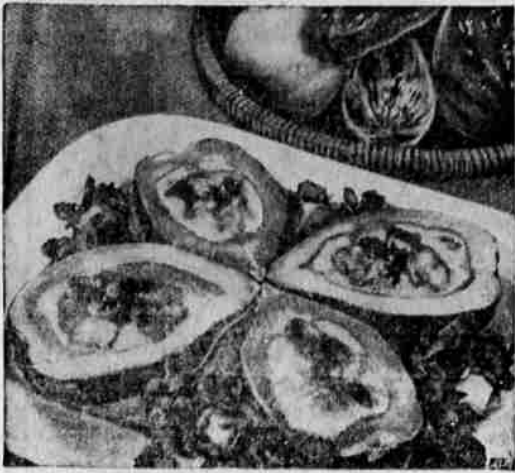


Acorn Squash Versatile Vegetable



Acorn Squash teams well with creamed ham for a luncheon or supper dish.

By CECILY BROWNSTONE
(AP Newfeatures)

There's something just right about sturdy acorn squash for fall meals. It's a vegetable that has gained in popularity during the past years—and no wonder. Economical and substantial, it adds variety because it can be offered so many ways.

After baking the squash halves according to our directions, remove the pulp with a teaspoon. Mash the pulp and beat in salt, pepper and brown sugar to taste along with butter or margarine. Two tablespoons of butter or four acorn-squash halves will be about right. Pile the squash into a shallow baking dish or pie plate. Or pile it back into the scooped-out shells; you will probably need the pulp from a whole acorn squash to fill one half-shell. Now reheat in the oven or under the broiler and garnish with parsley sprigs before serving.

For extra flavor, as you mash the baked squash with the salt, pepper, sugar and butter suggested, try one of the following ideas.

1. Add a little grated lemon rind or lemon juice, or both. Points up flavor!

2. Add a dash of ground nutmeg—with or without the lemon. If you have a nutmeg grater, be

sure to use the freshly grated spice because it really imparts extra fragrance.

3. Omit the butter and add a little heavy cream instead, along with a dash of cinnamon.

4. Omit the brown sugar and add honey instead.

5. Beat in drained crushed pineapple.

6. Add grated orange rind and some membrane-free orange sections. Or use drained canned mandarin oranges with the fresh orange rind.

7. Omit the sugar and sweeten with a little maple or maple-blended syrup.

Sometimes leave the pulp in the squash halves unmashed. Fill the cavities one of these ways.

8. Fill with green peas in a cream sauce. Or with a combination of the peas and tiny boiled white onions. A buffet-size can of the onions is fine to use.

9. Fill with a well-seasoned cream sauce and finely diced raw celery. The crunchy celery gives texture contrast.

10. Fill with succotash. Or add bits of crisply cooked bacon to the vegetables.

11. Fill with stewed tomatoes. You can buy the stewed tomatoes canned; they have excellent flavor and will only need to be heated in a saucepan before they are

added to the squash.

12. Fill with creamed ham made according to the following recipe and serve as a luncheon or supper main dish.

Baked Squash

Wash acorn squash; cut in half lengthwise. Remove seeds and stringy portion; place squash halves, cut side down, in a baking pan. Pour in boiling water to ¼-inch depth. (For 2 acorn-squash halves use a 9x9½-inch pan with ½ cup water.) Bake in hot (400 degrees) oven until tender—30 minutes or longer. Remove squash from pan. Turn right side up and mash and season pulp; or leave unmashed and fill cavities as desired. Makes 4 servings.

Acorn Squash With Creamed Ham

Ingredients: 1½ tablespoons butter or margarine, 1½ tablespoons flour, ½ cup chicken broth or bouillon, ½ cup milk, 1 cup diced cooked ham, salt and pepper, 4 baked acorn-squash halves, parsley or water cross.

Method: Melt butter in saucepan over low heat; blend in flour. Add chicken broth and milk. Stir constantly until smooth and bubbly; cook and stir several more minutes. Add ham and salt and pepper to taste. Spoon creamed ham into cavities of baked acorn-squash halves. Garnish with parsley or water cross sprigs. Serve at once. Makes 4 servings.

Peppered Fish

Good ground black pepper really "zends" broiled fish fillets and fish sticks. Brush the fillets or sticks with margarine or butter and season with salt and a generous sprinkling of black pepper; then quick broil just until golden brown on both sides. Overcooking toughens fish. Baste dryer types of fish several times with butter or margarine.

Filberts Find Their Place

Some more about those fine Oregon filberts. Try one of these recipes:

Fildorf Salad

½ cup filberts, coarsely chopped
3 cups apple cubes
1 cup diced celery
2 tablespoons lemon juice
2 teaspoons honey
Few grains salt
2 tablespoons mayonnaise
¼ cup chopped dates

Combine all ingredients and toss lightly. Line chilled salad plates with crisp salad greens. Divide the salad into the six portions. Top with additional mayonnaise and paprika. Serves 6.

Broiled Ham 'n Filbert Rounds

½ cup coarsely chopped filberts
2 hard cooked eggs, mashed
2 ¼ ounce cans, deviled ham
2 tablespoons diced pickle
1 teaspoon parsley
¼ teaspoon green onion, minced

1 tablespoon diced celery
1 tablespoon mayonnaise
16 ½ inch slices of party rye bread, buttered

Combine all ingredients except the cheese and mix thoroughly. Spread on the rye bread. Sprinkle with cheese and broil 7 inches under the broiler until the cheese bubbles. Serve immediately. Makes 6 to 8 servings.

For Stuffing

To add special interest to the stuffing for fowl, pork chops, spareribs, or flank steak, add chopped and toasted filberts. For the stuffing to fill a 12 to 15 pound turkey, use 1 cup nutmeats; for smaller amounts of filling, ½ cup toasted filberts.

FOR AFTER SCHOOL

Plan a treat for the youngsters who rush into the kitchen after school. Spread crackers or bread with a mixture of maple-blended syrup and peanut butter made by blending ½ cup of each ingredient.

For Buffet Supper

Baked ham served with large dry limas fixed this way makes excellent fare for a buffet supper party! Combine 3 cups cooked large dry limas with 1 cup milk and 2 well-beaten eggs. Stir in ½ cup each minced spinach, minced parsley and grated sharp American cheese. Season to taste with grated onion, Worcestershire sauce and salt. Bake in a moderately slow oven about three-fourths of an hour.

COOL WEATHER DRINK

When the weather turns cool, try heating canned tomato juice just to a boil. Add a teaspoon of butter or margarine to each serving and stir until the butter melts. Serve either in bouillon cups or small glasses. Don't forget a slice of lemon for flavor.

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