

Evaporated Milk

the common denominator in these noteworthy recipes

MELANIE DE PROFT

Food Editor

Veal Tarragon

TO PREPARE AND COOK: ABOUT 50 MIN.

- 1½ lbs. veal steak, cut ¼ in. thick
- ½ cup flour
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 1 teaspoon crushed tarragon leaves
- 6 tablespoons butter
- ½ lb. fresh mushrooms, sliced
- ½ cup chopped onion
- 1 cup water
- 1 14½-oz. can (1½ cups) evaporated milk

- ¼ cup snipped parsley
 - 12 oz. green noodles, cooked and buttered
- Trim bone and excess fat from veal and discard. Cut veal into 1½-in. square pieces. Coat pieces with a mixture of the next four ingredients. Set aside. Reserve remaining flour mixture.

- Heat butter in a large skillet; add mushrooms and cook over medium heat until lightly browned, turning occasionally. Remove mushrooms and set aside.

- Add veal and onion to skillet; cook over medium heat until onion is soft and meat is lightly browned. Add water, cover, and reduce heat; simmer for 30 min., or until meat is tender.

- Stir reserved flour into skillet; heat

until mixture bubbles. Remove from heat and add evaporated milk gradually, stirring constantly.

- Cook over low heat, stirring occasionally, until thickened. Add mushrooms and heat thoroughly. Stir in parsley.

- Serve over the green noodles and accompany with *Glazed Oranges*.

4 to 6 servings

Glazed Oranges

TO PREPARE AND COOK: ABOUT 10 MIN.

- ½ cup sugar
- 3 tablespoons water
- 1 tablespoon light corn sirup
- 7 whole cloves
- 2 medium-sized oranges, cut in ½-in. slices

Combine first four ingredients in a skillet; heat to simmering, stirring constantly. Add orange slices; simmer 3 min. on one side, turn slices, and simmer 2 min. longer. Serve warm.

Veal Tarragon, Chocolate-Mint Cheese Cake, tossed salad, green noodles, and Glazed Oranges—outstanding foods for an autumn menu.



Chocolate-Mint Cheese Cake

TO PREPARE: 30 MIN./TO CHILL: ABOUT 3 HRS.

- ½ cup cold water
- 1 tablespoon (1 env.) unflavored gelatin
- ½ cup boiling water
- 3 sq. (3 oz.) semisweet chocolate
- 1 8-oz. pkg. cream cheese, softened
- 1 cup sugar
- 1½ teaspoons vanilla extract
- ¼ teaspoon peppermint extract
- 1 14½-oz. can (1½ cups) evaporated milk
- 1½ cups chocolate wafer crumbs (about 28 wafers)
- ¼ cup butter, melted
- 3 tablespoons lemon juice

- Sprinkle gelatin evenly over cold water in a small bowl; let stand about 5 min. to soften. Add boiling water and stir until gelatin is completely dissolved. Set aside to cool.

- Melt chocolate over hot water.

- Meanwhile, cream the next four ingredients together. Blend in the melted chocolate. Add the gelatin gradually, blending thoroughly. Chill until mixture begins to gel (becomes slightly thicker). If chilled in refrigerator, stir occasionally; if mixture is chilled over ice and water, stir frequently.

- Meanwhile, chill evaporated milk in a tray in freezer until ice crystals begin to form around edge.

- Mix wafer crumbs and melted butter.

- Line the sides of a 9-in. spring-form pan with a double layer of waxed paper. Turn two-thirds of crumb mixture into the pan (remainder is for topping) and press into an even layer on bottom.

- When chocolate mixture begins to gel, beat icy evaporated milk and lemon juice together until very stiff. Fold into chocolate mixture until thoroughly blended. Turn into the pan.

- Sprinkle remaining crumbs in border around edge. Chill until set, 2 to 3 hrs.

10 to 12 servings

Creamy Salad Dressing

TO PREPARE: 5 MIN./TO CHILL: ABOUT 2 HRS.

- ¼ cup evaporated milk
- ¼ cup salad oil
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- Few grains white pepper
- ½ teaspoon dry mustard
- 1 clove garlic, cut in half

Combine all ingredients in a screw-top jar; cover and shake until the dressing is well blended and creamy. Chill thoroughly. Discard garlic before serving and shake dressing well. ½ cup dressing

Date-Nut Bread

GOOD FOR FREEZING

TO PREPARE: 20 MIN. TO BAKE: 1 HR.

- 3 tablespoons butter, softened
- ½ cup firmly packed dark brown sugar
- ½ cup sugar
- 1 egg
- 1 cup evaporated milk
- ½ cup water
- 1½ cups flour
- 1 cup whole wheat flour
- 3½ teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 1 cup chopped dates
- ¼ cup coarsely chopped walnuts

- Beat butter, sugars, and egg together in a large bowl.

- Add the evaporated milk and water, mixing thoroughly.

- Reserve ¼ cup flour; blend remaining flour with whole wheat flour, the baking powder, salt, and ginger.

- Toss the dates and nuts with reserved ¼ cup flour until well coated. Set aside.

- Add the flour mixture to the beaten egg mixture all at one time and stir until blended.

- Add the dates and nuts and mix just until blended.

- Turn into a greased (bottom only) 9½x5¼x2¼-in. loaf pan.

- Bake at 350°F for 1 hr., or until a cake tester or wooden pick comes out clean.

- Allow to cool for 5 min. before removing from pan. Cool on a cooling rack.

1 loaf bread

Herbed Cheese Sauce for Vegetables

TO PREPARE: 5 MIN. TO COOK: 10 MIN.

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- 2 tablespoons parsley flakes
- 1 tablespoon instant minced onion
- ¼ teaspoon basil
- 1 14½-oz. can (1½ cups) evaporated milk
- ½ cup water
- 1 cup shredded sharp Cheddar cheese

- Heat butter in a saucepan. Stir in a mixture of the next five ingredients; heat until mixture bubbles. Remove from heat and gradually add evaporated milk and water, stirring constantly.

- Bring rapidly to boiling; cook until mixture thickens, about 5 min., stirring frequently. Remove from heat.

- Add cheese and stir until cheese melts and sauce is well blended. Serve immediately. 2¼ cups sauce

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