

Feeding the Family

By ZOLA VINCENT
Food Editor

Reasons for Using Raisins in Recipes for Hot Breads

Today we're raising a rumpus about raisins, one of the oldest fruits known and an industry vital to our part of the country. Raisin Week, just celebrated within the industry, was the very first food to be honored with a national week — and that was more than 50 years ago. The centennial of growing grapes in California occurred last year and the first commercial crop, we're reliably informed, was marketed in California in 1878.

Raisins, the dried fruit of the grape, were popular in biblical times. It is recorded that the raisin business flourished in the Near East in 400 B.C. In due time, raisin culture spread to Europe and for a long time Spain was the world's leading raisin producer.

Today, California leads the world in raisin production with Fresno in the San Joaquin Valley, the heart of the



RAISIN GOODIES—Today we're raving about raisins because National Raisin Week, just concluded, brought to mind so many good things about them. Their uses are myriad, including their goodness in these chocolate raisin muffins, festival coffee cake and layered raisin cream scones. Recipes are included in today's food columns.

Industry. Thompson seedless raisins, so named for W. Thompson of Yuba City who first produced the grape of the same name, are far and away the most popular, with seeded Muscats and other varieties trailing.

Concentrated Goodness
It should be noted that fifty per cent of the raisin crop goes to the bakery trade. The remainder is packed in cartons and transparent bags for store buyers... including those very popular "6 for 25c" small packs.

It takes four pounds of fresh grapes to make one pound of raisins. With this concentration, comes concentrated food values. Raisins contain vitamin A, some thiamin, riboflavin and niacin. They are rich in iron and copper. Their tender skins produce a gentle laxative effect.

Uses Beyond Numbering
Raisins are ready to eat just as they come from the package. No better between-meal snack has been devised for young and old. Some people prefer stewed raisins and nothing could be simpler. Merely cover raisins with water and cook until plumped. To make them more plump, let stand a while in their own liquid.

From snacking to the most elaborate desserts, raisins have their high place in American and European menus. Raisins are used in salads, sandwich fillings, hot breads, stuffings, puddings, sauces, candies, frozen desserts. They go into main meat dishes, too; get tossed into all the new pancake, waffle, cake and biscuit mixes.

Chocolate and Raisins Go Into These Muffins
Raisins in hot breads appeal to all the family. Serve these piping hot muffins with a pitcher of milk for the children; coffee and/or tea for the grownups.

$\frac{3}{4}$ cup dark or golden raisins
 $\frac{1}{4}$ cup chopped walnuts
 $\frac{1}{4}$ cup soft butter or shortening
 $\frac{1}{2}$ cup sugar
2 eggs, beaten
2 cups sifted flour
 $3\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt
 $\frac{1}{4}$ cup powdered cocoa

$\frac{3}{4}$ cup milk
Coarsely chop raisins. Cream butter and sugar together; beat in eggs. Resift flour with baking powder, salt and cocoa. Add to egg mixture alternately with milk, blending lightly. Stir in raisins and nuts. Spoon into greased muffin cups. Bake in hot oven, 425 degrees, about 20 to 25 minutes. Serve hot. Makes 1 to $1\frac{1}{2}$ dozen muffins.

Festival Coffee Cake
Make any occasion festive with this epicurean coffee cake. Tart whole cranberry sauce and sweet chewy raisins combine with spicy dough; get spiced sugar topping. Serve hot with plenty of butter.

2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup butter or shortening
 $\frac{3}{4}$ cup dark or golden raisins
1 egg, beaten
 $\frac{1}{2}$ cup milk
1 cup well-drained whole cranberry sauce

Spiced Sugar Topping*
Resift flour with baking powder, salt, cinnamon and sugar. Add butter or shortening and cut in fine. Add raisins, egg and milk. Mix to a moderately soft dough. Spread in buttered 10x6x2 inch or 8-inch square pan. Distribute cranberry sauce evenly over top; sprinkle with Spiced Sugar Topping*. Bake in moderately hot oven, 375 degrees, about 35 minutes or until done. Cut in squares

Day-Dinner Allure



by Marjorie Martin

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and serve warm. Makes six to eight servings.
***Spiced Sugar Topping**
Blend together one-fourth cup sugar, two tablespoons flour and one-fourth teaspoon cinnamon.
Layered Raisin Scones
A new twist to tender scones has strawberry jam baked between layers of the rich raisin dough. This is an impressive quick bread to put together when neighbors and other friends are invited in for morning coffee.

$\frac{1}{2}$ cup dark or golden raisins
2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
 $\frac{1}{2}$ cup (1 stick) butter
2 eggs, beaten
 $\frac{1}{2}$ cup cream or undiluted evaporated milk

$\frac{1}{2}$ cup thick strawberry jam
Coarsely chop raisins. Resift flour with baking powder, salt and sugar. Add butter or other shortening and cut in coarsely. Add raisins, eggs and cream. Mix to a moderately soft dough. Turn out on floured board and cut dough in half. Roll or pat out each piece to fit a greased eight-inch round cake pan. Fit one piece into pan, pressing dough up sides of pan about one-fourth inch. Spread with jam. Top with second round of dough. Prick top surface with a fork or cut lightly through with a sharp knife dividing dough into six pie-shaped pieces. Brush top with melted butter and sprinkle with sugar, if desired. Bake in hot oven, 425 degrees, for 15 to 20 minutes. Serve hot. Recipe

makes six servings.
Two Sandwich Fillings That Have New Zest
Whether sandwiches go to school, to work or are served all corners on the breakfast table at noon, it is a fine idea to make them up ahead of time. Here are two tasty combinations.
Crisp vegetable combina-

tion includes one grated medium-size carrot, four sliced radishes, one-fourth bunch watercress, salt and pepper. Arrange between slices of buttered bread that has been spread with mustard and/or mayonnaise. Two sandwiches.
Combine one-half cup chopped seedless raisins, two chopped hard-cooked eggs,

one cup shredded raw carrot, two tablespoons chopped pickle and two teaspoons prepared mustard; moisten with mayonnaise. Spread between buttered slices of bread, either plain or garnished with lettuce leaves.
Baked Fryers
Brush each piece of cut-up frying size chicken lightly

with oil or shortening. Season with salt and pepper. Place chicken pieces skin side down on a rack in a shallow pan. Place in hot oven, 400 degrees. After 30 minutes, turn pieces and baste with pan drippings. The chicken will be cooked sufficiently in an hour or less depending upon thickness of pieces.

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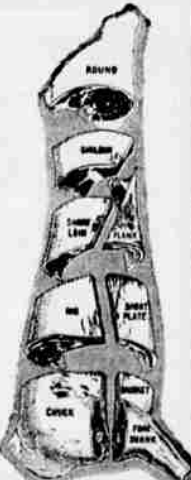
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