



Surprises

Spice cookery is fun—and with a little bit of imagination and know-how you can become an artist at seasoning.

If you lack a working knowledge of the many herbs and spices available on today's supermarket shelves or even on your kitchen spice rack, start by experimenting with a new one each week. Be bold and try out their culinary possibilities until you can use them with confidence. The result will be delightful!

With cold weather ahead you'll naturally think of soups, hearty stews and one dish meals. Make a bouquet garni to flavor foods such as these. All you have to do is tie sprigs of celery, parsley, a bay leaf into a square of cheesecloth and toss into the kettle; remove after cooking. Other herbs, and vegetables, such as leek, fennel, marjoram and tarragon can also be used.

Be cautious with strong herbs and spices. Remember you can always add more. Generally figure $\frac{1}{4}$ teaspoon of dried herbs for each 4 servings. This is equal to the "pinch" so often recommended in grandmother's recipes. Be especially careful with seasonings such as bay leaf, sage or garlic.

When adding herbs to a recipe the real trick is in getting quick flavor release. This is easily done by crushing the measured amount of herb in the palm of one hand with the fingertips of the other hand before tossing it in the kettle.

Many recipes calling for spices and herbs are best if made as far ahead of the serving time as possible. Uncooked foods such as salad dressings, fruits and juices need time for, as the French would say, the flavors to "marry." Try to cook the day before anything with multiple spices, herbs or onions. It's twice as good the second day!

The selection of spices and herbs is limitless and a food may be complimented by many. A wise cook is selective, however. Unless you are following a tested recipe, do not combine too many spices at one time. Spices are like accessories—too many rob the main attraction. Also, one herb course is plenty. A meal in which every dish is spiced is a culinary catastrophe!

You and your family be the judge! The correct herb or spice, or combination for any food is the one that tastes right to you. Remember that seasoning is not a science but an expressive art—and you are the artist. When experimenting with a new herb, crush some of it and let it warm in your hand; then sniff it and taste it. If it is delicate, you can be bold and adventurous. If it is very strong and pungent, be cautious.

The new way to cook is with Karo!

Harvest Table Apple Pie

Delicious with Crunchy Nut Topping

Prepare pastry for two-crust 9-inch pie. Fill bottom shell with 6 medium apples, sliced. Combine 1 tbsp. corn starch, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. salt, 3 tbsp. sugar, 3 tbsp. melted margarine and $\frac{1}{2}$ cup Karo Blue Label Syrup. Pour over apples.

Cover with top crust and bake in 425° F. (very hot) oven 45 minutes, or until crust is browned and apples tender. Remove from oven.

To top, mix $\frac{1}{4}$ cup brown sugar, 2 tbsp. flour, 3 tbsp. Karo Blue Label Syrup, 2 tbsp. softened margarine and $\frac{1}{4}$ cup chopped nuts. Spread over top of pie; return to oven for 10 minutes or until topping is bubbly. (Place pie pan on larger pan to catch topping that may run off.)



Karo syrup adds a whole-some kind of sweetness that's easy to digest!



Karo Syrup adds very special flavor and texture and dextrose—a sugar that needs no digestion. Your body uses dextrose directly, in its original form, for quick energy. Always use easy-to-digest Karo Syrup: all-purpose Blue Label Karo or crystal-clear Red Label Karo for cooking and baking . . . maple-y flavored Green Label Karo Syrup with its fuller body for pancakes and waffles.

