

TAMALE PIE

Economy meals need not be dull or lack nourishment. For example, here is a tested recipe for Tamale Pie which will lend interest to a regular dinner menu and provide hearty nourishment for the family.

Tamale Pie is a meal in a dish, and served with salad and French bread it is the star of a lip-smacking menu. An extra nutritional bonus is secreted in this recipe through the use of nourishing instant nonfat dry milk. "The Heart of Milk," instant nonfat dry milk is an important source of milk's vital nutrients — protein, calcium and riboflavin.

TAMALE PIE

(Makes 8 to 10 servings)
1 1/2 pounds ground beef
2 medium-size onions, chopped
1 1/2 cups (12-oz. can) cooked corn kernels, drained
2 cups (2 8-oz. cans) tomato sauce
1 tablespoon chili powder
1/2 cup water
1 cup yellow corn meal
2 cups liquefied instant Starlac nonfat dry milk
1 teaspoon salt
2 eggs, slightly beaten
1/2 package (8-oz.) sharp process cheese food, shredded

Brown beef in large skillet over medium heat; add onions and saute until onions are lightly browned. Stir in corn, tomato sauce and chili powder. Cook, stirring constantly, until beef is tender. Combine water and 1/2 cup of the corn meal; stir into meat mixture. Let simmer, stirring occasionally, until slightly thickened, about 15 minutes. Heat liquefied instant Starlac nonfat dry milk over very low heat until just below boiling point. Stir in remaining 1/2 cup corn meal; cook, stirring constantly, until thickened. Remove from heat. Add a small amount of Starlac mixture to eggs; blend well and return to remaining Starlac-corn meal mixture. Stir in cheese; mix well. Turn meat mixture into three-quart casserole; top with Starlac-corn meal mixture. Bake in a moderate oven (375 degrees) about 30 minutes or until top is lightly browned and firm.



THE ENTIRE MENU for a gay supper party can be prepared without too much trouble in aluminum foil on a grill in the fireplace. Chicken Oregano was the main dish chosen for this picture by Eleanor Lynch of Reynolds Metals Company. Miss Reynolds also recommends the new high temperature cooking method for roasting turkey, first wrap the turkey carefully in heavy duty Reynolds Wrap. (18-inch wide foil will wrap turkeys up to 16 pounds). Brush turkey with soft shortening and place onion slices over breast and legs and add stalks of celery for extra flavor. Cook wrapped turkey at 450 degrees for 2 1/4 to 2 1/2 hours for 6 to 9-pound bird; 2 3/4 hours to 3 hours for 10 to 13 pound bird. Open and fold back the foil and permit the turkey to brown during last 20 minutes of cooking time.

BAKING
Choose slightly underripe bananas when you plan to bake them.

BROWNED FLOUR
If you are planning to brown flour before using it in making gravy, remember that it will have about half the thickening power of unbrowned flour.

DEFT TOUCH
Overmixing muffins is likely to make them tough.

AMY BROWN
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Home Reducing Plan
Demonstration

QUICK DESSERT

Easy recipes are in demand as the busy holiday season approaches. Here's one that is sure to please. "Holiday Stuffed Peaches" can serve as a family or company dessert or as a special late evening snack. Crumble macaroons and mix with a chopped peach half or two; then pile into golden canned cling peach halves. A light sprinkling of brown sugar and a dot or two of butter is all that's needed to get them ready for a quick baking. Delicious served warm, either plain or with light cream. Simply elegant served with a topping of whipped cream or ice cream.

STUFFED PEACHES

6 to 7 canned cling peach halves
5 macaroons
Drop almond extract
Brown sugar
1 tablespoon butter or margarine

Arrange five drained peach halves, cup side up, in shallow baking dish. Chop remaining one or two halves and mix with finely crumbled macaroons and flavoring. Heap mixture into peaches. Sprinkle with brown sugar, using about 1/2 teaspoon for each peach. Dot with butter. Bake in moderate oven (350 degrees) 20 minutes. Slip under broiler for a minute to glaze top. Serve warm, with or without cream.

Makes five servings

FIREPLACE PARTY

By ELEANOR LYNCH

When the weather turns cold and blustery, move indoors and invite guests to a fireplace party. You'll have all the fun and ease of preparation that went with a cook-out, but in a much more cozy, intimate setting.

Everyone helps with the food preparation, which for the most part, consists of combining savory foods in foil packets, with the featured dish individually done up for each person. Getting the fireplace set up for cooking is simple too, since manufacturers of barbecue grills now have models designed especially for fireplaces.

These grills fit any fireplace and are used with charcoal briquets. Line the firebox of the grill with foil, add briquets, sprinkle with starter and touch with a match. Be sure fireplace damper is open—although there is little or no smoke with a briquet fire. The foil serves two purposes... reflects the heat back on the food and later can be used to lift out the ashes.

A whole meal can be prepared in

BACON

If slices of cold bacon stick together, place them in a cold skillet and heat slowly. As they become heated, they are easily pulled apart without tearing the strips.

the fireplace, even dessert. Just recently, at my home on Long Island, we prepared the delicious fireside supper illustrated. It was served on a low coffee table with guests sitting around on cushions and last chrysanthemums from the garden in an ironstone teapot, adding rich, honey fall color.

CHICKEN OREGANO

1 1/2 lb. broiler-fryer chicken cut in serving size pieces
2 stalks celery, chopped
1 can whole tomatoes, drained
1 teaspoon instant minced onion
2 tablespoons butter or margarine
1 teaspoon oregano
salt and pepper
4 squares of aluminum foil

Lightly saute chicken in butter or margarine in a skillet. Remove chicken and put two or three pieces on each piece of foil. Add remaining ingredients to skillet and cook a few minutes. Divide equally and pour over the 4 chicken packages. Bring edges of foil together and

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seal with double fold. Place on grill for about 45 minutes, turning once.

SWEET POTATO-APPLE DELIGHT

1 can apple slices or quarters, drained
1 can whole sweet potatoes
1/4 cup lemon juice
1/4 cup honey

Cut sweet potatoes in half-inch slices. Place alternate layers of sweet potatoes and apples in an aluminum foil broiler pan. (Disposable foil broiler pans now available in 2 sizes at supermarkets and variety stores). Pour over a mixture of honey and lemon juice.

Place on grill and heat for 15 minutes.

POPPY SEED BREAD

Brush slices of white enriched bread with melted butter or margarine. Put together in loaf shape on piece of heavy duty aluminum foil. Sprinkle with poppy seeds. Close foil and heat on back of grill for 15 minutes. After passing bread, close foil to keep it warm.

FIRESIDE DESSERT

Put the contents of a can of fruit cocktail, partially drained, on a sheet of foil and seal edges with a double fold. Heat on grill for about 10 minutes. Pour over slices of store bought plain cake.

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BAKING

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