



HOUSEHOLD MEMOS by Lynn Chambers

Use Vegetables, Cheese to Serve For Meat Dishes



Certain combinations of vegetables and cheese taste as if there were meat in them. Serve foods like this often if you find meat is scarce.

Meat Savers

When the meat supply is lean, every homemaker is confronted with the very acute problem of what to serve as a main dish. This becomes an acute problem when the men folk of the family require heavy foods that are both tissue building and satisfying.

Fortunately there are many dishes that may be made with little meat that satisfy these requirements. Then too, if you have a dish with plenty of cheese, poultry, eggs or fish, this may be substituted for the main dish without any qualms as to whether it's really good for the family.

When you do have meat, make the most of it. First, do not shrink it by cooking at too high a temperature; and second, cut off every edible piece and use it wisely.

When you make anything that contains cheese, use a moderate temperature if you want the dish to be palatable, as a high temperature makes cheese stringy and tough.

Baked Cheese and Hominy.

- 1 tablespoon butter or substitute
- 1 tablespoon flour
- 1 cup milk
- 1/2 cup grated cheese
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 2 cups cooked hominy
- 1/2 cup buttered bread crumbs

Melt butter, blend in flour, then add milk slowly, cooking until thickened. Add cheese, paprika and salt. Place hominy in buttered baking dish and pour sauce over it. Cover with crumbs. Bake in a moderate (350 degree) oven for 20 minutes.

One-Dish Meal.

- (Serves 6)
- 1/2 pound raw, smoked ham or cooked leftover meat
- 1/2 pound cheese
- 1 green pepper, chopped
- 6 ounces fine noodles
- 1 1/2 cups water
- 1 teaspoon salt
- 1 can mushroom soup

Put ham, cheese and green pepper through a food chopper. Add noodles, water and salt with soup to meat and cheese mixture. Pour into a well greased casserole and bake in a moderate (350 degree) oven for 1 hour. Keep casserole covered.

(Note: 1 cup of medium white sauce may be used in place of the soup.)

LYNN SAYS:

Cooking Tips: To cook tough cuts of meat, add 1 tablespoon of vinegar or lemon juice to meat before baking.

Render fat from chicken and use for frying. Bacon drippings may also be used. Keep the fats well chilled so they do not become rancid.

In making custard that calls for more eggs than you have on hand, one or more eggs may be omitted if 1/2 tablespoon of cornstarch is added for each one omitted.

In making fruit or berry pies, if the berries are too juicy, beat in one egg with the sugar and prevent juice from running too freely.

Heat lemons and oranges by dipping in hot water, and they will yield juices more freely.

Add a few grains of salt to coffee while making it to improve flavor.

When making applesauce cake, use ground apples instead of applesauce.

LYNN CHAMBERS' MENUS

- *Broiled Eggplant and Stuffed Tomatoes
- Creamed Potatoes
- Sliced Cold Meat
- Jellied Fruit Salad
- Biscuits with Honey
- Caramel Pudding Beverage
- *Recipe given.

Leftover meat can be stretched in any number of ways, but one of the best methods is to cream it and add vegetables. Leftover meat tends to dry readily even though it is wrapped when refrigerated, and any sauce, tomatoes or other liquid that is added will make it savory and juicy.

Creamed Veal.

- (Serves 6)
- 7 medium-sized potatoes
- 1/2 cup milk
- 1 egg, well beaten
- 1/2 teaspoon salt
- 1 tablespoon butter
- 2 cups cooked, diced veal
- 1 cup medium white sauce
- Paprika
- Parsley
- 12 small, cooked carrots

Peel and boil potatoes until tender. Drain and mash. Add milk, egg, salt and butter.

Whip until smooth and fluffy. Form mashed potatoes into a circular border on a well oiled baking sheet, using a pastry tube or a cookie press. Brown in a hot oven (450 degrees). Transfer to a large platter. Fill the center with the veal which has been mixed with well-seasoned white sauce, thoroughly heated. Garnish with paprika, parsley and carrots.

Liver Fricassee.

- (Serves 8)
- 1 pound liver, sliced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup flour
- 1/2 cup bacon fat
- 1 cup canned tomatoes
- 3 medium green peppers, chopped
- 6 small white onions, chopped
- 2 cups boiling water
- 1/2 teaspoon celery salt
- 1/2 teaspoon poultry seasoning
- 3 cups cooked noodles

Pour boiling water over liver. Let stand 5 minutes. Drain and wipe dry. Dredge liver with salt, pepper and flour. Brown quickly in hot bacon fat. Add vegetables and water. Add celery salt and poultry seasoning. Cover and simmer very slowly for 45 minutes. Serve with hot, buttered, seasoned noodles.

A dish that is lovely to serve for luncheon is this one, using two favorite vegetables. It's mighty filling too!

*Broiled Eggplant and Stuffed Tomatoes.

(Serves 6)

Choose 6 firm, ripe tomatoes. Cut a slice from the top of each tomato and remove part of the centers. Mix chopped tomato pulp with 1/2 cup chopped, ripe olives, 1 1/2 cup soft bread crumbs, 1 teaspoon grated onion, 1 beaten egg and seasonings. Fill tomato shells with this mixture. Bake in a moderate (350 degree) oven for 20 minutes.

In the meantime, saute breaded eggplant slices in butter. Serve baked tomatoes on top of eggplant slices, topped with cheese sauce made as follows: melt 6 ounces of a creamy processed American cheese in top of double boiler. Stir in 1/2 cup of milk.

Meat loaf made with vegetables offers tasty fare for meat-saving days. If all of the meat loaf is not used for dinner, it may be chilled and used for luncheon sandwiches



Salad plates of fish and eggs are another meat saver. Prepare them attractively and the family will never think of missing the meat.

Vegetable Meat Loaf.

(Serves 6)

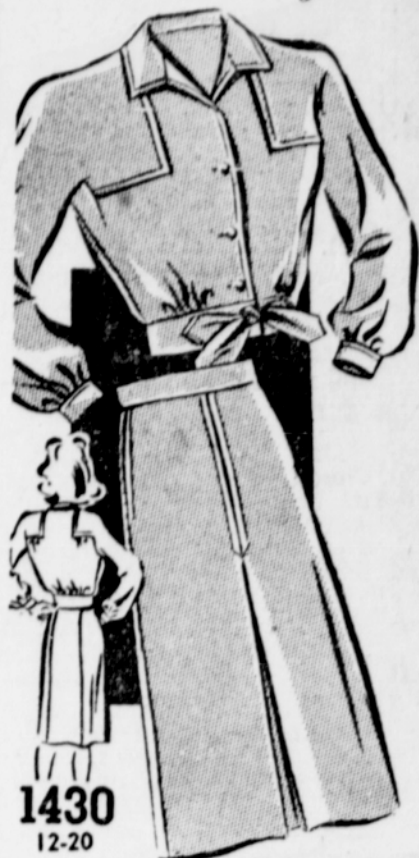
- 1 1/2 pounds hamburger
- 1 onion, sliced
- 1/2 cup bread or cracker crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 egg
- 1/4 cup milk
- 1 cup finely shredded carrots
- 1 cup mashed potatoes
- 1 cup finely shredded cabbage

Mix all ingredients together in order given. Bake in a loaf pan in a moderate (350 degree) oven for 1 hour.

Released by Western Newspaper Union.

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