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JOURNAL FOOD SAMPLE

continued

flavor." (Do men like "heartier roasted flavor" better than women do?)

- Adolph's new 15 Minute Chicken Marinade is just what it says it is—a quick way to flavor and marinate the bird—or any bird, actually. You can use it on turkey, duck or game—anything but the family parakeet.

SOMETHING FOR NEXT TO NOTHING

- *Food Is More Than Something to Eat* is a brightly illustrated, simply written booklet that explains the basics of a balanced diet with a smattering of interesting little facts. Did you know that mangoes contain vitamin C? Or that sweet potatoes improve in storage? Request by title and number (#062B) from Nutrition, Consumer Information, Pueblo, Colo. 81009.

- Another government publication, *Lamb in Family Meals* guides you through selection, storing and preparation of just about every cut and part of lamb you could find to buy. Send request for Home and Garden Bulletin #124 and 30¢ to U.S. Government Printing Office, Superintendent of Documents, Washington, D.C. 20402.

- We came upon a fascinating recipe for Austrian Pancakes in *The Austrian Swiss Cheese Cookbook*. You use club soda to make the batter and then serve them filled with Apple-Sour Cream or Apricot-Cheese Filling. Get a copy of this cookbook free from Austrian Food Center, Suite 2245, Dept. LHJ, 1 World Trade Center, New York, N.Y. 10048.

- Anyone for Raisin Fudge Squares? Whether you're up for baking with raisins for fun or profit, "Bake Sales Are for Raisin Money" has lots of ideas about raisins—also about how to stage your bake sale effectively. Free. Write to Bake Sales, P.O. Box 5172, Dept. LHJ, Fresno, Calif. 93755.

SIX OTHER THINGS TO DO WITH GROUND CINNAMON

Ground cinnamon is a most versatile spice, adding a sweet, rich fragrance to almost any food you can think of. Here are six terrific ways to use it—and once you get started, you'll probably think of about 20 more.

- Blend 1½ teaspoons ground cinnamon and ¼ cup chopped pecans into one quart real vanilla ice cream.
- For beef stew with a Greek flavor, add ground cinnamon, ½ teaspoon to one pound meat. (A little sliver of orange rind helps, too.)

- Another combination of cinnamon and orange—add ½ teaspoon cinnamon and 1 tablespoon grated orange peel to a pound of bulk pork sausage. Mix, shape into patties and fry.

- Spicy Cranberry Punch. To two quarts punch add ½ teaspoon ground cinnamon, a pinch of ground allspice and a pinch of salt.

- Stir 1 teaspoon ground cinnamon into your favorite chocolate cake batter.

- Simmer 1 lb. dried figs with 1 teaspoon ground cinnamon.

NEWS OF THE SUPERMARKET TWO SURPRISING BEST BUYS— OYSTERS and SHRIMP

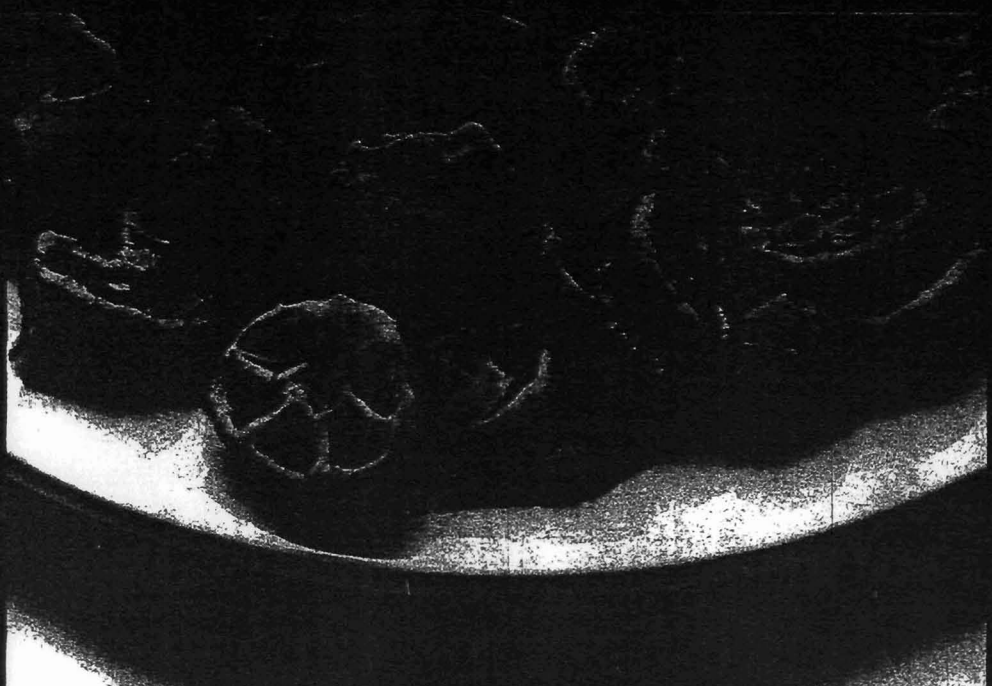
are seafood luxuries you just might as well have now. Oysters, for example, are expected to be in good supply this year, and are one of those few food items that have remained stable in price. And September is the first month of the oyster year. Not because of the R, by the way. This we found out by talking to Kerry Muse of the Maryland Seafood Marketing Authority, who explained that the ban on oysters during the summer months has nothing to do with oysters and everything to do with the fact that this perishable food was hard to keep fresh in years long gone when refrigerated transportation was unavailable. We asked Mr. Muse for a few predictions and got a figure of 3 million bushels as this year's anticipated harvest. That's just from the Maryland part of the Chesapeake Bay. We were, however, startled to learn that in 1898 the same area produced 100 million bushels. Why? What happened? Mr. Muse explained the drop in production as a response to changes in demand ("People used to eat oysters five times a week") and as a consequence of the old-fashioned methods of the industry ("Oysters are still harvested by men in skip-jacks, the only working sailboats around"). Mr. Muse also advised us

that oyster prices are best between September and April (excepting the Christmas holidays), and the very lowest prices will probably occur between January and April.

Frozen shrimp are something to watch out for! That's the word from the National Fisheries Institute. There will be definite bargains in medium and small-sized frozen shrimp, and in frozen breaded shrimp. Your best bet will be to stock up on shrimp when your supermarket offers it as a special. Look for prices of under \$2 a pound for the breaded shrimp (but remember they're about 50 percent breading) and prices of under \$3 a pound for frozen peeled and deveined smaller shrimp. Large and jumbo shrimp are still a definite luxury item. (Note of caution: These figures are average—they'll vary from store to store and from place to place.)

Oyster hors d'oeuvres. Bake 1 can (8 oz.) refrigerated butterflake dinner rolls according to package directions. Split rolls in half; spread with 3 tablespoons softened butter combined with 1 teaspoon creole or seafood seasoning. Top each roll with a drained shucked oyster (you will need 1½ to 2 pints). Broil in lowest section of broiler until edges of oysters curl, about 2 minutes. Makes 24 hot appetizers.

Coconut shrimp. Defrost 1 bag (1 lb.) frozen peeled, deveined shrimp and dry with paper towels. Beat together 2 eggs, 3 tablespoons lemon juice, 1 teaspoon curry powder and ½ teaspoon salt. Dip shrimp in ½ cup flour, then in egg mixture, finally in 1 can (3½ oz.) flaked coconut. Line bottom of a broiler pan with aluminum foil and pour ¼ cup melted butter into pan. Arrange shrimp in a single layer in broiler pan. Bake in a preheated 450° oven for 6 minutes; turn with a spatula and bake 3-5 minutes longer, until golden brown. Serve piping hot with chutney or fruit sauce. Makes about 48.



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