

FOOD FORUM *

Dorothy Johnson

CASSEROLE COOKING

(RECIPES FROM WOMAN'S DAY ENCYCLOPEDIA OF COOKERY)

Casserole cooking, that neat and compact way of serving food, is the answer to a busy homemaker's prayer because so much of the work can be done at her convenience. A covered casserole will keep moisture in the cooking liquid and the sauce will be thinner. An uncovered one has the opposite effect. Thus, if the sauce in your casserole is too thin, cook the mixture for a while with the casserole lid off.

HAMBURGER - VEGETABLE CASSEROLE

2 lbs. ground beef chuck, 1 egg, salt and pepper, 1 tbsp. instant minced onion, 1/2 tsp. worcestershire sauce, 1/3 c. fine dry bread crumbs, 4 tbsp. butter or margarine, 1/2 tsp. ground marjoram, 2 cans (10-1/2 oz. ea.) beef gravy, 8 carrots, 8 small white onions, 8 med. potatoes, 2 fresh mushrooms sliced, chopped parsley.

Combine meat, egg, 1-1/2 tsp. salt, 1/4 tsp. pepper and next four ingredients. Shape into 12 large balls and brown on all sides in hot fat. Place meat balls in large casserole. To drippings, add marjoram and gravy. Scrape carrots, peel onions and potatoes, and cook in a small amount of boiling salt water for about 15 minutes. Add to casserole. Bring gravy to boil and pour over top. Cover and bake in pre-heated oven (350 deg.) for 1 hour. Brown mushrooms in butter. Garnish casserole with the mushrooms and parsley before serving.

CRUSTY BEEF, CHEESE, AND NOODLE CASSEROLE

2 tbsp. vegetable oil, 1 onion chopped, 2 lbs. ground beef, 4 cans (10-1/4 ea.) mushroom sauce, 1 tsp. salt, 1 lb. fine noodles, cooked and drained; 1 lb. sharp cheddar cheese, grated or shredded; seasoning salt. Heat oil; add onion and cook until golden. Add meat and cook, stirring, until meat loses its red color. Add mushroom sauce and salt; heat. Arrange in casserole half of noodles, half of sauce and half of cheese; sprinkle with seasoning salt. Make another layer of noodles; add sauce and top with cheese. Bake in pre-heated moderate oven (325 deg.) for 1 hour; top should be nicely browned. Makes 8 to 10 generous servings.

PORK CHOPS A L'AUVERGNE

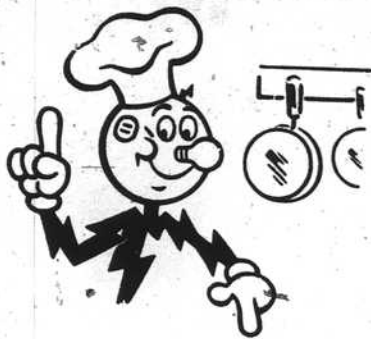
1 head white or green cabbage, salt and pepper, 1 c. heavy cream, 4 loin pork chops, 1/4 c. butter, 1/2 tsp. crumbled dried sage, 1/2 c. dry white wine, 1/4 c. freshly grated Parmesan.

Wash, quarter, core, and shred cabbage. Put in saucepan and sprinkle with salt and pepper. Add cream, bring to boil, and simmer for 5 to 10 minutes. Trim excess fat from chops and panfry in 2 tbsp. butter until golden brown. Cover and cook slowly until tender.

Remove chops. Add sage and wine to skillet. Scrape skillet to remove all browned bits. Add to cabbage and season to taste. Put a layer of cabbage in shallow casserole. Cover with chops. Add remaining cabbage and pour skillet liquid over top. Sprinkle with cheese and dot with remaining butter. Bake in pre-heated moderate oven (350 deg.) for about 45 minutes. Makes 4 servings.

1 lge. onion chopped, 1/4 c. chopped green pepper, 1 garlic clove minced, 1/4 c. butter or margarine, 1/2 c. plus 1 tbsp. all purpose flour, 2 tsp. chili powder, 2 c. diced cooked ham, 1 can (12 oz.) whole kernel corn, drained; 2-1/4 c. tomato juice, 1/4 c. seedless raisins, 1 tbsp. sugar, 1 egg, 1/2 c. yellow cornmeal, 1 tsp. paprika, 1 tsp. baking powder, 1/2 c. milk.

Saute onion, green pepper, and garlic in 2 tablespoons butter for 5 minutes. Blend in 1 tablespoon flour and chili powder. Add next 4 ingredients and heat. Pour into large shallow casserole. Cream remaining butter with sugar. Beat in egg. Add 1/2 cup flour, cornmeal, and



REDDY KILOWATT'S

HELPFUL HINTS FOR HOMEMAKERS

Fortunate, indeed, is today's homemaker who owns an electric clothes dryer for it offers a wealth of values.

For Waltzday Washdays

1. Save Time with an electric clothes dryer. It takes twenty-eight times as long to hang up an 8-pound load of clothes as it does to transfer them from washer to dryer! Many wash and wear items need little or no ironing when wrinkles are removed by heated air in a tumble dry period.
2. Save Energy with an electric clothes dryer - it takes ten times more energy to hang a load of clothes than it does to put them into a dryer. Wrinkle-free drying means energy-expending ironing eliminated.
3. Save Clothes with an electric clothes dryer. There is no sun-fading of colors, no dust and pollen, no wind damage.

From now until March 1, you can receive a valuable premium of no-iron sheets and pillow cases if you purchase an electric dryer. Call us for a list of dealers offering this free gift.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

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384-4600
and ask for
HOME SERVICE**

Sell Your Lawnmower-- YOU WON'T NEED IT!

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remaining ingredients. Mix well and spoon around edge of casserole to form a border. Bake uncovered, in preheated moderate oven (375) for about 30 minutes. Makes 6 servings.

LOBSTER NOODLE CASSEROLE

10 rock lobster tails, frozen (4 oz. ea.), cooked as directed on pkg.; 1/2 c. butter or margarine, 1/4 c. all purpose flour, 2-1/2 tsp. salt, 1-1/2 tsp. paprika, 1/2 tsp. instant minced onion, 1 tsp. aromatic bitters, 4 c. milk, 1 c. light cream, 1/2 c. dry sherry, 1 pkg. (12 oz.) broad noodles, cooked, buttered bread crumbs, 1/4 c. capers, drained. Remove shells from cooked lobster tails, keeping meat in one piece. Cut 5 lobster tails in bite-size chunks. Melt 1/4 c. butter in saucepan; stir in flour, salt, paprika, pepper, onion and bitters. Gradually stir in milk and cream; cook over low heat until thickened, stirring constantly. Add sherry and lobster chunks to sauce. Combine noodles and sauce in 3 quart casserole. Top with buttered crumbs and bake uncovered, in pre-heated moderate oven (375 deg.) for about 30 minutes, until hot and bubbly.

Cut remaining 5 lobster tails into halves lengthwise. Place on top of noodle mixture and brush with 1/4 cup melted butter and capers. Return to oven for about 10 minutes longer. Makes 8 to 10 servings.

FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

SILVER IS DEFINITELY "IN" for 1968. The leaders are shoes and stockings, chic with any dress color--even the all-important black.

Gold is the runner-up, harmonizing with golden brocades, orange yellow and the peach shades.

Temporary hair color that can be easily shampooed is being sprayed on the hair in both silver and gold; for luminous touches, face glossers are used.

Some new ones come in a swivel-stick form; others in aerosol containers, brush-on, powder cakes, tubes or small jars. Colors range from light pink through tawny shades and white.

Black and white is again big fashion news in pearls.... Exquisite and desirable, always a handsome combine, white and black pearls offset with what continues to be a girl's best friend... after mink and sable--diamonds.

Regular white and rosehued pearls belong to winter spectrum but enlarging on it are the grey, blue and black pearls. Richly intermingling with winter's love of brown are pearls and turquoise combinations back-dropped against textured gold... a unique way of bringing out the beauty of cultured pearls...

Eye shadow can be very flattering, when properly applied. Did you know that green, blue and violet shades will detract from the shadowy look and add a note of sparkle to your eyes?

Used subtly for daytime and a little more for evening when artificial lights are around, it adds a new reflection. Liquid shadow creates a translucent finish, the cream an opaque look and the powder shadows create an illusion of a light tint.

A beautifully-colored eye shadow is terrific for giving eyes "instant" glamour.

Surprise!

ATLANTA - (NPI)-- Gov. Lester G. Maddox has indicated he may support former Alabama governor George C. Wallace's 1968 Presidential hopes. The Georgia gubernatorial head said he might talk against both Democratic platforms while beating the drums for Wallace --but not by name.

QUOTABLE QUOTES

"History calls upon us today to eliminate poverty in America.

"It calls upon us to move past mere welfare programs to a concept of full and equal opportunity for every American.

"It calls upon us to make every American a full participant in this prosperous society."

**Vice President
Hubert H. Humphrey**

"One essential part of making democracy mean what it says is to see to it that every person who wants to work has a chance to--at a job which not only meets the needs of a system but also gives the individual a chance to make good and satisfying use of whatever is within the individual. Jobs are the live ammunition in the war on poverty."

**Secretary Of Labor
Willard Wirtz**