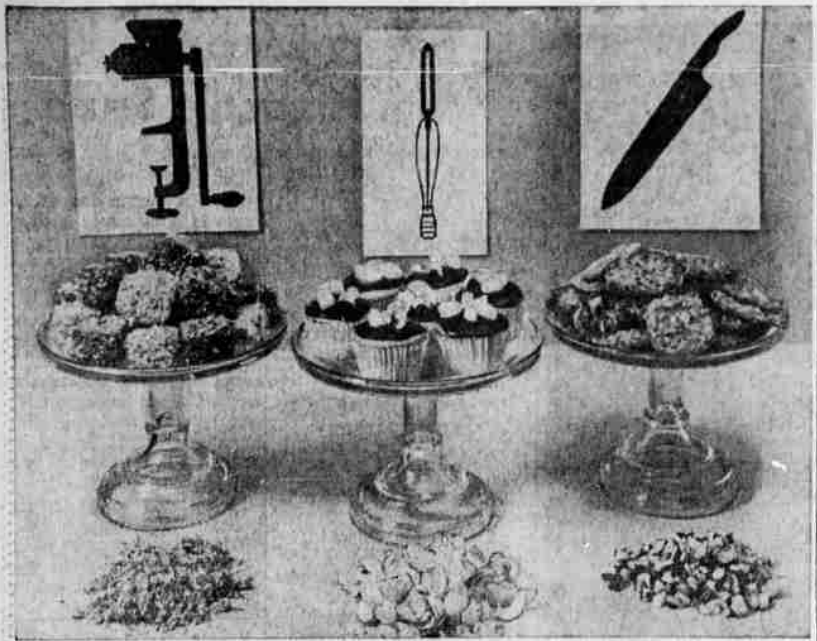
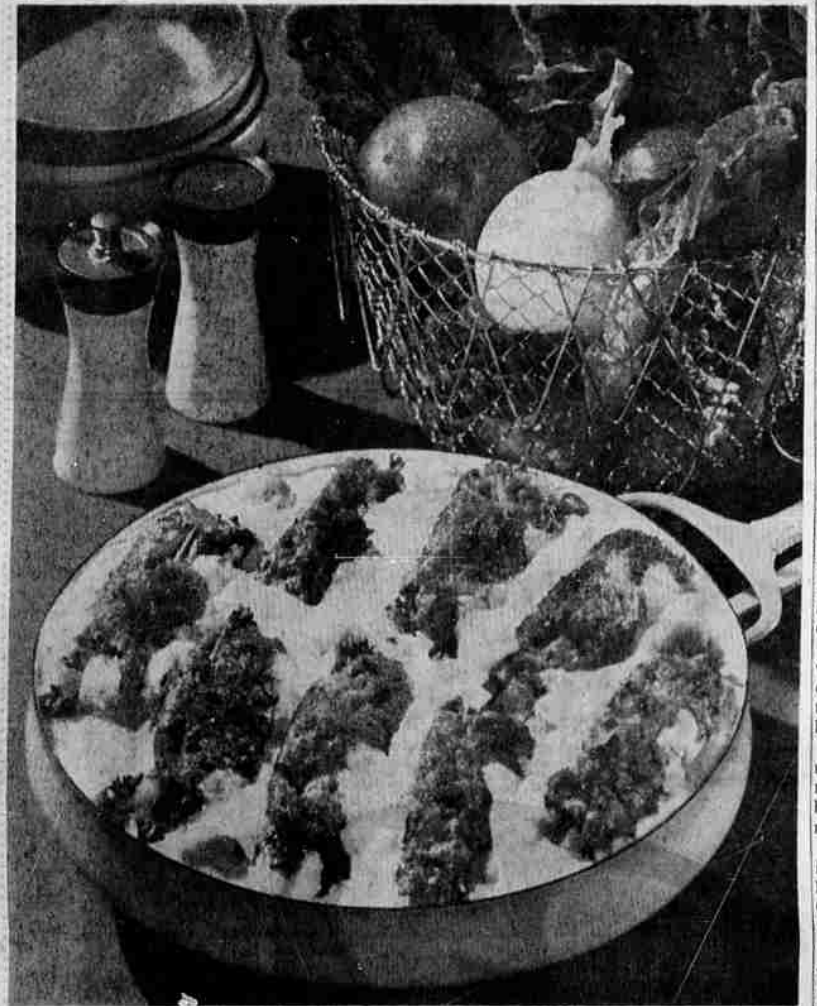




VERSATILE BRAZIL NUTS



SOUR CREAM COMPLEMENTS VEAL BIRDS

Dairy sour cream is truly a versatile dairy food when you consider the many ways it can be used in food preparation and how tastefully it combines with so many other foods. One outstanding tasty main dish, using dairy sour cream, is Stuffed Veal Birds in Sour Cream Gravy. In this recipe the sour cream accents the delicate veal flavor creating a dish even a gourmet will rave about.

There is one very important point to remember when you include dairy sour cream in cooked foods. It is "allergic" to high temperatures and is apt to curdle if heated too high or held at a high temperature for a long period of time. It is best to add the sour cream about the last 15 minutes of cooking and do not allow the mixture to boil after addition.

To accompany the Stuffed Veal Birds in Sour Cream Gravy serve

FRIKADELLER

All the world serves meatballs in one way or another, but it is the Scandinavian kind that wins the highest acclaim. This recipe of the Scandinavian Airlines System is a particularly good one. They freeze so beautifully that we recommend doubling or tripling the recipe.

Have one pound each of pork and lean veal ground four times. Mince one medium onion and cook in a tablespoon of butter or shortening until wilted. To the meat add one tablespoon of salt and some freshly ground black pepper, and beat well. If you have an electric beater, so much the better. Add four eggs, one at a time, $\frac{1}{4}$ cup of flour, and $1\frac{1}{2}$ cups of whole milk, a little at a time. Beat very well for 10 minutes, then add the wilted onion. Chill, form into 24 meatballs, and saute in clarified butter or oil until lightly browned. Drain off fat, dust the meatballs with flour, then simmer in three cups of milk or bouillon for 10 minutes. Serve with the liquid as a sauce — it will have thickened slightly from the flour. If you wish to freeze them, do so after they are sauteed, then reheat in the liquid after thawing.

To clarify butter, melt it and skim off froth that comes to the top. Let stand a few minutes, then carefully pour into another receptacle, taking care to leave the milky residue that has settled to the bottom. This clear butter burns less easily than the untreated kind.

Julienne green beans with almond butter, tossed salad, French dressing, rolls, butter, caramel custard, butter cookies and milk.

STUFFED VEAL BIRDS IN SOUR CREAM GRAVY

$\frac{1}{2}$ cup diced celery
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{2}$ cup butter
2 cups soft bread cubes
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon sage
Dash pepper
1 tablespoon chopped parsley
 $\frac{1}{4}$ cup milk
8 boneless veal cutlets (4 to 5 ounces each)
 $1\frac{1}{3}$ cup flour
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup white cooking wine
 $\frac{1}{2}$ pint (1 cup) dairy sour cream
1 can (4 ounce) mushrooms, drained

Saute celery and onion in $\frac{1}{4}$ cup butter until onion is tender. Combine with bread cubes, $\frac{1}{4}$ teaspoon salt, sage, pepper, parsley and milk; toss lightly. Divide dressing evenly between cutlets placing dressing in center of each cutlet. Roll meat around dressing and fasten with wooden picks or skewers. Roll meat in flour, saving left-over flour. Brown meat in remaining $\frac{1}{4}$ cup butter, turning as necessary to brown on all sides. Add water and wine; cover tightly; cook slowly until meat is tender, about 45 minutes. Remove meat to serving platter and keep warm. Blend together left-over flour and sour cream. Stir into drippings; add mushrooms and remaining $\frac{1}{2}$ teaspoon salt. Cook stirring constantly, until gravy is heated and thickened. Serve with veal birds. Makes 8 veal birds, about 6 to 8 servings.

When Brazil nuts are in the kitchen you might also like to grind them fine and roll frosted cake squares in them. Or you can decorate frosted cupcakes with Brazil nut curls. To make this pretty garnish, simmer the

Brazil Nuts Glorify Wafers

Have you ever thought when you bought a pound of Brazil nuts about the land where they are raised? Housewives, busy with a multitude of tasks, have little time to pursue the interesting history of foods... and neither do food editors, but Brazil nuts have always seemed intriguing with their entirely different texture and flavor.

The white race has clung tenaciously to the narrow fringe of land called Brazil, that extends down the Atlantic Ocean side of South America since it was captured in the 16th century. The two largest Brazilian states have less than one inhabitant per square mile.

The tropical land was discovered by a companion of Columbus, Vicente Pinzon. And later there lies a tale. One of the first settlers was a wealthy man, Diogo Alvarez, a man of noble family who lost most of his boat crew to the appetites of the natives. Alvarez saved his skin by salvaging things from the wreck and sharing them with the natives. Later, with one musket, he led them against tribal enemies and won the battle.

They in turn showed him the great areas containing nuts with melodious names, babassu, tucum, muru muru, ouricury and Brazil nuts. As time went by Brazil nuts have found favor in kitchens over the world. Here is a way to use them, 1961 style.

Don't let a wafer scare you. Those thin, crisp members of the cookie family may look delicate, but they are not hard to make. Most of them belong to the drop-cookie clan.

Once you get wafer-conscious, you may start collecting some fascinating recipes. Sweden and Norway, for example, have their famous Krumkakes, thin crisp cones that are baked on a special iron, then rolled into shape. They're a combination of sugar, eggs, butter or cream and flour, and they're flavored with vanilla or cardamom.

England calls her well-known wafers Brandy Snaps. They're concocted of sugar, molasses, butter and flour, and flavored with brandy and ginger.

Denmark names one of her popular wafers a macaroon — these made with sugar, butter, flour, baking powder, oatmeal, eggs and nuts.

The following American wafer is a delicious cross between the English and Danish varieties. Chop the Brazil nuts called for in the recipe with a knife, but chop them fine. Or if you have a rotary-type grater, use it, making sure it has the proper blade for chopped nuts and doesn't grate them to a meal.

The ultimate destination of these wafers should be an old-fashioned afternoon tea! Their brittle texture will give pleasant texture contrast to other soft foods.

When Brazil nuts are in the kitchen you might also like to grind them fine and roll frosted cake squares in them. Or you can decorate frosted cupcakes with Brazil nut curls. To make this pretty garnish, simmer the

shelled nuts in water for about 5 minutes, then slice thin lengthwise with a swivel-blade vegetable peeler.

LACY WAFERS

$\frac{1}{4}$ cup sifted flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup sugar
 $\frac{1}{4}$ cup milk
 $\frac{1}{4}$ cup dark molasses
 $\frac{1}{2}$ cup butter (melted)
1 teaspoon vanilla
1 cup quick-cooking rolled oats
1 cup finely chopped Brazil nuts

Sift together the flour, baking powder, salt and sugar into a mixing bowl. Add milk, molasses, butter and vanilla; stir in rolled oats and nuts. Drop level teaspoons of the mixture, each 2 inches apart, on greased and floured cookie sheets. Bake in moderate (375 degrees) oven 6 to 8 minutes. Cool about 1 minute; remove to wire rack. Makes about 8 dozen.

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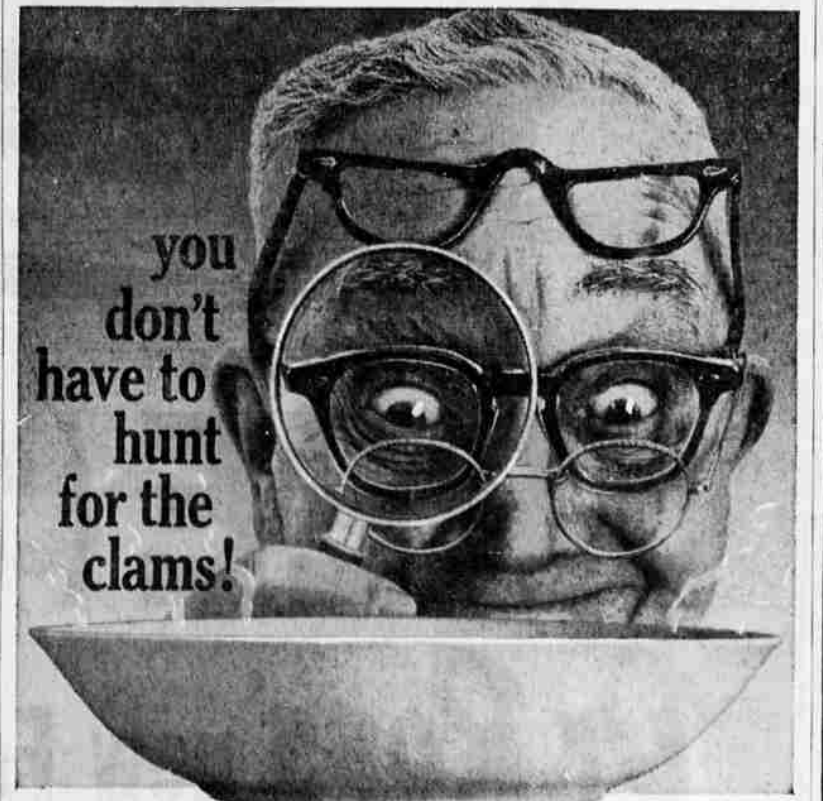
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