

The Recipe Box

Conducted by PHIL LIBBY

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Highland Park Press and Deerfield Press

(Editor's Note: You are invited to write your questions about recipes or household information to Phil Libby, in care of this newspaper, enclosing a self-addressed, stamped envelope. He will be glad to answer you promptly. It will be impossible to answer questions received by telephone.)



Our food demonstration at the North Shore Gas Company's showroom was a huge success, and by popular request, all the recipes used in the demonstration are given in this issue.

Stuffed Flank Steak

Take a flank steak, score one side crosswise and lengthwise with a sharp knife. Rub both sides with lemon. Make a dressing of the following: 1 cup bread crumbs, 1 egg, 1 tbsp. minced onion, 1 tbsp. minced parsley, enough milk to moisten and salt and pepper to taste. Spread the dressing on side not scored and tie or skewer tightly after dressing had been rolled in. Put in hot skillet, with sufficient fat and brown all over. When browned put in covered roasting pan with about 1 inch of water and three tablespoons of Worcestershire sauce. Cover and let cook about 1 1/2 hours in a hot oven (400° F).

Baked Filet of Haddock

Wash and dry carefully two filets of haddock. Sprinkle with salt and pepper, dredge lightly with flour, place strips of bacon over top of fish and surround with half cup of water. Baste frequently using butter and water. Bake in moderate oven, 325° F, for about 1 hour. Serve with tartar sauce made by mixing 1/2 cup sandwich spread with 1/2 cup mayonnaise.

One Dish Meal

Into a well greased casserole, put one can whole kernel corn, then a layer of sliced fresh tomatoes, a layer of small diced raw potatoes, and pour over this about 1/2 cup milk, salt and pepper and dot with butter. Pat out a pound of ground beef, in the same manner as a biscuit dough drop and cover the potatoes, sealing in the edges of the casserole with meat. Sprinkle top with crumbs if desired. Cook in hot oven (400° F) for about 30 minutes.

Meat Loaf, Savarin

3 lbs. beef
1/2 lb. salt pork
1 cup cracker meal or crumbs
1 egg
1 cup evaporated milk
1 medium sized onion
2 tbsp. minced parsley
1 tbsp. minced parsley
1/2 tsp. pepper

Have beef and pork put through a food chopper twice. Mix other ingredients with meat, well. Pack tightly into bread pan that has been well greased and bake in moderate oven (375° F) for 2 1/2 to 3 hours.

Ham Steak, Florida

Broil large slices of ham steak until lightly browned, place slices of pineapple which have been drained on each slice of ham and return to broiler and brown the pineapple delicately. Set broiler about 4 inches from a moderately high flame.

Baked Halibut, au Gratin

Place slices of halibut steak in baking pan. Season first with salt and pepper and dot with butter. Bake in moderate oven (325° F)

for 15 minutes. Cover with soft breadcrumbs and grated cheese, dot with butter, and sprinkle with paprika. Continue cooking for about 15 minutes or until crumbs are browned.

Broiled Pork Sausage and Peaches

Prick casings of 1 lb. pork sausage links. Place links on broiler rack. On the same broiler rack, placed drained halves of peaches, cup side up. Place a little butter in each cavity. Set the broiler rack 4 inches under a moderately high flame and let the meat and fruit broil for about 10-12 minutes. Turn sausage once to secure an even brown. Peaches are to be removed to a hot platter when edges are browned. Serve sausages heaped up on a platter, surrounded with peaches, garnished with finely chopped parsley sprinkled on top.

Roast Beef

Place a rolled rib roast on a baking pan, and set in oven at 550° F, for 25 minutes to sear, remove and rub with olive oil or fat and salt and pepper to taste. Return to a moderate oven (325° F) and continue cooking, until done. 18-20 minutes to the pound for medium well done.

Roast Leg of Lamb

Place a leg of lamb in roasting pan (uncovered) and sear at 550° F for about 25 minutes. Remove from oven and rub well with olive oil and then dry mustard. Return to oven, continue cooking until done.

Pastry for Apple Pie

1/2 cup shortening
1/2 tsp. salt
1 1/2 cup flour
1/2 cup grated American cheese and put one tablespoon vinegar (or lemon juice) in measuring cup and fill up with water to "1/4" mark. Use as much water as is needed to mix pastry to desired consistency.

Banana Delight

Mash 3 large bananas to a pulp, add 1/2 cup of powdered sugar, and 2 tbsp. lemon juice. Whip one cup cream, add 1 1/2 tsp. vanilla and 1/2 cup chopped nut meats and add to first mixture. Beat two egg whites stiff and fold into mixture. Turn into freezing trays and freeze 2 to 3 hours. Fills two trays.

Spanish Cake

Cream 1/2 cup shortening; add 1 cup sugar, slowly, beating in well. All 2 eggs, one at a time, beating well after each addition. Sift together 2 cups cake flour, 3 tsp. Royal baking powder and 1 tsp. cinnamon; add alternately with 1/2 cup of milk, mix well. Bake in a greased tube pan in moderate oven (350° F) about 1 hour. Cover with Boiled Frosting.

Boiled Frosting

Boil two cups granulated sugar and 1 cup water without stirring until syrup spins a thread; pour slowly over stiffly beaten whites of two eggs; add 1 tsp. vanilla and

continue to beat until thick and cold. Add 1/2 teasp. baking powder and beat until thick enough to spread without running.

Space prevents the printing of more recipes in this issue, however, next week's issue will complete the series.

Do You Know Illinois?

Q. How many political offices did Stephen A. Douglas hold?

A. Douglas was public prosecutor in 1835, state representative in 1836, register of the United States land office at Springfield in 1837, secretary of state in 1840, judge of the state supreme court in 1840, congressman in 1843, and United States senator from 1847 to his death in 1861.

Q. Who conducted the first American school in Illinois?

A. Historians do not agree. This honor seems to be divided between John Seely in Monroe county and Samuel J. Seeley at New Design, Illinois.

Q. Who has charge of the public schools in Illinois?

A. The state superintendent of public instruction is at the head of the school system and is responsible for the supervision of all the public schools of the state.

Q. When was the Lettermen's Club of the University of Chicago formed?

A. January 29, 1904.

Q. What highway in Illinois owes its completion to President Adams?

A. In 1827 President Adams ordered the old national trail to be surveyed from Vandalia to Jefferson City, Mo.

Q. Who aided George Rogers Clark financially in his expedition to Kaskaskia?

A. Francis Vigo, a rich St. Louis merchant and an ardent sympathizer of the American movement, lent the state of Virginia \$20,000 to finance Clark's expedition. His money was never repaid.

Q. How did Clark capture Fort Kaskaskia?

A. On the night of July 4, 1778, Clark with a handful of poorly armed men stole into the fort, surprised commandant Rocheblave in bed, confined the startled inhabitants to their homes and disarmed them.

Q. What governor aided in the enlarging of the University of Illinois?

A. Governor John P. Altgeld by sponsoring liberal financial aid to the University.

Q. What was the "Working Men's

Party of the State of Illinois?

A. It was short-lived, independent political party with a communistic background, one of the many labor parties that grew out of the panic of 1873.

Q. When were the first air conditioned trains introduced in Illinois?

A. In 1914.

New Models Will Be Shown at Edgewater Beach Auto Show

With a few new models and several improvements not seen in previous shows, North Side automobile dealers will hold their largest and most colorful exhibit in history at the thirteenth annual motor salon Feb. 15 to 23 inclusive, in the Edgewater Beach Hotel.

Many models of the twenty-three different makes of cars will be on view for leisurely inspection in the luxurious lobbies, lounges and passageway of the hotel for nine days and nights starting next Saturday. Admission will be free.

While automobile buying has been at its highest peak in many years, George Lynn, chairman of the show committee, declares the traditional Edgewater motor salon, coming at approximately the same time as showings in past years, will give a final impetus that will maintain and probably create new sales records.

Several models of the following cars will be exhibited: Auburn, Chevrolet, Buick, Cadillac, Chrysler, Cord, Dodge, Ford, Graham-Paige, Hudson, Hupmobile, Lafayette, La Salle, Lincoln, Lincoln-Zephyr, the Nash, Oldsmobile, Packard, Pierce Arrow, Pontiac, Plymouth, Studebaker and Terraplane.

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