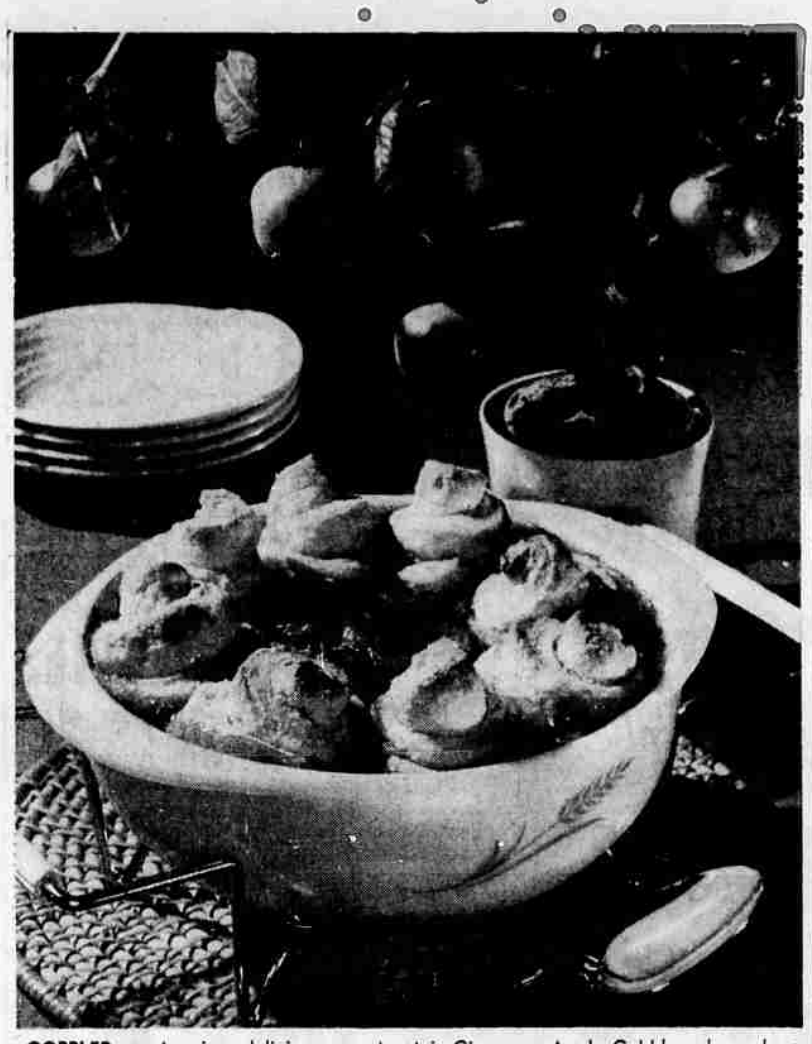
Specialties in Gourmet

By RUTH KING



COBBLER — A spicy, delicious new treat is Cinnamon Apple Cobbler, shown here ready for serving.

CINNAMON APPLE COBBLER

2 cups water
1 cup sugar
2 tablespoons red cinnamon candies
4 cups peeled, sliced tart red apples (5 medium apples)
2 tablespoons cornstarch
2 tablespoons water

Combine water, sugar and candies. Heat to boiling. Add sliced apples, reduce heat and cook until tender, 10 to 15 minutes. Blend cornstarch with two tablespoons water and stir into apple mixture. Bring to boiling and boil one minute, stirring constantly. Pour into two-quart baking dish. Top with Cobbler Swirls.

COBBLER SWIRLS

1 cup sifted enriched flour
1½ teaspoons baking powder
½ teaspoon salt
¼ cup shortening
1 to 2 tablespoons milk
1 egg, beaten
Melted butter
2 tablespoons sugar

Sift together flour, baking powder and salt. Cut or rub in shortening until mixture is crumbly. Combine milk and egg. Add to flour mixture and stir well. Add additional milk, if necessary, to make a soft dough. Turn out on lightly floured board or pastry cloth and knead gently 30 seconds. Roll out to eight - inch square. Brush with melted butter and sprinkle with two tablespoons sugar. Roll up like jelly roll and cut into eight one-inch slices. Push center of cut side up to form rosette. Place on hot apple mixture. Bake in hot oven (400 degrees) 25 to 30 minutes.

Makes six to eight servings.

If self-rising flour is used, omit baking powder and salt.

CHIFFON PIE — Date-Orange Chiffon pie features morsels of fresh California dates whirled through a fluffy orange filling to create a handsome, refreshing dessert.

Date Orange Pie Special For Family, Party Treat

Swirl up "Date-Orange Chiffon Pie" for a family treat or a special party dessert. Chopped fresh California dates in an airy orange filling make a perfect taste duo. You can cut down the calorie count by eliminating the whipped cream topper. Serve this high and light pie on a pretty plate underlined with fern or other fresh leaves and complement it with cups of Espresso coffee.

California date slivers are a pretty garnish for many dishes. To make slivers, cut pitted dates lengthwise into thin slices with kitchen shears or a sharp knife. Use them as pinwheels or clusters or as petals for a flower-shaped garnish centered with an almond or marachino cherry. Fresh California dates are a natural sweet and the natural sugar in them is utilized quickly by the body as a pick-me-up. Their energy-giving qualities make them a "must" for hiking trips and for youngsters at play.

DATE-ORANGE CHIFFON PIE

1 envelope plain gelatin
1-3 cup sugar
Dash salt
4 eggs, separated
1½ teaspoons grated orange rind
1½ cups orange juice
1 tablespoon lemon juice
½ cup sugar
Few drops yellow food coloring
1½ cups chopped fresh California dates
1 (9-inch) baked pastry shell, cooled
Whipped cream
Date slivers

Stir together gelatin, 1-3 cup sugar and salt in top of double boiler. Beat egg yolks, orange rind and orange juice; blend into gelatin. Cook and stir over simmering water until mixture thickens slightly and gelatin is dissolved, about 10 minutes. Stir in lemon juice. Chill until mixture mounds on a spoon. Beat egg whites until foamy, gradually beat in ½ cup sugar, beating to stiff peaks. Fold into gelatin mixture. Add food coloring. Fold in chopped dates. Turn into pastry shell and chill firm. Top with whipped cream and garnish with date slivers, if desired.

Chicken Pate Club Sandwich

Chicken Pate Club Sandwiches are made for the he-man eaters in your family. Toast slices of rye bread; butter each slice. For each sandwich, spread canned chicken pate on buttered side of one slice of toast. Top with thin slices of tomato, sprinkle with seasoned salt and cover with a second slice of toast. Cover with lettuce, crisply cooked bacon and sliced hard cooked egg. Sprinkle egg with seasoned salt. Spread buttered side of third slice of toast with mayonnaise; put mayonnaise side down over egg. Fasten sandwich with four toothpicks, then cut into quarters. The sandwiches are also especially tasty made with canned liver or ham pate.

PICNIC CHILI — Simmering over the coals is this Spicy Picnic Chili made extra hearty and nourishing by instant nonfat dry milk.

Spicy Picnic Chili Is Popular Favorite

Take instant nonfat dry milk along with your other pantry staples on your next cookout. With nonfat, canned kidney beans, canned tomatoes and tomato sauce in your larder, you won't even know you left home, except for the enjoyment of living close to nature.

With these staples you have the makin's of Spicy Picnic Chili, an over the coals meal-in-one that's easy to prepare. This is a handy recipe, for a pound of ground beef can be tucked into your cooler for the first night out, or the meat can be readily purchased at a market along the way. Better take the small bit of crushed chillies called for from home, as this is less likely to be availabe.

This chili is mighty rich in protein; for nonfat dry milk has all the nutritive value of skimmed milk — the proteins, carbohydrates, minerals and vitamins found in the fat free protein.

There's no trouble to storing nonfat, either, even after opening. Just keep in a cool dry place along with your other staples.

Fruit is always a favorite to round out the meal; serve an assortment along with crisp butter cookies that accompany milk kept icy cold in an insulated cooler.

SPICY PICNIC CHILI

4 servings

1 pound ground beef
½ cup minced onion
½ cup instant nonfat dry milk
1 cup (8 oz. can) kidney beans
2 cups (1-lb. 3 oz. can) tomatoes
1 cup (8-oz. can) tomato sauce
½ teaspoon chili powder
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon crushed chillies

In saucepan combine ground beef and onion; heat, stirring constantly, until meat is browned and onion is tender. Remove from heat; stir in nonfat dry milk. Add kidney beans, tomatoes, tomato sauce and seasonings; mix well. Heat to simmering point; continue cooking, stirring occasionally, until chili is thick (about 20 minutes).

Pickle Combination Dish Adds Zest To Party Menu

Pull out your best relish tray, fill it with your prettiest pickles, and you are on your way to impressing even your most persnickety guest. You might prefer a different combination but a dish of sliced pickles, mint sauce pear slices, pickled cauliflower, spiced kumquats and hot peppers offers a choice of sweet, sour and hot.

DILLY CHIPS
On the sour side
Best when ice cold

12 4 to 4½ inch cucumbers
5 tablespoons salt
2 teaspoons turmeric
3½ cups cider vinegar
1½ cups sugar
2 tablespoons mixed pickling spices
Dill
¾ teaspoon powdered alum

Wash, rinse, drain, dry and cut slender cucumbers into thin (about ⅛ inch) slices. Thoroughly mix cucumbers and salt. Let stand 3 or 4 hours. Drain. Add turmeric and 1½ cups vinegar to 2 cups water. Bring to boiling. Pour over cucumbers. Let stand until cold. Drain. (Taste cucumbers; if too salty, scald again.) Add sugar, spices (tied in bag), ½ cup water, to 2 cups vinegar. Simmer 15 minutes. Pour over cucumbers. Let stand 12 to 24 hours. Drain sirup into kettle. Heat to boiling. Add cucumbers. Simmer 10 minutes. Wash and drain dill. Put layer in bottom of fruit jar. Pack cucumbers into jar; cover with layer of dill. Add alum to sirup and heat to boiling. Pour, boiling hot, over cucumbers. Put lid on jar; screw band tight. Note: If fresh dill is not available, use about a tablespoon of dill seed per pint jar.

MINT SAUCE PEARS
More tart than sweet

For 12 or 15 firm-ripe Bartlett pears, use:

3 cups sugar
3 cups white vinegar
1 cup water
Green food color
Mint extract

Before preparing pears, mix sugar, vinegar and water; boil until sugar dissolves and set aside to cool. Wash, rinse, drain, peel, slice pears lengthwise, remove core and drop pears into salt water (3 tablespoons salt to 1 quart water). Add green color a few drops at a time to the cooled pickling solution until color is somewhat deeper than wanted in the pears. Drain pears and add to colored solution. Gently boil for 3 minutes. Put pears into pint or half pint fruit jars leaving ½ inch head space. Heat liquid to boiling; add mint flavor (oil or regular) to suit taste. Pour over pears. Put lid on jar; screw band tight. Process 10 minutes in boiling-water bath canner.

Note: Unless the vinegar is high grade and the amount specified used, the pears should be processed 20 minutes as in regular canning. Usually takes 3 or more weeks for pears to become uniformly colored and well flavored.

PICKLED CAULIFLOWER

3 small or 2 medium sized barely mature cauliflowers
¾ cup salt
1 tablespoon turmeric
2 tablespoons ground mustard
1½ to 2 cups sugar
3½ cups vinegar
1 cup water
2 teaspoons onion powder
2 tablespoons white mustard seed
1 tablespoon celery seed
1 hot red pepper cut into small pieces.

Wash, drain and cut cauliflower into 1½ or 2 inch pieces. Dissolve salt in 3 quarts cool water; pour over cauliflower. (If not enough to cover, add more water.) Use plate to hold cauliflower under brine. Let stand 12 or 15 hours. Drain. Mix turmeric and mustard with sugar. Add all other ingredients except cauliflower. Cook until sugar dissolves. Add cauliflower. Cook 10 minutes or until barely tender. Quickly pack hot cauliflower into hot fruit jars. Reheat liquid to boiling. Pour over cauliflower. Put lid on jar; screw band tight.

PICKLED KUMQUATS
Sweet-sour

2 pounds kumquats
2 cups sugar
3 cups water
1 cup white vinegar
2 sticks cinnamon

(Continued on 4-C)

SKILLET SUPPER

A top of the range quickie is Skillet Supper—an especially tasty spaghetti dish. Cook some sliced onion and a bit of minced garlic in butter until onion is tender. Add canned spaghetti with meat balls and oregano to taste; mix lightly and heat. Sprinkle grated American cheese over spaghetti, heat without stirring, until cheese is melted.

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PETS PREFER VETS'
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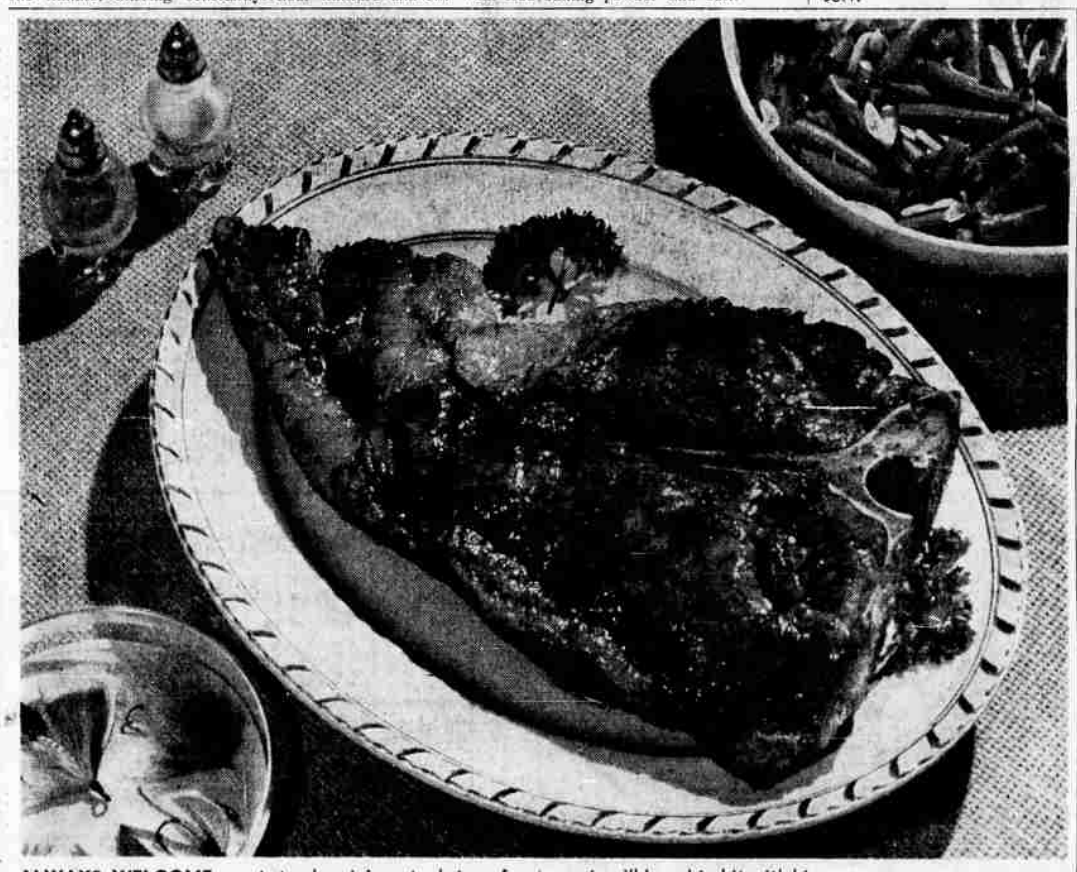

ALWAYS WELCOME — A tender, juicy steak is a favorite with men, and a porterhouse steak cooked as this one is will be a big hit with him.

Steak-Cooking Is Art To Be Easily Learned

Cooking steaks is an art that many seek, but few acquire. Yet, meat expert Reba Staggs has some advice for the cook who handles steaks that can make the job easy and simple.

Steak for broiling, she suggests, should be at least 1 inch thick. Set the regulator for broiling. Place the steak on the rack in your broiler pan and insert the pan and rack.

If your steak is 1 inch thick, its surface should be two to three inches from the heat. Thicker, two-inch steaks should be three to five inches from the heat.

When one side is browned, season, turn and finish cooking the steak on the second side. Meats, such as steak, which are broiled should be seasoned after they are browned. Steaks should be turned only once during broiling.

Steaks cut one inch thick require 18 to 20 minutes total cooking time for rare steak, 20 to 25 minutes for medium. Steaks cut two inches thick require 30 to 35 minutes for rare, 35 to 40 minutes for medium.

If you are broiling on an outdoor grill, the distance from the heat and broiling time are about the same. Build the fire so that the coals are covered with a gray ash when cooking begins.

Following the directions, you can't miss as a steak-cooking expert.

Quickie Supper

1 can (12 oz.) luncheon meat
2 cans macaroni with cheese sauce (15¼ oz. each)
1 small can evaporated milk (2-3 cup)

Cut luncheon meat into small cubes. Empty cans of macaroni and cheese into a saucepan. Add luncheon meat and evaporated milk, and stir to mix thoroughly. Heat over low heat until hot, stirring occasionally. Makes 6 servings.

If your ground beef patties are not so juicy or flavorsome as you like, have a little suet ground with the meat.

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