

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

WAYS WITH VEGETABLES



SPENCE

CARROTS — Carrots are nutritious and in most markets prices are more reasonable than in months past. Carrots make a colorful garnish, raw or cooked. Serve them frequently for color and flavor appeal.

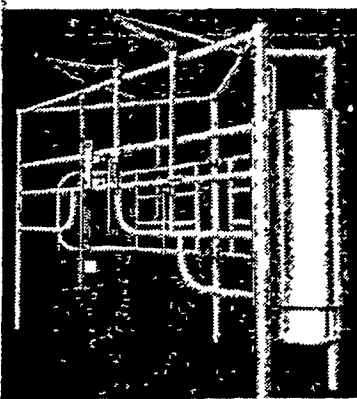
To make glazed carrots: Scrape or peel carrots. Cut them into strips, quarters or circles, and precook until almost done. For six servings — ½ cup each — you'll need about 3 cups cut precooked carrots. In a heavy fry pan over low heat, blend 2 tablespoons butter or margarine with ¼ cup brown sugar and 1 tablespoon water. Add precooked carrots. Cook over low heat, turning carrots several times until syrup is very thick, carrots are tender, and look glazed — takes 5 to 10 min-

utes. Keep heat low to prevent scorching.

If you like sweet-sour combinations, substitute one tablespoon of lemon juice for the water in above recipe. If a more tart glaze is preferred increase lemon juice to suit your taste.

To bake carrots: Wash and scrape medium-sized carrots; cut in half lengthwise. Place in casserole (For six servings, use about 1½ pounds medium-size carrots) Add ¼ cup hot water Dot with 2 to 3 tablespoons butter or margarine Sprinkle with salt and pepper Cover. Bake until tender, about 45 minutes. This is an interesting way to serve this vegetable; carrots may be cooked with oven meals and casserole dishes and require no attention as they cook

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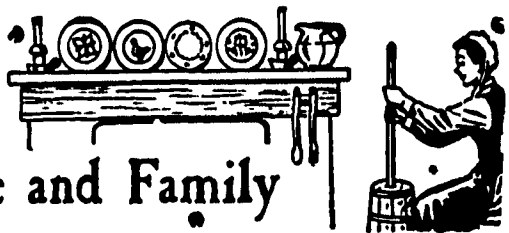
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1-inch boiling salted water for 8-15 minutes or until just tender; drain and cook. Sprinkle with salt and pepper, dip into egg, then roll in crumbs, coating well. In a skillet, melt half of butter. Add cauliflower, being careful not to crowd, and saute until golden on all sides. Add rest of butter as needed. Place cauliflower in 1½ to 2-quart buttered shallow casserole, "tuck" in tomato wedges and sprinkle with Cheddar cheese. Place in preheated 400 degree oven 5-8 minutes, or just long enough to heat tomatoes. Makes 6-8 servings.

RICE - SPINACH

1 cup rice
½ cup cooking oil
¼ cup chopped onion
2 cups boiling water
1½ teaspoons salt
2 quarts chopped fresh spinach or other tender greens
½ cup soy flour

In a large pot cook the rice in oil, stirring constantly, until rice is lightly browned. Add onions and cook until onions are clear. Add boiling water and salt to the rice mixture, cover, and cook 20 minutes. Stir in spinach or other greens. Cover and cook 15 minutes longer, stirring occasionally. Stir in soy flour and serve. Makes 5 servings, 1 cup each

TANGY VEGETABLE SLAW

2 cups shredded green cabbage
1 cup shredded red cabbage
½ cup grated carrots

GOLDEN-CRUSHED CAULIFLOWER WITH TOMATOES

1 large head cauliflower
Salt and pepper
1 egg, slightly beaten
1 cup bread crumbs
¼ cup (½ stick) butter
2-3 tomatoes, cut into wedges
1½ cups (6 oz) shredded Cheddar cheese

Rinse cauliflower and separate into flowerets. Cook in a 3-quart saucepan, covered, in

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¼ cup chopped green pepper
1 recipe Tangy Dressing*
In a bowl combine green cabbage, red cabbage, carrots and green pepper; add Tangy Dressing* and toss to blend. Makes 6 servings.

*TANGY DRESSING

1 tablespoon flour
2 tablespoons sugar
¼ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon paprika
¾ cup evaporated milk
1 cup water
1 egg, slightly beaten
¼ cup vinegar
2 tablespoons butter

In a saucepan combine flour, sugar, salt, mustard and paprika; gradually add evaporated milk, then water. Cook over medium heat, stirring constantly, until mixture thickens and loses starchy taste. Remove from heat; add small amount of hot mixture to egg; return all to pan. Add vinegar; continue to cook, stirring constantly for 1 additional minute. Remove from heat; add butter and stir until butter melts. Chill. Makes 1½ cups.

FILLET OF SOLE WITH SPINACH OR BROCCOLI
1 pound fillet of sole, fresh or frozen

¼ cup lemon juice
¼ cup water
1 small bay leaf, crumbled
½ teaspoon salt
½ teaspoon pepper
1 tablespoon grated onion
2 10-oz. packages frozen spinach or broccoli, or use fresh if available
1 10½-oz. can condensed cream of mushroom soup
2 egg yolks, slightly beaten
1 tablespoon butter
Lemon wedges

Marinate fish in lemon juice, water, bay leaf, salt and pepper, and onion for at least one hour. Cook spinach or broccoli according to package directions; drain. Pour marinade off fish, add water to marinade to make one cup liquid. Stir into soup; add egg yolks, stirring until well blended. Place spinach or broccoli in bottom of greased casserole; arrange fish on top; pour sauce over fish and dot with butter. Bake at 350 degrees, 30 to 35 minutes or until fish flakes easily. Serve with lemon wedges.

CORN PUDDING

3 eggs, slightly beaten
1 pound can whole kernel corn, drained
2 cups milk, scalded

(Continued on Page 11)

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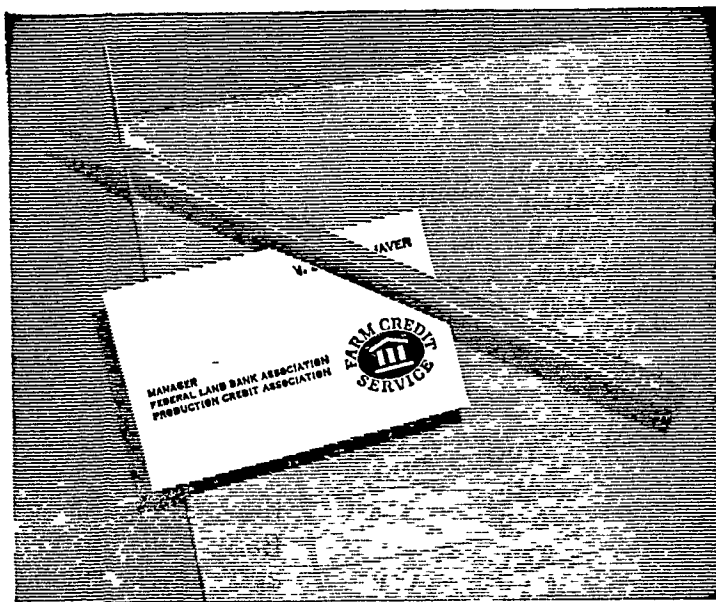
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