

Other Things To Do With Canned Foods

Homemakers should never need to ask "What vegetables shall I serve for dinner?", because in this day and age no grocery could operate without carrying a complete line of canned vegetables. In fact, the pantry shelves in the average home today are usually lined with a fairly complete assortment of canned foods of all types.

Recipes that employ canned foods plus a few staples are always welcome—they serve as standbys in time of emergency as well as lend themselves equally well in the planning of economical well-balanced meals for every day. Using canned foods too frequently in the same way or in the same recipes can make them become tiresome to any family, but this is unnecessary when there are so many attractive and appetizing dishes that can be prepared with only the aid of a can opener and your own ingenuity.

Canned foods are a real answer to the family on a modern food budget. Modern canning methods retain the nutritive value of food as well as, or better than, raw foods cooked at home. This is because the food is placed in the can and sealed, then cooked. While it is true canned foods are delicious just as they come from the can, it is the natural desire of all good cooks to combine or flavor them in such a way as to create new dishes.

One food in particular which has a special appeal to homemakers is canned peas. They are not only delicious when heated and served directly from the can, but there are literally hundreds of ways in which they may be combined with other foods to make perfectly grand finished dishes.

Incidentally, are you familiar with the following facts about canned peas? Did you know that a No. 2 can of peas contains 2½ cups of peas—just about as much as you'd get from shelling 2½ pounds of raw peas. This should serve four to five people amply.

Did you know what the liquid is in which canned peas are packed? It is made of pure water with a little seasoning of salt and granulated sugar. This liquid should not be thrown away, for it is full of food value. The peas should be simmered in it, or the juice should be saved for soups, gravies or sauces. You will note that good use is made of this liquid in the following recipes.

When good foods get together that spells hearty eating—and here is just that kind of a meal—Shrimp Curry with Rice and Canned Peas. Once you taste this delightful combination of flavor companions, you'll discover why it's a dish never to be forgotten.

SHRIMP CURRY WITH RICE AND CANNED PEAS

(The curry powder in this recipe may be omitted if personal tastes do not care for curry seasoning. The sauce recipe has balanced seasoning without the curry powder.)

- 1 large can shrimp
 - 1 No. 2 can peas
 - 3 cups cooked rice buttered and seasoned to taste
- Drain and clean the shrimp. Lay on top of rice in steamer or oven to warm until time to serve or while sauce is being prepared. The canned peas may be heated in their own liquid and then this liquid may be used to displace part of milk in the sauce recipe that follows.

CURRY SAUCE

- 4 tablespoon butter
 - 4 tablespoons flour
 - 2 cups milk (or part canned pea liquid)
 - ¼ teaspoon salt
 - 2 bouillon cubes
- Melt butter, add flour mixed with salt and curry powder. Stir until well blended. Pour on liquid or milk gradually while stirring constantly. Bring to boiling point and boil two minutes. Assemble on serving platter—hot buttered rice, the shrimp and canned peas. Pour over this some of the sauce and serve the rest as individual servings are made at the table. Serves six.

Here is a dish that has style, zest and flavor. But best of all, it's easy on the budget and the cook:

BAKED SALMON WITH MUSHROOM SAUCE AND CANNED PEAS

- 2 No. 1 flat cans salmon
- 2 tablespoons butter
- 2 tablespoons flour
- ¾ cup milk or liquid from canned peas
- ¾ cup concentrated chicken soup or broth
- 1 can mushrooms or ¼ lb. fresh mushrooms cooked in butter slice onion
- ¼ teaspoon nutmeg
- 1 No. 2 can peas

Put salmon as it comes from can into pan; cover and heat. Melt butter, add flour, onion and soup or broth. Cook, stirring constantly until mixture thickens. Remove onion, gradually add milk or liquid from canned peas and the mushrooms. Stir until well blended. Add salmon liquid and nutmeg to sauce. Pour sauce over salmon that has been placed on buttered toast squares ready for serving. Garnish platter with buttered canned peas. Serves 4 to 6.

Condensed, evaporated and powdered milk may be kept in small space and if not kept too long before they are opened, do not require a refrigerator temperature, as does fresh milk.

Make Your Wishes Come True And Prepare A Cheesecake

It's the simplest thing in the world to look at the grand things displayed in the show cases of bake stores and just wish we could do the same things at home—and actually make no attempt to try our hands at these fanciful looking affairs.

The truth of the matter being—that in so many cases, good reliable recipes, plus some of the grand molds on the market today will produce dishes that you just never imagined you could make in a million years. Taking for example a "spring mold" or form pan—in that we turn out such things as ice box cakes of all descriptions—and taking its place among the favorites—this cheesecake!

REFRIGERATOR CHEESE CAKE

- ½ cup melted butter
- ¾ cup sugar
- 2 cups fine zwieback crumbs
- 2 teaspoons cinnamon
- 2 tablespoons gelatin
- 1 cup cold water
- 3 eggs, separated
- 2 cups cream cheese
- 3 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- ¼ teaspoon salt
- ½ cup whipping cream
- Blend butter, ¼ cup sugar, crumbs and cinnamon. Press ¼ of this mixture on the bottom of a 9-inch spring form pan. Soak gelatin in ½ cup cold water for 5 minutes. Cook egg yolks, remaining sugar (½ cup) and water (½ cup) in a double boiler, stirring constantly, until mixture coats a metal spoon. Add gelatin and stir until dissolved. Add gradually to cream cheese, add lemon juice, rind and salt, beat thoroughly. Cool, when beginning to congeal, beat several minutes with an egg beater. Whip cream and fold in with stiffly beaten egg whites, blend thoroughly. Pour onto crumbs. Sprinkle remaining crumbs over top. Chill until firm. Serves 10 to 12.

For variety use crumbs made from graham crackers, vanilla wafers, gingersnaps, chocolate cookies,

browned dried bread crumbs, crushed cornflakes or other suitably prepared breakfast foods in place of the zwieback.

Sour Cream Refrigerator Rolls

- 1 cake compressed yeast
 - ½ cup sugar
 - ¾ cup butter
 - ½ cup milk, scalded
 - 2 eggs
 - 1 cup dairy made sour cream
 - 4½ teaspoons salt
- Crumble the yeast into a mixing bowl; add sugar and stir together until yeast liquifies. Let stand about 20 minutes. Meanwhile melt the butter in scalded milk. Beat eggs. Add sour cream; blend well with yeast and sugar mixture. Add lukewarm milk and butter and flour all at once. Beat 8 or 10 minutes. Place dough in covered dish and allow to stand over night in refrigerator before using. The dough may remain in refrigerator as long as five days without deterioration.

The next day, let dough rise in warm place to double its original bulk, or more. Knead in 1½ cups more flour. Roll out into two sheets about ¼ inch thick. Spread with thin layer of sour cream, sprinkle with brown sugar and add a few nut meats. Roll lengthwise; cut like a jelly roll in slices 1½ inches thick. Place in buttered muffin tins lined with brown sugar, nut meats, and a dot of butter. Set in a warm place to rise to double their bulk. Bake at 400 F. for 25 minutes, then reduce heat to 350 and bake about 10 minutes longer. Yield: 2 dozen rolls.

If a sauce is too thin, it must be thickened by adding more of the thickening agent and by re-cooking it. A starchy sauce or a cream soup is always thinner when hot than when cold. Even the amount of cooling which occurs in transferring a starchy sauce, gravy or soup from the cooking utensil to the serving dish perceptibly thickens it. This must be taken into account in making cream-dishes of various kinds.

Liver Loaf With Gravy Makes Ideal "Change"

Ever so many housewives find it quite necessary to serve liver often to her family for reasons of health. And we all know that the quickest way to ruin a liking for liver is to just let anyone know that it must be eaten for his or her health! This can be overcome however, by very subtly serving it in different ways—not just fried or boiled with bacon but as one example—in a loaf with gravy such as this:

LIVER LOAF WITH PAN GRAVY

- 1½ pounds beef liver
 - 1½ cups boiling water
 - 2 slices salt pork, ¼ inch thick
 - 1 medium sized onion
 - ¼ cup chopped parsley
 - 2 tablespoons flour
 - 2 cups soft bread crumbs
 - 2 eggs, slightly beaten
 - Salt and pepper
 - 1½ cups cold water
- Wash liver quickly under running water; cover with boiling water and let stand 10 minutes; drain. Grind with two slices salt pork and an onion; add parsley, crumbs, eggs, 1 teaspoon salt and ¼ teaspoon pepper, and mix thoroughly. Press into baking pan, 8x4x3 inches, and bake in a moderate oven (350 F.) about 1 hour, or until browned. Remove loaf to hot platter. Stir flour into drippings and brown; add water gradually and cook five minutes, stirring until thickened; season to taste and pour over loaf.

Lemons lend themselves to all sorts of fancy cut shapes with which to decorate a platter of meat, fish, or salad. They may be cut in slices, half slices, quarters, eighths, baskets, or halves with the edges cut saw-tooth fashion, the slices may be reshaped to form a Maltese cross; the slices may be sprinkled with minced pimento, etc. The lemon juice squeezed on the food also has good food value. Orange slices may be used in the same way as the lemon. Marshmallows or green cherries are used to decorate fruit cups, melon halves, fruit salads, puddings, etc.

Maple Custard

- 3 eggs
 - 3 tablespoons sugar
 - ¼ tablespoon salt
 - 2 cups milk
 - 4 tablespoons thick maple syrup
- Beat the eggs until the white and yolks are combined, add the sugar and salt, and the milk which may be heated first to save time in baking. If heated, add to the eggs gradually while stirring or it may cook them. Pour 1 tablespoon of thick maple syrup into each of the 4 buttered custard cups. Tilt the cups from side to side so that the interior is coated with the syrup. Strain the mixture into the cups; set the cups in a pan containing enough hot water to reach half their height. Bake in a moderate oven (350 F.) The custard should become firm in about 40 minutes. It may be tested by running a silver knife blade into the custard; if the blade shows no coating of custard when withdrawn, the custard is done. Cool before serving.

HOT OFF THE GRIDDLE

It is the best policy to buy vegetables in their season. Many vegetables are in the market the year 'round, and modern agriculture has greatly extended the season for many others but some, when out of season, lack flavor and freshness.

To make an omelet, add one tablespoon of chopped onion and one teaspoon of chopped parsley to the omelet mixture before cooking.

Before purchasing table-cloths, carefully measure your table, and allow a twelve to fifteen inch hangover for your dinner cloths, and an eight to twelve inch hangover for your luncheon cloths.

Bacon, ham and sausage fats are too highly seasoned for any but limited use, but are excellent for sautéing any food where their season is

desirable.

All boned cuts of meat require longer cooking time than those with the bones left in. Allow about ten minutes per pound longer for cooking boned cuts.

Cabbage and heads of lettuce should be firm and of good color. Red cabbage should not have too dark a color, as it becomes purple when old.

To glaze the tops of rolls, cookies or pie crust, brush before baking with one egg white whipped lightly with one tablespoon of milk or water; or use an egg yolk for a yellow glaze.

Canned fruits and nuts of suitable size are always ready for salads, desserts, appetizers and garnishes.

The best method of keeping preserves is to seal them in hot clean jars. If trouble has been experienced with molds, it may be desirable to hold the jars of preserves in steam or boiling water for ten minutes as an extra precaution against molds. All jars, rubbers, spoons and utensils that are to be used in placing preserves in the jars should be sterilized in boiling water.

Tea may be put in a tea ball or a muslin bag and taken out when sufficiently steeped. These containers should not be more than half full, to allow the tea leaves room to swell and to give off the amount of flavor of which they are capable.

To make marmalade strips place a thin layer of crust on an inverted baking pan. Spread with thick marmalade or any filling that does not run. Cover with another thin layer. Cut into strips four inches by one and a half. Bake in a quick oven (400-450 F.) When cool, spread with a thin icing made of confectioners' sugar and water. Sprinkle with fancy chopped nuts.

To roast fillet of beef, which is very lean, dot with strips of bacon or salt pork. Season, and place in open pan in very hot oven, 550 F., with a little water. Baste very often.

When half done (20 to 30 minutes per pound) add a little more water. Make a brown gravy as for any roast, or serve with cooked mushroom.

A puffy omelet should be at least four inches thick when folded (2 inches thick before folding). It should be golden brown on the under side, (which becomes the upper side as well, when folded); cooked throughout (not raw in the center) moist and tender, (not dry and tough). The secret of making it lies primarily in cooking it at a low temperature. Remember the need for a low temperature in egg cookery, whether they are to be boiled, souffled or omeleted. A high temperature causes the egg whites to become tough and leathery and to shrink. To cook an omelet therefore, the skillet should be hot when the eggs are poured in, but the heat beneath it should be kept low as the omelet cooks, and the oven should be only moderate (350 F.) when the omelet is put in for the last few minutes of cooking. The omelet should be served as soon as it is done, since standing even at a low heat, will cause it to shrink and toughen.

Perhaps the very first preparation for housecleaning should be the selection of the supplies, for efficient tools make any task easier. Modern vacuum cleaners, brushes especially designed for walls, floors and radiators, together with soaps in bar, flaked and powdered form have all contributed their share toward making housecleaning easier. Any household which does not possess a vacuum cleaner should make a tremendous effort to get one. It not only saves back-breaking work with a broom, but it helps to do away with the dangers which always accompany the stirring up of dust. The brushes referred to are simply conveniences for removing the surface dust from places which cannot be reached with ordinary effort—long handled ones for walls, ceiling; short especially designed ones for radiators, Venetian blinds, etc.

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