

FOOD & FAMILY

Chinese Cuisine Offers Variety

Chinese cuisine in America has come a long way since that day during the Gold Rush when a worker in a Chinese restaurant quickly cooked strips of meat and assorted vegetables together with soy sauce and pronounced the dish "chop-suey." No matter how non-Chinese "chop-suey" may be, it has notably initiated the American palate in the pleasures of the savory, satisfying food of the Chinese people.

An ancient Chinese proverb says, "Three meals do we plan for a day, one sleep do we prepare for a night." When planning the day's meals, it is hoped that "Chop Suey" will provide diversion and delight to homemaker and hostess. Here may be found that "something different" the family will welcome. Here, too, may be found that "something exciting" guests will enjoy.

FORK FILLED BREAD (Hum Yuk Bow)

Ingredients:
Bun:
 5 cups all purpose flour
 1 cake yeast dissolved in 1/4 cup warm water
 1 1/2 cups water
 1/2 cup sugar
 1 tablespoon shortening
Filling:
 1 lb. pork, diced
 1/2 cup French mushrooms, minced
 1/2 cup chopped green onions or 1/4 cup round onion, minced
 2 tablespoons sugar
 2 tablespoons cooked oil
 2 teaspoons salt
 1 teaspoon soy sauce

Method:
 1. Add yeast and water to flour gradually. Knead for 3 minutes.
 2. Cover dough, set in warm place and let rise for 1 hour.
 3. Add sugar and crisco to dough and mix well. Knead another 5 minutes. Dough should be quite dry; if too soft, add flour to stiffen.

4. Break off into little pieces like size of marshmallow.
 5. Flatten with palm of hand, put in 1 tablespoon of filling, pick up edges and enclose. Place on small piece of greased paper. Let rise 1 hour.
 6. Place on greased pan or rack and steam for 15 minutes. Makes 36.

WON TON

Ingredients:
 1/4 lb. minced pork, chicken or shrimp
 1/4 teaspoon salt

1/2 teaspoon sugar
 1/2 teaspoon cornstarch
 1 1/2 teaspoon soy sauce
 1 1/2 teaspoon cooked oil
 Few sprigs green onion or 2 slices round onion, minced.

Method:
 1. Mix all ingredients together.
 2. Place about 1/4 teaspoon filling on a square Won Ton skin. Moisten edges, fold to form a triangle, press together. Wet two corners, bring together and press.
 3. Place on waxed paper until ready for boiling or frying.

SHRIMP RAVIOLI (Ha Gow)

Ingredients:
Covering:
 2 1/2 cups cornstarch
 1/2 cup all purpose flour
 7/8 cup warm water
Filling:
 1/2 lb. fresh frozen shrimps, diced
 1/2 lb. pork, diced
 1/4 cup green onion, chopped, or 2 tablespoons round onion
 1/4 cup French mushrooms, diced
 1 teaspoon salt
 1/2 teaspoon soy sauce
 1 tablespoon sugar
 1 tablespoon cooked oil

Method:
 1. Fry shrimps, pork and mushrooms in 2 tablespoons oil. Add seasoning and onion. Cool.
 2. Add water to cornstarch and flour mixture. Knead 5 minutes. Dough should be sticky, not stiff.
 3. Break off into little pieces like size of marshmallow, flatten with rolling pin.
 4. Place 1 tablespoon filling on each piece of dough and pinch edges together.
 5. Brush oil on 1 side and place that side on a rack lined with a wet cloth. Steam 20 minutes. Makes 30.

CHOW FUN

Ingredients:
 1 pkg. medium egg noodles
 1 pkg. bean sprouts (10 ounces)
 1/4 lb. pork, stripped
 1 tablespoon soy sauce
 1/8 teaspoon pepper
 Few sprigs green onion

Method:
 1. Pan fry noodles and add salt to taste. Remove.
 2. Pan fry pork until well done. Add bean sprouts and onion. Mix and fry over high flame for 1 minute.
 3. Add fried noodles, soy sauce and pepper. Mix and cook over high flame for another minute. Serve.

Canned Beef Gravy Tops in Convenience

Convenience is a comprehensive word. It applies to anything that's "handy" or anything that makes life easier or lessens work. Proximity in and ease seem to be two good definitions.

Canned beef gravy most certainly eases the work load — in fact, in this case it practically dispenses with it! And, when the pantry shelf is kept stocked it fits the "handy" category, too.

Satiny, rich and beefy gravy comes straight from the can to spark many a meal. So easy on the homemaker, it lightens her meal preparation, too, as canned gravies take to light additions with ready facility.

Quite natural, in this day

of convenience foods to find a mate for canned gravy in packaged potatoes. Canned beef gravy finds matchless eating companionship with either packaged instant mashed, diced, or sliced frying potatoes.

Vary your spring menus with a dinner of hot tongue accompanied by any of the three packaged potatoes and lots of tangy beef gravy.

ZIPPY BEEF GRAVY

1 can (10 3/4 ounces) beef gravy
 2 teaspoon drained prepared horseradish
 2 tablespoons sour cream
 In saucepan, combine all ingredients. Heat, stirring now and then. Makes 1 1/4 cups.



WINNING COOK is Mrs. Bernard Deutch of 21514 Redbeam Ave. whose recipe for Peppy Stuffed Peppers features ground beef and tomatoes in a zesty main-course casserole. Mrs. Deutch wins \$5 for her winning entry in the COOK OF THE WEEK CONTEST. If you have a recipe to share with our readers, send it to: Food Editor, Torrance Press, 3238 W. Sepulveda Blvd., Torrance. Seasonal recipes will receive special consideration. —PRESS photo

Careful Handling Boosts Food Value of Vegetables

"People don't treat celery with enough respect," says Mrs. Hazel Kuehn, home economics instructor at El Camino College and for four years home economist for consumer information in Black Hawk County, Iowa.

Mrs. Kuehn smiles at her quip about celery, but she is in fact serious about improving the methods of care and preparation of fresh produce for the nutritional values they give to meals.

"Actually, because we have so much fresh produce in California, we tend to take all our vegetables and fruits for granted and don't prepare many of them with the respect they deserve," she said.

"Produce, if treated properly will retain a maximum of its health and flavor values and the benefits to family pleasure in taste and well-being are unmeasurable," she added.

She cited as an example the fact that the body does not store vitamin C. "We must daily replenish this vitamin from the foods we eat and these foods must be fresh fruits and vegetables such as oranges, tomatoes, broccoli and cabbage," she said.

Proper preparation of produce begins at the market counter. Buy only crisp look-

ing vegetables. Mrs. Kuehn suggests, because these are still high in nutritional values with vitamin and mineral sources in tact.

For women concerned with the effort in cleaning fresh produce, Mrs. Kuehn advises washing produce with a spray nozzle or a wire-mesh basket. This speeds up the work and prevents the dissolution of minerals and vitamins that "dunking" causes.

After washing, produce should be stored in plastic bags, or in the crisper, in the refrigerator.

Cooking of fresh vegetables means quick heat and a small amount of water. "If the pan can come from the stove with little or no water remaining and if the vegetable is crisply tender, the housewife is serving her family food at its maximum health value," Mrs. Kuehn said.

Fruit and vegetable salads should be prepared with color, texture and flavor in mind. Color is gained by variety. Spinach for deep green, lettuce for lighter green shades, radishes, tomatoes, purple cabbage, zucchini and cauliflower, all can be used in their raw state as salad mixes.

Texture may be gained in the cutting preparation;

wedges, slices and diagonals and in some cases, as endive and cauliflower, broken segments make their own form.

Any dressing the cook wishes may be used with salads, but it is important to pour the dressing just before serving so that it does not wilt the preparation.

"If I seem over-zealous about the health value of fresh produce it is because we have learned from government reports of a recent survey that over 50 per cent of the children in California suffer from mineral and vitamin deficiencies," Mrs. Kuehn said.

"This isn't said to alarm, but it is mentioned to show that we can help ourselves to improve health," she concluded.

To remaining 2 1/2 cups of mixture add semi-sweet chocolate pieces. Heat over hot water until chocolate melts. Stir until smooth. Cool to room temperature.

Pour over strawberry layer. Chill 4 hours or overnight. Unmold on serving plate. Garnish with whipped cream if desired.

COOK OF THE WEEK

Favorite main dish of the Bernard Deutch family of 21514 Redbeam Ave. is PEPPY STUFFED PEPPERS. As the fresh green pepper season begins, this tasteful dish provides an economical means of serving ever-popular ground beef in a new guise.

PEPPY STUFFED PEPPERS

4 green peppers
 1 lb. ground beef
 2 cups cooked rice or

2/3 cups raw rice
 1/4 cup chopped onion
 1 1/2 tsp. salt
 dash pepper
 2 8-oz. cans tomato sauce
 Cut pepper tops off and wash. Combine all ingredients with 1/2 can tomato sauce, mix well and stuff peppers. Pour 1 1/2 cans tomato sauce over peppers. Cover tightly with aluminum foil and bake at 350 degrees for 1 1/2 hours. Bake occasionally.

Sewing Circles

By BECKY SCHAEFFER

Lets talk about patterns. In sewing, "le coup et tout," — the cut is everything. If you have trouble getting your clothes to fit, it may be that you have not measured recently. Also, it is necessary to measure accurately.

In the backs of the big pattern books there are charts which will tell you exactly what size your measurements correspond to. They give bust, waist, hip and back waist lengths. But you may well find that you still need to alter the pattern somewhat.

When measuring yourself for a custom fit, there are several points to ponder. Beside the four mentioned, you will want to know: the distance from your shoulder to the fullest part of the bust; the length of the underarm seam; the width of the shoulder; the girth of the hip at seven inches below the waist, but also at the fullest part of the hip.

Also, you may be a little short in the front (if you tend to stoop) or you may carry the fullness across your shoulders.

If the bust darts are too high, you may want to cut the pattern just under the armhole and separate it as much as an inch. But you may also want to shorten the lower half of the bodice by making a tuck, where shown on the pattern.

Straight skirts are the easiest to alter, so buy your pattern for the bodice measurement. Skirts may be made larger by pinning the skirt front pattern slightly back from the fold of the material.

But be sure that you make the darts a little closer to the center than the

would come when placing your pattern in this manner. Divide the difference between your measurements and the pattern by four, then add that amount in the center front and in the back seam.

The last word for perfect fit is, of course, the dress form. Good, adjustable forms are available for as little as ten dollars, a really worthwhile investment when you have developed even a little skill.

Always set your dress form about 1/2 inch larger in the bust, waist and hips than your own measurements. This will insure room for movement.

The suggested measurements I have given you will be applicable to your form. Of course, you will want to find your own skirt and sleeve lengths, too.

This column will keep you informed as to when and where dress forms and other valuable tools may be purchased at a good price here in Torrance.

TODAY'S HINT

When sewing on buttons, the job will go faster if you take a double length of thread, putting both ends through the needle. This will give you four threads instead of two, and twice around (instead of four or five) will do the job.

Officers Elected

Keith Weideman, Fern-Greenwood Elementary School, was named vice president. Others elected for next school year include Doris Brewer, Hickory Elementary School, secretary; and Jacqueline McDaniel, Casimir Elementary School, treasurer

Neopolitan Cream Makes Fine Dessert

2 cups milk
 2 1/4 cups heavy cream
 1/2 cup sugar
 1/4 teaspoon salt
 3 envelopes unflavored gelatine
 2/3 cup milk
 1 1/2 teaspoons unflavored gelatine
 2 tablespoons cold water
 1/4 teaspoon almond extract
 1 1/2 teaspoons unflavored gelatine
 2 tablespoons cold water
 1 10-ounce package frozen sliced strawberries
 1 6-ounce package semi-sweet chocolate pieces

In top of double boiler scald milk and cream over hot water. Beat egg yolks with sugar and salt. Stir into milk mixture. Cook until slightly thickened, stirring constantly.

Soften gelatine in cold milk. Remove egg mixture from heat. Add gelatine and

stir until dissolved. To 2 cups of the mixture add 1 1/2 teaspoons gelatine softened in 2 tablespoons cold water.

Add almond extract and stir until gelatine is dissolved. Pour into a 9 1/2 x 5 1/2 x 3-inch loaf pan. Chill until set.

To 1 1/2 cups of mixture add the remaining 1 1/2 teaspoons gelatin softened in cold water. Stir until dissolved. Add frozen strawberries.

Heat in double boiler over hot water until berries are thawed. Cool to room temperature. Pour on top of almond layer in pan. Chill until set.

To remaining 2 1/2 cups of mixture add semi-sweet chocolate pieces. Heat over hot water until chocolate melts. Stir until smooth. Cool to room temperature.



HANDLE WITH CARE is one of the principles of food preparation taught at El Camino College to Home Economics majors Susan Almeny (left)

and Carolyn Dunlap. Salad preparation is done with color, flavor and texture in mind to insure appetite and nutrition.