

FOOD & FAMILY

Care of Catch Shares Fish Success With Chef

Fishin's fun. But can you always say that about the eatin'?

When a fish dinner winds up in the garbage can, Mercury outboard fishing experts are quick to caution you against blaming the cook.

Neglect of freshly caught fish causes far more dinner-time unpleasantness than any lack of kitchen skills. For when fish prove unsavory the odds are great that they were ruined long before they hit the skillet.

Warm temperatures, prolonged soaking and drying are the chef's greatest foes. Fish must be kept cool and moist, but not allowed to soak. Thus, one of the most commonly used devices—the stringer—often is one of the worst ways to keep fish in top condition.

The manner in which fish are placed on a stringer determines its usefulness. Never string fish through the

gills because this promptly kills them, and they can be immersed on a stringer only as long as they remain alive. Instead, run the stringer hook through both lips to keep the mouth closed. Fish will stay alive longer when strung in this manner.

Always clean fish just as soon as possible. Then keep them cool. An ice chest is best, but do not cover the fish with a layer of ice. Wrap each fish with a layer of clean cloth and place it in the tray above the ice.

When ice is not available, a damp burlap sack will keep fish cool and moist until you can get them home.

Remember, says Mercury, it's possible to improve the flavor of good fish. But it's impossible to do much about fish that are anything less than fresh. Take care of your catches and you won't have reason to blame the cook.

Cooked Apples Share Oven with Main Course

In January as in September, the apple is a most popular fruit—for lunch box fare, between meal snacks, and made into delicious dishes.

Baked apples and apple betty are old-time favorites that may be done in the oven with other foods. Most recipes for these dishes call for a temperature of 375 deg., but—as with many recipes—the temperature may be varied. Use the temperature required for another food that will be placed in the oven at the same time and adjust for a longer or shorter period of cooking time. There's no reason why several foods can't be placed in the oven at once and a temperature compromise be made. The fresh air oven of your gas range won't allow flavors to mingle either! Try these recipes for baked apples and apple betty—you're sure to like them!

BAKED APPLES

Wash and core firm red apples. Place in baking dish and fill centers with one of the stuffings listed below. Pour hot water around apples to a depth of ¼ inch. Cover and bake at 375 deg. for 30 minutes. Uncover and continue baking 15 to 20 minutes, or until fruit is tender. Baste occasionally

with syrup which gathers at bottom of dish.

STUFFINGS FOR BAKED APPLES

Brown suar, cinnamon, butter and nuts
Suar, cinnamon, chopped dried fruit
Marshmallows and raisins
Chocolate drops
Lemon drops and cinnamon candies
Mincemeat, mixed with a little suar and grated orange rind.

APPLE BETTY

2 C. fresh bread crumbs
1/3 C. melted butter
6 C. sliced sugar
½ tsp. nutmeg
¼ tsp. cinnamon
1 tsp. cinnamon
1 Tbsp. grated lemon rind
2 Tbsp. lemon juice
¼ C. water

Toss crumbs with butter. But 1/3 of crumbs in oiled 1½ sq. casserole. Cover with half the apples and sprinkle with ½ of mixture of sugar, spices and lemon rind. Add another 1/3 of crumbs and the rest of the apples. Sprinkle in rest of sugar mixture. Pour on lemon juice and water, top with remaining crumbs. Cover and bake at 375 deg. for ½ hour. Uncover and continue baking at 375 deg. for ½ hour or until apples are done.

'Do Less' January Recipes Offered

By BEA WEBB
Home Economist
Southern California Gas Co.

Regardless of the "do-less" mood we all sink into about this time of the year, the family has to eat. And there is quite a budgetary problem, too. Following the extra strain of Christmas and New Year festivities, the budget looks downright anemic! Meal time rolls around quite regularly and there is a definite need for recipes that are economical and tasty.

One-dish features fit the "do less" mood. There are lots of appetizing combinations that are easy to make and good to use as budget helps, too.

Rice is a hearty budget-stretcher. It goes into a variety of main dishes or it may be used as a dessert ingredient. The sausage-rice casserole is excellent and it extends one pound of sausage to make six servings.

Remember that one cup raw rice yields about 3 cups of the cooked cereal. If you cook one and a third cups on the day you make the casserole, you will have enough left over to make the rice custard pudding lat-



BEA WEBB

er in the week.

There are innumerable recipes that put the main part of the meal into one dish. You will enjoy making the macaroni casserole or the vegetable pie when that "do less" feeling strikes.

Sausage-Rice Casserole
1 lb. sausage
1 cup diced celery
1 can chicken soup, undiluted
3 cups cooked rice
(Continued on Page C-4)



WINNING COOK is Mrs. Stephen Sampson of 4210 Carmen St., whose recipe for Chocolate Birthday Party Ice Cream Cake wins her \$5 in the

Cook of the Week contest. The one-dish birthday dessert combines a low calorie cake with ice cream in a layer cake which serves 10.

Dishwashing Doldrums Driven Down the Drain

One of the earliest remembered tasks assumed by the small child in the home and one of the last given up by grandmother, is that of washing dishes. Have you ever noticed how this activity is regarded with less than enthusiasm and satisfaction to say the least.

Maybe this is due partly to the constant recurrence of "helping with the dishes" three times a day, or cause may be found in the failure of the cook to properly prepare the dishes for washing. An even greater cause of the negative feeling "washing dishes" causes may be due to the fact that few people realize the importance this has in maintaining family health!

In the past we have needed quite a lot of equipment to do the job properly. A partial list might read: dishpan (or divided sink), wire drainer, dishcloths, plate scraper, steel wool pads, soap, scouring powder, dish

towels. Keeping all this clean presents a problem too.

Do you remember someone standing over you teaching you how to wash dishes in proper sequence? The narrative might have been, "No, no not that yet, do the glassware first, then silver."

Now, of course, we do them all together in the automatic dishwasher. But even this has been improved; available now is the new gas dishwasher. Controlled by two thermostats, the gas dishwasher boasts of its own gas water heater to assure you hotter water temperatures than have ever before been achieved in dishwashers.

As the water enters the machine from the central gas water heating system, the temperature of the water is taken and then is heated to a before unheard of 160 degrees for the wash cycle and first rinse. On the final rinse the water is heated

to an unequalled 180 degrees to sanitize dishes.

In California, state law requires that all commercial food establishments rinse dishes at 180 degrees for a minimum of three minutes; the new gas dishwasher, designed for modern kitchens, rinses your dishes at 180 degrees for four minutes. Water this hot destroys most harmful bacteria on contact.

Why keep up the drudgery of individually rinsing every glass, knife and fork before you can make use of your "modern" dishwasher? Now you just scrape the dishes, load and let the newest gas appliance do all the dirty work.

Handsomely styled to fit into existing kitchens or new, the gas dishwasher comes in beautiful decorator colors with changeable panels already included in the price of the unit. Get the new gas dishwasher and let the fuel that does it best for less, work for you.

Blue Monday Becomes Outmoded by Machines

Modern, automatic laundry appliances and laundry additives have made "Blue Monday" a thing of the past; in fact, "washday" no longer exists for the woman with an automatic washer and gas dryer in her home. Today's appliances and washday products mean cleaner, whiter washes than ever before, in far less time.

And yet all this simplicity has resulted in confusion in the minds of many homemakers when shopping for laundry products. Hundreds of soaps, detergents, bleaches, fabric and water conditioners have flooded the market—each has its place but where, how much, and when to use?

The dirty gray look of a once white fabric is perhaps the common source of "washday blues." Hard water prevents good detergent cleansing action and causes a build-up of minerals which become embedded in the fibers, giving it a gray cast.

The amount of water conditioner which should be added to the wash water in order to prevent this varies

with the amount of minerals present in the water and the amount of water used by the washer. Proper use of water conditioner means not only cleaner, whiter washes but it means that less detergent is needed (1/3 to ½ cup per load).

Just as all dirt must be removed from fabric for a truly clean wash, all soap or detergent should be rinsed away before clothes are dried; use of too much detergent must be avoided.

When heat is applied to soap of detergent left in fabric, the material gradually turns noticeably yellow. Prevention of this problem is simply to use no more than ½ cup detergent for the ½ cup detergent for the average load of washing.

The remedy for already yellowed fabric is to wash it once in twice the normal amount of water conditioner. Use no detergent in the water—you'll see suds appear since the clothes will wash in the detergent embedded in the fibers from previous washings.

For all tumble type washers or washer-dryer combin-

ations a low sudsing detergent is recommended, since a high suds level may hinder good washing action, may be difficult to rinse away, or may even clog the mechanism.

The many fabric softeners sold today do a fine job making clothes soft and fluffy—be sure to put fabric softener into the last rinse so that it will not combine with soap or water conditioner. Incidentally, for you lucky women who have a gas dryer at home, fabric softener is really unnecessary since the tumbling action of the dryer will fluff all fabrics as they are drying.

Many washers today have bleach dispensers which automatically add bleach at the correct moment during washing. Bleach should be added only during the last few minutes of the washing cycle if it is added manually. Incidentally, bleach should be used for stain removal—not regularly for cleansing since it may weaken fibers.

—And don't forget that tried and oh-so-true adage—"the hotter the water the whiter the wash!"

Oven-Baked Dishes Feature Beef, Ketchup

For a change of pace with beef, catsup adds a spicy tomato savor that is bound to please a hungry husband on a cold January night. Oven-baked dishes featuring the flavorsome duo are Highland pot roast and citrus surprise steak.

HIGHLAND POT ROAST

2 pounds rump beef, in 1 piece
2 tablespoons shortening
8 small celery, cut into 2-inch pieces
4 medium or small carrots, quartered lengthwise
1 tablespoon salt
¼ teaspoon pepper
16 dried apricots, washed
1 cup sliced mushrooms
1 cup catsup

Heat oven to 325 deg. F. (moderate). Brown beef in shortening in Dutch oven over medium heat. Arrange vegetables around meat. Sprinkle with salt and pepper. Top meat with apricots and mushrooms. Pour catsup over all. Cover. Bake two hours or until meat and vegetables are tender. Baste occasionally. Add a little

water if thinner gravy is desired. Makes eight servings.

CITRUS SURPRISE STEAK

¾ cup flour
1 teaspoon salt
¼ teaspoon pepper
2 pounds round steak, ½ inch thick
3 tablespoons shortening
1 cup catsup
½ cup water
1 medium onion, thinly sliced
1 orange, unpeeled, thinly sliced
1 lemon, unpeeled, thinly sliced
6 whole cloves

Heat oven to 350 deg. F. (moderate). Mix flour, salt and pepper; pound into steak. Cut steak into serving pieces. Brown in shortening in iron skillet. Combine catsup and water; pour over steak. Arrange onion, orange, lemon slices and cloves in pattern over steak. Cover. Bake 1 hour or until meat is tender. Add more water, if desired. Makes six servings.

Open-Face Sandwiches Popular at Parties

Whether you offer them as accompaniment to chips and dips for late evening entertaining, or whether you offer them as an appetizer to an intimate dinner party, hors d'oeuvres of open-face sandwiches are always popular party fare.

Universally recognized as masters of sandwich meals, are the Danes. Why not take a tip from them and cut sandwich calories by serving open faced sandwiches at your next buffet? Spread a tempting table of assorted spreads, garnishes and other makings, then let everyone help himself to whatever tickles his taste.

For a company buffet, include sliced roast pork and beef along with cold cuts, cheese, chicken and turkey, preserves, or various salad type fillings. Make pickle-

relish, crushed fruit or cold left-over vegetables. Top this off with sweet and sour red cabbage, coleslaw, potato salad, cottage cheese, hard cooked and deviled eggs, raw cauliflower pieces and other relishes and there's plenty to keep the largest crowd busy and happy too!

If anyone seems bashful—and we doubt that they will—you can set the pace by selecting a slice of pumpernickle, sour dough, whole wheat, rye, or white bread and spreading with a variety of butters or cream cheese. You might offer several by simply combining various flavoring with ½ cup of softened butter. Try these.

Curry butter: Add one teaspoon curry powder, salt, and few drips of onion juice. (Continued on Page C-4)

COOK OF THE WEEK

A one-dish birthday dessert that does away with separate dishes for ice cream and cake is Chocolate Birthday Party Ice Cream Layer Cake, an original recipe of Mrs. Stephen Sampson, 4210 Carmen St., Torrance.

Mrs. Sampson's recipe wins her \$5 in the Cook of the Week contest.

CHOCOLATE BIRTHDAY PARTY ICE CREAM LAYER CAKE

Place waxed paper rounds in the bottoms of three 9-inch layer cake pans.

Heat oven to 350 deg.

(ture) separated

3 eggs (room tempera-

½ cup sugar

½ cup sifted flour

½ teaspoon baking powder

½ teaspoon salt

2 tablespoons hot water (from tap)

½ teaspoon pure vanilla

few drops yellow food coloring (optional)

½ gallon chocolate ice cream

METHOD

Beat egg yolks in 2 qt. bowl until very light and lemon colored. Add sugar and beat four minutes, scraping the bottom and sides of bowl Sift flour, baking powder and salt together and stir into egg yolks. Then beat at medium speed for two minutes. Add hot water and vanilla and beat until smooth; add food color and beat until the mixture is an even yellow.

Rinse beaters, then beat egg whites in a 1½ qt. bowl until they hold shape firmly. Empty egg whites into egg yolk mixture; then gently fold both mixtures together until the whites are blended into the yolks.

Divide evenly into cake pans. Spread mixture gently around so that it is evenly distributed in each pan.

Bake about 12 minutes or until pale golden brown. Watch carefully without opening oven door. When done, immediately invert pans on a cake rack until the bottom of the pan feels cold to the touch. Then loosen the cake from the side of the pan, and carefully peel off the paper. Put one layer on a dinner plate.

Now divide the ice cream into thirds. Let it soften a little, but just enough to make it spreadable. Spread on the first layer making a thick layer, about the thickness of the cake, place the second layer on, and repeat the process. Now put the third layer on and the rest of the ice cream. By this time the ice cream will be the consistency of frosting, so swirl it around in peaks and "frost" the sides as well.

You may add a walnut half or a maraschino cherry in the center. Freeze this on the dinner plate for at least eight hours. Serve on an attractive cake plate. When frozen it is easily transferred from one plate to another. Serve ten, cut in wedges.

This cake may be decorated just like an ordinary one for special occasions after it has been frozen.

A very low calorie dessert may be adapted from this by using imitation ice cream instead of the usual variety, as the cake itself is an extremely low calorie one.

Enter your favorite recipe in our food and family contest. Send entries to Gourmet Editor, Torrance Press.