

Advice To Brides: Don't Boil

By ELLY

The June bride who hears the accusing "Can't you even boil water?" can confidently answer "no" because most foods should actually not be boiled.

To begin with, your range does not have to be on high for water to boil. This setting is used only when you want to bring water to a boil very fast. If the high setting is used it should be watched carefully and the heat reduced as soon as the boiling point is reached.

Many a saucepan has lost its bottom by being left on "high" unattended. Most foods that are cooked on top of the range, including vegetables, should be simmered. Many times on an electric range you can bring the food to boiling point, then turn the burner completely off, leaving the saucepan on the surface unit for the food to cook on the stored heat left in the unit.

If you are cooking on gas you can do the same thing by turning the heat just as low as possible.

MANY BRIDES of yesteryear still refer to hard-boiled eggs, and they cook theirs this way.

To hard-cook eggs, place them in a saucepan, cover with water and a lid and heat to a temperature just below boiling. Then turn your heat to the very lowest point and cook for 15 to 20 minutes, depending on the degree of doneness you prefer.

A few slices of hard-cooked egg on tomato slices nestled in a bed of crisp lettuce makes an attractive and nutritious salad. Let him add his own favorite salad dressing.

Most people consider sweet corn on-the-cob easy to cook, and they are right. Just drop the cleaned ears into boiling, unsalted water. Salt tends to toughen corn, so wait and let everyone salt his own before eating.

You could add one teaspoon sugar to the water if you desire. This helps bring out the sweet goodness of the corn. Cook corn for five minutes - and that's all!

MEAT COOKERY is usually considered the very hardest to master, but actually can be very simple. Baking is probably the easiest, so instead of frying chicken, try baking.

Place desired chicken pieces (could be one cut-up fryer or three chicken breasts split) in a covered casserole that is ovenproof. Dot with four tablespoons butter and squeeze one lime over chicken. Pour one bottle commercial Russian dressing over all. Place lid on casserole and bake in oven for one hour at 350 degrees.

To put the bride's menu in complete form we have:

Baked Chicken
Sweet Corn-on-the-cob
Lettuce and Tomato Salad with egg garnish
Fresh Peaches
Coffee, Tea, Milk

A meal that will let the man of the house know that you do know how to cook.

THE FLORIDA Dept. of Agriculture sends along some helpful tips for the bride:

Sprinkle lime juice over fresh sliced peaches to keep them bright and pretty.

Eggs peel more neatly if they don't crack during cooking. To help avoid this, pierce the top of the larger end with a pin, being sure to penetrate just the shell.

When hard-cooked eggs are done, cool at once in cold water - this helps prevent dark surface on yolk and makes for easier peeling.

Use a variety of salad greens in addition to head and leaf lettuce. Try Bibb or Boston lettuce, curly endive, romaine, and escarole.

Have all salad ingredients clean and chilled ahead of time. Always dry greens so dressing can cling.

To core head lettuce: Smack head stem down on counter top. You can twist core right out! For lettuce cups run water through core. Leaves peel off! Drain before using.

For easy peeling of hard-cooked eggs, make certain that your eggs are at least one week old before cooking.



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