

# VILLAGE VIEW

ANDREA LEONARD

Leftovers... again? Whoever does the cooking feels guilty throwing them out, but not even the cook really relishes leftovers. Kids'll eat 'em... they'll eat 'most anything if it's slathered with ketchup. That's because there's lots of sugar in ketchup.

With food prices rivaling fuel prices- or is it the other way around?-- making leftovers more palatable and attractive is worth a little effort.

Mix up a marinade of two parts salad oil and one wine vinegar, add salt, pepper and shake it well. Keep it in the refrigerator in a widemouth jar. Add leftover vegetables: peas, carrot disks, string and wax beans, kernel corn, onion; use on lettuce leaves with radishes and celery sticks, or mix with tuna when making salad.

Never throw away a lemon until the rind has been grated into a chicken dish, stewed tomatoes, cake batter or cookies, or on fish. If you've made lemonade, try sweetening it with left-over fruit juices and syrups you've frozen in icecube trays. Instead of getting more watery, the lemonade improves as the cubes melt.

Any food to be reheated can be packed into pot-pie foil pans, topped with plastic lids from coffee cans, and frozen. The stackable pie pans go from freezer to oven for quick warm-up; just remember to remove the covers first.

Fresh-tasting breadcrumb topping, home made, beats the ground-up-cardboard stuff, all hollow. Freeze heels of

bread in a plastic bag. Grated frozen, the crumbs don't fly all over the kitchen. If you like the flavored kind, mix your own spices and store in a salt shaker. Sprinkle atop breadcrumbs. Also good on thin-sliced cucumbers.

While soup is a fine way to use leftovers, in winter, now summer's here no one's turned on by hot soup. Salads come into their own. Although needing more preparation than soups, salads are equally as nutritious and a nice change as well. The secret of success in either soup or salad is keeping complimentary flavors working for, rather than against you.

If you've a small amount of leftover chicken meat, but not enough for chicken salad for the family, you know you can stretch it with celery. Did you know you can stretch it even further with a can of tunafish? Or left-over ham?

Ham and chicken flavors blend deliciously; a good thing to remember when making casseroles as well as salads. Casserole dishes must have been invented by a good cook with lots of leftovers. Almost anything goes, and almost anything improves. Start, of course, by greasing a goodsized baking dish. If you've some left-over gravy, warm it. If not, cook chopped onion and chopped green pepper in two cups of hot water. Add a bouillon cube. Thicken with flour for gravy. Layer cut-up chicken meat, cubes of ham, with cooked macaroni, noodles or rice. Pour gravy over and stir. Bake 35 to 40 minutes for fine eating. Served with hot buttered carrots and a green salad. You'll have few complaints. Top the casserole with grated frozen bread, bits of ham fat and a sprinkle of cheese or your own spicely topping, if you want raves.

For the most in chicken value, buy a whole one. Why pay the butcher's time to cut it up? You can do that when you get it home. If you want chicken meat, cook it whole, stuffed and roasted. For pieces, separate at the joints using shears.

However you cook chicken, whole or in pieces, roasted, fried, baked, broiled, or barbecued, use it all. You've paid for it all. Save all bones, the wingtips, breast and backbone, and the neck. When the meat is gone from them, put everything left over, including skin, in a good-sized kettle, cover with water, put a close-fitting lid on the pan and simmer for at least an hour. Strain; save the broth; discard the solids. Cool broth and skim fat. Freeze broth in pint containers; handy for making gravy or sauces, cooking vegetables, steaming rice. Use whenever you want added flavor and nutrients.

A favorite way to use leftover beef (if you're lucky enough to have had beef recently) is in stroganoff. Stroganoff, like hash, is what happens after you've eaten it hot, sliced cold, in sandwiches, and finally want to end up with something creative.

There are probably as many recipes for stroganoff as there are Russians, but basic ingredients include cooked beef, mushrooms, yogurt or soured cream, garlic for flavor, and either rice or noodles.

At our house, stroganoff for two takes twenty minutes to prepare. Boil water for noodles while you cut a cup of meat into strips like potatoes for French frying. Also boil a cup of water for bouillon. Use beef bouillon cube; let stand til dissolved. Brown meat in two tablespoons margarine, soften sliced small onion at same time. Toss in sliced mushrooms and a minced clove of garlic. Stir. Add two tablespoons flour; stir; pour in bouillon; stir. When thickened, set aside. In a bowl, mix a cup of yogurt or soured cream with a half-cup mayonnaise and a few tablespoons of dry wine.

Just before you're ready to serve, cook the noodles and drain them. Bring meat mixture to a boil, stir in the cream mixture, but don't let it boil or it will separate. Serve over hot noodles. We like lettuce and tomato salad with this meal.

How would you like to serve six people with a half-pound of lean ground beef -- elegantly? Even the name is elegant. Quiche Hamburg.

You'll need an unbaked 9" pastry shell, a half-pound of ground beef, half a cup each of mayonnaise and milk, two eggs, 1 tablespoon cornstarch, a cup-and-a-half chopped cheddar or Swiss cheese, a third cup of diced green onions, and just a pinch of black pepper.

Preheat oven to 350 degrees. Brown beef in skillet over medium heat, stirring until meat is cooked and breaks into largish crumbs. Drain off all fat and set meat aside. Mix mayonnaise, milk, eggs and cornstarch together until smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake 35 to 40 minutes until golden brown and knife inserted in center comes out clean.

Finally, there's nothing easier, more versatile or more universally popular than macaroni salad. To the basic recipe you can add: diced cooked ham and a tablespoon of prepared mustard. Or cubed chicken, or flaked tuna, or flaked cooked flounder and a quarter cup of chopped green peppers, and/or an equal quantity of shredded carrot. Or two cups cubed Swiss cheese and a dash of Worcestershire sauce. Or for vegetarians, add a quarter cup each of shredded carrot, chopped green pepper, broken cauliflowerets, fresh sliced mushrooms, and/or sliced olives.

The basic recipe: Cook an 8 ounce package of elbow macaroni. Drain well and put in large bowl. Stir in a cup of mayonnaise, a half cup chopped celery, 2 tablespoons chopped onion, a teaspoon of salt and a pinch of black pepper. Add your own choice of the variations. Stir all together and chill thoroughly before serving on lettuce. Macaroni salad is especially good if made a day ahead, so all the flavors can blend.

Enjoy your summer-- and put all those good leftovers to use.