



HOT CROSS BUNS - Hot! Hot! Hot! That's the all important word in Hot Cross Buns. Rich with eggs and fruit and prettily crossed with sugar frosting, they're at their delicious best when served piping hot with generous pats of dairy-fresh butter. Recipe and heating suggestions are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Lenten Tradition Calls For Hot Cross Buns

Hot Cross Buns of the Christian era have been traditional since they first appeared around 1250 A.D. At that time they were sold to Easter Sunday communicants as they left church. Today in America the Hot Cross Bun season starts Ash Wednesday and continues all through Lent but the buns are much the same as in 1250.

"Hot" is the key word when serving this seasonal delight which is rich in eggs and fruit and prettily crossed with sugar frosting. Whether you make them according to our recipe today, use a hot roll mix or buy them at the bakery, serve them hot for breakfast, hot for lunch, hot for dinner or hot any other time of day.

An easy and attractive way to heat and serve is to simply wrap the buns snugly in aluminum foil and heat in a moderate 375 degree, oven about 20 minutes. Take them right to the table in their foil. OR place buns in a covered casserole or Dutch oven and, if they are in the least bit dry, sprinkle with a smidgen of water or just dampen the bottom of the container before putting the buns in. Heat about 20 minutes in a moderate oven.

Hot Cross Buns

Few things can beat the flavor and aroma of Hot Cross Buns as they come right out of the oven to be served with plenty of butter. These "buns" are simply wonderful.

- 2/3 cup milk
- 1 1/3 cups hot mashed potatoes
- 2/3 cup sugar
- 1 3/4 teaspoons salt
- 2/3 cup butter or margarine
- 2/3 cup warm, not hot water (lukewarm for compressed yeast)
- 2 packages or cake yeast, active dry, or compressed
- 4 eggs, slightly beaten
- 6 cups sifted enriched flour
- Grated peel of 1 lemon
- 1 cup currants (or raisins)
- 2/3 cup sifted confectioners sugar
- * Confectioners' sugar frosting

Scald milk. Stir in mashed potatoes, sugar, salt and butter or margarine. Measure water into mixing bowl (warm, not hot, water for active dry yeast; lukewarm water for compressed yeast). Sprinkle or crumble in yeast. Stir until dissolved. Add lukewarm potato mixture and slightly beaten eggs. Mix thoroughly. Mix sifted flour with lemon peel, and currants or raisins. Stir one-half of the flour mixture into yeast mixture. Beat until smooth. Add and stir in remaining flour.

Turn dough out on floured board. Knead until dough is smooth and elastic, and does not stick to hands or board, adding small amounts of flour if needed.

Place dough in greased bowl and brush top with melted butter or margarine. Cover with a cloth. Let rise in a warm place, free from drafts, until doubled in bulk, about 1 hour and 20 minutes. Punch dough down, pull sides into center, place on lightly floured board. Divide dough in half. Form each half into a roll about 10 inches long. Cut into 13 even pieces. Shape each piece into a smooth ball by tucking edges under with fingers. Place in greased 9-inch round cake pans—13 to each pan. Cut a cross in each bun with a sharp knife. Brush with melted butter or margarine. Cover with a cloth and let rise in the same warm place until doubled in bulk. Bake in a hot 425 degree, oven for 2 minutes. Fill cross in tops of buns with confectioners' sugar frosting. Makes two dozen (baker's dozens, that is—26).

* Confectioners' Sugar Frosting. Mix one-half cup sifted confectioners' sugar with one-half teaspoon vanilla and enough slightly beaten egg white to develop spreading consistency.

Stuffed Spareribs

Barbecue Style
Here is a main dish specialty for a company dinner. It has distinction and personality and will make 10 to 12 servings dependent on size of the sides of spareribs used. Add to this, hot cornmeal muffins and a crisp tossed green salad for an easy to prepare dinner that is both economical and filling.

- 6 cups soft stale bread crumbs
 - 2 cups chopped raw apple 1 cup finely chopped celery
 - 1 cup minced onion
 - 1 3/4 teaspoons salt
 - 1/2 cup melted bacon drippings
 - 2 sides meaty spareribs * Barbecue Sauce
- Combine first seven ingredients in order given. Spread stuffing on one side of spareribs, cover with other side and sew or skewer together. Lightly salt and flour outside of ribs. Melt a little shortening in baking pan and brown spareribs lightly on outside, turning carefully once. Place in a medium oven, 375 degrees, and cover with barbecue sauce. Bake until tender about 1 1/2 hours, basting meat frequently with sauce.

Barbecue Sauce
In a saucepan combine one-half cup tomato catsup, one cup bouillon (canned, or one cube dissolved in hot water), two tablespoons worcester-

Reserve Rule Inequity Noted

Washington —UPI— Chairman Richard R. Russell (D-Ga.), of the Senate Armed Services committee said Wednesday there are "a great many inequities" in the treatment of former servicemen who are required to join reserve units.

Russell said in the course of hearings on a proposed four-year extension of the draft law that his committee may try to make some corrections.

Maj. Gen. William H. Harrison Jr., president of the National Guard Association, suggested repeal of Reserve Act provisions that require persons who have served two years as draftees or voluntarily enlistees to join active reserve units.

Russell noted that some men returning to small communities are not required to drill and attend summer reserve encampments because there are no organized units in their areas.

He said there is "not only injustice . . . but a degree of discrimination" in such treatment. He said he had instructed the committee staff to draw up an amendment along lines suggested by Harrison.

shire sauce, one-half teaspoon onion juice (or one teaspoon finely grated onion), dash of cayenne, one teaspoon prepared mustard, one clove minced garlic, and one tablespoon minced parsley. Bring sauce to a boil and pour over meat.

Molasses Glazed Carrots

Unsulphured molasses can do flavor wonders with a number of vegetables including golden, sweet tasting, spring carrots. Here the carrots get a shiny, flavorsome glaze.

For each four servings: Scrape or pare eight carrots. Leave whole or cut in half. Cook in boiling, salted water until almost tender. Remove and drain. Heat two tablespoons unsulphured molasses and two tablespoons butter in skillet; add carrots. Turn to cover with molasses mixture. Simmer gently 15 minutes, turning and basting occasionally.

Apple-Orange Turnover

Delightful, old fashioned turnovers are always a treat. These have an added flavor note when served with a hot lemon sauce. Use a packaged pie crust mix or your favorite pastry recipe for a double crust pie.

Prepare full recipe for plain pastry and roll it out one-eighth inch thick. Cut into five or six inch circles. On each half circle, place one-half cup apple sauce; sprinkle apple sauce with one tablespoon orange juice, one-fourth teaspoon grated orange peel and a bit of nutmeg and sugar. Dot with butter. Moisten pastry edges with water and fold over filled halves. Pinch edges together with a fork and prick top. Place on a cookie sheet and bake in a hot oven, 450 degrees, for 15 minutes. Serve warm with a liberal dusting of sugar on top and a pitcher of Hot Lemon Sauce* to pass.

Hot Lemon Sauce

Mix one tablespoon cornstarch with one-half cup sugar; combine with one cup cold water and boil five minutes. Remove from stove and add two tablespoons lemon juice, two tablespoons butter and a sprinkle of nutmeg. Serve hot over turnovers.

Halibut in Sour Cream Sauce
Here is a fish dish that will tickle the most jaded palate. Makes six servings.

- 2 pounds halibut steaks or fillets, fresh or frozen
- 1/2 cup flour
- 1 1/4 teaspoons salt
- 1 teaspoon paprika
- Dash of pepper
- 1/2 cup onion rings
- 1/3 cup butter, melted
- 1/2 teaspoon crushed sweet basil
- 1 cup sour cream
- 1 tablespoon chopped parsley

Thaw frozen halibut steaks. Cut fish into serving-size portions. Roll in flour seasoned with salt, paprika and pepper. Cook onion in butter until tender. Remove onion and reserve. Place fish in pan and fry at moderate heat until brown on one side. Turn carefully and brown other side. Cover top of fish with onion, sweet basil and sour cream. Cover and let simmer for five minutes or until fish flakes easily. Garnish with parsley.

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