

CHINESE DISHES SUGGESTED FOR NOVEL CHANGE

Three Methods Used in Producing Tasty Oriental Food.

There are many occasions when the homemaker wants to serve something a little out of the ordinary. Foods as the Chinese prepare them offer possibilities for introducing a new note into informal entertaining.

The Chinese way of serving and garnishing the dishes which they prepare is an inspiration.

Many of the Chinese dishes consist of meat and vegetables which are garnished with match-like strips of cold cooked lean pork or white meat of chicken; these strips are arranged horizontally over the top of the chop suey, chow mein or other dishes.

Tufts of parsley and quite the best looking radish roses complete the picture.

Three Chinese Methods

The Chinese practice three methods of cookery: Steaming, frying and boiling. The Chinese cook uses what is known as a "pumay soup" to give a superior flavor to all Chinese dishes and it is really the secret of the magic in their cookery. It is used in gravies as well as for the first cooking, instead of water.

To make it, equal parts of chicken and lean pork are required—one-half pound each to about six pints of water. The meat is chopped fine and cooked slowly two hours and one-half, until the liquid has evaporated.

In order to do away with the oil, the Chinese put into the mixture a bowl of chicken broth, straining it through a thick cloth until the liquid is clear or the oil is on top, from which it is skimmed. It is then kept in a cool place.

Chow Mein

Purchase one pound of pork tenderloin cut into strips two inches long. Heat frying pan and add $\frac{1}{4}$ cup pork drippings. When hot add the sliced pork tenderloin and reduce the flame and simmer slowly for fifteen or twenty minutes without browning the meat.

Then add one cup bamboo shoots cut in julienne, which simply means strips about three inches long and one-eighth inch wide, one-half pound of water chestnuts cut into shreds and one cup of celery cut in julienne.

Mix one-half cup of grapefruit pulp and one-half cup of white grapes with one-half cup of diced orange pulp.

Add a few chopped nut meats and all of the banana pulp that was scooped out to make the boats.

Moisten the mixture with French dressing and fill each boat with it. Garnish with maraschino cherries and serve with toasted cheese crackers.



By NSEA Service

What a problem it is to think up something different in the way of refreshments when it's your turn to have the bridge club for lunch! Every member has served chicken salad at least three times and chicken à la king has had a good run for its money, too.

What, then, is a hostess to do? Well, she can always fall back on that old favorite, fruit salad, but if the guests are to show one soli-

tary speck of interest for the dish, it must be dressed up and served in some new and interesting manner. Why not put the fresh fruits into the skins of bananas that have been sliced lengthwise and call them Dream Boats?

Here is a novel recipe for fruit salad: Allow one banana for each person to be served. Cut them lengthwise, remove pulp and arrange the skins on crisp lettuce on a huge platter.

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WELL-FED MAY NEED NUTRITION

Satisfaction of Appetite Not Satisfactory Food Measure.

How many persons realize that it is quite possible to be well fed and at the same time not properly nourished? In other words, too many persons satisfy their appetites but do not always supply their body needs.

The one who plans the meals should bear in mind to be well nourished the daily meals must supply:

Foods that will give the body energy to do its work. The best sources of energy and heat-yielding foods are sugars and starches and fats. Fat meats such as bacon are especially good sources of energy.

The body must have building material for repair and for growth. This means that the daily diet must contain good protein and there is no better source of protein of high quality than meat.

Minerals and vitamins are vital as body regulators. Fruits and green vegetables for minerals and for vitamins should be included liberally in the diet.

Lean beef heads the list of foods which are rich in iron. Milk is valuable for its minerals, especially calcium, and for protein and vitamins. Water also is a body regulator.

Dutch Oven Is Ideal Utensil

The waterless cooker or Dutch oven is ideal for cooking less-tender cuts of meat. A very small flame is required and so this type of utensil may be used to advantage in the summer-time as well as in winter-time.

Frogs' Legs in Butter

Dry the legs by exposing them to air. Season with salt and pepper and roll in cracker-crumb. Put one-quarter pound of butter in a pan over a hot fire and cook until thoroughly browned. Put in only as many frogs' legs as you can handle quickly. Brown on one side, then the other. The entire cooking should not exceed five minutes. Serve on hot plate.

Making Tea

Preparing tea sounds simple. Yet there are those who can not seem to make a cup of tea that is thoroughly pleasant. Here's how. Use boiling water, but never boil tea. When water is boiling vigorously, pour over the leaves in the bottom of an earthen pot. Allow to stand until the tea is the desired strength.

Roasting and Baking CHICKENS DUCKS and GEESE

Boiling Chickens

Lb. 13c

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EL CHICO RECIPE FOR HOT TAMALES GIVEN

Pork and Chicken Combined With Meat and Onion.

Prepare a mixture of cooked meat—three-quarters of a pound of chicken, one-quarter pound loin of pork and one medium onion, all chopped well.

Fry the pork first, then add the onion. Fry this well and add the chopped chicken, then add two ounces of chili powder and half a teaspoon of allspice.

Cook one pound of corn meal until it is thick enough to spread in a thin coat on a corn husk. Divide the meat mixture in six portions

DINNER MENU

Vegetable Soup Roast Loin of Pork Sweet Potatoes Glazed Buttered Asparagus Cabbage and Pineapple Salad Lemon Tarts Coffee

and put one of these on the dough in each corn husk. Cover this with another coating of cornmeal flour dough, then roll the corn husk, tucking the ends in well. Tie with a string or a strip of the corn husk.

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