

ADVENTURE

1943 A

what the pioneer did . . . he must improvise. There is always a way . . .

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Most Unpopular Man in America,
Mr. Kitchen Kill-Joy; his motto:
Never give a new dish a chance

Try one of the flavorful meat cuts

A. Meat Pie Piquant: For meat pies add new flavor to the toppings. For beef (chuck, shank) pie add 1 teaspoon each chili powder and onion salt to a standard baking powder biscuit recipe using 2 cups flour or similar amount of biscuit mix. Double the shortening. For lamb (neck, shoulder) pie use ½ teaspoon curry powder, 1 teaspoon onion salt and 2 tablespoons chopped parsley.

Experiment with the less-known cuts

B. Minted Lamb Slices: Roll 6 neck slices of lamb in seasoned flour, brown in hot fat. Add ¾ cup hot water, ½ cup ketchup, 1 teaspoon the new dehydrated (dried) mint, 2 cloves garlic. Cover, simmer 1 hour. Remove garlic and excess fat, add about ½ cup water to sauce.

Use unrationed spare parts such as brains

C. Information Please Patties: Soak brains (about ¾ pound calf, beef, pork or lamb) in cold water about 1 hour. Simmer 15 minutes in boiling salted water, adding 1 tablespoon lemon juice or vinegar; drain, rinse with cold water, remove membrane, cool. Slice; dip in egg and crumbs, sauté until browned. Serve with lemon butter or with sautéed sour apple rings or ham slices.

Glamorize dried meats with fancy touches

D. Frizzled Dried Beef with Almonds: To bring out the best in shredded dried beef frizzle in butter, stir in flour, (1 tablespoon to each cup milk used), add milk; cook until thickened, stirring constantly. Season with Worcestershire sauce. Add cooked sliced celery for texture. Serve in croustades with toasted almonds.

Buy available fish and cook with style

E. Fish Turbans: Season 1½ pounds thin fish fillets, roll into turbans, fasten with toothpicks. Place in greased pan; brush with melted butter or other fat. Bake in hot oven (400° F.) 15 minutes. Add ½ cup chopped dill pickles to 2 cups of a standard creole sauce, heat and pour around turbans. Continue baking 5 or 10 minutes.

Increase protein fare through cheese

F. Cheese and Onion Pie: Slice 5 medium onions, sauté in 3 tablespoons butter or other fat until yellow; stir in 3 tablespoons flour, 1 teaspoon dry mustard, 1 teaspoon salt, dash pepper. Add 1½ cups milk and cook until mixture is thickened, stirring constantly; remove from heat. Stir in 1½ cups grated cheese, lightly packed, then yolks of 4 eggs well beaten; cool slightly. Beat 4 egg whites until stiff and fold into cheese mixture; pour into 9-inch shallow casserole lined with rich pastry. Bake in moderate oven (350° F.) about 45 minutes or until set.

Stretch the meat ration with legumes

G. Black-eyed Peas and Pork: Soak 1 cup black-eyed peas overnight in water to cover. In the morning add ½ teaspoon salt and simmer, covered, about 1½ hours. Meantime combine ½ pound ground pork, ¾ cup fine soft bread crumbs, ¼ teaspoon salt, dash of pepper, 2 teaspoons grated onion and ½ cup milk, mix well. Shape meat into small balls and drop into hot peas. Cover and simmer ½ hour longer. Makes 4 servings.

Introduce gourmet combinations

II. Manhattan Medley:

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| Pork, boneless, ½ pound | Butter, 1 tablespoon |
| Rice, uncooked, washed, ½ cup | Prepared mustard, 1 tablespoon |
| Fat, 1 tablespoon | Parsley, chopped, 1 tablespoon |
| Onion, diced, 1 cup | Shrimps, cooked, 1½ cups |
| Celery, diced, ½ cup | Peas, cooked, 1½ cups |
| Beef bouillon cubes, 2 | Pepper, dash |
| Water, 2 cups | |
| Pepper, dash | |

Shrimps and peas may be fresh, canned or quick-frozen. Sauté pork and rice in fat about 5 minutes; add onion and celery, sauté 5 minutes longer. Add bouillon cubes dissolved in water, pepper; cook tightly covered over low heat about 30 minutes. Mix butter, mustard, parsley; add to rice mixture, toss lightly. Serve with cooked whole shrimps, buttered, and seasoned green peas.

Plan desserts that use available fruits

1. Gleeeful Gelées: Make some fruit-flavored gelatine. Chill until slightly thickened, cover bottom of small baked tart shells with mixture. On this drop fruit—fresh, canned or quick-frozen. Top with more gelatine; chill.

Recipes serve 6 unless otherwise stated.