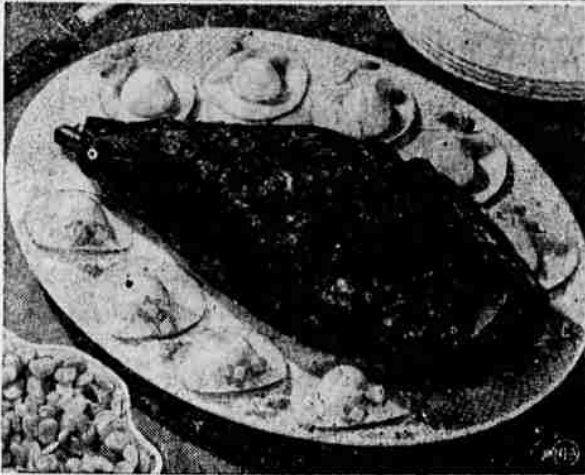


Bulletin FOOD News

Thursday, March 24, 1955



ROAST LEG OF LAMB, surrounded by Easter bonnets, is popular for Easter dinner.

Lamb is Popular For Spring Feast

Spring lamb for Easter, that's the choice in many families. Leg of lamb is the prize Easter roast. But smaller families may choose a lamb shoulder roast or a boned and rolled cut, sized just right for the number to be served. A "rack" of lamb is a generous roast that usually is cut into the flavorful rib chops.

Roast the leg of lamb, fat side up, on a rack in an open pan. A roast meat thermometer inserted in the thickest section of the meat is an accurate guide to doneness of the roast. For well-done lamb, roast to an internal temperature of 182 degrees F. 170 degrees indicates medium.

Have the "fell" or paper-like outer covering removed before roasting. Rub the meat well with honey for a beautiful golden brown and flavor accent. We like a few tiny slivers of garlic inserted deep in the meat before roasting. The French like a subtle touch of nutmeg on the roast.

Garnish the Easter platter with gala edible bonnets made of thin slices of yellow turnip topped with halves of hard-cooked eggs. Small circles of carrots make the flower trim and are fastened to the turnip slice and egg with food picks.

Leg of Lamb With Herb Bouquet (12 to 14 slices)

Season this roast early to enjoy the fine flavor.

One 5-to-6-pound leg of lamb, trimmed, 1 teaspoon rosemary, 2 tablespoons salad oil, 1/2 teaspoon dried sweet basil, 1 tablespoon paprika, 1 clove garlic, peeled, mashed; 1 glass mint jelly.

Combine rosemary, salad oil, sweet basil and paprika. If the fell has not been removed, use a paring knife to cut and pull it from the top of the leg. Rub the leg thoroughly with the seasoned oil. Let the roast stand in the refrigerator two to four hours before roasting.

Place leg of lamb fat side up on a rack in a roasting pan. Roast in a slow oven (325 degrees F.) 2 1/2 hours. Spread half a glass of mint jelly over the surface. Continue roasting about another hour. Spread remaining jelly over roast. Serve medium (175 degrees F.) or well done (182 degrees F.).

EASTER DINNER:

Avocado and grapefruit cup, roast leg of spring lamb with herb bouquet, currant jelly, roasted potatoes, fresh peas with mushrooms, assorted rolls, butter or margarine, mixed green salad, French dressing, lemon meringue tarts, coffee, tea, milk.

Freezing Rules Are Given for Casserole Dishes

Many homemakers are pretty much up on their ABC's of meat freezing but often do not know 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 larger 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.

Ground Beef Good Eating In Any Form

Ground beef is just about as good tasting in one form as another. In this recipe for ground beef pie, chili powder, onion and tomato sauce are cooked with ground beef, then the mixture is baked in a pie pan with a mashed potato topping. The complete dish takes just a short time to prepare and it's a real family filler-upper.

Ground Beef Quicky Pie

1 pound ground beef
1/2 cup finely chopped onion
1 8-ounce can tomato sauce
2 Tbsp. chili sauce
3/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. chili powder
2 cups seasoned mashed potatoes

Brown meat and onion in a little hot fat. Add rest of ingredients with exception of potatoes. Heat well. Pour meat into a 9-inch pie pan and top with mashed potatoes, spreading them carefully over meat. Broil for 5 minutes or until potatoes are tipped with brown. 4 servings.

There are so many uses for ground beef that it could be served to your family almost every day and they'd love it! It's fun to surprise them with a new variation each time. Hamburgers can be dressed up not only with interesting seasonings but also with butter toppings, sauces and surprise fillings.

Meat loaves lend themselves to surprise fillings, too. Bread crumbs and rice stuffings are two suggestions.

A slightly out of the ordinary twist for preparing meat loaf is to bake peach halves on top of it during the last part of the cooking time. Bake the meat loaf mixture in an 8-inch square pan, making indentations for four peaches. Twenty minutes before the end of the baking time, place peaches on top of loaf, spreading them generously with catsup.

Anyone can make a stew of sorts, but a stew which tastes as though it had originated in the kitchens of the finest dining places is one which has been seasoned ingeniously.

Any homemaker can imitate such gourmet cooking. After thoroughly browning the stew meat, some seasoning vegetables should be added: celery tops and stalks, a sliced carrot, onion and a piece of bay leaf. The flavor of the vegetables cooks right down into the meat.

Another important step is to add just a little liquid — perhaps half a cup. Season with salt, pepper and herbs, cover tightly and cook over low heat. The small amount of liquid cooks down, further browning the meat and giving it delicious flavor. Add more liquid from time to time and cook until the meat is fork-tender.

Barbecue Chops For New Taste

Looking for a little different way to prepare your dinner pork chops? Then barbecue them this quick and easy way — they're mighty good!

Barbecued Pork Chops

4 pork chops
Salt and pepper
4 slices onion (1/4 inch thick)
1 Tbsp. brown sugar
1/2 cup catsup
2 Tbsp. lemon juice

Brown chops in a little hot fat; drain off fat. Sprinkle chops with salt and pepper and top each with a slice of onion. Sprinkle with brown sugar. Combine catsup and lemon juice and pour over chops; add a little water to cover bottom of skillet. Cover and cook over low heat until tender, about 1 hour, adding a little water if needed to prevent sticking, 4 servings.

Ham Leftovers

Because ham leftovers are so usable, you'll probably want to buy a larger ham than you'll actually need for the group you're serving. Use leftovers in any of these ways:

1. Creamed with peas and served over chow mein noodles. Season the sauce with a little Worcestershire sauce or bottled meat sauce.
2. In ham and potato hash.
3. In ham rarebit. (Add diced ham to cheese rarebit.)
4. Ground and used in baked minwheel biscuits; serve with hot sauce.
5. Ground and used in macaroni and cheese casserole, scalloped potatoes or Spanish rice.
6. Split peas or navy bean soup.

Buy 1 Chicken, Cook Two Meals

If there are only two in your family and you want chicken, listen to what Ann Williams-Heller tells us. She is author of many excellent cookbooks and an outstanding food authority.

Here's what she says: "Yes, you can stretch one chicken over two ample meals if you select a larger frying or roasting chicken (about 3 1/2 to 4 pounds). Fryers of such weight may be too heavy for 'classical' frying yet too lean for roasting. We offer two ways to serve them at consecutive meals with different taste and appearance, yet with equal juice tenderness.

"Select a plump chicken about 3 1/2 to 4 pounds ready-to-cook weight. Have butcher cut it in 4 or 8 pieces as you desire; smaller pieces cook faster, make larger servings. Use heart, gizzard and neck for soup. The liver when chopped and sauteed and seasoned fragrantly with a few sprigs of chopped parsley, may go into an omelet."

First Meal: Steam-Fried Chicken

Use a heavy 10 1/2-inch skillet with tight-fitting cover or dome cover. Place one-half the chicken (2 or 4 pieces according to cut) in skillet; add about 1 cup of water and about 1 teaspoon salt; cover and simmer chicken over low heat until tender, about 30 to 40 minutes. Drain chicken; reserve any leftover liquid for soup or gravy.

Roll each chicken piece in well seasoned flour; shake off excess flour. Heat about 1/2 cup fat (lard or vegetable shortening) in skillet, and brown chicken quickly on all sides over moderate heat. Use above liquid as part of milk if you want to serve the chicken with gravy.

Second Meal: Fricassee Chicken

Use second half of chicken. Heat 4 tablespoons of fat or lard in heavy (10 1/2-inch) skillet with tight-fitting cover or dome cover. Brown chicken on all sides (about 15 minutes) turning frequently; add 1 medium onion, finely sliced, 1 scraped carrot, diced, and 1 1/2 cups water (or wine if desired).

Cover tightly and simmer over low heat until chicken is tender, about 30 to 40 minutes. Season to taste with very little salt and a dash of ginger and/or nutmeg. Thicken gravy with flour or cornstarch as desired.

Note: Refrigerate second half of chicken for later use, loosely covered. If you store in freezer, keep chicken frozen until ready to use and defrost before cooking.

TOMORROW'S DINNER: Fricassee chicken, broad noodles, cranberry sauce, toast, butter, crisp watercress, fruit cup, coffee, tea, milk.

Beef Pot Roast Is Thrifty Cut High in Flavor

Pot roast is a thrifty cut you can't serve too often. Creole pot roast, made with sliced stuffed olives, is one slightly different twist to a basic pot roast recipe. Brown the meat in a little hot fat as usual, slice stuffed olives over it, then pour over and around it 1 cup of condensed tomato soup diluted with 1/2 cup of water and 2 tablespoons of liquid from the olives.

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MUD MORTAR

Indians of New Mexico were building with stone, successfully using clay mud as mortar, when the first white explorers arrived in that area more than 400 years ago.



PARMESAN FRENCH TOAST is unusually good with honey and fruit compote.

Parmesan French Toast Is Excellent Lenten Dish

Eggs are still big budget and nutrition news. So you may want to read part of a letter from Kathryn B. Niles, home economics director of the Poultry and Egg National Board in Chicago.

"Parmesan French toast with honey and fruit compote is our favorite new Lenten recipe. It was planned particularly for your readers. The departure (and we feel improvement) from plain French toast is in the crispness and the pleasantly unusual Parmesan flavor. The latter is the result of using thick slices of heavy-bodied French bread (called Vienna in some markets).

"There's no mushiness when you bite into this crisp toast. Honey combines well with the Parmesan cheese, although Parmesan French toast is equally good 'as is.' A delicious menu suggestion is scrambled eggs with Parmesan French toast, an excellent Lenten luncheon."

Parmesan French Toast (Makes about 16 large slices)

Three eggs, 1/2 cup freshly grated Parmesan cheese, 1/2 teaspoon salt, 1 cup milk, 10 or more slices Vienna French bread, 1/4 - inch thick (amount varies with loaf size and shape), fat for browning, honey, if desired.

Beat eggs slightly with the Parmesan cheese. Blend in salt and milk. Dip bread in egg mixture, turning to moisten slices completely to center. If necessary, drain against edge of bowl. Brown on one side over medium heat on well-greased skillet or griddle. Turn and brown the other side. Add additional fat as necessary to keep bread from sticking.

There are a lot of winter pears in the market, too. Pears with cheese and crackers make a perfect dessert. Baked pears are always popular, especially with men. Just wash the pears, cut them in half, core them and put them in a baking dish. Sprinkle generously with sugar and a little salt. Dot with butter and add a very little water. Cover and bake in a moderate oven. As soon as the fruit is hot, take off the cover to cook the syrup down.

For extra flavor and color, cook cinnamon candies in the syrup, and serve the pears hot from the oven, glistening in their spicy syrup. Or cool them and serve with a garnish of whipped cream, or a little cottage cheese or cream sauce.

Meat Variety Keeps Meals Interesting

One of the things which keeps dinnertime interesting is to include a variety of different meats — beef one night, pork the next lamb and veal occasionally.

For thrifter buys in pork, keep in mind pork shoulder steaks and roasts (sometimes called Boston butt) and diced pork shoulder for chop suey and other combination dishes.

With pork in extremely plentiful supply, some pork cooking hints may come in handy. Pork requires thorough cooking, whether it's a roast or a small cut. Cook roasts at low oven temperature (325 degrees F.) and allow longer time for a chunky shoulder butt roast than a loin roast. In making the rich brown gravy from a pork roast, add a little sage or thyme to give just the right flavor touch.

Here's another pork cooking pointer—pork chops or shoulder steaks should not be broiled like some steaks and chops. Broiling pork tends to dry it out and does not develop its fullest flavor.

Pork chops and steaks should be braised—cooked in a covered skillet, with a little added liquid. Here is an unusually good tasting way to prepare pork chops or steaks.

Savory Pork Chops

4 pork chops or steaks
Flour, salt, pepper
1/2 cup chopped onion
1 cup canned tomatoes
1 tsp. Worcestershire sauce
1/2 tsp. chili powder
1 tsp. sugar

In a large skillet or Dutch oven, fry out fat from edges of chops. Remove pieces and brown floured chops in the fat. Drain off fat and sprinkle chops with salt and pepper; top with onion. With a fork, break up tomatoes, add Worcestershire sauce, chili powder and sugar; pour over chops. Cover and cook over low heat for 1 hour or until tender. Turn chops several times during cooking. Remove chops from pan, spoon off fat and dilute remaining sauce with a little water, if necessary. Season to taste and serve over chops.

BUDGET BLUES?

Here's a way to give your family their full quota of high protein . . . and still hold down the food budget. Try delicious sardines instead of meat in your favorite main dish casserole, for instance: To one can Maine sardines add 1 1/2 cups cooked rice, 1 cup canned tomatoes, salt, pepper and 1 1/2 teaspoons minced onion. Bake in a moderate oven for 30 minutes. Delicious!

Ham Abundant Spring Staple

This year it's not only Ham for Easter, it's Ham for Springtime! There'll be an abundance of smoked pork on the market which means a variety of ham cuts for different uses — whole hams for large guest gatherings, half hams for family dinners, ham shanks for a boiled dinner with vegetables, ham slices for the small family. What's more, they'll be cometh-hither prices on many cuts.

The present day milk-cure ham is one of the easiest of meats to prepare—no boiling, no lengthy cooking period, no fuss and bother during baking—yet the finished result, a gloriously glazed ham, is one of the most festive meats you could set before your guests.

Types of Ham

When you buy a whole ham, there's seldom any question about how to cook it, as directions usually are printed on the label. However, in buying a half ham (in which case cooking instructions usually are not available), it's best to ask your meat man for specific information on the type of ham you're buying—whether it's a regular, uncooked ham or a ready-to-eat one.

In either case, place the ham on a rack in a shallow roasting pan and bake in a 325 degree F. oven 22 minutes per pound for an uncooked ham and 20 minutes per pound for a ready-to-eat one. (If you know definitely that the half ham you have bought is a fully-cooked one, it may be served either cold or just heated through—14 minutes per pound.)

Ruby Glaze

How about a sparkling new glaze for your Easter Ham? It's certainly the easiest of all foods to prepare and packs a full complement of nourishment to keep energy high throughout the day. Although the idea of soup for breakfast may be something of a shocker, after a bit of thought you'll wonder why it hasn't always been part of our breakfast pattern, it's so logical. Soup has formed the backbone of morning meals in other countries the world over. For centuries it has been favorite of peasants and kings who no doubt have enjoyed the extra dividend of well-being that soup supplied to their morning hours.

Here are a few menus to show how well soup fits the breakfast picture.

CHANGING FIELD

The magnetic field of the earth, which is responsible for attracting the compass needle to the north, undergoes slow changes from year to year.

SARDINE EGG SPREAD

Combine a can of mashed Maine sardines with 2 chopped, hard-boiled eggs, add lemon juice, mayonnaise and French dressing. Taste-titillating for snack-time tidbits.



HAPPY HEAD START—if you're bored with repetitious breakfasts, start the day with a hot bowl of soup. The taste delights of soup are legion, ranging from delicate consommé to zippy pepper pot.

For Breakfast Variety, Serve Steaming Soup Cup

Breakfast is the least imaginative meal of the day. Though most folks admit a desire for variety in breakfast foods, they seem content with a monotonous lack of it; consequently they feel that breakfast is a bore, even though they are aware of its many advantages.

Lewis Carroll extolled the virtues of "Soup, Soup, Beautiful Soup" through the voice of his fanciful Mock Turtle. And today's mothers and housewives would do well to listen to his song at breakfast time. Soup for breakfast is so warm, filling, and satisfying. There are many variances of flavor, texture, and combinations with which to experiment! It is certainly the easiest of all foods to prepare and packs a full complement of nourishment to keep energy high throughout the day.

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