

Feeding the Family

By ZOLA VINCENT
Food Editor

Macaroni Featured in Many Popular Lenten Main Dishes

Many a satisfying Lenten season meal will feature products of the durum wheat trio, macaroni, noodles and spaghetti. The varieties of shapes and sizes are almost beyond numbering. Because of their bland flavor they blend well with protein foods of all kinds to make substantial main dishes. During the next few weeks many families will be combining macaroni products with seafood as we do here for truly succulent eating.

Crabmeat a la King

Crabmeat, mushrooms and parsley are an almost unbeatable flavor combination. Add them to a well seasoned whitesauce with colorful bits of pimiento for a bright note and serve over texture-wise thin spaghetti for a dish to remember.

4 tablespoons butter
2 tablespoons chopped parsley

1/2 pound fresh mushrooms, sliced

1 onion, chopped

2 tablespoons flour

1 teaspoon salt

Dash of pepper

Dash of paprika

2 cups milk

1 cup cooked crabmeat, flaked (canned or fresh)

2 tablespoons pimiento, chopped

1 egg, slightly beaten

1 1/2 pound package thin spaghetti

Saute parsley, onion and mushrooms in butter until soft. Blend in flour and seasonings. Add milk and cook, stirring constantly, until sauce thickens. Stir in crabmeat and pimiento. Beat egg, add small amount of creamed mixture, stir well and return to sauce. Heat over low flame, stirring constantly, until heated through. Serve over thin spaghetti cooked according to package directions.

Tutti-Fruitti Apples

Served warm and juicy, baked fresh apples are doubly wonderful when topped with packaged vanilla pudding made with 2 1/2 cups milk (to give it a more custard-like consistency) to which diced candied fruits, chopped nuts, grated lemon rind and a spot of mace have been added.

Sweet Potatoes New Orleans

When it comes to food value and good flavor, you can't beat the sweet potato. However, in this spicy sweet potato recipe from New Orleans we whip the "sweets" into succulent softness before adding spices and a nip of fresh lemon and orange for piquancy. When topped with brown sugar and chopped peanuts this dish becomes distinctive indeed.

4 medium (2 pounds) sweet potatoes

1/2 teaspoon ground nutmeg

3/4 teaspoon salt

3/8 teaspoon ground cloves

1/4 cup sugar

1 tablespoon butter or margarine

1 egg, well beaten

1/4 cup heavy cream

1 tablespoon grated orange rind

1/2 teaspoon grated lemon rind

1 tablespoon butter or margarine, melted

2 tablespoons light brown sugar

2 tablespoons chopped peanuts

Cooked unpeeled whole sweet potatoes in boiling water to cover until tender, 20 to 30 minutes. Slip off skins and mash until smooth. Add next nine ingredients and beat (whip, that is) until fluffy. Turn into a one-quart buttered casserole; brush top

with melted butter and sprinkle with brown sugar and chopped peanuts. Bake in preheated very hot oven for 35 minutes or until browned.

Salmon-Celery Loaf

Convenient, tasty canned salmon will solve many a Lenten menu problem. This salmon loaf may be served with or without a sauce.

Drain a one-pound can salmon, remove skin and bones, then flake into small pieces. Combine flaked salmon with one cup soft bread crumbs, two well beaten eggs, one-fourth cup milk, one-fourth cup minced green pepper, one cup chopped celery, one-fourth cup minced onion, one teaspoon salt, dash each of pepper and cayenne, one tablespoon melted butter and two tablespoons lemon juice. Turn into greased loaf pan; smooth out top. Bake in moderate 375 degree, oven for 40 minutes or until firm. Unmold on hot platter. Serve with lots of lemon wedges. Makes six servings.

Move into Lenten Limelight

Many menu planners observing the 40 days of Lent will be surveying fish and shellfish displays with more than customary interest; will find a wealth of new ideas, good eating. Fresh and frozen fish displays feature halibut, salmon, sole, rockfish, swordfish, and increasingly popular fish sticks. Then there's plentiful, economical canned tuna; and sardines in a variety of sauces including tomato and mustard. Canned salmon though not bargain priced, makes fine flavorful eating "as is," casserole or in a salad. Canned and frozen lobster, African lobster tails, shrimp and crabmeat entice the shopper. Incidentally, canned clams, crabmeat, oysters, shrimp and lobster can generally be used interchangeably with fresh in recipes.

Stock up on the macaroni energy trio, spaghetti, egg noodles and macaroni. They come in infinite variety of shapes for quick cooking, saucing, serving, satisfying the family.

Eggs for poaching, frying, scrambling; for using in flavorful, nutritious desserts; for sandwiches, casseroles, creaming or for garnishing a wide variety of dishes are in excellent supply. This high protein food is one of our most valuable from a nutrition standpoint. We suggest you incorporate them in your menus often.

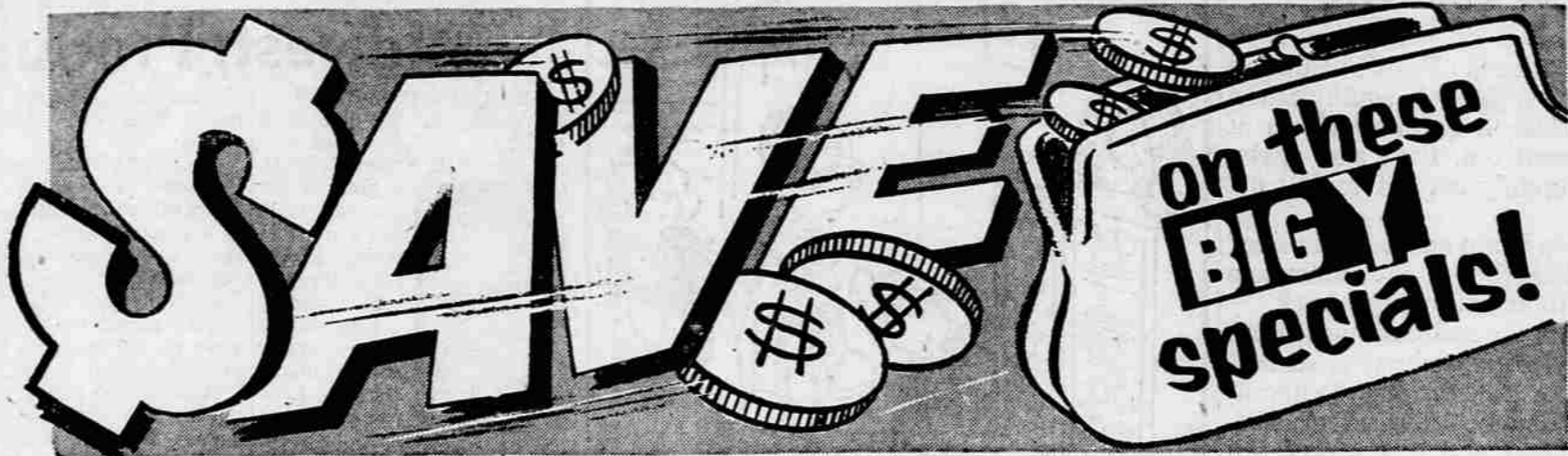
Put in a good supply of good old American cheddar cheese for the making of flavorful, hearty macaroni and cheese dishes, rarebits, souffles, fondues. Try new and fancier kinds for varieties sake.

Meat and Poultry. Lamb is in peak supply with many good buys in stew meat, shoulder cuts, shanks and neck slices. Fresh pork as well as ham and bacon are in the good buy class. Chicken fryers are among the most reasonably priced items in the meat department.

Vegetable buys are many. Potatoes are a wonderful value both penny-wise and taste-wise. Cabbage, carrots, cauliflower, celery, green onions, white onions and squash continue in good supply. Tomatoes, leafy vegetables, cucumbers and green peppers beckon the salad lover.

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