

# Dutch Menu Stars Spiced Red Cabbage Stuffed Fish Fillets Score Hit



Although tulips and red cabbage represent different seasons of the year, they both are typically Dutch. From The Netherlands here's a menu of a typical Dutch meal, which includes "Rode Kool," Spiced Red Cabbage.

The recipe comes from a delightful cookbook ("The Netherlands Cookbook," by Helen A. M. Halverhout; Amsterdam/Driehoek/1957).

### DUTCH MENU

- Vegetable Soup
- Pickled Beef
- Spiced Red Cabbage
- Boiled Potatoes
- Chocolate Custard

### Rode Kool (Spiced Red Cabbage)

- 3 cooking apples
- 1/4 cup chopped onion
- 1/4 cup margarine
- 1 medium red cabbage, finely shredded
- 1 tablespoon sugar
- 1 tablespoon salt
- 2 whole cloves
- 2 bay leaves
- Dash of cinnamon
- 1/4 cup vinegar
- 1/2 cup water

Peel, core and slice apples. Saute onion and apple in margarine in a large saucepan until onions are lightly browned. Add cabbage and stir until cabbage looks wilted. Combine remaining ingredients and add to cabbage. Blend well. Cover and simmer 1 1/2 to 2 hours or until cabbage is tender. Stir occasionally.

Makes 1 to 1 1/2 quarts.

If you're building up a file of meatless main courses for

## Biscuits Get Date Filling

Good Breakfast Month (March, 1963) is very good indeed when "Date-Filled Biscuits" are on the menu. Packaged biscuits are deep-fried, filled with a tangy mixture of sliced fresh California dates and orange juice, rolled in sugar and cinnamon and served warm for this morning treat.

When packing lunch boxes in the morning, slip in a few whole fresh California dates. The fruit's natural sugar is quickly converted into the food energy so essential for active persons.

### Date-Filled Biscuits

- 3/4 cup fresh California dates
- 1/4 cup orange juice
- 1/4 teaspoon grated orange rind
- 1 package refrigerated biscuits
- Fat for deep frying
- Sugar
- Cinnamon

Slice dates. Combine with orange juice and simmer 3 or 4 minutes, until mixture is thickened. Stir in rind and cool.

Separate biscuits and pat out to reshape, making them slightly thinner. Heat fat in heavy saucepan or electric skillet to 375 degrees F.

Fry biscuits until deep golden brown, turning once. Drain on absorbent paper. Slit open and fill with date mixture. Combine sugar with cinnamon to taste, and roll biscuits in mixture. Serve warm.

Makes 10 biscuits.

Lenten fast days, we recommend you include wheat germ stuffed fish fillets with tomato-herb sauce, for two reasons: First, they are easy to prepare, and second, everyone will like them. Fish, of course, is a good meat substitute any time because it, like meat, is a rich protein food; and like wheat germ, which adds its pleasing nut-like flavor to the dressing, fish contributes good allotments of the B vitamins, phosphorus and iron.

We like the easy-to-prepare aspect of this recipe, because fish, more than any other food perhaps, can be impaired by inept cooking. Here, we just put the fillets in the oven and bake as directed for good results, always.

### Fish Fillets With Wheat Germ Stuffing

- 3/4 cup chopped celery
- 1/4 cup chopped onion
- 1/2 cup butter or margarine
- 1 cup soft bread cubes
- 1/2 cup wheat germ

- 1/4 teaspoon salt
  - Dash white pepper
  - 1 tablespoon lemon juice
  - 1 tablespoon chopped parsley
  - 1 pound fish fillets (4 to 6)
- Saute celery and onion in butter or margarine. Stir in remaining ingredients, except 1/2 teaspoon salt and fish fillets; toss lightly. Sprinkle fish fillets with 1/2 teaspoon salt.

Place equal amounts of stuffing on fillets; roll up and secure with wooden picks. Place in shallow 1 1/2 quart casserole; spoon half the Tomato Herb Sauce over fillets. Bake in moderate oven (350°F.) until fish flakes, about 25 minutes. Serve with remaining heated sauce.

### Tomato Herb Sauce

- 1 can (8 ounce) tomato sauce
  - 1/2 cup chili sauce
  - 2 tablespoons lemon juice
  - 1/4 teaspoon garlic salt
  - 3 drops Tabasco sauce
  - 1/4 teaspoon salad herbs
- Combine ingredients; heat.

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**Spicy Blend** "Rode Kool," as it is known to the Dutch, is a spicy blend of apples and cabbage, a dish which, like the tulips shown here, is definitely in season. The recipe comes from The Netherlands.

## Junior Music Festival Set

Many young musicians in the area will participate in the annual National Junior Music Festival Friday and Saturday in Eugene. The event will be held in the Northwest Christian College library auditorium. Adjudicator for this year is Hall Macklin from University of Idaho. Mrs. Kenneth Erickson of Creswell, Festival chairman, is preparing the festival program. Other teachers participating are: Mrs. Oliver Hunt, Sister M. Julie Ann, Sister M. Catherine Margaret and Sister Mary Karen from Eugene, Mrs. Clarence Lowe and Mrs. Gary Leathers from Cottage Grove and Mrs. Gladys Strong from Roseburg.

## Superb on Hot Cakes

Whip 1/2 cup undrained canned crushed pineapple into 2 cubes softened butter or margarine. Swirled over hot cakes or waffles it melts into a glistening golden glaze. If there's some left over spread it on toasted raisinbread for breakfast.

## Around the Town

**CARPENTERS' Ladies' Auxiliary** will meet Friday at 7:30 p.m. in Room 1A in the Labor Temple. Refreshments will be served following the business meeting.

**AUXILIARY to Patriarchs Militant and Canton Hovey** will meet Friday at 8 p.m. in Cottage Grove IOOF Hall. The groups will have refreshments following their business meetings, with Mrs. Mignon Carmichael and Mrs. Casandra Hill serving.

## Filling for Tarts

A combination of 3/4 cup seeded raisins chopped with 2 tablespoons melted butter then mixed with 1/4 cup brown sugar, 1 tablespoon grated orange peel and 3 tablespoons honey makes an excellent filling for tarts. Encase the filling between 3-inch circles of thinly rolled pastry dough. Seal edges and slit tops. Bake in very hot oven about 15 minutes.

## Almond Gravy

Add toasted slivered almonds to chicken gravy just before serving. The almonds will add surprise flavor and texture to the gravy.

## Try Sesame Seeds in Salads



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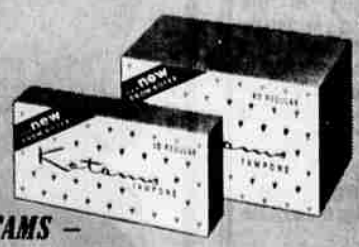
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