

The Statesman's FOOD SECTION

Figs Happy Thought in Winter Menus

We just bought a package of nice moist dried figs the other day and have had lots of fun using them. Our inspiration came when we discovered, through publicity releases, that this is dried fig month.

Here's a dessert that uses the fruit:

EASY-DOES-IT DESSERT

20 Dried figs,
3 Grapefruit
1 can coconut
1 cup canned pineapple juice
(Save the rest for breakfast)
Cover the figs with boiling water. Cover. Simmer over low heat until tender, about 20 minutes. Cool. Snip off the stems and cut them into small pieces. Arrange in dessert dishes with the grapefruit. Add juice of grapefruit and the canned coconut and the pineapple juice. Chill several hours. Serves 6 or 8.

BRIDGE CLUB FIG PUDDING

About 20 dried figs
4 eggs, beaten until light colored
1 cup sugar
1 cup dry fine bread crumbs
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla
1 cup chopped walnut meats
Cover the figs with boiling water and let stand for 10 minutes. Drain. With scissors, snip off the stems of the figs. Then snip the figs into small bits. Combine with other ingredients and place in a flat baking dish that has been very thoroughly buttered. Cover tightly. Bake in a slow oven (350 degrees f.) for about 45 minutes or until

delicately firm. Cool. Cut into squares and, with a pancake turner, place on dessert plates. Top with vanilla ice cream or sweetened, vanilla flavored whipped cream. Serves 6 or 8.

FIGS JOIN PEARS IN A DESSERT: FIG AND PEAR DELICIOUS DESSERT

Core and halve winter pears and place ed side up in a baking dish that has a tight lid. Cover dried figs with boiling water and let stand for 10 minutes. Drain and, with scissors, snip off their stems. Then snip the figs into small pieces. Place the figs in the cavities of the pears. Pour 1 tablespoon strained honey over the figs on each pear. Sprinkle well with sugar and cinnamon. Place enough water in the bottom of the baking dish to make a nice juice after baking. Add a little sugar and cinnamon to the water. Cover and bake in a moderate oven (350 degrees f.) for about 30 minutes or until the pears are tender when gently pierced with a fork. Serve warm or cold with or without top milk. And here's a sandwich filling for the kids:

TERRIFIC SANDWICH FILLING

20 California dried figs
1/2 cup peanut butter
1/2 cup chopped salted peanuts, with or without skins
Maple syrup to moisten.
Cover the dried figs with hot water for 5 minutes. Drain and, with scissors, snip off their stems. Then snip the figs into very small bits. Add the peanut butter and the chopped peanuts. Stir together and add maple syrup as needed to make a sandwich spread of good consistency. Extra good on Boston Brown Bread but mighty nice, too, on white or wheat bread. Makes about 6 or 8 sandwiches.

MIXTURE'S POPULAR

Use whatever fresh fruits are available — apples, bananas, oranges, grapefruit and fresh winter pears — and combine them with sweet meaty walnuts and a

Yolks Used In Two Helpful Cake Recipes

Using up the yolks of eggs has been a problem ever since the first angel cake was made, unless there's another little angel in the family which dines almost exclusively on egg yolks.

But even if the baby is an egg-yolk eater he grows quickly into the whole-egg eating class and then the opposite of the angel cake is again sought after.

One of the old standby cake flour manufacturers offers two recipes for using yolks, not a whole dozen apiece, but a help never-the-less. The first is a butter cake:

ECONOMICAL GOLD CAKE

2 cups cake flour
2 teaspoons baking powder
1/2 cup butter or other shortening
1 cup sugar
3 egg yolks, beaten until thick and lemon-colored
1 teaspoon vanilla, or
1/4 teaspoon orange extract
Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring and beat thoroughly. Bake in greased pan, 8x8x2 inches, in moderate oven (350°) 30 minutes, or until done. Spread Seven Minute Frosting or

sour cream dressing for a wonderfully rich salad. Cut the fruits into bite-sized pieces and break or chop the walnuts into small pieces.

Orange Butter Frosting generously on top and sides of cake. Double recipe for two square layers. Or bake in two greased 1-inch layer pans in moderate oven (375°) 25 to 30 minutes.

The second uses a lot of yolks:

GOLDEN SPONGE CAKE

1 1/4 cups sifted cake flour
1 1/4 teaspoons baking powder
1/4 teaspoon salt
1 cup plus 2 tablespoons sugar
9 egg yolks, beaten until thick and lemon-colored
1 teaspoon lemon extract
1 teaspoon orange extract
6 tablespoons cold water
Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to beaten egg yolks, beating with rotary egg beater after each addition until thick and light. Fold in flour, a small amount at a time, and blend. Add flavoring, then add water gradually mixing only enough to blend. Bake in ungreased tube pan in slow oven (325°) 1 hour. Remove from oven and invert until cold.

SOUP TOP

January days are soup days and for the busy homemaker canned soups are the answer. Combine a small can of shrimp with a can of cream of celery soup and 1/4 cup milk. Season lightly with Worcestershire sauce and Tabasco sauce. Serve piping hot with a few balls or slices of avocados on top.

BREAKFAST FRUIT

For a breakfast fruit or dessert baked apples stuffed with chopped raisins and walnuts are tops. Use cooking apples and pare the top third. Core and fill with equal parts chopped raisins and walnuts. Stick with whole cloves. Place in a baking dish with a syrup made of 1/2 cup sugar and 1/2 cup water. Cover and bake in moderate oven until tender.

Skillet-Cooked Dish Is Speedy

Spaghetti comes to the rescue of the cook who's in a hurry, in this speedy dish.

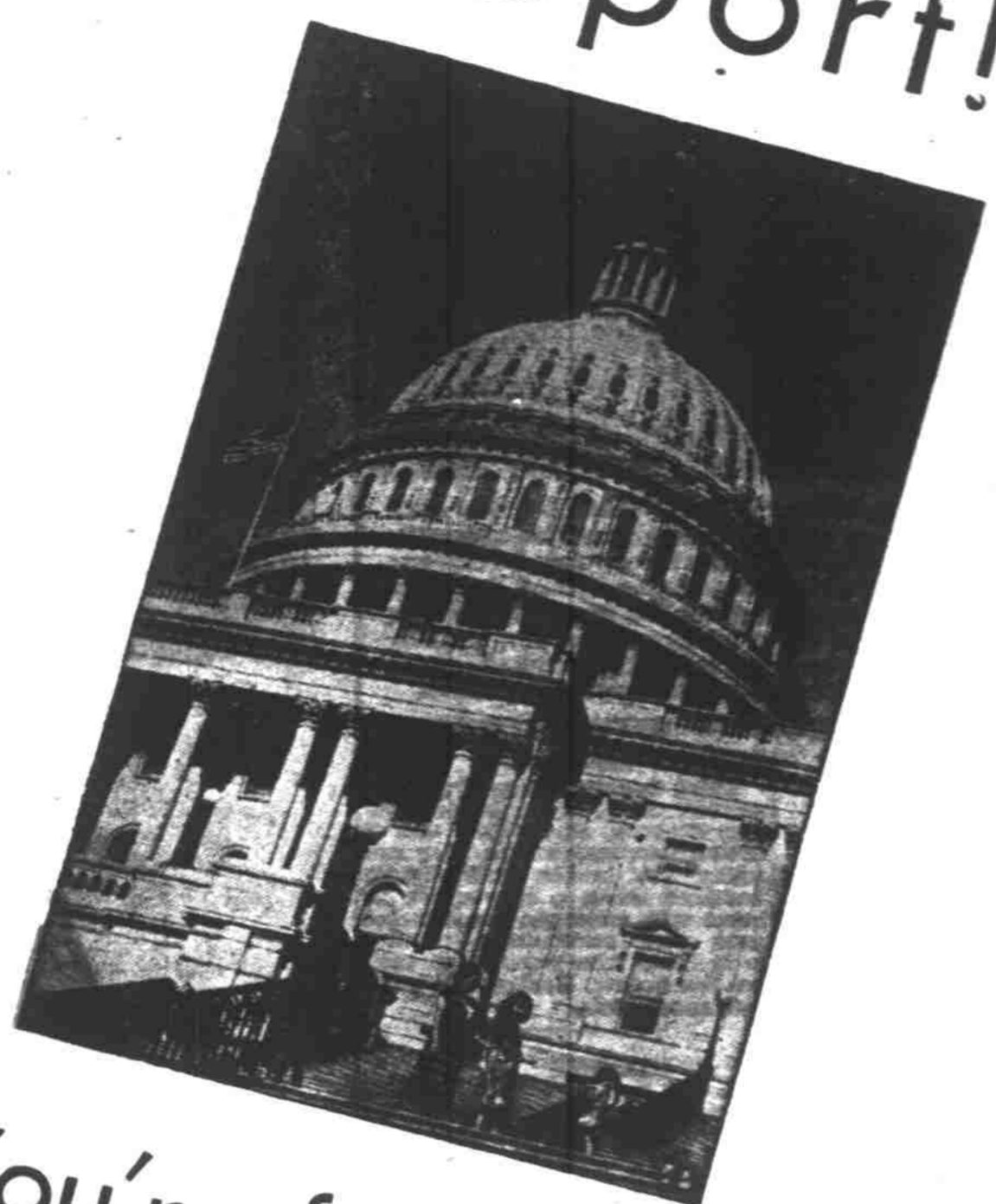
HASTY TASTY SKILLET

2 tablespoons fat or drippings
1/2 pound ground beef
1/4 cup chopped green pepper
2 tablespoons chopped onion
2 cups cooked tomatoes
(1 No. 2 can)
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon Worcestershire sauce
1 cup thinly sliced carrots
1/4 cup mushrooms
1/2 cup water
4 ounces elbow spaghetti
Melt fat or drippings in heavy skillet. Add ground beef, green pepper and onion and brown lightly. Stir in tomatoes, salt, pepper and Worcestershire sauce. Add carrots and mushrooms. Bring to boil, cover, reduce heat and simmer 30 minutes. Add water and stir in spaghetti. Makes 4 servings.

DELICIOUS FOR NIBBLING

Hot, crispy morsels add zest to salads, soups, and vegetable juice appetizers. Combine butter and enough minced onion to taste and spread on crackers. Toast the crackers on a cookie sheet under low broiler heat until brown.

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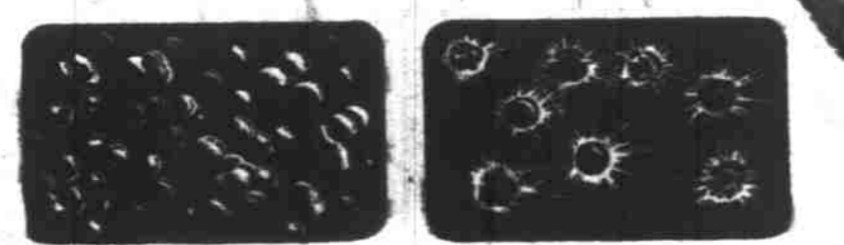
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