

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News



SPICED APPLE GRAPE MOLD is a glamorous way to use the lovely apples on the market right now. Grapes are molded into the low-calorie dessert which is a tested recipe from General Foods using D-Zerta Dietary Gelatin Dessert.

Molded Dessert

How is your waistline after the holidays? The tape measure, and the bathroom scale as well, will probably tell a sad tale. So now it is time to go on a sensible diet!

It's good to know that there are appetizing meals and glamorous low-calorie desserts you can serve and eat with gusto. Here, in the photograph, is a low-calorie molded dessert that makes use of refreshing and slimming apples and grapes. If preferred, it may be served with greens and a low-calorie dressing as a salad. A diet and low-cost menu suitable for February and March is given below in which the mold is used as a dessert:

SPICED APPLE GRAPE MOLD
3 envelopes low-calorie strawberry-flavored gelatin
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
3 cups hot water
1 cup diced peeled apples
4 1/2 tablespoons seeded cut grapes

Combine gelatin, salt and spices; add hot water, and stir until gelatin is dissolved. Chill until slightly thickened. Then fold in fruits. Pour into molds. Chill until firm. Unmold. Serve as a dessert or salad. Makes 6 servings.

SAUCE IT!

Serving an ice cream dessert to company? For a festive occasion offer several sauces with it so guests can choose their favorite. Here are suggestions: chocolate, butterscotch, maple walnut (maple syrup with walnuts), strawberry (thawed sliced frozen berries) and mincemeat (heated).

DESSERT

Canned pears heated gently in some of their own syrup, California port wine and a stick of cinnamon or a twist of orange peel are unusually good. Serve them warm in the wine-flavored syrup, topped with a small scoop of firm vanilla ice cream.

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- CHOPPED FISH

GOOD FOR SPREADING sweet pickle relish. Makes a delicious spread for sandwiches or crackers. Men usually like this with mayonnaise and season with one.

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CRESCENT PEPPER

A dash of pepper—it's as old as history itself and as modern as today in our favorite dishes. It's a spice worthy of the new container Crescent Manufacturing Company has added to its spice line for 1960 with its sleek 5-ounce shaker in its high style royal blue dress.

Pepper is an essential seasoning in the kitchen of every aspiring chef, and it's the world's most popular spice. At the time of harvesting, the pepper berries are a cherry red, but after thorough drying in the sun they turn to a deep brown or black and become shriveled and hard. These black berries, the fruit of the vine, are known as peppercorns.

Pepper producers send their spice to this country in the whole form, and most of it is ground before it is sold. It adds a spicy tang to almost all foods. It's a must in every kitchen and goes to the table in its new container. It is an item attractive enough for the buffet table, where guests can measure their own dashes of pepper to suit their tastes.

In early commerce between Europe and the Orient, pepper was a staple article of trade. It was so costly that a few pounds became a royal gift, and so great was the demand for it that it became a cause of search for a sea route to the East. Battles raged for possession of pepper lands; maps were changed because of it and pepper was high on the list of objectives of Christopher Columbus. The discovery of America might have been long delayed had not the prospect of finding pepper hurried the mighty navigator along.

Look closely at the pepper in your shaker and you will see that it is really a collection of small dark and light particles. The peppercorn is composed of two parts: a dark colored outer husk and a light colored kernel. For the pure ground black pepper the entire peppercorn is used. Whole peppercorns have become more familiar in recent years as a result of the popularity of the table pepper mills, and now comes the shaker with pure ground pepper attractive enough to take its place as a table accessory.

COMPANY BEEF STEW

- 2 lbs. boneless beef, cut in 1 1/2 inch cubes
- 1/4 cup flour
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 3 tablespoons shortening
- 1 medium onion, chopped
- 1 cup hot water
- 1 can (8 oz.) tomato sauce
- 1 bouillon cube
- 1/2 cup macaroni
- 8 tiny onions
- 6 medium carrots, cut
- 1 can (4 oz.) mushrooms
- 1 can (8 oz.) lima beans
- 1 can (8 oz.) whole kernel corn

Roll pieces of meat in mixture of flour, salt, pepper, paprika. Brown in fat. Add chopped onion, brown a few minutes longer. Add hot water, tomato sauce and bouillon cube. Cover; simmer 2 hours or until almost tender. Add macaroni, onions and carrots; continue cooking 30 minutes longer. Add mushrooms, lima beans and corn. Cook until vegetables are heated through, about 10 minutes. Thick-en gravy as necessary.



PEPPER SHAKER, 1960 style, is being introduced by the Crescent Manufacturing Company, From Pacific Kitchens, Seattle, comes this photograph and the accompanying recipe for Company Beef Stew. Since the groundhog saw his shadow on February 2, we can look forward to many more days when hearty meals are in order.

SWEDISH TOUCH

Adding a bit of hot coffee, cream and sugar to gravy for roast lamb is a distinctive Swedish touch. And the Swedish cooks believe in serving lamb piping hot. Lamb fat solidifies at a higher temperature than other animal fat.

WHITE WINE

Use a little Sebastiani Chablis wine along with canned bouillon when cooking brown rice. It is good with a savory lamb stew or braised shortribs.

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