



OVEN MEALS

The modern oven gives us freedom our grandmothers never dreamed of. We can put foods that will cook at the same temperature and for the same length of time in it, set the automatic timing device, and forget about it until time to eat. Here are some rules to remember when doing oven cooking:

1. Read the book of directions that came with your oven.
2. Choose foods that cook at the same temperature and for approximately the same time.
3. When using the automatic timing device, select foods that can wait in the cold oven until it heats.
4. To allow circulation of air, place pans and dishes so they don't touch and try to stagger food on each shelf so no pan is directly over another.
5. Many of the foods for oven meals can be prepared right after breakfast, put in the cooking utensils, and kept in your refrigerator until time for them to go into the oven.
6. A favorite arrangement for oven meals is to put the meat and vegetables on the lower rack, breads and desserts on the upper rack. If your oven browns foods better on the lower rack, that's the place for your bread and desserts. The top rack shouldn't be too close to the top heating unit.

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Veal in Casserole - 45 minute meal

Noodles

Carrot Curls

Herb Scalloped Tomatoes

Buttered String Beans

Fruit cup or Fruit Meringue

VEAL IN CASSEROLE

2 lbs. veal cut in 1/2 inch pieces. Season with salt and pepper. Brown in 4 tablespoons butter or margarine. Add 1/4 cup celery, 1/4 cup green pepper, and 1/4 cup onions (optional) chopped fine. Stir in 1/4 cup flour, add 2 cups milk. Turn into casserole and bake in 350° oven for 45 minutes. Ten minutes before done, cover with one large can Chinese noodles or small biscuits. Serves 6.

Place 1 quart frozen beans in covered casserole with 1/2 cup water, 4 teaspoons butter, and 1/2 teaspoon salt. Three strips of bacon may be used instead of butter.

HERBED SCALLOPED TOMATOES

In a buttered 2-quart casserole dish mix 4 cups canned tomatoes, and 1/4 teaspoon poultry seasoning. Prepare herb poultry stuffing: 2 cups bread crumbs, small onion (finely chopped), 2 tablespoons sugar, 1 teaspoon salt, 1/2 teaspoon each nutmeg and oregano, 1/4 teaspoon each pepper and powdered rosemary. Mix with tomatoes, reserving 1/3 cup for topping. Dot well with butter, and bake at 375° for 45 minutes. Makes 6 to 8 servings.

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PEACH OR PEAR MERINGUE - Put in oven 15 minutes before meal is ready

1 qt. fruit	1/2 teaspoon vanilla or almond
1/4 cup brown sugar	1/4 teaspoon salt
1/4 cup sugar	1 teaspoon grated lemon or orange
2 egg whites	rind
1/4 teaspoon cinnamon	

Drain canned pears or peaches and place in large pie plate or flat casserole, cut side up. Sprinkle with brown sugar, rind and cinnamon. Beat egg whites until foamy, gradually add sugar; beat until sharp peaks are formed when beater is removed; add flavoring with last sugar. Remove fruit from oven after 10 minutes. Pile meringue lightly on top, return to oven and bake 5 minutes.

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Pork Chop Roast - 1 hour meal

Green Beans	Celery sticks	Pumpkin Pudding
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PORK CHOP ROAST with Green Beans

6 thick pork chops, each with a bone	1/2 cup thinly sliced almonds
3 cups seasoned dry bread stuffing mix (prepared or homemade mix)	1/4 cup melted butter or margarine
2 eggs, slightly beaten	2 cans (1-lb. size) french style green beans

Salt and pepper chops. Combine stuffing with eggs, and brown in fat cut from chops, melted in pan with drippings. Divide into equal portion, put between chops, and fasten them together with string or skewers. Stand "roast" on flat, bony side of chops in shallow pan. Roast in 350° oven 1 hour or until done. Serves 6. Drain beans, reduce liquid to 1/2 cup, add beans, 2 tablespoons butter, and heat in oven at least 30 minutes. Saute almond slices in melted butter for 5 minutes (optional), and pour over hot beans. Spiced crab apples are a nice garnish, if desired.

PUMPKIN PUDDING

Mix well:

3/4 cup firmly packed brown sugar	1 teaspoon cinnamon
3/4 teaspoon salt	1/2 teaspoon nutmeg
1/2 teaspoon ginger	1/4 teaspoon cloves

Blend thoroughly with 2 cups canned pumpkin. Add and stir in 3 eggs, slightly beaten, 3/4 cup milk, 1 cup heavy cream. Pour pumpkin mixture into a 1-1/2 qt. buttered casserole. Bake at 350°F about 1 hour or until a silver knife comes out clean when inserted halfway between center and edge of casserole. Cool slightly. Serve plain or with whipped cream or hard sauce.

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Eight Layer Casserole - 1 hour

Apple Sauce	Heated French Bread	Chocolate Fudge Pudding
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EIGHT LAYER CASSEROLE

Start heating oven to moderate, 350°F. Place in layers in a 2-quart baking dish with a tight-fitting lid: 1 cup uncooked rice, 1 cup canned whole kernel corn, drained, 1 cup canned green beans, drained.

Sprinkle with salt and pepper. Pour over these layers 1 can tomato sauce and 1/2 can water. Add 1/2 cup each finely chopped onion and green pepper, and 1-lb. uncooked ground beef. Sprinkle with salt and pepper. Pour second can tomato sauce over and 1/2 can water. Cover meat with 4 strips bacon, cut in half.

Eight Layer Casserole (continued)

Cover and bake at 350° for 1 hour. Uncover and bake about 30 minutes longer, until bacon is crisped. Makes 4 to 6 servings. This is the perfect casserole for lazy weekend suppers, buffet dinners, and potluck affairs.

CHOCOLATE FUDGE PUDDING

Sift together in a bowl the following:

1 cup flour	1/2 cup sugar
2 teaspoons baking powder	1/4 teaspoon salt
2 tablespoons cocoa	

Add 1/2 cup milk, 2 tablespoons melted shortening and beat until smooth. Add 1/2 cup chopped nut meats and 1 teaspoon vanilla. Spread in 8" by 8" pan.

Topping - Mix 1 cup boiling water with:

1/4 cup brown sugar	1/4 cup white sugar
2 tablespoons cocoa	1/4 teaspoon salt

Pour over batter and bake 50 to 60 minutes at 350°F.

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Fish Baked With Cheese - 30 minute meal

Turnip Greens with Bacon

Mashed potato cakes (use leftover potatoes)

Apple Nut Squares

FISH BAKED WITH CHEESE

Arrange 1-lb. thawed fish fillets in single layer in a greased shallow baking dish. Season with a dash of black pepper. Stir 1 can cream of mushroom soup: pour over layer of fish. The last 10 minutes of baking sprinkle on 1/2 cup shredded Cheddar cheese and a dash of paprika for extra color and flavor. Bake at 375° about 30 minutes or until lightly browned. 4 servings. Cook 2 pint packages of frozen turnip greens with 4 slices of bacon in small amount of water, about 1/2 cup.

APPLE-NUT SQUARES

1 beaten egg	1 teaspoon baking powder
3/4 cup sugar	1 cup chopped unpared tart apples
1/2 teaspoon vanilla	1/2 cup broken California walnuts
1/2 cup sifted enriched flour	1/4 teaspoon salt

Combine egg, sugar, and vanilla. Sift together dry ingredients; add to egg mixture and blend well. Stir in apples and nuts. Spread in greased 8" x 2" baking dish. Bake in 350° oven 30 minutes or till done. Cut in squares. Serve warm with ice cream. Makes 6 servings.

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Individual Meat Loaves - 45 minute meal

Buttered Broccoli

Sweet Potato Balls

Strawberry Sundae Pie

INDIVIDUAL MEAT LOAVES

1 cup milk	1/2 teaspoon celery salt
1 cup soft bread crumbs or oatmeal	1/4 teaspoon pepper
1 teaspoon salt	1/4 teaspoon nutmeg (optional)
1/2 teaspoon dry mustard	3 tablespoons grated onion
1 pound ground beef	

Combine ingredients and shape into 6 small loaves, wrap in moisture-vapor proof paper and freeze. To serve, remove from freezer and place in shallow baking pan. Bake at 375° for 45 minutes.

BUTTERED BROCCOLI

Place frozen broccoli, 2 tablespoons butter, 1/2 teaspoon salt and 1/4 cup water in casserole. Cover and bake at 375° for last 25 minutes of baking time.

SWEET POTATO BALLS

Cook sweet potatoes and mash, using orange juice to moisten. Shape into balls, dip in melted butter and roll in crushed cornflakes. Place in shallow pan and bake at 375° for 45 minutes, or package in moisture-vapor proof container and freeze.

STRAWBERRY SUNDAE PIE

1-1/2 cups cooky crumbs
5 tablespoons butter, melted

1 quart vanilla ice cream
1 package frozen strawberries

Mix crumbs, sugar and butter until moistened. Press firmly into bottom and sides of greased 9-inch pie dish. Bake 5 minutes and chill thoroughly. Spoon ice cream into crust, top with berries, and sprinkle a little crumb mixture over top. Serve immediately or freeze.

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Turkey-Rice Scallop - 30 minute meal

Buttered Carrots

Tossed Salad

Chocolate Nut Souffle

TURKEY-RICE SCALLOP

1/3 cup rice
2-1/2 cups diced cooked turkey
1/4 cup chopped pimienta
3/4 teaspoon salt

2 cups turkey broth
1/3 cup chopped celery
2 beaten eggs
1/8 teaspoon poultry seasoning

Cook rice in broth with celery about 12 minutes or until partially tender. Combine with remaining ingredients. Pour into greased 10" x 6" x 1 1/2" baking dish. Bake in moderate oven (350°) 30 minutes or until set. Serve hot with gravy or hot undiluted cream of chicken soup. Serves 4 to 6. Place 2 cups sliced carrots in covered casserole with 1/4 teaspoon salt and 1/2 cup water. Cook 30 minutes or until tender.

CHOCOLATE NUT SOUFFLE - Put in oven with rest of meal and continue to cook while you eat.

Butter bottom of a 2-qt. casserole and sift 1 tablespoon confectioner's sugar over it. Chop finely and set aside 1 cup nuts. Melt in a sauce pan 1/4 cup butter or margarine. Stir in 1/4 cup flour at once. Heat until mixture bubbles. Remove from heat and stir in gradually 1 cup milk. Return to heat and bring rapidly to a boil, stirring constantly; cook 1 to 2 minutes. Cool slightly. Beat 4 egg yolks, 1/3 cup sugar, and 1 teaspoon vanilla extract until the mixture is very thick and lemon-colored. Pour sauce slowly into egg yolk mixture, stirring to blend. Add nuts, and cool the mixture to lukewarm. Add 2 squares of melted chocolate. Beat 4 egg whites with 1/3 cup of sugar until rounded peaks are formed. Fold into yolk mixture. Pour into casserole and set it in a pan of water. Bake at 350° about 60 minutes or until a knife inserted in the center comes out clean.