

FOOD & FAMILY

COOK OF THE WEEK

CRAB LENTE WOLLANESIA

2 cups crab, shrimp or lobster
 1/2 cup mayonnaise
 8 slices white bread
 1 onion finely chopped
 1 green pepper finely chopped
 1 cup celery finely chopped
 3 cups milk
 4 eggs (slightly beaten)
 1 can mushroom soup
 grated cheddar cheese
 paprika

Preferable to use lightly buttered 2 1/2 qt. baking dish. Trim crusts and dice bread. Put half of it into baking dish. Mix crab (alternate or mixture), mayonnaise, onion, green pepper and celery and spread over diced bread. Place the rest of the bread on top of this mixture in baking dish. Mix eggs and milk together and pour all put 1/2 cup over mixture. Place in

refrigerator.

Combine the half cup of milk and egg mixture with mushroom soup and place in refrigerator.

One hour and 15 minutes before serving—

Bake in 325 degree oven for 15 minutes. Remove from oven and spoon soup mixture over the top. Bake for 1 hour longer at 325 degrees also. Toward end of baking time top with cheddar cheese and paprika, using enough cheese to cover most of favorite serving container and paprika to add flavor and color.

This recipe serves 8 for a luncheon and have served 1 1/2 recipe (1 pound fresh crab is perfect proportion) for dinner party of 12 and is a great favorite with the men also. It is an easy recipe for the hostess as it may be prepared early in the morning and forgotten until 1 hr. and 15 minutes before serving time.



WINNING COOK is Mrs. Edward Brandt of 5317 Jacquet St., Torrance, whose recipe for Crab Wollanesia is a Lenten favorite with her family. For submitting the winning entry in the current Cook of the Week contest, Mrs. Brandt receives \$5. Entries should be addressed to Food Editor, The Press, 3238 W. Sepulveda Blvd., Torrance. —PRESS photo

School Menus Told for Week

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

There will be no school lunch served the remainder of this week due to Easter vacation. Lunches to be served next week are as follows:

MONDAY

Hamburger on a bun, but-

tered spinach, relish sticks, sliced peaches, gingersnap and milk.

TUESDAY

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

WEDNESDAY

Pizza with beef and cheese, buttered peas, cole slaw, fresh pear, hot biscuit and milk.

QUICK PRALINE ROLLS IDEAL FOR BRUNCH

Quick and easy to prepare, praline rolls feature caramel nut flavor — ideal for early Spring patio brunch.

QUICK PRALINE ROLLS

Quick and easy, now: caramel-nut yeast rolls.

Bake at 425 degrees for 10 to 12 minutes. Makes about 16 rolls.

Soften 1 packet active dry yeast (or 1 cake compressed yeast) in 1/4 cup warm water.

Sift 2 1/4 cups sifted all-purpose flour, 2 tablespoons sugar, 2 teaspoons double-acting baking powder and 1/2 teaspoon salt into mixing bowl.

Cut in 1/3 cup butter until particles are fine.

Stir in 1/3 cup scalded milk, cooled to lukewarm, 1 unbeaten egg and softened yeast; beat well.

Toss on well-floured surface to coat with flour. Roll

out to 15x10 inches.

Cream 1/3 cup butter with 3/4 cup firmly packed brown sugar until fluffy.

Spread half of sugar mixture over dough. Sprinkle with 1/2 cup walnuts, chopped. Roll up starting with 15-inch side.

Cut into 1-inch slices, place on greased cookie sheets. Flatten; spread with remaining sugar mixture. Sprinkle with chopped walnuts. Cover with Saran Wrap.

Let rise in warm place until light, about 45 minutes.

Bake at 425 degrees for 10 to 12 minutes. Serve warm.

*Dough may be covered with Saran Wrap and stored in refrigerator several hours or overnight. Shape rolls. Let rise; bake as directed in recipe.

To freeze baked rolls, wrap in Saran Wrap, freeze.



POTATO SOUP MIX MAKES GOOD LUNCH

How often can you busy homemaker come up with a lunch time idea which appeals to the family from toddlers to teens? Canned dry soup mixes can be your springboard to many enchanting ideas for these most important meals at midday.

Canned potato dry soup mix, for example, with all its light and delicate airs, can turn into a tummy-tickling Penny Frank Potato Soup which will delight the small fry . . . and those upper graders won't find it "kid stuff" either.

Add some thinly sliced frankfurters, green beans (for a delightful touch of color as well as being good for you), and cheese. Better make enough for seconds if there are more than two hungry offspring about. One little can makes 3 to 4 servings, but this soup will bring forth calls of "more!"

Exer-popular peanut but-

ter sandwiches, made extra good with honey, and bowls of raspberry applesauce with happy marshmallow faces complete the meal . . . with milk, of course.

PENNY FRANK POTATO SOUP

3 frankfurters thinly sliced
 2 Tbsp. shortening
 1 can (2 3/8 ounces) potato dry soup mix
 2 cups cold water
 1 cup milk
 1/2 cup cooked cut green beans
 1/3 cup shredded sharp cheddar cheese
 1/2 tsp. prepared mustard

In saucepan, brown frankfurters in shortening, pour off excess drippings. Remove from heat. Stir in soup mix; gradually blend in water. Bring to boil, stirring. Partially cover; simmer 10 minutes, stirring now and then. Add remaining ingredients; heat until cheeses melts. Makes 3 to 4 servings.

Sour Cream Is Used to Flavor Baked Swordfish

SEA FOOD IS DEFINITELY NOT FOR THE BIRDS

. . . it's for all those people who want flavor mixed with large quantities of nutrition and small quantities of calories. There are sea foods which can be prepared in a matter of minutes, and there are others on which culinary artists can spend as much time as their hearts desire. There are those which are served "solo," and others which can be made into an entire meal, needing no side dishes.

RECIPE OF THE WEEK: SWORDFISH BAKE

1 lb. pkg. frozen swordfish fillets, thawed.
 2 Tbsp. salad oil

3 peeled medium tomatoes, sliced thin
 1 cup sour cream
 1/4 cup minced onions
 1 cup cooked green beans
 1 tsp. dry mustard
 1 Tbsp. lemon juice
 1/4 tsp. salt
 1/8 tsp. pepper
 Paprika

Sprinkle fish with salt and pepper to taste. Saute in skillet, adding onion and continuing to saute until onion is golden. Arrange fillets in 10x6x2 baking dish. Top with tomato slices, sprinkle with the salt and combine sour cream with next four ingredients. Pour over tomato slices, sprinkle with paprika. Bake in a moderate oven (350 degrees) for 15 to 20 minutes.

Mother-to-Be Classes Start Thursday

Maternity classes for mothers-to-be will start Thursday, April 11, at the Torrance Health Center, 2300 W. Carson St., Torrance.

Classes begin at 1 p.m. According to Miss Roberta Ellis, public health nurse-instructor, hygiene of pregnancy, labor and delivery, child care, formula preparation and layettes will be some of the subjects discuss-

ed at the prenatal class. The film "Normal Birth," will be shown during the session.

The prenatal classes are an educational service of the Los Angeles County Health Department for the patients of private physicians. In no way do they take the place of early and adequate maternity care. For further information, call FA 8-3310.

Gourmet Fish Dishes Tempt Lenten Palate

By MONTE J. CURRY

If your imagination is dragging by this time of the lenten season, and you just can't think of an appetizing meal to serve tonight—lady, you haven't really taken a good look at the wealth of recipes developed over the years all over the world, for placing on kings' banquet tables down to family-room oars of working mothers with no maids at their beck and call!

While many sea food dishes take hours to prepare, there are many more which can be sparkled up with a bit of wine, or sauted mushrooms, or marinated the night before — and can be offered as true "pieces de resistance" to your family or guests.

The following recipes will make things easy for you.

SWEET-AND-SOUR FISH STICKS

1 package frozen fish sticks
 Separate frozen fish sticks on an ungreased cookie

sheet. Bake at 425 deg. for 15 to 20 minutes. While sticks are baking, prepare the following sauce:

2 tablespoons chopped onion
 2 eablespoons salad oil
 2 tablespoons vinegar
 2 tablespoons brown sugar
 1/2 cup catsup
 2 tablespoons lemon juice
 1/2 teaspoon salt
 1/4 teaspoon pepper

Brown onion lightly in oil. Add remaining ingredients. Simmer 10 minutes. Spoon over hot, golden-brown fish sticks before serving.

SHRIMP AU VIN

2 pounds frozen shrimp, thawed
 3 tablespoons butter or margarine

1 clove garlic, minced fine
 3 tablespoons white wine
 Salt and pepper to taste
 Melt butter or margarine, then add garlic and wine. Place shrimp on large broiling pan. Pour sauce over them. Season with salt and pepper. Place in preheated

broiler 3 inches from heat. Broil 5 minutes. (Serves 4 to 5).

PERCH CASSEOLE

2 1-pound pkgs. frozen perch (or other fillet).

TOPPING

1/4 cup fine dry bread crumbs
 2 tablespoon melted butter or margarine

STUFFING

1/2 cup fine dry bread crumbs
 1 tbs. grated Parmesan cheese
 Dash of garlic salt
 1 tablespoon capers
 1 tsp. finely chopped parsley

2 tbs. butter or margarine
 Drain fillets well on paper towels. Combine stuffing ingredients. Arrange half the fillets on a lightly greased cookie sheet or in shallow baking dish. Top with the stuffing. Arrange remaining fillets over the stuffing. Combine the topping ingredients and sprinkle evenly over the fish. Bake in moderate oven (375 deg.) 35 to 40 minutes. (Serves 6 to 8)

QUICK FISH DISHES PLEASE PALATE

By BEA WEBB

Southern Calif. Gas Co. Home Economist

QUICK WAYS WITH FISH

Is short preparation time a necessity for meals in your home? If so, you've probably already discovered how well fish fits into your plans—if not, we suggest that you try a taste tempting, easily prepared entree soon, using one of the varieties of fish always at your grocer's.

Because fish is a tender food it may be broiled, pan fried, or oven fried. All of them are easy and short time cooking methods.

Here are a few ideas and recipes for quick ways with fish. Perhaps you'll want to try them during Lent and add them to your recipe file for future use, too.

BROILED FISH FILLETS

When broiling fish, it makes for easier clean-up task if each piece of fish is placed in its own "box" of aluminum foil. This should be done only when fish or liver is broiled; generally meat has fat in it which must be allowed to drain into the drip pan as the meat cooks. Brush both sides of the fish with melted butter or margarine and place on a cold broiler grid or in the

foil "boxes" (made by turning up the foil to make a 1/2" edge to shape a box). The pan should be placed with the surface of the fish 2 or 3 inches away from the flame. When broiling fish, the broiler compartment should be preheated for about 5 minutes. Broil until the surface of the fish is lightly browned, brushing it with melted butter several times during broiling to better brown it.

It is not necessary to turn the fish. Small pieces cook through by the time they are browned on top. If the fish is thick, reduce the flame or place the broiler pan lower in the compartment and allow longer broiling time. Total broiling time should be about 10 minutes for 1/2" fillets and 20 minutes for thick fish steaks.

OVEN FRIED FISH

Oven frying fish is very easy and there is practically no fish odor while it is cooking.

Dip fish fillets in seasoned undiluted milk, then roll in finely crushed cornflakes. Place on a well oiled baking sheet. Sprinkle the top lightly with melted butter. Bake in 500 degree oven for about 15 minutes, depending on thickness of fish.

BAKED TUNA PUFF

1 can (7 oz. tuna)
 1 can cream of mushroom soup
 2 Tbsp. chopped green pepper or pimento
 1/2 cup half and half or milk
 4 eggs, separated
 salt and pepper
 1/8 tsp. soda
 Combine tuna, soup, green pepper or pimento and milk



MAIN DISH SALAD FEATURES WALNUTS

There's real flavor elegance in Walnut Salad. Athena, a new recipe from our kitchen. It's perfect for entertaining whenever you want a different, tasty meatless main dish salad, and is ideal for family menus, too. Serve it very cold and crisp. You'll like the crunchy walnuts combined with prawns or shrimp, interesting spices and tangy lemon herb dressing. Serve Walnut Salad Athena with a soup beginner course, hot muffins and jam, and fruit pie for dessert.

WALNUT SALAD ATHENA

2 Tbsp. butter
 1/2 tsp. dried rosemary, finely crumbled
 1 cup walnuts, large pieces or halves
 Lemon Herb Dressing
 2 cups cooked, cleaned prawns, or large shrimp (fresh, frozen or canned)
 1 Tbsp. finely chopped parsley
 2 Tbsp. finely chopped chives or green onion
 Crisp salad greens
 6 radishes, whole or sliced
 6 pitted ripe olives, whole or sliced
 1/3 cup small pickled onions

In 1 1/2 qt. shallow baking dish. Heat this at 375 degree oven while puffy topping is being mixed. Add a dash of salt to egg whites and beat stiff. Using the same beater, beat yolks light. Stir in pepper and soda, then fold yolks into the beaten whites. Pour over the hot tuna and bake at 375 degrees for 20 to 25 minutes. Serve at once in its baking dish. Serves 4.

3 medium firm ripe tomatoes, cut in wedges
 3/4 cup crumbled Feta or cubed Jack cheese

Melt butter with rosemary in heavy skillet; add walnuts. Heat, stirring now and then, over low heat until walnuts are lightly toasted, about 10 minutes. Remove and cool. Pour herb dressing over prawns or shrimp, add parsley and chives or green onion; mix gently, cover and marinate in refrigerator an hour or longer. When ready to assemble salad, line chilled serving dish with crisp salad greens. Toss all remaining ingredients together with prawns and marinate until well mixed. Arrange on greens. Makes six servings.

Lemon Herb Dressing

Measure into a jar 1/2 cup olive oil, 1/2 cup lemon juice, 1 tablespoon granulated sugar, 1 teaspoon seasoned salt, 1/4 teaspoon seasoned pepper, 1/8 teaspoon garlic powder, 1/2 teaspoon dried oregano, 1/2 teaspoon dried marjoram. Cover and shake until well blended.

Win Gold Awards

Two South High School students received gold awards at the 17th annual regional Scholastic Art Contest sponsored by Bullocks Department Store. The artists are Robert Randle, senior, and Earl Conners, junior. They competed with 9,000 entrants.

SECURITY

The trouble with worry—"security" in the future is that you feel so insecure in the present.

—Harlan Miller



BEA WEBB