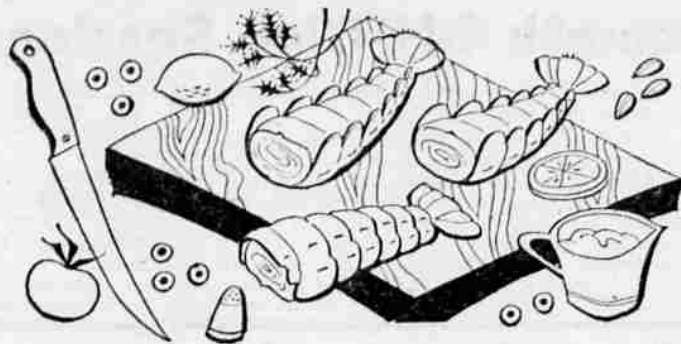




## DELIGHTFUL SEAFOOD SALADS

### Luscious Rock-Lobster Salad

#### Purchase

3 6- to 8-oz. frozen rock-lobster tails (or use 3 6-oz. cans rock-lobster meat)

If using canned lobster, chill in the can in refrigerator. Drain and cut into chunks when ready to prepare salad.

**To Cook Frozen Rock-Lobster Tails—**Bring to boiling in a heavy sauce pot or kettle

1½ qts. water  
1½ teaspoons salt

Add frozen or thawed rock-lobster tails to kettle. Cover; bring water again to boiling, reduce heat and simmer for 7 to 12 min.\*

Drain tails; cover with cold water and drain again. Using scissors or a sharp knife, cut through thin shell on underside of each tail. Insert fingers under meat and carefully pull it out. Cool meat; chill in refrigerator. Cut into chunks when ready to prepare salad.

\*Note: Exact cooking time depends on weight. Cook rock-lobster tails 1 min. longer than their individual weight in ounces. (For example, cook a 6-oz. rock-lobster tail 7 min.) Add 2 min. to total cooking time if frozen tails were not thawed before cooking.

**To Complete Salad—Prepare**

1 cup diced celery  
½ cup sliced blanched almonds  
1 tablespoon minced scallions or onion

Put into a large bowl, reserving about 2 tablespoons of the almonds for garnish. Add the rock-lobster meat.

Blend together

¾ cup mayonnaise  
2 tablespoons cream  
2 tablespoons lemon juice  
¼ teaspoon sugar  
¼ teaspoon salt  
¼ teaspoon crushed dried tarragon leaves

¼ teaspoon white pepper

Add to the ingredients in the bowl, toss lightly to mix thoroughly. Chill.

Serve in a chilled salad bowl; garnish with reserved almonds and ripe olives. 6 servings

#### Luscious Rock-Lobster Salad



### ZIPPY BEAN SALAD

Marinate canned blue lake green beans overnight in French dressing with onion rings and a dash of sweet basil and dill. Serve in lettuce cups. Garnish with sour cream and pimiento strips.

Add instant minced onion to your favorite biscuit recipe and use tomato juice for the liquid. Roll out and cut into heart shapes. Bake and serve hot with butter for breakfast, lunch or dinner.

Pan-broiling meat? First heat the heavy skillet, in which the meat is to be cooked, until a drop of water will sizzle in it.

### Lobster Paradise

Crab meat or shrimp may be substituted for part or all of the lobster meat, or the pineapple shell may be filled with a mixture of crab meat, shrimp and lobster meat.

Prepare and chill

#### Russian Dressing

For two servings, have ready

2 cups (2 6-oz. cans) chilled lobster meat, cut into pieces (or use cooked fresh lobster meat)  
2 serving bowls (each large enough to hold crushed ice and pineapple half)  
1 medium-size fresh pineapple, chilled  
Crushed ice

Prepare Pineapple Shells. Cut part of the fruit into small, thin slices. Reserve remaining pineapple for use in other food preparation.

Prepare and set aside

4 Carrot Curls  
2 Green Pepper Rings  
2 thin lemon or lime slices  
4 teaspoons finely chopped celery  
4 thin strips of pimiento  
¼ teaspoon chopped pimiento  
¼ teaspoon chopped ripe olives

Set out

2 teaspoons capers

Toss the lobster meat lightly with some of the pineapple pieces. Spoon mixture into shells. Arrange the remainder of the pineapple pieces around the lobster mixture.

Fill the bowls with crushed ice. Arrange the filled shells on the ice beds. Garnish the lobster mixture with the green pepper rings. Spoon the celery into the green pepper rings and top with the capers. Lay the pimiento strips crosswise over the rings. Put the lemon or lime slices at the base of each pineapple crown and garnish slices with the chopped pimiento and olive. Arrange on the ice beds, at both ends of each pineapple, carrot curls and

Ripe or green olives

Just before serving, garnish dressing with

1 teaspoon caviar

Serve the salad immediately with the dressing. 2 servings

### Crab Meat Salad

It adds a touch of elegance to any meal—and is something special at luncheon or supper.

#### ▲ Base Recipe

Drain, remove and discard bony tissue, and separate contents of

2 6½-oz. cans crab meat (about 2½ cups, drained)

Prepare and mix with crab meat

½ cup diced celery

Mix together and add

¾ cup mayonnaise

¼ teaspoon pepper

Toss lightly to mix thoroughly. Chill in refrigerator.

When ready to serve, pile salad lightly in lettuce cups. Serve with

Lemon or lime wedges

About 4 servings

### —Curried Crab Meat Salad

Follow ▲ Recipe. Mix ¼ cup chopped ripe olives and/or ½ cup coarsely chopped toasted, blanched almonds with the celery. Omit the pepper, increase the mayonnaise to 1 cup and blend in 2 teaspoons lemon juice and 1 teaspoon curry powder. If desired, while salad is chilling, prepare and chill 4 Tomato Shells. When ready to serve, lightly fill the shells with salad mixture.



**GIVEAWAY** — Erv Savio, Oregon Food Stores manager, will provide a luscious prime pot roast as one of the door prizes to be awarded at the Cooking School. Registration is all that is required to be eligible for one of the many valuable prizes that will be given each day.



**NEW PERSPECTIVE** — A new eye-level "picture window" oven is a principal feature of the General Electric Americana electric range, shown here by Fred Floetke, HAPCO manager. The range also has a full size standard master oven.

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