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# Cheese, Fish, And Egg Dishes For Lent; Good Buys In Markets

## Baked, Refrigerator-Style Cheese Cakes Easy to Make And Well Liked by Family



Cheese Cakes Popular—It's high time for another cheese cake. One of the most popular and glamorous of all desserts is made with plentiful, economical cottage cheese. Today we give you recipes for these cakes, both baked and refrigerated.

By ZOLA VINCENT  
(Food Writer)

Cheese cake, either baked or refrigerator-style is certain to please the "head of the household"; that's the man who files the income tax return for the family. A really fine cheese cake can temporarily take Papa's mind off those figures bounding about in his brain demanding to be filed by the 15th. All his dependents will be mightily pleased also.

Here are recipes to match those cheese cakes made by professional chefs of both restaurant and pastry-shop fame. These two recipes will become family stand-bys at your house, once you try them.

### Crumb Crust Same for Both

- 1 package zwieback (6-oz.)
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 cup butter or margarine, melted

Roll zwieback into fine crumbs with rolling pin. Combine crumbs, sugar and butter; mix thoroughly. Pack all but 1/2 cup of this mixture on the bottom and sides of a well-greased 9-inch spring form pan.

### Baked Cheese Cake

- Crumb Crust Recipe above
- 4 cups cottage cheese
- 4 tablespoons melted butter or margarine

- 4 eggs
- 1/4 cup sugar
- 1/2 cup whipping cream
- 1/2 teaspoon salt
- 1/4 cup flour
- 1/4 cup lemon juice

1 1/2 teaspoons grated lemon rind  
1/2 teaspoon grated orange rind  
Press cottage cheese through a fine sieve or beat with electric mixer until smooth. Add butter, beating until blended. Add eggs one at a time, beating well after each addition with electric mixer or hand rotary beater. Add sugar and cream; beat well. Add remaining ingredients. Beat or stir until smooth and thoroughly blended. Pour into crumb lined 9-inch spring form pan. Sprinkle top

with remaining 1/2 cup crumbs. Bake in slow oven, 300 degrees, for 1 1/2 hours or until set. Cool. Run a knife around edge of crust to loosen from pan. Remove spring form. Makes one 9-inch cake to serve 8.

### Pineapple Refrigerator Cheese Cake

- Crumb Crust recipe as given
- 2 envelopes unflavored gelatin
- 1/2 cup cold water
- 3 egg yolks
- 1 cup sugar
- 1/2 cup milk
- Dash of salt
- 4 cups cottage cheese

1 1/2 teaspoons grated lemon rind  
2 tablespoons lemon juice  
3 egg whites, stiffly beaten  
1 cup whipping cream, whipped  
1 cup drained canned crushed pineapple  
Sprinkle gelatin over cold water. Let stand until softened (about 5 minutes). Beat egg yolks slightly in top of double boiler. Add sugar gradually, beating well with rotary beater. Stir in milk and salt. Cook over boiling water, stirring constantly, until slightly thickened and custard coats the spoon. Stir in gelatin until dissolved. Cool slightly.

Press cottage cheese through a sieve or beat with electric mixer until smooth. Add lemon rind and juice; mix well. Add cottage cheese - lemon mixture to slightly cooled custard mixture, beating until thoroughly blended. Let cool until thickened and partially set. Beat with rotary beater until light and foamy. Fold in egg whites, cream and pineapple. Pour into crumb-lined 9-inch spring form pan. Sprinkle top with remaining 1/2 cup of crumbs. Chill in refrigerator 2 to 3 hours or until set. Makes 1 large 9-inch cake to serve 8 generously. Remember that cheese cake is a very rich dessert and do not be tempted to serve too much, per serving.

### Jiffy Spaghetti

#### Made in a Hurry

We call this "Jiffy Spaghetti" because it cooks on top the stove in just a few minutes. To cooked spaghetti, add a little pimiento, chopped ripe olives, cheese and seasonings, and let them simmer together about five minutes. It's a quick dish to prepare for the youngsters when they come home for lunch and is hearty and economical.

### Jiffy Spaghetti

- 1 cup spaghetti
- 4 tablespoons butter or margarine
- 1/2 cup chopped onion

- 1 tablespoon chopped pimiento
- 1/2 cup chopped ripe olives
- 1 teaspoon mild prepared mustard
- 1/2 cup milk
- 1 cup grated American cheese
- Salt
- Pepper

Cook spaghetti in boiling salted water until tender. Heat butter in frying pan, add onion and saute lightly. Add pimiento, ripe olives, mustard, milk, cheese, salt and pepper to taste, and heat. Stir in spaghetti and cook over very low heat for 5 minutes.  
Serves 4.

### For He-man appetites

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## Seasonal Offerings On Markets

So many good things to talk about! Spring comes earlier out our way and we rejoice every day in the wealth of seasonal good things. Whether we realize it or not, lamb, poultry and fish are highly seasonal, along with vegetables, fruits and dairy products.

### Lamb Bargains

This is the time of year when the bulk of the Oregon and California winter-fed lambs reach the market. This year in particular, the runs of choice alfalfa pasture-fed lambs are quite heavy and retail prices the lowest we recall in years. Lamb is advertised and displayed everywhere. Like other livestock, lamb has a limited number of fancy chops and hind legs. Even these cuts are comparatively low priced, but the real, genuine bargains come in shoulder, shanks, breast, stewing meat and lamb specially ground for loaves and patties.

### Poultry Pay-offs

A top place among plentiful foods on March markets goes to tender young chickens for broiling or frying and this goes for canned and frozen ones as well as for fresh. Any day can be "Sunday" with careful shopping.

### Fish and Shellfish

Lenten season observers find plenty of fish and shellfish, both fresh and frozen. The larger markets offer bargain - priced fillets of ocean perch, several varieties of the popular sole, cod and sea bass from western waters and haddock and cod from eastern shores.

For steaks and baking, look for sea bass, link cod, sablefish, barracuda, lake whitefish, carp, suckers and swordfish. Pan ready fish include rex sole, brook trout, whiting, Columbia river smelt and eastern lake smelt. Shellfish varieties include fresh crab, local lobster, Pacific oysters, Eastern oysters, scallops and shrimp.

Gourmets will look for Dungeness crab, fresh terrapin and Bluepoints.

### Vegetable Quick Look

We're likely to choose more kinds than we can fit into menus, so watch it; some green, some yellow, some white. Best buys include cabbage, carrots, celery, cauliflower, lettuce, potatoes, rutabagas, bunched vegetables; reasonable prices mark practically everything else except asparagus, cucumbers, eggplant and even these favorites cost less than usual at the beginning of March.

Best fruit buys are loose apples, small oranges, white grapefruit, some pears.

## Corned Beef Spread Good

Luncheon or snacktime, sandwiches always fill the bill. It's a smart idea to keep sandwich makings on hand at all times for the family's impromptu refrigerator raids.

Here's a corned beef sandwich filling which is as good tasting as it is handy for using up corned beef leftovers. It can be made from canned corned beef, too.

### Corned Beef Sandwich Spread

- 1 cup coarsely ground or finely chopped cooked corned beef
- 2 teaspoons prepared mustard
- 1/2 cup finely chopped celery
- 1 teaspoon grated onion
- Mayonnaise

Combine all ingredients, adding just enough mayonnaise to moisten.

### Grilled Flounder

#### Always a Favorite

Plentiful, wonderful fillets of flounder; so easy to fix and such good Lenten eating!

### Grilled Flounders Supreme

- 4 thick fillets of flounder
  - Juice of 1 lemon
  - 1/2 teaspoon dry mustard
  - 1 teaspoon minced onion and parsley
  - 1/4 teaspoon salt
  - Cayenne pepper
  - 1/2 cup bread crumbs
  - 4 tablespoons margarine
- Mix the lemon juice, mustard, onion, parsley, salt and cayenne pepper. Pour over the fillets and allow to marinate about half an hour. Mix crumbs with margarine. Dip fillets in the rich crumbs. Grill under low heat about 20 minutes until cooked through and a golden brown. Garnish with parsley and serve with sections of lemon dipped in paprika. Four servings.

### Rhubarb Bake

We're lucky because the rhubarb season is early this year. Prices already put it well within the budget. Here's our favorite rhubarb bake.

Wash, trim and slice 2 pounds rhubarb into casserole. Add 4 or 5 cloves and 4 or 5 thin slices of unpeeled lemon. Sprinkle 1 1/2 cups light or dark brown sugar over all. Bake in moderate oven, 350 degrees, 15 to 20 minutes.  
Do not be tempted to add water!

### Oregano Stewed Tomatoes

Drain juice from No. 2 can tomatoes; melt 1 tablespoon butter and 2 tablespoons all-purpose flour and blend. Gradually stir in the tomato juice and cook, stirring constantly until thickened. Add tomatoes, 1/2 teaspoon oregano, crushed, 1/2 teaspoon sugar and salt and pepper to taste. Simmer gently 5 minutes.

## Asparagus Season Soon On Here

Fresh asparagus, one of the most delicious and appetizing of all spring vegetables, is at its most exciting best when the season is just beginning. Of course it costs more then . . . but it tastes so good.

When selecting asparagus, look for stalks that are straight and fresh appearing with compactly pointed tips and only an inch or so of tough woody base to trim off. Wash, trim then cook in small amount of salted water until tender.

Make noodle ring and fill center with buttered cooked asparagus tips.

### Fresh Asparagus and Noodle Ring Specialty

- 6-ounces broad noodles
- 1 cup soft bread crumbs
- 1 cup grated American cheese
- 1 1/2 cups milk
- 1 teaspoon salt
- Dash pepper

- 1/4 teaspoon paprika
- 3 eggs
- 1 teaspoon grated onion or dash of onion salt
- 2 tablespoons chopped pimiento

Buttered asparagus  
Cook noodles in boiling salted water for about 10 minutes or until tender. Drain. Add bread crumbs and cheese to milk until well mixed. Add salt, pepper, paprika, slightly beaten eggs, onion, pimiento and noodles. Pour into a well buttered ring mold. Place mold in pan of hot water and bake in a moderate oven, 350 degrees, for 30 to 40 minutes or until set. Unmold and fill center with buttered cooked asparagus.

### Ways With Paprika

For rosy colored eggs, simply add paprika to the eggs together with salt and beat thoroughly. Such pale looking vegetables as cauliflower take on eye-appeal when topped with generous sprinkling of paprika. White fish react eye-appealingly when sprinkled with paprika; cream soups, too.

## Minute Spice Cake Easy, Delicious

Here's a hurry-up cake that's wonderful right out of the oven!

### Minute Spice Cake

- 1/2 cup of milk
- 1/2 cup margarine or butter
- 1 egg
- 1 1/2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon clove
- 1 cup sugar

Heat milk and shortening together until shortening is melted. Beat egg and add warm milk to it. Sift dry ingredients in thirds into milk and egg mixture, stirring well after each addition. Bake in a moderate oven (350 degrees) 45 to 50 minutes. Frost with a Lemon Cream Frosting.

- Lemon Cream Frosting
- 1/4 cup margarine or butter

### Spinach-Mustard Greens

Individually or combined (we like them half and half), spinach and mustard greens make wonderful eating this season. Buy 2 1/2 pounds of fresh crisp greens for 4 servings. Cook, using only water that clings to leaves. Spinach takes 5-10 minutes; mustard greens 15-20 minutes. Serve hot, seasoned with salt, pepper, butter or margarine and a little vinegar or fresh lemon juice. Top with crumbled bits of crisp cooked bacon for added flavor and texture, if you like.

- 2 cups confectioners sugar
  - Dash of salt
  - 3 tablespoons lemon juice
  - 1/4 teaspoon grated lemon rind
- Cream shortening. Add 1 cup sugar gradually, beating smooth after each addition. Stir in salt, lemon juice and rind. Add rest of sugar and beat until thoroughly smooth and creamy. Enough for one 9 or 9-inch cake.

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