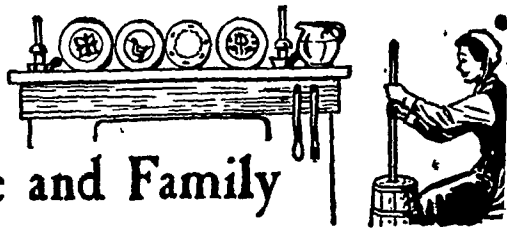


For the Farm Wife and Family



Post-Holiday Menus

By Mrs. Richard O. Spence

Following the holiday season is one time of year when we can be generous about most everything except money. One more possible exception might easily be energy.

With these scarcities in mind here are some suggestions to help with your family meal planning. Most of them are easy to fix and serve.

Meal-In-One-Rabbit is a modern day version of an old Welsh favorite. Its main substance comes from the bubbly Cheddar cheese mixture, spiced with dry mustard and Tabasco, crisped with shredded carrot. White basic Welsh Rabbit is spooned over bread or toast, this goes over corn bread, warm from the oven and rich with bits of ham. In between are layered browned Bermuda onion slices and tender green beans. This meal-in-one can be assembled on individual plates and served right from the stove.

MEAL-IN-ONE RABBIT

Corn Bread
 1/2 cup flour
 1/4 cup sugar

1/2 teaspoon salt
 1 tablespoon baking powder
 1 1/2 cups yellow corn meal
 1 cup finely chopped cooked ham
 1 egg, slightly beaten
 1 cup milk
 1/4 cup (1/2 stick) butter, melted

Sift together flour, sugar, salt and baking powder, mix in corn meal and ham. Combine egg, milk and butter, stir into dry ingredients. Pour into buttered 8-inch pan, bake 20-25 minutes in a 425 degree oven.

Vegetable Rabbit

1 9-ounce package frozen whole green beans
 2 small Bermuda onions, peeled
 1/2 cup butter
 3 tablespoons flour
 1/4 teaspoon dry mustard
 1/4 teaspoon Tabasco sauce

2 1/2 cups milk
 4 cups (1 pound) shredded Cheddar cheese
 1 cup finely shredded raw carrots

Cook beans according to package directions. Cut each onion into 6 slices. In a skillet melt butter; saute onions until lightly brown on both sides. Remove onions from pan; keep warm. Stir flour, mustard and Tabasco sauce into butter in skillet. Gradually add milk; cook over low heat, stirring constantly, until mixture thickens. Add cheese and carrots; stir until cheese melts.

To assemble **Meal-In-One Rabbit**: Drain green beans. Cut corn bread into squares, split each in half and spread open on plate. Top with onion slices, green beans and rabbit.

Another main dish is a flavorsome, substantial German Noodle Bake. This tasty casserole is made up of a deep

layer of noodles and a layer of creamy cottage cheese and sour cream. Another layer of noodles and it's topped with shredded Brick cheese and beaten egg.

If you're not used to cooking with Brick cheese, you will be pleased to find it takes quite nicely to casseroles. Semi-soft to start with, it melts deliciously.

The good flavor of this casserole comes from chopped onion and celery which are sauteed in butter. This is then drizzled generously over the bottom noodle layer, and sprinkled with a teaspoon of caraway seed. A tossed salad or platter of steaming broccoli would be delicious with this casserole.

GERMAN NOODLE BAKE

8 ounces wide noodles
 2 tablespoons butter
 1/2 cup finely chopped onion

1/2 cup finely chopped celery
 1 teaspoon salt
 1 teaspoon caraway seed
 1/4 teaspoon pepper
 2 cups cottage cheese
 2 cups dairy sour cream
 1 cup shredded Brick cheese
 3 eggs, beaten

Cook noodles according to package directions; drain. In a skillet, melt butter, saute onion and celery. Stir in salt, caraway seed and pepper. Arrange 1/3 of the noodles in casserole, then 1/2 of vegetable mixture. Add 1/2 of cottage cheese and 1/2 of sour cream, spreading over evenly. Repeat, ending with noodles. Sprinkle on Brick cheese and pour beaten eggs over top of casserole. Bake 1 hour in a 350 degree oven. Let stand about 10 minutes before cutting into servings.

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