

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News



BEEF SHORT RIBS take an Oriental holiday in the Martha Logan test kitchens of Swift & Company. At the same time, Martha Logan's Meat Handbook is offered without charge to give the homemaker information on how to buy, store and cook meat. Simply request it from Martha Logan, Box 2021, Swift & Company, Chicago, Illinois.

MEAT COOKERY

Beef Short Ribs on an Oriental Holiday describes a dish which captures the imagination and pleases the appetite. The delightful mingling of flavors from spices simmered with the meat hints of far away places. Fluffy rice, mushrooms and cooked celery pieces which are tender yet retain a bit of crunchiness make a perfect accompaniment.

The less tender cuts of meat such as beef short ribs provide eating adventures in low cost fare. The secret of success is in a slow moist-heat type of cooking. The moisture may be in the form of a spicy barbecue sauce or a small amount of water with herbs or mild seasonings added. Short ribs braised in this fashion will be fork tender and delicious.

Since beef short ribs contain sections of the rib bone, it is best

when shopping to plan on a pound of meat per serving. Fresh meat should be stored in the refrigerator in the transparent wrap or covered loosely. Peak quality is assured if the beef short ribs are prepared and served within two or three days.

SHORT RIBS ORIENTAL

Yield: 4 to 5 servings

- 4 pounds beef short ribs
- 1 cup water
- 1/2 cup soy sauce
- 1/2 teaspoon salt
- 1 teaspoon monosodium glutamate
- 4 basil leaves
- 1 teaspoon brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 1 clove garlic, crushed
- 9 outside stalks celery, sliced diagonally into 1 inch pieces
- 3 cups water
- 1 1/2 teaspoons salt
- 3 cups precooked rice
- 3 cans (2 ounces each) mushroom buttons, drained
- 1 tablespoon butter
- 3 tablespoons cornstarch
- 1 cup water

Brown ribs in deep heavy kettle. Pour off fat. Add 1 cup water, soy sauce, 1/2 teaspoon salt, monosodium glutamate, basil, brown sugar, ginger, pepper and garlic. Cover and simmer 2 hours or until fork tender.

Just before serving bring 3 cups water and 1 1/2 teaspoons salt to a boil. Add celery. Boil for three minutes until just tender. Add rice. Cover and remove from heat. Let stand 5 minutes or until water is absorbed by rice. Add mushrooms and butter to rice mixture and toss together gently.

Remove meat to center of large hot platter. Drain excess fat from juices. Blend cornstarch and 1 cup water until smooth. Stir cornstarch mixture into meat juices. Continue stirring and cook over high heat until thick and clear.

Heap rice mixture around cooked ribs. Serve with hot gravy.

SIZZLING SHORT RIBS

Yield: 4 to 5 servings

- 4 pounds beef short ribs
- 1/2 cup catsup
- 1 teaspoon garlic salt
- 4 teaspoons vinegar
- 1/2 teaspoon lemon juice
- 1 teaspoon horseradish
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon prepared mustard
- 1 teaspoon salt
- 1/2 teaspoon monosodium glutamate
- Pepper

Brown short ribs in roasting pan.



ARIZONA GLAZE for ham is recommended by the 7-Up Company. Southwestern style cookery inspired the glaze which is grated orange rind, stirred into a spicy brown sugar mixture with the unusual addition of the lemon-lime carbonated beverage.

HAM GLAZE

Here is an appealing menu inspired by the southwestern area of the United States. Serve this menu buffet style in the relaxed manner of entertaining, typical of the western states.

Tangy Arizona Glaze for the ham is a pleasing combination of citrus fruit flavors. It will please you with its ease of preparation, too.

Grate fresh orange rind and mix with spices and brown sugar. The remaining citrus accent comes from an unusual ingredient, lemon-lime carbonated beverage (7-Up) which is added next. Oils from lemon and lime fruits are the natural flavorings of the beverage and they add a spark of

flavor to this glaze. About 30 minutes before the ham has finished baking, start spooning the glaze over the meat.

ARIZONA GLAZE FOR HAM

- 1 1/2 cups brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- Grated rind of one orange
- 1 7-ounce bottle lemon-lime carbonated beverage (7-Up)
- Mix brown sugar, cinnamon, cloves and orange rind. Stir in lemon-lime carbonated beverage. Spoon the glaze over the meat during the last 30 minutes of baking time, using about a third of the mixture every 10 minutes. Yields two cups, enough for a six to 10 pound ham.

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FINAL INSTRUCTIONS on "What's My Wine" contest were given the two competing teams by Carl Werner, Oregon representative of the Wine Advisory Board, while Harold Hulse, far right, manager of the Winema Hotel, looks on. Members of the two panels were, seated from left to right, Al Backus, Dr. R. Wayne Espersen, Mrs. Ray Lamb and Mrs. Harold (Bud) Cloake; standing, same order, Mrs. Don Kenyon, Mrs. W. E. Lamm, Mrs. Al Backus, and Robert A. Thompson. The four seated were termed Experts and their competitors, Upstarts. The wine-tasting was courtesy of Sebastiani Wineries of Sonoma, California, and the Wine Advisory Board of San Francisco and was the program for the first meeting this year of the Klamath Falls Soroptimist Club.



MRS. DON KENYON, Soroptimist Club member and panelist in "What's My Wine" contest last Thursday at the Winema Hotel, is shown holding her glass while Carl Werner pours a single ounce of white wine for comparison. Each wine was tasted from a separate glass, marked by number on the base, and the contest results were notarized by John H. Houston (shown faintly at rear where he was assisting with the wine-tasting). Robert Thompson, seated at Mrs. Kenyon's right, was taking his responsibilities seriously when Wes Guderian took this picture.

WINE-TASTING

One sure way to get the new year's club attendance off to a good start is to hold a wine-tasting, the Soroptimist Club of Klamath Falls found out last week.

Members were invited to bring guests, but cautioned that there was a limit to the number the Winema Hotel could serve for luncheon. Capacity was reached, all right, and it was probably the longest luncheon meeting the club has ever held.

Carl Werner, Oregon public relations representative of the Wine Advisory Board, San Francisco, came from Portland on Wednesday and put on the wine service for the Shrine dinner Wednesday. He was assisted on Thursday by Ray Worden, distributor here for Samuel Sebastiani wines which were served, through the courtesy of August Sebastiani, Sebastiani Wineries, Sonoma, California.

The program was actually in two parts. Two teams of four engaged in competitive tasting of Sebastiani wines, comparing them with like varieties of European wines. Top rating among 16 wines went to Sebastiani champagne, the maestro reported when all reports were in.

The eight panel members sat down to a table holding 128 wine glasses because each wine was to be tested (and tasted) from a separate glass. Harold Hulse, manager of the Winema Hotel, pressed every wine glass in the hotel into service for the dual occasion.

Members and guests were invited to taste 10 top wines in the Sebastiani line and to have the wine of their choice with the chicken salad luncheon which followed. Purpose of the party was to demonstrate the superiority of California wines over those of Europe, both as to price and acceptability as a meal beverage.

Each guest was given an envelope containing California wine recipes, sent especially for the event by Jessica McLachlin of the Wine Advisory Board, San Francisco. Included in each envelope was an application for enrollment for the Wine Institute's Wine Study Course, also. The course is offered without charge to those who are interested in furthering their knowledge of California wines in cooking and as a meal beverage. At each place setting was the Sebastiani Wineries

SHRIMP TIPS

The Shrimp Association of the Americas gives an assortment of ideas for using frozen or canned shrimp.

For a delicious seafood omelet, fold chopped cooked shrimp into the eggs just before serving.

Fried shrimp make a welcome cold-weather appetizer. Serve the seafood with soy sauce or chutney.

For an intriguing new flavor, add sherry to shrimp cocktail sauce.

A mixture of 3 parts stale beer and 1 part water, to which pepper, corn, bay leaf and seasonings are added, makes an unusually flavorful court bouillon in which to boil shrimp.

Have you tried using crisp waffles as a base for Shrimp Creole, Shrimp Curry or Shrimp Wiggle? If you're looking for an unusual party appetizer, skewer boiled shrimp on colored toothpicks with artichoke hearts or with pearly cocktail onions.

Hibachis—the little charcoal stoves used by the Japanese for centuries—have become extremely popular in this country. These gadgets are ideal for broiling shrimp. Marinate the shrimp in a flavorful sauce for several hours; then broil them 4 to 8 minutes, depending on the size. The shrimp will be pink and firm when broiled to perfection. During the broiling process baste the shrimp once or twice with the marinade sauce.

BACON IN SALAD

A few bacon slices left in the package? Fry until crisp and crumble, then add to a tossed green salad (after it has been mixed with dressing), to cooked snap beans or peas or to a peanut-butter sandwich.

WAFFLES

For interesting texture and new taste, try adding leftover cooked rice to waffle or pancake batter—a few tablespoons to each cup of batter.

PUDDING

An old timer, but still delicious—sliced bananas folded into chocolate pudding before it thickens.

SALAD

Combine chilled cooked large lima beans, wafer-thin fans of fresh cauliflower and tiny pieces of fresh broccoli with a tart vinaigrette dressing for a delicious winter salad. (A good place to use your wine vinegar).

PEELINGS HELP

Cucumber peeling can help in cleaning silver. Put your silver in an aluminum pan along with cucumber peelings. Cover with warm water and soak for one hour. Wash the silver with warm sudsy water and see how free it is of tarnish.

STUFFED BREAD

This recipe has been requested by many persons.

Called "Stuffed Bread Italiene" by Gourmet Alvin J. Gordon of the Casa de los Tesoros, Alamos, Sonora, Mexico, it is subject to variation in the sauce, but this is his (and our) choice.

Cut a loaf of French bread in two, crosswise. Scoop out the soft insides. Oil the entire outside with oil (use a good olive oil like Wyandotte Olive Oil). Stuff each half with mozzarella cheese broken into pieces. Hold the two halves together with foil; place on cookie sheet and heat in a 250-degree oven until the cheese is runny.

While it is heating, prepare the sauce.

Saute a finely chopped onion and a couple of cloves of garlic in olive oil in a large pan. When soft, but not browned, add a pound

of ground beef and cook over low heat until all the red color is gone. Add a can of undiluted black bean soup and thin mixture with half a can of dry Vermouth (the drinking kind—don't imagine for a moment that a cheaper wine will give the same result, because it won't).

Season with a teaspoon (or more) oregano which has been ground in the palm of your hand. Add a half cup or more of beef bouillon and let simmer. Taste for seasoning. It probably won't need any salt, but you can add pepper if you wish. Shortly before serving, stir in another one-fourth to one-half can of Vermouth.

To serve, slice the bread into rounds with cheese in the center and top with sauce. A tossed salad is a good accompaniment. Serve with Sebastiani's Pinot Noir, Cabernet or Barbera.

DISH-OF-THE-MONTH

"MERRY-GO-ROUND"

1. C. grated Tillamook.
2. C. biscuit mix.
3. C. drained, cooked, cut-up vegetables.
4. C. diced cooked ham, beef, or wieners.
5. 8-oz. can tomato sauce, seasoned to taste with salt, pepper, garlic, oregano.

Prepare biscuit mix per pkg. directions, rolling into 14-in. circle. Heat veg. and meat in sauce. Pour over dough. Sprinkle on Tillamook in circle design. Bake on baking sheet at 400 degrees 25 minutes.

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