

Company Fare Takes Little Time

The simplicity of many regional French recipes has made them international favorites. A specialty of the province of Lorraine is a delicious cheese custard tart called Quiche Lorraine. A French favorite for more than 500 years, the original Quiche was simple fare. Imaginative cooks added other ingredients to turn this once peasant mainstay into such glamorous dishes as Crabmeat Lorraine Pie.

Crabmeat Lorraine Pie features a flaky pastry shell layered with flaked crabmeat, Swiss cheese and a creamy dill and onion sparkled custard. The company-special pie takes little more than an hour's preparation time from mixing bowl to table, making it an ideal party luncheon entrée.

Crabmeat Lorraine Pie rates a high nutrition score also. Essential nutrients provided by the enriched flour used in the pastry plus the protein-rich filling make a top nutritious dish of Crabmeat Lorraine Pie. Enriched flour used in all your home baking and included in the flour products you buy supplies an important nutritional bonus of three B-vitamins and the mineral iron.

Crabmeat Lorraine Pie needs only a crisp green salad to complement its creamy richness. For dessert serve pineapple-strawberry fruit cup and your favorite bakery-fresh cookies.

P.S. File the recipe to use for special Friday and Lenten fare for your family, too.

CRABMEAT LORRAINE PIE
 1 1/2 cups sifted enriched flour
 1/2 teaspoon salt
 1/2 cup shortening
 4 to 6 tablespoons cold water
 1 cup crabmeat (6 1/2 ounce can)
 1 cup finely shredded Swiss

cheese (4 ounces)

Custard Filling

1/2 teaspoon dill weed

Sift together flour and salt. Cut or rub in shortening until mixture is crumbly. Sprinkle with water, mixing lightly until dough begins to stick together. Turn out on lightly floured board or pastry cloth and press dough together. Roll out to 1/8-inch thickness and fit into 9-inch pie pan. Trim and flute edge. Rinse crabmeat, flake and remove filaments. Sprinkle over bottom of pastry shell. Cover with cheese. Pour Custard Filling over cheese and sprinkle with dill weed. Bake in hot oven (400 degrees) 35 to 45 minutes or until silver knife inserted halfway between center and outer edge comes out clean. Allow to stand 5 minutes before serving.

CUSTARD FILLING

3 eggs, beaten

1 cup milk

1-3 cup chopped onion

1 teaspoon salt

Dash pepper

Blend ingredients and pour over crab and cheese. Makes one 9-inch pie.

If self-rising flour is used, omit salt.
 No. of ingredients: 11
 No. of utensils: 17
 Total preparation time: 1 hour and 15 minutes

Slice cream cheese with a piece of thread to get thin, even slices without crumbling.

VEAL SPECIALTY

Veal alla 'vissotto' Milanese is an Italian specialty of Casserole Kitchen.

Render enough veal or beef suet to cover bottom of a heavy skillet. Sauté in it until brown three pounds of leg of veal,

boned and cut in two-inch cubes, and two shallots, chopped. Drain excess fat. Place veal in oven-proof casserole. Add 1/2 cup of sauterne, salt and pepper to taste, a dash of paprika and one cup of chicken stock or consommé.

Cook, uncovered, for one hour or until tender, in preheated 300-degree oven. Meanwhile, sauté one clove of garlic, finely chopped, and one teaspoon of oregano in one tablespoon of butter. In a cup, stir 1/2 cup of sauterne, a little at a time, into two tablespoons of arrowroot or six tablespoons of flour. After meat is tender, add both these mixtures to it and bring to boil. Adjust seasoning. Garnish top with 1/2 pound each of mushrooms, cooked and chopped, and ham cut into match-stick lengths, and 1/4 cup of chopped fresh parsley. Serve 4 or 6 with saffron rice. To reheat, allow 30 minutes in a preheated 350-degree oven.



GET READY FOR HONORS — You'll tally a grand slam score as a hostess when you star this luscious Crabmeat Lorraine Pie at your next bridge luncheon.

Layered Salad

1 tablespoon unflavored gelatin (1 envelope)
 1/4 cup cold water
 1/4 cup boiling water
 1 tablespoon sugar
 1/4 teaspoon salt
 2 tablespoons vinegar
 1/2 cup chopped celery
 1/2 cup shredded uncooked carrot
 1/2 cup finely shredded or chopped cabbage

1 1/2 cups cottage cheese
 1 teaspoon minced green onion
 Salt to taste
 Salad dressing
 Salad greens

Divide gelatin into two equal portions (3/4 teaspoon each), and soften each in two tablespoons of cold water for at least five minutes. Add boiling water to one portion and stir until dissolved. Add sugar, salt and vinegar and set container in cold water or ice to chill until the consistency of unbeaten egg white. Fold in celery, carrot and cabbage and pour into six individual gelatin molds, filling almost half full. Chill until sticky-firm. Set second portion of gelatin in container into a pan of hot water and stir until dissolved. Add cottage cheese, minced onion

and salt to taste. Pour on top of cabbage mixture and chill until firm. Unmold on beds of salad greens or in crisp lettuce cups and garnish with mayonnaise or any desired salad dressing. Makes 6 servings.

TRY THIS

Fresh green asparagus spears taste even better when accented with a lemon-butter sauce and a generous topping of crisp toasted slivered almonds.

on and salt to taste. Pour on top of cabbage mixture and chill until firm. Unmold on beds of salad greens or in crisp lettuce cups and garnish with mayonnaise or any desired salad dressing. Makes 6 servings.

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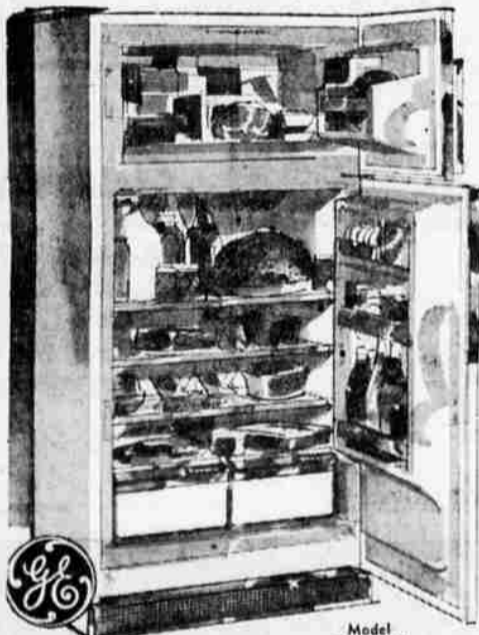
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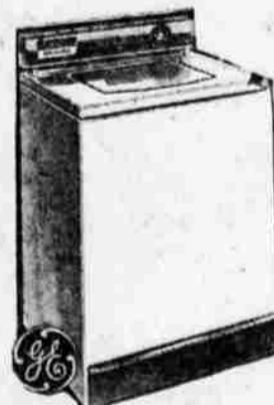
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