

FOOD SECTION

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A new twist for pasta

What goes on top of spaghetti or linguine doesn't have to be tomato sauce. In fact, more and more cooks are adventuring into light sauces made with fresh vegetables, or 'hot' curry flavored toppings or pesto sauces balancing fresh basil with pungent garlic. And any number of the finest restaurant menus now feature Pasta Primavera made with seasonal vegetables as a standard item.

Regardless of how it's shaped or what it's called, pasta has national appeal. Americans consume some two billion pounds a year; that's about 10 pounds of pasta per person. And one of the three most popular shapes of pasta is the all-familiar spaghetti, according to 1982 statistics from the National Pasta Association. Pasta is appealing because it is an energy-high carbohydrate food, it is satisfying, economical and 'stretchable' when extra places are to be set at the table. When the spaghetti sauce is prepared with a base of canned con-

densed soup or canned gravy, the cook can be sure of good tasting results as well as economy of time and money.

Here are four pasta discoveries that will assure different entrees for dining adventures throughout the year:

•Spaghetti with Vegetables Verona features zucchini, onion, garlic and green pepper in a sauce that is prepared from condensed cream of celery soup. Basil and parsley, white wine and Parmesan cheese give it an authentically Italian flavor. This is especially attractive served over curly spaghetti.

•Rickshaw Linguine is a quick trip to the Far East with its garlic and ginger accents. Vegetables include carrots, pineapple chunks, frozen pea pods and water chestnuts. The base of this sauce is a can of chicken gravy that lends itself to Oriental cuisine with the addition of brown sugar, vinegar and soy sauce. Cooked linguine is the pasta.

•Spaghetti East Indian is a 'hot' curry sauce which combines some unusual ingredients including cauliflower, sliced celery, sliced peaches and peanuts. Condensed cream of celery soup diluted with milk provides the creamy-textured sauce.

Pasta Basilica gets its verve from fresh basil, an herb that's easily grown in a kitchen garden or on a sunny windowsill. Condensed chicken broth is the liquid for this decidedly garlic-enhanced pesto sauce served with cooked linguine.

SPAGHETTI WITH VEGETABLES VERONA

1 medium zucchini, sliced
1 small green pepper cut in strips
¼ cup sliced onion
1 small clove garlic, minced
¼ teaspoon basil leaves, crushed
2 tablespoons butter or margarine
1 can (10¼ oz.) condensed cream of celery soup

¼ cup Chablis or other dry white wine
3 tablespoons chopped parsley
2 tablespoons diced pimiento
2 tablespoons grated Parmesan cheese
3 cups cooked curly spaghetti

In saucepan, cook zucchini, green pepper and onion with garlic and basil in butter until tender. Add remaining ingredients except spaghetti. Cook over low heat 5 minutes; stir occasionally. Serve over spaghetti. Makes about 2½ cups sauce, 4 to 6 servings.

RICKSHAW LINGUINE (Not in Photo)

½ cup diagonally sliced carrot
1 medium clove garlic, minced
¼ teaspoon ground ginger
2 tablespoons peanut oil
1 can (10½ oz.) chicken gravy
1 can (about 8 oz.) pineapple chunks, drained
1 package (6 oz.) frozen pea pods, thawed
½ cup sliced water chestnuts
1 tablespoon brown sugar
1 tablespoon vinegar
2 tablespoons soy sauce
3 cups cooked linguine

In saucepan, cook carrot with garlic and ginger in peanut oil until tender-crisp. Add remaining ingredients except linguine. Heat; stir occasionally. Serve with linguine. Makes about 3 cups, 4-6 servings.

SPAGHETTI EAST INDIAN (Not in Photo)

3 cups cauliflowerets (about 1 small head)
½ cup diagonally sliced celery
2 teaspoons curry powder
½ cup butter or margarine
1 can (about 16 oz.) sliced peaches, drained
1 can (10¼ oz.) condensed cream of celery soup
½ soup can milk
½ cup peanuts
4 cups cooked spaghetti

In saucepan, cook cauliflower and celery with curry in butter until tender-crisp. Add remaining ingredients except spaghetti. Heat; stir occasionally. Serve with spaghetti. Makes about 4½ cups, 8 to 10 servings.

PASTA BASILICA (Not in Photo)

¼ cup chopped onion
1 large clove garlic, minced
2 tablespoons olive oil
¼ cup chopped fresh basil
2 tablespoons chopped parsley
1 can (10¼ oz.) condensed chicken broth
3 cups cooked linguine
Pine nuts
Parmesan cheese

In saucepan, cook onion and garlic in oil until tender. Add basil, parsley and chicken broth. Cook over low heat 5 minutes; stir occasionally. Serve over linguine. Garnish with pine nuts and Parmesan cheese. Makes about 2 cups sauce, 4 to 6 servings.

Leftovers?

Chicken Curry Crepes

Because of Chicken Curry Crepes, you can enjoy chicken leftover meals as much as the original dinner itself. This recipe enables you to create a main dish elegant enough to be served to company, yet do it easily.

The crepes are begun from Pancake & Waffle Mix. You add eggs, milk and vegetable oil to the mix that already contains flour and leavening. The batter bakes up into thin, crisp, delicious crepes, which can even be made ahead and frozen.* The filling is a splendid combination of chopped apple, sliced green onion, chopped chicken, cream of chicken soup, milk, curry powder and, if you choose, dry sherry. In preparation for baking, the crepes are filled and rolled, placed in a baking dish and topped with remaining curry sauce.

CHICKEN CURRY CREPES

Crepes:
3 eggs

1 cup milk
¼ cup Pancake & Waffle Mix
2 tablespoons vegetable oil
Filling:
¼ cup green onion slices
1 tablespoon butter or margarine
2 cups chopped cooked chicken or turkey
One 10-¼-oz. can condensed cream of chicken soup
½ cup milk
1 cup coarsely chopped apple
2 tablespoons dry sherry or dry white wine (optional)
½ to 1 teaspoon curry powder

For crepes: Combine all ingredients, mixing until smooth. Let stand 5 minutes. For each crepe, pour about 2 tablespoons batter into hot, lightly greased crepe pan or small skillet; immediately tilt pan to coat bottom evenly with thin layer. Cook 45 seconds or until top looks dry. Turn; cook about 20 seconds. Stack crepes between sheets of wax paper.

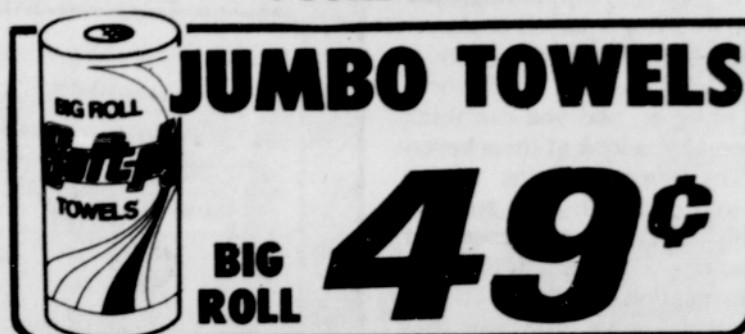


For filling: Preheat oven to 350°F. In medium saucepan, saute onion in butter. Add chicken, soup, milk, apple, sherry and curry powder; cook about 5 minutes over medium heat. For each serving, fill 3 crepes with about 2 tablespoons chicken mixture; roll up. Place in 13x9-inch baking dish; spoon remaining sauce over crepes. Bake 15 to 20 minutes.

Garnish with chopped parsley or coarsely chopped cashew nuts, if desired. Makes 4 servings.

* NOTE: To freeze crepes, stack 6-7 crepes on a paper plate with waxed paper between each crepe. Wrap securely in foil or set in a plastic bag. Thaw overnight in refrigerator before using.

PORK LOIN ROASTS



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