

BUFFET MEALS

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When we are looking for the most convenient and delightful way to serve our family or friends, we think of the buffet meal. It's such an adaptable service. You can make it fit the most informal family indoor or outdoor meals or you can make it fit your guest meals—be they more or less formal.

Many women find this the easiest way to be hospitable hostesses for larger groups. The men and boys of the household like this method too. Guests enjoy mingling and visiting.

A buffet meal makes a pleasant way of entertaining families with members of different ages. It is a perfect setting for teen-age entertaining. Often church or club meals are served successfully in this way.

Breakfast, lunch, dinners, suppers, and special

snacks are all good meals to serve buffet-style.

Smörgåsbord is a term used today in our country to mean a buffet-style meal. However, in Sweden a true smörgåsbord is a course which comes before a meal. We use other terms such as potluck and Bohemian which in essence are buffet-style meals. As you can see, this style of service is a fairly recent pattern which has evolved from our way of living in the last decade or so. For this reason procedures are not standardized as they are for conventional dining table service.

You can adapt this service for groups of six or eight or for as large a group as your home and facilities can accommodate. Since the buffet for larger groups of 15, 20, or more requires the most careful planning, many of the suggestions in this circular apply particularly to the larger buffet.

Serving the Buffet Meal

There are so many different ways to carry out the buffet-style meal that you have much choice in how to serve. Before you decide definitely on a menu, it's best to plan how you will serve, then choose foods which can be served easily by the method chosen. The discussion on the following pages may help you make these decisions:

- ▶ Will your guests be seated at tables when they eat the food or will they hold plates or trays on their laps?
- ▶ If guests are not seated at the table, will they put their plates and silver on trays or will you serve without trays?
- ▶ Will someone be seated at the buffet table to serve the main dish or salad on each plate or will each person put the food on his plate?
- ▶ What size plates do you wish to use?
- ▶ How will you serve dessert?

Seating buffet guests at tables

The original idea of a buffet table seems to have been that the meal was set out on a buffet or sideboard. Family members helped themselves to food and sat at the dining table to eat the meal.

In our homes we usually use our dining table to set out the food. If our family or guests are to be seated at a table while eating, we provide additional tables. Often there isn't enough room for the tables in the dining room and they are put in the living room, study, porches, or patio. Getting enough chairs for the tables is sometimes a problem.

Some of the outstanding advantages of eating the buffet meal at tables are that: (1) you have a wide choice of menu because you do not need to eliminate foods that would be difficult to manage when plates or trays are held on the lap; (2) the buffet table is easier to arrange because the silver, water glasses, napkins, and perhaps jelly or cream and sugar, salt or other things, may be

put on the tables where the guests will be seated; (3) many people prefer to eat at a table; (4) you do not need trays; (5) you can use your luncheon size plates as well as your dinner plates, since jelly or jam or other accompaniments may be put on the tables where the guests eat; (6) coffee may be poured for the guests after they are seated; (7) you can use place cards which will aid in mixing the group.

Serving without tables

In many respects the easiest way to serve is for the guest to hold a plate or tray on his lap instead of sitting at a table. It is often the only practical way to serve. This method takes less space in a home. It not only eliminates setting tables and providing table covers but chairs are less of a problem. In addition to using dining room chairs, guests can be seated on the davenport, stools, and other low chairs.

Among the chief disadvantages of lap service is the fact that many people don't like to eat that way. Elderly people and young children find it difficult to manage. The menu must be carefully selected to avoid meats or other foods that need to be cut with a knife.

Choose a simple, suitable menu that requires little silver. You can omit knives if you serve bread that does not need to be buttered and serve a meat or main dish that does not require the use of a knife.

Use low water glasses that do not tip easily.

Seat elderly persons or children where they can put their glass or cup on some side table or writing desk, or provide a table or two for the younger folks or elderly persons.

When tables are not provided use trays except for very simple meals.

Serving the dessert

You have these choices in serving the dessert:

- ▶ Put it on the buffet table with the main course. Will there be space on the serving table and on the guest plate or tray? A fruit salad and cookies or cup cakes are often served this way. This third menu listed under "Buffet Menu Suggestions" can be served as one course.
- ▶ Remove the main course from the buffet table, and set the buffet table for a dessert course as in Figure 5.
- ▶ Bring the dessert to the guests after they have completed the main course.

Plan your dessert after you've decided how you want to serve it.

Removing the main course plates

Take time to have your kitchen in good order before the main course plates are brought in. Put away the left over food and wash or stack the cooking dishes.

If your group is large, the biggest serving problem is how to remove the main course plates without confusion. There are, however, several ways of managing it quite easily. You'll want to avoid everyone trying to take his plate to the kitchen at the same time.

Some suggestions are:

- ▶ If the dessert is served to the guests from the kitchen, you can ask some helpers to remove two main course plates, and bring in two servings of dessert.
- ▶ If the guests are seated at tables, ask one or two persons at each table to take the plates to the kitchen. These helpers can also bring in the dessert if it's served to the guests from the kitchen.
- ▶ Have a service table for the plates near the kitchen door as in Figure 5. If using this method, ask one of your helpers to arrange the soiled plates and silver on a tray at this service table and take them into the kitchen.

Removing the dessert course dishes

Arrange to have at least two persons help you in stacking dishes (and trays if used) either in the dining room or in the kitchen, or in both places. Have a definite plan such as providing a tray for silver, a tray for cups, and a place to stack plates. Provide a brush or rubber spatula to scrape plates and a container for the scraps.

One of the easiest ways to remove the dessert course dishes when tables are being used is to give each table a tray for the glasses, cups, and plates. One or two persons from each table can take all the dishes to the kitchen.

As a guest you can be most helpful to your hostess by observing her plan and giving an opportunity for orderly stacking of the dishes instead of rushing your plate or tray to the kitchen.

Let family or guests help

One of the delightful things about a buffet meal is that a number of people can help you and enjoy the occasion all the more.

You'll want to have everything planned so you can visit with your guests and still know all is going smoothly.

The size of the group and the menu will in-

fluence how much help you need. Decide whether you would like help in these ways:

- ▶ One or more persons to refill or replace dishes and serving plates at the buffet table.
- ▶ Someone to refill food dishes in the kitchen.
- ▶ Would you like to ask someone to be seated at the table to serve the main dish or the salad for the first course? See Figure 4.
- ▶ Do you want someone to serve the coffee either as in Figure 5 or take it to the guests?

- ▶ Do you want some help in arranging the buffet table for the dessert or in bringing the dessert to the guests?

It's a good idea to ask someone to assist you as hostess. She'll need to know just how you expect to serve. She can assist you in inviting a few guests at a time to go to the buffet table to be served, thus preventing a long line from forming. She also can help to avoid confusion in removing main course or dessert dishes.

The Buffet Table

Your chief concern in arranging the table will be to have it convenient and attractive. Convenience will include your convenience in replenishing the food or the serving plates or silver on the buffet table, and convenience for the guests.

It's relatively easy to have the table attractive when it is first set. But you will want to have it as attractive as possible for the last guest who comes to the table and for those who come for a second helping.

Suggestions for keeping buffet table and food attractive

Can you visualize how the table will look when the last guests are serving their plates? One of the best ways to keep the table attractive is to put out fresh dishes of food at intervals. For example, instead of using one large meat platter, have two and exchange one for the other. The exchange of platters also keeps food at its best—hot food hot. It means, however, that someone must give more attention to replacing the food on the table. You will decide what's best for your situation.

In arranging a meat platter, relish plate, or tray of salads, it's well to keep in mind that only a few guests will see it until part of it has been served—often a simple arrangement is the most attractive throughout the service.

If you are planning for second servings of food such as a casserole or scalloped potatoes, it's well to have this part of the food in a separate baking dish so it can be kept hot and attractive.

Suggestions for convenient service

It's much easier to replenish food and serving plates if you can get from the kitchen to the buffet table without passing in front of the guests who are serving themselves at the table.

Figure 1 shows a convenient arrangement with the hot main dish and the coffee on the sides of the table near the kitchen door.

If the number of guests is small and most of the food and plates can be put on the table at the beginning of the meal, then the table might well be put against the wall as in Figure 2. If the room is large enough, it would be well to leave enough space between the table and the wall so the helpers can pass along there to bring in extra plates or food.

If you do not seat the guests at tables, and do not have space on the buffet table for silver, trays, or beverages, use a small side table for these, as in Figure 3.

Plan to have the guests begin with a plate and help themselves to food before they pick up silver and napkins, as in Figures 1, 2, 3, and 4.

If you use trays, do not have the guests pick them up until they are needed. Trays are a hindrance rather than a help when one is putting food on the plate. This is one of the important differences between buffet service and cafeteria service. In cafeteria service, you start with a tray. In a cafeteria you have a railing to slide the tray on, and the food is put on the plates for you.

If trays are used, the guests will have them in hand when the dessert is served from the buffet table. It's well to keep this in mind in planning the dessert and placing it on the table. Often it's most convenient to have someone seated at one end of the table to serve dessert and someone at the other end to pour coffee. See Figure 5.

The illustrations on the following pages give suggestions for placing food on the buffet table under different circumstances.

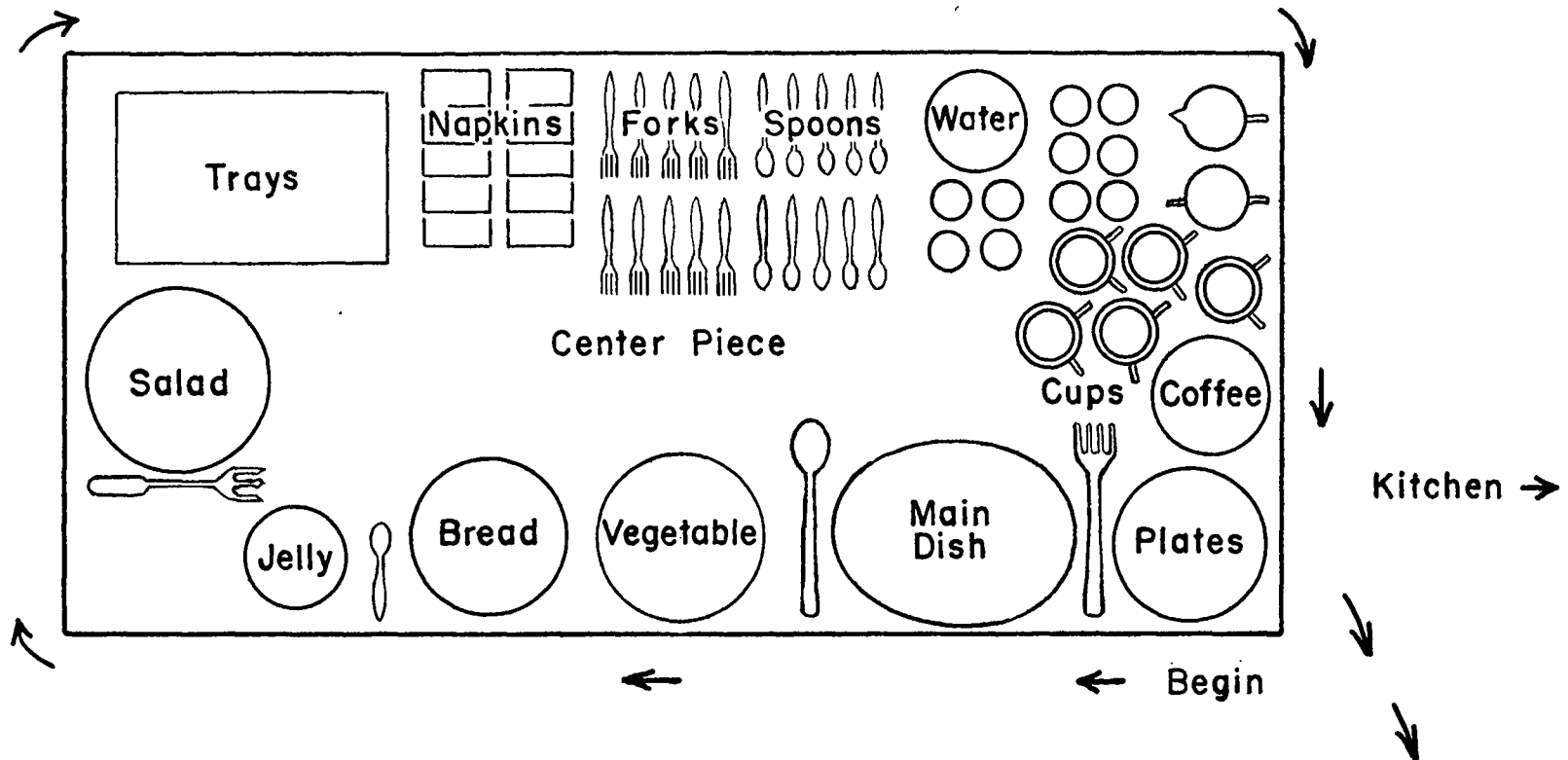


Figure 1. Buffet table arranged for self-service. Instead of placing the main dish at the side of the table, it may be at the end. If the guests are going to be seated at tables which have been set, you can omit from the buffet table the trays, napkins, silver, water, and coffee.

Coffee may be omitted from first course or it may be passed or poured after guests are seated.

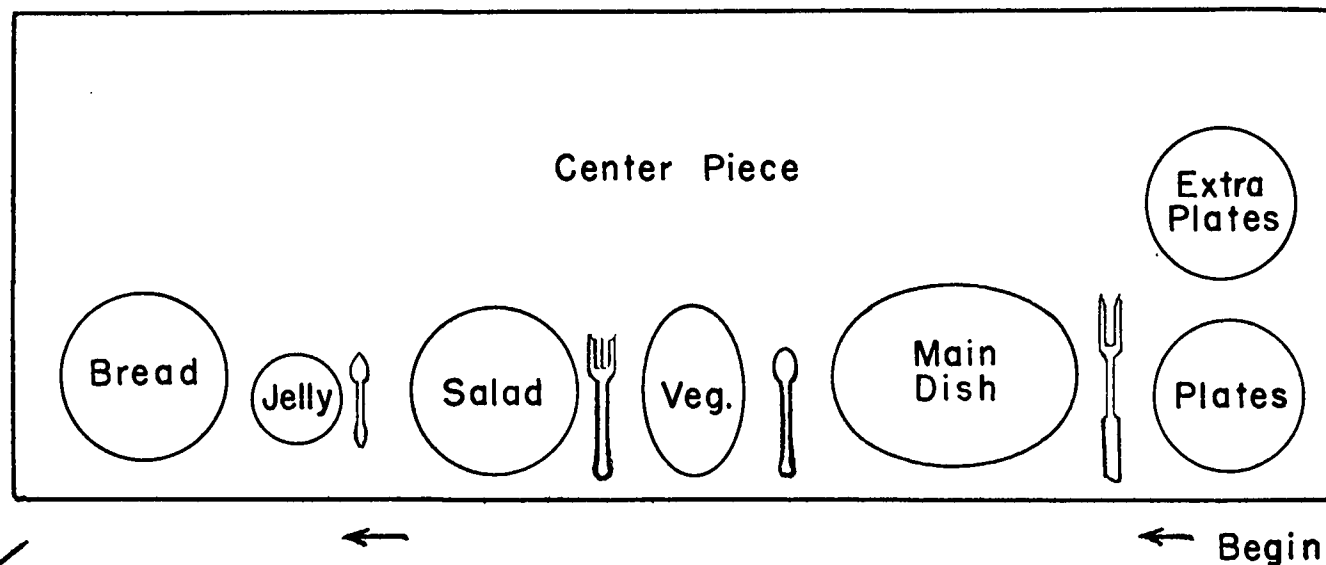
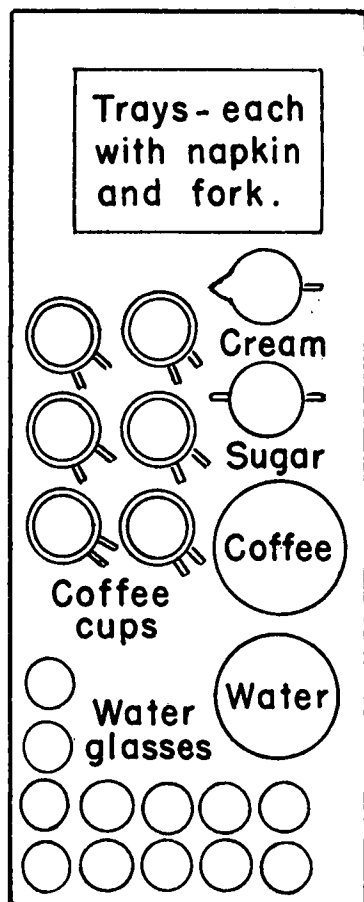


Figure 2. Buffet table against a wall. The food is placed on one side for self-service. The main dish may be placed at the end of the table if there is space enough in the room to prevent crowding when persons help themselves from the end of the table.

Figure 3. Side table or buffet for trays, silver, coffee, and water. This figure suggests one of the many ways of arranging a side table when it is not convenient to put everything that is needed on the main buffet table.

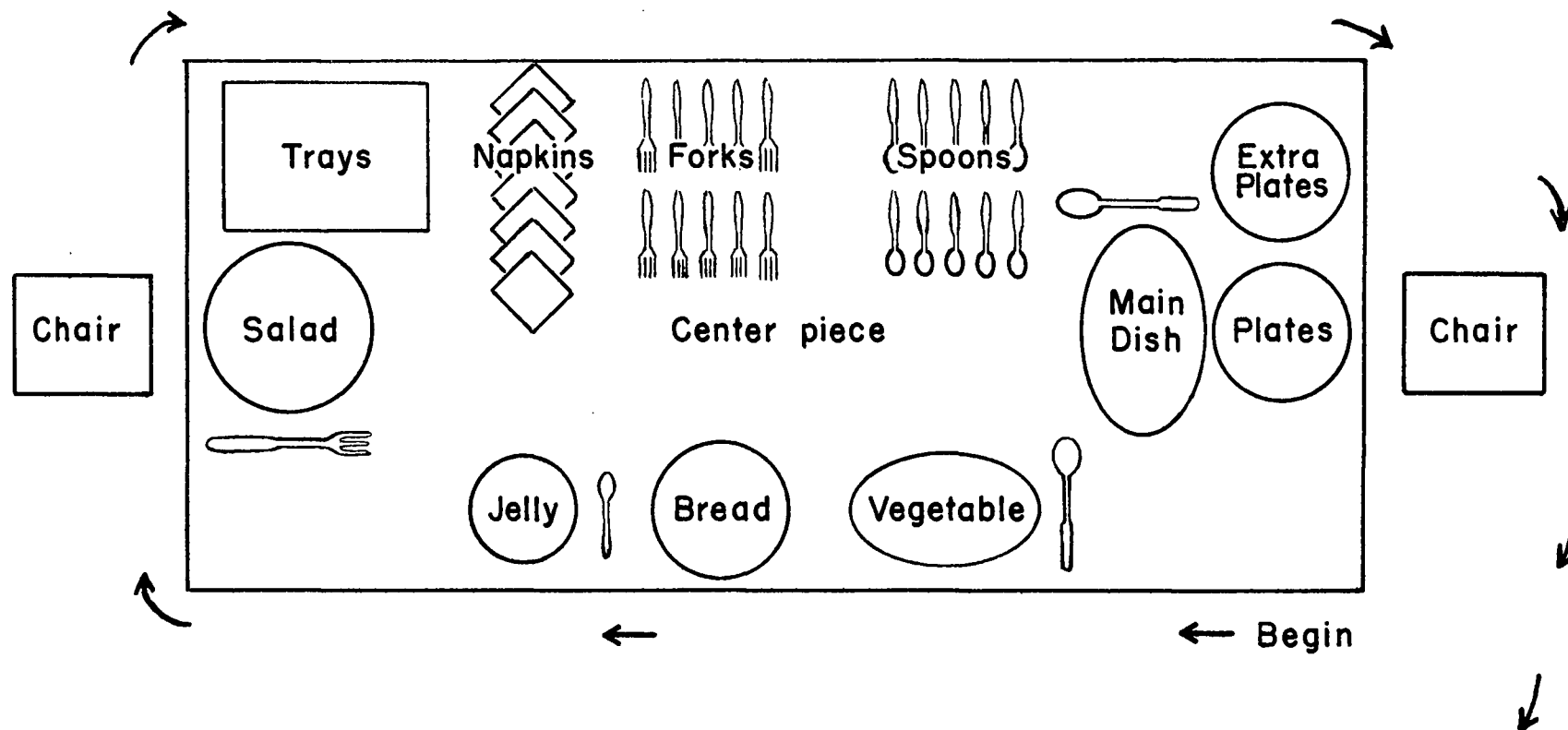


Figure 4. Buffet table set for main course when the main dish and salad are to be served by two women seated at opposite ends of the table.

It is assumed that the coffee will be passed or is on a side table.

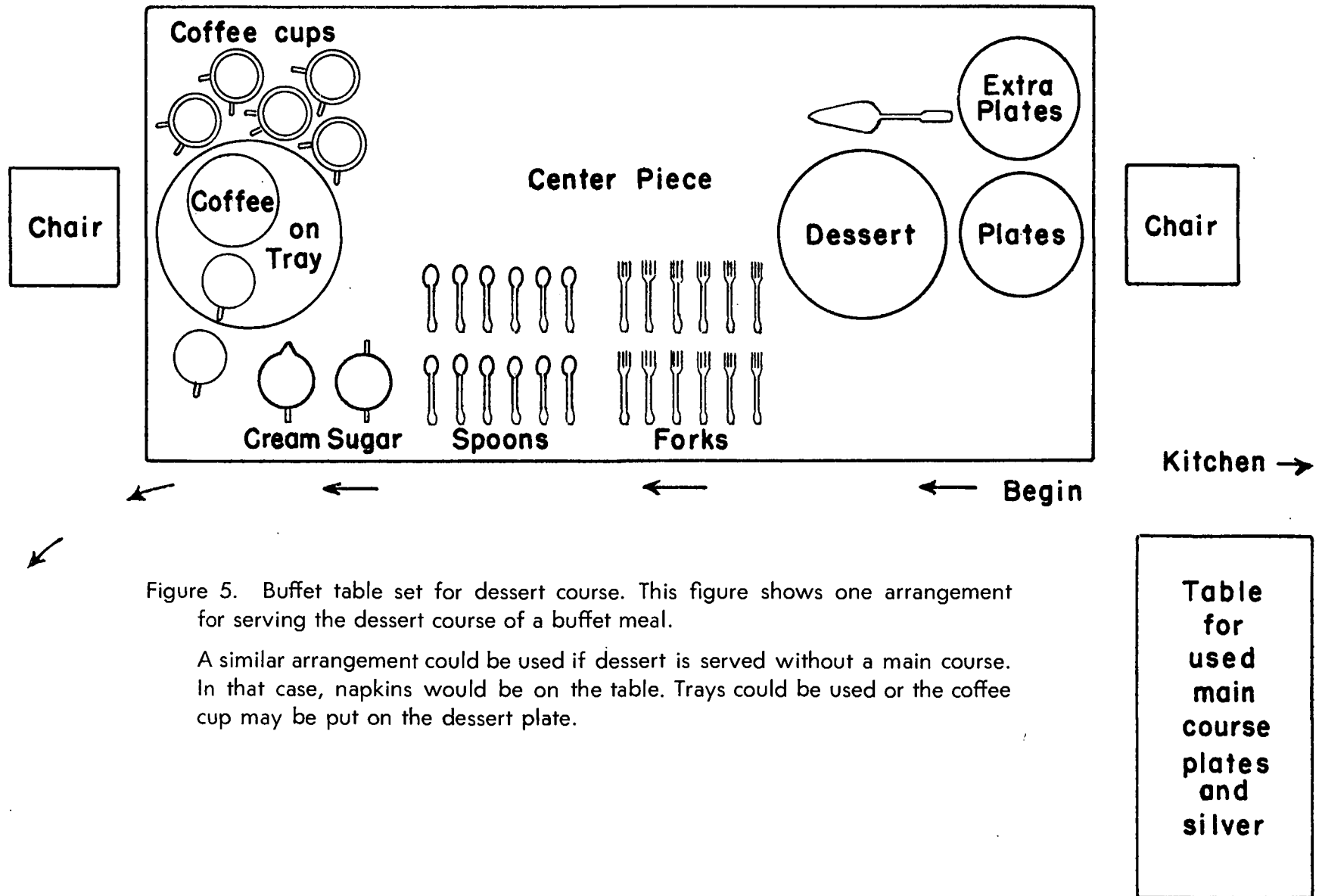


Figure 5. Buffet table set for dessert course. This figure shows one arrangement for serving the dessert course of a buffet meal.

A similar arrangement could be used if dessert is served without a main course. In that case, napkins would be on the table. Trays could be used or the coffee cup may be put on the dessert plate.

Choosing a Menu

Simple menu usually best

The chances are that you and your guests will enjoy the meal more if you keep the menu simple. The advantages of a simple menu are:

- ▶ You have a better chance of preparing and serving each food at its best.
- ▶ Your refrigerator or other storage space may be less crowded.
- ▶ It's easier to avoid overcrowding and confusion in your kitchen during the serving.
- ▶ It's easier to arrange the buffet table and keep it attractive.
- ▶ The plates will be more attractive if they are not too crowded.
- ▶ You may be less tired and therefore a happier hostess.
- ▶ You will have more opportunity to be a gracious hostess among your guests.

It is customary to serve only one or two courses such as a main course and dessert course. If a hot or cold juice cocktail is desired with the meal, it is served from a tray in the living room and the glasses are removed before the guests go to the buffet table.

Attractive, appetizing meals

It's as easy to make the buffet meal attractive and appetizing as any other type of meal. But because we are thinking of the serving and kitchen management too, it will be well to check over the menu and ask:

- ▶ Is the meal pleasing in color?
- ▶ Does it have a good contrast in texture—some crispy crunchy foods with the softer food?
- ▶ Does it have enough flavor contrast for zest?

Since you may be preparing foods in larger quantities than usual, special care may be needed in seasoning so that each food is tasty.

Well-balanced meals

The usual care in planning a well-balanced meal will not only be advantageous from a nutritive standpoint but also make the meal more attractive and enjoyable.

Suggestions for planning well-balanced meals are found in USDA leaflet 424, Food for Fitness—A Daily Food Guide and HGI, Family Fare—Food Management and Recipes.

Method of serving

In the section on "Serving the Buffet Meal" we suggested that you decide upon some details of serving the meal before you plan what to serve. It's much easier to plan a menu to fit your conditions than it is to adapt your serving to a certain menu. However, if you have a special main dish or dessert for which you are famous among your friends, then you may want to plan the menu around your specialty and adapt your serving methods to it.

No matter which method of serving you choose, arrange for offering second cups of coffee. This usually will mean that the host or hostess will circulate among the guests to refill cups. Following the hostess may be another person with the accompaniments (cream and sugar) on a tray. Guests can be asked to return to the buffet table for second cups of coffee, but this is awkward when guests are comfortably seated and conversing with one another.

Cooking and storage facilities

If the number of guests at your buffet meal is much larger than you usually serve, it's well to consider definitely these points:

- ▶ Do you have suitable size cooking utensils?
- ▶ Do you have enough burners or top-of-the-stove space?
- ▶ Will you have enough oven space?
- ▶ If several foods are to be put in the oven at once, can you use the same temperature for these foods?

Often changing one item in the menu will make it fit your facilities.

Kitchen table or counter space

If your kitchen table or counter space is very limited, you may find it easiest to serve the dessert at the buffet table as in Figure 5. This will take less kitchen counter space than it would to put each serving on an individual plate in the kitchen.

Time and energy

Do you want to prepare some of the food a day or more ahead of time? Do you want to freeze some of it ahead of time? Or do you want to prepare the meal in a few hours before serving?

In any case, avoid a menu that requires many last-minute preparations and food that takes very careful watching just before or during the serving time.

Main dishes for the buffet

You have a wide choice of main dishes. Although for most meals you'll want a hot main dish, cold main dishes may be used for suppers, snacks, or luncheons. With a cold main dish you may want to serve some hot food such as a hot vegetable, or beverage, or hot breads.

Suggestions for cold main dishes

Hearty salads	Deviled eggs
Luncheon meats	Cheese slices
Roast meat	Cottage cheese
Baked ham	Sandwiches

Suggestions for hot main dishes

Fish chowder	Fried chicken or turkey
Hearty soup	Meat balls
Creamed eggs	Meat loaf
Hot deviled eggs	Pork chops
Casserole dishes	Barbecued meat or fowl
Stew	Stuffed squash or peppers
Meat or chicken pie	
Curried lamb	
Tamale pie	
Baked ham	

At a buffet it may be difficult to serve hot roast beef, lamb, or other roasts at their best. From the standpoint of kitchen management and the difficulty of serving it hot, it is best to use such roasts when you wish a cold main dish.

Salads for the buffet

Your choice of salads will depend on your answers to these questions:

- ▶ Is the salad a main dish or an accompaniment?
- ▶ Do you want to make it ahead of time?
- ▶ Will someone serve it at the buffet table or will guests serve themselves?

Salads for a buffet meal may be prepared in any of these ways:

- ▶ Tossed salads in large or individual bowls.
- ▶ Salad platter arrangements.
- ▶ Individual mixed salads in lettuce cups.
- ▶ Molded salads.

For a main dish salad serve one of these:

Cottage cheese salad	Fish salad
Egg salad	Chicken salad
Kidney bean salad	Meat salad

Plan for larger salad servings and perhaps second servings if salad is the main dish.

Relishes for the buffet

In place of or along with a salad, you may wish to use a bowl or plate of relishes.

Relish suggestions are:

Sliced tomatoes	Apple or other fruit pickles
Radishes	Cucumber slices
Carrot, turnip, or celery sticks	Cucumber pickles
Raw cranberry relish	Mixed vegetable pickles
Cabbage slaw	
Olives	

Breads for buffet meals

Your choice of bread will depend on:

- ▶ The menu
- ▶ Your oven space
- ▶ The amount of help you have during serving
- ▶ Whether you wish to serve butter separately.

Although hot biscuits or muffins may be a pleasing accompaniment, they may take too much attention in baking and serving for the larger buffet.

Parkerhouse rolls or buns are easy to manage. They may be buttered before serving.

Fan Tans (made of strips of buttered dough) or a Fan Tan loaf may be served without extra butter.

Plain or garlic buttered loaf breads—such as French, rye, whole wheat, or other breads, are easy to heat and serve. For buffet service, slice the bread, spread with butter, and pack it together again before heating.

Desserts for buffet meals

For enjoyment and good nutrition, you will want a dessert that balances the first course. After a substantial first course, use a light dessert such as fresh or frozen canned fruit, fruit gelatin whip, assorted cookies, or sponge cake. Don't be afraid to serve the simple but satisfying continental dessert of assorted cheeses with crackers and quality fresh fruit.

After a light first course, you may like pastry, rich cake, or steamed pudding.

If you serve the dessert from the kitchen directly to the seated guests, you can use almost any dessert which you like in the menu. This also is true if someone is seated at the buffet table to serve the dessert. If the guests help themselves to dessert from the buffet table, some desserts are easier to manage than others. Cup cakes or pieces of sheet cake are better than a slice of 3-layer cake with filling. A piece of very high sponge cake does not fit on a dessert plate as well as a serving of medium high cake.

Buffet Menu Suggestions

(Recipes for dishes starred (*) follow)

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(1)

*Scalloped Chicken

Savory Green Beans *Molded Tomato-Cabbage Salad
Buttered Whole Wheat Rolls Jelly
Pie or Cake Coffee, Cream, Sugar

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(2)

*Meat Balls in Barbecue Sauce

Boiled Noodles Glazed Carrots
Tossed Green Salad Rye Bread Jam
Apple Crisp Coffee

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(3)

*Hamburger Corn Pone Pie

Pickles and Celery Buttered Frozen Peas
Molded Fruit Salad *Apple Sauce Brownies Coffee

☆ ☆ ☆

(4)

Hot Tomato Juice Cocktail

Platter of Cold Meat, Cheese, and Deviled Eggs
Potato-Celery Salad Radishes Pickle Relish
Whole Wheat Muffins Butter, Jam Coffee
Lemon Pudding

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(5)

*Ham Loaf

*Horseradish Sauce

Creamed Potatoes and Peas Cabbage Slaw
Heated Fan Tan Rolls Jelly
Sponge Cake with Fruit Whip Coffee

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(6)

Tuna Fish Salad

Garlic Bread Assorted Crackers
Coffee
Hot Cherry Cobbler

Recipes

Each recipe makes 10 to 12 medium size servings. If larger servings or second servings are desired, increase the recipes accordingly.

Special scalloped chicken

5 c cooked chicken $\frac{1}{4}$ c butter
8 c chicken broth 1 c toasted almonds
5 c cooked rice sliced (optional)
 $\frac{2}{3}$ c fat $\frac{1}{4}$ c pimento
 $\frac{2}{3}$ c flour 2 c bread crumbs
2 c sliced mushrooms
(optional)

1. Dice chicken.
2. Pour 2 cups of the chicken broth over the cooked rice.
3. Make chicken gravy from 6 cups broth, $\frac{2}{3}$ cup fat, and $\frac{2}{3}$ cup flour. Season to taste.
4. Fry mushrooms in butter.
5. In one or two greased baking pans arrange in layers $\frac{1}{2}$ of these ingredients: rice, chicken, gravy, almonds, pimento, and mushrooms. Make second layer.
6. Top with buttered crumbs.
7. Bake in a moderate oven (350° F.) $\frac{3}{4}$ hour.

Baked ham loaf

2 pounds ham 1 c tomato hot sauce
1 pound fresh lean pork 2 T brown sugar
 $1\frac{1}{2}$ c bread crumbs 1 t finely chopped onion (optional)
4 eggs

1. Grind ham and pork together.
2. Mix all ingredients. Place in loaf pans.
3. Set loaf pans in pan of hot water. Bake $1\frac{1}{2}$ hours at 350° F.

Horseradish cream sauce

$\frac{3}{4}$ c prepared horseradish Cayenne pepper
 $\frac{3}{4}$ t salt $1\frac{1}{2}$ c whipping cream

1. Drain horseradish. Add salt and a few grains of cayenne.
2. Beat cream until stiff; fold in horseradish.
3. Use for ham loaf, corned beef, roast beef, baked ham, boiled tongue.

Hamburger corn pone pie

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|-------------------------------|--|
| 2 pounds ground beef | 3 c cooked tomatoes |
| $\frac{2}{3}$ c chopped onion | 4 c cooked kidney beans |
| 2 T fat | 1 recipe corn bread batter (see below) |
| 4 t chili powder | |
| $1\frac{1}{2}$ t salt | |
| 2 t Worcestershire sauce | |
1. Brown meat and chopped onion in fat.
 2. Put all ingredients except corn bread batter into 3 quart baking dish.
 3. Place in hot oven (400° to 425° F.) to heat thoroughly.
 4. Mix corn bread batter and spread over the hot mixture.
 5. Bake for 20 minutes or until cornbread is lightly browned.

Corn bread batter for cone pone pie

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|-------------------|-----------------------------------|
| 1 c flour | $\frac{3}{4}$ c yellow cornmeal |
| 1 t salt | 2 eggs, beaten |
| 3 t baking powder | 1 c milk |
| 2 T sugar | $\frac{1}{4}$ c melted fat or oil |
1. Sift flour, salt, baking powder, and sugar.
 2. Mix with cornmeal.
 3. Combine beaten eggs, milk, and melted fat. Add this mixture to dry ingredients, stirring just until dry ingredients are moist but not smooth.

Meat balls in barbecue sauce

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| 3 pounds ground beef or other meat | 2 T chopped onion |
| $1\frac{1}{2}$ c fine bread crumbs | $\frac{1}{2}$ t pepper |
| 2 eggs slightly beaten | Other seasonings as desired |
| 1 T salt | Fat for skillet |
1. Shape seasoned meat into small balls.
 2. Put fat in skillet and brown the balls thoroughly and evenly.
 3. Add barbecue sauce.
 4. Cover and set over very low heat to complete cooking and blend flavor.
 5. Cook a half hour or longer.
 6. Serve with mashed potatoes, or boiled spaghetti, or noodles.

Barbecue sauce for meat balls

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|---|-------------------------------------|
| 2 c catsup or chili sauce | $\frac{1}{2}$ c chopped onion |
| $\frac{1}{2}$ c water | 1 t Worcestershire sauce (optional) |
| Juice of 2 lemons | Fed drops tabasco |
| $\frac{1}{4}$ to $\frac{1}{2}$ c brown or white sugar | sauce (optional) |
| | $\frac{1}{2}$ t salt (or more) |
1. Mix all ingredients.
 2. Simmer 10 to 15 minutes and use with meat balls.

Chicken spaghetti casserole

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| 1 five-pound stewing chicken | 2 c sliced celery |
| $\frac{1}{4}$ c fat | $\frac{1}{2}$ c diced pimento |
| 6 c hot water | 1 pound spaghetti |
| 1 T salt | $1\frac{1}{2}$ c whole or pitted ripe olives (optional) |
| $\frac{1}{3}$ c chopped onion | 2 c grated cheddar cheese |
| $\frac{1}{3}$ c diced green pepper | |
1. Prepare chicken for cooking, cut into usual serving pieces and brown in hot fat. Add hot water and salt, cover and cook slowly until tender.
 2. Cool sufficiently to handle. Skim off excess fat. Remove the bones from chicken, leaving meat in large pieces and set aside.
 3. Cook onion, pepper, and celery in a little of the chicken fat until wilted and clear.
 4. Stir into broth, add pimento, and heat to boiling. Add broken spaghetti. Boil until spaghetti is tender, adding more water if needed.
 5. Add chicken.
 6. Cut some of olives into large pieces and leave some whole.
 7. Just before serving, stir olives and cheese into chicken mixture and heat slowly until cheese is melted.

Sausage with sweet potato topping

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| 2 pounds bulk sausage | 1 quart milk |
| $\frac{1}{2}$ c flour | Fluffy mashed sweet potatoes |
1. Fry the sausage and drain off excess fat.
 2. Break sausage into pieces and return to the pan.
 3. Add the flour and mix well.
 4. Add the milk gradually and cook, stirring constantly until thickened. Add salt and pepper if desired.
 5. Pour into a greased shallow baking dish and pile the well-seasoned sweet potatoes on top.
 6. Place in a moderate oven to heat thoroughly and brown in a hot oven (400° F.) or under the broiler.

Chicken loaf (This is an old favorite)

Chicken

- 3 c stewed chicken, meat removed from bones

Custard

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|--------------------------------|--------------------|
| $1\frac{1}{2}$ c chicken broth | 1 to 2 eggs beaten |
| 3 T flour | Salt and pepper |
| $\frac{1}{3}$ c chicken fat | to taste |

Dressing

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|---|-----------------------------------|
| 6 c dry bread broken
in $\frac{1}{2}$ -inch pieces | 1 t sage |
| 3 c mixture of milk
and water (or all
water) | 1 T chopped parsley
(optional) |
| 1 t salt | 1 T chopped onion |
| $\frac{1}{16}$ t pepper | 2 T butter or other
fat |

Topping

- $\frac{1}{2}$ c bread crumbs

Make dressing

1. Place broken bread in bowl. Add sage, parsley, and onion.
2. Scald liquid and add salt, pepper, and fat to liquid.
3. Pour hot liquid over bread, mix lightly, and cover bowl with a plate. Let steam 15 minutes or more.
4. Taste before using and add any needed seasoning.

Chicken

Remove chicken from bones and cut into 1-inch strips.

Custard

1. Heat broth. Make thickening of flour and part of cool broth or water.
2. Add thickening to hot broth and cook, stirring until thickened.
3. Place broth over hot (not boiling) water and add beaten eggs. Stir and cook until eggs are thickened, being careful not to curdle eggs. Taste and add seasoning if needed.

Combine three parts

1. Place dressing in bottom of shallow casserole or baking pan.
2. Spread chicken over dressing.
3. Pour custard over chicken.
4. Top with bread crumbs.
5. Bake at 300° to 325° F. about 1 hour or until custard is set. If desired, increased heat at end and brown top a few minutes.

Molded tomato and cabbage salad

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| 2 $\frac{1}{2}$ envelopes un-
flavored gelatin | Dash of celery salt or
some celery tops
(optional) |
| 1 quart tomato juice
or strained cooked
tomatoes | Salt to taste |
| $\frac{1}{4}$ c finely chopped
onion | 2 T sugar |
| Small piece of bay
leaf (optional) | 2 T lemon juice or
vinegar |
| | 2 c finely shredded
cabbage |

1. Soak gelatin in $\frac{1}{2}$ c cold tomato juice.
2. Add other ingredients except cabbage to remaining juice. Heat to blend flavor. Remove bay leaf or celery tops if used.
3. Dissolve softened gelatin in hot tomato juice.
4. Let stand until thick enough to hold cabbage in place.
5. Mix with cabbage.
6. Pour into shallow pans or individual molds.
7. May be served on lettuce leaves or finely shredded cabbage or other greens.

Apple sauce brownies

- | | |
|--------------------------------------|----------------------------------|
| $\frac{1}{2}$ c butter or other fat | 1 c sifted, all purpose
flour |
| 2 squares unsweet-
ened chocolate | $\frac{1}{2}$ t baking powder |
| 1 c sugar | $\frac{1}{4}$ t soda |
| 2 beaten eggs | $\frac{1}{4}$ t salt |
| $\frac{1}{2}$ c apple sauce | $\frac{1}{2}$ c chopped nuts |
| 1 t vanilla | |

1. Melt fat and chocolate over hot water.
2. In the mixing bowl, beat eggs, add sugar gradually with continued beating. Add apple sauce and vanilla.
3. Add melted fat and chocolate.
4. Sift together the flour, baking powder, soda, and salt and fold into egg mixture. Add nuts and beat $\frac{1}{2}$ minute.
5. Spread in greased and floured 8-inch square pan.
6. Bake at 350° F. for 25 minutes, or more. Do not over bake. Remove while brownies are still slightly moist on top in center of pan.
7. Let cool in pan.
8. Serve plain or topped with a powdered sugar or boiled frosting or with melted, chocolate-coated peppermint candies. For chocolate peppermint topping, place mints on the hot brownies as soon as removed from the oven, and return to the oven for a few minutes to soften mints. Spread mints over entire top with a spatula.