

Delightful Seafood Recipes Will Be Told, Demonstrated At Third Annual Cooking Show

(Continued from Page 3)

per in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings, egg, and crab meat. Place in 6 well-greased individual shells or 5-ounce custard cups. Bake in a moderate oven, 350 degrees F., for 20 to 25 minutes or until brown. Serves 6.

Serve with parsleyed potatoes, buttered beets, citrus fruit salad, hard rolls, brownies, coffee, tea, milk.

SHRIMP AND MACARONI

(To Be Demonstrated By Caroline Sullivan)

Wednesday, March 27

- 3 cans (4½ ozs. each) tiny shrimp
- 2 cups cooked elbow macaroni
- 1 cup chopped celery
- 1 cup chopped cauliflower
- ¼ cup chopped pickle
- ¼ cup chopped parsley or parsley flakes
- ½ cup mayonnaise
- 3 tablespoons garlic flavored French dressing
- ¼ teaspoon monosodium glutamate
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon celery seed
- 1 teaspoon grated onion or onion flakes
- 1 tablespoon lemon juice
- 3 hard-cooked eggs
- 2 tomatoes
- Lettuce

Drain shrimp. Cook and drain macaroni. Combine shrimp, macaroni, celery, cauliflower, pickle and parsley. Toss together lightly. Combine mayonnaise, dressing, monosodium glutamate, salt, pepper, celery seed, lemon juice, and onion. Add to shrimp-macaroni mixture and mix together. Serve on lettuce and garnish with egg and tomato wedges. Serves 6.

Serve with crispy cornbread, chocolate sundaes, coffee, tea, milk.

OVEN FRIED RAINBOW TROUT

(To Be Demonstrated By Caroline Sullivan)

Wednesday, March 27

- 6 pan dressed rainbow trout, fresh or frozen
 - 1 tablespoon salt
 - 1 cup milk
 - 1 cup bread crumbs, browned
 - 4 tablespoons salad oil or other fat melted
- Thaw frozen fish. Clean, wash, and dry fish. Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs, place in well-greased pan. Pour melted fat over fish. Place pan on shelf near the top of a very hot oven 500 degrees F. and bake 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

SAUCES

TARTARE SAUCE

- 1 cup mayonnaise
 - 1 tablespoon minced pickles
 - 1 tablespoon parsley flakes
 - 1 tablespoon minced capers (optional)
 - 1 tablespoon onion flakes
- Combine all ingredients and chill.

LEMON CREAM SAUCE

- 2-3 cup sour cream
 - 2 tablespoons fresh lemon juice
 - 2 tablespoons chopped onion
 - 2 tablespoons chopped parsley
 - ½ teaspoon salt
- Combine all ingredients and chill.

Serve with creamed new potatoes, kernel corn, radishes, celery, carrot sticks, rye bread, rhubarb crisp, coffee, tea, milk.

SOUTHERN BAKED FILLETS

- 2 pounds fillets, steaks, or portion fish
- 1 teaspoon salt
- Dash pepper
- 1 teaspoon nutmeg
- ¼ cup orange juice
- 1 teaspoon grated orange rind
- ¼ cup butter or other fat, melted

Cut fillets into serving-size portions. Place in a single layer in a well-greased baking pan. Combine remaining ingredients and pour over fish. Bake in a moderate oven, 350 degrees F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Serves 6.

Serve with baked potatoes, stewed tomatoes, tossed salad greens, whole wheat bread, chocolate tapioca pudding, coffee, tea, milk.

SEAFOOD MOUSSE

- 2 cups flaked or canned fish, crab meat, lobster meat, or shrimp
- 1 tablespoon unflavored gelatin
- ½ cup cold water
- ½ cup boiling water
- ½ cup mayonnaise or salad dressing
- ¼ cup catsup
- 2 tablespoons lemon juice
- ½ cup chopped celery
- 2 tablespoons chopped sweet pickle
- 2 tablespoons chopped stuffed olives
- ¼ teaspoon salt
- Salad greens

Drain canned fish or remove any shell or cartilage from shellfish. Soften gelatin in cold water for 5 minutes. Add boiling water and stir until dissolved. Cool. Blend mayonnaise, catsup,

and lemon juice. Combine all ingredients except salad greens; mix well. Pour into mold and chill until firm. Unmold on salad greens. Serves 6.

Serve with buttered broccoli, spiced bran muffins, rhubarb pie, coffee, tea, milk.

CLAM AND CHEESE DIP

(To Be Demonstrated By Caroline Sullivan)

Wednesday, March 27

- 1 can (7 or 7½ ounce) minced clams
- 1 3-ounce package cream cheese
- ¼ teaspoon salt
- 2 teaspoons grated onion or onion flakes
- 1 teaspoon Worcestershire sauce
- 3 drops Tabasco sauce
- 2 teaspoons lemon juice
- 1 teaspoon chopped parsley or parsley flakes
- Potato chips

Drain clams and save about 4 tablespoons liquor. Soften cheese at room temperature. Combine all ingredients except potato chips and liquor; blend into a paste. Add clam liquor one tablespoon at a time, beating after each addition, until desired consistency is obtained. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint dip.

TUNA APPETIZER TRAY

- 2 cans (6½ or 7 ounces each) tuna



BIG HAM — A fully-cooked boneless ham will be one of the door prizes each day to be given at the Cooking School by Big-Y Stores. Jack Hallmark, one of the Big-Y owners, shows one of the prize hams.

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- ½ cup mayonnaise or commercial sour cream
- 2 tablespoons chili sauce or catsup
- 2 teaspoons mild horseradish
- 1 tablespoon lemon juice
- ½ teaspoon Worcestershire sauce

Assorted raw vegetables

Drain oil from tuna; add to mayonnaise and beat until blended. Stir in remaining ingredients. Mix dressing with drained tuna; turn into center of serving dish. Serve with cucumber slices, diagonally cut celery, tomato wedges, cauliflower flowerettes or other vegetables. Six servings.

BARBECUED FISH

(5-6 servings)

- 1½ pounds fillets of haddock, bass or perch

- 2 tablespoons chopped onion
- 1 tablespoon shortening or salad oil
- ¼ cup tomato ketchup
- ¼ cup vinegar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar
- ½ teaspoon salt

Heat oven to 375 degrees F. (moderately hot). Place fish in greased shallow baking pan. Brown onion slightly in shortening; add remaining ingredients; simmer five minutes. Pour over fish; bake for 30 minutes or until fish is tender. Garnish with parsley.

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Tuesday, March 26, 1963

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