



GOURMET FLAVOR — Delectable flavor makes ham steak broiled with bananas an appealing mid-winter dish. Time-saving, too, as mellow-sweet bananas cook right along with the meat.

Cow Belle's Corner

By Mrs. Ted Hyde

Each year at this time, youth groups in all the counties of Oregon are invited to assist in selecting an outstanding father in their county.

A state committee will select from the county award winners, Oregon's Father of the Year.

This unique and rewarding program originated with the Oregon Cow Belles to recognize and honor fathers, for their work with their families, and their services to youth groups and communities. Rewards will be presented by the Klamath County Cow Belles to the Klamath County father selected, and to his sponsoring group.

Some of the award winners in previous years have been, John F. Heyden, Ralph Hill, John Kerns, Bill Milne, Ray Peterson, and last year's winner was Floyd Buck. These fathers have been sponsored by youth groups in 4-H work, church work, Boy Scouts, Girl Scouts, and DeMolay.

So all youth groups are invited to honor a father they know. The selection must be made and the application filled in and submitted by April first.

Entry blanks may be obtained from Mrs. Dayton Hyde, 1420 Pacific Terrace, and Mrs. Joe Smith, 5907 Alva Ave., this city.

Ham-Bananas Make Robust Dish

Hearty meat dishes are still very much in style these uncertain mid-winter days. If there's lots of kitchen time, there's nothing like a filling stew or hefty roast to provide rib-sticking nourishment so necessary to battle the elements.

But when days are short, and the palate yearns for a particularly delectable flavor, zesty ham steak takes but minutes to broil. And, to add sunny flavor and even more vitality value, luscious bananas can sizzle happily right along with the ham.

Always in season, and so good to eat right from the peel, bananas take on their vegetable guise quickly and easily. The tropical fruit undergoes a subtle flavor change when broiled (or baked, or fried). The butter-smooth texture remains, and the mellow sweetness makes a fine foil for ham and other pork products. Remember, too, that their natural fruit pectins aid digestion, and, when it comes to calories, a medium banana adds up to only 88.

To complete this quick yet robust mid-winter dinner, serve a crisp tossed salad and crusty bread or rolls, with an easy-bake frozen dessert.

ALMOND GRAVY

Add toasted slivered almonds to chicken gravy just before serving. The almonds will add surprise flavor and texture to the gravy.

SIZZLING HAM-BANANA BROIL

1 smoked ham steak, 1-inch thick
3 tablespoons melted butter
4 firm bananas

Turn oven control to broil setting (550 degrees F.). Score the fat edge of the ham steak to prevent it from curling. Place steak on broiler rack so that meat surface is three inches below heat.

Broil for 10 minutes. Turn and continue to broil for five minutes. Meanwhile, peel bananas, brush well with butter, and place on rack beside the ham steak. Broil for five more minutes or until ham is done and bananas are lightly browned. Serves four. (Note: If using cooked, ready-to-eat ham, allow only five minutes broiling time for each side.)

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FOR LENTEN DINING

Baked fillets of haddock or sole are served with an eye-catching garnish—and here the crunchy nuts live up to their culinary reputation in elegant fashion. Give yourself a lift any time by enjoying almonds eaten out-of-hand. They are notable energy-boosters, rich in B vitamins, calcium and iron, and they contain as much body-building protein as lean meat, milk or eggs. It's a good idea to tuck some of the crisp nuts into lunch boxes for quick-energy snacks.

BUTTER-ALMOND FISH FILLETS

1 package (1 lb.) frozen haddock or sole fillets.
1/2 teaspoon salt
1/2 cup butter or margarine
2 tablespoons finely chopped parsley
1/2 teaspoon grated lemon rind
1 tablespoon lemon juice
1/2 teaspoon crushed dried thyme leaves
1/2 cup toasted slivered almonds
Paprika

Cooked spinach, asparagus or broccoli.
Place frozen block of fish in rectangular baking dish. Sprinkle with salt and dot with 2 tablespoons butter. Cover with aluminum foil and bake in 375-degree (moderately hot) oven 40 minutes. Uncover, baste with pan liquid and bake 20 minutes longer. Meanwhile, melt remaining butter in saucepan, stir in paprika, lemon rind and juice and thyme. Just before serving, stir in almonds. Remove fish to warm serving platter and sprinkle with teaspoons of sugar. Serves 4.

LIGHT DESSERT

Lime apricot cream is a light fruit dessert. In a mixing bowl, combine 1 cup of instant nonfat dry milk with 2 (4-ounce) jars liquid and bake 20 minutes longer. Meanwhile, melt remaining butter in saucepan, stir in paprika, lemon rind and juice and thyme. Just before serving, stir in almonds. Remove fish to warm serving platter and sprinkle with teaspoons of sugar. Serves 4.

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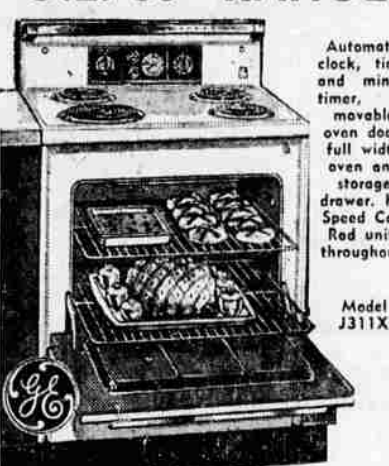
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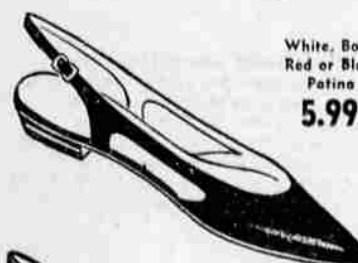
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