

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS

TORRANCE HERALD
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FILL AVOCADO HALF SHELLS with a variety of salads for a treat to the eye and the palate. The delicate flavor of the avocado can be wed to seafood, fruit or vegetables for compatible taste and texture combinations.

GREEN IS THE DISH

Salad in Half Shell Molds Color, Flavor

It's the soft green color and the mellow taste of the fruit, encased in the dark green skin, that makes the avocado half shell such an ideal salad base.

Salad menus never need to become monotonous, for this fruit is compatible with a wealth of variations. Try them with seafood, vegetables or fruits.

- AVOCADO TUNA SALAD**
2 avocados
Fresh lime or lemon juice
Salt
1 1/2 cup chopped celery
1 (7-oz.) can tuna
Mayonnaise
Salad greens

Cut each avocado into halves lengthwise and remove seed. Sprinkle with lime or lemon juice and salt.

Combine celery and tuna with enough mayonnaise to moisten. Adjust seasoning.

Place half shells on garnished salad plates and fill with tuna mixture.

- AVOCADO FRUIT SALAD**
3 medium avocados
1 tsp. lemon juice
1 cup crushed pineapple, drained
2 medium oranges, peeled
1/2 cup cottage cheese
1/2 cup dairy sour cream

Cut avocado in half lengthwise and remove seeds. Remove pulp with spoon being careful to keep shells intact for refilling.

Dice avocado pulp, sprinkle with lemon juice and stir lightly. Fold in pineapple, reserving 2 tbs. for garnish.

Cut orange segments in small pieces and drain. Add to avocado mixture and fold in cottage cheese and sour cream.

Refill avocado shells with mixture, heaping high and top each with remaining pineapple. Serves 6 generously.

Teenagers Delight

For 8 delectable servings of this coffee cooler, use 1 pint chocolate ice cream. Mix 2 1/2 cups scalded milk and 2 1/2 cups hot coffee.

Chill; add 1/4 pint of ice cream to coffee mixture and beat with rotary beater until smooth.

Pour into tall glasses and float spoonfuls of additional half pint of the chocolate ice cream on top.

Very refreshing. Popular, too, with the older of the teenagers.

Rolls Please Teens On Food Raid!

Have you ever tried to satisfy a teen-age boy's appetite? He eats one meal a day and that begins in the morning and lasts until bedtime.

It's unbelievable that a boy can eat a whole pan of hot rolls at one time but experience tells us that it's so.

Bread is a bargain in nutrition according to nutritionists, but a boy wants more than bread.

For a special treat, try him on Honey Cinnamon Rolls and save a few for the family to enjoy.

- HONEY CINNAMON ROLLS**
1/2 cup milk
1/2 cup sugar
1/4 cup shortening
1 1/2 tsp. salt
1/4 cup warm water
2 pkg. compressed OR active dry yeast
2 eggs, beaten
5 cups sifted flour

Scald milk; stir in sugar, shortening and salt. Cool to lukewarm. Measure water into a large mixing bowl (warm for active dry yeast, lukewarm for compressed yeast).

Sprinkle or crumble in the

yeast and stir until dissolved. Blend into lukewarm mixture. Add eggs and about half the flour and beat until smooth.

Stir in remaining flour to form soft dough. Turn out on floured board and knead until smooth and elastic.

Place in greased bowl; brush with softened shortening; cover and let rise in warm place, free from draft, until doubled in bulk. Punch down.

Roll out on floured board to about 1/4-inch thickness. Spread with filling* and roll up like jelly roll, sealing edges.

Cut into 1-inch slices. Place cut-side down in well greased muffin pans or ring mold. Let rise until double in bulk. Bake at 350 for 25 minutes.

If any dough is left over, it may be made into rolls.

*FILLING FOR ROLLS

- 1/4 cup butter
1/2 cup honey
1 tbs. cinnamon
1/2 cup raisins
1/2 cup pecans

Combine ingredients and spread over dough as instructed above.

A delightful chef's salad bowl is the result of combining greens with chicken and cheese cubes with chunks of orange.

Graded Meat Benefits Everyone

Approximately 8.2 billion pounds of meat and meat products bearing the United States Department of Agriculture's grade mark of quality went to American consumers in 1961.

This figure represents about 28.6 percent of total meat production and about 518 million pounds more than was graded last year.

The Breakdown
Graders of the Meat Grading Branch of Agricultural Marketing Service examined and stamped about 7.5 billion pounds of beef; 171 million pounds of veal; 359 million pounds of lamb and mutton and 212 million pounds of pork.

These figures represent the meat which consumers used with uniform quality assurance afforded by the work of the graders.

Who Benefits?
The identification of quality

differences is a great benefit to consumers. It gives them a basis for selection.

It also provides consumer preferences for the producer. Grading also increases efficiency of livestock and meat marketing system. Nationally accepted standards make possible the purchase of meats by the buyer (who is the seller to the homemaker) by telephone.

Competition
Grading increases competition among processors and distributors by providing

widely understood identification to all, regardless of size or scope of operation. These activities of USDA's Meat Grading Branch serve to the ultimate benefit of producers, processors, distributors and consumers alike.

Tip for Roasting

When roasting a tender cut of meat in the oven, be sure to use a rack in the bottom of roasting pan unless the bones form a natural rack as in pork loin or beef rib roast.

This allows heat to circulate and meat won't cook in own juices.



Poultry is an every-month special of this era and there are many interesting ways to prepare it for family or special guests.

Two of our favorites follow:

CHICKEN TRINIDAD

- 6 chicken breasts
Salt to taste
Shortening or oil for browning chicken
1 tsp. ground ginger
1 tsp. soy sauce
1/4 cup butter
1 can frozen concentrate Pineapple-Lemon Punch
6 slices pineapple
1 avocado, sliced and peeled
6 cups cooked rice
1/2 cup sliced or slivered toasted almonds.

Season chicken with salt. Heat oil or shortening in large skillet or electric fry pan and brown chicken on both sides. Arrange in baking dish which has cover.

Combine ginger, soy sauce and butter with punch and heat until blended. Pour over chicken. Cover and bake at 350 in oven for 40 to 45 minutes or until meat is tender.

Baste occasionally while baking. Arrange chicken on cooked rice and pour sauce over all. Heat pineapple in skillet, browning lightly on both sides.

Arrange pineapple and avocado slices around chicken; sprinkle all with almonds. Makes 6 servings.

CANTONESE CHICKEN

- 2 frying chickens, disjointed
1/4 cup honey
1/4 cup soy sauce
1/2 cup catsup
1/4 cup lemon juice

Arrange chicken pieces in single layer in large baking pan. Mix honey, soy sauce, catsup and lemon juice. Pour over chicken pieces. Allow chicken to stand in marinade several hours or over night. Cover pan with foil and bake at 325 degrees for 1 hour.

Remove foil, baste with sauce. Return to oven and bake uncovered until tender. If a thick sauce is desired, add 1 tbs. cornstarch, moistened to smooth paste in cold water. Serve over cooked rice.

Meet New Handy Handi-Pie



A is for Apple
P is for Pie

A is for Apple, as every school child knows, but every Southern California regardless of age is being told of a new apple pie in our midst.

Hostess Handi-Pie features a delicious apple filling completely encased in a flaky but leak-proof crust. This new snack is being marketed here by the Hostess Cake Division of the Continental Baking Company.

Shaped like a candy bar and eaten like a candy bar, Hostess Handi-Pie is packed with a glassine top to prevent crushing. An improved snap-open end makes it "as easy as pie" to get at for eating.

It is designed for easy buying and easy eating—indoors, outdoors—anytime, anywhere.

Each Hostess Handi-Pie is the equivalent of a generous slice of pie. Buy them for TV watchers, bridge parties, packed lunches, teas or dessert.

You can get Hostess Handi-Pies at your favorite food stores. They are about the handiest snack innovation around.

POTATO PANCAKES

Wash and peel 6 medium potatoes. Cover with cold water; drain. Grate at once and drain water that collects on grated potatoes.

Add 1/2 medium onion, grated and mix. Add 2 tbs. flour, 2 beaten eggs, 1 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. grated nutmeg and 2 tbs. chopped parsley. Mix well.

Heat 3 to 4 tbs. butter on griddle. Place large spoonfuls of potato mixture on hot griddle and brown and crisp on each side, turning with spatula or pancake turner.

Place on hot dish and serve at once. May be garnished with crisp bacon and apple sauce. Makes 6 servings.

Cake Dress-up

Fold 1/4 cup EACH chopped fresh California dates, candied cherries and chopped almonds into fluffy white frosting mix. Use to fill and frost yellow cake layers made from a mix. Lord Baltimore never had it so good!

BIG STARS! BANDS! BUYS!!

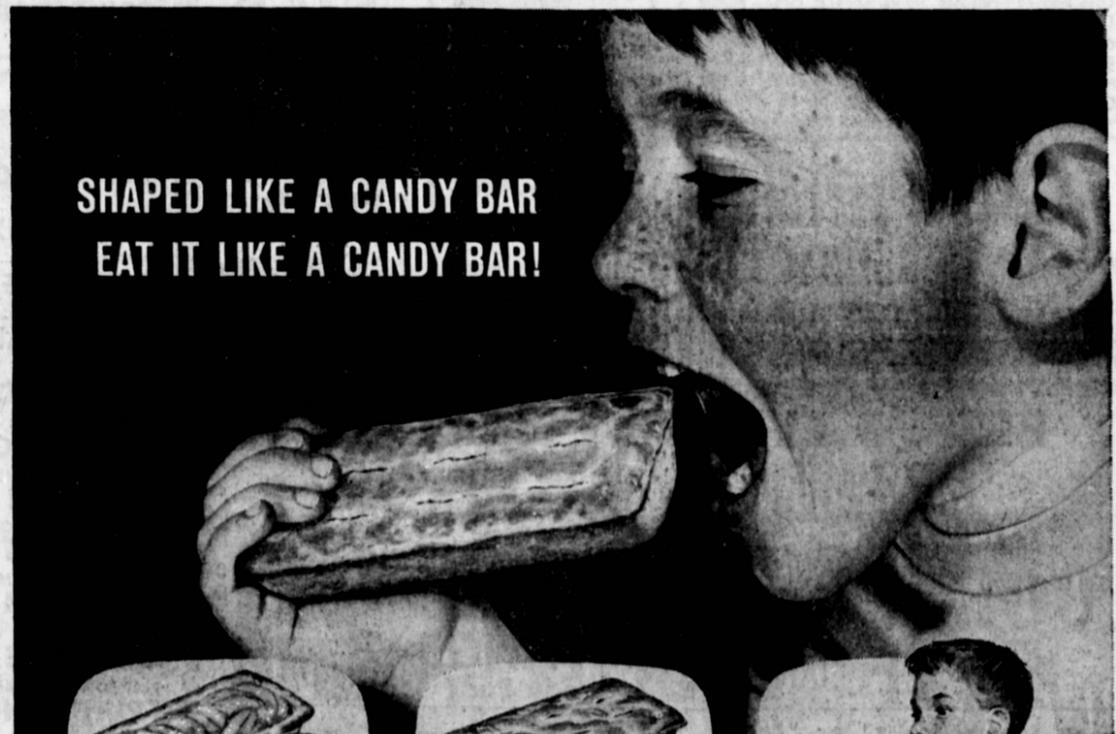
Folger's Coffee Doorbell Ringing Quiz Is Back!

Hear details at 8:30 a.m. and 11:30 a.m. MON.—FRI.

ALL DAY... EVERY DAY

Radio Catalina **KBIG** Dial 740

Delicious New Apple Pie Invention!



SHAPED LIKE A CANDY BAR
EAT IT LIKE A CANDY BAR!

DELICIOUS APPLE FILLING... IN A LEAK-PROOF CRUST... THAT MELTS IN YOUR MOUTH!

HOSTESS HANDI-PIE

NO DRIP...NO MESS... NO WASH-UP!

Now from the famous Hostess Bakeries comes the food invention of the year—Hostess Handi-Pie! So light and flaky—and inside is the most delicious apple filling you ever tasted!

NO MESS

Handi-Pie is neat to eat—because it's shaped just like a candy bar. There's no mess because there's no drip.

What's more, each Hostess Handi-Pie is packed to go wherever you go. The new "cradle" package prevents crushing in lunch boxes or picnic baskets. And the tear-open end makes it real easy to get at the pie. Just tear it off and you're in business... delicious business!

OUT OF THIS WORLD

First joy is the crust—so light! So flaky! It melts in your mouth.

And the fruit filling is out of this world. Exciting, thrilling in flavor! Stock up on Hostess Handi-Pies today! Perfect for desserts, snacks, lunch boxes.

Get Hostess Handi-Pies fresh from your grocer today. You'll be glad you did.



FOR TABLE... LUNCH BOX... AFTER-SCHOOL SNACK... YOU'LL LOVE HANDI-PIE!

Baked By The Bakers Of FAMOUS HOSTESS CUP CAKES, TWINKIES And SNO-BALLS