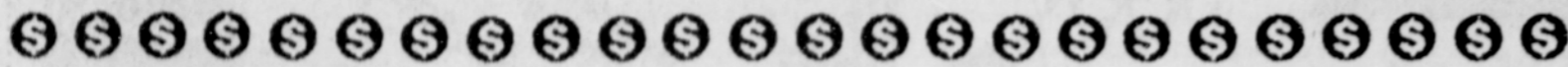


# FOOD SECTION

February 4, 1982  
Volume XII, Number 17  
Section II

## Give a BUDGET



### CASSEROLE CHEESE SANDWICH

- 6 servings  
6 tablespoons butter  
1 teaspoon prepared mustard  
8 slices whole wheat bread  
8 slices [8 oz.] Cheddar cheese  
1/3 cup sliced green onion  
3 eggs, beaten  
2 cups milk  
1 teaspoon salt  
1/8 teaspoon nutmeg  
1/8 teaspoon pepper  
1/4 cup grated Parmesan cheese

Combine butter and mustard until well blended. Spread 1 side of each slice of bread with butter mixture. Cover half of the bread slices with cheese; top with remaining bread, buttered sides facing cheese. Trim crusts; cut crusts into cubes. Cut sandwiches into 4 triangles each. Place bread crusts in bottom of buttered 2-quart rectangular baking dish. Sprinkle with onion. Arrange sandwich triangles on top. Combine eggs, milk and seasonings; pour over sandwiches. Sprinkle with Parmesan cheese. Cover and refrigerate several hours or overnight. Bake in preheated 325° F. oven 50 to 60 minutes, or until a knife inserted near center comes out clean. Let stand 5 minutes before serving.

### MACARONI-CHEESE RING, VEGETABLE SAUCE

- 6 servings  
**Ring Mold:**  
1/2 pound bulk pork sausage  
2 cups [8 oz.] elbow macaroni [uncooked]  
4 eggs, at room temperature and separated  
1 1/2 cups milk  
1 cup [4 oz.] shredded Cheddar cheese  
1/4 cup [1/2 stick] butter, melted  
1/4 cup chopped onion  
1 teaspoon dry mustard  
1/2 teaspoon salt  
1/8 teaspoon pepper

- Sauce:**  
[Yield: approx. 4 cups]  
1/4 cup [1/2 stick] butter  
1 1/2 cups thinly sliced onion  
2 cups sliced zucchini, 1/4-inch thick  
1 cup thinly sliced carrot  
1 cup cooked peas  
1/2 cup chopped celery  
1/2 cup chopped green pepper  
1 teaspoon EACH: salt, sugar and basil  
1/8 teaspoon garlic powder  
1/2 cup cold water  
4 teaspoons cornstarch  
1 teaspoon instant beef-flavored bouillon  
2 cups coarsely chopped canned tomatoes, well drained

Preheat oven to 350° F. For ring mold, cook pork sausage until brown and crumbly; drain; set aside. Cook macaroni according to package directions, but cook only 5 minutes; rinse and drain. Beat egg yolks in a large mixing bowl until pale yellow in color. Add sausage, macaroni, milk, cheese, butter, onion and seasonings; stir until well blended. Beat egg whites until stiff peaks form. Fold into macaroni mixture. Spoon mixture into well buttered 6 1/2-cup ring mold. Place mold in a large roasting pan on oven rack. Fill pan with hot water to 1 inch from top of mold.

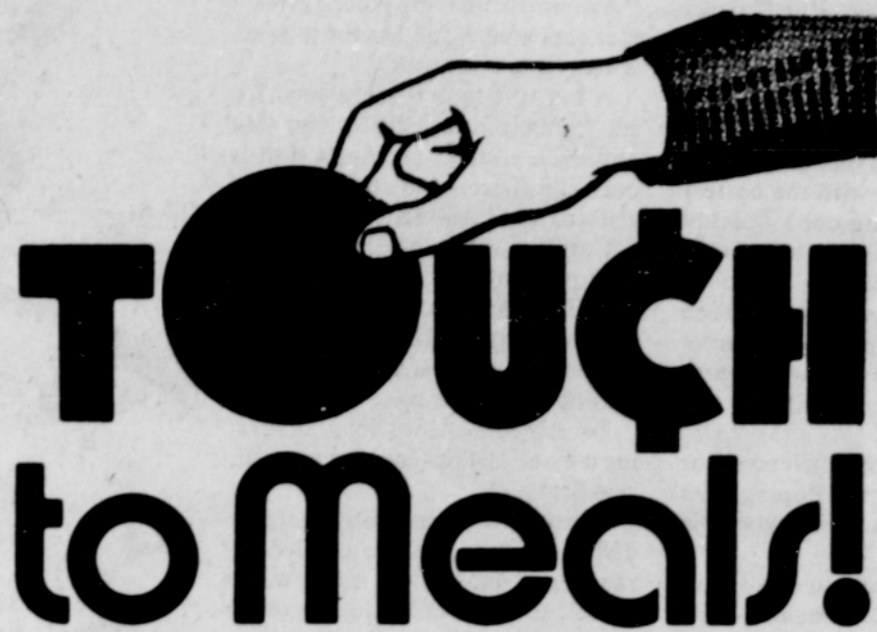
Bake 45 to 50 minutes or until knife inserted near center comes out clean. Remove mold from pan and let stand 10 minutes before unmolding onto serving plate.

Meanwhile, for sauce, melt butter in a large skillet with a cover. Cook onion until tender, about 5 minutes. Add zucchini, carrot, peas, celery, green pepper, salt, sugar, basil and garlic powder. Cover and cook 10 minutes, stirring occasionally. Blend together water, cornstarch and bouillon; stir into vegetables. Bring to boiling. Add tomatoes; cook and stir 3 minutes. Keep warm. To serve, spoon some sauce in center of macaroni ring; pass the remainder.

### CHEESY BEAN SANDWICH

- 6 servings  
1 can [20 3/4 oz.] pork and beans, well drained  
1/2 cup chopped onion  
1/3 cup chopped green pepper  
2 teaspoons Worcestershire sauce  
2 teaspoons prepared mustard  
3/4 teaspoon chili powder  
3 French rolls, cut horizontally in half  
1 1/2 cups [6 oz.] shredded Provolone cheese  
1/4 cup catsup  
18 small raw onion rings

Preheat oven to 400° F. Combine beans, onion, green pepper, Worcestershire, mustard and chili powder in a medium-sized saucepan. Heat until hot and bubbly; keep warm. Scoop out a small portion of each roll to form a well. Toast and spread each with butter. Stir 1 cup cheese into bean mixture. Spoon bean mixture over each roll. Bake 5 to 8 minutes or until bean mixture is hot. Remove from oven and sprinkle a small portion of remaining cheese over each roll. Spread about 2 teaspoons of catsup over cheese, allowing some of the cheese to show. Garnish each with 3 onion rings. Return to oven until cheese begins to melt, about 3 minutes. Serve immediately, garnished with celery sticks and radish roses, if desired.



**"Take care of the pence, for the pounds will take care of themselves."** It was the Earl of Chesterfield (1694-1731) who credited the secretary of the English treasury, William Lowndes, with this quotation. By the time most of us heard it from our mothers or grandmothers, it sounded like sage advice from Ben Franklin. "Worry about the pennies and the dollars will take care of themselves."

Many people have already cut their food purchasing as low as it can go. Still it's not enough! What more can be done in staying with lower priced foods, planned menus and concentrated shopping trips?

First, pare down both recipes and the size of servings. Many ground beef and sausage recipes can be managed quite well with about one-fourth pound less of the meat product. Two ounces of protein in the entree is recommended, but many are still serving three to four ounces. Add dairy touches to make foods more nutritious and flavorful to make budgeting more appealing. Stay with seasonal vegetables and fruits to round out the menu.

Another important point to keep in mind is to serve well balanced meals, that is food from the basic four food groups. This creates a feeling of satisfaction all its own. Casserole Cheese Sandwich, for example, brings cheese and eggs (meat group), milk and bread for their respective groups, together. Provide hot baked peach halves with the casserole and tossed vegetable salad for the fruit and vegetable group.

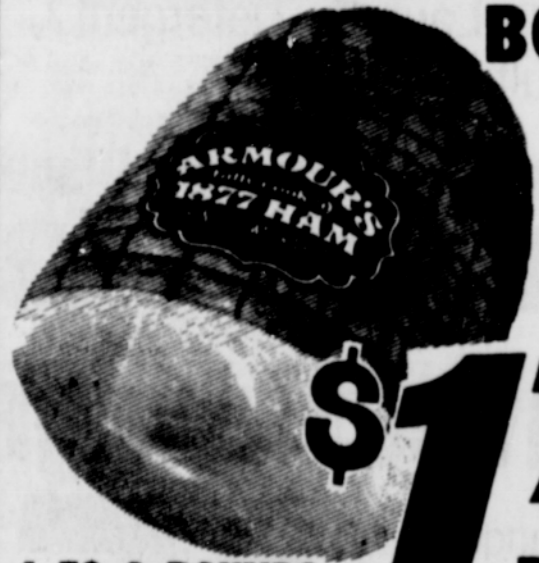
Creamy Split Pea Soup served with homemade cheese bread covers several food groups. Just add a fruit salad. Macaroni and Cheese Ring will provide a grain and protein, the vegetables in the sauce represent that group. You need milk and fruit for balance.

Try to select recipes which fill the quantity demands of your family so there won't be leftovers, unless you plan them that way. You may want some soup or meat loaf for lunch the following day.

### TIMELY TIPS

\*Herb Cheese Bread is made somewhat like a jelly roll in that the dough is rolled into a rectangle, then spread with herb-flavored cheese. During baking the bread rises and expands, while the cheese melts, thus leaving some holes in the "filling." It's a natural occurrence.  
\*Strata (Cheese Casserole Sandwich) is an old-fashioned economy dish that you assemble the evening before. It uses left-over bread, puffs beautifully and bakes while you set the table and make dessert.  
\*Don't throw away a ham bone with a few shreds of meat on it! Use it with economical, hearty split peas for a most delicious soup.  
\*Macaroni Ring is light and fluffy because egg yolks and whites are beaten separately. To help you remove it easily from the ring mold, have the mold well buttered; use a water bath as directed in the recipe so an even temperature surrounds the ring during baking; and, let stand after baking to allow for a slight firming of the macaroni.

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### CREAMY SPLIT PEA SOUP

- Yield: 10 cups  
1 pound dried split peas  
6 cups water  
1 ham shank with meat [approx. 2 pounds]  
1 1/2 cups chopped onion  
1 bay leaf  
1/4 teaspoon pepper  
3 cups milk  
Salt to taste

Wash peas; drain. Combine peas, water, ham shank, onion, bay leaf and pepper in a 4-quart Dutch oven. Heat to boiling; cover and reduce heat. Simmer 2 to 2 1/2 hours or until peas are tender and meat falls off bone. Remove bone from broth; cut meat from bone into bite-size pieces. Return meat to broth. Gradually stir in milk. Heat to serving temperature. Salt to taste.

### HERB CHEESE BREAD

- Yield: 2 loaves  
**Bread:**  
5 1/2 to 6 cups all-purpose flour  
5 tablespoons sugar  
2 packages active dry yeast  
1 teaspoon salt  
2 cups milk  
1/4 cup [1/2 stick] butter  
Melted butter  
**Herb Cheese Filling:**  
1 cup [4 oz.] shredded Cheddar cheese  
1/4 cup grated Parmesan cheese  
1 teaspoon Italian seasoning

For bread, thoroughly combine 2 cups flour, sugar, undissolved yeast and salt in a large mixing bowl. Heat milk and butter until very warm (120° to 130° F.). Gradually add to dry ingredients and beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add 1 cup flour. Beat 2 minutes at high speed, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured surface. Knead until smooth and elastic, about 10 minutes. Place in buttered bowl, turning to butter top. Cover; let rise in warm place until double in bulk, about 1 hour. Punch dough down. Divide in half. Roll out each half to form a 12 x 9-inch rectangle. Combine filling ingredients. Sprinkle equally over dough to within 1 inch of

edges. Beginning with short side, roll up tightly; fold ends under. Place seam side down in 2 buttered 8 1/2 x 4 1/2-inch loaf pans. Brush with melted butter. Cover; let rise until double in bulk, about 45 minutes. Bake in preheated 375° F. oven 40 to 45 minutes, or until golden and loaf sounds hollow when tapped. Remove from pans onto wire rack to cool. Cool at least 30 minutes before serving.

### TRIPLE TREAT SUNDAE

- 9 servings  
**Ice Cream Squares:**  
3/4 cup crisp rice cereal  
1/3 cup firmly packed brown sugar  
1/4 cup [1/2 stick] butter, melted  
3 tablespoons shredded coconut  
3 tablespoons finely chopped nuts  
2 tablespoons flour  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1/3 cup creamy peanut butter  
1 quart vanilla ice cream, softened  
**Sauce: [Yield: 2 cups]**  
1/2 cup granulated sugar  
1 tablespoon cornstarch  
Dash salt  
1 cup orange juice  
1 cup [1/2 stick] butter  
1 teaspoon grated orange peel  
3 tablespoons fresh lemon juice  
1 cup orange sections

Preheat oven to 375° F. For ice cream squares, combine cereal, sugar, butter, coconut, nuts, flour, cinnamon, nutmeg and salt. Spread evenly over 15 1/2 x 10 1/2-inch jelly roll pan. Bake 12 minutes, stirring frequently. Cool completely. Combine cereal mixture and peanut butter until well blended. Spread mixture evenly in bottom of an 8-inch square baking pan. Freeze until firm. Spread ice cream evenly over crust. Freeze several hours or overnight. Meanwhile, for sauce, combine sugar, cornstarch and salt in small saucepan. Gradually add orange juice and cook, stirring constantly, until thickened. Remove from heat and stir in butter until melted. Stir in orange peel, lemon juice and orange sections. Chill. Remove dessert from freezer 15 minutes before serving. Cut into squares; spoon sauce over each. (Leftover sauce keeps well in refrigerator up to 2 weeks.)

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