

Feeding the Family

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Food Editor

Tiny Seasoning Spice Seeds Add Flavor Texture to Prize Recipes

Spices, herbs and seeds are nature's own products. Spices are parts of aromatic plants grown in the tropics; herbs refer to leaves of aromatic plants grown in the temperate zone; seeds refer to the fruit or seeds of herb plants. In the art of cooking, these are magic pigments without which our culinary creations would be dull and lifeless.

Imaginative use of one of the world's oldest but little used spices recently won a \$25,000 prize for a Washington, D. C. homemaker for recipe using sesame seed. This resulted in an awakened interest in all "seasoning seeds" and considerable increase in their use.

Long prized by professional bakers and chefs, spice seeds are often overlooked by the homemaker. We suggest that you put in a supply of caraway, poppy, sesame, celery and perhaps some of the others mentioned here. They cost a trifle.

Ways With Caraway Seed

Probably most familiar of the seeds, the caraway has a faintly licorice flavor. They are long, curved, brown colored and grown mostly in Holland. Baking uses for caraway, led by rye bread are well known. Cookies, pies and cakes can be delicately seasoned with these potent brown seeds. Children love that licorice taste. These are a natural with egg and cheese dishes; scrambled eggs, souffles, rarebits. Sprinkle them over fried potatoes. Celery stuffed with caraway cream cheese is fine appetizer.

Used with sauerkraut, caraway seeds are traditional but other vegetables take to them equally well. Give spinach new flavor with them. Try them with carrots and seven-minute cabbage.

Ways With Poppy Seed

While the tiny poppy seeds, so small that the American Spice Trade Association estimates that there are 900,000 to a single pound, are most generally used in bakery products, they add nutty flavor to pickles, preserves and are increasingly popular in ways like these.

Poppy seed and all macaroni products are good companions and they are delicious when sprinkled over canapés. Salads and soups take on interesting texture if a spoonful or so of this spice is added. Use them in your next graham cracker pie crust. Fold into a simple cake batter; sprinkle over cookies.

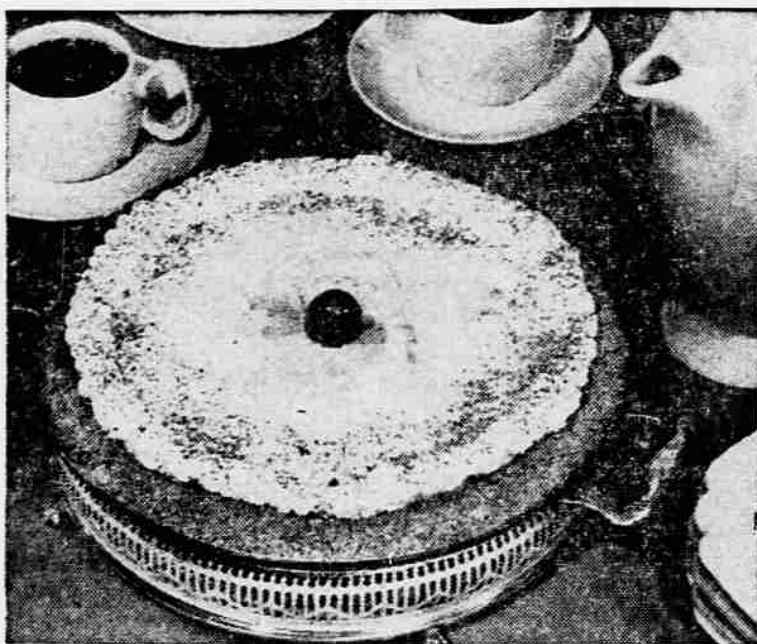
Ways With Sesame Seed

Sesame, the seed of an aromatic East Indian herb is a tasty addition to a tossed green or any vegetable salad or sprinkled over a fruit compote or salad. Mix with cooked fresh vegetables or use as nut-like adjunct to macaroni, spaghetti and egg noodles. Add sesame seed to your next batch of biscuits and cause favorable comment.

Other Seasoning Seed

Anise Seed. Licorice-flavored. Good cookies, candies, sweet pickles and as beverage flavoring. Sprinkle on coffee cakes, sweet rolls.

Cardamon Seed. Tiny brown seeds used whole in pickling spice. Ground, it flavors Danish pastry, rolls, coffee cakes, im-



SEASONING SEEDS—We turn spring's spotlight on the tiny seasoning seeds, sesame, caraway, poppy, celery and others that add much to the art of modern cookery. In this pie, crunchy, choppy seed combines with graham cracker crumbs to make shell for a lemon chiffon pie.

proves flavor of grape jelly.

Celery Seed. A minute seed-like fruit, not the seed of celery. Delicious in combination with tomatoes, in tomato juice cocktails, in stewed tomatoes, in lettuce and tomato salad. Good in pickling, salads, with fish, most vegetables and in salad dressings.

Coriander Seed. Dried fruit of a small plant; is used in mixed pickles, gingerbread batter, cookies, cakes, poultry stuffings, mixed green salads.

Cumin Seed. An ingredient in curry and chili powders. Good in soups, cheese, pies, stuffed eggs.

Dill Seed. Small dark seed of dill plant. Used in pickling, in cooking sauerkraut, salads, soups, fish and meat sauces, gravies, spiced vinegars, green apple pie. Sprinkle on potato salad, cooked macaroni or when cooking sauerkraut.

Fennel Seed. Popular in sweet pickles; good in boiled fish, pastries, candies. Add a dash to your next apple pie.

Mustard Seed. Use whole to garnish salads, pickled meats, fish, hamburgers.

Lemon Chiffon Pie—

Poppy Seed Crust
Here poppy seed combines with graham cracker crumbs in crunchy, flavorful pie crust. We filled it with lemon chiffon pie today, though it is fine for any single crust chiffon or custard type pie.

Poppy Seed Crust. Crush two cups graham cracker crumbs. Cream one-half cup butter or margarine until soft. Beat in one-fourth cup sugar and three tablespoons poppy seed. Work

in crumbs; pat mixture firmly onto bottom and sides of nine-inch pie pan. Bake in moderately slow oven (325 degrees) eight to 10 minutes. Let stand until cold before adding filling.

Lemon Chiffon Filling. Soften one envelope plain unflavored gelatin in one-fourth cup cold water. Combine one-half cup sugar, one-half cup fresh lemon juice and one-half teaspoon salt and add to four egg yolks. Cook in double boiler until custard consistency, stirring constantly. Now add softened gelatine and stir until dissolved. Add one teaspoon grated lemon rind. Cool. When mixture just begins to set, fold in four stiffly beaten egg whites to which one-half cup sugar has been added. Turn into baked poppy seed crust and chill until firm.

Just before serving, pie may be garnished with whipped cream and a sprinkle of poppy seeds.

Caraway Seed Cookies

Caraway, the flavor that makes rye bread so popular, goes into these satisfying cookies. Sift together 1 1/4 cups sifted all-purpose flour, one-fourth teaspoon salt and one teaspoon double-acting baking powder. Blend in two tablespoons whole caraway seed. Cream two-thirds cup butter with one cup light brown sugar and one-half teaspoon grated lemon rind. Beat in one egg. Add two tablespoons milk. Gradually stir in flour mixture. Drop from teaspoon lightly onto greased cookie sheets. Bake at 375 degrees until browned, 12 to 15 minutes. Four dozen cookies.

Fish Fillets With Sesame Seed Crumbs

Angling for a different way with fish? Plentiful, economical fish fillets are so easy to do, so good to eat. Dress them up a bit like this. Fix servings for four persons if your family are good fish eaters.

1 1/2 pounds fish fillets
1/2 pound (1/4 cube) butter or margarine
3 cups soft bread crumbs
Salt and pepper
2 tablespoons toasted sesame seed

1/3 cup melted butter or margarine

Cut fillets into six servings; place in buttered nine-inch baking pan. Over each serving, sprinkle salt and pepper and dot with butter or margarine. Combine bread crumbs, melted butter, toasted sesame seed with additional dash of salt and pepper and cover each fish fillet with crumb mixture. Bake 25 to 30 minutes in preheated moderate oven, 350 degrees.

To toast sesame seed, sprinkle seeds in large shallow pan. Place in preheated moderate oven, 350 degrees, for 10 to 12 minutes, shaking occasionally.

Golden West Thick Soup

Fine lunch when the family comes home to eat or a good supper main dish; can be made ahead of time, heated when needed. Four servings. Better double it.

2 cups diced raw potatoes
2 cups diced raw carrots
1 cup minced onion
1 cup diced celery
2 teaspoons salt
Pepper
2 cups milk
1/2 cup sauterne wine (optional)
Diced raw celery and parsley for garnish

Cook potatoes, carrots, onion and celery in boiling salted water until very tender. Do not drain. Mash slightly, add milk and season to taste. Heat to boiling. Add wine if you have some handy and serve at once garnished with spoonful of crispy bits of celery and parsley.

French Fried Potatoes

Give these favorites glamour by sprinkling with a few caraway seed just before you take them piping hot from the pan.

Dead line for Sunday Classified is at noon Saturday.

Thursday, March 10, 1953

Chinese Warn U S On Finnish Tanker

London — (U.P.) — Communist China has warned the United States it will have to bear the full responsibility if it "dares" to back any attempt to intercept a Finnish tanker reported headed for China with a cargo of jet fuel.

The New China News Agency broadcast a sharp reply to U.S. diplomatic action over the voyage of the 10,382-ton tanker Aruba with kerosene from the oil fields of Communist Romania.

An editorial in the official Communist party newspaper Peoples Daily admitted that "the cargo carried by the tanker is the property of the Chinese people" and attacked any U.S. attempts to intercept it as "piracy."

Russia Said Trailing U S in Plane Building

Washington — (U.P.) — Russia has long range jet bombers similar to the U.S. Air Force's B32 and B47 bombers, but informed sources claim that the Soviet production schedule is substantially behind that of the United States.

On May Day last year, the Soviets first displayed their two new types of bombers. One is known as type 39 and is a medium bomber similar to the B47. The other is type 37 comparable in size to the B52 heavy bomber.

But officials do not believe the Russians have built the bombers in great numbers yet. The Air Force will not say how many wings of B47s it has, but there are several of them in operation now.

LET OWNER BEWARE

Hartford, Conn. — (U.P.) — A. M. Grimaldi had an added reason for being miffed when his fuel oil tank ran dry while he was entertaining friends. Grimaldi owns an oil company.

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Court Records

POLICE COURT
Ronald Luther Spinas, violation of basic rule, \$10.
Geneva B. Jones, failure to stop at stop sign, \$5.
Kenneth Franklin Smilie, failure to obey traffic light, \$5.

DISTRICT COURT
Ella W. K. Ault, 37, Portland, driving while intoxicated, \$255.
Scott Pickens, failure to stop at stop sign, \$10.
James H. Free, failure to stop at stop sign, \$10.
Karl L. Bedell Jr., failure to stop at stop sign, \$10.
Raymond L. McVay, switched license plates, \$15.

CIRCUIT COURT
Carl William Eisenberg Jr., vs. Verda Mae Eisenberg, divorce complaint.
Shirley Irene Smith vs. Allen D. Smith, divorce decree.

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