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## Know your potato A, B, Cs

Although potatoes have fed both the rich and the poor throughout the world for over four centuries, potatoes today still stand out as a major attraction on the food scene. Supplies are adequate, meeting normal demands and prices are reasonable. And if your budget needs more paring, let some extra potato dishes help do the trick. The nutritious and tasty old standby can be prepared in hundreds of pleasing ways. Food Advisory Services, Agriculture Canada, have prepared a potato potpourri, an alphabet of information on potatoes:

**A** is for au gratin potatoes — cubed boiled potatoes baked in a medium white sauce with buttered crumbs atop, often cheese.

**B** is for baked potatoes and old-fashioned potato bread with mashed potatoes as an ingredient. Packaged instant mashed potatoes are handy.

**C** is for country-fried — sliced or diced boiled potatoes fried in butter or drippings, so good for hearty breakfasts.

**D** is for Duchess potatoes to be used as a border for planked foods and casserole dishes, or made into nests to hold chicken or turkey a la king.

**E** is for escaloped potatoes (we usually leave off the "E"), alternate layers of sliced potatoes with onions. Vary it by using, in place of milk, undiluted evaporated milk or one of the canned condensed cream soups with milk added.

**F** is for French fried — use bakery because their large size and uniformly oval shape make long perfect strips which fry mealy, tender and dry.

**G** is for grading. Federal grade standards are Canada No. 1, Canada No. 1 large, Canada No. 1 Small and Canada No. 2. Until Sept. 16 of each year, immature potatoes may be sold as Canada No. 1 New Potatoes.

**H** is for hashed-browns, a man's favorite.  
**I** is for instant mashed potatoes — handy to have on hand for emergencies or for camping.

**J** is for Julienne or Shoestring potatoes — crisp, french fried potatoes cut in thin, matchlike strips.

**K** is for Kennebec, Katahdin and Kewick all-purpose varieties, good for boiling, baking or french frying.

**L** is for leftover boiled-potatoes. Think of potato salads, creamed and fried potato dishes. Serve salads with sliced meat or chicken, fish, devilled eggs or cheese, or roll the salad in slices of ham, tongue, or luncheon meats.

**M** is for mashed potatoes. Try using dairy-soured cream and chives instead of milk and butter in the making.

**N** is for Netted Gems. This potato variety has a high dry-matter content, which makes them excellent for baking. They are long with a netted skin, russet-brown, with comparatively few and shallow eyes.

**O** is for omelet with diced cooked potatoes gently fried in butter with a bit of minced onion before turning in the omelet mixture.

**P** is for packaging. Packaging materials include plastic bags (some are opaque on one side to guard against light), mesh or paper bags, and paper bags with mesh windows. Labels must show the words "Table Potatoes".

**Q** is for quality. Choose firm, smooth, well-shaped potatoes, relatively free from blemishes, cuts and decay.

**R** is for roasted potatoes with meat, or "Franconia". Scrub large potatoes, do not peel. Cut in half lengthwise. Bake cut-side down around roast, basting skin surface occasionally with the roasting drippings.

**S** is for soups, souffles, and stuffed baked potatoes — with the potato scooped out of the skins, mashed and seasoned, then returned to the skins to bake. May be frozen on a cookie sheet and packaged individually in foil.

**T** is for tiny potatoes. Mini grade potatoes are tiny and sweet tasting potatoes which are undersized and usually sold at roadside stands.

**U** is for unusual. "Gnocchi" — a sort of dumpling, made with mashed potatoes, later baked en casserole; "Potato Dauphinoise" — sliced potatoes baked in a custard with cheese; "Pommes souffles" — twice deep fried potato puffs.

**V** is for Vichyssoise — a rich cream of potato and leek or onion soup, served hot or cold.

**W, X, Y, Z** is for the exciting miscellany of dishes you'll find once you start collecting potato recipes!

Food Advisory Services, Agriculture Canada have prepared a different version of scalloped potatoes called "Potato Pork Scallop". Brown pork chops and arrange on top of scalloped potatoes. Why not serve a "Hot Potato Salad"? With fried luncheon meats, it makes for a warm lunch for cool weather appetites.

**POTATO PORK SCALLOP**  
5 cups thinly sliced potatoes (5 medium)  
1/3 cup chopped onion

2 tablespoons flour  
1 1/2 teaspoons salt  
Dash pepper  
1/4 teaspoon savory  
1 tablespoon butter  
1 cup milk  
6 1/2-inch pork chops

Arrange 1/3 of potatoes in greased baking dish. Sprinkle with 1/2 the onion. Mix flour and seasonings. Sprinkle 1/2 flour mixture over potatoes and dot with 1/2 the butter. Repeat layers. Top with remaining potatoes and pour milk over. Cover and bake at 350 degrees F for 30 minutes.

Brown pork chops and arrange on potatoes. Cover and continue baking until potatoes and chops are tender (35 to 40 minutes). Makes six servings.

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# Perfect pasta

The cost of food keeps going up and up, and it gets harder to serve family meals that combine taste with nutrition and keep within a budget. At the same time it seems that too many are giving up the pleasure of entertaining because of cost.

None of this has to be. The following recipes are for family meals and informal parties. They are good to look at, even better to taste and yet the costs are low, on the average 66 cents per serving.

Imagine serving Tetrazzini, green salad, apricot parfait and cookies for \$1.08 per person, macaroni shells stuffed with shrimp for 69.5 cents per person and a party for six costing under \$5.

Add your favorite beverage and it's still a bargain.

Grocery stores offer many "Italian-style" products as prosciutto, provolone and plum tomatoes. But mention Italian food to a Canadian and his immediate association will be pasta — and, more often than not, simply spaghetti.

"Pasta" is a general term and is used to describe all the varieties of macaroni, spaghetti and noodles. Durum wheat is essential to the manufacture of quality pasta products. This variety of wheat, high in gluten, makes a product that holds its shape when cooked and gives it a delicate flavor and golden amber color. Durum wheat comes from the West, and when it is milled, the inner portion of the kernel breaks up into small granules similar to table salt, called semolina. Water is mixed with semolina to make a stiff dough. In the case of egg noodles, egg yolks are added to the dough in order to fulfill government regulations for four per cent egg solids.

Pasta products are especially helpful menu items because their calorie contribution can be varied easily. By

themselves, they are relatively low in calories (the cooked product contains about 155 calories per cup). It is the type of sauce which is combined with pasta that greatly affects the calorie content of this staple food. In the dry form, it contains about 80 per cent carbohydrate which is highly digestible and helps provide food energy. Dry pasta contains approximately 13 per cent protein.

Pasta products come in more than one hundred different shapes. They can be classified in five groups:

- 1) long goods — such as spaghetti, spaghetti, long macaroni;
- 2) short goods — such as ready-cut macaroni, elbows;
- 3) noodles — such as fine, medium, broad, with egg or plain;
- 4) soup base — such as alphabet, oats, stars, rings;
- 5) fancy varieties — such as sea shells (marzelle), bows (fettucelle), rigatoni, lasagna, manicotti.

Nutritionally sound too. Pasta is the base and it contains protein as well as the B vitamins. The protein is made more complete by the addition of small amounts of meat or fish, tomatoes and cheese. What's more, these meals are quick to prepare. No hours tied up in the kitchen. Even the most glamorous of the party dishes, macaroni shells stuffed with shrimp requires 25 minutes of preparation and it is so new and different you'll have to supply the recipe.

### NOODLES TETRAZZINI

8 small mushrooms (quartered)  
4 tablespoons butter  
1 2 lb. cooked chicken, diced  
1/2 teaspoon salt  
1 teaspoon flour  
1/2 cup heavy cream

1 1/2 cups milk  
2 egg yolks  
1 lb. noodles  
1/2 cup grated Parmesan cheese

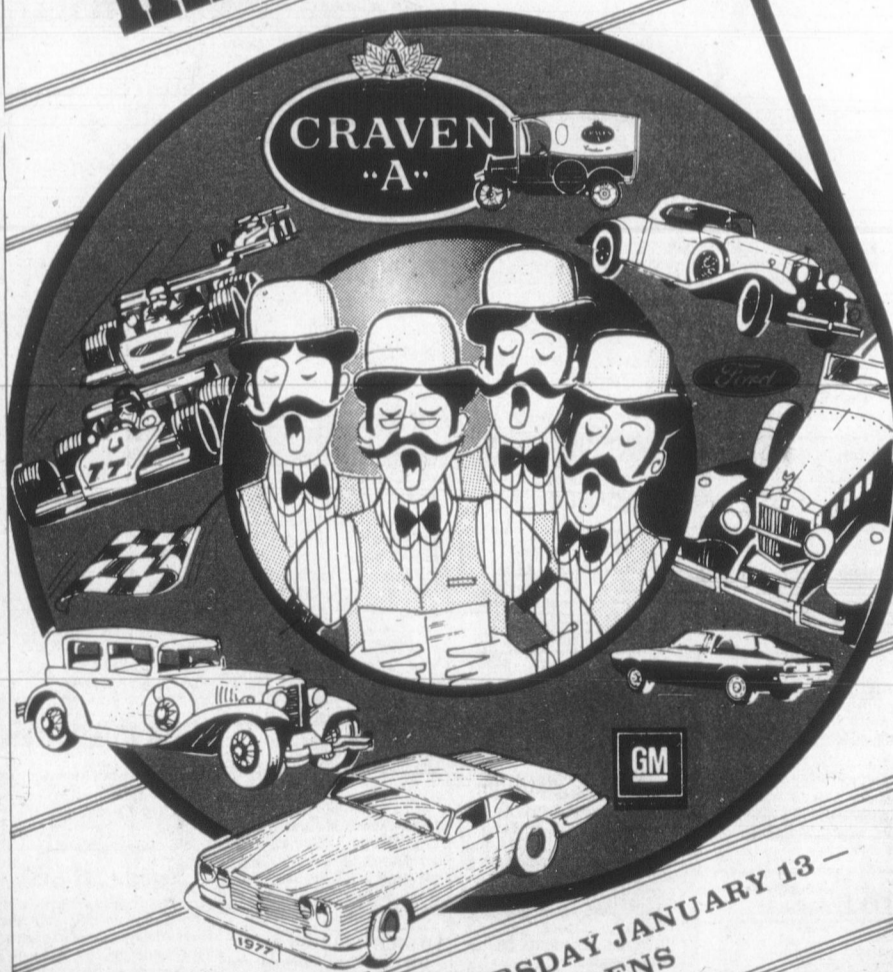
Sauté mushrooms in 2 tablespoons of butter. Add chicken. Sprinkle in salt and flour. Add the cream and 1/2 cup of milk and simmer. Beat egg yolks with remaining 1 cup of milk and add to chicken mixture. Stir quickly (do not boil) until sauce is slightly thickened (about 5 minutes). Cook noodles to desired tenderness. Toss with a tablespoon of butter and 1/4 cup of the Parmesan cheese. Place in a buttered casserole dish. Pour the chicken mixture over the noodles. Sprinkle with the remaining Parmesan and dot with the remaining butter. Place under broiler until brown. Serves six.

### MACARONI AND CHEESE WITH FRANKFURTERS

2 cups ready cut macaroni  
3 tablespoons butter  
3 tablespoons flour  
1/4 teaspoon dry mustard  
3 cups milk  
1/2 teaspoon salt  
pinch of pepper  
1 8 oz. package Swiss cheese, grated  
1 lb. frankfurters, cut into 1 1/4" x 1/2" pieces paprika

Cook macaroni according to package directions. Drain. Meanwhile in a saucepan, melt butter, add flour and mustard and cook for a few minutes stirring constantly. Add milk gradually, stirring until smooth and thick. Add salt, pepper and half the cheese. Stir until cheese is melted; stir in cooked macaroni and frankfurters. Pour into a 2-quart casserole dish. Top with remaining cheese and sprinkle with paprika. Bake at 375 degrees F. for 30 minutes. Serves six.

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