

That Ever-Lovin' OVEN

Baked Ham Slice

TO PREPARE: 15 MIN.
TO BAKE: 65 MIN.

- 1 slice smoked ham, cut 1 1/2 in. thick
(Allow 1/3 to 1/2 lb. per serving)
 - Whole cloves
 - 2 tablespoons brown sugar
 - 2 tablespoons fine dry bread crumbs
 - 2 tablespoons raisins
 - 1/2 teaspoon dry mustard
 - 1 1/2 cups orange juice
 - 1 teaspoon cornstarch
1. Place ham slice in an 11 3/4 x 7 1/2 x 1 3/4-in. baking pan.

2. Insert whole cloves in ham slice at 1-in. intervals.
3. Sprinkle a mixture of brown sugar, bread crumbs, raisins, and mustard evenly over ham. Carefully pour 1 cup orange juice over ham.
4. Bake at 300°F 45 min., basting occasionally with liquid in baking pan.
5. Blend remaining orange juice with cornstarch. Remove ham from oven and pour orange-juice mixture over surface.
6. Return ham to oven for 20 min., or until liquid is thickened and clear. Remove cloves before serving.

Asparagus Parmesan

CONVENIENCE  FOOD RECIPE

TO PREPARE: 15 MIN. TO HEAT: 5-10 MIN.

- 2 10-oz. pkgs. frozen asparagus
- 1/2 cup butter or margarine
- 1/2 cup (about 2 oz.) grated
Parmesan or Romano cheese
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon Accent

1. Butter a 1 1/2-qt. casserole.
2. Cook asparagus according to directions on package. Drain, if necessary.
3. Melt butter in a small saucepan and add to casserole. Place cooked asparagus in the casserole and sprinkle with a mixture of the Parmesan cheese, salt, pepper, and Accent.
4. Heat in a 450°F oven 5 to 10 min., or until cheese is melted. About 6 servings



As traditional as hunting itself, breakfast is a man-sized meal in the fire-lit lodges where Autumn hunters swap tall tales and drink hot black coffee in the cold, early morn.



MELANIE DE PROFT, Director, Culinary Arts Institute

Family
Weekly
Cookbook

Fresh Corn Pudding

An excellent accompaniment for roast ham and broiled steaks or chops.

TO PREPARE: 20 MIN. TO BAKE: 40 MIN.

- 8 ears fresh corn (or enough to yield 2 cups cut corn)
- 1/4 cup butter
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon Accent
- 1/4 teaspoon paprika
- 1 cup milk
- 2 tablespoons cut parsley
- 2 eggs, well beaten (until thick and piled softly)
- 1/2 cup fine dry bread crumbs
- 1/4 cup grated sharp Cheddar cheese

1. Grease a 2-qt. casserole.
2. Remove husks, silk, and blemishes from the corn. Carefully cut off top-half of corn kernels. Use dull edge of a knife blade to scrape remaining pulp and milk.

3. Heat the butter in a large skillet. Add the onion and celery and cook over medium heat until onion is transparent; occasionally move and turn with a spoon.
4. Blend in a mixture of the flour, salt, Accent, and paprika. Heat until mixture bubbles. Remove from heat and add the milk gradually, blending in. Return to heat and cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer. Remove from heat.
5. Mix in the corn and parsley. Carefully fold in the beaten eggs. Turn corn mixture into the prepared casserole.
6. Sprinkle a mixture of the bread crumbs and cheese around outside edge of corn mixture.
7. Bake at 350°F 40 min., or until a silver knife comes out clean when inserted halfway between center and edge of casserole. Serve hot. About 6 servings

Better Breakfasts

Breakfast can be fun . . . a daily adventure in good eating! Family Weekly suggests: Build each breakfast around a basic pattern that supplies one-fourth to one-third of the day's food needs. By all means, take the time to really enjoy it. The adequate breakfast with fruit or juice, meat or eggs, enriched cereal or bread, and milk will give your family necessary energy and essential nutrients. The breakfast menu should provide not only nourishment but delicious flavor and the right kind of food. Add high interest to breakfast with . . .

Better Breakfast Special

CONVENIENCE  FOOD RECIPE

TO PREPARE: 20 MIN.

- 4 oz. chipped beef
- 1/4 teaspoon dry mustard
- 1/2 cup cream
- 4 eggs
- 1/4 cup shredded sharp Cheddar cheese
- English muffins

1. Cut chipped beef into coarse shreds with scissors. Place in an 8-in. skillet having a cover.
2. Sprinkle the mustard evenly over the chipped beef; pour cream over beef.
3. Cook slowly about 10 min., until cream is absorbed but the beef is still moist.
4. Break each egg separately into a saucer. Carefully slip egg onto the hot beef. Sprinkle about 1 tablespoon of the cheese around each egg.
5. Cover and cook over low heat about 5 min., until eggs are set.
6. Serve hot on buttered, toasted English muffins. 4 servings