

Hints for Homemakers

by SONORA REED

Continental Buffet Convenient Treat

Fall's cool weather is right around the corner, reminding us that entertainment will be moving indoors with a slightly more formal format. But few hostesses, even for small supper groups, will forsake the convenience of buffet service featuring easy to serve casseroles.

Borrowing a dish from France, this menu surrounds classic Shrimp Bourguignon with other continental foods.

The Viennese dessert can be baked a day ahead and spread with cream just before serving. Much of the other preparation can be done a day ahead, too.

CONTINENTAL

BUFFET

- Shrimp Bourguignon
- Rice or Buttered Noodles
- Asparagus a la Polonaise
- Orange Grape Salad
- Chocolate Vienna Torte
- Coffee

Minutes can be cut on preparation time for the shrimp dish by buying peeled and deveined frozen shrimp. But be sure to use raw shrimp so they achieve the full flavor from the combined butter and bacon in the sauteeing process.

SHRIMP

BOURGUIGNON

- 1 cup small fresh mushrooms
- 1/4 cup butter or margarine
- 4 slices bacon, diced
- 1 lb. fresh or 10-oz. pkg. frozen shrimp
- 1 cup canned or cooked small white onions
- 2 tsp. chopped parsley
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 cups Burgundy wine
- 1 tsp. butter or margarine
- 2 tsp. flour

Wash mushrooms and slice stems, leaving caps whole. Melt 1/4 cup butter in skillet. Add bacon and cook until brown. Remove bacon and add shelled and cleaned shrimp. Brown lightly and remove. Add onions and mushrooms to skillet; brown, stirring constantly. Add bacon, parsley, salt, pepper and wine. Boil gently 15 min. Blend 1 tsp. butter and flour and stir into hot wine mixture. Cook and stir until mixture thickens. Add browned shrimp and simmer 5 min.

Serve with hot rice or buttered noodles. Makes 4 servings. Recipe may be doubled.

ASPARAGUS A LA POLONAISE

- 2 pkgs. frozen asparagus spears
- 1/2 cup butter or margarine
- 1/2 cup soft bread crumbs
- 1 hard-cooked egg, finely chopped
- 1 tsp. minced parsley
- Salt, pepper

Cook asparagus and drain. Melt butter, meanwhile, and when it begins to foam, add crumbs and cook over low heat until they brown. Remove from heat and stir in egg, parsley and salt and pepper to taste. Arrange asparagus on warmed platter in 4 portions and spoon crumbs over top.

ORANGE GRAPE SALAD

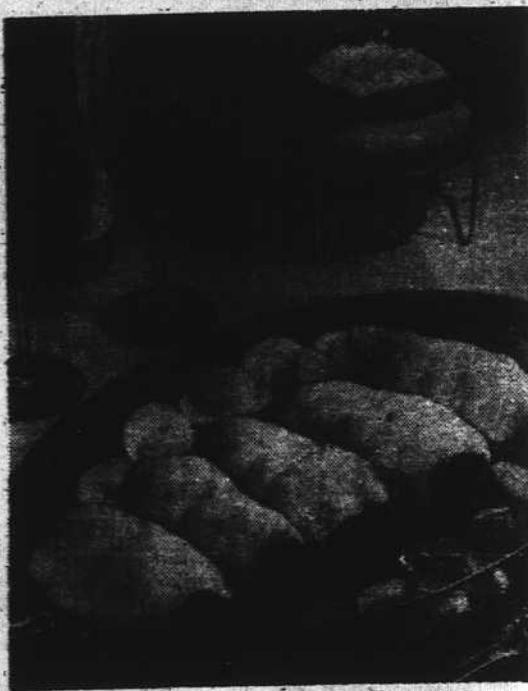
Remove segments from three oranges and slice each segment lengthwise. Add 1 cup seedless grapes and 1/3 cup diced, peeled cucumber. Toss with garlic dressing and arrange in lettuce cups.

CHOCOLATE VIENNA TORTE

- 6 eggs, separated
- 1 cup sugar
- 3/4 cup sifted flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. cream of tartar
- 3/4 cup grated unsweetened chocolate
- 1 tsp. vanilla
- 1 pt. heavy cream
- 2 to 3 tbsp. sugar
- Shaved unsweetened chocolate

Beat egg yolks until thick. Beat in 1/2 cup sugar. Sift flour, baking powder and salt together. Stir into egg yolks. Beat egg whites and cream of tartar until frothy; gradually beat in remaining 1/2 cup sugar until mixture is very stiff and glossy. Gently fold in chocolate and vanilla. Carefully fold in egg yolk mixture. Spread in two 9-in. layer cake pans lined with greased paper. Bake at 350 deg., 25 to 30 min., until no imprint remains when touched lightly with finger. Turn out of pans on wire rack and immediately remove paper. Cool.

Just before serving, whip cream, adding sugar. Fill torte layers and frost top and sides with whipped cream. Garnish with shaved chocolate.



Fillets, Asparagus With French Flair

Fish fillets and asparagus with Maltaise sauce (a variation of Hollandaise) is a creation worthy of a French chef.

FILLETS AND ASPARAGUS MALTAISE

- 6 fish fillets
- Salt
- 2 10-oz. pkg. frozen asparagus spears
- 1/4 cup melted butter or margarine
- 2 cups Hollandaise sauce
- Juice of 1 orange
- 2 tsp. grated orange peel

Thaw fillets if frozen. Sprinkle lightly with salt. Wind each fillet around 3 or 4 thawed asparagus spears. Arrange in baking dish. Pour melted butter over. Cover and bake at 350 deg., 20 min., or until fish flakes easily with a fork, and asparagus is tender. Meanwhile, combine Hollandaise sauce, orange juice and orange peel. Serve sauce separately or spoon over fish and asparagus and brown briefly under the broiler. Makes 6 servings.

Veal Parmesan Fine Dish for All Occasions

Italian food is among the most appealing of foreign cookery to restaurant eaters. Many Italian dishes are easy and tasty made at home, too.

A menu featuring Veal Parmesan is interesting enough for a company dinner, but easy enough for a family treat.

The first course could be melon prosciutto, simply cubes of melon wrapped in the thinnest possible strips of Italian-style ham. A green salad tossed with oil and vinegar dressing, lightly garlic seasoned if you like, is appropriate, too.

Spaghetti is the proper accompaniment to the veal, some of the sauce spooned onto the spaghetti. Zucchini lightly sauteed with onion and a dash of basil can be served with the veal, too.

Lemon sherbet with a little rum or sliced fresh peaches as sauce and macaroons climax this meal on a delectable note. Or pass a fruit and cheese tray if a more simple dessert is wanted.

The veal, prepared casserole fashion, is easy to manage for a hostess or busy mother.

VEAL PARMESAN

- 2 lb. veal round steak, cut 1/2 in. thick
- 1 egg, beaten
- 3/4 tsp. milk
- 1 tsp. salt
- 1/2 cup fine dry bread crumbs
- 3/4 tsp. grated Parmesan cheese
- 3/4 tsp. fat

6 1-oz. slices Mozzarella cheese

1 env. spaghetti sauce

6-oz. can tomato paste

1 1/2 cups water

2 tbsp. grated Parmesan cheese

Cut veal into 6 servings. Pound thin. Combine egg, milk and salt. Combine crumbs and 3/4 tsp. Parmesan cheese. Dip meat into egg mixture, then crumb mixture. Brown in hot fat. Place browned meat in shallow baking pan. Top each piece of meat with a slice of Mozzarella cheese. Blend spaghetti sauce mix, tomato paste and water in a saucepan. Bring to a boil, reduce heat and simmer 15 min. Pour sauce over meat and cheese. Sprinkle with remaining Parmesan cheese. Cover tightly and bake at 350 deg., 30 to 45 min., or until meat is tender. Makes 6 servings.

ZUCCHINI SAUTE

- 1 1/2 lb. zucchini
- 2 tbsp. oil
- 1 onion, chopped
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. basil

Slice zucchini crosswise. Heat oil and add zucchini, onion, salt, pepper and basil. Cover tightly and cook, stirring now and then, until zucchini is tender, about 15 min. Add a tablespoon or two of water, if necessary, but if heat is kept low water usually is not needed. Makes 6 servings.

**We Must Defeat
LAXALT &
GOLDWATER
To Protect Ourselves**

EL RIO CLUB GAMBLING CASINO

Wine
Liquor



Beer
Barbecue

"Slots That Pay"

PH: 642-4070

REVERE & "H" STREET
LAS VEGAS, NEVADA



Nevada State School Board
RE-ELECT

HELEN LAMB CROZIER

A Mother Conscientiously Interested in the
Future of Our School Children

