

FOREIGN COOKS TEACH LESSONS TO HOUSEWIVES

Give Recipes for Italian Meat Balls and Norwegian Stuffed Cabbage.

While American foods are probably the best in the world, there is still much to be learned from our foreign neighbors, and especially is this true in meat cookery, for foreign cooks have not always the excellent quality meats that Americans have been able to boast, and therefore it has been necessary for them to devise a variety of ways of using the less-tender meats, particularly after they have been made tender by grinding.

Any cut of meat, may be used for ground meat, but it is more economical to use the less-tender cuts, such as neck, shank or chuck of beef. In grinding, the long meat fibers are cut, and as a result, ground meat may be prepared in practically any way that would be made tender meat. It may be made into a loaf and roasted; it may be shaped as a steak and broiled, or it may be cooked in sausages of one kind or another, as many of our foreign neighbors do. Let me try a few foreign dishes made with ground meat. These are suggested by Inez S. Wilson, home economist.

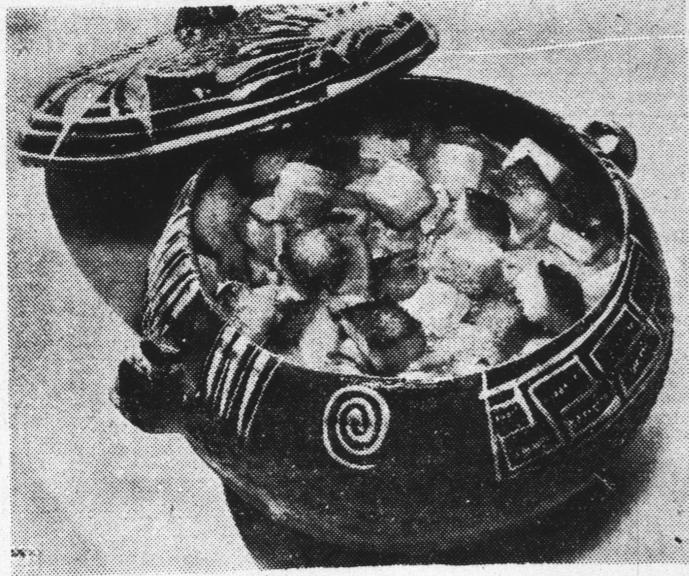
Stuffed Cabbage (Norwegian)
1 medium-sized head cabbage
1 1/2 pounds ground beef
1/2 pound ground fresh pork
1 onion, grated
1 cup dry bread or cracker crumbs
2 eggs, beaten
Salt and pepper

Cut the top from a head of cabbage. With a sharp knife, scoop out the center of the head. Have beef and pork ground together. Combine with bread or cracker crumbs. Season with salt and pepper and grated onion, and moisten with beaten eggs. Fill the hollow cabbage head with the meat mixture. Put top in place and tie securely with white string. Wrap with cheesecloth or a towel, and tie ends together. Cover with boiling water and allow to simmer until the meat is done, about one hour. To serve, remove cabbage head from cloth, and take off the string. Cut into slices and serve with white sauce as the gravy.

Italian Meat Balls
2 pounds ground beef
2 slices bread, soaked
2 medium-sized onions
1/2 cup grated cheese
2 eggs, beaten
Salt and pepper
2 tablespoons lard
1 can tomato puree
1 clove garlic
1/4 cup celery
1/4 cup mushrooms, if desired

Combine ground beef and soaked bread. Season with grated onion, cheese and salt and pepper. Moisten with beaten eggs and shape into balls. Brown these in hot lard. Make a sauce of tomato puree with an equal quantity of water, and

Oysters Michael Winter Dish



OYSTERS MICHAEL

4 cups bread
1 cup butter
1 pint oysters

Cook diced bread in butter until slightly brown. Cover the bottom of a greased baking dish with the bread. Arrange oysters over this and sprinkle with salt and nutmeg. Add cream, cover with remaining bread and bake in a hot oven, 450 degrees F., 10 minutes.

seasoned with a little garlic, celery and mushrooms, if desired. Put browned meat balls into tomato sauce and let cook until done. Serve both meat balls and sauce on a platter of cooked macaroni. Sprinkle all with grated cheese.

QUICK DESSERT

Fluffy rice folded into whipped cream and combined with fruit is a quicker than the eye dessert that's good too.

AID FOR SAUCE

A new use for cranberry sauce is this one: Place a slice of canned pineapple on individual salad plates. Cover with a half-inch slice of canned cranberry sauce and cover round with a slice of Florida orange. Garnish with cress and serve with French dressing. Cooked shrimps could be creamed

So many appetizing things can be made with canned soup that it pays a housewife to have a selection of popular soups on her shelves. With a few definite ideas in her head about the adaptability of soups, she can then judge housewife can with a little resourcefulness, face certain cooking problems with an air of jaunty independence, knowing that the dishes will come out all right. There are many nice ways of serving canned soups besides the traditional one of sipping it from a spoon.

For example, cream of mushroom soup can turn a dish of shrimp or boned chicken into something delectable. The idea is to use the soup as cream sauce and cook things in it in a casserole or saucepan. Creamed chicken or chicken à la king is made this way:

Chicken à la King

Cook some green pepper and fry it in two tablespoons of butter. Pour in a can of cream of mushroom soup to which half a can of water has been added. Season with a quarter teaspoon of paprika. When it is about to boil, add two cups of cooked chicken, cut in small bits. Simmer 15 minutes. A tablespoon of sherry will give this fine dish a festive flavor.

Cooked shrimps could be creamed

the same way, with or without the green pepper.

Tomato Soup Cake

Odd though it sounds to people who never tasted it, tomato soup, made rich with fruit and spices, is sure to become a favorite after the first few nibbles. These are the ingredients:

Two tablespoons butter, 1 cup

sugar, 1 egg, 1 can tomato soup

2 cups flour, 1/2 teaspoon ground

cloves, 1 teaspoon baking soda,

teaspoon nutmeg, 1/2 teaspoon mac-

1 cup seeded raisins or raisins that

have been dipped in honey.

Cream butter and sugar together

Add the well-beaten egg, blendin

it in thoroughly. Add the tomato

soup, to which soda has been added

and beat all together. Sift the

remaining dry ingredients togeth

er and stir them into the soup mix

ture. Last, add the raisins which

have been dredged with flour. Pou

nto a well-buttered loaf pan and

bake in a 350 to 375 degree oven for

one hour. Ice with mocha frosting.

Tomato Rarebit

This would be a wholesome mid-night snack for people who have been dancing late. Blend to a

play and would like a bite before

turning in. While a can of tomato

soup is heating in a double boiler

cut a pound of cheese in small dice

When the soup is hot put in the

cheese and stir constantly until

blended. Take from the fire, stir in a slightly beaten egg and a

quarter teaspoon of paprika. Serve

immediately on crackers or toast.

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