

Now the Cook's Gone Sweet on Sour Cream

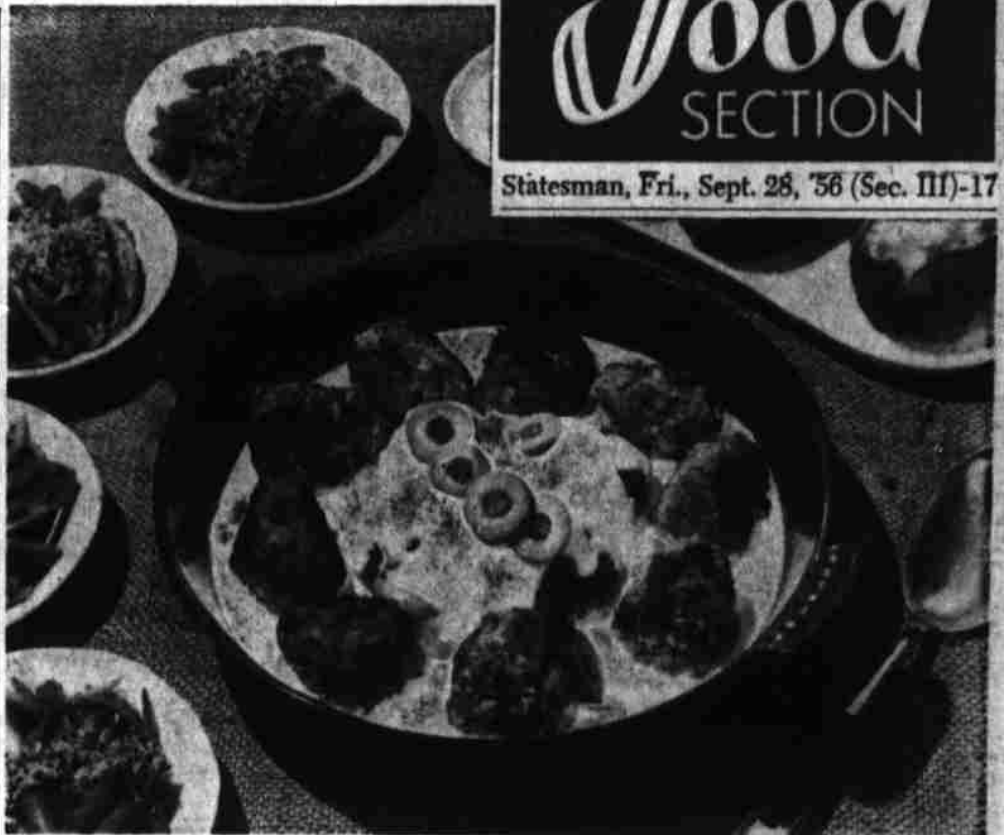
The Statesman's
Food
SECTION
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Spread reigns here, when frozen sandwich steaks are prepared direct from the freezer and topped with an interesting sauce made of sour cream, cucumber, radishes and dill seed. Sandwich steaks are but one of meats that go well with the sour cream sauce.



Dairy sour cream and cottage cheese change everyday beef and noodles into a wonderful casserole for family meals or for that covered dish supper being planned.



Sour cream and veal have long been a favorite with those who know that wonderful dish, paprika veal. Here stuffed green olives add just a bit more flavor to the combination of veal and sour cream and potato puffs are served alongside.

Dairy Soured Cream Gives Old-fashioned Flavor to Cooking

By MAXINE BUREN
Statesman Woman's Editor

Ever since commercially soured cream came into the markets in a steady supply a year or two ago, women have been getting out grandma's recipes and trying new-fangled ones using this luscious dairy item.

Sour cream now appears in pies and cakes, cookies and desserts. Sour cream gives a certain nutty goodness to meat dishes, adds snap to vegetables and gives flavor to salad dressings. In a word, it's wonderful, and many good goods have gone sweet on sour cream, using it often in their cooking.

One of the world's most appreciated meat dishes is veal with sour cream and paprika, and here we have a modern version of the same old favorite, with stuffed green olives as an extra fillip. The veal is ground this time, and cooked in a skillet, a fine type dish for meals when weather turns cooler and the family wants more husky menus.

GREEN OLIVE VEAL SKILLET

1 pound ground veal
1 cup soft bread crumbs
1/2 cup chopped pimiento-stuffed green olives
1 egg, slightly beaten
1/2 teaspoon salt
1/2 teaspoon pepper

2 tablespoons melted butter or margarine
1 4-ounce can sliced mushrooms, drained
2 tablespoons finely chopped onion
1 cup sour cream

Combine veal, bread crumbs, olives, egg, salt and pepper; mix well. Shape into 12 balls. Cook in butter or margarine over low heat until browned on all sides. Add mushrooms and onion; cook until lightly browned. Cover and cook 20 minutes. Add cream; heat to serving temperature, stirring occasionally. Garnish with additional sliced olives, if desired. Makes 4 servings.

SOUR CREAM NOODLE BAKE

1/2 cup medium noodles
1 pound ground beef
2 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic salt

1/2 cup tomato sauce
1 cup creamed cottage cheese
1 cup dairy sour cream
6 green onions, chopped
1/2 cup shredded sharp Cheddar cheese

Cook noodles in boiling salted water according to package directions. Rinse and drain. Simmer 5 minutes. Combine cottage cheese, sour cream, chopped onions and noodles. Alternate layers of noodle mixture and meat mixture, beginning with noodles and ending with meat. Top with shredded Cheddar cheese. Bake in a 350 degree preheated oven for 20-25 minutes or until cheese is melted and browned.

STEAKS WITH SOUR CREAM SAUCE

1 package frozen beef sandwich steaks
1/2 pint commercially soured cream
Pan-fry frozen steaks according to directions given on the package. While steaks are frying combine sour cream with remaining ingredients for the sauce. Serve sauce with sandwiches. Makes 6 servings.

Candies for Anytime as Favored Sweet

Here we have three candies that take coconut. They're all simple to make and produce a nice batch of welcome confections.

COCONUT MARSHMALLOW DELIGHT

1/2 pound marshmallows
1/2 pound (1 1/4 cups) walnut halves
1 1/2 cups shredded coconut

Melt marshmallows in top of double boiler. Dip nuts in marshmallow, coating well. Roll in coconut.

Date Nut Delights. Combine 1/2 cup finely chopped walnut meats and 1 cup finely chopped pitted dates. Add a dash of salt and shape into 24 balls. Dip in melted marshmallows and roll in coconut as directed above.

COCONUT APRICOT CANDY

1/2 cup dried apricots
1/2 cup shredded coconut
1/2 teaspoon grated orange rind
1/2 teaspoon grated lemon rind
1 tablespoon orange juice

Wash apricots, cover with boiling water, and let stand 5 minutes, then drain. Put apricots and coconut through food chopper. Add orange and lemon rinds and orange juice and knead mixture until blended. If candy is dry, add enough additional orange juice to moisten. If too moist, work in a small amount of confectioner's sugar. Shape in 1-inch balls. Roll in granulated sugar, additional coconut, or finely chopped walnut meats. Make about 2 dozen balls.

QUICK COCONUT FUDGE

1/2 cup hot mashed potatoes
1/2 teaspoon melted butter
1 1/2 cups (1 1/2 pound) sifted confectioner's sugar
1/2 teaspoon vanilla
Dash of salt

Mix potatoes and butter together in bowl. Add sugar gradually and beat until thoroughly blended. Add vanilla, salt and coconut. Pack into a greased 8x4-inch pan and spread melted chocolate over top. Let stand until chocolate is firm. Then cut in squares. Makes 24 pieces.

Fruit Drops. Prepare coconut mixture as above, adding 1/4 teaspoon grated lemon or orange rind. Drop from teaspoon onto waxed paper. Let stand until firm. Makes about 2 dozen drops.

RIGHT MEASURE

An ice-cube tray that holds two cups of water will make a pound of ice cubes.

Cookie Crumb Desserts Have Added Flavor

Using cookie crumbs is an old trick with cooks who use them in such dishes as tortoni and pie shells. The tortoni is a rather elegant form of ice cream or other dessert mixture, with the sweet crumbs folded in for flavor and thickening.

There are other ways to use cookie crumbs too. Here are some suggestions for the commercial waters, but your own cookie crumbs could be substituted.

PEAR CHARLOTTE

6 halves canned or cooked pears, drained
12 marshmallows
20 lemon snaps
1/4 cup whipping cream
1 tablespoon powdered sugar
1 teaspoon vanilla

Cut pears and marshmallows small and coarsely crumble lemon snaps. Whip cream and stir in sugar and vanilla, and into this fold pears, marshmallow and crumbled crackers. Chill in parfait glasses, garnish with maraschino cherries and serve. (6 portions).

LEMON DESSERT

18 lemon snaps
2 eggs
1/4 cup sugar
1 1/2 teaspoons cornstarch
2 cups scalded milk

Line each sherbet glass with 3 lemon snaps. Combine sugar and cornstarch and add slowly to hot milk while stirring. Cook over hot water for 10 minutes, stirring occasionally. Add eggs gradually, stirring vigorously, and cook 2 minutes longer. While warm fill lined sherbet glasses 3/4 full. Cover top with sliced peaches and chill. Top with whipped cream and serve. (6 portions).

Bananas, Rice In Nut Dessert

Banana lovers will want to keep some of this dessert in their refrigerator, it stays so creamy and good. It's an easy dessert to make, too, because only the almonds need much cutting up, and it doesn't take a second to slice the bananas.

Easily cooked rice is the base of this dessert. The rice is cooked for a short time in milk to give a pudding texture. Banana slices sprinkled with lemon juice are stirred into the cooled rice. There are plenty of toasted almond slivers all through the dessert. The whipping cream makes the texture creamy and extra delicious.

BANANA ALMOND RICE DESSERT

2 1/2 cup uncooked white rice
1 1/3 cups water
1/2 teaspoon salt
1 1/2 cup blanched almonds, sliced
1 cup milk
1/2 cup sugar
1 teaspoon vanilla
2 teaspoons lemon juice
1 1/2 to 2 cups thin banana slices

Put the rice, water and salt in a 2-quart saucepan. Bring to a vigorous boil. Turn the heat as low as possible. Cover with a lid and leave over this low heat 14 minutes.

While the rice cooks, toast the almonds by placing them in a pan in a pre-heat 350 degree oven. Toast about 15 minutes until browned.

After the rice cooks 14 minutes, stir in the milk. Turn the heat up slightly. Cover and continue cooking until the milk is absorbed but the rice is creamy. Stir frequently during the cooking. Remove from the heat but allow to stand, covered, 10 minutes. Stir the sugar and almonds into the rice. Allow to cool. Stir in the vanilla. Pour the lemon juice over the banana slices. Gently stir the banana slices into the rice. Cover and chill in the refrigerator until time to serve.

Just before serving, whip the cream stiff. Fold in the rice-banana mixture. This recipe makes 8 to 10 servings.

One person tells another
'Nicest thing that ever happened' to a Salad!

larded greens or vegetable combinations make a tempting treat when topped with Milani's 1890!

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Always Heat Vegetables When Freezing for Best in Flavor

A reminder that vegetables must be heated through before being frozen if they are to keep their appetizing fresh qualities in home freezers or lockers comes from the U. S. Department of Agriculture. The reminder comes at this time because of many inquiries as to whether preheating or "blanching" is unnecessary or out of date in modern freezing preparation of vegetables.

All research, both for commercial and home freezing methods, shows that practically every vegetable, except green pepper, loses fresh flavor and color as well as tender texture if frozen without preheating. Added to this is an unpleasant flavor, described as "hay flavor" that unblanched vegetables may acquire during frozen storage.

Time-saving methods of preserving food are in great demand today, but it doesn't pay to save a little time when the results will be unappetizing and thus a waste of the vegetable and a valuable freezer-space, the specialists say. Home freezers will give full satisfaction only if fresh, tender, high quality foods, prepared and packaged by the methods found best by research, are put in them.

The reason for heating vegetables before packing for freezing is that the heat slows or stops the natural process of maturing or aging. If vegetables are not heated enough, the aging continues in frozen storage. Then, the vegetables begin to develop off-flavors, toughness and poor color so that within a few weeks or months they may be unappetizing.

Blanching or preheating takes only a few minutes. For home freezing, the most satisfactory way to heat practically all vegetables is in boiling water. Full directions are given in "Home Freezing of Fruits and

EGG AND CELERY IN CROQUETTES

The cream sauce for these croquettes is already made for you when you use a can of condensed soup. Simple, yes, and fit for your king. Mix 1/4 cup of 1 can (10 1/2-ounce size) condensed cream of celery soup with 8 chopped hard-cooked eggs, 1/4 cup fine dry bread crumbs, 2 tablespoons minced parsley, 2 tablespoons minced onion, 1/2 teaspoon salt and dash of black pepper. Form into 4 large or 8 small croquettes. Roll croquettes in additional bread crumbs. Fry slowly in 2 tablespoons shortening until browned. Meanwhile combine 1/4 teaspoon curry powder in 1-3 cup milk and add to remaining soup; heat. Serve as sauce over croquettes. Makes 4 servings.

GO ITALIAN

Add thinly sliced zucchini squash (cooked first in a little butter) to an omelet.

Vegetables (HG 10). Single copies are free from the Office of Information, U. S. Department of Agriculture, Washington 25, D.C.

SALEM HOUSEWIVES AGREE--



Orange Salads For Use in Winter

Oranges and apples are the most popular of all winter salad fruits. Here we offer two orange salads for wintertime, when refreshing dishes are very much in demand.

ORANGE PINWHEEL SALAD

Refreshing orange half slices perched on creamy cottage cheese gives this salad a breezy feeling. As with most salads, it is careful arrangement that gives this one much of its eye appeal. Start with curly leaved lettuce, then add big cartwheel orange slices flat, and arrange the top as pictured. Just add a beverage, rolls and dessert for a delightful luncheon, even good for calorie counters. Pass this creamy dressing to those free of calorie cares: fold whipped cream into Lemon Mayonnaise; spice with cinnamon.

HEARTY ORANGE CHICKEN SALAD

Sliced cold chicken
1 pound string beans, cooked
Lemon French Dressing
1/2 cup sliced almonds, toasted

4 or 5 oranges
Arrange chicken slices diagonally, alternating with clusters of whole cooked beans, which have marinated in Lemon French Dressing. Scatter almonds over beans. Peel and slice oranges; arrange slices diagonally on the plate for a final touch.

Drain canned small white onions and heat in a cheddar cheese sauce. Sprinkle with paprika alternating into serving dish.

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