

3 Summer Menus via Refrigerator

During the warm days of summer the refrigerator is a particularly valuable ally in planning for dinners that can be served quickly. The mother who wants to enjoy sunny afternoons with her children chooses menus in which foods can be prepared in the morning, then refrigerated. And the working homemaker, accustomed to organizing dinner the night ahead, relies on her refrigerator for storage when high temperatures make it unwise to leave certain foods in the oven all day for the timer to turn on.

Here are three plan-ahead meals that can be ready in 30 minutes, with the refrigerator lending a helping hand. Choose the beverages that your family likes.

(Editor's note: All times given are based on a pre-heated oven and refrigerated foods. Oven temperatures and baking time are based on a complete menu going into the oven at one time, so if you want to use recipes individually, decrease oven temperature by 25 degrees.)

Menu Number 1
This is almost like a party meal... It's so delicious. If your family insists on not liking curry, omit it and substitute 1/4 cup grated cheese in the sauce.

Curried Ham Rolls
Frozen Broccoli
Brown-and-Serve Rolls
Snowball Dessert
Advance preparation: Prepare the Curried Ham Rolls and place in food compartment of refrigerator. The Snowball Dessert should be made the night before and placed in the refrigerator so the flavors blend.

Just before dinner: Allow 10-12 minutes for cooking the frozen broccoli. Do not allow frozen vegetables to defrost before starting to cook. Put the brown-and-serve rolls in the oven

about 15 minutes before serving time. Whip the cream for Snowball Dessert, cover little cakes and roll in grated coconut. Put the coconut on waxed paper for easier handling.

Curried Ham Rolls
8 slices boiled ham (not too thin)
3/4 cup dry rice
1 medium onion, grated
1/4 cup finely chopped parsley
1 tablespoon butter or margarine, melted
1/2 teaspoon salt
1/2 teaspoon curry powder
4 hard-cooked eggs
Curry sauce (see below)

Cook rice in two cups boiling water until dry and fluffy. Mix rice, grated onion, parsley, melted butter or margarine, salt and curry powder together. Place about 1/3 cup of this mixture in center of each slice of ham. Roll up ham slices and place seam side down in a 9-inch square pan, or a 7x11-inch utility dish. Cut the hard-cooked eggs in half lengthwise and place cut side down on each ham roll. Pour curry sauce over ham rolls. Place in refrigerator. Bake in 400 degrees oven for 30 minutes.

Curry sauce: Melt 1/4 cup butter or margarine in saucepan. Add 1/2 teaspoon curry powder, 1/2 teaspoon salt and 3 tablespoons all-purpose flour (or 2 tablespoons cornstarch). Blend well. Add 2 cups milk slowly, stirring all the time. Cook on medium heat until thick. (If you do not use curry powder, add 1/2 cup grated sharp cheese just before removing sauce from heat.)

Snowball Dessert
2 cups dates, chopped (or 1 cup dates and 1 cup prunes chopped)
1/2 cup water
1/4 teaspoon salt
1/3 cup sugar (optional)
1/2 cup nut meats, chopped
24 vanilla wafers
1 cup cream, whipped
1 cup grated coconut
Cut or chop the fruit, add

water and salt. One-third cup sugar may be added if a sweeter dessert is desired. Cook over low heat until thickened, then add broken nut meats. Put between vanilla wafers, and pile three or four wafers high. Let stand in food compartment or refrigerator. Just before serving, cover with whipped cream and roll in shredded coconut. Red cherries, grapes or other fruit may be used as a garnish.

Menu Number 2
This casserole main dish presents nutritious liver in an unexpected and satisfying new way.

Macaroni Surprise
Tomato Salad
Corn Muffins
Spanish Cream
Advance preparation: Prepare the Macaroni Surprise. Cool slightly and place in food compartment of refrigerator. Grease muffin pans and, if doing the advance work the night before, sift and mix dry ingredients for muffins but do not mix with other ingredients until morning. The muffin batter will keep 8 to 10 hours in muffin pans in your refrigerator. Make the Spanish Cream. Dip tomatoes in boiling water for a second or two, then return them to the refrigerator. This makes it easier to peel the tomatoes just before serving.

Macaroni Surprise
1 cup uncooked elbow macaroni
4 slices bacon
1/2 pound liver, cubed
2 tablespoons all-purpose flour
1 teaspoon salt
1/2 cup sliced sweet onion
1 can (10 ounces) mushroom soup
1 1/2 tablespoons steak sauce
1 cup whole kernel corn
Cook macaroni according to directions on package. Drain and rinse. While macaroni is cooking, fry bacon in skillet until lightly brown. Roll liver in flour which has been seasoned with salt. Brown liver in skillet. Add onions and cook until onions are slightly tender. Pour soup into a mixing bowl, add steak sauce and stir until well blended. Fold in the macaroni, liver, onions and corn. Pour into greased casserole and top with bacon strips. Place in refrigerator. Bake in 400 degree oven for 30 minutes.

Spanish Cream
1 tablespoon unflavored gelatin
3/4 cup cold water
3 cups scalded milk
3 eggs, separated
1/2 cup sugar
1 teaspoon vanilla
Soften gelatin in cold water five minutes. Dissolve in scalded milk. Combine egg yolks and sugar. Add gelatin mixture and cook over low heat five minutes, stirring constantly until sugar is dissolved. Cool and chill until slightly thickened. Add vanilla and fold in stiffly beaten egg whites. Turn into mold. Chill until firm. Remove from mold and serve with chocolate or caramel sauce.

Menu Number 3
The humble and hearty combination of corned beef and cabbage is given a muffin topping in this casserole. A tangy molded salad adds color and taste contrast to the meal.

Kelly's Casserole
1/2 cup mayonnaise
1/4 cup chili sauce
Drain salmon; flake, keeping pieces as large as possible; mound in center of serving platter. Surround salmon with scored cucumber slices, fringed relish and green pepper rings. Arrange radishes, scallions, chopped eggs and relish in separate dishes. Arrange crisp salad greens (lettuce, chicory and endive, or any other desired combination) in salad bowl. Combine mayonnaise and chili sauce, serve as dressing. Guests will select whichever ingredients they prefer and mix them in individual salad bowls.

Yield: 4 generous servings.

Cherry-Grapefruit Salad
Custard Pudding Cupcakes
Advance preparation: Prepare all the Kelly's Casserole except the Lucky Muffin topping and place in food compartment of refrigerator. If you are cooking the night before, measure muffin ingredients. In the morning, mix muffins and place on top of casserole mixture. This will take about two minutes if dry ingredients are sifted and measured in advance.

Lucky Muffins: Sift together 1 1/2 cups all-purpose flour, 2 teaspoons baking powder and 1/2 teaspoon salt. Combine one beaten egg, 1/2 cup milk, 2 tablespoons melted shortening and 1/3 cup chopped green pepper. Add to flour, stirring only until flour is moistened. Drop by spoonfuls around edge of casserole.

Cherry-Grapefruit Salad
1 envelope cherry-flavored gelatin
1 cup hot water
1 cup canned grapefruit juice
1 cup canned grapefruit sections
Dissolve gelatin in hot water. Add grapefruit juice and grapefruit sections. Pour into mold and place in food compartment of refrigerator.

Kelly's Casserole
4 tablespoons butter or margarine
6 tablespoons all-purpose flour
1/2 teaspoon salt
Dash of pepper
1 tablespoon prepared mustard
3 cups milk
2 tablespoons vinegar
1 1/2 cups corned beef or one

12-oz. can
4 cups coarsely cut raw cabbage
Lucky Muffins
Melt butter or margarine in saucepan. Stir in flour, salt, pepper and mustard. Gradually add milk, stirring until thickened. Stir in vinegar. Add corned beef, which has been diced into inch cubes, and cabbage. Mix well. Pour into greased casserole and drop spoonfuls of Lucky Muffin batter around edge. Bake in 400 degrees oven for 30 minutes.

Chowder Uses Tuna, Macaroni As Basic Items
From sunny California comes this recipe for a hearty chowder that is a meal in itself. Macaroni shells and canned tuna are the basic ingredients for this delicious treat that's especially suited for Saturday luncheons or Sunday-night supper. Crusty rolls are a good accompaniment.

California Chowder
(Makes 6-8 servings)
3 slices bacon, cut in small pieces
2 medium-sized onions, chopped
1 stalk celery
1 bay leaf
2 tablespoons chopped green pepper
7 cups chicken stock*
8 ounces shell macaroni (3 cups)
2 7-ounce cans solid-pack tuna, drained
4 cups milk
Dash cayenne

In a heavy soup kettle, cook bacon over medium heat until lightly browned; add onions and cook until tender. Add celery, bay leaf, green pepper and chicken stock; bring to boil and gradually add macaroni so

that stock continues to boil. Cook, stirring occasionally, until macaroni is tender. Add tuna which has been broken into pieces with a fork, milk and cayenne; cook over low heat 15-20 minutes to blend flavors. Garnish with chopped parsley, if desired.
*Stock may be made from chicken, bouillon cubes dissolved in hot water.

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A new thrill in eating

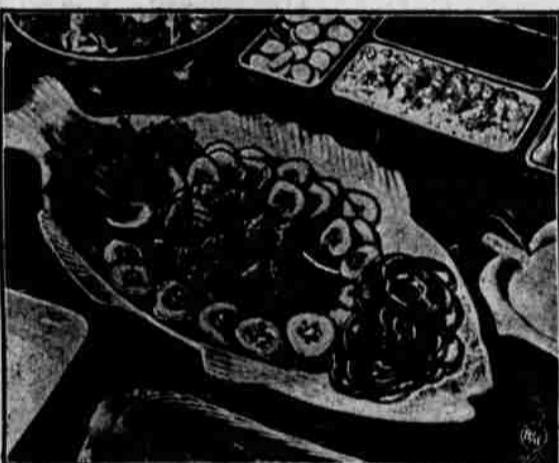


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Canned Salmon For Buffet Dish



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Canned salmon makes a wonderful summer main dish salad. It's ready to use the instant the can is opened... so hostess-easy. It combines well with vegetables. All in all a summer salad treasure.

Salmon Buffet Salad
1 1-pound can salmon
1 large cucumber, scored and sliced
1/2 bunch celery, cut in 2-inch pieces and fringed
2 small green peppers, cut in rings
1 bunch radishes, sliced
1 bunch scallions
4 hard-cooked eggs, chopped
Barbecue relish
Salad greens

Yield: 4 generous servings.

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