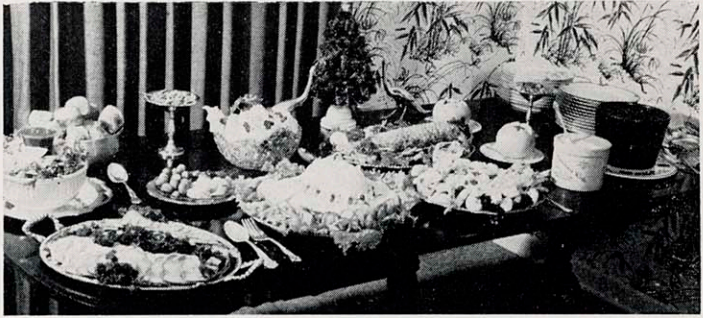


# Snacks

A buffet or smorgasbord, set before guests arrive, makes entertaining easy.



## 1. *The Smorgasbord*

We are all familiar with the French hors d'oeuvres or appetizers. The Scandinavian counter-part is called smorgasbord and is served with schnapps at the dining table as a first course. The smorgasbord as served in the Scandinavian countries usually consists of hot potatoes, fish and meat dishes, salads, as well as canapes. We in this country have modified the smorgasbord and have used it in the sense of a buffet. This provides an opportunity for serving large quantities and varieties of food without the necessity of elaborate service and help.

Our American style smorgasbord usually consists of two hot dishes, a cold meat plate, salads, a cheese tray, appetizers, hot breads, assorted fish, small cakes and a beverage. Because of the great variety of foods, one must be careful about the general appearance of the table. It is not necessary to use many decorations, for the artistic arrangement of the food alone beautifies it.

A complete smorgasbord or buffet is outlined below. Any one of the items may, of course, be altered to suit your individual taste.

The hot foods should occupy the end of the table so that they can be served from a chafing dish. Creamed chicken or sweetbreads with mushrooms are suggested. Your salads may include a tossed green vegetable salad and a fruit gelatin mold.

Cold potato salad is the best way to serve potatoes on a smorgasbord or a buffet. It should come to the table artistically displayed and its taste should be as tempting as its appearance. One should use good potatoes, cooked in the jackets, peeled, diced and seasoned before they are cold so they may take on the seasoning, then chilled and mixed with the salad dressing and all other ingredients as directed under "Salads". When the potato salad is served it should be arranged in a beautiful salad bowl and garnished with some of all of the ingredients used in the potato salad, such as hard cooked eggs, pimiento, parsley, radishes and the addition of fancy cucumber slices and sprigs of fresh herbs.

Cold meat and cold potato salad may be arranged on a platter to make an attractive picture. Spread melted butter on a slice of boiled ham and add a small serving a la cornucopia of very finely-diced potato salad. Roll as for a jelly roll—the butter will seal the ham around the salad. Dip each end in



finely cut parsley. Place Rula Pilsa in center of serving tray and arrange ham rolls around the outside.

In the center of the table between the hot dish and the cold salads you may want to place a hard-cooked egg dish. Place deviled eggs flat side down on a slice of tomato. Sauté mushroom buttons in salad oil and place one button, cup side up on the tip of each egg. Cut a small wedge in the egg to make the mushroom button fit securely. With a pastry tube fill each button with cream cheese. Garnish with parsley.

The relish tray should never be overlooked in a buffet or smorgasbord. It may consist of practically everything from the relish line—green, ripe and stuffed olives, celery and stuffed celery, carrot strips, fancy pickles of all kinds, radishes and green onions. All of these items should be specially prepared to add beauty to the table. The carrots may be cut in thin slices lengthwise and crisped in cold water; the onions should be of the most tender type. Anything in the way of fruits or vegetables that can be eaten raw can be served on a buffet. Too much of anything on any one plate or dish destroys the natural beauty of the food.

**Cheese Tray or Cheese Board**—It is not an easy job to serve cheese attractively and on many occasions cheese is wasted because too much has been cut. It is advised that on this tray or board you serve a large piece of cheese garnished with many other types suitable for serving. Additional cheese may be cut as desired. Cheese should always be kept cold and refrigerated until served. Serve small quantities with a reserve dish ready to replace the first one if demanded.

**Fish or Seafoods**—Fish or seafoods may consist of salmon, trout or halibut baked and covered with chaufroid sauce served on a wooden board or silver platter and garnished to typify seafood with fresh sprigs of tarragon, parsley, kitchen thyme and sliced or quartered lemon. If a lobster salad is served, it should be garnished with whole cooked lobsters.

If you want to add fresh shrimp to your table, serve it in a cabbage bowl. Remove the center of the cabbage and immerse the head in ice water; the outer leaves will loosen and form a bowl. In the center set a glass of sea food cocktail sauce and arrange the fresh shrimp with tooth picks in the cabbage leaves. Garnish platter with slices of lemon and sprigs of parsley for color.

**Baked Salmon or Halibut Chaufroid Style**—In buffet service the table must be beautiful. To make a beautiful table, you must display the zenith of the culinary art and this recipe exhibits that art and skill. A chaufroid sauce may be made with gelatin and mayonnaise salad dressing or gelatin and cream sauce and gelatin, or reduced chicken or veal glaze. This is not an idea of getting along without something because it is hard to make but one should practice until he has developed the art of preparing these beautiful pieces to demonstrate and serve good, beautiful food.

Select salmon from 8 to 10 pounds in weight or halibut about 10 to 12 pounds. They should be thoroughly cleaned by washing in clean water and rubbed with baking soda. Season heavily inside and out with salt, seasoning salt and smoked salt. Bake at an oven temperature of 260°F. until the fish develops an internal temperature of 170°F. You should carefully remove the skin keeping the fins and tail intact as near as possible. It should be well basted and seasoned with the juice from the fish in the pan where it was baked. It should be placed in the refrigerator to chill. When it is cold, it should be covered with chaufroid sauce by pouring over one coat and letting it rest until that has set; then apply another coat until it is completely glazed. The sauce is made as follows: 1 cup mayonnaise or cream sauce; 1½ table-spoons gelatin soaked in ¼ cup water, melted or dissolved over hot water



and stirred into 1 cup of mayonnaise or cream sauce. Season with 1 tablespoon lemon juice.

The same fish may be covered with whipped or softened creamed cheese with the addition of a little gelatin and garnished with sliced stuffed olives.

The hot beverage is placed at the opposite end of the table from the hot foods.

The smorgasbord should also include two neatly decorated cakes, one chocolate, one white or sponge; if it is a wedding celebration, use wedding type cakes and if it is just a social function with buffet service, I recommend an assortment of beautiful petifores.

**Meats for the Buffet or Smorgasbord**—A small buffet may consist of cold sliced meats of different types such as ham, cold, sliced boned chicken, tongue, roast turkey and standing rib roast of beef. In a large buffet where hundreds of people are to be served and you wish the table to remain beautiful throughout the entire serving period, whole decorated hams, roasted turkeys, garnished tongue, rib roast of beef may be arranged behind each platter of carved meat to illustrate the food being served for the entire time the meal is in progress.

In a very elaborate buffet, sliced smoked turkey may be added. Canned fish such as tiny sardines, fillets of anchovies, and hard cooked eggs, radish roses, olives, pickles and relishes add color and appetizing appeal to the table. These are some suggestions for buffet dishes.

## 2. Appetizers

Appetizers are meant to excite the appetite and can be prepared from a variety of ingredients in a number of ways. No particular recipe is followed—it is up to the homemaker to try out her original ideas. A good hostess will have some of the following things on hand. For sandwiches—bread that is not too fresh; cheese of many varieties, *especially cream cheese*: Cream cheese has more variations than any food on your pantry shelf. It blends with meats, poultry, seafoods, vegetables and fruits. It is a wholesome extender and with food value a plenty. It can do a good job alone with a little extra seasoning. It is bland and always should be seasoned, served with anything. One pound of cream cheese mixed with  $\frac{1}{4}$  teaspoon marjoram seasoning powder, garlic seasoning powder, tarragon seasoning powder and basil seasoning powder and 1 teaspoon of good seasoning salt and 2 tablespoons chopped fresh parsley and 1 tablespoon finely-cut chives makes a sandwich spread that is hard to top. This same spread may be mixed with finely-cut dried beef, ham, chicken or canned seafood of any type and put into ribbon sandwiches or open-faced sandwiches. Garnish with parsley and sliced, stuffed olives. This sandwich spread takes the fear out of any hostess when she is the victim of unexpected guests. Garnish with hard-cooked eggs or deviled eggs, butter, anchovy paste, mayonnaise, salad dressing, pickles, crackers, stuffed, green and ripe olives; dried beef, meat spreads, chopped parsley, green peppers, bead onions, caviar, vinegars, salts (garlic, celery, bay salts, etc.) shrimp, cocktail sauce, tuna fish, crab meat, radishes, lettuce, avocados, bacon, canned wieners, fresh tomatoes, nut meats, fruit juice, celery—there is no end to these items. Soup is also classified as an appetizer but it is presented in another chapter.

Snacks or appetizers are made in advance with one's best skill and care. They should be a challenge to any hostess. The appetizer is the first impression of what your meal will be and, it must be full of zest and appeal.



### 3. Canapes

Canapes are sandwiches or the principal item in the line of appetizers or hors d'oeuvres. They can be small open-faced sandwiches arranged neatly on a tray. In making canapes use day-old bread, round or square crackers and some hotbreads.

Sandwiches or canapes may have the appearance of different spreads and yet be made of one food item. For instance, a canape made with a liver sausage spread can be found in different recipe books as puree de foie gras or pate de foie gras—it is merely goose-liver paste in cans or smoked liver sausage from your corner grocery store, which has been mashed into a fine paste.

Anchovies are popularly used for canapes. They come canned, packed in oil or in paste form. Anchovy paste is very strong in flavor and not much is required to flavor a sandwich. Caviar, bead onions, olives, cream cheese, peanut butter are all helpful in making tiny sandwiches.

#### CANAPE SUGGESTIONS

Make a hole lengthwise through a pickle. Fill with cream or cheddar cheese spread and put in refrigerator to cool. Slice and serve on salted wafers with thinly-cut dried beef.

Spread peanut butter on round or square crackers. Use a fine star pastry tube to decorate edges with cream cheese or deviled egg yolk mixture.

Spread fancy-cut slices of toast or crackers with cream cheese. Cover with similarly shaped slices of smoked tongue.

Spread slices of toast or crackers with anchovy paste. Sprinkle with riced yolk of egg.

Roll chutney in slices of bacon. Broil and serve on toast.

Make a paste of finely-chopped chicken salad, prepared by taking 1 part celery, 2 parts chicken, lemon juice and mayonnaise. Season with salt and pepper and spread on thin slices of bread. Garnish with chopped parsley.

Sauté mushrooms in butter. Chop fine. Spread on heart-shaped slices of toast. Place under broiler for a few minutes. Serve hot.

Spread cheddar cheese on crackers. Place under broiler until cheese melts. Sprinkle with chopped parsley and serve hot.

Minced clams, salmon, tuna fish, shrimp, or any flaky fish may be mixed with mayonnaise and lemon juice and spread on fancy cuts of bread. Serve as an open-faced sandwich or as a two-piece one.

To  $\frac{1}{2}$  cup finely-chopped cooked ham add 1 chopped sweet pickle, 6 stuffed olives, 2 tablespoons mayonnaise, juice of  $\frac{1}{2}$  lemon and salt, if desired. Serve on round slices of toast or bread.

**Stuffed Celery**—work aged cheddar cheese into a paste by grinding in a food chopper or grating and beating well in an electric mixer. Wash celery hearts clean. Separate stalks or blades. Using a star pastry tube fill each stalk with cheese. Garnish with chopped, stuffed olives. Place in refrigerator to chill.

**Broiled Grapefruit**—use a grapefruit knife to remove membranes and core, leaving the sections free in the shell. Sprinkle grapefruit with sugar. Place in hot oven or under a broiler. When beginning to brown, sprinkle with powdered sugar. Place marshmallow in core space. Return to oven and heat until marshmallow is browned. It must be served hot.

**Plank Appetizer**—cut a lengthwise slice of bread about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in thickness. Spread with cream cheese, then fill pastry tube with anchovy paste and place paste over the cream cheese. Put a deviled egg mixture in a star tube. Place deviled stars of egg mixture at equal distances (about  $1\frac{1}{2}$  inches apart) on the anchovy. Sprinkle with paprika and chopped parsley. Cut bread into  $1\frac{1}{2}$



inch squares and place a slice of stuffed olive on top of each square. This is a quick method for making a large number of open-faced sandwiches.

**Sandwich Loaf**—slice a loaf of bread lengthwise. Spread each slice with butter and cover with a different-colored sandwich filling. Stack slices so that the colors will blend. Make a paste of cream cheese and cover the entire loaf. Place in refrigerator to chill. Slice and serve as an appetizer.

## SANDWICH SUGGESTIONS

**Cream cheese and avocado**—add lemon juice and sweet relish; salt to taste.

**Cream cheese and chives**—salt to taste.

**Cream cheese and parsley**—chop crisp parsley. Especially good if served on Boston brown bread.

**Cream cheese, pimiento cheese and olive.**

**Cream cheese and dried beef**—chop beef; dip buttered bread into beef; spread second slice of bread with cheese. Combine slices of bread.

**Cream cheese and crisp bacon.**

**Cream cheese, dried beef and chives.**

**Cream cheese and chopped dates.**

**Cream cheese and apricots.**

**American cheese and pimiento**—add cream to cheese and beat until smooth; add diced pimiento.

**Cottage cheese and crushed pineapple.**

**Cottage cheese and cucumber**—add seasoning and lemon juice.

**Cottage cheese, chives and paprika.**

**Egg and pimiento**—chop hard-cooked eggs; add diced pimiento and mayonnaise; salt to taste.

**Egg and celery**—chop hard-cooked eggs; add diced celery and mayonnaise.

**Egg and ham salad**—add chopped eggs to minced ham and mayonnaise.

**Chicken salad spread**—add diced celery and mayonnaise.

**Deviled ham**—add sweet relish, mustard and mayonnaise.

**Turkey salad spread**—add diced celery and mayonnaise.

**Braunschweiger and bacon**—cut bacon into small pieces; fry crisp; add to smoked liver sausage, mayonnaise and cream cheese.

**Bacon and green pepper**—cut bacon into small pieces and fry until crisp; add chopped peppers; combine with seasoning and mayonnaise.

**Crab meat spread**—add mayonnaise and chopped celery or mayonnaise and diced cucumbers; add lemon juice.

**Lobster salad**—add mayonnaise and chopped cucumber and celery.

**Tuna fish spread**—add mayonnaise, lemon juice, celery and salt.

**Salmon salad spread**—add mayonnaise, celery and lemon juice.

**Peanut butter and bacon**—dice and fry bacon until crisp. Use a little cream cheese.



**Peanut butter and chopped nuts.**

**Peanut butter and banana**—add mashed bananas to peanut butter.

**Peanut butter and jelly**—spread one slice of bread with peanut butter; spread another with jelly.

**Peanut butter and chopped figs.**

**Peanut butter and honey.**

**Walnut and cream cheese**—mix and spread on Boston brown bread.

**Date and nut**—chop dates and nuts; mix with cream cheese and spread on bread.

**Olive and nut**—chop stuffed olives and walnuts; spread with cream cheese.

**Cucumber and almond**—chop cucumbers and almonds; spread with cream cheese, add lemon juice.

**Shredded carrot spread**—shred carrots; mix spread with cream cheese, lemon juice and seasoning.

## CHEESE SPREADS

**Cheese-Onion Spread**—mix  $\frac{1}{2}$  package ( $1\frac{1}{2}$  oz.) cream cheese with one tablespoon minced onion and season with salt; add cream to moisten. Serve on crackers or pieces of toast. Sprinkle lightly with paprika or place a small sprig of parsley in the center. You can also spread it on slices of dried beef, roll tightly and cut in one-inch pieces.

**Chili-Cheese Spread**—Mix one package cream cheese with enough chili sauce to moisten. Serve on crisp potato chips.

**Roquefort-Chives Spread**—mix roquefort cheese with enough French dressing to moisten; season with chopped chives. Serve on toast or crackers.

## OLIVE NUT CANAPES

2 cups cream cheese	2 tablespoons chopped parsley
$\frac{1}{2}$ cup olives, chopped	$\frac{1}{2}$ teaspoon seasoning salt
$\frac{1}{2}$ cup nuts, chopped	2 tablespoons coffee cream
1 teaspoon lemon juice	

Cream the cheese until it is soft, add cream, lemon juice and seasoning salt. Fold in nuts and olives. Blend thoroughly and spread on bread or crackers.

## HERB CREAM CHEESE SPREAD

1 pound cream cheese	$\frac{1}{4}$ teaspoon garlic seasoning powder
$\frac{1}{4}$ teaspoon monosodium glutamate	
$\frac{1}{4}$ teaspoon thyme seasoning powder	$\frac{1}{4}$ teaspoon tarragon seasoning powder

Cream cheese thoroughly, add herbs and seasonings, blend well and spread on bread or crackers.

## MEAT SPREADS

**Ham-Cheese Spread**—mix one cup finely-chopped boiled ham,  $\frac{1}{4}$  cup grated cheese,  $\frac{1}{2}$  teaspoon grated onion and 1 teaspoon catsup. Spread on crackers and place in center of each a bit of Fluffy Horseradish Sauce (See page 79). Sprinkle with paprika.

**Deviled Ham Spread**—mix 1 cup deviled ham with 2 hard-cooked eggs chopped and 1 tablespoon horseradish. Serve on toast or bread and garnish with watercress.



## LIVER SPREAD

1½ pounds liver sausage	1	tablespoon lemon juice
6 slices bacon	1	tablespoon minced onion
4 tablespoons cream cheese		

Mash the sausage until it is a smooth paste. Cook bacon until it is crisp. Chop bacon fine and add to sausage. Fold in cream cheese and lemon juice and serve on bread or crackers.

## FISH SPREADS

**Anchovy-Cheese Spread**—mix 1 part anchovy with 2 parts cream cheese. Spread on crackers. Garnish with ½ curled anchovy.

**Deviled Crab Meat Spread**—add 1 cup flaked crab meat to 1 tablespoon butter, 1 tablespoon onion juice, 1 tablespoon Worcestershire sauce, ¼ teaspoon dry mustard, ¼ cup thick white sauce and heat thoroughly. Season with salt and pepper. Serve hot on crackers.

**Tuna Fish Spread**—mix ½ cup flaked tuna fish, 1 tablespoon lemon juice and 1 teaspoon grated onion with mayonnaise to moisten. Spread on toast squares and garnish with half slice of lemon.

**Smoked Fish Canapes Spread**—Arrange thin strips of smoked salmon and smoked herring on thin finger-sized strips of toast with cream cheese. Decorate edge of toast with anchovy butter and sprinkle with chopped parsley.

**Shrimp Spread**—mix finely-chopped shrimp with lemon juice and tobasco sauce, mayonnaise and season with salt and pepper. Spread on toast diamonds and garnish each with walnuts.

**Caviar Egg Spread**—mix 2 tablespoons caviar with 2 hard-cooked eggs minced. Moistened with mayonnaise. Serve on toast rounds.

## ATTRACTIVE WAYS TO SERVE CANAPES AND HORS D'OEUVRES

Place hors d'oeuvres on toothpicks—(shrimp and bacon, rolled chipped beef, codfish balls, mushrooms, olives, tiny sausages, cheese squares).

1. Cut a grapefruit into halves. Place it flat side down on a platter. Stud the grapefruit with hors d'oeuvres on toothpicks. Place canapes around it.

2. Cut hole in center of whole grapefruit—make hole large enough to place a tin of canned heat in the center. Stud grapefruit with sausages and cheese squares. Garnish plate with open-faced sandwiches or relishes. Light canned heat before serving.

3. Cut a cantaloupe into halves. Remove the seeds. Place it flat side down on a platter and stud with hors d'oeuvres, or place it on a plate round side down and fill it with cheese balls, olives, etc.

4. Cut a pineapple into halves lengthwise. Place it flat side down and end to end on a long platter. Allow the leaves to protrude over either side. Place on each leaf a maraschino cherry.

5. Cut large, colorful apple into halves. Place flat side down on plate and stud with hors d'oeuvres.

6. Cut hole in center of red or green cabbage. Fill with mayonnaise or cocktail sauce. Surround with cooked shrimp on toothpicks. The shrimp may be browned in butter.

## CHICKEN ASPIC SALAD

Serves 12

2	tablespoons gelatin	½	cup celery
1	cup water	1	cup chicken stock
3	cups cooked chicken		

Soak gelatin in ½ cup of the 1 cup of water. Heat chicken stock, and the remaining ½ cup water until hot. Add gelatin and stir until gelatin has dissolved and cooled. Pour a little gelatin in the mold. Line with stuffed sliced olives. Mix celery with chicken and fold in cool gelatin. Pour in mold.

## SYLTA OR RULA PILSA

Use two lamb breasts about two pounds in weight. Make a pocket of the breasts and divest them of all fat.

Use one beef flank well trimmed and cut into strips about an inch wide.

Use one-pound slabs of pork, cut like the beef.

Use 2/3 tablespoons of the following seasonings:

Sage	Whole white pepper
Thyme	Packers Deluxe meat cure
Allspice	

Fold in 2 cups of thinly-sliced onion rings.

Chop all the spices together. Roll the meat in the chopped spices and arrange them in the pocket of lamb so that when sliced, you will cut across the ends of each, leaving a beautiful color.

Sew up the pocket of lamb. Roll the whole mixture in a pork skin. Tie this up as neatly as possible and put in some well-seasoned stock of veal. Add any of the spices that you have left. Bring this to a boil. Turn off the heat. Place in the oven at a low temperature, 160°F. and cook it for five hours.

Take the mixture out of the broth and roll it in a cloth as tightly as possible. Pour the broth over the cloth and all. Put a weight on it and press overnight, leaving the flat side down.

This is to be served on a smorgasbord or buffet luncheon.

## COLD BONED CHICKEN OR TURKEY

See Poultry Chapter

## SMOKED SALMON SALAD PLATE

Arrange on a large salad plate sufficient slices of smoked salmon. Surround with large lettuce cups filled with orange and grapefruit sections. Decorate with avocado and ripe olives. Radishes and tomatoes may be added.