

Here We Go For Some Meatless Meals . . .

Eggs, Cheese, Fish On Lenten Menus

By MAXINE BUREN
Statesman Woman's Editor

Many women are faced with the necessity of serving a certain number of meatless meals in the season of Lent, others do it purely because they enjoy meals featuring other than meat.

These days with so much material about cooking, and so many wonderful food products to use, women find it far less arduous than in past years. Many like to serve fish a little oftener, others add egg main dishes to their list of foods, while still others depend upon foods like nuts and cheese to provide nourishing features of the main dish.

New omelet ideas provide a nice change of pace in planning menus. An especially pleasing suggestion is a baked omelet made with sliced pimiento-stuffed green olives and cheese, served with potatoes and a cheese sauce. Build menus around either of these dishes for delightful meals during Lent.



Cheese and Olive Omelet

- 4 eggs, separated
- 1/2 cup milk
- 1/2 teaspoon pepper
- 1/2 cup sliced pimiento-stuffed green olives
- 1 cup grated Cheddar cheese (about 1/2 pound)
- 1/2 cup butter or margarine
- 1 3/4-cup can shoe-string french-fried potatoes

Cheese sauce*

Combine egg yolks, milk and pepper; mix well. Beat egg whites until stiff but not dry. Fold egg whites, olives and cheese into egg yolk mixture. Melt butter or margarine; add olive mixture and cook over medium heat until bottom is lightly browned. Arrange potatoes in shallow baking pan. Bake potatoes and omelet in moderate oven (350 degrees) 15 minutes, or until omelet is set. Turn omelet out on serving platter; top with potatoes. Fold omelet. Serve with cheese sauce. Garnish with additional sliced olives, if desired. Makes 4 servings.

*Cheese Sauce: Melt 2 tablespoons butter or margarine; add 2 tablespoons all-purpose flour and blend. Gradually add 1 cup milk and cook over low heat, stirring constantly, until thickened. Add 1 cup grated cheddar cheese (about 1/2 pound) and season with salt and pepper to taste. Cook over low heat, stirring constantly, until cheese is melted.

Eggs are at their best in soufflé and the cook can make a wide variety of flavored soufflés to suit almost any occasion. Let's look at fish soufflé, a good recipe to know and vary.

Fish Soufflé

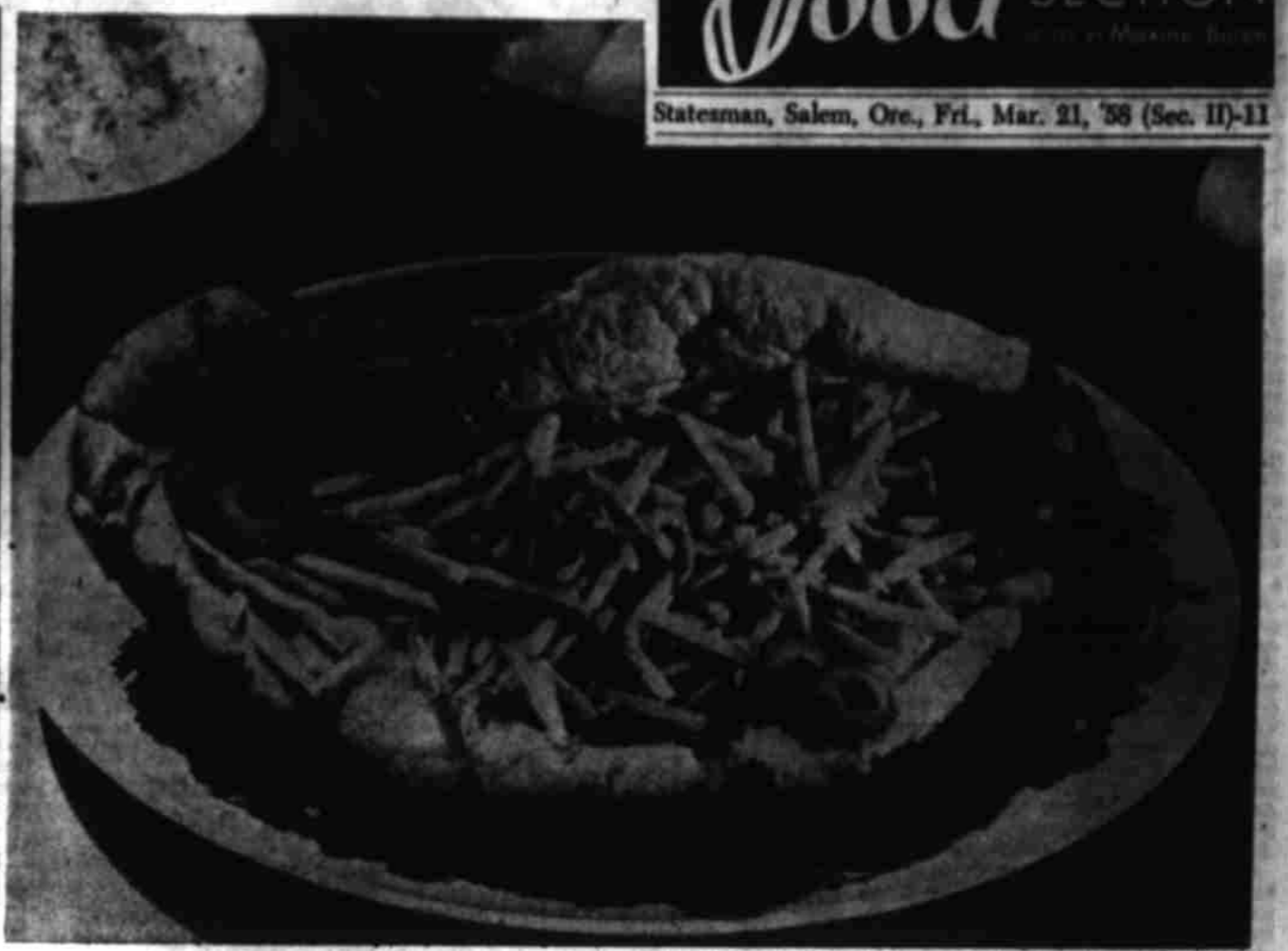
- 2 tablespoons butter
- 2 tablespoons flour
- 1 1/2 cups hot milk
- 1 can salmon
- 3 egg yolks
- 3 egg whites
- 1/2 teaspoon salt
- 1/4 cup minced onion

Melt butter in a saucepan, blend in flour, add milk and cook, stirring constantly until mixture thickens. Add salmon, finely minced onion. Remove from heat, separate eggs and beat yolks. Add to slightly cooled sauce. Fold in stiffly beaten whites. Turn into ungreased casserole, set in a pan of water, bake in moderate oven (350 degrees) for 50 to 60 minutes. Serve immediately after removing from oven. Makes about 4 servings. A cream sauce of shrimps and peas, or other favored flavor is good as a topping.

Deviled eggs make a main dish too, when they get a topping of a creamy sauce. Make your favorite recipe for deviled eggs, using a highly seasoned stuffing, top with cream sauce and call the dish an omelet for lunch or supper.



Deviled eggs, usually served as a salad, now has become a main dish. Make the filling by your favorite rule, then give them a generous topping of piping hot cheesy cream sauce and serve with melba toast for crisp contrast. This egg stuffing has tiny bits of chopped pimiento for color interest.



A cheese-olive omelet, served with shoestring potatoes, hot muffins or rolls and a canned fruit, make a very popular menu for serving those meatless days. Olives make the garnish, too. French style omelet takes a bit of skill.

Broiled Fish Is Specially Sauced

Broiled fish gets a flavorful saucing with a blend of tomato ketchup, vinegar, Worcestershire sauce and butter. This, we're told, is a Mississippi delta favorite, a real Southern taste treat.

- #### DELTA FISH BROIL
- 2 tablespoons butter or margarine, melted
 - 2 tablespoons vinegar
 - 2 tablespoons tomato ketchup
 - 1 tablespoon Worcestershire sauce
 - 1 pound fillets of sole, haddock or whitefish

Combine first 4 ingredients. Place fillets on broiler; brush with sauce. Broil 8-10 minutes each; broil frequently with sauce. Garnish with parsley or lemon wedges. Makes 4 servings.

Scrambled Eggs With Potatoes

Potatoes and eggs make a main dish for Sunday night supper, when there's a question as to what's to make a good menu. The scrambled mixture can be garnished nicely with parsley, chives or pimiento and it will be as glamorous as you wish.

- #### POTATO-AND-EGG SCRAMBLE
- 2 slices bacon
 - 2 cups thinly sliced raw potatoes
 - 1 teaspoon salt
 - 4 eggs, beaten
 - 1/2 cup milk
 - Pepper

Cook bacon slices in a fry pan until crisp. Remove from pan. Fry the potatoes in bacon fat until they are well browned, sprinkling with salt when they start to brown. Cover pan closely and cook over low heat until potatoes are tender. Combine eggs, milk, and pepper. Pour over potatoes in the pan and cook slowly, stirring occasionally, until eggs are set.

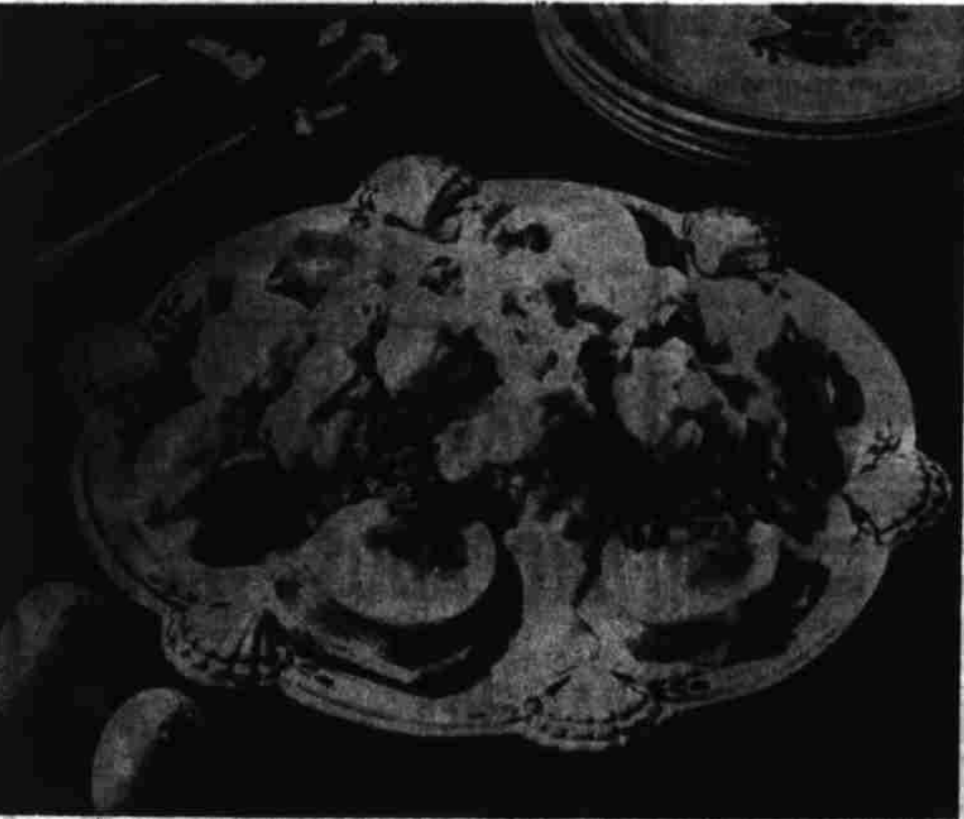
Crumble the bacon and add it just before taking the pan from the heat. Serve at once. If desired, sliced boiled potatoes may be used instead of raw potatoes. 4 servings.

Fig, Carmel Icing Good

Dried figs are surely one of the best of the fruits dried and packed in the sunny valleys of California. They are filled with natural fruit sugar (actually 55%).

- #### HEAVENLY FIG AND CARMEL FROSTING
- 10 stewed dried figs, drained
 - 1/2 cup butter or margarine
 - 1 cup brown sugar (packed down)
 - 1/2 cup top milk
 - 1 teaspoon cinnamon
 - 1 teaspoon vanilla
 - About 2 1/2 cups confectioners sugar

Drain and dry the stewed figs. Snip off their stems. Then cut the figs into tiny bits. In a saucepan, melt the butter and add the brown sugar and the milk. Heat gently until the mixture boils. Remove from heat. Stir in the figs, cinnamon, vanilla and the confectioners sugar to make a frosting that will spread nicely. Add more sugar or milk as desired for right consistency. Enough to frost and to fill two nine-inch layers.



Eggs make the main dish, with the assistance of cauliflower and chopped ham. The Eggs Copenhagen, a handsome dish as well as a good tasting one, has a dash of curry powder in the sauce to intrigue the taste buds.

Cauliflower With Eggs Is Danish

If you've been racking your brains for something new to serve for lunch, you might consider the merits of Cauliflower Copenhagen, a luncheon platter that combines poached eggs and cauliflower. It makes a delightful light meal and, with eggs in the refrigerator and a package of cauliflower in the freezer, it's one you can put together at a moment's notice. The snowy-white cauliflower flowerets are arranged in the center of the platter, surrounded by poached eggs on toast and covered with a creamy curry sauce and a sprinkling of chopped cooked ham.

This is a particularly good dish to serve at this time of the year, for eggs are in plentiful supply and quick-frozen cauliflower is always in season.

CAULIFLOWER COPENHAGEN

- 1 package (10 ounces) quick-frozen cauliflower
- 1 tablespoon butter
- 2 tablespoons flour
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 3 cup light cream
- 4 eggs, poached
- 4 toast squares
- 1/2 cup chopped cooked ham

Cook cauliflower as directed on package. Drain, reserving 1 tablespoon liquid.

Melt butter in saucepan. Add flour, curry powder, and salt and stir until blended. Add vegetable liquid and cream gradually and cook until mixture is thickened, stirring constantly.

Arrange cauliflower on serving platter. Cover with sauce. Place poached eggs on toast squares around cauliflower and sprinkle

chopped ham on top. Makes 4 servings.



Dear Annabelle...

BE THANKFUL

By Nulade Annie

DEAR ANNABELLE: I am the Mother of teenage daughters fifteen and seventeen. I'm teaching them how to cook, sew and be good homemakers and they both seem to enjoy these things, especially cooking with NULADE eggs. They know NULADES are always fresh and are so good any way they fix them. I have one problem, however, and that is both of my daughters insist on setting the table at every meal as though guests were coming. I tell them that our everyday dishes and utensils are good enough; that the china and silverware should be used only on special occasions. Am I right? SENSIBLE MOTHER.

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