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Luncheon, Shamrock-Trimmed...

By Ida M. Shilling
Associate Professor, Foods and Nutrition

Green and White for March 17

I N SEARCHING for the origin of St. Patrick's Day we find that St. Patrick, patron saint of Ireland, was not Irish himself, as many suppose. In the book, "Customs of Mankind," by Lillian Eichler, we find that his birthplace is somewhat obscure. The French claim him, the Scotch and the Welsh claim him, but his true birthplace is not known.

In 1432 Pope Celestine sent St. Patrick to Ireland to convert the Irish to Christianity. Until then, his name had been Menevn, but the Pope bestowed upon him the ecclesiastical name of Patrick.

St. Patrick landed near Wicklow, according to the tradition. The people were preparing to stone him for attempting to change the religion of their ancestors. But fearlessly he preached the gospel to the pagan Irish, and they listened to his eloquence. He illustrated the doctrine of the Trinity by showing them a trefoil—a three-leaved grass like the clover. The Irish were impressed, and they were solemnly baptized by St. Patrick.

IT IS because of this tradition that the Irish wear the shamrock and the green on St. Patrick's Day, which is simply an Irish jollification day in honor of the saint. There are usually parades and pageants on this day, and plenty of fun seasoned with feasting.

The hostess who entertains on March 17 carries out the old tradition by decorating her table in green and white and giving her guests souvenirs in the form of silk shamrocks, chocolate harps, or long clay pipes.

The hostess who must squeeze her occasional hospitality out of a hill of small dimensions should appreciate in full the possibilities of St. Patrick's Day—that feast of fun, pure and simple. Here at her hand is a celebration where jokes and comic ingenuity take the place of expensive elaboration, and where anyone with some little knack of tricking out a table or making a special dish out of an everyday course can give a successful luncheon or dinner.

The stationers provide clever and attractive novelties with which to decorate the home and the table on St. Patrick's Day. It is a popular plan to carry out a green-and-yellow color scheme in the menu—green and yellow being the colors of the Irish flag.

LUNCHEON

Fruit cup—garnished with half green cherry
Chicken or veal croquettes
Mashed Potatoes Buttered Peas
Shamrock Rolls—Butter
Green pineapple-cucumber salad
Pistachio parfait Macaroons
Coffee Salted Nuts

INFORMAL PARTY MEAL

Luncheon or Supper in Buffet Style
Chicken timbale Bechamel sauce
Stuffed sweet potato with marshmallow
Brussels sprouts—buttered
Toasted finger rolls Butter
Lemon Ice Box Cake Coffee
Green Candies Nuts

DINNER

Clear bouillon with whipped cream sprinkled with chopped parsley
Toasted bread sticks—olives—celery curls
Roast leg of lamb
Lime sherbet or mint jelly
 Parsley potatoes Green string beans
Butterhorn rolls Butter
Pear and cottage cheese salad (garnished with strip of green paper)
Shamrock sandwiches
* (green butter having been used)
Baked Alaska Coffee
Green candies Salted nuts

*Shamrock sandwiches may be cut by a fancy cutter, "the club" of the card set—these may be purchased at most any department store. Butter may be colored green by the juice of bruised spinach, or by using green vegetable coloring.

BAKED ALASKA

Bake a sponge cake in a small dripping pan so that when baked it is 1½ to 2 inches thick.

Place on a plank, such as is used for planking meat, a layer of cream. On this place the cake after it is cold. Either buy or make a brick of the best ice cream possible. Place it on the cake, leaving an inch space of the cake on each side of the cream. Cover it on all sides with a thick layer of meringue made of six egg whites, slightly sweetened. Put in oven and brown. When done transfer to plate and serve in slices at the table.

Individual ones can be made by hollowing out squares of sponge.

STUFFED SWEET POTATOES

Bake potatoes. Remove from shells. Mash, add warm cream and a little butter and beat until light. Season with salt. Refill potato shells. Place a cut-up marshmallow on top and brown slowly in oven.

LEMON ICE BOX CAKE

3 egg yolks
½ c. white sugar
1 tsp. cornstarch
Juice of one lemon
2 doz. lady fingers
½ c. milk
½ c. butter
1 c. powdered sugar
3 egg whites
1 c. cream to whip

Cook egg yolks, sugar, cornstarch until thick. Cool. Cream butter and sugar. Add lemon and egg whites beaten stiff. Place layer of lady fingers in pan, cover with a layer of the mixture and a little whipped cream. Repeat until pan is full. Place in ice box over night. Slice and serve with whipped cream.

Appearance Is Important

BUTTERHORN ROLLS

(Taken from Ames Woman's Club Cook Book, modified from Mrs. B. W. Hammer.)

Crumble 1 compressed yeast cake, add 1 tbsp. sugar, add 2 tbsp. warm water. Let soak a few minutes.

1 c. lukewarm milk
½ c. yeast
½ c. milk
½ tsp. salt
½ c. sugar
3 well beaten eggs
1 c. sifted flour or enough to make a soft dough, but stiff enough to knead

In the morning place on bread board, knead a little, cut in half, roll each piece...
as nearly round as possible and about \( \frac{3}{4} \) inch in thickness. Cut like a pie in 16 pieces. Begin at broad end, roll each roll up toward small end. Put in buttered tins and bake in a moderate oven about 20 minutes.

**CHICKEN TIMBALES**

3 tbsp. butter
\( \frac{3}{4} \) c. stale bread crumbs
\( \frac{3}{4} \) c. milk
1 t. chopped cooked chicken
\( \frac{3}{4} \) tsp. chopped parsley
2 eggs
Salt
Pepper

Melt butter, add bread crumbs and milk, cook five minutes, stirring constantly. Add chicken, parsley and eggs, slightly beaten. Season with salt and pepper. Turn into buttered individual molds, having moulds \( \frac{3}{4} \) full, set in pan of hot water, cover with buttered paper and bake twenty minutes. Serve with Bechamel Sauce.

**BECHAMEL SAUCE**

14 c. chicken stock
1 slice onion
1 slice carrot
Bit bay leaf
Salt
Spring parsley
\( \frac{3}{4} \) c. butter
\( \frac{1}{2} \) c. flour
6 peppercorns

Cook stock 20 minutes with onion, carrot, bay leaf, parsley and peppercorns; then strain. There should be 1 cup full. Melt butter, add flour and gradually the hot stock and milk.

**CUCUMBER PINEAPPLE SALAD**

1 box Knox gelatine dissolved in \( \frac{3}{4} \) c. cold water
\( \frac{3}{4} \) c. boiling water
\( \frac{1}{2} \) c. vinegar
\( \frac{1}{2} \) c. sugar
Juice of one lemon

When this commences to harden, add 3 large cucumbers chopped fine, and 1 small crumbled pineapple. Color with green coloring, 16 molds. (Put cucumbers through coarse knife of food chopper.)

**Your Pans Should Flat-Bottomed**

I T'S up to the housewife whether she wishes to invest in kitchen equipment of good quality, which requires larger immediate cash outlay, or prefers to spend less money and renew her purchases more frequently.

Her field of selection is practically unlimited. But rather than visit the nearest hardware store to buy a pan, a kettle or a rolling pin, it has been found more profitable by home economics specialists at Iowa State College to take into consideration some of the following utensil requirements before signing a bill for a purchase.

Pans meet kitchen requirements more satisfactorily if they:
- Have flat bottoms that fit evenly over a burner,
- Have straight sides with a smooth finish inside and out,
- Are easily cleaned and have well-rounded corners and edges,
- Have cool, comfortable, well-balanced and firmly attached handles,
- Have sufficient tensile strength to retain their shape and yet are not cumbersome,
- Have an even coating of enamel, with no bare spots, bubbles and cracks,
- Have beauty of design, color and finish, and
- Have covers that fit snugly.

Useless utensils are legion in many kitchens. Many housewives do not have enough equipment to prepare meals without useless effort. The model kitchen might contain:
- 1 utility tray
- 1 colander
- 1 rolling pin
- 1 egg beater
- 1 pair scissors
- 1 knife sharpener
- 1 set kitchen cutlery

\( \frac{1}{2} \) tsp. sugar
1 tsp. vinegar

Juice of one lemon

When this commences to harden, add 3 large cucumbers chopped fine, and 1 small crumbled pineapple. Color with green coloring, 16 molds. (Put cucumbers through coarse knife of food chopper.)

**On Kitchen Shelves . . .**

By Dorothy Burnett

Pans, Pans, Pans, Pans, Pans!

**PANS, PANS, PANS, PANS, PANS!**

Useless utensils are legion in many kitchens. Many housewives do not have enough equipment to prepare meals without useless effort. The model kitchen might contain:

- 1 utility tray
- 1 colander
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1 bread box
1 cake box
1 ice pick
1 step stool
1 wire cake cooler
1 food chopper
1 funnel
1 whipping beater
1 toaster
1 2 pie plates
1 1 baking pan
1 1 frying pan
1 double boiler
1 tea kettle
1 waste basket
6 dish cloths
12 dish towels
2 or 3 sauce pans of varying sizes with two lugs if possible
1 salt, pepper and flour shaker
1 set storage jars (spices, cereals, tea, coffee, etc.)
6 custard cups or small casseroles

The careful housewife will not find herself without such articles as thermometers, standard measuring cups, spoons, knife sharpeners and stainless steel cutlery.

An oven thermometer is indispensable to the housewife who does not have an oven control on her stove. Candy thermometers are useful in making frostings that need not be re-cooked.

Color isn't going to be such a problem. Thoughtful manufacturers supply every kind of kitchen implement in a variety of well-chosen shades. So, once the predominant color is chosen, it's a simple matter to say, "Please send up one assortment of mixing bowls and a couple of sauce pans—color, Spanish tile!"