

FOOD FORUM *

Dorothy Johnson

"YOU ASKED FOR IT"

AS THE HOLIDAY season draws near, our readers begin to think about the goodies they can prepare. There are many of us who like to start from "scratch" even in these days of efficient commercial baking, and others prepare food shortcuts.

The following recipes have been printed here before, however, I have been asked to repeat them. Leola Gray, Ethel Dold, Dorothy Scherer, and Bessie Burnett are the generous donors of these marvelous recipes.

LEOLA GRAY'S BUTTERMILK CAKE

2 c. sugar, 4 eggs, 3 c. flour, 1 c. buttermilk, 3 tsp. vanilla, 3/4 tsp. soda, 3/4 tsp. baking powder, 1/2 lb. butter, pinch salt.

Cream butter and sugar well; add yolks of eggs. Mix dry ingredients. Alternately mix dry ingredients and buttermilk into butter and sugar mixture. Fold in whites of eggs after they have been whipped until stiff. Bake in moderate oven.

ETHEL DOLD'S PUMPKIN BREAD

Soak together 1 c. raisins, 2/3 c. hot water, 1 tsp. soda, 1 med. c. pumpkin, 2/3 c. shortening, 2-1/3 c. sugar, 1 tsp. salt, 4 eggs beaten, 2 tsp. cloves, 1 tsp. baking powder, 2/3 c. chopped nuts.

Mix all ingredients together and bake in three small loaf pans at 325 deg. for about 45 minutes or until tested done.

DOROTHY SCHERER'S BANANA NUT BREAD

3/4 c. shortening, 2 eggs, 4 tbsp. buttermilk or sour milk, 1 tsp. soda, 1 tsp. vanilla, 3/4 c. chopped nuts, 1-1/2 c. sugar, 2-1/2 c. flour sifted, 1 tsp. baking powder, 3 large bananas.

Cream shortening and sugar. Add eggs one at a time, beating well. Add mashed bananas, then add milk and flour alternately--finally, add vanilla and nuts. Bake in three small loaf pans at 350 deg. for 45 minutes.

BESSIE BURNETT'S MENUDO

This soup according to Mexican tradition, and personal experience of Bessie Burnett, is very good medicine for too much 'night before' and makes you "muy fuerte." Menudo is a time-honored Mexican remedy for hangover. Some take it as a preventive before the infirmity sets in, stopping into some small all-night Cafe to top off a convivial evening with a bowl of menudo at 4 or 5 a.m., then going home to sleep like babes.

MENUDO BASIC RECIPE

3 lbs. honeycomb beef tripe cut into 1-1/2 inch squares, 2 beef shanks with meat on them, 6 pig feet, 2 cans (about 1 lb. ea.) garbanzos or hominy, 1 tbsp. salt, 4 to 6 tbsp. chile powder, 2 onions finely chopped, 4 cloves garlic mashed or minced, 1 lge. can (10-1/2 oz.) each consomme and bouillon, 1 qt. water.

Optional Ingredients: 1 tbsp. oregano, 1/2 tsp. liquid hot pepper seasoning, 2 c. chopped ham, 1-lb. mushrooms sliced, 1/2 lb. Chorizo, removed from casings, 4 tbsp. peanut butter, 2 cans (7-1/2 oz. ea.) pitted ripe olives, 1 qt. beer (substituted for water in basic recipe), juice 3 lemons.

COMBINE all ingredients in basic recipe, bring to a boil, then reduce and simmer slowly for 8 hours. Add optional ingredients of your choice (except for beer, which would have to go in at the beginning) about 30 minutes before cooking is completed. Let soup cool enough to remove bones. Reheat to serve. One final option is to serve with finely chopped green onions including tops. Makes about 4 quarts soup.

The foregoing complete the list of requests for recipes "You asked" to have repeated except that of Mrs. Buffington's delightful "Carrot Cake". Every effort will be made to obtain that one for you as soon as possible.



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FASHIONS AT A GLANCE

At the Boutique Fashion shows in Florence, Italy recently, romantic muslin dresses, demure and very fetching in prim and proper navy blue and white forecast the "softer look"...the big hit color, appears to be "navy", with white and flag red as runner-ups....and in some costumes, the three colors are combined.

The cruise collection of Billy Ballo includes white linen rajah jackets and calf-length skirts in printed terry, cotton jersey; tank tops and toreador pants, with colors of patriotic red, white and blue flag.

Ballo's collection had an abundance of "skimpy-skimpy" bikinis, with deep V-cut bras, trimmed with brass rings. From La Mandola, a Maillot was so heavily beaded and embroidered, just wearing it near the water perhaps is hazardous...La Mandola dresses continue to be long, sexy and a kaleidoscope of colors.

* * *

For summer, top Italian fashion designers are returning to the above-the-knee skirts.. the industry's new look will be elegant, active with the accent on "wholesome"...rather than "hippie."

Girls will once again be "girls," in dresses that fit trim and slim on top, then swing into an easy flare, pleats or culottes.