

Beef Muffins
The Answer

Need a simple new idea for a ground beef dish? Beef Muffins are the answer. The beef is mixed with crushed potato chips for body and California Burgundy or other red dinner wine for flavor accent. Pack the meat into muffin tins, top with bacon and bake until savory brown. Simple and delicious for the whole family—the alcohol disappears as the "muffin" bake. Catsup or chili sauce is a good topping for the meat. Complete the meal with a tasty bread, your favorite vegetable and glasses of the same red dinner wine used in the recipe.

BEEF MUFFINS
(Serves 4)
1 pound ground beef
1 cup finely crushed potato chips
1/2 cup California Burgundy, or other red dinner wine
1 egg, slightly beaten
1/4 cup finely chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1 strip bacon, cut crosswise in eighth
Catsup or chili sauce

Mix all ingredients except bacon and catsup, blending well. Pack mixture into eight muffin tins; top each with a piece of bacon. Bake in a moderately hot oven (375 degrees F.) for 30 minutes. Let stand two or three minutes before removing "muffins" from tins. Serve with catsup or chili sauce.

Hearty autumn meals are best ended by a light but flavorful dessert. Sherried Coffee Bavarian Cream is just that. It looks attractive molded or served in dessert dishes, and the Sherry from California elegantly enhances the coffee-cinnamon flavor. Especially nice with dessert are accompanying glasses of sweet or Cream Sherry. The wine is best when served at cool room temperature or slightly chilled.

The Sherry remaining in the bottle can be used to flavor many additional dishes—just substitute part of the water called for in a recipe with Sherry. You'll be amazed at the delicious difference, and the Sherry will keep for several months without refrigeration.

SHERRIED COFFEE
BAVARIAN CREAM
(Serves 4 or 5)
1 envelope unflavored gelatin
1/4 cup cold water
1/4 cup hot, strong coffee
1/2 cup sugar
Dash of salt
1/4 cup California Sherry
Dash of cinnamon
1 1/2 cup heavy cream, whipped

Softens gelatin in cold water; dissolve in hot coffee. Add sugar and salt; stir until sugar is dissolved. Add Sherry and cinnamon; chill. When mixture begins to thicken, beat with a rotary or electric beater until foamy; fold in whipped cream. Pour into a mold that has been rinsed with cold water, or into sherbet glasses; chill until firm. Unmold (unless sherbet glasses are used) and serve with additional whipped cream.

Garnish noodles with a flavorful crab and wine sauce for a delightful variation to the everyday menu. It's an attention-getter in both flavor and appearance. Tomato sauce and California Burgundy combine with rest—especially complementary to the rather mild-flavored shellfish.

Surprisingly enough, a red dinner wine is also exceptionally flattering as the mealtime beverage—a break in the tradition of white wine with fish. The full-bodied character of a California red wine is more often preferred than white with a well-seasoned tomato-wine sauce and crab.

BURGUNDY CRAB SAUCE AND NOODLES
(Makes about 2 1/2 cups sauce)
1 green onion
2 tablespoons chopped green pepper
2 tablespoons butter or margarine
3 teaspoons cornstarch
1 1/2-cup can tomato sauce
1/2 cup California Burgundy or other red dinner wine
1 pound fresh, frozen, or canned crabmeat
Hot cooked noodles

Slice green onion, including part of top. Cook onion and green pepper slowly in butter until soft but not browned. Stir in cornstarch. Add tomato sauce and wine. Cook, stirring occasionally, until mixture boils. Add crab meat; heat, but do not boil. Serve over hot cooked noodles.

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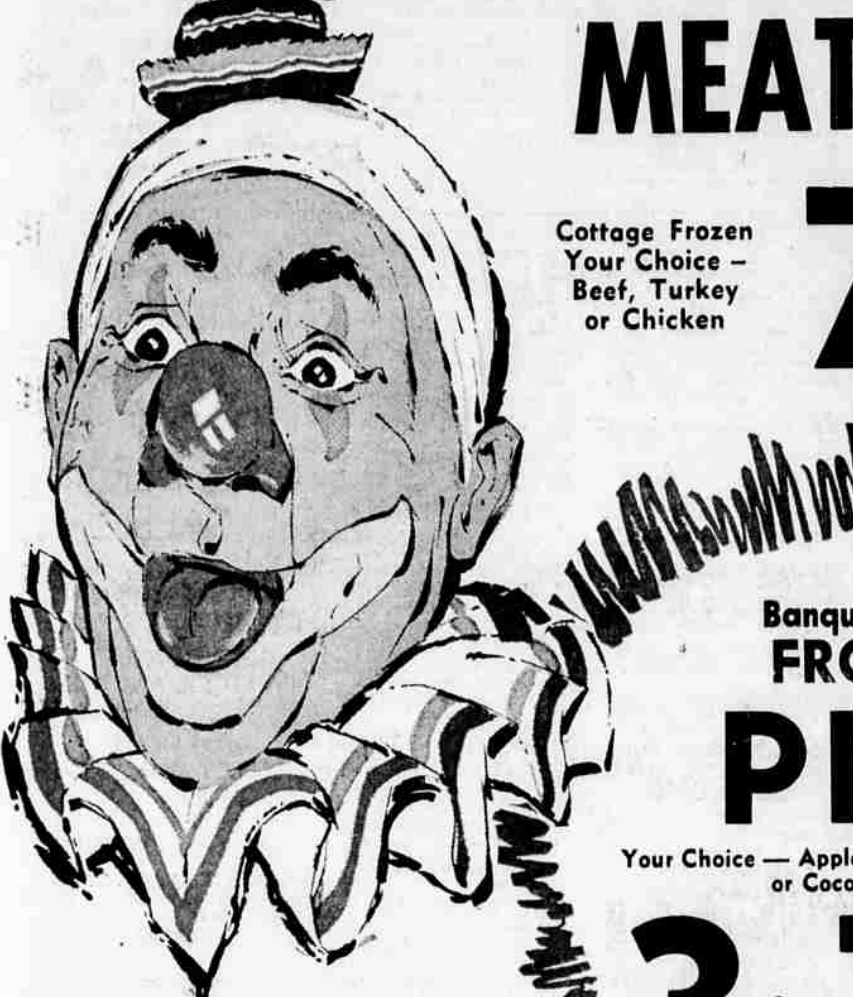
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The Ways Of Squash

Did you know that the vegetable we call "squash" in America is called a "pumpkin" in Australia and in England is known as "marrows"?

And do you realize that so-called "summer squash" is always eaten while immature? The rind should be tender enough to be punctured with a fingernail. Seeds should be soft and the whole fruit edible. Even though these are called summer squashes, they are on the market during the entire year. In this category come Yellow Crookneck, Yellow Straightneck and Zucchini, among others.

"Winter squashes" have a growing period almost twice as long and are always mature when harvested. Having hard shells, they are excellent keepers and are on the market in late summer and fall as well as winter. Two varieties Acorn and Butternut, are available all year.

Both summer and winter squash are low-calorie and low-sodium. You find vitamin C in tender summer squash and vitamin A in yellow-fleshed winter varieties.

SPICED SQUASH PUDDING
(8 servings)
1/4 cup sugar
1 tablespoon flour
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/2 teaspoon ground nutmeg
3 eggs
1 1/2 cups mashed cooked butternut or Hubbard squash
1 1/2 cups milk
2 tablespoons light, mild molasses
2 tablespoons melted butter or margarine
Whipped cream

Combine sugar, flour, salt, ginger and nutmeg. Beat in eggs. Stir in squash, milk, molasses and butter or margarine. Mix well. Pour into a buttered 1 1/2 quart casserole. Bake in a preheated moderate oven (350 degrees) F. 1 hour and 15 minutes or until firm in the center. Serve with whipped cream.

Factors In Food

U.S. Dept. of Agriculture Marketing Service

Flocks of turkeys are strutting their last on western ranches. Harvesters in Washington and Oregon are busy gathering in a bumper crop of tart, red cranberries. The stage of course, is being set for Thanksgiving feasting.

To direct consumer attention to these traditional autumn abundances, the United States Department of Agriculture's Agricultural Marketing Service has designated turkeys and cranberries as headliners on its November Plentiful Foods List.

On the November Plentiful Foods are apples, grapes, potatoes, Maine sardines.

According to AMS, the November 1963 marketable supply of turkeys is expected to be about the same as a year ago, and that certainly is good news to holiday menu-planners.

The cranberry crop is going to be a whopper this year—the third largest on record—so western food fanciers can plan on plenty of sauce, jelly, relish, molded salads and desserts.

THE RICE IDEA

Rice can be a good friend to a harvest home-maker, since it certainly dresses up leftovers for a second appearance.

A huge rice crop is being harvested now, so this versatile grain probably will be an attractive buy at western markets.

Next time you have leftover chicken or turkey, try it fixed this way:

Poultry-Rice Bake: Cook 1 cup rice according to package instructions. Meanwhile, dilute 1 can condensed cream of mushroom soup with 1/2 cup milk, half and half or evaporated milk. Add 2 cups diced chicken or turkey to the soup and heat just until boiling. If desired, add leftover cooked peas or green beans and diced pimiento. Pour into a greased baking dish, top with dry bread crumbs and 1/4 cup grated cheddar cheese. Bake at 350 degrees, for about 20 minutes. Makes 4 to 60 servings.

Menu suggestion: Accompany with sliced tomatoes, hot rolls, a tossed green salad and follow with apple pie.

The last of the baked ham can come back to the table in this savory easy-does-it main dish:

Ham Patties Creole:

Combine 2 cups cooked rice with 1 cup chopped ham and 1/4 cup dried green pepper. Add 2 slightly beaten eggs. Blend well. Drop by heaping tablespoons into a frying pan containing melted fat. Fry until golden brown, then brown other side. Serve with tomato sauce. Makes 8 servings.

Menu suggestion: Serve with buttered soft squash, orange and apple salad and hard rolls or bread sticks. Gingerbread with ice cream for dessert.

Herald & News Klamath Falls