

Specialties in Gourmet

By RUTH KING



OFFER YOUR FAMILY a bit of good old-fashioned Southern hospitality with a Thanksgiving dinner from the South. Slices of fried ham, candied sweet potatoes, corn cakes and tossed green salad with onion rings. Not all families across these United States like turkey.

HAM, YAMS AND CORN FROM THE DEEP SOUTH

'Tis no accident when ham 'n' yams and Corn Cakes show up on the same menu for this trio has long been known to be inseparable. Our Southern friends tell us that this is a meal to delight anyone's fancy, even on Thanksgiving.

The melt-in-the-mouth Corn Cakes are prepared with an egg batter and canned whole kernel corn. Cooked to a handsome brown on a griddle or in a skillet these cakes with golden corn nuggets peeping through are an attractive addition to any meal. The canned sweetpotatoes, candied with brown sugar and butter, are filled with good old-fashioned flavor.

The ham slices are turned frequently while cooking, and the final touch to the meal is red gravy made with the ham drippings. Add about a cup of water to the drippings and cook until most of the water evaporates.

CORN CAKES
3 eggs
1 can (12 or 16 ounce) whole kernel corn
2 tablespoons cream
1 tablespoon melted butter, or margarine
2 tablespoons flour
1 teaspoon salt
Dash pepper

Combine beaten egg yolks with drained corn, cream, butter, flour and seasonings; mix well. Fold in stiffly beaten egg whites. Drop by teaspoonfuls into a hot greased skillet and brown on both sides. Six servings.

CANDIED SWEETPOTATOES
3 tablespoons butter or margarine
1/4 cup brown sugar (firmly packed)
1/2 teaspoon cinnamon
1/4 cup canned orange juice
1 can (1 pound, 1 ounce) vacuum pack sweetpotatoes

Melt butter in heavy skillet; add brown sugar, cinnamon and orange juice. Simmer a few minutes and add sweetpotatoes. Cook over medium heat, turning frequently to coat sweetpotatoes with the glaze. Four to six servings.

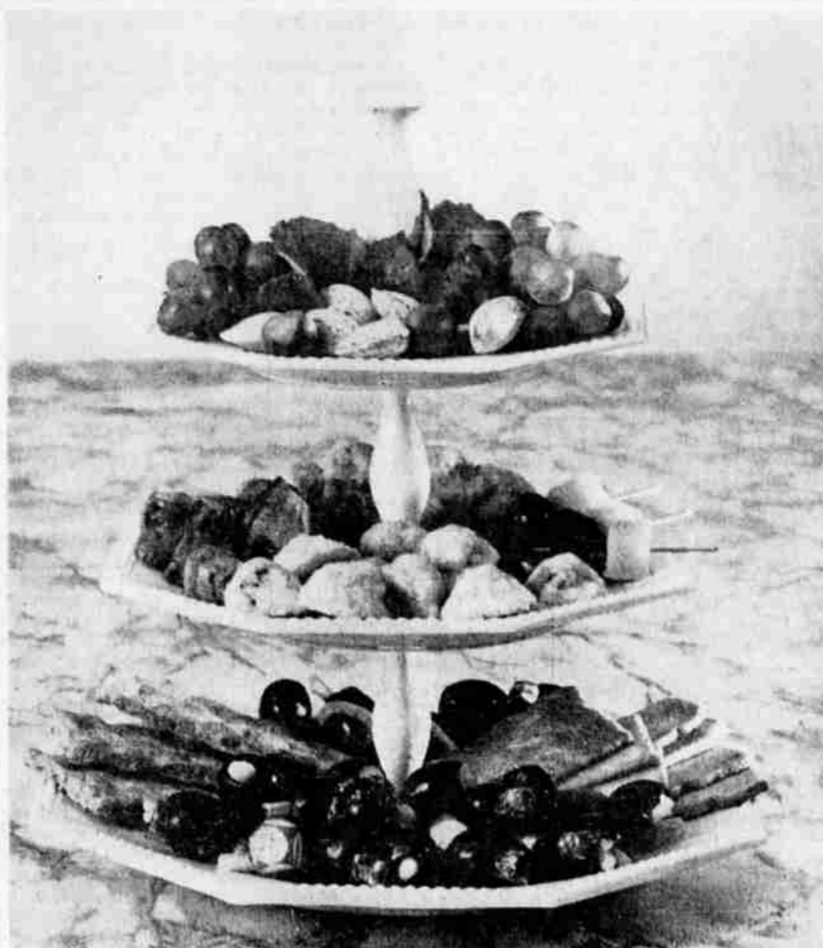
TUTTI-FRUTTI GELATIN WHIP
Rainbow hued Tutti-Frutti Gelatin Whip makes a most attractive dessert—and it's good tasting, too! Prepare a package of raspberry flavored gelatin according to package directions using syrup drained from a pound can of fruit cocktail as part of the liquid. Chill until partially thickened; whip with rotary beater until frothy. Whip a half cup of whipping cream and fold into gelatin with a teaspoon of grated orange rind. Serve topped with fruit cocktail.

DE-LICIOUS BAKED BEANS
Delightful and delicious are De-Licious Baked Beans. Put canned baked beans in a shallow casserole. Top with drained canned apricot halves. Sprinkle with brown sugar and dot with butter. Bake in a moderate oven until heated through.

NUTRITIOUS
When those chilly mornings arrive, be sure your family starts the day with a good nutritious breakfast. Bread, rolls, waffles, muffins and pancakes made with enriched flour contribute food energy and nutrients to that all-important morning meal. Safeguard your family's health with plenty of enriched flour products coupled with generous amounts of fruits and vegetables, dairy products and meats.



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RIPE OLIVES ADD LUSTER to a collection of appetizers. Here they are stuffed with Italian salami, carrot strips and almond slivers; wrapped in bacon and broiled, and in "Cheddar Cheese Bites," a savory finger food made by folding herb-seasoned biscuit dough around cheese-stuffed ripe olives.

Olives Planted By Franciscans

Glossy ripe olives are "natural" for holiday appetizer trays, since their full, rich flavor and wonderful texture enhance so many other foods.

During the festive season ahead, when unexpected guests may pop in, it's no trick at all to fill pitted ripe olives with such tidbits as almond slivers, carrot or green onion strips or thin slices of rolled-up Italian salami. Roll them in a little olive oil or salad oil so they'll stay glossy. Give them color contrast by rolling in chopped parsley, or skewer them with cubes of cheese and serve as kebabs.

Hot ripe olive appetizers, quick and easy but so good, really don't take long to fix, either. You might wrap 2-inch strips of bacon around glossy dark olives and fasten with picks. Broil until the bacon is crisp and brown. Drain on paper towels and serve hot and zesty from the oven.

For "Cheddar Cheese Bites," fill pitted ripe olives with tiny cheddar cheese cubes and wrap in dough. Bake in hot oven (400 degrees) 10 to 12 minutes, or until savory, herb-flavored biscuit dough is lightly browned. Makes about 4 dozen.

CHEDDAR CHEESE BITES
1 1/2-oz. can pitted ripe olives
1-3 cup cheddar cheese, cubed
1 cup biscuit mix
1/4 teaspoon thyme
1/4 teaspoon oregano
2 tablespoons melted butter
3 tablespoons milk

Hot and delicious, they will make a hit with the menfolks. Ripe olives lend their meatiness and flavor to dips, too. Add them, chopped, to a mixture of deviled ham, commercial sour cream and seasonings, and you have "Deviled Ham Dip," quick and easy to make several hours before the company arrives. Serve with potato chips, crackers or Melba toast.

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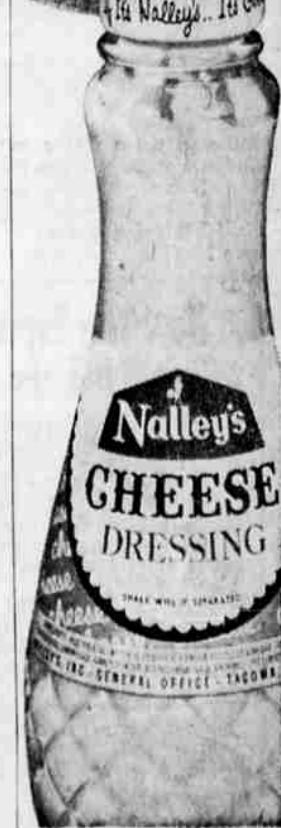
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