

# Specialties in Gourmet

By RUTH KING

PAGE 1-C HERALD AND NEWS, Klamath Falls, Ore. Thursday, September 28, 1961



**SOMETHING NEW** — Don't shudder when you read this recipe and think that sour cream "can't be" in a pumpkin pie. Truly between you, the food editor and the pie pan, dairy sour cream, entirely different from the sour cream "of old" is a special ingredient adding smooth texture and a spark of unusual flavor.

## PUMPKIN PIE WITH NEW TWIST

It won't be long until it is pumpkin pie time again and mom will be getting out the favorite family recipe for this traditional fall and wintertime dessert. Usually pumpkin pie is made with a custard base of milk and eggs, baked in a pie crust. Or the chiffon-type pumpkin pie, also popular, is a lighter, fluffier type pie made in a baked or crumb crust that is refrigerated rather than baked.

A new and spicy chiffon-type pie is this recipe for Sour Cream Pumpkin Pie. Dairy sour cream, one of the most versatile of dairy foods, is one of the major ingredients in this pie and adds a creamy smooth texture and a slight spark to the flavor that really sets it off as a most elegant dessert. Dairy sour cream is becoming more and more popular as an ingredient in prepared dishes as well as a topping on vegetables, fruit and a variety of desserts.

The next time you plan to make a pumpkin pie try this recipe for Sour Cream Pumpkin Pie and listen to the compliments of the whole family and your guests.

### Topped Casserole

- 6 medium potatoes, peeled and sliced thin
- 1/4 cup butter
- 1/2 cup minced onion
- 2 tablespoons flour
- 2 cups milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Dash Tabasco
- 1 teaspoon Worcestershire sauce
- 1/2 cup catsup
- 2 cups shredded sharp American cheese
- 6 large pork chops

Place thinly sliced potatoes in 9x12 inch baking dish. Melt butter in saucepan over low heat; cook onion in butter until transparent; blend in flour. Add milk stirring constantly and cook until sauce is smooth and thickened. Add seasonings, catsup and cheese; stir until cheese is melted. Pour sauce over potatoes. Trim extra fat from pork chops and use to brown chops; place on top of potatoes. Cover and bake in a moderate oven, 350 degrees, for 1 1/2 hour. Remove cover and bake 1/2 hour longer. Makes six servings.

Serving stuffed eggs? Add chopped chives to the egg yolk filling for savory flavor.

• Newspaper SPOT ADS are inexpensive



**KLAMATH BASIN LAMB** — is on the market and shish kebab has a delicious flavor not found in any other preparation of lamb. Should you not find lamb on display ask your grocer to stock it for you.

## Shish Kebab Spells Lamb On A Skewer

The shish kebab is an adaptation of one of the most primitive methods of cooking. The pieces of meat were threaded on swords and then cooked over open fires. And, according to its Near Eastern heritage, shish kebab is always made with lamb.

Lamb is hearty and substantial, delicious and different, with a delicate flavor all its own. Your best guide for tender lamb and greatest eating enjoyment is to select a well known packer's brand. We suggest cutting meaty chunks for shish kebab from the leg of lamb or shoulder. One and a half to two inch cubes cut from the leg are ideal for kebabs. The wise homemaker might also plan on two meals from the whole leg, cutting cubes from the shank end and roasting the butt end.

To allow full penetration of the piquant marinade the cubes of lamb are refrigerated in the vinegar sauce overnight. Before threading the meat the skewers can be run through a piece of suet for easy removal of the meat after cooking. The skewers are threaded with the cubes of lamb allowing space between the cubes for thorough cooking. As the cubes are broiled more of the piquant sauce is brushed over the meat. The vegetables go on the ends of the skewers for a final few minutes of broiling. And, there you have it, a meal on a skewer.

**LAMB EN BROCHETTE**  
Yield: 6 to 8 servings  
4 to 5 pound leg of lamb, cubed  
1 cup wine vinegar  
1/3 cup salad oil  
1 1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon Worcestershire sauce  
1 medium onion, thinly sliced

Combine brown sugar, gelatin, spices and salt in saucepan. Add beaten egg yolks and milk and pumpkin; mix well. Cook over medium heat, stirring constantly, until gelatin dissolves, about 8 minutes. Remove from heat and allow to cool slightly. Add sour cream; mix well. Beat egg whites until slightly stiff and gradually add granulated sugar, a tablespoon at a time, beating after each addition. Continue beating until stiff. Fold in cooled pumpkin mixture. Pour into baked pie shell and chill about 4 hours before serving. Makes 6 servings.

**POT ROAST POINTERS...**  
Any of the following beef cuts make tender, juicy roasts after long, slow simmering over low heat:  
**Blade Roast** has a long bone—and 2 or 3 smaller bones. Moderate in price, it has good flavor.

**ALL ABOUT FOOD**  
By Tested Recipe Institute "N" FILE  
**Arm Or Round Bone Roast** is cut from the lower part of chuck. It is lean and rich-flavored.

**Roiled Rump Roast** is thick and meaty, so allow plenty of cooking time. Vegetables add flavor to the roast—but don't overcook them. Add chunky pieces or whole vegetables about 45 minutes before roast is done.

**Sirloin Tip** is boneless with very little fat for covering. It can be roasted flat, or rolled and tied.

## OSU GRADUATES TAKE VARIED JOBS

By MRS. FRANCES HALL  
County Extension Agent  
Home Economics

How would you like to work for Macy's, I. Magnin's or The Emporium in San Francisco, the Oregon Dairy Council or the Southern Counties Gas Company in Los Angeles? Would you like to teach in nursery school, high school, or college or as a home extension agent?

These are only a few of the job opportunities filled by 1961 home economics graduates of Oregon State University.

OSU home economists graduating last June have also taken jobs with Neiman-Marcus in Dallas, Texas; Pillsbury Company in Minneapolis, Minn.; and dietetic internships at Colorado University, St. Mary's Hospital in Rochester, Minn., Alameda County Hospital in Oakland, Calif., and the U.S. Veterans Administration Hospital in Los Angeles.

Six of the graduates have taken home extension agent positions in Oregon and a seventh will work for the Idaho extension service. One-third of the graduates will teach in high schools in Oregon, Washington and California. Fourteen of the former coeds will continue their schooling at different universities throughout the country.

Positions with West Coast firms including Alaska are still unfilled because of the shortage of home economists. Food manufacturing firms, utility companies, the public health service and high schools are still looking for women to fill positions on their staffs.

A world of opportunity is opening for these home economists, say OSU officials. Their profession takes them into many walks of life as they help to develop new food products, textile fibers and household equipment; teach pre-schoolers, teen-agers, college coeds and homemakers; supervise food services in schools, universities, industries, restaurants and hospitals; and most important help people to adjust to the changing problems of the home and family.

**HILLS BROS. COFFEE**

1-lb. Can 68c  
2-Lb. Can 1.35

**BUY LOW FOOD CENTER**  
1338 Oregon Ave.

**SPECIAL! END-OF-SEASON-SALE**

**Fresh Chinook Salmon**  
5 to 8-lb. Fish. Scaled and Head Off. 1/2 or whole lb. 69c

Get Your Salmon Now for Freezing, Canning, Smoking or Just Plain Eating!

★ Also Fresh Halibut  
★ Variety of Fresh Fillets  
★ Butter Clams ★ Fresh Oysters

If It's Fresh Fish You Want, Come To

**Crescent Sea Foods**  
Complete Line of Fresh & Frozen Sea Foods  
2836 South 6th Phone TU 2-0161

**Take it from me...**

**MEALTIME**

**...IS MILK TIME!**

Makes no difference which meal, or what you're having...a glass of milk is always the ideal complement.

Milk is good with anything, everything. It tastes fine with all foods, and actually aids digestion. Regardless of what you prefer before mealtime or immediately after, you'll find that milk is the one beverage that goes right along with whatever you eat, when you're eating it.

Here's a thought. You eat three meals every day...why not...

**DRINK 3 GLASSES OF MILK EVERY DAY!**

**KLAMATH BASIN GRADE A MILK PRODUCERS ASSN.**

An Organization of Klamath Basin Dairymen who work around the clock in order to bring you the finest, freshest milk possible.

**Amana HERITAGE DAYS SALE**

**2 MORE DAYS - FRIDAY & SATURDAY**

**VISIT THE AMANA HERITAGE DISPLAY**

See the fascinating Pictorial Story of the Amana Colonies

**SPECIAL VALUES!**

**FAMOUS Amana DELUXE FREEZER**

SPECIAL LOW FACTORY PRICE OF **\$234.00** 3 DAYS ONLY

- Holds 452 pounds of food
- All food is stored on or directly below a fast-freezing surface
- Freezes food up to 2 1/2 times faster than ordinary methods
- Amana "Living Design" puts everything within easy reach

MODEL D-13

**FAMOUS Deepfreeze HOME FREEZER**

SPECIAL LOW FACTORY PRICE OF **\$197.00** 3 DAYS ONLY

- Made only by Amana
- Holds 385 pounds of food
- Zero-wall construction wraps all food in constant cold
- Hand-fitted high density insulation

MODEL DF-110

**Vern Owens' Cascade Home Furnishings**

412 Main Phone TU 4-8365