to fit bread. Roll up like jelly roll. Wrap in waxed paper and refrigerate at least 1 hour or up to 3 days. Just before serving, re-

move rolls from refrigerator and cut in 1/4-inch slices.
Makes 3 1/2 dozen tea sandwiches.

Summer Rye Sandies
1 cup dairy sour cream
1/4 cup chopped green onion, tops included
1/4 cup chopped radish
1 teaspoon prepared horseradish
1/2 teaspoon salt

36 slices party rye bread (8 ounce loaf)
1 thinly sliced avocado and/or radish slices
Combine sour cream, onion, radish, horseradish and salt. Just before serving spread party rye thinly with sour cream mixture and decorate with avocado and/or radish slices.

Makes 36 tea sandwiches.
Creamy Mushroom Sandwiches
2 tablespoons butter or margarine

1 pound finely chopped fresh mushrooms, stems included
2 tablespoons enriched flour
1/2 teaspoon salt
1/2 teaspoon grated lemon rind
1 cup light cream
12 slices enriched white bread, trimmed
Butter or margarine
1 hard-cooked egg yolk, sieved melt butter or margarine in large skillet. Add mushrooms and cook 4 to 5 minutes or until tender, stirring occasionally. Stir in flour, salt and lemon rind. Add cream and cook until thickened, stirring occasionally. Cover and keep warm over low heat until serving time. Then toast bread on both sides. Spread one side with butter or margarine, then with mushroom mixture. Sprinkle top with sieved egg yolk. Cut each slice into 4 pieces. Serve hot. If mixture should cool, place under broiler for 1 to 2 minutes or until heated through.
Makes 48 tea sandwiches.

SEAFOOD COOLING

Tangy seafood sandwiches like this one seem to take degrees off a hot day. Combine 1 cup cooked flaked crabmeat with 1/2 cup lemon juice, 1 tablespoon Worcestershire sauce, 1/4 cup chopped onion, 1/4 cup celery and dash pepper. Cover and refrigerate for about 2 hours. Drain well and stir in 1/2 cup dairy sour cream. Spread mixture on 6 slices cracked wheat bread, cover with fresh watercress sprigs and close sandwiches with 6 more bread slices.

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