



TO SEE THIS DISH is to recognize its appetite appeal. It is Scampi, a colorful combination of pretty pink shrimp in a tomato sauce further enhanced by being served in a handsome turquoise frying pan in which it was cooked.

SCAMPI

There has been great interest during the last few years in low-cholesterol, low-fat diets. Yet it is only recently that doctors found evidence of a connection between the kinds of fat we eat and blood serum cholesterol levels. It seems that not only is the quantity of fat significant but also the type of fat. The use of corn oil, which contains an effective combination of linoleates and other lipids — a combination called the "L-plus" factor by corn products, may make it possible to control blood serum cholesterol levels without drastic changes in the food patterns.

Of all the foods that come into the cholesterol picture, with this being Lent it seems appropriate to discuss fish.

There are many varieties of fish for a homemaker to choose from. Some fish like mackerel are fatty fish and some like flounder are lean fish. It may surprise you to know, however, that the fat in all fish is of such a nature that it helps to keep blood serum cholesterol levels within the normal range.

Regardless of the type fish or shellfish selected or the method of cooking, corn oil is a staple that can be used in cooking and frying and in salad making — in fact, wherever fat is needed in food preparation and serving.

Here is a recipe to make a delectable scampi, a dish that is irresistible regardless of whether you are concerned with cholesterol levels.

Scampi makes a fine luncheon or supper dish, served alone, over toast, rice or noodles. Prepare the scampi in a frying pan and then, if the frying pan is colorful and attractive, bring it right to the table or to the buffet for serving.

SCAMPI
1 pound raw shrimp, fresh or frozen
1-3 cup corn oil
2 tablespoons chopped celery
1 tablespoon chopped onion
1 clove garlic, bruised
1 tablespoon chopped parsley
1-3 cup water
2 tablespoons lemon juice
1-3 cup tomato paste
1/2 teaspoon salt
Dash celery salt (optional)
Shell, devein and drain shrimp. If shrimp are frozen, remove from package, place in a pan over hot water just until ice glaze is removed, then drain. Heat corn oil in a frying pan over medium heat; sauté shrimp turning often, until shrimp are pink and firm. Remove shrimp. Turn heat to low; add remaining ingredients and let simmer about 15 minutes, stirring occasionally. Remove garlic, add shrimp and simmer just long enough to reheat the shrimp. Serve on toast or on cooked rice or noodles. Makes four servings. To use frozen cooked shrimp, sauté the celery, green pepper, onion and garlic in the corn oil until the onion is soft. Add the remaining ingredients for the sauce and simmer about 15 minutes. Add the shrimp (frozen or thawed) and cook just until shrimp are heated through.

SEAFOOD COCKTAIL
For a new flavor in your seafood cocktail, try this Spanish-inspired sauce with shrimp or crabmeat. Mash the yolks of 4 hard-cooked eggs with 1 garlic clove until paste-like; heat in 3 tablespoons olive oil, 1/2 teaspoon Tabasco sauce, 1/2 teaspoon saffron and 1 to 2 tablespoons vinegar. Pour over cooked seafood; chill thoroughly. Makes 1/2 cup sauce.

Wyandotte Olives In Hot Sandwiches

As the popularity of soup-sandwich meals continues to increase, more and more homemakers are experimenting with home-made soups.

Here is the California Foods Research Institute's recipe for Asparagus Cream Soup.

And the institute's homemakers suggest toasted cheese and ripe olive sandwiches to accompany the soup. For open-face sandwiches, toast the bread slices lightly on one side. Then cover the untoasted side with a slice of cheese and top with chunks of Wyandotte olives. Return to the broiler until the cheese is bubbly.

We like fried cheese sandwiches — they are called Grilled Cheese on menus, of course, but we make sandwiches of cheese and olives, peanut butter and olives or whatever we wish and then fry them lightly in lots of butter in a big skillet. With a cup of soup and a glass of cold milk, there's an easy lunch.

ASPARAGUS CREAM SOUP
1 10-ounce package frozen asparagus
1 cup water
1/2 teaspoon salt
1 tablespoon instant minced onion or 1/4 cup finely chopped raw onion
2 cups milk
1/2 teaspoon seasoned salt
Pepper
2 tablespoons butter or margarine
Dash Tabasco sauce
Combine asparagus, water, salt and onion, cover and cook 15 to 20 minutes, until asparagus is very tender. Turn into electric blender, and blend until smooth (if blender is not available, force through sieve). Add all remaining ingredients, and heat thoroughly. Makes about four to six servings.

CUCUMBER CURES
A new idea for a cocktail appetizer: cut peeled cucumbers into small chunks, marinate in Wyandotte olive oil and salt for at least 30 minutes, then roll in finely minced parsley. Serve on toothpicks as an hors d'oeuvre.

MERINGUES
Make individual shells from a package of meringue mix. Just before serving, fill with drained canned apricot halves and whipped cream. Top with a garnish of unsweetened chocolate curls or chocolate shavings.

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CHEESE SOUP is hot and hearty and something a little different. Make this with Borden's cheddar cheese, serve with grapefruit and Calavo avocado sections in a salad topped with ripe Wyandotte olives. Hearty enough for a meatless Lenten meal, it makes a decided change of pace.

Creamy Cheddar Soup

If you often hear "Let's have soup" at your house, you'll want to treat your family to steaming bowls of rich - tasting Cheddar Cheese Soup.

Perfect for cold, wintry evenings or meatless Lenten meals, this easy-to-prepare soup is hearty enough for the hungriest appetites. (Late winter days are excellent for serving cheese and it tastes its creamiest best in a hot dish.) Add crisp crackers and a fresh fruit salad to round out lunch or supper.

A scrumptious soup should be served attractively. Get out Grandmother's old tureen and ladle the soup into individual bowls right at the table. Or serve it from the kitchen in china or gray pottery bowls. In any case, be certain to have the bowls warm as the soup will not cool as quickly in a heated bowl.

The right garnish makes soup picture-perfect. Top each bowl of golden cheddar soup with a bright sprig of parsley.

No matter how you serve it, Cheddar Cheese Soup is delicious. Since the cheese is pasteurized process sharp cheddar, it melts easily and smoothly without danger of curdling. A selected blend of finest aged cheddar cheese guarantees sharp aged cheddar flavor in every bite. Sharp process cheddar combines with other foods and is wonderful for sandwiches and main dishes, with crackers or pie.

Next time you serve soup — whether for lunch, supper or snack-time — why not make it Cheddar Cheese Soup? We're certain that you and your family will love the crisp vegetables, the creamy-smooth texture and the wonderful cheddar flavor of the sharp process cheddar cheese. Add the recipe to your file of favorites — you'll serve it often!

CHEDDAR CHEESE SOUP
3 tablespoons butter or margarine
3 tablespoons minced onion
1/2 cup finely chopped carrot
1/2 cup finely diced celery

1/4 cup flour
1 quart milk
3 cups shredded sharp process cheddar cheese

Cook onion, carrot and celery in melted butter or margarine until just tender. Remove from heat, add flour and blend well. Add milk and cook, stirring constantly, until consistency of a thin white sauce. Add shredded sharp process cheddar and stir until cheese is melted. Serve immediately in warm bowls. Makes 3 1/2 cups.

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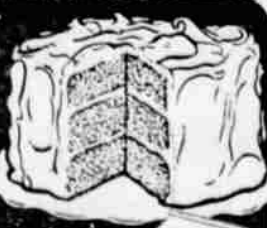
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