

PORTERHOUSE STEAK should be broiled at a moderate temperature in order that steak can be cooked through by the time it is brown on the surface. Garnish the platter with crisp parsley and slices of fresh tomatoes which are plentiful on the local market now.

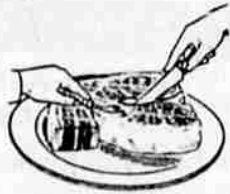
There's Nothing Like Good Steak

Ham and potato salad are wonderful for a long weekend, but about every so often a good thick beefsteak is just what the appetite craves. Suggested here is a porterhouse steak to serve four. From the sirloin end of the short loin, it is the tenderest section of the side and, in the opinion of many, the best flavored. It is fine-grained, well marbled with a characteristic portion of fat and contains a large portion of tenderness. To broil, trim off excess fat around the outer edge. Place on the broiler rack two to three inches from source of heat. A rack that fits into a shallow pan will allow the drippings to collect in the pan. Otherwise, a sheet of foil, cupped at the edges, placed below the rack will save much on oven cleaning if you broil in your regular oven as many of us do.

After one side has browned, salt and pepper and turn. Salt retards the browning process so should not be added until after browning. For a thick cut of porterhouse steak a total of 15 to 20 minutes will produce a rare steak. Cook longer if your family likes meat well done.

TO SERVE

In serving, the bone is removed by the carver and cuts are made clear across the steak, making uniform portions and allowing a portion of the larger or top portion and a piece of tenderloin for each person.



Ham Asparagus Rolls With Cheese Sauce

Asparagus is one of springtime's treats and nearly everyone enjoys the flavor of this tender, spring vegetable. It is almost perfect in itself, simply dressed with melted butter and a few drops of lemon juice. For something a little different, serve Ham Asparagus Roll with Cheese Sauce on squares of crisp buttered toast as the main dish for a spring luncheon. This recipe serves six.

HAM ASPARAGUS ROLLS

2 lbs. fresh asparagus
6 slices boiled ham
1/4 cup butter
1/2 cup flour
1/2 teaspoon salt
2 1/2 cups milk
1 cup grated Cheddar cheese
Cook asparagus in a small amount of boiling salted water until tender. Wrap a slice of ham around each bunch of 3 or 4 asparagus spears, brush lightly with melted butter and place on a buttered baking pan. Bake at 375 degrees for 10 to 15 minutes, until heated through. Meanwhile, melt butter in saucepan, blend in flour and salt. Add milk slowly, stirring constantly. Cook over low heat until cheese is melted. To keep warm, place in top of double boiler over simmering water. Place ham rolls on buttered toast and top with hot cheese sauce.

Use a small carving knife to carve a porterhouse. Place the platter before the server so the flank (tail of the steak) is at carver's left. After the bone is removed, it is easy to cut the steak in uniform portions. Cut flank into serving pieces, also, as some persons like it better than the more tender loin.

VEGETABLES

Fried potatoes seem a natural accompaniment to steak. The new potatoes on the market, boiled first, then diced and hash-browned, are popular with most families. Or, select tiny new potatoes, boil with jackets on, peel and cream or brown in butter. New summer squash that are just now coming to this market, boiled quickly in a small amount of water and buttered, are a nice vegetable with this meal. And always a salad, of course. If you don't have lettuce, radishes and onions in your own garden, the tossed salad of your choice adds the final touch to the main course.

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News

Perk Up Summer Menu With Chicken Burgundy

Serve Chicken Pot Roast Burgundy in a ring of buttered noodles and complete the main course with a crisp green salad or a tray of assorted relishes. Glasses of California red or white table wine will add a festive note. Red table wine, such as Burgundy, Claret and Zinfandel, are best served cool or at room temperature. Sauterne, Riesling, Chablis and other white table wines are preferred well chilled.

Chicken Pot Roast Burgundy

4 tablespoons bacon drippings or other fat
1 (4 to 5-pound) chicken cut into serving pieces
1 cup chicken broth (canned

or bouillon cube broth may be used)
1 (8 oz.) can tomato sauce
1/2 cup Burgundy or other red table wine
1 medium-sized onion, thinly sliced
2 stalks celery, chopped
2 tablespoons chopped parsley
Salt and pepper to taste
6 medium-sized carrots, scraped and sliced
1-3 cup flour
2-3 cup water
2 tablespoons Sherry wine
1 cup cooked or canned peas

Heat bacon drippings in a Dutch oven or other heavy kettle; add chicken and saute until nicely

browned on all sides. Add chicken broth, tomato sauce, Burgundy, onion, celery, parsley, salt and pepper. Bring to a boil, then cover and simmer gently for 2 to 2 1/2 hours (or longer, if necessary), until chicken is almost tender. Add carrots; continue cooking 1/2 hour or until chicken and carrots are tender. Remove chicken and vegetables from liquid. Pour liquid into a measuring pitcher or bowl; skim off excess fat; add water to make three cups of liquid; return to Dutch oven. Heat to boiling; mix flour and the 2-3 cup of water to a smooth paste; add slowly to the boiling liquid, stirring constantly; simmer for 5 minutes or so. Season to taste with salt and pepper. Add Sherry. Return chicken and vegetables to gravy. Add peas. Heat thoroughly and serve.



LIGHT AND COOL FOR SUMMER serving is this frozen banana salad. Delightfully pretty with its pale pink color sparked with bright red bits of chopped maraschino cherries, the salad has a fine fruity flavor that is just a bit tart. Whipped evaporated milk gives it a smooth fluffy texture while chopped nuts add a surprise touch of crunchiness. Serve luncheon size slices with hot rolls for a summertime lunch.

Frozen Banana Salad

1 1/2 cups mashed banana (about 3 medium bananas)
2 tablespoons lemon juice
1/4 cup sugar
1/2 cup mayonnaise
1-3 cup evaporated milk, chilled icy cold
1/4 cup chopped maraschino cherries

piece of waxed paper. Mash with a fork. Place mashed banana in a medium size mixing bowl. Stir in lemon juice, sugar, mayonnaise and nuts. Whip milk until it is stiff and will hold a peak. Fold in banana mixture with the cherries, lightly but thoroughly. Turn immediately into an ice cube tray and freeze until firm, about 3 to 4 hours. Makes 1 quart (6 to 8 servings).
Peel bananas and slice onto a

Wide Choice Of Produce Offered On KF Markets

Sure signs of summer on local markets was the arrival of local green beans. They reach the home-maker quickly enough to be used for best greens if you like to cook the small beans with the greens. Field grown vegetables are in from the Red Bluff country. Sweet corn and tomatoes are especially better right now than most of that offered any time during last summer.

Other good fresh vegetables include okra, eggplant, both Danish and summer squash and zucchini. Mustard greens, crisp scallion radishes and green onions are plentiful.

Peaches are just reaching the market. They follow a simple supply of apricots on which there have been some good specials already. Sweet plums are in as well as the first Bing cherries and Thompson seedless grapes.

Nectar berries — that wonderful cross of loganberries and boysenberries that are known few places outside of Southern Oregon — are now on the market. Raspberries are still good and better strawberries will be in soon.

Honeydew melons and cantaloupe are in now. Watermelons, the week before the Fourth of July, had almost reached the summer low in price and the quality of melons this year is excellent.

GUEST BOOK

Because so many hospital patients and convalescents at home like to keep a record of visitors, a little guest book is a fine gift for such a friend.



THE VERSATILE CHICKEN has seldom seen more "specials" than at Klamath Falls markets, making it one of the most economical dishes you can serve. Chicken is wonderful fried, stewed (particularly with homemade noodles), curried or made into chicken pie. Here, however, is a recipe from the Wine Institute that will perk up your menu. You can use a fryer or you can use a stewing hen.

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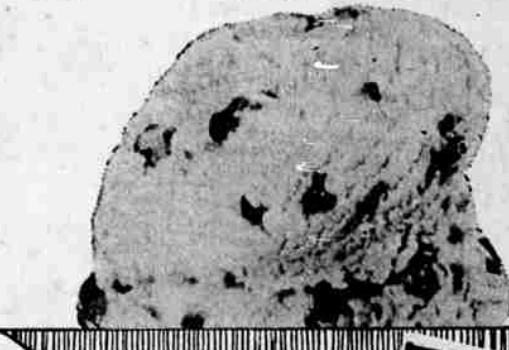
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ICE CREAM

Frankly, folks, we're amazed at this wonderful, delightful flavor. It's delicate and yet every spoonful is smooth with a rich taste that brings out every bit of the fresh lemon flavor. Like it? We'll bet you'll be amazed too when you try it... so try it! Nobody but Medo-Land makes Lemon Chiffon like this!



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