

Cook's Tour

NEW YORK (UPI) — When warm weather and unexpected guests arrive together, plan a quick and easy but fancy can-opener meal.

Here's a menu for 4 persons: clear mushroom soup garni, sa-vory chicken, spiced peaches, parsley potatoes, macedoine salad.

assorted breads and crisp crack-ers, and peanut balls au chocol-ate. Both the menu and the following recipes were developed by Mrs. Mary Troy, home economics con-sultant for a manufacturer of tin-coated steel for food cans (Jones & Laughlin Steel Corp.).

Prepare the peanut balls first, and store them in the freezer for

the coating to set. With a scoop of 1 cup of syrup.

For salad, drain and combine 1 (8 ounce) can each of kernel corn, tiny peas and sliced or julienne carrots. Add 1 small cu-cumber, peeled and diced. Toss with 1/4 cup of french dressing. Chill. Serve on lettuce with ripe olives for garnish.

The soup combines 1 (10 1/2

ounce) can of condensed beef

consomme, 1 soup can of water, and 1 (4 ounce) can of sliced mushrooms with their liquid. Heat to serving temperature. Fold 1/4 cup of mayonnaise into 1 stiffly beaten egg white, and float 1 gen-erous spoonful of this on each serving, or sprinkle each with a pinch of dried parsley or mint.

While the soup heats, empty 1

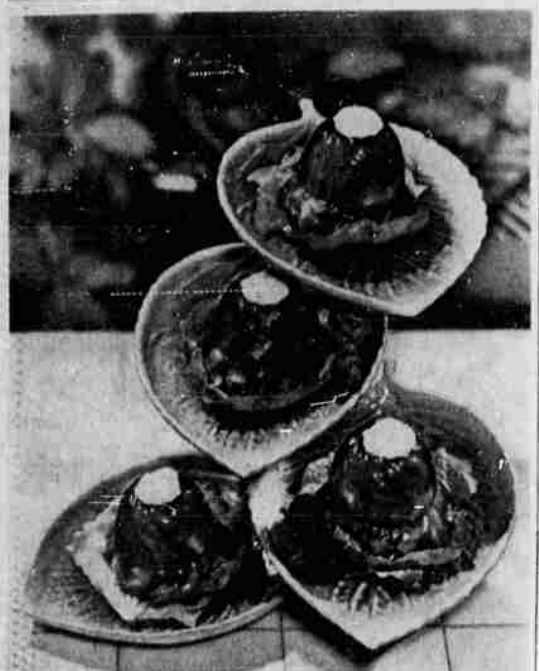
(1 pound) can of peach halves with any adhering syrup into a saucepan. Add 1/2 tea-spoon of whole cloves and 1/4 tea-spoon of cinnamon. Heat. Reserve a few spoonfuls of plain or seasoned syrup to mix with a few spoonfuls of herb-flavored

from which you have removed, in a saucepan or skillet with 3

to 4 tablespoons of melted butter or margarine, salt and pepper to taste, and 1 tablespoon of chopped parsley. Cover and heat, stirring or shaking to prevent sticking. Serve the chicken on a large platter, alternating the heated, drained peach halves and the po-tatoes in a border around it.

U-M-M-H

For a tempting salad, combine crisp greens, California avocado slices and purple onion rings in a bowl. Toss with a dressing of 2 finely chopped hard-cooked eggs, 1/2 cup salad oil, 3 table-spoons wine vinegar, a touch of garlic salt and freshly ground pepper.



REAL COOL EATING — This colorful salad combines good looks and delicious flavors, uses canned tomato sauce.

A Lazy Day Cooler

When days are hot and lazy, the morning, it is ready simply to turn out on greens in the eve-ning. Arrange each individual serv-ing in a nest of salad greens and serve it as a first course. Or give variety to cold dinners by poaching filleted or sliced fish in lightly seasoned water (or half water and half wine); chill; coat, if desired, with mayonnaise. Serve with Apple-Tomato Aspic and potato chips. For flavor and texture balance, dessert might be a vanilla angel cake with frost-ing of the same flavor.

Picnic Hints

CHICAGO (UPI)—An inexpen-sive cooler is a picnicer's best insurance against food spoilage, says the American Institute of Baking (AIB).

Few protein foods are travel-safe without refrigeration, an AIB spokesman added. Those that are include jams, jellies, preserves and certain types of cheese, but not cottage or cream cheese. Both smoked thuringer and hard salami sandwiches with mustard butter travel well.

All other protein foods should be well-chilled when you start, and kept that way in an insulated bag or cooler until mealtime.

If you lack a cooler, the AIB suggests these four sandwich fill-ing recipes that stand up without refrigeration for an extended pe-riod.

—For almond apple butter, grad-ually stir 1/4 cup of butter or mar-garine, melted, into 1/2 cup of ap-ple butter until well-blended. Add 1/4 cup of sliced blanched almonds. Makes 3/4 cup, enough for four sandwiches.

—A tangy filling is made by mar-garine with 1 teaspoon of pre-pared mustard, 1/4 cup of creamy style french dressing, 8 slices of crisp bacon, crumbled, and 1 1/4 cups of chopped celery. Makes 1 1/4 cups, for 7 sandwiches.

—Crunchy filling is a mixture of 1/4 cup each of chopped salted peanuts, chili sauce, chopped cel-ery and 1 (5 ounce) jar of sharp cheese spread. Makes 1 1/4 cups, for 7 sandwiches.

—For nippy cheese filling, blend well together 1 cup (4 ounces) of grated American cheese, 2 table-spoons each of chopped pimiento, chopped ripe olives and chopped green onions, and 1 tablespoon of creamy french dressing. Makes 1 cup, or 5 sandwiches.

Pan Trout Sesame

6-8 Servings
Skillet, 12-inch
6-8 trout, approximately 8 ounces each, cleaned
1/2 cup (1 stick) butter, melted
1/4-1/2 cup sesame seed, toasted
1 tablespoon lemon juice
Lemon wedges (optional)
Pat trout dry with paper towel-ing. Place melted butter in shal-low pan. Dip trout in butter, then roll in sesame seed, coating both sides; pour remaining butter into skillet. (More butter may be need-ed for 8 trout.) Sauté trout on each side about 10 minutes, turn-ing only once. Remove trout (to serving platter or dinner plates); add lemon juice to skillet with drippings and heat a few seconds; pour over trout. Serve with lemon wedges, if desired.

MARKET BASKET

JULY 4TH OF BARRAGE OF BARGAINS

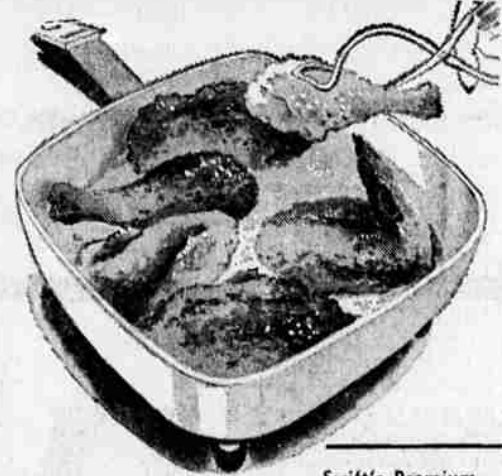
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