

Food File Favorites

By **RONNIE SAUNDERS**
Women's Editor

Tucked away in a white enamel file box next to the cook-book collection on a catch-all shelf in your editor's kitchen closet are favorite recipes gleaned during a 16-year stint at the kitchen stove.

Ranging from budget-stretchers of bridal days to barbecue bait for patio palates, the recipes represent mealtime memories of a married life. Coupled with ingredients for cooking, memory recalls ingredients of friendship and fun mingled with memories of food.

The purpose of this column will be to share with readers of THE PRESS favorite recipes gathered by this writer from friends and acquaintances from Nova Scotia to San Diego.

Traditionally, recipes handed down through the generations have warranted their being preserved for posterity. The recipe your editor recalls savoring at the table of her own great-grandmother, grandmother and mother in turn, is no exception. Earliest kitchen memories date back to girlhood days and helping mother bake buttercake.

Of Dutch origin, buttercake is a rich cookie bar boasting a minimum of in-

gredients and preparation time. Recipe follows:
DUTCH BUTTERCAKE
1 cup sugar
1 egg
1/2 lb. butter
2 cups flour
walnut halves
Cream butter and sugar. Separate egg and mix yolk in butter-sugar mixture. (Save the white). Knead the flour with well-floured knuckles. Press by hand into one oblong or two square pans until the dough reaches all the edges. Place walnut halves every two inches. Coat with egg white. Bake at 350 deg. for 20 to 25 minutes. When cool cut into squares or bars.

Ramekins Feature Egg, Sardine Duo

Whether it's breakfast, luncheon or dinner, individual shirred eggs served with tangy and plump Norway sardines will bask in the menu spotlight and draw encores from the family.

INGREDIENTS (1 serving)

1/2 oz. Butter
bread crumbs
2 eggs

6 whole Norway sardines salt, pepper, to taste

METHOD

Butter ramekin lightly and sprinkle with bread crumbs. Break eggs in ramekin and add whole Norway sardines. Bake in 350-degree F. oven for 30 minutes, or cook on top of stove over low flame. Garnish with fresh parsley, and serve in ramekin. Yield: 1 serving.

Ripe Olives Glamorize Sauce

Versatile is the word for "Zippy Olive Sauce."

This heated - in - moments mixture of sour cream, handsome ripe olive wedges and lively seasonings may be served over green vegetables, or you may wish to spoon it over meat croquettes or poached or boiled fish. However you enjoy it, it's a sauce to enhance a favorite dish.

Hearty ripe olives give unique nut-like flavor and a glamorous look to many sauces, soups, vegetables, salads and sandwich fillings.

And they are a "must," of course, on relish trays.

ZIPPY OLIVE SAUCE

2/3 cup ripe olives
1 cup dairy sour cream
1 tablespoon lemon juice
teaspoon dry mustard
2 teaspoons instant minced onion
1/8 teaspoon salt
Dash pepper

Cut olives into wedges. Blend remaining ingredients in saucepan; add olives. Heat through. Serve over steamed fresh asparagus, broccoli or green beans or over ham or chicken croquettes or poached or boiled fish. Makes about 1 1/2 cups sauce.

DISCONTENT

Contentment is a warm sty for eaters and sleepers. —Eugene O'Neill

NO TIME TO HATE

I haven't time to hate anybody. —Sam Rayburn

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SHIRRED EGGS STAVANGER feature Norwegian style eggs baked with tangy plum sardines in individual ramekins. Quick and easy to prepare, the Scandinavian dish can be the piece de resistance at breakfast, lunch or dinner.

Ideal as a main course for the gal who lives alone or bride who is cooking for two, the ramekin dish is equally popular with the housewife who is feeding a family or entertaining friends.

Tato Flake Cheese Buns Feature Caraway Topping

Instant potato flakes mixed with cheese to create newest in yeast breads, "Tato Flake Cheese Buns."

TATO FLAKE CHEESE BUNS

New rolls, made with instant potato flakes and cheese.

Bake at 375 degrees for 20 to 25 minutes. Makes 2 dozen.

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

Combine in large mixing bowl, 1/2 cup mashed potato flakes, 1/4 cup butter, 1 tablespoon sugar, 2 teaspoons salt, 1/8 teaspoon cayenne pepper and 3/4 cup boiling water. Cool to luke-warm by adding 3/4 cup evaporated milk or half and half cream.

Blend in 1 cup shredded cheddar cheese, 1 unbleached egg and softened yeast.

Gradually add 3 to 3 1/4 cups all purpose flour to form soft dough; beating well. Cover with Saran Wrap.

Let rise in warm place until light, 1 to 1 1/2 hours.

Beat down dough. Fill 24 greased muffin cups half full.

Let rise in warm place until light, 45 to 60 minutes. Combine 1/4 cup melted

butter and 1/2 cup shredded caraway cheese. Spoon over rolls.

Bake at 375 degrees for 20 to 25 minutes. Serve warm.

Or bake in two 9-inch pans 25 to 30 minutes. Cut in squares.

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