

The Statesman's
FOOD SECTION



Afternoon guests will feel very welcome if they are served frosty glasses of ice cold lemonade and pretty orange spice cupcakes. Lemonade remains the most thirst quenching of all beverages and has kept its popularity through many summers.

Green Peppers Go with Meats

Green peppers, a popular home garden product, give the style to this round steak dish.

MIDWESTERN PEPPER STEAK

- 1/4 cup flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound round steak
- 2 tablespoons fat or drippings
- 2 cups sliced green pepper
- 1/2 cup onion rings (1 medium onion)
- 1 1/4 cups condensed bouillon
- 8 ounces long spaghetti
- 1 tablespoon flour
- 1/4 cup water

Combine the 1/4 cup flour, salt and pepper. Dredge round steak with flour mixture. Brown in fat or drippings in heavy skillet. Add green pepper and onion rings and brown lightly. Pour bouillon over steak. Cover skillet tightly, reduce heat and simmer slowly until steak is tender (about 1 hour). While steak is cooking, cook spaghetti in boiling salted water until tender (about 15 minutes). Drain and rinse with hot water. Arrange spaghetti on platter. Cut steak into serving pieces and arrange on top of spaghetti. Combine 1 tablespoon flour with water. Add to bouillon and cook until thickened, stirring constantly. Spoon gravy, green pepper and onions over all. Makes 4 servings.

Prunes—Peanuts Join in Muffins

Nothing much equals the perfect flavor and excellent texture which the prune-peanut butter team affords in these muffins. Serve them with fresh fruit salad and you'll have a fine luncheon or supper menu.

PRUNE PEANUT BUTTER MUFFINS

- 1 cup cooked prunes
- 1 1/2 cups sifted flour
- 1/4 cup granulated sugar
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 egg
- 1/4 cup peanut butter
- 1/2 cup milk
- 3 tablespoons melted shortening

Cut prunes from pits into large pieces. Sift together flour, sugar, baking powder and salt. Beat egg lightly. Add peanut butter and milk, and mix until only small lumps of peanut butter remain. Add shortening. Combine flour mixture, prunes and liquid mixture, and stir until all of flour is moistened. Spoon into greased muffin pans. Bake in hot oven (400 degrees) 20 to 25 minutes. Serve hot. Makes 12 to 15 muffins.

Lemonade and Spiced Cakes Welcome Food

When guests drop in put some chairs under the largest shade tree in your yard and then bring out a tray of fresh lemonade with Orange Spice Sakes. Lemonade has been one of the most popular summer drinks for generations and is one of the most refreshing coolers that you can serve. Keep a supply of lemons on hand so you'll be able to make up this drink on a moment's notice. You can count on needing approximately one lemon for each tall glass of lemonade.

Make up a batch of the cupcakes often because they have a wonderful spicy flavor that everyone will love. They keep well so you can make them ahead of time. The frosting is a plain butter and powdered sugar combination with orange juice used to make it thin enough to spread. Half-slices of orange that have been cut down the center and given a slight twist, decorate the top and make the cakes more drussy.

ORANGE SPICE CAKES

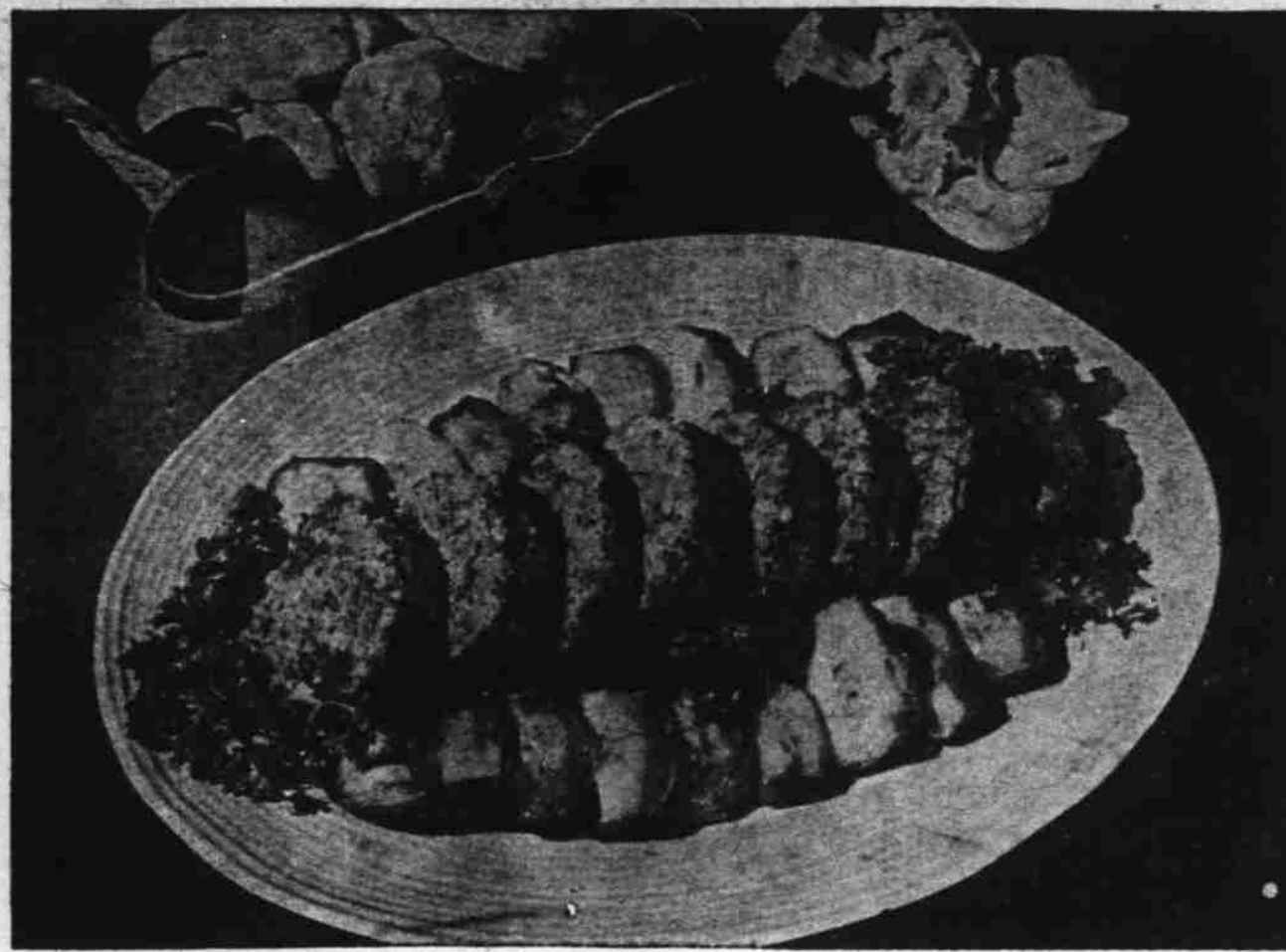
- 1 1/3 cups sifted cake flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1/4 cup shortening
- 2 cups grated orange peel
- 3/4 cups sugar
- 1 egg
- 1/4 cup evaporated milk
- 1/4 cup fresh orange juice

Sift flour with baking powder, salt and spices. Cream shortening with orange peel, adding sugar gradually and creaming until light and fluffy. Add egg and beat until well blended. Combine milk and orange juice. Add flour mixture alternately with liquid, beginning and ending with flour. Put paper muffin cups into muffin pans and fill each cup two-thirds full. Makes 13 or 14 medium cup cakes. Bake in moderate oven (375 degrees) for about 20 minutes or until golden brown.

NOODLE TOPPING

Cheese Rabbit is easy to make and good to eat. For a pleasing change, substitute that piece of crisp toast for buttery noodles. Arrange the noodles on a hot platter and pour cheese sauce over the noodles. Top with slices of bacon. To make the buttery noodles, cook them in boiling salted water until tender. Drain and rinse with hot water. While noodles are cooking cook the bacon in a skillet. Use the bacon drippings to combine the cooked noodles and enriched bread crumbs.

GROCERYMAN'S SHELVES YIELD IDEAS FOR ECONOMICAL FAMILY FAVORITES



The canned meat counter again comes to the rescue of the summertime cook—this time it's corned beef hash. Pictured here is a platter that includes sliced corned beef hash, browned lightly and served on a platter with candied apple wedges and a parsley garnish. Hot rolls accompany.

- MENU**
- Corned Beef Hash
 - Patties
 - Candied Apple Wedges
 - Succotash
 - Fresh Pineapple Chunks
 - Refrigerator Cookies
 - Iced Tea
 - Milk

Once was a time when canned meats were far from economy buys, but now, not only is the assortment large and interesting, it is a matter of saving to make selections from the shelves.

One of the most purchased of all canned meats is corned beef hash, which has a wide variety of possibilities, is inexpensive and popular in most families.

For the simplest of dishes do this: Remove both ends of the corned beef hash can, then carefully push out the meat roll and cut it into uniform slices. Next, place the slices in a frying-pan with a little fat and heat them on one side until brown, then turn and brown them on the second side.

For a lunch or dinner treat you might serve the patties with candied apple wedges or apple rings. Green beans or succotash could be your vegetable. And for dessert you might have fresh pineapple chunks with refrigerator cookies. Pineapple also is grand served in the main course with the corned beef hash. Heat rings right along with the meat. Canned pear halves or peach halves are other delicious accompaniments.

STUFF PEPPERS

Here's another use for canned corned beef hash. Use it for stuffing green peppers. Combine the corned beef hash (for medium peppers you'll need two 12-ounce cans) with 1 tablespoon of chopped onion and 1 No. 1 can of tomato puree. Prepare the peppers by washing them, then removing the seeds and cutting off the stem ends. Parboil the peppers about 8 minutes in boiling salt water. Then stuff the meat mixture into them and place in a baking dish. Pour hot water to a depth of 1 inch in the dish and bake the peppers in a moderate oven (350°) for 20 or 30 minutes. This recipe can easily be halved for four servings, using one can of corned beef hash.

Big, firm tomatoes are another

choice for stuffing with corned beef hash. In this case, use the pulp scooped from the tomatoes for combining with the corned beef hash. Season it with a bit of salt, then stuff in the tomatoes, sprinkle with grated cheese and bake in a moderate oven for about 30 minutes.

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