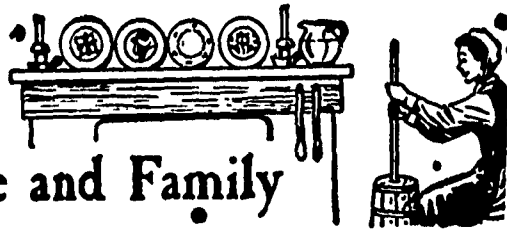


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor
Foods From Other Countries



If your luck as a traveler has gotten you no further than the armchair, let us help you along on your journey with some of these countries' native dishes.

The dining tables in our two newest states — Alaska and Hawaii — for example, offer food ideas that can add variety and fun to meal planning, be it for company or family fare. Hawaiian foods blend East and West, old and new. The cooking is as varied in heritage as the Islanders themselves. Alaskan foods, on the other hand, are not too different today from fare of the Pacific Coast.

Trapper's Steak and Spaghetti is an interesting main course reminiscent of Alaskan dishes.

SPENCE

TRAPPER'S STEAK AND SPAGHETTI

- 3/4 pound ground chuck
- 3/4 cup dried bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon butter or margarine
- 1 can (4 oz) mushroom stems and pieces
- 1 teaspoon instant minced onion
- 1 cup sliced carrots
- 1 tablespoon capers
- 2 teaspoons dried parsley flakes
- 1 cup apple cider

- 1 tablespoon enriched flour
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cloves
- 8 ounces spaghetti

Set out 2-quart casserole. Combine beef, bread crumbs, salt and pepper; form into 4 to 6 patties. In large skillet melt butter or margarine. Brown meat patties on both sides, remove from pan and reserve. Drain mushrooms, reserving liquid, add onion to liquid. Put through food grinder or mince in blender mushrooms, carrots, capers

and parsley flakes. Turn into skillet. Stir in cider, onion mixture, flour, salt, pepper and cloves, and cook, stirring constantly, until mixture boils. Reduce heat, return meat to skillet, cover and simmer 15 minutes. Meanwhile, cook spaghetti in boiling, salted water until tender, yet firm, 10 to 12 minutes. Meanwhile, cook spaghetti in boiling, salted water until tender, yet firm, 5 to 7 minutes; drain. Turn spaghetti into casserole, pour on sauce and arrange meat patties on top. Serve immediately. 4 to 6 servings.

With this you might like to serve: Sautéed cabbage, Cranberry sauce, Sourdough bread, Butter or margarine, Lemon ice, Milk, coffee, or tea.

Today in Alaska you will still find salmon and other seafoods a mainstay. For our second menu, we feature a salmon main dish with a green vegetable, relishes and warm cobbler for dessert.

ALASKAN CREAM SALMON

- 8 ounces medium shell macaroni
- 1 tablespoon butter or margarine
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon savory, crushed
- 1/2 teaspoon thyme, crushed
- 3 cups milk
- 1 tablespoon butter or margarine
- 1/2 pound fresh frozen salmon steaks, cut 1/4-inch thick
- Lemon wedges
- Parsley

Set out 2-quart casserole. Preheat oven to 350 degrees. Cook macaroni in boiling, salted water until tender, yet firm, 10 to 12 minutes. Meanwhile, in medium saucepan melt 1 tablespoon butter or margarine. Stir in flour, salt, pepper, savory and thyme. Gradually stir in milk, and cook, stirring constantly until mixture boils. Remove from heat. Drain macaroni. Turn into casserole, add 1 tablespoon butter or margarine and toss gently until coated. Arrange salmon on top. Pour on sauce and bake 30 minutes, or until bubbly. Serve with lemon wedges and parsley garnish. 4 to 6 servings.

Suggested menu: Alaskan Cream Salmon, Dilled green beans, Relishes, Warm fruit cobbler with cream, beverage.

Because of the Chinese part of their heritage Hawaiians truly enjoy Chinese foods. Noodles fried as we suggest represent a staple wheat food in the northern provinces of China. Like any Chinese-inspired noodle dish, the recipe gets its name for the things that go in it. Chinese Pork

Fried Noodles lend character to an otherwise light menu of fresh fish, vegetables and fruits of the islands. An electric frypan is ideal for preparing and serving both, as the noodle mixture takes only minutes for the stir-frying. Serve as soon as done.

CHINESE PORK FRIED NOODLES

- 8 ounces very small noodles
- 2 tablespoons salad oil
- 1/4 pound pork, cut in 1 1/2 x 1/4-inch strips
- 3/4 cup thinly sliced green onions
- 1/2 cup chopped parsley
- 1/2 teaspoon pepper
- 2 eggs
- 3 tablespoons soy sauce

Set out 1 1/2 quart casserole. Cook noodles in boiling water until tender, yet firm, 2 to 4 minutes; drain and reserve. In large skillet heat oil. Add pork and cook until well browned. Stir in onion,

(Continued on Page 9)

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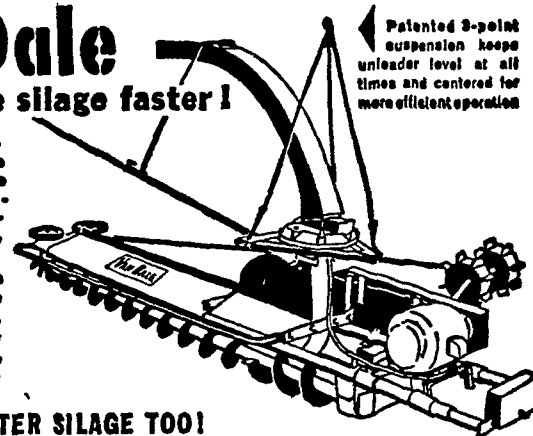
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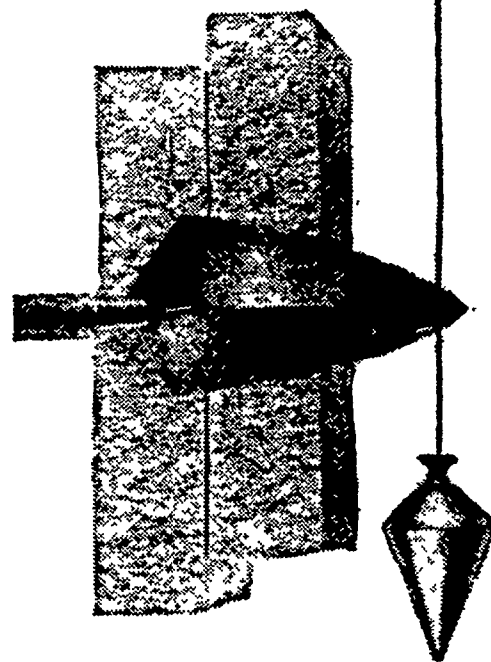
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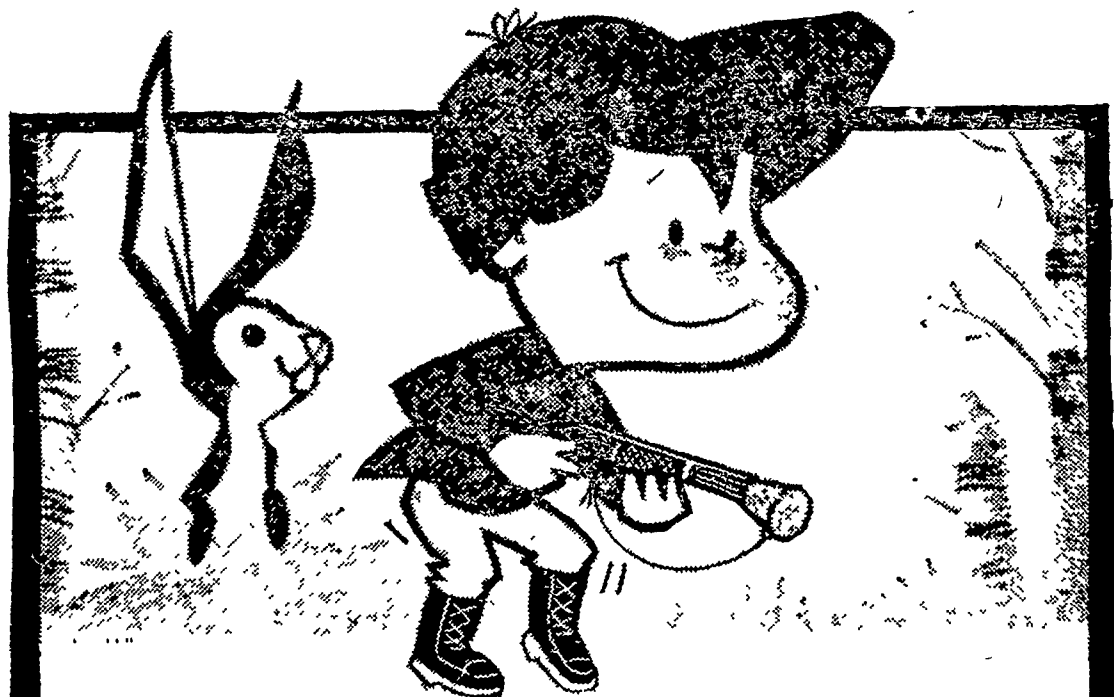
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