

FOOD FORUM

Dorothy Johnson

SPAGHETTI CON DUE FROMAGGI (with Two Cheese)

1 pound enriched durum spaghetti, 1/4 cup butter or margarine, 1 1/2 lb ground beef, 1/4 cup enriched flour, 1 tablespoon seasoned salt, 2 teaspoons dry mustard, dash or two white pepper, 3 1/2 cups milk, 1 1/4 cups shredded Swiss cheese, 1 1/4 cups shredded cheddar cheese, 1 tablespoon chopped parsley, 1 tablespoon worcestershire sauce, 1 tablespoon butter or margarine, 4 to 6 medium size fresh mushrooms, sliced lengthwise, 1/2 cup sliced green onions.

Cook ground beef over medium heat until red has disappeared. Drain thoroughly set aside. Cook spaghetti in boiling, salted water. (Use 1 gallon water plus two tablespoons salt per pound spaghetti.) Cook until firm, but not quite tender, 4 to 5 minutes. Drain well.

In large saucepan blend butter or margarine, flour, seasoned salt, mustard and pepper. Gradually stir in milk, cook over medium heat, stirring constantly, until mixture thickens. Stir in cheeses, parsley and worcestershire sauce. Fold into the drained spaghetti.

In the meantime, have tablespoon butter or margarine melted in small pan and saute the mushrooms lightly. Add onions and let saute just a bit to coat with butter. Fold meat mixture, mushrooms and onions into the spaghetti-cheese mixture. Turn into a greased 2 quart baking dish. Bake in preheated 350 degree oven 40 to 45 minutes, or until thoroughly heated. Note! Durum wheat is grown especially for the macaroni market. It is an extremely hard, amber-colored wheat giving a firm pasta. A quality durum product has a sweet nutlike flour and is firm when cooked. When enriched, there are three B-Vitamins thiamins, niacin and riboflavin plus iron added to make spaghetti and other macaroni products healthful and delicious.

CHEDDAR CORN BREAD

1 cup flour, 1 cup yellow corn meal, 1 tablespoon baking Powder, 2 tablespoons sugar, 1 1/2 teaspoons salt, 2 eggs, beaten, 1 cup milk, 2 cups shredded natural cheddar cheese.

Sift together dry ingredients add eggs, milk and cheese; stir until just blended. Pour into well greased baking pan. Bake at 425 degrees, 20 minutes

HOW TO COOK A SMOKED TONGUE

Wash tongue under cold running water. Place in a kettle with water to cover; add 1/4 cup cider vinegar, 2 tbsp. brown sugar, 4 whole cloves, and 1 bay leaf; cover. Simmer 2 to 3 hours, or until meat is very tender. Let stand in liquid until cool enough to handle, then drain discarding liquid. To skim tongue, run a thin blade knife down middle just deep enough to cut through rough skin, then peel off skin, cut out the small bones and fat from base of tongue; chill meat until ready to slice.

CHILI CABBAGE

7 cups shredded cabbage boiling hot water, 1/3 cup mayonnaise or salad dressing, 1/3 cup chili sauce, 1/4 teaspoon ground dill seed. Cook cabbage in boiling salted water for 8 minutes or until tender. Drain well. Mix mayonnaise, chili sauce and dill seed; fold into cabbage and serve immediately.

CURRIED RICE

1 1/3 cups water, 1 chicken bouillon, 1/4 to 1/2 tsp. curry powder, 1 1/3 cups packaged pre-cooked rice. In sauce pan, bring water bouillon cubes and curry powder to a boil. Stir in rice and remove from heat. Cover and let stand 5 minutes. Stir lightly with a fork before serving.

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REDDY'S MARINADE

(Electric Barbecue)

- 1/2 cup fresh chopped onion or 2 Tablespoons dried chopped onion
- 1/4 cup lemon juice, fresh, frozen or canned
- 1/4 cup dry sherry
- 1/4 cup salad oil
- 1/2 teaspoon salt
- 1/2 teaspoon celery salt
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon rosemary
- 2 Tablespoons fresh, chopped mint
- 2 1/2 lbs. 1/2 inch chuck, round, flank steak or lamb, cut from leg in 2 inch squares, may be used

- Meat tenderizer
- 6 tomatoes
- 12 small onions
- 2 large bell peppers
- 1/4 cup butter (1/2 stick)
- 1 pint fresh mushrooms

1. Combine all ingredients down to the mint.
2. Add the meat to the marinade and cover well and refrigerate for 24 to 72 hours. (You must simply plan ahead for this)
3. Encircle serving platter with tomato wedges, Par boil the onions 3 to 5 minutes.
4. Fry mushrooms in butter till brown. Thread onions, pepper, mushrooms alternating vegetable with meat. Flame, if desired. Warm liquor before flaming.

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