

# Try Out New Recipes

## Meal Planning Class Learns Many 'Extras'

By Martha K. Fees

What shall I have for dinner tonight?

How often have you asked that question and heard in reply, "I don't know. Whatever you want will be all right with me."

Planning, cooking and serving meals is one of the principal jobs of the homemaker. The family has to be fed three times a day and the job of selecting interesting, palatable foods for those menus becomes quite a problem in these days of rising food costs.

Today's homemaker has a wide selection of foods from which to choose. She can buy an endless variety of canned and packaged foods which need only a minimum of preparation to be ready for serving. Frozen foods have brought products normally available only a short season each year to the dinner table the year round.

With a wide selection to choose from, you might think that preparing and planning meals would offer few problems. But such is not the case. Most women buy nearly the same foods week after week and serve nearly the same menus. The average homemaker does not experiment with recipes and menus but serves foods she knows her family already likes. This may be a desirable plan to insure that food will be eaten but it deprives the family of the pleasure of discovering new foods, flavors, and ways of preparation.

The Meal Planning Class at the University is meeting this problem by studying some of the fascinating dishes from various parts of the United States and other countries and incorporating them into menus. Each group of three girls plans, prepares and serves special dinners to groups of six persons to try out some of these cosmopolitan menus.



▲ Jo Anne Sanford is serving an interesting Creole dish, Shrimp Jambalaya, to her guests, which include Dr. Richard Harvill, President of the University of Arizona. The Creole menu also included rice, buttered asparagus, lettuce wedges with a special dressing, brioche, strawberry shortcake and coffee.

Some of the menus and recipes that you might like to try are as follows:

### NEW ENGLAND BOILED DINNER

Cole Slaw	Sour Cream Dressing
	Raisin Muffins
Apple Brown Betty	Nutmeg Cream Coffee

Use corned beef or ham for your New England boiled dinner and cook whole carrots, potatoes, turnips and onions with the meat. About 10 minutes before serving add cabbage wedges and cook until just tender. Arrange the vegetables attractively around the meat on a large platter and garnish with small whole cooked beets for contrasting color. Sour cream dressing can be easily and inexpensively made with lemon juice or vinegar, salt, pepper and sugar mixed with chilled evaporated milk. Add a dash of paprika to the cole slaw after mixing with the dressing. A teaspoon of nutmeg added to a cup of cream gives that something extra to Apple Brown Betty.

Maybe you would like to try a Greek dinner. Below is a menu given

### LAMB FRICASSEE WITH RICE

Green Beans and Tomatoes	
Caraway Rolls	Butter
Royal Cream	Kurabiethes
	Coffee

us by a Greek student on the campus this year. He tells us it is quite typical.

The recipe for the lamb fricassee is as follows: Cut 3 pounds of lamb into pieces and place in pan. Add 6 fresh onions chopped, parsley, and 1/2 cup butter. Saute for 15 minutes. Cover with water, add salt and pepper and cook until tender. Add Augolemono sauce. Sauce: Beat 2 eggs well, add 2 tablespoons of cold water and juice of 1 lemon. Add to meat and when meat starts to boil remove from fire and serve.

Royal Cream can be easily made by adding glazed fruit and nuts to a vanilla pudding. Kurabiethes are rich nut cookies. Our Greek student tells us that they are made for very special occasions in Greece. Here is the recipe:

### KURABIETHES

1 c. butter	1 egg yolk
2 c. powdered sugar	1 t. cinnamon
2 c. nuts	1 t. cloves
2 c. flour	

Cream butter until light. Add sugar and beat until fluffy. Add cinnamon, cloves and egg. Add nuts and flour. Mix well and shape into small balls. Place on a baking sheet and bake in a moderate oven (350°) for 10 minutes. Remove from pan and roll in powdered sugar.

—Martha K. Fees is Instructor in Home Economics.