

FOOD FORUM

DOROTHY JOHNSON

RECIPES ASKED FOR

Here are some recipes I have been asked to repeat. I know it seemed a long time but I had to wait until I had enough requested to make a column.

CREAM ENCHILADES

- 1 large onion, chopped
- 1-4 oz. can green chiles, diced
- 2 tbsp. oil
- 1-8 oz. can tomato sauce
- 8 tortillas
- Oil
- 1 cup dairy sour cream
- 3/4 lb. Jack cheese, shredded

Cook onion and chiles in 2tbsp. oil until onions are tender but not browned. Add tomato sauce and heat. Soften tortillas in hot oil then dip in sour cream that has been thinned with a little milk or cream. Fill tortillas with onion-chile mixture and some cheese. Roll tortillas and place in a single layer in a baking dish. Pour remaining onion-chile mixture and sour cream over enchiladas. Cover with remaining cheese. Bake at 350 degrees about 20 minutes. Makes 4 servings of 2 enchiladas each.

CHILE RELLENOS WITH SPICY TOMATO SAUCE

- 1 pkg. Lawry's Taco Seasoning Mix
- 1 can (1 lb.) tomatoes
- 6 fresh green chiles or 1 can (7 oz.) peeled green chiles
- 1/4 lb. Jack cheese or mild cheddar, cut into 6 strips about 1/2 x 1/2 x 4 inches
- 1/4 cup flour
- 1/2 tsp. Lawry's Seasoned Salt
- 2 eggs
- 1/4 tsp. cream of tarter
- 1 cup salad oil (approximate)

For the tomato sauce; combine the taco seasoning mix and tomatoes in a saucepan. Bring to a boil, reduce heat and simmer for 15 minutes. For rellenos; if fresh chiles are used, cut off the ends and rinse with cold water to remove the seeds. Broil the chiles until the skin is brown and blisters. Peel the chiles immediately, while they are still warm. If canned chiles are used gently rinse with cold water to remove the seeds. Stuff each chile with a strip of cheese. Combine the flour and seasoned salt. Separate the eggs. Beat the yolks until they are lemon-yellow and slightly thickened. Beat the whites until they are foamy. Add the cream of tarter and continue to beat until the whites hold a stiff peak. Carefully fold the yolks into the whites. Heat the oil in a skillet. Roll the stuffed chiles in the seasoned flour. Dip in the egg batter. Fry in the hot oil on each side until golden brown. Drain on absorbant paper. Serve immediately with spicy tomato sauce. Serve tacos along with rellenos.

OAT MEAL BREAD

- 2-1/2 cups flour
- 2/3 cup brown sugar
- 3-1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/4 cup margarine
- 2 eggs, beaten
- 1/2 cup butterscotch topping
- 1/3 cup water
- 1-1/2 tsp. vanilla
- 1 cup rolled oats, uncooked
- 1/4 cup chopped nuts

Sift together flour, brown sugar, baking powder, soda and salt. Cut in margarine. Add combined eggs, topping, water and vanilla, stirring until just blended. Stir in oats and nuts. Pour into greased and floured 9x5 inch loaf pan. Bake in a 350 degree oven for 60 minutes. Let stand in pan on cooling rack a few minutes before turning out on a rack to cool.

RED KIDNEY BEAN DIP

- 1-1 lb. can kidney beans
- 1 medium onion, ground
- 1 large green pepper, ground
- 1/4 cup catsup
- 1/4 cup mayonnaise
- 1 tsp. prepared horseradish
- 1 clove garlic, crushed
- 1/4 cup sweet pickle relish
- Dash of dry mustard
- Dash of worcestershire sauce

Drain, rinse and chill beans. Combine beans with all other ingredients and mix thoroughly or puree in blender. Serve with large sesame crackers.

HUNGARIAN GOULASH WITH SOUR CREAM

- 4 lbs. boneless beef, cut in cubes
- 6 tbsp. butter or margarine
- 8 stalks celery, sliced
- 8 carrots, sliced
- 4 green peppers, chopped
- 2 cloves garlic, minced
- 4 tbsp. paprika
- 2 tbsp. tomato paste
- 6 tbsp. flour
- 3 cups beef broth
- 4 tsp. salt
- 1-1/2 tsp. pepper
- 2 tsp. caraway seeds
- 2 cups sour cream

Brown beef in 3 tbsp. butter or margarine and remove from skillet. Add onions, carrots, celery, green pepper and garlic. Cook over medium heat 5 minutes, stirring occasionally. Stir in paprika and cook 1 minute. Blend in tomato paste and flour. Stir in broth and bring to a boil. Add meat, salt, pepper and caraway seeds. Cover and simmer for 2-1/2 hours. Remove from heat and gently stir in sour cream. Serve with rice or noodles.

SOCK-IT-TO-ME-CAKE

- 3/4 cup oil
- 1/2 cup sugar
- 1 pkg. butter cake mix
- 4 eggs
- 1-oz. carton dairy sour cream
- 3 tbsp. brown sugar
- 2 tbsp. cinnamon
- 1/2 cup pecans
- Icing

Cream together oil, sugar and cake mix. Add one egg at a time and beat after each addition. Stir in sour cream. Combine brown sugar, cinnamon and pecans. Pour half the batter into greased and floured tube pan. Sprinkle cinnamon mixture around batter in pan. Add remaining batter on top of cinnamon mixture. Bake at 325 degrees, 65 minutes. Let cool 15 minutes before icing.

ICING

- 1 cup confectioner's sugar
- 2 tbsp. half and half or milk
- 1 tsp. vanilla

Blend all ingredients together. Drizzle over cake.

IN THE BAG



NEARLY THERE - Quannah McCall student Barry Turner gives his all in a sack race at a recent field day at the school. Such activities are common as spring warms the air and students start itching to be out of doors.

NOW SAVE \$\$\$ - SPECIALLY PRICED SUPERB QUALITY STRETCH WIGS

<p>FREE GOLDEN CROSS</p> <p>18 Kt. Gold Finish! with every order!</p>	<p>Beautiful Hair Wig #762R-\$15.98</p> <p>Long Long Long Hair!</p> <p>(Natural Part)</p>	<p>Style "G"-\$9.98 (Natural Part)</p> <p>Look of natural part! Tapered sides, back...</p>	<p>"FREEDOM WIG" Style "J"-\$9.98</p> <p>It has texture, feel and shape.....</p>
<p>FREE Afro pick COMB</p> <p>with every Afro Wig WRITE TODAY!</p>	<p>#R950M-\$19.98</p> <p>(Natural Part)</p>	<p>#756R-\$15.98</p> <p>Just the right shape True Natural Look!</p>	<p>"WAIST CLINCHER" #494-\$4.98</p> <p>cinches away inches!</p> <p>Comes in White, Black Sizes: 24, 26, 28, 20, 32</p>

CATALOG Dept. 2 Inwood, Long Island, N.Y. 11696

Style # Description

Name _____ Address _____ City _____ State _____ Zip _____

Jet Black Off Black Dk. Brown Dk. Auburn Mixed Grey (\$6. Extra) Lt. Frosted Dk. Frosted

I enclose Full Payment Check Cash Reg. Money Order and We pay all postage fees.

I Send C.O.D. I enclose \$1. and I will pay on delivery to me plus postage and C.O.D. charges.....

FREE! Send me the GREAT Brand New 72-Page Hair 7 Beauty Catalog-2 full years (8 big issues) of all the latest Wigs, Cirdies, Bras, Hair and Skin Aids etc.....

"Rosie" Cooper

We Like To Spoil You.....

YOU ARE ALWAYS WELCOME AT

COOPER'S PARKING

118 NO. 4TH STREET

PROMPT

T.V. REPAIR SERVICE

IN THE HOME

CALL 648-4445 == 10A.M. to 10 P.M.

GOLDEN WEST

PHARMACY

Your Doctor's Druggist

648-6017

1056 W. OWENS AVE.