



IDEAL for a Sunday night supper is this American Ham Fondue made with instant nonfat dry milk. It is a good item for the budget, as well as the recipe will make approximately four servings. The recipe was tested by the Nonfat Dry Milk Information Service.

Ham Fondue

There's often a bit of a let down in planning Sunday night suppers after the big dinner of the day. Sometimes we have just left-overs from dinner. But it is more fun when we have a light meal completely different from the earlier main dinner and save the left-overs for "dressing up" on the next day's menu. That's when our American Ham Fondue comes in for special favor.

Pantry shelf items—Instant nonfat dry milk powder and deviled ham—share the spotlight with eggs for the American Ham Fondue. It's a most economical recipe for the cost is only 75 cents for approximately four servings.

Instant nonfat dry milk is used in the quick sauce for the recipe. This versatile food adds enrichment to American Ham Fondue for it is top-quality pasteurized milk with only the fat and water removed, and it is possible to add extra milk nutrients by using nonfat milk in the powder form in this recipe. Because instant dry milk is a source of the important nutrients of milk—protein, calcium and riboflavin—it is known as "the heart of milk."

Nutritious instant nonfat dry milk is so inexpensive. The family-size package makes 12 quarts of nonfat milk for as little as eight cents a quart.

AMERICAN HAM FONDUE

(Makes about 4 servings)

- 1 cup water
- 1-3 cup instant Starlac nonfat dry milk powder
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1 (4 1/2 ounce) can deviled ham
- 1 cup (1/2-inch) cubes day old bread
- 3 egg yolks, slightly beaten
- 3 egg whites

Pour water into top of double boiler. Sprinkle instant Starlac nonfat dry milk powder, flour, salt and dry mustard over surface of water; beat with rotary beater until blended. Cook over boiling water, stirring constantly, until mixture thickens (about 8 to 10 minutes). Blend in deviled ham; add bread cubes. Continue to cook, stirring constantly, until heated throughout (about 5 minutes). Remove from heat; cool slightly. Stir a small amount into egg yolks, then blend egg yolks into remaining hot mixture. Beat egg whites until stiff but not dry. Carefully fold into Starlac-ham mixture. Pour into greased 1 1/2 quart casserole. Bake in slow oven (325 degrees) about 45 to 50 minutes or until puffy and golden brown. Serve immediately.

BEEF GOULASH

Brown 1 1/2 pounds of beef chuck, cut in inch cubes, in two tablespoons of fat. Sprinkle with 1/2 teaspoons salt, 1/4 teaspoon pepper and one teaspoon paprika. Combine one pint sour cream with one package onion soup mix as it comes from the package. Add to meat. Cover and simmer for 1 1/2 hours or until meat is tender. Serve over buttered noodles, mashed potatoes or fluffy rice. Makes six servings.



BUFFET meals may be as simple or elaborate as you please. Shown is a roast leg of veal served with stuffed tomatoes and meat sauce made with sour cream and seasoned with dill.

COLE SLAW

Add prepared mustard, grated orange rind and whipped cream to mayonnaise for cole slaw. Garnish the salad with membrane-free orange sections.

LEG OF LAMB

Buffet service is popular these days and the up-to-date hostess is constantly looking for interesting foods to please her guests. Attractive slices from a boneless veal roast for made-to-order hot sandwiches are news at the buffet table. A sour cream-dill sauce gives a gourmet touch to the menu with broiled tomato slices completing the picture.

Since veal is a young, tender meat, it contains very little natural fat. For this reason it is wise to spoon a little melted shortening over the outside of the roast before it goes into the oven.

The roast may be thawed or frozen before roasting, as you prefer. Extra cooking time should be allowed if the meat is frozen. Place the roast on a rack in a shallow pan. Do not cover. Roast in a slow oven, 325 degrees, allowing 2 to 2 1/2 hours for a 2 to 4-pound thawed roast and nearly double that time if you start with a frozen roast. For a 4 to 6-pound roast, it will take from 2 1/2 to 3 1/2 hours for thawed meat and from 4 1/2 to 5 hours if you start with frozen meat.

When roast is done, place it on a wooden carving board. Garnish with broiled tomato halves. Serve slices of veal on Vienna bread with Sour Cream-Dill Sauce over it.

SOUR CREAM-DILL SAUCE

Yield: 4 to 6 servings

- 2 bouillon cubes
- 2 cups boiling water
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dill seed

BUDGETING

The cost of a meal is usually based on the main dish. Dairy foods can stretch meat, fish and poultry to make economical, yet highly nutritious main dishes. Dried beans, peas and other legumes also are relatively high in protein and when combined with milk and cheese in casseroles and soups make excellent and inexpensive main dishes.

1/2 cup commercially soured cream

In a saucepan, dissolve bouillon cube in boiling water. Combine cornstarch and 1 tablespoon water. Slowly add cornstarch mixture to bouillon sauce. Stir constantly. Heat until sauce thickens. Add salt, pepper, dill seed, and sour cream. Blend well. Serve hot with sliced boneless veal leg roast.

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Afternoon Tea

Delightfully immortalized as was "Alice in Wonderland's" tea party, it certainly does not give an accurate picture of English tea-time customs. England, a land noted for its many traditions, has given the world "afternoon tea" — a welcome pause in the day's activities for pleasant relaxation, friendly conversation and distinctive refreshments.

At the everyday ritual a family table would include crumpets, bread and butter slices or scones. But for very special parties, tea might very well include some special treat, such as "Devonshire Coffee Custard." And here, we're giving you an American adaptation to this delicious English dish, where a sugar-coated puffed wheat cereal mixture is folded into the creamy coffee custard.

This cereal, more generally enjoyed with milk at breakfast and as an out of the box snack throughout the day, provides a fine contrast to the smooth custard. Whether you serve this sweet at an English style high tea or as a supper dessert it will delight friends and family.

DEVONSHIRE COFFEE CUSTARD

- 2 1/2 cups candy-coated puffed wheat
- 1/2 cup tender-thin flaked coconut, toasted
- 1/4 cup honey
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 2 tablespoons butter
- 2 1/2 cups milk
- 1/2 cup light cream
- 2 tablespoons sugar
- 1 tablespoon instant coffee (or 1 1/2 tablespoons imitation coffee flavor instant cereal beverage)
- 1 package vanilla instant pudding mix

Mix cereal and coconut in a small greased bowl; set aside. Combine honey, two tablespoons sugar, and the salt in a small saucepan. Bring to a boil over medium heat, stirring occasionally, until small amount of syrup forms a firm ball in cold water (or to a temperature of 264 degrees). Remove from heat and add butter. Pour syrup over cereal mixture in bowl, stirring lightly to coat. Press mixture into a 5x8-1/4 loaf pan. Allow to cool.

Meanwhile, pour milk and cream into mixing bowl. Add two tablespoons sugar and the instant coffee. Add pudding mix and beat slowly with egg beater just until well mixed, about one minute. Do not overbeat; mixture will be thin. Let stand until set—takes 15 to 25 minutes. Just before serving, stir slightly to mix partly with pudding. Makes three cups or six to eight servings.

FOOD TIPS

ARITHMETIC

Ten single graham crackers, crushed into fine crumbs, will yield about 2 1/2 of one cup of crumbs.

LEFTOVERS

One frankfurter left over from lunch? Put it in the refrigerator and slice it thin and add it to soup for lunch next day.

MEASUREMENT

"A dash" means to use less than 1/4 teaspoon of whatever seasoning is called for.

THICKENER

One egg, used as a thickener, is the equivalent of one tablespoon of flour.

CALORIES

There are usually about 200 calories in 1/2 cup of bread stuffing.

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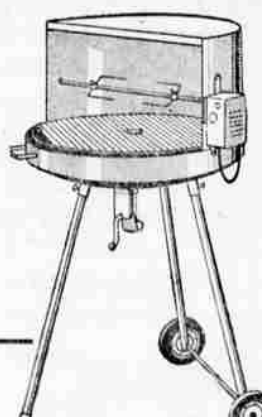
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