Vegetables

Chapter 18

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**Vegetable harvest**

Center platter offers Savory Baked Tomatoes and cabbage wedges with corned beef. Clockwise from top left: French-fried Onion Rings paired with glazed luncheon-meat slices, Corn on the Cob with crisp Perfect Fried Chicken (page 268), Candied Squash and Sausage atop buttered peas, French Onion Soup (page 330), and Broiled Ham and Limas (page 251).
Vegetables

There's no better bargain than vegetables. Their banner-bright colors add appeal to the meal, perilty advertise the flavor-fresh goodness (and the vitamins too) they offer.

Plus—vegetables are easy to fix, cook in a jiffy. Then dash with salt and pepper, top with butter, and serve. If you have a minute, add an extra touch—toasty almonds or crisp croutons, lemon butter, a snip of mint!

How to cook vegetables

**Minimum-water method:** Use smallest amount of water possible (not more than ¼ cup). Add salt and vegetables. Cover tightly, bring to a boil, then cook over low heat just till tender.

**To boil:** Add vegetables to boiling, salted water. (Use small amount of water and cover, or cook uncovered in water to cover.) Bring water back to boil and begin timing. Cook at gentle boil till tender—see chart, opposite.

**To steam:** Place vegetables in the perforated upper compartment of a steamer over rapidly boiling water; cover tightly and steam just till vegetables are tender.

Or, steam on rack in a pressure saucepan, or in the deep well cooker of your range just till tender.

**To bake:** Wash potatoes and squash thoroughly; bake with skins on. Pare other vegetables; cut up or leave whole; add a small amount of water and season; cover and bake. This method is convenient when baking oven dinners.

**To fry or broil:** Preparation varies. See individual recipes on following pages.

**To cook frozen vegetables:** Follow directions on package. Do not thaw before cooking. Exception: Corn on the cob should be partially thawed before cooking.

**To heat canned vegetables:** Pour liquid from vegetables into saucepan. Simmer down to one-half. (This will give the vegetables delicious flavor and saves minerals and vitamins.)

Add vegetables to liquid. Season with salt and pepper; add butter. Heat only till butter is melted. Serve quickly.

Vegetables au Gratin

1 cup Medium White Sauce, page 337
1 cup shredded sharp process American cheese
4 cups hot cooked or canned vegetables, drained
½ cup fine soft bread crumbs
1 tablespoon butter, melted

Blend white sauce and cheese; combine with vegetables. Pour into 1-quart casserole. Toss crumbs with butter; sprinkle atop vegetables. Bake at 350° for 20 to 25 minutes or till browned. Makes 6 to 8 servings.

Scalloped Vegetables

Prepare as for Vegetables au Gratin, except omit cheese from sauce and increase Medium White Sauce to 1½ cups.

Creamed Vegetables

1 tablespoon butter
1 tablespoon all-purpose flour
Dash salt
¾ cup milk
2 cups hot cooked or canned vegetables, drained

Make white sauce of butter, flour, salt, and milk. Drain vegetables; place in warm serving dish. Pour sauce over. Makes 4 servings.

Vegetables Cooked in Oil

¼ cup water
1 tablespoon salad oil
2 cups frozen or ready-to-cook fresh vegetables*
Salt and pepper

Bring water and salad oil to boiling; add vegetables. Cover; cook till tender. Season with salt and pepper. Makes 4 to 6 servings.

*Or heat canned vegetables (opposite column), but use salad oil in place of butter.
# Vegetable Cooking Chart

*For methods not included here, see recipes.*

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>How to prepare</th>
<th>How to cook</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>Wash. Cut off 1 inch of top, the stem, and tips of leaves. Pull off any loose leaves. Brush cut edges with lemon juice.</td>
<td>Place in small amount boiling salted water. (Add (\frac{1}{4}) cup olive oil and few cloves garlic, or lemon slices.) Cover; simmer till leaf pull out easily. Drain.</td>
<td>25-30 min.</td>
</tr>
<tr>
<td>French or globe</td>
<td></td>
<td>Cook covered in small amount boiling salted water.</td>
<td>15-35 min.</td>
</tr>
<tr>
<td>Jerusalem</td>
<td>Wash, pare; leave whole or slice.</td>
<td>Cut up; cook covered in a small amount of boiling salted water.</td>
<td>8-10 min.</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Wash; scrub gently with vegetable brush. If sandy, scrape off the scales. Break stalks—they will snap where tender part starts.</td>
<td>Cook covered in a small amount of boiling salted water.</td>
<td>10-15 min.</td>
</tr>
<tr>
<td>Beans</td>
<td>Wash; remove ends and strings. Cook whole or in 1-inch pieces. Or slit lengthwise.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima, fresh</td>
<td>Shell and wash.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima, dried</td>
<td>Rinse; add to 2½ times as much water as beans. Soak overnight. Or, bring to boil; simmer 2 minutes; let stand at least 1 hour.</td>
<td>Add salt, cover, and simmer in water used for soaking.</td>
<td>1 hour</td>
</tr>
<tr>
<td>Navy, dried</td>
<td>Prepare same as dried Limas, but use 3 times as much water as beans.</td>
<td>Cook same as dried Limas.</td>
<td>1½ hours</td>
</tr>
<tr>
<td>Beets</td>
<td>Cut off all but 1 inch of stems and root. Wash and scrub thoroughly. Do not pare.</td>
<td>Cook covered in boiling salted water. Peel when done.</td>
<td>35-60 min.</td>
</tr>
<tr>
<td></td>
<td>Or pare and slice or cube. Or pare and shred.</td>
<td>Cook covered in small amount boiling salted water.</td>
<td>15-20 min.</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Wash thoroughly. Don't cut off tiny beets.</td>
<td>Salt lightly; cook covered without water except drops that cling to leaves. Reduce heat when steam forms. Turn with fork frequently.</td>
<td>5-15 min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Remove outer leaves and tough part of stalks. Split rest of stalk almost to flowerets. Or cut in 1-inch pieces.</td>
<td>Tie stalks in bundle, using folded strip of foil. Stand up in 1 inch boiling salted water. Cover and cook.</td>
<td>15-20 min.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Cut off wilted leaves. Wash. Leave whole.</td>
<td>Cook stalk pieces covered in boiling salted water to cover 5 to 8 minutes; add flowerets.</td>
<td>10-15 min.</td>
</tr>
<tr>
<td>Cabbage (Green)</td>
<td>Remove wilted outer leaves. Cut in 6 to 8 wedges. Or shred.</td>
<td>Cook covered in small amount boiling salted water.</td>
<td>10-12 min.</td>
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<tr>
<td></td>
<td></td>
<td>Or cook wedges uncovered in cooking liquid from corned beef or ham.</td>
<td>5-7 min.</td>
</tr>
</tbody>
</table>

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<table>
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<th>How to prepare</th>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>Wash and pare or scrape. Leave whole, slice, or cut in quarters or strips</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>Whole, 20-25 min.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Cut up, 15-20 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Remove leaves and some of the woody stem. Leave whole or separate into flowerets.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>Whole, 20-25 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Flowerets, 10-15 min.</td>
</tr>
<tr>
<td>Celeriac (celery root)</td>
<td>Cut off leaves and root fibers. Scrape or pare; dice.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>20-25 min.</td>
</tr>
<tr>
<td>Celery</td>
<td>Cut off leaves; trim roots. Scrub thoroughly. Slice outer branches; cut hearts lengthwise.</td>
<td>Cook covered in a small amount of boiling, salted water, or in consomme.</td>
<td>10-15 min.</td>
</tr>
<tr>
<td>Chard, Swiss</td>
<td>Wash thoroughly; if not young, cut midribs from leaves.</td>
<td>Cook covered in very small amount boiling, salted water. If not young, cook midribs 10-15 minutes; then add leaves.</td>
<td>10-20 min.</td>
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<td></td>
<td></td>
<td>15-25 min. total</td>
</tr>
<tr>
<td>Corn</td>
<td>Remove husks from fresh corn. Remove silks with stiff brush. Rinse. Cook whole. Or, cut off just tips from kernels with sharp knife and scrape cobs with dull edge of knife.</td>
<td>Cook covered in a small amount of boiling, salted water or uncovered in boiling, salted water to cover.</td>
<td>6-8 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cook covered in a small amount of boiling, salted water or in milk or butter.</td>
<td>5-8 min.</td>
</tr>
<tr>
<td>Dandelion greens</td>
<td>Discard greens with blossom or bud as they will be bitter. Cut off roots; wash thoroughly.</td>
<td>Cook covered in very small amount boiling, salted water. Turn with fork frequently.</td>
<td>10-20 min.</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Wash; pare if skin is tough. Cut in ¼-inch slices.</td>
<td>Dip in beaten egg, then in fine dry bread crumbs or corn-flake crumbs. Brown slowly on both sides in hot fat. Season.</td>
<td>About 4 min. total.</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>Cut off leaves; wash, pare, and dice or slice.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>25-30 min.</td>
</tr>
<tr>
<td>Leeks</td>
<td>Cut off green tops to within 2 inches of white part. Wash.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>15-20 min.</td>
</tr>
<tr>
<td>Lentils, dried</td>
<td>Wash. Add to 2¼ times as much water.</td>
<td>Cook covered at simmering till tender.</td>
<td>About 35 min.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Wash. Cut off tips of stems. Leave whole or slice.</td>
<td>Add to melted butter in skillet; sprinkle with flour; mix. Cover and cook over low heat. Turn occasionally.</td>
<td>8-10 min.</td>
</tr>
<tr>
<td>Vegetable</td>
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<tr>
<td>Onions</td>
<td>Peel under water. Quarter, or leave small onions whole.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>25-35 min.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Wash; pare or scrape. Slice crosswise or lengthwise.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>15-20 min.</td>
</tr>
<tr>
<td>Peas Green Black-eyed</td>
<td>Shell and wash. Prepare same as dried Limas.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>8-15 min. 35-45 min.</td>
</tr>
<tr>
<td>New Sweet</td>
<td>Scrub; pare narrow strip of peel from center of each. Or scrape.</td>
<td>Cook in boiling, salted water. Drain. Peel if desired.</td>
<td>Tiny, 15-20 min. 30-40 min.</td>
</tr>
<tr>
<td>Rutabagas</td>
<td>Wash, pare thinly. Slice or cube.</td>
<td>Cook covered in a small amount of boiling, salted water. Mash if desired.</td>
<td>25-40 min.</td>
</tr>
<tr>
<td>Salsify (oyster plant)</td>
<td>Wash; pare thinly. Slice or cube.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td>15-20 min.</td>
</tr>
<tr>
<td>Spinach</td>
<td>Cut off roots; wash several times in lukewarm water, lifting out of water each time.</td>
<td>Cook covered without water except drops that cling to leaves. Reduce heat when steam forms. Turn with fork frequently.</td>
<td>3-5 min.</td>
</tr>
<tr>
<td>Squash Acorn</td>
<td>Wash. Cut in half; remove seeds. Or pare and cube.</td>
<td>Bake cut side down at 350° 35 to 40 min.; turn cut side up; bake till done. Cook cubed squash covered in small amount boiling, salted water.</td>
<td>50-60 min. About 15 min. 1¼ hours About 15 min. 15-20 min. About 10 min. total</td>
</tr>
<tr>
<td>Hubbard</td>
<td>Wash; cut in serving pieces; do not pare. Or pare and cube.</td>
<td>Place on baking sheet; season and dot with butter. Cover with foil. Bake at 350°. Cook covered in small amount of boiling, salted water.</td>
<td></td>
</tr>
<tr>
<td>Summer</td>
<td>Wash; pare. Slice or cube.</td>
<td>Cook covered in a small amount of boiling, salted water.</td>
<td></td>
</tr>
<tr>
<td>Zucchini (Italian)</td>
<td>Wash; do not pare. Slice thin.</td>
<td>Season and cook covered in butter in skillet 5 minutes; uncover and cook, turning slices, till tender.</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Wash ripe tomatoes. Plunge in boiling water, then cool under cold water. Peel; cut out stems. Cut up. (Or cook whole.)</td>
<td>Cook slowly, covered without adding water. Season with salt, pepper, and sugar. Add a little minced onion.</td>
<td>10-15 min.</td>
</tr>
<tr>
<td>Turnips</td>
<td>Wash; pare thinly. Slice or cube.</td>
<td>Cook covered in a small amount of boiling, salted water. Mash if desired.</td>
<td>15-20 min.</td>
</tr>
</tbody>
</table>
How to cook an artichoke (French type)

To clean: Give artichokes a shower of cold running water. With sharp knife, cut off about 1 inch from top. Chop off stem even with base or leave about 1 inch.
Pull off loose leaves around bottom. Snip sharp leaf tips off artichoke. Brush cut edges with lemon juice.

To cook: Place artichokes upright in small amount boiling salted water. (One-fourth cup olive oil and 3 or 4 cloves garlic may be added. Or a few lemon slices.)
Cover; simmer 25 to 30 minutes or till you can easily pierce stalk or pull out a leaf readily. Drain. Cut off any stem.

Crab-stuffed Artichokes

2 6½- or 7½-ounce cans (2 cups) crab meat, drained
1 cup cubed process Swiss cheese
¾ cup chopped green pepper
¼ cup finely chopped onion
1 teaspoon salt
½ cup mayonnaise
2 teaspoons lemon juice
5 cooked artichokes

OVEN 375°

Break crab meat in chunks; toss with next 4 ingredients. Blend mayonnaise and lemon juice; add to crab mixture; toss lightly.
Remove small center leaves of each artichoke, leaving a cup. Carefully remove choke. Fill artichokes with crab salad; place in large baking dish. Pour hot water around artichokes to depth of 1 inch.
Cover and bake at 375° about 35 minutes or till hot through. Makes 5 servings.

Lemon-butter Sauce

½ cup butter or margarine, melted
½ teaspoon salt
½ teaspoon pepper
¼ cup lemon juice
2 tablespoons minced parsley

Combine ingredients. Heat a minute or two, until flavors blend. Makes 4 to 6 servings.

Asparagus dress-ups

- Pour Lemon-butter Sauce over.
- Pass Classic Hollandaise Sauce, page 338.
- Sprinkle hot buttered asparagus with toasted blanched almonds.
- Heat Italian dressing and pour over.
- Add diced, hard-cooked eggs to Medium White Sauce; serve over hot asparagus.

Asparagus with Croutons

Try green beans, broccoli and cauliflower with these crunchy croutons, too—

Dice bread—white, whole wheat, or rye—in tiny squares (about ½ inch). Brown in a little butter in skillet, or fry in deep hot fat. Season with salt and pepper, garlic salt, curry powder, or any favorite herb. Sprinkle over hot buttered asparagus.
Fresh Asparagus

Wash the stalks thoroughly and scrub gently with vegetable brush; if sandy, scrape off scales. To remove woody base, break stalks instead of cutting. Stalk will snap at point where the tender part starts. Cook by one of these methods:

**Standing up:** First fasten asparagus in a bundle—easy with band of foil. Stand stalks upright in 1 inch boiling salted water in glass percolator or deep kettle. (If they fall over, prop up with crumpled foil.) Cover. Tips cook in the steam while stalks cook in boiling water—takes 10 to 15 minutes.

**Cut-up asparagus:** Cut stalks (several at a time) in pieces on the bias. Cook covered in small amount of boiling salted water just till tender, 10 to 12 minutes.

**In skillet:** Lay asparagus spears flat in skillet. Cook covered in small amount of boiling salted water till just tender, 10 to 15 minutes. To avoid overcooking the tender tips, prop them up out of water with crushed aluminum foil at one side of pan—tips will cook in steam while the stalks cook in water.

**In saucepan:** Cut a strip of aluminum foil to place across bottom and up both sides of saucepan, extending over edges. Fold, making strip 4 or 5 inches wide. Lay asparagus on foil in pan. Add small amount of boiling water and the salt. Cook covered till just tender, about 10 to 15 minutes. Remove asparagus by lifting ends of foil strip.

**Oriental way:** Cut asparagus on the diagonal, making thin slanting slices, about 1½ inches long. Heat large skillet; add small amount of salad oil (few tablespoons) and when hot, add asparagus; sprinkle with salt, pepper, and monosodium glutamate. Cook covered over high heat till just tender, about 5 minutes, shaking skillet frequently. Don’t overcook!

Company treat—tender, crisp-cooked asparagus, with Hollandaise!—
Green Beans Almond

Cook ¼ cup slivered blanched almonds in ¼ cup butter over low heat till golden, stirring occasionally. Remove from heat; add ¼ teaspoon salt and 1 to 2 teaspoons lemon juice. Pour over 2 cups hot cooked, drained, julienne-style green beans. Makes 4 servings.

Snappy Green Beans

4 slices bacon
⅛ cup chopped onion
1 to 2 tablespoons tarragon vinegar
2 cups hot, drained green beans


Green Beans with Basil

1 pound fresh green beans, cut in
1-inch lengths (about 3 cups)
2 to 3 tablespoons butter
½ cup chopped onion
¼ cup chopped celery
1 clove garlic, minced
½ teaspoon dried rosemary*
½ teaspoon dried basil*

Cook beans covered in small amount boiling salted water 10 minutes; drain. Stir in remaining ingredients. Cover; cook 10 minutes or till beans are tender. Serves 4 to 6.

*If you have fresh, use 2 teaspoons each.

Easy Baked Beans

4 slices bacon
½ cup chopped onion
2 1-pound cans (4 cups) pork and beans with tomato sauce
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 teaspoon prepared mustard

Cook bacon till crisp; drain. Reserving 2 tablespoons drippings. Crumble bacon. Cook onion in reserved drippings till tender but not brown; add with crumbled bacon to remaining ingredients, mixing well. Turn into 1½-quart bean pot or casserole. Bake uncovered at 350° about 2 hours. Serves 6.

Boston Baked Beans

1 pound (2 cups) dry navy beans
1 ½ quarts cold water
1 teaspoon salt
⅛ cup brown sugar
1 teaspoon salt
1 teaspoon dry mustard
¼ cup molasses
⅛ pound salt pork
1 medium onion, sliced

Oven 300°

Rinse beans; add to cold water. Bring to boiling; simmer 2 minutes; remove from heat; cover, let stand 1 hour. (Or, add beans to water; let soak overnight.)

Add 1 teaspoon salt to beans and soaking water; cover; simmer till tender, about 1 hour. Drain, reserving liquid. Measure 1 ¾ cups bean liquid, adding water if needed. Combine with next four ingredients.

Cut salt pork in half; score one half, set aside. Grind or thin-slice remainder. In 2-quart bean pot or casserole, alternate layers of beans, onion, ground salt pork, and sugar mixture. Repeat. Top with scored salt pork.

Cover; bake at 300° for 5 to 7 hours. Add more liquid if needed. Makes 8 servings.

Cabbage with Cheese: Substitute 4 cups shredded cabbage, cooked and well drained, for beans in recipe above; toss with cheese sauce till it melts. Omit mushrooms.

Indian Succotash

1 1-pound can (2 cups) green Limas, drained
1 12-ounce can (1 ½ cups) whole kernel corn, drained
2 tablespoons butter or margarine
½ cup light cream

Combine, season, and heat. Makes 6 servings.
Green Limas and Mushrooms

1 3-ounce can (3/4 cup) broiled sliced mushrooms
1 10-ounce package frozen baby Limas
3/4 cup finely chopped onion
1/2 teaspoon salt
1/2 teaspoon sugar
3/4 cup light cream

Drain mushrooms. Reserve liquid; add water to make 1/2 cup; combine with beans, onion, sugar, salt, and dash pepper in saucepan. Cover; bring to boiling. Simmer about 15 minutes or till beans are almost tender. Uncover; cook till most of liquid evaporates, about 5 minutes. Add mushrooms and cream; heat thoroughly. Makes 4 servings.

Harvard Beets

1 1-pound can (2 cups) diced beets
2 tablespoons sugar
1 tablespoon cornstarch
1/2 teaspoon salt
1/4 cup vinegar
2 tablespoons butter or margarine

Drain beets, reserving 1/2 cup liquid. In saucepan combine sugar, cornstarch, and salt. Stir in reserved beet liquid and vinegar and butter. Cook and stir till mixture thickens. Add beets; heat through. Serves 5.

Orange Beets

In saucepan combine 3 tablespoons sugar, 1 1/2 teaspoons cornstarch, and 1 teaspoon salt. Slowly stir in 1/2 cup orange juice; cook and stir till thick. Add 1 tablespoon butter and one 1-pound can sliced beets, drained. Heat through. Makes 4 servings.

Beets in Sour Cream

1/4 cup sour cream
1 tablespoon vinegar
3/4 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon minced green onion
Dash cayenne
2 1/2 cups hot, drained, cooked or canned beets in quarters

Mix first six ingredients; add to beets. Heat slowly, stirring occasionally. When hot, serve immediately. Makes 4 or 5 servings.

Pickled Beets

Combine 1/4 cup water, 1/8 cup vinegar, 1/4 cup sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon salt, and 1/4 teaspoon cloves. Heat syrup to boiling; add 2 cups sliced, cooked beets. Cover and simmer 5 minutes; chill.

Broccoli

Serve hot topped with Lemon Butter, page 335, or a Hollandaise Sauce, page 338.

Brussels Sprouts

Serve hot topped with a Cheese Sauce, page 337, or a Hollandaise Sauce, page 338.

Savory Cabbage

Cook 5 cups shredded cabbage covered in 1 quart boiling salted water 7 minutes or till tender; drain well. Combine 3 tablespoons melted butter, 1 teaspoon each lemon juice and horseradish, and 1/2 each teaspoon salt and sugar; mix with cabbage. Serves 4 to 6.

Cabbage with Golden Sauce

1 medium head cabbage
1 cup Medium White Sauce
1/2 cup shredded process cheese
2 hard-cooked eggs

Cut cabbage in 6 to 8 wedges; cook according to chart, page 341; drain well. Combine hot White Sauce (page 337) and cheese, stirring till cheese melts. Season to taste. Chop egg whites; add to sauce; pour over wedges. Sieve egg yolks; sprinkle over top. Makes 6 to 8 servings.

Pennsylvania Red Cabbage

2 tablespoons bacon drippings
4 cups shredded red cabbage
2 cups cubed unpared apple
1/4 cup brown sugar
1/4 cup vinegar
1/4 cup water
1 1/4 teaspoons salt
1/2 teaspoon caraway seed

Heat drippings in skillet; add remaining ingredients and dash pepper. Cover tightly; cook over low heat, stirring occasionally. For crisp cabbage, cook 15 minutes; for tender, 25 to 30 minutes. Makes 4 or 5 servings.
Glazed Carrots

Heat together ½ cup brown sugar and 2 tablespoons butter till sugar dissolves. Add 8 cooked carrots (whole or halved lengthwise); cook over medium heat, turning till well glazed, about 12 minutes. Serves 4 to 6.

Minted Carrots

¼ cup butter
3 tablespoons honey
2 teaspoons chopped fresh mint
5 or 6 carrots, cut in strips, cooked and drained

Combine butter, honey, and mint; heat to melt butter. Add hot carrots; heat and stir occasionally till glazed. Serves 4 or 5.

Herbed Carrots

In heavy saucepan combine 2 tablespoons each butter and water, and 1 teaspoon sugar. Add 4 cups quartered carrots. Cover tightly, cook over low heat 15 to 20 minutes. Season to taste. Sprinkle with 1 teaspoon snipped parsley and ¼ teaspoon dried whole tarragon, crushed. Don’t drain. Serves 6.

Carrot Bake with Basil

OVEN 350°

Place 6 medium carrots in small baking dish. Add ½ cup water. Season. Cover; bake at 350° for 1½ hours or till done. Drain. Add ½ teaspoon basil, 1 to 2 tablespoons butter.

Carrots Chinese

Coarsely shred 5 or 6 carrots. Season with ⅛ teaspoon salt. Cover, cook in 2 tablespoons butter 5 to 7 minutes.

Vegetable Melange au Gratin

1 ½ cups sliced carrots (5 medium)
½ cup sliced onion (1 medium)
1 10-ounce package frozen leaf spinach, cooked and drained
1 ½ cups Cheese Sauce (with Medium White Sauce), page 337
½ cup buttered soft bread crumbs

Combine carrots and onions. Cook covered in small amount boiling salted water till almost tender, 10 to 15 minutes; drain. Alternate layers of hot vegetables and sauce in 1-quart casserole; sprinkle with crumbs. Bake at 350° about 20 minutes. Serves 6 to 8.

Cheese-frosted Cauliflower

OVEN 375°

Remove leaves, trim base from medium head of cauliflower. Wash. Precook whole in boiling salted water 12 to 15 minutes. Drain.

Place in ungreased shallow baking pan. Sprinkle with salt. Combine ½ cup mayonnaise or salad dressing and 2 teaspoons prepared mustard; spread over cauliflower. Top with ⅔ cup shredded sharp process cheese.

Bake at 375° about 10 minutes or till cheese is melted and bubbly. Serves 4 or 5.

Cauliflower with Shrimp Sauce

Wash medium head of cauliflower; break into flowerets. Cook covered in small amount boiling salted water 10 to 15 minutes; drain.

Heat 1 can frozen condensed cream of shrimp soup over low heat, stirring frequently. Add ½ cup dairy sour cream or light cream; cook, stir just till hot; season. Add ⅔ cup toasted slivered blanched almonds; pour over hot cauliflower. Serves 4 to 6.

Don’t miss Herbed Roasting Ears!
Neiman-Marcus Celery Oriental
Slice 6 to 8 large, outside celery stalks on the bias. Cook in small amount boiling salted water till just crisp-done; drain.
Cook 1 cup sliced fresh mushrooms in 3 tablespoons butter till tender; add celery and \(\frac{1}{4}\) cup toasted blanched almond halves. Toss lightly till hot. Makes 4 to 6 servings.

Celery Luncheon Bake
4 cups 1-inch celery slices
1½ cups shredded process cheese
1 can condensed cream of chicken soup
\(\frac{3}{4}\) cup slivered blanched almonds, toasted

OVEN 350°
Cook celery in boiling, salted water 8 minutes; drain. Alternate layers of celery, cheese, and soup in 4 greased individual caseroles, ending with soup. Dot with butter. Sprinkle almonds over top. Bake at 350° for 20 minutes or till hot through. Serves 4.

Celery Victor
Cut 2 celery hearts lengthwise in quarters. Cook in 1 can condensed chicken consomme till tender, 15 to 20 minutes. Drain.
Combine \(\frac{1}{4}\) cup oil-vinegar French dressing, 2 tablespoons wine vinegar, 1 tablespoon drained pickle relish, \(\frac{1}{2}\) teaspoon salt, and \(\frac{1}{4}\) teaspoon each monosodium glutamate and pepper. Pour over celery. Chill 3 hours. Top with anchovy fillets. Serve with meat.

Corn on the Cob
Cook according to chart on page 342. Serve hot. Pass butter or Anise Butter. Anise Butter: Pour \(1\frac{1}{2}\) teaspoons boiling water over 1 to \(1\frac{1}{2}\) teaspoons anise seed, steep 30 minutes. Cream 1 stick softened butter till fluffy; stir in anise seed with liquid.

Herbed Roasting Ears
\(\frac{1}{4}\) cup soft butter or margarine
1 teaspoon dried rosemary
\(\frac{1}{2}\) teaspoon dried marjoram
6 ears sweet corn, husked
1 head romaine, freshly rinsed
Blend butter and herbs; spread on corn. Wrap each ear in 2 or 3 leaves romaine; place in shallow baking dish; cover tightly with foil. Bake at 450° for 20 to 25 minutes.

Squaw Corn
Cut one 12-ounce can luncheon meat in julienne strips; brown in a little hot fat.
Combine 3 slightly beaten eggs, one 1-pound can golden cream-style corn, \(\frac{1}{4}\) teaspoon salt, and dash pepper; add to meat. Cook over low heat, stirring occasionally, till eggs are just set. Serve at once. Serves 6.

Skillet Fried Corn
4 slices bacon
3 cups cut, fresh corn
\(\frac{1}{4}\) cup chopped green pepper
\(\frac{1}{4}\) cup finely chopped onion
Cook bacon crisp; drain and crumble. To drippings, add vegetables. Cover; cook over low heat till just tender, 5 to 8 minutes. Season with 1 teaspoon salt, dash pepper. Sprinkle bacon over top. Makes 6 servings.

Scallopced Corn Supreme
1 1-pound can (2 cups) golden cream-style corn
1 cup milk
1 well-beaten egg
1 cup cracker crumbs
\(\frac{1}{4}\) cup minced onion
3 tablespoons chopped pimiento
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{2}\) cup buttered cracker crumbs

Corn Pudding
3 slightly-beaten eggs
2 cups drained cooked or canned whole kernel corn
2 cups milk, scalded
\(\frac{1}{4}\) cup finely chopped onion
1 tablespoon butter, melted
1 teaspoon sugar
1 teaspoon salt
OVEN 350°
Combine ingredients; pour into greased \(1\frac{1}{2}\)-quart casserole. Set in shallow pan; fill pan to 1 inch with hot water. Bake at 350° for 40 to 45 minutes or till knife inserted in center comes out clean. Then let stand 10 minutes at room temperature (center will firm up). Makes 6 servings.
Corn Oysters

2 cups cut, fresh corn (8 ears)
2 beaten eggs
1/2 cup cracker crumbs
1/2 cup sifted all-purpose flour
1/2 teaspoon baking powder
1 teaspoon salt
1/4 teaspoon pepper

Combine corn, eggs, and cracker crumbs. Sift together flour, baking powder, and seasonings. Add. Drop from tablespoon into small amount of hot fat in skillet. Flatten slightly and pan fry till browned, about 3 minutes, turning once. Makes about 18.

Italian Eggplant

1 medium eggplant, pared and cut in 1/4-inch slices
1/2 cup butter, melted
3/4 cup fine dry bread crumbs
1/4 teaspoon salt
1 8- or 10 1/2-ounce can spaghetti sauce with mushrooms
1 tablespoon crushed oregano leaves
1 cup shredded Mozzarella cheese

Dip eggplant in butter, then in mixture of bread crumbs and salt. Place on greased cooky sheet. Spoon sauce atop each slice; sprinkle with oregano and cheese. Bake in hot oven (450°) 10 to 12 minutes or till done. Makes 4 or 5 servings.

Jackstraw Eggplant

Really a treat! Try with cauliflowerets, too. Dip in batter, fry 3 to 4 minutes—

1 medium eggplant
1 cup sifted all-purpose flour
1/2 teaspoon salt
1 slightly beaten egg
1 cup milk
1 tablespoon salad oil

Cut eggplant in half lengthwise; pare. Slice 1/2 inch thick. Cut slices in 1/2-inch strips.
Make batter: Mix flour with salt. Combine egg, milk, and salad oil; add gradually to flour, beating till smooth. Dip eggplant strips in batter; drain well on wire rack.
Fry 2 to 5 minutes, in deep hot fat (375°), or in shallow hot fat. Drain on paper towels. Sprinkle with salt. Pass Parmesan cheese if desired. Makes 6 servings.

Fresh Mushroom Saute

1 pint (about 1/2 pound) mushrooms
3 tablespoons butter or margarine
2 teaspoons all-purpose flour
Salt and pepper

Wash mushrooms; slice through cap and stem. Melt butter in skillet; add mushrooms; sprinkle with flour, and toss to coat. Cover and cook over low heat till tender, about 8 to 10 minutes, turning occasionally. Season to taste with salt and pepper.
Makes 2 servings as a vegetable or 4 servings as broiled-steak accompaniment.


Creamed Onions

18 to 20 medium onions
1/4 cup salad oil
3 tablespoons all-purpose flour
1 1/2 cups milk
1 cup shredded process cheese
Peanuts, chopped

Peel onions and cook in boiling salted water until tender; drain. Blend salad oil and flour; stir in milk and cook slowly until thick, stirring constantly.
Add the cheese; stir until melted. Add onions and heat through. Place in serving bowl; and sprinkle with chopped peanuts. Makes 6 to 8 servings.

Onions Gourmet

6 medium onions, sliced and separated in rings
1/2 teaspoon monosodium glutamate
1/2 teaspoon salt
1/2 teaspoon fresh ground pepper
1/4 cup butter
1/2 cup cooking sherry
1/4 cup shredded Parmesan cheese

Season onions with monosodium glutamate, salt, and pepper. Cook in butter till tender, but not brown, about 8 minutes, tossing to stir. Add sherry; cook rapidly 2 to 3 minutes. Sprinkle with Parmesan cheese. Serve in sauce dishes. Makes 8 servings.
French-fried Onion Rings

6 medium Bermuda or mild white onions, sliced ¼ inch thick
2 cups milk
3 eggs
All-purpose flour

Separate onion slices into rings. Combine the milk and eggs; beat thoroughly and pour into shallow pan. Drop onion rings into pan. With your fingers, swish rings around till well coated. Lift onions out; shake over pan to drain. Drop in pan of flour, a few rings at a time, coating each well.

Place in wire French-frying basket (don’t fill more than one-fourth full). Shake off excess flour by giving basket a sharp slap. Fry in deep hot fat (375°), stirring once with fork to separate rings while frying. When onions are golden, drain on paper towels. Just before serving, sprinkle with salt. Serve hot. Makes 8 servings.

Dutch Glazed Onions

Drain one 1-pound can small whole onions, reserving ¼ cup liquid. In skillet, combine 2 tablespoons butter, 1 tablespoon sugar, reserved liquid. Cook and stir till blended.

Add onions; cook till mixture browns lightly (about 10 minutes), stirring frequently. Makes 4 servings.

Company Peas

¼ cup chopped onion
2 tablespoons butter or margarine
1 1-pound can peas, drained
1 3-ounce can (½ cup) broiled sliced mushrooms, drained
1 teaspoon sugar
Dash thyme

Cook onion in butter till tender but not brown; stir in remaining ingredients. Season with ½ teaspoon salt, dash pepper. Cover; heat over low heat. Makes 4 servings.

Garden Peas in Cream

3 tablespoons butter or margarine
½ cup water
1 to 1 ½ pounds fresh peas (about 1 to 1 ½ cups shelled)
2 cups finely torn leaf lettuce
2 tablespoons minced onion
1 tablespoon chopped parsley
1 teaspoon sugar
½ cup light cream

Heat butter and water to boiling; add remaining ingredients except cream. Season with ½ teaspoon salt, dash pepper. Cover; simmer till peas are tender, 8 to 15 minutes. Don’t drain. Add cream. Serves 4.

Green Pepper in Tomato Sauce

½ cup thinly sliced onion
2 cloves garlic, minced
½ cup olive or salad oil
2 cups stewed tomatoes or 1 1-pound can
2 teaspoons sugar
1 teaspoon salt
Dash pepper
½ teaspoon basil
4 or 5 large green peppers, cut
in strips ¼ inch wide

Cook onion and garlic in 1 tablespoon of the oil till just tender; add tomatoes and seasonings. Simmer uncovered till sauce is slightly thick, about 20 minutes.

Cook pepper strips in remaining 3 tablespoons oil, turning frequently, till tender but still crisp. Lift from oil to serving dish; sprinkle with salt and pepper. Pour tomato sauce over green peppers; serve at once. Makes 5 or 6 servings.

Parsnips

• Cut parsnips in quarters or in 1-inch cubes; cook according to chart, page 343; drain. Add butter or cream; season to taste.

• Cut parsnips in half lengthwise; cook and drain. Brown lightly in butter or margarine. Season. Sprinkle with a little sugar if desired.

Peas

• Add chopped mint to new peas while cooking.

• Add nutmeg and chopped pickled onions to hot cooked peas just before serving.

Peas Cooked in Oil

Heat 2 tablespoons salad oil. Add 2 cups fresh peas or one 10-ounce package frozen peas, 1 small onion, chopped, and 3 large outer leaves of lettuce. Season with ½ teaspoon salt, and dash pepper.

Cover and cook over medium heat 8 to 15 minutes. Remove lettuce. Makes 4 servings.
Shrimp-stuffed Peppers

6 medium green peppers
2 cups diced cooked cleaned shrimp
2 cups cooked rice
1 cup salad dressing
2 tablespoons chopped onion
Dash Tabasco sauce
1 8-ounce can (1 cup) seasoned tomato sauce

OVEN 350°

Cut off tops of green peppers; remove seeds and membrane. Precook pepper cups in small amount boiling, salted water 5 minutes; drain. Sprinkle inside with salt.

Combine next 4 ingredients. Add Tabasco, salt, and pepper to taste. Fill peppers. Place upright in 10x6x1½-inch baking dish. Pour tomato sauce around peppers. Bake at 350° 30 minutes. Spoon the tomato sauce over filling before serving. Makes 6 servings.

Stuffed Pepper Cups

6 medium green peppers
1 pound ground beef
1/2 cup chopped onion
1 tablespoon fat
2 cups stewed tomatoes or
1 1-pound can
3/4 cup packaged precooked rice
2 tablespoons Worcestershire sauce
Salt and pepper
1 cup shredded sharp process American cheese

OVEN 350°

Cut off tops of green peppers; remove seeds and membrane. Precook green-pepper cups in boiling salted water about 5 minutes; drain.* Sprinkle inside with salt.

Brown meat and onion in hot fat; add tomatoes, rice, Worcestershire, and salt and pepper to taste. Cover and simmer till rice is almost tender, about 5 minutes. Add cheese. Stuff peppers; stand upright in 10x6x1½-inch baking dish. Bake uncovered in moderate oven (350°) 25 minutes or till hot. Sprinkle with more cheese. Serves 6.

*For crisp peppers, omit precooking.

Fresh as Spring—Creamed Peas and New Potatoes!
Boiled Potatoes

See chart, page 343. For dry mealy potatoes, drain and shake gently over low heat when done. Season; add butter.

Parsleyed New Potatoes

1½ pounds tiny new potatoes
¼ cup butter or margarine
¼ cup minced parsley
1 tablespoon lemon juice

Scrub or scrape potatoes. Cook in boiling salted water till just tender, 15 to 20 minutes; drain. Peel if desired. Meanwhile, melt butter in saucepan; stir in parsley and lemon juice. Pour over hot potatoes. Serves 4 to 6.

Dilly New Potatoes

Scrape 1½ pounds small new potatoes; cook in boiling salted water till done; drain. Combine 1 cup dairy sour cream, ½ teaspoon dill seed, and ½ teaspoon salt; pour over potatoes. Heat 1 to 2 minutes, turning potatoes to coat. Makes 4 servings.

Dutch Potatoes

Chop 1 small onion; cook in 1 tablespoon butter till just tender. Add 3 medium potatoes, cubed, and 2 tablespoons chopped parsley. Season. Barely cover with water. Cook covered till tender. Makes 6 servings.

Creamed Peas and New Potatoes

Scrub 1½ pounds (about 15) tiny new potatoes; pare off narrow strip of peel around center of each. Cook in boiling salted water till done, 15 to 20 minutes; drain. Meanwhile, cook 1 to 1½ pounds fresh peas, shelled, and 3 tablespoons finely sliced green onion in small amount boiling salted water 8 to 15 minutes; drain. Make white sauce of 4 teaspoons each butter and flour, dash salt, and 1 cup milk. Combine hot vegetables and pour sauce over. Makes 4 to 6 servings.

Quick Dill Potatoes

½ cup water
1 teaspoon salt
2¼ cups cubed pared potatoes
2 tablespoons finely chopped onion
½ cup light cream
Snipped fresh dill or dill seed

Bring water and salt to boiling in heavy saucepan. Add potatoes and onion; cover and cook until the potatoes are almost done and most of the water is absorbed, about 10 minutes. Add cream; simmer about 2 or 3 minutes, stirring occasionally. Pour into serving dish; sprinkle with dill and dash with pepper. Makes 4 or 5 servings.

French Fries

Cut pared potatoes lengthwise in strips. Soak 1 hour in cold water. Drain thoroughly between towels. Fry small amount at a time in deep, hot fat (360°) until just light brown. Drain on paper towels. Cool thoroughly. Cover and refrigerate until serving time. Then return potatoes to hot fat (375°) for about 3 to 5 minutes, or till crisp and golden brown. Drain on paper towels. Sprinkle with salt and pepper and serve at once.

Note: Do not French-fry new potatoes.

Skillet-fried Potatoes

Hashed Browns: Chill cooked-in-jacket potatoes, peel, shred to make 4 cups. Add 1 to 2 tablespoons grated onion, 1 teaspoon salt, and dash pepper. Melt ½ cup butter or drippings in 10-inch skillet. Pat potatoes into pan, leaving ½-inch space around edge. Brown 10 to 12 minutes; peek. Reduce heat if necessary. Brown 8 to 10 minutes longer, till golden. (If desired, mark through center, omelet fashion; loosen, flip one half over.) Place platter over pan; invert.

Cottage Fries: Cook potatoes in jackets; peel. Slice or dice. Fry in bacon drippings or other fat till brown and crisp, turning frequently. Season with salt and pepper.

Lyonnaise Potatoes: Add thinly sliced onion to Cottage Fries.

Fresh-fried Potatoes: Pare 3 medium potatoes; slice thin. Season; fry, covered, in 3 tablespoons bacon drippings or other fat 10 minutes. Uncover and brown other side, about 10 minutes, loosening occasionally.
Duchess Potatoes

4 cups hot mashed potatoes
1 tablespoon butter
2 beaten egg yolks
2 tablespoons butter, melted

To potatoes, add 1 tablespoon butter, egg yolks, and salt and white pepper to taste; mix well. Using pastry bag with No. 7 or 9 star tip, pipe hot potato mixture around broiled steak on plank.*

Drizzle potatoes with melted butter. Broil 4 inches from heat about 7 minutes or till lightly browned. Makes 6 to 8 servings.

*Or, pipe rosettes 2½ inches wide, 2 inches high on greased cooky sheet. Drizzle with butter. Bake at 450° for 10 to 12 minutes.

Potato Patties

2 cups leftover mashed potatoes
1 slightly beaten egg
¼ cup chopped onion

To potatoes add egg, onion, and salt and pepper. Mix well. Shape in 6 patties. Dip in flour; then brown slowly in butter, about 5 minutes on each side. Makes 6 servings.

Volcano Potatoes

4 or 5 medium potatoes, pared
About ¾ cup hot milk
½ cup whipping cream, whipped
½ cup shredded sharp process cheese

OVEN 350°

Cook, drain, and mash potatoes. Season with salt and pepper. Add enough hot milk to whip light. Pile into greased 8-inch round baking dish, mounding into a volcano shape. Make a "crater" in center. Fold cheese into whipped cream. Pour over top. Bake at 350° about 20 minutes or till lightly browned. Makes 6 servings.

Baked Potatoes

OVEN 425°

Select uniform baking potatoes. (Don't use new potatoes.) Scrub with brush. For soft skins, rub with fat. Bake at 425° for 40 to 60 minutes. Or, if potatoes share oven, bake at 350° to 375° for 60 to 80 minutes.

When done, roll gently under hand to make mealy. Immediately cut crisscross in top with fork; press ends, push up fluff. Drop in a pat of butter and season.

Foil-baked Potatoes: Scrub, dry, wrap in foil. Bake at 350° about 1½ hours.

Smooth, fluffy Mashed Potatoes—step by step

Pare potatoes. Cook in boiling salted water till tender. Drain, then shake over low heat to dry. Remove pan from heat. Mash potatoes with potato masher, or with electric mixer, using lowest speed.

Adding hot milk as needed, beat well with wooden spoon or electric mixer till light and fluffy (gradually increase speed of mixer). Add salt, pepper, lump of butter; beat in. Pile into bowl, top with butter.
Baked Potato Toppers

- Whip 1 cup shredded sharp process cheese and ¼ cup soft butter till fluffy. Add ½ cup dairy sour cream and 2 tablespoons snipped green onions; whip till blended.
- Soften one 8-ounce package cream cheese. Add ½ cup light cream; beat fluffy. Add 1 tablespoon snipped chives, 1 ½ teaspoons lemon juice, and ½ teaspoon garlic salt.
- Offer crumbled bacon, snipped chives, sour cream, shredded cheese—one or more.

Stuffed Baked Potatoes

Bake 4 medium potatoes. Take slice from top of each. Scoop out inside; mash. Add butter, salt, pepper, and hot milk to moisten. Beat till fluffy.
Fill shells ½ full with mashed potatoes. Combine 1 cup drained, seasoned cooked or canned peas and 2 tablespoons chopped green onions; divide among potato shells. Pile remaining mashed potatoes atop.
Return to oven (375°) 12 to 15 minutes or till hot and lightly browned. Serves 4.

Scalloped Potatoes

3 tablespoons butter or margarine
2 tablespoons all-purpose flour
3 cups milk
1 teaspoon salt
¼ teaspoon pepper
6 medium potatoes, pared and sliced thin
2 tablespoons chopped onion

Make white sauce of first 5 ingredients.* Put half the potatoes in greased 2-quart casserole; cover with half the onion and half the sauce. Repeat layers.
Cover and bake at 350° about 1 hour. Uncover and continue baking till top is browned. Makes 4 to 6 servings.

*Shredded cheese may be added to sauce.

Butter-scalloped Potatoes

1 quart thin-sliced pared potatoes
½ cup butter

In 10x6x1½-inch baking dish, arrange ½ of potatoes. Dot with ½ of butter; dash with salt and pepper. Repeat with two more layers.
Cover with foil, bake at 425° about 40 minutes. To brown, uncover last 10 minutes.

Scalloped Potatoes Supreme

2 quarts thin-sliced pared potatoes (about 8 medium potatoes)
½ cup chopped green pepper
¼ cup minced onion
1 can condensed cream of mushroom soup
1 cup milk
2 teaspoons salt

In greased 11x7x1½-inch baking dish or 2-quart casserole alternate layers of potatoes, green pepper, and onion. Combine remaining ingredients, dash pepper; pour over.
Cover; bake at 350° for 45 minutes. Uncover and bake 20 to 30 minutes longer or till potatoes are tender. Makes 8 servings.

Combo Potatoes in Foil

4 medium baking potatoes, pared
¼ cup soft butter or margarine
2 medium mild onions, sliced

Cut each potato crosswise in 4 slices; butter between slices and on top; reassemble with onion rounds between. Season with salt, dash with pepper. Secure with toothpicks. Wrap each potato in double thickness of foil. Bake 1 hour at 375° or till done. Open foil; snip parsley over. Makes 4 servings.

Crunch-top Potatoes

½ cup butter or margarine
3 or 4 large baking potatoes,
pared, cut in ½-inch slices
¼ cup crushed corn flakes
1 ½ cups shredded sharp process cheese
2 teaspoons salt
1 ½ teaspoons paprika

Melt butter in jelly-roll pan in 375° oven. Add single layer of potatoes, turn once in butter. Mix remaining ingredients; sprinkle over. Bake ½ hour or till done.

Roast Potatoes

Pare medium potatoes; cook in boiling salted water 15 minutes; drain. About 45 minutes before roast is done (oven temperature, 325°), place hot potatoes in drippings around roast, turning potatoes to coat.
Roast till potatoes are done, turning occasionally to baste. Salt lightly.
Baked Sweet Potatoes

OVEN 375°

Scrub sweet potatoes. Bake in moderate oven (375° to 400°) for 40 to 45 minutes or till done. (Or, bake at 425° for 35 to 40 minutes or till done.) Fork crisscross in top of each; press ends. Season; add butter.

Mashed Sweet Potatoes

Peel hot cooked sweet potatoes. Mash. Gradually adding hot milk, beat till potatoes are light and fluffy. Beat in salt, pepper, and butter to taste. Serve with butter atop.

For variety, use orange juice in place of milk, and add a little grated orange peel.

Dixie Bake

OVEN 350°

Thoroughly combine 2 cups mashed sweet potatoes, 2 beaten eggs, 1/2 cup broken pecans, 1/2 cup honey, and 3/4 teaspoon salt.

Pour into greased 8-inch round baking dish. Bake at 350° for 30 to 35 minutes. Trim with extra pecans. Makes 6 servings.

Candied Sweets

6 medium sweet potatoes, cooked and peeled
3/4 cup brown sugar
1 teaspoon salt
1/4 cup butter
1/2 cup tiny marshmallows

OVEN 375°

Cut potatoes in 1/2-inch slices. Place a layer in bottom of buttered 1 1/2-quart casserole. Sprinkle with brown sugar and salt; dot with butter. Continue layers till all ingredients are used, ending with sugar and butter.

Bake uncovered at 375° about 30 minutes or till glazed. Add marshmallows last 5 minutes to melt, brown lightly. Serves 6.

Easy Glazed Yams

6 medium yams, pared, halved
3/4 cup boiling water
1 teaspoon salt
3 tablespoons butter or margarine
1/2 cup orange marmalade

Place yams in skillet. Add water and salt; simmer, covered, 15 minutes or till tender. Drain, leaving 1/4 cup liquid in skillet.

Dot potatoes with butter and spoon marmalade over. Cook uncovered, over low heat about 20 minutes, basting frequently till glazed; turn potatoes once. Makes 6 servings.

Cottage-fried Sweets

3 slices bacon, in 1/2-inch pieces
3/4 cup chopped onion
1 1/2 pounds sweet potatoes, cooked, diced, or 2 1/2 cups diced canned
1 teaspoon salt
1/2 teaspoon sugar

In 10-inch skillet, cook bacon and onion till tender; add remaining ingredients. Cook uncovered over medium heat till potatoes are crispy on bottom; turn with pancake turner and crisp other side. Makes 4 servings.

Spinach with Mushrooms

1/2 clove garlic, minced
1/2 cup sliced fresh mushrooms*
1 tablespoon butter
2 pounds spinach, chopped*
1 teaspoon lemon juice

OVEN 350°

Cook garlic and mushrooms in butter 2 or 3 minutes or till mushrooms are partially tender. Add spinach. Cover. Reduce heat when steam forms; cook 3 to 10 minutes. Add lemon juice. Season to taste. Makes 4 servings.

*Or, drain a 3-ounce can sliced mushrooms; heat in the garlic butter. Cook one 10-ounce package frozen leaf spinach; drain; add mushroom sauce, lemon juice. Season.

Scalloped Spinach

1 10-ounce package frozen chopped spinach, cooked and drained
2 tablespoons finely chopped onion
2 beaten eggs
1/4 cup milk
1/2 cup shredded sharp process American cheese
1/2 cup buttered soft bread crumbs

Combine all ingredients except crumbs. Season with 1/4 teaspoon salt, dash pepper. Turn into 9 1/2 x 5 1/4 x 2 3/4-inch loaf pan. Top with crumbs. Bake at 350° about 20 minutes or till silver knife inserted halfway between center and outside comes out clean. Serves 4.

Spinach Surprise

Baked Acorn Squash

OVEN 350°

Wash squash, cut in half lengthwise; remove seeds. Bake cut side down in shallow pan at 350° till almost tender, 35 to 40 minutes. Turn cut side up; salt. Fill if desired. Bake till tender, about 20 minutes.

Squash and Applesauce: After turning squash, brush inside with butter; sprinkle with brown sugar. Fill each with ½ cup hot applesauce. Finish baking. Top with jelly.

Squash and Sausage: Turn squash, brush each with butter, drizzle with 1 tablespoon honey, and fill with 3 browned sausage links. Bake 25 minutes.

Glazed Squash with Onions: After turning squash (6 halves), salt, then fill with 2 cups drained cooked or canned small onions and ½ cup broken walnuts. Combine ⅔ cup melted butter, ¼ cup light molasses, and ¼ teaspoon each salt and cinnamon; spoon over squash and filling. Finish baking, brushing occasionally with glaze.

Candied Squash

Trim ends from 2 acorn squash; cut crosswise in ¾-inch slices; discard seeds. Halve slices; season well with salt and pepper.

Place in skillet; add ¼ cup water; cover and cook about 20 minutes or till just tender. Combine ½ cup brown sugar and 3 tablespoons butter; spread over squash. Continue cooking, uncovered, about 5 minutes, basting frequently to glaze. Serves 5.

Candied Squash and Sausage: Shape 1½ pounds lean bulk pork sausage in 16 to 20 balls. Brown slowly; drain well; push to one side of skillet. Add squash, water; cook 20 minutes; glaze squash as above.

Squash Squares in Sour Cream

1 medium onion, sliced
1 cup dairy sour cream
½ teaspoon salt
4 cups cubed, pared acorn or Hubbard squash, cooked, drained
½ teaspoon dill seed

Cook onion in butter till tender but not brown; remove from heat, add sour cream and salt; stir well. Place hot cooked squash on platter; sprinkle with pepper; pour cream mixture over. Sprinkle with dill seed. Makes 4 to 6 servings.

Confetti Crookneck Squash

Select little yellow summer squashes, less than 3 inches long. Steam till tender. Split lengthwise and brush the cut surfaces generously with melted butter. Season with salt and pepper. Sprinkle liberally with chopped parsley and chopped pimiento.

Place squash halves in shallow pan; heat in moderate oven just till they sizzle.

Florentine Zucchini Bake

6 small zucchini, in ¼-inch slices
2 tablespoons butter or margarine
1 cup evaporated milk
3 slightly beaten eggs
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic salt

OVEN 400°

Place zucchini in 1½-quart casserole and add butter. Bake in hot oven (400°) 15 minutes, or till zucchini is partially cooked but still crisp. Combine remaining ingredients and pour over zucchini. Sprinkle with paprika. Set casserole in shallow pan, filling pan to 1 inch with hot water. Bake in moderate oven (350°) 40 minutes, or till knife inserted halfway between center and edge comes out clean. Makes 6 servings.

Zucchini Parmesan

4 or 5 small zucchini squash, thinly sliced (about 3 cups)
2 tablespoons butter or margarine
½ teaspoon salt
Dash pepper
2 tablespoons grated Parmesan cheese

Put zucchini, butter, and seasonings in skillet. Cover and cook slowly 5 minutes. Uncover and cook, turning slices, till barely tender, about 5 minutes more. Sprinkle with cheese, and toss. Makes 4 servings.

Zucchini on the Half Shell

Trim ends of 6 small zucchini; cut squash in half lengthwise. Melt ¼ cup butter in large skillet, add 1 tablespoon grated onion and 1 beef bouillon cube; crush cube.

Add zucchini, cut side down, and cook till golden brown. Turn; add 2 tablespoons water and cook, covered over low heat about 10 minutes or till tender. Serves 5 to 6.
Scalloped Tomatoes

1 cup diced celery
½ cup finely chopped onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 No. 2½ can (3½ cups) tomatoes
3 slices bread, toasted
1 tablespoon sugar
1 teaspoon salt
Dash pepper
2 teaspoons prepared mustard

Cook celery and onion in butter until just tender; blend in flour. Butter toast; cut in 1½-inch cubes. In 1½-quart casserole, combine the onion-celery mixture with tomatoes, half the toast cubes, the sugar, and seasonings. Bake at 350° for 30 minutes. Top casserole with remaining toast cubes and bake 20 minutes longer. Serves 8.

Savory Baked Tomatoes

Cut 3 or 4 tomatoes in half crosswise; score cut surface, making ½-inch squares. Place cut side up in greased 9x9x2-inch baking pan. Sprinkle tops generously with seasoned salt. Melt 3 or 4 tablespoons garlic spread or garlic butter; add ⅔ to ½ cup medium cracker crumbs; spoon over tomato halves. Sprinkle again with seasoned salt. Bake in moderate oven (375°) 20 minutes or till hot. Makes 6 or 8 servings.

Hot Herbed Tomatoes

⅛ cup butter or margarine
1 teaspoon brown sugar
⅛ teaspoon monosodium glutamate
½ teaspoon salt
Dash pepper
4 or 5 firm-ripe tomatoes, peeled
⅛ cup finely chopped celery
2 tablespoons finely chopped parsley
2 tablespoons finely chopped chives
½ teaspoon crushed oregano

In skillet, melt butter; add brown sugar and seasonings. Add tomatoes, cored side down. Cover; cook gently 5 minutes. Carefully turn tomatoes; spoon butter mixture over. Add celery and herbs to sauce; cook uncovered 5 minutes longer; spoon sauce over tomatoes before serving. Serves 4 or 5.

Tomatoes and Okra

1½ cups fresh okra, cut in ½-inch slices*
½ cup chopped onion
½ cup chopped green pepper
2 tablespoons salad oil
1 tablespoon sugar
1 teaspoon all-purpose flour
¾ teaspoon salt
¼ teaspoon pepper
3 tomatoes, peeled and quartered, or 1 cup canned tomatoes

Cook okra covered in small amount boiling salted water 10 minutes; drain.

Cook onion and green pepper in salad oil till tender but not brown; blend in sugar, flour, and seasonings. Add tomatoes and okra; cook over low heat till vegetables are hot through, stirring as little as possible. Makes 4 servings.

*Or use one 10-ounce package frozen okra. Cook according to package directions.

Fried Tomatoes

Cut unpared green tomatoes in ½-inch slices. Dip into flour, salt, and pepper. Fry slowly in small amount hot fat until browned. Turn and brown on other side.

Dip ½-inch ripe tomato slices into beaten egg mixed with water, then into crumbs; fry quickly in hot fat; salt and pepper.

Turnips

Cook turnips according to chart, page 343. Drain; mash. Add butter, salt, pepper.

Cook sliced turnips in beef broth. Season with salt and pepper; add butter.

Vegetable Medley

3 medium turnips, pared and diced (3 cups diced)
1 10-ounce package frozen mixed peas and carrots
2 tablespoons butter or margarine
Salt and pepper

Cook turnips covered in small amount boiling salted water till tender, 15 to 20 minutes. Cook peas and carrots according to package directions. Drain vegetables and combine. Add butter and season to taste. Serves 6.