

Specialties in Gourmet

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IRISH EYES WILL SMILE with this St. Patrick's Day fare and shure there is a bit of green in the makin's. It features stuffed fish fillets poached in celery parsley sauce. For dessert make tiny individual apple pies with cheese shamrocks and the leprechauns will bless you.

March 17 Calls For A Celebration

An' did ye hear the news that's goin' round? 'Tis St. Patrick's Day... a day for celebration! Always welcomed during the Lenten season!

Green is the color of the day, of course. A few green-tinted carnations (fresh from the florist or made of paper) on your table will set a begorra mood.

Fitting the food to the occasion is easy. What could be more appropriate than delicious fish fillets stuffed with a shrimp mixture and poached in a colorful Celery Parsley Sauce. The sauce is expertly made with canned condensed cream of celery soup. To

accompany this main course serve tender green peas laced with sliced mushrooms. Oh! for the luck of the Irish! Dessert... frozen individual apple pies baked to a golden brown and topped with cheese shamrocks. Coffee naturally... but if the affair is to be extra festive why not Irish coffee!

STUFFED FISH FILLETS
1 cup dry bread cubes
1/3 cup finely chopped shrimp
1 tablespoon finely minced onion
Dash pepper
4 fish fillets (about 1 pound)
1 tablespoon chopped parsley

1 small clove garlic, minced
1 tablespoon butter or margarine
1 can (10 1/2 ounces) condensed cream of celery soup
1/3 cup milk
Combine bread, shrimp, onion, and pepper. Place about 1/4 cup mixture in center of each fillet; fold over and fasten with toothpicks. Cook parsley and garlic in butter a few minutes. Stir in soup and milk; heat. Add stuffed fish; cover and cook over low heat about 15 minutes or until fish is done. Spoon sauce over fish; stir now and then. Makes 4 servings.



DRESS UP that old favorite, chicken or turkey salad, with almonds, grapes and candied dill pickles. Serve it with spiced peaches and hot rolls... and be sure to ask for Oregon grown chicken at the market.

Pickles Perk Up Your Chicken Salad

Top vote-getter among main dish salads is probably the chicken salad. Simplest version, of course, is cubed chicken, chopped celery, chopped hard-cooked egg, mayonnaise or salad dressing and necessary seasonings.

We vote for pickles. And we think you will, too, once you've tried these tempting recipes.

The first is called Piquant Chicken Salad, for the chopped sweet pickles add just such a perky flavor note. For pickles to chop, you can use the whole sweets, gherkins, cross-cuts, sweet pickle sticks or sweet pickle tidbits. Or, if you like, you can use the economical and convenient sweet pickle relish. It's a fine chop, of course.

PIQUANT CHICKEN SALAD
2 hard-cooked eggs
3 cups cubed, cooked chicken
2/3 cup chopped sweet pickles
1 cup chopped celery
1 teaspoon salt
1 teaspoon lemon juice
1/2 cup mayonnaise or salad dressing

lightly with next 6 ingredients. Mound on bed of lettuce. Garnish with egg slices and sprinkle with paprika. Makes 6 servings.

Waldorf chicken is a delightful variation of this salad. For the hard-cooked eggs, substitute 1/2 cup diced, unpeeled red apples. If the apples are sweet, add a bit more lemon juice.

Here's another chicken salad that comes out a winner. It's called Almond Chicken Salad, and it combines grapes, candied dill strips and toasted almonds with the chicken. The candied dill strips, comparatively new on the market, are as crisp a pickle as you'll find. They follow the public's preference for a sweeter, less heavily spiced pickle. "Refreshing" is the word for candied dills. They are our choice of pickle for Almond Chicken Salad, although if you like a more pronounced flavor, you can substitute any of the sweet pickle varieties.

ALMOND CHICKEN SALAD
3 cups cubed, cooked chicken
2/3 cup chopped candied dill strips
1/2 cup blanched, quartered, toasted almonds

1/3 cup grapes
1/2 cup mayonnaise
1/2 teaspoon salt
1 1/2 teaspoons apple cider vinegar
Combine first 4 ingredients. Blend mayonnaise, salt and vinegar. Mix lightly with chicken mixture. Chill. Spoon into lettuce cups; garnish with watercress. Makes 4-6 servings.

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BACON BOASTS FLAVOR AND APPETITE APPEAL

Slices of crisp, brown-sugar cured bacon are an open temptation to bacon snitching. Surrounding fluffy scrambled eggs, bacon is a welcome invitation to a hearty breakfast. Fresh fruit and toast or rolls are finishing touches to this meal centered around the high quality, complete protein found in bacon and eggs.

Although a skillet is most often used for cooking bacon, pan-frying is not the only cooking method. To broil this handy meat, separated slices are arranged on a broiling rack and placed 3 to 5 inches from the heat source. A quickie way to separate the slices as the bacon comes from the refrigerator is to slip a rubber scraper between slices and "peel off" as many as needed. Broiled slices should be turned to cook uniformly. To be sure of serving bacon with the prized sweet smoke taste, experienced homemakers look for the brand name of the two most trusted words in meat.

Oven baking bacon is a dandy cooking method when a quantity of slices is needed. A rack set in a baking pan is the equipment to use for baking bacon. The oven should be hot, that is 400 degrees. At this temperature the bacon will brown in 10 to 12 minutes.

Cooking several extra slices in the morning provides bacon bits for many uses. Crumbled into French dressing, an otherwise plain lettuce salad takes on new interest. The same is true for cream soups or hot vegetables.

HEARTY BACON BREAKFAST
Banana Orange Fruit Cup
Bacon 'n Egg-Tomato Scramble
Butter Popovers Strawberry Jam
COFFEE

Bacon 'N Egg-Tomato Scramble
Yield: 4 to 5 servings
1 pound sliced bacon
2 medium size tomatoes
2 tablespoons chopped onion
1/4 cup sliced mushrooms
6 eggs, beaten
1/2 teaspoon salt
1/4 teaspoon thyme
Pinch of Rosemary

To pan-fry bacon, remove desired number of slices in a group. Place in heated skillet. Slices separate easily when heated. Cook slowly. Turn often to cook and brown evenly. Remove bacon from pan and drain on absorbent paper. Keep warm. Pour off all but 2 tablespoonsful of drippings. Cut one tomato in wedges. Saute wedges in bacon drippings. Remove to platter with bacon. Add onions and mushrooms and pan-fry 3 to 4 minutes. Chop other tomato and add to onions. Cook a few minutes longer. Combine beaten eggs and herbs. Stir into

pan and cook until eggs are just set. Serve eggs with bacon and garnish with sauteed tomato wedges.
BACON AND CREAMED EGGS
Yield: 4 to 5 servings
1 pound sliced bacon

4 hard-cooked eggs, chopped
10 1/2 ounce can condensed cream of mushroom soup
1/4 cup milk
1/4 teaspoon leaf marjoram
1/4 teaspoon leaf thyme
To pan-fry bacon, remove de-

sired number of slices in a group. Place in unheated skillet. Slices separate easily when heated. Cook slowly. Turn often to cook and brown evenly. Remove bacon from pan and drain on absorbent paper. Crumble 8 pieces of bacon

Savory Lamb Shanks With Pineapple Sauce

So many homemakers forget the good lamb cuts such as shanks which lend variety to menus. This recipe for lamb shanks is made extra special with the addition of pineapple and could be a savory dish for your next budget menu.

Serve this hearty dish with a fluffy rice, crisp combination salad, green beans and Lemon Chicken Pie for dessert.

LAMB SHANKS AND PINEAPPLE

4 lamb shanks
Salt and pepper
4 tablespoons salad oil or bacon drippings
1 large onion, chopped
2 cups water
1 No. 211 can (1 1/2 cups) pineapple tidbits
2 tablespoons cornstarch
2 tablespoons brown sugar
2 tablespoons soy sauce
1 tablespoon vinegar
1/4 cup short slivers of green pepper
1 clove garlic, chopped or pressed

Season lamb shanks with salt and pepper. Heat oil in a large, heavy skillet; brown shanks slowly on all sides. Add onion and water; cover and simmer very gently for about 2 hours, or until meat is tender, turning and basting shanks occasionally. Pour and reserve the rest. Keep warm. Combine eggs, soup, milk, marjoram, and thyme in a saucepan. Cook over low heat until hot. Serve on toast or split English muffins. Top with crumbled bacon. Serve with remaining bacon slices.

off and reserve broth; set shanks aside. Drain pineapple, reserving syrup. Mix cornstarch and brown sugar in a saucepan; gradually add pineapple syrup, stirring until mixture is perfectly smooth. Stir in 1 1/2 cups of the reserved lamb broth, adding water if needed to make that amount. Cook, stirring, over medium heat until mixture boils, thickens, and becomes clear. Add soy sauce and vinegar; stir in pineapple tidbits, green pepper, and garlic. Pour sauce over lamb shanks; heat gently for a few minutes before serving. Serves 4.

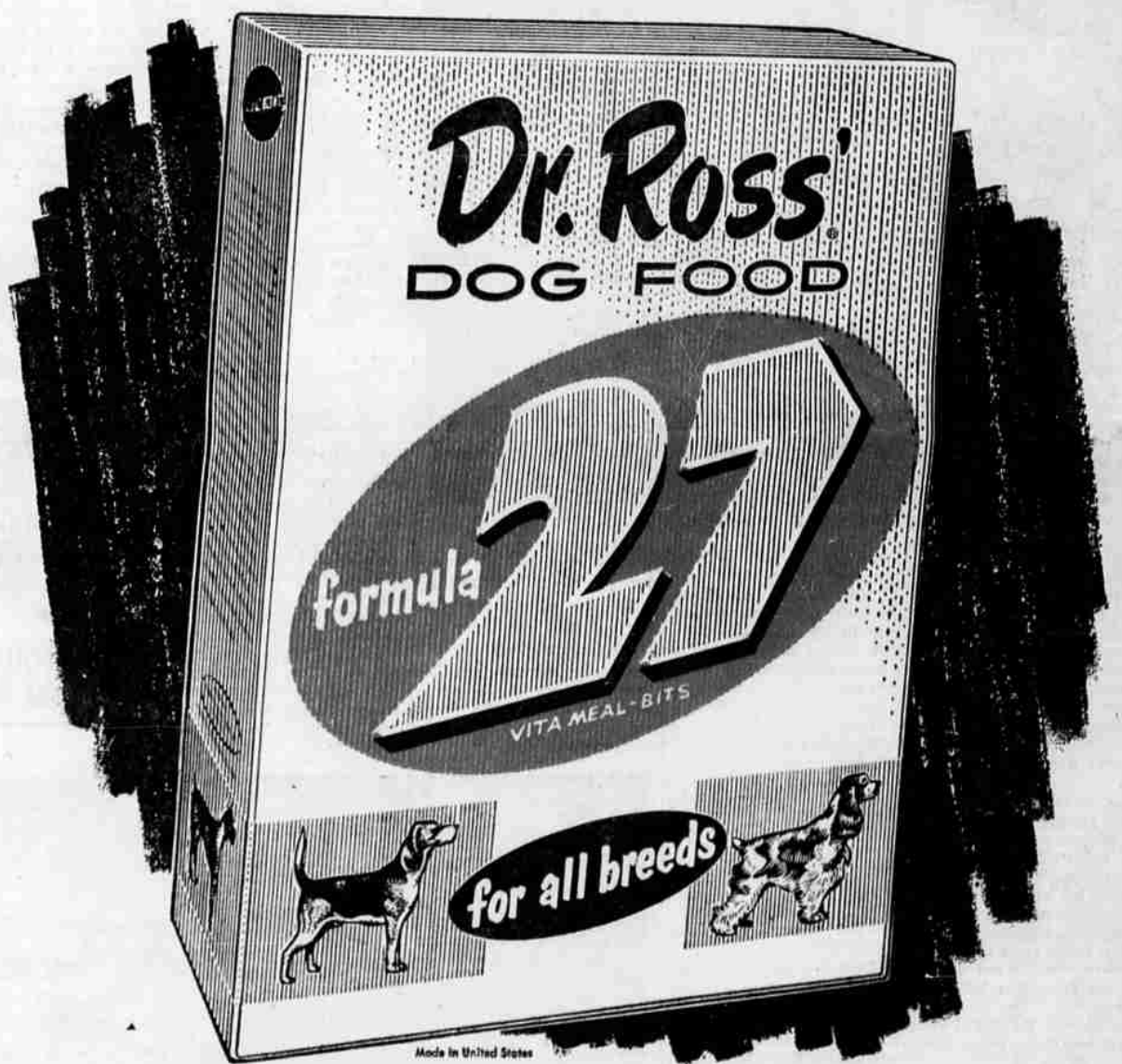
Menu suggestions: Perfect companions to this dish are rice to which a generous amount of finely chopped green onion and/or parsley has been added, and peas or green beans.



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