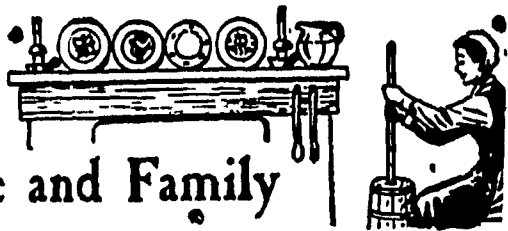


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Do You Cook Vegetables Properly?



SPENCE

A sweet sour or Harvard sauce does more than just add flavor to beets. Acid sauces help keep the color bright red. Much of the beauty of fruits and vegetables comes from the colors. And most fruits and vegetables have one of four basic types of coloring pigments. These pigments are sensitive. Some are destroyed by acids, some by alkalis. So cooking methods are very important if you're going to preserve brilliant, true colors.

Potatoes, cauliflower and onions may seem to be colorless foods. But they're white because of their anthoxanthine pigments. In alkaline cooking water, these vegetables turn a creamy yellow. Adding a little acid in the form of vinegar, lemon juice or cream of

tartar will keep them white, but it may also keep the vegetables too firm to be palatable.

Bright green vegetables are some of the most eye-appealing foods. Chlorophyll is the pigment responsible. You perhaps know that green vegetables get brighter when you first put them into boiling water. But as acid from the vegetable dissolves in the water and affects the coloring matter, an olive color appears.

You can dilute the acid by using more water. Waterlogged vegetables, however, are nobody's favorites. More importantly, you lose good amounts of minerals and vitamins in too much water. The color won't change drastically if you don't overcook. So use a small amount of boiling water, a covered container, and cook vegetables till just done. Carrots, tomatoes and sweet

pan, quick cooking, and minimum water.

Anthocyanin is a pigment common in red fruits, red cabbage and beets. Alkali, even the amount in regular tap water, may turn red cabbage blue. Beets also darken in alkaline water. Just add a little acid to the water or serve with an acid sauce and the red color will return.

ORANGE BEETS

- 1 can frozen orange juice
- 1 can water (use juice can to measure)
- 3/4 cup cider vinegar
- 1 cup brown sugar
- 2 tablespoons cornstarch
- 1 tablespoon butter
- 2 #2 1/2 cans small whole beets

Moisten cornstarch and smooth to a paste using 1/2 of the water. Mix all other ingredients except butter and beets. Bring to a boil and add the cornstarch; stir to prevent lumping. Cook until clear and thickened; add butter; then add beets and heat thoroughly. Serves 6.

CRUNCH-TOP POTATOES

- 1/2 cup butter or margarine
- 3 or 4 large baking potatoes, pared
- 3/4 cup crushed corn flakes

- 1 1/2 cups shredded sharp cheese
- 2 teaspoons salt
- 1 1/2 teaspoons paprika

Melt butter in jelly-roll pan in 375 degree oven. Place single layer of potatoes, cut crosswise in 1/2-inch slices, into pan; turn once in butter. Mix remaining ingredients; sprinkle over potatoes. Bake in 375 degree oven for 30 minutes, until crisp on top. Makes 4 servings.

SKILLET SUPPER

- 8 small new potatoes, scraped
- 3 medium carrots, scraped and halved, crosswise
- 1 teaspoon salt
- 1 1-pound head cabbage, quartered
- 1/4 teaspoon salt
- 1 can (12-ounces) corned beef, quartered
- 1/4 cup melted butter or margarine
- 1/4 cup snipped parsley
- 1/2 cup mayonnaise
- 1 tablespoon prepared mustard

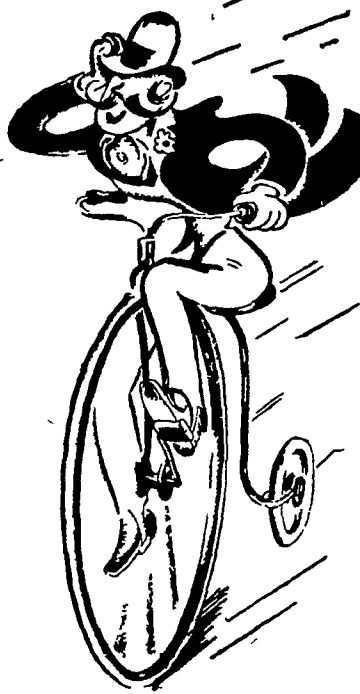
In large skillet, place 1/2-inch water; heat to boiling. Add potatoes, carrots and 1 teaspoon salt; cover; cook for 10 minutes; push potatoes and carrots to side of skillet; place wedges of cabbage in bottom of skillet; sprinkle with 1/4 teaspoon salt. Cook, covered, for 10 to 15 minutes, or until cabbage is almost tender. Top with quartered corned beef, cook, covered, 5 minutes. Drain, if necessary; pour melted butter or margarine over all. Sprinkle with parsley. Serves 4. Serve with Mustard Sauce made by com-

(Continued on Page 11)

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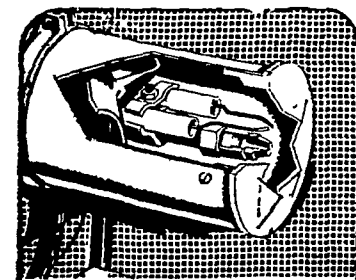
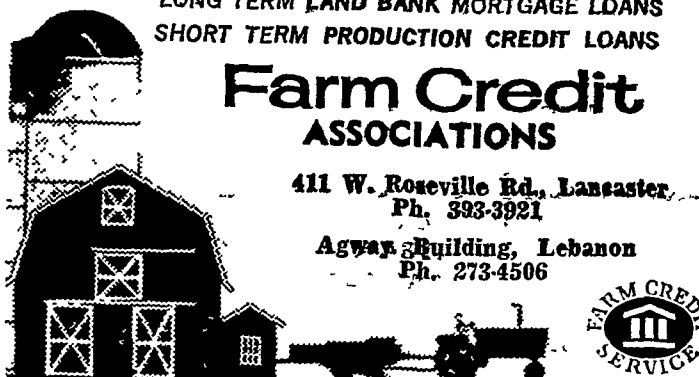
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