

FOOD & FAMILY

Homemade Candy Is All-time Favorite

With the hustle of the holidays well in the past and wintry days keeping Torrance housewives indoors, time and circumstance make late January a good time to find those extra hours needed for the pleasurable chore of making homemade candy.

Homemade candy has a special place in every home. Pride of the amateur candy maker is still hand-dipped chocolates. These usually start with a fondant center in which individual touches such as nuts, drained fruit or crushed peppermint have been added. All flavors and colorings should be added with extreme care and kneaded into a small amount of the fondant.

Opposed to other candies commonly made at home, fondant is usually better if it is allowed a ripening period of 12 to 24 hours before being made into chocolates or mint patties. To age fondant, simply wrap tightly and store in your gas refrigerator.

Fondant may also be used to stuff holiday fruits, such as dates or figs. To make cherry centered chocolates work a small amount of fondant around well drained cherries. Dip in chocolate and cool before serving.

Today fondant is easier to make than ever before because no cooking is necessary—no worries about overcooking or formation of sugar crystals. It's always smooth and easy to work—why not try making candies before the holiday rush! They stay lip-smakin' good in your gas refrigerator or even in the freezer. If you freeze some candies take them out into the room about one-half hour before serving, and if the chocolate covering has turned white from the cold, rub a drop

of warm water on the top of each piece to revive the chocolate.

When making chocolate-coated fondant, melt semi-sweet chocolate directly on the temperature controlled automatic top burner of your modern gas range set at 150 degrees, until partly melted. Stir rapidly until entirely melted, then add the prepared fondant centers. Remove from chocolate with two forks or tongs. Placed on waxed paper to cool. Chill until serving.

NO-COOK FONDANT
3 tablespoons Butter or margarine
1/4 cup evaporated milk
1 teaspoon vanilla
1/4 teaspoon salt
4 1/4 cups sifted powdered sugar (1 pound)

Melt butter or margarine in saucepan over low heat, or set automatic top burner at 150 degrees. Stir in evaporated milk, vanilla, and salt. Remove from heat and gradually work in sifted powdered sugar. Turn fondant out onto a board, lightly sprinkled with powdered sugar. Work candy with hands until smooth. Makes about two cups fondant to use in making the following candies or others of your own choice.

Nut Patties Shape some fondant into oblong patties about 1 inch long. Flatten by pressing a nut half on top of each patty. Chill.

Cher-Nut Patties: Work together 1/2 cup fondant, 1 tablespoon finely cut candied cherries and two tablespoons finely chopped walnuts. Shape into a roll one inch in diameter and wrap in waxed paper. Chill. Cut off slices as patties are needed.

Peanut Butter Drops: Blend 1/2 cup fondant with 1/4 cup peanut butter and 2

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Fresh Lemons Add Zip To Meringue Pie

Sensational to look at and marvelous to taste are what California citrus flavored foods must be. Refreshing healthful and best of all, so available, citrus fruits will help in plannin appetite-whetting and nutritious meals.

One of the most popular uses for fresh lemons here in California is for lemon meringue or cream pie. You may have wondered why these pies need so much more starch than other cream pies. The fresh tart flavor of lemon pie is due largely to the presence of citric acid. Citric acid breaks down the thickening agent and therefore more starch is needed for the desired consistency. To save the fresh flavor and nutritive value of the lemon juice, add it to the cooked mixture at the very last, stir in without further cooking.

Meringue pies are easily made if a few simple rules are followed. In order to keep the meringue from falling—be sure to bake at the correct temperature and let it cool slowly after baking—not in a draft. A little Cream of Tartar or lemon juice added to the unbeaten egg white will add stability to it. About two tablespoons of sugar per egg white should be used; in order to prevent "weeping" or "watering" be sure not to underbeat the egg whites after the sugar is added. To prevent a soggy crust with filling to the baked and cooled crust.

Why not try your hand at this easy, fail-proof lemon pie tested at the Sunkist kitchens? Make a couple—they won't last long—we'll bet on that!

SUREFIRE LEMON MERINGUE PIE
9 inch pie shell, baked
7 Tablespoons Cornstarch
1 1/2 cups suar

1/4 teaspoon salt
1 1/2 cups hot water
3 egg yolks (use white for meringue)
1/2 cup fresh lemon juice



BEA WEBB

1 teaspoon grated lemon peel
2 tablespoons butter or margarine

Mix cornstarch, sugar and salt in saucepan. Stir in hot water gradually and bring to boil over direct heat; then cook for 8 to 10 minutes over medium heat, stirring constantly until thick and clear. Remove from heat. Stir several spoonfuls of this hot mixture into beaten egg yolks, mix well. Pour egg yolks back into saucepan.

Bring to boil, then cook over low heat for 4 to 5 minutes, stirring constantly. Remove from heat; gradually add lemon juice, lemon peel, and butter. Cool filling; pour into cooled baked pie shell.

Top with meringue being certain to spread on the filling starting at the edges, spreading toward the center of the pie in order to prevent meringue shrinkage. Bake at 350 degrees for 15 to 20 minutes, or until golden brown. Cool.



WINNING COOK is Mrs. Lewis Cordle of 242 W. Pacific Coast Hwy., Lomita, whose recipe for Cherry Sauce with Dumplings wins her \$5 in the

Cook of the Week contest. Mrs. Cordle cooks her top-of-stove desert in her trailer home.

Diet Need Not Put Halt to Social Life

There is no need to bypass the pleasure of an active social life even if you are on a diet. A thoughtful combination of meats, desserts, and juggling your favorite recipes can cut down considerably on your caloric intake.

"There are many simple hints a householder can use to guard the good heart health of her family during busy late - winter days," states Jessie Obert, Ph.D., nutritionist and member of the Los Angeles County Heart Association Professional Education committee.

Look for the lean cuts of meats, such as round, rump and tenderloin. Trim away all visible fat. Veal and leg of lamb are good choices too. Using vegetable oils in cookings and baking will cut down on saturated fats, which tend to increase blood cholesterol, held responsible for producing the blood vessel disorder known as atherosclerosis.

It's not only what you eat, but how much you eat, that reflects on your health. Holiday over-eating should be avoided as it tends to place an added burden on the heart.

Copies of a controlled fat menu may be obtained by calling the Los Angeles County Heart Association, 2405 W. Eighth St., Los Angeles 57, DU 5-4231.

A sample of the wonderful possibilities in tasty recipes that has a low amount of fat

is the following 'Yellow Chiffon Cake.'

YELLOW CHIFFON CAKE

2 eggs, separated
1 1/2 cups sugar
3 tsp. baking powder
1 tsp. salt
1/3 cup vegetable oil
1 cup skim milk
1 1/2 teaspoons vanilla

Preheat oven to 350 deg. moderate. Prepare cake panse (either two round pans, 8 to 9 inches across by 1 1/2 inches deep, or one oblong pan, 13x9 1/2x2 inches) by greasing lightly with oil or special margarine and dusting with flour. Beat egg

whites until frothy. Gradually beat in 1/2 cup of the sugar and continue beating until very stiff and glossy. In another bowl sift together remaining sugar, flour, baking powder, and salt. Add oil, half the milk, and vanilla. Beat 1 minute (medium speed on mixer or 150 vigorous strokes by hand). Scrape sides and bottom of bowl constantly. Add remaining milk and the egg yolks. Beat 1 more minute, scraping bowl as before. Fold in egg white mixture. Bake 30 to 35 minutes for layers, 40 to 45 minutes for oblong.

Honey Sweetens Flavor Of Best-of-Show Bread

What happens when a woman wins a prize for her bread baking? Other women admire her skill and want to try her recipe in their own kitchens. Mrs. Lois S. Fife, Sacramento, California, who won the top yeast baking award at the California State Fair—the Fleischmann's Yeast Best-of-Show Award—shares her recipe here with homemakers who enjoy the traditional art of yeast bread baking.

BEST-OF-SHOW WHOLEWHEAT BREAD

2 packages or cakes Fleischmann's Yeast, active dry or compressed
1/4 cup warm water

3/4 cup canned evaporated milk
2 cups warm water
2/3 cup oney
1/2 tablespoons salt
8 cups (about) whole wheat flour

Dissolve the yeast in 1/4 cup warm water. Combine the milk and 2 cups warm water. To this add the honey, oil and salt. In a large bowl put about six cups of the flour, then add the yeast mixture and the milk mixture. Beat thoroughly with a mixer, if possible.

Use a big spoon to mix in the rest of the flour, adding it as needed until the dough (Continued on Page C-6)

School Menus Told For Coming Week

In answer to a request by shopper planning dinner menus around lunch served in school cafeterias, the Torrance Press will henceforth print school lunch menus for the week.

Elementary menus for the week beginning tomorrow are as follows:

THURSDAY
Frank and tater pie, buttered spinach, apricot with

cottage cheese salad, brownies, bread and butter, 1/2 pt. milk.

FRIDAY
Tostades with lettuce and tomatoes, jellied grapefruit salad emerald pears, bread and butter, 1/2 pt. milk.

MONDAY
Spaghetti with meat sauce, buttered spinach, apple and carrot salad, sliced peaches, hot French bread,

with cheese sticks, sticks, 1/2 pt. milk.

TUESDAY
Baked chicken, potatoes au gratin, tossed green salad, fresh orange section, bread and butter, 1/2 pt. milk.

WEDNESDAY
Salisbury steak, whipped potatoes, cabbage and pepper salad, cherry cup with marshmallows, bread and butter, 1/2 pt. milk.

Apple Adds Party Flair to Meats

Fresh apple flavor is simply great with the simplest of meats. Time-honored meat loaf or patties are transformed from plain to fancy fare when the fresh, snow-nipped flavor of Washington Winesap apples is cleverly added. Broiled fresh Winesap rings crown homely meat patties with glamour. Fresh Winesap chunks lace apple flavor into hearty ham loaf. Try Washington Winesaps as natural-flavor partners with any meat.

FRESH APPLE'D HAM LOAF

2 Washington apples
2 cups tomato juice
3/4 cup brown sugar, firmly packed
1 lb. ground cured ham
1 lb. ground fresh veal or pork
1 cup rolled oats
1 egg
1/4 tsp. pepper

Peel and core apples; cut each apple into 12ths. Simmer apple wedges in 1-cup

tomato juice and brown sugar combined; basting until tender. Add remaining tomato juice to meats, oats, egg and pepper. Mix with fork until blended. Arrange a portion of the apple wedges in a fluted mold. Spoon in meat mixture and pack ever-so-slightly. Bake in a 350 deg. oven 1 1/2 hours. Serve with remaining apple wedges and tomato syrup. Serves 8 to 10.

BROILED WINESAP CROWNS

2 tbsps. catsup
2 tps. brown sugar
2 tbsps. salad oil
1 tsp. prepared mustard
3 Washington apples, cut in 5/8-inch rings, unpeeled

Stir ingredients together until sugar is dissolved. Brush apple slices with mixture; broil slowly. Turn, brush second side with sauce; broil until lightly browned. Place on meat patties, surround with cooked, buttered peas. Garnish with extra apple slices.

Sweet Potato Stuffing Fills Pork Crown Roast

As pork begins to be offered as a sale item in local supermarkets, budget-wise shoppers are planning a variety of menus featuring pork for family fare and company dinners.

Pretty to look at and kind to the purse is crown roast of pork.

CROWN ROAST OF PORK

Have the butcher prepare a crown roast, allowing two ribs per person. Have him ground the trimmings for a meat loaf for future use instead of stuffing the center of the crown. And be sure to check the weight of the roast so you can figure the roasting time.

Wipe meat with a damp cloth and sprinkle with salt and pepper. Crimp pieces of aluminum foil tightly around the ends of the bones to keep them from scorching. Place a small bowl in the center of the roast to keep its shape during cooking.

Place the roast in a shallow pan and roast it, allowing 40 minutes per pound at 350 deg., uncovered.

One hour before the roast is done, remove the bowl from the center and fill with sweet potatoes stuffing. Finish cooking and remove foil from bones. Serve on a large platter. For a most festive look, slip paper frills over the bones and garnish the platter with parsley and broiled peach halves.

SWEET POTATO STUFFING FOR CROWN ROAST

2 to 2 1/2 lb. sweet potatoes
1 lb. apples
1/4 C. butter
2 tbsps. chopped onion

1/3 C. brown suar
2 Tbsp. grated lemon rind
Salt and pepper to taste

Peel potatoes and apples. Cook separately in a little boiling water until almost tender. Drain and mash. Lightly brown onion in the butter. Mix onion, sugar, lemon rind into mashed potato and apples; blend well. Heap lightly into the center of the roast and bake about one hour. This recipe makes about four cups of stuffing. Increase if necessary.

To add a glamorous dessert that's sure to supply a brilliant finale to your most sumptuous menu make a

FLAMING PUDDING (Pressure saucepan method)

1 1/4 C. sifted flour
1/2 tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1/2 tsp. cloves
1 C. chopped dates
1 seedless raisins or currants

1/2 to 1 C. chopped walnuts
1 egg
1 Tbsp. butter
2/3 C. boiling water
1 C. molasses mixed with 1 tsp. soda
Sugar cubes
Lemon extract

Sift together flour, salt, ginger, cinnamon, cloves. Mix in dates, fruit and nuts. Beat the egg until thick and lemon-colored. Stir in butter, boiling water, and molasses and soda mixture. Add flour mixture, mixing thoroughly.

Place in well greased 1 1/2 thicknesses of waxed paper or a piece of aluminum foil over top of mold. Place on a rack with 5 cups of water in (Continued on Page C-6)

COOK OF THE WEEK

"With the approach of February and George Washington's birthday, one naturally thinks in terms of cherries," says Mrs. Lewis Cordle of 242 W. Pacific Coast Highway, Lomita. Her recipe for cherry sauce with dumplings wins her \$5 in the Cook of the Week Contest.

CHERRY SAUCE WITH DUMPLINGS SAUCE

2 tbs. butter
1/2 cup sugar
dash salt
1/2 cup cherry juice
1 1/2 cup pitted tart cherries
1 1/2 cups boiling water

Combine ingredients in order given in large saucepan. Bring mixture to boil. Reduce heat and simmer five minutes.

DUMPLINGS
1 cup sifted flour

1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 cup sugar
2 tbs. butter
1/2 tsp vanilla
1/3 to 1/2 cup milk

Sift together flour, baking powder, salt and sugar. Cut in butter until mixture is crumbly. Add vanilla to milk. Add milk to flour mixture and stir only enough to moisten flour. Drop by spoonfuls into simmering sauce. Cook uncovered five minutes. Cover and steam gently 15 minutes longer. Serve dumplings warm with cherry sauce. (Serves four.)

Enter your favorite original recipe in our food and family contest. Weekly winners will receive \$5. Submit entries to Gourmet Editor, Torrance Press.