Andree Rooks Reveals French Recipes.

By EDNA RAMP
Of The Register-Guard

Cooking is not a chore but an "affair of the heart" for Mrs. Chester Rooks.

Nearly a decade in time and a continent and ocean in space separate her from her homeland, France. But each day when she goes into her kitchen, she is back in St. Amand les Eaux.

She has no French cookbooks. The recipes she uses are those told to her by a much-loved and loving mother. They will be given in turn to the two-year-old daughter, Noella Darline, who already finds the little kitchen at 1748 High St. a fascinating place.

"She loves to watch me and even dries the dishes," says the golden-haired, blue-eyed Andree.

Mrs. Rooks has been cooking from the time she was eight years old—when her mother was left alone with three daughters.

REMAINED HOME

"I've always loved to cook," she recalled in an interview. "As soon as I came home from school, I went into the kitchen instead of going out to play. Mother gave me directions as she sat at her sewing. I couldn't do right the first time, but she helped me and I learned that way. By the time I was 11, she trusted me with anything."

Young Andree remained at home, keeping house and cooking for her mother and sisters until the war came. During the years of the German occupation, she was recruited for work in a factory, wihch made sweaters and socks.

Andree met her American husband when she and a friend went to buy shoes in a neighboring town, Valencienne. He was stationed there with the American troops and a girl friend of Andree's introduced them.

"I guess it was just destiny," she says now.

PREPARES FOR GUESTS

Many American customs the French girl finds quite different from those of her country. One is the matter of entertaining. Guests just don't come unexpectedly in France, unless, of course, they are members of the family.

"Anyone is welcome," she smiled. "But no one just walks in. We know two or three days in advance so we can really prepare a meal."

Dinner is served at 7:30 to 8 in a French household. The youngsters go to bed immediately afterward. A snack (drop-in company is acceptable here) is served at four o'clock, similar to the English tea hour, but in France, the drink is coffee or chocolate.

Served with it are sandwiches, hot buns, cookies or crepes (a type of pancake), so everyone can "stand up until dinner time." Lunch in the French household also is a big meal, for most workers come home for the noon hour.

One custom which Mrs. Rooks didn't have to get used to in America was that of "taking snapshots of everything."

"I love to take pictures," she said, as she leafed through her photograph albums.

MAKES PANCAKES

It's also a hobby of her twin sister, who now lives in the Southern part of France where she and her husband have a restaurant. As the photographs go back and forth and lives are shared, somehow it shortens the distance between the two countries.

French ways are maintained in the Rooks' kitchen, but there are American customs, too.

"For instance, we in France had only toast and coffee or French bread with a bit of cheese for breakfast," she said. "Now I make pancakes for my husband."

Most of Andree's cooking utensils are of heavy aluminum or cast iron.

"They are better for slow long cooking and also keep food hot," she explained. "You don't have to warm it up all the time—that is not good for the food flavor."

As symbolic as the coffee pot in a Swedish kitchen is the kettle for cooking French fries — it's used exclusively for that—and used often.

LIKE FRENCH FRIES

"Any time of the day we have Franch fries," Mrs. Rooks reported. "They are good with almost everything. Remember always to keep the grease hot, for if it cools, the fries are not crisp. Also the potatoes must be drained and completely dry before frying."

In France, she continued, salad is not served with the main meal, but as a separate course. The greens may be lettuce, endive, or whatever you prefer. A bit of garlic, some onion, salt and pepper, half as much vinegar as salad oil—and there it is.

"Again, be sure the salad greens are dry," she cautioned. She herself uses a wire basket from France in which she can "shake" vegetables dry.

Mrs. Rooks lists the following recipes used frequently in her home. Exact proportions, she cautions, are sometimes difficult to estimate.

"My mother taught me to measure," she admitted with a smile, "but I do it by the eye."

Crepes

Sift 3 cups of flour into a bowl. Add 3 tablespoons salad oil, ¾-teaspoon salt, 2 egg yolks, 1 tablespoon sugar, 1 teaspoon vanilla, ½-cube of dry yeast which has been soaked in lukewarm water. Mix well. Add milk until the consistency of hot cake mix. Let stand 15 minutes. Cook in slightly greased, very hot skillet, just like hot cakes. Serve with brown sugar or jam.

Cassoule

Cook a package of white navy beans in salted water until beans are soft but not mushy.

While they are cooking, melt ¼-square of butter in Dutch oven. Fry slowly 4 slices of bacon, 4 ½-inch slices Polish sausage, 4 Vienna sausages, 4 link sausages and 4 ½-inch slices of salami. Cook on low heat for 15 minutes.

Add 1 cup water. Don't pour off the grease, for the "beans will ask for it." Add 1 can tomato paste and more water if desired, salt and pepper.

Drain beans and add to meat mixture. Simmer 15 minutes on low heat. This is excellent with new potatoes, boiled with the jackets on.

Mousse au Chocolat

Melt in the oven 4 ounces of sweet cooking chocolate and ½-cube of butter. Work into the chocolate mixture 4 tablespoons of sugar and 4 egg yolks. Add stiffly beaten egg whites. Fold in until the whole mixture is foamy. Cool in refrigerator. (In France, this dessert is allowed to set in the cave (cellar) until chilled).

Roast

Butter a beef or lamb roast. Salt and pepper. Insert 2 or 3 cloves of garlic. Place in a 500 degree oven for 20 minutes—10 minutes to each side, basting with the juice.

Steak

Use round or flank steak. Rub with garlic. Fry in very hot buttered skillet, 3 minutes on each side. Salt and pepper.

Cauliflower au Gratin

While cauliflower is cooking, prepare a cream sauce as follows:

Blend 2 level tablespoons flour into ½ cube butter, melted. Cook 10 to 15 minutes over very low heat, being careful not to scorch. Add salt and pepper. Stir in milk until sauce is the consistency of pudding. Remove from stove. Stir in 1 egg yolk, beaten, and 1 cup grated guyere cheese.

Place drained cauliflower in casserole. Cover with sauce. Bake in 350 degree oven until golden brown.

(Register-Guard photo, Wiltshire eng.)

MRS. CHESTER ROOKS AND DARLINE
Mother Teaches Daughter Cooking Secrets Brought From France

Eugene Register-Guard
LANE COUNTY'S HOME NEWSPAPER

SECTION C EUGENE, OREGON, THURSDAY, APRIL 21, 1955

Food Features

FOODS AND FANCIES

Conduct Kitchen Experiments to Discover Interesting New Combinations for Menus

By EDIE EULANE
Of The Register-Guard

You don't need a white coat and a row of test tubes to conduct a laboratory.

Convert your kitchen into a taste-basting center. Your results will at least make family history, even though they can't compete with Salk.

Try out different combinations of food flavors . . . it will help in building interesting menus, which can be repeated over and over through the years.

The result of a series of experiments at our house has brought about this menu which never fails to please. Sometime I think I'll share it with guests, even if sauerkraut isn't generally considered "a company dish."

Start out with fresh sauerkraut . . . you can get it at several stores either in a jar or cellophane bag. Add a small amount of water and cook on top of stove for about 10 minutes.

Place a package of smoked sausages (the big fat ones . . . . about 7 to a package) in a heavy skillet. Cover with water and cook for 7 to 10 minutes.

Put sausages in pan with sauerkraut, add about ¼ cup of the water in which they've been cooked. Continue cooking at low heat about 20 minutes, so the flavors are well blended, but don't let the kraut get mushy.

For the next taste treat you'll need 2 slices of bacon, cut in small pieces. Fry in heavy kettle, along with 2 tablespoons of minced onion. When golden brown, add 1 can cream of mushoom soup and blend well. Add 2 cans of drained green string beans which have been heated in a separate kettle. Stir gently until all beans covered with the cream sauce. Add ½ to 1 cup of grated sharp cheddar cheese. Cook on very low heat for 15 minutes.

Both the sausage and sauerkraut dish and the bean dish can be put in casseroles and placed in a 300 degree oven, if you wish, instead of keeping them on low heat on top of the stove.

With these two main dishes, we have hot biscuits. Make your own if you prefer. . . I always use a package mix and make the biscuits thin and rather crisp. No jam or honey. . . just lots of butter.

A vegetable gelatin salad is good with this meal. We, however, prefer stuffed celery sticks and sliced fresh tomatoes. Cucumber chip pickles are a must.

As for dessert . . . plan to serve home-canned fruit and home-made cookies. They'll keep well for the next day. . . I predict you won't want them after the meal outlined above.

Chocolate Mint Ribbon Cake

1 package chocolate or devil's food cake mix
1 quart peppermint ice cream
Crush peppermint stick candy

Prepare chocolate cake mix as directed on package. Bake in waxed paper-lined 13x9x2" pan in moderate (350 degree) oven 30 to 40 minutes or until done. Let cake stand 10 minutes; remove from pan. Cool.

Cut cake in half lengthwise. (Frost half for tomorrow's dessert).

Trim half to fit freezer tray. Split cake crosswise to make two layers. Place one layer in freezer tray. Stir ice cream to soften and spread half on cake in tray. Place other layer of cake over ice cream; spread with remaining ice cream. Swirl top. Decorate with the candy. Freeze until firm. Makes 8 servings.

Cabbage Rolls Stuffed With Corned Beef

Traditional in European cooking is the stuffed cabbage roll. Since cabbage is one of the most plentiful year-round vegetables from California and Arizona, a more up-to-date version of this classic is a suggestion for a main dish. With quick-cooking rice and canned corned beef, it can be prepared in a jiffy. But there are no short cuts in flavor. You'll find it's a wonderful dish for informal entertaining.

Cabbage Meat Rolls

1 large head of cabbage
1 12-oz. can corned beef, ground
1 cup minced onion
¾ cup packaged pre-cooked rice
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons melted butter or margarine
1 cup grated American cheese
1 No. 2½ can tomatoes

METHOD: Cut core from cabbage and carefully separate 16 leaves. Parboil cabbage leaves in boiling, salted water about 3 minutes. Drain leaves and lay out, placing two together so that you have cases for 8 rolls. Combine next five ingredients. Divide evenly between cabbage leaves. Roll up each, folding ends toward the center. Secure with toothpicks. Place in 12-inch or large skillet coated with melted butter. Drain tomatoes and place in border around edge. Sprinkle with cheese and pour over the tomato liquid. Cover and simmer 40 minutes, until tender. Makes 8 servings.

A hybrid rice has been developed which may double the yields of Asian fields.

Tender, Fresh Asparagus Insures Delicious Souffle

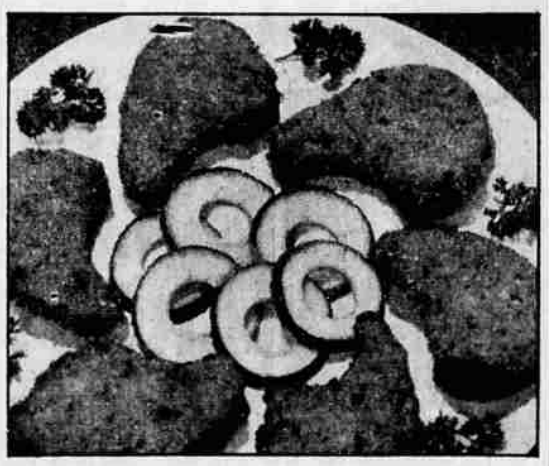
In April that tender, fresh, western grown asparagus comes into the market in quantities that take it out of the luxury class. If sometime soon you're planning a very special luncheon, we'll guarantee you'll really impress your guests with this recipe. It's a tender souffle with a tang of cheese flecked with the delicate green of fresh asparagus. Try it soon.

Fresh Asparagus Souffle

¼ cup butter or margarine
¼ cup sifted flour
1½ cups warm milk
5 eggs
1 pound fresh asparagus, finely chopped
⅛ teaspoon minced garlic
1 teaspoon salt
¼ cup grated American cheese

METHOD: Melt butter; add flour and mix into a smooth paste. Add milk slowly and cook over low heat until thick, stirring constantly. Add cheese and cook only until melted. Remove from heat. To cheese mixture, add egg yolks, well-beaten with ½ teaspoon salt. Add garlic and asparagus. Sprinkle egg whites with ½ teaspoon salt and beat until stiff. Fold in cheese mixture and mix only until blended. Bake 60 minutes at 350° F. in a well-greased 1½-quart baking dish, placed in a larger pan with 1 inch of hot water. Makes 6 servings.

What every good cook knows:



Just a little difference in ingredients makes a big difference in cooking results

Snowdrift is *just a little lighter* than any other shortening—and that can make the big difference in giving your family *lighter, more digestible foods.*

Snowdrift gives *just a little more safety* than ordinary shortenings, because it fries perfectly at correct high temperatures. That can make the big difference in *digestibility* of fried foods.

Snowdrift's ingredients are *just a little costlier* than any other solid shortening's (yet *you* pay no more). That can make the big difference in *better tasting foods*, whether fried or baked.

No other shortening at any price is so creamy, so digestible—and so light!

Snowdrift

100% PURE • ALL-VEGETABLE SHORTENING • MADE BY THE WESSON OIL PEOPLE

"With Ready-to-Spread Cake Icing Even a Busy Woman has time to bake!"

"Now even a busy working woman like myself can find time to bake her own cakes—since these amazing new Towne Pride Butter Creme Cake Icings have done away with the fuss and bother of making cake icing," says Mrs. Susan Van Cleve, busy executive secretary. "Why, it's so easy to have a delicious creamy-smooth cake icing in just seconds! All you do is open the tin and spread right on the cake! I always keep both flavors on hand...Towne Pride Butter Creme Chocolate and Towne Pride Butter Creme Vanilla."

2 Delicious Butter Creme Flavors
Chocolate and Vanilla

New TOWNE PRIDE Butter Creme Cake Icings Save Time, Taste Better!

You'll find that your cakes will taste EVEN BETTER when iced with delicious, easy to use, ready to spread Towne Pride Butter Creme Cake Icings. They're so good and so creamy-smooth—you'll wonder how you ever got along without them. No cooking! Nothing to be added! No muss or fuss—just open the tin and they're ready to spread. Try them today and you'll find out why busy women everywhere are using Towne Pride Butter Creme Cake Icings for the most tempting cakes they ever made.

Towne Pride
BUTTER CREME CAKE ICINGS

* By the makers of TOWNE PRIDE Toppings and Fruit Ades

Country good

Pure, fresh honey—natural graham flour

in NABISCO Sugar Honey GRAHAMS give a wholesome flavor children love, day after day. They're baked tender and golden by special NABISCO methods. Won't spoil appetites because they digest so easily. A perfect between-meal snack! Buy NABISCO GRAHAMS—this kind will please you most.

NATIONAL BISCUIT COMPANY

★Kept fresh in 6 IN-ER-SEAL wax packets

★ Now each cracker breaks into perfect size for easy eating.

NABISCO Sugar Honey GRAHAMS