

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

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COLD WEATHER sharpens appetites and here is a recipe from the Martha Logan kitchens for Veal Cutlets with Seasoned Rice. A piping hot, robust dish is in order at the end of a winter day. A recipe for veal cutlets with mushroom stuffing is also included.

CUTLET DINNER

Veal is young tender meat that is appetite satisfying and which takes well to those combination dishes that have rib-sticking power. The delicate flavor of veal doesn't overpower other ingredients, but instead, has excellent harmonizing qualities. Because veal cutlets are lacking in fat, they should not be broiled, but should be cooked by moist heat.

When buying, allow about 1/4 pound of boneless veal and 1/2 pound of the bone-in variety for each serving, remembering that those with hearty appetites will be back for seconds. Veal prepackaged by the meat dealer (self-service) may be placed in the refrigerator in the original wrapper and used within two or three days.

Just right for a winter's eve supper are Veal Cutlets with Seasoned Rice. Add a vegetable and spiced peaches and the meal is complete. If your family is large or you're expecting guests, you can double the recipe.

is tender. Scoop rice and vegetable mixture onto the serving platter. Top with veal cutlets. Serve immediately.

VEAL CUTLETS WITH MUSHROOM STUFFING
Yield: 4 servings
4 veal cutlets
2 cups 1/2-inch bread cubes
2 tablespoons finely chopped onion
2 tablespoons finely chopped green pepper
1/2 cup sliced mushrooms
2 tablespoons Worcestershire sauce
1/4 teaspoon dry mustard
2 tablespoons shortening
Prepared mustard
Salt
Toothpicks
3 tablespoons water
Combine bread cubes, onion, green pepper, mushrooms, Worcestershire sauce, and dry mustard in a bowl. Toss to blend ingredients. Melt shortening in a skillet. Spread mustard on both sides of the veal cutlets. Sprinkle with salt. Brown cutlets in the skillet. Remove and place about 1-3 cup of stuffing on one half of each piece of meat. Fold the other half of the meat over the stuffing and fasten with toothpicks. Return the stuffed cutlets to the skillet. Add water. Cook covered over low heat for about 30 minutes or until meat is fork tender.

At the end of the cooking time remove the cutlets and place on a warm platter. Make gravy by adding 1 cup of water to the drippings in the pan. Heat to boiling. Make a paste of 1 tablespoon of cornstarch and 1 tablespoon of water. Stirring constantly, slowly add this mixture to the hot liquid in the skillet. Again heat to boiling. Serve gravy over the stuffed veal cutlets.

VEAL WITH RICE
Yield: 4 servings
4 veal cutlets
Salt
2 tablespoons fat
1 1/2 cups beef bouillon
1/4 cup chopped onion
1/4 teaspoon finely chopped garlic
1 cup finely chopped celery
1 tablespoon Worcestershire sauce
1/4 teaspoon oregano
2 cups cooked rice
Salt veal cutlets on both sides. Melt fat in a skillet. Add cutlets and brown well on both sides. Add bouillon, onion, garlic, celery, Worcestershire sauce and oregano. Cover and heat slowly for about 20 minutes. Add rice. Cover and continue heating for another 5 minutes until rice is hot and the meat

CHEESE FANS

Here's an extra-special bread for that very special occasion. "Golden Cheese Fans" take on the shape of fancy Danish pastry but are really rich biscuit dough "biscuits" with a savory cheese-onion filling. Tacky to the eye, they are really very simple to make.

Roll biscuit dough into a rectangle and spread with a filling of grated cheese, butter, instant minced onion and parsley. Roll up like a jelly roll and cut into thick slices; then make 2 cuts part way through each slice. When spread apart, the biscuit resembles a fan with the luscious onion-cheese filling showing through in swirls.

GOLDEN CHEESE FANS
2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1-3 cup shortening
1/4 cup milk
2 cups grated American cheese
1-3 cup melted butter or margarine
1 tablespoon instant minced onion or 1/4 cup finely chopped raw onion
1/4 cup chopped parsley
Sift flour with baking powder and salt. Cut in shortening until mixture resembles coarse meal. Add milk and stir to make soft dough. Turn out onto lightly floured board, and roll to rectangle about 10 x 14 inches. Combine cheese, butter, onion and parsley, and mix well. Spread over dough. Roll as for jelly roll, to make 14-inch roll. Cut into 8 thick slices and place on lightly greased baking sheet. Make 2 additional cuts part way through each slice, and spread apart like fan. Brush with additional melted butter, if desired. Bake in hot oven (425 degrees) 15 to 18 minutes, until browned. Serve hot. Makes 8.

APRICOTS

Use dried apricots to give bright color and rich flavor to winter meals. Rinse the apricots, cover with water and cook slowly until almost tender. Then sweeten to taste and add a little salt and a drop or two of almond extract. Simmer until completely tender, then cool. Serve as stewed fruit or spoon over squares of warm gingerbread or spice cake.

DUTCH SCRAMBLE

For a breakfast treat, serve "Dutch Scramble." Use 2 slices of bread for every 6 eggs. Cut bread into small cubes and brown in butter. Add a teaspoon of instant minced onion, slightly beaten eggs and a tablespoon of cream for each egg used. Scramble together over low heat until eggs are set.

MEXICAN CHICKEN PIE

Here's a bit of budget magic for the lean days after the holidays. "Mexican Chicken Pie" makes 8 big servings from 1 thrifty stewing chicken. It's on the order of a tamale pie, but infinitely more delicious.

Ripe olives add their rich, mellow flavor to a delicious tomato mixture, which is wonderfully seasoned with both chili powder and canned green chilis. Corn meal is cooked in chicken broth to make it extra good. The corn meal and the tomato mixture are layered in a baking dish with the chicken (left in generous-sized pieces please!) and plenty of grated cheese. Spoon a little of the corn meal in an attractive pattern on top; and at serving time, tuck in shiny whole ripe olives and a bright sprig or two of parsley.

"Mexican Chicken Pie" is really a colorful dish, and a delicious one to set before family and friends. The perfect accompaniment is a big green salad topped with tart fresh grapefruit sections and creamy avocado slices.

- 2 tablespoons instant minced onion
- or, 1/2 cup finely chopped raw onion
- 1/4 teaspoon garlic powder
- or, 1 finely chopped clove garlic
- 2 teaspoons chili powder
- 1 (8-ounce) can tomato sauce
- 2 cups grated American cheese

Place cut-up chicken in large kettle, add water and 1 1/2 teaspoons salt. Cover and simmer until tender, about 2 1/2 hours. Cool chicken in broth, then remove skin and bones, leaving chicken in large pieces. Skim fat from broth. Measure broth and add water to make 1 quart. Heat to boiling, add 1/2 teaspoon salt, and slowly stir in corn meal. Cook and stir until corn meal thickens, then cover and cook 15 to 20 minutes longer over very low heat. Meanwhile, chop chilies and cut olives into wedges, reserving a few whole olives for garnish. Combine tomatoes, instant minced onion, garlic powder, chilies, chili powder, 1/2 teaspoon salt and tomato sauce, and simmer 10 minutes. Remove from heat and add olive wedges. Line bottom of large baking dish with corn meal, add a layer of chicken pieces and one of tomato mixture. Sprinkle with half of cheese. Repeat layers, reserving a little of corn meal to top the casserole. Bake in moderate oven (350 degrees) about 30 minutes. Garnish with whole olives. Makes about 8 servings.



WYANDOTTE RIPE OLIVES add delicious flavor and an attractive garnish to a tamale flavored Mexican Chicken Pie. The Italian pottery plates shown are courtesy of Gump's, San Francisco. Recipe and photo are courtesy of California Foods Research Institute.

MEXICAN CHICKEN PIE

- 1 (4 1/2 to 5 pound) stewing chicken
- 1 quart water
- 2 1/2 teaspoons salt
- 1 1/2 cups yellow corn meal
- 1 (4-ounce) can green chilies
- 1 (No. 1 tall) can ripe olives (1 1/2 cups)
- 1 (No. 303) can tomatoes

Makes about 8 servings.

CHECK THESE TERRIFIC

FOOD BUYS

All the grocery prices in last Monday's Ad still in effect. Here are a few examples, plus more Red Hot Buys!

Betty Crocker's Kitchen Favorite

- Bisquick** Giant 40-oz. Pkg. **29¢**
- Sperry Pancake Flour** 4 Lb. Pkg. **39¢**
- Flavorful Maxwell House Coffee** Good to the last drop. Lb. **69¢**
- Betty Crocker Gold Medal Flour** 10 Lb. Bag **79¢**
- Nalley's Lumberjack Syrup** 22-oz. bottle **29¢**
- Swift's Brookfield Butter** The Real McCoy! Lb. **63¢**

SERVICE MEATS!

- Swift's Oriole SLICED Bacon 2 lb. pkg. **85¢**
 - Swift's Premium - Not Acronized Fryers 3-lb. Avg. **35¢ lb.**
 - Swift's County Fair Sausage Whole Hog **59¢ lb.**
 - Corned Beef Lean Briskets **59¢ lb.**
 - GROUND BEEF or PORK SAUSAGE** **2:95¢**
- Always a Butcher To Serve You!

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Ice Cream

Local-made Crater Lake 1/2 Gal. Carton **88¢**

White Star Tuna

Chunk Style 1/2 Size Tin **25¢**

TOP O' THE CROP PRODUCE FROM KLAMATH'S GARDEN SPOTS

- Sunkist Navel Juice **9¢ lb.**
- Oranges **9¢ lb.**
- Extra Fancy Bananas **29¢**
- Clean, Ready-To-Bake Cut Squash **7¢ lb.**

GET FREE FORD TICKETS HERE!

- Preserves Marv Ellen Strawberry Giant 28-oz. Jar **49¢**
- Cottage Cheese Crater Lake Pt. **25¢**
- Peanut Butter HOODY'S 16-oz. Jar **39¢**
- Pard Dog Food 5 1-Lb. Tins **49¢**

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MARKET BASKET

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9th and Pine Ph. TU 4-3167 or TU 4-3168

RESOLUTIONS FOR THE NEW YEAR

- I will start each day with a good breakfast—fruit or juice, cereal with milk, toast and butter or margarine.
 - Every day I will drink two or more glasses of milk, whole or skimmed.
 - Two moderate servings of meat, poultry, fish or eggs will be part of my daily meals.
 - I will include a daily serving of citrus fruit for vitamin C, a serving of dark green or deep yellow vegetables for vitamin A and two or more servings of other fruits and vegetables.
 - Cereals and breads, whole grain, enriched or restored—four or more servings—will balance out my meals with their contribution of protein, minerals and vitamins, plus convenient goodness.
 - If I am overweight I will decrease my calorie intake by eating smaller servings of these recommended foods; if I am underweight I will try to eat larger servings at regular meals or include an extra meal sometime during the day.
 - I will try to get some exercise regularly each day rather than exercising strenuously on weekends.
 - I will have a thorough physical examination, including teeth and eyes, and will follow my doctor's recommendations.
 - Knowing that good nutrition and good physical and mental health are all interrelated, I will provide my body with the care and foods it needs for Grow, Go and Glow!
- Happy New Year!

DO YOU KNOW? BY ALAN FLOREN

BIRDS ARE DESCENDED FROM REPTILES THEIR FEATHERS BEING EVOLVED FROM SCALES?

From the tactics of some of the "birds" in business today, they must have too. Deal with a concern that's proven its dependability.



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