

Lenten Meals Become All-Year Favorites . . .

By MAXINE BUREN
Statesman Woman's Editor

Menus during Lent can become favorites when special attention is given them. Even those families who don't observe food restrictions during these springtime weeks, can enjoy meatless days.

Typical of the interesting dishes for Lent are pictured on this page. For instance the how-to-make picture at the left below shows one of the best combinations, tuna and potatoes in casserole, with a crisp topping of prepared cereal.

The other dish is a combination that makes a main dish of hard-cooked eggs. Though one step more complicated than the tuna-potato recipe, the curried eggs have a fine flavor and may come in very handy as a company dish.

With approved Americanized accompaniments, peanuts, coconut and relish, the dish will pass nicely for a foreign specialty.

Of course there are unlimited meatless main dishes, featuring cheese, fish and dairy products.

Fortunately, now's a fine time to eat fish, which is at its best during the Lenten season. Salmon, according to local shops, is available at reasonable prices and there are many other offerings from which to choose.

Basic Casserole Returns

Try this casserole for those Lenten meals that can become routine without careful planning. It is a good and easy-to-make change on the usual tuna casserole. It can be made ahead of time except the rice cereal mixture which goes top until just before baking.

TUNA AND POTATO CASSEROLE

3 tablespoons butter or margarine
3 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon pepper
2 cups milk
1/2 cup minced onions
3 cups thinly sliced raw potato
1 can tuna fish (7 oz.)
1 cup popped rice cereal
1 teaspoon melted butter
Melt butter, stir in flour, salt

and pepper. Add milk and minced onions, cook over low heat stirring constantly until thick and smooth. Arrange sliced potatoes and flaked tuna fish in alternate layers in greased casserole. Pour cream sauce over mixture. Crush rice cereal slightly, mix with melted butter. Sprinkle over top of creamed mixture. Bake in moderate oven (350°) for about 1 hour.

Note: Cooked potatoes may be used in this recipe. Reduce baking time to about 30 minutes. Yield: 6 servings (2 quart casserole).

Cookie-Candy New Idea Recipe

One of the manufactures of those little chocolate chunks used so much in cooking these days offers this recipe which can be either a rich cookie or a candy.

CHOCOLATE COOKIE-CANDY

1 1/2 cups sifted flour
1/2 cup dark brown sugar, firmly packed
1 teaspoon cinnamon
1/2 cup margarine

1/2 cup other shortening
1 package chocolate bits
Mix flour, sugar and cinnamon. Cream the margarine and shortening until soft. Gradually blend in dry ingredients. Add chocolate. Mix well. Dip a greased tablespoon into the dough. Level with spatula. Carefully push dough onto greased cookie sheet, flat side down. Bake in moderate oven (350 degrees) 18 to 20 minutes or until done. When cool, coat with melted bits or sprinkle with confectioner's sugar. Makes about 4 dozen cookies.

The Statesman's

FOOD SECTION

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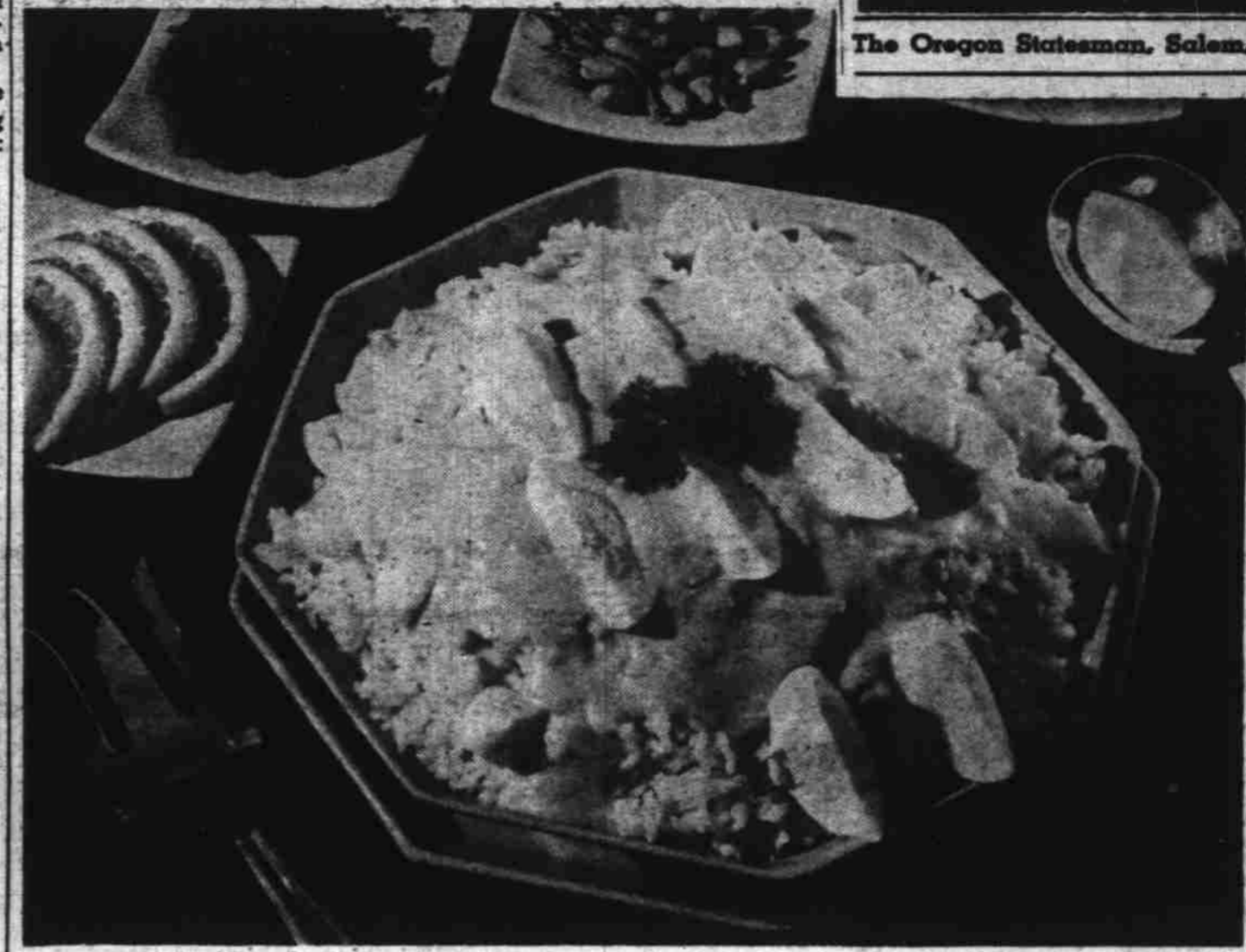
Cabbage, Raisins Take Top Billing

Cabbage and raisins are the two foods that take top place on the Department of Agriculture list of foods expected to be plentiful in local markets. Heavy supplies of fresh cabbage will be coming on markets on the west coast. As for raisins, some 276,000 tons of this excellent dried fruit is the estimated production from the recent great California grape crop.

Family food specialists suggest that cabbage and raisins make a team for salad or sandwich filling. Add whole raisins to the bowl of chopped or shredded cabbage, then season and add any preferred dressing. This is an easy salad to put together in a jiffy, and offers a pleasant contrast in flavor, texture and color. For sandwich filling, combine chopped cabbage and chopped raisins and moisten with salad dressing.

PANDORA'S BOX

For a bridal shower centerpiece, invert a round hatbox over gifts; cover sides of box with double ruffle of pastel-colored tulle; circle top with tulle, caught with satin ribbon bows. Cover cake with pink frosting; decorate as a cake. Place on top of box.



There's Eastern color in this orange-egg curry, an excellent Lenten dish. Pickle relish, peanuts, coconut and lemon slices are the accompaniment to the curry dish.

Simple and basic, but extra good, is this casserole that includes tuna and potatoes, bolstered up with popped rice

cereal. Pictured at the left are the makings, and at the right is the completed menu.

Thrifty Lamb on Family Menus

Here are two recipes for thrifty lamb that make delicious and different family dishes.

CHILAU KABOB

2 cups inch cubes of lamb shoulder
1 cup inch square slices of liver (calves' or baby beef)
2 small onions, sliced
4 cups cooked rice
1 cup cottage cheese
1/2 cup butter
Thread cubes of lamb, liver and onion slices on small skewers un-

til skewer is full. Roast in a hot oven, 400 degrees, until meat is done, turning often. Place the kabobs on a mound of hot rice which has been tossed with cottage cheese and butter. In addition, each person is served a small plate containing the following relishes: 1/4 cup cottage cheese, 1/2 orange, 1 teaspoon mustard, 1 tablespoon butter and dash of red pepper. Serves six.

LAMB LOAF

1 1/2 lb. ground lamb
1 1/2 cups soft bread crumbs
1 cup milk
2 tablespoons diced green pepper
2 tablespoons minced parsley

3 tablespoons minced onion
2 tablespoons butter
2 teaspoons salt
Combine all ingredients. Mix thoroughly. Pack into a 1 1/2 quart loaf pan. Bake at 350 degrees, for 1 1/2 hours. Serve with mint jelly. Serves eight.

LOTS OF LIQUID

Plenty of liquids are usually recommended for children and adults suffering from a cold. Apricot whole fruit nectar is a delicious smooth drink with not too sweet and not too sharp a flavor which appeals to folks when their appetites are not up to par.

WAX GOOD

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Limas Louisiana Include Sausages

A main dish, rife with good flavor and food value, is this lima Louisiana. Pork sausage links, cut into chunks and well browned are combined with lima beans and well chosen seasonings for the casserole. Undiluted evaporated milk, poured over, keeps the ingredients rightly moist in the baking.

LIMAS LOUISIANA

1/2 pound sausage links
1 10 or 12-ounce package frozen lima beans
2 tablespoons finely chopped onion
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon rubbed sage or poultry seasoning

Few grains pepper
Few grains nutmeg
1/2 cup evaporated milk

Cut sausages into 1 inch pieces. Place in cold fry pan and cook gently, turning occasionally until sausages are nicely browned. Drain well. Cook beans according to package directions. Drain well, saving liquid for soup or gravy. Add onion, sugar and seasonings to the beans. Stir in milk and sausage. Turn into a 1-quart baking dish that has been greased with some of the sausage drippings. Bake in moderate oven (350 degrees) until thoroughly heated, about 20 minutes. Makes 4 servings.

TOOLS OF LEARNING

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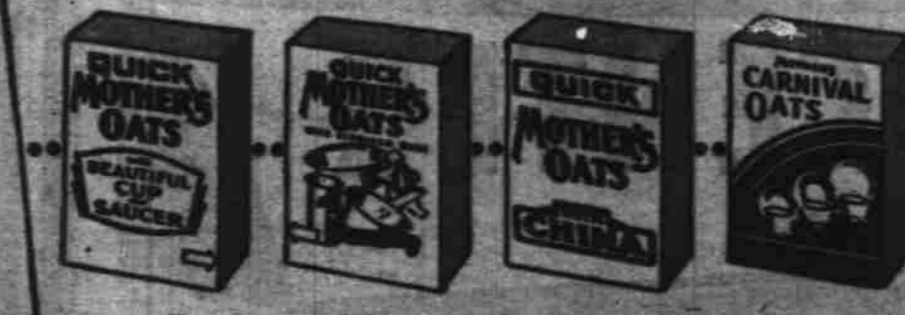
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