



PIES AND STEWS—Many of our fine western vegetables go into meat and poultry pies, stews, goulash and other savory main dishes like this rich and delicious chicken pie. Today's food columns feature seasonal fresh vegetables in many good recipes.

Feeding the Family

By ZOLA VINCENT
Food Editor

Produce Industry Pays Tribute to Western Growers

The biggest convention in the 54 year history of the United States Fresh Fruit and Vegetable Association is being held this week in San Francisco, a tribute to our western growers who produce a major portion of our nation's 60 billion pounds of fresh produce annually.

More than half of all fruit grown commercially and considerably more than a third of all vegetables consumed nationally are grown in west coast states. California grows 43 different kinds of fruit crops, 58 kinds of vegetable crops plus 30 kinds of seed crops and 23 kinds of nursery crop; is the number one state in production of cling peaches, freestone peaches, Bartlett pears, apricots, table grapes, wine grapes, raisins, figs, walnuts, almonds, dates, lettuce, avocados, plums, prunes, lemons, olives, asparagus, cauliflower, garlic, tomatoes, sugar beets, cantaloupes, honeydews, strawberries, celery, green peas, carrots and lima beans.

The Pacific northwest is notable for apples, peaches, pears, plums, walnuts, apricots, berries in surprising variety, cherries, cranberries, beets, cauliflower, celery, mushrooms, onions, and peas that are shipped throughout the country. Practically every other field and orchard product except the tropical and semi-tropical are grown in our state for local marketing.

Fresh Vegetables and Chicken Pie Pacifico

Meat and fresh vegetable pies are popular, handsome, colorful, flavorful and nutritious. They can be made with cooked pork, veal, beef, chicken or turkey and with almost any vegetable combination. We've made the chicken and fresh vegetables; topped it with pie crust mix. Six servings.

1/3 cup chicken fat, butter or margarine.
1 cup sliced fresh mushrooms
1/3 cup chopped onion
1/3 cup flour
1 1/2 cups chicken stock
2 cups diced tomatoes
1/2 cup diced celery
1 1/2 cups diced cooked chicken
1/2 cup chopped ripe olives
Salt and pepper
Pastry, using mix or 1 cup flour recipe

Melt fat in saucepan. Add mushrooms and onion and cook until limp. Stir in flour; add chicken stock (bouillon cubes can be used), tomatoes and celery. Cook until slightly thickened. Add diced cooked chicken, olives, salt and pepper to taste. Place in 1 1/2 quart casserole; cover with pastry rolled one-eighth inch thick; trim, turn and flute edges. Bake in a preheated oven, 425 degrees, 30 minutes or until brown.

Burgundian Beef and Fresh Vegetable Pie

A satisfying main dish for family and company fare. Six servings given added flavor distinction with California Burgundy.

Heat two tablespoons any favored fat in a Dutch oven or heavy skillet. Add two pounds cubed beef stew meat and one large onion, thinly sliced; cook, stirring until meat is nicely browned.

Add three cups boiling water, one cup California Burgundy, tablespoon chopped parsley, one bay leaf, three whole cloves, salt and pepper.

Cover and simmer gently, stirring occasionally for 1 1/2 hours. Add two cups diced raw potatoes and one cup diced raw carrots; continue cooking for half an hour or until vegetables are tender. Transfer meat and vegetables to a greased 2-quart casserole. Thicken liquid, pour gravy over meat and vegetables. Cover with pastry; bake 30 minutes in 425 degree oven.

Lettuce Salad Toss-Up Honors Go to the Men

The lettuce growers have an annual shindig at El Centro when a lettuce lovely is crowned queen and the men of the area compete with the women for salad-tossing.

This year a couple of Rotary Club representatives took top honors away from last year's Lions Club winners. They did it with this recipe which was originally used in El Centro's Barbara Worth Hotel; appropriately call it "Barbara Worth Sauced Dressing" for lettuce.

1 large clove garlic
2 teaspoons salt
1 cup olive or salad oil
1/2 cup wine vinegar
1/2 cup heavy cream
1 tablespoon sesame seeds
Freshly ground black pepper
Dice garlic on chopping board; sprinkle with salt. Work salt and garlic together with flat blade of table knife until blended. Combine garlic salt with remaining ingredients; stir well in jar and allow to ripen for several hours before serving. Recipe makes 1 pint of dressing. Shake well before using.

Pour dressing over crisp, well drained iceberg lettuce broken into bite-size pieces in a bowl. Use only enough dressing to thoroughly coat the lettuce leaves, say the men.

Fascination Salad Has Hot Dressing

Second prize winner in the recent annual Lettuce Salad Recipe Contest was an El Centro housewife who poured this hot bacon dressing over bite-size pieces of lettuce, retaining crispness of the lettuce by tossing quickly and lightly. We think measurement of bacon drippings essential to success. Six servings.

Fry eight slices of bacon cut in one-half inch pieces, until crisp; drain and measure one-fourth cup bacon fat for dressing. Tear one head iceberg lettuce into bite-size pieces in a bowl; add one-fourth cup green onion slices, tops and all, two hard-cooked eggs, sliced, and the drained bacon bits.

Mix three tablespoons vinegar or lemon juice, one teaspoon sugar, one-half teaspoon dry mustard, half teaspoon paprika, one-half teaspoon salt, dash of pepper in frying pan; cook over low heat until well mixed and flavors blended. Pour over lettuce, toss lightly, serve immediately.

Halibut and Fresh Vegetable Chowder
Here is a hearty satisfying chowder for six generous servings as a family filler-upper at noon or night. Chowder fans say good chowder is improved by reheating so you can make this ahead of time. Uses plentiful halibut fresh vegetables.

In a heavy kettle, slowly cook one-fourth cup diced bacon or salt pork until slightly crisp. Add one-half cup chopped onion, one cup thinly sliced celery and one cup diced carrots; cook only three or four minutes. Add 1 1/2 pounds halibut fillets cut in one-inch cubes, 1 1/2 cups of boiling water, one teaspoon monosodium glutamate, 1 1/2 teaspoon salt, one-eighth teaspoon pepper and one-eighth teaspoon thyme.

Turn heat low; simmer about 20 minutes or until fish and vegetables are tender.

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Annual Meeting Set For Dairy Industry

Corvallis — Long-distance hauling of milk and new trends in processing and marketing of dairy products are slated for review at the Oregon Dairy Industries' 47th annual conference, Feb. 10 to 12, at Oregon State college.

Dr. G. H. Wilster, OSC professor of dairy manufacturing and ODI secretary, says highlights will include research reports on new dairy products, improved dairy plant techniques, modern packaging materials, automation in handling and processing dairy products, and public relations. An annual feature of the conference is naming of Oregon's best makers of butter,

ice cream, cheddar cheese, and cottage cheese. Winners will be announced at the ODI banquet, Feb. 12.

Dairy manufacturing "workshops" will be in session throughout the conference in the OSC dairy products laboratory, Dr. Wilster reports. New methods in manufacturing cottage cheese and butter are among plant operations that will be demonstrated.

Challenges to the dairy industry — "Looking Forward to 1965"—will be discussed by Dr. G. Burton Wood, head of the OSC agricultural economics department. Among

key speakers are W. J. Thompson, Los Angeles, transportation manager for Carnation company; and Dr. Michael Pallansch of the USDA eastern research division who will speak on basic research in milk products utilization and on new dairy products.

Others are Douglas C. Fisk, Denver, western representative of the National Dairy Council and Dr. H. A. Bendixen, professor of dairy manufacturing, Washington State college. OSC speakers will include Dr. Paul Elliker, chairman of bacteriology department; Mrs. Lois Sather, food technologist; Dr. Ronald Campbell, professor of business administration; Mrs. Beth Bailey McLean, professor of foods and nutrition; and Wilster.

Standard Awarded County Oil Contract

Standard Oil company has been awarded a contract as low bidder among seven companies for providing lubricating oil and gear lubricants to the county, according to County Judge Rodney Keating.

Bid price was \$7,616.40. Period of the contract extends from Feb. 1, 1958 to Jan. 31, 1959, Keating said.

PSYCHOLOGIST DIES

New York — Professor Newman L. Hoopfinger, 66, an expert on business psychology, who taught for more than 35 years at New York University, died Monday in University Hospital after a brief illness.

HIS AND HERS

Effingham, Ill. — Personalized hubcaps is the latest idea of Police Chief C. T. Lamb to needle thieves. Lamb said the department has ordered an electric engraving needle so motorists can put their initials on hub caps.

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