



WOULDN'T Y' BE KNOWIN'? — You may not be eligible for wearin' o' the green but you'll delight anyway in these Ireland-inspired desserts to make St. Patrick's Day menus sweeter. Curls of chocolate top the cake; whipped cream and a shamrock of angelica garnish the pie.



CONVENIENCE — The simplicity of this Chinese-style tasty dish will make it appealing to cooks. Mandarin Beef Bowl has enchanting blend of Oriental flavors, yet it is simple to make by combining convenient canned tomato sauce with easily available Asian foods.

Mandarin Beef Bowl

Fit for a mandarin or the head of any modern American dynasty is this simplified version of a complicated Chinese dish. True to Chinese tradition, it cooks quickly, uses little meat, and includes several kinds of crisp vegetables. Like the convenient canned tomato sauce which blends the flavors together, most of the other ingredients are ready by merely opening a can or package. It is the way you cook them, just enough to be crisp and crunchy, adding cornstarch at the last minute to make it all glisten, that lifts this dish into a delight. To prepare it even more easily, use quick cooking rice.

Served with little cups of piping hot green tea, spicy cucumber pickles and rice cookies, this makes an excellent luncheon or supper dish. And of course it can be served buffet style.

- MANDARIN BEEF BOWL**
(Serves - 6)
- 1 flank steak, about 1½ pounds
 - ¼ cup poly-unsaturated oil
 - 1 (8-ounce) can tomato sauce
 - 1½ cups water
 - 1 envelope beef-noodle soup mix
 - 4 carrots, scraped and sliced diagonally
 - 3 stalks celery, sliced diagonally

- 1 can bean sprouts, drained
 - 1 (5-ounce) can water chestnuts
 - 2 tablespoons soy sauce
 - 1 tablespoon cornstarch
 - 4 cups hot cooked rice
- Slice steak very thinly on the diagonal, then cut each slice into fourths. Brown quickly in hot oil in large skillet. Stir in tomato sauce, water, and soup mix; add

- carrots, cook over low heat 15 minutes. Add celery, bean sprouts, water chestnuts, and soy sauce. Cook 10 minutes longer. Stir cornstarch into 1 tablespoon water; add to meat mixture; cook stirring constantly until sauce thickens. Spoon over rice.

Try Sesame Seeds in Salads



Toast them in the oven and add a tablespoon or so to your favorite French dressing. Be sure they're Crescent — imported from Nicaragua for perfect quality and appearance, fresh packed for perfect aroma and flavor.



TOPS IN QUALITY! LOW IN PRICE

Desserts Dublin Style

Reach across the sea to a land of magic and enchantment, merriment and good cheer, to introduce new culinary capers into your holiday planning.

Ireland is visited by increasing numbers of Americans each year, who delight in recounting tales of a warm and hospitable welcome, ever-green landscape, picturesque villages, smiling children, sites of historic interest. In every traveler's log is a chapter which describes foods and eating customs.

Visitors to the Emerald Isle tell of lobster, tender and succulent, and feather-light scones which accompany afternoon tea. Steaming bowls of stick-to-the-rib porridge to start the day, and beef you can "cut with fork" are indicative of a hearty-eating, food-appreciative people.

Centuries of tea-making skill are evident in a bracing cup of

the national brew. Irish soda bread is world-famous.

Imaginative hostesses in America like to provide menus which are food for conversation as well as fine eating.

An Irish Coffee Layer Cake will be as popular as the famous beverage for which it is named. The cake, delicately flavored with coffee, is frosted with whipped cream into which Irish whiskey has been folded. Handsome to look at and delightful to eat, this is a creation the most discriminating hostess will serve with pride.

Apple Pie, Dublin Style, is another recipe to treasure. The pie is an adaptation of an Irish dessert called Apple Naimh Chinn Oir — Irish for Naimh of the Golden Tresses, a beautiful maiden. In Irish mythology, who took Ossin to Tir na n-Og, to the land of eternal youth. Traditionally the dessert is an apple filled with honey, lemon rind, sugar and

butter, wrapped in pastry and baked.

These recipes will tempt you to try other Irish specialties in adding variety and interest to your menus, and perhaps stir your thoughts toward a visit to the land of the Leprechauns.

IRISH COFFEE LAYER CAKE
2½ cups sifted cake flour
1 tablespoon instant coffee powder
2½ teaspoons baking powder
1 teaspoon salt
4 egg whites (about ½ cup)
1½ cups granulated sugar
½ cup soft shortening
1 cup water
1 teaspoon vanilla

Sift together flour, coffee powder, baking powder and salt. Beat egg whites until foamy; gradually add ½ cup granulated sugar and beat until stiff. Cream shortening with remaining 1 cup granulated sugar until light and fluffy. Add sifted ingredients and mix thoroughly. Creamed mixture, beating well after each addition. Add vanilla and mix well. Fold egg whites into batter. Turn into 2 greased and floured 9-inch layer cake pans. Bake in

moderate oven (375 degrees) 25-30 minutes, or until cakes test done. Place cakes on cooling racks and cool 5 minutes. Turn cakes out on racks and cool thoroughly.

To frost cake:
1½ cups heavy cream
1½ cup Irish whiskey
Beat cream until soft peaks form; add sugar and beat until stiff peaks form. Gradually fold in whiskey. Spread cream between cake layers, around sides and over top of cake. Chill until serving time (at least 1 hour). Garnish with chocolate curls, as desired. (Makes 9-inch layer cake).

APPLE PIE, DUBLIN STYLE
To make pastry:
1½ cups sifted all-purpose flour
1 teaspoon salt
1½ cup salad oil
3 tablespoons ice water

Sift flour and salt. Add oil and water and stir until mixture forms ball and leaves sides of bowl. Roll pastry out, between sheets of waxed paper, to ¼-inch thickness. Fit into 9-inch plate. Trim and flute edges.

To make filling:
2 cans (1-pound 4-ounce) each sliced apples
½ cup honey
1 teaspoon grated lemon rind
½ cup sugar
1½ cup corn starch
1½ teaspoon salt
2 tablespoons butter or margarine

Combine undrained apples, honey, lemon rind, sugar, corn starch and salt. Spoon apple mixture into pastry shell. Dot with butter or margarine. Bake in hot oven (425 degrees) about 40 minutes, or until pastry is lightly browned. Serve warm or cold. Garnish as desired. Makes 1 9-inch pie.

Pork Chops Butterfly
Flavorful, tender, juicy and surprising — that's what folks will say when you serve pork chops "butterfly" fashion. The shape and varied surface of the meat presents an interesting entree for family or company. Butterfly pork chops are cut from the same area as rib or loin chops. They can be made from either boneless pork strips or regular loin, boned out. While many meat markets carry butterfly pork chops, it is easy to "butterfly" the meat at home, the American Meat Institute advises. Purchase either boneless pork loin or the bone-in meat. If the bone is present, run a knife between the bone and meat, freeing the meat from the bone. Cut the loin into one-inch slices. Cut the slice almost in two, holding knife parallel to the surface of the meat. Use care to cut only to opposite edge of chop so that meat is held together by a kind of hinge. Spread out the two sides of meat so that the chop lies fairly flat.

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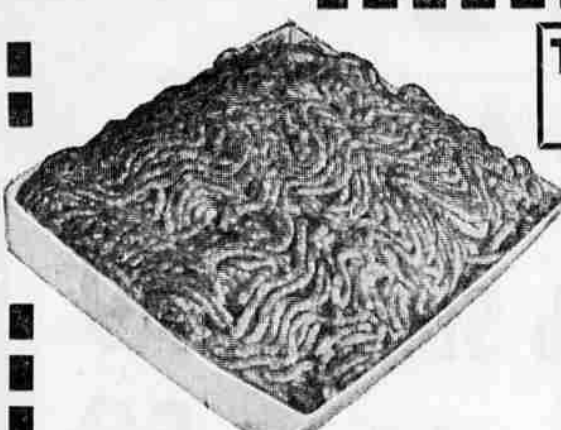
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