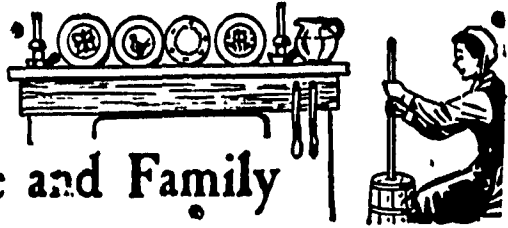


## For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

### CONVENIENCE DISHES



SPENCE

Convenience foods: what would we ever do without them? So speedy and easy to prepare, and such good-tasting additions to other dishes. No one wants to abandon convenience foods for the "good old days" when the cook had to spend hours in the hot kitchen before every meal. None-the-less, the modern homemaker wants to add a personal touch that will make each meal unmistakably her own. Convenience foods not only save time in food preparation, they often save money as well.

Frozen dinners can be changed to add an individual flavor sparkle. Turn back the foil before heating and sprinkle chicken with savory, or sprinkle ham with orange juice

and a bit of orange rind, or add a dash of oregano to meatloaf or shrimp. Spread horseradish over beef, or cover it with sliced mushrooms. Loin of pork is delicious covered with water chestnuts and sprinkled with soy sauce. Reseal the foil wrapping and heat. Put a slice of tomato over macaroni and cheese during the last ten minutes of heating.

Vary instant potatoes by adding one teaspoon minced onion and 1/4 teaspoon oregano or basil to the liquid. Garnish potatoes with grated cheese, toasted sesame seeds, paprika, parsley flakes or minced green onion.

Another time, seive Duchess Potatoes. When mixing instant mashed potatoes, reduce water to one cup and add two beaten eggs and two tablespoons melted butter.

Spoon onto a greased cookie sheet, brush with melted butter, and bake in a 450 degree oven until lightly browned.

Add your own distinctive touch to frozen meat pies by dipping slices of onion in melted butter and placing them on top of frozen pies for the last 15 minutes of baking.

Top baked chicken and turkey pies with spiced ap-

ple rings. Baked beef, chicken and turkey pies can also be topped with sour cream and sprinkled with chives. Or brush the top of unbaked beef, chicken and turkey pies with combined melted butter and 1/2 teaspoon caraway seed or 1/4 teaspoon celery seed. Bake as directed.

A glazed, baked, canned luncheon meat loaf is a quick, tasty main dish. Use as many canned loaves as your family requires. Slice each loaf in quarters, but only three-fourths of the way through. Place the loaves in a shallow baking pan and glaze with any one of a variety of glazes such as orange marmalade, apple jelly, or combined four tablespoons brown sugar, four teaspoons vinegar, two teaspoons dry mustard, and two teaspoons flour. Bake for 20 minutes in a 375 degree oven. To make this a meal-in-one dish, add canned potatoes and bake them with the meat.

There are countless quick tricks possible with refrigerator biscuits. They are one of the most versatile convenience foods available. Top home-made meat pies with them, using two to make a meat turnover, or make seed biscuits by brushing the top with melted butter and then sprinkling with poppy, celery, or caraway seeds. Make a

quick French bread using two cans of the biscuits. Stand the biscuits on edge on an ungreased cookie sheet, press together, and shape ends to form a loaf shape. Brush with one beaten egg white and sprinkle with sesame seeds. Bake 30 to 40 minutes in a 350-degree oven. Slice almost to the bottom crust and spread with garlic butter. Serve hot.

Refrigerator biscuits also make delicious sweet rolls. Make a quick coffeecake with two packages by dipping first into melted butter, then into combined cinnamon sugar and 1/3 cup chopped nuts. Arrange the biscuits in a greased nine-inch cake pan or ring mold or on a cookie sheet and bake 20-25 minutes in a 425 degree oven. Cinnamon twists are quick—stretch each biscuit to a six-inch length, dip first into melted butter, then into combined cinnamon sugar and 1/2 cup finely chopped nuts. Twist and bake eight minutes in a 450 degree oven.

Ready-to-eat cereals are truly convenience foods. They are quick and easy to serve for breakfast, and they add

nutritious complements to many recipes. With no effort at all they add texture and flavor to batters, "stretchability" to meat mixtures, and even make a pie shell!

#### SUPPER SURPRISE

- 2 tablespoons butter or margarine
- 1/4 cup finely chopped onions
- 1/4 cup finely cut celery
- 1 1/2 pounds ground beef
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup (8-oz.) tomato sauce
- 1 package (12-oz.) corn muffin mix
- 1 1/2 cups ready-to-eat high protein cereal
- 1/2 cup grated sharp Cheddar cheese

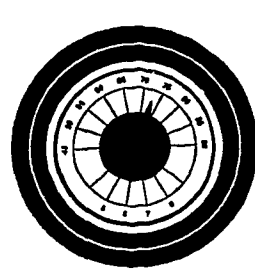

Heat butter in medium-sized frypan. Add onions and celery and cook over moderate heat until tender. Add ground beef and seasonings; continue cooking until beef is browned. Stir in tomato sauce; heat thoroughly. Prepare corn muffin mix according to package directions. Fold in cereal. Spread batter in greased 9x9-inch baking pan. Spoon beef mixture lightly over batter, draining well. Sprinkle grated cheese evenly over beef mixture.

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