



WINNING COOK is Mrs. Walter J. Herbert of 22515 Gaycrest Ave. who receives \$5 for her recipe on Lattice Cake. Contributions to the weekly contest should be sent to: Food Editor,

The Press, 3238 W. Sepulveda Blvd., Torrance. Entries will be judged on basis of originality and seasonal aptness.

—PRESS photo

Frozen Foods Lend Variety to Menus

Meal planning is by no means "out"—it's definitely "in." Meals are better than ever today, enhanced by the wider variety of foods to choose from in the frozen food cabinets of supermarkets across the country.

Frozen prepared foods are probably the most exciting new development in America's eating habits since the invention of the can opener. The assortment of popular meat, poultry and seafood entrees and dinners, bakery products and desserts, soups, and prepared vegetable dishes that need only heating or brief cooking—and in some cases only defrosting—have made it possible for more families to enjoy more foods that would otherwise be too time-consuming or difficult to prepare.

Frozen prepared dishes are already cooked or combined for quick-cooking just as you would make them in your own kitchen, only in larger quantities. They are then quick-frozen to hold natural texture, flavor and aroma. When these foods are handled properly and kept at a very low temperature from frozen food packer to home freezer compartment, their fine original quality remains unchanged.

Package directions on all of the frozen prepared dishes containing meat, poultry or seafood have you heating or cooking from the frozen state (without first defrosting). However, if any of these foods should accidentally become defrosted it is not necessary to discard them if they are still cold to the touch (that is, if the package contents feel as cold as the inside of a refrigerator

or about 40 degrees F.). You have a choice of using the food or refreezing it as soon as possible without appreciable loss of quality.

The National Association of Frozen Food Packers tells us that there are some 300 frozen prepared foods on the market. With such a vast selection you can imagine the infinite number of appetizing menu combinations like these that are possible.

Sunday night supper needs something light yet satisfying. Frozen Oyster Stew served with strips of Frozen French Toast will fill the bill. Frozen Brownies may be offered for dessert or bedtime snacks.

Monday night dinner follows a hectic day. Don't let "Blue Monday" extend to mealtime, brighten the evening with this Italian-style menu: antipasto, frozen macaroni with beef, frozen French bread (brushed with garlic butter), frozen chocolate cake.

Tuesday choir-rehearsal, Boy Scouts, PTA meetings or basketball games call for a quick and easy meal with minimum clean-up afterward. Include: frozen tangerine juice, individual frozen chicken or turkey pies, frozen brussels sprouts in butter sauce, and frozen cheese cake.

Wednesday night dinner is man-made. He can't go wrong heating frozen green pea with ham soup, individual frozen meat loaf dinners and frozen biscuits. The frozen lemon cream pie dessert needs only defrosting. There are clear directions on the soup container for top-of-the-stove, heating, and package instructions for oven-heating the frozen din-

ners. Frozen biscuits need only browning and may be popped in the same oven with the dinners about 10 minutes before the end of their heating time.

Thursday night allows a relatively peaceful dinner. Ham steaks smothered with frozen mixed fruits are served with frozen candied sweet potatoes or yams, frozen green beans in mushroom sauce and frozen banana bread. Dessert is frozen eclairs. For weekend entertaining the meal pictured at the right should fill the bill. If you plan to go out, and wish to serve a hasty meal at home first, plan a quick dinner around fish sticks.

POTATO PATTIES

When cooking frozen potato patties, sprinkle each one with instant minced onion and grated cheese. Add steaks and sunny-side-up eggs for a Sunday brunch.

COOK OF THE WEEK

Pretty as a picture for patio party desserts is lattice cake, winning recipe of Mrs. W. J. Herbert of 22515 Gaycrest Ave. Kept in its pan for toting to picnics, the recipe will serve 12 to 15. Mrs. Herbert receives \$5 for being selected as **COOK OF THE WEEK**.

LATTICE CAKE

- ½ cup sugar
- 1 stick oleo
- 1 egg
- 2 cups flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder

½ cup evaporated milk

FILLING

1 or 2 cans lemon or other pie filling.
Cream butter and sugar, then mix all the other ingredients in—except filling. Use 2/3 of the batter for the bottom crust. Add enough extra flour to make a little thicker than a pizza (just stiff enough to pat in a pan). Pat in pan.

Spread filling over it. Add enough flour to remaining 1/3 batter to roll for top. Cut into strips and lay over top.

Pan size—9"x13"x1".
Bake in 375° oven—35 minutes.

Seasonal Lamb Pleases Palate

By **BEA WEBB**
Southern Calif. Gas Co.
Home Economist

Lamb, a favorite market special in the spring, is frequently seen on the tables in many homes. It is usually a very tender meat and has a wonderful flavor that is really well liked. Lamb can be served many different ways and combines well with a great variety of fruits and vegetables.

Lamb chops can be broiled simply and quickly. They're delicious when accompanied by a broiled pear filled with mint jelly. The timing for broiling lamb varies with the thickness of the meat. Allow 5 to 9 minutes for the first side and 5 to 7 minutes for the second side. The exact amount of time given will, of course, determine the degree of doneness of the meat. Remember to put the top of the meat 3 inches from the flame and to close the door when broiling in order to keep the kitchen cool and clean.

Three different larger cuts of lamb are quite suitable for open pan roasting. Included are the leg, the shoulder and the shoulder boned and rolled. The time again varies with the size of the roast, type of roast and the degree of doneness desired. Lamb is a favorite at either medium doneness or at well done.

The roasting chart is as follows:
Leg Cut — weight 6 lbs., roasting temperature 325 degrees, approximate time 3 hours, internal temperature 175 degrees (medium), 3½

hours, internal temperature 182 degrees (well done).
Weight 8 lbs., roasting temperature 325 degrees, approximate time 4 hours, internal temperature 175 degrees (medium), 4 2/3 hours, internal temperature 182 degrees (well done).

Shoulder Cut — Weight 3 lbs., roasting temperature 325 degrees, approximate time 1 3/4 hours, internal temperature 182 degrees. Weight 5 lbs., roasting temperature 325 degrees, approximate time 3 hours, internal temperature 182 degrees.

Shoulder Cut, boned and rolled—Weight 3 lbs., roasting temperature 325 degrees, approximate time 2 hours, internal temperature 182 degrees. Weight 4 lbs., roasting temperature 325 degrees, approximate time 2½ hours, internal temperature 182 degrees.

The shoulder cut is also excellent when braised or pot roasted. The timing is not quite as long as for a beef roast, because lamb is generally more tender than beef. Try this recipe the next time you purchase a shoulder of lamb.

BRAISED SHOULDER OF LAMB

- 1 lamb shoulder roast, bone in, 3 to 5 lbs.
- ¼ cup melted shortening or oil
- 1 onion, sliced
- 1 carrot, diced
- 1 clove garlic, chopped
- ½ cup chopped celery, with leaves
- ½ bay leaf
- 4 whole black peppers
- 1 tsp. salt
- 2 cups water
- flour
- 1 tsp. Worcestershire sauce
- salt and pepper

Brown roast in skillet or automatic to burner set at 350 degrees or using a medium high flame. Add onion, carrot, garlic, celery, bay leaf, peppers, 1 tsp. salt and water. Cover and bake at 325 degrees in a modern gas oven 2 hours or until fork-tender.

Remove meat to hot platter. Lift vegetables from broth and place around meat. Keep warm in your modern gas oven set at a serving temperature of 170 degrees. Thicken broth for gravy, making a paste with 1½ tsp. flour mixed with a small amount of cold water for each cup of broth.

Add worcestershire sauce and salt and pepper as needed. Simmer 5 minutes, using



BEA WEBB

temperature controlled burner set at 200 degrees. Serve with meat and vegetables. Makes 3 to 5 servings.

Small pieces of tender lamb can be used for Shish-Kabob. Lamb can be combined with various fruits or vegetables. Examples of fruits would be pears, pineapples, peaches, bananas and oranges. These should be brushed with honey or oil so that they will brown nicely. The cooking times are shorter than for the lamb; therefore the fruit should be put on separate skewers.

The cooking time for most vegetables is similar to that of lamb. Some vegetables such as potatoes or turnips should be parboiled so they will be completely cooked. Tomatoes have a very short cooking time and should be done on separate skewers. Lamb for shish kabob is best when marinated for 12 to 24 hours.

For 2 lbs. lean lamb cut into 1 inch cubes use ½ cup thyme, pinch of sage and 3 peppercorns, crushed. Two onions can also be used by grating them and squeezing the juice over the meat before adding the meat to the marinade.

After marinating overnight, thread meat and vegetables or fruit onto skewers and rotiss for 15 to 20 minutes on high flame in a smokeless gas broiler. Serve with rice pilaff.

INDIVIDUAL SALADS

Chill whole canned blue like green beans in sharp French dressing an hour or more. Arrange individual salads of marinated beans and sliced hard-cooked egg in lettuce cups. Snip bits of anchovy on each serving. Blue lake green beans grown in the Pacific Northwest especially for canning, are ideal for salads because of their extra crispness and flavor.



FREEZER FOOD FIXIN'S take to party preparation when the wise hostess plans a buffet menu geared towards advance planning. Pictured is a company buffet starring frozen chicken a la king, spooned over flaky patty shells, frozen corn in butter sauce, and a

salad of marinated frozen artichoke heads on shredded lettuce. Nicest thing about this menu is that patty shells and salad can be fixed in the morning. To complete the meal, a platter of frozen cakes cut and arranged on dessert platter can be served with coffee.

I'M NEW HERE

Steven Allen, son of Mr. and Mrs. Charles H. Chenze of 15914 Orchard Ave., Gardena, born May 9.

William David, son of Mr. and Mrs. Robert S. Pickett, 507 Ave. "G," Apt. A, Redondo Beach, born May 9.

Joseph Al, son of Mr. and Mrs. Robert Broadhead of 2311 Loftyview Dr., born May 10.

Douglas Turner, son of Mr. and Mrs. Douglas H. Sutphen of 5215 Lillian St., born May 13.