

The Statesman's
FOOD SECTION

Yule Buffets Planned With Colorful Ham

If you are having diner guests during the holidays, you'll find ham to be one of the more economical meats in time and cost. Serving the meal buffet style cuts down on the hostess' time even more.

For an attractive holiday buffet, center your menu with slices of cold roast ham arranged on an extra-large platter and garnish with "Santa" salads—they'll be the talk of young and old.

Making Them
Here's how to make these gay Christmas salads. Peel and core medium sized apples (one for each person), then heat in a sugar-syrup with cinnamon candies. For a brighter red, add a drop of red food coloring. While the apples are cooling, prepare your salad mixture of crushed pineapple and chopped nut meats moistened with mayonnaise.

Fill the apple cavity with this combination, then stick two cloves in a marshmallow for eyes, and use a candied red cherry strip for a mouth. Place the marshmallow on the candied apple, then top with a bright red crepe paper hat.

Hat
With softened cream cheese in your decorating tube outline Santa's hat and decorate his "apple suit" to give him a jovial air.

Add to your buffet menu hot corn pudding, buttered broccoli with toasted almond slivers and, of course, hot rolls. A bit different dessert for the holidays may be slices of angel cake topped with puffs of whipped cream and decorated with freshly shredded coconut and maraschino cherries. Serve this with plenty of hot coffee.

Roasting Ham
Here are the latest recommendations for roasting ham. Place it fat side up on a rack in an open roasting pan. Do not add water and do not cover the pan. If you use a roast meat thermometer insert it into the thickest section of the ham, but with the bulb neither in fat nor on bone. When the thermometer reaches 160° the ham is ready to remove from the oven. You can estimate cooking time by allowing 15 to 18 minutes per pound.

Evenly carved slices of ham make your cold meat platter the more attractive. Here are the steps to correct carving. Place the shank bone to your right, then from the thin side of the ham remove several slices. Turn the ham on this cut surface and you will have a steady base for carving. Holding the ham firmly with a fork, cut a small wedge from the shank end. (With this wedge removed, the slices are easier to cut and easier to relate from the bone.) Then simply cut thin slices down to the leg bone. Release the slices at one time by cutting along the bone.

Squash, Rice in Oven-Baked Dish

Squash has been combined with many things as a satisfactory oven-cooked main dish. Here's one that combines ham and rice as a filling for the baked vegetable.

- 1 large acorn squash
- 1 cup cooked rice
- 1 cup ground cooked ham
- 1 tablespoon minced onion
- 1 tablespoon parsley
- 1/2 teaspoon Worcestershire sauce
- Dash of Tabasco sauce
- 1/2 cup milk
- Fresh bread crumbs for topping
- Butter or margarine for topping
- Cheese sauce

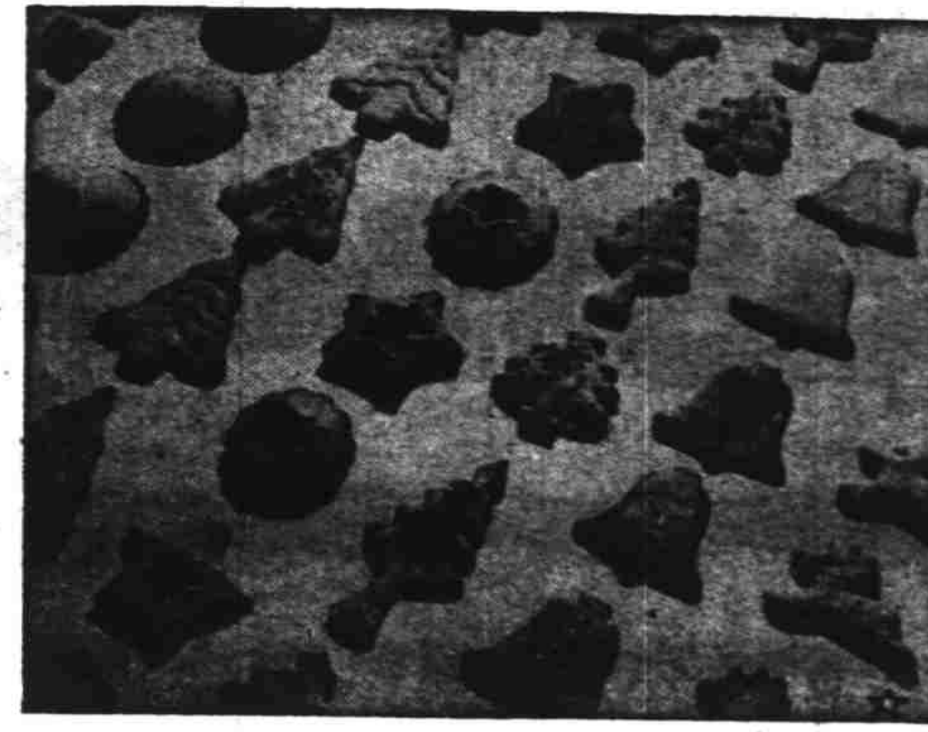
Cut the squash in halves or thirds depending on what size servings are desired. Cook in boiling water or pressure saucepan until tender. Mix the rice, ham, onion, parsley, Worcestershire sauce, Tabasco sauce and milk. Fill the centers of the squash with the mixture. Top with the bread crumbs and dot with butter or margarine. Bake in a moderate oven (350 degrees) until lightly browned and rice is hot. Serve with your favorite cheese sauce.



Slices of cold roast ham garnished with salads patterned after St. Nick himself are sure to be conversation pieces at your holiday buffet. Serve with a hot corn pudding, broccoli with toasted almond slivers, hot rolls, dessert and beverage.



Ham, gleaming with a brown sugar glaze and studded with cloves comes to the Christmas table in traditional splendor. Minted apple halves tinted green and filled with a dab of mincemeat make attractive garnishes for the platter, and in the picture they boast a Santa Claus face. Either the fully-cooked or cook-before-eating of the modern day is easily cooked and satisfactory to eat.



Last call for cookies, and let the children join in the making. Just about any shape that's Christmasy will appeal to the family and friends. No harder to make than plain ones either.

Peach, Mint Give Flavor

"Peach Mint Salad" is a beautiful gelatine ring that would do justice to any guest-day menu. Arrange golden canned cling peaches in the bottom of the ring mold and seal them in place with a little of the gelatine mixture. Then cover with the remaining green mint-grapefruit gelatine and chill until firm. Unmold and fill with fresh summer fruits.

PEACH MINT SALAD

- 8 canned peach halves
- 1 cup syrup from peaches
- 1/2 cup granulated sugar
- 1/4 teaspoon salt
- 2 envy loaves (2 tablespoons) plain gelatine
- 1/4 cup water
- 2 tablespoons lemon juice
- 2 1/2 cups grapefruit juice
- Few drops mint extract
- Few drops green food coloring
- 1 cup chopped celery
- Salad greens
- Mayonnaise

Drain peaches. Heat together peach syrup, sugar and salt. Soften gelatin in cold water and dissolve in hot syrup. Blend in lemon and grapefruit juices. Flavor with mint to taste and tint lightly with green coloring. Pour 1/2 cup gelatin mixture in bottom of 1 1/2 quart ring mold. Place peaches, cut side up, in gelatin and chill. Chill remaining gelatine until slightly thickened, and fold in celery. Spoon over peaches. Chill until firm. Unmold on serving platter and garnish with salad greens and mayonnaise. Serves 8 generously.

Apple-Stuffed Potatoes Bake

A favorite way to star apples is in combination with sweet potatoes, either baked in a casserole, or with the potatoes mashed and lightly heaped into the apple shells.

- APPLE STUFFED SWEET POTATOES**
- 3 large red apples
 - 1/2 cup brown sugar
 - 3 cups sweet potatoes, cooked and mashed
 - 3 tbsps. butter or margarine
 - 3 tbsps. cream
 - Salt, pepper

Cut apples in half crosswise. Remove core and seeds. Sprinkle cavities with half the brown sugar. Place in shallow pan containing small amount of water and bake in hot oven (400°) or steam over boiling water 10 to 20 minutes, or until almost tender. Scoop out pulp, leaving apple shells about one-half inch thick. Reserve the apple pulp and add to hot mashed sweet potatoes. Add butter or margarine and cream. Season to taste and beat until mixture lightly into apple shells. Place in shallow pan and sprinkle with remaining brown sugar. Pour a little melted butter or margarine over tops and heat under broiler or in a hot oven until lightly browned. Serves 6.

Cranberries Join Raisins in Pie

Give this luscious raisin cranberry pie a lattice top so the colorful holidayish filling could show through. There's nothing to making the sweet and tart filling, just combine the raisins and cranberries with brown sugar, water and cornstarch and cook a few minutes before pouring into the pastry-lined pan.

- RAISIN CRANBERRY PIE**
- 1 cup seedless raisins
 - 2 1/2 cups fresh cranberries
 - 1 1/4 cups brown sugar (packed)
 - 1 1/2 tablespoons cornstarch
 - 1 1/2 cups water
 - 2 tablespoons butter or margarine
 - Pastry for single 9-inch crust and strip top

Rinse raisins and combine with cranberries, sugar, cornstarch and water, and boil 5 to 10 minutes. Stir in butter. Pour into pastry-lined pie pan. Cover with pastry strips arranged lattice-fashion. Bake in very hot oven (450 degrees) 25 to 30 minutes. Serves 6 or more.

BEST WAY

Tests made by the dried fruit industry show that pressure cooking is a fast way to prepare prunes. The softer prunes will be cooked by the time 15 pounds pressure is reached. Others may need up to 10 minutes at 15 pounds pressure. Remove cooker from heat and let the pressure drop to zero without hastening the cooling. Sweeten if desired.

To give variety in flavor, prunes may be cooked with slices of lemon or orange or with spices—a few whole cloves or stick cinnamon, for example.

For prune whip or other desserts calling for puree or sieved fruit, longer cooking is needed. Cook until the pulp loosens from pit and skins so that it goes through the sieve easily.

DAY'S MENU

- HOLIDAY BUFFET MENU**
- Cold Ham Slices
 - Santa Claus Salads
 - Corn Pudding
 - Buttered Broccoli
 - Hot Rolls
 - Butter or Margarine
 - Angel Food Cake with Whipped Cream, Coconut Topping
 - Coffee
 - Milk

Tuna Rabbit Has Cereal Ingredient

Another main dish that uses a favorite breakfast cereal for ingredients is this one which also includes tuna.

- TUNA RABBIT**
- 2 tablespoons butter
 - 4 tablespoons flour
 - 1/4 teaspoon dry mustard
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper

- 2 cups milk
- 1 teaspoon Worcestershire sauce
- 2 cups sharp American cheese, grated
- 1 7-ounce can tuna fish, flaked
- 1 1/2 cups corn-soya shreds

Melt butter; stir in flour and seasonings. Add milk, cook over hot water until thickened, stirring frequently. Add Worcestershire sauce, cheese and tuna fish; continue cooking until cheese is melted and mixture is thoroughly heated. Serve immediately over

heated corn-soya shreds. If desired, Tuna Rabbit may be served in individual casseroles topped with heated corn-soya shreds. Yield: 6 servings (approximately 1/4 cup Tuna Rabbit per serving).

CHRISTMASY

Arrange slices of pale green, buttery-rich avocado in a circle on garnished salad plates. Center with a ball of cream cheese rolled in chopped maraschino cherries.

ALMONDS AGAIN

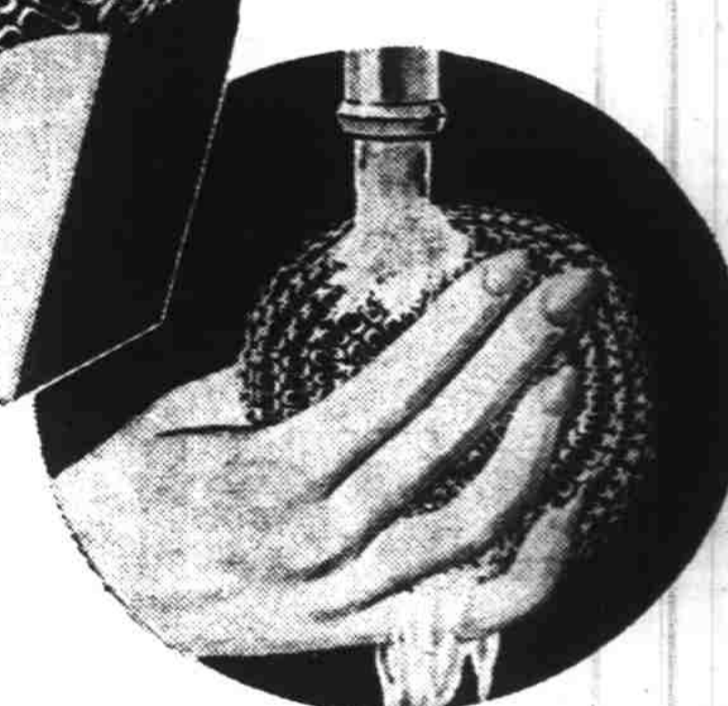
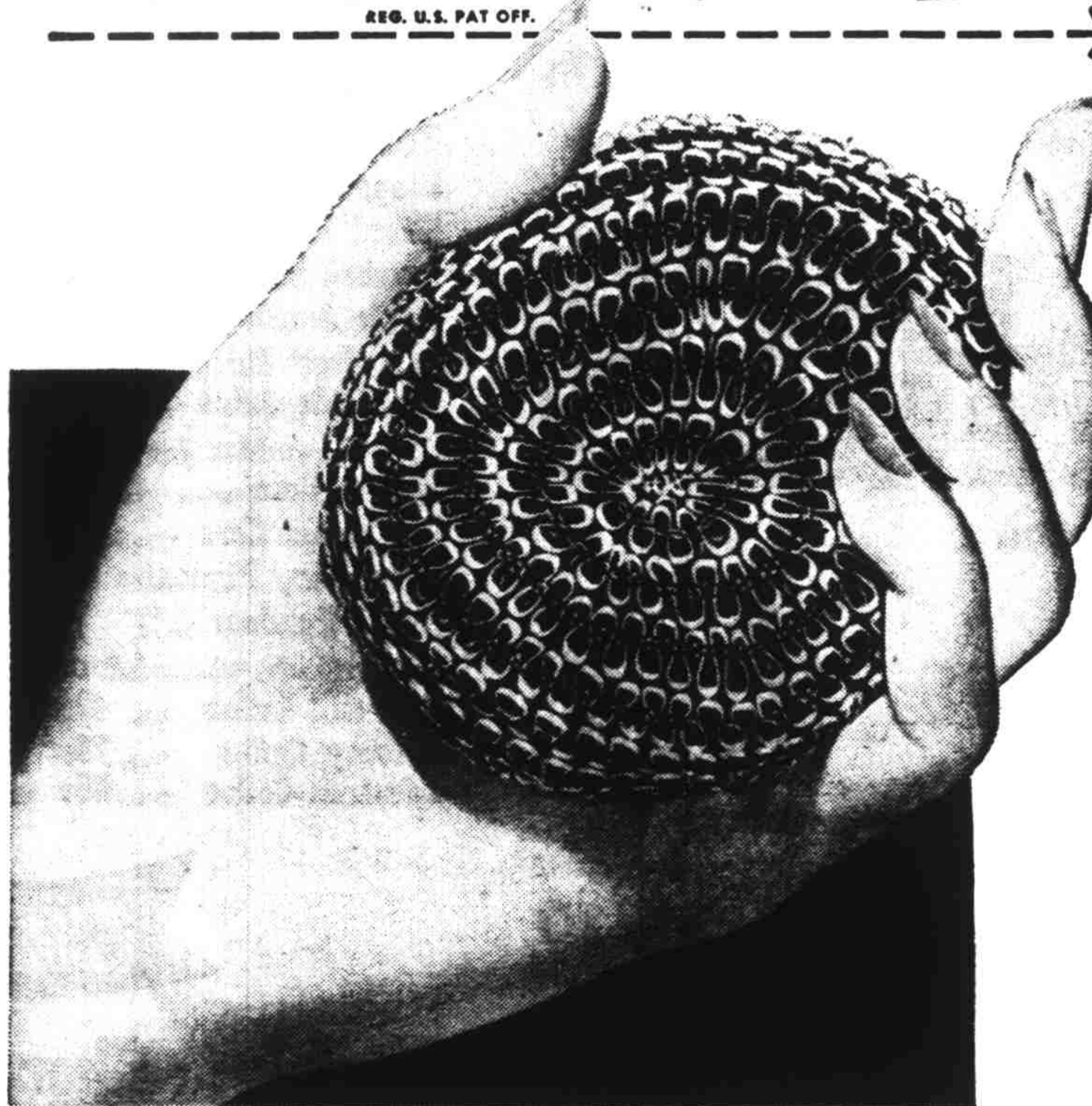
Glazed carrots with almonds make a colorful extra vegetable for a holiday dinner. Cut 8 carrots into lengthwise quarters and cook 5 minutes in boiling water. Drain and cook 15 minutes in a syrup of 2 tablespoons butter or margarine, 1 teaspoon salt and 1/4 cup brown sugar. Add 1/4 cup slivered roasted almonds and cook 5 minutes longer.

Serve with French dressing. It's a perfect Christmas salad.

LADIES! Don't let messy dishes spoil your holiday fun!

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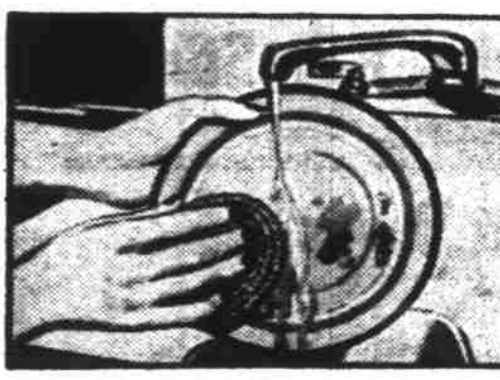
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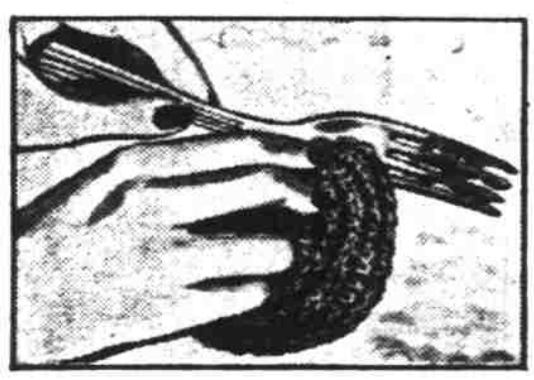
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