

# The Statesman's FOOD SECTION

## Desserts Using Fruits Welcome

There's usually a place in every recipe book for more desserts so here we offer another for the files. It uses dates, but prunes or other dried fruit makes the dessert good, too.

**SNOWBALL DESSERT**  
2 cups dates, chopped  
1/2 cup water  
1/2 teaspoon salt  
1/2 cup sugar (optional)  
1/2 cup nut meats, chopped  
24 vanilla wafers  
1 cup cream, whipped  
1 cup grated coconut  
Cut or chop the fruit, add water and salt. The one-third cup sugar may be added if a sweeter dessert is desired. Cook over low heat until thickened, then add broken nut meats. Put between vanilla wafers, and pile three or four wafers high. Let stand in food compartment or refrigerator. Just before serving, cover with whipped cream and roll in shredded coconut. Red cherries, grapes or other fruit may be used as a garnish.

## Beef Makes Good in Any Main Course

Beef's no end versatile, so here we've added two recipes to the list of excellent ones using this most popular of meats.

**SOUR BEEF WITH GINGERSNAP GRAVY**  
Cover 3 to 5 pounds of chuck, rump, or round of beef with equal parts of vinegar and water. Add a few bay leaves, a dozen whole cloves, a teaspoonful of whole black peppers, and a peeled onion. Let the meat stand in the vinegar for 1 to 3 days in a cool place, turning it so that it will pickle evenly. Remove the meat from the liquid and brown in hot fat in a heavy kettle. Then slip a rack under the meat to keep it from sticking to the pot, add 1 cup or less of the pickling liquid or water, cover with a close-fitting lid, and cook slowly for 2 to 2 1/2 hours, or until the meat is tender.

To make the gravy, blend 2 tablespoons of flour with 2 tablespoons of drippings. Add gradually with constant stirring 1 1/2 cups of cool or lukewarm liquid. Cook slowly until smooth and thickened. Add 2 or 3 gingersnaps broken into small pieces, and stir until smooth. Or season the gravy with a little ginger and sugar instead of the gingersnaps.

## FILLED COOKIES

Fruit-filled cookies have been popular since the days of the wood stove. Here's the way to do them nowadays. Shape a rich cookie dough into small balls and make a depression in each with handle of small knife. When cookies are baked, fill with a luscious prune filling made in the proportions of 1 cup cooked pitted prunes to 1/4 cup sugar.

## CALORIE COUNT

Toasting converts some of the starch of bread into simpler carbohydrates and removes some of the moisture. Attractive, crunchy hot toast has the same caloric value as untoasted bread—60 calories per one-half inch slice.

The beef dish is delicious served with noodles.

And here's a "quicky" recipe for hurry-up meals. It's a favorite with the children:

## GROUND BEEF BROILED ON TOAST

Toast 6 to 8 slices of bread on one side. Spread the untoasted side lightly with butter or margarine and sprinkle with salt and pepper. Season 1 pound of ground raw beef with salt and pepper and add 2 to 3 tablespoons top milk or undiluted evaporated milk. Spread the meat mixture over the untoasted side of the bread slices, covering evenly to the very edge. Broil by direct heat, under a flame or a grill, for 5 to 10 minutes. Dot with the table fat, if desired. Serve hot.

## Colorful Mixture Makes Salad Dish

Onions, pimiento, pickles and carrots are a colorful list of ingredients to go into this salad.

**RAINBOW MACARONI SALAD**  
2 cups elbow macaroni (8 oz. package)  
1/4 cup French dressing  
1/4 cup sliced green onions (scallions)  
1/4 cup sliced pimiento  
1/2 cup finely chopped sweet pickles  
1/2 cup thinly sliced carrots  
2 tablespoons prepared mustard

Mayonnaise, salt and pepper  
Cook macaroni in boiling, salted water until tender. Drain and rinse with cold water. Add French dressing and chill for several hours. Add remaining ingredients, using about 1 cup mayonnaise and salt and pepper to taste; mix thoroughly but lightly. Chill several hours. Serve in lettuce lined bowl; sprinkle with chopped fresh parsley and top with hard-cooked egg slices, if desired. 8 servings.



Cabbage slaw with an extra dash of spice will make an excellent salad for summertime or early fall. Served in a hollowed out head of cabbage here the slaw goes well with cold cuts and an assortment of crisp crackers.

## Cabbage Head Holds Slaw That's Made With Spiciness

Slaw has never diminished in popularity through the years. It is well liked in its old-time plainness with sour cream dressing, yet takes well to modernizing.

You can add crushed pineapple to the cabbage and the juice to the dressing. You can put in ham or tuna to make it a main dish, or you can give the slaw a lift with chopped apple.

Here is a slaw that's spicy with caraway and pepper, and gains novelty by being served in the scooped-out cabbage head. Use red cabbage when available, as there's more color interest then.

**SPICY CABBAGE SLAW**  
1 medium head cabbage (red if available)  
1/2 cup salad dressing  
1 tablespoon vinegar  
1 tablespoon chopped onion  
1 teaspoon sugar  
1 teaspoon salt  
1/2 teaspoon caraway seed  
1/2 teaspoon pepper

Cut out and shred inner leaves of cabbage, leaving outer shell intact. Combine salad dressing, vinegar, onion, sugar, salt, caraway seeds, and pepper; blend well. Pour over shredded cabbage and mix lightly. Fill shell. Serves 4 to 6.

## Cookies Become Dessert Snacks

Peanut butter and ready-made cookies join to make a novel dessert-confection.

**PEANUT BRITTLE STACKS**  
1/2 cup heavy cream, whipped  
1/2 cup quartered marshmallows  
1/2 cup peanut brittle pieces  
1 dozen shortbread cookies  
6 pieces peanut brittle

Combine whipped cream, marshmallows and peanut brittle. Make 3-decker cookie sandwiches by spreading part of the whipped cream mixture between cookies. Place stacks in a shallow pan and top with remaining whipped cream mixture. Garnish each serving with a piece of peanut brittle. Refrigerate and serve within 4 to 6 hours to retain the crispness of the cookies. Makes 4 Peanut Brittle Stacks.

## Easy Brittle for High Calorie Eats

Nut candies are usually at a premium in any household, and when it is home made it's bound to be even more desirable. Here is a crunchy brittle for home making.

Canned salted nuts may be used in this candy—2 (7-oz.) cans for 3 cups. Rid nuts of excess salt by shaking in a sieve or rubbing gently between paper toweling.

**EASY BRITTLE**  
2 tablespoons butter or margarine  
1/2 cup water  
1/4 cup dark corn syrup  
2 cups sugar  
3 cups whole nutmeats or large pieces

Melt butter or margarine in a heavy skillet; add water and syrup; bring to a boil. Add sugar; stir just enough to dissolve. Boil rapidly to 300° on candy thermometer (hard-crack stage when a small amount dropped in cold water separates into hard, brittle threads). Remove from heat; add nutmeats at once, stirring quickly, our onto greased baking sheet (do not scrape pan), spread thin with two forks. When cool, break into pieces. Makes 2 pounds.

**WITH SALAD**  
For that something special add a hot accompaniment to a salad or sandwich plate. This one can double for dessert. Fill a drained canned peach half with 1 tablespoon each of brown sugar and sour cream. Put in broiler until bubbly. Pop a handsome walnut half on top when the peach comes from the broiler.

Check your list again. Did you get down Orange & Raisin? You're sure of enough raisins. Olympia Biscuits.

## Cauliflower Has Au Gratin Topping

Cauliflower au Gratin is a sturdy supper dish. It's really a new version of the favorite macaroni and cheese casserole. Cooked cauliflower has been folded into it for an interesting new flavor. Serve with a green vegetable, hot rolls, and crisp relishes.

**CAULIFLOWER AU GRATIN**  
4 ounces elbow macaroni  
3 tablespoons butter or margarine  
3 tablespoons enriched flour  
1 1/2 teaspoons salt  
1/2 teaspoon paprika  
1 1/2 cups milk  
1 cup shredded American cheese  
1 1/2 cups cooked cauliflower (about 2-pound head)  
1/4 cup buttered bread crumbs  
Cook macaroni in boiling salted water until tender (about 8 minutes). Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour, salt and paprika. Add milk and cook until thickened, stirring constantly. Add cheese and cauliflower. Mix well. Fold in macaroni. Pour into greased 1 1/2-quart casserole. Sprinkle with bread crumbs. Bake in moderate oven (350 degrees) 25 minutes. Makes 4 servings.

## Add Tuna, Olives To Club Sandwich

Olives and tuna make a new version of the old favorite, club sandwiches.

**TUNA SALAD CLUB SANDWICH**  
1 (7-ounce) can tuna flaked  
1/2 cup chopped stuffed olives  
1/2 cup mayonnaise or salad dressing  
1/2 cup soft butter or margarine  
16 slices toast  
8 slices whole wheat bread  
8 lettuce leaves  
8 thick slices American cheese  
Combine flaked tuna, olives and mayonnaise. Butter toast. Cover each of 8 slices of buttered toast with a lettuce leaf, tuna salad and a slice of whole wheat toast. Top each sandwich with a cheese slice and finish with a slice of buttered toast. Makes 8 sandwiches.

## Limas, Cheese In Filling Salads

This is delicious on greens or heaped into rosy tomatoes.

**LIMA CHEESE SALAD**  
2 cups cooked large dry limas  
1 cup diced celery  
1 cup cheese cubes  
1/4 cup chopped sweet pickle  
Salt  
Pepper  
1/4 cup tart French dressing  
6 large firm tomatoes  
Salad greens  
Ripe olives  
Combine cooled limas with celery, cheese cubes and pickle. Season with salt and pepper to taste. Marinate in French dressing 1 hour. Hollow out tomatoes; sprinkle with salt and fill with salad mixture. Serve on crisp greens. Garnish with ripe olives. Serves 6.

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## To Sweeten Or Not Is Question Often Asked

Most frozen fruits have better flavor and texture if packed in sugar or syrup than if unsweetened, say home freezing specialists of the U. S. Department of Agriculture. But some fruits freeze as well without as with sweetening. Among these are gooseberries, currants, raspberries, cranberries, blueberries, pineapple and figs. Fruits frozen without sweetening often are wanted for special diets.

Frozen dry-packed fruits lend themselves well to jelly-making, reports Dr. Faith Fenton of the New York State (Cornell) Experiment Station. She explains that this is because the freezing and thawing cause the fruit colors to dissolve in the juice and the cells of the fruits to break, thus releasing the juices. No heating of frozen berries is necessary for the extraction of juice; therefore, any chance of overcooking and extraction of bitter tannins is prevented. Strawberries and raspberry jams and preserves made from frozen berries stored several months, Dr. Fenton says, are as good as those made from fresh fruit during the berry season. They are superior to the jams and preserves made during the season and stored for several months.

**How to Use**  
Place the dry-packed frozen fruit while still hard-frozen, in the cooking utensils or in hot sugar syrup. Proceed as you would in making jam or preserves from the corresponding fresh fruit. It is usually necessary to add commercial pectin to frozen fruits in making jams and jellies, Dr. Fenton suggests. Department specialists add that most people like to freeze fruit at the fully ripe stage to get its full flavor and natural sweetness. At this stage the fruit has less "jellying" power than when it is less ripe. Thus, adding pectin may be necessary to get a jelly.

## Links and Limas Combine for Flavor

Links and limas make a popular, easy dish.

**LINKS AND LIMA SKILLET**  
1 pound link sausages  
1 chopped onion  
1/2 diced green pepper  
2 cups cooked or canned limas  
1 can condensed tomato soup  
1/2 cup catsup  
Salt, Pepper  
Put sausages and 2 tablespoons water in cold skillet. Cover and simmer about 5 minutes. Uncover and brown sausages slowly. Pour off excess fat, leaving 2 tablespoons. Add onion and green pepper. Cook 5 minutes. Stir in remaining ingredients. Season with salt and pepper. Cover and simmer about 30 minutes. Serves 6.

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