

The Statesman Food SECTION

Three Popular Ham Dishes For Summer

Ham appears often in the average family menu, and it's especially handy during the summertime as a quick dish or one that's especially designed for outdoor eating. Here are several suggestions for using it, two take dices, one ground.

The first is with sweet potatoes—cooked during the summer months, but still wonderful in flavor with the ham:

CREAMY HAM WITH SWEET POTATO TOPPING
2 cups diced cooked ham
2 cups green peas, cooked
1 can (1 1/4 cups) condensed cream of mushroom soup
4 medium-size sweet potatoes, cooked
1/4 teaspoon cinnamon
1/4 teaspoon salt
2 tablespoons butter or margarine

Mix ham, peas and soup; pour into lightly greased 1 1/2-quart casserole. Mash hot sweet potatoes; season with cinnamon, salt and butter. Beat until fluffy. Heap sweet potatoes on top of ham mixture. Bake in a moderate oven (350 degrees) for 30 minutes. Six servings.

Second is a casserole dish for family meals indoors or out.

CELERY-HAM CASSEROLE
1 small onion, chopped
2 tablespoons butter or margarine
1 can (1 1/4 cups) condensed cream of celery soup
1/2 cup milk
2 tablespoons chopped parsley
3 cups diced cooked ham
Cook onion until soft in butter. Add soup, milk and parsley; mix well, then add potatoes. Place 1/2 of this mixture in a greased 1 1/2-quart casserole; add 1 cup of ham in a layer. Repeat layers, ending with potato mixture on top. Bake in moderate oven (350 degrees) 30 minutes. Six servings.

Condensed soup furnishes the moisture and adds flavor to this ham loaf.

HEAVENLY HAM LOAF
1 pound ground veal
1 pound ground smoked ham
1 cup fine dry bread crumbs
1/4 teaspoon salt
1/4 teaspoon pepper
3 tablespoons minced onion
3 tablespoons minced green pepper
2 eggs, beaten
1/4 cup ketchup
1/4 cup water
1 can (1 1/4 cups) condensed tomato soup
Combine ingredients in order given; mix thoroughly. Pack ham loaf lightly into a greased loaf pan. Bake in a moderate oven (350 degrees) for 1 hour. Pour off juice, loosen edges, and invert on platter. Garnish if desired with green pepper or pimiento or sliced stuffed olives and sprigs of parsley. Eight servings.

Mint Filling in Chocolaty Cookie

A soft mint filling between crisp refrigerator cookies produce an excellent small cake for parties.

COCO-MINTS
1/4 cup butter
1 cup sugar
1 egg
2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/4 cup cocoa
1/4 cup milk
1/2 teaspoon vanilla
Cream butter. Add sugar and beat until light and fluffy. Add egg and beat well. Sift flour, baking powder, soda, salt, and cocoa together. Add with milk and vanilla. Shape the dough into long rolls, 1-inch in diameter. Wrap each roll in waxed paper. Chill in the refrigerator. Cut chilled rolls into 1/4-inch slices. Bake on cookie sheet in a slow oven (325 F.) for 10 minutes. Remove from cookie sheet while warm. When cooled, put cookies together, sandwich style, with Mint Filling.

MINT FILLING
3 tablespoons butter
1 1/2 cups powdered sugar
3 tablespoons milk
4 to 5 drops mint flavoring
Green food coloring
Combine all ingredients and beat until smooth and creamy.

Chop Suey All Round Favorite

This Chinese dish, one of the most popular, is a summer special as well as a winter favorite.

CHOP SUEY
1 medium-sized onion, sliced
1 green pepper, cut in slivers
1 1/2 tablespoons cooking fat or oil
1 1/2 cups celery, cut in slivers
2 hard tart apples
1 cup thin gravy or broth
1 1/2 cups cooked and diced lean pork
Soy sauce
Brown onion and green pepper in fat or oil. Mix in the celery and the apple cut into small thin slices. Add gravy or meat broth. Cover and cook 5 minutes. Add meat and season to taste with soy sauce and salt. If desired, thicken with a little cornstarch mixed with water. Heat thoroughly.

TO KEEP
Store English muffins in a plastic bag in the refrigerator. Twist an elastic band tightly around the top.

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