

FOOD & FAMILY

Butcher Makes Recipes for Men

One of Torrance's foremost male cooks, Bill Clawson of Farmer Boys Market, who recently developed Chef's Blend meat seasoning, has come up with two meat recipes sure to please hearty male appetites: Island Meat Loaf and Farmer Boys Beef Stroganoff.

Recipes follow.

ISLAND MEAT LOAF

2 lb. ground beef
1 can black bean soup
2 tsp. Chef's Blend
1 pkg. Lipton's dry onion soup mix
1/2 can tomato sauce
1 tsp. salt
1 egg

Mix ingredients and place loaf in meat loaf pan that has been well greased. Place in 350 degree oven and bake for 1 3/4 hours.

FARMER BOYS

BEEF STROGANOFF

2 lbs. sirloin cut in thin strips
1/3 cup butter
3 medium onions, chopped
1/2 lb. mushrooms, sliced
salt and pepper
2/3 cup tomato juice
1/2 cup sherry
1 1/2 cups water
2/3 cup sour cream
2 tsp. Chef's Blend No. 1
Dredge beef strips with flour seasoned with two tsp. of Chef's Blend No. 1. Sauté in 1/2 of butter. Remove meat. Add remaining butter, onions and mushrooms and cook five minutes. Add meat, season with salt and pepper. Sprinkle Chef's Blend on meat again and add tomato juice, sherry and water. Cover and simmer two hours. Stir in sour cream and serve at once. Serves four.

Tabasco Seasons Spaghetti Sauce

This luscious meat spaghetti sauce is easily made and can be frozen. Make two or three batches at a time, enjoying some tonight and freezing the balance. The sauce includes the familiar favorite ingredients: tomatoes, mushrooms, garlic, bay leaf, thyme, and of course, Tabasco, the unique liquid red pepper seasoning so necessary for a good spicy sauce.

TABASCO SPAGHETTI SAUCE

2 tablespoons olive oil or butter
1 pound ground beef
2 medium onions, chopped
1 clove garlic, minced
1 can (3 or 4 ounces) mushrooms
1 can (6 ounces) tomato paste
1/2 cup dry red wine, optional
1 can (1 pound) tomatoes
2 teaspoons salt
1 bay leaf

3/4 teaspoon thyme
1/2 teaspoon Tabasco
1 teaspoon Worcestershire sauce

Heat olive oil or melt butter in heavy saucepan. Add meat, breaking up into small pieces with a fork. Add onion and garlic, and when meat is browned, stir in mushrooms with liquid and remaining ingredients. Simmer until sauce is thickened, about 30 minutes. Yield: six servings.

To freeze:

Make 2 or 3 batches at a time. Chill quickly by setting pan in cold water or in refrigerator. Spoon into straight-sided quart or pint freezer jars. Freeze. To serve, run warm water over jar. Slip out frozen block into skillet or saucepan. Heat slowly.

Note: Mixture may be kept in freezer one to three months.

Dress-Up Sauces Aid Vegetables

Authorities on nutrition say two or more vegetables per day other than potatoes should be eaten for a well balanced diet. So, when you're planning meals, you'll want to include generous servings of vegetables in tasty dishes that the family will eat. Of course, you'll want to serve potatoes too, and most people eat them any way you fix them. But when it comes to some of those other vegetables, what a problem some women have!

Frankly, you may never get every member of the family to eat all vegetables all ways; but most of them will come to eating a good assortment if you keep working at it. Try new seasonings and serving tricks. Cook vegetables alone and in combinations, and watch for new recipes.

And don't forget salads. Crisp raw carrots, cabbage, cauliflower, and even spinach may be far more popular when they show up in a salad instead of in a cooked dish.

For the best flavor, color, texture and food value cook vegetables this easy way: Place vegetables in 1/4 cup cold water in a saucepan and put the lid on the pan (be sure the cover fits tightly). Place pan on automatic top burner and cook at 200 deg. to 210 deg. until just tender. Be sure not to cook vegetables too long, for heat will destroy vitamins as well as color and texture.

For Broccoli or green beans, try this sauce:

NUTTY SAUCE

2 strips bacon



BEA WEBB

1 Tbsp. flour
1 cup milk
1/2 cup chopped pecans or almonds
salt to taste

Pan broil bacon on automatic top burner set at 275 deg. to 300 deg. until crisp. (When using the automatic top burner the lid may be placed on the pan when frying bacon—prevents spattering!) Remove bacon and blend flour into drippings. Stir in milk, cook until thick, stirring constantly at a temperature setting of 210 deg. Add crumbled bacon and nuts. Pour over cooked broccoli or green beans.

SPANISH CARROTS

1 large onion, minced
3 Tbsp. shortening
1 medium sized green pepper
6 medium carrots (quartered lengthwise)
1 1/2 cups diced celery



WINNING COOK is Mrs. Fred Schmerschal of 21710 Ladene Ave., whose recipe for Swedish Meat Balls wins her \$5 in the Cook of the Week contest. Mrs. Schmerschal writes, "On my mother-in-law's first visit from the East, after our marriage, she brought

with her one of my husband's favorite dishes—her recipe for Swedish meatballs. I would like to share it with others; for it is so simple and can feed so many inexpensively. Besides it is delicious."

—PRESS photo

Hadassah Specialties Spark Gourmet Meal

Members of South Bay Hadassah, whose culinary talents led them to please the palate and raise pennies for the club purse at the same time Saturday at a gourmet supper, have contributed recipes for two of their original dishes to these columns.

Specialty of Mrs. Jacobson is ginger ale salad mold. Recipe follows:

GINGER ALE SALAD MOLD

2 tsp. gelatin, 2 envelopes
1/4 cup cold water
1 Tbsp. lemon juice
No. 2 can crushed pineapple, 2 1/4 cups
1 seedless orange, pared and diced, 1/3 cup
1 cup ginger ale cream

Soften gelatin in cold water; then place over hot water until gelatin is dissolved. Add to lemon juice. Stir in the pineapple (with juice) and orange dice, then

stir in ginger ale and turn into a 4-cup mold which has been rinsed with cold water; chill in refrigerator until firm. Unmold and serve with mayonnaise that has been thinned with 2 tsp. cream, or maraschino cherry juice, 5 servings.

Note: Ginger ale should be freshly opened, cold and sparkling to give the desired lively flavor.

Equally popular on the hors d'oeuvres table or as dinner fare are sweet and sour meat balls.

SWEET AND SOUR MEAT BALLS

2 lbs. ground chuck
1/4 tsp. salt and 1/4 tsp. pepper (or all purpose seasoning)
1/4 cup catsup
3 eggs
1 Tbsp. cracker meal or bread crumbs water

Mix ground chuck, eggs, salt, pepper, catsup. Grate onions and add to meat. Add

a little water and cracker meal as you mix. Roll into small meat balls; broil or fry on low heat to a light golden brown and add to sweet-sour sauce.

SAUCE

2 cans tomato sauce water
2 onions
1 green pepper salt, pepper, or all-purpose seasoning
1/4 cup lemon juice or 4-5 pieces sour salt
1 Tbsp. sugar or 3-4 saccarin tablets

Mix two cans tomato sauce and two cans of water in saucepan. Cut in onions and green pepper. Mix in lemon juice or sour salt. Add sugar or saccarin. Bring to boil. Allow to simmer at low heat until gravy thickens a little. Add meat balls. Gravy should cover meat balls. Half cover sauce pan and allow it to simmer until gravy and meat balls are brown.

Corn-Crisped Drumsticks Take to Butter Dunking

For an informal dinner party, you'll want to offer refreshments that are original, easy to eat in a casual manner, and not too costly in money or time. Corn-crisped drumsticks meet all these requirements. Coated with a golden cornflake crumb crust, they look as good as they taste. Their shape suits them to pleasantly informal service—with a frill at one end and a lemon parsley dunking sauce at the other.

To prepare the drumsticks, dip them in evaporated

milk; then roll them in cornflake crumbs seasoned with Ac'cent monosodium glutamate to let the full chicken flavor develop during baking, and caraway seeds for an extra fillip. You can bake as many as 24 drumsticks in a batch by arranging them on two aluminum foil-lined pans and putting one pan on each oven rack.

CARAWAY CORN-CRISPED DRUMSTICKS

24 broiler-fryer drumsticks
2 1/2 cups corn flake crumbs
1 tablespoon Ac'cent
1 tablespoon salt
1 tablespoon caraway seeds

1/2 teaspoon pepper
Aluminum foil
1 cup evaporated milk

Combine corn flake crumbs with Ac'cent, salt, caraway seeds and pepper. Line two shallow baking pans with aluminum foil. Dip drumsticks in evaporated

milk then roll immediately in seasoned corn flake crumbs. Place chicken in foil-lined pans; do not crowd. Bake in a moderate oven (350 deg. F.) one hour, or until tender. At the end of 30 minutes, exchange pans on the shelves; continue to bake. No need to cover or turn chicken while cooking. Serve with Lemon Parsley Sauce. Yield: 12 servings.

LEMON PARSLEY SAUCE

1/3 cup butter or margarine
6 tablespoons flour
1 1/2 teaspoons salt
3 cups water
1/3 cup lemon juice
1 tablespoon sugar
1/3 cup chopped parsley

Melt butter in saucepan. Blend in flour and salt. Gradually add water, stirring constantly. Cook, stirring frequently, until mixture thickens and comes to a boil. Remove from heat. Stir in lemon juice, sugar and parsley. Yield: Approximately four cups.

School Lunch Menus Told

As a public service the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner accordingly.

Lunches to be served in the elementary school cafeterias for the week beginning tomorrow are as follows:

THURSDAY

Tacos with shredded lettuce, buttered broccoli, carrot sticks, valentine pears, bread and butter, milk.

FRIDAY

Tuna with noodles, buttered carrots and peas, jelly

grapefruit salad, apple crisp with cheese, bread and butter, milk.

MONDAY

Salisbury steak, whipped potatoes, cabbage and pepper salad, sliced peaches, bread and butter, milk.

TUESDAY

Oven baked chicken, potatoes au gratin, tossed green salad, fresh orange section, bread and butter, milk.

WEDNESDAY

Frank n' tater pie, buttered spinach, apricot with cheese salad, brownies, bread and butter, milk.

Readers Contribute Tasteful Recipes

Although Torrance Press only bestows the title Cook of the Week to one cook each week, there have been so many excellent recipes contributed to your Gourmet Editor that we felt we should share them with our readers.

Among those deserving recognition are Easy Fresh Apple Cake, contributed by Mrs. Rod Twedell of 21821 Grant Ave. and Cherry Cobbler and Tuna Casserole by Mrs. E. W. Egbert of 1744 Greenwood Ave.

EASY FRESH APPLE CAKE

3 cups raw diced apples
1 1/2 cups oil
2 cups sugar
3 cups flour
1 cup nuts
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. salt
2 eggs
2 tsp. vanilla

Put all ingredients in a large mixing bowl and beat for a few minutes until thoroughly mixed. Pour into a greased and floured loaf pan and bake at 350 degrees for 50 to 55 minutes. (I find a 9" by 13" pan works well)

CHERRY COBBLER

1/4 cup soft butter
1/2 cup sugar
1 cup sifted Gold Medal flour
2 tsp. baking soda
1/4 tsp. salt

1/2 cup milk
Drained cherries, from No. 2 can
1/4 to 1/2 cup sugar, (judge by fruit syrup)
1 cup fruit juice

Heat oven to 375 degrees. Cream together butter, sugar, until fluffy. Stir in sifted dry ingredients alternately with milk. Beat until smooth. Pour into loaf pan, 10x5x3 or 2 quart casserole. Spoon fruit over batter, sprinkle with sugar. Pour fruit juice over top. Bake 45 minutes to 50 minutes.

During baking the fruit and juice go to the bottom and cake-like layer forms on top. Serve warm with cream or whipped cream. Serves 6.

TUNA CASSEROLE

1 pkg. noodles 8 oz. or more
1 can chunk style tuna
1 can cream of mushroom soup

1 small onion
2 stalks celery
Pimento, if desired
Grated cheese for top

Chop onions and celery—brown in butter and then put little water and cover, cook until tender. Mix tuna-pimento and mushroom soup in casserole (cook noodles). Add onion mixture to casserole, add noodles, mix together, put grated cheese on top noodle mixture.

Bake at 400 degrees until bubbly and cheese melts.

COOK OF THE WEEK

Penny-wise Swedish meat balls serves six on three-quarters pound meat or can be extended to serve 10 by increasing the meat to one pound and other ingredients accordingly. Mrs. Fred Schmerschal, cook of the week, who adapted the recipe from one her mother-in-law passed on to her, says her family gets a second-day bonus from her Swedish meat balls by serving them cold as sandwiches.

Mrs. Schmerschal receives \$5 for her winning entry.

SWEDISH MEAT BALLS

3/4 lb. ground beef
1/4 cup minced onion
3/4 cup milk
1 egg, slightly beaten
1/4 cup fat
3/4 cup bread crumbs
3/4 tsp. cornstarch

3/4 tsp. salt
1/4 tsp. nutmeg

Combine meat with remaining ingredients, except fat. Shape into small balls. (Roll in palm of hands.) Brown in fat, a few at a time. As they brown, remove to warm plate.

SAUCE

3 Tbsp. flour
3 cups water
3 bouillon (beef) cubes
1/2 tsp. salt
1/8 tsp. pepper

Blend flour into fat remaining in skillet. Gradually stir in water; add bouillon cubes, salt and pepper. Cook, stirring constantly, until smooth and thickened. Add meat balls. Cover, and simmer, at least 30 minutes. Serves 6.

Scouting Around

At a recent pack meeting of Cub Scout pack 785C, sponsored by St. Catherine Labouré Holy Name Society, plans were made for their Annual Blue and Gold Awards Dinner. It will be held on Thursday evening, Feb. 21 at 6:30 p.m. at the Western Club, 15116 South Western Ave. in Gardena.

Tommy Rigali was chosen Cub of the month. The honor went to Steven Poteet the month before.

Howard Patterson, Cubmaster, received six new bobcats into the pack. They

are: Ronnie Regan and John Porter, Den 3; Robert Throesch, Den 5; Paul Ingles and Paul Didebeck, Den 6 and Frank Leeson, Den 8.

Other awards were presented to the following Cubs: Tom Graves of Den 2, bear badge and gold arrow.

Den 4 — Paul Sharron, wolf badge.

Den 5 — Daniel De Prez, bear badge and Dwight Betts, lion badge and Fred Patterson, gold arrow.

Den 8 — Michael Cowan, gold arrow and Tommy Youth, den chief cord.