

# Bacon, Onions Flavor Dutch Dressing

Top-rated salad in the Pennsylvania Dutch country is hot bacon and vinegar poured over lettuce. Though sometimes called "wilted lettuce," the surprising thing is that the hot dressing does not destroy the crispness of the leaves; especially when western iceberg lettuce is used with its extra measure of brittle, snappy leaves.

Incidentally, the Pennsylvania Dutch regard lettuce as a Sunday vegetable—not that they eat it only on Sunday. But when they plant their gardens, rows of lettuce, peas, corn, celery, lima beans and onions go into the Sunday garden, while turnips, beets, green beans, carrots, eggplant and tomatoes are "everyday" vegetables.

Whether or not you agree with their vegetable categories, we know you'll agree with their preference for hot bacon and vinegar dressing or crisp lettuce.

## Pennsylvania Dutch-Style Lettuce

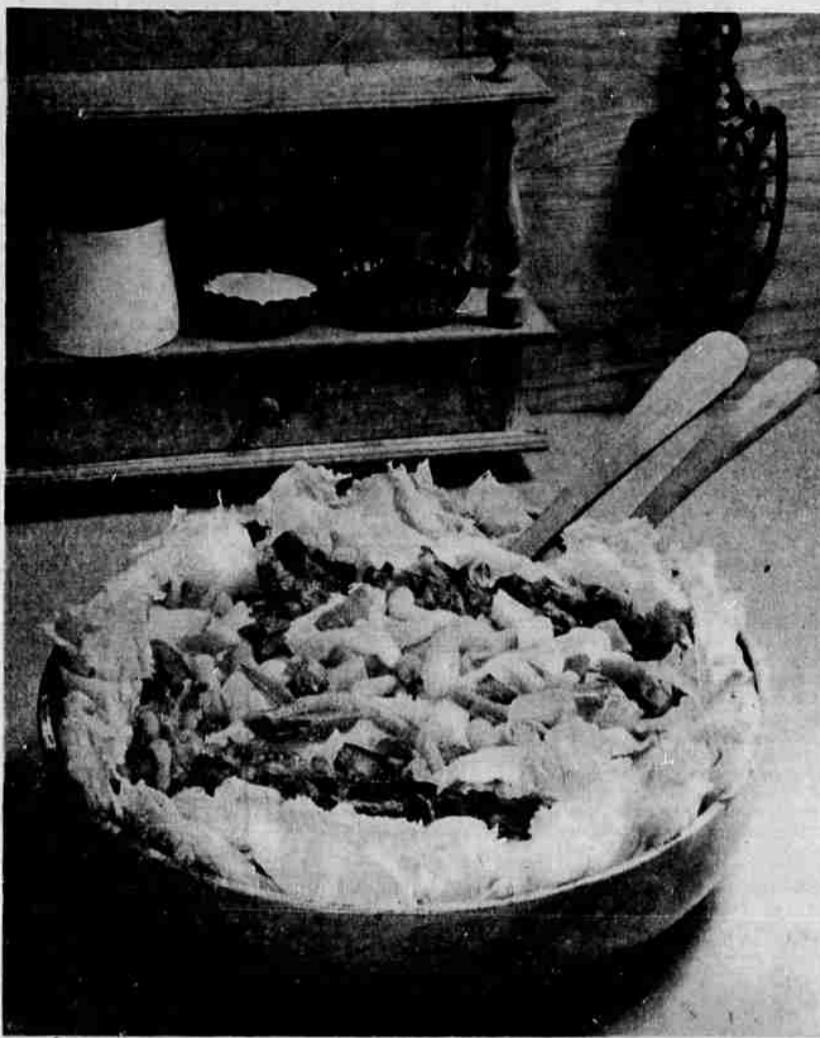
- (Makes 4 Servings)
- 1 medium western iceberg lettuce
  - 5 slices bacon
  - 1/4 cup sliced green onions
  - 1/2 cup vinegar
  - 1/4 teaspoon sugar
  - 1 beef bouillon cube
  - 1/2 cup water
  - 1/2 teaspoon pepper

Reserve outer lettuce leaves to line salad bowl; tear remaining lettuce into bite-size pieces. Cook bacon until crisp; crumble and drain on absorbent paper, reserving drippings in pan. Add green onions, vinegar, sugar, bouillon cube, water and pepper. Bring to a boil and toss with lettuce and bacon.

## Lettuce and Shrimp Salad

- (Makes 6 Servings)
- 1/2 cup mayonnaise
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 2 teaspoons vinegar
  - 1 medium head western iceberg lettuce, torn in bite-size pieces
  - 1 1/2 pounds cooked shrimp, chilled
  - 2 cups diced cooked potatoes, chilled
  - 3 hard-cooked eggs, chopped and chilled
  - 12 Deviled Egg Halves\*

Blend together mayonnaise, salt, pepper and vinegar; chill.



"Pour over the dressing and eat hearty," they'd say in Pennsylvania Dutch country about this lettuce salad, decked with crisp bacon and nippy green onions.

Toss dressing with lettuce, shrimp, potatoes and chopped eggs. Garnish with Deviled Egg Halves.

\*Deviled Egg Halves: Cut 6 hard-cooked eggs in half lengthwise. Remove yolks; reserve whites. Mash egg yolk with 1/4 cup mayonnaise, 1 tablespoon chili sauce and 1/2 teaspoon salt. Fill egg whites with egg yolk mixture.

## Toasting Almonds

Sliced almonds will give an otherwise simple layer cake the glamor and appeal of a chef d'oeuvre. Whether you use blanched or unblanched almonds, give them a light oven-toasting. Spread them thinly in a pie pan, pop into a slow to moderate oven and watch carefully for a pale gold color to develop.

*When it's Salad Time, It has to be*

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# Lemon Sauce Goes on Salmon

Many surprisingly good food concoctions have sprung from imaginative cooks applying their creative talents to seafood during Lent. Fish flavor can be magnified or subdued with subtle seasonings.

For example, if your family likes fish, you can enhance its flavor in a gourmet dish. If they don't, you can just as easily disguise it, yet benefit from the nutritive value.

Here are recipes of each type to suit your needs:

**Salmon Casserole with Lemon Cucumber Sauce** is an example of highlighting the taste of naturally moist and pink salmon. But another one, **Herb-Baked Fish**, completely disguises fillets of perch.

Both recipes are so delicious they deserve your utmost attention, especially from the standpoint of unusual service. One suggestion is a fish-shaped casserole which you can make simply from aluminum foil. It's an easy way to put extra intrigue into the meal.

When dinner is finished, you can either wrap up leftovers in the foil dish, or toss away the empty shell.

**Salmon Casserole with Lemon Cucumber Sauce**

- 1 1/2 cups water
- 1 1/2 cups packaged pre-cooked rice
- 2 tablespoons instant minced onion
- 1/4 cup cold water
- 1 pound can salmon, drained, flaked
- 2 teaspoons salt

- 1/4 teaspoon pepper
- 2 egg whites
- 1 egg, whole
- 2 tablespoons butter or margarine, melted

Bring water to a boil in a sauce pan; add rice; cover; remove from heat; let stand 5 minutes.

Combine onion, cold water; let stand five minutes. Combine rice, onion, salmon, salt pepper. Beat egg whites, egg; add to salmon mixture; blend well.

Press into well buttered 1 1/2 quart fish-shaped foil casserole; brush top with melted butter; place casserole on baking sheet. Bake 30 minutes at 375° F. Garnish with lemon wedges, parsley; serve with Lemon Cucumber Sauce.

Serves four or five.

- Lemon Cucumber Sauce**
- 2 egg yolks
- 1/4 cup lemon juice
- 1/2 cup butter or margarine
- 1/2 cup well drained, grated cucumber

Beat egg yolks slightly in small saucepan. Add lemon juice, 1/4 cup butter; stir over low heat until blended.

Add remaining 1/2 cup butter; continue cooking, stirring constantly, until thickened, smooth. Stir in grated cucumber.

Makes 1 1/4 cups.

- Herb-Baked Fish**
- 2 packages frozen fish fillets, thawed
- 1 can cream - of - mushroom soup
- 1/2 cup milk
- 1 3-ounce can sliced mushroom

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- 1 large onion, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon paprika
- 1 bay leaf, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon oregano
- 1/4 teaspoon pepper

Place fish in shallow, 2 quart fish-shaped foil casserole.

Combine soup, milk, mushrooms, onion, lemon juice and seasonings in saucepan. Simmer mixture for 10 minutes; pour sauce over fillets.

Top casserole with herb stuffing and dot with butter. Place foil casserole on baking sheet; bake for 45 minutes at 375° F. Serves six.

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