

Two Good Recipes for Meatless Lenten Menus

Meatless menus of Lent are not too far away. Here are two to try:

SHRIMP AMANDINE CASSEROLE
 4 ounces elbow spaghetti
 1/4 cup butter or margarine
 1/4 cup blanched sliced almonds
 2 tablespoons chopped green pepper
 1/4 cup enriched flour
 1/2 teaspoon salt
 1/2 teaspoon caraway seeds

2 cups milk
 1 cup cooked cleaned shrimp
 1/2 cup cooked whole kernel corn
 Buttered bread crumbs
 Cook spaghetti in boiling salted water until tender (about 8 minutes). Drain and rinse. While spaghetti is cooking, melt butter or margarine in saucepan. Add almonds and green pepper and brown lightly. Stir in flour, salt and caraway seeds. Add milk and cook until thickened, stirring constantly. Fold in spaghetti, shrimp and corn and mix until well blended. Pour into 1 1/2-quart casserole. Top with buttered bread crumbs. Bake in moderate oven (350 deg. F.) 25 minutes. Makes 4 servings.

VEGETABLE SPAGHETTI LUNCHEON
 1/4 cup butter or margarine
 1/4 cup chopped onion
 1/4 cup button mushrooms (4-ounce can)
 1/2 cup chopped celery
 1/4 cup chopped green pepper
 1/4 cup enriched flour
 1/2 teaspoon salt
 1 1/4 cups consommé (10 1/2-ounce can)
 1 cup water
 1 cup cut green beans
 1/2 cup sliced carrots
 1 teaspoon prepared horseradish
 6 ounces long spaghetti
 Grated Parmesan cheese

Pot-Roast Sauerbraten Tasty Fare

Serve your next pot-roast as Sauerbraten. A beef arm or blade pot-roast is ideal for this serving. For this dish the pot-roast is marinated for several days in a sauce of vinegar oil and spices. It is then removed from the liquid, dredged with flour and cooked as a regular pot-roast.

Sauerbraten
 3 to 4 pounds beef arm or blade pot-roast
 1 1/2 cups vinegar
 1 1/2 cups water
 2 bay leaves
 12 whole cloves
 1/4 teaspoon pepper
 1/4 teaspoon mace
 1 1/2 teaspoons salt
 1 tablespoon sugar
 2 large onions, sliced
 1 cup salad oil
 1/2 cup enriched flour
 3 tablespoons lard or drippings

Heat vinegar, water, spices, salt and sugar to boiling point. Pour over sliced onions and allow to stand until cool. Stir in salad oil. Pour marinade over pot-roast and allow to stand in refrigerator 2 to 4 days, turning meat once a day so it will pickle evenly. Remove meat from marinade and drain. Dredge with flour and brown on all sides in lard or drippings. Place rack under meat and add one cup of strained marinade. Save remaining marinade. Cover meat closely and simmer 3 to 4 hours or until meat is tender. Remove pot-roast to hot platter and thicken cooking liquid for gravy, if desired. 6 to 8 servings.

Mushroom Aspic
 Here is a new version of an old stand-by for your Sunday night supper. This make-it-ahead dish is unique in its combination of flavors. Serve it with water cress and other crisp greens and dress up your mayonnaise with capers, currie powder or your favorite flavoring.

Mushroom Aspic
 3-ounce can chopped broiled mushrooms
 3-ounce can broiled mushroom crowns
 2 envelopes unflavored gelatin
 3 chicken bouillon cubes
 3 cups water
 1 teaspoon tomato paste
 1 teaspoon A1 sauce
 1 teaspoon lemon juice
 Dash tabasco sauce
 1/4 cup minced green pepper
 1/4 cup minced celery
 1/2 cup minced cooked carrot
 Drain mushrooms, reserving broth and removing any bits of butter. Save several mushroom crowns for garnishing and coarsely chop the remainder. Soften gelatin in mushroom broth, then dissolve over low heat. Dissolve bouillon cubes in 1 cup boiling water, then add 2 cups cold water. Combine with the dissolved gelatin, tomato paste, A1 sauce, lemon, juice and Tabasco sauce. Chill until the consistency of egg white. Add green pepper, celery, carrots and chopped mushrooms. Mix well and pour into lightly oiled 9-inch pie plate. Chill until set. Slice reserve mushroom crowns and use to garnish top of aspic. Serve cut in wedges, accompanied with mayonnaise to which a few capers may be added if you like. Yield: 6 generous servings.

Elegant Touch

For sheer elegance and a touch of glamour dress up a bowl of soup with a few slivers of roasted almonds. Combine a can of condensed tomato soup with one of green pea soup. Thin the mixture with a soup can each of water and milk. Heat and top with the almond slivers.

Dressy Pot-Roast

Dried apricots and prunes add a de luxe touch to old-fashioned pot roast. Season the roast with a couple tablespoons mixed pickling spice and cook until fork tender. Add the dried apricots and prunes for the last half hour's cooking.

French Dressing Help

Mashed avocado adds a delightful new flavor to French dressing. Use your favorite recipe for a simple dressing. Then just before you're ready to dress your salads combine equal parts French dressing and mashed Calavo avocado.

OLIVES ADD INTEREST

Make your creamed turkey elegantly rich by adding some chunks of meaty ripe olives. The pieces of shiny ripe olives also add interesting color contrast to this popular entree.



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