



**CHRISTMAS PLANS** of the family of Capt. E. A. Valentine went awry when orders came for the Air Force officer to move from Kingsley Field to Washington, D.C., on short notice. Mrs. Valentine, right, with Russian, French and other European background, and children, Tania, left, Jimmy and Diane, were busy with holiday preparations, when the orders came and "poof" the moving vans arrived, and the trek across the United States from Falcon Heights was under way. Family will drive and find Christmas somewhere along the route. Mrs. Valentine contributed Berlinerbrod and Spritz Cookies to the Food Page as her Christmas contribution. Captain Valentine is of Swedish ancestry.

### Air Force Family Likes American Food

The recipe for the making of Yule Log, a dessert that is a favorite with the people of many European countries, was destined to have been used by Mrs. Valentine for her contribution to the Christmas food page. But recipe books were being packed, destination the District of Columbia, when we called, so Mrs. Valentine recalled "Date Bars," American style, which her flying husband and children like.

#### DATE BARS

- 1 cup flour
- 1 cup sugar
- 3 eggs
- 1 package dates

- 1 cup nuts
  - 1/2 tsp. salt
  - 1 tsp. baking powder
- Mix dry ingredients. Beat eggs and add nuts and dates. Mix and add dry ingredients. Pour into 9 by 13 pan. Bake in moderate oven for 30 minutes or until done, cut into squares and roll in powdered sugar.



**FAMILY AND GUESTS** will enjoy delicious Syrian dishes at the home of Mr. and Mrs. Lynn J. Ziegelmeyer, 7613 Skyline Drive, during the holidays. Mrs. Ziegelmeyer is famous for preparation of lamb dinners but is equally adept in the cooking of other dishes from the land of her parents, Syria. Daughter Carole and son Jack assisted with pre-holiday preparations.

### Syrian Recipes For Holidays

**RICE PILAFF DRESSING FOR TURKEY**  
 1/2 pound butter  
 6 cups long-grain rice (unwashed)  
 1 cup pine nuts (chopped almonds will do)  
 1 cup finely chopped onions  
 1 cup raisins (optional)  
 2-3 tsp. cinnamon  
 2-3 tsp. allspice  
 1 tsp. pepper  
 2 tsp. salt  
 Chop fine giblets of bird which have been boiled in water. Finish with 12 cups of broth. Melt butter in skillet and add rice and mix thoroughly. Combine pine nuts or almonds with raisins and chopped onions and giblets. Add seasonings. Mix well, cover and bake for 30 minutes. Take out of oven, mix again, cover and bake for another 20 minutes. This should be served under slices of turkey with gravy on top.

**KINAFI**  
 12 shredded wheat biscuits  
 1-3 cup sugar  
 1 cup chopped nuts  
 Moisten biscuits with warm milk until soft. Mix the sugar with the nuts and sprinkle a portion on each biscuit. Using a spatula, carefully fold over the long side of the biscuit and roll. Press edge firmly. Place in a buttered pan. Put small dot of butter on each roll and bake at 400 degrees until golden brown.

**SYRIAN PASTRY (Shortbread)**  
 1 pound butter heated to boiling point. Put aside to cool, then skim off the top which contains the salt. Put remainder in the refrigerator to cool. When cool put

in bowl and beat with electric mixer until it gets frothy. Add 1 cup of powdered or super-fine sugar to 2 cups of pastry flour or cake flour, sifted. Continue beating and adding sugar and flour until it gets too thick for beater. Continue mixing with hands until dough is thick enough to roll (shortbread consistency.) Roll about 1/4 inch thick and cut in various shapes and sizes. Bake in moderate oven (325 degrees) until faintly brown. Do not grease cookie sheet. Let cool on cookie sheet before removing.

**SYRIAN FRUIT SALAD (Serves 10-12)**  
 The night before serving combine 2 pints of yogurt with 1/2 pound of miniature marshmal-

lows, allowing to dissolve overnight in refrigerator. In the morning drain 2 cans orange sections, 1 No. 2 can of pineapple chunks reserving the juice.  
 Cut into bite size pieces 3 unpeeled tart apples and 4 firm bananas. Dip into pineapple juice to prevent discoloring. Combine fruits together adding 2 cups concord grapes, 1 cup pine nuts (other nuts will do) and 1/4 cup shredded coconut. Add yogurt mixture, toss lightly together. Turn into four freezing trays or shallow glass containers and keep in refrigerator. Two or three hours before serving place in freezer to chill firmly. Do not freeze solid. Cut into squares to serve and garnish if desired.

# Specialties in Gourmet

By RUTH KING

HERALD AND NEWS, Klamath Falls, Oregon Wednesday, Dec. 21, 1960 PAGE 1-C



**MRS. GEORGE BLANAS**, 1036 Eldorado, prepared for the observance of the Christmas and New Year's holidays with the baking of St. Basil's Cake or New Year's Loaf and Greek Short Bread. The people of her ancestry who are from the southern part of Greece plan their observance of the Christmas season after spiritual renewal and worship. They exchange gifts on New Year's Day.

**VEAL BIRDS**  
 Veal birds with vegetable stuffings are taste-tempting. Wrap servings of veal around carrot sticks, celery stalks and slivers of onion. Fasten with wooden picks. Brown the birds slowly, add 1/2 to 1 cup liquid and simmer 45 minutes to 1 hour or until tender. Serve with sour cream gravy.

**SCHOOL DAY DESSERT**  
 Cupcakes are a handy dessert for a school day lunch. Bake your favorite spice cake in paper cupcake containers and serve them for the children's lunch at home or pack them in the school lunch box. Use economical lard as the shortening for light and fine textured cakes, the American Meat Institute recommends.

**HURRY-UP BREAKFAST**  
 Here's an exciting new idea for the "Dagwood" rushers—the frantic group who gobble a bite on the run each morning. It's soup—speedy soup—heated in 4 fast minutes, about the time it takes to brush the hair. Try hot buttered tomato soup tomorrow morning. You'll find it energy-giving as well as expedient!

The American diet has changed drastically in the past 30 years. Today we are eating 25 per cent more meat, fish and poultry, 50 per cent more citrus fruits and tomatoes, 12 per cent more dairy products and eggs, 31 per cent more coffee, tea and cocoa.

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### ST. BASIL'S CAKE OR NEW YEAR'S LOAF

- 8 cups flour
  - 6 eggs
  - 1 cup milk
  - 1 cup sugar
  - 1/2 pound melted butter
  - 1 yeast cake dissolved in warm water
  - 1/4 cup blanched almonds
  - 1 jigger brandy
  - Grated rind of one orange and its juice
  - Sesame seeds
- Beat eggs together with sugar, melted butter and orange juice. Add milk, brandy and the dissolved yeast. Make a hole in the center of the large bowl of sifted flour. Add liquids and make into soft dough. Let rise for two to three hours in warm spot. Knead the dough and form into large round pan. Decorate with blanched almonds, brush with egg mixture (beat one egg) and sprinkle with sesame seeds. Let rise until double in bulk. Bake at 350 degrees for an hour or a little more. This is the loaf in which a silver coin is placed for good luck. Wrap in wax paper and put into dough when it is put in pan to rise for last time.

whip. Add sugar and liquids and beat until it starts to thicken. Remove bowl from beater and add flour slowly forming a soft dough. Knead well. Form crescents and stars by hand and place whole cloves in center of each. Bake at 300 degrees until done. Remove from oven and place on wax paper with powdered sugar sprinkled over it. Also sprinkle on top of cookies. Makes about 50.

#### GLAMOROUS DESSERT

With such good things as canned fruit cocktail, marshmallows, whipped cream and wine, it's no wonder this luscious party dessert is a favorite. Pour about 1 cup Sherry over 10 to 12 large marshmallows. Chill in refrigerator for several hours or overnight. Whip 1 cup heavy cream about one hour before serving. Whip marshmallow mixture until blended and gently fold in whipped cream. 2 cups well-drained canned fruit cocktail and a dash of almond flavoring. Spoon into sherbet glasses, decorate with additional fruit cocktail and chill until serving time.

#### KOURAMBIETHES (Greek Shortbread)

- 1 pound of unsalted butter
- 1 cup granulated sugar
- 1 jigger bourbon
- 1 orange (strain juice)
- 1 teaspoon vanilla
- Flour (sifted) in amount needed to make soft dough
- Cloves

Cool mixing bowl. Melt butter and pour into mixing bowl, leaving milk segment in. Beat with electric beater at low speed for 20 minutes until butter starts to

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#### IT'S TOKAY TIME

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