

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News



VAPOCANS are so easy to use when you want to freeze fresh fruits and vegetables for later use. Shown here are fresh strawberries made into Strawberry Glaze for use next fall and winter in making Strawberry Cheese Pie. One pint of the frozen Strawberry Glaze will make a nine-inch pie. Vapocans, with their reusable lids, come in three sizes — one pint, one and one-half pints and quarts. Their square sides make them convenient for storing in your freezer and their flat tops make them easy to stack.

FREEZE FRUIT NOW FOR USE IN WINTER

Strawberry time is a lovely time. The beautiful red berries are on the market such a short time that one should take full advantage of them while they are here. Their price is not expected to be as reasonable this year as during some previous years but the berries being received are of excellent quality and are choice berries. Don't postpone buying extra berries for freezing in the hope that they will drop very far in price.

Make your strawberry jam a few jars at a time. It is always better if you make small batches. When you are making jam, note the convenient pouring spout on the new C and H sugar packages, too.

Freeze berries the same way. When you see exceptionally nice strawberries on the market, buy a few extra baskets and put them away in the freezer for wintertime eating.

Vapocans are ideal for freezing strawberries. And here is a suggestion from the Vapocan people for making a strawberry glaze for winter pies. Here is the recipe for filling for one 9-inch Strawberry Cheese Pie. Clip it for your freezer dishes like to use this winter.

STRAWBERRY CHEESE PIE (Filling)

- 1 package vanilla wafers or sugar cookies
 - 1 envelope unflavored gelatin
 - 2 cup cold water
 - 2 egg yolks
 - 1/4 cup C and H sugar
 - 1 8-ounce package cream cheese
 - Grated rind of 1 lemon
 - 1/2 teaspoon vanilla
 - 2 egg whites, stiffly beaten
 - 1 cup heavy cream
- Line ungreased pie pan with wafers. Soak gelatin in cold water for five minutes. Add egg yolks and sugar. Cook over low flame until slightly thickened. Soften cream cheese. Add hot egg yolk mixture to cheese, gradually. Mix until smooth. Add lemon rind and Vanilla. Cool. Beat egg whites and fold into cheese mixture. Whip cream and fold into cheese mixture. Pour into cookie-lined pie pan. Chill until firm. Spoon thawed strawberry glaze over pie. Chill until set.

STRAWBERRY GLAZE

Yield: 1 Pint

- 1 pint fresh strawberries
- 2 tablespoons cornstarch
- 1 cup C and H sugar
- 1 cup water
- Red food coloring

Wash and hull fully ripened strawberries. Cut 1/4 cup into fine pieces. Combine sugar and cornstarch. Add water. Add berries and cook over low flame until smooth and thick. Add red coloring. Cool and combine with whole fresh berries. Pour into pint-size Vapocan, seal and place in freezer. Thaw before using.

Always check the labels on canned meats before storing. The larger sized cans of luncheon meat and canned ham require refrigeration. When the can has been opened, refrigerate the unused portion and use as soon as possible. Smaller cans of ham or picnics may be stored without refrigeration (see label).



NOW IS THE TIME to freeze strawberries for good eating later. Vapocans are the convenient containers to use for home freezing of these luscious berries. The Vapocan people give suggestions as to the best method for freezing strawberries.

FREEZING TIPS

Cold water is the first step for freezing strawberries. Wash the hulled strawberries in very cold water. The colder the water, the more it helps to keep the fruit firm.

When freezing for future use in pies, puddings and preserves, pack unsweetened berries in Vapocans and press down the rigid plastic lids to seal. Drain the berries in a colander before packing.

Dry sugar pack is best for berries to be eaten as dessert fruit or in shortcake with cream. After washing and draining, add 1 cup of C and H Sugar for each five cups of berries. Mix gently but well.

Spoon berries into square, wax-board containers and seal by firmly pressing down the plastic lids. Place containers in the coldest part of the freezer immediately. Always label Vapocans and add the date to the label.

You can write on the opaque strip across the top of the reusable plastic lid, or if you want to see from the side of the package what it contains, a strip of stationery with the contents and date can be held against the side of the Vapocan when the lid is pressed down. The flat tops and square sides make Vapocans convenient for storing in the freezer.

When you are going to serve frozen, sweetened berries, do not permit them to completely thaw in advance. They should reach the table completely firm and chilled but not icy.

PICNIC SPECIAL

Traditionally, the picnic season starts with the Memorial Day weekend. Whether it will start in the Klamath Country next week remains to be seen.

But we know we'll have picnic weather and picnics and the so-called experts are predicting a long, hot summer for the high desert.

Steinfeld's pickles come in big economical pickle barrel jars. Known throughout the Pacific Northwest for their crisp, delicious flavor, varieties include kosher dills, either whole or sliced sweets and jars of mixed sweet pickles in these big quart-and-a-half jars.

Here's Steinfeld's own Potato Salad:

- 1/2 cup Steinfeld's Sweet Pickles, sliced
- 1/2 cup sweet pickle juice
- 6 medium potatoes, peeled and diced while hot
- 1/2 cup chopped onion (optional)
- 1 cup chopped celery
- 6 hard-cooked eggs, diced
- 2-3 cup mayonnaise
- 2 tablespoons mustard - with horseradish
- Salt and pepper to taste

Pour pickle juice over hot potatoes. Let stand till cool. Combine all ingredients thoroughly but gently. Chill till ready to serve. Garnish with additional slices of Steinfeld's Sweet Pickle and hard-cooked or deviled eggs. Serves six.

COLOR FOR SPRING
Bright blues, lilacs and rosy reds are getting spring off to a brilliant start. Bone-colored accessories are getting a big play, too.

PEANUT-CHEESE

Mix 4 oz. grated American cheese (softened to room temperature) with 1 tablespoon chili sauce; add 1/4 cup crunchy style peanut butter. Spread on whole wheat bread or crackers.

Apple wedges spread with crunchy style peanut butter are sure to please even the most finicky eaters.



ASPARAGUS from Washington is in good supply and good quality on our local market. Now is the time to freeze asparagus for wintertime use. The photograph shows a homemaker packing asparagus spears in Vapocans for the home freezer. Because Vapocans come in three sizes, you can freeze for home consumption just the amount you need for your own family use. It's a good idea to pack a few quarts, too, for company meals.

FREEZING ASPARAGUS

Of all the vegetables, asparagus are the queens when it comes to freezing. They retain their gar-and food value better than any other vegetable when properly prepared and packaged for freezing.

Select young, tender asparagus with thick, compact tips. Wash thoroughly, snip off the woody ends, and sort spears in three groups according to the thickness of the stalk. Blanch large spears in water four minutes, medium spears three minutes, and small spears two minutes. Cool immediately and drain thoroughly.

Pack into Vapocans, pint, pint-and-a-half, or quart sizes depending on the length of the spears. By alternating tip and stem ends, you can fit more asparagus in each container.

Seal the rigid plastic lid by simply pressing it down and mark the container's contents and freezing date on the identification band. Place into freezer immediately.

One pound of asparagus yields approximately one pint. A crate of 24 pounds yields approximately 20 pints.

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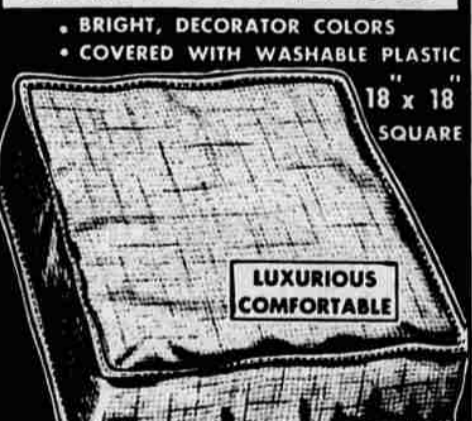
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