

The Statesman's FOOD SECTION

Edited by Maxine Buren

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Baked Dishes on. Everyday Menus

By MAXINE BUREN
Statesman Woman's Editor

Every season is casserole season. Summer, of course, for picnics and outdoor meals, but autumn and winter, too, for club dinners and meals at home when appetites are keen from crisp weather.

A casserole can be comforting, for both cook and diner. Mix one up at noon, set the oven and there's a satisfying dish waiting at suppertime. Business women should get the casserole habit, for the use of them provides long-cooking hot food when time is so important at supper time.

Not all combinations of course are suited to cooking unchaperoned, but many are.

Here beef and vegetable are one of the best pairs to mix in a casserole. This affair can be mixed up the night before or in the morning and chilled thoroughly, to be cooked later.

BEEF VEGETABLE CASSEROLE

- 1 pound ground beef
- 2 tablespoons drippings or shortening
- 1/2 cup chopped onion
- 1 green pepper, sliced
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 No. 1 can whole kernel corn, drained
- 4 tomatoes, sliced
- 1/2 cup buttered bread crumbs

Brown onion and green pepper in fat for 3 minutes. Add meat and brown slowly. Season. Remove from heat. Place 1/2 of corn in the bottom of a 2-quart casserole. Add half meat mixture and then a layer of sliced tomatoes. Repeat layers. Sprinkle with buttered crumbs. Bake in a slow oven (300°) for 40 minutes. 6 servings.

Meat and fruit make a favorite combination. The fresh fruit texture and flavor contrast pleasantly with the richness of the meat. Pork and apples make one of the best such combinations.

PORK SAUSAGE CASSEROLE

- 3 medium-sized sweet potatoes
- 1 pound pork sausage links
- 3 large apples
- 1/2 cup brown sugar, firmly packed
- 2 tbsps. sausage drippings
- 1/4 cup boiling water

Boil sweet potatoes until tender, peel and cut in halves lengthwise and place in baking dish. Pan fry pork sausage links about 10 minutes. Core apples and cut in 1-inch slices. Sprinkle brown sugar over apples, combine drippings with water and pour over all. Bake in moderate oven (375°) about 40 minutes. Yields 4 servings.

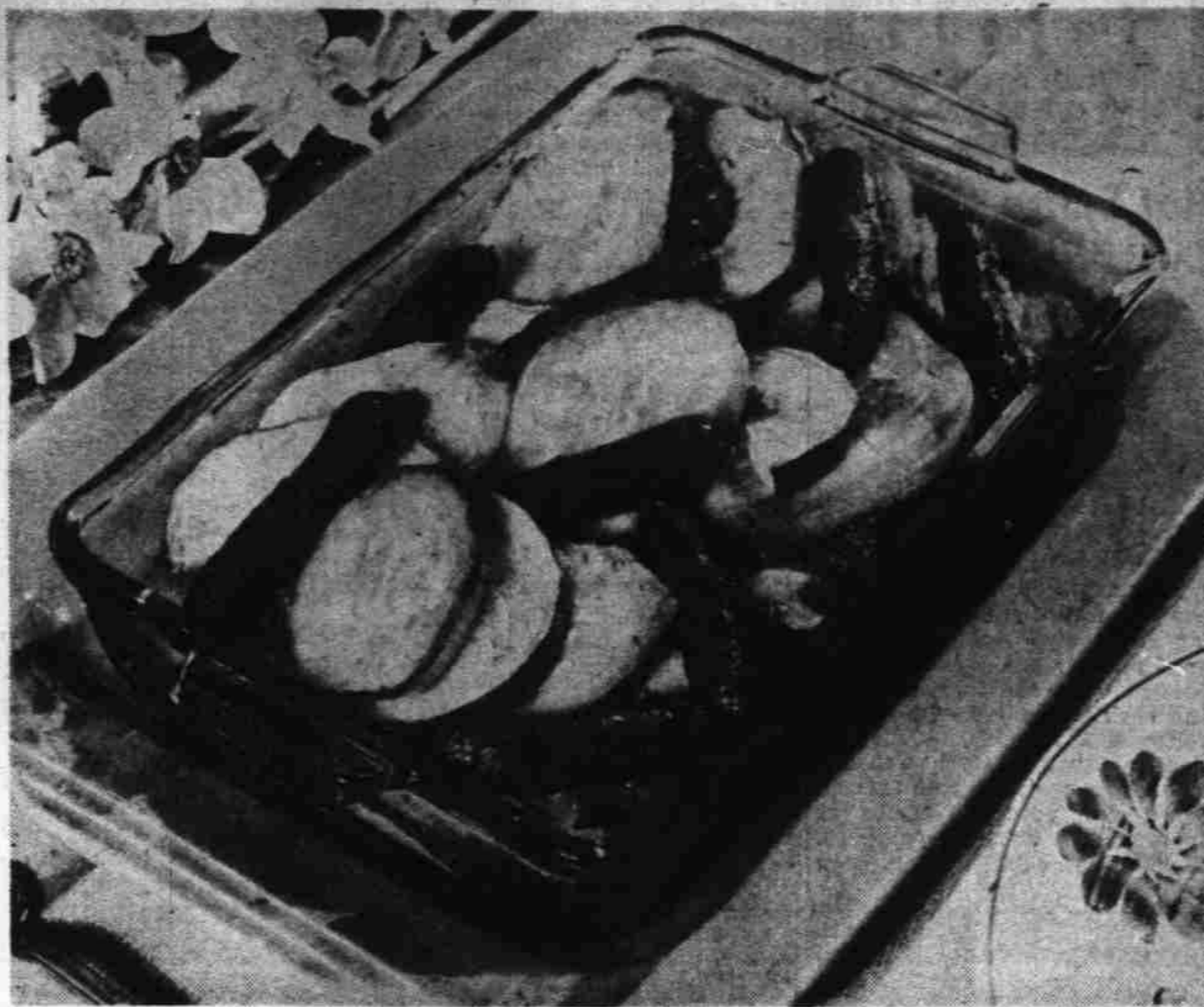
Fish and rice make another combination, a typical example of which is this baked dish.

SAVORY FISH AND RICE CASSEROLE

- 2 1-pound packages frozen fillets (cod, haddock or ocean perch)
- 1 cup uncooked rice
- 1 10 1/2-oz. can condensed cream of mushroom soup
- 1/4 cups grated American cheese
- 1 teaspoon salt
- 3 1/2 cups water

Let fillets thaw in refrigerator or at room temperature. Mix the rice, soup, 1/2 cup cheese, salt and water. Pour in a buttered shallow baking dish which you can bring to the table for serving. Bake in 350° oven for 20 minutes. Remove from the oven and lay the fillets over the top. Sprinkle the rest of the cheese over the top of the casserole. Bake for 30 minutes or until fish flakes easily when tested with a fork, rice is tender and top of the casserole browned and bubbling. Makes 8 to 10 servings. You may substitute cream of celery or cream of tomato soup.

Ovens Are Handy Helpers in Winter...



Come another autumn and the crop of casserole dishes will be featured, this time in home meals. Role of the casserole, which was at "covered dish" meals or picnics in summer, becomes club dinners or family meals come in fall and winter. Here the combination is apple and sausages.



The oven comes to the rescue with this all-time favorite. Potatoes a la company are a bit extra. Cook chopped onion and green pepper, add chopped pimiento and add to insides of baked potatoes that have been mashed. Moisten with milk or cream if needed. Put back into the shells, top with shredded cheese and brown. Here they've had an extra lift with a pat or so of margarine or butter.

Turkey Purses Hot Breads For Holiday

Getting along toward turkey time, and there will be menus using the fresh-cooked as well as day-after turkey. Here's a recipe to make something nice from cooked turkey. It is good for luncheon or Sunday night supper.

HOLIDAY TURKEY PURSES

- 1 1/2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup shortening
- 2 tablespoons grated Parmesan cheese
- 3 tablespoons cold water (about)

Sift together flour and salt. Cut or rub in shortening. Add cheese. Sprinkle with water, mixing lightly until dough begins to stick together. Wrap in waxed paper and let stand while preparing Turkey Filling. Roll dough out to 16-inch square. Cut into 4 8-inch squares. Place Turkey Filling in center of each. Bring opposite corners together, searing edges. Arrange in 8-inch square baking dish. Bake in moderately hot oven (400°) 40 to 45 minutes. Serve with rich turkey gravy or cheese sauce.

Turkey Filling

- 2 tablespoons butter or margarine
 - 1/4 cup chopped onion
 - 1/4 cup chopped celery
 - 1/4 cup chopped nuts
 - 1 1/2 cups chopped cooked turkey
 - 1/2 teaspoon caraway seeds
 - 1/4 teaspoon salt
- Melt butter or margarine in skillet. Add onion, celery and nuts. Brown lightly. Combine with turkey, caraway seeds and salt, mixing until blended. Cool slightly. Makes 4 servings.

Shrimp the Way Chinese Eat It

If you were asked to name the most unusual shrimp dish you ever ate—and one you'd like to know how to make in your very own kitchen—you'd probably decide on Sweet and Pungent Shrimp, the kind Chinese restaurants know how to make so well. Shrimp, by the way, is a favorite food with Chinese restaurants which like to serve exotic and delicious food to their patrons. The Shrimp Association of the Americas has taken one of the Chinese recipes for Sweet and Pungent Shrimp and developed it especially for home use. Here it is:

SWEET AND PUNGENT SHRIMP

- 1/4 cup brown sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/4 cup vinegar
- 1 tablespoon soy sauce
- 1 No. 2 can pineapple chunks
- 1 green pepper, cut in rings
- 2 small onions, cut in rings
- 1 pound shrimp, cooked and cleaned

Mix together in saucepan brown sugar, cornstarch, salt, vinegar, soy sauce and juice drained from canned pineapple. Cook until slightly thick stirring constantly. Add green pepper, onion and pineapple chunks and cook 2 or 3 minutes. Remove from heat, add shrimp and let stand about 10 minutes. Just before serving, bring to a boil, stirring constantly. Serve with hot rice. Makes enough for four servings.

TOP-RANK SALAD

A No. 2 can of orange and grapefruit sections, a package of lime flavored gelatin and some seedless grapes—that's all you need to make a top-rank salad. To the syrup drained from the orange and grapefruit sections, add enough water to make two cups liquid. Heat, and stir in gelatin until dissolved. Chill until slightly thickened and pour over fruits, arranged in the bottom of a pan or mold. Chill until firm and unmold on salad greens. Mayonnaise or French dressing may be served with the salad.

EASY TO DO

Make potholders out of old Turkish towels by edging three thicknesses of the towel with bias tape.

SAVE OLD POWDER PUFFS

Worn-out powder puffs make handy buffers for cleaning and polishing silverware. They won't scratch the delicate metal.

SUBSTITUTE

If you don't like to use a thimble when you sew, a piece of adhesive tape around your finger will give you the same protection without the bulk of the thimble.

NEWS ITEMS

A well-known firm of kitchen ware manufacturers is offering two new saucepans in its line of copper-bottomed stainless steel utensils.

LOOK SHARP

When the edge of a knife blade is worn back to the thicker part of the metal, or when it is nicked, grinding is needed to produce a new thin cutting edge.

Experts Talk Poultry Buys

Important points to check for a wise buy in poultry on modern retail markets are described by pictures as well as words in a new U. S. Department of Agriculture bulletin entitled "Poultry Buying Guides for Consumers."

This publication was prepared to answer questions from homemakers. It tells about grading and inspecting poultry. It explains names used for different "classes" of poultry which indicate tenderness, for example, and thus suitable cooking methods. It shows different forms in which poultry sells and styles of processing, and gives a practical buying comparison between "ready-to-cook" and "dressed" styles.

Read Labels

Read all labels on poultry, the bulletin advises homemakers. Look for the official grade mark—"U. S. Grade A," "U. S. Grade B," or "U. S. Grade C" which refers to quality such as meatiness, shape, amount of fat and general appearance. Look also for the official inspection mark—"Inspected for Wholesomeness by the U. S. Department of Agriculture"—which refers to the bird's fitness for food. Some poultry is inspected only, some is both graded and inspected, and some is neither. The labels tell.

Single copies of "Poultry Buying Guides for Consumers" (HG 34) are free on request from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Old Recipe Is One of Quicker

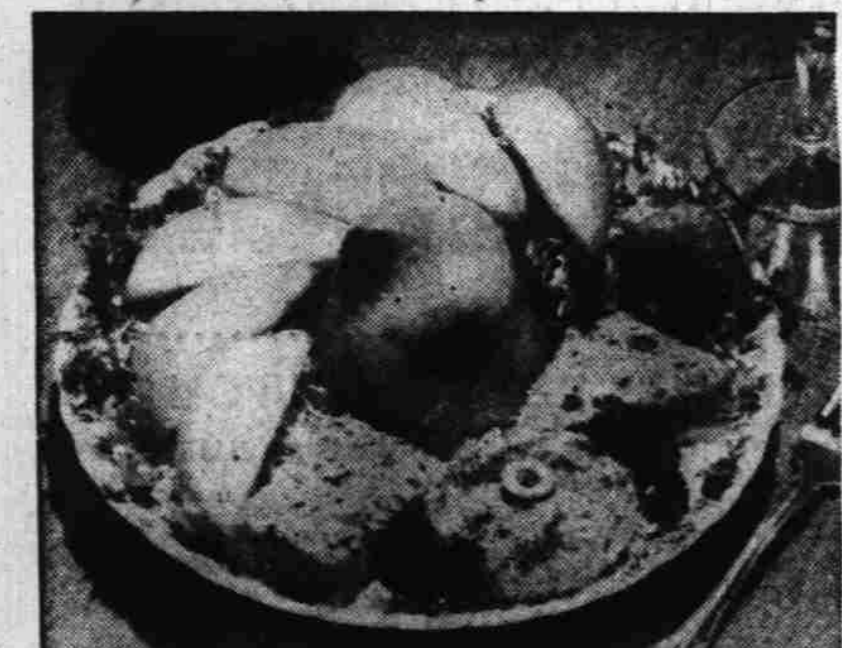
No need to spend much time over a hot old-fashioned cook stove to make cranberry sauce the real New England way. This Cape Cod 'recipe' for fresh cranberry sauce has been handed down in families for generations.

10-MINUTE CRANBERRY SAUCE

- 4 cups cranberries
- 2 cups sugar
- 2 cups water

Boil sugar and water together for 5 minutes. Add fresh cranberries and boil together without stirring until all skins pop open, about 5 minutes. Remove from fire and cool in saucepan. Makes 1 quart of sauce.

FOR THINNER SAUCE: Bring sugar and water to a boil. Add fresh cranberries and cook until they stop popping.



Succulent pear slices on a salad-sandwich plate present fresh Western pears at their best. On a bed of salad greens and in the center of the salad plate, put an individually molded citrus salad. On one side put juicy pear slices circling half the plate, and dainty sandwiches on the other half. As an accent place a cheese "strawberry" on one side separating the pear slices from the sandwiches.

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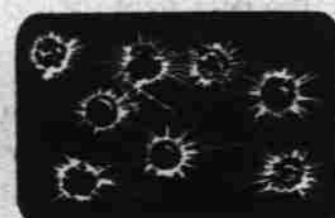
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