

# FORM & FLAVOR

Interest is added to meals when attractively shaped foods are included in the menu. Fashion delicious main dishes, vegetables, salads, breads, or desserts into fancy forms to give an irresistible quality.

## Family Weekly Cookbook

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As a salad or dessert, Lemon-Tokay Whip is a refreshing lemon-flavored mold.

### Lemon-Tokay Whip

TO PREPARE: 20 MIN.

TO CHILL: ABOUT 3 HRS.

- 1½ cups undiluted evaporated milk
- 1 6-oz. pkg. lemon-flavored gelatin
- ½ cup sugar
- ¼ teaspoon salt
- 2 cups very hot water
- 2 teaspoons grated lemon peel
- ¼ to ½ cup lemon juice
- 2 cups seeded halved Tokay grapes

1. Chill evaporated milk in a refrigerator tray in freezer until ice crystals form around edges of tray.
2. Empty gelatin into a bowl; mix in sugar and

salt. Add hot water and stir until gelatin is completely dissolved. Blend in lemon peel and juice.

3. Chill in refrigerator or over ice and water until gelatin mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.

4. Meanwhile, lightly oil a 2-qt. mold with salad or cooking oil (not olive oil); drain.

5. Using a chilled bowl and beater, beat chilled evaporated milk until stiff. Fold into gelatin mixture. Fold in grapes; turn into mold. Chill until firm.

6. Unmold onto chilled serving plate and garnish with clusters of Tokay grapes. About 12 servings

### Saucy Miniature Meat Loaves

TO PREPARE: 30 MIN.

TO BAKE: 1 HR.

- ¼ lb. cooked ham
- 2 hard-cooked eggs
- 1 green pepper
- 1 small onion
- 1 lb. ground beef
- ½ lb. bulk pork sausage
- 1 egg, beaten
- 1¼ cups milk
- ¼ cup quick-cooking rolled oats
- 2 teaspoons salt
- ½ teaspoon dry mustard
- ¼ teaspoon sage

Barbecue sauce (your favorite recipe or commercially prepared)

1. Cut ham, hard-cooked eggs, green pepper, and onion into pieces and put through medium blade of food chopper. Combine ground mixture with beef and sausage, blending evenly with a fork. Add the egg, milk, and a mixture of the oats, salt, mustard, and sage; mix lightly but thoroughly.
2. Shape mixture into 8 individual loaves. Place in a large shallow baking pan and pour barbecue sauce over each loaf.
3. Bake at 350°F about 1 hr., or until meat is done.  
8 individual loaves

### Broccoli Ring

TO PREPARE: 30 MIN.

TO BAKE: 35 MIN.

- 2 cups chopped cooked broccoli
- 3 tablespoons butter
- 3 tablespoons flour
- ¼ teaspoon salt
- Few grains black pepper
- 1 cup milk
- 1 cup mayonnaise
- 6 eggs, beaten
- 2 tablespoons grated onion

1. Heat water for boiling water bath.\*
2. Heat butter in a saucepan. Blend in flour, salt, and pepper. Heat until mixture bubbles, stirring constantly. Remove from heat. Add milk gradually, blending thoroughly. Bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer.
3. Blend mayonnaise into sauce. Add mixture slowly to eggs, stirring well. Lightly mix in the grated onion and cooked broccoli until thoroughly blended.
4. Pour mixture into a greased 1½-qt. ring mold.
5. Bake in boiling water bath at 300°F about 35 min., or until a silver knife comes out clean when inserted halfway between center and edge of mold. Unmold onto warm serving plate. Serve with creamed chicken garnished with strips of pimiento and mushrooms lightly browned in butter.

About 6 servings

\*For Boiling Water Bath—Set a deep pan on oven rack and place the mold in the pan. Pour boiling water into pan to level of mixture in mold.

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