

Meats Can Be Cooked In Morning

Summer time may find the kitchen not the busy place it is during cooler months. However, the family needs nutritious meals in summer, the same as winter. Here is a suggestion made by home economist Reba Stagg. Do a great deal of your meal preparation in the cool of the morning, and occasionally prepare sufficient food for second and third day meals.

A meat loaf, for instance, may be baked entirely in the morning, then sliced reheated just before dinner. These may be served with a sauce of cream of mushroom soup or tomato soup.

Or cook a large pot-roast in the morning. To serve, reheat chunks in a barbecue sauce. For a second meal, cube the beef and place in a greased casserole. Pour a medium white sauce over it. Season and sprinkle with buttered bread crumbs and grated cheese. Heat thoroughly in a moderate oven. Left-over roast may be re-roasted and cooked noodles reheated in a casserole make another quick dish.

Of course, baked ham in your refrigerator is a great convenience. Ham and corn, ham and lima beans are both good summer time combinations. You can prepare the casserole in the morning, cover closely and chill in your refrigerator until dinner time. Then place in a moderate oven just long enough to heat through.

Individual Meat Loaves Baked In Muffin Tins

Fashions in meat loaf have changed, out of the sheer necessity to make a little meat go farther, or because it is such a summer meal that the need for variety creates new fashions.

Any individual meat loaf will cook in 15 minutes, if you like it rare. This one has the added virtue of taking only seconds to mix. These we like to serve with lima beans and broccoli, all in one plate. Tastes good, looks pretty, family will like it.

FIFTEEN-MINUTE MEAT LOAVES

2 cups ground beef
2 tablespoons finely chopped onion
1 teaspoon salt
1/2 teaspoon pure monosodium glutamate
1 can undiluted, condensed vegetable soup
1/2 cup fine dry bread crumbs
Combine ingredients, mixing lightly but thoroughly. Fill 2-inch muffin cups with mixture. Put hot water in any unfilled muffin cups. Bake in hot oven (450 degrees F.) 12 to 15 minutes. Serve 2 meat loaf "muffins" per portion. Makes 12 (6 servings).

Squash, Walnuts Combined In Easy Casserole

Twelve months is now the season for any vegetable that can be quick-frozen. No waiting for frost to mellow a winter vegetable. Have it in July!

SQUASH AND WALNUT CASSEROLE

3 1/2 cups quick-frozen squash, thawed
1/2 cup coarsely chopped walnuts
1-3 cup honey
Grated rind of 1 lemon
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon pure monosodium glutamate
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves
Walnuts for garnish
Combine all ingredients except walnuts for garnish; mix well. Spoon into greased 1-quart baking dish. Top with walnuts. Bake in moderately hot oven (375 degrees F.) 20 to 30 minutes or until heated through. Serves 4 to 6.

Strawberry-Lime Dessert Is Cool

A delightfully cool-looking pink and green dessert is the perfect way to wind up a festive summer meal. The take-it-easy directions from the Woman's Home Companion: Dissolve 1 package strawberry-flavored gelatin in 1/4 cups boiling water, add 3-ounce package cream cheese; beat with rotary beater till smooth. Add 1 cup cold water, chill until thick and sirupy; fold in 1 cup sliced strawberries; pour into small ring mold; chill till firm. Unmold on platter; fill with lime sherbet mix as directed on label. Garnish with whole berries.

Any Type Meat Can Be Frozen

Any kind of meat, from steaks to stew, may be frozen in a home freezer and kept ready to be cooked whenever needed. While freezing, seal in the flavor and quality which meat has at the time of freezing, the process cannot improve upon what was provided. Therefore, say home economists, care should be taken to choose only top quality, prime meats for freezing to assure best results. Meat to be frozen should be wrapped tightly in moisture-vapor-proof paper with air excluded as much as possible.

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