



Frozen potato patties make a delicious topping for this Shepherd's Pie. It's easy to fix and quite handsome to look at. The meat for the pie may be either leftover beef roast or any other leftover cooked meat.

### Potatoes Top Meat Pie for Style, Flavor

There will be days when you are looking for new ideas to dress up casseroles especially from leftovers. Sometimes there's the problem of what to do with Sunday's roast. On Monday it's good just sliced and served cold. By Tuesday it begins to look a little dreary. Happily, with an assist from some of our wonderful quick-frozen products, we can now serve up leftovers with zest, even with glamour.

From a test kitchen comes a suggestion for a delicious Shepherd's Pie. A familiar favorite it is - but this new version cuts preparation time to a matter of minutes. For the traditional topping of potato on our Shepherd's Pie we turn to a handy package of quick frozen potato patties. With four portions to each package, they come seasoned, all ready for browning in short order. After you've sautéed them gently to a golden hue, following package directions, set them neatly on your casserole mixture - a few minutes in the oven and your dish is ready.

If you like vegetables in your Shepherd's Pie, and many do, here's another nudge in the right direction. Frozen peas and carrots cook quickly and team well in this dish.

You might like to try other Shepherd's Pie variations. Chuck and other inexpensive cuts, ground through the food chopper, and sautéed quickly, makes a substantial and economical meal-in-one dish. Consider a pound of ground fresh meat when you're serving four.

**Shepherd's Pie**  
3 cups diced or ground cooked meat  
1/2 cup tomato ketchup  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon oregano  
1 1/2 oz. pkg. frozen peas and carrots  
1 1/2 oz. frozen potato patties  
Blend diced or ground meat with tomato ketchup and seasonings. Add peas and carrots which have been cooked following package directions and blend well. Place mixture in heat proof casserole. Quickly brown potato patties in skillet following package directions and arrange on top of meat mixture. Place, uncovered, in moderate oven (350 F.) 15 - 20 minutes or until mixture is heated through. Serves 4.

### Franks Make a Quick Main Dish

Franks, joined by kidney beans make a fast dish when given this treatment.

**BARBECUED FRANKS AND KIDNEY BEANS**  
1 pound franks, cut into 1/4-inch pieces  
1 medium onion, sliced  
3 tablespoons butter or margarine  
3 tablespoons flour  
8-oz. can tomato sauce  
1/4 cup bouillon  
2 cups cooked red kidney beans  
1 tablespoon brown sugar  
1 tablespoon vinegar  
2 teaspoons Worcestershire sauce  
1 teaspoon chili powder  
1 teaspoon salt  
Pan-fry onions in butter in a large skillet. Add flour. Stir to combine. Add tomato sauce and bouillon. Bring to a boil. Add beans, brown sugar, vinegar, Worcestershire sauce, and seasonings. Simmer for 10 minutes. Add franks and continue simmering for 7 minutes. Serve hot. Serves 4 or 5.

## The Statesman Food SECTION

### Add Sparkle To Vegetables With Sauces

Spring meals will take on new zest and sparkle if you pep up those old standby vegetables in fresh new dress. Potatoes, carrots, onions, cabbage, and other old faithfuls are always available, and by preparing these old standbys in different ways your meals will take on added freshness and flavor.

We have three dairy ideas for converting old vegetable standbys into new spring favorites. There is no magic about it—just the generous use of rich milk, golden butter and mellow cheese—and those dull-tasting vegetables are transformed into new family treats.

If your family likes tomatoes, and the ones you have been buying have been disappointing for salads, try serving Broiled Tomatoes with your favorite broiled dinner. A little heat is a wonderful thing for a poorly-ripened tomato.

**Vegetable Medley Bake** combines potatoes, onions, and peas in a delicious casserole dish. Crispy Carrot Cakes will make carrot lovers out of the most-hardhearted carrot hater. These go good with broiled chops and a salad.

**Broiled Tomatoes**  
3 medium tomatoes, halved  
salt and pepper  
1/2 cup buttered crumbs  
1/2 cup grated Cheddar cheese  
Season each tomato half with salt and pepper. Blend crumbs and cheese and sprinkle on each tomato half. Broil 8 to 10 minutes under low heat. Serves 3.

**Vegetable Medley Bake**  
2 lbs. small new potatoes, cooked and peeled  
1 bunch green onions, chopped  
2 cups new peas or 1 package frozen peas  
2 cups thin cream sauce  
1/2 cup grated Cheddar cheese  
Cook potatoes until tender with jackets on. Peel. Cook onions and peas together until tender. Make cream sauce using 2 Tbsp. each butter and flour and 2 cups milk. Arrange vegetables in buttered 2 qt. baking dish. Add cream sauce. Sprinkle cheese on top. Bake at 350 deg. F., for 20 minutes. Serves 6 to 8.

**Crispy Carrot Cakes**  
6 large carrots  
1/2 cup minced onion  
3 tablespoons butter  
3 tablespoons flour  
1 cup milk  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 egg  
Dry bread crumbs  
Butter for frying  
Cook carrots and onions in salted water until tender. Drain and mash. Melt butter, add flour, blending, then stir in milk. Cook, stirring constantly, until very thick. Mix with carrots. Cool. Shape into patties and chill several hours. Roll in bread crumbs, then in egg diluted with water, then in crumbs. Fry slowly in butter on both sides. Makes 8 cakes.

**COOK'S AID**  
Stewed tomatoes, now available in cans, can be put to many uses in the kitchen. They make a quick sauce, with ground beef added, for spaghetti. They are delicious, turned into a gravy, for chicken. They complement fish filets or fish steaks. As extra seasoning for the tomatoes add Worcestershire sauce, minced garlic, dried crushed thyme or basil, chili powder or curry powder. These added seasonings counteract the sweetness of the tomatoes.

**COOK'S AID**  
Many cooks favor ground chuck for hamburgers. But some kitchen experts like to have round steak ground with a little suet for meat patties. If there's a weight-watcher in your family you can have lean round steak ground without the additional fat.

### Refrigerator Storage Chart

Refrigerator Temperature 36° to 40° F.		Limit of Days for Maximum Quality
<b>MEAT (Loosely Covered)</b>		
<b>BEEF</b>		
Standing Rib Roast	5 to 8 days	
Steaks	3 to 5 days	
Pot Roasts	3 to 6 days	
Stew Meat	2 days	
Ground Beef	2 days	
Liver (sliced)	2 days	
Heart	2 days	
<b>PORK</b>		
Roasts	5 to 6 days	
Chops	3 days	
Spareribs	3 days	
Fork Sausage	2 to 3 days	
<b>CURED AND SMOKED MEATS</b>		
Hams, Picnics—		
Whole or Half	7 days	
Slices	3 days	
Bacon	5 to 7 days	
Dried Beef	10 to 12 days	
Corned Beef	3 to 7 days	
Tongue	6 to 7 days	
<b>LAMB</b>		
Roasts	5 days	
Chops	3 days	
Heart	2 days	
Liver (sliced)	2 days	
<b>VEAL</b>		
Roasts	5 to 6 days	
Chops	4 days	
Liver (sliced)	2 days	
Sweetbreads (cooked)	2 days	
<b>COOKED MEATS</b>		
Home-cooked Meats		
Hams, Picnics	4 days	
Franks	7 days	
Meats Loaves (sliced)	4 to 5 days	
Luncheon Meats (sliced)	3 to 4 days	
Bologna Loaves (unsliced)	3 days	
Dry and Semi-dry Sausage (uncut)	4 to 6 days	
Liver Sausage (sliced)	2 to 3 weeks	
Liver Sausage (uncut)	2 to 3 days	
<b>POULTRY</b>		
Chicken (drawn, whole)	2 days	
Chicken (cut-up)	2 days	
Turkeys (drawn)	2 days	
Ducklings (drawn, whole)	2 days	
Cooked Poultry	3 to 4 days	

### Ideas Given for Dairy Foods Use

When the small fry have a party on the docket, let deviled sambos be the menu feature. To fill six rolls, combine contents family size deviled ham with two hard-cooked eggs, 1/4 cup grated carrot, 1/4 cup chopped pickle and a tablespoon or two of mayonnaise. Cut roll in half and spread with generous layer of deviled combination.

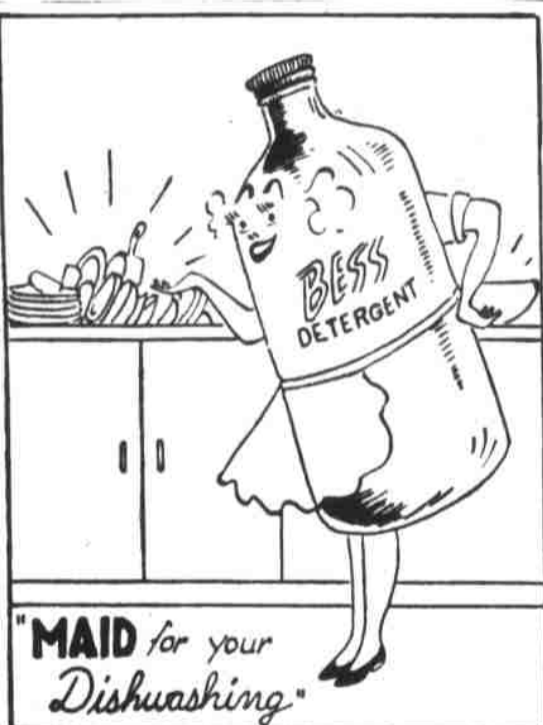
Something warm to drink at bedtime soothes the way to sleep. Tonight, how about making that hot beverage soup? A comforting cup of soup is a fine way to ease the day's tension, aid the digestion. Try smooth, savory cream of chicken.

Who doesn't love French toast? Morning, mid-day or midnight, it's a delightful snack that seems to satisfy everybody's sweet tooth. If you want to make this tasty tidbit a top favorite at your house, do this: add a tablespoon of molasses to your egg batter before dipping the bread slices. The results are rewarding - a sunny golden color and delectable flavor that will charm every gourmet in the family. Molasses French toast is the most.

**MIXED DRINK**  
Ever mix grapefruit juice (unsweetened) with apricot nectar?

### WHAT BEEF?

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