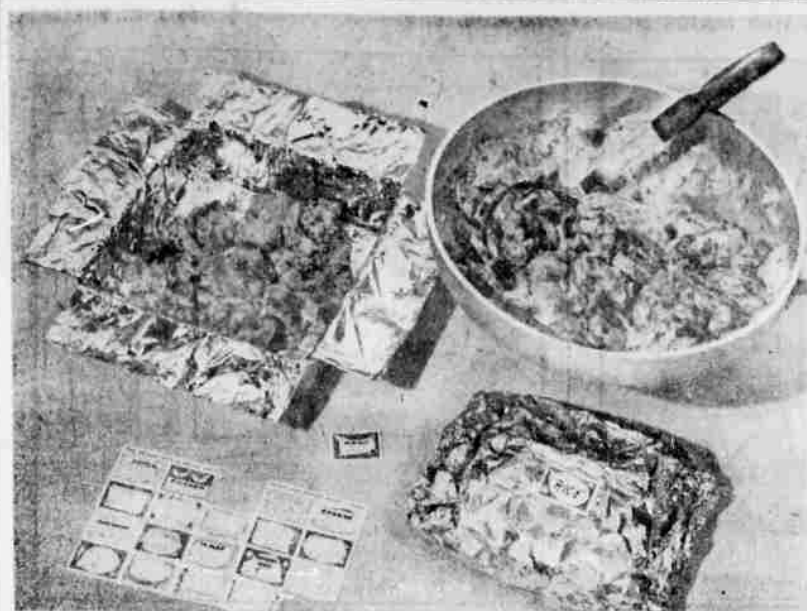




A COMPANY MEAL out of your own freezer is easy if the work is done in advance. Beef Stroganoff with rice is shown here being packaged in foil for the freezer. Reheat at 425 degrees to serve. New convenient marketing labels, available with Alcoa Wrap, insure easy identification of the packages.

HOME PREPARED FROZEN DINNER

While preparing a summer meal, do you sometimes feel like you're doing the Australian crawl through perspiration?

Certainly the outdoor barbecue has helped alleviate "laboring over a hot stove." But every so often there comes a company meal, or special occasion which forces one to face the kitchen torrid zone.

Here, however, is a new way to beat the heat.

Simply walk to the freezer, take out several aluminum foil pack-

ets marked with colorful labels identifying the contents, place them in the oven, and retreat to the coolest part of the house to dress for company. Half an hour later you can fill the serving dishes with delicious beef stroganoff and rice.

The magic formula for this feat of prestidigitation involves aluminum foil by Alcoa Wrap, your freezer compartment, and new marketing labels, now available in each Alcoa Wrap package.

For preparation time, pick a day or evening when cool breezes are waiting through the kitchen, and you're bored with summer television. Then enter the kitchen, turn on the radio or Hi Fi, and create beef stroganoff in an atmosphere conducive to culinary artistry.

Pack your work in amazing aluminum foil, apply the identifying label, and place in the freezer to delight your guests on some sultry evening.

The fool-proof method, worked

out diligently by the Alcoa Wrap Test Kitchens, follows:

BEEF STROGANOFF WITH RICE

3 tablespoons butter
1/2 pound fresh mushrooms or 2 four-ounce cans
1 large onion, cut into 1/2-inch slices
1 1/2-2 pounds flank or round steak
1 tablespoon bottled horseradish
1/2 cup water
1 teaspoon thick condiment sauce
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 cup sour cream
4 cups cooked rice

Melt butter in fry pan; saute mushrooms, onion slices 3 minutes; remove from fat.

Trim fat from meat; mince fat; add to butter in fry pan.

Slice meat crosswise into 1-inch

strips; roll in flour; brown all sides in fry pan.

Place onion-mushroom mixture on top of meat; add horseradish, water, condiment sauce, salt, pepper.

Cover; cook over low heat 1 1/2 to 2 hours or until meat is tender; add more water if necessary during cooking.

When meat is done, add sour cream; blend thoroughly; thicken gravy if desired.

Line an 8 inch by 8 inch by 2 inch pan with Alcoa Wrap. Pour meat into pan. Cover with a piece of Alcoa Wrap double thickness, fitting it firmly down around edge of pan.

Wrap cooked rice in Alcoa Wrap. Place meat and rice in freezer. When ready to serve, place both meat and rice in 425 degree oven; bake 20 minutes.

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HINTS

PICNIC SALADS

Build individual salads for the backyard picnic. Use wax-coated paper drinking cups and start with one pitted ripe olive centered in a ring of hard-cooked egg (use the yolks in the salad). With the salad garnish in the bottom of the cup, stack your favorite mixed salad on top of it, using chicken salad, macaroni or potato salad. On the top of the cup put one slice of peeled tomato and top with a lettuce leaf. Set on a platter in the refrigerator and cover with a damp tea towel until ready to serve. To serve, just unmold and there you have it. Unmold the salad onto a paper plate and there are no dishes to wash.

DESSERT

Canned cling peaches topped with cream de cacao are truly party fare. Serve the fruit at room temperature to get the full flavor of the luscious combination. Pass a plate of Grandma's cookies to add to the treat.

SALAD

Mandarin oranges combine well with pineapple, fresh strawberries or whatever other fruit you wish. Arrange on salad greens and pass Nalley's Fruit Salad Dressing.

BUY MORE MILK

Remember, mothers, your youngsters aren't getting their regular servings of milk at school during these summer vacation months.

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LET'S GO HAWAIIAN

Amazingly low in calories is this dainty dessert and as cooling as the Hawaiian Trade Winds, too. Pineapple straight from that Treasure Island is combined with delicious low-calorie lime gelatin. When chilled, it is cubed and served in sherbet glasses with sprigs of fresh mint and fan-shaped half slices of additional pineapple. Pretty and refreshing for that hot day coming up!

LIME PINEAPPLE CUBES

2 envelopes Lime D-Zerta
2 cups hot water
1/2 cup (120 grams) drained, diced, canned unsweetened pineapple

Dissolve D-Zerta in hot water. Chill until slightly thickened. Then fold in pineapple. Turn into pan to depth of 1-inch. Chill until firm. Cut in cubes, using warm knife. Serve plain or with cream, if allowed on diet. Makes 4 servings. About 31 calories per serving.



COOL AND PRETTY is this hot weather treat made with low-calorie gelatin and Hawaiian pineapple. Pictured is cubed lime gelatin but you can use the flavor of your choice because pineapple is a versatile fruit and will go with almost anything. The basic suggestion, of course, is that you prepare part of the dinner in the morning when the temperature is still comfortable. Serve fruit as a first course sometimes instead of for dessert and you'll find it is an appetite stimulator and provides a refreshing beginning to a meal. The photo and recipe are from D-Zerta.

SUMMER COOKING

It won't be too long before baker potatoes will be with us again (thank goodness!). When you turn the oven on in order to bake potatoes, make up a batch of muffins, from scratch or use a mix, and bake them during the last 15 or 20 minute baking time (425 degrees) of the potatoes.

COOKING TERM

Ever see the lower case initials "l.g." in a recipe? They stand for "a few grains."

ANGEL CAKE

Before baking an angel food cake, wash the cake pan thoroughly in hot soap suds to remove all trace of grease or oil. Put your angel food cake batter into this completely clean pan and your cake will be lighter and fluffier. Sound like magic? Well, this heavenly cake must adhere to the pan while cooking or the cake will shrink and a non-greased pan does the trick.

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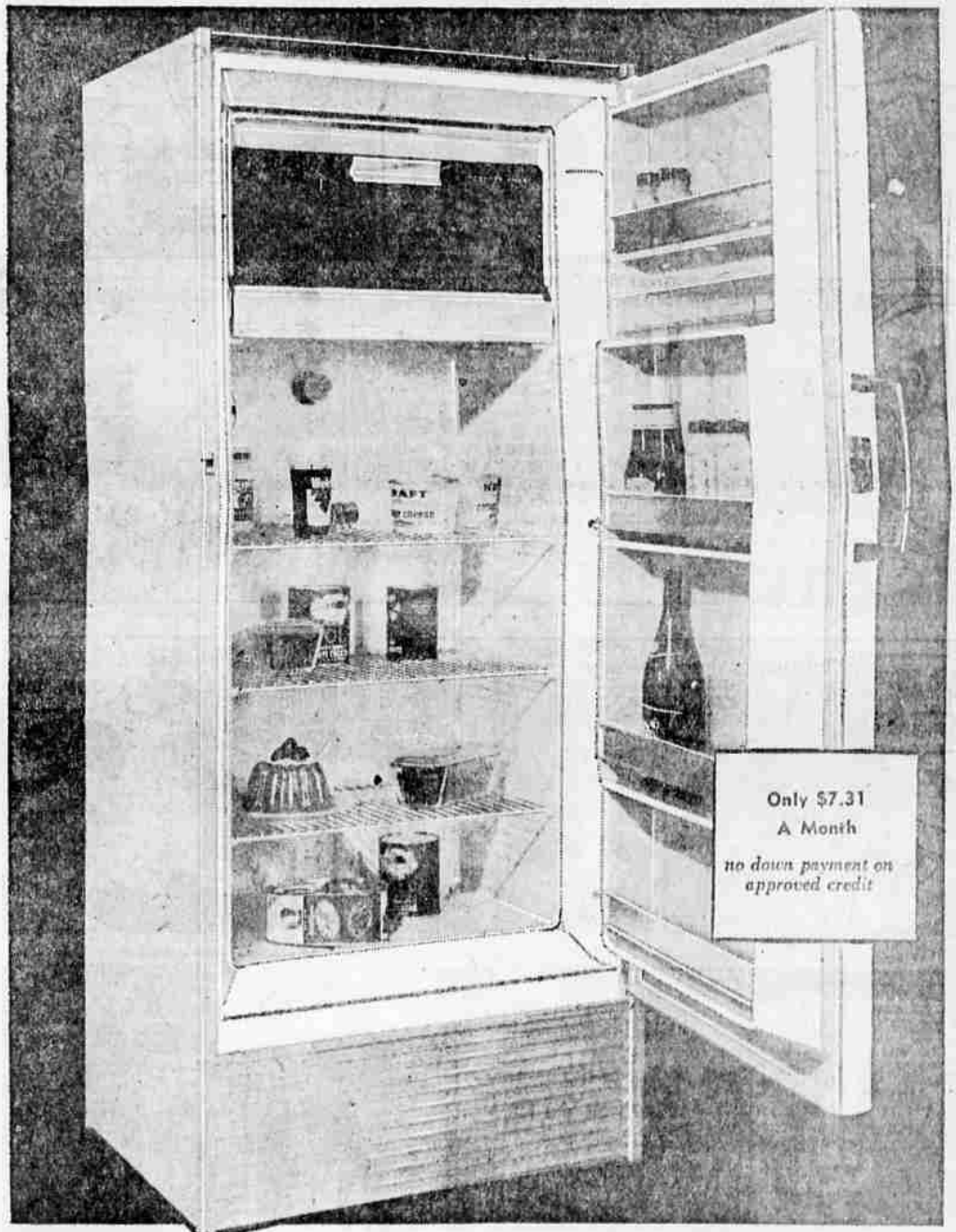
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