

upstairs and downstairs In Milady's Kitchen

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Herald and News



PINEAPPLE STRAWBERRY BOAT is truly a preview of paradise. Use fresh pineapple, leaving tuft of leaves attached to each half; run a curved fruit knife around inner cubes. Wash strawberries, leaving on hulls, then drain. Pile in pineapple shells with pineapple cubes; chill. To eat, pick up fruit with a toothpick and strawberries by hulls; dip first into a bowl of maple-blended syrup, then into a bowl of maple-blended whipped cream (made by beating 1/2 cup whipping cream with 3 to 4 tablespoons maple-blended syrup in a chilled bowl). Serves 4 to 6.

— Photo Courtesy Log Cabin Syrup



CANNED TAMALES form the base for an easy summer meal that provides taste appeal for the family and less work for the homemaker. The processors of Mexican-type foods, including tamales, enchiladas, chili and other pleasing specialties supply the cook in the family with products that combine easily in quick one-dish meals ideally suited for summer eating.

Beef Stroganoff Makes Big Hit

Mrs. Elbert (Wyoming) Stiles, 526 Mesa, has generously shared this recipe with some of her friends already and now she has consented to our publishing it. (Note to Cow Belles: Here's a good one for your coming cookbook on beef!)

Brown one pound sirloin, cut into 1/4-inch strips. Slice two medium onions as thin as possible, cook in 1/4 cup salad oil; add 1/2 pound mushrooms (1 can), cook about five minutes. Add meat. Sprinkle in two tablespoons flour. Peel and chop two medium size tomatoes and add, without draining to the mixture along with 1 1/2 teaspoons salt, pepper, 1/4 teaspoon Worcestershire sauce, a little paprika and 1/2 tablespoon finely chopped dill. 1/2 to 1 can beef bouillon. Cover tightly and cook over low heat for one hour. After it has simmered, add 1/2 cup sour cream and heat slowly, not to boiling point. Serve with boiled rice or crisp dried noodles. Everything can be done the day before—then reheated—sour cream added just before serving. Serves four.

FRENCH ROLL CANAPES

Also from Mrs. Stiles comes this wonderful recipe for canapés. 1 large green pepper 1 firm ripe tomato 1 teaspoon salt

SANDWICH FILLING

When it comes to using the dark meat of chicken or turkey for making sandwich fillings, try combining a cup of ground dark chicken meat with one-third cup chopped ripe olives, salt and pepper to taste and enough mayonnaise to give a good spreading consistence. Try this on thin slices of whole wheat or rye bread.

2 teaspoons grated onion 2 tablespoons softened butter 2 packages cream cheese 8 French rolls

Remove stem end, seeds and inside membranes of the green pepper and chop. Peel tomato and chop very fine with the pepper. Drain and mix with rest of the ingredients. Hollow out the French rolls and pack with the cheese mixture. Wrap in wax paper and chill overnight in the refrigerator. Keep any unused rolls or portions of rolls in refrigerator so they'll keep firm and slice easily. To serve, slice the French rolls into rounds and serve as canapés.

STRETCH

YOUR FOOD BUDGET WITH PORTER'S FRIL-LETS!



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RAISIN WALNUT BREAD

Use biscuit mix for a quick raisin walnut bread. For an 8 1/2-inch loaf, use about 1/2 cup each of walnuts and raisins and two cups of biscuit mix. Bake with summer fruit salads, according to the California Foods Research Institute. Makes a fine fruit or salad course for patio serving.

CANTALOUPE

Now that melons are coming in to the market, try serving small cantaloupe halves filled with sliced bananas, halved cooked prunes and either strawberries or pineapple. Makes a fine fruit or salad course for patio serving.



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