

# the THINKING WOMAN

## Dorothy Johnson's ~~STORIES~~ Food Forum

### Ham & Steak With Cantaloupe

Grilled cantaloupe? Sounds unusual, but it turns out to be a new and very nice "go-along" for ham steak over the coals. The basting sauce accents the fine natural flavor of the ham and cantaloupe. Another surprise is the addition of applesauce for a Fruity Bean Bake. This menu couldn't be finer or easier for the backyard chef.

A cook's secret when grilling cured pork is to use an oily-based sauce, such as this recipe. Medium coals are the right temperature to grill the meat without drying out the juices or charring the glaze.



Ham steak, 1 to 1-1/2 inches thick (about 2-1/2 pounds)

1 ripe cantaloupe

Basting sauce:

1/2 cup bottled Russian dressing  
2 tablespoons unsulphured molasses  
1 tablespoon prepared mustard  
1 tablespoon lemon juice  
1/4 teaspoon ground nutmeg

Slash the outer layer of fat around the ham. Halve cantaloupe and remove seeds. Divide each half into three wedges.

Grill the ham steak over medium coals, brushing frequently with the basting sauce. Turn the ham occasionally. Ham only needs to be heated thoroughly. Total grilling time is about 20 minutes.

About 10 minutes before ham is done, brush cantaloupe with basting sauce; place wedges on grill. Cook fruit until glazed and slightly tinged with brown, turning and basting often.

Divide ham into 6 servings with a melon wedge for each portion.

### Fruity Bean Bake

1 can baked beans (either 28 or 32-ounces)  
1 cup applesauce  
3 tablespoons unsulphured molasses

Mix together and heat on grill or in 350 degree oven for 30 minutes. Serves 6 to 8.

### Beef Recipes

Beef cookery has its place in American history. It is fitting that beef have a prominent place on the American tables, as we celebrate our nation's birthday. Not only is it America's best-liked meal, but no cattle brought over by our forefathers and foremothers has played a more important role in our national growth. Our first cattle arrived at Plymouth Colony in 1624.

#### PILGRIM POT ROAST, CRANBERRY GRAVY

4 to 4-1/2 lbs. boneless beef rump roast  
2 tbsp. cooking oil  
2 tsp. salt divided  
1/8 tsp. pepper  
1/4 cup water  
24 pitted prunes  
1 medium onion, sliced and separated into rings  
1 can (16 oz.) jellied cranberry sauce  
2 tbsp. lemon juice  
1/4 tsp. allspice

Brown meat in cooking oil in large frying pan or dutch oven. Pour off drippings. Season meat with 1 tsp. salt and pepper. Place on rack in dutch oven or roasting pan. Add water, cover tightly and cook in slow oven, 325 degrees for 3 to 3-1/2 hours or until meat is tender.

About 15 minutes before meat is done, add prunes and onion and continue cooking covered, remove meat, prunes and onions.

Pour off all but 1/4 cup drippings. Mash cranberry into drippings in pan and stir to blend. Add lemon juice 1 tsp. salt and the allspice. Bring to boil and cook slowly until cranberry sauce is dissolved.

Add onion to gravy and cook 5 minutes. Carve meat and place on warm platter; garnish platter with prunes. Serve gravy with pot roast.

#### LOAF IN A LOAF

1 loaf Vienna bread  
2 lbs. lean ground beef  
1 egg  
1/4 cup chili sauce  
3 tbsp. green pepper  
2 tsp. salt  
1/8 tsp. pepper  
4 slices (3 ounces) American cheese.

Cut a shallow slice, 2-1/2 inches wide from top of bread. Remove bread to hollow inside of loaf until ends and bottom are 1/2 inch thick.

Make 1 cup crumbs from removed bread and combine with ground beef, egg, chili sauce, minced onion, green pepper, salt and pepper. Line bottom of inside of loaf with slices of cheese.

Add the meat mixture, a portion at a time, pressing lightly to fill loaf. Place top on loaf and wrap in foil, sealing top and ends.

Place on rack in large roasting pan and bake in a moderate oven, 350 degrees for 2 hours. Let stand 10 minutes before slicing. Makes 8 servings.

### Mexico's Contribution To American Diet---Shrimp

Of all shellfish, shrimp are the most popular the world over. Shrimp are high in protein and low in calories; an average serving (about 3-1/2 ounces) of boiled shrimp, contains only about 91 calories.

Shrimp, however, because of increasing demand and diminishing supply, are becoming scarcer in the United States. Thanks to the growth of the Mexican fishing industry, more and more shrimp are exported for United States distributors.

According to information supplied by the Gulf of California Shrimp Institute, some of the finest shrimp in the world come from the bays and estuaries along the West Coast of Mexico, in Baja, California, in the Gulf of California. They are known as bay white shrimp. Jumbo bay white shrimp are particularly desirable. Jumbo shrimp are those totalling 20 or fewer to the pound.

#### MEXICO'S FISHING INDUSTRY

Mexico's fishing industry, as a whole, has enjoyed rapid growth in the 1970's. Under government supervision modern laboratories are operated to provide quality control for processing plants. Many new vessels with modern electronic and mechanical gear have been built in Mexico during the past five years.

Production and sales of fish and seafood under Mexican government management have been significantly increased. From a catch of 254,000 tons in 1970, Mexico's production climbed to 451,000 tons in 1975.

Shrimp is one of the leading exports of Mexico with 75,016,000 pounds worth over \$200,000,000 having been shipped to the U.S.A. in 1975.

#### SHRIMP - SMALL BUT MIGHTY

Those who are fond of shrimp (and this includes millions of people all over the world) will be surprised to learn that they are the most backward citizens of the sea. That's because shrimp swim backwards by fast strokes of their fanlike tails.

This distant relative of the lobster does not have claws and is much smaller and more slender than its larger cousin. In fact, the small size of the shrimp gives birth to its name. The word "shrimpe" in Middle English meant "puny person." But whether you call them shrimp, scampi or prawns, they're all pronounced "delicious."

The shrimp is a decapod crustacean, a most distinguished classification for this modest sized creature. The term merely means that the animal referred to has ten legs and a shell.

The shrimp's body is covered by a thin, translucent shell that is jointed to allow the animal move. The shrimp sold in United States markets are the "tails" of the shrimp. The head and thorax with the ten legs are stripped off before the shrimp are sent to market.

In planning a meal featuring shrimp, you can figure your requirements by the following rule: For each cup of cleaned cooked shrimp buy 3/4 pound of raw shrimp in the shell.

### Divorces Climb, Marriages Drop

The National Center for Health Statistics reports there were nearly two-thirds as many divorces as marriages in the United States during the first three months of 1976.

The Center estimates there were 391,000 marriages in the period and 262,000 divorces. The number of marriages is about 2 percent less than in the same period of 1975, while the rate of 7.3 marriages per 1,000 population is about 4 percent lower than in the earlier period.

Some 8 percent more divorces occurred in the U.S. from January to March 1976 than in the same period in 1975. The actual rate climbed to 4.9 divorces per 1,000 population.

Earlier, the Center had reported the 1974 marriage rate had shown the first decline in years. In that year, some 2,229,667 marriages were performed, a decrease of more than 54,000 for 1973. The rate dropped 3.7 percent from 10.9 marriages per 1,000 population in 1973 to 10.3 in 1974.

Reflecting the dropping marriage rate was the lowered birth rate for the first three months of 1976. The 764,000 births during this period gave a rate of 14.4 births per 1,000 population.

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