Easy To Make Milk Drinks

Now that the weather has turned nippy, the time has come for all good parents to come to the aid of their teenagers.

For it's a wise parent whose son or daughter feels free to invite the gang over, either on the spur of the moment, or for planned, informal record parties. The formula is surprisingly simple, the effort required, practically nil, and the reward, overwhelming.

Simplicity and hands off are the rules for success. It won't make any difference whether the gathering spot is the front room with the rugs rolled back, or a basement party room, complete with ping pong table.

If there's plenty of milk in the refrigerator, the kids have the base for all kinds of nourishing do-it-yourself treats. If there's ice cream in the freezer besides, the possibilities are practically limitless.

For example, half a cup of chocolate syrup, a quart of milk and a half-pint of chocolate or vanilla ice cream shaken till frothy will serve four thirsty record rats.

If there happen to be four good-and-ripe bananas sitting around, let the kids toss them in the blender (or squish them up with a hand or electric mixer) then add that half cup of chocolate syrup, quart of cold milk (gradually at first) and a teaspoon vanilla. Whomp it up good, then serve with a scoop of chocolate or vanilla ice cream on top.

Maybe someone's allergic to chocolate, or the crowd wants to try something different. Well, if that ping pong game left them panting, or the record's particularly strenuous, there's a fast refresher ready by mixing four cups cold milk with a cup of maple syrup, topped with a scoop of vanilla ice cream. Incidentally, today's iceners are rediscovering the fun of making their own ice cream—it's a peg for a party in itself — whether with a modern electric freezer, or the old-fashioned, hand-crank type — and nothing tastes better!

A little more work, but worth it is a frozen orange juice punch. First, mix up a small can, according to directions. Then, beat up as many egg yolks as you can afford (up to six) and add a quart or more of milk, two tablespoons sugar and the orange juice. Beat it around some more than fold in the egg whites, stiffly beaten, sprinkle with nutmeg and you're in!

If the youngsters have been out ice skating or freezing their toes at some other winter sport, they'll probably be more in the mood for hot cocoa when they arrive, and don't ever knock it as a teen age favorite. Something a little different is the hot spiced variety, and it's a snap. Make the cocoa your regular way, but for every quart of milk you use, toss in one-eighth teaspoon cinnamon and a half teaspoon vanilla. Then top it off with whipped cream and just be sure you've made plenty!

Hot eggnog is a mighty welcome warmer, too—and so simple to concoct, too. Just beat together two eggs, a quarter cup of sugar and a touch of salt. Gradually add a quart of hot milk, rum extract to taste, and top with whipping cream, sprinkled with nutmeg.

The good thing about all these milk refreshers is that they'll stand on their own. If there happens to be a batch of butter cookies around—so much the better, but it's not vital.

What's important is for the gang to feel welcome. Keep it simple, keep hands off, and be rewarded by seeing your teenager a confident, accepted member of the group.

Lamb Recipes Pleasant Surprises

Many beginning users of local lamb cuts are pleasantly surprised at the delicious flavor of even the less popular cuts which can be easily prepared and which are a blessing on the budget. The following recipes are favorites with Mrs. Margaret (Lynn) Ziegelmeyer of Klamath Falls.

KIBBEH

2 cups finely cracked wheat (Ala or Smeed)
2 cups ground lamb
1 small onion
1 tsp. salt
Pepper to taste
1 tsp. cinnamon

Soak wheat in cold water for at least 2 hours. Drain off water and with hands blend in ground lamb. Grind onion and add with salt and pepper and cinnamon. This can be eaten raw or baked. If baked pat into baking pan and smooth over with cold water. Cut into diamond shaped pieces. Cut up ¼ pound butter and place over top. Put into 350 degree oven and bake until top shows a faint brown color. If eaten raw, place on platter and garnish with parsley and sliced onions. Chill at least a few hours before serving.

LAMB EGGPLANT CASSEROLE

2 eggplants
3 cups ground lamb
tomato sauce
salt and pepper
1 clove garlic
2 tbsp., parsley chopped fine

Slice eggplant in ½ inch slices. Cover bottom of skillet with oil and heat. Brown on each side in hot oil or until tender. Line bottom of baking dish with browned eggplant and salt and pepper it. Brown ground lamb and finely chopped clove of garlic. Drain off fat. Then spread ground lamb over eggplant in casserole and place remaining fried eggplant over meat. Pour tomato sauce over this, barely covering eggplant and meat and sprinkle chopped parsley over top. Place in oven and bake at 300 degrees for ½ hour. This is delicious served over Rice Pilaff.

RICE PILAFF

1 vermicelli coil
¼ pound butter
1 cup rice
salt and pepper to taste

Put on to boil two cups salted water. In skillet melt butter and add vermicelli coil, crushed into small pieces. Stir constantly until vermicelli is light brown in color. Remove from stove and pour in 1 cup rice. Mix thoroughly in skillet and add immediately to boiling salted water. Add few grains of pepper and cover tightly. Reduce to lowest heat possible and steam for ½ hour, stirring only once. This amount serves four people generously.

ROAST LEG OF LAMB (Syrian Style)

1 leg of lamb
Vinegar
1 clove peeled garlic

Place leg of lamb in roasting pan with vinegar and peel garlic clove and slice in vinegar. Bake uncovered in 300 degree oven. Turn leg every 30 minutes. Allow 30 minutes per pound roasting time.

SYRIAN SALAD (Tubbule)

1 bunch parsley
2 or 3 tomatoes
½ cup finely cracked wheat (Ala or Smeed)

Soak wheat in cold water. Put wheat in bowl and cover with cold water for at least one hour until it becomes soft. Wash parsley thoroughly and cut fine. Place in salad bowl. Cut washed tomatoes into cubes or small pieces and add soaked wheat. Mix thoroughly. Put into refrigerator to chill. Just before serving add following dressing.

GARLIC DRESSING

Crush 1 clove garlic in small bowl with ¼ tsp. salt. Add ¼ cup olive oil or Wesson oil and blend thoroughly. To this add 2 tbs. lemon juice and blend again. Sprinkle with coarsley ground pepper. Pour over salad just before serving and mix well.

BARBECUE SAUCE (For Lamb Ribets or Shanks)

1 can tomato paste
1½ cups warm water
¼ cup vinegar
4 tsps. Worcestershire sauce
½ tsp. celery salt
2 tbsp. brown sugar
¼ cup finely chopped onion
½ clove garlic
2 tbsp. lemon juice
½ tsp. salt
½ tsp. chili powder

Combine all ingredients in a saucepan. Bring to a boil, reduce heat and simmer 20 minutes, stirring frequently. Makes about 2 cups or enough for about 5 or 6 pounds ribs or shanks.

TO BARBECUE LAMB RIBLETS OR SHANKS

Cut lamb riblets in serving pieces. If lamb shanks are used leave whole or without cutting—approximately 5 or 6 pounds. Brown on both sides in 400 degree oven. Drain off fat and add barbecue sauce. Roast in 300 degree oven uncovered for one hour.

PUDDINGS

To avoid the wrinkled top that forms on cornstarch-type puddings, sprinkle a little sugar over the surface after cooking is completed and pudding has been poured into serving dish or dishes and while pudding is warm.

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Shrimp Olive Aspic

Favorite Seafood And Olive Aspic

"Shrimp Olive Aspic" is a bright idea for the holiday party buffet. Rich red pimiento, dark glossy ripe olives and pretty pink shrimp lend their colors to this make-ahead salad.

The tangy gelatin mixture, seasoned with onion, catsup and sweet pickle, enhances this favorite seafood, and the ripe olive wedges add wonderful flavor and texture interest. Unmold on a bed of crisp greens and fill the center of the mold with additional greens, shrimp and ripe olives.

SHRIMP OLIVE ASPIC

2 envelopes plain gelatin
1½ cups water
3 tablespoons sugar
3 tablespoons lemon juice
1 tablespoon vinegar
1 teaspoon salt
1 teaspoon grated onion
2-3 cup ripe olives
2 cups cleaned cooked shrimp
3 tablespoons diced pimiento
2-3 cup mayonnaise
3 tablespoons catsup
2 cups finely-chopped celery
2 tablespoons chopped sweet pickle
Salad greens

Soften gelatin in ½ cup water. Heat remaining cup water and dissolve gelatin in it. Blend in sugar, lemon juice, vinegar, salt and onion. Cool. Meanwhile cut olives into pieces reserving a few large wedges for bottom of mold. Arrange a few whole shrimp, olive wedges and bits of pimiento in pattern in bottom of 8-inch ring mold. Cover with a few spoonfuls of gelatin mixture. Chill until set. Coarsley chop remaining shrimp. Cool remaining gelatin until slightly thickened. Blend in mayonnaise, catsup, shrimp, celery, pickle, remainder of olives and pimiento and spoon over clear layer. Chill until firm. Unmold and fill center of ring with salad greens.

Makes 8 to 10 servings.

QUICKIES FOR BUSY BUSTLING HOUSEWIVES

Here are some quick and fillin' fixin's that will help you through those busy days when you are rushing from "doing up" the Grandpaw." They all use chicken which is plentiful this month.

CHICKEN BLUE CHEESE SANDWICH

Chicken Blue Cheese Sandwich will tempt anyone, anytime. To prepare, combine 1 cup cooked chicken with 1 teaspoon lemon juice and 1 tablespoon mayonnaise or salad dressing. Spread this mixture on buttered bread, split rolls or muffins. Top with crumbled blue cheese and broil until the cheese melts. Serve immediately for parties, the bread can be cut into fancy shapes, making a hot hors d'oeuvre.

CHICKEN AND NUT FILLING

Combine 1 cup cubed chicken with ¼ cup chopped nut meats and 4 stuffed olives, sliced. Add just enough mayonnaise to hold ingredients together. Spread on buttered bread slices. This is also good served broiled, open-faced style.

CHINESE CHICKEN SALAD

One cup cubed chicken, ½ cup each diced celery and drained bean sprouts, combined with a tangy French dressing, is good either for sandwiches or salads. To serve as a salad, mound onto crispy lettuce leaves and garnish with finely chopped or grated green pepper.

CHICKEN - ALMOND SALAD

Toasted almond slivers are a natural "flavor-mate" for chicken. To 1 cup cubed chicken add ¼ cup toasted almonds and ½ cup chopped celery. Combine ½ cup mayonnaise with 1½ tablespoons lemon juice and ½ teaspoon grated onion. Stir the mayonnaise into the chicken mixture. Pile attractively onto shredded lettuce and garnish with tissue-thin slices of red radishes.

CHICKEN - NUT CROQUETTES

For variety, try adding some chopped nut meats to your favorite mixture—use 1-3 cup nut meats for each cup of chopped chicken. Serve with a parsley-flavored white sauce.

CHICKEN PANCAKE WEDGES

A package of pancake mix and a cup of cubed chicken are easily transformed into a tasty entree. Start with this cream of chicken sauce: prepare 1½ cups of medium thick white sauce, season with salt and pepper and add the cup of cubed chicken and ½ cup sliced mushrooms. Heat to serving temperature while frying pancake.

The pancake is made according to package instructions, but add a dash of nutmeg and a touch of grated parsley, and make enough batter to serve 4. Pour the batter in a greased, hot skillet to make one large pancake. As soon as brown on one side, turn and continue cooking until pancake is golden brown on second side. Immediately place pancake on warmed platter, and pour half of the chicken sauce over the pancake, then fold the cake in half and top with remaining sauce. Sprinkle with grated parsley and serve.

If serving more than four, double the sauce recipe and make two large pancakes, keeping the first pancake warm in the oven while the second one cooks. Pour the sauce over the first pancake, add the second one and then the remaining sauce. Cut into six pieces as you would a pie and use a spatula to serve.

No Bake Brownies

Here's a quickie recipe that can be made at the last minute if the cookie jar has been raided just before Christmas.

1 cup chopped nuts
2 cups miniature marshmallows
4 cups graham crackers (about 32 squares)
1 cup confectioners sugar (unsifted)
1 recipe Best-Ever Chocolate Sauce.

Mix nuts, marshmallows, graham cracker crumbs and confectioners sugar in a large mixing bowl. Make 1 recipe of Best-Ever Chocolate Sauce by recipe to follow. Pour over graham cracker mixture, then mix until all crumbs are moistened with the chocolate sauce. Turn into a well-buttered 9-inch square pan and press down into even layer. Chill until firm. Sprinkle top with confectioners sugar if desire. Cut into squares. Makes 25.

Best-Ever Chocolate Sauce

1 package (6 oz.) semi-sweet chocolate pieces (1 cup)
¾ can evaporated milk

Add chocolate to milk in a small saucepan. Cook and stir over low heat until chocolate is melted and sauce is smooth.

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