



## This Bean Dish Prepared for Queen..

By CECILY BROWNSTONE  
 (AP Newsfeature)  
 Go recipe hunting in Florida and you come up with a dish originated by an American homemaker and enjoyed by the Queen of Iran. Stopping for a barbecue supper at the Clearwater Lake cottage of John A. Snively Jr. and his wife May, we snooped into royal eating habits.

The day of our visit, great sides of beef and pork—stashed with a pungent barbecue sauce of John Snively's devising—gave off irresistible favors as they roasted to a turn in a shallow outdoor barbecue pit. We could hardly wait until the meat was carved and offered to us. Brunswick Stew came on, hearty and fiery. But the dish we fell madly in love with was a simple casserole of green beans with an intriguing topping.



Green Beans with onion topping — Casserole for a queen. very hot and onion rings are crisp. Sprinkle with paprika if desired, and brown — 20 to 30 minutes. Makes 6 servings.

### Mixed Dried Fruits in This Crisp

An inspiration! Many of our fine west coast fruits combine in a dried fruit package: prunes, apricots, pears and apples or figs. Top them with brown sugar, spices, flour and butter — Browned and Crispy.

**Fruit Crisp**  
 1 11-ounce package mixed dried fruit  
 1 tablespoon lemon juice  
 1/2 cup brown sugar, packed  
 1/2 cup flour  
 1/2 teaspoon cinnamon  
 1/4 teaspoon nutmeg  
 1/2 cup butter or margarine

As May Snively watched us take second and third helpings of her casserole, she told us that she and her husband had entertained Shah Mohammed Reza Pahlavi and Queen Soraya of Iran at a similar barbecue supper during their recent American visit. The Queen also had eaten the green bean dish with gusto.

The Snivelys went all out for the Iranian rulers. May and her mother-in-law spent the day supervising the cooking, setting tables for the dozens of guests expected for the party and arranging flower centerpieces and place cards. Shortly before supper, the chief of protocol for the royal visitors arrived and surveyed the two large cottage living rooms set with tables. He decreed that one of the rooms would have to be cleared of all tables except one, and that the Shah and the Queen would dine there alone.

The thoroughly American and unpretentious hosts weren't prepared for this—but they were good sports. When the Shah and Queen Soraya arrived they were ushered into the room with the solitary table and put into the hands of Spencer, the genial helper who has been with the Snively family for years.

"But," May Snively told us with eyes twinkling, "Spencer is not a polished butler!"

Each time Spencer offered Queen Soraya a dish, she looked him in the eye, asked him what was in it and considered carefully before she helped herself. Pork, beef and chicken were easy for Spencer. But when it came to the special vegetable casserole that was being served with the meat, he lost his patience:

"Listen lady," he said. "It's just beans and stuff."

The Queen dug in.

Back in our New York kitchen, we tried duplicating "Beans and Stuff." Our tasters were entranced, begged for the recipe. Here it is:

**Beans and Stuff**  
 Ingredients: 1 pound snap beans, 1/4 teaspoon salt, 3/4 cup boiling water, 1 can (10 1/2 ounces) condensed cream of mushroom soup, 1/2 teaspoon celery salt, 1/4 teaspoon soy sauce, pepper, 1 cup (one-half of a 3 1/2-ounce can) French-fried onions, paprika (if desired).

**Method:** Cut tips from beans; scrub in cold water; drain. Cut each bean in half both crosswise and lengthwise. Add beans and salt to boiling water in a 2-quart saucepan; bring water to a boil again. Cover and cook rapidly until tender but still crisp—about 8 minutes; lift cover several times so beans will retain their green color. Drain, reserving one-third cup cooking liquid; if there is not enough cooking liquid add water to make required amount. Turn condensed undiluted cream of mushroom soup into a 1 1/2 quart casserole. Stir one-third cup reserved liquid, celery salt, soy sauce, and pepper to taste into soup. Fold in drained beans. (Wipe down inner sides of casserole.) Arrange French fried onions over top. Bake in a moderate (350 degrees) oven until

### Idea for Oven Meal On Busy Day

An oven dinner is time saving on a busy day. When planning menus for the week, if you find that one day is going to be very strenuous, save yourself time by planning an oven dinner for that day. However, plan dishes that will require the same oven temperature and approximately the same cooking time. This will save time, steps, and insure a really perfect dinner.

It is sometimes difficult to decide on a vegetable for such a meal. At this time of the year, fresh asparagus is on the market. Asparagus Custard is a combination of milk and eggs, and can bake along with the rest of the meal. It is delicious to eat and because it is made with milk, it supplies the essential milk nutrients that are so important. Calcium is one of our most needed minerals and milk is the best source of this mineral in the diet.

As a suggested oven dinner menu try: Ham loaf, asparagus custard and rhubarb crisp. The baking time for these dishes is very nearly the same. To complete the meal add tomato-cucumber lettuce salad, which takes only minutes to prepare, bread and butter, and milk to drink and you will have an appetizing, well balanced meal, prepared without fuss.

**Asparagus Custard**  
 1 pound fresh asparagus or 1 package frozen cut asparagus  
 2 cups milk  
 2 cups toasted bread cubes  
 1 tablespoon mixed onion  
 1/2 teaspoon salt  
 Dash of pepper  
 2 eggs

Cook fresh asparagus in slightly salted boiling water until tender. Drain and cut in 1-inch pieces. Cook frozen cut asparagus as directed or package. In a 2-quart buttered casserole place the cut asparagus. Mix milk with bread cubes, minced onion and seasonings. Add slightly beaten eggs and pour mixture over asparagus in casserole. Set in pan of hot water and bake in moderate oven 350 F. for about 45 minutes or until set. Serve from casserole at the table.

### About Veal Stews

If your family expects occasional meals that are quite different... and wonderfully good, they'll applaud this.

Flour and brown cubes of veal stew meat. Add water to not quite cover; cover pan and simmer 1 hour. Then add 12 seeded prunes, juice of 1 orange, 1 tablespoon each vinegar and sugar and a dash of cloves. Cover and cook another hour. Rice or egg noodles are especially good with this.

**Sharp Cheese**  
 The longer cheddar cheese is aged, the sharper its flavor becomes; therefore, when a cheddar cheese is labeled "sharp" that usually means it has been aged ten months or more. Mild cheddar is aged six months or less; medium sharp, nine months or less.

**Low Sodium Diet**  
 Fresh lemon juice blended with salt-free butter makes an excellent seasoning for vegetables and meats if you are one of the many on a low-sodium diet.

### Many Good Pork Buys These Days

If you've an eye for good buys, you've probably discovered the economy of an end-cut pork loin roast. During these days when pork is so plentiful all pork roasts are good buys, but the roast cut from the end of the pork loin is especially economical.

It seems that everyone wants roasts from the center of the loin. This results in their being somewhat scarcer than other roasts and consequently more expensive. It's the age-old story of supply and demand!

Why, you may ask, does everyone want the center cut roasts? Are they juicier, tenderer or easier to cook? The answer is that while all pork loin roasts are juicy, tender and easy to prepare, many people like the center cut roasts because they're so handsome looking for a guest meal and because they carve into such nice chop-size servings. The end roasts, which are a little more irregular in shape and carve less uniformly, are every bit as tasty, however, and are ideal for a Sunday or weekend family dinner.

**Cooking an End-Cut Pork Roast**  
 The end-cut loin roast is prepared just like a center-cut roast except that it needs a little longer cooking time. The use of a meat thermometer is the best guide to knowing when the roast is done (145 deg. F. internal temperature). Cook the roast in a shallow uncovered pan in a 325 deg. F. oven and allow 40 to 45 minutes per pound.

**Oven Browned Potatoes**  
 Potatoes cook beautifully around a pork roast because there's always enough fat and brown drippings to baste them and make them a golden brown. Pre-cook potatoes (whole small ones or larger ones cut up) in water for about 10 minutes. Then place around the roast one hour before the end of the roasting time. (If the fat around the roast is too deep, spoon off some of it and save for pan-frying.) Coat potatoes well with the fat in the pan and sprinkle with salt and pepper. Baste from time to time; pierce



An end-cut pork roast is just as tasty as the center cut

with a fork to test for tenderness. A good tasting vegetable to serve with a pork roast is green beans tossed with a delicious herb and onion "dressing."

**Green Beans Deluxe**  
 Cook fresh or frozen green beans (or use canned ones.) To make sauce melt 4 tablespoons butter or margarine and in it cook until lightly browned 1/2 cup finely chopped onions and 1/4 cup finely cut celery. Add beans, mix well, then season with salt, rosemary and thyme (or basil) to suit taste. Reheat to blend flavors well.

### Bananas, Tomatoes With Lamb Chops

If you are one of the lamb chop eaters, you'll go for these: **Frenched Lamb Chops with Bananas**  
 4 medium bananas, peeled  
 4 frenched lamb chops  
 2 tomatoes, cut in halves crosswise

Broil lamb chops until brown on one side. Turn the chops over and put bananas and tomatoes which have been brushed with melted butter on rack in broiler. Continue broiling until the meat is done. Meat should be at least one-half inch thick. This serves four.

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