

The News-Review

SECTION A THURSDAY, NOVEMBER 21, 1963 ★★ 275-63

Cooler, Brisk Days Of Fall Stir Up Smallest Appetites

At no other time of year do people who love to eat have such a marvelous time! The cooler, brisk days of fall provide fine excuses for eating heartily, and athletic pursuits, like football and hockey, stir up big appetites. Not to mention the wealth of harvest foods! For a real gourmet appetite t e a s e r, surprise your connoisseur with a meat loaf filled with sour cream and mushrooms.

Mushrooms and onions are first browned in a little butter and then combined with smooth, mellow sour cream for the filling. The meat loaf features ground beef sparked with seasonings and Worcestershire sauce. Rolled, oats are mixed with the meat, too, for they help lock in the meat juices and give the meat loaf superior texture. Half the meat mixture is formed in an oval for the meat loaf base. Then the filling is spooned into a shallow "well" in the base, and the rest of the meat is shaped to cover the filling.

Harvest fruits and vegetables make perfect menu go-alongs. You might serve buttered squash halves, a leafy green salad and crusty rolls with the meat loaf for your main course. A fruit cup featuring pears, apples and grapes topped with sherbet completes the meal in finest harvest style.

Gourmet Meat Loaf
Makes 8 servings

Filling:
1 cup fresh or canned sliced mushrooms, drained
1/2 cup chopped onion
2 tablespoons butter or margarine
1/3 cup dairy sour cream

Meat Loaf:
1 1/2 lb. ground beef
3/4 cup rolled oats (quick or old fashioned, uncooked)
2 eggs
2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon Worcestershire sauce
2-3 cup milk

Heat oven to moderate (350 degrees). For filling, lightly

VEGETABLE SALAD

For salad variety, marinate canned blue lake green beans in a zesty mixture of bottled herb dressing, snips of green onion, capers and diced pimiento. Chill several hours. Serve in salad bowl with a garnish of deviled eggs, cucumber fingers and tiny red tomatoes.

SANDWICH TREATS

Thin moist orange bread slices, spread with date-nut filling and cream cheese, turn lunch box sandwiches into treats. Make them three-decker ones. Spread thinly sliced orange bread with a blend of chopped fresh California dates, chopped nuts and mayonnaise. Cover with second slice spread with softened cream cheese. Add the top slice and wrap tightly.

brown mushrooms and onion in butter in medium-sized frying pan. Remove from heat; add sour cream. Mix lightly until combined.

For meat loaf, combine all ingredients; mix well. Place half of meat mixture in shallow baking pan. For bottom half of loaf, shape this meat mixture to form an oval base. Lengthwise down the center make a shallow "well" for the filling. Spoon filling into "well." Shape remaining meat mixture over filling, making sure all filling is covered. Seal bottom and top meat mixtures together. Bake in a preheated oven (350 degrees) about 1 hour. Let stand 5 minutes before slicing.

Peanut Chews Autumn Treats

Something sweet and snackable is in order when friends gather for an autumn evening. Something like Peanut Coconut Chews. This confection, cut into squares or bars, is made with a toasted rice cereal, coconut and peanuts. It teams delightfully with hot chocolate or tart cider. Prepare Peanut Coconut Chews to have on hand for the enjoyable moments of sociability following fall pep rallies or football games.

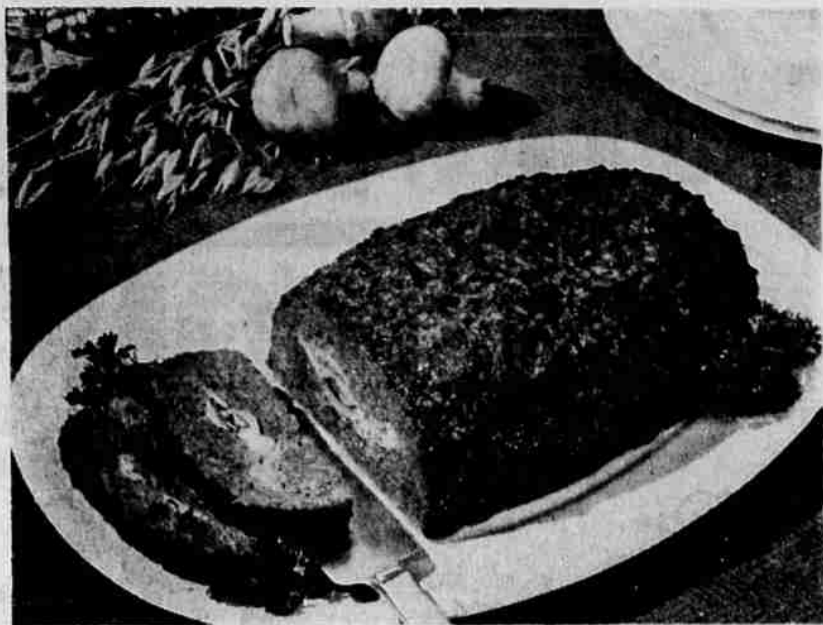
BIT OF GLAMOUR

Give ice creams and puddings an extra bit of glamour with a satiny smooth topping of Honey Chocolate Sauce. Melt 1 six-ounce package semi-sweet chocolate pieces in 1/2 cup honey over low heat, stirring to keep well blended. Add 1/4 cup evaporated milk and mix well until smooth. Cool. Makes about 1 1/2 cups of delightfully smooth sauce.

COLORFUL DESSERT

For a fast-to-fix and mighty colorful fall dessert, mold together canned fruit cocktail and canned tangerines in strawberry gelatin. Use the fruit syrups as part of the liquid and add nutmeg for a little spice.

Peanut Coconut Chews
1 cup sugar
1 cup dark corn syrup
1 cup cream or top milk
5 cups oven-toasted rice cereal
1 cup shredded coconut
1 cup salted peanuts
Combine sugar, corn syrup and cream in saucepan. Cook and stir to a temperature of 240 degrees F. (soft ball in cold water), stirring occasionally. Combine rice cereal, coconut and peanuts in buttered large bowl. Pour on syrup, mixing thoroughly. Press mixture into 2 buttered 9 x 9-inch pans. Cut into squares when cool.



fall's for gourmets

Chicken Livers Savory

Hungry folks at your supper table will enjoy this flavorful dish. It makes an appetizing main dish for Saturday or Sunday brunch too. Or made up in two or more large serving dishes it is perfect for buffet meals. Or prepare it for a guest luncheon or the evening meal for the family. Hearty, delicious, it is flavored with herbs, garlic, and onion.

Chicken Livers-Apple Rings
3 tablespoons butter or margarine
2 garlic cloves, peeled and sliced
1/2 cup chopped onion
2 lbs. chicken livers
1/2 teaspoon salt
Few grains pepper
1 teaspoon oregano
Dash Tabasco
1 can (3-oz.) sliced, broiled mushrooms
1 can (10 1/4-oz.) mushroom

gravy
2 tablespoons vegetable oil
2 large red apples
Flour
Cinnamon-sugar
Melt butter or margarine in skillet. Add garlic cloves, onion and chopped apple. Cook gently over low heat until soft and golden brown. Remove garlic cloves. Add chicken livers, salt, pepper, oregano and Tabasco. Cook over low heat, turning frequently until chicken livers are cooked to desired degree of doneness. Add mushrooms, with their broth, and gravy. Simmer gently about 15 minutes. Meanwhile heat oil in another skillet. Core unpeeled apples; slice crosswise; dust lightly with flour and brown on both sides in oil. Drain; sprinkle with cinnamon-sugar. Serve with chicken livers on fluffy rice. Makes 8 servings.

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