

FOOD & FAMILY

Luaus Feature Hawaiian Dishes

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Home Economist

Summer parties are ahead and a good theme to use is the Hawaiian in the form of a luau or "pupu" party. A luau is a complete party whereas the "pupu", which means appetizer in Hawaiian, is a small or short potluck party consisting of appetizers, dessert and coffee.

For this type of party perhaps it would be interesting to have the guests bring different appetizers while the host and hostess furnish dessert and beverages.

With both types of party Hawaiian dress and decor would be most attractive. For Hawaiian dress bright shirts for the women and muumuus for the women are in order. Decor can be simple or more elaborate, depending on the available funds and decorating time.

Greenery, flowers and fruits are always appropriate for a luau. Accents can be made with fishnet, glass balls, seashells, bamboo and palms. Tapa cloth or the paper replica tablecloths and placemats in the tapa designs would be quite attractive for tables and as background for some of the other accents. Very important in decor is the pineapple.

It is very symbolic of hospitality and should be a keynote of your decorations, either real, artificial or cut-outs. Of course it is much better to concentrate on decorating a few atmosphere spots than to scatter decorations sparsely over large areas.

Several necessities to complete the party are Hawaiian music for atmosphere, flower leis, either artificial or real, and finally food which would typify a Hawaiian luau menu.

Naturally this won't be the same as a "real" luau, which would include poi and roast pig.

However, there are many more Hawaiian type foods which give the atmosphere and flavor dessert. We think these recipes would suit the occasion and are relatively simple to prepare by today's busy homemaker.

Lomi salmon is one served at "real" luaus. To complete the menu a fruit cup would be a good appetizer as well as salad. Rice is naturally ideal either plain or dressed up with seasonings, onions and almonds. For a vegetable green peas with slivered water chestnuts would provide a balanced meal as well as one very attractive and

DIET FOR DRIVERS

Motorists should avoid eating heavy, fatty foods such as potatoes and cake before driving, according to medical studies. It's better to eat easily digestible foods such as lean meat, eggs and milk in order to prevent drowsiness and sluggishness behind the wheel.



BLUEBERRY RICE SUPREME—Here's a dessert, delicious with fresh blueberries, coconut, and walnuts in a light, fluffy rice mixture. Not only is

suitable for the occasion.

LOMI SALMON

1 lb. salted or smoked salmon or 1 can red salmon
5 large tomatoes
1 medium sized onion
1 bunch green onions
Salt to taste

If using salted salmon, soak for several hours, then drain, remove bones and skin, and shred. Tear smoked or canned salmon into small pieces. Peel tomatoes and crush (lomi) with the salmon.

Chop onion and green onions very fine, including tops of green onions. Combine all ingredients and chill. Just before serving, stir in several spoonfuls of crushed ice. Serves 6.

CHICKEN VERIYAKI

1 medium sized fryer cut in pieces
2/3 cup soy sauce
1/4 cup white wine
1 clove garlic, cut
2 tsp. sugar
1/2 tsp. ginger

Combine last 5 ingredients for the marinade. Marinate the chicken for 1 hour. Bake in shallow roasting pan at 350° for 1 1/4 hours or until fork tender. Makes 4 servings.

ALOHA CAKE

1 cup (8 1/2 oz. can) crushed pineapple, undrained
1/2 tsp. salt
2 tsp. cornstarch
3/4 cup sugar
2 eggs, separated
1 tbsp. lemon juice
1 cup whipping cream
1 cup flaked coconut
1 angel food cake (10")

Combine pineapple with salt, cornstarch, and half of the sugar in saucepan. Bring to a boil over a medium high flame, stirring constantly.

When thickened and clear, stir a little of the mixture into slightly beaten egg yolks, then add to rest of pineapple mixture over flame and cook one minute longer. Stir in lemon juice, turn off flame, and chill.

Beat egg whites until foamy, then gradually beat in remaining sugar, continue beating until stiff; fold into cooled fruit mixture. Whip cream, add coconut, then fold into rest of mixture.

Cut angel food cake into 3 layers and spread filling between layers, on top and on sides. Chill and serve. Makes 10 to 14 servings.

YWCA TO PRESENT 'MAJORITY OF ONE'

"Majority of One," the hit Broadway comedy, will be the first play to be produced by the dramatic class currently being set up under auspices of the Torrance YWCA.

Teacher-director is Richard Gant, UCLA theater arts graduate. Classes meet from 7:30 to 9:30 p.m. Mondays at the YWCA, 2320 W. Carson St. Registration fee for eight sessions is \$8.

Persons desiring additional information are asked to call the YWCA at FA 0-2255.



TASTY TAMALES is this week's winning recipe. The quick-and-easy casserole dish was submitted by Rosemary Kritz, 12, of 24256 Los Codona Ave. Rosemary is youngest winner of

the \$5 **COOK OF THE WEEK** award. Entries in the contest should be addressed to Food Editor, Torrance Press, 3238 W. Sepulveda Blvd., Torrance. —PRESS photo

Shrimp Are Cool Supper

There's nothing more refreshing on a scorching summer day than a cool shrimp salad attractively served as the main dinner dish. Even finicky eaters who flinch at the thought of fish frequently consider shrimp a delicacy.

Luckily, there's an abundance of these delightful little shellfish, and modern fishing, processing, and shipping methods make them available—fresh, frozen, cooked, and canned—in all parts of the country.

Also, luckily, today's new electric refrigerator-freezers are roomy enough to hold sumptuous salads without sacrificing space for fresh staples and summer supplies of cold drinks in cans, bottles, or tall frosty pitchers.

Here's one tasty shrimp dish to serve for or five people:

Bayou Salad

Dice a pound of cleaned cooked shrimp, one unpeeled cucumber, and a piece of pimiento; chop a stalk or two of celery and sliver a wedge of Roquefort cheese. Toss all these ingredients with 1/4 cup each of vinegar and oil, plus salt and pepper to taste. Cover and chill for a few hours in the refrigerator before serving on a bed of crisp, bite-size salad greens. Garnish generously with tomato wedges, quartered hard-boiled eggs, stuffed green and pitted ripe olives, and thin strips of green pepper.

You might serve this handsome one-dish meal with hot buttered rolls, followed by a big bowl of sliced fresh peaches and strawberries topped with lightly sugared sour cream.

If you have a new electric refrigerator-freezer, you'll have an ample supply of ice for cool summer drinks.

COOK OF THE WEEK

Youngest winner in the **COOK OF THE WEEK** contest to date is twelve-year-old Rosemary Kritz, eighth-grade St. Lawrence student, whose recipe for Tasty Tamale Pie wins her \$5.

Her spicy casserole is ideal for a quick and easy main course to please robust appetites after a day at the

beach or in the pool.

TASTY TAMALES PIE

1 lb. ground beef
1 can chili
1 pkg. onion soup mix
6 tortillas
2 cups water

Brown meat well. Cut tortillas into small pieces. Mix all ingredients together in baking dish and bake for 30 minutes at 350°.

CLUBWOMEN HOLD DISTRICT MEET

Mrs. J. G. Louvier, president of the Torrance Woman's Club, and Mrs. R. E. Moffitt, scholarship chairman for Marina District, attended the executive board meeting of Marina District 18, CFWC, Friday at the Venice Woman's Club, 912

Lucille Ave., Venice.

A general meeting was conducted by Mrs. E. R. Graf. A conference for club presidents was headed by Mrs. Ben Elbery and one for district chairmen was headed by Mrs. Lynn Moore. The meetings were followed by a luncheon.

Summer Desserts Will Beat the Heat

Parties, parties—all summer long! Parties for the children... picnics for the family... birthdays, anniversaries... and every last one of them can be fun if you plan ahead, and plan simple refreshments. The "cut-up" cake on this page is one clever idea for a party; call it a "sunflower" or just a "flower." It will serve delightfully for party refreshments for anyone's birthday. Candles may be inserted in the center of the cake. The beverage? If it's a children's party, provide a large bowl of chilled instant soft drink mix—or perhaps two bowls, if the day is really hot. So many flavors to choose from: lemon-lime, pineapple, grapefruit, tangerine, and others.

This cut-up cake is one of the simplest to make, and with the new packaged moist toasted coconut, the decorations are a cinch... no need for careful watching of the browning coconut any more! Follow the directions for the cut-up cake exactly.

The Blueberry Rice Supreme dessert takes advantage of those wonderful fresh cultivated blueberries now at the height of their season. With this unusual and elaborate appearing dessert which is made for the most part in the refrigerator, and so simply, you have a perfect ending for almost any type of meal.

Try it at your next sit-down dinner and precede it with the simplest of foods... the easiest to prepare: baked fish steaks basted with white wine during the brief baking period, a Caesar salad using Parmesan salad dressing mix, frozen shopped spinach with a garnish of bottled Hollandaise sauce, and hot rolls. You'll enjoy entertaining this easy way!

BLUEBERRY RICE SUPREME

2/3 cup packaged pre-cooked rice
1/4 teaspoon salt

2/3 cup boiling water
1 1/2 cups fresh cultivated blueberries
1/2 cup flaked coconut
1/3 cup chopped California walnuts
1 cup whipping cream
1/4 cup granulated sugar
1/4 to 1/2 teaspoon almond extract

Prepare rice with salt and water as directed on package. Then remove cover and let cool to room temperature.

Mix blueberries, coconut, walnuts, and cooled rice. Whip cream; add sugar and almond extract. Fold into rice mixture. Chill about 1 hour. Serve with additional coconut or the new packaged toasted coconut. Makes 4 1/2 cups, enough for 8 to 10 servings.

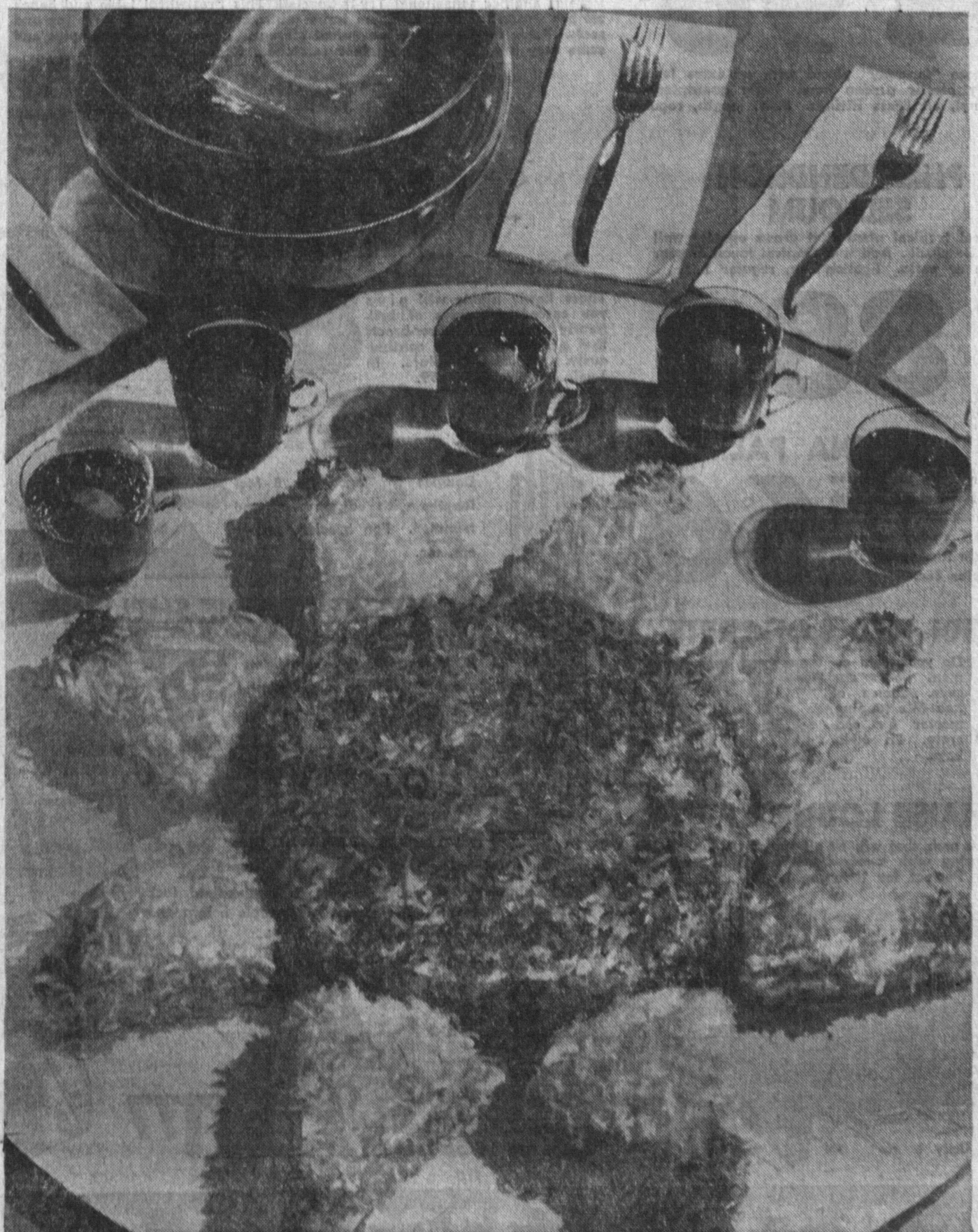
Sunflower "Cut Up" Cake

2 round 8- or 9-inch cake layers
Fluffy Seven Minute Frosting or Fluffy Honey Frosting
Yellow food coloring
3/4 cup flaked coconut
3/4 cup packaged moist toasted coconut

Make the cake layers from a cake mix or favorite recipe. Cool. Place one cake layer on a large plate or tray. Cut second layer into eight equal wedges. Place wedges around center cake layer to form petals of sunflower.

Prepare Fluffy Seven Minute Frosting and tint a soft yellow with a few drops of yellow food coloring. Spread frosting over tops and sides of sunflower cake, swirling the frosting over the joining of cake wedges to center cake.

Tint flaked coconut yellow and sprinkle on petals of sunflower. Sprinkle toasted coconut on center of flower. Scatter a little of the toasted coconut on very outer points of petals.



SUNFLOWER "CUT-UP" CAKE—With a flower cut-up cake, artfully decorated with coconut, and served with cups of chilled fruit juice, or a favorite punch,

you will be all set for easy entertaining on the hottest day of the summer.