



TRICK OF THE LEPRECHAUN — This recipe to honor St. Patrick's Day is quicker than a wink. It is a dessert miracle. All you need is five minutes for the magic. Two envelopes unflavored gelatin, $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ cup powdered instant coffee, $\frac{1}{4}$ teaspoon salt, 3 cups water (divided), $\frac{1}{4}$ cup Irish Whiskey. Melt gelatin, sugar, salt and instant coffee in a saucepan. Stir in 1 cup of water. Place over low heat, stirring constantly, until gelatin and sugar are dissolved. Remove from heat. Stir in remaining two cups of water and whiskey. Pour into eight stemmed glasses or a four-cup mold. Chill until firm, garnish with whipped cream.



FOR LENT — This dish is attractively garnished with lemon curls and cherry tomatoes. It is a wonderfully good family dish to serve hot or cold.

Salmon Loaf Is Economical

The pleasures of the Lenten table are, fortunately, not restricted to those whose religion requires the observation. For Lenten fare are tempting dishes for everyone. And simpler dishes are a pleasant change from the rich foods of the winter social season.

Fish is always in demand because it is economical and nutritious. Economy is always a major factor to be considered in planning meals, but not to the sacrifice of nutrition. Plenty of vitamins, minerals, and proteins are necessary to guarantee radiant health for your family. And for all these requirements, salmon is one of your best bets. High in vitamins and minerals it is an exceptional source of protein and is low in saturated fats. It pleasantly combines these elements with a delicate flavor that appeals to every palate and an appetizing color.

Combine a pound can of salmon with half a pound of cooked macaroni, a touch of an herb, a kiss of a sauce, and presto, you have a dish that makes a handsome meal for the entire family. A loaf of dark bread, a tossed salad, a simple dessert are the only extra touches you need.

Here are two recipes for macaroni and salmon loaves, both delicious, nutritious, and economical.

SALMON MACARONI MOUSSE
1 cup elbow macaroni
3 cups milk
 $\frac{1}{2}$ cup (1 stick) butter or margarine
1 1-pound can salmon
6 eggs
1 4-ounce can pimiento, drained and chopped
2 tablespoons chopped onion or green onions
2 cups soft bread crumbs
2 teaspoons salt
Dash cayenne pepper
1 cup grated American cheese

Cook macaroni in 6 cups boiling water for 10 minutes. Drain and rinse. In a small saucepan combine milk, butter, and the liquid from the can of salmon. Heat until mixture is hot and butter is melted. Beat eggs until light and beat in the hot butter-milk mixture. Add pimiento, macaroni, onion, bread crumbs, salt and cayenne. Turn mixture into an oiled loaf pan $11\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ and sprinkle with grated cheese. Bake in a preheated 350 degree F oven for 50 to 60 minutes. Serve hot or cold, with a favorite sauce, if desired. Serves 8.

DILLY SALMON LOAF
1 1-pound can salmon
Milk
2 cups fresh bread crumbs
4 slices, crumbed
2 egg yolks
1 cup elbow macaroni, cooked, or 2 cups cooked
 $\frac{1}{4}$ cup cream
4 tablespoons melted butter or margarine
1 teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
1 teaspoon dill weed (optional)
 $\frac{1}{4}$ teaspoon red pepper
 $\frac{1}{2}$ cup minced parsley
2 green onions, chopped, including tender green part
2 egg whites

Drain liquid from salmon into a measuring cup and add enough milk to measure a total of 1 cup liquid. In a small saucepan combine milk and bread crumbs and stir over moderate heat until hot and well blended. Remove from heat and beat in egg yolks. Pour sauce over the macaroni. Flake and add salmon. Add cream, butter, salt, paprika, dill, red pepper, parsley, and chopped green onions and mix well. Beat egg whites until stiff and fold into the salmon-macaroni mixture. Oil a 6-cup loaf pan and line with overhang edges of pan for easy removal of loaf to serving platter. Oil foil. Turn in salmon-macaroni mixture and bake in a 350 degree F oven for 1 hour. Remove from oven and let stand for 5 minutes. Run a spatula around sides between foil and pan and invert on serving plate. Carefully remove foil and garnish

with watercress or parsley and wedges of lemon. Serve with lemon sauce.

LEMON SAUCE

In saucepan melt $\frac{1}{4}$ cup butter or margarine. Stir in 2 tablespoons flour and add $\frac{1}{4}$ cup hot milk. Stir with a wire whisk and cook over moderate heat until sauce is smooth and thickened. Remove from heat and stir in $\frac{1}{4}$ cup lemon juice and 1 teaspoon grated lemon rind beaten with 2 egg yolks. Add salt and pepper to taste. Return to heat and cook, stirring, for 2 to 3 minutes, being careful not to let the sauce boil.



NEW SEASONING — If there's a woman around who's cooking for a man, this recipe will be well received.

Pilsner Chicken

The mellow beer flavor of this latest dinner-in-a-skillet will make it an instant masculine favorite, greeted with gusto and guaranteed to banish forever the idea that chicken is "sissy stuff."

You star this easy dish with frying chicken; from then on it is a unique blend of the good things you simmer in — bouillon, beer,

and convenient canned tomato sauce for color and nourishment, plus robust seasonings—that impart the he-man flavor.

Once he's tasted this, he's sure to want repeat performances—for the bowling team, for instance, or the poker club. It might even inspire him to become a chef and do it himself.

1 frying chicken, cut up

Flavor abounds in this new chicken way to prepare fowl. Serve with sauerkraut.

2 onions, chopped
 $\frac{1}{4}$ cup polyunsaturated oil
1 clove garlic, minced
1 green pepper, chopped
1 teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
1 (8-ounce) can tomato sauce
1 (11-ounce) can beer
1 cup chicken bouillon
1 cup uncooked rice
1 cup cooked peas (or sliced ripe olives)

oil: remove chicken and set aside. In remaining oil, saute onion, garlic, and green pepper for 5 minutes. Return the chicken; add salt, paprika, tomato sauce, beer, and bouillon. Cover and simmer 20 minutes. Add rice; cover and cook additional 20 minutes or until rice is tender. Add peas.

Juniper berries are used as a flavor accent in marinades for wild duck, pheasant, quail, goose and other game birds.

Factors In Food

Coffee "slurping" — frowned on in most circles—is actually encouraged in an important division of the United States Department of Agriculture.

Experts in the Fruit and Vegetable Division of the Agricultural Marketing Service say there's no better way to really taste coffee. And since the taste is the most important factor in rating its quality, actual sampling or "cupping" is an important part of the coffee inspection, which is a voluntary service offered by the division on a fee basis.

Almost all coffee is imported as green bean coffee. When the coffee is to be inspected by USDA, the samples of the green beans are submitted to the Division's Washington office for grading and cupping.

Coffee inspection requires a high degree of skill and experience. The green beans have to be examined for defects. The area where the coffee was grown is important too, because coffees from different areas have characteristic flavors, some good, some not so good.

Then comes the most important part—tasting the coffee. It takes a complete knowledge of coffee and its many flavors. Two shipments of coffee may look exactly alike, but locked inside the beans are particular flavor factors that mean the difference between a rich, full-bodied cup of coffee and a harsh, bitter one.

To inspect coffee properly, the inspector must know all of the subtle meanings of the various flavors. He must be able to weigh the desirable qualities such as smoothness, full body, and acidity against those of rankness, harshness, mustiness, and so forth.

Such skill comes only from a thorough knowledge of the product itself and many years' experience in food taste-testing. Coffee inspection requires both an educated mind and an educated palate.

Two different types of coffee inspection are offered to institutional users. Under one of these plans, AMS inspectors take samples of the green coffee beans prior to roasting. These are sent to the Washington, D.C., laboratory. The beans are roasted, brewed and cupped. Then an inspection certificate is issued on the overall quality of the lot of green coffee.

Under the second plan, an AMS inspector is on hand in the plant where the roasting is done. He inspects the grade and cupping quality of the beans and, in addition, observes the blending, roasting, grinding, and packaging operations to make sure that all contract specifications are met.

This is the more comprehensive plan, but it is also the more expensive. It is usually used only on relatively large lots of coffee, 25,000 pounds or more.

With either plan, however, users of the AMS coffee inspection service receive an expert appraisal of the coffee they purchase. The inspection is thorough, and the result is the considered judgment of men well qualified to discern the cupping qualities of good coffee.

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