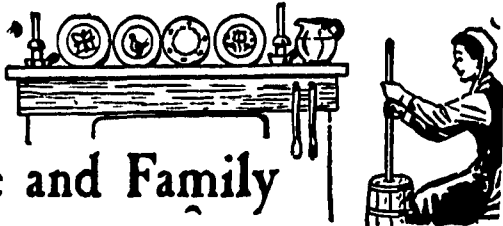


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Add A Gourmet Touch With Sour Cream



SPENCE

Cultured sour cream adds a tangy goodness and valuable nutrients to even the most ordinary foods. Grandmother used cream that had soured naturally to make mouth-watering gravies, sauces and pies. Unfortunately, naturally-soured cream has a flavor that varies from batch to batch; sometimes it is too strong or bitter. We are fortunate today to have dairy-cultured sour cream that is always fresh, smooth in texture, and delicately tart in flavor. Pasteurized, homogenized, dairy-made sour cream is made from scientifically cultured Grade A light cream.

Nourishing as well as delicious, sour cream contains practically the same calories and nutrients as sweet light cream. A tablespoon contains 29 calories, much less than a tablespoon of mayonnaise with 110 calories or salad oil with 60 calories per tablespoon it often replaces.

Sour cream is a perishable food and should always be stored in the refrigerator. If kept tightly closed in the original container, sour cream will keep well up to two weeks. To prevent air from getting in and reducing freshness, store the container upside down. Do not freeze as sour cream seeps water as it thaws.

Cook with sour cream to

Add a continental touch

of glamour to meat dishes and casseroles with sour cream. Beef Stroganoff features beef with a sour cream-tomato sauce, served over hot rice. Sauerbraten is a German delicacy that is well worth the long time it takes to prepare.

Be careful when adding sour cream to a hot mixture. To keep it smooth, add just before removing the food from the heat. Add only a tablespoon at a time. Never allow the mixture to boil. Serve immediately for the best flavor.

Scrambled eggs made with sour cream and minced onions are deliciously different. For six eggs, use one-half cup sour cream, two tablespoons minced onion, one teaspoon prepared mustard and salt and pepper to taste. Cook as you would any other scrambled eggs.

Top baked potatoes or baked tomatoes with a dollop of sour cream. Add a sour cream sauce to mushrooms or to green beans or broccoli for "company" vegetable dishes. Flavor the sour cream sauce for the green beans with one-fourth cup minced onion, one-fourth teaspoon dry mustard and three-fourths teaspoon Worcestershire sauce.

Sour cream is a natural for salads. Many homemakers have never used sour cream any other way. With far fewer calories than salad oil or mayonnaise, sour cream dressings are delicious to low calories menus. Use sour cream plain or seasoned with lemon juice or fresh mint as a dressing for fruit salads.

Make a creamy cole slaw dressing by seasoning one-half cup sour cream with one tablespoon lemon juice, two teaspoons celery seed, one teaspoon sugar and one-fourth teaspoon salt. Potato salad is tangier with a sour cream dressing. Try adding deviled ham to your next sour cream potato salad for a hearty treat. Tossed salads and cucumber salads with sour cream dressing are old favorites worth repeating.

Fluffy whipped sour cream used as a topping makes a gourmet dessert out of plain gingerbread or pudding. Use a chilled bowl and beater for best results. Do not over-whip or you may churn butter. Garnish attractively with chopped nuts, chopped drained maraschino cherries, chocolate curls or crushed peppermint stick candy.

All through the meal, sour cream adds a wonderful flavor and valuable nutrients.

DEVILED DIP

- 2 cups dairy sour cream
- 3 tablespoons sweet pickle relish
- 4 teaspoons dry mustard
- 1-2 teaspoons prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 tablespoon sweet pickle relish

Blend sour cream with 3 tablespoons pickle relish, mustard, horseradish, Worcestershire sauce and salt. Place in bowl and chill. Sprinkle 1 tablespoon pickle relish on top for garnish. Especially good with round

cheese crackers and shredded wheat wafers.

NOTE: Serve Deviled Dip in a hollowed-out Bermuda onion for festive party fare.

CREAMY TOMATO SAUCE FOR SHORE DINNERS

- 1 tablespoon butter
- 1/4 cup minced onion
- 2 tablespoons minced green pepper
- 1 cup boiling water
- 1 3/2 ounce package tomato-vegetable soup mix, OR other similar soup mix
- 1 1/2 cups dairy sour cream

In a saucepan melt butter. Sauté onion and green pepper about 5 minutes. Add boiling water and soup mix. Cover and let stand at least 15 minutes. Stir in sour cream. Serve over baked fish such as halibut, swordfish, flounder or cod; or fried fish such as filet of sole, fish bites, codfish cakes or had-dock.

NOTE: Creamy Tomato Sauce may be prepared ahead, with the exception of adding the sour cream. Just before serving, stir in sour cream and heat, but do not boil.

SOUR CREAM DRESSING FOR FRUIT SALAD

- 2 eggs, slightly beaten
- 3/4 cup sugar
- 1/2 cup pear or pineapple syrup, drained from fruit
- 1/3 cup lemon juice
- 1 cup dairy sour cream

In a saucepan combine eggs, sugar, fruit syrup and lemon juice. Cook over medium heat. (Continued on Page 13)

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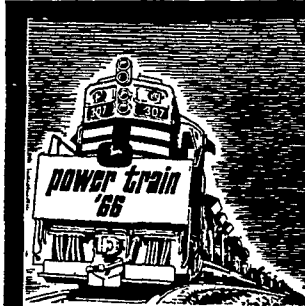
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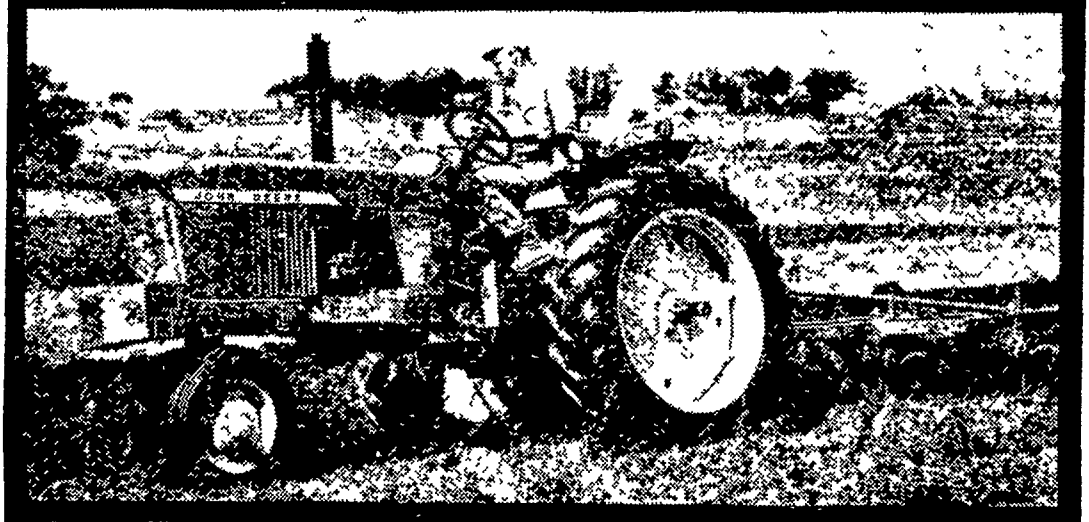
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