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Just a Pinch of Herbs

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Roberta Hershey, Foods and Nutrition

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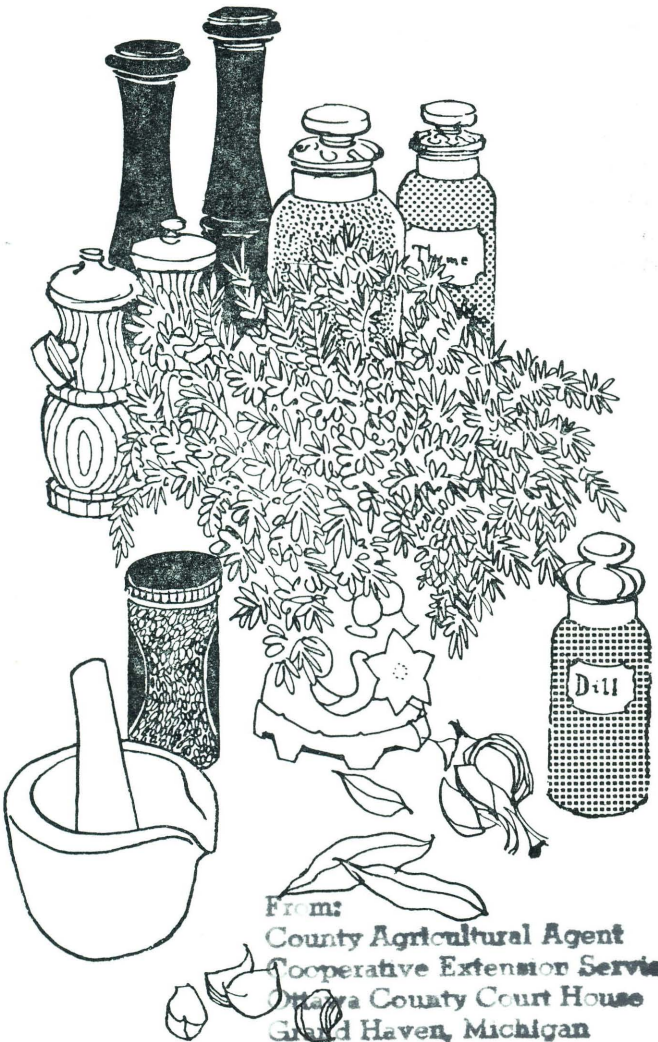
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Just a pinch of HERBS



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Just a Pinch of Herbs

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A dash of imagination used with a pinch of herbs may change the simplest foods into dishes worthy of expert chefs. Herbs have long been used by Old World cooks but are only beginning to be used by the ingenious American homemaker.

The value of herbs in making the less expensive cuts and grades of meat and everyday vegetables more appetizing is well recognized. The present trend in medical practice of recommending reduction in the use of table salt for many persons has spotlighted the use of other seasonings.

WINDOW SILL SEASONINGS

Herbs may be grown in the garden or in a window box. A few interesting herbs which may be grown indoors are thyme, mint, rosemary, sage, sweet marjoram, winter savory and parsley. New plants should be started in the fall in flower pots or in window boxes. They need to have plenty of sunlight.

BUYING HERBS

There is almost an endless parade of herbs and spices in the modern market. It is wise to buy the freshest ones available and in small quantities. When dried herbs give off a dust-like aroma, they have lost their freshness and should be replaced. The covers should never be left off the containers even briefly.

DRYING HERBS AT HOME

At the end of the season, garden herbs may be dried and stored for use during the winter. When drying herbs, choose clean, fresh, young tender leaves. Wash them and arrange the drained leaves on shallow trays. Cover the leaves with a single layer of cheesecloth and place in a dry shady place until the leaves are so dry that they crumble when handled. To store the dried herbs, pack them in clean dry jars with airtight lids. When they are to be used, crumble and rub the dried leaves through a sieve to remove the stems and midribs.

SEASON WITH A LIGHT HAND

Season to enhance flavor, not to dominate it. Magic herb cookery is the result of delicacy and restraint. The cook who experiments with herb combinations in different foods will give her family never-ending taste treats and herself a fascinating hobby.

There are almost as many taste preferences as there are people, so rules for using herbs need to be personalized.

TRICKS WITH HERBS

Start with about one-fourth teaspoon of dried herbs in a dish for four.

When using fresh herbs, cut or chop the leaves very fine. Use three or four times as much as for dried herbs.

Cook for a short time as the delicate flavor and aroma will be lost if herbs are heated too long.

For soups and sauces, tie fresh herbs in small bunches or ground herbs in cloth bags and add them during the last half hour of cooking.

In uncooked foods, such as vegetable juice cocktails, add dried herbs, tied in a bag, several hours before serving.

Heating in cooking fat is the best way to draw out flavors.

Keep the mixture of herbs subtle so that no one flavor is too pronounced.

BLENDING IS AN ART

Usually a combination of herbs is more effective than one used separately. This is particularly true with soups, salads, and sauces. Commercial salad and soup herb mixtures are becoming increasingly popular, but the herb fancier will want to blend her own.

Some herbs blend appetizingly with many foods, others are so positive in flavor that they are best with only a few. Experimenting with various blends is a favorite pastime of the true herb enthusiast.

A little knowledge of characteristic flavors may help in blending. Outstandingly pungent are sage, winter savory, oregano, and rosemary. Those that are not so pungent but still strong enough for accent include sweet marjoram, thyme, tarragon, sweet basil, dill and mint. Those that lend themselves especially well to

blends are chives, summer savory and parsley. Usually one herb of the first two groups is used for accent and a few of those from the third group and small amounts of those from the second may be used to round out the blend. Too much of any one flavor is objectionable. The epicure's blend is a combination that will keep the experts guessing. Thyme and marjoram are two of the most versatile herbs. They are used to season almost any dish and in many blends.

The chart on page 8-9 gives brief descriptions of the most common herbs and suggests ways of using them.

RECIPES USING HERBS

FIRST COURSE

KITCHEN BOUQUET FOR SOUPS

(For flavoring soup stock and gravies). Make small cheese cloth bags about two inches square and fill with a mixture of dried herbs. The recipe is enough to fill three bags and each will season two quarts of liquid. The bags should be dropped in boiling soup toward the end of the cooking and should not be left in more than one hour.

- 1 teaspoon dried parsley (leaves and stems)
- 1 teaspoon dried thyme (leaves and stems)
- 1 teaspoon dried marjoram (leaves and stems)
- ¼ teaspoon dried sage (leaves and flowers)
- ½ teaspoon dried savory (leaves and flowers)
- ¼ teaspoon dried bayleaf
- 2 teaspoons dried celery (leaf and stem tips)

HERB GARDEN TOMATO SOUP

- ½ teaspoon dried basil
 - 1 teaspoon celery seeds
 - 4 whole cloves
 - 1 tablespoon minced onion
 - ½ teaspoon salt
 - ⅛ teaspoon pepper
 - 1½ cups water
 - 1 can condensed tomato soup, undiluted
- Combine all ingredients except soup. Simmer, uncovered, about 10 minutes. Then add soup; heat.

TOMATO COCKTAIL

- 3 cups tomato juice
 - 3 teaspoons Worcestershire sauce
 - ¼ teaspoon pepper
 - ½ teaspoon celery salt
- Combine and chill.

CREAM OF CORN SOUP

- 2 cups fresh corn, cut off the cob
- 1 cup boiling water
- ¼ cup flour
- ¼ cup bacon drippings
- 3 cups milk
- 2 teaspoons minced onion
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- ⅛ teaspoon garlic powder
- 3 strips crisp bacon

Cook corn in boiling water 5 minutes and set aside. Blend flour with bacon drippings. Gradually stir in milk. Add cooked corn and seasoning. Cook 10 minutes or until slightly thick, stirring constantly. Serve hot. Crumble ½ slice crisp bacon over the top of each serving.

HERB CROUTONS

- 2 cups bread cubes
- 2 tablespoons butter
- ¼ teaspoon celery salt
- Dash onion or garlic salt
- ½ teaspoon basil
- ½ teaspoon marjoram

Toast bread cubes in oven. Stir often. Combine butter, herbs and salt. Toss cubes in butter. Serve with tomato soup or clear broths.

ONION SOUP

- 4 large onions
- 3 cups of stock or canned consommé
- 1 cup tomato juice
- 4 tablespoons butter or bacon fat
- ¼ teaspoon tarragon
- ¼ teaspoon basil
- Salt and pepper
- Grated Swiss or Parmesan cheese
- Thick rounds of toast

Slice onions and cook until golden brown. Add the stock, herbs and salt and pepper to taste. Cook slowly for ten minutes. Pour into casserole. Place thick rounds of buttered toast on top. Sprinkle freely with grated cheese and place in hot oven until a delicate brown.

MAIN COURSE

OVEN FRIED CHICKEN

- 2½ pounds chicken
- ¾ cup pancake mix
- ¾ teaspoon crumbled rosemary
- 2 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup shortening

Wash chicken and cut into serving-size pieces. Combine next 4 ingredients in a large paper or plastic bag. Shake well. Add all the chicken and shake to coat each piece well. Melt shortening in a 9 x 13 x 2-inch pan in a preheated hot oven (400°F.). Arrange chicken in pan, skin side down. Bake 30 minutes. Turn and bake 30 to 40 minutes longer or until done.

SKILLET HERB CHICKEN

- ¼ cup flour
- 1 teaspoon paprika
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- 1 2½ to 3-pound broiler-fryer, cut up
- ¼ cup fat or salad oil
- 1 can condensed cream of mushroom soup, undiluted
- ½ cup milk
- 1 medium onion, sliced
- ½ teaspoon dried thyme

Mix flour, paprika, salt, pepper; use to coat chicken. Sauté chicken until golden in hot fat. Add soup combined with milk; top with onion; sprinkle with thyme. Simmer, covered, basting often, 30 minutes, or until tender.

HERB BURGERS

- 1 pound chuck, ground once
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- ¼ cup minced onion
- ¼ cup minced celery
- 1 teaspoon snipped parsley
- 2 tablespoons melted butter or margarine
- 3 tablespoons fresh, frozen or canned lemon juice.

Lightly toss chuck with salt, pepper, marjoram, thyme, onion, celery and parsley. Using kitchen fork, with as little pressure as possible, divide meat into 4 parts. Then gently shape and loosely flatten each into a thick patty, 3½" x ¾". Refrigerate. Preheat broiler 10 minutes, or as manufacturer directs. Arrange patties on cold broiler rack. Broil about 3" from heat, turning once, for 8 to 12 minutes, or until of desired rareness. Serve patties topped with combined butter and lemon juice.

CRAB NEWBURG

- 6 tablespoons butter or margarine
- 2 tablespoons flour
- ⅛ teaspoon nutmeg
- Dash paprika
- 1 teaspoon salt
- ¼ to ½ teaspoon dried thyme
- 2 cups light cream
- 3 egg yolks, beaten
- 3 cups flaked canned King crab meat
- Toast points

Melt butter in the top of a double-boiler over direct low heat. Stir in flour, nutmeg, paprika, salt, thyme and cream. Cook, stirring constantly, until thickened and smooth. Gradually stir a little of the cream mixture into egg yolks. Return to double-boiler. Cook over hot water for 5 minutes. Add crab meat, heat and serve on toast.

LAMB POTPIE

- 2 tablespoons fat
- 2 pounds breast of lamb, cut in 1-inch cubes
- 2 cups potatoes, cut in 1-inch cubes
- 1 cup carrots, cut in pieces
- 1½ cups small whole onions
- 1 teaspoon salt
- 2 tablespoons flour
- ¼ teaspoon basil
- ¼ teaspoon savory
- ¼ teaspoon marjoram
- ⅛ teaspoon pepper
- ½ cup chopped parsley
- Biscuit dough

Heat fat in Dutch oven. Add meat and brown well. Add water barely to cover, cover pan and let simmer

HERB CHART

	Brief Description	Appetizers and Soups	Meat and Poultry	Fish and Shellfish	Vegetables	Salads	Eggs and Cheese and Sauces
Basil	Color—Light Green Flavor—Mild; sweet; distinctive	Soups: Tomato Vegetable Turtle	Liver Lamb Any Stew Meat Loaf	Bluefish Halibut Mackerel	Cabbage Egg Plant Squash Turnips	Mixed Greens Seafood Tomato Aspic	Any Cheese, Rice or Macaroni dish Spanish Omelet
Bay Leaf	Color—Light Green Flavor—Very mild; sweet; distinctive	Soup Stock	Liver Lamb Beef Stews Goulash	Pickled Fish	Onions Squash	Seafood Tomato Aspic	Eggs Creole Spaghetti Sauce
8							
Dill Seed	(Whole) Color—Dark purplish brown with tan stripes Flavor—Similar to caraway, but milder and sweeter (Ground) Color—Tan Flavor—As above	Borsht Cheese-spreads Tomato juice Chicken soup	Lamb chops Lamb steaks	Any Shellfish	Cabbage Carrots Potatoes Zucchini	Cole Slaw Cucumber Potato Tomato	Any Egg or Cheese Dish
Marjoram	(Whole and Ground) Color—Green Flavor—Distinctive; delicate	Spinach soup Oyster Stew Vegetable Juice	Pot-Roasts Any Stew Gravies and Stuffings	All Broiled Fish Creamed Crab or Scallops	Carrots Onions Peas Spinach	Mixed Greens Chicken Seafood	Any Egg or Cheese Dish Creamed Sauce for Vegetables
Oregano	Color—Green Flavor—Distinctive; strong	Soups: Minestrone Tomato Vegetable	Fried Chicken Kidney Stew Pork Veal	Melted Butter Served with Shellfish Fish Stuffings	Mushrooms Onions Tomatoes	Mixed Greens Potato Seafood	Omelets Italian Sauce Pizza Pies
Rosemary	(Whole) Color—Green (looks like a pine needle). Flavor—Distinctive; sweet; delicate	Soups: Chicken Pea Turtle	Chicken Fricassee Kidneys Meat Stews Veal	Any Shellfish	Cauliflower Green Beans Spinach Turnips	Mixed Greens Orange and Grapefruit	Scrambled or Shirred Eggs
Saffron	(Whole and Ground) Color—Mustard yellow Flavor—Distinctive; concentrated	Chicken Soup Soup Stock	Chicken Lamb Veal	Halibut Sole	Onions	Deviled Eggs Seafood	Spanish Rice Saffron Butter Sauce
Sage	(Whole) Color—Olive Green Flavor—Distinctive; pronounced	Fish Chowder Cottage Cheese Spread	Poultry Stuffings Sausage Stews	Baked Fish Stuffing	Beans Onions Tomatoes		Spanish Omelet
Savory	(Whole and Ground) Color—Green Flavor—Distinctive; pleasant; mild	Soups: Bean Onion Lentil Tomato Juice	Hamburgers Lamb Roasts Chops Pork Veal	Fish Chowders Baked or Broiled Fish	Baked Beans Lentils Limas Sauerkraut Squash	Mixed Greens Potato Vegetables	Deviled Eggs Tomato Sauce Meat Gravy
6							
Tarragon	(Whole and Ground) Color—Green Flavor—Fresh; distinctive; pleasant	Soups: Tomato Vegetable Cheese Spreads	Chicken Game Turkey Sweetbreads Veal	Any Fish or Shellfish	Asparagus Celery Green Beans Peas Tomatoes	Any Salad Dressing Chicken Sliced Tomatoes	Any Egg or Cheese Dish Tartar Sauce
Thyme	(Whole) Color—Gray-green Flavor—Distinctive; penetrating (Ground) Color—Light Olive Green Flavor—Slightly stronger than whole thyme.	Clam Chowder Oyster Stew Cheese Spreads	Lamb Mutton Veal Roast Pork	Lobster Shrimp Scalloped Oysters	Beets Carrots Mushrooms Onions Peas	Aspics Chicken Seafood	Omelets Welsh Rarebit Creole Sauce

1½ hours. Remove bones add vegetable to meat and additional water just to cover. Add salt, cover kettle and continue cooking 40 minutes or until vegetables are tender. Remove meat and vegetables to a casserole. Stir flour to a paste with a little water, blend with the juices in pan. Stir over low heat until smooth and thickened. Add herbs and seasoning, pour over meat and vegetables. Sprinkle parsley over all. Cover with biscuit rolled thin and bake in hot oven (450°F.) for 10 minutes. Reduce heat to moderate (350°F.) and continue baking 30 minutes.

SPAGHETTI AND MEAT BALLS

Spaghetti Sauce

- 2 No. 2½ cans (7 cups) tomatoes
- ¼ cup instant minced onion
- ¼ cup salad oil
- ½ teaspoon ground black pepper
- ½ teaspoon basil leaves
- ½ teaspoon garlic powder
- 1 teaspoon sugar
- 2 teaspoons salt
- 1 bay leaf
- 6-ounce can tomato paste
- 1 pound spaghetti, cooked
- Grated Parmesan cheese

Combine the first 9 ingredients in a saucepan. Cover and simmer 2 hours. Add tomato paste. Simmer, uncovered, 1 hour. Add meat balls 20 minutes before cooking time is up. Serve over spaghetti. Sprinkle with cheese.

Meat Balls

- 1 pound ground lean beef
- 1 cup soft bread crumbs
- 1 tablespoon dried parsley
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper
- ⅛ teaspoon garlic powder
- 1 teaspoon salt
- 1 egg, beaten
- 2 tablespoons cooking oil

Combine the first 8 ingredients. Shape into 1-inch balls. Brown on all sides in hot cooking oil. Add to the Spaghetti Sauce.

SHRIMP AND HAM SPECIAL

- ¼ cup salad oil
- ¼ cup diced celery
- ½ cup diced green pepper
- 1 cup raw rice
- 1 cup canned tomatoes
- 3½ cups beef or chicken stock
- ¼ cup instant minced onion
- 1 teaspoon salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground cayenne pepper
- ½ teaspoon ground thyme
- 1 teaspoon dried parsley
- 1 cup diced cooked ham
- 2 cups cooked peeled shrimp

Heat oil in a heavy saucepan or Dutch oven. Add celery, green pepper and rice and cook, stirring constantly, until rice has lightly browned and celery and green pepper are limp. Add next 8 ingredients and cook, covered, over medium heat until rice is tender (about 25 minutes). Add ham and shrimp. Cook 5 minutes.

STUFFED EGGS DE LUXE

- 4 hard-cooked eggs
- 2 tablespoons soft blue cheese
- 1 teaspoon prepared mustard
- 1 teaspoon snipped chives
- ½ teaspoon dried rosemary
- 2 tablespoons mayonnaise or cooked salad dressing
- Salt and pepper to taste
- Paprika

Split eggs lengthwise; remove yolks. Combine yolks with cheese, mustard, chives, rosemary, mayonnaise, salt and pepper; mix until fluffy; use to fill egg whites. Top each with a little paprika.

VEGETABLES

GREEN BEANS WITH DILL BUTTER

- 3 cups cooked salted green beans
- ½ teaspoon whole dill seed
- 2 tablespoons melted butter

Add dill seed to melted butter. Allow to stand to blend flavor. Toss into hot green beans.

HERBED CARROTS

- 1 bunch carrots
- 1 cup boiling water
- 1½ teaspoons salt
- ¼ teaspoon dried basil
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried savory
- 3 tablespoons butter or margarine

Scrape carrots and cut into quarters lengthwise, then into halves crosswise. Place carrots in a saucepan with water and salt. Cook, covered, 15 minutes, or until tender. Drain; add herbs and butter; heat slightly.

POTATO CAKES WITH HERBS

- 2 cups cold mashed potatoes, well-seasoned
- 2 tablespoons chopped chives
- ¼ teaspoon oregano
- ½ cup cubed processed cheese
- 1 egg
- ½ cup fine, dry bread crumbs
- 3 tablespoons fat

Turn mashed potatoes into mixing bowl. Break up with a fork and stir until smooth. Add chives, oregano, cheese and egg, and stir until well blended. Form into 12 small round flat cakes. Roll in bread crumbs. Heat fat in frying pan. Place potato cakes carefully in fat. Fry over medium heat until browned on one side (about 5 minutes). Turn and brown on other side. Serve piping hot.

ITALIAN EGGPLANT

- 1 medium eggplant
- ⅓ cup flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¾ cup salad oil
- 1 15½-ounce can spaghetti sauce with meat
- ½ pound mozzarella cheese, sliced
- ½ teaspoon dried oregano

Wash eggplant and cut into ½" slices. Roll in flour combined with salt and pepper. Sauté eggplant slices in a little hot fat until brown on both sides, adding more fat as needed. Arrange half of the eggplant slices, spaghetti sauce, and cheese slices in a greased 2-quart casserole. Sprinkle with ¼ teaspoon oregano; repeat. Bake, uncovered for 35 minutes in a 350°F. oven.

TOMATO ZUCCHINI

- 3 tablespoons fat
- ⅓ cup minced onion
- 1 clove garlic, minced
- 2 8-ounce cans tomato sauce
- ¼ cup water
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1½ pounds unpared zucchini cut into ¼ inch slices
- ¼ teaspoon dried marjoram

Sauté onion and garlic till tender in hot fat. Add tomato sauce and water and heat until boiling. Add salt, pepper, zucchini, and marjoram. Simmer over low heat, uncovered until zucchini are tender—about 20 minutes.

CABBAGE WITH CARAWAY SEED

- 1 medium head cabbage
- ½ inch boiling water in saucepan
- ½ teaspoon salt
- ¾ teaspoon whole marjoram leaves, crushed
- 3 tablespoons butter or margarine
- 1 teaspoon whole caraway seed

Shred cabbage. Place in saucepan with ½ inch boiling water and salt. Cover. Cook quickly until tender, lifting lid 3 to 4 times to allow gases to escape. Drain. Add remaining ingredients. Serve hot.

SALAD DRESSINGS

GREEN-GODDESS DRESSING

- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 3 tablespoons tarragon-vinegar
- 2 tablespoons anchovy paste
- 3 tablespoons snipped chives
- ⅓ cup snipped parsley
- 1 cup mayonnaise
- ½ cup commercial sour cream
- ⅛ teaspoon pepper

Combine all ingredients and refrigerate, covered tightly. Use to toss with salad greens. Or serve as a dip. (Makes 1¾ cups.)

CUCUMBER DRESSING

- ½ cup minced cucumber
 - ½ teaspoon fresh or dried dill
 - ½ cup salad dressing
- Mix and serve on salad greens.

MINT DRESSING

- ½ cup commercial sour cream
- 1 tablespoon snipped mint
- ½ teaspoon sugar
- ½ teaspoon fresh, frozen, or canned lemon juice
- ¼ teaspoon salt

Combine all ingredients and refrigerate, covered, to develop flavor. Serve with fruit salad or toss with mixed greens.

TOMATO SALAD DRESSING

- 1 cup condensed cream of tomato soup
- ½ cup salad oil
- ½ cup vinegar
- 1 teaspoon sugar
- 1 tablespoon minced onion
- ½ teaspoon salt
- ½ teaspoon powdered dry mustard
- ⅛ teaspoon ground black pepper
- 2 teaspoons horseradish sauce

Combine all ingredients and beat with a rotary beater or shake well in a fruit jar. Serve over salads.

BREADS AND CEREALS

HERB RICE

- 1 cup chopped onion
- 1 cup uncooked rice
- 3 tablespoons butter
- 3 bouillon cubes
- 2 cups water
- ½ teaspoon marjoram
- ½ teaspoon summer savory
- 1 teaspoon rosemary
- ½ teaspoon salt

Cook onion and rice in butter until they both turn yellow. Add bouillon cubes, water, and herbs. Bring to a boil. Cover and simmer over low heat for 15 minutes. Remove from heat but keep lid on for 10 minutes. Serve with meat, game or fowl.

FAN-TAN LOAF

- 1 loaf day-old bread, sliced
- ½ cup soft butter
- ½ teaspoon dried savory
- ½ teaspoon dried thyme
- 3 tablespoons snipped parsley
- Garlic salt

Over top of slices, spread softened butter or margarine mixed with the seasonings. Bake 15 minutes in 425° F. oven or until hot and crisp. Serve from pan.

SESAME BREAD

- 1 loaf French bread
- ¼ pound butter
- ¼ cup finely chopped parsley
- ¼ cup finely chopped chives
- 2 tablespoons sesame seeds

Cream parsley and chives with butter. Cut loaf of French bread in slices to but not through bottom crust. Spread both sides of slices with butter and sprinkle with sesame seed. Wrap in foil and heat in 400° F. oven until hot. Open foil and toast top.

HOME BAKED HERB BREAD

- 1 package yeast, compressed or dry
- ¼ cup lukewarm water
- 2 cups milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon shortening
- 2 teaspoons crumbled sage leaves
- 1 teaspoon nutmeg
- 1 tablespoon caraway seed
- 6 cups sifted enriched flour (about)

Soften yeast in lukewarm water. Scald milk. Add all other ingredients except flour to milk. Cool to lukewarm (80 to 85° F.). When cooled, add 2 cups flour, stirring well. Add softened yeast. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board and knead until smooth and satiny (5 to 8 minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place (80 to 85° F.) until doubled (about 1½ hours). Punch down. Let rise again until doubled (about 45 minutes). If preferred, shape dough into loaves after first rising. Divide dough into 2 equal portions. Shape each portion into smooth ball. Let rest 10 minutes. Shape into loaves. Place in greased bread pans. Let rise

until doubled (about 1 hour). Bake in hot oven (425°F.) 10 minutes. Reduce heat to moderate (375°F.) and bake 40 minutes longer. Makes 2 1-pound loaves.

SANDWICH FILLINGS

TUNA DILL SPREAD

- 1 3-ounce package cream cheese
- 1 7-ounce can tuna, drained
- ¼ cup finely diced cucumber
- 2 teaspoons minced fresh dill or
- ¼ teaspoon dill seed
- 2 teaspoons lemon juice

Mash cheese with a fork. Combine with tuna, cucumber, dill and lemon juice.

CHICKEN AND ALMOND SANDWICH FILLING

- 1½ cups diced cooked chicken
- ½ cup toasted sliced almonds
- ¼ teaspoon dried rosemary
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup mayonnaise
- 1 cucumber

Combine chicken, almonds, rosemary, salt, pepper and mayonnaise. Peel and slice cucumber in thin slices. Arrange a layer of sliced cucumber on buttered bread. Spread carefully with chicken mixture. Top with second bread slice.

HAM SALAD SANDWICH FILLING

- 1 cup ground boiled ham
- ½ cup celery, finely chopped
- 2 tablespoons chopped dill pickle
- ½ teaspoon prepared mustard
- ⅛ teaspoon dried sweet basil
- 3 tablespoons mayonnaise

Combine ham, celery, pickle, mustard, basil and mayonnaise. Blend well.

REFERENCES

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Chart adapted from John Wagner and Sons