

Hot Tomato Sauce Adds Flavor To All Meats

One of the new foods on the market these days is a hot tomato sauce. This new ketchup is just what its name suggests—extra tangy and extra tasty. It's thick and red and like the regular ketchup, but a special combination of spices and seasonings has been added to please the palates of you who like it HOT.

For chicken, turkey, pork, crab or lobster sandwiches try this hot ketchup. If you have nice slices of meat, simply spoon the sauce on top before broiling; you are down to the final stages of the meat—as long as you be the case with left-over poultry or roast—gently spoon it onto the buns.

Chicken Sandwich
2 cups mayonnaise or salad dressing
1/2 cup hot ketchup
1 tablespoon mustard
1/2 tablespoon Worcestershire sauce
1/2 tablespoon vinegar
1/2 cup or chopped cooked chicken or turkey or other broiled meat
4 sandwich buns, split
Heat oven to 450 degrees and first five ingredients on chicken on bun halves each bun half with about 1/2 tablespoon sauce. Bake 10 minutes or until sauce is bubbly and glazed. Use two halves for each serving. Makes enough sauce for six hot sandwiches.

Hot ketchup again provides the big flavor—boost for sauce for a Broiled Shrimp Sandwich. It's added with mustard and fine-

ly chopped onion to a medium white sauce. The shrimp is heated in the sauce, then the mixture is spooned onto the buns and topped with cheese. A few minutes under the broiler brings them out bubbly hot for serving.

Shrimp Sandwich
3 tablespoons butter or margarine
1/4 cup flour
1/4 teaspoon salt
1 cup milk
1/2 cup hot ketchup
1 teaspoon mustard
1 tablespoon finely chopped onion
1 1/2 pounds shrimp, cooked, cleaned, coarsely chopped (1 1/2 cups)
4 sandwich buns, split, and toasted
1 1/2 cups grated process American cheese

In top of double boiler, melt butter, blend in flour and salt. Gradually stir in milk. Cook until thickened, stirring frequently. Add ketchup and next three ingredients. Heat. Spoon onto buns; sprinkle with grated cheese. Broil five minutes or until cheese melts. Makes eight sandwiches.

For those spicy barbecues, the kind prepared with chipped ham, that the teenagers

are so enthused about, try this recipe.

Spicy Barbecues

1 cup hot ketchup
1/2 cup water
1 tablespoon prepared mustard
1/2 pound, chipped, spiced ham
6 sandwich buns, heated
Combine first three ingredients in saucepan, heat thoroughly. Add ham, heat again. Serve on buns. Makes six barbecues.

Or if you prefer a real barbecue, make up this basting sauce and use it on meat fish or poultry.

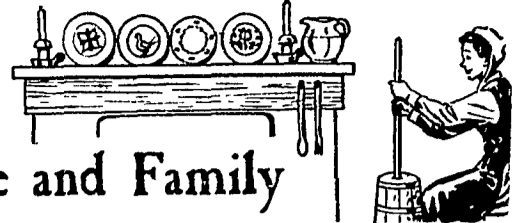
Barbecue Sauce

1 bottle (12 ounces) hot ketchup
1/4 cup vinegar
2 tablespoons Worcestershire sauce
Combine ingredients. When broiling or grilling meat, poultry or fish, brush frequently with sauce. Extra sauce may be passed when serving. Refrigerate unused portion. Makes approximately 1 1/2 cups.

So much for some hot ketchup recipes. We now have for you a chicken casserole which is an ideal dish for these cold winter evenings. This casserole has a golden cracker crust. The crackers are cheese and such a nice flavor contrast with the chicken.

To make this a one-dish meal, tender white rice and plump frozen green peas cook along with the chicken. To save a last minute rush, broil the chicken, cook the rice and crumb the crackers early in the day. Then your meal is almost ready for the oven. If your family loves corn, by all means serve the chicken, rice, pea casserole with

For the Farm Wife and Family



one of the gravies suggested in the recipe

Chicken Casserole

1 ready-to-cook young chicken 2 1/2 to 3 1/2 pounds, cut up
2 tablespoons cooking fat
1 cup uncooked white rice
3 cups water
1 package (10 ounces) frozen green peas
1/4 teaspoon black pepper
1 tablespoon salt
1 teaspoon celery salt
1/4 cup soft butter or margarine
1 1/4 cups cheese cracker crumbs
3 tablespoons water

Wash the chicken. Pat dry. Melt the cooking fat in a skillet. Add the chicken and brown slowly on all sides. Remove the chicken and place in a greased 2 1/2 or 3-quart glass oven dish.

Place the rice in a skillet. Add one cup of the water. Bring to a boil. Turn the heat down low. Simmer, uncovered, until the water is absorbed, about eight minutes. Spread the rice over the chicken.

Just before baking, place the peas over the rice. Pour on two cups very hot boiling water. Sprinkle with salt, pepper and celery salt.

Cover and bake in a preheated 375 degree oven about 40 minutes or until the rice is tender and most of the liquid is absorbed. Stir once during the baking to mix the rice with the water.

At the end of the baking, if the mixture had cooked dry, add a small amount of hot water. Mix together the butter or margarine, cheese cracker crumbs and water. Spoon over the top to completely cover the chicken and vegetables.

Return to the oven and bake about five minutes or until the crust browns. Watch closely since the crust browns quickly. If desired, serve with a sauce made from cream of chicken soup or cream of mushroom soup. This recipe makes about seven servings.

Whether acorn squash is a favorite at your house or a seldom used vegetable, this recipe merits your recipe box. You'll love such a tasty and interesting way to fix a vegetable. And remember, a green or yellow vegetable is a daily menu must for good

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Source: U.S. Dept. of Health, Public Health Service, Publ. No. 24 "Individual Water Supply Systems."

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