

Feeding the Family

By Zola Vincent
Food Editor

French Fried Shrimp Easy To Fix At Home

You've enjoyed french fried shrimp as a restaurant specialty and perhaps in the home of a friend but have you personally discovered that you can easily prepare them for family enjoyment? Shrimp, you know, is far and away America's favorite crustacean and is available the year around in iced or quick-frozen form.

One pound of shelled raw shrimp is about right for serving 3 persons generously.

2 pounds green shelled shrimp
1/2 cup flour
1/2 teaspoon baking powder
1/2 teaspoon sugar
1/2 teaspoon salt
1 egg
1/4 cup milk or water

Clean but do not cook shrimp. Sift flour, measure and resift with baking powder, sugar and salt into a mixing bowl. Beat egg, add milk or water and add to flour mixture; stir just enough to blend. Dip raw, cleaned shrimp into batter one at a time, drop into deep fat heated to 360 degrees. Fry to a delicate golden brown. Lift out onto absorbent paper to drain a few moments and serve piping hot with Tatar or Soy sauce. When cooked shrimp are used, fry at higher temperature, more quickly.

Pork Chop Variations

Time was when 'twas thought that fresh pork shouldn't be eaten in the summertime. Lucky for us that we know better now. Fresh pork makes fine eating any time of the year. One of the best things about pork chops or pork shoulder steaks is the way they can be dressed up. Although many doubt if you can improve on simple browned and slow-braised pork chops, salted and peppered.

DeLuxe Pork Chop Skillet. After browning chops on both sides, place on each a slice of tomato and onion and some chopped green pepper. Sprinkle with salt and pepper. Top with canned sliced mushrooms and liquid from mushrooms. Cover and cook slowly one hour.

Orange Pork Shoulder Steaks. Brown steaks on both sides in a

skillet; salt and pepper. Mix together 1 cup orange juice with 1/2 cup water. Pour liquid over and around the steaks and sprinkle with 1/2 teaspoon thyme and 3 tablespoons chopped onion. Cover skillet and simmer for an hour, basting occasionally.

Bean Dish With a Dash

Stringless green beans with long straight pods, crisp enough to snap easily between your fingers are your best buy. When the beans start to ridge and bulge the pods, they are usually tough and leathery. On the market all year, fresh green beans are especially good right now. Canned or frozen beans are equally usable, of course.

1 medium onion
6 tablespoons butter or margarine
1 1/2 pounds cooked green beans
3 tomatoes, peeled and quartered
1 1/2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon celery salt
Dash pepper

Cut onion in slices, separate into rings and saute in butter or margarine over low heat five minutes. Combine cooked green beans, tomatoes, sugar and seasonings and add to onion. Cook 10 minutes or until thoroughly heated. Makes 6 servings.

Orange Glazed Beets

Beets are marketed with or without tops. Personally, we pick out the bunch with the freshest tops, caution the checker-out not to remove them and later add them to salad greens or pan quickly and add to cooked beets at the last minute. Orange juice and grated rind do things to beets — like this:

1/4 cup butter or margarine
1/2 cup sugar
1/2 cup orange juice
2 teaspoons grated orange rind

1 teaspoon cider vinegar
1 tablespoon cornstarch
2 tablespoons cold water
3 cups cooked, sliced beets

Heat and bring to a boil, the butter or margarine, sugar, orange juice, orange rind and vinegar. Reduce heat and cook 10 minutes. Blend cornstarch with cold water and stir into sauce. Cook until thickened and clear. Add beets and simmer 10 minutes. Serve hot. Six servings.

Peas and Green Onions Cooked the No-Water Way

Good to look at, good to eat, good for you. Cook fresh vegetables with no water. Just put 1 tablespoon of butter or margarine for each serving in any saucepan. Add prepared vegetables, salt and a pinch of sugar. Cover with some wet lettuce leaves. Put lid on saucepan, cook over low heat until tender, allowing same time as for boiling the vegetable.

1/3 cup butter or margarine
3 pounds peas or 4 cups, shelled
8 scallions or green onions
1/2 teaspoon salt
1/4 teaspoon sugar
Lettuce leaves

Place butter or margarine in saucepan. Clean and trim scallions using all that good green part. Chop and mix with peas. Place in pan and sprinkle with salt and sugar. Place a blanket of wet lettuce leaves over peas, tucking in at sides to keep in steam. Cover and cook over low heat 15 to 20 minutes or until peas are just tender. Shake pan gently once or twice while cooking. Discard lettuce leaves and serve vegetables hot. Makes 6 servings.

Asparagus, Mock Hollandaise

This mock Hollandaise is so easy to make, never separates, tastes divine. Use canned or frozen asparagus if it seems a better buy than the fresh product right now. Combine 3/4 cup mayonnaise and 1/3 cup milk. Cook over hot water 5 to 6 minutes, stirring constantly. Add 1/4 teaspoon salt, 1/8 teaspoon white

pepper, 1 tablespoon lemon juice and 1 teaspoon grated lemon rind. Remove from hot water and serve over cooked asparagus. Makes 6 servings. Good over broccoli, too.

Melon-Ginger Appetizer. For an elegant first course, cut small size chilled cantaloupes into halves. Fill each cavity with balls made from another melon, together with any fresh berries. Add a touch of sparkling ginger ale. Garnish with mint sprig.

Produce Abundance Makes Easy Week-End Meal Planning

Perusal of newspaper market advertisements reveals an abundance of seasonal good things with prices amazingly low on many items. Fresh fruits and melons vie for attention from breakfast-time to late evening snacking. Colorful, nutrition-packed vegetables offer a profusion of menu-planning ideas. Salad makings are at the peak of perfection as to quality, at low ebb when it comes to price.

Apricots and Peaches. California produces about 97 per cent of all apricots, grown commercially; about 4/5's of the crop is commercially canned, dried or frozen. Pacific northwest produces good supplies for local markets. Enjoy your share of the fresh crop in fresh fruit salads, fruit cream, shortcake, pie, apricot whip, butter, pre-

serves, spiced, pickled, stewed and of course, fresh from the tree. Only tree ripened apricots reach their peak of flavor so choose fully ripe ones.

Peach season is running about two weeks late. Markets are well supplied but talk over canning and freezing plans with your favorite fruit man if you've not already done so.

Berries, grapes, melons are of excellent quality. Enjoy them often.

Best vegetable buys are likely to include all bunched vegetables, cabbage, cauliflower, lettuce, onions, with good supplies of celery, corn, cucumbers, eggplant, peas, potatoes, squash, to-

matoes. Eggs are seasonally a little more costly for the strictly top-grades. We remind you however that eggs below top quality are just as satisfactory for all ingredient purposes.

Dairy products are fine budget aids. Cottage cheese, nonfat dry milk solids and buttermilk are plentiful. Icy cold buttermilk is a fine beverage on a hot day.

Other good buys include canned and frozen citrus products, canned and frozen peas. You've an exceptionally fine selection of coast-caught fresh fish and

Friday, July 25, 1952

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Soil Conservation District Expansion Election August 8

An election will be held August 8 on the inclusion of additional territory within the Sams Valley-Beagle soil conservation district, according to agricultural agent W. B. Tucker. If the area is added, the size of the district will be increased nearly four times.

The voters in the northwest corner of Jackson county will decide if their area is to be consolidated with the soil conservation district. Every one in the area who owns 10 acres or more will be eligible to vote.

The territory which may be added is bounded by Trail creek, the Rogue river and the north and west county lines. It would add some 148,000 acres to the district.

Petitioned for Inclusion
People in the area petitioned to be included in the Sams Valley-Beagle soil conservation district. A two-thirds vote is required among the property owners before the area will be added to the district.

Some 600 persons in the area have received ballots. They may be cast at the three polling places August 8 or they may be mailed to the polling place by August 5. Polling places will be the Enterprise Grange hall in Wimer, the Live Oak Grange hall in Rogue River and the FVW hall in Shady Cove. Chester Jensen, Wimer, is supervisor of the election.

If ballots are mailed in they must be signed on the envelope by the property owners, Tucker warned.

Robert C. Baum, executive secretary of the State Soil Conservation committee, will come to Medford August 6 to meet with the judges of the election.

CAR GREASE LIKE JAM

Los Angeles —(U.P.)— A Shell Oil Co. chemist and a research engineer have discovered that lubricating greases do not flow like true fluids but in a "lumpy" manner like strawberry jam. A. A. Bondi of Emeryville, Calif., chemist and C. J. Penther, engineer disclosed their discovery at an American Chemical Society meeting at the University of Southern California.

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