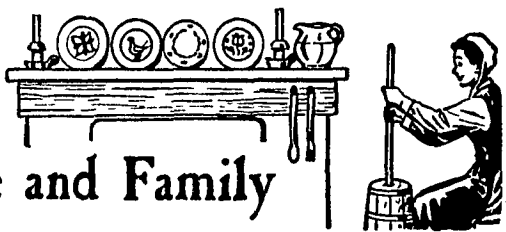


For the Farm Wife and Family



Cooking With Casseroles

By Mrs. Richard C. Spence

A casserole is certainly not a new cooking idea, but an intriguing casserole recipe is always news worthy.

The very word "casserole" brings visions of homespun and hearty meat and vegetable pies, delicately light and airy souffles, zesty spiced pasta dishes—we could go on and on—even though the dictionary states rather simply that a casserole is the dish in which food may be baked and served, as well as the foods cooked therein.

Every homemaker knows how truly versatile casseroles are to serve for a ladies' luncheon, a Saturday night bridge party, after the high school hop, as well as the noon or evening meal.

In blustery weather, they make a welcome dish to come home to. If the family's late for dinner—except in the case of the fragile souffle—that little bit of extra cooking is rarely harmful. Leftovers if there are any often taste better that second heating when the flavors have had a little more time to mellow and blend.

The souffle, made mostly of milk and eggs, is an art

in itself. But a couple of hints will make this an easy casserole for you to serve often with pride and confidence. The egg yolks and whites are separated and beaten separately. The whites are beaten until stiff peaks are formed, then very gently folded into the basic white sauce and egg yolk mixture.

Cottage Spoon Bread is a soft corn bread of the South, but it is very much like a souffle, and if not handled with care, can be just as temperamental. Like a souffle it too should be placed in the oven as soon as the ingredients are blended, and served just as soon as it is removed from the oven. Beating the egg whites with a firm but gentle hand incorporates air into the mixture; and during baking, a well-made spoon bread, like a souffle, will rise several times beyond its original size. If made to wait on the table, it will collapse and

shrink with each passing minute.

Have plenty of melted butter to serve with this delicious treat. A Canadian bacon log baked and basted with a melted cranberry sauce glaze is a nice accompaniment to this casserole as are canned apricot halves filled with a spoonful of currant jelly and popped under the broiler for a very few minutes. Mugs of piping hot cocoa go with this meal whether you serve it for a brunch or supper.

COTTAGE SPOON BREAD

2 cups milk
1 cup corn meal, white or yellow
1 teaspoon salt
¼ cup (½ stick) butter
4 egg yolks, beaten
4 egg whites
1½ cups (6 ounces) shredded Cheddar cheese

In double boiler heat milk. When steaming hot, slowly add corn meal, stirring constantly, until mixture is thick and smooth. Remove from over the hot water. Add salt, butter, cheese and egg yolks; quickly mix well. Beat egg whites until they will hold a peak. Carefully fold into corn meal mixture. Pour mixture into buttered 2-qt. casserole; bake 35-40 minutes in a 375 degree oven. Serve immediately.

Pinwheel Ham Pie makes another savory supper casserole. It's a wonderful recipe for using leftover ham. With this you might like to serve salad greens tossed with your favorite dressing, French bread split and stuffed with

butter before oven heating. beverage and for dessert, ice cream with a hot fudge sauce.

PINWHEEL HAM PIE

¼ cup (½ stick) butter
¼ cup green pepper
3 tablespoons chopped onion
½ cup chopped celery
3 tablespoons flour
½ teaspoon dry mustard
1 10½-oz can cream of chicken soup
1 cup evaporated milk
1 teaspoon Worcestershire sauce
2 cups diced cooked ham
1 tablespoon lemon juice
2 cups prepared biscuit mix
½ cup evaporated milk
½ cup water
2 cups (½-lb) shredded sharp Cheddar cheese
¼ cup pickle relish

In saucepan melt butter. Sauté green pepper, onion & celery. Add flour, mustard & mix well. Add chicken soup and the 1 cup evaporated milk, then Worcestershire sauce. Cook, stirring constantly, until smooth and thick. Remove from heat;

add ham and lemon juice. Pour into casserole. Combine biscuit mix, ½ cup evaporated milk and water. Mix Roll out on lightly floured board or cloth into a rectangle about 8x12 inches. Combine cheese and relish and spread over biscuit dough. Roll up like a jelly roll. Slice into rounds about 1½ in thick. Place on top of ham mixture in casserole. Bake 15-20 minutes in a 450 degree oven or until pinwheel biscuits are browned. Makes 6 servings.

Easy on the cook is the Beef and Parmesan Bake—casserole that's appetizing and yet easy on the budget and easy to make.

BEEF & PARMESAN BAKE

1½ cups uncooked spaghetti broken into 2-in pieces
2 tablespoons butter
1 small onion, chopped
1 pound ground beef
¼ cup (½ stick) butter
3 tablespoons flour
1 teaspoon salt
¼ teaspoon garlic salt
½ teaspoon pepper
2 cups milk

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