

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS

Shrimp Is Added to This Omelet

Want to try something different for dinner? Make this Shrimp Omelet, Chinese style.

SHRIMP OMELET, CHINESE STYLE

- 10 large dried mushrooms
- 4 fresh water chestnuts
- 2/3 lb. tiny uncooked shrimps
- Peanut oil
- 2/3 cups finely shredded bamboo shoots
- 2 tbs. Sona Soy sauce
- 1/2 tsp. salt
- 3 small green onions, finely diced
- 1 small stalk celery, finely diced
- 8 eggs
- 1 tbs. water

Soak mushrooms 15 minutes in cold water to cover. Wash well in running water and squeeze dry with hands. Slice fine.

Peel water chestnuts; wash and shred.

Wash shrimp well; saute 2 minutes in 4 tbs. very hot peanut oil stirring constantly. Add mushrooms, bamboo shoots, Sona Soy sauce, and salt. Mix well. Heat thoroughly about 2 minutes.

Add finely diced onion, celery and water chestnuts. Heat 3 minutes, stirring constantly. Cool slightly. Beat eggs and water with fork until foamy. Add shrimp mixture. Fry quickly in individual omelets (2/3 cup mixture each), using just enough peanut oil to cover bottom of frying pan for each and frying until golden brown. Turn once. Serve at once with Chinese Brown Sauce. Makes 12 omelets; serves 6.

CHINESE BROWN SAUCE

- 1 1/2 tbs. flour
- 1 tbs. sugar
- 1/2 tsp. salt
- 1 tbs. Sona Soy Sauce
- 1/3 cup water

Combine flour, sugar, and salt; add Sona soy sauce and water; blend thoroughly. Cook 3 minutes or until slightly thickened, stirring constantly. Makes about 1/3 cup of sauce.

PRESERVE FLAVOR

To preserve flavor and food value in vegetables, cook in a covered pan with a tight-fitting lid in just enough boiling water to prevent scorching. Cook until just tender.



RICH WALNUT LOAF can be made and served any time of the year. Serve it with hot mulled wine, sparkling punch, fruit juice, tea or coffee. The cake doesn't need any frosting or topping, but, of course, you may add one if you like.

LOAF CAKE IS POPULAR ANY TIME OF THE YEAR

Here is a new loaf cake that's crunchy with walnuts, rich in flavor with candied cherries and orange peel.

RICH WALNUT LOAF

- 1 cup California walnuts
- 1/2 cup candied cherries
- 1 1/4 cups sifted all-purpose flour
- 1/2 cup granulated sugar
- 1 1/2 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. cardamom
- 1/2 tsp. dried orange or lemon peel
- 1/2 cup soft shortening
- 1/2 cup undiluted evaporated milk
- 1 tsp. vanilla
- 1 egg

Chop walnuts fine. Chop cherries. Prepare a loaf pan, 8 1/2 x 1 1/2 x 2 1/2 inches by lining with a double thickness of greased heavy brown paper. Resift flour with sugar, baking powder, salt, cardamom and dried orange or lemon peel into mixing bowl. Add shortening, milk, vanilla and egg.

Beat at medium speed, scraping bottom and sides of bowl frequently, for three minutes. Stir in walnuts and cherries by hand. Turn batter into prepared pan.

Bake slightly below oven center at 325 degrees for about one hour and 10 minutes or until cake tests done.

Remove cake from oven, let stand 10 minutes, then lift from pan and cool on wire rack. Remove paper lining from cake when cold. Wrap and store overnight before slicing. Makes 1 loaf.



grab a pear and bite in! This is the way kids everywhere like to eat sweet juicy winter pears. What a lunch box treat! Serve Pears, sliced with nippy cheese in a sophisticated continental fashion, too. Pears this year are sweeter, juicier than ever. Look for Anjou, Bosc and Comice Pears at your favorite market. Wouldn't a sweet fresh pear taste great right now? Be a kid again—grab a pear and bite in!



JANUARY IDEAS for COOKING WITH BEER!

BEER BUTTERMILK PANCAKES

- 3 eggs
- 1 cup buttermilk
- 1/2 cup beer
- 1/2 cup sour cream
- 2 tbs. melted butter
- 1 1/2 cups buttermilk pancake mix

Beat eggs slightly; beat in buttermilk, beer, sour cream, and melted butter. Add pancake mix, beat until almost smooth. Spoon into saucer-size circles on medium-hot ungreased griddle. Good with strawberry preserves or applesauce topping.

VERSATILE ICE CREAM

Ice cream floats, milk shakes, sodas and cones make excellent mid-afternoon and before bedtime snacks.



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Green Beans in Mushroom Sauce
Sweet Peas in Cream Sauce
Spinach in Cream Sauce **3** 10-oz. packages



TURKEY... TONIGHT!

If you still think an old-fashioned turkey dinner means hours in the kitchen, try Cosmopolitan's new Boneless Turkey Roast, in its own oven-ready foil pan. Just pop it in the oven and cook as directed. You'll have enough juicy, easy-to-slice turkey meat to serve 6 to 8 people. Keep several in your freezer for unexpected company, buffet dining, quick 'n easy family meals. Choice of all-white or white and dark meat.

Too busy to cook tonight? Then serve a turkey dinner from Cosmopolitan!



We'll pay you 50¢ for trying Cosmopolitan's new pan roast. Just send us the "inspected" circle, cut from the lid. We'll send you 50¢ in cash. Clip this coupon and mail it with circle to:
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