

Specialties in Gourmet

By RUTH KING

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QUICK-TO-MAKE — Meal-in-one Meat Balls turn and old favorite inside out for a surprise flavor heightened by gleaming rich red tomato sauce.

Stuffed Cabbage Inside Out

Looking like the large juicy meatballs they are, these also carry a hidden delight in the stuffing. You've heard about stuffed cabbage? These are a reversal — ground meat stuffed with individual cabbages — Brussels sprouts! There's really a whole meal rolled into each as the meat is mixed with cooked rice before being formed around the

sprouts, thus becoming, "meat, potato, and vegetable" all in one. After they are browned, just open a can of smooth red tomato sauce and pour it over and around the meat balls before simmering for a mere 10 minutes. It takes so little time from start to finish, and of course you can use left over rice. Three big meat balls with sauce make a generous serving. Add bread, a mixed green salad and a bakery pie for a delicious, satisfying quick dinner, quickly made and quickly eaten.

Deluxe Dessert

"Meringue Cake Squares" are the type of dessert you might expect to get in a fancy hotel or restaurant. Imagine the impression it will make on your guests as you proudly serve it from a beautiful tray or platter! Canned fruit cocktail gives it a look of gay abandon that can't be otherwise duplicated.

Meringue Cake Squares

2 egg whites
Few grains salt
1/4 cup sugar
6 (3-inch) squares plain cake
2 cups drained canned fruit cocktail
Whipped cream for garnish
Beat egg whites with salt until stiff but not dry. Gradually beat in sugar. Spread top and sides of cake squares with meringue, building up sides slightly. Bake in slow oven (300 degrees F.) 15 to 20 minutes or until lightly browned. Cool. Heap well-drained fruit cocktail on top of meringue. Garnish with whipped cream if desired.

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APPLE SPICE COFFEE CAKE

Hot Dog! Cheese Sauce

2 cups grated cheddar cheese
1/2 (8-ounce) can tomato sauce
1/4 cup prepared mustard
2 tablespoons Worcestershire sauce
1 teaspoon garlic salt
Dash Tabasco sauce
Combine all ingredients and simmer until cheese is melted and sauce is smooth. Serve hot with hot dogs.

EASY TO FIX

It's easy to prepare this seasonal fruit salad. Whip hard sauce until fluffy, flavoring with a spoonful of Sherry or Muscatel wine. Fill California cantaloupe half-shells with walnuts and assorted berries. Spoon sauce over top.

MEAL STARTER

Chilled tomato bouillon with cheese croutons makes a refreshing start for a summer meal. Blend well together 2 tablespoons of butter or margarine, softened, 1/4 cup of crumbled Roquefort cheese and 2 teaspoons of sesame seeds. Spread evenly on 8 slices of white toast.
Broil 3 to 4 inches from heat source 1 to 2 minutes, or until lightly browned. Cool slightly before cubing.
Sprinkle over chilled bouillon, made by diluting 2 (10 1/2 ounce) cans of condensed beef broth with 1 quart of tomato juice. Serves 8.

FRUITFUL

Here's a fruitful idea for summer snacks: Roquefort cheese dip for cantaloupe balls, pineapple cubes and strawberries. Beat 1 cup of heavy cream until stiff. Fold in 1/2 cup of crumbled Roquefort cheese and 1/4 cup of unsweetened pineapple juice. Makes about 2 1/2 cups. Serve fruit for dipping on cocktail picks.

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Start The Day With Coffee Cake

The aroma of coffee cake as it comes piping hot from the oven is an invitation to breakfast. Brighten a summer morning soon by serving Quick Apple Spice Coffee Cake. It's delicious, tender and light. Here's the recipe, made with a new flapjack mix.

QUICK APPLE SPICE COFFEE CAKE
(Makes one 8-inch coffee cake)
2 cups flapjack mix (wheat)
1/2 cup sugar
1/4 cup finely diced raw apple
1-3 cup oil
1/2 cup milk
1 egg
Combine flapjack mix, sugar and apples in bowl. Beat oil, milk and egg together. Add liquid to dry ingredients. Stir until blended. Pour into buttered 8-inch square cake pan. Sprinkle with Spicy Topping (see recipe below). Bake in a moderate oven (375 degrees) 25 to 30 minutes. Garnish with walnut halves. Serve warm with butter.

Spicy Topping: Mix 1/4 cup firmly packed brown sugar, 1/4 cup flapjack mix, 1/2 teaspoon nutmeg, 2 tablespoons soft butter and 1/4 cup chopped walnuts until ingredients have appearance of coarse meal. Sprinkle over coffee cake batter.

Rosy Twist For Cucumbers
2 medium cucumbers, thinly sliced
1 medium onion, thinly sliced
1 (8-ounce) can tomato sauce
2 tablespoons vinegar
1/2 cup commercial sour cream
Place cucumbers and onions in a medium sized bowl. Add tomato sauce and vinegar. Let marinate for at least two hours. Just before serving, fold some of the liquid into the sour cream, then slit. Serve on lettuce and pass remaining liquid, cucumbers, and onions. Makes one pint.

GOOD SALAD
Accordion tomato salad is as pretty as it is delicious. Make 4 or 5 parallel cuts almost to the bottom of the tomato. Insert slices of cheese or cold meat in each slit. Serve on lettuce and pass your favorite bottled salad dressing or mayonnaise.

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