

Successful cook knows her recipes

About the first month after you're married, you'll decide it's time to throw a dinner party. Your aim probably will be to impress your in-laws with what a fine choice your husband has made in picking a girl blessed not only with beauty, charm, intelligence and good taste but also with great gifts as a culinary artist.

So you break out one of those brand new cookbooks and enter a vast and perhaps strange world of terms. The books are great but sometimes they assume you know a little more about what they're talking about than you do.

For example, one girl was stopped cold when she had to "coddle" an egg. True, that's one that isn't likely to crop up often in anyone's experience, but no matter how long you stand holding that egg and keeping it nice and warm, coddling won't coddle it. To coddle means to cook in liquid which is kept just below the boiling point.

To help you over the hurdles of deciphering those magic recipes, here is a partial list of phrases you'll come across referring to the cooking of meats — which of course will be the most important feature of your meal.

BAKE — to cook in a heated oven, and when this term is applied to meats, game or fowl this cooking method is called roasting.

BASTE — to spread liquid — meat juices or fat — over the surface of the cooking food generally a roast.

BRAISE — to brown the meat in a little hot fat, then to add the liquid, cover and cook until tender over low heat or in the oven.

BREAD — to coat the meat or fish with fine crumbs made from crushing crackers or dried bread.

BROIL — to cook without fat next to an open flame or over hot coals; this is one method commonly used for cooking various chops and steaks.

DREDGE — to apply a coat of a dry substance — such as flour or sugar — to the outside of the meat.

FRY — to cook in hot fat. There are two ways of frying. The first is to saute or pan-fry — cooking in a skillet with a small amount of fat. The second is deep-frying — cooking in a deep fry kettle using enough fat or oil so that the food will float.

GRILL — means the same as broil.

HEELING — is the final basting of roasts or fowl and is often done with wine or brandy.

MARINATE — to allow the meat to stand in a mixture before cooking; the marinade usually contains oil, an acid, herbs and other seasonings.

PAN-BROIL — to cook uncovered in a hot skillet without fat; and you pour off the fat from the meat as it cooks out.

PARBOIL — to partially cook food in boiling water before you cook it in another process.

ROAST — to cook meat in an oven without it being surrounded by any liquid for moisture.

SCALLOP — to bake food in a casserole, with layers of meat, sauce, crumbs, cream or other foods.

SCORE — to make slits in the surface of the meat with a knife or other tool, usually preparatory to inserting seasonings.

SEAR — to brown the meat surface quickly over high heat in a very hot skillet, oven or broiler.

SKEWER — a utensil, usually made of metal or wood, that holds the meat together or in place while it cooks.

STEAM — to cook by suspending the meat in a tightly covered pot over boiling water.

STOCK — liquid in which meat, fowl or fish have already been cooked.

TRUSS — to fasten tightly; for instance a fowl is trussed with skewers to keep the stuffing inside as it cooks.

Now another word of caution — don't pay any attention to so-called helpful hints, such as "My dear, you just can't cook lamb too long." Follow the charts in your cookbooks which tell you how to determine the length of time meats should cook.



Mrs. Orville Mann, the former Carol Hunter, Summerside.

Heckbert Photo.

Tastesetters advise less fuss for second weddings

Judging from the many books on wedding etiquette, love may be lovelier the second time around, but second weddings aren't.

In fact, the less fuss about them the better, advise the tastesetters.

Still, there must be many of them, what with today's statistics forecasting that one out of three marriages will crack up sooner or later (either by premature death of one of the partners, or divorce, which is six times more prevalent today than 40 years ago). And that most women once bitten aren't twice shy.

These same statistics also show that the widow or divorcee has the edge on her bachelor girl friend when it comes to facing the altar again, a fact well known by fashion designers who inevitably include a "daughter-of-the-bride" gown in their collections along with the traditional "mother-of-the-bride" dress.

Research of a yard-high stack of "advice to the bride" books yields little help to the second-round bride, however, and none at all to the bridegroom. In one book devoting 500 pages of rules and guideposts covering the tiniest details for everybody involved in that first walk down the aisle, only two pages are devoted to the etiquette of second weddings.

Briefly, the wedding should be held in a small church or Chapel or in the bride's own home. The reception should be the simplest possible (a small tea or supper in the bride's home). And the bride does not wear white, nor does she wear a wedding dress or bridal veil. She may wear a corsage, but no bouquet. And she shuns both orange blossoms and myrtle wreaths.

One attendant is proper for the bride (she can choose her daughter for this honor) and one for the bridegroom. And the wedding cake, if there is one, should be frosted in pastel and not in white.

Invitations should be informal (unless the bride is very young) and usually only family and intimate friends attend the ceremony, although others may be invited to the reception.

The bride is not usually given away, though she may be if she is a very young widow. And gifts are not expected, although friends and relatives frequently do send them a second time.

The bridegroom is expected to be present, of course, and one assumes he will behave himself — although not one of the etiquette books before me bothers to tell him how.

With no more than this meagre-

official advice to pass on in an article on Rules for a Second Wedding, we are forced to compile a list for the bridegroom on the basis of gaffs we have seen, some of which have ended in some pretty jazzy "happenings."

1. Memorize your bride's name. In fact, if you're the least absent-minded or apt to panic under nervous pressure, it's a good idea to concentrate on calling your new bride "Darling," at least until you've safely escaped the last toast and are on the way to your honeymoon.

One flustered husband we know missed a non-cancellable cruise to the Aegean Islands because his bride lingered too long over her coiffure while the cab cooled outside the door. "Please hurry, Myrtle," he called upstairs.

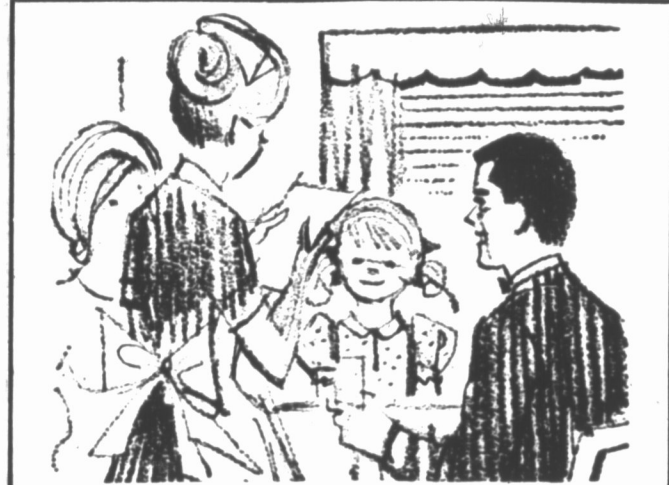
Upstairs sat his bride — and sat and sat and sat.

"Myrtle's your first wife," whispered the horrified best man, a second too late.

2. Check the guest list carefully. One unlucky bridegroom wired his old college roommate, inviting him to join the wedding party in Las Vegas, where they'd all repaired by plane to celebrate the event. His old buddy came all right — with his new wife, who just happened to be the groom's first wife. Things went along, civilly civilized, until Mrs. No. 1 and Mrs. No. 2 just happened to sit across the table from each other. They started comparing notes and the bridegroom got the champagne in his face.

3. Write out your new address and HAND it to the taxi driver. We know a poor fellow who got off the plane with his happy bride, rounded up the baggage, and automatically gave an address to the cabbie. The two rode for an hour, lost in each other's eyes, until the driver braked to stop — in front of his ex-wife's home.

4. Don't panic. Keep your wits about you and remember those same statistics are on your side. For despite the occasional Tommy Manvilles and Henry the Eights, most second marriages are happy ones. You already know that not even Aphrodite looked pretty with curlers in her hair; and your bride knows you are no Adonis, either, until you are shaved.



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Wedding gifts — if displayed — should be shown at the home of the bride, not at the place of the reception. The bride frequently displays the gifts at a tea or party at her home in advance of the wedding.

INCLUDE SPOUSES

If any of the bride's or groom's attendants are married, their spouses should be included in all pre-wedding parties. However, they do not attend the wedding rehearsal and don't stand in the receiving line.



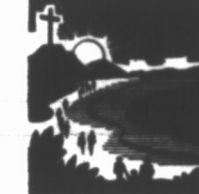
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