



PINEAPPLE LENDS a happy note to many food combinations which range from entrees to desserts. Here they are an interesting part of Shrimp en Brochette made on a habachi, using the disposable bamboo skewers. Treat your family to these delights.

Hawaiian Island Chefs Provide Prize Recipes

"En brochette" is the French term meaning broiled and served on a skewer. It is a very good and practical method of preparation, and one you'll be seeing more of with the current emphasis on broiling food for better health.

If you don't own any skewers, many handsome metal ones are available. Or better yet, you may want to buy a package of the disposable bamboo variety—you'll save money and dishwashing, too!

SHRIMP EN BROCHETTE

- 1 pound large shrimp or prawns
- 3 large green peppers, cut into 1 inch squares
- 1 can (1 lb., 4 1/2 oz.) pineapple chunks, drained (reserve syrup)
- 1/4 cup prepared mustard
- 1/2 cup syrup drained from pineapple
- 2 tablespoons brown sugar
- 1 cup corn flake crumbs (optional)

Cook the shrimp in boiling water for 5 minutes. Remove shells, then use tip of either pointed knife or iced tea spoon to remove black vein down the back.

Pour boiling water over green pepper and let stand 5 minutes; drain.

Combine mustard, syrup, drained from pineapple and brown sugar to make a sauce. On long skewers, alternate shrimp, pepper squares and pineapple chunks.

Turn in sauce, then in corn flake crumbs, if desired. Broil 3 minutes on each side. Serves 6 to 8, 3 brochettes each.

PINEAPPLE SHORTCAKE

- 1 can (1 lb., 4 1/2 oz.) crushed pineapple
- 1 package refrigerator biscuits
- 1/4 cup vegetable oil
- 1/4 cup granulated sugar
- Whipped cream or low calorie dessert topping

Chill pineapple and preheat oven to 425 degrees. Dip and

turn each biscuit separately in oil; then in sugar.

Place on cookie sheet and flatten with the bottom of a drinking glass, being sure to dip the glass in sugar each time.

Bake for 10 minutes; then use lifter to remove immediately to a cooling rack to prevent sticking.

Good hot or cold, filled with chilled crushed pineapple and served with whipped cream or low calorie dessert topping.

Makes 10 small or 5 double-decker shortcakes.

Omelet, Fish Make Happy Go-Together

Eggs and fishery products go together as though nature planned it that way! Each has a protein important to good health and together they make budget eating of fine quality.

Try this omelet as a happy go-together.

OMELET, SCALLOP SAUCE

- 1 lb. scallops
- 1 qt. boiling water
- 3 tbs. salt
- 1/4 cup oil
- 1/4 cup flour
- 1/2 tsp. powdered mustard
- 1/2 tsp. salt
- Dash cayenne
- 2 cups milk
- 1 (4-oz.) can mushrooms (drained)
- 2 tbs. grated Parmesan cheese
- 2 tbs. chopped parsley
- 2 drops Tabasco

Remove any shells from scallops and wash. Place in boiling salted water. Cover and return to boiling point. Simmer for 3 to 4 minutes. Drain.

Cut scallops into 1/4-inch pieces. Blend flour, mustard, salt and pepper into oil. Add milk gradually and cook until thick, stirring constantly.

Stir in other ingredients and heat. Serve over omelet.

- 6 egg whites
- 1/2 cup water
- 1/2 tsp. salt
- 6 egg yolks
- 2 tbs. butter or margarine

Beat whites of Rhode Island Red Premium Brown eggs until stiff. Beat yolks until lemon colored and thick. Add water and salt and mix well.

Pour this mixture into hot buttered 10-inch frying pan and spread evenly. Cook over low heat 3 to 5 minutes or until lightly browned on bottom.

Transfer to oven (350 degrees) and cook for 12 to 15 minutes or until knife inserted in center comes out clean. Cut part way through center of omelet and fold in half. Serve immediately on warm platter with Scallop Sauce.

Burgers

Marinate seasoned hamburger patties in a mixture of syrup drained from pineapple with soy sauce (to "wet" the meat and pineapple flavors).

Cook hamburgers and top with a sauteed slice of pineapple before serving.



CORNISH CROSS

HOLIDAY

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U.S.D.A. Grade A . . . Golden Cornish Cross.

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Fashion big cheese-stuffed burgers from this lean beef . . . Grill with thick onion slices and garlic tomatoes!

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Marinate and cook to a taste-tempting doneness directly over glowing coals . . . Charcoal crusted outside . . . Juicy, pink and tender inside!

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Le Grande . . . Smooth-skinned . . . Full of juice and sweetness.

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Firm . . . For tossed green salads . . . or serve red, ripe slices.

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Most popular salad vegetable . . . Firm, crisp, large bunches.

FRYER LEGS and THIGHS lb. **49**¢
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FRYING CHICKEN BREASTS lb. **55**¢
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