

**CABBAGE
PLENTIFUL**

January brings crisp, green heads of cabbage from fields in Texas, Florida and California. Try some of these sure-fire recipes.

SHREDDED CABBAGE
Wash the cabbage, cut into quarters and sliced using a French-style knife or very coarse grater. Cook uncovered in a minimum amount of rapidly boiling salted water for about 5 minutes. As soon as tender—but still crisp—add butter, salt and pepper. Serve immediately.

BRAISED CABBAGE
Enough to serve six nicely. Melt 3 tablespoons butter or margarine in a heavy skillet and add 1½ quarts (six cups) shredded cabbage. Cover tightly and cook until cabbage is just tender—about 5 to 7 minutes. Stir frequently, adding water if necessary. Season with salt and pepper.

FRIED CABBAGE
Prepare the cabbage as for braising, but remove cover after 5 minutes and continue to cook until cabbage is nicely browned. Season with salt and pepper.

SCALLOPED CABBAGE
Cook shredded cabbage uncovered in rapidly boiling salted water for about 5 minutes. Drain, and add medium thick white cream or cheese sauce. Pour into buttered baking dish, sprinkle with buttered bread crumbs, and bake in moderate oven about 20 minutes.

STEAMED CABBAGE
Wash and cut cabbage into quarters. Remove most of the core but leave enough to hold the leaves intact (for serving ease). Fill sauce pan with cooking liquid, to depth of about 1 inch. The cooking liquid may be salted water, or the stock from boiled ham or corned beef. Bring cooking liquid to boiling point, add cabbage wedges and cover tightly. Cook rapidly until cabbage is just tender, from 7 to 15 minutes. Drain, dot with butter and season with salt and pepper. Grated cheese, too, if you like. Serve piping hot.

WHITE CABBAGE
The white, Danish-type, flat round cabbage, which so many prefer for salads and cole slaws, also is in plentiful supply. These hard-headed cabbages shreds easily and retain their crispness in uncooked dishes longer than does the green cabbage.

For cole slaws, allow about ¼ pound per person. The yield of shredded cabbage is slightly over 3 cups per pound, depending of course upon the firmness of shredding.

Cole slaws are generally served quite moist, with about ¼ cup of dressing being used for each cup measure of cabbage. However, the amount and style of dressing you use will be determined by family preference. The consistency of the salad dressing also varies from the very thick sour cream types to the very liquid vinegar-oil types.

Evaporated milk dressing is especially popular on cole slaw. To prepare, dissolve ½ cup sugar in 1½ cup vinegar. Beat in ½ cup evaporated milk until mixture thickens, then add ¼ teaspoon salt.

CREAMY RIPE OLIVE DRESSING
1-3 cup olive oil
2 tablespoons fresh lemon juice
1 tablespoon catsup
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon dry mustard

Combine the above ingredients and chill for about 30 minutes. Just before serving, add about ¼ cup cream and shake the dressing so cream is thoroughly blended. Use over wedge of lettuce and fruit salads.

THOUSAND ISLAND OLIVE DRESSING
Combine ½ cup each chopped ripe olives, catsup and sweet pickle relish with 2 chopped, hard-cooked eggs, and 2 tablespoons chopped parsley. Stir this mixture into about 1 cup mayonnaise. Serve on tossed salads, as a different dressing for cole slaw, or as the salad dressing in chopped chicken, turkey and roast beef sandwich fillings.

COLE SLAW DRESSING
¼ cup mayonnaise, 1 teaspoon Worcestershire sauce, 1 teaspoon salt, ¼ teaspoon dried dill and ¼ teaspoon pepper. Combine the dressing ingredients. Combine and chill. Have the salad ready; 2 cups shredded cabbage, ½ cup sliced olives, 2 tablespoons dried green pepper and ¼ cup thinly sliced green onions. Just before serving, combine the dressing with the salad, portion onto the salad plates and garnish with whole ripe olives.

HEARTY PARE
For a hearty supper soup do this. Brown ½ pound ground beef in a little shortening; remove from pan. Mince 1 medium onion and cook in the drippings. Then, blend in a can each of condensed beef soup with bacon and vegetable soup; heat and simmer a few minutes. Just before serving add the ground beef. Makes 4 generous servings. A good accompaniment is hot garlic butter bread.



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MEATS
January begins 1961 brightly with a good supply of all meat. There'll probably be more veal this month. Pork supplies will be about the same, but slightly lower than a year ago. Whether you are planning thrifty ground meat casseroles or luscious roasts, you will have a large selection of beef from which to choose. Beef continues to be plentiful—about six to eight per cent higher than a year ago—the American Meat Institute estimates. For an exciting change of pace, look for ground buys in lamb. Ground lamb offers interesting menu variations. Shaped into patties, it is easily transformed into a chiliburger. Top with a chili mixture using equal parts of catsup and chili sauce. Add chopped parsley and garlic to taste. Bake or broil the chili-topped hamburgers and serve on heated, split and buttered buns.

CHEESE
Few cheese varieties are widely known, says the American Dairy Association. If exploring cheese is new to you, start with mild ones, such as Swiss or Muenster, and gradually introduce the more pungent ones, such as Roquefort or Limburger. You might taste test new varieties by serving your family or guests dessert cheeses and crackers at the end of the meal. A selection of Gruyere and Camembert, alone or with assorted fresh fruit, could provide a nourishing dessert, along with the chance to try out unfamiliar cheeses and discover new preferences.

VEGETABLES
Several fresh vegetables are in good supply during January. These include broccoli, brussels sprouts, cabbage, carrots, parsnips, spinach, turnips and rutabagas. Sweet potatoes are higher in price this year due to a smaller harvest. During the next few months, you can expect to find good supplies of frozen french fried potatoes, spinach, peas and carrots, and cauliflower. Both canned and frozen corn and peas—two of our most important processed vegetables—are in relatively short supply this year.

FRESH FRUITS
Fresh fruits in season include apples, oranges, grapefruit, avocados and tangerines.

FOOD TIPS
When you are planning to use asparagus (from cans or jars) as the filling for rolled sandwiches, it's a good idea to marinate the spears in French dressing. Drain the asparagus well before the buttered bread is rolled around them.
Make up an extra batch of creamed chicken and freeze it. When you heat it add strips of green pepper and canned mushrooms plus sliced drained canned mushrooms. Serve in pattie shells and call it chicken a la king!
You can stretch cream soups by adding a can of sliced mushrooms—and the combination will taste good. Some of the mushroom liquid may be substituted for milk in making the sauce.
Serve cole slaw with a border of canned or home-cooked string beans for something pretty and good-tasting.
Sauté chicken livers and make a thin brown gravy; serve with the livers in French dressing.
Drain the asparagus well before the buttered bread is rolled around them.
Fold cottage cheese into scrambled eggs after the eggs are set and off heat or the cheese will whey.
You'll find your salads and desserts made with gelatin will mold more easily from metal containers than from glass or earthenware receptacles.
A piece of corned beef brisket weighing about three pounds usually needs three to 3½ hours cooking when it is covered with water and simmered.
Hard sauce for winter's steamed puddings may be flavored with vanilla, lemon, orange or molasses.
It's easy to remove excess fat from a cooked stew if you refrigerate the dish; the fat will rise to the top and form a solid layer after chilling.
Don't leave sandwich fillings at room temperature! Bacteria grows rapidly in many of these spreads; refrigerate them promptly.
When stuffed olives are used to garnish a dish, they may be sliced and the slices arranged in an attractive design.

