

# TAKE A NEW LOOK AT OLD-FASHIONED COOKING

Traditional American cooking is coming into its own as the latest cuisine to attract the interest and approval of the food establishment.

Anyone who makes a study of American or regional cooking soon realizes that it has always differed significantly from most foreign cuisines. Although the recipes are basically simple and uncomplicated, home cooking in this country has always been extraordinarily innovative. Instead of slavishly following classic recipes, the best cooks have added personal touches and have constantly updated traditional recipes to suit the times.

Today, when time for preparing meals frequently is at a premium, contemporary cooks are learning to save minutes — even hours — by combining fresh foods with a few high quality convenience foods. They do this even in heritage recipes, if the results are just as good.

This idea actually is not as new as it might seem. For nearly 50 years some of the best Southern cooks have used refrigerated biscuits in recipes. One innovative person discovered that the inexpensive buttermilk or country style biscuits could be turned into light dumplings for hearty meat and vegetable stews. Another person tried baking the biscuits in the same pan with maple flavored sweet potatoes and pork chops to produce a delectable, slightly sweet dinner bread.

All doughnut lovers should cheer the first experimenter who tried cutting holes in these refrigerated biscuits and frying them in deep fat. The result rivals good raised doughnuts. The big difference is hours of time saved. Doughnuts from biscuits are ready to fry just as soon as the fat is hot, making them quick enough to serve for a weekend breakfast.

Even the kuchen which usually starts with a yeast dough can be made with these inexpensive biscuits. As another time saver, Apricot Cream Kuchen calls for fruit jam as a delicious, always-available substitute for the fresh fruit topping. The kuchen is partially baked, then the traditional egg and sour cream custard mixture is poured over it and baked until set. From start to finish, this coffeecake is ready to serve in less than an hour.

Because the various kinds of refrigerated biscuits are made with different amounts of shortening, it helps to know that the least expensive country style biscuit is the most versatile for recipe use.

Choose them for topping cobblers and other homey fresh fruit desserts like Old Fashioned Cranberry Apple Crisp. Now that fresh cranberries and apples are at their peak, this is a perfect ending for a fall dinner. To speed preparation, the fruit starts cooking on top of the range, and the dessert needs to be baked only enough to brown the flaky biscuit topping.



Traditional American Recipes have been updated to save time. (Clockwise, from left to right) Favorite Pork Chop Dinner, Old Fashioned Cranberry Apple Crisp, Easy-Does-It Doughnuts, Hearty Meatball Stew and Dumplings.

## OLD FASHIONED CRANBERRY APPLE CRISP

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|--|---|
| 5 cups (5 medium) peeled, chopped apples | 10-oz. can Refrigerated Flaky Biscuits    |
| 2 cups fresh or frozen cranberries*      | 1/4 cup sugar                             |
| 1 cup water                              | 1/4 teaspoon cinnamon                     |
| 1-1/4 cups sugar                         | 3 tablespoons margarine or butter, melted |
| 1/2 cup chopped nuts, if desired         | 1/4 cup chopped nuts                      |
| 2 tablespoons cornstarch                 |   |
| 1/4 teaspoon salt                        |   |
| 1/4 teaspoon cinnamon                    |   |

Heat oven to 375°F. In saucepan, combine first 3 ingredients; cook over medium heat 5 minutes. Blend remaining ingredients except Topping; stir into apple mixture. Cook 2 minutes until thickened; pour into 13x9-inch pan. Separate dough into 10 biscuits; separate each biscuit into 2 layers. Blend sugar and cinnamon. Dip 1 side of each biscuit in margarine, then in sugar mixture. Arrange biscuits, sugared-side-up, over hot apple mixture, overlapping to make 2 rows; sprinkle with nuts. Bake at 375°F. for 20 to 25 minutes or until deep golden brown. If desired, serve warm with cream or ice cream. 8 to 10 servings. TIP: \*16-oz. can whole cranberry sauce can be substituted for cranberries; reduce water to 1/2 cup and sugar to 1/2 cup.

## HEARTY MEATBALL STEW and DUMPLINGS

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|--|---|
| 1 lb. ground beef  | 3 carrots, cut into 1/2-inch pieces, about 1 cup                      |
| 1 egg  | 2 medium potatoes, cut into 1-inch pieces, about 1 cup                |
| 1/4 cup chopped onion  | 1 medium onion, sliced  |
| 1/2 teaspoon salt  | 1/4 teaspoon thyme  |
| 1/8 teaspoon pepper  | 1 can (10 biscuits) Refrigerated Buttermilk or Country Style Biscuits |
| 1 beef bouillon cube or 1 level teaspoon beef instant bouillon | Paprika   |
| 1-1/2 cups boiling water                                       | Parsley   |
| 10-3/4-oz. can condensed tomato soup                           |   |

In medium bowl, combine ground beef, egg, chopped onion, salt and pepper; mix well. Shape into 1-1/2 to 2-inch balls. In Dutch oven, brown meatballs; drain off excess fat. Dissolve bouillon in boiling water. Add water, tomato soup, carrots, potatoes, sliced onion and thyme; stir gently. Bring to a boil; reduce heat, cover and simmer 15 minutes.

Separate dough into 10 biscuits; cut each in half. Place biscuit halves on hot stew mixture. Sprinkle with paprika and parsley. Simmer uncovered for 10 minutes; cover tightly and simmer 20 minutes longer. Serve immediately. 5 to 6 servings.

## APRICOT CREAM KUCHEN (not pictured)

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|---|------------------------|
| 2 tablespoons margarine or butter                           | 1 egg, slightly beaten |
| 8-oz. can refrigerated Buttermilk or Country Style Biscuits | 1 cup dairy sour cream |
| 1/3 cup apricot jam   | 2 tablespoons sugar    |
|   | 1/2 teaspoon vanilla   |

In oven, melt margarine in 8-inch square pan while preheating oven to 450°F. Separate dough into 10 biscuits. Coat each with melted margarine; arrange in pan. Spoon 1 teaspoon jam on each biscuit (reserve remaining jam for topping). Bake 5 minutes. Combine egg, sour cream, sugar and vanilla; blend well. Spoon over partially baked biscuits. Reduce oven, to 350°F.; bake 25 to 30 minutes longer or until custard is set. Spread with remaining jam. Cut into squares. Serve warm. Refrigerate leftovers. 9 servings.

## EASY-DOES-IT DOUGHNUTS

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|----------------------------|--|
| Oil for deep frying        | Country Style Biscuits                 |
| 1 can (10 biscuits)        | Sugar, cinnamon-sugar mixture or glaze |
| Refrigerated Buttermilk or |  |

In deep fat fryer or heavy saucepan, heat about 1 quart oil to 350°F. Separate dough into 10 biscuits. Cut holes in center of biscuits. Fry cut biscuits and holes in oil at 350°F. about 1-1/2 minutes on each side or until golden brown. Drain. If desired, roll doughnuts and holes in sugar, cinnamon-sugar mixture or drizzle with glaze. Serve warm. 10 doughnuts.



## FAVORITE PORK CHOP DINNER

- 5 (3/4-inch thick) pork chops  
Salt  
Pepper  
23-oz. can sweet potatoes, drained  
3/4 cup maple-flavored syrup  
1 can (10 biscuits) Refrigerated Buttermilk or Country Style Biscuits

Heat oven to 375°F. In skillet, brown pork chops. Place chops in ungreased 13x9-inch (3-quart) baking dish. Season with salt and pepper. Cover; bake at 375°F. for 20 minutes.

Remove pan from oven; drain off liquid. Move chops to one side of pan. Arrange sweet potatoes around chops. Four syrup over chops, potatoes and in bottom of pan. Separate biscuit dough into 10 biscuits; arrange in pan next to chops and potatoes. Return to oven and bake, uncovered, an additional 20 to 25 minutes or until biscuits are golden brown and chops are tender. 5 servings.