

HOUSEHOLD MEMOS... by Lynn Chambers



Let Foods Complement Each Other
(See Recipes Below)

Balancing Meals

ONE OF THE QUESTIONS most frequently asked by homemakers is, "How can I plan balanced meals?"

Fundamentals of balancing meals are really simple. Take your dinner, for example. Use a serving of potatoes or another starchy food to go with the meat course; add to this one or two vegetables that go nicely with your chosen meat cut. If you have not had a salad for lunch, this may be added to the dinner menu. If you have a heavy meal, use a fruit dessert; if the meal is light and the fruit requirement of the day has been satisfied, serve cake, pastry or cookies.

That is the dinner plan. However, it also is well to bear other points in mind, so that the meal will be pleasing. First, select foods that have contrast in color, for these will make meals more interesting. We eat with our eyes first and a picture pretty plate certainly will whet the appetite.

Second, serve foods that have contrasting texture. You don't serve boiled potatoes, whitefish and cauliflower at a meal because they all have much the same texture. How much more interesting to serve asparagus with the broiled fish, with crisply fried potatoes.

Third, do have variety. Families have favorite dishes but they won't keep favored rating if they are served several times each week. Prepare everything you serve carefully so the family will learn to enjoy a variety of foods.

DOES YOUR FAMILY enjoy pork chops? Did you know that they could be served with a tomato sauce to add tang to their delicate flavor? Or perhaps you'd like to stuff them with a celery-bread combination, omit potatoes and serve creamed turnips. You always can put your vegetables in the salad and balance the meal that way. Doesn't this meal sound tempting and colorful?

Stuffed Pork Chops Creamed Diced Turnips Asparagus Salad

Here are the recipes for the main dishes in the menu, and you may be certain there won't be any leftovers:

Stuffed Pork Chops

Have the butcher cut a pocket in each of six thick pork chops. Make the dressing as follows: Use 1 cup of bread crumbs and mix with 1 teaspoon salt, 1/4 teaspoon pepper, 1 tablespoon chopped parsley, 1/2 teaspoon thyme and 1/2 cup celery, cut up and sautéed in 3 tablespoons of fat. Moisten with 1 egg. Fill pork chops. Brown the chops in hot fat, season with a sprinkling of salt and pepper, then cover and bake in a moderate (350 degree) oven for one hour.

The turnips are diced and cooked until tender in boiling salted water. Fresh cooked or canned, drained asparagus, well chilled, may be used for the salad. Use a tart dressing. Use your favorite plain muffin recipe to which grated orange rind has been added.

Banana-Prune Whip (Serves 6)

1/4 cup prune purée
1/3 cup sugar
1 cup thinly sliced bananas
2 egg whites stiffly beaten
1 tablespoon lemon juice
Mix together prune pulp and sugar and cook until the latter is dissolved, then cool. Add bananas mixed with lemon juice. Fold in beaten egg whites thoroughly. Serve in sherbet dishes garnished with more sliced bananas and cut marshmallow cherries.

LYNN CHAMBERS' MENU

Stuffed Baked Tomatoes
Tossed Green Salad
Sliced Cold Meat
Peach Pie a la Mode
Bread Butter Beverage

Now let's plan another menu around an entirely different meat course. This menu has the advantage of limiting cooking to an hour, and most of it can be done in the oven, so that you don't have to watch the proceedings:

Tomato-Herb Soup
Meat Loaf
Baked Potatoes
Yellow Wax Beans or Zucchini Squash
Beet Pickles or Tomato Salad
Fresh Fruit Parfait or Apple Raisin Pie

If you choose the squash and pie, these can be baked at the same time as the meat loaf and potatoes. The soup is made simply by heating canned tomato juice with a few herbs for flavor. If you serve the soup, have the beet pickles in place of the salad.

Easy Meat Loaf
(Serves 6)
2/3 cup dry bread crumbs
1 cup milk
1 1/2 pounds ground beef
2 slightly beaten eggs
1/4 cup grated onion
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon sage

Soak bread crumbs in milk; add other ingredients and mix well. Form into one loaf or individual loaves to be placed in muffin pans. Cover with piquant sauce and bake in a moderate oven 45 to 60 minutes. Piquant Sauce: Combine 3 tablespoons brown sugar, 1/4 cup catsup, 1/4 teaspoon nutmeg and 1 teaspoon dry mustard.

Zucchini Squash (Serves 6)

6 medium sized zucchini squash
1 cup soft bread crumbs
1 small onion, grated
1 cup tomato quarters
1 teaspoon salt
1/8 teaspoon pepper
1 egg, beaten
2 tablespoons bacon drippings
Wash squash; cut off ends but do not peel. Cook in boiling salted water for five minutes. Halve lengthwise. Remove pulp and combine all other ingredients with pulp and fill zucchini shells. Sprinkle with American or Parmesan cheese. Bake in a moderate oven for 30 minutes.

Fresh Fruit Parfait (Serves 6 to 8)

20 marshmallows
Juice of 1 lemon
1 cup crushed fresh raspberries
1 cup heavy cream whipped
Melt marshmallows in top of double boiler; add lemon juice. Cool slightly, then add berries. Fold in whipped cream; freeze in tray of automatic refrigerator about two hours.

Other parfaits in season: Substitute one cup finely chopped fresh peaches for raspberries. Strawberry Parfait: Substitute one cup sliced or crushed strawberries for the raspberries in above recipe.

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Certain combinations of food go better than others for a meal, because of flavor and texture contrast. You'll enjoy these easy-to-use go-togethers.

When you serve breast of lamb, surround it with browned potatoes and green lima beans. Add a carrot salad for more interest.

When you have lamb shanks and dumplings, the meal can be rounded out with green beans and glazed carrots. Serve a side dish of apple sauce.

Familiar Birds



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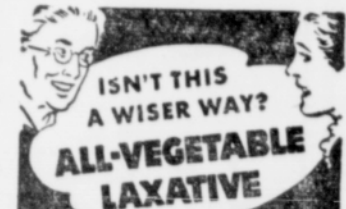
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LYNN SAYS: Plan Colorful Meals With These Hints

A broiled ham slice or ham loaf goes well with buttered rice, sweet potato croquettes, stuffed baked potatoes or broiled potato slices.

Pork roast, either the loin or the shoulder cut, may be prepared with potatoes in one of the following ways: Mashed, browned, buttered, scalloped or baked. Baked squash also may be served in place of the potatoes.