



Cook The New Way

— — — — from supplies you can keep on hand

PANTRY-SHELF MEALS

1. Pancake Breakfast

Apple Pancakes (By Gifford's Kitchen)

1 cup prepared pancake mix
½ cup chopped raw apples

Mix pancake batter as directed on the package - add finely chopped raw apples. Bake and serve with sliced, fried ready to-eat ham loaf.

Menu Suggestion: Frozen orange juice - apple pancakes - maple syrup - butter - fried ham - coffee.

Compiled by
Ruth M. Dawson
Extension Nutritionist

NDSU LIBRARIES

5
544.3
.N9
A8
no. 261

NDAC *Extension Service, Fargo*
NORTH DAKOTA AGRICULTURAL COLLEGE

2. Hearty Breakfast or Brunch

Mix a can of corn-beef hash with 3 slightly beaten eggs - fry like pancake on lightly greased griddle or skillet. Serve with heated canned or frozen apple sauce and corn muffins (use mix).

3. T.V. Meal - Ham Sandwich Loaves

8 slices bread, crust removed
3 - 3 oz. packages cream cheese
1 tbsp. mustard
3 tbsp. olive sandwich spread
8 slices canned meat loaf (2 cans)

Make a sandwich filling by creaming together the cheese, mustard, and olive spread.

For each two sandwich loaves - spread one slice of bread with the sandwich filling - add thin slices of the canned meat loaf, top with another slice of bread - spread bread with the sandwich filling - cut sandwich in half, making two small loaves. Cover sides with sandwich spread and garnish with slices of stuffed olives - Serve garnished with parsley. Makes 8 loaves.

Menu Suggestion: Ham loaves - jellied fruit salad - pickles - cup cakes (using a cake mix) - sherbet - coffee.

4. For Sunday Nite T.V. Meal

Grilled frozen hamburgers with barbecue sauce

Toasted rolls

Potato chips

Celery

Carrots

Radishes

Fresh fruit

Cookies

Coffee

Milk

5. Quick Tuna Supper

Combine a can of tuna, a can of condensed cream-of-celery soup, 1/3 cup milk, and a cup of frozen or canned peas. Heat and spoon over chow-mein noodles. Serve with tossed green salad.

Pineapple cobbler made from 1 can of crushed pineapple or pineapple - pie filling. Turn into baking pan and top with drop biscuits made from biscuit mix - bake in hot oven 400° until biscuits brown.

Menu Suggestions: Tuna chow mein - cabbage & carrot cole slaw - rolls - pineapple cobbler - coffee - ice tea - milk.

6. Mexican Casserole Dinner

In a casserole alternate layers of canned chili and whole hominy, using a little grated onion and sliced American cheese between the layers - Bake in moderate oven (350°) until bubbly.

Menu Suggestions: Tomato juice - Mexican casserole - bread sticks - instant butterscotch pudding over sliced, canned or frozen peaches.

QUICK TRICK COOKERY

1. Pre-cooked Rice Hot Dish

Spiced Brown Rice

2 tbsp. butter	1/4 cup water
1 1/3 cups (5 oz. package)	1/4 tsp. salt
packaged pre-cooked rice	Dash each of white pepper,
1 can (10½ oz.) condensed	nutmeg, allspice, and
consomme	cloves.

Melt butter in saucepan. Add packaged rice and saute over medium heat until rice is golden brown, stirring constantly. Add consomme and water slowly, continuing to stir constantly. Bring quickly to a boil over high heat. Then cover, remove from heat and let stand 13 minutes. Add salt and spices, mix lightly with fork. Serves four.

2. Lemon-filled Sponge Cake Shells Dessert

Buy sponge cake shells used for strawberry short cake. Fill individual shells with this lemon filling and put together in pairs inverting one on top of the other. Frost top and sides with sweetened whipped cream or instant fluffy frosting mix. Cut in half for one serving. Freeze; then wrap each half in freezer paper and keep frozen. Thaw 20 minutes before serving.

Lemon Filling

1 (6-oz.) can	2 tbsp. cornstarch
frozen lemonade	2 tbsp. flour
1 canful water	2 egg yolks
½ cup sugar	2 tbsp. butter

Method: Combine frozen lemonade, water, sugar, cornstarch, and flour. Cook over direct moderate heat, stirring constantly, until mixture comes to a boil. Boil 1 minute. Remove from heat and beat a little of this mixture with slightly beaten egg yolks. Then beat into remaining hot mixture. Cook 1 min. more, stirring constantly. Remove from heat, add butter, and cool. Use as filling for cakes.

3. Blackberry Flummery Dessert

1 no. 2 can blackberries	½ cup sugar
Juice of ½ lemon (2 tbsp.)	1 cup water
	2 tbsp. cornstarch

Drain juice from berries, add water, bring to boil and add the cornstarch mixed with the sugar. Cook, stirring constantly until mixture thickens. Add lemon juice, remove from heat and pour into sherbet glasses. Chill before serving, heap the blackberries over top - serve garnished with whipped cream and very cold.

Strawberries, raspberries, and pineapple, may be used in the same way as blackberries.

4. Reception Punch

Blend 1 can (6 oz.) frozen concentrated lemonade mix with water according to directions. Add 1 can (46 oz.) unsweetened orange juice, 1 can (46 oz.) apricot nectar and 3 large bottles (28 oz. each) ginger ale, chilled. Spoon 2 qts. of orange sherbet into punch just before serving. Makes 8 qts. punch, or 64 half-cup servings.

5. Quick Praline Candy

1 pkg. butterscotch pudding	½ cup evaporated milk
and pie filling mix	1 tbsp. butter
1 cup sugar	1½ cups pecan pieces
½ cup brown sugar firmly packed	

Mix pudding mix, both kinds of sugar, milk and butter in a saucepan. Cook and stir over a low heat until sugar dissolves and mixture boils. Continue to cook gently, stirring frequently, until a small amount tested in cold water forms a soft ball (234° F. on candy thermometer) Add nuts and mix well. Remove from heat and beat until mixture begins to thicken, no longer. Drop by table-spoons onto waxed paper and let stand until firm. Makes 18 to 20 pieces.

6. New Method - Whole Egg Sponge Cake

Whole-Egg Sponge Cake (Dr. Alice Briant, Cornell University)

Yield: One 10-inch cake Temperature: 325°F. (Moderate)
Size of pan: 10-inch tube pan Baking time: 50 minutes

6 eggs	1 cup sugar
1 tbsp. lemon juice	1 cup pastry or cake flour
1 packed tsp. grated lemon rind	3/4 tsp. salt

1. Break the eggs into the large bowl of an electric mixer. Add the lemon juice and grated rind.
2. Beat the mixture at highest speed until soft peaks can be formed (12 to 16 minutes)
3. While the eggs are being beaten sift together the flour and salt. If a loose-bottom pan is not used, the cake will be more easily removed if the bottom of the pan is lightly greased and floured.
4. Continue beating the eggs at highest speed (after soft peaks can be formed) and pour the sugar in a fine stream over them, taking 2½ to 3 minutes to add all the sugar.
5. Change to lowest speed and sift the flour and salt over the surface of the mixture as the bowl turns, taking 2½ to 3 minutes to add all the flour. Scrape the sides of the bowl and beat at lowest speed for ½ minute.
6. Pour the batter into the pan and bake as directed above.
7. As soon as baked, invert the cake pan and set it on a rack to cool. Prop it up if necessary so that the air can circulate between the cake and the table top. Let the cake cool to room temperature before removing it from the pan.

The egg yolks were beaten until lemon colored, the sugar, then the flour were folded in gradually. The egg whites were beaten until peaks could be formed, and the first mixture was folded in.

7. Quick Fruit Cream Filling

Makes 1¼ cups

2/3 cup sweetened condensed milk

2 tbsp. lemon juice

½ cup fruit - fresh raspberries, sliced strawberries, drained, crushed pineapple, prune or apricot puree may be used.

Put condensed milk into a mixing bowl, add lemon juice and stir mixture until it thickens. Fold in fruit.

Use a cake mix, made in layers - bake and when cool spread filling between layers, dust top of cake with sifted confectioner's sugar.

PLANNED LEFT OVERS

Failing to utilize leftovers is like going around with a hole in your pocket book. In both cases you're losing money. Wise homemakers look over their leftovers, not overlook them. Leftovers are an excellent means of keeping within the food budget and at the same time, serving meals that are nutritious and appealing. All that is needed to make a successful meal of leftovers is a little ingenuity on the part of the meal planner.

A good practice is to check the refrigerator every morning before making the daily meal schedule. See if there isn't some way they can be worked into the meal plan for that day. Odds and ends, leftovers, can do a great deal to help cut down on the family food budget.

Prompt and careful storing of leftovers keeps the food in good condition. Some leftovers may be planned for freezing. Be sure they are properly wrapped in moisture - vapor proof material.

When buying meat, for example a roast for a small family, it is cheaper to purchase a larger piece of meat than is needed for one meal and freeze the unused portion to save time and labor of preparation later.

Baked foods can be planned leftovers. No need to let a half or quarter of a cake or pie go to waste when a freezer is in the home. Don't wait until the food is about spoiled and then freeze it to keep it. Freeze planned leftovers at their peak of goodness.