

# The Statesman's FOOD SECTION

Edited by Maxine Buren

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## A Three-Way Success

# Culinary Genius has Way of Pleasing the Taste Bud and Budget

By Maxine Buren  
Statesman Woman's Editor

Three attributes set a good cook out from the crowd and mark her as a genius in the kitchen — her cooking appeals to the eye, the palate and the pocketbook.

Cooking becomes an adventure when one delves into the secrets of the past, seeks the exotic or ventures into the unusual.

Now take soups for instance — a cook can prepare marvelous concoctions of meat juices combined with flavors of vegetables, she can serve delicately jellied consommés or hearty chowders. She can make a Russian Borscht or a French Vichyssoise. Or she can gear her soup making to the weather and the season. This rhubarb soup fills several bills, it's appealing to see, good to eat and definitely seasonable.

Fruit soup, and consequently the rhubarb soup too, becomes a colorful beginning to the meal, and serves to whet the appetite. Serve with crisp crackers or crisp, paper-thin toast.

### RHUBARB SOUP

- |                              |                                |
|------------------------------|--------------------------------|
| 1 pound rhubarb, cut small   | 3 tablespoons lemon juice      |
| 1 quart water                | 1 tablespoon grated lemon rind |
| 1 1/4 cups pineapple juice   | 1/4 cup real mayonnaise        |
| 1/4 cup sugar                | 1/4 cup cream                  |
| 1 1/2 tablespoons cornstarch |                                |
| 2 1/2 tablespoons cold water |                                |

Add rhubarb to water in saucepan; cover, bring to a boil and cook until rhubarb is very soft. Set a few pieces aside for garnishing. Press rest of cooked rhubarb through a sieve. Add pineapple juice and sugar to pureed mixture. Blend cornstarch with the cold water; add to rhubarb with lemon juice. Cook until clear, stirring constantly. Bring to boil and boil for 2 minutes. Cool slightly; stir in lemon rind. Chill if desired. Before serving, top mixture with cream whipped and blended with real mayonnaise. Garnish each serving with a piece of rhubarb. Serves 6.

There's something daring about serving meat on skewers — it smacks of a dim-lighted Armenian restaurant or a mysterious Russian cafe. While there's nothing unusual about the ingredients in this dish, the method of cooking makes the appeal.

### LAMB AND PINEAPPLE SKEWERS

- |                               |                   |
|-------------------------------|-------------------|
| 1 1/2 lbs. lean shoulder lamb | 6 pineapple rings |
| 1/2 cup French dressing       | Salt and pepper   |

Cut lamb in 1-inch cubes, removing all fat possible. Coat lamb cubes with French dressing and let stand in dressing several hours or overnight. Cut pineapple in sixths. Alternate meat cubes and pineapple on skewers. Place on rack and broil at a low heat 15 minutes. Turn meat frequently while broiling; salt and pepper when turning. Serves 6.

### RICE AND MUSHROOM SUPERB

- |  |                         |
|--|-------------------------|
| 1/4 cup mayonnaise                               | 1 bouillon cube         |
| 1 package pre-cooked rice                        | 1 cup hot water         |
| 1 3-oz. can broiled, sliced mushrooms and liquor | 1/4 cup chopped parsley |

Heat mayonnaise in a saucepan over very low heat. Add rice and stir until browned. Add mushrooms, liquor and parsley. Dissolve bouillon cube in water and add to rice. Bring to boil, cover and boil 5 minutes. Remove from heat and let stand, covered, 10 minutes. Garnish with parsley. Serves 6.

Purse-satisfying, the good cook's third attribute, enters in when beef tongue appears on the scene. Here we have a recipe for tongue with spicy sauce, and one can use either a fresh tongue or a smoked one. A beef tongue serves a lot of people for the amount it costs and it's a right handsome meat when served, too.

### SMOKED TONGUE WITH SPICY SAUCE

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1 smoked beef tongue           | 1/2 cup chopped celery with leaves    |
| 1 onion, sliced                | 1 teaspoon peppercorns                |
| 3 bay leaves                   |                                       |
|                                | <b>Spicy Sauce</b>                    |
| 2 tabspns. margarine or butter | 1 tablespoon mustard-with-horseradish |
| 1 1/2 tablespoons flour        | 1/2 teaspoon salt                     |
| 1/2 cup boiling water          | 1/2 teaspoon orange marmalade         |
| 1 teaspoon vinegar             |                                       |

Cover tongue with water. Add onion, celery, bay leaves and peppercorns. Simmer until tender (2 to 4 hours). Let stand in stock until cool enough to handle; peel off outer skin and cut out the dry hard portions and roots. Slice thin. To make sauce melt fat, add flour and blend well. Add rest of ingredients except marmalade. Cook, stirring constantly until sauce thickens. Just before serving, add marmalade. Serve hot. Serves 6.

## Prune Bread is For Refreshments

Prune bread is ideal to serve with cream cheese or a dainty orange rind and butter spread for a shower or tea. Prunes, walnuts, whole wheat flour and sour milk account for its unusual flavor and texture.

### PRUNE BREAD

- |                                    |
|------------------------------------|
| 1 cup prunes                       |
| 2 1/2 cup sifted flour             |
| 2 teaspoons salt                   |
| 2 teaspoons baking powder          |
| 1 teaspoon soda                    |
| 1/2 cup granulated sugar           |
| 1 1/2 cups whole wheat flour       |
| 1 1/2 cups buttermilk              |
| 1/2 cup melted butter or margarine |
| 2 eggs                             |
| 1/2 cup coarsely chopped nuts      |

Cover prunes with water and boil 5 minutes. Drain and cut from pits into small pieces. Sift all-purpose flour with salt, baking powder, soda and sugar. Combine with whole wheat flour. Add buttermilk and blend well. Beat in butter, eggs, prunes and nuts. Pour into greased loaf pan (about 9 1/2 x 5 1/2 x 2 1/2 inches). Bake in moderate oven (350°) 1 1/2 hours. Serve hot.

## GLAMOR TREATMENT GIVEN HOT NOODLES

Hot noodles become party fare when you give them this glamor treatment. Silver some almonds and brown in melted butter then toss with the hot cooked noodles and sprinkles generously with poppy seeds.

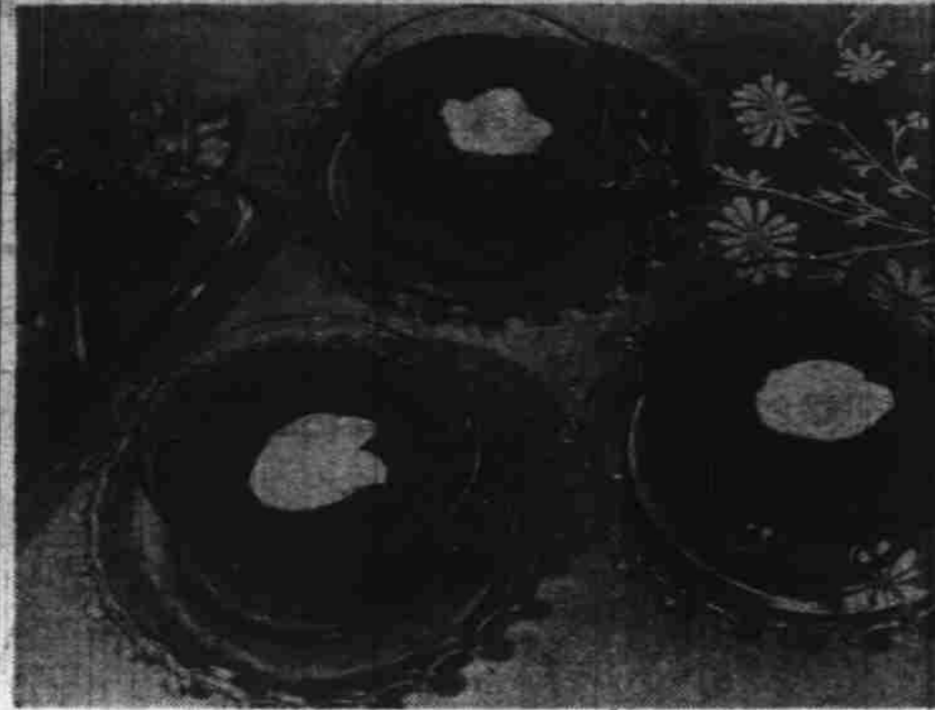
### MINT IS OLD

That the present custom of using mint sauce with lamb is a very old custom is indicated by the fact that a bit of verse from the medieval era has these two lines: "Always have lobster sauce with salmon. And put mint sauce your roasted lamb on."

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**EYE APPEAL** is the first of the three attributes that food, prepared by an inspired cook must have. Here rhubarb soup is a dish to begin a very good meal. It's good to look at and refreshing to eat. Inviting to try, and satisfying in flavor.



**PALATE APPEAL** is the second requisite for real good food. Here is pictured lamb-pineapple on brouchette. Delightfully contrasting in texture and flavor, simple to make but thrilling to serve. A ricemushroom combination completes the main dish arrangement on the plate.



**FURSE APPEAL** is the third, and perhaps now the most difficult to achieve of the requisites for perfect food. Here a smoked beef tongue provides maximum of goodness and a minimum of cost. Tongue goes a long way, for there's no bone, the potatoes are seasoned with a dash of lemon.

## DAY'S MENU

- Veal and glazed carrots make main dish for today, fresh strawberries are dessert.
- Veal Supreme
- Glazed Carrots Celery
- New Potatoes
- Strawberry Shortcake

### VEAL SUPREME

- 2 pounds boneless veal shoulder, cut in cubes
- 2 tablespoons shortening or bacon drippings
- Water to cover
- 1/2 teaspoon salt
- 1/2 teaspoon dill seed
- 1/2 cup fresh or canned mushrooms
- 1 cup sour cream
- 1/2 teaspoon vinegar
- Flour

Brown meat in fat. Cover with water. Season with salt and add dill seed. Cover and simmer 1 1/2 hours or until tender. Remove meat. Add mushrooms, cream and vinegar to liquid remaining in pan. Thicken with flour to gravy consistency. Add meat to gravy. 6 servings.

## Fish is Good To Serve More Often on Menu

Fish is such good food, and deserves more frequent inclusion in menu plans. With the variety of fresh and frozen fish fillets available today, it is easy to serve attractive fish entrees with a modicum of fuss and bother. Here the fillets are broiled in cream sauce, —merely evaporated milk seasoned with Worcestershire, prepared mustard and lemon juice or vinegar. The dish can be prepared in a matter of minutes, looks attractive and tempts even those who ordinarily disdain fish.

This is a wonderful quickie idea for preparing fillets of fresh fish —either purchased, or those from fish your family fisherman is lucky enough to catch.

### FISH BROILED IN MUSTARD SAUCE

- 1 pound package frozen fish fillets
- 1/2 cup evaporated milk
- 1 tbs. Worcestershire sauce
- 2 tbs. prepared mustard
- 1/2 teaspoon salt
- 1 tablespoon lemon juice or vinegar
- Few grains pepper

Thaw fish fillets according to directions on package. Mix milk, Worcestershire sauce, mustard, lemon juice, salt and pepper thoroughly, and let stand several minutes. Arrange fillets in bottom of a lightly buttered shallow baking pan sufficiently large so that fillets do not overlap. Cover with sauce. Broil under medium heat until lightly browned, about 15 to 18 minutes. It is not necessary to turn fillets while broiling. Baste with the sauce if fish becomes dry. Fillets are done when tender and are easily flaked with a toothpick. Lift carefully to heated serving plate and spoon any remaining sauce over fish. Garnish with parsley and serve immediately with tomato sauce. Makes 4 servings.

## Noodle Turnovers Glorified Omelet

Eggs are most plentiful during the month of May. Stretch them even further with noodle turnover, a glorified type of omelet which can be served as a luncheon or supper main dish. For four servings take 4 beaten eggs and 4 ounces fine noodles, cooked. Add a small amount of melted butter or margarine and season with salt, pepper, a dash of Worcestershire sauce, minced parsley and about 8 medium sized stuffed olives, chopped. Heat some fat in a skillet and pour in about 1/2 cup noodle mixture for each turnover. Cook until brown, which will take about 4 minutes. Turn the noodle cake and cook 3 minutes more. Fold omelet fashion and serve hot with a creamed vegetable sauce or tomato sauce.

## What to Look for

- Rhubarb soup and pocket appeal..... 1
- Strawberries make menu debut..... 1
- Good germ makes ginger brownies..... 3
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## Curried Salad Fills Peach Half

This curried peach salad is something a little out of the ordinary. Season the creamy cottage cheese with a little curry powder, onion and a few drops of Tabasco, and place in golden canned peach halves.

### CURRIED PEACH SALAD

- 4 canned peach halves
- 1 cup cottage cheese
- 1/2 teaspoon curry powder
- Few drops Tabasco sauce
- Salt and pepper
- 1 teaspoon grated onion
- Salad greens

Drain peaches. Combine cottage cheese, curry powder, Tabasco sauce, salt, pepper and onion, mixing lightly. Arrange peach halves, cup side up, on salad greens. Fill with seasoned cottage cheese. Serves 4.

### PEACHES ARE SPICE

You'll be surprised how spiced canned peach halves doll up a menu which features an entree of canned meat. Serve the meat hot or cold. To spice the peaches heat them briefly in a spicy vinegar syrup and let them chill in the syrup overnight.

### CALORIE NEEDS DOWN

The 1950 census reveals that there are 100 women to every 98.2 men. As women need fewer calories than men, this change in percentage will alter the total calorie needs in the United States.

### HORSERADISH GRAVY

For a tempting gravy for a pot-roast, after browning the meat spread it with prepared horseradish. When the meat is cooked, thicken the liquid for gravy.

## Cobblecake is Cobbler, Cake And Very Fruity

Have you ever heard of cobblecake? Neither had we until this week. It's a combination of shortcake and cobbler which came to our desk the other day and sounded too good to pass up. Shortcake, since it uses biscuit dough, strawberries and cream. And cobbler, because the fruit is baked in the dough. The result, a fresh flavor, entirely different.

### STRAWBERRY COBBLER

- 1 pint strawberries
- 1 teaspoon vanilla
- 2 tablespoons sugar
- 1 cup sifted flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons sugar
- 1/2 cup shortening
- 2 tablespoons vinegar
- 1/2 cup milk
- 1/2 cup heavy cream

Select 6 well-shaped strawberries, and wash, but do not hull, reserving these for garnish. Wash, hull and slice remaining strawberries. Combine with vanilla and sugar and let stand. Sift flour into large mixing bowl with baking soda, salt and sugar. Cut in shortening, using pastry blender or two knives. Mix together vinegar and milk. Add and stir lightly with fork until just blended. Turn onto floured board and knead 3 or 4

times. Pat out 1/4 inch thick in rectangular shape. Cut into six 4-inch squares. Press down into muffin tins. Beat heavy cream until stiff. Drain strawberries and fold in. Fill soda biscuit cups with whipped cream mixture. Bake at 425° (hot oven) 15 minutes or until biscuit is thoroughly browned. Garnish with whole strawberries and serve at once. Makes 6 cobblecakes.

### THEY DIE YOUNG

In Nigeria, where the per capita consumption of meat is less than five pounds a year, 18 per cent of all children under three die of malnutrition and 51 per cent die before they are six.

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