

Home-Baked Beans Ideal For Freezer

Real home-baked beans taste a lot better when you are not reminded of how long they took to make. The solution is to make a quantity, at least six quarts, pack them in the new wax-board freezer container and freeze them for future enjoyment.

If you are shopping for a new baked bean recipe, and one which freezes, try this one. There is enough here to fill six quart-size freezer cartons.

- Home-Baked Beans**
- 3 pounds of dried beans
 - 1 1/2 pounds of lean salt pork
 - 3 medium onions
 - 3 cups dark molasses
 - 3 teaspoons salt
 - 3 teaspoons dry mustard

Soak beans overnight in enough water to cover them. Next morning, cook them in the same water to which you have added enough more to cover beans. Let boil, then simmer for a few minutes. Remove from fire.

For this quantity of beans, three quart-size bean pots with covers are needed. Place one whole onion at the bottom of each pot. Mix the cooked beans, molasses and seasonings and put equal amount in each pot. Cut the salt pork into 2-inch cubes and tuck the pieces into beans near the top. Add water to fill pots within an inch of the top, cover, and bake in low oven for 10 hours. At intervals of three hours, add more water to fill pots. At the end of 10 hours, remove covers and bake for another hour.

Quick-cool by lowering pots in ice water. Then spoon contents in quart-size freezer cartons and put immediately into freezer.



(Whitshire engraving)

Frozen Bread Makes Tasty Sandwiches

Ever try making sandwiches with frozen slices of bread?

Agnes Kolshorn, extension nutrition specialist at Oregon State college, says the latest suggestion to keep the fresh quality of bread, help "refrigerate" the lunch box, and save time in making sandwiches is to do just that.

Bread is easier to spread when frozen than when soft and crumbly, the specialist explains. To gether from frozen slices put together in closely wrapped sandwiches keeps the filling in between fresh and even keeps lettuce crisp for several hours. That chill also helps keep other foods in the lunchbox cold.

When the slices thaw, they have the characteristics of fresh bread. All in all, it may be considered a "cool" idea, especially for July "Sandwich Month" when lunches often suffer from hot weather, the specialist reports.

Miss Kolshorn says the best way to keep bread fresh and avoid staling is to keep it frozen—in the freezer, the frozen food compartment, or even the ice cube compartment of the refrigerator.

Many families purchase a supply of bread for a week or two and keep it in their freezers, says the specialist. Frozen sliced loaves are especially convenient because the slices separate readily without thawing and may be used frozen not only for sandwiches but also for toasting.

Hints Given On Freezing Meat Dishes

Many homemakers are pretty much up on their ABC's of meat freezing but often do not know too much about freezing cooked combination meat dishes. Here are some tips which may be helpful:

1. Stews, soups, casseroles, and spaghetti sauces—all may be frozen for use later. When freezing stews, slightly undercook the vegetables as they will soften further during cooking and reheating later. It is preferable to omit potatoes and add these when reheating as they tend to become mushy when frozen.

2. Cool the cooked dish as quickly as possible, then pack in a freezer carton. (Place the stew pot in a bigger pan of cold water to hasten cooling.)

3. Meat sandwiches may be frozen. Wrap each sandwich individually but do not include mayonnaise or lettuce as these do not freeze well.

4. Use frozen combination meat dishes within about a month.

Mousse Uses Strawberries

While the strawberry season is still here, try this delectable frozen dessert. Store it in your freezer until you're ready to serve it.

- STRAWBERRY MOUSSE**
- 1 quart strawberries
 - 1 cup sugar
 - 2 tablespoons gelatin
 - 1 cup cold water
 - 4 tablespoons hot water
 - 1 pint cream
- Crush strawberries, cover with sugar and let stand one hour. Pour through colander. Soak gelatin in cold water, dissolve in hot water, add to strawberries. Chill, and when not quite set, add to cream, whipped stiff. Mold and freeze.

STEW FOR THE FREEZER—For convenience, freeze your family's favorite dishes so that they'll be ready for a hurry-up meal. Remember food should be quick-cooled before freezing. Try placing the cooking pan in a dish of ice cubes for an easy cooling method.

Freeze Stew, Casseroles, Other Family Dinner Fare

One of the conveniences of home freezing is being able to serve your family's favorite dishes in just the amount of time it takes to partially thaw and heat them.

For example, a quantity of tangy beef stew, packaged in moisture-proof freezer cartons can be stored in the freezer for as long as two months and served in a half hour's notice.

There are several important things to remember when preparing stews and other casserole dishes for freezing. Be sure that the vegetables are not fully cooked. They may be soft and tasteless when they are cooked through after reheating.

Food must also be quick-cooled before freezing. An easy method is to place the cooking pot in a dish of ice cubes for a few minutes.

Most important, food must be packaged in moisture-proof, tightly-sealed containers, such as the new wax-board, square container with rigid plastic lid.

You can make your own tomato juice cocktail this way. Open a can of tomato juice; add salt, pepper, onion powder, celery seed and chopped parsley. Let stand several hours to chill and blend flavors. Strain and serve with crackers and a cheese spread.

Fresh Salad Sparks Meal

For an unusual and delightful salad, use western-grown lettuce, tomatoes and sardines. It makes a fine main course for luncheon or an appetizing starter for dinner.

- Seascape Salad**
- 1 head lettuce
 - 1 small onion, finely chopped
 - 6 radishes, sliced
 - 1/2 cucumber, sliced
 - 1 can sardines, cut into thirds
 - 2 tomatoes, quartered

METHOD: Tear lettuce into bite-sized pieces in a large bowl. Add remaining ingredients and toss lightly with a French dressing. A few of the whole sardines may be used as a garnish, if desired. (6 servings)

Jams and Jellies

(Continued from page 1C)

le. Bring to a rolling boil on high heat. Reduce to medium heat and cook until thick, stirring often, for about 18 minutes, or until two thick, heavy drops run together off a clean metal spoon. Remove from heat; skim, pour into hot sterilized jars; seal at once. Makes about 4 pints of jam.

Cherry-Pineapple Conserve.

- 4 cups cherries
- 1 cup drained crushed pineapple
- 3 cups sugar

Wash and pit cherries and run through food chopper. Measure out 4 cups. Add the drained pineapple and sugar. Cook rapidly stirring constantly to prevent sticking, until thick and clear. Add 3/4 cup chopped nuts. Pour into sterilized jars and seal while hot. May add orange or lemon rind if desired.

Cherry Jelly

- 3 cups cherry juice
- 1 cup raspberry or loganberry juice
- 6 1/2 cups sugar
- 1 eight-ounce bottle fruit pectin

Pacific Dressing Has Fruit Flavor

The way to salad taste enchantment is through new dressings. Here's one that will please your family with its tantalizing flavor.

- Pacific Dressing**
- 1 teaspoon grated orange peel
 - 1 3-oz. package cream cheese
 - 3 tablespoons orange juice
 - 1 teaspoon lemon juice
 - 2 teaspoons sugar
 - 1/4 teaspoon salt

METHOD: Blend orange peel into softened cream cheese. Add remaining ingredients. Serve with western Iceberg lettuce and fresh fruit combination. (4 servings.)

Wash and stem about 4 pounds of pie cherries. Do not pit, place in pan with enough water to keep from sticking. Bring to a boil. Remove from heat, mash down, cover and let stand about 12 hours. Strain through jelly cloth to obtain juice.

Combine cherry juice, raspberry or loganberry juice, sugar and pectin. Bring to full rolling boil and boil one minute, stirring and skimming. Remove from heat and add 3/4 tablespoon almond extract. Pour into sterilized jelly glasses, and seal with paraffin. (Note: This jelly will set immediately.)

Quick Danish Rolls

- 1 envelope dry yeast
- 1/4 cup lukewarm water
- 3/4 cup evaporated milk
- 1/2 teaspoon salt
- 3 tablespoons sugar (white or brown)
- 1 egg
- 3 to 3 1/4 cups flour

Crumble yeast into water and let stand for 10 minutes. Add milk, salt, sugar and unbeaten egg. Stir in 1 1/2 cups of the flour. Cover with a lid and place pan of dough in pan of hot (but not boiling) water. Let stand until water is nearly cold to the touch. Remove pan from kettle of water. Add 1 1/2 to 1 3/4 cups flour. Knead in until dough does not stick to an unfloured bread board. Spread dough with 1/2 pound of oleomargarine or butter and knead it in.

Put back in bread pan. Cover and put in place free from drafts. Let rise until double in size. Punch down and shape into rolls. Bake in greased shallow pans 25 minutes in 400 degree oven. Makes one dozen rolls.

Like canned pimientos? Fill them with seafood or chicken salad and serve on greens. They're particularly nice this way for a company buffet.

Special Dressing Uses Sour Cream

Ever have some one say to you "This dressing is fit for the Gods?" You will when you serve this special dressing, which is very aptly named.

Green Goddess Dressing

METHOD: Combine 1 cup mayonnaise, 1 clove garlic, minced, 3 chopped anchovies, 1/4 cup chopped parsley, 1 tablespoon fresh lemon juice, 1 tablespoon tarragon vinegar, 1/2 teaspoon salt, and coarsely ground black pepper to taste. Blend well, then fold in 1/2 cup sour cream, whipped. Tear western Iceberg lettuce into bite-sized pieces, or cut in wedges. Serve with a generous amount of the dressing. Makes 1 pint.

Register-Guard, Eugene, Ore. Thur., July 21, 1955 9C

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