

# FOOD & FAMILY

## 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. Menus to be served during the week which begins tomorrow are:

### THURSDAY

Barbecued wieners, baked beans, tomato wedges on lettuce, fresh apple sections, chocolate pudding with topping, bread and butter, and

milk.

### FRIDAY

Oven grilled fish, golden tater tots, buttered parsley, carrots, citrus fruit cup, bread and butter, and milk.

### MONDAY

Toastie hot dogs, buttered corn, cabbage and pepper salad, apple crisp, and milk.

### TUESDAY

Salisbury steak in gravy, whipped potatoes, tossed green salad, citrus fruit cup, bread and butter, and milk.

## Topsy-Turvy Buns Boast Delicious Sticky Topping

Of all homemade yeast breads, perhaps the recipe attempted with most misgivings by young cooks is the one for Philadelphia Sticky Buns. There's no need for hesitation, however, in trying these famous rolls, for they're prepared in basically the same way as a simpler dough.

There's more fun than fuss in dressing them up in their traditional brown sugar-pecan topping — which becomes a topping only after the rolls are taken from the oven and turned upside down.

If you'd like to prepare and freeze them beforehand for a special-occasion breakfast or brunch, return the rolls to the pans after they are cold, freezer-wrap and freeze. To reheat them, cover the tops of rolls in pans with foil and heat in a 375 degree oven for about 15 minutes.

### PHILADELPHIA STICKY BUNS

3/4 cup milk  
1/2 cup sugar  
1 1/4 tsp. salt  
1/2 cup (1 stick) margarine  
1/2 cup warm water (105°) 1-5°F.)  
2 packages of cakes yeast, active dry or compressed  
3 eggs, beaten  
5 cups unsifted flour (about)  
3/4 cup margarine, softened  
2 cups dark brown sugar  
1 cup coarsely chopped pecans  
3/4 cup light corn syrup  
6 tablespoons margarine  
Scald milk; stir in sugar, salt and margarine; cool to lukewarm. Measure warm

water into large warm bowl; sprinkle or crumble in yeast; stir until dissolved.

Add lukewarm milk mixture, eggs and half of the flour; beat 2 minutes at medium speed with electric mixer, or 300 vigorous strokes with spoon.

Stir in enough additional flour with a spoon to make a soft dough. Turn out onto lightly-floured board. Knead until smooth and elastic, about 8 minutes.

Place in greased bowl, turning once to grease top. Cover; let rise in warm place free from draft, until doubled in bulk, about 3/4 hour.

While dough is rising, prepare pans. Spread 4 tablespoons of soft margarine in each of 3 8-inch round pans; sprinkle 1/2 cup brown sugar and 1/3 cup pecans in each pan. Pour 1/4 cup syrup into each pan.

Punch dough down and turn out onto lightly floured board. Divide into 3 parts. Roll each part into 9x5-inch rectangle and spread each with remaining 2 tablespoons softened margarine; sprinkle with remaining brown sugar. Roll each up from long side and cut into 9 slices. Arrange 9 rolls in each pan, cut sides up. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1/2 hour. Bake in a hot oven (400° F.) about 25 minutes, or until done. Cool in pans 10 minutes; invert onto plates to finish cooling. To freeze, return to pans when cold, freezer-wrap and freeze. To reheat, cover tops of rolls in pans with foil and heat in 375° oven about 15 minutes. Makes 27 rolls.



TOPSY-TURVY BUNS from Philadelphia are baked with brown sugar-pecan topping in bottom of pans. Buns are inverted while cooling.

## COOK OF THE WEEK

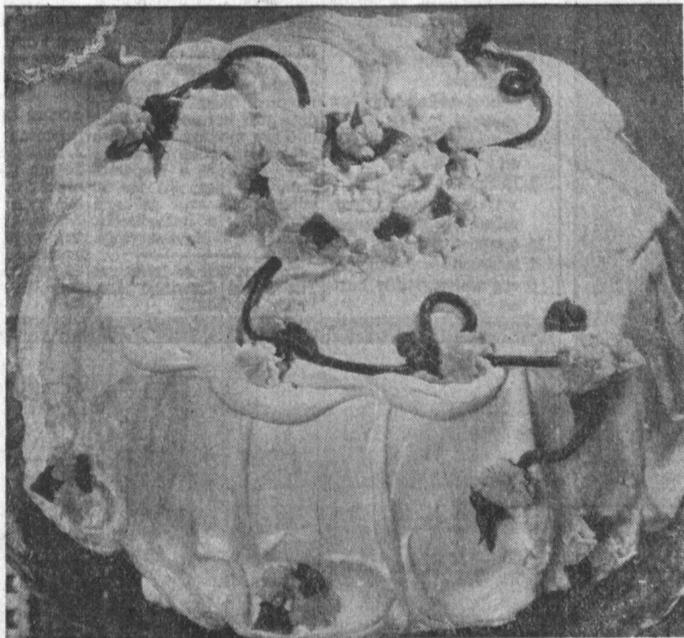
Chocolate fudge pie, winning entry in this week's COOK OF THE WEEK contest, is made without a pie crust in a greased pyrex pie plate. Receiving \$5 for the recipe is Mrs. Barbara DeWitt of 5456 Via Del Valle, Torrance.

### CHOCOLATE FUDGE PIE

1 cup sugar  
1/2 cup butter, melted  
2 eggs  
2/3 cup flour, sifted

1 square bitter chocolate, melted  
1 teaspoon vanilla

Beat sugar and butter together; then add eggs. Beat until thoroughly mixed; add flour and blend well. Add chocolate and vanilla. Pour into a greased pyrex pie plate (no crust) and bake in preheated 325 deg. F. oven for 25 minutes. Serve with ice cream or plain. Serves eight.



ROSY FUTURE ANGEL CAKE forecasts a romantic future for the bride-to-be. Pretty enough to double as a centerpiece at the party table of an April shower, bridal, that is, the rose-strewn petal-pink frosting tops a light as lace angel cake mix, which daintily

tucks away a strawberry cream surprise filling. Fluffy frosting, flowers and foliage are all pre-prepared. Icing is pink lemonade fluffy frosting-mix and pink and green trimmings are canned cake decorators.

## Tasty Mexican Menu Is Cinch to Prepare

By BEA WEBB  
Southern Calif. Gas Co.  
Home Economist

Plan a menu using our gay, colorful neighboring county Mexico as an inspiration. The recipes can be very easy to prepare as well as new taste treats. So many of the Mexican foods have been prepared so often in Southern Californian homes that we think of them as our own recipes. If you have never prepared these foods in your own home, try them soon — either all on the same menu or in combination with your own favorite recipes.

### GUACAMOLE AVOCADO DIP OR SALAD

2 very ripe medium sized avocados  
2 medium sized tomatoes  
1 medium sized onion or 1 bunch green onions, chopped  
Salsa Jalapena or green peeled chiles, chopped  
Wine vinegar or lemon juice to taste  
salt to taste

Mash avocados with a fork, not too smooth, and add the other ingredients. If you can't serve it at once, cover closely with Saran wrap or foil, as it darkens when exposed to the air. Do not try to make it too far

ahead of time. Add the Salsa Palapena or chiles to taste. Add salt. Makes three cups spread or 4 to 6 salad servings.

Did you know that in the low temperature oven on a modern gas range food can be kept warm for up to four hours. This is possible at the low temperatures of 140 deg. to 170 deg., which are indicated on the oven control. This is a new control which has only been on ranges for the past three years. If you have one of these controls on your modern gas range, the following recipe can be made ahead of time and kept warm, ready for serving, for several hours. With this feature the food never dries out or continues to cook; it is kept at serving temperature the entire time it is in the gas oven at this low setting.

### ENCHILADAS, DE ACAPULCO (Enchiladas, Acapulco style)

12 tortillas  
3 cup cubed, cooked chicken, turkey or veal  
1 cup chopped ripe olives  
1/2 cup blanched and chopped almonds  
1/2 cup minced green onions  
salt  
1 qt. enchilada sauce or

canned sauce  
1 cup grated Parmesan or American cheese  
Sour cream

Mix meat with olives, almonds, onions and salt. Set aside. Heat sauce and drop tortillas into it, one at a time, allowing them to stand until soaked and heated. Remove from sauce. Place a generous amount of the filling on each tortilla and roll. Arrange on a large platter, folded side down, pour sauce over them and sprinkle with half of the cheese. Serve at once or keep warm for several hours in a modern gas oven, using the low temperature setting of 170 deg. The remaining cheese, additional chopped green onions and sour cream will provide garnishes that each person can add when the enchiladas are ready to serve. Serves six to 12.

### ENCHILADA SAUCE

1 Tbsp. oil  
1 medium sized onion, chopped  
1/4 cup chopped green pepper  
3 cups tomato sauce or puree  
2 tsp. chile powder  
salt  
Wilt onion and green pepper in oil. Add tomato sauce or puree, chile powder and

## WHAT'S NEW?

By BOB MANN

What often seems like new products on the grocer's shelves many times turns out to be old friends in new wrappings. New packaging may be undertaken to improve freshness, convenience, or merely to attract.

Some old friends you will notice soon in glamorized containers are Folger's Instant Coffee; Endust, the product in the pressurized can which enables you to pick up dust instead of scattering it around; well-known Windex; Nestle Ever-Ready Cocoa; the entire line of Menen toiletries; Saff-O-Life saffloweroil; a taller, slimmer jar for Ovaltine; and Sunsweet-dried fruits.

The new Sunsweet package is designed so that the

fruit is placed in a cellophane bag inside the foil-wrapped carton. The package, which is being well received by housewives, is called "Super-Tenderized."

### NEW PRODUCTS

Sara Lee, maker of the frozen cakes and coffee cakes, is introducing a new chocolate - swirl cake. Like the other products, it only needs de-frosting to eat and enjoy.

Stokely-Van Camp is adding the following products to their 1963 line of frozen foods: sauced 'n seasoned vegetables, tem-taters, and beans 'n wieners dinner.

Frozen Bagels — Yep, if there's anything harder than a bagel, it's a frozen one. You may soon buy four varieties packaged six rolls to a poly bag—water bagels, onion-rye bagels, pumpernickel bagels, and onion-crust bialys. These are put out by Teddy's Quick Frozen Specialty Rolls, New York.

Dri-Soft Fabric Softener—From Faultless Starch comes a new fabric softener in powder form which can be added to your wash right along with the detergent.

Bernstein's Real Italian Dressing — In time for summer salads is this blend which contains no less than 22 ingredients including malted and fruit vinegars, lemon juice, tellychery pepper, garlic, and other tangy spices and seasonings.

Bounty Chile Con Carne—From the famous Campbell kitchens.

Four convenience dinners are being introduced by the Golden Grain Macaroni Co. — Noodle Roni, an egg noodle, parmesan and romano cheese combination which can be prepared in five minutes; Twist - a - Roni and Chicken; Scallop-a-Roni, a casserole substitute for potatoes; and Spaghetti dinner complete with sauce, cheese, and herbs.

### READING THE TEA LEAVES

A recent development in food processing may soon make a real difference in your buying and storing habits. This method, called freeze-drying, is actually a new way to dehydrate foods. It retains the nutritive value and flavor of the original food, but reduces its weight from 70 to 90 per cent. Properly packaged, this food can remain at room temperature in any climate for as long as two years!

A variety of foods have been freeze-dried successfully, such as ham, pork chops, shrimp, mushrooms, asparagus, green peas, and chicken cubes, but are not yet available in retail stores. So far, only food processors, institutions, specialty food manufacturers, and the armed forces regularly use this modern, space-age food.



BEA WEBB

## Contest Recipes Sought

Do you have a favorite recipe that your family considers your specialty? It may be something you originated or it may be something that was passed on to you.

The PRESS is seeking favorite recipes of Torrance families to feature on the FOOD AND FAMILY page.

Each week our food editor selects a COOK OF THE WEEK. The winning recipe is printed in our columns and the winning cook receives \$5 for her entry.

If you would like to share your family's favorite recipe with our readers and be considered for the prize money, send your entry to:

FOOD EDITOR  
THE PRESS  
3238 W. Sepulveda Blvd.  
Torrance, Calif.



FOR BRUNCH—TEA AND TOASTED CHEESE SANDWICHES. On Sunday morning there's nothing nicer than a leisurely brunch-type meal. Grilled sausages, spiced peaches and French-toasted cheese sandwiches will tempt any appetite. To make sandwiches, lightly butter one side of bread slice, top with slice of Cheddar cheese and another slice of buttered bread. Dip

sandwiches into mixture of 1 cup milk, 2 well-beaten eggs and 1/4 teaspoon salt. Fry until golden brown in a small amount of fat. To make perfect tea, use one teaspoon or teabag per cup, use freshly drawn water, brought to a full-rolling boil, and brew by the clock, three to five minutes.