

For old-fashioned good eating prepare a hearty beef stew with vegetables. Combined with these tender chunks of beef are whole carrots, potatoes sprinkled with parsley bits, whole onions and cut green beans.

The Statesman's  
**Food SECTION**  
1913-14 Maxwell Buren

**Two Fresh Foods  
In Casserole Dish**

Fresh mushrooms and fresh mint give cucumbers a novel flavor in this recipe:

**CONCOMBRES A LA TOSCANA**

- 3 small cucumbers
- 4 tablespoons butter
- 2 tablespoons flour
- Salt
- Cayenne pepper
- 4 tablespoons finely sliced mushrooms
- 1/4 cup cream
- 1 egg yolk
- 2 teaspoons chopped fresh mint
- 2 slices bread

Peel 2 cucumbers but slice all 3 into 1-inch thick slices. Cover with cold water and bring to a boil; drain and reserve the cucumber stock. Melt 2 tablespoons butter over low heat, add flour and 1 cup stock, stirring until smooth and mixture comes to a boil. Season with 1/2 teaspoon salt and dash of cayenne pepper. Add mushrooms and cucumbers, cover and simmer gently until the cucumbers are just soft; add more salt and pepper as needed and keep hot over hot water. Stir cream into slightly beaten egg yolk and add to vegetables. Add mint and serve in hot casserole with fingers of bread, toasted.

**Size, Finish of Pans for  
Baking Important to Result**

By ERMINA FISHER  
County Extension Agent, Home Economics

Better pans mean better baking. Maybe you followed that new cake recipe and it was a failure. A faulty oven or recipe may have been the cause, but it might have been the baking pan you used. The size, and shape, the material used, the finish, color and condition of the pan are all important. So take a look at your pans.

The size is important—Try using two 9-inch cake pans instead of two 8-inch. Actually there is 20 per cent more space in the 9-inch pan than the smaller one. The cake will be thinner, and if baked the full time will be dry and brown. The newer baking pans on the market do have the size marked on the bottom. If it does not have, you might like to write the dimensions on the bottom of the pan with fingernail polish. Even when baked, the polish will stay on a long time.

**Consider the Materials**

Aluminum distributes heat evenly and if brightly polished it reflects heat so the food is only slightly browned. Unpolished or dull aluminum absorbs heat and produces a browner crust. So, if your family likes things real brown, choose the less bright pans. Avoid dark, dull pans—they absorb the heat and tend to over-bake. Instead of a tender crust on the cake, it is likely to have a dry, hard crust. Tinware, when bright and new reflects oven heat, browning the food lightly. With use it darkens and browns food more. Some tinware—usually in light weight—has a pressed-in rippled or honeycomb pattern which helps the pan resist warping. Glassware absorbs heat readily and holds it well, making utensils good for serving as well as cooking food. Foods baked in glass are usually crusty and rather heavy crust is not desired, use an open temperature 25 degrees lower than for baking in light-colored metal. Recipe temperatures are usually based on the use of aluminum.

Cookies need shiny pans and good circulation of heat—that's why there are little or no sides on a cookie sheet. Make sure the cookie sheet is at least 3 or 4 inches smaller than your oven in width and depth.

Pies need a different treatment. Use glass, dull finished metal pie plates to get an evenly browned shell or crust.

If you like crusty bread use dull aluminum or glass pans. For light color crust use a bright pan.

**Peanut Break in  
Quicker Bread**

Salted peanuts give this quick bread a nice flavor:

**PEANUT QUICK BREAD**

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup sugar
- 2 tablespoons shortening
- 1 1/4 cups milk
- 1 egg
- 1 cup chopped salted peanuts

Sift dry ingredients together. Cut in the shortening. Beat egg with milk and stir into the first mixture. Add chopped peanuts and mix.

Pour into a lightly greased loaf pan (8 1/4 x 4 1/4 x 2 1/2 inches) and bake at 350 (moderate oven) about 1 hour.

there's only one  
**SKIPPY**

Beware of Imitations

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**Butterscotch in  
Freezer Cookie**

Overnight cookies take kindly to butterscotch flavor. Here is one recipe for them:

**BUTTERSCOTCH REFRIGERATOR COOKIES**

- 1 cup butter
- 1 cup firmly packaged brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1/2 teaspoon grated lemon rind
- 2 1/4 cups sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt

Cream butter, add sugar and eggs, and mix thoroughly; add flavoring. Sift together remaining dry ingredients; add to butter-sugar mixture and mix thoroughly. Shape into 2 small or 1 long mold about 2 inches thick; wrap in waxed paper and chill thoroughly. Cut in very thin slices; place on unbuttered sheet and bake in hot oven (400) for 8 minutes or until browned. Makes 7 to 8 dozen.

**Broccoli With a  
Cream Sauce Good**

Make a cream sauce nicely seasoned with onions and use it with broccoli by this recipe:

**BROCCOLI SAUCE BEARNAISE**

- 1 bunch broccoli
- 1 tablespoon lemon juice or vinegar
- 1 teaspoon salt
- Cream sauce

Remove all large leaves and the tough woody parts of the stalks of broccoli; wash well. Plunge into a pan of boiling water with about 1 tablespoon lemon juice or vinegar and 1 teaspoon salt and cook 15 to 20 minutes or until just tender; broccoli will lose its color if overcooked. Drain well and arrange carefully around a hot serving dish. Pour sauce over broccoli and serve at once.

**Last of Yield  
Goes in Pickle**

The vegetable garden yields an abundance of produce about this time of year. Here's a pickle to use some of the surplus.

**SWEET MIXED PICKLE**

- 2 quarts cauliflower flowerets (2 medium heads)
- 2 medium green peppers, cut into 1/2-inch strips
- 1 1/2 pounds (9 medium) onions, peeled, quartered
- 2 1/4 cups distilled white vinegar
- 1 1/2 cups water
- 1 1/2 cups granulated sugar
- 3 tablespoons salt
- 1 tablespoon mustard seed
- 1 tablespoon celery seed
- 1/4 teaspoon turmeric

Wash cauliflower; break into small flowerets. Cook in small amount of unsalted boiling water 5 minutes. Drain. Wash and prepare remaining vegetables. Combine remaining ingredients; heat to boiling, covered. Add vegetables and boil, uncovered, 2 minutes. Quickly pack one, hot sterilized jar at a time, filling to 1/2 inch from top. Be sure vinegar solution covers vegetables. Seal each jar at once. Yields 5 to 6 pints.

**Whipped Cream in  
Waffle Recipe**

Whipped cream does something for these waffles, but that's nothing new. What recipes aren't improved by whipped cream anyway?

**WHIPPED CREAM WAFFLES**

- 1 1/2 cups sifted flour
  - 4 to 6 tablespoons sugar
  - 2 teaspoons baking powder
  - 1/2 teaspoon salt
  - 4 eggs, separated
  - 2 cups heavy cream, whipped
  - 3 tablespoons butter, melted
- Sift dry ingredients. Combine well beaten egg yolks, cream and butter; add to flour mixture. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Makes 8 waffles.

**Gnocchi Takes  
Spanish Sauce**

Gnocchi is one of those very good foreign dishes that catch the fancy of Americans. Here is a recipe for it with Spanish sauce, though you can vary your gnocchi to suit your taste.

**GNOCCHI WITH SPANISH SAUCE**

- 2 cups milk
- 1/2 cup farina
- 1 tablespoon butter or margarine
- 1/2 teaspoon salt
- 1 egg
- 1/2 lb. cheese, shredded

Cook the milk, farina, butter or margarine and salt in a double boiler, as for cereal. When well cooked and thick, remove from the heat and add the well beaten egg and one-half cup of the shredded cheese. Pour into greased individual ring molds, and cool them. When ready to serve, unmold each ring in a shirred egg dish, sprinkle them with the remaining shredded cheese and serve with Spanish sauce, first placing them under low broiler heat a few minutes to melt the cheese.

**SPANISH SAUCE**

Melt 3 tablespoons butter or Parkay margarine in a frying pan. Add 4 tablespoons chopped onion, 5 tablespoons chopped green pepper, 1/2 cup diced celery; cook slowly until onion is golden brown. Add 10 sliced stuffed olives, 1/4 cup sliced sautéed mushrooms, 1 No. 2 can tomatoes. Cook slowly until sauce is thick. Season with salt and pepper.

**GRAVY MAKINGS**

When you have broth left in the pan after baking meat loaf, use it in a sauce for the loaf or in a gravy for another meal.

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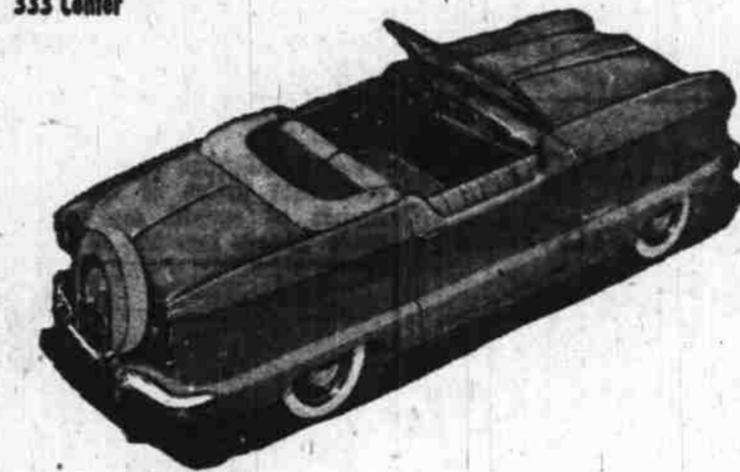
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