



Enjoyable Food...Gracious Hospitality RESTAURANT GUIDE



Island Foods Are Tantalizingly Good

Although the Polynesians many centuries ago established one of the world's great civilizations, embracing the Pacific from Java to the Easter Islands, it remained for the admission of Hawaii as a state for the customs of the islands to become a part of the American way of life.

One of the gayest customs of the tropics is the luau. California hostesses, partial to outdoors entertaining, take naturally to the South Seas menus with their eye and palate appeal. Californians also appreciate the fact that the exotic touches are easily accomplished.

The increasing popularity of tropical viands is attested to by The Polynesian, tropical restaurant in Torrance, whose chefs authentically prepare exotic dishes out of simple native foods.

The following recipe for Javanese Sate affirms the fact that island foods are as tantalizing as the inescapable lure of the South Seas itself.

JAVANESE SATE
1 pt. Soya sauce
1/2 teaspoonful chopped garlic
2 tablespoonsful sugar
Less than half a cup of crushed ginger root
1 onion finely chopped

Combine ingredients to make a marinade
1 1/2 lbs. (total) of beef and veal
Lean bacon

Chop meat into 1 1/2 inch cubes. Thread cubes on bamboo sticks, four to a stick, interlacing with lean bacon. Marinade in earthen crock for two hours. Barbecue over open fire until well done. Serve on a bed of rice, accompanied by yams and baked whole bananas. Serves 6.

TOWELS ARE HANDY
When installing a paper towel holder in your kitchen, be sure to locate it where it will be most convenient to reach for the many jobs paper towels can do.

Kleenex towels are handy for scrubbing the sink with cleanser, drying hands after doing dishes, wiping the range after cooking, drying pots and pans or for draining vegetables or bacon. Towels and holders are available in a range of pastel colors to match or complement your kitchen color scheme.

COOKING TIME
If you wait until cooking time to defrost meat, add an extra 15 to 25 minutes to the normal cooking time.

Applesauce Made Easy With Tricks

Comes fall with its pork and gingerbread and big hot breakfasts, there is nothing quite like having on hand a few jars of home-made applesauce. Whether you make a small or large amount of sauce, the easiest, quickest way to make it is with a food mill.

When you make applesauce with a food mill, there is no need to peel or core the apples. In fact, by cooking the apples with the skins on, you will get more flavor and with red apples, a really rosy applesauce. You will also save all the extra goodness next to the skin.

A very surprising fact about making applesauce with a food mill is that you actually get 25% more sauce from your apples.

Now for the food mill recipe:

Shortcut Applesauce
4 cups apples
1 cup boiling water
Sugar to taste (about 1/2 cup for each qt. sauce)

A dash of nutmeg or cinnamon
A dash of lemon juice, if needed

Quarter apples (no need to peel or core). Remove blossom ends and stems. Place apples in a saucepan. Add boiling water; cover and simmer until soft. Put apples through the food mill. Add sugar to taste using about 1/2 cup for quart of sauce. Add nutmeg or cinnamon and lemon juice, if needed. Simmer sauce 1 minute more. Serve cold.

Note: Double the recipe and store in jars in the refrigerator. Or make larger amounts and put it into jars and process in a boiling water bath following jar manufacturer's instructions.

Chocolate Cake Made of Honey

Delicious Chocolate Cake
3 squares unsweetened chocolate, melted
2/3 cup honey
1 3/4 cups sifted cake flour
3/4 teaspoon salt
1/2 cup butter or other shortening
1/2 cup sugar
1 teaspoon vanilla extract
2 eggs, unbeaten
2/3 cup water
Blend chocolate and honey; cool to lukewarm. Sift flour once, measure, add soda and salt and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy.

Add chocolate-honey mixture and vanilla. Blend. Add eggs, one at a time, beating thoroughly after each addition. Add flour, alternately with water, a small amount at a time, beating after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (350° F.) 30 to 35 minutes. Spread with Chocolate Cream Icing.

Chocolate Cream Icing

1/2 cup sugar
1/4 cup butter
1/4 cup light cream
1/4 cup honey
1/4 teaspoon salt
3 squares unsweetened chocolate, cut into small pieces

2 egg yolks, well beaten
Combine sugar, butter, cream, honey, salt and chocolate in top of double boiler. Place over boiling water. When chocolate is melted, beat with rotary beater until blended. Pour small amount of mixture over egg yolks, stirring vigorously.

Return to double boiler and cook 2 minutes longer, or until mixture thickens.

Spaceman's Salad

Are you tired of salads? Eager to try something new? The spaceman's salad will be a humorous, colorful treat for your family.

Spaceman's Apple Salad
2 pkgs. lemon-flavored gelatin
2 cups hot water
2 cups cold water
tbsps. lemon juice
1/2 tsp. salt
1/4 tsp. cayenne pepper
3 delicious apples, cored and cubed
1 cup grated carrot
Tips of Romaine leaves
Dissolve gelatin in hot water, add cold water, juice and seasonings. Pour half the gelatin into 1 1/2 quart bowl. Put in refrigerator, tilting so gelatin sets at an angle, chill until firm.

Chill remaining gelatin until syrupy, add apples and carrots. Pour over first mixture, replace bowl level in refrigerator until set.

Unmold, trim with Romaine, apple eyes and mouth cut from blossom ends of apples. Make antenna strip of aluminum foil. Serves 8.

Adult School Offers Typing

A typing class for adults in being offered in Torrance Adult School from 7 to 9:30 on Mondays and Wednesdays at South High School, Room M-1.

Students may register at class meetings; slightly, stirring constantly. Remove from hot water, place in pan of ice water or cracked ice, and beat until of right consistency to spread. Yield: Frosting to cover tops and sides of 2 (8-inch) layers.

FAMED throughout the South Bay for its menu of Italian specialties and food from the sea, Millie Riera's Seafood Grotto is located on the Esplanade, Vista Del Mar, Redondo.

From its spacious dining room, the gourmet is treated to a magnificent view of the Pacific Ocean, which begins just across the street.

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ISLAND TASTE TREAT—A South Pacific dish for worldly-wise palates is Javanese Sate, displayed by Miss Florence Cruz of Torrance. The following recipe from The Polynesian Restaurant is offered to housewives and other adventurous cooks as an exotic departure from routine dinner-at-home menus. The island specialty consists of large cubes of meat, speared on a bamboo skewer, interlaced with lean bacon, and barbecued with a tantalizing Indonesian sauce.

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CHEF Paul DiCandia of DiCandia's restaurant in Lawndale is genial host to all customers patronizing his establishment for Pizza and Italian food to go.

BEAUTY TOUCH
Two sinks in the kitchen can go a long way toward lessening the work load, the Ceramic Tile Institute believes. Dishes can be washed in one sink, rinsed in clear water in the other and transferred immediately to the drying rack. If sinks are of colorful ceramic tile, the housewife will find they're a snap to keep clean and will add a real touch of beauty to the kitchen.

Jack's Restaurant FOR DINING AND DANCING
Western at Torrance Blvd.
ENTERTAINMENT
Dance to the Sensational **KEY NOTES**
Every Friday and Saturday

Polio Clinic Set for Next Tuesday
A monthly polio clinic will be held at the M.D. group, 4193 W. Redondo Beach Blvd., Tuesday, Oct. 4, from 2 to 8 p.m.
Charge will be \$1 per person, or a maximum of \$5 per family. Jack Hammett, administrator, is in charge. Drs. Robert Biener, Reinhard Marthen, and Jack L. Hagadorn are participating.

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