

FOOD & FAMILY

Quick Beef Burgundy Features Canned Gravy

Do you find yourself in a dither when it's gravy making time... worried about creating "the perfect sauce?" Today, with smooth and flavorful canned gravies... beef, chicken, and mushroom... there is always a quick dinner dish on the pantry shelf.

Just heat these gravies right from the can, and like magic you have a wonderful companion for potatoes, noodles, rice, meat, poultry, and casseroles. Calories are low, too, each has 1/3 less than your favorite recipe.

Canned gravies are natural for so many cooking needs. See how canned mushroom gravy becomes an instant success in an old

French favorite—Beef Burgundy.

BEEF BURGUNDY

- 1 pound boneless sirloin, cut into 1-inch cubes
- 2 tablespoons butter or margarine
- 1/4 cup chopped onion
- 2 tablespoons chopped parsley
- 1 can (10 1/2 ounces) mushroom gravy
- 3 to 4 tablespoons burgundy
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

In skillet, brown meat in butter, few minutes. Stir in mushroom gravy, burgundy, salt, and pepper. Cover; cook over low heat about 45 minutes or until meat is tender. Stir now and then.

Pleasure, Not Pressure, Steers Children to Books

New York, N.Y. (CFN) — If you want your child to be a "reader" don't sit back and wait for him to develop the habit. It doesn't work that way.

In The Children's Bookshelf, Josette Frank, a director of the Child Study Association of America, points out that children only learn to love books when they have behind them a record of satisfying experiences with literature.

The trick, according to Miss Frank, is to encourage the child's interest in reading and to guide him towards good books without pushing him. The child must enjoy books for what they give him, not for what his parents think they should give him.

The Children's Bookshelf, a Bantam book prepared by the Association, is a carefully selected descriptive listing of more than 2,900 books for children. It also includes articles by leading authorities on reading for children.

In it the Association makes a case for fairy tales that illustrate Miss Frank's statement.

There are two good reasons for the persistent popularity of the old fairy tales, the Association says. The strange events they depict delight the imaginative

child. And they provide symbols for the emotions and conflicts all children feel but often have no way of expressing.

Fairy tales can be frightening. But this doesn't mean they have to be watered down or banned from a child's library, the Association says. They should be saved until the youngster, at 8 or perhaps 10, is mature enough to understand them.

Most children can handle the tragedy and violence of fairy tales because they take place in a world far from the everyday one—a world where hunger, danger, and even witches can be met without fear.

Fairy tales can introduce a child to the vast inner world of imagination and guide him to richer literary fields—perhaps to the "good books" his parents think he should read.

Among books suggested in the Bookshelf for 5 to 7-year-olds is Tales From Grimm, selected especially for younger children. Books of poetry, humor and nonsense, historical tales, and science stories are listed in each of the five age groupings.

The selections are varied enough to appeal to almost any youngster—any child, that is, who has had a pleasant introduction to books.



WINNING COOK is Mrs. Eunice Crabtree (right) of 1753 Gramercy Ave., whose recipe for sour cream coffee cake earns her \$5 in the Cook of the Week contest. As she originally got the idea from Mrs. Catherine Reibold, of 2510 Apple St., Mrs. Crabtree wanted her to share the credit.

Coconut topping adds final touch to rich sour cream cake filled with raisins, currants, and nut meats. You, too, are invited to send your recipes for main courses, vegetables, salads, or desserts to GOURMET EDITOR, The Press, 3238 Sepulveda Blvd., Torrance. —PRESS photo

Brownie Mix Saves Time in Party Pie

Welcome afternoon or after-dinner guests with this gorgeous dessert in company with hot coffee. Gala though it looks, this treat is a quick trick, if you use the convenient new fudgy brownie mix which even chops the walnuts for you—a generous portion of nuts comes right in the mix. The results are sure to please your guests—everyone likes brownies. Especially when they're baked in pie-pan and made so festive and lush with a Nesselrode topping. This is one recipe you'll want to repeat many times!

Nesselrode Brownie Pie
Prepare 1 package fudge brownie mix with walnuts and real chocolate as di-

rected on package. Spread in well-greased 9-inch pie-pan. Bake at 350 deg. for 35 to 40 minutes; cool.

Beat 1 1/2 cups whipping cream until thickened. Add 1/3 cup powdered sugar and 2 tablespoons maraschino cherry juice and continue beating until of spreading consistency. Fold in 1/4 teaspoon nutmeg, 1/4 teaspoon rum flavor, 1/3 cup chopped candied fruit and 2 tablespoons chopped maraschino cherries. Spoon onto brownie crust. Garnish with candied fruit pieces. Chill 2 to 3 hours before serving. Cut into wedges. Serves 8.

*Or bake in 8 or 9-inch square as directed on package; serve cut in squares. Serves 9.

Orange Skins Make Baskets for Salad

Creatively prepared and dressed to perfection, salads are irresistible! Make the most of citrus fruits and try something different. Serve salad baskets with a mildly sweet yet tangy French salad dressing. Freshly prepared from an envelope of new French salad dressing mix, this creamy style salad dressing is a natural for fruit salads, cole slaw, and a wide variety of tossed green salads.

ORANGE BASKET SALADS

- 1 envelope creamy French salad dressing mix
- Cinegar, water, oil
- 6 large oranges
- Sections from 1 or 2 grapefruits
- Water cress
- Combine salad dressing mix with vinegar, water, and oil as directed on envelope. Chill 1 hour.
- Meanwhile, use four or-

anges to make baskets. Draw two parallel lines across stem end of each orange about 1/2 inch apart, coming almost half way down sides of orange. With a small sharp knife cut into orange along these lines. Then from each side cut in at right angles to meet the ends of the cuts already made. Lift out the two sections, leaving a handle over the top. Remove all pulp and make a fluted edge around baskets with a sharp knife.

Trim white membrane from orange sections. Remove sections from remaining oranges and the grapefruits. Alternately place orange and grapefruit sections in baskets. Set baskets on salad plates. Surround with water cress. Garnish with avocado balls and maraschino cherries, if desired. Serve with salad dressing. Makes four appetizer or dessert salads.

French Chef Advises Elegant Short Cuts

Washington, D.C. (CFN) — A famous French chef here to open the dining room of the new, ultra-elegant Madison Hotel says he can't take shortcuts with his creations, but that a housewife can, and should.

"Real French cooking takes more time," according to George Adrien Fanjas, "than life in America is geared to spend on food. But you can enjoy French recipes if you are willing to make substitutions."

GIVES RECIPE

A famous Fanjas recipe is Poached Eggs Bernadotte. It involves puff pastry, fresh asparagus tip, Sauce Bearnaise, and much more. Here's how to do it once-over-lightly, for four.

POACHED EGGS BERNADOTTE

- 4 ounces butter
- 12 asparagus tips, canned or frozen
- 2 cans mushroom caps or stems
- 1 tablespoon oil
- 1/2 crushed garlic clove
- half medium onion, chopped

- 6 whole, canned tomatoes
- 16 small potatoes, canned
- 2 tablespoon chopped parsley
- 8 slices Canadian bacon
- 4 English muffins
- 8 fresh eggs

Cook asparagus tips and then simmer in one ounce butter. Simmer drained mushroom caps in one ounce butter. Place one tablespoon oil, one ounce butter, and crushed garlic in the bottom of a kettle. Simmer chopped onions in this mixture until golden, then add the drained, crushed tomatoes, salted and peppered to taste. Simmer until all liquid is gone.

In one ounce of butter, warm 16 tiny canned potatoes, then add two tablespoons of chopped parsley.

Using two forks, place the asparagus on a large serving platter. Warm the slices of Canadian bacon in the butter that remains. Toast the split English muffins, and poach the eggs in water to which you have added salt and one tablespoon of white vinegar.

Place the muffin halves around the serving platter, and top each with a slice of bacon and a poached egg. Arrange the parsleyed potatoes around the dish, garnish with the tomatoes, and sprinkle with mushrooms. Keep warm, and top the eggs with the Bearnaise sauce.

SAUCE BERNADOTTE

Melt six ounces of butter and set aside.

Place in the bottom of a heavy kettle, one chopped shallot, one half teaspoon of white pepper, a few grains of tarragon, and chervil. Moisten with one and one half ounces of white vinegar. Boil until all the liquid is gone. Remove from the heat, cool, and add two egg yolks and a tablespoon of water. Cook over very low heat, stirring with a wire whip or a fork. When the yolks have become syrupy, add the melted butter a little at a time. When the sauce attains a mayonnaise-like consistency, remove from the fire at once.

Frugal Favorite



Chicken Stew Babies Budget

When the winter wind whistles, few foods taste better than a hearty chicken stew with fluffy dumplings. And there is plenty to recommend the dish in addition to its delicious flavor. This cold-weather favorite is tops in thrift. The National Broiler Council points out that the modern bird is bred for meatiness. Despite its aura of luxury, chicken costs considerably less per edible pound than most other popular meats. Two more bonus features: Chicken is high in quality protein, low in calories. As a matter of fact, it is hard to heat a broiler-fryer for all-round virtue.

CHICKEN WITH DUMPLINGS

- 1 broiler-fryer chicken, cut in serving pieces
- 2 cups water
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon thyme
- 1/2 cup diced celery

- 6 carrots, scraped and quartered
- 12 small whole onions
- Place chicken in saucepan or skillet with tight fitting lid. Add water, salt, pepper, thyme and celery. Bring to a boil. Cover; reduce heat to medium and cook 20 minutes. Add carrots and onions; cook 10 minutes. Drop dumplings* by spoonfuls (6) on top of a piece of chicken or vegetable. Cook, uncovered, 10 minutes. Cover tightly and cook 10 minutes longer.
- Yield: 4 to 6 servings.

*DUMPLINGS

- 1 cup sifted all-purpose flour
- 2 tablespoons instant non-fat dry milk solids
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons shortening
- 1/2 cup water
- Sift together dry ingredients. Cut in shortening to resemble coarse corn meal. Add water. Mix just enough to combine all ingredients.

Hungarian Goulash Makes Buffet Debut

By BEA WEBB
Southern Calif. Gas Co.
Home Economists

Ever had the problem of planning a dinner party for a large number of people and a small amount of space? The buffet dinner's the answer—it's the informal California way to cope with many friends and a minimum of room. Next time you find yourself having qualms over the problem, remember a few hints in planning.

The food served should be restricted to simple dishes that you have tried and know are good. Casseroles or chafing dish specialties do nicely for the main dish. These may be prepared in advance so you won't have a lot of last minute preparation. Also, these hot dishes stay warm a long time after coming out of the oven.

Gelatin salads, either individual or one large mold, fit this informal dinner perfectly. The salad may be prepared the evening before and stored in the refrigerator.

Relishes, olives, carrots and celery sticks, etc. are always a special success

with the men, so do have lots on the table for them to choose. Hot rolls, butter, jam, beverage and dessert complete the meal.

As an example of a good buffet casserole try Hungarian Goulash.

HUNGARIAN GOULASH

- 1 lb. flank steak
- 2 Tbsp. fat
- 1 tsp. pepper
- 2 tsp. salt
- 2 tsp. paprika



BEA WEBB

- 1 onion, chopped
- 2 Tbsp. flour
- 1 cup tomato puree
- 1 pt. consommé or bouillon
- 4 medium potatoes, diced
- cooked noodles
- grated cheese

Dice steak. Brown in skillet in melted fat. To brown meat, set automatic top burner at 325 deg. Add pepper, salt, paprika and onion. Cook at 250 deg. until onion begins to soften. Stir in flour until mixture is smooth. Add tomato puree and consommé. Cover. Simmer at 210 deg. for 45 minutes or until meat is half done, stirring occasionally. Add potatoes; cover. Cook at 210 deg. for 35 minutes or until potatoes are tender. Serve on a hot platter with a border of noodles sprinkled with grated cheese.

The sequence of food on the table is based on common sense and convenience to the guests. Usually the order is plates, napkins, silver, salad, relishes, hot dish(es), rolls, butter, jam, and beverages. Be sure not to put the main dish(es) on the table until just before serving to insure their hot-

Hot Mocha Punch Is Kind to Scale-Watchers

Here's a great party drink, appropriate for many occasions. Served hot and foamy, Mocha Milk Punch is a delightful blend of cocoa, instant coffee and milk, delicately flavored with rum extract.

For the benefit of would-be weight-watchers, this quick and easy-to-make punch is sweetened with the calorie-free sweetener Sucaryl, rather than with sugar. Sucaryl dissolves immediately in either hot or cold beverages and gives a natural-tasting sweetness that both dieters and non-dieters will enjoy. Count just 61 calories for each delicious half-cup serving.

MOCHA MILK PUNCH (Low-Calorie)

- 6 tablespoons cocoa
- 3 tablespoons instant cof-

- fee
- 2 tablespoons Sucaryl solution
- 2 quarts skim milk
- 2 teaspoon rum extract
- 1/4 cup nonfat dry milk
- 1/4 cup ice water
- Combine cocoa, coffee and Sucaryl in a large saucepan or kettle. Slowly stir in milk. Heat over medium heat, stirring constantly. When hot, remove from heat and add rum extract. Mix dry milk and ice water in bowl; beat until stiff peaks form. Add to mocha mixture, beating with rotary beater until foamy. Serve hot. Sprinkle with nutmeg, if desired.

Makes 16 1/2 servings. Each serving contains 61 calories; 5 grams protein; 15 grams fat; 8.5 grams carbohydrate. If made with sugar, each serving would contain 110 calories.

COOK OF THE WEEK

SOUR CREAM COFFEE CAKE

- 1 cup butter
- 1 1/4 cups sugar
- 2 beaten eggs
- 1 cup commercial sour cream
- 1 tsp. vanilla
- 2 cups sifted flour
- 1 tsp. baking powder
- 1/2 tsp. soda
- 1/2 cup currants
- 1/2 cup raisins
- 1/2 cup nut meats

ness. Card tables may be set up and places set for each person. Each setting includes the silver, napkin, glass or coffee cup and plate. This is a convenient plan because it eliminates the bother of carrying so many things around the table.

Table decorations will depend on the serving table and most likely you won't have too much room to spare—a long and narrow centerpiece is therefore in order. Be original in your table decorations! Perhaps you could use a chiffon cake for the centerpiece and fill the center with flowers. When dessert is served, place a flower on each plate—this adds a different touch and saves space too.

Most of all, plan carefully. Do as much beforehand as possible so that you too can enjoy the party.

Beat together until well-mixed. Add raisins, currants, and nut meats. Put half the mixture in a buttered tube pan and sprinkle half the topping mixture over the dough. Put remaining dough over this and sprinkle rest of topping. Bake for one hour at 350 deg.

TOPPING

- cup powdered sugar
- 1 tsp cinnamon
- 1/2 cup shredded coconut
- Cool cake 15 to 20 minutes before cutting.