

FOOD FORUM

DOROTHY JOHNSON

SEASONING FOODS WITH MIXES

Good seasoning can come from little packages of dry seasoned mixes found in our supermarkets. Those pre-blended flavorings especially made for salad dressings, soups, dips and sauces. Try them with your favorite recipes you'll find an extra ordinary flavor and will lend a brand new taste you'll love. You'll want to explore the many flavors available, from Curry Seasonings Mix to Green Onion Dip Mix. Here are a few ideas:

--Pepp up stuffed green peppers or meat loaf with Chili or Bacon-Onion Dip Mix.

--Season skillet meals, casseroles, soup, stews, meat loaves, and hamburgers with Barbecue sauce or Spaghetti Sauce Mix.

--Sprinkle dry Brown, Mushroom, or Onion Gravy Mix into stews or hearty soups as a thickener and a flavor addition.

--For savory noodles, add a seasoning mix for rice, such as Herb, Curry or Spanish flavored to the cooking water.

--Give leftover meat or poultry a gourmet flavor. Serve it with Brown Gravy Mix prepared according to package directions and sparked with a little wine, mustard, or horseradish.

Use Spaghetti Sauce, Barbecue Sauce, Onion Soup, Chili Seasoning or Onion Dip Mix to season braised meats such as pot roast, lamb shanks, short ribs, spare ribs, veal steak, lamb shoulder chops.

--Flavor homemade breads and rolls with small amounts of sauce or dip mixes.

--For a quick pot pie, combine leftover beef, lamb, or chicken; vegetables; and prepared Onion Gravy Mix.

--Use dry Chili Seasoning to give zest to pork chops or round steak.

--Combine part of a package of a sauce or dip mix with fine bread crumbs or spicy coating for veal chops.

--Sprinkle dry Cheese Sauce Mix or Chili Seasoning Mix lightly over potato chips or hot popcorn as a flavor treat.

--Prepare Barbecue Sauce Mix, then add horseradish for an extraordinary and easy seafood cocktail sauce.

--Heat slices of roast beef or pork in Barbecue or Spaghetti Sauce. Serve on buns.

--Use salad dressings, either bottled or prepared from dry mixes for flavor surprises:

--Toss boiled potatoes with either French or Onion Salad Dressing, and snipped parsley. Use Blue Cheese Salad Dressing as a dip or topping for hamburgers, or baked potatoes.

--Use Garlic-Flavored, Salad Dressing to make garlic bread.--Toss cooked vegetables with Cheese-Flavored or Creamy French Salad Dressing.

--Before roasting poultry rub it inside and out with Garlic, Onion or Italian Salad Dressing.

--Use Onion-Flavored Salad Dressing as a dip on shrimp, celery, potato chips.

--Marinate drained, canned whole mushrooms in Italian or Herb-Flavored Dressing several hours in refrigerator. Drain; serve on wooden picks.

--Mix equal amounts of whipped cream and Sweet French Dressing--luscious as a fruit topping.

REDDY KILOWATT'S

Helpful Hints For The Homemakers

WINTER FOOD FUN



Fondue was originated by the Swiss, whose meals consisted mainly of bread and cheese. It has recently become one of the most popular party food ideas since pizza, and the definition now stretches to include a bubbling melted substance in which one dips or cooks other foods.

A new "Hostess Helper" on the market is the electric fondue pot, which has a thermostatically controlled heat. Anything from delicate chocolate fondue to hot fat for deep frying meat for Fondue Bourguignonne.

Beef and Cheddar Quickie

1-15 1/4 oz. can sloppy joe barbecue 1 c. shredded cheddar cheese
1 tsp. inst. minced onion 1/2 tsp. oregano

In fondue pot, place barbecue, add onion and oregano. Set heat control for cheese fondue and heat about 7 minutes or until hot. Add cheese, 1/4 c. at a time and stir until melted, about 5 minutes. For serving, spear chunks of French bread with fondue forks or dip with crackers.

Makes 2 cups; 4 to 6 servings

While soaking this way is carefree, cleaning up shouldn't be a chore. To aid in the wash-up, soak the equipment including the forks in hot sudsy water after use. Wash with clean sudsy water as soon as possible. Air before storing.

HAPPY FONDUING!

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VETERAN INFORMATION

The number of veterans taking police, fireman and other "protective service" training under the G.I. Bill increased by 90 per cent during FY 70. Police and fire departments interested in setting up a program should contact their nearest VA office; interested veterans should apply at local police and fire departments.

April was a record month! Nearly 871,000 persons trained under G. I. Bill provisions, the most since June 1, 1966.

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