The background features a stylized illustration. At the top, a blue semi-circle contains a red bird-like shape. Below it, a red banner contains the title. The main illustration shows a yellow recipe book with 'Recipes' written on its cover, tilted to the left. To its right is a blue microwave oven, also tilted. The entire scene is set against a light blue circular backdrop with red and blue motion lines.

# From Woodstoves to Microwaves Cooking with Entergy



The recipes in this book were published by Entergy over many years in various publications and printed materials, including books, transit materials, and bill stuffers. It is possible that your favorite recipe may not be included in this reprint. We regret any omissions that may have occurred.

These recipes have been in use for a long period of time. They were developed and tested when home appliances were not as efficient and powerful as they are today. Cooking times and temperature suggestions may have to be altered to provide optimum results.

While Entergy provided some assistance to customers with the preparation of these recipes in the past, we no longer have home economists on staff to answer questions or solve the problems you may have in preparing these recipes.

Thank you for requesting "From Woodstoves to Microwaves...Cooking with Entergy."

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# Savoring New Orleans

**W**hile New Orleans' love affair with food is now internationally known and acclaimed, this liaison is not of recent vintage. Au contraire! Our passionate pursuit of cooking, concoctions, and cuisine has a history, a heritage as deep and detailed as the handiwork of a French Quarter artisan crafting a wrought iron railing.

New Orleans and its love of food “go way back,” and documenting that history in recipes meant to keep that love alive has been something families and others have undertaken with almost religious zeal. In this city where tradition is embraced and revered, the accumulation and passing on of recipes explaining the way “mama and grandma fixed it” is among the city's most common — and unique — cultural practices.

Cooking is a New Orleans cultural cornerstone, and its prominence explains why a company like Entergy would invest such time and effort in supporting this local art. In the late '40s, and for the next two decades, “Public Service” made cooking demonstrations and recipes part of its relationship with customers citywide.

As modern appliances dramatically changed the way food was prepared, the company began a series of weekly cooking demonstrations at its 317 Baronne St. headquarters. Vivian Berry supervised a group of home economists who not only showed wives and mothers how to use the array of blenders, mixers, and ranges being introduced to the market, but gathered and tested recipes to use in these modern kitchens.

The outcome was a cookbook, *Creole Cuisine*, first published in 1952, a compilation of some of New Orleans' signature dishes like Creole bread pudding, mirliton casserole, gumbo file', and red velvet cake.

What follows in this cookbook is a reprint of those and many other recipes that are, in many respects, the essence of this city. These are as much an archive of New Orleans' culture and community as any work of history or anthropology. And with the history comes a little lagniappe — the opportunity to taste New Orleans.

Enjoy!

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The background features a stylized illustration of a recipe book with a yellow cover and a blue spine, lying on a light blue surface. The book is open, showing a page with the word 'Recipes' written in a cursive font. To the right of the book, a blue bicycle is partially visible, also lying on the surface. The overall style is clean and modern with a limited color palette of red, yellow, blue, and white.

# COOKING WITH ENERGY

## Appetizers

## EQUIVALENTS

EQUIVALENT	AMOUNT BEFORE PREPARATION	YIELD
<b>CEREALS:</b>		
Cornmeal	1 cup	5 cups cooked
Macaroni	3 1/2 ounces	2 cups cooked
Noodles	4 ounces	3 cups cooked
Rice, long grain	1 cup	3 cups cooked
Rice, packaged, precooked	1 cup	2 cups cooked
Spaghetti	7 ounces	4 cups cooked
<b>CRUMBS:</b>		
Bread, fresh	1 1/2 slices	1 cup soft crumbs
Bread, dry	1 slice	1/4 cup dry crumbs
Chocolate Wafers	19 wafers	1 cup crumbs
Graham Crackers	14 squares (2 1/2" sq.)	1 cup crumbs
Potato Chips	4 ounces	2 cups coarsely crushed
Saltine Crackers	28 crackers	1 cup finely crushed
Vanilla Wafers	22 wafers	1 cup finely crushed
<b>DAIRY PRODUCTS:</b>		
Butter	1 stick	1/2 cup
Cheese	1 pound Cheddar	4 cups, grated
	1 pound Cottage	2 cups
	4 ounces Blue	1 cup, crumbled
Cheese, cream	2 ounce package	6 tablespoons
	2 ounce package	1 cup
Cream, whipping	1 cup	2 cups, whipped
<b>FRUITS &amp; VEGETABLES:</b>		
Bananas, whole	1 pound (3 to 4)	1 1/3 cups, mashed
Lemons	1 medium	3 tablespoons juice
		1 tablespoon grated rind
Oranges	1 medium	1/3 cup juice
		1 to 3 tablespoon grated rind
Onions	1 medium	1/2 cup chopped
<b>FLOUR:</b>		
All-purpose, unsifted	1 pound	4 cups
Cake	1 pound	4 3/4 cups
<b>SUGAR:</b>		
White, granulated	1 pound	2 1/4 cups
Confectioner's	1 pound	3 1/2 cups
Brown, firmly packed	1 pound	2 1/2 cups

FRIED GRITS

Leftover grits                      1/2 teaspoon salt  
2 eggs                                  Dash pepper

Cut cold grits into 1/4-inch slices. Beat eggs with salt and pepper. Dip slices of grits into egg mixture; brown in lightly buttered skillet over low heat, about 10 minutes.

SESAME SEED STICKS

3/4 cup (1 1/2 sticks) butter    4 - 6 tablespoons iced water  
2 cups flour                        2 tablespoons melted butter  
1 teaspoon salt                    1/2 cup sesame seeds  
1/4 teaspoon cayenne

With a pastry blender, cut butter into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened, as for pastry. Roll out on floured board to 1/8 inch thickness and cut into strips 1 x 3 inches. Brush with melted butter; sprinkle generously with sesame seeds. Place on ungreased cookie sheet; bake in 375° F. oven for 15 minutes. Before removing from pan and while still hot, sprinkle with a little salt. Yield: 8 dozen.

SWEDISH MEAT BALLS

2 slices toasted bread            Dash allspice  
1/4 cup plus                         1/2 clove garlic, minced  
2 tablespoons milk                1/8 teaspoon pepper  
1 1/4 pounds ground beef        1 egg, slightly beaten  
1/2 onion, finely chopped        1 cup bouillon  
1 teaspoon salt                     Dash nutmeg

Crumble bread into small bowl, add milk. Stir to blend until of paste-like consistency. Pour mixture over meat in large bowl. Add onion, salt, nutmeg, allspice, garlic, pepper, and egg. Beat with wooden spoon until stiff. Spoon out rounded teaspoons of meat mixture and roll into balls. Melt shortening in electric skillet at 350° F.; brown meat balls. Heat bouillon for 5 minutes and pour over meat balls. Cover and lower temperature to 210° F. for 30 minutes or until bouillon is absorbed. Serve in electric skillet set on "keep warm." Yield: 30 meatballs. If cooking on stovetop, follow directions as above with the following changes: Melt shortening in a large frying pan on medium-high heat, brown meatballs. Pour heated bouillon over meatballs, cover and lower temperature to low-medium heat for 30 minutes or until bouillon is absorbed. Serve in crock pot or chafing dish.

BROILED PARTY LOAF

1 loaf French bread                1/4 cup brown sugar  
2 tablespoons prepared         1/2 cup chopped onion  
mustard                              2 cups grated American  
5 tablespoons soft butter        cheese  
1 can (#303) pork & beans,    4 wieners, halved  
drained

Cut bread in half lengthwise. Spread with combined mustard and butter. Combine beans, sugar and onion; spread on buttered surface. Top with grated cheese. Broil 4 inches from heat for 4 minutes. Add wieners; broil for 4 more minutes.

CHEESE STRAWS

1/2 cup (1 stick) butter         1 1/2 cups sifted flour  
2 cups finely grated             1 teaspoon salt  
sharp Cheddar cheese         1/2 teaspoon cayenne

Cream butter and cheese thoroughly. Add sifted dry ingredients and blend well. Press mixture through cookie press onto ungreased baking sheet. Bake in 400° F. oven for 10 to 15 minutes. Yield 9 dozen straws.

CHEESE WAFERS

1/2 cup (1 stick) butter         1/8 to 1/4 teaspoon  
1 cup shredded sharp            cayenne  
Cheddar cheese                 1 cup crisp rice cereal  
1 cup flour

Cream butter and cheese until smooth. Mix in flour and cayenne; stir in cereal. Roll out between 2 sheets of waxed paper. Cut with small cutter. Arrange on ungreased cookie sheet. Bake in 350° F. oven for 10 to 12 minutes. Yield: 3 dozen.

SAUSAGE-CHEESE BALLS

1/2 pound hot pork sausage    1/2 pound sharp cheese,  
1 1/2 cups biscuit mix            grated

Cook sausage; remove from skillet and place on paper towel to remove excess grease. Combine cheese and biscuit mix in a bowl; stir in sausage. Shape heaping teaspoons of mixture into small balls. Bake in a 450° F. oven for 10 minutes or until brown. Yield: 75 to 100 balls. *To Freeze:* Place sausage balls on a cookie sheet; freeze and then transfer to freezer bags. Bake when ready to serve.

### MYSTERY CHEESE BALL

1 package (8 ounces) cream cheese	2 teaspoons Worcestershire sauce
1/4 pound Cheddar cheese, grated	2 teaspoons onion juice
3 jars (5 oz. each) blue cheese	1/2 cup chopped nuts
	1/2 cup chopped parsley
	Chopped pimiento

Have cheeses at room temperature. In electric mixer, cream the cheeses with Worcestershire sauce and onion juice; store in the refrigerator overnight. Shape into a ball and roll in nuts, parsley and pimiento. Place in center of tray on platter and arrange assorted crackers and chips around it. *To Store:* Wrap in waxed paper and refrigerate or wrap in freezer paper to freeze for future use.

### SWISS CHEESE FONDUE

1/4 cup (1/2 stick) butter	1 pound Swiss cheese, grated
4 tablespoons flour	
1 tablespoon salt	1/2 cup dry white wine
3 cups milk	

Melt butter in fondue pot; blend in flour and salt. Stir until smooth; gradually add milk, stirring constantly until thick and smooth. Add cheese and stir until melted. Stir in wine; keep warm on low setting. Serve with French bread cubes. Yield: 6 servings.

### DRIED FIGS

Select perfect, ripe figs. Add 2 tablespoons of slaked lime to each gallon water. Soak figs in lime solution 1 hour. Drain. Soak in fresh water 30 minutes. Drain again. Combine 4 cups sugar and 4 cups water; boil in syrup for 10 minutes. Drop in figs and cook rapidly until clear, about 40 to 50 minutes. Drain. Place in single layer on trays, cover with cheesecloth, and place in sun several days, turning each day. Bring indoors at night. If weather is damp, place in warm oven, 200° F., until weather clears. Continue to dry until figs are clear.

### COCKTAIL PIZZAS

1 package hot roll mix	1/4 teaspoon dried oregano
1/2 cup minced onion	1/4 teaspoon garlic salt
1 tablespoon cooking oil	1/4 pound Mozzarella cheese, grated
2 cans (8 ounces each) tomato sauce	

Prepare roll mix according to package directions; let rise. Sauté onion in oil until tender, add tomato sauce and seasonings. Simmer 10 to 15 minutes. Punch down dough on lightly floured board and divide into 4 equal parts. Roll each part to 1/4-inch thickness; cut into circles with floured 2-inch cookie cutter. Snip edge of each circle about every 1/4 inch with scissors and pinch edge to make a rim. Brush center of each circle with additional oil, sprinkle with 1/2 teaspoon Mozzarella cheese, then 1/2 teaspoon tomato sauce mixture, then 1/2 teaspoon processed cheese. Top some with sliced stuffed olives, some with green or ripe olives or halved cooked shrimp. The hors d'oeuvres can be frozen at this time. To serve: place on cookie sheet and bake in 450° F. oven 10 to 12 minutes. Yield: 40 pizzas.

### CORN DOGS

1 cup pancake mix	2/3 cup water
2 tablespoons cornmeal	8 wieners
1 tablespoon sugar	8 wooden skewers

Combine pancake mix, cornmeal, sugar and water. Beat until smooth. Let stand 10 minutes to thicken. Dip wieners in batter to coat. Heat oil 1-inch deep in skillet. Fry coated wieners in hot oil a few at a time, for 2 to 3 minutes or until crisp and brown. Drain. Insert wooden skewer in one end. Yield: 4 servings.

### HOME ROASTED PEANUTS

Place peanuts on a cookie sheet. Bake in a 350° F. oven for 30 to 35 minutes; shake pan occasionally. To test peanuts; crack shell and if red skin slips easily, peanuts are roasted.

### SALTED PECANS

Spread 1 cup pecan halves in shallow pan. Coat with 1 teaspoon oil. Bake in 350° F. oven for 10 minutes. Sprinkle with 1/2 teaspoon salt.

TOASTED PECANS

Spread unshelled nuts on baking sheet; roast in 400° F. oven for 20 minutes. Cool; crack and shell.

TOASTED PUMPKIN SEEDS

Remove fiber from 2 cups unwashed seeds. Combine with 1 1/2 teaspoon melted butter or oil and 1 1/4 teaspoons salt. Mix well. Spread in shallow pan. Toast in 250° F. oven for 30-40 minutes until browned and crisp, stirring often, to brown evenly.

APPETIZER EGG ROLLS

*Egg Roll Skins:*

6 eggs	2 cups sifted flour
2 1/4 cups water	1 1/2 teaspoons salt

Beat eggs and water until light and foamy. Sift dry ingredients into egg mixture and beat until smooth. Reserve 1/2 cup batter for sealing rolls. For each skin, spoon 2 tablespoons batter into heated greased skillet and quickly spread with back of spoon to form a 4-inch round. Fry on one side only until edge begins to curl. Remove with spatula; place on flat surface, cooked side down, and cool until skins can be handled.

*Filling:*

1 tablespoon cooking oil	1 can (1 pound) bean sprouts, drained and minced
2 teaspoons sesame seed	3 green onions, minced
1/2 pound lean cooked pork or ham, minced	1 1/2 teaspoons salt
1/2 pound cooked shrimp, minced	1 teaspoon monosodium glutamate
1 medium onion, grated	1 teaspoon sugar
1 can (3 ounces) mushrooms, minced	

Combine oil and seeds. Cook over low heat until seeds are brown. Add remaining ingredients and heat, stirring gently, 5 minutes. Remove from heat and cool. Place 1 heaping tablespoon of filling in center of cooked side of each egg roll skin. Roll, tuck in ends envelope fashion, and seal with reserved batter. Cover with damp cloth; chill overnight. When ready to serve, fry in deep hot fat (375°F.) for 10 to 15 minutes, turning occasionally. Serve hot. Yield: 26 rolls.

HARD-COOKED EGGS

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Turn heat on low and simmer 15 to 20 minutes. Immediately place eggs in cold water and peel.

SOFT-COOKED EGGS

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Remove from heat and let stand 1 to 4 minutes, depending on individual taste. Cool eggs for several seconds in cold water to make them easier to handle.

EGG BECHAMEL

6 hard-cooked eggs	1 teaspoon prepared mustard
1 tablespoon vinegar	1 can (2 ounces) deviled ham
1 tablespoon mayonnaise	Paprika
1 tablespoon butter, softened	
1/8 teaspoon turmeric	

Cut eggs into halves lengthwise; remove yolks. Mash yolks; stir in remaining ingredients. Fill egg whites with yolk mixture; arrange in greased shallow baking dish. Pour Bechamel Sauce (recipe below) over eggs; bake in 350° F. oven 15 minutes, or until heated thoroughly. Sprinkle with paprika before serving. Yield: 6 servings.

*Bechamel Sauce*

1 1/2 tablespoons butter	5 bay leaves in 1/2 cup hot water
2 tablespoons flour	6 tablespoons milk
1/8 teaspoon pepper	1/2 cup grated American cheese
1/8 teaspoon paprika	
1 bouillon cube dissolved	

Melt butter; add flour, pepper, and paprika. Blend well. Add bouillon and milk gradually, stirring constantly. Cook over low heat until thick, about 5 minutes. Remove from heat; add cheese and stir until cheese is melted.

## STUFFED EGGS

6 hard-cooked eggs, halved	1/2 teaspoon dry mustard
1/2 teaspoon salt	3 tablespoons mayonnaise, vinegar or enough cream to moisten
1/4 teaspoon pepper	

Remove yolks and mash with fork; add remaining ingredients. Mix well. Refill whites with egg yolk mixture, heaping it lightly.

*Variation:* Add to egg yolk mixture any of the following: 2 tablespoons minced cooked ham, chicken, crisp bacon, dried beef, minced veal, liverwurst, grated cheese, minced pickle, chopped olives, flaked tuna, lobster, salmon, shrimp, crab meat, anchovies, or sardines.

## BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers	1 teaspoon cinnamon
3 onions, sliced	1/2 teaspoon ginger
1/2 cup salt	2 tablespoons mustard seed
3 cups vinegar	1 teaspoon turmeric
1 cup water	1/2 teaspoon celery seed
3 cups brown sugar	1 pod hot red pepper
1 piece horseradish	

Mix cucumbers, onions and salt. Let stand 5 hours. Drain. Boil vinegar, water, sugar, and seasonings 3 minutes. Add cucumbers and onions; simmer 10 to 20 minutes. Do not boil. Pack into hot jars and seal at once. Process in boiling-water bath for 5 minutes. Yield: about 8 pints.

## CHERRY TOMATO PICKLES

3 cups sugar	2 tablespoons celery seed
3 cups vinegar	2 teaspoons mustard seed
1 tablespoon whole allspice	2 1-inch cinnamon sticks
1 tablespoon whole cloves	4 pints cherry tomatoes, stemmed
5 bay leaves	

Combine sugar, vinegar and spices (tied in cheesecloth bag). Bring to boil; reduce heat and simmer, uncovered, 10 minutes. Remove spice bag. Add tomatoes; bring to boil and immediately remove from heat. Pack in hot jars; add bay leaf to each jar. Fill with boiling hot vinegar mixture to within 1/2-inch of top. Seal. Process in boiling-water bath for 10 minutes. Yield: 5 pints.

## CHOW CHOW

1 quart chopped cabbage, about 1 small head	1 quart vinegar
2 cups chopped green tomatoes, about 4	1 cup sugar
3 onions, chopped	2 tablespoons ground mustard
1 1/2 sweet green peppers, chopped	1 1/2 tablespoons white mustard seed
1 1/2 sweet red peppers, chopped	2 1/4 teaspoon celery seed
3 tablespoons salt	3/4 teaspoon whole cloves (tied in bag)

Combine chopped vegetables in an enameled pan or glass jar and sprinkle with salt; let stand overnight in a cool place. Drain well. In a saucepan, bring to a boil the remaining ingredients; add well drained vegetables and cook slowly until tender, about 30 minutes. Pack into hot jars and process 10 minutes at simmering temperature. Yield: about 4 pints.

## DILL PICKLES

35 to 40 cucumbers	Dill, green or dry
3 tablespoons mixed pickling spices	1/2 cup salt
3/4 cup sugar	1 quart vinegar
	1 quart water

Wash, dry and cut cucumbers in half lengthwise. Add spices (tied in a cheesecloth bag), sugar, salt and vinegar to water. Simmer 15 minutes. Pack cucumbers into hot jars, leaving 1/4-inch head space. Process in boiling-water bath for 15 minutes. Yield: about 7 pints.

*Note:* Substitute 3 tablespoons dill seed to each quart for head of dill.

*Kosher Dill Pickles:* Follow recipe for Dill Pickles. When packing cucumbers into hot jars, add 1 clove garlic, 1 bay leaf, 1/2 teaspoon mustard seed and 1 piece red pepper to each jar.

## SOUR PICKLES

Medium cucumbers	1 cup salt
1 gallon cider vinegar	1 cup sugar
1 quart water	1 cup white mustard seed

Wash cucumbers and pack into sterilized jars. Combine remaining ingredients and bring to boil. Pour boiling solution over cucumbers. Seal. Process in boiling-water bath for 5 minutes.

FIG PICKLES

- 1 gallon fresh figs
- 5 cups sugar
- 2 quarts water
- 2 sticks cinnamon
- 3 cups vinegar
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool). Add 3 cups sugar to water; boil until sugar dissolves. Add figs and cook slowly for 30 minutes. Add remaining sugar, vinegar and spices, tied in bag. Boil until figs are clear. Let stand 12 to 24 hours in cool place. Heat to simmering; pack immediately into hot sterilized jars. Process pints or quarts in water bath 30 minutes at simmering temperature. Yield: about 6 pints.

MIRLITON PICKLES

- 8 medium mirlitons
- 1 tablespoon mustard seed
- 4 teaspoons salt
- 2 1/2 cups cider vinegar
- 4 medium onions
- 2 1/2 cups sugar
- 1/4 teaspoon ground cloves
- 2 teaspoons ground turmeric

Peel and slice mirlitons and onions. Sprinkle with salt; let stand 2 hours. Drain and wash. Combine mirliton mixture with remaining ingredients; bring to a boil, but do not allow mixture to boil. Pack in hot jars; seal and process in boiling-water bath for 10 minutes. Yield: 5 pints.

PICCALILLI

- 1 1/2 cups chopped green peppers
- 1 1/2 cups chopped red bell peppers
- 1 1/2 cups chopped onions
- 2 tablespoons mustard
- 2 teaspoons salt
- 1 cup sugar
- 2/3 cup cider vinegar
- 1 tablespoon celery

Cover vegetables with water; add salt and boil 2 minutes; drain. Mix remaining ingredients and bring to boil. Add vegetables; boil 2 minutes. Pour into hot sterilized jars. Seal. Process in boiling-water bath for 5 minutes. Yield: 2 pints.

PICKLED CAULIFLOWER

- 4 pounds cauliflower, (2 large)
- 2 cups coarse salt
- 1 gallon water
- 1 quart vinegar
- 2 cups sugar
- 1 tablespoon whole allspice
- 2 teaspoons mustard seed
- 4 bay leaves
- 2 sticks cinnamon
- 1 tablespoon whole cloves

Wash cauliflower; separate into flowerets. Place in brine made of salt and water. Let stand for 1 hour. Make syrup of vinegar, sugar and spices (tied in cheesecloth bag). Boil 3 to 5 minutes. Add drained cauliflower; cook 3 to 4 minutes. Pack in sterilized jars. Cover with hot syrup and seal at once. Yield: 4 pints.

PICKLED EGGS

- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon mixed pickling spices
- 2 cups white vinegar
- 1 medium onion, sliced
- 12 to 16 hard-cooked eggs, peeled

Combine sugar, salt, spices, vinegar and onion; simmer about 8 minutes. Strain and pour over eggs in jar. Seal and let stand 2 days before serving. If desired, add sprig of dill, a clove, a few caraway seeds, a slice of garlic, or onion to the brine.

PICKLED OKRA

- 2 cups cider vinegar
- 2 cups water
- 1 tablespoon salt
- 2 tablespoons mustard seed
- 1 pound small okra pods
- 2 tablespoons dill seed
- 2 tablespoons celery seed
- 1/2 teaspoon hot pepper sauce
- 2 cloves garlic

In a saucepan, simmer vinegar, water, salt, seed and pepper sauce for 10 minutes. Cut stem ends off okra and place pods in hot sterilized jars. Put a clove of garlic in each jar. Pour hot pickling liquid in jars. Seal and process in boiling-water bath for 10 minutes. Let ripen at least 3 weeks before opening. Yield: 2 pints.

PICKLED ONIONS

1 gallon small white onions	1 1/2 quarts white vinegar
1 cup salt	1 1/2 cups sugar
Small red peppers	3 tablespoons whole pepper
Bay leaves	3 tablespoons grated horseradish
3 tablespoons white mustard seed	

Cover onions with boiling water. Let stand 2 minutes. Dip in cold water; then remove outer skins. Sprinkle with salt. Cover with water and let stand overnight. Rinse and drain. Pack into hot jars. Garnish with pepper pod and bay leaf. Simmer vinegar, sugar and spices 15 minutes. Boil 3 minutes. Pour over onions. Process pints in boiling-water bath for 10 minutes. Yield: about 9 pints.

PICKLED PEACHES

3 pounds (6 3/4 cups) sugar	1 teaspoon whole allspice
2 cups vinegar	2 (3-inch each) sticks cinnamon
2 tablespoons whole mace	
6 pounds peaches, peeled	1 teaspoon whole cloves

Combine sugar, vinegar and spices, tied in cheesecloth bag. Bring to boil; add peaches, a few at a time, to boiling syrup. Simmer until tender. Remove peaches; pack into hot jars. Boil syrup until thick; pour over fruit. Seal. Process 20 minutes in water bath at simmering temperature. Yield: 2 1/2 quarts.

PICKLED PEPPERS

1 gallon long red, green or yellow peppers (Hungarian, Banana or other varieties)	2 cups water
	1/4 cup sugar
	2 cloves garlic
	2 tablespoons prepared horseradish
1 1/2 cups salt	
1 gallon water	2 1/2 quarts vinegar

Cut 2 small slits in each pepper. Wear rubber gloves to prevent burning hands. Dissolve salt in water. Pour over peppers and let stand 12 to 18 hours in cool place. Drain; rinse and drain thoroughly. Combine remaining ingredients; simmer 15 minutes. Remove garlic. Pack peppers into hot jars and pour boiling hot pickling liquid over peppers, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: 8 pints. *Note:* For extra crisp peppers, add 1/2 teaspoon alum to each jar.

PICKLED VEGETABLE SALAD

4 cups white wine vinegar	7 cups shredded cabbage
1 cup sugar	3 cups shredded carrots
1 tablespoon salt	3 cups green pepper slices
1/2 cup mixed pickling spices	2 cups onion slices

Boil vinegar, sugar, salt and spices, tied in cheesecloth, for 10 minutes. Add vegetables; boil for 5 minutes. Remove spice bag and pack vegetables in jars. Fill to within 1 inch of top of jar and add syrup to within 1/2 inch of top. Seal; process in boiling-water bath for 30 minutes. Yield: 4 pints.

SWEET ICICLE PICKLES

20 cucumbers, 4 to 6-inches long, cut into quarters, lengthwise	2 teaspoons powdered alum
1 cup salt	1 1/2 tablespoons mixed pickling spices
1/2 gallon water	5 cups sugar
	5 cups vinegar

Put cucumber strips in stone jar or stainless steel container. Add salt to water and bring to a boil. Pour over cucumbers. Cover with plate and weight down to keep cucumbers under brine. Cover and let stand 1 week in cool place. Remove scum each day. Drain, discarding brine; rinse cucumbers thoroughly. Cover with boiling water; let stand 24 hours. Drain. Add alum to cucumbers; cover with boiling water. Cover; let stand 24 hours. Drain. Add spices (tied in cheesecloth bag) to sugar and vinegar; bring to a boil. Pour over cucumbers; cover and let stand 24 hours. Drain syrup; bring to a boil and pour over cucumbers. Repeat this step each day for 4 days. Pack pickles into hot jars. Heat syrup to boiling; pour boiling hot over pickles, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: about 6 pints.

WATERMELON RIND PICKLES

- |   |                        |
|---|------------------------|
| 4 quarts prepared watermelon rind       | 1 quart white vinegar  |
| 3 tablespoons slaked lime or 1 cup salt | 3 sticks cinnamon      |
| 2 quarts cold water                     | 2 pieces ginger root   |
| 2 tablespoons whole cloves              | 1 lemon, thinly sliced |
|   | 8 cups sugar           |
|   | 1 quart water          |

Trim dark skin and pink flesh from thick watermelon rind; cut in 1-inch pieces. Dissolve lime in 2 quarts water; pour over rind. If needed, add additional water to cover rind. Let stand 2 hours in lime solution; 6 hours, if salt is used. Drain; rinse and cover rind with cold water. Cook until just tender; drain. Tie spices in cheesecloth bag and combine with remaining ingredients; simmer 10 minutes. Add watermelon rind and simmer until rind is clear; add boiling water if syrup becomes too thick. Remove spice bag. Pack, boiling hot, into hot jars. Process in boiling-water bath for 10 minutes. Yield: 7 pints.

SQUASH PICKLES

- |                        |                         |
|------------------------|-------------------------|
| 2 pounds yellow squash | 1 teaspoon celery salt  |
| 2 small onions         | 1 teaspoon turmeric     |
| 1/4 cup pickling salt  | 2 teaspoon mustard seed |
| 2 cups sugar           | 3 cups cider vinegar    |

Thinly slice squash and onions; cover with 1-inch of water. Add pickling salt and let stand 2 hours. Drain. Combine remaining ingredients and bring to a boil. Pour over squash and onions; let stand 2 hours. Bring all ingredients to a boil. Pack into jars and process at simmering temperature for 15 minutes. Yield: 5 half pints.

POPCORN

- |                   |                 |
|-------------------|-----------------|
| 2 tablespoons oil | 1/3 cup popcorn |
|-------------------|-----------------|

Place oil and popcorn in a 10-inch skillet. Cover tightly. Place on controlled top burner set at 375° F. (or in electric skillet) and heat for 3 minutes or until popping stops. Do not shake skillet. Pour into serving bowl. Yield: 1 1/2 quarts. For electric popcorn popper, follow manufacturer's directions.

POPCORN SNACK

Mix garlic salt, chili or curry powder or barbecue seasoning into melted butter. Drizzle the flavored butter over the popped corn and mix well.

CHICKEN LIVER PATE

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 3/4 cup (1 1/2 sticks) butter     | 1 teaspoon lemon juice        |
| 1/2 cup chopped onion             | 1/8 teaspoon pepper           |
| 1/4 pound fresh mushrooms, sliced | 1/8 teaspoon cayenne          |
| 1/4 pound chicken livers          | 2 hard-cooked eggs, quartered |
| 1 1/2 teaspoons seasoned salt     | 1/4 cup chopped pecans        |

In 1 stick of butter, sauté onion until soft, about 5 minutes. Add mushrooms and chicken livers; cook until liver is just tender, about 5 minutes. Remove from heat; add remaining butter, seasoned salt, lemon juice, pepper and cayenne; stir until butter melts. Divide mixture into four parts. In electric blender, at high speed, blend the mixture one part at a time, adding 2 of the egg quarters to each part. Empty into a bowl as each part is blended. Stir nuts into entire mixture and refrigerate for about 30 minutes. Shape into ball on sheet of waxed paper or foil. Wrap well and refrigerate overnight. Serve with crackers. Yield: 2 1/2 cups, or enough for about 50 crackers.

CHICKEN WING STICKS

- |   |                      |
|---|----------------------|
| 3 pounds chicken wings (approximately 18) | 1 teaspoon salt      |
| 1/2 cup flour                             | 1 teaspoon paprika   |
| 1/2 cup grated Parmesan cheese            | 1/8 teaspoon pepper  |
|   | 1/2 teaspoon oregano |
|   | 3/4 cup buttermilk   |

Cut wings in half; use "drumstick" half for frying. Use remaining half for soup, stock or remove bone and fry as directed. Combine dry ingredients in a shallow dish. Dip chicken pieces in buttermilk; shake to remove excess. Roll in dry ingredients. Fry in deep hot fat (365° F.) for 5 minutes or until golden brown. Drain on absorbent paper. Yield: 18 hors d'oeuvres.

*To Bake:* Place in a 9 x 13 inch well greased baking pan. Bake in a 400° F. oven for 45 minutes or until crisp and tender.

RUMAKI  
(POLYNESIAN APPETIZER)

1 can (8 ounces) water chestnuts, halved	8 bacon slices, cut crosswise into halves
1/3 pound chicken livers, cut into thirds or halves	1/2 cup soy sauce
1/4 teaspoon ginger	1/4 teaspoon curry powder

Wrap chestnut half and piece of chicken liver with 1/2 slice bacon; secure with foodpick. Combine remaining ingredients and marinate appetizers for 1 hour. Place on broiler rack and broil until bacon is crisp, about 15 minutes. Turn once during broiling.

Yield: 16 appetizers.

TURKEY REUBEN

1/4 cup sauerkraut	1 slice American or Swiss cheese
1 tablespoon sour cream	4 thin slices turkey
2 slices pumpernickel or rye bread	1 tablespoon butter
1 tablespoon salad dressing	

Combine sauerkraut and sour cream. Spread each bread slice with salad dressing; top with cheese, sauerkraut and 4 slices of turkey. Butter outside of sandwich; grill until cheese melts. Yield: 1 sandwich.

DEEP-FRIED CALAS

1 1/2 cups cooked rice, very soft	1 1/4 cups sifted flour
1/2 package yeast	1/4 cup sugar
1/2 cup warm water	1/2 teaspoon salt
3 eggs, beaten	1/4 teaspoon nutmeg

Mash hot rice and cool to lukewarm. Soften yeast in warm water and stir into lukewarm rice; mix well. Cover and let rise several hours or overnight. Add eggs, flour, sugar, salt and nutmeg. Beat only until smooth. Let stand in warm place for 30 minutes. Drop by tablespoons into deep hot fat (360° F.) and fry until golden, about 3 minutes. Serve sprinkled with confectioners sugar or sugar mixed with cinnamon. Yield: 2 dozen.

BACON WRAP-AROUNDS

10 strips bacon, cut in half    20 raw oysters

Partially cook bacon. Wrap each bacon slice around a raw oyster and broil until bacon is crisp. Serve with toothpicks. Makes 20 appetizers.

BROILED OYSTERS AND CHICKEN LIVERS

1 pint large oysters	1 tablespoon lemon juice
1 pound chicken livers	1 tablespoon Worcestershire sauce
Salt and pepper	1/4 cup dry white wine
Flour	
1/2 cup (1 stick) butter	

Drain oysters and livers; dust lightly in seasoned flour. Pan-broil in 2 tablespoons butter until oysters curl. Make sauce with remaining butter and ingredients; pour over oysters and livers. Serve hot on foodpicks.

COLD CRAB CANAPÉ

1 can (7 1/2 ounces) crab meat	4 sweet pickles, minced
Juice of 1 lime	1/4 cup mayonnaise

Mix crab, pickles and lime juice. Add mayonnaise to moisten. Serve on crackers. Makes 24 appetizers.

CRAB MEAT CHEESE BUNS

1 cup finely grated Cheddar cheese	1 can (7 1/2 ounces) crab meat, drained and flaked
1/4 cup butter, softened	24 cocktail buns

Mix together cheese and butter; add crab meat. Spread mixture between bun halves; wrap in foil. Place sandwiches on grill over slow coals and heat 10 to 15 minutes, turning frequently, until sandwiches are heated through and cheese begins to melt. Sandwiches can also be heated in a 350° F. oven for 15 minutes. Makes 24 appetizers.

## CRAB MEAT PATTIES

1 tablespoon butter	1 cup cooked crab meat
2 tablespoons flour	1/2 teaspoon salt
2 tablespoons grated Parmesan cheese	Dash black pepper
3/4 cup light cream	Dash cayenne pepper
48 miniature patty shells	1 egg yolk, beaten

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

## CRAB PUFFS

1 stalk celery, minced	1/2 cup cracker meal
1 medium onion, minced	1/2 cup thick white sauce
1 tablespoon cooking oil	2 eggs, well beaten
2 cans (7 ounces each) crab meat	1/2 teaspoon pepper
	1/2 teaspoon seasoned salt

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

## CRAB SANDWICHES

1 large package cream cheese	slices American cheese
1 can crab meat	Mayonnaise
1 teaspoon Worcestershire sauce	1 medium onion, finely minced
8 Holland Rusks	Salt to taste
	8 slices tomato

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

## CRAB SUPREME

1 cup diced celery	2 tablespoons Worcestershire sauce
1 onion, chopped	1/4 teaspoon pepper
2 cloves garlic, crushed	1 bay leaf
1/4 cup olive oil	1/4 cup soy sauce
1 cup chicken broth	3 cups crab meat
1 cup tomato juice	

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

## HOT CRAB APPETIZERS

1 can (6 ounces) crab meat, drained	2 tablespoons sherry
1 teaspoon salt	Dash of white pepper
1 tablespoon marjoram	2 tablespoons butter
2 tablespoons flour	1 egg yolk
1 cup light cream	6 slices white bread

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

## CRAB-CHEESE BURGERS

1 small can crab meat	6 hamburger buns
1/2 cup processed cheese, diced	1 cup celery, chopped fine
1/4 cup prepared mustard	1/2 cup onion, chopped
	Salt and pepper to taste

Mix all ingredients. Place between hamburger buns. Wrap in aluminum foil. Heat at 350° F. for 15 minutes. Yield: 6 servings.

CRAB MEAT PATTIES

- |   |                        |
|---|------------------------|
| 1 tablespoon butter                     | 1 cup cooked crab meat |
| 2 tablespoons flour                     | 1/2 teaspoon salt      |
| 2 tablespoons grated<br>Parmesan cheese | Dash black pepper      |
| 3/4 cup light cream                     | Dash cayenne pepper    |
| 48 miniature patty shells               | 1 egg yolk, beaten     |

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

CRAB PUFFS

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 stalk celery, minced              | 1/2 cup cracker meal       |
| 1 medium onion, minced              | 1/2 cup thick white sauce  |
| 1 tablespoon cooking oil            | 2 eggs, well beaten        |
| 2 cans (7 ounces each)<br>crab meat | 1/2 teaspoon pepper        |
|                                     | 1/2 teaspoon seasoned salt |

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

CRAB SANDWICHES

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 large package cream<br>cheese    | slices American cheese           |
| 1 can crab meat                    | Mayonnaise                       |
| 1 teaspoon Worcestershire<br>sauce | 1 medium onion,<br>finely minced |
| 8 Holland Rusks                    | Salt to taste                    |
|                                    | 8 slices tomato                  |

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

CRAB SUPREME

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 cup diced celery       | 2 tablespoons<br>Worcestershire sauce |
| 1 onion, chopped         | 1/4 teaspoon pepper                   |
| 2 cloves garlic, crushed | 1 bay leaf                            |
| 1/4 cup olive oil        | 1/4 cup soy sauce                     |
| 1 cup chicken broth      | 3 cups crab meat                      |
| 1 cup tomato juice       |                                       |

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

HOT CRAB APPETIZERS

- |  |                      |
|--|----------------------|
| 1 can (6 ounces) crab meat,<br>drained | 2 tablespoons sherry |
| 1 teaspoon salt                        | Dash of white pepper |
| 1 tablespoon marjoram                  | 2 tablespoons butter |
| 2 tablespoons flour                    | 1 egg yolk           |
| 1 cup light cream                      | 6 slices white bread |

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

CRAB-CHEESE BURGERS

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 small can crab meat              | 6 hamburger buns           |
| 1/2 cup processed cheese,<br>diced | 1 cup celery, chopped fine |
| 1/4 cup prepared mustard           | 1/2 cup onion, chopped     |
|                                    | Salt and pepper to taste   |

Mix all ingredients. Place between hamburger buns. Wrap in aluminum foil. Heat at 350° F. for 15 minutes. Yield: 6 servings.

OYSTERS WITH COCKTAIL SAUCE

3/4 cup tomato catsup	2 teaspoons
1/3 cup lemon juice	Worcestershire sauce
4 teaspoons prepared horseradish	1/4 teaspoon onion salt
1/4 teaspoon hot sauce	1/4 teaspoon celery salt
	3 dozen small oysters

Combine all ingredients except oysters; chill several hours. Place 6 oysters in each of 6 custard cups and pour about 3 tablespoons of sauce over each serving. Nest each custard cup in small bowl filled with crushed ice. Yield: 4 servings.

OYSTERS ROCKEFELLER

1/2 package frozen chopped spinach	1 tablespoon
6 small green onions	Worcestershire sauce
2 stalks celery	1/8 teaspoon hot sauce
1/3 bunch parsley	1 1/2 tablespoons absinthe flavored liqueur
1/3 head lettuce	1/4 teaspoon salt
1/2 cup (1 stick) butter, softened	3 dozen oysters, drained
3/4 cup bread crumbs	1/4 cup grated Parmesan cheese
1 teaspoon anchovy paste	

Place spinach, green onions, celery, parsley and lettuce in blender container. Blend thoroughly to puree. Add to butter and 1/4 cup bread crumbs. Add Worcestershire, anchovy paste, hot sauce, absinthe and salt; mix thoroughly. Place oysters on half shell; set in pan of rock salt that has been heated in 450°F oven 20 minutes. Spread 2 tablespoons sauce over each oyster. Top with 1 teaspoon combined cheese and remaining crumbs. Bake in 450°F oven 30 minutes. Broil, 3 inches from heat, until brown. Yield: 6 servings.

QUICK SHRIMP STICKS

4 slices whole wheat bread	1/2 lb. shrimp, cooked
1/2 small onion	1 small piece ginger
1 teaspoon sugar	Dash of salt and pepper
2 egg whites	Bread crumbs

Cut each bread slice into 4 strips. Combine shrimp, onion and ginger in blender to chop. In medium-size bowl, mix shrimp with seasonings; add egg whites and beat until stiff. Spread on bread strips; sprinkle with bread crumbs. Fry in deep fat until golden brown. Yield: 16 appetizers.

SHRIMP BALLS

1 cup raw diced shrimp	1 egg, well beaten
3 tablespoons minced onion	Salt and pepper
2 tablespoons butter	1 clove garlic, minced
2 1/2 cups mashed potatoes	1 tablespoon minced parsley

Sauté shrimp and onion in butter. Stir in remaining ingredients. Chill. Roll into small balls; coat with flour. Fry in deep hot fat (375°F) until golden brown, about 3 minutes. Yield: 4 servings.

SHRIMP NEWBURG

1/4 cup (1/2 stick) butter, melted	1 1/2 cups breakfast cream
2 tablespoons flour	1/8 teaspoon hot sauce
3/4 teaspoon salt	2 egg yolks, beaten
1/8 teaspoon cayenne	1 pound cooked shrimp, halved
2 tablespoons sherry wine	

Combine butter, flour and seasoning. Add cream gradually and cook until thick, stirring constantly. Stir small amount of hot sauce into yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve on toast points. Yield: 6 servings.

SHRIMP OR OYSTER PO BOY

1 pound cleaned shrimp or 1 quart oysters	Oil
Po Boy buns	1 package Seasoned Fish Fry

Dip shrimp or oysters in Fish Fry; fry in deep fat at 375° F. until golden brown. Drain. Place on buns and enjoy.

SHRIMP LOAF

- |                            |                             |
|----------------------------|-----------------------------|
| 3 tablespoons lemon juice  | 1 large can shrimp or fresh |
| 3 packages (3 ounces each) | cooked shrimp               |
| Philadelphia cream cheese  | 1 can tomato soup           |
| 1 1/2 cups fresh boiled    | 2 envelopes unflavored      |
| shrimp, chopped fine       | gelatin                     |
| 3/4 cup finely chopped     | Salt and pepper to taste    |
| parsley or celery          | 3/4 cup finely chopped      |
| 1 cup mayonnaise           | green onions                |

You may use both the fresh shrimp and 1 can shrimp or 2 1/2 cups of the fresh boiled shrimp.

Soak gelatin in 1/4 cup cold water. Heat soup to boiling point. Dissolve cream cheese thoroughly with the soup and gelatin. Cool. Add mayonnaise, celery or parsley, seasonings and onions. Fold in crumbled shrimp; pour into buttered mold. Chill. Serve with crackers.

SHRIMP ROCKEFELLER

- |                             |                              |
|-----------------------------|------------------------------|
| 2 packages (10 ounces each) | 1/4 cup grated Parmesan      |
| frozen spinach              | cheese                       |
| 1/2 cup (1 stick) butter,   | 1/2 cup chopped parsley      |
| melted                      | 2/3 head lettuce, chopped    |
| 1 1/2 teaspoons             | 3 slices white bread, crusts |
| Worcestershire sauce        | removed                      |
| 2 teaspoons anchovy paste   | 1 pound shrimp, cleaned      |
| 1/2 teaspoon salt           | 3/4 cup water                |
| 1/4 teaspoon hot sauce      | 2 tablespoons butter,        |
| 1 teaspoon celery salt      | melted                       |
| 2 cloves garlic             | 1/2 cup dry bread crumbs     |
| 12 green onions             |                              |

Cook spinach according to package directions, reserving liquid. In blender container, blend 1 stick butter, spinach liquid and seasonings. Gradually add the greens. Add bread moistened in water. Place 4 shrimp in each of 6 greased ramekins, pour sauce over each. Mix butter with crumbs; sprinkle on shrimp. Top with cheese. Bake 15 minutes or until brown. Yield: 6 servings.

SHRIMP REMOULADE

- |                              |                 |
|------------------------------|-----------------|
| 2 lbs. boiled shrimp, peeled | Lettuce         |
| and deveined                 | Remoulade sauce |

Let shrimp cool after boiling. Mix shrimp with Remoulade Sauce and place in small covered bowl; store in refrigerator at least 24 hours. When ready to serve, stir and use in salad bowl over chopped lettuce. Shrimp Remoulade prepared this way will last a week in the refrigerator. Sauce alone can be stored in refrigerator up to 2 months.

*Remoulade Sauce*

- |                          |                       |
|--------------------------|-----------------------|
| 1 pint tomato catsup     | 1/2 pint olive oil    |
| 1/2 can tomato paste     | 1/2 pint mayonnaise   |
| 1 large dill pickle      | 1 sprig green onion   |
| 1 sprig parsley          | 1 bell pepper         |
| 1 egg white              | 1 tablespoon powdered |
| 1 tablespoon A-1 sauce   | horseradish           |
| 1/2 teaspoon hot pepper  | 1 tablespoon          |
| sauce                    | Worcestershire sauce  |
| 1 level teaspoon melted  | 8 or 9 green olives   |
| butter                   | 1 tablespoon prepared |
| 3 cloves garlic, pressed | mustard               |
| 1/2 teaspoon salt        | 1/2 teaspoon sugar    |

Grind very fine in food chopper the dill pickle, garlic, green onion, parsley, bell pepper and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A-1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart.

BUYING GUIDE  
FOR 50 FULL-SIZED SANDWICHES:

- |                             |                 |              |
|-----------------------------|-----------------|--------------|
| (1 slice per sandwich)      |                 |              |
| Ham (canned)                | 1/8 inch slice  | 10 pounds    |
| Roast beef or veal          | 1/8 inch slice  | 20-25        |
| (bone-in weight)            |                 | pounds       |
| Turkey                      | 1/8 inch slice  | 17 pounds    |
| Cheese                      | 1/8 inch slice  | 3 pounds     |
| Ready-to-serve sliced meats | 1/16 inch slice | 7-9 pounds   |
| White sandwich loaf         | 8 pounds        |              |
| Whole wheat                 | 6 pounds        |              |
| Rye                         | 4 pounds        |              |
| Butter                      | 2 teaspoons     | 1 1/2 pounds |
|                             | per sandwich    |              |
| Mayonnaise                  | 2 teaspoons     | 1 quart      |
|                             | per sandwich    |              |

FILLING FOR SANDWICHES

One cup of spread or finely chopped filling will make about 8 full-sized sandwiches. Allow 2 rounded tablespoons of filling per sandwich.

BUTTER SPREAD FOR SANDWICHES

Always spread both slices of bread to the edge with softened butter to keep soft fillings from soaking in, yet avoiding any dry bites. For a variation, add 2 teaspoons prepared mustard to 1/2 cup (1 stick) butter.

FREEZING SANDWICHES

Sandwiches can be prepared in advance and frozen. Any bread will freeze well, but some fillings do not. It is best to omit crisp salad-type vegetables, because they lose their crispness.

Hard-cooked egg whites should not be frozen, as they turn rubbery.

Salad dressings and mayonnaise should be used sparingly, since both tend to separate, making sandwiches soggy. Bottled salad dressings, such as Russian, French and Italian, work well as binders and add flavor to fillings. To check a filling, freeze a small amount in a custard cup, covered, overnight. Then, thaw and look for any separation or watering.

*Storage Time:* 1 to 2 months.

Thaw party sandwiches at room temperature for 30 minutes. Unwrap open-faced sandwiches for thawing. Whole sandwiches should be individually wrapped. Allow 2 to 3 hours for thawing at room temperature. Frosted sandwich loaf will thaw in about 3 hours, unwrapped.

AVOCADO FILLING

2 cups mashed avocado (about 3)	1 tablespoon lemon juice
1/2 cup mayonnaise	1 teaspoon salt
	1/4 cup minced parsley

Combine ingredients and chill. Sufficient spread for two ribbon loaves or 48 finger sandwiches.

CHECKERBOARD SANDWICHES

Cut 3 slices each of whole wheat and white bread, 1/2-inch thick. Remove crusts. Spread a slice of white bread with softened butter or cream cheese and place a slice of whole wheat on it. Spread this with creamed mixture. Place on it a slice of white bread, making whole wheat bread the middle layer. Repeat this process beginning with a slice of whole wheat so that a slice of white bread is the middle layer this time. Trim each pile evenly, and cut each pile in 3 one-inch strips. Spread these strips with creamed mixture and put together in such a way that a white block will alternate with a whole wheat one, forming a checkerboard at ends. There will be two "checkered" loaves. Wrap each loaf in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

BANANA-PEANUT BUTTER SPREAD

1/2 cup peanut butter	1/4 cup orange juice
1/4 cup mashed banana	

Combine ingredients until well blended. Yield: 8 sandwiches.

CHEESE FILLING

1 pound (4 cups) grated Cheddar cheese	1 tablespoon minced onion
1/2 cup mayonnaise or salad dressing	1/4 cup prepared mustard
	1/2 cup chopped stuffed olives

Combine cheese, mayonnaise and mustard. Mix until blended. Add olives and onion. Yield: 48 finger sandwiches.

CHEESE-OLIVE SPREAD

1 cup stuffed olives	1/4 pound (1 cup) process cheese, cubed
4 strips bacon, cooked	

Place all ingredients in blender or food processor, blend to smooth spread. Add cream or liquid from olives if mixture is too thick. Yield: 6 full-sized sandwiches.

### CHICKEN OR HAM SALAD

4 1/2 cups finely chopped or ground cooked chicken* or ham	1 cup mayonnaise 3/4 teaspoon salt 6 tablespoons chopped stuffed olives or pickle
1 1/2 cups minced celery	

Thoroughly combine all ingredients. Yield: filling for approximately 4 1/2 cups cooked meat.

\*One 5-pound chicken yields approximately 4 cups cooked meat.

### CUCUMBER SANDWICHES

1 large cucumber	1 teaspoon grated onion
3 tablespoons vinegar	4 packages (3 ounces each) cream cheese
1 tablespoon lemon juice	1 to 2 drops green food coloring
1 tablespoon sugar	
1/4 teaspoon salt	
Dash pepper	

Peel cucumber, remove seeds and grate coarsely. Soak pulp 15 minutes in vinegar, lemon juice, sugar, salt and pepper. Drain. Blend onion with cream cheese; add drained cucumber and food coloring. Mix well. Spread 1 dozen open-faced sandwiches; cut into fingers or squares. Garnish with parsley.

### EGG SALAD

4 hard-cooked eggs	1/4 teaspoon onion salt
1/2 stalk celery, minced	1/2 teaspoon salt
1/4 cup mayonnaise	1/8 teaspoon pepper

Combine yolks with celery, mayonnaise, salt and pepper. Stir in minced whites. Yield: 12 full-sized sandwiches.

### EGG-OLIVE FILLING

1 cup pecans	1/2 cup mayonnaise
2 hard-cooked eggs	1 medium onion, minced
1 bottle (7 ounces) stuffed olives	Salt Pepper

Put pecans, eggs, olives and onion through meat chopper or chop finely. Season to taste with salt and pepper. Add just enough mayonnaise for spreading consistency. Yield: 6 full-sized sandwiches.

### MEAT SPREAD

Blend 1/4 cup mayonnaise, 1 teaspoon prepared horseradish, 1/2 teaspoon salt, 1/2 stalk celery cut into 1-inch pieces, 1 cup cubed cooked meat and 1 slice of onion. Yield: 1 cup.

### ONION-BACON FILLING

4 bunches green onion	1/2 to 1 pound cooked bacon
2 cups mayonnaise	

Chop tops and bottoms of onions very fine; stir in mayonnaise. Crumble bacon finely; add to onion mixture. Mix well. Spread on thin bread. Remove crust from sandwiches. Yield: 25 full-sized sandwiches.

### PINWHEEL SANDWICHES

Remove crusts from all sides of a fresh, unsliced loaf of bread with the exception of the bottom crust. With a sharp knife, cut bread lengthwise in slices 1/8 to 1/4-inch thick. Spread the long slices with a cheese spread or any smooth filling. Beginning at one end, roll the bread as for a jelly roll. Spread melted butter on the last lap of the bread to seal it. Wrap the small rolls in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

### RIBBON SANDWICHES

Put three or more slices of bread together with prepared filling. Wrap tightly in waxed paper. Chill. Cut in 1/4-inch slices just before serving. Use alternate slices of white and dark bread.

### ROLLED SANDWICHES

Trim crusts from fresh bread. Put slices between 2 damp towels and roll lightly with rolling pin. Spread slices with desired filling. Roll up and seal edges with melted butter. Roll each sandwich in waxed paper; twist ends tightly. Store in refrigerator.

SANDWICH LOAF

- |                                      |   |
|--------------------------------------|---|
| 1 small loaf unsliced sandwich bread | 3-4 tablespoons cream                   |
| Softened butter                      | 3 packages (3 ounces each) cream cheese |
| 3 recipes of fillings                |   |

Cut crust from the bread and slice lengthwise in 4 slices. Spread butter over each center slice. Spread the top of the bottom slice with one of the fillings. Place the next slice over and spread with another filling, pressing firmly. Spread last filling on third slice and top with fourth slice. Press firmly. Blend cheese and cream, adding a pinch of salt. Spread over top and sides of the loaf. Chill several hours. When ready to serve, slice into 3/4 to 1-inch slices.

SHRIMP SPREAD

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 package (3 ounces) cream cheese | 1 teaspoon prepared mustard |
| Dash garlic salt                  | 2/3 cup minced shrimp       |
| 1 stalk celery, minced            | 2 tablespoons mayonnaise    |
| 1 tablespoon catsup               |                             |

Combine softened cheese and garlic salt. Stir in remaining ingredients. Yield: 8 full-sized sandwiches.

TUNA FILLING

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 2 cans (7 ounces each) tuna, drained | 3/4 cup minced celery              |
| 2 hard-cooked eggs, minced           | 1/2 cup chopped sweet pickle chips |
| 1/4 cup minced onion                 | 1/2 cup mayonnaise                 |

Combine tuna, eggs, celery, pickle and onion. Add mayonnaise; mix well. Yield: 8 sandwiches or 4 generous salads.

CANDIED CUSHAW

- |                  |                          |
|------------------|--------------------------|
| 1 cushaw         | 1/2 cup (1 stick) butter |
| 1 1/2 cups sugar |                          |

Cut neck of cushaw into small rounds about 1/4-inch thick. Remove rind; place in large saucepan. Cover with water; add butter and sugar. Cook over low heat, carefully turning once, until syrup thickens and looks crystallized. The large end of the cushaw can be coarsely grated and prepared in the same manner. Yield: 6 servings.

ARTICHOKE BALLS

- |                              |                              |
|------------------------------|------------------------------|
| 2 cans artichoke hearts      | 1/2 cup Italian bread crumbs |
| 1 large clove garlic, minced | 2 to 4 tablespoons olive oil |
| 1/2 cup Parmesan cheese      | Salt and pepper              |

Drain artichoke hearts and mince finely. Combine with remaining ingredients until mixture can be molded into small balls. Bake in 350° F. oven for 15 minutes. Yield: about 4 dozen.

*To Freeze:* Arrange artichoke balls on a cookie sheet; freeze, and then transfer to freezer bags. To serve, place frozen balls on cookie sheet and bake in 350° F. oven for 15 minutes or until golden brown.

HOT OLIVE CHEESE PUFFS

- |                           |                                       |
|---------------------------|---------------------------------------|
| 1 cup grated sharp cheese | 1/2 teaspoon paprika                  |
| 3 tablespoons soft butter | 24 small stuffed olives, well drained |
| 1/2 cup sifted flour      |                                       |
| 1/4 teaspoon salt         |                                       |

With electric mixer, cream butter and cheese. Stir sifted dry ingredients. Mix well. Wrap 1 teaspoon cheese dough around each stuffed olive, completely covering. Place wrapped olives on heavy sheet of cardboard and wrap securely for freezing. Freeze. To serve: unwrap desired number of frozen puffs; arrange on ungreased cookie sheet; bake in 400° F. oven 10 to 15 minutes or until brown. Serve warm. Yield: 24 puffs.

PARTY SWEET POTATOES

- |  |                       |
|--|-----------------------|
| 6 yams, cooked and sliced                                | 2 cups brown sugar    |
| 1/2 cup (1 stick) butter, melted                         | 1 cup pecans          |
| 1 can (1 pound 4 ounces) crushed pineapple, well drained | 1/2 cup dry vermouth  |
|  | 1/8 teaspoon cinnamon |
|  | 1/8 teaspoon nutmeg   |

Layer yam slices in 2-quart greased casserole with other ingredients, ending with brown sugar. Bake in 375° F. oven until sauce thickens, about 1 hour. Yield: 8 servings.

STUFFED CELERY

- 1 celery heart
- 1 package (3 ounces) cream cheese
- 1/4 teaspoon chopped chives
- Paprika
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon salt
- 1/2 teaspoon mayonnaise

Wash and dry pieces of celery from the heart; leave on a bit of foliage. Fill grooves with remaining ingredients that have been blended thoroughly. Sprinkle lightly with paprika.

STUFFED MUSHROOMS

- 16 large mushrooms
- 1/2 cup (1 stick) butter
- 1/2 cup seasoned bread crumbs
- 1 egg, slightly beaten
- 1 tablespoon minced onion
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt
- Dash pepper
- Parmesan cheese
- 1 cup beef bouillon

Remove stems of mushrooms. Sauté chopped stems in 3 tablespoons butter. Add crumbs, egg, onion, parsley, salt and pepper. Brush mushroom caps with butter and arrange, cup side up, in buttered baking dish. Fill each cap with stuffing, sprinkle with cheese and dot with butter. Add broth to pan. Bake in a 375° F. oven for 15 to 20 minutes or until tender when pierced with a fork. Baste mushrooms occasionally with additional butter to keep them moist. Yield: 4 servings.

*Variation:* Substitute crab meat or chopped shrimp for mushroom stems in stuffing.

*Notes:*

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The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned below the book, and the entire scene is set against a light blue circular backdrop. A red horizontal band is overlaid across the middle of the image, containing the title text.

# COOKING WITH ENERGY

# **Beverages**

## SUBSTITUTIONS

### FOR:

1 tablespoon cornstarch  
 1 square (1 ounce) unsweetened chocolate  
 1 cup milk  
 1 cup sour milk  
 Commercial sour cream  
 1/2 cup old fashioned molasses  
 plus 1/4 teaspoon soda  
 1 cup brown sugar  
 1 cup sifted cake flour  
 2 teaspoons baking powder  
 1 whole egg  
 1 cup self-rising flour  
 1 package active dry yeast  
 1 small clove garlic

### USE:

2 tablespoons flour or one tablespoon tapioca  
 3 tablespoons cocoa plus 1 tablespoon butter  
 1/2 cup evaporated milk and 1/2 cup water or 1 cup  
 reconstituted dry milk made by using 1/3 cup instant dry  
 milk and 3/4 cup water  
 1 tablespoon lemon juice or vinegar plus enough whole  
 milk to make 1 cup  
 No substitute  
 1/2 cup granulated sugar plus 1 teaspoon  
 baking powder, plus 2 tablespoons water or milk  
 1/4 cup molasses plus 3/4 cup granulated sugar  
 1 cup sifted all-purpose flour minus 2 tablespoons  
 1 1/4 teaspoons cream of tartar plus 1/2 teaspoon  
 baking soda  
 2 egg yolks, plus 1 tablespoon water (in cookies)  
 2 egg yolks (in puddings or similar mixtures)  
 1 cup all-purpose flour plus 1 1/2 teaspoons baking  
 powder and 1/2 teaspoon salt  
 1 tablespoon instant minced onion  
 1/8 teaspoon garlic powder

CHERRY BOUNCE

To 1 gallon of wild cherries, add enough whiskey to just cover. Let stand 3 weeks. Drain off liquor; reserve. Drain juice from cherries through jelly bag, but do not break stones. Add strained cherry juice to reserved liquor. To each 1/2 gallon of cherry juice liquor, add a boiled syrup made of 2 1/4 cups sugar and 1/2 cup water. Stir; pour into bottles and cork securely.

PEACH BRANDY

Peel 2 gallons or 8 quarts ripe peaches. Weigh, measure an equal amount of sugar. Pack fruit and sugar in alternate layers in an earthen crock. Weight down peaches to keep under juice. Cover top of crock with cheesecloth and store in cool, dark place. Allow to stand 2 to 3 weeks, or until fermentation stops. Strain to remove sediment. Pour juice into bottles and cork tightly. If desired, peaches may be refrigerated and served later.

CAFE AU LAIT

Into a coffee cup pour together boiling milk and hot strong coffee (1/2 cup of each). This is the coffee that is so popular at the coffee stands in New Orleans.

CAFE BRULOT

40 whole cloves	Very thin peel of
2 sticks whole cinnamon, broken into pieces	1/2 orange
Very thin peel of 1/2 lemon	20 cubes of sugar plus 2 cubes per cup
1 quart hot coffee	1 cup brandy

Place spices, peel, sugar and brandy into brulot bowl. Fill the brulot ladle with brandy, ignite and lower into brulot bowl. Ladle the flaming mixture only a few minutes, so that it will not destroy all the flavor of the brandy. Pour coffee slowly into brulot bowl. (The quantity of sugar may seem excessive; it is essential as the brulot should taste like a very rich fruitcake.) Serves 12.

GOLDEN PUNCH

2 cans (6 ounces each) frozen orange juice concentrate	2 cans (6 ounces each) frozen lemonade concentrate
2 cans (12 ounces each) apricot nectar	2 cans (18 ounces each) pineapple juice

Add water to frozen concentrate as directed on cans. Combine with the apricot nectar and pineapple juice. Chill. Yield: 39 servings, 4 ounces each.

HAWAIIAN PUNCH

2 quarts Hawaiian Punch	1/2 cup lemon juice
3 quarts water	1 quart ginger ale

Combine punch, water and lemon juice. Pour over cracked ice. Just before serving, add ginger ale. Yield: 50 servings, 4 ounces each.

ICE CREAM SODA PUNCH

2 quarts cherry soda	1 quart cream soda
2 bottles cola-type beverage	1 pint vanilla ice cream

Chill beverages thoroughly. Just before serving, pour beverages into punch bowl. Add ice cream, dividing the pint into four large tablespoonfuls. Yield: 32 servings, 4 ounces each.

LEMONADE PUNCH

2 cups water	4 oranges, sliced
4 1/2 cups (2 pounds) sugar	1 can (46 ounces) pineapple juice
3 3/4 cups lemon juice	2 gallons cold water

Boil 2 cups water with sugar; chill. Add lemon juice, oranges, pineapple juice and water. Yield: 90 servings, 4 ounces each.

LUAU PUNCH

- |  |  |
|--|--|
| 1 can (6 ounces) frozen orange juice concentrate | 1 can (46 ounces) pineapple juice        |
| 1 can (6 ounces) frozen lemonade concentrate     | 2 tablespoons Maraschino cherry juice or |
| 2 cans (12 ounces each) apricot nectar           | 1 tablespoon grenadine                   |
| 1 bottle (28 ounces) ginger ale                  | 3/4 teaspoon almond extract              |

Dilute orange juice as label directs. Add concentrated lemonade, nectar, pineapple juice, cherry juice, and extract. Refrigerate. At serving time, add ginger ale. Yield: 34 servings, 4 ounces each.

PENNY-WISE PUNCH

- |  |                                       |
|--|---------------------------------------|
| 2 packages (3 ounces each) cherry-flavored gelatin | 2 oranges, thinly sliced              |
| 2 packages (3 ounces each) lemon-flavored gelatin  | 2 bottles (28 ounces each) ginger ale |
| 1 quart cold water                                 | 1 quart hot water                     |

Dissolve gelatin in hot water. Add cold water and orange slices. Chill. Add ginger ale and ice cubes just before serving. Yield 32 servings, 4 ounces each.

*Amount to Serve:* The average punch cups holds about 1/2 cup (4 ounces) of punch. Allow 3 cups of punch per person. 4 1/2 gallons punch serves 50 people, 3 cups per person.

*Ice Ring:* Fill ring mold half full of water or fruit juice. Freeze firm as quickly as possible. Arrange fruit in decorative design over frozen ring. Anchor by pouring a small amount of water around them; freeze. Unmold and float in punch bowl.

*Frozen Fruit:* Place can of fruit cocktail in freezer overnight to freeze solid. Open can and place fruit in punch bowl with block of ice. Add punch. Float mint and lemon slices on top.

SHERBET PUNCH

- |                 |                              |
|-----------------|------------------------------|
| 1 quart sherbet | 5 quarts ginger ale, chilled |
|-----------------|------------------------------|

Place sherbet in punch bowl; add ginger ale. Yield 48 servings, 4 ounces each.

TEA BASE FRUIT PUNCH

- |                              |  |
|------------------------------|--|
| 1 quart hot tea              | 1 cup grenadine                              |
| 3 1/2 to 4 cups sugar        | 1 quart unsweetened pineapple juice, chilled |
| 1 quart lemon juice, chilled |  |

Stir tea and sugar until sugar dissolves; chill. Add grenadine and juices. Yield: 30 servings, 4 ounces each.

*Variations:*

*Sparkling Punch:* Add 2 bottles (28 ounces each) chilled lemon-lime carbonated beverage. Yield: 48 servings, 4 ounces each.

*Champagne Punch:* Add 2 fifths chilled champagne and 1/2 pint vodka. Yield: 55 servings, 4 ounces each.

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# COOKING WITH ENERGY

## Breads

FOOD SHOPPING GUIDE FOR 25 PEOPLE

FOOD	AMOUNT TO PURCHASE	FOOD	AMOUNT TO PURCHASE
<b>BEVERAGES</b>		<b>POULTRY, CHICKEN</b>	
Coffee	1/2 to 3/4 pound	Roast	15 to 18 pounds
Hot Chocolate	8 squares	Fried, quartered	7 fryers
Orange juice, frozen	24 ounce	For boned cooked meat, casseroles or salads	10 to 12 pounds
Tea, hot	2 1/4 ounces	<b>POULTRY, TURKEY</b>	
Tea, iced	3 ounces	For boned, cooked meat, sliced	15 to 18 pounds
Punch	2 1/4 gallons	Boned, cooked meat for casseroles or salads	8 to 10 pounds
<b>BREADS</b>		Roast	18 to 20 pounds
Regular, sliced	3 loaves	<b>SALADS</b>	
Thin sliced	2 loaves	Cabbage for cole slaw	4 heads
Rolls, pan	3 dozen	Chicken salad, prepared	5 quarts
Rolls, hard	2 1/4 dozen	Fruit Salad	4 quarts
French	3 loaves	Potato Salad, prepared	5 quarts
<b>CEREALS</b>		Salad Dressing	3/4 quart
Grits	2 pounds	Lettuce	5 heads
Macaroni	3 1/2 pounds	Tomatoes, sliced	6 pounds
Noodles	2 pounds	<b>SEAFOODS</b>	
Rice, long grain	2 1/2 pounds	Crabs, boiled	13 to 16 dozen
Spaghetti	6 pounds	Crawfish, boiled	3 pounds per person
<b>DAIRY PRODUCTS</b>		Shrimp, boiled	1 1/2 pounds per person
Butter	1/2 pound	<b>SOUPS AND GRAVY</b>	
Cheese for sandwiches	2 pounds	Soups, appetizer	1 1/2 gallons
Cream for coffee	1 pint	Gravy for hot sandwiches	3 quarts
Eggs	3 1/2 dozen	Gumbo as main dish	3 gallons
Ice cream,	1 gallon	Tomato gravy for spaghetti	1 1/2 gallons
Milk	1 1/4 gallon	<b>VEGETABLES</b>	
<b>FRUIT</b>		Canned	7 No. 303 cans or 1 No. 10 cans
Canned fruit	No. 10 can	Frozen	6 pounds or 9 10-ounce packages
Frozen fruit	6 10-ounce packages	Potatoes, Boiled	9 pounds
<b>MEAT, BEEF</b>		Mashed	7 pounds
Beef Roast, bone in	10 to 13 pounds	<b>MISCELLANEOUS</b>	
Beef Roast, boneless	9 to 10 pounds	Mustard	5 ounce jar
Steaks	12 pounds	Pickles or Olives	1 quart
Ground for meatballs	9 to 10 pounds	Potato chips	2 pounds
Ground for meat patties	6 pounds	Sugar	1/2 pound
<b>MEAT, PORK</b>			
Bacon	3 pounds		
Ham, cooked, bone-in	13 pounds		
Ham, cooked, boneless	8 pounds		
Roast Loin	10 to 13 pounds		
Sausage, patties or links	6 1/2 pounds		
<b>MEAT, VEAL</b>			
Breaded Veal Cutlets	6 1/2 pounds		

## BREAD BASICS

*TO FREEZE BREADS:* Breads freeze better baked. Bakery bread should be over-wrapped. Thaw in about 1 hour at room temperature - leave in freezer wrap until ready to serve.

*TO HEAT:* Wrap in foil and place in 350° F. oven for 10 to 15 minutes, depending on size.

*STORAGE TIME:* Baked - 2 -3 months; Unbaked - 1 month

## BASIC CREPES

3 eggs	3 tablespoons melted
1/2 cup milk	butter
1/2 cup water	1/2 teaspoon salt
3/4 cup flour	

In electric blender, blend ingredients about 1 minute; scrape down sides of container and blend until smooth, about 30 seconds. Refrigerate batter 1 hour. Smaller pans will take about 2 to 3 tablespoons batter, larger pan 1/4 cup. On medium high heat, heat seasoned pan until just hot enough to sizzle a drop of water; brush lightly with butter. Add batter and tilt pan to coat bottom; cook until lightly browned on bottom and dry on top. If desired, turn and brown other side. Cool pan slightly between crepes. Yield: 2 cups batter.

*To freeze:* Layer crepes with waxed paper, foil or plastic wrap; place on paper plate and cover tightly with moisture-vapor-proof wrapping. Storage time: several weeks.

*To thaw:* Place in refrigerator overnight or unwrap crepes and thaw in 250° F. oven, carefully peeling crepes apart as they thaw. In microwave oven, thaw 1 to 2 minutes.

## BISCUITS

1/4 cup shortening	1 teaspoon salt
2 cups sifted flour	4 teaspoons baking
3/4 to 1 cup milk	powder

Cut shortening into sifted dry ingredients. Gradually add milk to form a soft dough. Knead 1/2 minute on lightly floured board. Roll out to 1/2-inch thickness. Cut with floured biscuit cutter. Place on greased baking sheet. Bake in 450° F. oven for 12 to 15 minutes. Yield: 12 biscuits.

*Variations:*

*Olive-Pimento Biscuits:* Add 1/4 cup chopped stuffed olives to dry ingredients.

*Cheese Biscuits:* Add 1/2 cup grated cheese to dry ingredients.

*Cinnamon Pinwheels:* Roll dough to rectangular shape, 1/4 inch thick. Brush with 1/2 stick melted butter.

Combine 1/4 cup sugar and 1/4 teaspoon cinnamon; sprinkle over dough. Roll jelly roll style and cut into 3/4-inch slices. Put each pinwheel in greased muffin pan.

*Drop Biscuits:* Increase milk to 1 1/4 cups and drop from tablespoon onto greased cookie sheet.

*Southern Biscuits:* Omit baking powder and add 1/2 teaspoon baking soda; use buttermilk instead of milk.

## BISCUIT MIX

8 cups sifted flour	4 teaspoons salt
1/4 cup baking powder	1 cup shortening

Sift dry ingredients together. Cut in shortening until mixture resembles coarse crumbs. Store in covered container. Yield: 2 quarts or enough for 4 recipes of biscuits.

*To make rolled biscuits:* Gradually add 2/3 cup milk to 2 cups biscuit mix to form a soft ball. Knead 1/2 minute on lightly floured board. Roll out to 1/2-inch thickness and cut with floured biscuit cutter. Bake on ungreased baking sheet in 450° F. oven for 12 to 15 minutes. Yield: 12 biscuits.

### PIMIENTO CHEESE BISCUITS

1 cup grated cheese      1 can (4 ounces) pimiento  
2 cups biscuit mix      Milk to moisten

Add cheese to biscuit mix; stir in pimiento. Add milk to moisten. Stir until dough leaves sides of bowl. Turn out on lightly floured board; knead lightly. Roll out dough to 1/2-inch thickness. Cut with small cutter. Bake in 425° F. oven for 12 to 15 minutes. Yield: 18 biscuits.

### BISHOP'S BREAD

2 cups brown sugar      3/4 cup sour milk  
1/2 cup (1 stick)      2 cups sifted flour  
    melted butter      1 teaspoon cinnamon  
1 egg      1/2 teaspoon salt  
1 cup chopped raisins      1/2 teaspoon baking soda

Blend sugar and butter. Add egg; beat until smooth. Mix raisins with sifted dry ingredients. Add raisin-flour mixture and sour milk alternately to brown sugar mixture. Pour into a greased and waxed paper-lined 9 1/4 x 5 1/4 x 2 3/4-inch loaf pan. Bake in 350° F. oven for 1 hour.

### BUTTERMILK ROLLS

1 cup lukewarm buttermilk      1 teaspoon salt  
1/4 teaspoon baking soda      1 package yeast  
1 teaspoon sugar      3 tablespoons shortening  
2 1/2 cups sifted flour

Combine buttermilk, soda, sugar and salt. Stir in yeast until dissolved. Add shortening and stir until melted. Blend in flour; add additional 1/4 cup flour if necessary to make dough easy to handle. Knead on lightly floured board until smooth and elastic. Shape dough into 1-inch balls and place 3 balls in each greased muffin pan. Cover and let rise until doubled in bulk, about 1 hour. Bake in 400° F. oven 20 minutes. Yield: 18 rolls.

### CAKE DOUGHNUTS

1 cup sugar      2 teaspoons baking  
2 tablespoons shortening      powder  
2 eggs, beaten      1/2 teaspoon salt  
3/4 cup buttermilk      1/4 teaspoon nutmeg  
3 1/2 cups sifted flour      1/4 teaspoon cinnamon  
1 teaspoon baking soda

Beat sugar and shortening into eggs. Stir in milk. Blend sifted dry ingredients into milk mixture. Beat until smooth. Turn onto generously floured board. Roll 1/3-inch thick. Cut with floured doughnut cutter. Lift with spatula and slide into deep hot fat (375° F.). Turn doughnuts as they rise to surface. Fry 2 to 3 minutes or until brown. Drain. Yield: 2 dozen 3-inch doughnuts.

### BAKED DOUGHNUTS

1 package yeast      1/2 teaspoon salt  
1/4 cup warm water      1 egg, beaten  
6 tablespoons milk      2 1/2 cups sifted flour  
2 tablespoons shortening      (about)  
4 tablespoons sugar

Dissolve yeast in water. Scald milk; add shortening, sugar and salt. Cool to lukewarm. Add enough flour to make a thick batter. Add dissolved yeast and egg. Beat well. Add enough flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl, cover and let rise until doubled in bulk. When light, punch down. Roll on lightly floured board to 1/2-inch thickness. Cut with doughnut cutter. Place on ungreased baking sheets. Let rise until almost doubled. Bake in 375° F. oven for 20 minutes. Yield: about 18 doughnuts.

*To Glaze Doughnuts:* Blend 1/3 cup boiling water into 1 cup confectioners sugar. Dip warm doughnuts into warm glaze.

## CHEESE BREAD

2 cups sifted flour	1 cup grated American cheese
3 teaspoons baking powder	
3/4 teaspoon salt	1/2 cup chopped pecans
1 1/2 teaspoon sugar	1 egg, lightly beaten
2 tablespoons melted butter	3/4 cup milk

Into a mixing bowl, sift flour, baking powder, salt and sugar. Add cheese and pecans. Combine egg, milk and butter; pour liquid ingredients into dry ingredients. Stir only until dry ingredients are moistened. Batter should not be smooth. Pour batter into a greased 8-inch loaf pan. Let stand for 15 minutes. Bake in 350°F. oven for 1 hour.

## CINNAMON BUNS

1 package active dry yeast	1 cup lukewarm mashed potatoes
1 1/2 cups warm water (105° F. to 115° F.)	7 to 7 1/2 cups flour (regular or instant blending)
2/3 cup sugar	Soft butter
1 1/2 teaspoons salt	
2/3 cup shortening	
2 eggs	

In mixing bowl, dissolve yeast in warm water. Stir in sugar, salt, shortening, eggs, potatoes and half the flour. Mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand or spoon. Turn onto lightly floured board; knead until smooth and elastic. Place in ungreased bowl; turn greased side up. Cover bowl tightly with double thickness waxed paper, then with dampened clean cloth. Place in refrigerator until ready to use. (Dough can be kept up to 5 days in refrigerator. Keep well covered and dampen cloth when needed.)

30 large marshmallows	1 cup (2 sticks) butter, melted
2 cups sugar	
2 tablespoons cinnamon	

Punch down dough. Roll to 1/4-inch thickness; cut into 3 1/2-inch circles. Mix sugar and cinnamon. Dip each marshmallow into butter, then into sugar mixture. Wrap each circle around marshmallow, pinching tightly at bottom. Dip bun into butter, then into sugar mixture. Place in greased muffin cups. Let rise 1 1/2 hours. Bake in 400° F. oven for 20 to 25 minutes. Yield: about 2 1/2 dozen.

*Confectioners Sugar Icing*

Moisten 1 cup sifted confectioners sugar with 1 teaspoon vanilla and 1 tablespoon hot water. Mix to spreading consistency.

## CORN PANCAKES

1 cup cut corn	1 tablespoon melted butter
1 egg, well beaten	1 tablespoon milk
1/2 teaspoon salt	3 tablespoons flour

Cut corn from cob by first cutting down through kernels, then scraping the pulp from the cob with back of knife; measure 1 cup. Add egg, salt and melted butter. Stir in milk and flour. Pour onto lightly greased griddle and cook until cakes are bubbly. Turn and brown. Yield: 8 pancakes.

## CORN BREAD STUFFING FOR VEGETABLES

4 cups corn bread	1 onion, grated
4 cups boiling water	2 cups diced celery
1/2 cup diced salt pork fat	1/8 teaspoon red pepper
2 eggs, beaten	

Break corn bread into chunks; add boiling water and squeeze out water while still hot. Render salt pork in a skillet to form cracklings. Remove cracklings, add onion and celery; sauté. Remove from heat; add moistened cornbread, cracklings, red pepper and eggs. Mix thoroughly. Use as stuffing for 6 parboiled green peppers, boiled onions, or tomatoes. Bake in 350°F. oven for 25 minutes. Yield: 6 servings.

## CORN MEAL TORTILLAS

3 cups yellow corn meal	1 to 1 1/4 cups lukewarm water
2 cups sifted flour	
3 teaspoons salt	1/4 cup shortening

Combine corn meal, flour and salt. Cut in shortening until mixture resembles coarse corn meal. Make hole in center of corn meal mixture; fill with 1 cup water. Stir until ball forms (add more water if necessary). Turn onto bread board and knead. Form dough into small balls about 1 1/2 inches in diameter. Let stand 15 minutes. Roll each very thin, about 6 inches in diameter. Cook on hot ungreased griddle or in skillet about 2 minutes. Turn and cook about 1 minute longer. Yield: approximately 24 tortillas.

## CORN STICKS

1 cup yellow cornmeal	4 teaspoons baking powder
1 cup flour	1 egg
2 to 4 tablespoons sugar	1 cup milk
1/2 teaspoon salt	1/4 cup cooking oil

In a medium-sized bowl, mix meal, flour, sugar, salt and baking powder. Combine egg, milk and oil. Stir egg-milk mixture into dry ingredients. Heat greased corn-stick pans in 425° F. oven. Pour batter in hot corn-stick pan, using 1/4 cup for each stick mold. Bake for 15 to 18 minutes. Yield: Approximately 18 corn sticks, or 8-inch square cornbread, or 18 small muffins.

## FREEZER WHITE BREAD

12 1/2 to 13 1/2 cups unsifted flour	4 packages yeast
1/2 cup sugar	1/4 cup (1/2 stick) softened butter
2 tablespoons salt	4 cups very warm water (120° F. to 130° F.)
2/3 cup instant nonfat dry milk solids	

Thoroughly combine 4 cups flour, sugar, salt, dry milk solids, and undissolved yeast; add butter. Gradually add water and beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add 1 1/2 cups flour. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 15 minutes. Cover with a towel; let rest 15 minutes. Divide dough into 4 equal parts. Form each piece into a smooth round ball. Flatten each ball into a mound 6 inches in diameter. Place on greased baking sheets; cover with plastic wrap, and freeze until firm. Transfer to plastic freezer bags. Freeze up to 4 weeks. Remove from freezer; place on ungreased baking sheets. Cover; let stand at room temperature until fully thawed, about 4 hours. \*Roll each ball into rectangle 12 x 8 inches. Shape into loaves. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Let rise in warm place, free from draft, until doubled in bulk, about 1 1/2 hours. Bake in 350° F. oven about 35 minutes, or until done. Remove from pans and cool on wire racks. \*For round loaves: Let thawed dough rise on ungreased baking sheets until doubled, about 1 hour. Bake as for loaves. Yield: 4 loaves.

## FRENCH BREAD

1 package yeast	1 tablespoon shortening
1 1/4 cups warm water	1 tablespoon sugar
2 teaspoons salt	3 1/2 cups sifted flour
1/4 cup yellow cornmeal	

Dissolve yeast in water. Add salt, shortening and sugar. Stir in flour. Knead on lightly floured board until smooth. Place in greased bowl; brush lightly with shortening. Cover; let rise in warm place until doubled in bulk, about 30 minutes. Punch down and divide into 2 equal portions. Roll each half into an oblong 15 x 10 inches; roll up tightly from the wide side. Seal ends by pinching together. Roll dough back and forth to taper ends. Place shaped loaves, fold down, on greased baking sheets. Sprinkle loaves with cornmeal. Brush with Cornstarch Glaze. Make 1/4-inch slashes in dough at 2-inch intervals. Place large pan of boiling water on lower rack of oven. Place bread on rack above and bake in 400° F. oven 10 minutes. Remove from oven and brush again with Cornstarch Glaze; continue baking 20 to 30 minutes or until brown. Yield: 2 loaves.

*Cornstarch Glaze:* Combine 1 teaspoon cornstarch and 1 teaspoon cold water; gradually add 1/2 cup boiling water. Cook until smooth. Cool slightly.

## GARLIC QUICK BREAD

3 1/2 cups flour	1/4 cup (1/2 stick) butter
3 tablespoons sugar	1 1/4 cups milk
1 tablespoon baking powder	1 egg
1 1/2 teaspoons salt	4 small cloves garlic, crushed

Into a large bowl, combine flour, sugar, baking powder and salt. With pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Add remaining ingredients; stir until moistened. Turn dough onto well-floured surface and knead until smooth and not sticky, about 5 minutes. Shape dough into a loaf and place in a greased 9 x 5-inch loaf pan. With knife make 6 diagonal slashes, 1/4-inch deep, across top of bread. Bake in a 375° F. oven for 1 hour or until golden brown. Remove from pan immediately and cool 30 minutes on wire rack. Serve warm.

## HASTY-TASTY ROLLS

1 cup warm water	1 egg
1/3 cup melted shortening	3 1/2 cups sifted flour
1 tablespoon sugar	2 tablespoons butter,
2 teaspoons salt	melted
2 packages dry yeast	

In a bowl, combine water, shortening, sugar and salt. Add yeast; mix well. Blend in egg. Add flour gradually and mix until dough is well blended and soft. On a floured board, roll dough into rectangular shape. Fit dough into a greased 12 3/4 by 9 by 2-inch pan. With a knife, cut dough into 24 rectangles, each 1 by 4 inches. Brush cut sides with melted butter. Let rise in a warm place until doubled in bulk, about 30 minutes. Bake in a 425°F. oven for 20 minutes. Yield: 24 rolls.

## HOE CAKE

1/4 cup shortening	1 teaspoon salt
2 cups sifted flour	4 teaspoons baking
3/4 to 1 cup milk	powder

Cut shortening into sifted dry ingredients. Gradually add milk to make a soft dough. On lightly floured board, knead dough for 30 seconds. Form into a ball. Heat a small amount of shortening in a 10-inch skillet over medium heat. Place ball of dough in center of skillet; press dough to shape of skillet. Cook over medium heat until the center of the dough is dry, about 10 to 15 minutes. When turning cake, add a small amount of shortening to skillet; brown the other side over high heat, about 5 minutes.

## HUSH PUPPIES

1/2 cup sifted flour	1 egg
1 cup cornmeal	1 teaspoon salt
1 onion, minced	1 teaspoon sugar
1 1/2 teaspoons baking powder	1/2 cup milk, approximately

Combine ingredients with just enough milk to make a rather stiff dough. Drop by teaspoonfuls into deep hot fat (350° F.) and fry until brown about 3 to 4 minutes. Yield: 24 hush puppies.

## ITALIAN BREAD STICKS

1 teaspoon dry yeast	1 teaspoon sugar
5 tablespoons warm water	1 teaspoon salt
2 cups sifted flour	1/4 cup lukewarm milk
3 tablespoons melted butter	Sesame seeds

Dissolve yeast in water. Stir into 1 cup flour and knead until smooth. Place in floured bowl; cover with damp cloth and let rise until doubled in bulk, about 1 hour. Mix remaining 1 cup flour, butter, sugar, salt and milk into smooth paste. Place on floured board and add dough; mix and knead until smooth. Place in floured bowl; cover and let double, about 45 minutes. Knead until smooth. Divide into 24 parts, rolling each into a rope 6 or 7 inches long. Brush with milk and roll in seeds. Place 1-inch apart on greased baking sheet. Bake in 425°F. oven until brown, about 10 minutes.

## JALAPENO CORNBREAD

3 cups cornbread mix	1/2 cup very finely
2 1/2 cups milk	chopped Jalapeno
1/2 cup salad oil	peppers, remove seeds
3 eggs, beaten	1 1/2 cups grated sharp
1 large onion, grated	cheese
2 tablespoons sugar	1/2 clove garlic, pureed
1 cup cream-style corn	1/4 cup chopped pimiento

In a mixing bowl, combine cornbread mix and milk. Add other ingredients in order given. Bake in a large, greased iron skillet in a 375°F. oven for 35 to 40 minutes. Or use three greased 8-inch square pans and bake in a 400°F. oven for about 35 minutes. This freezes well and is excellent served with vegetables.

## BRAN MUFFINS

1 cup shortening	5 cups sifted flour
3 cups sugar	5 teaspoons baking soda
2 cups boiling water	1 teaspoon salt
2 cups 100% bran cereal	4 cups all-bran cereal
4 eggs, beaten	1 quart buttermilk

Cream shortening and sugar. Add water, bran and eggs. Add sifted dry ingredients and all-bran to creamed mixture alternately with buttermilk. Fill greased muffin pans 2/3 full. Bake in 400° F. oven 15 to 20 minutes. Yield: Approximately 90 muffins. (Batter can be stored in covered container in refrigerator for 6 weeks.)

### FIG BRAN MUFFINS

1/2 cup shortening	1 teaspoon vanilla
3/4 sugar	1 cup sifted flour
1 egg	2 teaspoons baking powder
1/4 cup bran cereal	1/2 teaspoon salt
2/3 cup milk	18 preserved figs, drained

Cream shortening and sugar; add egg and beat until light and fluffy. Soak bran in milk; add vanilla. Add sifted dry ingredients to creamed mixture alternately with bran and milk. Drop a teaspoon of batter in bottom of each greased muffin cup; top with one fig and fill cups 2/3 full of batter. Bake in 375° F. oven about 25 minutes. Yield: 18 muffins.

### MUFFINS

1 egg, well-beaten	2 cups sifted flour
1 cup milk	1/4 cup sugar
1/4 cup cooking oil	1 tablespoon baking powder
1 teaspoon salt	

Combine egg, milk and oil. Stir milk mixture into sifted dry ingredients, just enough to moisten. Do not overmix. Fill greased muffin pans 2/3 full; bake in 400° F. oven for 20 to 25 minutes. Yield: 12 muffins.

*Variation:*

*Blueberry Muffins:* Add 1 cup frozen blueberries (thawed and drained) to sifted dry ingredients.

### ORANGE CEREAL MUFFINS

1 2/3 cups unsifted flour	3/4 cup orange juice
1/2 cup sugar	1/2 cup (1 stick) butter, melted
3 teaspoons baking powder	1 tablespoon grated orange peel
3/4 teaspoon salt	
1 cup grape-nuts cereal	
2 eggs, well beaten	

Combine flour with sugar, baking powder and salt. Add cereal. Combine egg, orange juice, butter and peel. Add to flour mixture and mix only enough to dampen flour. Spoon batter into greased muffin pans, filling each to about 2/3 full. Bake in 425° F. oven for 15 to 20 minutes for large muffins or 12 to 14 minutes for medium muffins. Yield: 12 large or 16 medium muffins.

### WHOLE WHEAT MUFFINS

2 1/2 cups whole wheat flour	1/2 teaspoon baking soda
1/2 cup sugar	1 cup buttermilk
1/8 teaspoon salt	1 egg, slightly beaten
2 tablespoons oil	2 teaspoons baking powder

Combine dry ingredients in a mixing bowl; make a well in center and add buttermilk, egg and oil. Stir just enough to moisten dry ingredients. Fill greased muffin tins 2/3 full. Bake in 425° F. oven for 20 minutes. Yield: 12 muffins.

*Note:* Stir through whole wheat flour before measuring it; do not sift, because the grains will clog the sifter and the flavorful and nutritious particles will sift out.

### NO KNEAD REFRIGERATOR ROLLS

3/4 cup hot water	2 packages yeast
1/2 cup sugar	1 cup warm water
1 tablespoon salt	1 egg, beaten
3 tablespoons shortening	About 6 cups sifted flour

Combine hot water, sugar, salt and shortening; cool to lukewarm. Dissolve yeast in warm water. Stir into lukewarm mixture. Add egg and 3 cups flour. Beat until smooth, about 2 minutes. Stir in remaining flour. Place dough in greased bowl; brush top with soft shortening; cover tightly with waxed paper or foil. Refrigerate until needed. To use, punch down and cut off dough as needed. Shape into rolls and place on greased baking sheet or in greased muffin pans. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Brush rolls lightly with melted butter; bake in 400° F. oven about 15 minutes or until brown. Yield: 3 dozen small rolls.

*Variations for Refrigerator Rolls:*

*Cloverleaf:* Roll bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup; brush with melted butter.

*Dinner:* Roll dough into cylindrical shapes, approximately 4-inches long, tapering at ends.

*Crescent:* Roll dough about 1/4-inch thick into a 12-inch circle. Spread with soft butter. Cut into 16 pie-shaped pieces. Roll up, beginning at rounded edge. Curve into crescents. Place on cookie sheet, point underneath.

### PAIN PERDU (LOST BREAD)

2 tablespoons sugar	6 slices stale bread
1/2 cup milk	2 tablespoons shortening
1/8 teaspoon salt	1 tablespoon butter or
1/4 teaspoon brandy or vanilla	bacon drippings
2 eggs, beaten	Confectioners sugar, honey or syrup

Combine sugar, milk, salt, flavoring and eggs. Soak bread in mixture. Cook in hot shortening and butter until well browned on both sides. Sprinkle with confectioners sugar and serve hot with syrup or honey. Yield: 6 servings.

### PANCAKES

1/2 cup milk	1 cup sifted flour
2 tablespoons melted butter	2 teaspoons baking powder
1 egg, slightly beaten	2 tablespoons sugar
1/2 teaspoon salt	

Add milk and butter to egg. Stir in sifted dry ingredients just enough to moisten flour. Add more milk if necessary to make batter thin enough to pour. Cook on hot, lightly greased griddle until cakes are full of bubbles. Turn. Serve immediately. Yield: 6 to 8 pancakes.

### PETAL BREAD

1 1/2 packages yeast	1 1/2 teaspoon salt
1/4 cup warm water	3 eggs, beaten
1 tablespoon sugar	4 cups sifted flour,
1 cup milk, scalded	approximately
1/2 cup (1 stick) butter	

Sprinkle yeast over water in 3-quart bowl; let dissolve. Blend in sugar. Scald milk and add butter; let melt as milk cools. When warm, stir into yeast mixture along with salt and eggs. Beat in flour gradually, using enough to make a soft dough. Transfer dough into greased bowl. Cover and let rise in warm place until doubled in bulk. Punch down dough. Turn onto lightly floured surface. Divide into 2 portions. Roll out each portion until 1/2-inch thick. Cut with floured biscuit cutter. Dip each piece in melted butter; arrange with edges overlapping, in buttered and floured 10-inch ring loaf pan. Fill only 3/4 full. Let rise until light, about 45 minutes. Bake in 400° F. oven until lightly browned, about 30 minutes. Yield: 1 ring loaf.

### POPOVERS

1 cup milk	1/4 teaspoon salt
2 eggs	1 tablespoon melted
1 cup sifted flour	butter

Grease popover pans or custard cups thoroughly with shortening. Put all ingredients in blender container in order listed; cover and blend on high speed for 15 seconds. Fill pans 1/3 full. Bake in 450° F. oven for 20 minutes; reduce heat to 350° F. and bake 20 minutes longer. Serve hot. Yield: 10 popovers.

### QUICK RISING BREAD

3 cups warm water (110° F.)	1/2 cup soft shortening
4 packages active dry yeast	or butter
1/4 cup sugar	3/4 cup instant nonfat
1 2/3 tablespoons salt	dry milk
2 eggs	8 cups flour, unsifted

Combine water, yeast and sugar; let stand while assembling other ingredients. Stir in remaining ingredients and mix until thoroughly blended. Allow dough to stand in bowl five minutes. Turn out on lightly floured board; knead until dough is smooth and elastic, about 5 minutes. Divide dough into three parts; roll each portion into a rectangle or circle. Fold ends into the center or roll up jelly roll fashion, shaping into a long narrow loaf. Place loaves on greased baking sheets, open ends down. Let stand in warm place for 10 minutes. Bake in a 350° F. oven 30 to 40 minutes. Cool on wire rack. Yield: 3 loaves.

### SOUTHERN SPOON BREAD

2 cups white corn meal	3 tablespoons melted butter
2 cups boiling water	1 1/2 cups milk
1 teaspoon salt	3 eggs, separated

Sift corn meal three times and mix with boiling water, stirring until smooth and free of lumps. Add salt, butter, and milk. Stir in beaten yolks. Fold in stiffly beaten egg whites. Pour into a greased baking dish. Bake in 350° F. oven for 45 minutes. Serve in the dish in which it is baked. Yield: 8 servings.

## SOURDOUGH BREAD

*To make starter:*

1 3/4 cups unsifted flour	1 tablespoon salt
1 tablespoon sugar	1 package yeast
2 1/2 cups warm water	

Combine flour, sugar, salt and undissolved yeast in large bowl. Gradually add warm water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Cover; let stand at room temperature (78° - 80° F.) 4 days. Stir down daily.

*To make dough:*

5 to 6 cups unsifted flour	1 package yeast
3 tablespoons sugar	1 cup milk
1 teaspoon salt	2 tablespoons butter
1 1/2 cups starter	

Combine 1 cup flour, sugar, salt and undissolved yeast in large bowl. Combine milk and butter and heat until warm. Gradually add dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 1/2 cups starter and 1 cup flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise until doubled in bulk, about 1 hour. Punch dough down; turn out onto lightly floured board. Let rest 15 minutes. Divide dough in half. Shape each half loaf and place in greased 9 x 5 x 3 - inch loaf pan. Cover; leave in warm place until doubled in bulk, about 1 hour. Bake in 400° F. oven 30 minutes or until done. Yield: 2 loaves.

*To Re-use Starter:*

Add 1 1/2 cups lukewarm water, 3/4 cup unsifted flour and 1 1/2 teaspoons sugar to unused starter. Beat for 1 minute at medium speed of electric mixer. Cover and let stand until ready to use. Stir down daily.

## SWEET ROLLS

2 packages yeast	1 teaspoon grated lemon rind
1/4 cup warm water	1 1/2 teaspoons salt
1 cup milk, scalded	5 cups sifted flour
1/4 cup (1/2 stick) butter	2 eggs, beaten
1/2 cup sugar	

Dissolve yeast in water. Combine milk, butter, sugar and salt. Cool to lukewarm. Add enough flour to make a thick batter. Add yeast mixture, eggs and rind. Beat well. Add remaining flour to make soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl; cover and let rise until doubled in bulk. Punch down, shape into rolls and let rise. Bake in 375° F. oven for 20 to 25 minutes.

*Variations:*

*Cinnamon Rolls:* Use 1/2 of Sweet Dough; roll 1/3-inch thick into an oblong, 9 x 18 inches. Spread with 2 tablespoons butter; sprinkle with combined 1/2 cup sugar and 2 teaspoons cinnamon. Roll up tightly in a long roll and seal edges. Cut into 1-inch wide slices; place cut-side up in greased muffin pans. Cover and let rise until doubled in bulk, about 35 minutes. Bake in 375° F. oven for 25 to 30 minutes. Yield: 18 rolls.

*Swedish Tea Ring:* Use 1/2 recipe of Sweet Dough. When dough has been punched down, roll out to rectangular sheet about 1/2-inch thick, and 3 times longer than wide. Brush with melted butter and spread with brown sugar, cinnamon, pecans and raisins. Roll up jelly roll style, sealing edge firmly. Shape into a ring on greased cookie sheet, sealing the ends. With scissors, cut through ring almost to center in slices about 1-inch thick. Turn each slice slightly on its side. Brush with melted butter. Let rise until doubled in bulk. Bake in 375° F. oven 25 to 30 minutes. When cool, frost with Confectioners Sugar Icing and sprinkle with chopped pecans.

## RAISIN BREAD

1 package yeast	1 teaspoon cinnamon
1/4 cup warm water	1 1/2 teaspoons salt
1 cup seedless raisins	1/2 cup buttermilk, scalded
1/2 stick butter, softened	3 3/4 cups sifted flour
1/2 cup sugar	2 eggs, beaten

Dissolve yeast in water. Combine raisins, butter, sugar, cinnamon, salt and buttermilk; stir to dissolve sugar. Cool to lukewarm. Add 1 1/2 cups flour; beat well. Add yeast and eggs; mix well. Add enough remaining flour to make a soft dough. Turn out on lightly floured board. Knead dough until smooth and elastic, 10 to 12 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise until doubled in bulk, 1 1/2 hours. Punch down; divide dough in half, rounding each into a ball. Cover; set aside 10 minutes. Shape into loaves. Place in 2 greased loaf pans; cover and let rise until almost doubled in bulk, about 45 to 60 minutes. Bake in 375° F. oven about 25 minutes; place foil over top last 10 minutes, if necessary. Yield: 2 loaves.

## WHOLE WHEAT BREAD

3/4 cup milk	2 packages yeast
3 tablespoons sugar	1 1/2 cups warm water
4 teaspoons salt	4 1/2 cups whole wheat flour
1/3 cup shortening	2 cups sifted flour
1/3 cup molasses	

Scald milk and stir in sugar, salt, shortening and molasses; cool to lukewarm. Dissolve yeast in warm water. Stir in lukewarm milk mixture. Combine flours and add 1/2 of the flour mixture. Beat until smooth; stir in remaining flour mixture. Knead dough on lightly floured board until smooth and elastic. Place dough in greased bowl; brush top with shortening. Cover and let rise in warm place until doubled in bulk, about 1 1/4 hours. Punch down and turn out onto lightly floured board. Divide dough in half; shape into loaves. Place in greased bread pans, 9 x 5 x 3 inches. Cover and let rise in warm place until center is slightly higher than edge of pan, about 1 hour. Bake in 400° F. oven about 50 minutes. Yield: 2 loaves.

## WAFFLES

1 1/2 cups milk	1 tablespoon sugar
2 egg yolks, beaten	6 tablespoons melted shortening
2 cups sifted flour	
4 teaspoons baking powder	2 egg whites, stiffly beaten
1/2 teaspoon salt	

Add milk to yolks and stir quickly into sifted dry ingredients. Add shortening. Fold in whites. Bake in preheated waffle iron. Yield: 6 waffles.

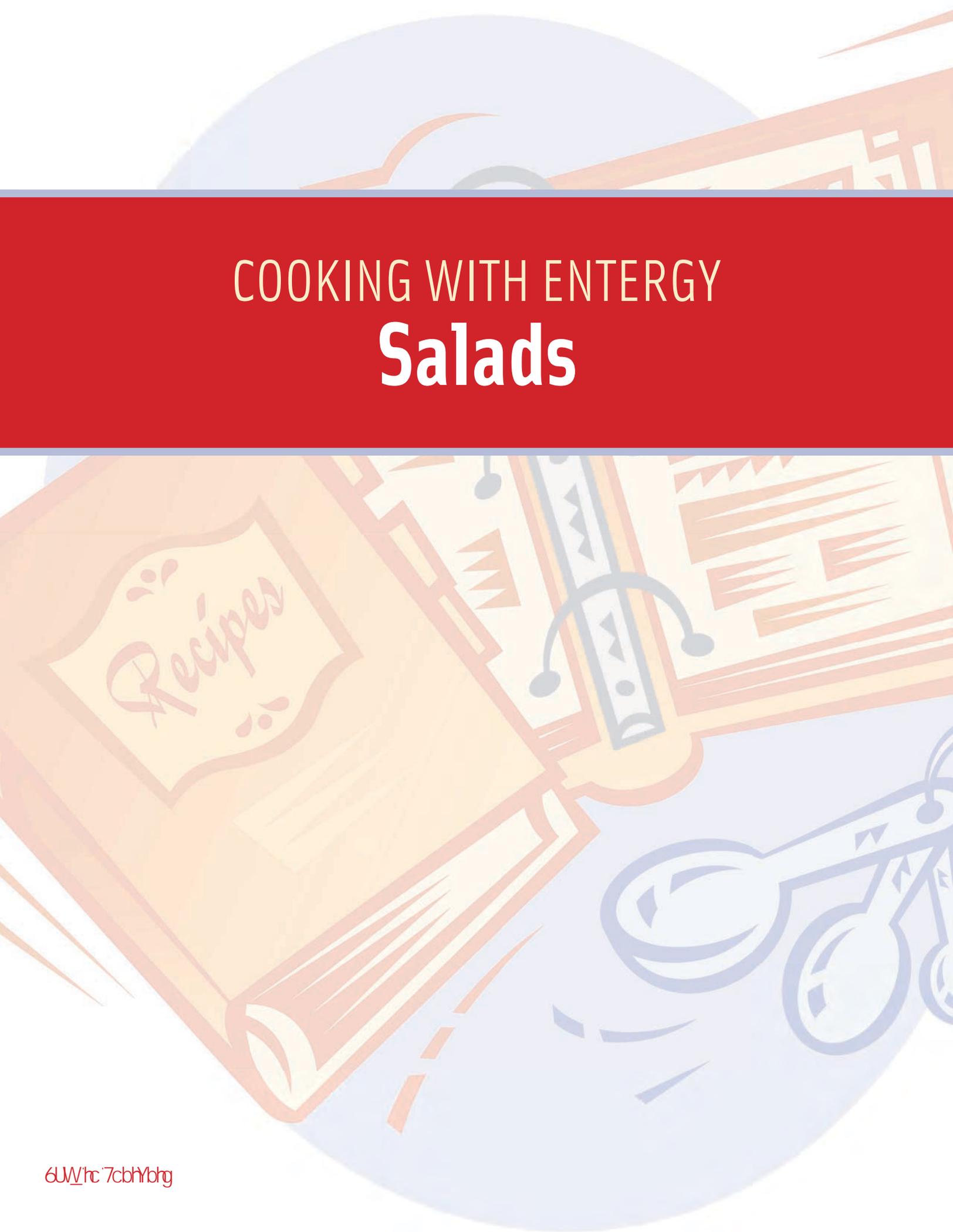
*Variations:*

*Bacon:* Broil or fry 6 strips bacon crisp; drain. Cut into small pieces and stir into batter before folding in egg whites.

*Cheese:* Stir 1/2 cup grated cheese into batter.

*Nuts:* Sprinkle 2 tablespoons minced nuts over each waffle before baking.



The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned in the lower right corner. The entire scene is set against a light blue circular backdrop with some abstract orange and yellow shapes.

# COOKING WITH ENERGY

## Salads

## CONVERSIONS

### SIMPLIFIED MEASURES:

3 teaspoons (t. or tsp.) .....	1 tablespoon
1 ounce (oz.) .....	2 tablespoons
16 tablespoons (T. or Tbsp.) .....	1 cup or 8 ounces
1/3 cup .....	5 1/3 tablespoons
2/3 cup .....	10 2/3 tablespoons
2 cups .....	1 pint or 16 ounces
4 cups .....	1 quart or 32 ounces
4 quarts .....	1 gallon or 128 ounces
16 ounces .....	1 pound (lb.)

### METRIC LIQUID MEASURE VOLUME EQUIVALENTS

1 teaspoon .....	5 milliliter	1 gill .....	0.118 liters
1 tablespoon .....	14.8 milliliters	1 pint .....	0.4732 liters
66 2/3 tablespoons .....	1 liter	1 quart .....	0.9464 liters
1 cup .....	1/4 liter, approximately, or 236.6 milliliters	1 gallon .....	3.785 liters
		1 liter .....	1000 milliliters

### METRIC DRY MEASURE VOLUME EQUIVALENTS

1 pint .....	0.551 liters	1 peck .....	8.81 liters
1 quart .....	1.101 liters	1 bushel .....	35.24 liters

### WEIGHT EQUIVALENTS IN GRAMS

1 ounce .....	28.35 grams	1 kilogram .....	2.21 lbs.
1 pound .....	453.59 grams	1 microgram .....	0.001 milligram
1 gram .....	0.035 ounces	1 milligram .....	1000 micrograms
1 gram .....	1000 milligrams		

### TEMPERATURE CONVERSIONS

To convert Fahrenheit to Centigrade: Subtract 32, multiply by 5, divide by 9

To convert Centigrade to Fahrenheit: Multiply by 9, divide by 5, add 32

## CABBAGE SALAD

1 large cabbage	1 cup sugar
1 small onion, minced	1 teaspoon celery seed
1 green pepper, minced	1 teaspoon mustard seed
1 cup vinegar	1/2 teaspoon turmeric
1 teaspoon salt	

Finely shred cabbage; combine with onion and green pepper. In a saucepan, bring to a boil vinegar, sugar, seeds, turmeric and salt; cook until sugar dissolves. While hot, pour over vegetables and mix. Let stand overnight to crisp. Keeps well in refrigerator for two weeks.

## CAESAR SALAD

1 clove garlic, chopped	1 teaspoon salt
1/2 cup salad oil	1/4 teaspoon pepper
2 cups croutons	1 1/2 teaspoons
2 quarts torn salad greens	Worcestershire sauce
1/4 cup crumbled	1 egg
Roquefort cheese	1/3 cup lemon juice
1/4 cup grated Parmesan	and pulp
cheese	Anchovies for garnish

Place garlic in 1/4 cup oil; let stand 1 hour. To make croutons, cut bread in small cubes and toast in a 325° F oven, about 15 minutes. Place salad greens in large bowl; sprinkle with cheeses, salt, pepper, Worcestershire and remaining 1/4 cup salad oil. Break egg into greens; add lemon juice and pulp. Toss lightly until egg is blended with greens. Remove garlic from oil; sprinkle oil over croutons. Add to salad mixture and toss lightly. Serve immediately. Yield: 6 servings.

## CELERY SALAD

2 cups crisp celery	2 hard-cooked eggs
1/2 cup French dressing	

Cut celery into pieces about 1/4-inch. Coarsely chop eggs and combine with celery. Add French dressing. Yield: 4 servings

## CHEF'S SALAD

Line salad bowl with romaine lettuce; fill in center with bite-sized pieces of chicory or any combination of greens. Arrange strips of ham, bacon, turkey, and Swiss cheese in groups on top of greens. Garnish with tomato wedges, thinly sliced unpeeled cucumber and wedges of hard-cooked eggs. Serve with French Dressing.

## COLE SLAW

4 pounds cabbage, shredded	1/2 teaspoon salt
1 green pepper, diced	1/2 cup minced onion
2 carrots, grated	1 cup mayonnaise or salad dressing

Combine vegetables; sprinkle with salt. Add mayonnaise just before serving. Toss lightly. Yield: 12 servings.

## SLAW

1/2 small head cabbage	1/4 medium onion,
1/4 green pepper, sliced	cut in half
1/2 carrot, sliced	

Cut cabbage into chunks. Fill blender container loosely with vegetables. Add cold water to within one inch of top. Cover. Turn to low, then high, and off. Do not overblend. Drain. Mix with salad dressing. Yield: 4 servings.

*Creamy Cole Slaw Dressing*

1/2 cup mayonnaise	1/4 teaspoon salt
1 tablespoon lemon juice	Pepper
1 teaspoon sugar	1/4 cup commercial
2 teaspoons celery seed	sour cream

Blend all ingredients 30 seconds. Pour over slaw. Yield: 1 cup.

## OLD-FASHIONED COLESLAW

4 cups shredded cabbage	Dash cayenne
2 tablespoons flour	2 egg yolks, slightly beaten
2 tablespoons sugar	3/4 cup milk
1 teaspoon dry mustard	1/4 cup vinegar
1/2 teaspoon salt	1 1/2 teaspoons butter

To crisp cabbage, place in a bowl of iced water for 30 minutes. In a small saucepan, combine flour, sugar, mustard, salt and cayenne. Add egg yolks and milk; cook, stirring constantly, over low heat until thick. Add vinegar and butter. Cool thoroughly. Pour over well-drained cabbage. Yield: 6 servings.

## CUCUMBER SALAD

2 cucumbers	1/4 cup sugar
1/2 medium onion, sliced	2 tablespoons lemon juice
2/3 cup salad oil	1 1/2 teaspoons salt
3 tablespoons tarragon vinegar	1/2 teaspoon paprika
	1/2 teaspoon dry mustard

Score cucumbers with a fork; slice thinly. Separate onion into rings. To make dressing, combine remaining ingredients; shake well and chill. Pour 1/2 cup of the dressing over the cucumbers and onions. Marinate in the refrigerator for 3 to 4 hours. Use the remaining salad dressing for other salads. Yield: 6 servings.

## GERMAN POTATO SALAD

5 strips bacon	1/4 cup vinegar
1/4 cup chopped onion	3 cups sliced, cooked potatoes
1 tablespoon flour	1 hard-cooked egg, sliced
1 tablespoon sugar	1 tablespoon chopped parsley
3/4 teaspoon salt	1 tablespoon chopped pimiento
1/2 teaspoon celery seed	
Dash pepper	
1/2 cup water	

Cook bacon until crisp; drain and crumble bacon. Return 1/4 cup bacon drippings to skillet. Add onion. Blend in flour, sugar, salt, celery seed and pepper. Add water and vinegar; cook until mixture is thick and bubbly. Add bacon, potatoes and eggs; heat thoroughly while tossing lightly. Garnish with parsley, pimiento and additional bacon curls, if desired. Yield: 4 servings.

## GREEK SALAD

1/4 head of iceberg lettuce	2 medium-sized tomatoes, cut in small pieces
1/4 head of romaine	1 tablespoon chopped fresh parsley
18 medium-sized radishes	1/4 teaspoon dried oregano, crumbled
1/4 pound feta cheese, crumbled	2 bunches green onions
1 can (2 ounces) anchovy fillets, minced	
Freshly ground black pepper	

Several hours before serving, tear lettuce and romaine into a salad bowl. Add whole radishes, cheese, anchovies, tomatoes, parsley, oregano, and pepper. Toss gently; cover with a damp towel and refrigerate. When ready to serve, toss with Greek Salad Dressing. Arrange green onions straight up in center of salad. Yield: 6 to 8 servings.

### *Greek Salad Dressing*

1/2 cup olive oil	2 tablespoons mixed fresh herbs (marjoram, rosemary, tarragon, savory, chives, chervil or parsley)
2 tablespoons tarragon vinegar	
1/2 teaspoon salt	
1/4 teaspoon freshly ground black pepper	

In a bottle, shake oil, vinegar, salt, pepper, and herbs.

## GUACAMOLE SALAD

2 ripe avocados	1 tablespoon chopped green chilies
2 tablespoons lemon juice	1 teaspoon salt
1 tomato, peeled and chopped	1/8 teaspoon black pepper
1 tablespoon minced onion	1/4 teaspoon cayenne
1 clove garlic, minced	1 teaspoon coriander

Peel and mash avocados; stir in lemon juice. Add remaining ingredients. Mix well. Cover and chill. Serve on tomatoes or green salad. Yield: 6 servings.

*Guacamole Dip:* Quarter avocados; combine with remaining ingredients in blender container and blend on low speed until barely mixed. For a smoother texture, the mixture may be blended in two or three batches. Yield: 3 cups.

## ITALIAN SALAD

1 clove garlic, halved	1 jar (4 ounces) marinated
1 head lettuce	artichoke hearts
1 tomato, cut into wedges	1/4 cup olive oil
1 can (2 ounces) anchovy	1/4 cup wine vinegar
fillets, with capers	8 black olives, sliced
Salt and pepper	1 tablespoon oregano

Rub salad bowl with garlic. Break lettuce into bite-size pieces in a bowl. Add remaining ingredients and toss lightly. Yield: 4 servings.

## MIXED VEGETABLE SALAD

2 quarts (1 medium head)	2 cups sliced celery
coarsely shredded cabbage	2 cups sliced cucumbers
1 head lettuce, torn into	1 cup diced green pepper
bite-size pieces	2 cups grated carrots
1 head chicory or endive,	6 tomatoes, cut in
torn into bite-size pieces	small wedges
2 cups thinly sliced	1 pint French Dressing
cauliflowerets	

Prepare greens; cover tightly until serving time. Just before serving, combine with remaining vegetables. Toss with dressing. Note: Recipe may be doubled and combination varied as desired. Yield: 24 servings.

## OKRA SALAD

1/2 pound young okra	1/2 teaspoon salt
1 cup boiling water	1/2 cup French dressing

Select young tender pods of okra. Cut off stems without cutting into seeds. Cook in boiling salted water until tender, about 6 to 8 minutes. Drain and rinse in hot water. Chill in refrigerator. Marinate okra in French dressing for 10 minutes or longer. Yield: 4 servings.

## OLIVE SALAD

1/4 pound green Italian	1/2 cup celery, diced
olives, pitted	1/4 cup olive oil
1/4 pound black Italian	1 large onion, sliced
olives, pitted	1 tablespoon oregano
5 pickled green peppers,	1/4 cup wine vinegar
cut in eights	Salt and pepper

Combine all ingredients and mix well. This may be used as a salad, antipasto or condiment with fish and pork. Keeps well in refrigerator. Yield: 6 servings.

## PENNSYLVANIA DUTCH WILTED LETTUCE

Salad greens	2 egg yolks
4 slices bacon, cut	2 tablespoons water
into pieces	2 teaspoons flour
6 tablespoons vinegar	2 tablespoons sugar
1/4 cup sour cream	1 teaspoon salt
2 hard-cooked eggs	

Tear greens into large bowl. (Endive, spinach, Boston or Bibb lettuce or a combination of these may be used.) Fry bacon in skillet until crisp. Remove bacon and pour off all but 2 tablespoons drippings; stir in vinegar and sour cream. Combine egg yolks, water and flour; add to vinegar mixture. Cook over low heat, stirring constantly, until mixture thickens. Remove from heat and stir in sugar and salt. Pour hot mixture over greens and invert skillet over bowl long enough to wilt greens. Toss salad. Garnish with bacon and sliced hard-cooked eggs. Yield: 6 servings.

## POTATO SALAD

2 1/2 pounds (7 medium)	2 stalks celery, minced
potatoes	1 small onion, minced
2 tablespoons French	1 large sweet pickle,
dressing	minced
1/2 teaspoon black pepper	1 tablespoon minced
Salt to taste	parsley
3 hard-cooked eggs,	1/2 cup mayonnaise,
chopped	

Follow directions for Boiled Whole Potatoes. Drain and peel when cool enough to handle. Slice potatoes into a bowl; sprinkle with French dressing, salt and pepper. Add eggs, celery, onion, pickle and parsley; mix lightly and evenly. Add mayonnaise and mix until ingredients are coated. Chill. Yield: 8 servings.

SPINACH SALAD BOWL

- |                          |                      |
|--------------------------|----------------------|
| 1 pound fresh spinach    | 1/4 teaspoon salt    |
| 1 clove garlic, halved   | Dash pepper          |
| 1/2 cup salad oil        | 2 tablespoons grated |
| 1/4 cup red wine vinegar | Parmesan cheese      |
| 1/4 cup lemon juice      | 2 hard-cooked eggs,  |
| 6 slices crisp bacon,    | chopped              |
| crumbled                 |                      |

Tear spinach into bite-size pieces; chill 2 hours. Combine garlic and oil; let stand 1 hour. Discard garlic. Just before serving, place vinegar, juice, salt, pepper, cheese and oil in blender container. Blend 2 seconds. Lightly toss spinach with dressing. Sprinkle with eggs and bacon. Yield: 6 servings.

MARINATED GREEN BEANS

- |                                    |                             |
|------------------------------------|-----------------------------|
| 2 cans (No. 303) whole green beans | 1/4 cup grated onion        |
| 1 small onion, sliced              | 1 1/2 teaspoons salt        |
| 1/4 cup vinegar                    | 1 1/2 teaspoons             |
| 1/8 teaspoon hot sauce             | Worcestershire sauce        |
| 1 teaspoon paprika                 | 1/2 teaspoon black pepper   |
| 1 teaspoon prepared horseradish    | 1 teaspoon prepared mustard |
| 1/2 cup salad oil                  | 1 clove garlic, minced      |

In a bowl, place drained green beans and onion rings. Combine remaining ingredients and pour over beans. Marinate for several hours. Yield: 6 servings.

RED BEANS WITH VINAIGRETTE SAUCE

- |                           |                            |
|---------------------------|----------------------------|
| 3 green onions            | 5 tablespoons oil          |
| 1 teaspoon minced parsley | Salt and pepper            |
| 2 tablespoons vinegar     | 2 cups cold leftover beans |

Chop green onions very fine, including tops. Stir in parsley. Add vinegar and oil. Season with salt and pepper. Pour over cold beans. Yield: 4 servings.

THREE BEAN SALAD

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 can (1 pound) cut green beans      | 1/2 cup chopped green pepper |
| 1 can (1 pound) cut yellow wax beans | 1 medium onion, sliced       |
| 1 can (1 pound) red kidney beans     | 1/2 cup cider vinegar        |
| 1 teaspoon salt                      | 1/3 cup cooking oil          |
|                                      | 1/2 cup sugar                |
|                                      | 1 teaspoon pepper            |

Drain beans, rinse well, and drain again. Add green pepper and sliced onions to beans. Mix other ingredients and add to bean mixture. Mix well and marinate for about 12 hours in refrigerator. Yield: 12 to 14 servings.

FRENCH DRESSING

- |                      |                            |
|----------------------|----------------------------|
| 1 teaspoon salt      | 1/3 cup vinegar            |
| 1/4 teaspoon pepper  | 2/3 cup olive or salad oil |
| 1/2 teaspoon paprika | 1 clove garlic, sliced     |

In a bowl, place salt, pepper, paprika and vinegar. Stir vigorously. Add oil and continue beating until thoroughly blended. Add garlic slices; cover and refrigerate.

ITALIAN SALAD DRESSING

- |                   |                          |
|-------------------|--------------------------|
| 1/2 cup olive oil | 1/2 teaspoon dry mustard |
| 1/4 teaspoon salt | 1/2 cup wine vinegar     |
| 1 clove garlic    |                          |

Blend all ingredients thoroughly. Keep refrigerated. Yield: 1 cup.

POPPY SEED SALAD DRESSING

- |                         |                         |
|-------------------------|-------------------------|
| 1 1/2 cups sugar        | 2/3 cup vinegar         |
| 2 teaspoons dry mustard | 3 teaspoons onion juice |
| 2 teaspoons salt        | 3 teaspoons poppy seed  |
| 2 cups salad oil        |                         |

Blend sugar, dry mustard, salt, vinegar, onion juice and poppy seed until thoroughly blended, about 5 seconds. Without stopping blender, remove cover and gradually pour oil into center of container. Refrigerate. Serve with fruit salads. Yield: 4 cups.

## ROQUEFORT CHEESE DRESSING

2 ounces Roquefort cheese    2 tablespoons tarragon  
1/2 cup salad oil                    vinegar  
1 tablespoon lemon juice

Blend cheese with oil. Add juice and vinegar. Yield: 1 cup.

## SOUR CREAM DRESSING

1/2 cup commercial                    1/8 teaspoon dry mustard  
  sour cream                            1 1/2 teaspoons horseradish  
1/4 cup mayonnaise                    1/8 teaspoon onion juice  
1/2 teaspoon lemon juice

Blend all ingredients thoroughly.

## THOUSAND ISLAND DRESSING

1 cup mayonnaise                    1 teaspoon catsup  
1 tablespoon chopped olives    1 teaspoon tarragon  
1 tablespoon chopped                    vinegar  
  pimiento                            1 teaspoon paprika  
1 hard-cooked egg, chopped    1 celery heart, chopped  
1 tablespoon chopped                    3 tablespoons chili sauce  
  green pepper                        Salt

Mix all ingredients thoroughly. Serve with head lettuce salad. Yield: 2 cups.

## TOMATO FRENCH DRESSING

1 can (10 1/2 ounces)                1 slice onion  
  condensed tomato soup    2 tablespoons sugar  
1/2 soup-can vinegar                2 teaspoons dry mustard  
1/2 soup-can salad oil                1 teaspoon salt  
1/2 teaspoon black pepper

Pour ingredients, in order listed, into blender container and blend 30 seconds. Yield: 2 2/3 cups dressing.

## SALAD GARNISHES

*Carrot Curls:* With a vegetable peeler, cut thin lengthwise strips of carrot. Roll each slice into a curl, secure with food pick and place in iced water.

*Celery Curls:* Use 3-inch lengths of celery. At the end of each piece, make 3 to 6 lengthwise cuts almost to the center. Crisp in iced water.

## TOMATO ASPIC

2 envelopes unflavored                1 small onion, chopped  
  gelatin                                1/2 teaspoon salt  
1/4 cup cold water                    1/8 teaspoon pepper  
2 1/4 cups tomato juice                1 teaspoon  
3 tablespoons wine vinegar        Worcestershire sauce  
1 cup chopped celery                Dash of hot sauce  
2 tablespoons sugar

Soften gelatin in cold water. Combine remaining ingredients and heat to boiling; reduce heat and simmer for 3 minutes. Strain, then add gelatin and stir until dissolved. Pour into 1-quart mold and chill until firm. Yield: 6 servings.

*Variation:* Pour a small portion into mold; arrange slices of hard-cooked eggs in bottom. Allow to jell. Add remaining mixture. Refrigerate until firm. Unmold on lettuce leaves.

## TURKEY MOUSSE

1/2 package lemon gelatin            1/2 teaspoon salt  
1 cup hot turkey stock                1/8 teaspoon cayenne  
2 cups diced cooked turkey        1/2 cup whipping cream,  
1 cup finely chopped celery        whipped  
1 pimiento, minced                    Crisp lettuce  
1 tablespoon vinegar                    6 to 8 olives

Dissolve gelatin in stock. Chill until slightly thickened; beat until consistency of whipped cream. Combine turkey, celery, pimiento, vinegar, salt and cayenne. Fold into gelatin; then fold in whipped cream. Turn into individual molds; chill until firm. Unmold onto lettuce and garnish with stuffed olives. Yield: 6 servings.

## MACARONI AND CHEESE SALAD

1 cup mayonnaise                    1 teaspoon salt  
1/4 cup milk                            2 large tomatoes, diced  
2 cups cooked elbow                    2 cups diced celery  
  macaroni                            1 small onion, chopped  
2 cups (1/2 pound) cubed            1/2 green pepper, diced  
  Cheddar cheese                    1/4 teaspoon garlic salt

Blend mayonnaise with milk. Combine remaining ingredients; mix thoroughly with dressing. Chill. Yield: 6 servings.

### MACARONI SALAD

2 cups elbow macaroni	1/4 cup chopped onion
1 envelope unflavored gelatin	2 tablespoons chopped pimiento
1 can (13 ounces) evaporated milk	1/4 cup chopped black olives
1 cup salad dressing	1 tablespoon lemon juice
2 cups cooked mixed vegetables, drained	1 teaspoon salt
1 carton (12 ounces) creamed cottage cheese	1 teaspoon Worcestershire sauce
	Dash hot sauce

Cook macaroni in boiling salted water until tender. Drain and rinse with cold water. Soak gelatin in 1/4 cup milk about 5 minutes. Scald remaining milk and add gelatin mixture, stirring until gelatin dissolves. Blend into salad dressing. Chill until consistency of unbeaten egg white, about 30 minutes. Combine macaroni, vegetables, cottage cheese, onion, pimiento, olives, juice, salt, Worcestershire sauce and hot sauce. Chill. Fold gelatin mixture into macaroni mixture. Pour into 2-quart mold which has been greased with salad dressing. Chill until firm, about 2 hours. Unmold and garnish with sliced stuffed olives, green pepper rings, and pimiento strips. Yield: 8 servings.

### POTATO SALAD

5 pounds diced cooked potatoes	1 quart chopped celery
2 tablespoons salt	1 dozen hard-cooked eggs, chopped
1 teaspoon pepper	2 cups mayonnaise or salad dressing
1 cup commercial sour cream	1 cup chopped onion

Combine all ingredients and chill for several hours. Yield: 24 servings.

### HOT RICE SALAD

1/2 pound bacon	1/2 cup minced celery
1/2 cup minced onion	1/2 cup green onion tops
1/4 cup minced green pepper	1/2 cup minced parsley
1 can (4 ounces) mushrooms, optional	1 1/2 cups hot cooked rice
	2 tablespoons mayonnaise
	3 hard-cooked eggs, sliced

Fry bacon until crisp; drain. Pour off drippings; add onion, green pepper, celery, mushrooms and onion tops. Sauté until wilted. Add remaining ingredients; place in 1 1/2-quart greased casserole. Bake in 450°F. oven for 10 minutes or until hot. Yield: 6 servings.

### CHICKEN SALAD SUPREME

2 1/2 cups diced, cold chicken	2 tablespoons minced parsley
1 cup minced celery	1 teaspoon salt
1 cup sliced white grapes	1 cup mayonnaise
1/2 cup slivered, toasted almonds	1/2 cup whipping cream, whipped

Combine all ingredients, serve on lettuce. Yield: 8 servings.

### TURKEY SALAD

2 cups cubed cooked turkey	1 tablespoon lemon juice
1 cup chopped celery	1 teaspoon salt
2 hard-cooked eggs, diced	1/4 teaspoon pepper
1/2 cup mayonnaise	

Toss all ingredients together. Chill. Serve on shredded lettuce. If desired, garnish with almonds and olives. Yield: 8 servings.

### BAKED TURKEY SALAD

2 cups cubed, cooked turkey	1/2 cup toasted almond slivers
2 cups thinly sliced celery	
2 cups toasted bread cubes	2 tablespoons lemon juice
1 cup mayonnaise	2 teaspoons grated onion
1/2 cup grated cheese	1/2 teaspoon salt

Combine all ingredients, except cheese and 1 cup toasted bread cubes. Place in 6 individual baking dishes. Sprinkle with cheese and remaining 1 cup bread cubes. Bake in 450° F. oven for 10 to 15 minutes or until bubbly. Yield: 6 servings.

*Toasted Almond Slivers:* Brush 1/2 teaspoon oil over almonds; roast in 300° F. oven for 20 minutes, stirring often.

*Toasted Bread Cubes:* Cut 4 slices of bread into small cubes; toast in 225° F. oven for 2 hours or until crispy.

## CRAB LOUIS

1 pound crab meat	2 tablespoons chopped
1 head lettuce	sweet pickle
1/2 teaspoon salt	1 cucumber, sliced
1 cup mayonnaise	4 tomatoes, sliced
3 tablespoons catsup	3 hard-cooked eggs, sliced
1 tablespoon lemon juice	

Arrange crab meat, in large pieces, over shredded lettuce in shallow salad bowl. Sprinkle with salt. Combine mayonnaise, catsup, pickle and juice; spread over crab meat. Around border of salad, arrange alternate slices of cucumber, tomatoes and eggs. Yield: 6 servings.

## CRAB MEAT SALAD

2 fresh pineapples, split in half lengthwise	3/4 cup chopped celery
1 cup of fresh pineapple chunks	2 teaspoons pureed onion
1 1/2 cups crab meat	Mayonnaise to moisten (about 1/2 cup)
Salt and pepper	1 tablespoon lemon juice

Remove meat of pineapple, leaving a wall of fruit about 1/2-inch thick on the shell. Combine remaining ingredients and mound in pineapple. Yield: 4 servings.

## CRAWFISH SALAD

1 pound cooked crawfish meat	1 teaspoon Worcestershire sauce
3 tablespoons catsup	1/2 teaspoon salt
2 tablespoons minced celery	1 teaspoon chopped parsley
1 teaspoon horseradish	1/4 teaspoon prepared mustard
1 tablespoon lemon juice	
1 clove garlic, minced	1 teaspoon grated onion
1 teaspoon pepper sauce	

Place crawfish in a bowl; combine remaining ingredients and pour over crawfish. Chill. To serve, place approximately 1/2 cup of crawfish on a lettuce leaf for each serving. Yield: 4 servings.

## MOCK CRAB MEAT SALAD

3 quarts water	1/2 cup salt
1 large onion, quartered	Cayenne
1 lemon, quartered	Redfish, red snapper or sheepshead
1 bag seafood boil	

Bring water to boil in deep saucepan. Add onion, lemon, seafood boil, salt and cayenne; boil 10 minutes. Clean, scale and remove head from fish. Wrap whole fish in cheesecloth and secure with foodpicks or string. Place in boiling seasoned water. Cover and simmer for 20 minutes or until fish is cooked. Lift fish out of liquid and place on flat pan. Remove cheesecloth. Allow to cool enough to handle. Remove skin and row of bones along top and bottom, and any dark meat of fish. Serve cold with salad dressing or sauce.

*White Remoulade Sauce:* Combine 1 cup mayonnaise, 1 teaspoon lemon juice, 3 tablespoons minced onion, 3 tablespoons chopped parsley and 2 teaspoons brown mustard. Chill for 2 hours. Yield: 1 cup.

## SHRIMP SALAD

1 pound cooked shrimp, cleaned	Salt and cayenne
1 small clove garlic, crushed	1 sweet pickle, finely chopped or 1 teaspoon capers
1 cup coarsely chopped celery	2 tablespoons mayonnaise
1 hard-cooked egg, finely chopped	1/2 teaspoon Worcestershire sauce

Cut each shrimp into two or three pieces. Combine all ingredients. Serve on lettuce or as stuffing for avocado halves or tomatoes. Yield: 4 to 6 servings.

24-HOUR SALAD

- |  |  |
|--|--|
| 1 can (20 1/2 ounces) pineapple tidbits                | 2 oranges, peeled, sectioned and drained |
| 3 egg yolks, slightly beaten                           | 1/4 cup Maraschino cherries, drained     |
| 2 tablespoons sugar                                    | 2 cups miniature marshmallows            |
| 2 tablespoons vinegar                                  | 1 cup whipping cream, whipped            |
| 1 tablespoon butter                                    | Dash of salt                             |
| 1 can (16 ounces) pitted light sweet cherries, drained |  |

Drain pineapple; combine 2 tablespoons pineapple syrup with egg yolks, sugar, vinegar, butter and salt. While stirring constantly, cook over hot, not boiling, water until mixture thickens and barely coats spoon, about 12 minutes. Cool. Pour cooled mixture over combined fruits and marshmallows, mixing gently. Fold in whipped cream. Pour into serving dish, cover, and refrigerate 24 hours. Yield: 8 servings.

AMBROSIA

- |  |                                   |
|--|-----------------------------------|
| 1/2 cup pitted halved Royal Ann cherries | 2 tablespoons confectioners sugar |
| 1/2 cup pitted halved Bing cherries      | 1/2 cup pineapple juice           |
| 1/2 cup diced pears                      | 1/2 cup mayonnaise                |
| 1/2 cup diced peaches                    | 1/4 teaspoon grated lemon peel    |
| 1/2 cup diced pineapple                  | 1 cup whipping cream, whipped     |
| 1/2 cup diced marshmallows               |                                   |

Combine fruits and drain. Stir sugar, pineapple juice, mayonnaise and lemon peel until sugar dissolves. Fold in whipped cream, fruit and marshmallows. Pour into greased 2-quart mold; freeze. Yield: 8 servings.

BUFFET WATERMELON BOWL

- |                           |                   |
|---------------------------|-------------------|
| 1 oblong watermelon       | Orange slices     |
| Cantaloupe                | Grapefruit slices |
| Honeydew melon            | Strawberries      |
| Fresh pineapple           | Seedless grapes   |
| Fresh cherries with stems |                   |

Using a sawtooth cut, remove top third of large, well chilled watermelon. Carefully scoop out melon meat and cut in 1-inch cubes. Fill cavity with suggested combination of fruits plus watermelon cubes. Decorate top with small clusters of grapes and cherries. Serve with Poppy Seed Dressing.

FRESH FRUIT SALAD

- |   |                                   |
|---|-----------------------------------|
| 2 large oranges, peeled and sectioned       | 1 cup green seedless grapes       |
| 1 can (16 ounces) pineapple chunks, drained | 1 apple, diced and unpeeled       |
| 2 fresh peaches, sliced                     | 1 1/2 cups miniature marshmallows |
| Juice of 1 lemon                            | 2 bananas, sliced                 |
|   | 2 tablespoons sugar               |

Combine fruits and marshmallows, except bananas. Sprinkle with sugar; add lemon juice and chill several hours. Just before serving, add bananas. Yield: 6 servings.

FRUIT-GINGER ALE SALAD

- |   |  |
|---|--|
| 1 package (3 ounces) raspberry, cherry or lime flavor gelatin | 1 bottle (7 ounces) ginger ale or lemon-lime carbonated beverage |
| 1/4 teaspoon salt   | 1 can (29 ounces) peach or pear halves, drained                  |
| 1 cup boiling water   |  |
| 2 tablespoons cold water                                      |  |

Dissolve gelatin and salt in boiling water; add ginger ale and cold water. Chill until slightly thickened. Arrange fruit, cut side down, in 8 or 9-inch square pan. Pour gelatin mixture over fruit. Chill until firm. Cut in squares. Using spatula, lift each square and turn over onto bed of lettuce, so that fruit is facing upward. Fill center with Cheese-Nut Balls. Yield: 6 servings.

*Cheese-Nut Balls:* Blend 1 package (3 ounces) cream cheese with 1/2 cup finely chopped nuts; moisten with 1/2 to 1 teaspoon mayonnaise. Shape into small balls. Roll in very finely chopped nuts, if desired.

CHERRY JUBILEE SALAD MOLD

- |   |  |
|---|--|
| 1 can (17 ounces) pitted dark, sweet cherries       | 1/2 cup currant jelly                                      |
| Water   | 1 package (10 ounces) frozen raspberries, partially thawed |
| 2 packages (3 ounces each) raspberry flavor gelatin | 1/2 cup sherry   |
| 1/4 cup lemon juice                                 |  |

Drain cherries; reserve liquid. Add enough water to liquid to make 2 cups. Heat to boiling; add gelatin and stir until dissolved. Stir in jelly until dissolved. Add raspberries, sherry, and juice; refrigerate until partially congealed. Add cherries and pour into greased 1 1/2-quart ring mold. Refrigerate until firm. Yield: 8 servings.

## AMBROSIA MOLD

1 package (3 ounces) orange flavor gelatin	1 cup whipping cream, whipped
1 tablespoon sugar	2 oranges, sectioned and diced
1 cup boiling water	1 1/2 cups seeded, halved red grapes
3/4 cup cold water	
2/3 cup flaked coconut	

Dissolve gelatin and sugar in boiling water. Add cold water. Chill until slightly thickened. Fold in whipped cream, then remaining ingredients. Spoon into 1 1/2-quart mold; chill until firm. Yield: 8 servings.

## PINEAPPLE-CARROT SALAD

1 can (8 3/4 ounces) pineapple tidbits, drained	2 cups shredded carrots
Mayonnaise	1/2 cup seedless raisins

Combine pineapple, carrots and raisins. Chill thoroughly. Just before serving, add mayonnaise to moisten. Yield: 6 servings.

## COKE SALAD

1 can (17 ounces) black Bing cherries	1 package (3 ounces) strawberry flavor gelatin
1 can (20 ounces) crushed pineapple	2 bottles (6 ounces each) carbonated cola flavor beverage
1 package (3 ounces) cherry flavor gelatin	3 packages (3 ounces each) cream cheese, softened
1 1/2 cups chopped pecans	

Drain juice from cherries and pineapple. Bring juices to boil and pour over gelatins; cool, add beverage and chill. Combine cherries, pineapple, cream cheese and pecans. Blend into gelatin mixture. Pour into 2-quart greased mold. Chill until firm. Yield: 8 servings.

## MOLDED SOUR CREAM SALAD

2 cups boiling water	1 can (9 ounces) crushed pineapple, drained
2 packages (3 ounces each) lime flavor gelatin	8 Maraschino cherries, cut in fourths
2 cups commercial sour cream	

Add water to gelatin; stir until gelatin dissolves. Chill until slightly thickened. Add sour cream, pineapple and cherries; mix well. Pour into lightly greased 5-cup ring mold. Chill until set. Yield: 6 servings.

## HOLIDAY GELATIN SALAD

1 package pineapple gelatin (lemon, lime or another flavor may be used)	1 cup hot water
1/2 cup canned crushed pineapple (drained)	1/2 teaspoon salt
1 cup chopped raw cranberries	1 cup cold liquid (drained pineapple juice plus enough water to equal one cup)
1/2 cup chopped walnuts	1/2 cup dried celery

Dissolve gelatin in hot water. Add salt and cold liquid. Chill until slightly thickened. Fold in remaining ingredients. Turn into a one-quart mold and chill until firm. Unmold on bed of crisp lettuce. Yield: 8 servings.

*Salad Dressing:* 3 ounces cream cheese, 1/4 cup sour cream, 1/4 teaspoon salt and 2 tablespoons honey whipped together.

## PERFECTION SALAD

2 envelopes unflavored gelatin	2 tablespoons lemon juice
1/2 cup sugar	1 cup chopped celery
1 teaspoon salt	1/2 cup chopped green pepper
1 1/2 cups boiling water	1/3 cup pimiento-stuffed olives, sliced
1 1/2 cups cold water	1/3 cup white vinegar
2 cups finely shredded cabbage	1/4 cup chopped pimiento

Combine gelatin, sugar and salt. Add boiling water; stir until ingredients are dissolved. Stir in cold water, vinegar and juice; chill until partially congealed. Fold in cabbage, celery, green pepper, olives and pimiento. Pour into 5 1/2-cup mold; chill until firm. Yield: 10 servings.

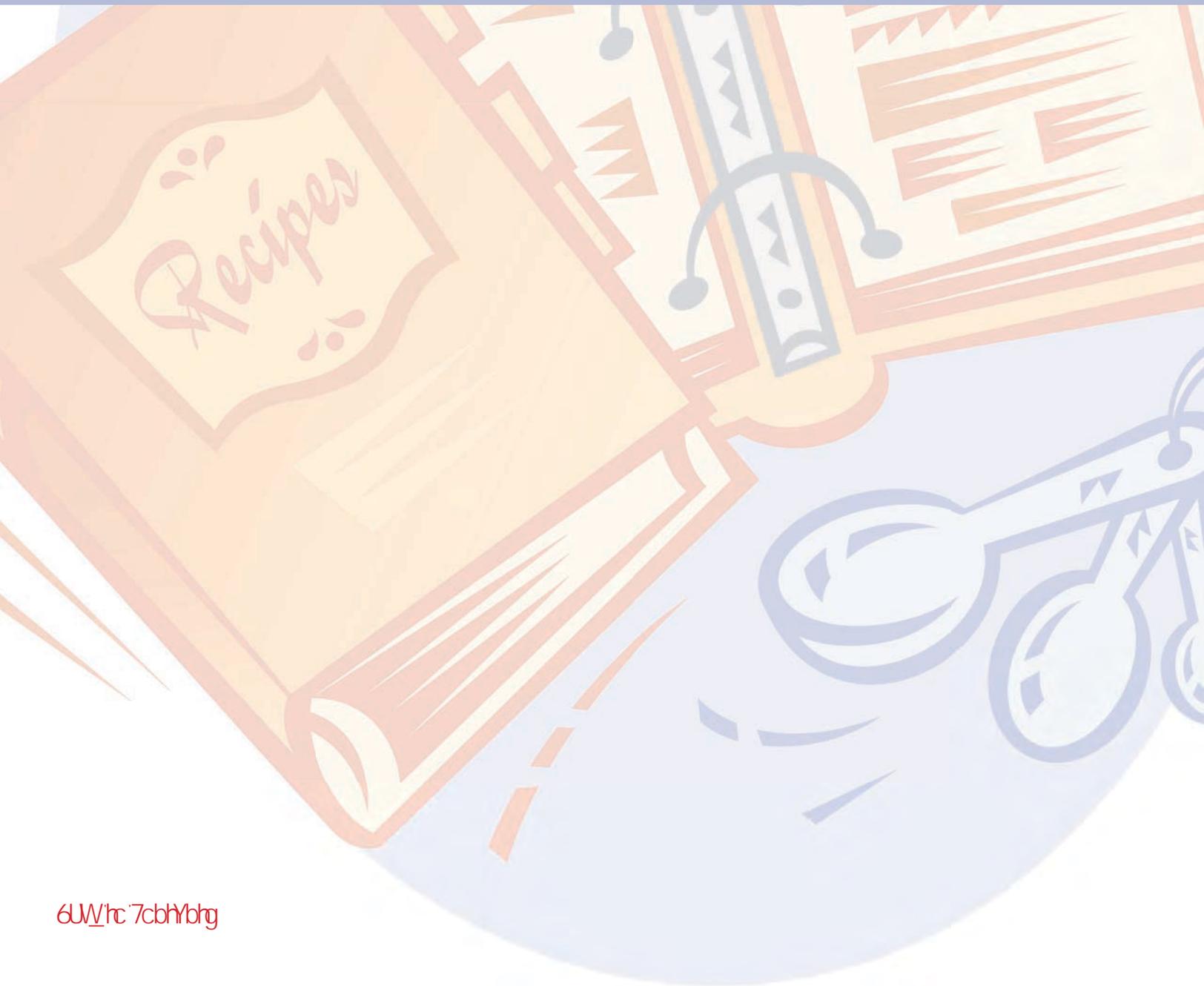
## PINEAPPLE GELATIN RINGS

2 cans (20 ounces each) sliced pineapple	2 cups boiling water
1 package (3 ounces) lime flavor gelatin	1 package (3 ounces) strawberry flavor gelatin

Drain syrup from pineapple, leaving slices in cans. Dissolve lime gelatin in 1 cup boiling water; dissolve strawberry gelatin with the other. Chill until set. To unmold, run warm water on can sides and bottom. Cut other end of can and push mold out. Cut between slices of pineapple. Alternate slices of red and green pineapple on bed of lettuce. Fill center with cottage cheese or serve with mayonnaise. Yield: 8 servings.

# COOKING WITH ENERGY

## Sauces and Dips



## FREEZING FOODS

**COOKED FOODS** - Do not overcook. Chill promptly before freezing. Use seasonings sparingly as some will change during storage. It is best to add most seasonings when reheating. Thaw in refrigerator or reheat from frozen state. Do not refreeze after thawing or heating. Storage Time: 2 to 3 months.

**CORN - Corn-On-The-Cob:** Husk, remove silk, trim tips and sort according to size. Blanch ears 7 to 11 minutes according to size. Cool, drain and freeze. **Whole Kernel:** Blanch ears 4 minutes. Cool. Cut kernels from cob about 2/3 depth of kernel. **Cream Style:** Blanch ears 4 minutes. Cool. Cut kernels from cob about center of kernel. Scrape cob.

**FISH** - Keep fish on ice from the time they are caught. Clean as for cooking. Cut in fillets, steaks or leave whole. Fish can be frozen covered with water in air-tight container. Storage Time: 9 months at 0° F. Thaw in refrigerator or under cold running water.

**GROUND BEEF** - Freeze in amounts suitable for cooking at one time. Storage Time: 4 to 6 months. Thaw in refrigerator.

**PECANS** - Pack shelled or unshelled in moisture-vapor-proof containers in desired quantities and freeze. Thaw at room temperature. Storage time: 12 months.

**PIES** - Baked pies: Cool completely, then package in freezer paper. Thaw 45 minutes at room temperature. Unbaked pies: These are flakier, more tender and have fresher flavor. Double crust pies (fruit or mince) are the very best. Do not cut vents in double crust pies until ready to bake. Bake pie in the frozen state in 425° F. oven 45 to 50 minutes. Storage time: 2 to 3 months.

**SOFT-SHELL CRABS** - Clean as for frying. Freeze. Storage Time: 1 to 2 months. Thaw in refrigerator.

**SOUP** - Chill promptly before freezing. Use seasonings sparingly as some change during storage. Do not freeze potatoes in soups; add potatoes during reheating. Thaw in refrigerator or reheat from frozen state. Freeze in family-size portions. Storage Time: 2 to 3 months.

**STRAWBERRIES** - Wash quickly and gently in iced water. Lift berries from water. Remove hulls. Slice or leave whole. **Dry Sugar Pack:** Add 3/4 cup sugar to each quart berries; mix thoroughly. **Syrup Pack:** Prepare syrup by combining 5 cups sugar and 4 cups boiling water. Chill. To each quart, add 4 teaspoons ascorbic acid mixture. Cover berries with cold syrup. Place into freezer container, leaving 1/2-inch headspace. Storage Time: 12 months. **Unsweetened Dry Pack:** This method may be desirable for special diets or for use in baking. Most fruits have better flavor, color and texture when packaged in sugar or syrup.

**TOMATOES** - Scald tomatoes in boiling water 1/2 minute. Dip in cold water, peel and quarter. Pack into freezer containers with 1/2 teaspoon salt per pint. Freeze and use in any recipe calling for cooked tomatoes. Storage Time: 1 year.

**CRAWFISH** - Immerse live, in brine bath (1 cup salt to 1 gallon water) for 20 seconds. Cook in seasoned water. Remove edible meat and pack. Freeze. Thaw in refrigerator.

**SHRIMP** - Remove heads. Wash in solution of 1 quart cold water and 2 tablespoons salt. Drain. Freeze. Or cover with water and freeze in cartons. Storage Time: 4 months.

**FIGS** - Sort, wash and cut off stems. Peel if desired. Slice or leave whole. For syrup pack, use 40% syrup (3 1/4 cups sugar to 4 cups boiling water) with 1/2 cup lemon juice or 4 teaspoons ascorbic acid mixture added to each quart of syrup. Pack into containers and cover with cold syrup, leaving 1/2-inch head space. Seal. For dry pack: add 2/3 cup sugar to each quart of figs. Mix thoroughly. Pack into containers, leaving 1/2-inch space. Seal. Storage Time: 1 year.

## BARBECUE SAUCE

1 medium onion, chopped	2 tablespoons vinegar
1 clove garlic, minced	1 tablespoon brown sugar
2 tablespoons butter	1 teaspoon salt
1/2 cup catsup	1 teaspoon dry mustard
1/4 cup water	1/2 teaspoon hot sauce

Cook onion and garlic in butter until tender. Add remaining ingredients and bring to a boil. Use to brush chicken, ribs, frankfurters or hamburgers during baking, broiling or grilling. Yield: 1 1/4 cups.

## BASIC BROWN SAUCE

1 tablespoon minced onion	1 cup meat stock
2 tablespoons flour	1/2 teaspoon salt
2 tablespoons butter	1/8 teaspoon pepper

Brown onion and flour in butter over low heat. Add stock; cook until smooth, about 3 to 5 minutes. Strain and add seasonings. Yield: 1 cup.

*Variations:*

*Jardiniere:* To 1 cup brown sauce, add 1 tablespoon each of finely minced cooked carrot, celery, onion, diced green beans and small green peas, and 1 teaspoon each minced parsley, chives and pimiento. Serve hot on grilled meat.

*Madeira:* To 1 cup of brown sauce, add 1 1/2 tablespoons Madeira wine. For roast or smoked meats.

*Mushroom:* To 1 cup brown sauce, add 1/4 cup mushroom liquid, 1 teaspoon minced parsley and 1/4 cup sliced mushrooms sautéed in butter. For meats, poultry, and smoked meats.

*Piquant:* Sauté 1 teaspoon green onion in 2 tablespoons white wine and 1 tablespoon tarragon vinegar. Add to 1 cup brown sauce. Just before serving, stir in 1 tablespoon finely chopped sour pickle, 1 teaspoon each minced parsley and chives and pinch of chopped tarragon. For pork, smoked and leftover meats.

## BROWN SAUCE

Heat 2 tablespoons shortening in a heavy skillet over low heat. Stir in 2 tablespoons flour and continue stirring until brown.

## BASIC MAYONNAISE

1 egg	1/2 teaspoon dry mustard
2 tablespoons vinegar or lemon juice	3/4 teaspoon salt
1 cup salad oil	Dash of red pepper or paprika

Blend egg, vinegar, mustard, salt, pepper and 1/4 cup of the oil until thoroughly blended, about 5 seconds. Without stopping blender, remove cover and gradually pour remaining oil into center of container. Stop blending when all of the oil has been added. If mayonnaise curdles or liquefies, empty contents from container, blend another egg for about 2 seconds and gradually add liquid mayonnaise, instead of oil, into center of container. Stop blender when all liquid mayonnaise has been added and mixture fluffs up smoothly. Do not overblend. Yield: 1 cup.

## BECHAMEL SAUCE

2 tablespoons minced onion	2 sprigs parsley
1/2 carrot, finely diced	4 peppercorns
1/4 cup (1/2 stick) butter	1 1/2 cup thick white sauce
2 cups chicken stock	Salt and pepper
1 bay leaf	

Sauté onion and carrot in butter until onions are tender. Add stock, bay leaf, parsley and peppercorns. Bring to boil; simmer 30 minutes. Strain stock mixture and combine with white sauce. Season. Use as a base for croquettes, soufflés and creamed chicken. Yield: 4 cups.

## CHILI SAUCE

18 large tomatoes, chopped	1 cup sugar
8 hot peppers, chopped	3 cups white vinegar
6 onions, chopped	3 tablespoons mixed pickling spices
3 tablespoons salt	1 tablespoon mustard seed
1 tablespoon pepper	

Place all ingredients, spices tied in cheesecloth, in a heated saucepan. Cook gently for 2 hours, stirring frequently. Pour boiling hot into hot jars; process for 10 minutes. Yield: about 5 pints.

## CHINESE MUSTARD

1/4 cup boiling water      1/2 teaspoon salt  
 1/4 cup dry mustard      2 teaspoons salad oil

Stir water into mustard until smooth. Add salt and oil; mix thoroughly. Yield: 1/3 cup.

## CREAM SAUCE

	<u>Thin</u>	<u>Medium</u>	<u>Thick</u>
Butter	1 tablespoon	2 tablespoons	4 tablespoons
Flour	1 tablespoon	2 tablespoons	4 tablespoons
Salt	1/4 teaspoon	1/4 teaspoon	1/4 teaspoon
Milk	1 cup	1 cup	1 cup

Melt butter over low heat; blend in flour and salt. Gradually add milk, stirring constantly, and cook until thick and smooth. Yield: 1 cup.

### *Variations:*

*Cheese:* Add 1/2 cup grated sharp cheese or 1/4 cup grated Swiss or Parmesan cheese just before serving. Then gradually add 1 tablespoon butter. For vegetables.

*Egg:* Add 1 chopped hard-cooked egg and 1 teaspoon minced parsley or chives. For boiled fish, asparagus, peas or carrots.

*Horseradish:* Add 3 tablespoons drained, prepared horseradish. Immediately before serving, gradually add 1 tablespoon butter. For boiled fish, meat or poultry.

*Mornay:* Add 1/4 cup strained fish, vegetable or chicken stock and 3 tablespoons grated Parmesan or Swiss cheese. Immediately before serving, add 1 tablespoon butter gradually.

*Mushroom:* Sauté 1 teaspoon minced onion in butter before blending in dry ingredients. Add 1/2 cup mushroom liquid and 1/4 cup cooked sliced mushrooms with the milk.

*Veloute:* Substitute fish or chicken broth for milk.

## RICH CREAM SAUCE

2 tablespoons butter      1 cup milk, scalded  
 2 tablespoons flour      2 egg yolks, beaten  
 1/4 teaspoon salt

Melt butter, add flour and blend well. Add milk; cook over low heat until thick, stirring constantly. Remove from heat. Add yolks and salt; blend well. Yield: 1 cup.

## HOLLANDAISE SAUCE

1/2 cup (1 stick) butter      1/4 teaspoon salt  
 4 egg yolks      1/8 teaspoon cayenne  
 2 tablespoons lemon juice      1/4 cup boiling water

Divide butter into 3 portions. Beat yolks and lemon juice; add 1 piece of butter and cook over low heat or in double boiler, stirring constantly until the mixture begins to thicken. Remove from heat, add second piece of butter and stir rapidly. Then add the remaining butter and ingredients. Return to heat; stir until sauce thickens. If sauce curdles, beat in 1 tablespoon cream. Yield: 1 cup.

### *Variations:*

*Béarnaise:* Substitute 4 teaspoons tarragon vinegar for lemon juice. Add 1 tablespoon chopped parsley, 1 teaspoon chopped chives and 1/4 teaspoon freshly ground pepper. For steaks.

*Electric Blender Method:* Melt 1/2 cup (1 stick) butter over low heat. Place 3 egg yolks, 2 tablespoons lemon juice, 1/4 teaspoon salt, dash white pepper, and 1/4 teaspoon prepared mustard in blender container and blend on low speed for 5 seconds. While continuing to blend on same speed, add hot butter in a slow steady stream until blades are covered. Turn to high speed and add remaining butter slowly. Yield: Approximately 1 cup.

## HOT PEPPER VINEGAR

Wash hot red or green peppers; prick with large needle. Pack into sterilized jars; cover with boiling hot vinegar. Seal at once.

## HOT WHISKEY SAUCE

1/2 cup sugar      1 egg, beaten  
 1/4 cup (1/2 stick) butter      1/3 cup bourbon

Combine sugar and butter; cook over low heat, stirring frequently, until sugar dissolves. Gradually add hot mixture to egg, while beating constantly. Return to heat and cook, stirring constantly, until thickened. Gradually stir in bourbon. Yield: 1 1/2 cups.

## RED SAUCE

3 tablespoons catsup	1 teaspoon lemon juice
3 tablespoons chili sauce	Dash hot pepper sauce
2 tablespoons horseradish	Salt and pepper

Combine all ingredients. Yield: 1/2 cup.

## REMOULADE SAUCE

4 tablespoons horseradish	1 clove garlic
mustard	1 cup salad oil
1/2 cup tarragon vinegar	1/2 cup chopped
2 tablespoons tomato	green onion
catsup	1/2 cup chopped celery
1 tablespoon paprika	1 teaspoon salt
1/2 teaspoon cayenne	

Place all ingredients in blender container and blend thoroughly. To serve, allow boiled shrimp to marinate in sauce for about 4 hours. Yield: 2 cups.

## SWEET AND SOUR SAUCE

1 cup sugar	1 teaspoon paprika
1/2 cup vinegar	1/2 teaspoon salt
1/2 cup water	2 teaspoons cornstarch
1 tablespoon chopped	1 tablespoon cold water
green pepper	

Simmer first 6 ingredients for 5 minutes. Combine cornstarch and water; stir into hot mixture; cook until thickened. Cool. Strain. Yield: 1 cup.

## SEASONINGS FOR BROILED STEAK

*Seasoned Butter:* Whip 1/2 stick butter until soft. Add 2 tablespoons chopped parsley or green onions. Spread on hot steak.

*Garlic Butter:* Crush one clove of garlic. Blend with 1/2 stick butter. Spread on hot steak.

## TOMATO SAUCE

6 medium onions, minced	2 cans (6 ounces each)
6 cloves garlic, minced	tomato paste
1 tablespoon minced	4 cups water
green pepper	3 tablespoons parsley
1/4 cup olive oil	1 sprig thyme
1 can (16 ounces) tomatoes	1 bay leaf
1/8 teaspoon pepper	1/2 teaspoon salt

Cook onions, garlic and green pepper in oil over medium heat until onions are tender, 7 to 10 minutes. Pour tomatoes into colander over bowl; press with spoon to remove liquid. Fill tomato can with water and pour over tomatoes. Add tomatoes to onion mixture; fry 10 minutes over low heat. Add tomato paste; mix thoroughly. Add tomato liquid from bowl, water, and remaining ingredients. Bring to boil; cook over low heat for 1 hour. Yield: 1 1/2-2 quarts.

## BEER CHEESE SAUCE

1 cup beer, without foam	2 tablespoons water
1/4 teaspoon dry mustard	1 tablespoon butter
1 teaspoon Worcestershire	1/4 cup diced onion
sauce	2 tablespoons diced
1 cup (1/4 pound) shredded	green pepper
Cheddar cheese	2 tablespoons chopped
2 tablespoons cornstarch	pimiento
Dash hot sauce	

In a saucepan, warm beer, mustard and Worcestershire. Add cheese; stir slowly until partially melted. Combine cornstarch with water; add to cheese-beer mixture. Stir until thickened. In butter, sauté onion, pepper, and pimiento; add to cheese-beer mixture. Add hot sauce. Serve sauce over baked fish; sprinkle with slivered almonds. Yield: 4 servings.

## CHEESE SAUCE WITH MUSHROOMS

2 tablespoons butter	1 can (4 ounces)
3 tablespoons flour	mushroom pieces
1 cup milk	1/2 cup grated
1/4 teaspoon salt	Cheddar cheese

Melt butter; stir in flour. Gradually add milk. Cook over low heat until thick, stirring constantly. Remove from heat. Add salt, mushrooms and cheese. Stir until cheese melts.

CREOLE SAUCE

- |                      |                      |
|----------------------|----------------------|
| 1 1/2 cups catsup    | 4 teaspoons prepared |
| 1 1/2 teaspoons      | horseradish          |
| Worcestershire sauce | 1 teaspoon hot sauce |
| 1/4 cup lemon juice  | 1/2 teaspoon salt    |

Combine all ingredients; chill. Serve with cooked crawfish. Yield: 2 cups.

SAUCE PIQUANT

- |                               |                               |
|-------------------------------|-------------------------------|
| 6 tablespoons flour           | 3 green peppers, minced       |
| 3/4 cup oil                   | 3 tablespoons                 |
| 3 large onions, minced        | Worcestershire sauce          |
| 4 stalks celery, minced       | 1 lemon, juice and rind       |
| 4 cloves garlic, minced       | Salt and red pepper           |
| 1 can (6 ounces) tomato paste | 1 tablespoon prepared mustard |

Brown flour in oil. Add remaining ingredients; cook over low heat for 30 minutes. The more red pepper, the more "piquant" the gravy will be. To use sauce with chicken, rabbit, squirrel or turtle, brown meat in oil. Remove meat and prepare sauce piquant. Return meat to sauce and continue cooking until tender. Add water, if necessary. Yield: 2 1/2 cups.

AVOCADO DIP

- |                                    |  |
|------------------------------------|--|
| 2 avocados, cubed                  | 1 can (10 ounces) tomatoes and green chilies, well drained |
| 1 package (8 ounces) cream cheese  | 2 tablespoons lemon juice                                  |
| 2 tablespoons Worcestershire sauce | Salt   |

Place all ingredients in blender container. Cover and blend until smooth. Yield: about 3 cups.

BLUE CHEESE DIP

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 package (8 ounces) cream cheese | 1/4 teaspoon Worcestershire sauce |
| 1 package (3 ounces) blue cheese  | Dash Paprika                      |
| 1 tablespoon wine vinegar         | Dash hot pepper sauce             |
| 1 tablespoon cream                | 1 teaspoon minced parsley         |

Cream cheeses with vinegar and cream. Add remaining ingredients and mix well. Yield: 1 1/4 cups.

CHEESE-NUT DIP

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 package (8 ounces) cream cheese | 1/4 cup chopped onion              |
| 1 tablespoon catsup               | 3 tablespoons chopped pimiento     |
| 3/4 cup chopped walnuts           | 3 hard-cooked eggs, finely chopped |
| 1/4 cup chopped green peppers     | Salt and Pepper                    |

Combine all ingredients. Serve with assorted crackers. Yield: 2 cups.

CHEESE-ONION DIP

- |   |                                   |
|---|-----------------------------------|
| 2 packages (8 ounces each) cream cheese | 6 tablespoons hot water           |
| 3 chicken bouillon cubes                | 2 tablespoons minced onion flakes |
| 1 tablespoon lemon juice                |                                   |

Blend cream cheese, bouillon cubes dissolved in hot water, onion flakes and lemon juice. Yield: 3 cups.

DUNKY SAUCE

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 can (8 ounces) tomato sauce | 2 tablespoons water                |
| 1/2 cup catsup                | 2 tablespoons Worcestershire sauce |
| 2 tablespoons brown sugar     | 1 tablespoon vinegar               |
| 2 tablespoons minced onion    | 2 tablespoons pickle relish        |
| Dash pepper                   |                                    |

Mix all ingredients in 2-quart saucepan. Heat until steaming. Use as a sauce for party meat balls. Yield: about 2 1/4 cups.

EGG DIP

- |                                |  |
|--------------------------------|--|
| 1 1/2 tablespoons lemon juice  | 1/4 teaspoon white pepper                            |
| 1 tablespoon onion juice       | 1/2 cup mayonnaise                                   |
| 2 tablespoons prepared mustard | 6 hard-cooked eggs                                   |
| 1/2 teaspoon hot sauce         | 1 package (4 ounces) pimiento cream cheese, softened |
| 1/2 teaspoon seasoned salt     |  |

In a mixer or blender, combine juices, mustard, hot sauce, salt, pepper and mayonnaise. Add eggs, one by one, blending after each addition, until light and smooth. Beat in pimiento cream cheese. Yield: 2 cups.

## FIESTA DIP

1 package (8 ounces) cream cheese	Dash hot pepper sauce 1/3 cup catsup
2 tablespoons cream	1 1/2 tablespoons grated onion
3 tablespoons French dressing	1/2 teaspoon salt

Combine ingredients. Use as a dip for raw celery, cauliflower, carrots, cucumbers, cherry tomatoes and corn chips. Yield: 1 1/2 cups.

## GARLIC DIP

1 package (8 ounces) cream cheese	1 teaspoon salt 1 tablespoon lemon juice
2 teaspoons minced onion	1 clove garlic
1/4 teaspoon paprika	2 tablespoons cream

Place all ingredients in blender container. Cover and blend 30 seconds. Yield: 1 1/4 cups.

## HOT CRAB MEAT

2 tablespoons butter	1/8 teaspoon pepper
1 tablespoon chopped onion	1 1/2 cups milk
2 tablespoons flour	1 egg yolk, slightly beaten
1 1/2 teaspoons Worcestershire sauce	1/4 cup dry sherry
1/2 teaspoon salt	1 pound lump crab meat

Melt butter, add onion and cook 5 minutes. Blend in flour and seasonings. Add milk gradually, stirring constantly, and cook until thickened. Remove from heat and add to egg yolk. Cook 1 minute, stirring constantly. Gradually add wine and crab meat; simmer for 12 minutes. Serve hot from fondue or chafing dish. Yield: 2 cups.

## HOT CRAB MEAT-CHEESE DIP

1 package (8 ounces) cream cheese	1/8 teaspoon cayenne 1 onion, minced
1/2 cup (1 stick) butter	1/8 teaspoon hot sauce
1 pound white crab meat	1/8 teaspoon garlic salt

Over low heat, melt cheese and butter. Add crab meat and remaining ingredients. Serve in chafing dish or casserole with assorted crackers or crisp chips. Yield: 3 cups.

## HOT MEXICAN BEAN DIP

1 can (No. 2 1/2) pork and beans	2 teaspoons Worcestershire sauce
1 teaspoon garlic salt	1/2 teaspoon liquid smoke
1 teaspoon chili powder	1/2 cup shredded sharp Cheddar cheese
2 teaspoons vinegar	4 slices bacon, crumbled
1/2 teaspoon salt	

Place all ingredients, except cheese and bacon, in blender container. Blend until smooth. Add cheese and heat in electric skillet set at 150° F. until cheese is melted. Top with bacon and serve hot with crackers. Yield: 3 cups.

## HOT MUSTARD DIP

1 can (2 ounces) dry mustard	4 eggs, beaten 1 cup sugar
1 cup white vinegar	

Combine mustard and vinegar; refrigerate overnight. Add beaten eggs and sugar. Cook over low heat until thick, about 10 minutes. Chill. Serve as a dip for grilled hot sausage which has been cut into bite-size pieces. Yield: About 3 cups.

## MOCK OYSTER DIP

3 stalks celery, minced	1 package (10 ounces) frozen chopped broccoli, cooked and drained
1/2 large onion, minced	1 can (10 1/2 ounces) cream of mushroom soup
1 can (4 ounces) mushroom stems and pieces	
1 roll (6 ounces) garlic cheese, cut in pieces	
1/2 cup (1 stick) butter	

In electric skillet set at 250° F., sauté celery, onions and mushrooms in butter 5 minutes. Lower heat to 200° F.; add remaining ingredients. Simmer gently, stirring until mixture is smooth. Serve hot as a dip, or fill miniature patty shells and heat in 450° F. oven about 10 minutes or until hot. Yield: approximately 4 cups.

### SHRIMP DIP

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 clove garlic                       | 1/2 teaspoon salt                    |
| 1 can (6 1/2 ounces) shrimp, drained | 1/8 teaspoon pepper                  |
| 1 package (3 ounces) cream cheese    | 1 1/2 teaspoons Worcestershire sauce |
| 1 tablespoon lemon juice             | 1/2 teaspoon hot pepper sauce        |
| Paprika                              |                                      |

Place all ingredients in blender container. Cover and blend 30 seconds. Sprinkle with paprika. Chill. Yield 1 1/2 cups.

### SHRIMP SPREAD MOLD

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1 envelope unflavored gelatin     | 1 cup mayonnaise                 |
| 1/4 cup boiled shrimp water       | 1/4 cup chopped green onion tops |
| 1 package (8 ounces) cream cheese | 1/4 cup chopped green onions     |
| 1 can (10 1/2 ounces) tomato soup | 1/2 cup chopped celery           |
| Dash hot sauce                    | 2 cups cooked shrimp             |

Sprinkle gelatin over cold shrimp water; dissolve over boiling water. Cream softened cream cheese; add tomato soup. Stir in remaining ingredients. Pour into a 1 1/2-quart fancy mold. Refrigerate. When firm, unmold on serving dish lined with shredded lettuce. Serve with crackers.

### SMOKY CHEESE DIP

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1/4 cup pineapple juice            | 1 clove garlic                  |
| 2 packages (3 ounces) cream cheese | 1/4 teaspoon hot pepper sauce   |
| 1 roll (6 ounces) smoky cheese     | 1 teaspoon Worcestershire sauce |

Place all ingredients in blender container. Cover and blend until smooth. Chill. Yield: 1 1/2 cups.

### SPINACH DIP

- |                                   |  |
|-----------------------------------|--|
| 2 packages frozen chopped spinach | 1 can (10 1/2 ounces) cream of mushroom soup |
| 1/3 cup green onions and tops     | 1/4 teaspoon hot pepper sauce                |
| 1/2 cup (1 stick) butter          | 1 tablespoon Parmesan cheese                 |
| 1 cup crab meat                   |  |
| 1/2 teaspoon garlic powder        |  |

Cook spinach according to package directions; drain. In a saucepan, sauté onion in butter. Stir in spinach; simmer for 5 minutes. Add remaining ingredients; simmer for 10 to 15 minutes. Serve with crackers or chips. Yield: about 3 1/2 cups.

*Leftover Dip:* Use as dressing for green salad, topping for hot vegetables; freeze dips that do not contain sour cream no longer than 2 weeks.

### SPRING VEGETABLE DIP

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup commercial sour cream | 1/4 cup minced cucumber, drained |
| 1/2 cup mayonnaise          | 1/4 cup minced green pepper      |
| 1 tablespoon sugar          | 1 clove minced garlic            |
| 1 teaspoon salt             | 1/4 cup minced green onion       |
| Dash pepper                 |                                  |
| 1/4 cup minced radishes     |                                  |

Mix all ingredients, except vegetables. Combine vegetables, reserving 1/4 cup for garnish. Add to sour cream mixture. Sprinkle with remaining 1/4 cup vegetables. Use as a dip for raw vegetables. Yield: about 2 cups.

### ORANGE BUTTER SAUCE

- |                           |                                    |
|---------------------------|------------------------------------|
| 1/2 cup orange juice      | 1/2 cup (1 stick) butter, softened |
| 2 tablespoons lemon juice | 1 cup sugar                        |
| Peel of 1/2 orange        |                                    |

Blend juice and peel in blender 2 minutes. Add butter and sugar. Blend 2 minutes. Stop to stir down. Yield: 1 1/2 cups sauce.

## CHICKEN GIBLETS STOCK

2 sets chicken gizzards and necks	1/8 teaspoon pepper
1/2 teaspoon salt	3 celery tops
	1 small onion, sliced

Place ingredients in a saucepan, add water to cover. Bring to a boil; cover and simmer 1 hour or until tender. Strain stock and reserve. Remove meat from neck; chop gizzards. Use in recipes for Giblet Bread Stuffing or Giblet Gravy.

## GIBLET BREAD STUFFING

3 tablespoons chopped onion	1/4 teaspoon pepper
1/4 cup (1/2 stick) butter	1/2 teaspoon poultry seasonings
1/4 teaspoon salt	Cooked giblets
4 cups dry bread cubes	1/4 cup giblet stock

Cook onion in butter until tender. Add bread, seasonings and giblets. Toss lightly with enough liquid to moisten. Yield: 3 cups stuffing, or enough for a 4-5 pound chicken.

## GIBLET GRAVY

Into a skillet, pour 2 tablespoons chicken drippings from roasting pan. Stir in 2 tablespoons flour and cook until brown. Gradually add 2 cups of stock and giblets. Cook, stirring constantly, until mixture thickens.

## GRAVY

3 tablespoons drippings	2 cups turkey stock
3 tablespoons flour	Salt and pepper

In a skillet, place 3 tablespoons of the drippings from roasting pan. Stir in flour and cook over low heat until brown. Slowly add turkey stock and cook until thick. Season to taste. Yield: 2 cups.

## TURKEY STOCK

In a covered saucepan, barely cover neck and gizzard with water. Add 1 onion quartered, 1 stick celery sliced, salt and pepper. Bring to a boil; simmer for 1 1/2 to 2 hours or until gizzard is tender. Remove meat from neck bone and add to stock. Use ground gizzard in stuffing or leave whole for gravy.

## RED-EYE GRAVY

After baking a ham, scrape drippings into a skillet. Add 1/2 cup cold water and bring to a boil. Cook until gravy turns red.

## ROAST BEEF GRAVY

Pour fat drippings from roasting pan into a bowl, leaving the brown bits in the pan. Add 2 cups water to roasting pan and heat to loosen all brown bits. Put 4 tablespoons fat drippings into a skillet; stir in 4 tablespoons flour. Cook over low heat until brown. Slowly stir meat juices into browned flour, and cook until thick. Season with salt and pepper; or if desired, add 2 bouillon cubes to the water.

## TOMATO GRAVY

2 tablespoons oil	1 teaspoon parsley
1 tablespoon flour	1 clove garlic, minced
3 tablespoons chopped celery	1 can (8 ounces) tomato sauce
1/4 cup chopped green onion	2 cans water
2 1/2 tablespoons chopped green pepper	1/8 teaspoon pepper
	3/4 teaspoon salt
	1 1/2 teaspoons sugar

In a heavy skillet, heat oil over medium heat. Stir in flour and continue stirring until brown, about 3 minutes. Add celery, onion and green pepper; cook 3 minutes. Stir in garlic, add tomato sauce, water, pepper, salt and sugar. Bring to a boil; add parsley. Cover, turn heat to low and simmer 1 hour, stirring occasionally. Serve over spaghetti, rice, or in one of the variations listed below. Yield: 4 servings.

*Variations:*

*Shark Creole:* Cut 1 pound of shark fillets into 1-inch chunks, add to tomato gravy during last 15 minutes of cooking period along with 2 bay leaves, sprig of thyme and 1 thin slice of lemon. Serve over rice. Yield: 4 servings.

*Lima Beans:* Boil 1 cup dry lima beans for 2 minutes; soak 1 hour. Add 1/2 teaspoon salt and boil beans gently for 45 minutes; drain. Add beans and 4 slices crisp bacon to tomato gravy during last 30 minutes and cook until beans are tender.

### TO MAKE GRAVY FROM TURKEY ROASTED IN FOIL OR COOKING BAG

In a skillet, stir 1/4 cup browned flour into Turkey Stock (page 45) which contains neck meat. Cook over medium heat while gradually adding 1 1/2 cups drippings which have been drained from cooking bag or foil. Add 2 chicken bouillon cubes and cook until desired thickness. If a larger quantity of gravy is needed, stir in additional browned flour and turkey drippings.

### MARINADE AND BASTING SAUCE

2 bay leaves	1 1/2 teaspoons sugar
6 whole black peppercorns, crushed	1/3 cup water
3/4 cup vinegar	3 tablespoons oil
1 clove garlic, minced	1/2 cup chopped onions

Combine bay leaves, pepper, vinegar, sugar and water. Bring to boil and simmer for 4 minutes. Add to oil and shake well. Sprinkle meat with onions and garlic. Pour marinade over meat and stir well. Cover and refrigerate 3 to 4 hours, stirring occasionally. Prepare Shish Kabob (recipe page 81) as in recipe. Baste frequently with sauce while broiling.

### MARINADE FOR VENISON AND WILD RABBIT

Marinate meat to tenderize meat fibers and to give a milder flavor. Small cuts of meat need to marinate 3 to 4 hours. Large cuts of meat need 10 to 12 hours. For marinade, use 1 part vinegar or lemon juice to three parts salad oil and season with spices such as dill seed, garlic, onion, thyme, bay leaves, peppercorns, cloves and celery seed. Cook as desired.

### WINE BARBECUE MARINADE

1 cup red wine	1 1/2 tablespoons salt
1/2 cup vinegar	1 teaspoon pepper
1 cup salad oil	1/8 teaspoon cayenne
2 onions, quartered	1/8 teaspoon thyme
2 cloves garlic	1/8 teaspoon oregano

Blend all ingredients in blender container until smooth. Use to marinate and baste beef. Yield: 3 cups.

### BORDELAISE SAUCE

1 tablespoon minced green onion	1/8 teaspoon hot pepper sauce
1 clove garlic, minced	Salt and pepper
2 tablespoons butter	1 tablespoon minced parsley
1 tablespoon water	

Sauté onion and garlic in butter; do not brown. Add water, pepper sauce, salt and pepper. Serve immediately on broiled steak or chicken and sprinkle with parsley.

### CHATEAUBRIAND SAUCE

1 can (10 3/4 ounces) beef gravy	1/2 cup (1 stick) butter
1 cup white wine	3 tablespoons lemon juice
Salt and pepper	1 tablespoon minced parsley

Cook gravy and wine until very thick. Add remaining ingredients. Beat well and serve when butter is melted. Use for steak and other grilled meats. Yield: 2 cups.

### COTE D'OR SAUCE

2 tablespoons tarragon vinegar	Pepper
4 egg yolks, well beaten	1/2 teaspoon lemon juice
1/2 teaspoon salt	1 cup (2 sticks) butter, melted
2 tablespoons water	

Combine vinegar, yolks, salt, pepper and juice. Cook over low heat, stirring constantly, until thick, about 10 minutes. Gradually stir in butter, add water, a tablespoon at a time. Remove from heat, beat well and serve. Yield: 1 1/2 cups.

### MARCHAND DE VIN SAUCE

1/3 cup finely chopped mushrooms	2 tablespoons minced garlic
1/2 cup minced ham	2 tablespoons flour
1/3 cup finely chopped green onion	1/2 teaspoon salt
1/2 cup finely chopped onion	1/8 teaspoon pepper
3/4 cup (1 1/2 sticks) butter	1/8 teaspoon cayenne
	3/4 cup beef stock
	1/2 cup red wine

Sauté mushrooms, ham, green onion, onion and garlic in butter until onion is brown. Add flour, salt, pepper and cayenne. Brown well, about 7 to 10 minutes. Blend in stock and wine; simmer over low heat 35 to 40 minutes. Yield: 2 cups.

## ROUND-UP BARBECUE SAUCE

2 cups water	1 bottle (5 ounces)
1/2 teaspoon pepper	Worcestershire sauce
1/4 cup brown sugar	Juice of 4 lemons
2 cloves garlic, minced	1/4 cup (1/2 stick) butter
1 cup cider vinegar	2 teaspoons salt

Bring water to boil; add pepper and simmer 5 minutes. Add brown sugar; stir until dissolved. Stir in garlic and vinegar. Add Worcestershire sauce and lemon juice. As sauce heats, add butter and salt.

## MEAT SAUCE

1 large onion, minced	1 cup boiling water
1 clove garlic, crushed	3/4 teaspoon salt
1 small green pepper, minced	3/4 teaspoon each of
1/4 cup shortening	celery salt, garlic salt and
3/4 pound ground beef	chili powder
1 can (6 ounces) tomato paste	1 1/2 teaspoons each of
1 can (8 ounces) tomato sauce	Worcestershire sauce,
	chili sauce and
	meat sauce

Sauté onion, garlic and green pepper in shortening, about 10 to 15 minutes. Add meat; cook until red color disappears, about 10 minutes. Stir in tomato paste, tomato sauce, water and remaining ingredients. Mix thoroughly and cover. When liquid boils, turn heat low and cook 1 1/2 hours. Add additional water, if necessary. Sauce can be frozen. Use for hot dogs or over spaghetti. Yield: 1 quart.

## TERIYAKI SAUCE

2/3 cup soy sauce	1 teaspoon ground ginger
1/4 cup dry sherry	1 clove garlic, sliced

Combine all ingredients and use as a marinade for steak, chicken, fish or shellfish.

*Beef Teriyaki:* Cut 2 pounds beef sirloin steak, 1/2-inch thick, in serving-size pieces. Marinate in Teriyaki Sauce for 30 minutes. Drain and broil beef 3 inches from source of heat for 5 to 7 minutes on each side, basting 3 times with marinade. Yield: 6 servings.

*Chicken Teriyaki:* Marinate chicken pieces in Teriyaki Sauce for 4 hours in refrigerator. Broil 6 inches from source of heat, basting with marinade, for 20 minutes on each side or until chicken is done.

CAPONATA  
(Eggplant Relish)

2 medium-sized eggplants, unpeeled (2 pounds)	1/4 teaspoon pepper
3/4 cup olive oil	3 cloves garlic, minced
4 large tomatoes, peeled and chopped	2 cups pitted green olives
3 green peppers, remove seeds and chop	1/2 cup vinegar
3 onions, chopped	2 tablespoons sugar
	1/4 cup water
	2 teaspoons salt

Chop eggplant in tiny cubes, sauté in oil 15 minutes, turning often. Add tomatoes, pepper, onions, garlic and olives. Cook 10 minutes, stirring frequently. Stir in vinegar and sugar dissolved in water. Season with salt and pepper. Chill at least 12 hours before serving. Will keep for several weeks in refrigerator. Yield: about 8 cups.

## CORN RELISH

18 ears corn	1 quart vinegar
1 quart chopped cabbage (about 1 small head)	1 tablespoon celery seed
1/2 cup chopped sweet red peppers	1 tablespoon salt
1 cup chopped sweet green peppers	1 tablespoon turmeric
1 cup chopped onion	2 tablespoons dry mustard
	1 tablespoon mustard seed
	1 cup water
	1 1/2 cups sugar

To prepare corn, remove husks and silk. Boil 5 minutes; drain and dip into cold water. Cut kernels from cobs; drain. Combine corn with remaining ingredients; bring to a boil, then simmer for 20 minutes. Pack, boiling hot, into sterilized jars, leaving 1/2 inch head space. Adjust caps. Process in water bath 15 minutes. Yield: about 6 pints.

## CORN RELISH - REFRIGERATOR METHOD

6 ears corn	1 1/4 teaspoons dry
1/2 medium green pepper, chopped	mustard
2 1/2 tablespoons chopped pimiento	2/3 cup salad oil
5 stalks celery, chopped	3 tablespoons wine vinegar
1 large onion, chopped	2 1/2 teaspoons salt
1 clove garlic, minced	1 teaspoon pepper
	1/4 teaspoon turmeric

Cook corn 6 to 10 minutes; cut kernels from cob. Add remaining ingredients and let stand several hours. Keep refrigerated. Excellent with barbecued foods.

### GREEN TOMATO CHUTNEY

6 cups peeled, chopped green tomatoes	1/2 teaspoon coriander seed
1 clove garlic, minced	1 box (12 ounces) raisins, chopped
2 tablespoons instant minced onion	2 cups cider vinegar
3/4 cup crystallized ginger, chopped	3 cups brown sugar
1/2 teaspoon mace	1/4 cup salt
	1/2 teaspoon cayenne

Combine all ingredients and cook slowly for 3 hours. Spoon into hot jars and seal. Process in boiling-water bath for 10 minutes. Yield: 3 quarts.

### MIRLITON RELISH

1 quart finely chopped mirliton	3/4 cup sugar
1 quart finely chopped onion	4 tablespoons salt
1 quart finely chopped green pepper	4 tablespoons mustard seed
	1 quart vinegar
	2 tablespoons celery seed

In a stone or enamel vessel, combine mirliton, onion and peppers. Add remaining ingredients. Cover and let stand overnight. Drain, reserve liquid, and pack mixture firmly into pint jars. Add reserved liquid. Seal; process in simmering water bath for 15 minutes.

### PICKLED ZUCCHINI

2 large zucchini	1 teaspoon oregano
1/2 cup olive oil	1 clove garlic, minced
Salt and pepper	1/2 cup wine vinegar

Lightly scrape zucchini; cut crosswise into 1-inch slices. Fry in hot oil until lightly browned, about 3 minutes. Place slices in layers in a casserole. Sprinkle each layer with salt, pepper, oregano and garlic. Add vinegar to oil used for frying; boil 3 minutes and pour over layered zucchini. Refrigerate overnight. Serve with meat, poultry or seafood. Yield: 6 servings.

*Variation:* Add 1 1/2 tablespoons sugar to vinegar for sweet and sour flavor.

### RIPE TOMATO RELISH

6 cups chopped ripe tomatoes	2 cups vinegar
1 cup chopped celery	6 tablespoons sugar
1/4 cup chopped red pepper	6 tablespoons mustard seed
1/4 cup chopped onion	1 tablespoon grated nutmeg
1/4 cup salt	1 teaspoon cinnamon
	1/2 teaspoon cloves

Combine all ingredients and stir until thoroughly blended. Put in stone or glass jar and cover with cheesecloth. Let stand about 1 week before using. Fill sterilized jars with mixture and seal. Store in refrigerator. This uncooked mixture will keep about six (6) months. Yield: 4 pints.

### SAUERKRAUT RELISH

1 large can sauerkraut, drained	1 green pepper, chopped
1 cup chopped celery	1 teaspoon salt
1 small can pimiento, chopped	1 1/2 cups sugar
	1/4 cup salad oil

Combine ingredients and let stand for a couple of hours in the refrigerator. Serve with hot dogs.

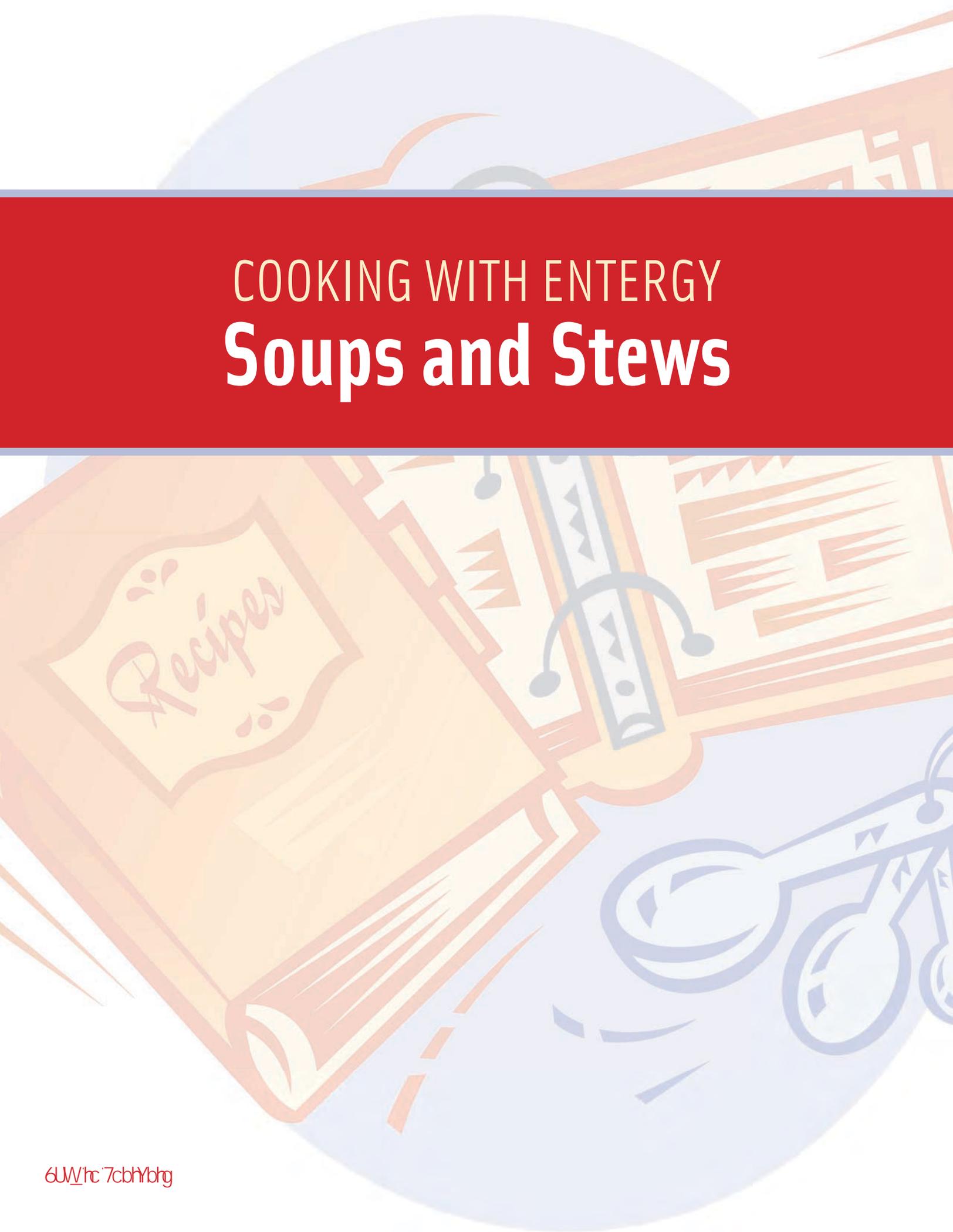
### SPICED ORANGE SLICES

4 oranges	1 1/4 cups water
1 quart water	1/2 cup wine vinegar
1/2 teaspoon ginger	12 whole cloves
2 cups sugar	3 pieces stick cinnamon
1/4 teaspoon salt	

Put whole oranges in saucepan, add 1 quart water. Bring to a boil; lower heat and simmer 30 minutes or until peel is tender. Overcooking will cause skin to split. Drain and slice. Combine remaining ingredients and stir over low heat until sugar is dissolved. Bring to a boil, add orange slices and simmer about 20 minutes. Oranges may be spooned into hot sterilized jars and sealed for future use. Serve as a relish. Yield: about 6 cups.



*Notes:*

The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned below the book, and the entire scene is set against a light blue circular backdrop. A red horizontal band is positioned across the middle of the image, containing the title text.

# COOKING WITH ENERGY

## Soups and Stews

## TURKEY GUIDE

**WHAT SIZE TO BUY** - Allow 3/4 to 1 pound per serving when choosing a turkey under 12 pounds. For larger birds, allow 1/2 to 3/4 pound per serving.

**THAWING A FROZEN TURKEY** - Leave turkey in its original moisture-proof wrap and place in refrigerator.

Ready to cook weight	Days in refrigerator
4 - 12 pounds	1 - 2 days
12 - 20 pounds	2 - 3 days
20 - 24 pounds	3 - 4 days

### ROASTING A TURKEY

1. Salt inside of turkey (1/2 teaspoon per pound).
2. Stuff turkey just before roasting.
3. Fill neck cavity loosely with stuffing and fasten neck skin to back bone with skewer.
4. Fill body cavity lightly, because stuffing tends to expand. Allow 1 cup stuffing per pound.
5. Truss turkey and grease skin thoroughly with shortening or oil.
6. Place on rack in shallow pan, breast up. Do not add water or cover pan.
7. Place in preheated oven set at 325°F.
8. If desired, baste or brush occasionally with pan drippings.
9. Cover with loose tent of aluminum foil, or a fat-moistened cloth over legs and breast to prevent excessive browning.
10. When turkey is 2/3 done, cut the cord or band of skin at tail to release the legs and permit the heat to reach the heavy-meated part.

### ROASTING TIME STUFFED TURKEY

Ready to cook weight	Oven Temperature	Cooking Time
6 - 8 pounds	325°F	3 - 3 1/2 hours
8 - 12 pounds	325°F	3 1/2 - 4 1/2 hours
12 - 16 pounds	325°F	4 1/2 - 5 1/2 hours
16 - 20 pounds	325°F	5 1/2 - 6 1/2 hours
20 - 24 pounds	325°F	6 1/2 - 7 hours

### TO TEST FOR DONENESS

A thermometer is always recommended for accurate test for doneness. It should be placed in the center of inside of muscle, or the thickest part of the breast. Roast turkey until the thermometer registers 180 to 185°F.

If the bird is stuffed, the point of the thermometer should be placed in the center of the stuffing, and register 165°F.

If you do not have a thermometer, test for doneness by moving the drumstick up and down. Turkey is done if the leg joint gives readily or breaks. The fleshy part of the drumstick should feel soft when pressed between protected fingers.

### COOKING TURKEY IN ALUMINUM FOIL

**TO WRAP THE TURKEY** - Place the trussed thawed turkey in center of the aluminum foil (18 inch heavy duty or 2 thicknesses of standard wrap). Brush with melted shortening or butter and season with salt and pepper. Bring one side of the foil down snugly at each end of the turkey. Then bring ends up, to prevent the drippings from escaping from the top and into the pan.

**TO ROAST** - Place the wrapped turkey, breast up, in bottom of a shallow pan. Place in a preheated 450°F oven and cook according to chart below. Add 20 to 30 minutes additional time for stuffed turkeys over 10 pounds.

**TO BROWN** - During last 15 to 30 minutes of cooking time, turn foil away from the turkey to the edge of the pan. Reserve drippings for gravy.

### ROASTING TIME IN ALUMINUM FOIL UNSTUFFED TURKEY

Ready to cook weight	Oven Temperature	Cooking Time
7 - 9 pounds	450°F	2 1/4 - 2 1/2 hours
10 - 13 pounds	450°F	2 3/4 - 3 hours
14 - 17 pounds	450°F	3 - 3 1/4 hours
18 - 21 pounds	450°F	3 1/4 - 3 1/2 hours
22 - 24 pounds	450°F	3 1/4 - 3 3/4 hours

**FAVORITE STEW**

- |  |                                   |
|--|-----------------------------------|
| 1 pound boneless beef or veal shoulder | 1 tablespoon Worcestershire sauce |
| 1 teaspoon salt                        | 1 teaspoon liquid gravy base      |
| 1/4 teaspoon pepper                    | 1 tablespoon catsup               |
| 1/2 teaspoon paprika                   | 4 potatoes, peeled                |
| 1/4 cup flour                          | 4 carrots, peeled                 |
| 4 tablespoons shortening               | 4 onions, peeled                  |
| 1 cup water                            |                                   |

Cut meat into 4 to 6 pieces. Coat each piece with combined salt, pepper, paprika and flour. Brown meat in hot shortening on Controlled Surface Heat set at 300° F. Add water and seasonings. Cover tightly, turn to 200° F. and simmer about 2 hours. Add vegetables. Cover and cook 30 minutes longer or until vegetables are tender. Yield: 4 servings.

**DUCK GUMBO**

- |                        |                            |
|------------------------|----------------------------|
| 4 slices bacon, diced  | 2 cups cleaned shrimp      |
| 1 cup chopped onion    | 1 can (16 ounces) tomatoes |
| 4 tablespoons flour    | 1 cup chopped green onion  |
| 2 quarts boiling water | 1 cup chopped parsley      |
| 1/4 teaspoon salt      | 1 pint oysters             |
| 1/4 teaspoon pepper    | 2 tablespoons filé         |
| 2 wild ducks, cut      | 6 cups cooked rice         |

In a heavy saucepan, fry bacon until crisp. Add onion and flour; cook until lightly browned. Stir in water, salt and pepper. Add ducks; if necessary, add more water to cover ducks. Cover saucepan and simmer 1 1/2 hours. Cool; skim fat from top. Add shrimp and tomatoes; cook 20 minutes longer. Add green onions, parsley, and oysters; simmer 10 minutes. Remove from heat and stir in filé. Serve over rice. Yield: 8 servings.

**OVEN BEEF STEW**

- |                            |                        |
|----------------------------|------------------------|
| 1 pound beef stew meat     | 3/4 cup sliced onion   |
| 2 tablespoons shortening   | 1 clove garlic, minced |
| 3 1/2 cups tomatoes        | 1 1/2 teaspoons salt   |
| 2 cups diced celery        | 1 tablespoon sugar     |
| 1/2 cup diced green pepper | 1/2 cup rice           |

Brown meat in shortening; add remaining ingredients, except rice. Bring to a boil and pour into a 2-quart covered casserole. Stir in rice; cover and bake in 350°F. oven for 50 minutes, or until rice is tender. Yield: 6 servings.

**CHICKEN GUMBO FILÉ**

- |                          |                        |
|--------------------------|------------------------|
| 3-pound chicken, cut     | 1/2 pound ham, cubed   |
| Salt and pepper          | 2 quarts boiling water |
| 1 tablespoon shortening  | 1 quart oyster liquid  |
| 2 tablespoons flour      | 1 bay leaf             |
| 1 large onion, chopped   | 1/2 pod cayenne pepper |
| 3 sprigs parsley, minced | 3 dozen oysters        |
| 1/8 teaspoon thyme       | 2 teaspoons filé       |

Season chicken with salt and pepper; brown slowly in shortening. Remove chicken. Make a roux with 2 tablespoons of drippings and flour. Add onion, parsley, thyme and saute. Add next 5 ingredients in the order listed. (Add water to oyster liquid to equal 1 quart.) Simmer 1 hour or until chicken is tender. More water may be added if necessary. When ready to serve, add oysters and continue cooking 3-5 minutes longer. Remove gumbo from heat; add filé just before serving. Serve with cooked rice. Yield: 6 servings.

**IRISH STEW**

- |                                  |                               |
|----------------------------------|-------------------------------|
| 2 pounds lamb                    | 2 teaspoons salt              |
| 4 cups water                     | 1/4 teaspoon pepper           |
| 3 carrots, sliced 1/2-inch thick | 1 bay leaf                    |
| 1 small turnip, diced            | 3 tablespoons chopped parsley |
| 1 onion, sliced                  | 2 tablespoons flour           |

Cut meat into 2-inch pieces; simmer in water for 2 hours. Add remaining ingredients, except flour, and cook until vegetables are tender, about 30 minutes. Thicken the broth with the flour dissolved in 1/4 cup cold water. Yield: 6 servings.

TURKEY GUMBO

- |   |                             |
|---|-----------------------------|
| 1 turkey carcass                                | 1 teaspoon filé, if desired |
| 1/4 pound pork sausage,<br>cut in 2-inch slices | 1/2 cup chopped celery      |
| 1 pound okra, sliced                            | 1 1/3 cups tomatoes         |
| 2 onions, chopped                               | 2 sprigs parsley, chopped   |
| 1 bunch green onions,<br>chopped                | 1 bay leaf                  |
|   | 1 sprig thyme               |
|   | Salt and pepper             |

Cover carcass with water. Cook over low heat until meat falls from bones. Remove bones; measure stock and meat. Add water, if necessary, to equal 2 quarts. Fry sausage over low heat 5 minutes; add okra and fry until it ceases to rope. Add onion, green onions and celery; cook 5 minutes or until soft. Add turkey meat and stock, tomatoes, parsley, bay leaf, thyme, salt and pepper. Simmer 30 minutes. Remove from heat. Stir in filé just before serving. Never Cook Filé. Gumbo is best cooked early and refrigerated for several hours. Serve with rice. Yield: 6 servings.

OYSTER GUMBO FILÉ

- |                              |                           |
|------------------------------|---------------------------|
| 1 tablespoon flour           | 1/8 teaspoon pepper       |
| 2 tablespoons butter, melted | 1 bay leaf                |
| 1 onion, chopped             | 3 cups hot water          |
| 1 clove garlic, minced       | 1 teaspoon minced parsley |
| 2 dozen oysters and liquid   | Salt                      |
| 1 teaspoon filé              |                           |

Brown flour in butter; add onion and cook until soft. Add garlic, oyster liquid (about 1 pint), pepper, bay leaf and water; simmer 15 minutes. Add oysters and parsley. Season. Cook 5 minutes. Remove from heat and stir in filé slowly. Serve with rice. Yield: 4 servings.

SEAFOOD GUMBO

- |                                   |  |
|-----------------------------------|--|
| 1 pound okra, sliced              | 1 teaspoon filé, if desired              |
| 1/4 cup shortening                | 2 sprigs parsley, chopped                |
| 2 tablespoons flour               | 1 bay leaf                               |
| 1 onion, chopped                  | 1 sprig thyme                            |
| 1 bunch green onions,<br>chopped  | 2 quarts water                           |
| 1/2 cup chopped celery            | Salt and pepper                          |
| 1 can (10 1/2 ounces)<br>tomatoes | 1 pound shrimp, cleaned                  |
|                                   | 1/2 pound crab meat or<br>1 dozen crabs* |

Fry okra in 2 tablespoons shortening until it ceases to rope, about 30 to 45 minutes. In another saucepan, make a roux with remaining shortening and flour. Cook until dark brown. Add onions and celery, cook until soft, about 5 minutes. Add okra. Stir in tomatoes, parsley, bay leaf, thyme and water. Simmer for 30 minutes. Season. Add shrimp and crab meat (or crabs) and simmer for 30 minutes longer. Remove from heat. If desired, stir in filé just before serving (never cook filé). Gumbo is better if cooked early in the morning and refrigerated for several hours. Reheat and serve with cooked rice. \*If crabs are used: Scald live hard-shell crabs and clean, removing the spongy substance and the "sand bag" on the underpart. Break off and crack the claws, and cut the body in half. Yield: 6 servings.

SHRIMP AND OKRA GUMBO

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 2 lbs. peeled and deveined<br>shrimp | 1/2 cup oil                     |
| 1 tablespoon tomato paste            | 3 quarts water                  |
| 1 cup onion, chopped fine            | 2 lbs. fresh okra, cut small    |
| 1/2 cup bell pepper,<br>chopped fine | 1/2 cup celery,<br>chopped fine |
| 4 cloves garlic,<br>chopped fine     | 1 fresh tomato,<br>chopped fine |
|                                      | Salt and cayenne to taste       |

Season shrimp and set aside. Smother okra in oil for 35 minutes, then add tomato paste, fresh tomato, onions, garlic, celery and bell pepper. Cook for about 30 minutes. Add 3 quarts of water and season to taste. Cook for 45 minutes to an hour; then add shrimp. Cook another 20 minutes. Add green onion tops and parsley 5 minutes before serving. Serve over cooked rice. Yield: 6 servings.

## SHRIMP AND OYSTER GUMBO

2 lbs. shrimp, fresh or frozen	1 pint oysters, fresh or canned
1 cup chopped celery	2 cups chopped onions
1 gallon warm water	1/2 cup cooking oil
1/2 cup bell pepper, chopped	1/2 cup onion tops and parsley, chopped fine
4 cloves garlic, minced	1/2 cup all-purpose flour
Salt, black pepper and cayenne to taste	

If using fresh shrimp, peel them and season generously with salt, black pepper and cayenne. Set aside.

Make roux. Pour onion, celery, bell pepper and garlic into roux. Cook slowly in uncovered pot until onions are wilted. Add water and boil slowly in uncovered pot for 1 hour. Add shrimp and cook over medium heat in uncovered pot for 20 minutes. Add oysters with liquid and continue cooking for another 5 minutes. Add onion tops and parsley. Serve in soup plates over desired amount of cooked rice. Serves 6.

## CHICKEN STOCK

5 pound stewing chicken, cut	2 teaspoons salt
3 quarts water	1/3 cup diced celery
1/3 cup diced carrots	1/3 cup chopped onion
	1 sprig parsley, minced

Place chicken in large saucepan; add water. Bring slowly to a boil over medium heat. Skim top of liquid. Add remaining ingredients; cover and simmer gently until meat falls from bone, about 3 hours. Strain. Yield: 2 quarts stock and 4 cups diced chicken.

*Chicken Soup:* Add 1 cup finely chopped chicken and 1/2 cup cooked rice to the strained chicken stock.

*Chicken Croquettes:* Combine 2 cups diced chicken, 1 cup cooked rice, 1/2 cup minced celery, 2 tablespoons minced onion, 1 teaspoon flour and 1/8 teaspoon salt. Add 1 beaten egg and 1/4 cup evaporated milk to moisten. Shape into 12 croquettes. Roll in 3/4 cup bread crumbs. Fry in deep hot fat for 2 to 5 minutes.

## ALLIGATOR STEW

1/2 cup cooking oil	1 can (10 ounces) tomatoes with green chilies
1/2 cup onions, chopped	1 quart alligator meat cut into small pieces, about 1/2-inch thick
1/2 cup bell peppers or banana peppers, chopped	1/2 cup celery, chopped
2 tablespoons minced parsley	
Salt and pepper to taste	

Put cooking oil and alligator meat in cooking pot. Add chopped vegetables, tomatoes and season to taste with salt and pepper. Cover pot and cook over medium heat for 30 to 40 minutes.

## LOUISIANA OYSTER STEW

2 dozen large shelled oysters	2 cups milk
2 pats butter	1/8 cup celery, chopped very fine
Paprika	Salt and pepper to taste
2 1/2-inch thick slices of boiled potatoes	

Heat milk to boiling in saucepan, stirring constantly. Add celery and potatoes and cook for 5 minutes. Add oysters and season to taste with salt and red pepper. Bring to boil again and let simmer 3 to 4 minutes. Pour into soup plates. Place 1 pat of butter on each serving and sprinkle with paprika. Yield: 2 servings.

## CRAWFISH STEW

3 tablespoons shortening	1/2 cup minced green pepper
3 tablespoons flour	4 cups water, approximately
1 large onion, minced	4 cups raw crawfish meat
1/4 cup minced celery	1 clove garlic, minced
Salt and pepper	

In a skillet, melt shortening and stir in flour. Cook, stirring constantly, until dark brown in color. Add onion, celery and green pepper; mix thoroughly. Gradually add water to make a gravy and continue cooking until onions are tender. Add crawfish, garlic, salt and pepper. Continue cooking about 20 minutes longer. Serve over cooked rice. Yield: 6 to 8 servings.

CRAWFISH BISQUE

*To prepare crawfish:*

4 dozen crawfish

Wash crawfish thoroughly and boil in water. Cool. Remove meat and reserve two dozen cleaned heads for stuffing.

*Bisque:*

1 large onion, minced	12 whole allspice
4 green onions, minced	1 clove garlic, minced
1 tablespoon shortening	2 bay leaves
1 tablespoon butter	6 whole cloves
2 tablespoons flour	1 tablespoon minced celery leaves
1 can (10 1/2 ounces) tomatoes	1 tablespoon minced parsley
1 can (6 ounces) tomato paste	1 teaspoon thyme
Half of crawfish meat	Salt and pepper
2 quarts water	

Brown onion and green onions in shortening. Add butter and flour and make a roux. Stir in tomatoes and paste; simmer 5 minutes. Add crawfish meat and remaining ingredients. Simmer one hour. (Bisque should be consistency of thick cream).

*Stuffed Heads:*

1 onion, chopped	Salt and pepper
1 tablespoon butter	2 tablespoons chopped parsley
1 cup bread cubes	1 teaspoon thyme
Half of crawfish meat	

Brown onion in butter. Stir in bread (that has been moistened with water and squeezed) and crawfish meat. Season with salt, pepper, parsley and thyme. Stuff the reserved crawfish heads with this mixture. Dot each head with butter and bake in 350°F. oven until brown or dip in flour and fry until brown. Put stuffed heads in tureen, pour bisque over. Yield: 4 to 6 servings

OYSTER SOUP

1/2 cup (1 stick) butter	6 cups liquid (oyster water plus water)
1 cup diced celery	2 dozen oysters
1 cup finely chopped green onions	2 bay leaves
1 tablespoon flour	Salt and pepper
1 clove garlic, minced	

Melt butter in saucepan; sauté celery and onion until tender. Blend in flour and cook over low heat 5 minutes, stirring occasionally. Add remaining ingredients and simmer 25 to 35 minutes. Remove bay leaves and serve. Yield: 1 to 1 1/2 quarts.

OYSTER STEW

1 pint oysters, with liquid	1/8 teaspoon pepper
1/4 cup (1/2 stick) butter, melted	3 cups milk, scalded
1 cup breakfast cream, scalded	1/2 teaspoon paprika
	1/2 teaspoon salt

Simmer oysters in butter and oyster liquid until edges curl. Add cream and milk. Heat to boiling; season with paprika, salt and pepper. Serve at once. Yield: 4 servings.

CLARIFYING STOCK FOR BOUILLON OR CONSOMMÉ

1 egg white	1 broken egg shell
1 tablespoon cold water	1 quart stock

Beat egg white in cold water; add shell. Stir in stock and bring to boil. Boil 2 minutes. Remove from heat and let stand 20 minutes. Strain through cheesecloth. Yield: 1 quart.

CORN CHOWDER

1/4 pound salt pork, diced	4 cups corn, cut from cob
3 onions, chopped	1 quart milk
3 potatoes, peeled and diced	2 teaspoons salt
1/2 cup water	1/8 teaspoon pepper

Fry pork until almost crisp; add onions and cook until brown. Add potatoes and water; simmer 5 minutes. Add corn and continue cooking 15 minutes or until tender. Stir in milk, salt and pepper. Simmer until chowder is hot. Do not boil. Yield: 8 servings.

CREAM OF ARTICHOKE SOUP

6 medium artichokes	1 bay leaf
1/2 cup minced onion	1 teaspoon salt
1/2 cup minced celery	1/4 teaspoon pepper
6 tablespoons butter	1/4 teaspoon thyme
6 tablespoons flour	2 egg yolks, beaten
6 cups clear chicken broth	2 cups light cream
1/4 cup lemon juice	6 thin lemon slices

Place artichokes in large saucepan and steam in 2 inches water over low heat 1 hour or until leaves can be removed easily. Scrape leaves and finely chop bottoms. In a large saucepan, sauté onion and celery in butter. Stir in flour and make a roux. Blend in broth and lemon juice. Add bay leaf, salt, pepper, thyme, artichoke scrapings and bottoms. Cover and simmer 20 minutes or until slightly thickened. To make soup creamy, puree in blender. Heat to boiling point, and add combined egg yolks and cream. Garnish with lemon slices. Yield: 6 servings.

CREAMY TOMATO SOUP

4 tablespoons (1/2 stick) butter	2 teaspoons grated onion
2 tablespoons flour	1 1/4 cups tomato puree
2 cups milk	3/4 teaspoon salt
	1/8 teaspoon black pepper

In a heavy saucepan, melt butter. Blend in flour; remove from heat. Gradually add milk while stirring constantly. Return to medium heat and cook, stirring constantly, until slightly thickened. In a small saucepan, heat tomato puree until it is as hot as the white sauce. Vigorously stir tomato into white sauce. Add salt, pepper and onion. Serve at once. Yield: 4 servings.

FRENCH ONION SOUP

4 large onions, thinly sliced	1/2 teaspoon paprika
1/4 cup (1/2 stick) butter	1/8 teaspoon pepper
6 cups hot beef stock	1 teaspoon Worcestershire sauce
1/2 teaspoon salt	
2 tablespoons Parmesan cheese	6 squares toasted French bread

Sauté onions in butter until golden brown (about 25 to 30 minutes). Add stock, salt, paprika and pepper. Bring to boil. Add Worcestershire sauce. Serve hot with French bread, topped with cheese, floating on each serving. Yield: 6 servings.

MOCK TURTLE SOUP

2 pounds soup meat	1 lemon, thinly sliced
2 tablespoons shortening	3 bay leaves
2 onions, sliced	6 whole cloves
1/2 cup flour	1 sprig thyme
2 cans (1 pound each) tomatoes	Salt and pepper
2 quarts water	1 cup sherry
	3 hard-cooked eggs, sliced

Brown meat in shortening; add onions and cook until tender. Remove meat and onions; add flour to make a roux. Chop meat and stir in with onions, tomatoes, water, spices, salt and pepper. Simmer 3 hours. Remove spices. Before serving, add sherry and garnish with egg and lemon slices. Yield: 8 servings.

*Substitution:* Instead of soup meat, use a combination of beef, pork and chicken.

OLD-FASHIONED VEGETABLE SOUP

2 pounds soup meat	2 carrots, diced
3 quarts water	1 turnip, diced
4 cabbage leaves, shredded	1 medium potato, diced
5 sprigs parsley	1 cup whole kernel corn
2 onions, diced	1/2 cup diced celery
1 cup green beans	1 can (1 pound, 4 ounces) tomatoes
Salt and pepper	

Place meat in water, add remaining ingredients. Cover; bring to boil, reduce heat and simmer about 3 hours. Skim off fat if necessary. Season to taste. Yield: 8 servings.

POTATO SOUP

4 medium potatoes, diced	1 quart hot milk
2 onions, sliced	1 tablespoon butter
2 stalks celery, minced	1 tablespoon minced parsley
2 cups boiling water	
1 teaspoon salt	

Cook potatoes, onions and celery in salted water, covered, over medium heat until potatoes are soft (about 20 minutes). Pour into blender container and blend or press through a colander. Add milk; reheat, but do not boil. To serve, dot with butter and sprinkle with parsley. Yield: 4 servings.

## RED BEAN SOUP

1 cup dried red beans	2 cups croutons
1 1/2 quarts water	1 clove garlic, chopped
1 onion, chopped	1 stalk celery, diced
1/4 stick (2 tablespoons) butter	1 ham bone
	6 tablespoons claret

Cover beans with water and boil 2 minutes. Remove from heat and soak 1 hour. In a heavy saucepan, sauté onion in butter until soft. Add beans with water, garlic, celery, ham, salt and pepper. Cover and bring to a boil; lower heat and cook for 2 hours or until beans can be mashed with a spoon. Puree beans in a blender or mash through a coarse strainer. Reheat bean mixture, and before serving put 1 tablespoon of wine in each cup before adding soup. Garnish with croutons or sieved hard-cooked egg and thin lemon slices. Yield: 8 servings.

*Note:* Leftover red beans can be made into red bean soup.

## SPLIT PEA SOUP

2 cups dried split peas	1 ham bone
3 quarts cold water	2 stalks celery, chopped
1 medium onion, minced	1 sprig parsley
Salt and pepper	

Combine all ingredients and simmer until peas are soft, about 3 hours. Remove ham bone. Pour soup mixture into blender and blend until soup is smooth. If necessary, add additional water or milk. Season to taste. Diced pieces of ham and croutons can be added. Yield: 6 servings.

## VICHYSOISE

4 green onions, chopped (white part only)	2 cups thinly sliced potatoes
1 onion, minced	1 teaspoon salt
1/4 cup (1/2 stick) butter	1/4 teaspoon nutmeg
1 quart chicken stock	1 cup whipping cream
2 sprigs parsley, minced	Parsley or chives, finely chopped
2 small stalks celery, minced	

Sauté green onions and onion in butter until tender but not brown. Stir in stock, parsley, celery, potatoes and salt. Cook slowly until potatoes are tender. Pour into blender container and blend until smooth. Return to saucepan; add nutmeg and cream. Bring to boil and serve hot or chilled; garnish with parsley or chives.

Yield: 6 to 8 servings.

The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is depicted in a light blue color. The entire scene is set against a light blue circular backdrop. A red horizontal band is positioned across the middle of the image, containing the title text.

# COOKING WITH ENERGY

## Vegetables

## MEAT COOKERY GUIDE

### BRAISING MEAT

1. Brown meat slowly on all sides in heavy utensil. Pour off drippings after browning.
2. Season with salt, pepper, herbs and spices, if desired. Add small amount of liquid.
3. Cover tightly and cook at low temperature until tender on top of range or in 325°F oven. Refer to timetable for braising.
4. Make sauce or gravy from liquid in pan, if desired.

#### TIMETABLE FOR BRAISING

Cut	Approx. Wt. or Thickness	Cooking Time
<b>BEEF:</b>		
Pot Roast	3-5 lbs.	3 1/2 - 4 hours
Round or Chuck Steak	1 - 1 1/2 lbs.	2 - 2 1/2 hours
Flank Steak	1 1/2 - 2 lbs.	2 hours
Short Ribs	—	2 - 2 1/2 hours
<b>VEAL:</b>		
Breast	3 - 5 lbs.	2 1/2 hours
Shoulder, rolled	3 lbs.	2 1/2 hours
Round steak	1/2 inch	45 minutes
<b>LAMB:</b>		
Shoulder, rolled	3 lbs.	2 - 2 1/2 hours
Shoulder, chops	3/4 inches	40 minutes
Shanks	1 lb.	1 1/2 - 2 hours

#### TIMETABLE FOR COOKING MEAT IN LIQUID

Cut	Approx. Weight	Cooking Time
<b>BEEF:</b>		
Corned Beef		
Brisket	3 lbs.	3 - 3 3/4 hours
Beef Shanks	4 lbs	3 - 4 hours
Stew Meat	1 - 2" pieces	2 1/2 - 3 hours
<b>LAMB:</b>		
Stew Meat	1 - 2" pieces	1 1/2 - 2 hours
<b>VEAL:</b>		
Stew Meat	1 - 2" pieces	2 - 3 hours

### ROASTING METHOD

1. Place meat, fat side up, on rack in uncovered roasting pan. Season with salt and pepper, if desired.
2. Insert meat thermometer so bulb is in center of largest muscle. Bulb should not touch bone or rest in fat.
3. Add no water and do not cover. No basting is necessary. Roast in 325°F oven. Refer to Timetable for Roasting Meats.
4. Roast to desired degree of doneness. Allow meat to stand 10-15 minutes before carving.

#### TIMETABLE FOR ROASTING MEATS IN 325°F OVEN

Cut	Approx. Wt. In Pounds	Internal Temp.	Cooking Time (hours)
<b>BEEF:</b>			
Standing Ribs	6	140°F - R	2 1/2
		160°F - M	3
		170°F - W	3 1/2
Rolled Ribs	4	140°F - R	2
		160°F - M	2 1/2
Rolled Rump	5	170°F - W	3
		140°F - R	2 1/4
		160°F - M	3
Sirloin Tip	3	170°F - W	3 1/4
		140°F - R	1 1/2
		160°F - M	2
Rib-Eye (350°F)	4-6	170°F - W	2 1/4
		140°F - R	2 1/2
		160°F - M	1 3/4
Tenderloin (425°F)	4-6	170°F - W	2
		140°F - R	45-60 min.
<b>VEAL:</b>			
Leg	5	170°F - M	2 3/4
Loin	5	170°F - M	3
Shoulder	6	170°F - M	3 1/2
Cushion Shoulder	3	170°F - M	3
<b>LAMB:</b>			
Leg	6-7	180°F - W	3 3/4
Cushion shoulder	5	180°F - W	3
Rolled shoulder	3	180°F - W	2 3/4
Crown Roast	5	180°F - W	3 3/4

R = Rare      M = Medium      W - Well Done

## STUFFED ARTICHOKEs

6 small artichokes	3 tablespoons chopped
1/3 cup olive oil	parsley
2 cloves garlic, minced	1/4 teaspoon salt
2 cups French bread crumbs	1/8 teaspoon pepper
1/2 cup grated Parmesan cheese	1/8 teaspoon hot sauce

Trim stem of each artichoke, leaving 1/2 inch. Remove any damaged or tough lower leaves and trim off upper edges of remaining leaves. With palm of hand, gently press down on artichoke to open up or separate leaves. Wash artichokes in cold running water. Heat oil over medium heat; add garlic and cook 2 minutes, stirring constantly. Remove from heat; stir in crumbs, cheese, parsley, salt, pepper and hot sauce. Stuff each leaf with crumb-cheese mixture. Place artichokes in large saucepan and steam in 2 inches water over low heat 1 hour or until leaves can be removed easily. During steaming period, occasionally baste artichokes with additional olive oil. Yield: 6 servings.

## BATTER FOR FRENCH FRIED VEGETABLES

1/2 cup flour	1 egg, well beaten
1 1/4 teaspoons baking powder	6 tablespoons milk
Salt and pepper	1 tablespoon melted butter

Into a small bowl, sift flour, baking powder, salt and pepper together. Combine egg, milk and butter; add all at once to dry ingredients. Beat until smooth.

## HORSERADISH BEETS

1 can (No. 2) sliced beets	1/2 teaspoon salt
3 tablespoons sugar	1 1/2 tablespoons vinegar
1 tablespoon cornstarch	2 tablespoons horseradish
1 tablespoon butter	

Drain beets; place 3/4 cup beet liquid into a saucepan. Blend in sugar, cornstarch, salt, vinegar, horseradish and butter. While stirring constantly, bring to a boil. Pour sauce over beets in a greased 1-quart casserole. Cover. Bake in 350°F. oven for 1 hour. Yield: 6 servings.

## BROCCOLI

To prepare broccoli, wash; make 4 to 6 lengthwise slashes in stems that are more than 1-inch in diameter. Cook, covered, in a small amount of boiling salted water until just tender, about 10 to 15 minutes. Remove from water and serve with salt, pepper and butter.

## BROCCOLI MOLD WITH ALMONDS

2 packages (10 ounces each) frozen chopped broccoli	1/2 cup grated Swiss cheese
1/4 cup chicken broth	1/4 teaspoon salt
3 tablespoons butter	1/8 teaspoon pepper
3 tablespoons flour	1/2 cup toasted slivered almonds
1 cup commercial sour cream	Green food coloring, if desired
1/4 cup chopped green onions	3 eggs

Cook broccoli according to package directions. Drain thoroughly. Add chicken broth. In a skillet, melt butter; blend in flour. Gradually add cream and onions, cook over low heat, stirring until thick, 3 to 4 minutes. Beat eggs slightly, add small amount of hot sauce to eggs, then add eggs to hot sauce. Cook over low heat 1 minute, stirring constantly. Stir in cheese, broccoli mixture and remaining ingredients. Spoon mixture into an oiled 1-quart ring mold. Set in pan with boiling water extending as high as the filling. Bake in 350° F. oven 35 minutes or until silver knife inserted in center comes out clean. Remove from water and let stand 3 to 4 minutes. Unmold. Yield: 8 servings.

*To Freeze:* Mix and freeze for later baking. When baking the frozen mold, add about 35 to 40 minutes additional baking time.

## SMOTHERED CABBAGE

1 small onion, chopped	1 head cabbage, coarsely chopped
1/4 pound ham pieces or pickled pork	1 teaspoon salt
1/2 teaspoon pepper	

Sauté onion and meat. Use small amount of shortening, if necessary. Add cabbage, with water clinging to leaves from washing. Add salt and pepper; cover and cook over low heat for about 1 1/2 to 2 hours. Yield: 6 servings.

### STUFFED CABBAGE ROLLS

1 egg	1 tablespoon lemon juice
1/2 cup milk	1 pound ground beef
1/4 cup minced onion	3/4 cup cooked rice
1 teaspoon salt	6 large cabbage leaves
1 teaspoon Worcestershire sauce	1 can (10 3/4 ounces) condensed tomato soup
Dash pepper	1 tablespoon brown sugar

Combine egg, milk, onion, salt, sauce and pepper. Stir in ground beef and rice. Immerse cabbage leaves in boiling water for 3 minutes or until limp; drain. Place 1/2 cup meat mixture on each leaf; fold in sides and roll ends over meat. Place cabbage rolls in single layer in a casserole dish. Combine soup, sugar and juice over cabbage rolls. Bake in 350° F. oven for 1 1/4 hours. Baste once or twice with tomato sauce. Yield: 6 servings.

### WHOLE STUFFED CABBAGE

2 small heads cabbage (about 2 pounds each)	1/2 cup cooked rice
3/4 pound ground beef	2 tablespoons minced onion
1/4 pound ground pork	1 tablespoon vinegar
1 cup canned tomatoes	1 tablespoon sugar
1/4 teaspoon pepper	1 tablespoon salt

Trim off outside leaves of cabbage. Cut a wedge out of each at stem end, removing core and forming a large cavity. Combine remaining ingredients and fill each cabbage; place a large outside leaf over top. Place in deep baking dish with 1/2 cup water; cover and bake in 350° F. oven for 1 1/2 to 2 hours or until cabbage is tender. Yield: 6 servings.

### FESTIVE CARROTS

12 small carrots	1/4 cup frozen orange juice concentrate
2 tablespoons butter	1/2 cup toasted shredded coconut
1/4 cup sugar	1/4 teaspoon salt
1 tablespoon cornstarch	
1 cup water	

Cook carrots in salted water for 15 minutes. Drain. Remove skins. In a saucepan, melt butter; blend in sugar, cornstarch, and salt. Gradually stir in water, juice and 1/4 cup coconut. Bring to boil over moderate heat. Cook, stirring constantly, until thickened. Add carrots and cook over low heat for 15 minutes, or until carrots are tender. Sprinkle with remaining coconut. Yield: 6 servings.

### GLAZED CARROTS

12 carrots	1/4 cup (1/2 stick) butter
1/2 cup sugar	1 tablespoon water

Remove skins from carrots; leave whole or slice lengthwise. Place in a saucepan which contains 1-inch boiling water. Cover saucepan and cook until tender, about 15 to 20 minutes. Drain. While carrots are hot, add sugar, butter and water; cook until glazed, about 5 to 10 minutes. If desired, sprinkle with 2 tablespoons chopped mint. Yield: 6 servings.

### CAULIFLOWER

1 medium head cauliflower	Dash cayenne
1 1/2 cups medium white sauce	3/4 cup grated cheese
	1/2 cup toasted almonds

Remove leaves and woody stem from cauliflower. Cook, covered in a small amount of boiling salted water until just tender when tested with a fork, about 20 to 25 minutes; flowerets 10 to 15 minutes. Drain. Add 1/2 cup cheese to white sauce. Place cauliflower in baking dish; pour sauce over cauliflower. Top with cheese and almonds. Before serving, place in a 350° F. oven for 10 minutes. Yield: 6 servings.

### CELERY AND ALMONDS AU GRATIN

4 cups celery, cut in 1-inch bias pieces	1 cup grated Cheddar cheese
1 1/2 cups chopped, blanched almonds	1/2 cup cream
3 tablespoons butter	Salt
3 tablespoons flour	Pepper
1 1/2 cups chicken stock	3/4 cup soft bread crumbs

Parboil celery in salted water to cover. Drain and place in 1 1/2-quart casserole with almonds. In a saucepan, melt butter. Stir in flour; add stock, cream, salt and pepper. Cook, stirring constantly, until thickened. Pour over celery and almonds; sprinkle with cheese and cover with crumbs. Bake in 350° F. oven for 45 minutes, or until crumbs are brown. Yield: 8 servings.

## CREAMED CELERY WITH PECANS

1/4 cup (1/2 stick) butter, melted	5 cups cut celery (1-inch pieces)
2 tablespoons minced onion	Boiling water
1/4 cup flour	1/2 cup whipping cream
2 cups milk	2/4 cup coarsely chopped pecans
1 teaspoon salt	1/3 cup dry bread crumbs
1/8 teaspoon pepper	

In 2 tablespoons butter, sauté onions until tender. Add flour; cook over low heat, stirring constantly until brown. Gradually stir in milk; add salt and pepper. Bring to boil; reduce heat and simmer, stirring constantly, until thick. Cook celery in water until tender. Drain and pour into 1 1/2-quart casserole. Add cream to sauce. Pour over celery; mix well. Sprinkle with pecans. Add remaining butter to bread crumbs and sprinkle over top. Bake in 375° F. oven, uncovered, 15 minutes or until brown. Yield: 6 servings.

## COLLARDS WITH OKRA

1/4 pound salt pork	1/2 cup water
2 bunches collards	8 tender pods okra

Slice salt pork; fry in large, heavy saucepan until fat is lightly browned. Wash collards thoroughly and place in saucepan with salt pork and drippings. Add water. Cover and cook over low heat until tender, about 45 minutes. Remove stems from okra; lay okra pods on top of collards and continue cooking until okra is tender, about 10 minutes. Serve okra on top of collards. Yield: 4 servings.

## CORN FRITTERS

2 eggs, slightly beaten	1 1/2 cups sifted flour
1/2 cup milk	2 teaspoons baking powder
2 tablespoons cooking oil	1 teaspoon salt
1 1/2 cups cut corn	

Combine eggs, milk and oil. Add to sifted dry ingredients all at once, mixing only until all flour is dampened. Add corn. Drop from teaspoon into deep hot shortening (365° F.) and fry until golden brown, about 3 to 4 minutes. Yield: 2 dozen.

## CORN PUDDING

4 ears corn	2 cups milk, scalded
2 eggs, well beaten	3/4 teaspoon salt
1 tablespoon melted butter	1/8 teaspoon pepper
1 tablespoon grated onion	

Cut corn from cob. Combine with remaining ingredients. Divide into 4 individual greased baking dishes or pour into 1-quart greased casserole dish. Place in shallow pan; add 1 inch warm water. Bake in 350° F. oven for 30 to 45 minutes or until set. Yield: 4 servings.

## CORN SOUFFLÉ

1 tablespoon butter	1 1/4 teaspoons salt
2 tablespoons flour	Pepper
1 cup milk	2 egg yolks, beaten
2 cups fresh grated corn	2 egg whites, stiffly beaten

In a saucepan, melt butter; stir in flour. Gradually add milk. Bring to boil, stirring constantly. Add corn, seasonings and yolks. Cook 10 minutes. Remove from heat, fold in whites and spoon into ungreased baking dish. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## CORN-ON-THE-COB

Husk corn and remove the silks. Remove blemishes. Drop ears into container with enough rapidly boiling unsalted water to cover. Boil 8 to 10 minutes, depending on size and tenderness of corn. Drain; serve immediately with Seasoned Butter.

*Seasoned Butter:* Combine 1/2 stick softened butter, 1/2 teaspoon salt and dash pepper.

## BARBECUED CORN-ON-THE-COB

Place ears of corn on sheet of aluminum foil, 6 x 12 inches. Season each with 1/8 teaspoon garlic salt; spread with softened butter. Wrap securely in foil; place on cookie sheet and bake in 425° F. oven for 25 minutes or until tender.

### ROAST CORN

Tear large outer husks from corn; turn back inner husks, being careful not to split them; remove silks. Spread corn with softened butter; sprinkle with salt and pepper. Roast in shallow baking pan in 400° F. oven for 25 to 30 minutes.

### CREAMED CORN

6 ears corn	1 teaspoon salt
1/2 cup water	1/4 cup (1/2 stick) butter
2 tablespoons sugar	3/4 cup light cream

Cut corn from cobs by first cutting down through kernels, then scraping the pulp from the cob with back of knife. Combine corn, water, sugar and salt. Melt butter; add corn mixture and stir until hot. Turn heat very low; cover and cook slowly about 20 minutes, stirring occasionally. Stir in cream. Cook until heated thoroughly. Yield: 4 servings.

### CREOLE CORN

3 tablespoons butter	1 cup strained canned tomatoes
2 cups cut corn	Salt
1/4 cup chopped onion	Pepper
1/4 cup minced green pepper	

Melt butter over low heat; add corn, onion and green pepper. Cook over medium heat, stirring occasionally, 10 minutes or until corn is tender. Add tomatoes, salt and pepper. Cook 10 minutes. Yield: 6 servings.

### FIESTA CORN

6 tablespoons butter	1/4 cup chopped pimiento
1/2 cup chopped green pepper	1/4 cup flour
1/2 cup chopped onion	2 cups milk
4 cups cut corn	1 cup grated American cheese
1/4 cup chopped ripe olives	Buttered dry bread crumbs

Melt butter; sauté vegetables until just tender. Add olives and pimiento. Stir in flour and gradually add milk. Stir until thick and smooth; add cheese. Pour into baking dish and top with buttered crumbs. Bake in 350° F. oven for 30 minutes, or until bubbly. Yield: 10 servings.

### FRIED CORN

4 ears corn	2 green onions, minced
2 strips crisp bacon and drippings	1/4 teaspoon salt
	Pepper

Cut corn from cob and add to bacon drippings. Add onions, salt and pepper. Cook over medium heat, stirring occasionally, until corn is tender, about 15 to 20 minutes. Crumble bacon over corn. Yield: 4 servings.

### SAUTÉED CORN AND OKRA

1/2 cup diced salt pork or bacon	2 cups cut corn
	2 cups sliced okra

Cook salt pork until crisp; remove pork. Add okra and fry, stirring frequently, until lightly browned, about 10 minutes. Add corn and cook about 5 minutes longer. Season and add pork. Yield: 4 servings.

### SAUTÉED CORN WITH GREEN ONIONS

1/4 cup (1/2 stick) butter	1/2 cup sliced green onions and tops
4 cups cut corn	

Melt butter in a skillet; add corn and green onions. Cover and continue cooking over medium heat for 5 minutes, shaking skillet occasionally. Season with salt and pepper. Yield: 6 servings.

### STEWED CORN

2 tablespoons butter	1/4 cup minced parsley
2 tomatoes, peeled and diced	1 teaspoon sugar
3 ears corn	1 1/2 teaspoons salt
1 bay leaf	1/4 teaspoon pepper

In a skillet, melt butter over low heat. Stir in tomatoes and cook 10 minutes. Cut corn from cob and scrape cob to remove liquid. Add corn and remaining ingredients; cook 20 minutes or until corn is tender. Yield: 4 servings.

## BAKED STUFFED CUCUMBERS

4 large cucumbers	1 cup canned tomatoes, drained
2 tablespoons minced onion	1 teaspoon salt
2 tablespoons minced parsley	1/8 teaspoon pepper
1/4 cup (1/2 stick) butter	1 cup bread crumbs

Cut cucumbers in half lengthwise; scoop out pulp. Cook shells in boiling salted water for 10 minutes; drain. Sauté onion and parsley in butter. Add remaining ingredients and pulp; cook for 5 minutes. Fill shells. Place in shallow pan with a small amount of water. Bake in 350° F. oven for 15 minutes. Yield: 6 servings.

## EGGPLANT PARMESAN

2 tablespoons tomato catsup	1/2 cup cooking oil
1 can (1 pound 4 ounces) tomatoes	2 cups bread crumbs
1 tablespoon minced onion	1/2 cup Parmesan cheese
1 clove garlic, minced	1 tablespoon chopped parsley
1/4 teaspoon pepper	1/2 pound Mozzarella cheese, thinly sliced
3/4 teaspoon salt	
1 large eggplant, peeled	

Simmer catsup, tomatoes, onion, garlic, salt and pepper 30 minutes. Slice eggplant crosswise into 1/2-inch slices. Fry in hot oil until lightly browned. Mix crumbs, Parmesan cheese and parsley. Place one layer of eggplant in 2-quart casserole. Sprinkle with bread crumb mixture; cover with tomato mixture. Alternate layers until all ingredients are used. Top with Mozzarella cheese. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## EGGPLANT WITH CREOLE SAUCE

1 medium eggplant	1 teaspoon chili powder
1/4 cup chopped green pepper	1 can (16 ounces) tomatoes
1 large onion, chopped	1/2 teaspoon sugar
2 stalks celery, chopped	1 bay leaf
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1 teaspoon salt
	1/4 teaspoon pepper

Peel and dice eggplant; cook in boiling water for 10 minutes. Drain and place in greased baking dish. Sauté green pepper, onion, celery and garlic in butter, about 5 to 8 minutes. Stir in remaining ingredients. Cover and simmer for 40 minutes, stirring frequently. Pour over eggplant; bake in 325° F. oven for 20 minutes. Yield: 6 servings.

## EGGPLANT FRITTERS

1 eggplant	1/2 cup flour
2 eggs	1/2 cup milk
1 teaspoon baking powder	1 teaspoon salt

Boil whole eggplant until very soft. Remove pulp from shell; mash pulp until very fine. Make batter of eggs, baking powder, flour, milk and salt; add eggplant pulp. Mix well and drop by spoonfuls into deep hot fat, frying until brown. Remove. Sprinkle with sugar while hot. Yield: 2 dozen.

## FRENCH FRIED EGGPLANT

1 eggplant	1 egg
1 cup flour	1 cup milk
1/2 teaspoon salt	1 tablespoon oil

Peel eggplant; cut into 1/2-inch slices, then into strips 1/2-inch wide. Combine flour, salt, egg, milk and oil; beat until smooth. Dip strips into batter. Fry in shallow or deep hot fat until browned. Drain. Sprinkle with salt. Yield: 6 servings.

*Variation:* Dip eggplant strips into 2 beaten eggs; coat with combined 2/3 cup dry bread crumbs and 1/2 cup Parmesan cheese. Fry strips in 2 tablespoons salad oil. Add oil as needed. Combine 3/4 cup catsup and 2 teaspoons Worcestershire sauce; serve as a dipping sauce with eggplant strips.

## EGGPLANT JAMBALAYA

1 large eggplant	1 pound shrimp, cleaned
2 tablespoons shortening	1 cup rice
1 can (16 ounces) whole tomatoes	1 teaspoon salt
	1/8 teaspoon pepper

Peel eggplant; cut into 4 wedge-shaped pieces. Remove seeds from each section; cut into cubes. Sauté eggplant in shortening until tender. Stir in tomatoes, rice, salt and pepper; cover and bring to a boil. Reduce heat and simmer until rice is tender, about 20 minutes. Add shrimp and continue cooking for 20 minutes longer. Yield: 6 servings.

### PAN-FRIED EGGPLANT

Cut a medium-sized eggplant into 1/4-inch slices; soak slices for one hour in 2 cups water and 2 tablespoons salt. Drain and pat dry. Season with salt and pepper; coat with flour. Sauté slowly in a small amount of butter or salad oil until brown on both sides, turning only once. Use as an accompaniment to the main dish, a base for stuffed mushrooms or in a layered casserole with tomatoes.

### STEWED EGGPLANT

3 small eggplants	2 cups tomatoes
2 onions, minced	1/2 cup ham pieces
1 tablespoon shortening	2 cloves garlic, minced
Salt and pepper	

Peel eggplants; cut into 1/2-inch cubes. In a skillet, brown onion in shortening. Add tomatoes, ham, garlic, salt and pepper. Simmer 4 minutes. Add eggplant; cover and cook stirring often until tender, about 30 minutes. Yield: 6 servings.

### STUFFED EGGPLANTS

2 eggplants	Dash black pepper
1 cup soft bread crumbs	1 egg, well beaten
1 large onion, finely chopped	1 teaspoon chopped parsley
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1/2 cup buttered bread crumbs
1/2 teaspoon salt	

Simmer eggplants in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onion, garlic and one of the variations listed below in butter over medium heat until tender, about 10 to 15 minutes. Stir in pulp, salt and pepper; continue cooking for 5 minutes, stirring frequently. Cool. Add egg, parsley, and thyme; mix thoroughly. Fill eggplant shells and sprinkle top with buttered crumbs. Bake in 375° F. oven for 25 minutes. Yield: 8 servings.

*Variations:*

*Shrimp Stuffing:* Add 1/2 pound shrimp, coarsely chopped.

*Ham Stuffing:* Add 1/2 pound ham, coarsely chopped.

*Ground Beef Stuffing:* Add 1/2 pound ground beef, drain excess drippings.

### CREOLE GREEN BEANS

1/4 pound ham, cubed	2 pounds fresh green beans, cut in pieces
1 onion, chopped	
1 clove garlic, minced	1 1/2 cups water
Salt and pepper	

Sauté ham in saucepan until light brown. Remove ham, reserving 2 tablespoons drippings. Sauté onion and garlic in drippings about 3 minutes or until tender. Add beans, ham water, salt and pepper. Simmer beans, covered, for about 1 1/2 hours, occasionally adding additional water. Yield: 6 servings.

### GREEN BEAN CASSEROLE

1 package (9 ounces) frozen green beans, cooked and drained	1 can (4 ounces) mushrooms and liquid
1 can (16 ounces) bean sprouts, drained	1 can (10 1/2 ounces) cream of mushroom soup
1 teaspoon salt	1 can French fried onions
	1/4 teaspoon pepper

Mix green beans with bean sprouts in 2-quart greased casserole. Add salt and pepper; stir in mushrooms, liquid and soup. Sprinkle onions on top. Bake in 350° F. oven for 1 hour. Yield: 6 servings.

### GREEN BEAN-ARTICHOKE CASSEROLE

2 cans (16 ounces each) green beans, drained	1 cup seasoned bread crumbs
1 can (14 ounces) artichoke hearts, drained	1/2 cup Parmesan cheese
Salt and pepper	1/4 cup olive oil

In a mixing bowl, add ingredients in order listed. Toss together until well mixed. Place in a greased 1 1/2-quart casserole. Bake in 350° F. oven for 1 hour. Yield: 6 servings.

### GREEN BEANS AMANDINE

1 pound green beans	1/2 cup slivered almonds
3 tablespoons butter	

Remove ends and strings from beans; cut in one-inch pieces. Place beans in a small amount of boiling salted water; leave cover off until water returns to a boil. Cover and cook for 10 to 12 minutes. Sauté almonds in butter; add drained beans. Yield: 4 servings.

## PARTY GREEN BEANS

3 packages (10 ounces each) frozen French-style green beans	1/4 cup grated Swiss cheese
1 can (1 pound) bean sprouts, drained and rinsed	1/4 cup (1/2 stick) butter
1 can (8 ounces) water chestnuts, drained and sliced	2 tablespoons flour
1/4 cup grated Parmesan cheese	1 1/4 teaspoons salt
	1/4 teaspoon pepper
	1/8 teaspoon cayenne
	1/2 teaspoon Worcestershire sauce
	2 cups light cream
	1 cup chopped almonds

Cook beans in boiling salted water until tender; drain. Alternate layers of beans, bean sprouts, water chestnuts and combined cheeses. In a saucepan, melt 3 tablespoons butter. Blend in flour, salt, pepper, cayenne and Worcestershire. Gradually add cream and cook, stirring constantly, until thickened. Pour over vegetables, lifting vegetables gently with a fork so sauce will be distributed. Melt remaining 1 tablespoon butter; add almonds and stir to coat well. Sprinkle over casserole and bake in 375° F. oven for 20 minutes. Yield: 10 servings.

## SPANISH SNAP BEANS

1 tablespoon shortening	1 cup tomatoes
1 tablespoon chopped onion	1 1/2 cups cooked snap beans
1/3 cup chopped green pepper	Salt and pepper

Place shortening in a saucepan and sauté onion and green pepper about 5 minutes. Add tomatoes and cook over low heat for 15 minutes. Add beans, salt and pepper. Heat thoroughly. If desired, place toasted bread cubes over beans in serving dish. Yield: 4 servings.

## MIRLITON CASSEROLE

1 cup seasoned Italian bread crumbs	1 teaspoon pepper
2 cups cooked, mashed mirliton, drained	2 tablespoons minced onion
1 can (10 1/2 ounces) cream of mushroom soup	1 carrot, grated
	1 cup sour cream
	1 teaspoon salt

Grease 2-quart casserole; sprinkle with layer of crumbs. Combine remaining ingredients and pour into casserole. Top with a layer of remaining bread crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## PAN-FRIED MIRLITON

2 pounds mirliton	2 tablespoons butter
1 small onion, minced	1/2 teaspoon salt
Dash pepper	

Peel and cube mirliton; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt and pepper. Yield: 4 servings.

## STUFFED MIRLITONS

4 mirlitons	Dash black pepper
1 cup soft bread crumbs	1 egg, well beaten
1 large onion, finely chopped	1 teaspoon chopped parsley
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1/2 cup buttered bread crumbs
1/2 teaspoon salt	

Simmer mirlitons in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onions, garlic and one of the variations listed below in butter over medium heat until tender, about 10 to 15 minutes. Stir in pulp, salt and pepper; continue cooking for 5 minutes, stirring frequently. Cool. Add egg, parsley, and thyme; mix thoroughly. Fill vegetable shells and sprinkle top with buttered crumbs. Bake in 375° F. oven for 25 minutes. Yield: 8 servings.

*Variations:*

*Shrimp Stuffing:* Add 1/2 pound shrimp, coarsely chopped.

*Ham Stuffing:* Add 1/2 pound ham, coarsely chopped.

*Ground Meat:* Add 1/2 pound ground meat, drain excess drippings.

## CREOLE OKRA

2 pounds okra, sliced	1 green pepper, chopped
1 onion, chopped	1 green hot pepper, chopped
1/3 cup oil	3 tomatoes, chopped
1 banana pepper, chopped	Salt and pepper

Fry okra and onion in oil, stirring occasionally, until it ceases to rope, about 30 to 45 minutes. Add remaining ingredients and continue to cook for 25 minutes. Yield: 6 servings.

## OKRA AND TOMATOES

1 onion, chopped	1 teaspoon salt
1 pound okra, sliced	2 cloves garlic, minced
2 tablespoons bacon drippings	1 bay leaf
3 1/2 cups chopped tomatoes (4 tomatoes)	1 sprig thyme

In a heavy skillet, sauté onions and okra in hot drippings, stirring frequently, until okra ceases to rope, about 3 minutes. Add tomatoes; stir in remaining ingredients. Cover and simmer for 25 to 30 minutes. Yield: 4 servings.

## FRENCH FRIED ONIONS

3 large white onions	1 teaspoon melted shortening
1/2 cup milk	1/2 teaspoon salt
1/2 cup flour	
1 egg yolk	

Cut onions into slices, 1/4 to 1/2-inch thick; separate slices into rings. Place rings in iced water until cold; remove rings from water and dry. Dip rings into a thin batter made from mixing the remaining ingredients. Fry in deep hot fat (360° F.) until browned. Drain. Salt lightly before serving. Yield: 6 servings.

*Puffy Coated:* For the batter, combine 2 egg yolks, 1 1/4 cups buttermilk, 1 1/2 tablespoons oil, 1 1/4 cups flour, 1 teaspoon salt and 1 1/4 teaspoons baking powder; fold in 2 stiffly beaten egg whites. Dip onion rings into batter; deep fat fry (375° F.). Puffy onion rings can be frozen. To serve, place on cookie sheet in a 450° F. oven for 5 minutes.

## ONION PIE

1 1/2 cups seasoned bread crumbs	3/4 cup milk
6 tablespoons melted butter	1 egg
4 large onions	Salt and pepper
1/4 cup (1/2 stick) butter	1 roll (6 ounces) Jalapeno cheese
1/2 pound bacon, cooked	

Line a 9-inch pie plate with combined crumbs and melted butter; chill. Sauté thinly sliced onions in butter until golden in color, about 25 to 30 minutes. Arrange onions in crumb shell, sprinkle well-drained, crumbled bacon over onions. Combine milk, egg, salt and pepper; pour over bacon and onions. Top with thinly sliced cheese. Bake in 350° F. oven 30 minutes or until a silver knife inserted into side of filling comes out clean. Yield: 8 servings.

## SCALLOPED ONIONS

6 onions, sliced	1 1/2 cups milk
5 tablespoons butter	1 cup diced celery
2 tablespoons flour	1/2 cup pecan halves
1 teaspoon salt	Parmesan cheese
1/8 teaspoon pepper	Paprika

Sauté onions in 3 tablespoons butter. Remove from pan. Add remaining butter; blend in flour, salt and pepper. Gradually add milk and cook over low heat until thick, stirring constantly. Boil celery in small amount of salted water until tender; drain. Place layers of onions, celery and pecans in greased 2-quart casserole. Cover with cream sauce. Sprinkle with cheese and paprika. Bake in 350° F. oven for 20 to 30 minutes. Yield: 6 servings.

## STUFFED ONIONS

6 large onions	1 cup grated cheese
1/4 cup (1/2 stick) butter	1/2 teaspoon salt
2 cups cooked rice	1 tablespoon salad oil
1/2 cup chili sauce	Paprika

Peel onions; cut thick slice from stem end and scoop out center of each onion. Pierce each onion through to the center in several places to keep whole during the boiling. Drop onions into boiling salted water (4 quarts water and 4 teaspoons salt). Boil gently, uncovered, until just tender, about 25 to 30 minutes. Drain. Remove more core from centers of onions to form cups; coarsely chop tops and centers. In a saucepan, cook chopped onion in butter; stir in rice, chili sauce and 3/4 cup cheese. Season to taste. Brush onion cups with salad oil and sprinkle with paprika; fill cups with rice mixture. Arrange onion in a buttered shallow casserole, top with remaining 1/4 cup cheese. Bake in a 425° F. oven until cheese is melted and golden brown, about 5 minutes. Yield: 6 servings.

*Variation:* Use baked beans as stuffing for onions.

## FRESH GREEN PEAS

2 pounds (2 1/4 cups) green peas	2 tablespoons butter
1 cup water	1/4 teaspoon salt
	3 green onions, sliced

Boil water; add salt and peas. Cover; cook 10 minutes. Add green onion; cook 1 minute longer. Add butter. Yield: 4 servings.

## FRESH PEAS AND BEANS

2 cups field peas or beans	1 small onion, chopped
1/4 pound ham pieces	4 cups cold water

Shell and remove any faulty peas or beans; wash and drain. Sauté ham and onion for 5 minutes; add peas or beans and water. Cover and bring to a boil; turn heat to simmer and cook until tender, about 30 to 45 minutes. Yield: 4 servings.

## STUFFED PEPPERS

6 green peppers	1 teaspoon salt
3 tablespoons butter	1/4 teaspoon pepper
1 large onion, minced	1 cup bread cubes or
1 clove garlic, minced	cooked rice
1 pound ground beef	1/2 cup fine buttered
3 fresh or 1 cup	bread crumbs
canned tomatoes	1 teaspoon Worcestershire
1/2 teaspoon allspice	sauce

Slice top from peppers and carefully remove membrane and seeds. Parboil peppers in boiling water for 5 minutes. Drain. Melt butter over medium heat; add onion, garlic, meat and tomatoes; cook 10 minutes, stirring constantly. Stir in sauce, allspice, salt, bread cubes or rice. Mix thoroughly. Fill pepper with meat mixture. Top with crumbs. Place in shallow baking dish and add about 1/4-inch water. Bake in 350°F. oven for 25 minutes. Yield: 6 servings.

## POPULAR POTATO RECIPES

## Basic Cooking Methods

*Baked:* Scrub potatoes. Dry potatoes and prick with a fork. Bake in 425° F. oven until soft, about 55 to 65 minutes.

*Baked with a Meal:* If other foods are to be cooked in a 350° F. or 375° F. oven, potatoes may be baked along with them. Medium-size potatoes will take 60 to 80 minutes.

*Boiled Whole:* Wash potatoes; leave skins on. For 4 medium-size potatoes, use 2 cups water and 1/2 teaspoon salt. Cover and boil gently until easily pierced with a fork, about 25 to 40 minutes.

*Boiled Quartered:* Pare potatoes; cut into quarters. Place potatoes in large saucepan; add 1 inch cold water. Bring to boil, cover and reduce heat; simmer until potatoes are fork-tender, about 20 to 25 minutes. Drain off cooking water; shake potatoes in pan over low heat for a few seconds. Add butter, salt and pepper.

*French Fries:* Cut potatoes into lengthwise strips less than 1/2-inch thick. Place potatoes in cold water until ready to fry. Drain and dry thoroughly between towels. Fry, a small amount at a time, in deep hot fat (380° F.) until golden brown, about 5 minutes. Drain on paper towels. Sprinkle with salt; keep hot in 250° F. oven.

*For skillet method:* Heat 1/3 cup salad oil in a large skillet. Cook potatoes, stirring occasionally, until golden brown, about 15 minutes.

## BAKED STUFFED POTATOES

When baked, slice thin layer off top, scoop out center. Add 2 tablespoons hot milk and 1 tablespoon butter for each potato; whip until light and fluffy. Season to taste. Refill shells with whipped potatoes and return to 400° F. oven to brown lightly.

*Variations for each potato:*

2 tablespoons chopped cooked ham or tuna, 1 tablespoon minced parsley and 1 teaspoon minced onion.

2 tablespoons sour cream, 2 tablespoons chopped crisp bacon and 1 tablespoon minced onion or chives.

Sprinkle 2 teaspoons grated American cheese over top of each potato.

### POTATOES AU GRATIN

2 tablespoons butter	1/4 pound sharp Cheddar
2 tablespoons flour	cheese, grated
1/2 teaspoon salt	1 1/2 pounds boiled
1 1/2 cups milk	potatoes, sliced
1/4 cup bread crumbs	

Melt butter; blend in flour and salt. Stir until smooth. Turn heat low and slowly add milk, stirring constantly. Cook and stir until thick and smooth. Remove from heat. Add cheese and stir until cheese melts. Arrange potatoes in buttered 1 1/2-quart casserole. Pour cheese sauce over potatoes; top with crumbs. Dot with additional butter. Bake in a 350° F. oven for 15 to 20 minutes or until brown. Yield: 4 servings.

### BRABANT POTATOES

3 boiled potatoes, diced	1 tablespoon chopped
2 tablespoons shortening	parsley
1 tablespoon butter	Salt and pepper
1 teaspoon vinegar	

Fry potatoes in shortening until lightly browned. Remove and complete browning in butter. Add remaining ingredients. Yield: 6 servings.

### FRENCH FRIED POTATOES

Cut 3 peeled potatoes into 1/2-inch sticks. Soak in iced water 1 to 2 hours. Dry thoroughly. Fry in deep hot fat (365° F.) until golden brown, about 3 to 5 minutes. Drain; sprinkle with sugar or salt. Yield: 4 cups.

### HASHED BROWN POTATOES

2 cups diced potatoes	3 tablespoons bacon fat
Salt and pepper	or butter

Season potatoes with salt and pepper. Heat fat in a heavy skillet; add potatoes. Stir and lift until potatoes are well coated with fat. Reduce heat; add additional fat if necessary and cook until potatoes are tender and there is a crisp brown crust on bottom, about 30-35 minutes. If parboiled potatoes are used, cook for 20 minutes. To serve, fold like an omelet. Yield: 4 servings.

### LYONNAISE POTATOES

Sauté 2 small sliced onions in 2 tablespoons oil for 2 minutes. Add 4 cups sliced cold boiled potatoes; season with salt and pepper. Continue cooking potatoes to a light yellow, stirring gently. Garnish with parsley. Yield: 8 servings.

### MASHED POTATOES

4 large potatoes	1/4 cup (1/2 stick) butter
1 cup warm milk	1 1/2 teaspoons salt
1/4 teaspoon pepper	

Pare potatoes and cut into quarters. Place in large saucepan and add 1 inch cold water. Bring to a boil, cover and simmer until potatoes are very tender, about 25 to 30 minutes. Drain. Beat potatoes until smooth. Add milk, butter, salt and pepper. Continue beating until potatoes are light and fluffy. Yield: 4 servings.

### NEW POTATOES WITH SAVORY BUTTER

12 small new potatoes	3/4 teaspoon minced
1/4 cup (1/2 stick) butter	parsley
1/2 clove garlic, cut in half	1/8 teaspoon thyme
1/8 teaspoon rosemary	1/2 teaspoon lemon juice
1/8 teaspoon tarragon	1/8 teaspoon dry mustard
1/8 teaspoon pepper	

Remove 1/2-inch strip of peel from center of each potato. Cook potatoes in enough boiling water to cover until just tender, about 20 to 30 minutes. Drain. Slip off rest of skin. Melt butter; add garlic. Sauté over low heat for 5 minutes; remove garlic. Add remaining ingredients. Place potatoes in hot butter mixture. Let stand 30 minutes. Just before serving, cook over low heat until butter bubbles. Yield: 6 servings.

POTATO CASSEROLE

6 medium potatoes, peeled	4 slices crisp bacon
4 green onions, minced	3 slices American cheese
Bacon drippings	1 teaspoon salt
3 slices Swiss cheese	1/8 teaspoon pepper
1 cup milk	

Cook potatoes, covered, in a small amount of salted water until just tender. Slice crosswise. Sauté onions in drippings. Arrange layer of potatoes in buttered casserole; top with Swiss cheese. Add second layer of potatoes and top with layer of crumbled bacon and onions. Add third layer of potatoes and top with American cheese. Add salt and pepper to milk and pour over potatoes. Bake in 375° F. oven 1 hour. Yield: 6 servings.

POTATO PANCAKES

6 medium potatoes	2 tablespoons flour
1 small onion, minced	1 1/2 teaspoons salt
4 strips crisp bacon	Dash pepper
2 tablespoons minced parsley	2 eggs, beaten
	Butter

Pare potatoes and grate or shred. Soak shredded potatoes in cold water for 10 minutes. Drain and press out excess water. Blend with onion, crumbled bacon, parsley, flour and seasonings. Mix in eggs. Melt butter in large skillet to depth of 1/4-inch. Drop in 1/3 cup batter for each pancake, and flatten. When crisp on one side, turn and crisp on other side. Drain on paper towels. Yield: 12 pancakes.

POTATO PATTIES

Combine 2 cups seasoned mashed potatoes, 2 tablespoons grated onion and 1 egg yolk. Shape into patties; dip into slightly beaten egg white and roll in bread crumbs. Fry until brown. Yield: 6 servings.

POTATO STRIPS WITH CHEESE

3 cups raw potato strips	1 teaspoon salt
1/2 cup milk	Pepper
1 tablespoon butter	1/2 cup thinly shaved process cheese
1 tablespoon finely cut parsley	

Cut potato strips as for French fries. Put the strips into a greased baking dish and pour over the milk. Dot with butter and season with salt and pepper. Cover and bake in 425° F. oven for 40 minutes or until potatoes are tender. Sprinkle with cheese and parsley; bake, covered, for 5 minutes longer. Yield: 4 servings.

SCALLOPED POTATOES

4 potatoes	4 1/2 teaspoons flour
1/3 cup chopped onion	1 1/2 teaspoons salt
3 tablespoons butter	1/8 teaspoon pepper
2 cups milk	

Pare potatoes and cut into 1/8-inch crosswise slices. Place in buttered 1 1/2-quart baking dish. In a saucepan, melt butter; add onion and cook until tender. Blend in flour, salt and pepper. Stir in milk. Return to heat and cook until mixture thickens slightly and comes to a boil. Pour over potato slices. Bake covered, in a 350° F. oven for 30 minutes. Uncover and bake 1 hour longer or until potatoes are tender. Yield: 4 servings.

BAKED YAMS

Wash potatoes. Place, unpeeled, in shallow baking dish. Bake in 300° F. oven for 50 minutes or until soft. When done, immediately prick. To serve: cut cross on top and press ends of potato toward center to fluff. Top with butter.

## BOILED SWEET POTATOES

Wash potatoes; leave whole and do not peel. Cover with cold water; boil until tender, about 35 minutes. Use in any recipe calling for cooked potatoes or to make the following casseroles, use 6 cooked, peeled potatoes.

### Variations:

*Orange:* Combine 1/3 cup sugar, 1/3 cup brown sugar and 1 tablespoon cornstarch. Stir in 1 cup orange juice and 1 tablespoon grated orange peel. Cook over low heat until mixture begins to thicken. Pour over sliced potatoes. Dot with 2 tablespoons butter. Cover and bake in 350° F. oven for 20 minutes. Baste occasionally. Uncover, turn potatoes and bake 15 minutes longer.

*Sugar:* Combine 3/4 cup brown sugar, 1/2 cup water, 1/2 teaspoon salt, 1/4 stick butter and 1/8 teaspoon cinnamon. Pour over sliced potatoes. Bake, uncovered, in 350° F. oven for 30 minutes. Baste occasionally. Turn once.

*Tangy Lemon:* Combine 3/4 cup brown sugar, 1/2 teaspoon grated lemon peel and 2 tablespoons lemon juice. Pour over sliced potatoes. Dot with 2 tablespoons butter. Bake, uncovered, in 350° F. oven 25 minutes.

*Sherry-Orange Pecan:* Sprinkle yams with 1/2 cup brown sugar and 1/3 cup chopped pecans. Pour 1 cup orange juice, 1 tablespoon grated orange peel and 1/3 cup sherry over sliced potatoes. Dot with 1/4 stick butter. Cover and bake in 350° F. oven about 35 minutes or until liquid is absorbed.

## GLAZED SWEET POTATOES

2 tablespoons butter	1 tablespoon water
1/4 cup brown sugar	3 potatoes, cooked

In a heavy skillet, combine butter, sugar and water over low heat. Add potatoes which have been cut into strips or large pieces. Continue cooking over low heat, turning several times, until syrup is very thick and pieces are well coated, about 15 to 20 minutes. Yield: 6 servings.

## ORANGE BAKED SWEET POTATOES

6 potatoes, cooked, peeled and halved	1 teaspoon shredded orange peel
1 peeled orange, thinly sliced	2/3 cup corn syrup
1/2 teaspoon salt	4 tablespoons (1/2 stick) butter

Layer potatoes and orange slices in buttered baking dish. Combine remaining ingredients; bring to boil and simmer, uncovered, for 5 minutes. Pour over potatoes and oranges. Bake in 375° F. oven for 30 minutes, basting several times. Yield: 6 servings.

## PAN-FRIED SWEET POTATOES

4 cooked potatoes	3 tablespoons butter
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Cut potatoes lengthwise in thick slices. In a skillet, fry potato slices in butter until brown on both sides. Yield: 6 servings.

## PECAN SWEET POTATOES

1 1/2 tablespoons cornstarch	1 1/2 cups orange juice
3/4 cup light brown sugar, firmly packed	1/4 cup pecan halves
1/4 teaspoon salt	2 cans (1 pound 7 ounces) sweet potatoes, drained
1/3 cup butter	

Combine cornstarch, sugar, salt, butter and orange juice; cook until thickened and clear. Arrange potatoes in a 1 1/2-quart casserole; top with pecans. Pour sauce over casserole; cover. Bake in a 375° F. oven for 1 hour. Yield: 6 servings.

## SCALLOPED SWEET POTATOES

2 large sweet potatoes, cooked	1 tablespoon grated orange peel
1 large orange, peeled and sliced	1/4 teaspoon salt
1/2 cup orange juice	3 tablespoons sugar
	2 tablespoons butter

Peel and slice potatoes. Place a layer of potatoes in a greased baking dish; add a layer of orange slices. Sprinkle with orange peel, salt, and sugar; dot with butter. Repeat until all ingredients are used. Pour orange juice over top. Cover. Bake in 350° F. oven for 45 minutes. Yield: 4 servings.

## STUFFED SWEET POTATOES

Make a long slash in top of each baked potato. Scoop out potato, leaving skin unbroken. Mash well. Beat in 1 tablespoon hot milk and 1 tablespoon butter for each potato. Season. Return to shells and brown in 400° F. oven, about 5 to 7 minutes.

*Variations:* For each cup of mashed sweet potatoes, add one of the following:

1/4 cup raisins	1/4 cup crushed pineapple
1/4 cup shredded coconut	1/4 cup chopped pecans

## SWEET POTATO PONE

1/3 cup butter	1/2 teaspoon each:
1/2 cup brown sugar	cinnamon, cloves and
2 eggs, well beaten	nutmeg
3 cups grated raw potatoes	1/2 cup cane syrup
2/3 cup evaporated milk	Grated peel of 1 lemon
1/2 teaspoon salt	Grated peel of 1/2 orange

Cream butter and sugar; add eggs, potatoes, milk, salt and spices. Stir in syrup and peels. Beat mixture thoroughly. Pour into buttered casserole dish and bake in 350° F. oven for 50 to 60 minutes. Yield: 6 servings.

## SWEET POTATO PUFF

2 cups mashed potatoes	1/4 teaspoon allspice
3/4 cup hot milk	1 tablespoon grated orange
3 tablespoons butter	peel
1/4 teaspoon salt	2 eggs, separated

To the potatoes, add milk, butter, salt, allspice and peel. Mix well. Add beaten egg yolks. Beat egg whites until stiff; fold in potato mixture. Place in a baking dish and bake at 350° F. for 45 minutes. Yield: 6 servings.

## SWEET POTATO SOUFFLÉ

1/4 cup sugar	2 eggs, separated
1/2 teaspoon salt	1/2 cup raisins
1 cup scalded milk	1/2 cup chopped pecans
2 tablespoons butter	1 teaspoon nutmeg
2 cups mashed potatoes	Marshmallows

Dissolve sugar and salt in milk; add butter, stirring until blended. Beat milk mixture into potatoes until light and fluffy. Blend in yolks, raisins, pecans and nutmeg. Fold in stiffly beaten egg whites. Pour into buttered baking dish. Top with marshmallows. Bake in 350° F. oven for 50 minutes or until set. Yield: 6 servings.

## PUMPKIN

*Baked:* Wash and cut pumpkin in half. Rub cut surface with shortening. Place cut side down on baking sheet. Bake in 400° F. oven until tender, about 1 hour. Remove fibers and seeds. Scoop out pulp and press through a potato ricer.

*Pressure Saucepan:* Cut pumpkin in large pieces. Place in pressure saucepan; add 3/4 cup water. Cook at 15 pounds pressure for 10 minutes. Cool pressure saucepan quickly under cold running water. Remove pumpkin and mash.

*Steamed:* Halve or quarter pumpkin. Remove seeds and stringy portions. Cut off rind and cut into small pieces. Cook, covered, in small amount slightly salted boiling water for 25 to 30 minutes. Drain; mash well. Place mashed pumpkin in strainer; let drain 30 minutes to remove excess liquid.

*To serve as a vegetable:* Reheat and add butter and spices.

## RATATOUILLE

1 pound eggplant	1/2 cup olive oil
2 zucchini	3 medium tomatoes,
2 cloves garlic, minced	coarsely chopped
2 medium onions,	1 tablespoon minced
thinly sliced	parsley
2 medium green peppers,	1 teaspoon salt
cut in thin strips	1/4 teaspoon pepper

Cut unpeeled eggplant in 3/4-inch strips; cut unpeeled zucchini into thin slices. In a large skillet, sauté garlic, onions and green peppers in oil, about 15 minutes. Add remaining ingredients. Cook uncovered, gently stirring occasionally, until eggplant is tender and there is only a small amount of liquid. Yield: 8 servings.

## SAUERKRAUT

Remove outside green leaves from 5 pounds of cabbage. Quarter the head and shred finely. Mix cabbage with 3 1/2 tablespoons salt. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. During the curing process, kraut requires daily attention. Remove scum as it forms, and wash and scald the cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 12 days. As soon as kraut is thoroughly cured, pack into sterilized jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within 1/2-inch of top. Seal; process in boiling-water bath for 15 minutes. Yield: 5 pint jars.

*Note:* For 40 pounds of cabbage, use 1 pound of salt.

## SPINACH CASSEROLE

2 packages (10 ounces each) frozen chopped spinach	1/2 teaspoon pepper
1/4 cup (1/2 stick) butter	3/4 teaspoon garlic salt
2 tablespoons flour	3/4 teaspoon celery salt
2 tablespoons chopped onion	1 teaspoon salt
1/2 cup evaporated milk	1 teaspoon Worcestershire sauce
1/2 cup spinach liquid	1 roll (6 ounces) Jalapeno cheese, cut in pieces
1/4 cup bread crumbs	

Place thawed spinach in strainer and press with spoon to remove liquid. Reserve 1/2 cup liquid. Melt butter; blend in flour. Add onion and cook until soft but not brown. Add milk and liquid; cook until thick and smooth. Remove from heat; add seasonings and cheese; stir until melted. Combine with spinach and pour into greased 1 1/2-quart casserole. Sprinkle with crumbs and bake in 350° F. oven for 45 minutes. Yield: 6 servings.

## BAKED ACORN SQUASH

Allow 1 squash per person, or if very large, 1/2 per person. Cut in half; scrape out seeds and fibers. Sprinkle with salt; brush with butter. Place, cut side down, on cookie sheet. Bake in 400° F. oven for 30 to 45 minutes. Turn cut side up and prick pulp with fork. Brush with butter; sprinkle with mixture of brown sugar and cinnamon. Bake 15 minutes longer.

## BAKED SQUASH

*Pattypan, Crookneck, Zucchini:* Slice squash into 1/2-inch slices; place in a casserole. Dot with butter, sprinkle with salt and 1 tablespoon finely chopped onion. Add just enough water to cover bottom of casserole. Cover and bake in a 400° F. oven for 30 to 40 minutes. For 6 servings, use 3 pounds squash.

## PAN-FRIED SQUASH

2 pounds summer squash	2 tablespoons butter
1 small onion, minced	1/2 teaspoon salt

Peel and cube squash; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt. Yield: 4 servings.

## SQUASH CASSEROLE

2 cups cooked yellow squash	1 cup seasoned bread crumbs
1 small onion, chopped	1 cup grated mild cheese
2 teaspoons sugar	1 teaspoon salt
2 eggs, well beaten	1/4 teaspoon pepper
1 can (10 1/2 ounces) condensed mushroom soup	2 teaspoons Worcestershire sauce

Combine squash, onion, sugar, eggs, soup, 1/2 cup crumbs, 1/2 cup cheese, salt pepper and sauce. Pour into 1 1/2 quart greased casserole. Top with remaining 1/2 cup cheese, and remaining 1/2 cup crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## SCALLOPED SQUASH

8 medium summer squash	1/2 cup milk
1 large onion, sliced	2 tablespoons butter
1 egg, slightly beaten	1 teaspoon salt
1/4 teaspoon pepper	1 cup fresh bread crumbs
Dash red pepper	2 cups grated sharp cheese

Cut squash in 2-inch pieces; cook with onion until tender, about 10 minutes. Drain and place in 2 1/2-quart greased casserole. Combine egg, pepper, milk, butter, salt, bread crumbs and 1 cup cheese; pour over squash. Top with remaining 1 cup cheese. Bake in 350° F. oven for 30 minutes. Yield: 8 servings.

## SMOTHERED SQUASH

Cook whole or cut into slices or cubes. It is not necessary to peel tender squash. Cook squash in a covered saucepan over low heat in a small amount of water, about 1/4 cup for 6 servings, for 8 to 15 minutes. During cooking, add finely chopped onion, a tablespoon butter and a pinch of sugar. When tender, uncover saucepan and boil rapidly for a few minutes to evaporate excess liquid.

## SQUASH CROQUETTES

4 squash, cubed	1/4 cup grated Parmesan
1 small onion, chopped	cheese
Salt and pepper	1 cup cracker crumbs
1 egg, beaten	2 tablespoons butter

Cook squash and onion in small amount of salted water. Drain well; mash until smooth. Season. Add egg, cheese, 1/2 cup cracker crumbs and butter. Form into balls and roll in remaining crumbs. Fry in deep fat until brown. Yield: 6 servings.

## STUFFED SQUASH

4 squash	Dash black pepper
1 cup soft bread crumbs	1 egg, well beaten
1 large onion, finely chopped	1 teaspoon chopped parsley
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1/2 cup buttered bread crumbs
1/2 teaspoon salt	

Simmer squash in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onion, garlic and one of the variations listed below in butter over medium heat until tender, about 10 to 15 minutes. Stir in pulp, salt and pepper; continue cooking for 5 minutes, stirring frequently. Cool. Add egg, parsley, and thyme; mix thoroughly. Fill vegetable shells and sprinkle top with buttered crumbs. Bake in 375° F. oven for 25 minutes. Yield: 8 servings.

*Variations:*

*Shrimp Stuffing:* Add 1/2 pound shrimp, coarsely chopped.

*Ham Stuffing:* Add 1/2 pound ham, coarsely chopped.

*Ground Meat:* Add 1/2 pound ground meat, drain excess drippings.

## YELLOW SQUASH MOLD

1 cup soft bread crumbs	3 tablespoons minced pimiento
1/2 cup scalded milk	
1 1/2 cups mashed and drained squash	2 tablespoons minced parsley
1 cup diced cheese	1 tablespoon minced onion
Salt and pepper	3 tablespoons melted butter

Soak crumbs in milk; add remaining ingredients. Pour into a greased 1 1/2-quart mold; set in pan and add hot water, about 1-inch deep. Bake in 350° F. oven until firm, about 1 1/2 hour. Yield: 6 servings.

## SUCCOTASH

2 ears corn	1/2 onion, minced
2 cups cooked lima beans and liquid	1 tablespoon butter
	1/2 teaspoon salt
1/8 teaspoon pepper	

Cut corn from cob and scrape to remove liquid. Drain beans and combine liquid with corn and onion. Cook over low heat until tender, about 5 to 7 minutes. Add beans, butter, salt and pepper; cook 5 minutes. Yield: 4 servings.

## BAKED TOMATOES

Place tomato halves in a greased shallow baking dish; brush with melted butter. Sprinkle with salt and pepper. Top with buttered cracker crumbs. Bake in 375° F. oven for 20 minutes or until tender. For green tomatoes, cover bottom of baking dish with hot water and cook 45 minutes or until tender.

## FRIED GREEN TOMATOES

4 large green tomatoes	1/2 teaspoon sugar
1/2 teaspoon salt	1/2 cup cornmeal
1/8 teaspoon pepper	1/2 cup oil

Slice tomatoes crosswise in 1/4-inch slices. Sprinkle with salt, pepper and sugar. Coat with cornmeal. Fry slices, a few at a time, in a small amount of oil until brown on both sides, about 10 minutes. Yield: 4 servings.

*Ripe tomatoes:* Cut ripe tomatoes in 1/2-inch thick slices. Combine 1/2 cup dry bread crumbs or flour, 1/2 teaspoon salt and 1/8 teaspoon pepper; coat slices with crumb mixture. Fry as above.

### GREEN TOMATO PIE

8 medium-size green tomatoes, sliced	1 recipe plain pastry
2 tablespoons lemon juice	1/2 teaspoon salt
1 teaspoon grated lemon peel	1/4 teaspoon cinnamon
2 tablespoons cornstarch	3/4 cup sugar
	1 tablespoon butter

Cook tomatoes with lemon juice, peel, salt and cinnamon, stirring frequently for about 15 minutes. Combine sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add butter; cook slightly and pour into unbaked pie shell. Cover with top pastry; seal edges and prick top. Bake in 425° F. oven for 40 to 50 minutes.

### GRILLED TOMATOES

3 tomatoes	1 tablespoon minced parsley
6 tablespoons grated Parmesan cheese	3 tablespoons bread crumbs
Salt and pepper	

Cut tomatoes into halves. Season with salt and pepper. Arrange halves, cut side up, on broiler grid. Combine remaining ingredients; sprinkle over each half. Dot with butter. Broil 5 minutes. Yield: 6 servings.

*Variation:* Combine 1/2 cup seasoned bread crumbs, 1/2 cup shredded sharp process American cheese, 1 tablespoon melted butter. Sprinkle over each tomato half; garnish with parsley. Broil 3 inches from source of heat for 5 minutes.

### SCALLOPED TOMATOES

3 1/2 cups sliced tomatoes	1/8 teaspoon pepper
1 small onion, minced	1/2 teaspoon sugar, if desired
2 tablespoons minced green pepper	2 cups soft bread crumbs
1 teaspoon salt	2 tablespoons butter

Combine tomatoes, onion, green pepper, salt, pepper, and sugar. In a baking dish, alternate layers of tomato mixture and bread crumbs, ending with crumbs. For thinner mixture, use only 1 cup crumbs. Dot with butter. Bake in 375° F. oven for 20 to 30 minutes for ripe tomatoes, 45 minutes for green. Yield: 6 servings.

### STEWED TOMATOES

1 small onion, minced	1/4 cup seasoned bread crumbs
1 1/2 teaspoons oil	Salt and pepper
1/4 pound ham seasoning	1 sprig parsley, minced
6 peeled tomatoes, diced	1 small bay leaf
1/2 teaspoon sugar	

Sauté onion in oil. Add ham, tomatoes and sugar; cook until lightly browned. During this cooking period, add bread crumbs slowly. Add remaining ingredients; simmer for 15 to 20 minutes or until desired consistency. Yield: 6 servings.

### STUFFED TOMATOES

6 large tomatoes	1/2 cup (1 stick) butter
1/2 cup chopped green onions	3 cups French bread cubes
2 cloves garlic, minced	Salt and Pepper
1/2 pound finely chopped ham, shrimp or crab meat	1/3 cup bread crumbs
	1 tablespoon butter

Slice tops off tomatoes; scoop out center and chop. Sauté onion, garlic, ham and tomato in butter for 5 to 7 minutes; add bread cubes. Season with salt and pepper; stuff into shells. Cover with bread crumbs; dot with butter. Place in a greased pan; bake in 350° F. oven for 25 minutes. Yield: 6 servings.

### TURNIP GREENS

2 bunches turnip greens	1/2 pound salt pork or bacon, sliced
1/2 cup water	

Remove stems from turnip greens and wash thoroughly. In a covered saucepan, place greens, water and salt pork. Cook greens for 30 minutes. Add turnips, which have been peeled and quartered; continue cooking until greens and turnips are tender, about 30 minutes. Yield: 4 servings.

## VEGETABLES WITH CREOLE SAUCE

1/4 cup chopped green pepper	1/2 teaspoon sugar
1 large onion, chopped	1 can (16 to 17 ounces) tomatoes
2 stalks celery, chopped	1 bay leaf
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1 teaspoon salt
1 teaspoon chili powder	1/4 teaspoon pepper

Sauté green pepper, onion, celery and garlic in butter, about 5 to 8 minutes. Stir in remaining ingredients. Cover and simmer about 40 minutes, stirring frequently. Place cooked vegetable into a baking dish; add sauce and bake in 325° F. oven for 20 minutes. Sauce can be frozen. Yield: 2 1/2 cups.

## CREOLE ZUCCHINI

2 onions, chopped	1/4 cup cooking oil
3 stalks celery, chopped	1 can (1 pound 13 ounces) tomatoes
1 small green pepper, chopped	1 small bay leaf
1 clove garlic, minced	4 medium zucchini

Sauté onions, celery, green pepper and garlic in oil. Add tomatoes and bay leaf. Cover and simmer for 1 hour. Remove bay leaf. Add thinly sliced squash; simmer for 1 hour. Remove cover and cook to desired thickness. Yield: 6 servings.

## STUFFED ZUCCHINI

3 zucchini	2 tablespoons olive oil
1/2 pound ground beef	1 can (10 3/4 ounces) condensed tomato soup
1/2 cup chopped onion	3/4 cup grated Parmesan cheese
1 clove garlic, minced	1/2 cup seasoned bread crumbs
1/2 cup minced green pepper	
2 teaspoons oregano	

Cut zucchini in half lengthwise; scoop out seeds and pulp, leaving a 1/4-inch shell. Chop seeds and pulp; reserve. In a skillet, sauté meat, onion, garlic, pepper and oregano in oil. Add chopped pulp and seeds, 1/4 cup soup, 1/2 cup cheese and bread crumbs; blend well. Spoon mixture into zucchini shells. Arrange stuffed zucchini in 13 x 9 x 2-inch baking dish. Pour remaining soup over and around zucchini. Sprinkle with remaining cheese. Cover and bake in a 375° F. oven for 45 minutes or until tender. Uncover and bake 5 minutes longer. Yield: 6 servings.

## ZUCCHINI OR CUCUZZA

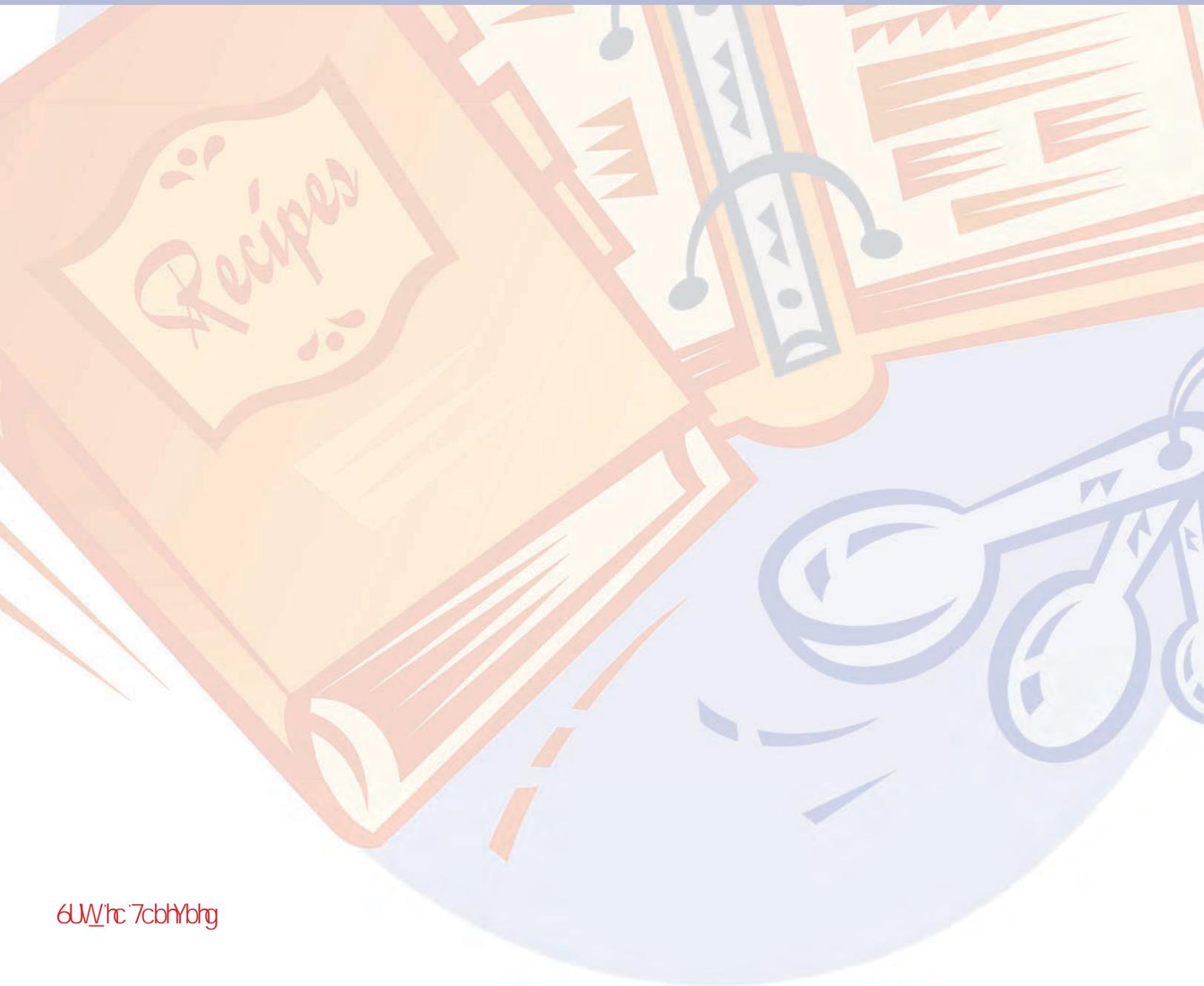
Cut off ends; wash and cut into slices 1/4-inch thick. Cook in 1/2 cup boiling salted water until almost tender, about 10 minutes. Drain and use one of the variations below:

*Buttered:* Sauté 2 cloves garlic in 1/3 cup butter for 5 minutes; remove garlic and pour over zucchini. Season with salt and pepper; sprinkle with Parmesan cheese.

*Casserole:* Sauté 1 minced onion in 4 tablespoons olive oil; add 2 tablespoons minced parsley. Arrange alternate layers of zucchini, sliced tomatoes and onion-oil mixture. Sprinkle with salt, pepper and Parmesan cheese. Bake in 375° F. oven for 30 minutes.

# COOKING WITH ENERGY

## Entrees



## HAM GUIDE - CURED AND COUNTRY STYLE

### BAKING A HAM

1. Do not remove rind.
2. Place whole ham or ham pieces fat side up on a rack in a shallow pan.
3. Do not add water or cover the ham.
4. Bake in a 325°F oven. Refer to Timetable for Baking Ham for cooking hours, or the meat thermometer should register 130°F; for fully cooked hams, 160°F; for cook-before-eating ham (except shoulder cuts) should be 170°F.
5. To glaze ham, remove from oven 30 minutes before end of cooking time. Pour off drippings. Remove rind and score fat. Stud with cloves. Spread on glaze if desired and complete baking period.
6. For easier slicing, allow ham to stand 15 to 20 minutes after removing it from oven.

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#### TIMETABLE FOR BAKING HAM IN A 325°F OVEN

Type of Ham	Pounds	Hours to Cook
<b>FULLY COOKED</b>		
Whole bone-in	12 - 16	3 - 3 3/4
Whole boneless	8 - 12	2 1/4 - 3
Half bone-in	5 - 7	1 3/4 - 2 1/4
Half boneless	4 - 5	1 1/2 - 2
<b>COOK-BEFORE-EATING</b>		
Whole	12 - 16	3 1/2 - 4 1/2
Half	5 - 7	2 1/2 - 3
Shoulder (Picnic)	6	3 1/2
Shoulder Butt	2 - 4	1 1/2 - 2 1/2
<b>CANNED</b>		
Small	4 - 6	1 1/4 - 2
Large	8 - 13	2 1/2 - 3

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### PURCHASE INFORMATION

Ham, bone-in .....	1/2 pound per person
Ham, boneless .....	1/4 pound per person
Spareribs.....	3/4 - 1 pound per person
Bacon.....	2 - 3 slices per person

### SIMMERING METHOD

1. Place ham in saucepan with water to cover.
2. Add sliced onions, if desired.
3. Bring to boiling point; reduce heat until water just simmers, but does not bubble.
4. Cover and simmer until tender. Refer to Timetable for Simmering Ham.
5. If ham is not to be served hot or glazed, let cook in cooking water.
6. To bake, remove ham from liquid, remove rind, score and sprinkle with brown sugar. Bake at 350°F oven for 30 minutes.

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#### TIMETABLE FOR SIMMERING HAM IN A 325°F OVEN

Type of Ham	Pounds	Hours to Cook
Cured Ham, whole	12 - 16	4 - 5
Cured, Country Style ham, shank or butt	5 - 8	2 - 3
Cured Picnic Shoulder	5 - 8	3 - 4
Cured Shoulder Butt, boneless	2 - 3	1 1/2 - 2
Pork Hocks	3/4 - 1	2 1/2 - 3

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## BARBECUED LIMAS AND FRANKS

1 medium onion, diced	1 1/2 teaspoons salt
1 clove garlic, minced	1 tablespoon Worcestershire sauce
3 tablespoons olive oil	3 tablespoons catsup
1 can (8 ounces) tomato sauce	4 cups cooked large dry limas
1/4 cup brown sugar	6 frankfurters
3 tablespoons lemon juice	
1 teaspoon dry mustard	

In a saucepan, sauté onion and garlic in olive oil until tender. Stir in tomato sauce, brown sugar, lemon juice, mustard, salt, Worcestershire and catsup. Heat to boiling. Pour over drained beans in baking dish. Cover; bake in a 350° F. oven for 1 1/2 hours, adding hot bean liquid if needed. Score frankfurters and press lightly into top of sauce. Bake an additional 30 minutes. Yield: 6 servings.

## LIMA BEAN CASSEROLE

1 package (10 ounces) frozen green lima beans	3/4 cup sliced celery
1 can (10 1/2 ounces) condensed cheese soup	1/4 cup minced parsley
1/2 cup milk	1 can (3 1/2 ounces) French fried onion rings

Into a bowl, empty package of lima beans. Pour boiling water over beans and break beans apart. Drain. Combine cheese soup and milk; add beans, celery, parsley and half the onion rings. Bake in 350°F. oven for 30 minutes. Top casserole with remaining onion rings and continue baking for 10 minutes longer. Yield: 6 servings.

## LIMA BEANS WITH SALT MEAT

1/2 pound salt meat	2 packages frozen lima beans
1 1/2 cups water	
1 onion, minced	

In a covered saucepan, bring water and salt meat to a boil and simmer until tender, about 1 hour. Remove meat; add lima beans to the cooking water. If needed, add additional water. Cover and cook beans until tender, about 20 to 30 minutes. Serve beans over rice with sliced salt meat. Yield: 4 servings.

## NEW ORLEANS RED BEANS

2 cups dried red beans	Dash cayenne
5 cups water	2 onions, chopped
2 tablespoons bacon drippings	2 cloves garlic, chopped
1/2 pound ham or pickled pork	1 teaspoon salt
	1/2 teaspoon pepper

Wash beans and soak in water overnight. Heat drippings in pressure saucepan; add meat and brown slowly on both sides. Stir in onions and garlic; sauté for 6 minutes. Add remaining ingredients and bring to boil. Stir. Cover; cook at 15 pounds pressure for 40 minutes. When the pressure returns to zero (follow directions of manufacturer), remove cover. The beans will be cooked; however, there will be an excess amount of water. For thick, creamy beans, remove cover and cook 20 minutes longer over very low heat. Stir frequently and mash lightly with spoon. Yield: 6 servings.

## PORK AND BEAN CASSEROLE

2 cans (1 pound each) pork and beans with tomato sauce	1 onion, minced
1/4 cup catsup	2 tablespoons cane syrup
	2 slices bacon

Combine beans, catsup, onion and syrup in 1 1/2-quart casserole; top with bacon slices. Bake in 350° F. oven for 1 hour. Yield: 6 servings.

## RED BEANS A LA CREOLE

2 cups dried red beans	Salt and pepper
1 1/2 quarts water	2 onions, chopped
Ham bone	2 cloves garlic, chopped

Wash and sort beans. Add water and boil 2 minutes. Remove from heat; soak 1 hour. Add ham bone and remaining ingredients. Cover and bring to boil. Reduce heat and simmer for 2 hours or until tender. During last 20 minutes of cooking, mash several spoons of beans and stir thoroughly. Yield: 6 servings.

### GLAZED MEAT LOAF

1 1/2 pounds ground beef	2 tablespoons chopped
3/4 cup quick-cooking	parsley
oats, uncooked	1 can (6 ounces) tomato
2 eggs, slightly beaten	paste
1 onion, chopped	1/2 green pepper, cut in
1 clove garlic, minced	strips
1 tablespoon salt	1/2 teaspoon pepper

Mix all ingredients thoroughly, except green pepper. Pack firmly into 8 x 3 x 4-inch loaf pan. Chill 1 hour. Unmold into shallow baking pan. Cover with Glaze.\* Bake in 350°F. oven for 1 hour. Garnish with pepper strips. Yield: 6 servings.

\**Glaze.* Combine 1/2 cup chili sauce, 2 tablespoons brown sugar, 1/4 teaspoon dry mustard and 1/2 teaspoon liquid gravy seasoning.

### BAKED SHORT RIBS

2 1/2 pounds short ribs	4 tablespoons soy sauce
4 cloves garlic, sliced	4 tablespoons water
4 tablespoons catsup	1 teaspoon salt

Pour 2 cups water into broiler pan; place ribs on broiler grid over water and cover with foil. Bake in 450° F. oven for 10 minutes; reduce temperature to 350° F. for 35 minutes. Combine remaining ingredients and pour over ribs in baking pan. Bake in 350° F. oven, uncovered, until tender, about 45 minutes. Yield: 4 servings.

### BEEF BOURGUIGNONNE

1/8 pound salt pork, diced	1/4 teaspoon each of
12 small white onions	pepper, marjoram,
2 pounds round steak,	thyme
cut into 2" cubes	1 cup red wine
2 tablespoons flour	1 cup beef bouillon
1/2 teaspoon salt	12 small potatoes, peeled
1 cup sliced mushrooms	

Combine pork and onion; sauté until tender. Remove onions. Add beef and brown. Sprinkle with flour and seasonings. Stir in wine and bouillon. Bring to boil, cover and cook over very low heat about 2 hours or until tender. Add onion, potatoes and mushrooms. Cook 45 minutes or until vegetables are tender. Yield: 6 servings.

### BEEF BRISKET WITH HORSERADISH SAUCE

3-4 pounds beef brisket	1 tablespoon flour
3 1/2 teaspoons salt	1 cup milk
1/2 teaspoon pepper	1/2 cup horseradish
1 head cabbage	1 tablespoon lemon juice
1 tablespoon butter	1/4 teaspoon paprika

Cover brisket with water; add 3 teaspoons of the salt and pepper. Cover and bring to boil on Controlled Surface Heat set at 350° F. Turn temperature to 200° F. and cook 4 hours, or until tender. Cut cabbage into 6 wedge-shaped pieces; add during last 30 minutes of cooking. *Sauce:* Melt butter, stir in flour. Gradually add milk, stirring constantly. Bring to boil. Remove from heat; stir in horseradish, lemon juice, paprika and remaining salt. Serve with brisket. Yield: 6 servings.

### BEEF POT ROAST

3 pound shoulder or	1/4 teaspoon pepper
chuck roast	3 tablespoons shortening
1/4 cup flour	1 onion, minced
1 teaspoon salt	2 cloves garlic, minced
1/2 cup water	

Coat meat with combined flour, salt and pepper. Brown shortening on Controlled Surface Heat set at 300° F. about 20 minutes. Remove roast. Stir in 1 tablespoon seasoned flour used to coat meat. Cook until brown, about 3 minutes. Stir onion, garlic and water. Bring to boil. Return roast; turn to 225° F. Cover and cook about 3 hours or until tender. Yield: 6 servings.

### BEEF STROGANOFF

1 1/2-pound beef fillet or	1 cup beef consommé
sirloin, cut into strips,	1 1/2 tablespoons flour
1 x 1/4-inch	1 teaspoon salt
2 tablespoons olive oil	1/2 teaspoon whole
2 tablespoons butter	caraway seed
1 cup chopped onion	Dash nutmeg
1 1/2 cups sliced mushrooms	1 cup commercial sour cream

Trim all fat from meat. Quickly brown meat in oil and butter; remove meat. Reduce heat; add onion and mushrooms and sauté until soft. Add meat and continue cooking 10 minutes; add consommé and cook 30 minutes. Mix flour and seasonings with sour cream and add to meat mixture. Cook slowly until thick, but do not boil. Serve with buttered noodles or cooked rice. Yield: 4 servings.

## BRACIUOLINI (Rolled Steak)

1 1/4-pound beef round steak, cut very thin	1/2 cup olive oil
Salt and pepper	1 clove garlic, minced
2 tablespoons bread crumbs	1/8 teaspoon oregano
2 tablespoons grated Italian cheese	1 teaspoon minced parsley
	2 hard-cooked eggs

Season steak with salt and pepper. Combine crumbs, cheese, garlic, oregano and parsley; sprinkle over one side of meat. Place eggs at one end of steak and roll up jelly roll fashion. Tie securely with string. Brown meat roll on all sides in hot oil over medium heat. Remove meat. Place meat in Tomato Sauce (recipe page 41). Cover and simmer over low heat 1 to 1 1/2 hours or until gravy is thick and meat is tender. Yield: 4 servings.

## CHILI

2 pounds ground beef	1/4 cup chili powder
4 teaspoons chopped garlic	2 tablespoons flour
1 tablespoon shortening	1 tablespoon salt
2 teaspoons ground cominos (cumin seed)	1/4 teaspoon pepper
	3 cups water

Put ground beef and garlic in hot shortening. Cover and cook over low heat for 15 minutes, or until cooked through. Combine cominos, chili powder, flour, salt and pepper; add to cooked meat and stir well. Add water and cook slowly 30 minutes. Yield: 6 servings.

## CHILI CON CARNE

1 pound ground beef	1 can (10 1/2 ounces)
2 tablespoons shortening	tomato puree
2 onions, chopped	2 bay leaves
1/2 cup chopped green pepper	2 teaspoons salt
1 can (1 pound, 12 ounces) tomatoes	1/4 teaspoon pepper
1 can (8 ounces) tomato sauce	1 tablespoon chili powder
	1 can (15 ounces) chili beans
	Cayenne

Brown beef in shortening. Add remaining ingredients, except beans. Simmer 1 1/2 hours. If thicker chili is desired, simmer 2 1/2 hours. Add chili beans and heat. Yield: 8 servings.

## CHUCK ROAST IN FOIL

3 to 4-pound chuck roast	1 can (10 1/2 ounces)
1 package dried onion soup mix	cream of mushroom soup

Place roast on large sheet of heavy aluminum foil. Pour mushroom soup on top and sprinkle with soup mix. Close foil tightly around roast. Place in roasting pan. Bake in 325° F. oven for 3 to 3 1/2 hours or until very tender. There will be a very thick gravy when roast is done. Yield: 6 servings.

## DAUBE

1/4 pound salt pork	2 tablespoons minced parsley
3 large onions	2 turnips, diced
2 bay leaves	5 carrots, diced
1 clove garlic	1 cup sherry wine
Thyme and cloves	Salt, pepper and cayenne
5-pound beef round roast	
1 tablespoon shortening	

Cut pork into thin shreds; rub with salt and pepper. Chop 1 onion, 1 bay leaf, garlic, thyme and cloves; mix thoroughly. Lard the beef round by making incisions about 3 or 4 inches in length. Insert pieces of salt pork and seasonings. Brown roast in shortening in heavy saucepan. Finely chop the remaining onions and add to the roast. Add remaining bay leaf, parsley, turnips and carrots. Cover tightly; simmer for 10 minutes. Cover with 1 quart boiling water; add sherry, salt, pepper and cayenne. Cover; simmer 3 hours or until tender. Yield: 10 servings.

### DAUBE GLACE

4 veal knuckles	4 sprigs parsley, minced
3-pound beef round roast	1 green pepper, minced
Salt and pepper	1 sprig thyme
1 tablespoon shortening	2 bay leaves
3 onions, quartered	Red pepper
1 cup minced celery	1 tablespoon unflavored gelatin
1/4 cup cold water	

Place veal knuckles in a covered saucepan; cover with water and bring to a rolling boil over full heat. Turn heat to medium. Season with salt and pepper. Place roast in another saucepan with shortening. Brown slowly over medium heat until dark brown on all sides (about 45 minutes). Place roast in saucepan with veal knuckles. Add onions, celery, parsley, green pepper, thyme, bay leaves and red pepper. Cover and cook until meat is fork tender and begins to fall from bone (about 2 hours). Remove veal knuckles and roast; shred meat. Strain meat liquid; add gelatin which has been softened in cold water. Combine shredded meat and strained liquid (4 cups shredded meat and 4 cups liquid). Season to taste. When liquid is cool, pour into a 2-quart casserole dish or mold. Chill several hours. Unmold and serve. Yield: 8 servings.

### EGGPLANT AND BEEF SUPREME

1 medium eggplant	1/4 teaspoon oregano
1/4 cup (1/2 stick) butter	1 can (8 ounces) tomato sauce
1 pound ground beef	1/4 cup grated Parmesan cheese
1 tablespoon instant minced onion	1/2 pound Mozzarella cheese, sliced
1 teaspoon salt	1 teaspoon sugar
1/8 teaspoon black pepper	
1/4 teaspoon basil leaves	

Cut eggplant into 1/2-inch slices. Lightly brown eggplant slices in butter, adding extra butter if needed. Place in shallow 2-quart baking dish. To drippings in skillet, add ground beef, onion, salt, pepper, sugar, basil leaves and oregano; mix well and cook until meat is lightly browned. Spoon meat mixture over eggplant; add tomato sauce and Parmesan cheese. Bake, uncovered, in 350° F. oven for 20 minutes. Place remaining cheese over top of casserole. Bake 10 minutes longer or until cheese is melted. Yield: 6 servings.

### GRILLADES

1 beef round, 1/2 inch thick	1 green pepper, minced
2 tablespoons shortening	1 tablespoon chopped parsley
1 1/2 tablespoons flour	1 clove garlic, minced
1 onion, sliced	1 cup hot water
1 can (1 pound 4 ounces) tomatoes	1 1/2 teaspoons salt
1/4 teaspoon pepper	

Cut beef into individual servings. Brown in shortening; remove and set aside. Brown flour in same shortening, add onion and cook until soft. Add remaining ingredients and meat. Simmer 1 1/2 hours or until tender. Yield: 4 servings.

### HAMBURGERS

1 pound ground beef	1 teaspoon salt
1/8 teaspoon pepper	

Combine ingredients with a fork. Shape into four patties. Broil 3 inches from source of heat for 6 minutes, turn and broil 6 minutes longer. Yield: 4 servings.

*Variations:* Add one of the following:

- 1 small onion, minced
- 1/2 cup chopped mushrooms
- 1 package (1 1/2 ounces) onion soup mix
- Top with slice of American cheese at the end of broiling time
- 1/4 cup barbecue sauce

*Skillet Method:* In a sizzling skillet lightly sprinkled with salt, cook 3/4-inch patties 5 minutes on each side.

### HOW TO CORN BEEF

6 pounds beef brisket	2 teaspoons mixed whole pickling spices
8 cups water	2 bay leaves
1 cup salt	2 cloves garlic, minced
3 tablespoons sugar	1/4 teaspoon saltpeter
1 teaspoon pepper	
2 tablespoons boiling water	

Cover meat with water and bring to boil in large container. Let cool slightly; add salt, sugar, pepper, spices, bay leaves, garlic and saltpeter dissolved in water. When liquid is lukewarm, cover with three thicknesses of cheesecloth and weight it so meat stays covered with brine. Let stand in cool place for 36 hours.

## CORNERED BEEF

Soak meat in cold water for an hour (longer if very salty). Cover with cold water. Add 1 teaspoon vinegar for each quart of water. For 6 pounds of meat, add a carrot and an onion. Simmer until tender, about 20 minutes per pound. If purchased seasoned in pliofil bag, follow packer's directions for handling and cooking.

## HOT TAMALES PIE

1 large onion, chopped	1/2 teaspoon pepper
1 pound ground beef	1 teaspoon ground cumin
2 tablespoons butter	1 can (10 1/2 ounces)
3/4 cup chopped ripe olives	tomato soup
1/3 cup diced celery	2/3 cup whole corn
1 small green pepper, minced	1 recipe Corn Meal Mush*
1 teaspoon salt	1/2 cup grated American cheese
1/2 teaspoon paprika	

Brown onion and beef in butter. Add remaining ingredients except Corn Meal Mush and cheese. Mix well. Pour into greased 2-quart casserole dish. Cover with Corn Meal Mush and sprinkle with cheese. Cover casserole and bake in 350°F. oven for 1 1/2 hours. Yield: 6 servings.

*Corn Meal Mush:* In a saucepan, place 3 cups water, 1/4 teaspoon chili powder and 1 teaspoon cumin. Bring to a boil; gradually stir in 3/4 cup corn meal. Cook over medium heat for 15 to 20 minutes.

## HUNGARIAN GOULASH

2 1/2-pound beef rump or round, cut into 1-inch cubes	1/2 teaspoon dry mustard
1/3 cup chopped suet	1 tablespoon paprika
1/2 cup minced onion	2 tablespoons brown sugar
1/2 clove garlic, crushed	1 tablespoon salt
2 cups water	1 teaspoon Worcestershire sauce
1 cup catsup	1 teaspoon vinegar
	2 tablespoons flour

Brown meat in suet with onion and garlic. Add water, catsup and seasonings; cover and simmer until meat is tender, about 2 hours. Mix flour with 1/4 cup water; add to meat mixture while stirring constantly. Cook slowly until thick. Serve with buttered noodles. Yield: 4 servings.

## MEAL-IN-A-DISH CASSEROLE

1 pound ground beef	1 tablespoon Worcestershire sauce
1/2 medium onion, minced	2 bay leaves
1/2 green pepper, minced	2 medium tomatoes, sliced
2 cloves garlic, minced	1 can (1 pound 4 ounces) whole kernel corn
2 stalks celery, minced	1/2 cup grated American cheese
Salt and pepper to taste	1 cup bread crumbs
1 tablespoon chili powder	
Dash of cayenne	
4 tablespoons shortening	
1 cup tomato catsup	

Combine first eight ingredients and brown in shortening over low heat. Add catsup, sauce and bay leaves; mix thoroughly. Line bottom of a 2-quart greased casserole with a layer of sliced tomatoes. Top with a layer of ground meat, then a layer of corn. Repeat layers. Top with cheese and bread crumbs. Bake in 350° F. oven for 45 minutes. Yield: 6 servings.

## MEATBALLS IN SPANISH RICE

1 pound ground beef	1 onion, chopped
1/4 cup fine dry bread crumbs	3/4 cup rice
1/4 cup milk	1 can (1 pound 13 ounces) tomatoes
1 teaspoon salt	1 1/2 teaspoons salt
1 tablespoon shortening	1 teaspoon chili powder, if desired
1/4 cup chopped green pepper	1 small bay leaf

Combine beef, bread crumbs, milk and 1 teaspoon salt. Shape into 20 balls. In large skillet, brown meatballs in shortening. Remove meatballs and drain off excess drippings. Stir in onion, green pepper and rice. Cook, stirring constantly, until onion is clear and rice is lightly browned, about 8 minutes. Add remaining ingredients and meatballs. Stir to blend. Cover and cook over low heat until rice is done, about 35 minutes. Yield: 6 servings.

MEAT BALLS AND TOMATO GRAVY

- |  |                            |
|--|----------------------------|
| 2 slices day-old bread                         | 1 clove garlic, minced     |
| 1 pound ground beef                            | 1 tablespoon chopped onion |
| 3 tablespoons grated Romano or Parmesan cheese | 1 teaspoon salt            |
| 2 tablespoons chopped parsley                  | 1/8 teaspoon pepper        |
| 1 egg, slightly beaten                         | 6 tablespoons olive oil    |
|  | Flour                      |

Soak bread in water 5 minutes; squeeze dry. Mix thoroughly with meat, cheese, parsley, egg, garlic, onion, salt and pepper. Shape into balls the size of a small egg. Roll in flour. Fry in hot oil for about 10 minutes, turning often. Remove meat balls and stir in flour. Add ingredients below, except spaghetti and cheese; stir until well blended. Cover and simmer for 1 hour, stirring occasionally. Sprinkle with grated Parmesan cheese. Yield: 6 servings.

*Tomato Gravy*

- |  |   |
|--|---|
| 2 tablespoons flour                      | 1 cup minced onion                      |
| 2 cans (1 pound, 4 ounces each) tomatoes | 2 small bay leaves                      |
| 6 tablespoons minced parsley             | 1 tablespoon sugar                      |
| 6 tablespoons minced green pepper        | 1 clove garlic, minced                  |
| 2 1/2 teaspoons salt                     | 1/2 pound spaghetti, cooked and drained |
|  | Parmesan cheese                         |

MEAT LOAF

- |                        |                         |
|------------------------|-------------------------|
| 4 slices toasted bread | 1 tablespoon salt       |
| 3/4 cup milk           | 1 clove garlic, minced  |
| 2 pounds ground beef   | 1/4 teaspoon pepper     |
| 1 medium onion, minced | 2 eggs, slightly beaten |

Crumble bread; add milk. Blend until of paste-like consistency. Add meat, onion, salt, garlic, pepper and eggs. Stir until mixture is stiff. Form into loaf in baking dish. Bake in 350°F. oven 1 1/2 hours. Yield: 8 servings.

MOUSSAKA

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 large eggplant, peeled and sliced | 1/3 cup grated Parmesan cheese |
| Juice of 1 lemon                    | 1/2 teaspoon salt              |
| Flour                               | 1/8 teaspoon pepper            |
| 1/4 cup olive oil                   | 1 cup tomato puree             |
| 3 medium onions, chopped            | 1 teaspoon oregano             |
| 1 pound ground lamb or beef         | 1/8 teaspoon nutmeg            |
|                                     | 1 cup Rich Cream Sauce         |

Dip eggplant in lemon juice and sprinkle with flour. Heat oil, add eggplant slices, and sauté until lightly brown. Remove eggplant; pour off all but 2 tablespoons oil. Add onions and meat; cook until redness disappears. Season with salt and pepper. Mix puree, oregano and nutmeg. Alternate layers of eggplant, meat mixture and puree mixture in 2-quart greased casserole. Top with Cream Sauce. Sprinkle with cheese. Bake in 350° F. oven 25 minutes. Yield: 6 servings.

PEPPER STEAK

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 2 1/2 pound chuck steak             | 1/2 teaspoon pepper                 |
| Unseasoned meat tenderizer          | 1 can (1 pound, 12 ounces) tomatoes |
| 1/4 cup shortening                  | 1 can (8 ounces) tomato sauce       |
| 4 green peppers, cut in strips      | 1/2 cup water                       |
| 3 medium onions, sliced             | 1 beef bouillon cube                |
| 2 tablespoons chopped celery leaves | 1/2 teaspoon thyme                  |
| 1 tablespoon minced parsley         | 2 bay leaves                        |
| 1/2 teaspoon salt                   |                                     |

Cut steak in strips about 1 inch wide and sprinkle with meat tenderizer. When tenderizing time is complete, heat shortening on Controlled Surface Heat set at 350° F. Brown meat on all sides; add vegetables and remaining ingredients. Bring to boil, cover, lower temperature to 300° F. and cook until meat is tender, about 1 1/4 hours. Yield: 6 servings.

## PORCUPINES

1 pound ground beef	1/8 teaspoon cayenne
1 egg	1/4 cup rice
1 medium onion, minced	2 1/2 cups canned tomato
2 tablespoons minced parsley	juice
1 teaspoon salt	1 cup thinly sliced celery
1/8 teaspoon pepper	1/2 teaspoon chili powder
1/4 cup water	1/4 teaspoon salt

Combine ground beef, egg, onion, parsley, salt, pepper and cayenne; toss together lightly with fork. Shape into 12 small balls; pat rice on balls. In large saucepan combine tomato juice, celery, chili powder, salt and water. Bring to boil and add meat balls. Turn heat low, cover and simmer 35 to 40 minutes, or until rice is cooked. Yield: 4 servings.

## SALISBURY STEAK

1 1/2 pounds ground beef	2 teaspoons grated onion
1 1/2 teaspoons salt	1 egg, beaten
1/8 teaspoon pepper	Melted butter

Combine all ingredients, except butter. In buttered, shallow baking pan, mold meat into shape of steaks, 1 1/2-inches thick. Brush top and sides with butter and bake in 450°F oven 10 minutes; heat to 325°F and cook 25 minutes. Brush with butter once or twice during cooking. Garnish with sautéed mushrooms. Yield: 6 servings.

*Mushroom Sauce:* Sauté 1 tablespoon chopped green onion and 1/4 pound sliced mushrooms in 3 tablespoons butter for 5 minutes. Add 1 teaspoon lemon juice and 1 can beef gravy. Yield: 2 cups.

## SAUERBRATEN

4-pound beef rump	4 bay leaves
2 cups vinegar	6 whole peppercorns
2 cups water	2 tablespoons salt
2 onions, sliced	2 tablespoons sugar
1 lemon, sliced	1/2 cup flour
10 whole cloves	2 tablespoons shortening

Place meat in deep bowl. Combine next 9 ingredients and pour over meat; cover and refrigerate 24 to 36 hours. Turn meat 2 or 3 times to marinate evenly. Remove meat from marinade and rub surface lightly with flour. Brown meat on all sides in hot shortening. Add 1 cup of the marinade. Cover and simmer 3 hours or until very tender. During cooking time, add more marinade to keep 1/2-inch in pan. Yield: 8 servings. Serve with Spicy Gravy.

*Spicy Gravy*

6 gingersnaps, crumbled	2 cups strained Sauerbraten
1/4 cup flour	marinade
Salt and pepper	

Stir snaps and flour into marinade; simmer 10 minutes. Season and serve over sliced Sauerbraten.

## SHISH KABOB

2 medium onions	3/4 pound fresh mushroom
3 medium tomatoes	caps
2 green peppers	Cooking oil
2 pounds beef tenderloin	Salt and pepper

Peel and quarter onions and separate into layers. Cut tomatoes into 6 wedges each and pepper into 1 1/2-inch squares. Cut meat into cubes, 1 1/2 by 2 inches. Slide a piece of meat on skewer, then pieces of green pepper, a mushroom and a layer of onion. Continue to alternate meat and vegetables, ending with meat. (Since tomatoes cook quicker than other ingredients, they should be broiled separately. Thread on a skewer and broil only until lightly browned.) Brush meat and vegetables with oil. Broil until meat is of desired doneness, turning several times to brown evenly on all sides. Season with salt and pepper and push from skewers onto serving plates. Yield: 4 servings.

*Variation:* A less tender cut of beef, such as chuck, may be marinated and substituted for tenderloin.

## SHORT RIBS, BAYOU STYLE

2 tablespoons shortening	1/4 cup chopped celery
3 pounds short ribs, cut into pieces	leaves
Flour	1 tablespoon salt
2 bay leaves	1/4 teaspoon pepper
8 whole cloves	1 can (8 ounces) tomato
1 clove garlic, minced	sauce
1/2 green pepper, chopped	1 cup water
	1/2 lemon, sliced

Heat shortening in electric skillet set at 300° F. Coat meat lightly with flour. Brown in skillet 5 to 8 minutes. Add remaining ingredients and turn temperature to 200° F. Cover and cook 2 to 3 hours or until meat is very tender. Add more water, if necessary. Yield: 6 servings.

## SLOPPY JOES

1 tablespoon oil	3 drops hot sauce
1 pound ground beef	1 teaspoon salt
1 1/2 cups chopped onion	1/2 teaspoon monosodium
1 1/2 cups chopped celery	glutamate
1 can (8 ounces)	1/4 teaspoon chili powder
seasoned tomato sauce	1/8 teaspoon pepper
1 can (10 1/2 ounces)	6 hamburger buns,
condensed tomato soup	split and toasted

Heat oil in a skillet. Add beef, onion and celery; cook until red color disappears. Add tomato sauce, soup and seasonings; simmer, uncovered, about 2 minutes. Spoon onto buns. Yield: 6 servings.

## SKILLET MEAL

2 slices bacon, diced	1/4 teaspoon pepper
1/2 cup chopped onion	1 tablespoon sugar
1 clove garlic, minced	2 cups small shell
1 pound ground beef	macaroni, uncooked
1 teaspoon marjoram	1 can (16 ounces) tomatoes
1/2 teaspoon basil	1/4 cup water
1 1/2 teaspoons salt	1/4 cup Parmesan cheese

Preheat electric skillet to 300° F. Fry bacon until crisp; stir in onion and garlic. Add ground beef and seasonings; cook, stirring occasionally, until meat begins to brown. Add macaroni, tomatoes and water. Cover and cook for 5 minutes. Stir and reduce temperature to 200° F.; cook for 30 minutes. Sprinkle cheese on top before serving. Yield: 6 servings.

## VEAL PANEES

6 thin veal cutlets	1/2 cup flour
1 teaspoon salt	1 egg, beaten
1/4 teaspoon pepper	1 cup dry bread crumbs

Coat cutlets with combined salt, pepper and flour. Dip cutlets in egg, then coat with bread crumbs. Heat 1/4 inch shortening in skillet over medium heat; add cutlets and sauté about 5 minutes on each side or until lightly browned. Yield: 6 servings.

## STUFFED BREAST OF VEAL

Have pocket cut in breast of veal from large end. Season inside and out with salt and pepper. Fill pocket with Sausage Stuffing. Fasten edges together with skewers or sew with string. Place on rack in shallow roasting pan and roast, uncovered, in 325° F. oven until done, allowing 30 minutes per pound.

*Sausage Stuffing*

1/4 pound bulk pork	2 tablespoons butter
sausage	1/2 teaspoon salt
2/3 cup fine dry bread	1/8 teaspoon pepper
crumbs	1/8 teaspoon nutmeg
1/4 cup water	1 egg
1/3 cup grated onion	

Combine all ingredients.

## VEAL CHOP DINNER

4 1/2-inch veal chops	4 cups thinly sliced
2 tablespoons flour	potatoes
3 tablespoons oil	2 cups thinly sliced onions
1/3 cup grated Parmesan	3 beef bouillon cubes
cheese	3/4 cup hot water
1 teaspoon salt	1 tablespoon lemon juice
1/4 teaspoon pepper	

Coat veal chops with flour and brown slowly in hot oil. Combine cheese, salt and pepper; sprinkle 2 tablespoons of mixture over meat. Cover with potato slices; sprinkle with 2 more tablespoons of cheese. Add onion slices and sprinkle with remaining cheese. Dissolve bouillon cubes in hot water; add lemon juice and pour over meat. Cover; simmer about 4 minutes or until potatoes are tender. Garnish with parsley. Yield: 4 servings.

## VEAL CORDON BLEU

4 veal cutlets, 1/4-inch thick	1 egg
Salt	1 cup milk
4 slices Gruyere cheese	1/2 cup bread crumbs
4 slices boiled ham	1/4 cup (1/2 stick) butter
1/4 cup flour	4 lemon wedges

Pound cutlets until thin; salt and slash edges to prevent curling. Place 1 slice cheese and ham on 1/2 of each cutlet; fold over second half and pound together. Trim edges. Coat cutlets on both sides with flour; dip in combined egg and milk, then bread crumbs. Pat crumbs firmly around cutlets. Sauté in butter about 10 minutes on each side or until lightly browned. Serve with lemon wedges. Yield: 4 servings.

## VEAL SCALLOPINI

1 1/2-pound veal steak, 1/2-inch thick	1/4 cup shortening
1 teaspoon salt	1 medium onion, thinly sliced
1 teaspoon paprika	1 small green pepper, cut in strips
1/2 cup oil	1 1/4 cups canned bouillon
4 tablespoons lemon juice	1/4 pound mushrooms, sliced
1 clove garlic, minced	1 tablespoon butter
1 teaspoon dry mustard	
1/2 teaspoon sugar	
1/4 cup flour	

Slice veal into serving pieces and place in single layer in shallow dish. Combine salt, paprika, oil, juice, garlic, mustard and sugar; pour over veal. Chill at least 15 minutes. Remove veal from marinade; lightly coat with flour. Brown veal in hot shortening over medium heat about 15 minutes. Add onion and green pepper. Combine bouillon with veal marinade; pour over veal. Cover and cook over low heat until veal is very tender, about 40 minutes. Sauté mushrooms in butter over low heat until tender, about 10 minutes. Add to veal and cook 5 minutes longer. Yield: 4 servings.

## VEAL PARMESAN

1 pound thin veal steak	1 medium onion, minced
Salt and pepper	2 tablespoons butter
1 egg	1 can (6 ounces) tomato paste
2 teaspoons water	2 cups hot water
1/3 cup grated Parmesan cheese	1 teaspoon salt
1/3 cup fine dry bread crumbs	1/2 teaspoon marjoram
1/2 cup cooking oil	1/2 pound mozzarella cheese

Cut veal into 6 to 8 pieces. Sprinkle with salt and pepper. Beat egg with 2 teaspoons water. Dip veal in egg; then roll in mixture of cheese and crumbs. Heat oil in large skillet; fry veal until golden brown on both sides. Place veal in shallow baking dish. Sauté onion in butter until soft. Add paste mixed with hot water, salt and marjoram. Simmer for 1 hour, stirring occasionally. Pour most of the sauce over veal. Top with thin slices of cheese, then pour remaining sauce over cheese. Bake in 350°F oven for approximately 30 minutes. Yield: 4 servings.

## BAKED CHEESE FONDUE

5 eggs, separated	3/4 teaspoon salt
1 1/4 cups milk	2 cups (1/2 pound) shredded Cheddar cheese
2 cups soft bread crumbs	
1/2 teaspoon dry mustard	

Beat egg yolks; add milk, crumbs, seasonings and cheese. Fold in stiffly beaten egg whites. Pour into greased custard cups and place in pan of hot water. Bake in 325° F oven until firm, about 30 minutes. Unmold and serve with Spanish Sauce. Yield: 6 servings.

*Spanish Sauce*

1/2 green pepper, chopped	2 cups canned tomatoes
1 small onion, chopped	1/2 cup mushrooms
2 tablespoons butter	Salt and pepper

Sauté green pepper and onion in butter for 5 minutes or until tender. Add tomatoes and simmer 15 minutes. Add mushrooms and seasonings. Simmer 5 minutes.

### BAKED GRITS

- |   |   |
|---|---|
| 1 cup grits                                   | 1/8 teaspoon hot sauce                    |
| 2 teaspoons salt                              | 3/4 of 6-ounce roll garlic cheese, cubed  |
| 4 cups boiling water                          | 1/4 of 6-ounce roll garlic cheese, grated |
| 1 small onion, grated                         | 1/4 cup (1/2 stick) butter                |
| 1 clove garlic, minced                        |   |
| 1 egg, well-beaten plus milk to equal one cup |   |

Cook grits in salted water. Add ingredients in order listed, reserving grated cheese for topping. Stir until cheese melts. Bake in greased 1 1/2-quart casserole in 350° F. oven for 30 minutes. Sprinkle with grated cheese. Yield: 8 servings.

*Variation:* Cook 1 cup grits according to package directions. Remove from heat. Fold in 1 cup grated American cheese and 1 teaspoon garlic powder. Yield: 6 servings.

### CHEESE STRATA

- |                                 |                               |
|---------------------------------|-------------------------------|
| 12 slices day-old bread         | 1/2 teaspoon prepared mustard |
| 1/2 pound sliced Cheddar cheese | 1 tablespoon chopped onion    |
| 4 eggs                          | 1 1/2 teaspoons salt          |
| 2 1/2 cups milk                 | 1/8 teaspoon pepper           |

Arrange 6 slices of bread (crusts trimmed) in 12 x 7 x 2-inch baking dish. Cover with cheese, then remaining bread. Beat eggs; add milk, mustard, onion, salt and pepper. Pour over bread. Let stand 1 hour. Bake in 325° F. oven for 1 hour. Yield: 6 servings.

### CHILI CORN BAKE

- |   |                                  |
|---|----------------------------------|
| 2 eggs, beaten                                  | 1/4 cup melted bacon drippings   |
| 1 cup cream-style corn                          | 1 1/3 cups grated Cheddar cheese |
| 1 cup commercial sour cream or thick buttermilk | 1 small can green chilies        |
| 1 cup yellow cornmeal                           | 1 small can sliced ripe olives   |
| 3 teaspoons baking powder                       |                                  |
| 1 1/2 teaspoons salt                            |                                  |

Combine eggs, corn and cream. Stir in mixed dry ingredients and drippings. Spread half this batter in a greased 9-inch square pan. Cover with half the cheese. Rinse chilies; remove seeds. Cut into strips and lay over cheese. Drain olives; sprinkle over chilies. Cover with rest of batter and cheese. Bake in a 350° F. oven for 1 hour or until lightly browned. Cut into squares; serve warm. Can be reheated. Yield: 8 servings.

### BROILED VENISON STEAK

Marinate 1-inch thick steak for 3 to 4 hours. Remove from marinade and rub with garlic. Brush with butter; broil 3 inches from source of heat for 12 minutes. Turn, brush with butter and continue broiling 12 minutes. Season with salt and pepper. Yield: 4 servings.

### BRUNSWICK STEW

- |                      |   |
|----------------------|---|
| 3 squirrels, cut     | 2 cans (1 pound 4 ounces each) tomatoes or 5 cups fresh |
| 3 quarts water       | 2 cups diced potatoes                                   |
| 1/4 cup diced bacon  | 2 cups lima beans                                       |
| 1/4 teaspoon cayenne | 2 cups cut corn   |
| 2 teaspoons salt     |   |
| 1/4 teaspoon pepper  |   |
| 1 cup chopped onion  |   |

Place squirrels in large saucepan; add water. Bring slowly to a boil; reduce heat and simmer 1 1/2 to 2 hours, or until tender, skimming surface occasionally. Remove meat from bones and return to liquid. Add remaining ingredients, except corn. Cook 1 hour longer. Add corn and continue to cook 10 minutes. Yield: 8 servings.

### FRANKFURTERS WITH MASHED POTATOES

- |                                |                                 |
|--------------------------------|---------------------------------|
| 8 frankfurters                 | 2 cups seasoned mashed potatoes |
| 1/2 cup grated American cheese |                                 |

Slit frankfurters lengthwise almost through, spread open and place cut side up on a greased baking sheet. Place 1/4 cup potatoes in each frankfurter; sprinkle with cheese. Bake in a 400° F. oven for 10 to 15 minutes. Yield: 4 servings.

### FRIED RABBIT OR SQUIRREL

- |                              |                               |
|------------------------------|-------------------------------|
| 1 rabbit or squirrel, cut    | 1 egg                         |
| Salt and pepper              | 1/4 cup flour                 |
| 1/8 teaspoon crushed oregano | 1/2 cup fine dry bread crumbs |
| 2 tablespoons milk           |                               |

Season meat with salt, pepper and oregano. Combine milk and egg; beat slightly. Coat pieces with flour, dip in egg mixture and then roll in crumbs. Brown in 1/2-inch hot shortening; reduce heat and cook 30 minutes or until tender. Yield: 2 servings.

## HASENPFEFFER

1 rabbit, cut	1 teaspoon salt
Vinegar	1/8 teaspoon pepper
Water	1/4 cup shortening
1 onion, sliced	1 cup commercial sour cream
12 whole cloves	
3 bay leaves	

Marinate meat in equal parts of vinegar and water. Add onion, cloves, bay leaves, salt and pepper. Marinate 2 days, turning meat frequently, but keeping it entirely covered. Remove meat and pat dry. Brown on all sides in hot shortening; drain off fat and add enough of marinade to cover meat. Cover and simmer 30 minutes. Add sour cream and bring to a boil. Remove bay leaves and serve. Yield: 6 servings.

## ROAST VENISON

For a tender cut from the leg or saddle of venison, make small slits in venison with a sharp knife and fill slits with bits of pork or bacon. Season with salt and pepper. Roast in 325°F. oven for 20 to 25 minutes per pound.

## SHEPHERD'S PIE

2 cups coarsely chopped cooked roast beef, veal or lamb	1 cup cooked, cubed carrots
1 tablespoon flour	1 cup cooked green peas, drained
2 tablespoons cooking oil	1/2 teaspoon salt
2 1/2 cups leftover gravy	1/4 teaspoon pepper
6 small onions, cooked and drained	1 egg, beaten
	2 1/2 cups mashed potatoes

Coat meat lightly with flour; sauté in oil for 5 minutes, stirring constantly. Add gravy, onions, carrots and peas. Stir until blended and thoroughly heated. Season. Pour into greased 1 1/2-quart casserole. Mix egg and potatoes; spoon into ring on top of meat mixture. Bake in 425° F. oven for 15 minutes or until gravy bubbles and ring is brown. Yield: 4 servings.

## SMOKED SAUSAGE IN BROWN GRAVY

1 8-inch link smoked sausage	2 tablespoons flour
2 tablespoons shortening	1 cup water

Cut sausage into 1/2-inch pieces. Brown sausage in shortening. Remove sausage; add flour and brown. Add water and sausage. Do not add salt and pepper. Cover and cook over low heat for 15 to 20 minutes. Serve over rice. Yield: 4 servings.

## STEWED RABBIT

2 rabbits	1 clove garlic, minced
Salt and pepper	1 bay leaf
2 onions, minced	2 sprigs thyme
1 tablespoon butter	2 sprigs parsley
1 tablespoon flour	1 cup red wine
1 cup boiling water	

Season rabbit with salt and pepper. Sauté onion in butter until lightly browned. Add rabbit and brown well on all sides. Stir in flour and brown. Add garlic and seasonings and wine; simmer 10 minutes, stirring constantly. Add water and simmer 30 minutes or until tender. Yield: 4 servings.

## VENISON KABOB

Marinate cubes of venison loin in 1/2 cup lemon juice, 1 cup salad oil, 1 1/4 teaspoons crushed oregano and 3 cloves minced garlic for 4 to 6 hours in the refrigerator.

Alternate meat cubes and green pepper, onions and tomatoes on skewers. Brush kabob with marinade; broil 4 inches from source of heat, turning several times and brushing with butter, until evenly brown on all sides, about 15 minutes.

WIENER STEW

2 tablespoons oil	6 wieners
1 tablespoon flour	1 can (8 ounces) tomato sauce
3 tablespoons chopped celery	2 cans water
1/4 cup chopped green onions	1/8 teaspoon pepper
2 1/2 tablespoons chopped green pepper	3/4 teaspoon salt
1 clove garlic, minced	1 teaspoon sugar
	1 teaspoon parsley

Heat oil in heavy skillet over medium heat. Stir in flour and continue stirring until brown, about 3 minutes. Add celery, onion and green pepper and cook 3 minutes. Stir in garlic; add tomato sauce, water, pepper, salt and sugar. Bring to boil; add parsley. Cover, turn heat low and simmer 45 minutes. Cut each wiener into thirds; add to gravy. Continue cooking for 15 minutes. Yield: 4 servings.

BAKED MACARONI AND CHEESE

1 package (8 ounces) macaroni	2 cups milk
2 cups (1/2 pound) cubed Cheddar cheese	1 teaspoon salt
	1/4 teaspoon pepper

Slowly add macaroni to 3 quarts rapidly boiling salted water. Cook, uncovered, for 7 to 10 minutes or until tender. Drain quickly in colander. Rinse macaroni in hot water. Add 3 tablespoons butter to prevent macaroni from sticking together. Place cooked macaroni, cheese, salt and pepper in alternate layers in buttered 11 1/2 x 7 1/2 x 1 1/2-inch oblong baking dish, ending with a layer of cheese on top. Pour milk over all. If desired, sprinkle with paprika. Bake in 350° F. oven for 35 to 45 minutes or until brown on top. Yield: 6 servings.

QUICK MEAL

1 package macaroni and cheese dinner	1 can crab meat or substitute
Shrimp or crawfish	

Prepare macaroni dinner as instructed on box. Add cheese mix; add more cheese if desired. When done, add seafood; mix. Heat thoroughly. Yield: 4-5 servings.

BAKED LASAGNA

1 onion, minced	1/4 teaspoon pepper
1 clove garlic, minced	1/2 pound lasagna noodles
1 pound ground beef	2 1/2 quarts boiling water
2 tablespoons shortening	1 cup creamed cottage cheese
1 can (16 ounces) whole tomatoes	1/2 pound sliced Mozzarella cheese
1 can (8 ounces) tomato sauce	1/4 cup grated Parmesan cheese
1 teaspoon oregano	
1 1/3 tablespoons salt	

Sauté onion, garlic and meat in shortening over medium heat until redness disappears, about 15 minutes. Add tomatoes, tomato sauce, oregano, 1 teaspoon salt and pepper. Simmer, stirring occasionally about 45 minutes. In another saucepan, cook lasagna in water with remaining 1 tablespoon salt for 15 to 20 minutes. Drain. Pour 1/3 hot tomato-meat sauce in baking dish; add layer lasagna, 1/2 the cottage cheese, 1/3 Mozzarella slices and 1/2 the Parmesan cheese. Repeat layers as above, ending with remaining tomato-meat sauce and Mozzarella cheese. Bake in 350° F. oven for 20 minutes or until bubbly. Yield: 6 servings.

CRAWFISH SPAGHETTI

1/4 cup shortening	1 can (8 ounces) tomato sauce
1 large onion, chopped	Salt and pepper
1/2 cup chopped celery	2 pounds crawfish meat
1/2 cup chopped parsley	1/2 cup sherry wine
2 cloves garlic, minced	1 pound spaghetti, cooked
1 can (1 pound 3 ounces) whole tomatoes	Grated Italian cheese
1 1/2 cups water	

In a saucepan, melt shortening; add onion, celery, parsley and garlic. Sauté until golden brown and transparent. Add tomatoes, tomato sauce and water; season. Cover and simmer for 3 hours, stirring occasionally. Add crawfish and wine; continue cooking for 30 minutes. Add cooked spaghetti to sauce; mix well. To serve, sprinkle generously with cheese. Yield: 8 servings.

## EGGPLANT LASAGNA

1/2 pound lasagna noodles	16 ounces Mozzarella
1 medium eggplant	cheese, thinly sliced
2 eggs	1 jar (29 ounces) meatless
2 tablespoons water	spaghetti sauce
1 cup Italian bread crumbs	1/4 cup grated Parmesan
2 tablespoons salad oil	cheese

Cook lasagna in boiling water until tender, about 15 to 20 minutes. Drain. Peel eggplant and cut into 1/2-inch slices. Dip slices into combined eggs and water, then into bread crumbs. Heat oil in a skillet and cook eggplant slices until tender, adding more oil when necessary. Drain on paper towels. In a greased 13 by 9-inch baking dish, arrange in layers, half of the noodles, eggplant, Mozzarella cheese and spaghetti sauce; repeat layers. Sprinkle Parmesan cheese over sauce. Bake in a 350°F. oven for 30 minutes. Yield: 8 servings.

## ROMAN HOLIDAY

1/2 pound spaghetti	1/4 pound mellow
2 slices bacon, diced	Cheddar cheese
1 pound ground beef	1/2 cup olive salad mix
1 can (10 1/2 ounces)	1 can (4 ounces)
tomato soup	mushroom pieces
1 medium onion, sliced	with liquid
1 clove garlic	1 tablespoon chopped
1/4 pound sharp	parsley
Cheddar cheese	Grated Parmesan cheese

Cook spaghetti until tender; drain. In a skillet, fry bacon until crisp; add meat and cook until brown, stirring often. Drain excess drippings. Place soup, onion, garlic, cheese, 1/4 cup olive mix and 1/2 the mushrooms in blender container. Blend until smooth. Add to meat mixture with parsley, remainder of mushrooms and olive mix. Stir until blended and thoroughly heated. Combine with spaghetti. Place 1/2 the mixture in casserole; sprinkle generously with Parmesan cheese. Repeat and top with Parmesan cheese. Bake in 325° F. oven for 30 minutes. Yield: 6 servings.

## RAVIOLI

*Pasta:*

3 cups flour	2 eggs
1/4 teaspoon salt	2 tablespoons butter
1 cup warm water	

Sift flour and salt together. Place on a board, drop eggs in center, add butter and mix. Gradually add enough water to make a rather stiff dough. Knead until smooth; cover and let stand about 10 minutes. Cut in half; roll on lightly floured board until very thin.

*Filling:*

1 cup minced cooked	2 eggs, beaten
chicken	2 teaspoons minced
1 cup chopped cooked	parsley
spinach	1/2 clove garlic, minced
1/2 cup bread crumbs	3/4 teaspoon salt
1/3 cup grated Parmesan	1/4 teaspoon pepper
cheese	

Blend all ingredients, except eggs. Gradually add enough beaten egg to hold mixture firmly together. Drop teaspoonfuls of filling, about 2 inches apart, on one sheet of dough until filling is used. Then cover with other sheet. With finger tips, gently press around each mound of filling to form a little filled square. Cut squares apart with pastry cutter. Place 8 quarts of salted water into deep pot. When rapidly boiling, cook ravioli about 10 minutes or until dough is tender. Remove carefully with perforated soup skimmer. Place serving portions on individual heated plates; top with Tomato Sauce (see recipe page 41); sprinkle with grated Parmesan cheese. Yield: 6 servings.

## FETTUCCHINE VERDI

3 quarts water	1/2 cup (1 stick) butter
1 1/2 tablespoons salt	1/2 cup freshly grated
8-ounces green noodles or	Parmesan cheese
egg noodles	Freshly ground black pepper

In a large saucepan, bring water to boiling point. Add salt and noodles gradually while stirring constantly. Boil rapidly, stirring occasionally, until noodles are tender, about 8 minutes. Drain well. Place noodles in a skillet over low heat. Gradually stir in softened, not melted, butter and grated cheese alternately while lifting and turning noodles with a fork. Toss until noodles are evenly coated. Quickly remove to serving dish; sprinkle with pepper. Serve immediately. Yield: 4 servings.

STUFFED MANICOTTI

- |                                     |   |
|-------------------------------------|---|
| 2 tablespoons oil                   | 2 1/2 cups water                          |
| 1 clove garlic, minced              | 1 can (4 ounces) mushroom pieces, drained |
| 3/4 cup minced onion                | 1 pound ground beef                       |
| 2 cans (8 ounces each) tomato sauce | 1 pound ricotta cheese                    |
| 1 tablespoon flour                  | 1 teaspoon basil                          |
| 1 teaspoon salt                     | 12 manicotti shells, cooked               |
| 2 teaspoons oregano                 | 1 cup shredded Mozzarella cheese          |
| 1 teaspoon basil                    |   |
| 1 teaspoon sugar                    |   |
| 1/4 teaspoon pepper                 |   |

In a skillet, heat oil and stir in garlic and 1/4 cup onion. Add tomato sauce. Combine flour and seasonings; stir into tomato mixture. Add water and mushrooms. Bring to a boil, reduce heat and simmer uncovered, 20 to 25 minutes. Brown ground beef and remaining 1/2 cup onions; pour off excess fat. Stir in ricotta cheese and basil. Stuff shells with meat mixture. Arrange in 9 x 13 x 2-inch casserole; pour sauce over manicotti, making sure all shells are covered. Cover casserole and bake in 400°F oven for 45 to 60 minutes. Remove cover and sprinkle with Mozzarella cheese; continue baking for 5 minutes or until cheese melts. Yield: 6 servings.

TURKEY TETRAZZINI

- |                                  |  |
|----------------------------------|--|
| 1/2 cup sliced mushrooms         | 1/4 teaspoon pepper                                |
| 1/2 cup thinly sliced onion      | 1/2 cup shredded American cheese                   |
| 4 tablespoons (1/2 stick) butter | 1/2 teaspoon poultry seasoning                     |
| 1/4 cup flour                    | 1 package (8 ounces) spaghetti, cooked and drained |
| 2 cups chicken broth or bouillon | 3 cups diced cooked turkey                         |
| 1 cup light cream                |  |
| 1 teaspoon salt                  |  |

Sauté mushrooms and onion in butter. Stir in flour; cook until bubbly. Add broth, cream and seasonings. Cook, stirring frequently until mixture boils. Place layer of spaghetti in buttered 2-quart casserole. Cover with layer of turkey and layer of sauce. Repeat, ending with spaghetti. Sprinkle cheese over top. Bake in 400°F oven for 2 minutes. Yield: 6 servings.

STUFFED TUFOLI

*Tomato Sauce:*

- |  |                            |
|--|----------------------------|
| 1 cup chopped onion                            | 1 cup beef stock or water  |
| 2 cloves garlic, minced                        | 3 tablespoons tomato paste |
| 1 1/2 tablespoons olive oil                    | 1 bay leaf                 |
| 1 can (16 to 17 ounces) Italian-style tomatoes | 1/4 teaspoon salt          |
| 1/4 teaspoon oregano                           | 1/8 teaspoon pepper        |

Sauté onions and garlic in olive oil until golden, stirring frequently. Add tomatoes, beef stock, tomato paste, bay leaf, salt and pepper. Simmer, uncovered, for 2 hours, adding water if necessary. Add oregano and simmer 15 minutes. Yield: 2 1/2 cups.

*Stuffing:*

- |  |                              |
|--|------------------------------|
| 1 large onion, minced                                | 1 cup grated Parmesan cheese |
| 1 large green pepper, minced                         | 1/4 cup minced parsley       |
| 1 stalk celery, minced                               | 2 hard-cooked eggs, minced   |
| 4 cloves garlic, minced                              | 1 cup bread crumbs           |
| 1/4 cup olive oil                                    | 2 eggs, well beaten          |
| 1/2 pound ground beef                                | 1 1/2 teaspoons oregano      |
| 1/3 pound lean pork                                  | Salt and pepper              |
| 1 package (10 ounces) frozen chopped spinach, thawed | 12 ounces Tufoli (size 29)   |

Sauté onion, pepper, celery and garlic in olive oil until tender; add ground beef and pork. Cook, stirring constantly, until red color disappears. Add spinach, cheese, parsley, and hard-cooked eggs. Continue cooking until mixture is well blended. Add bread crumbs, eggs and oregano. Season with salt and pepper. Cook until mixture is firm. Cook tufoli in boiling salted water, about 12 minutes or until tender, but firm; drain. Stuff with meat mixture and arrange in baking dish. Cover with Tomato Sauce and bake in 350°F oven for 20 minutes. Yield: 42 stuffed Tufoli.

## CHEESE PIZZA

1 can (8 ounces) tomato sauce	1 cup shredded Mozzarella cheese
1/4 cup chopped onion	1/2 cup sliced stuffed olives
1 teaspoon garlic salt	1 can (6 ounces) mushrooms
1/2 teaspoon oregano	1/2 cup grated Parmesan cheese
12-inch pizza crust, unbaked	

Combine tomato sauce, onion, garlic salt and oregano. Spread over unbaked pizza crust. Cover sauce with Mozzarella. Sprinkle olives and mushrooms over top; cover with Parmesan. Bake in 425° F. oven for 20 to 30 minutes or until crust is light brown and cheeses are melted. Yield: 6 servings.

*Variations:* Add pickled banana peppers, browned Italian sausage, salami bits or thin slices of pepperoni.

## CHOP SUEY

1/2 cup thinly sliced onion	2 tablespoons cornstarch
1/2 cup diagonally-cut strips green pepper	1 tablespoon cold water
1 teaspoon salt	1 can (16 ounces) bean sprouts, drained
3 tablespoons cooking oil	2 tablespoons soy sauce
1 cup diagonally-cut strips celery	1 tablespoon sugar
4 chicken bouillon cubes dissolved in 4 cups boiling water	2 cups cooked chicken, cut in narrow strips*

Sauté onion, green pepper and salt in oil 5 minutes. Add celery and bouillon and simmer 5 minutes longer. Mix cornstarch with cold water; add to onion mixture and bring to boil, stirring constantly. Stir in remaining ingredients. Cook until thoroughly heated. Yield: 4 servings.

\*When using uncooked chicken or meat, use 1 pound, cut in strips and sauté in the oil.

## EGGS BENEDICT

2 English muffins, split or four 3-inch bread rounds, toasted	4 slices ham 4 poached eggs
---	--------------------------------

Butter muffins. Broil or sauté ham slices. Place on muffins. Top with eggs and Hollandaise sauce (recipe page 40). Yield: 4 servings.

## EGGS HUSSARDE

2 thin slices ham, grilled	2 slices tomato, grilled
2 Holland rusks	2 eggs, poached
1/4 cup Marchand de vin Sauce	3/4 cup Hollandaise sauce

Place ham slice on rusk, cover with Marchand de vin Sauce (recipe page 46). Cover next with tomato, then egg. Top with Hollandaise Sauce (recipe page 40). Garnish with paprika. Yield: 1 serving.

## EGGS SARDOU

8 artichokes	8 rounds of buttered toast
2 tablespoons butter	8 eggs, poached
1/2 pound boiled ham, chopped	16 anchovies Salt and pepper

Boil artichokes, cool and scrape tender part of leaves, remove hearts and mash. Season with butter, salt and pepper; heat and put on buttered toast. Place poached egg on top, cover with anchovies and ham. Top with Cote D'or Sauce (recipe page 46). Yield: 8 servings.

PLAIN OMELET

3 eggs  
3 tablespoons iced water  
1 tablespoon butter

1/4 teaspoon salt  
Dash pepper

With a fork beat eggs, water, salt and pepper until blended, not frothy. Heat butter in an 8-inch skillet, with slanted sides, over medium high heat until butter sizzles. Pour in egg mixture and continuously shake skillet back and forth to keep mixture in motion, about 2 or 3 minutes. At the same time, with a fork (tines up and parallel to skillet) rapidly stir through top of uncooked egg, keeping omelet an even depth. When mixture is set, cook about one minute to brown the bottom slightly. Remove from heat and with a spatula make a shallow off-center cut and fold smaller side over lower half. Lift onto serving plate. Yield: 2 servings.

*Variations:*

*Cheese:* When omelet is almost set, place 1/2 cup grated Cheddar cheese down center. Let stand 1 minute. Fold omelet and top with 1 tablespoon Parmesan cheese and chopped parsley.

*Herb:* Add 1 tablespoon of each of the following: chopped parsley, olives and onion and 1 clove minced garlic, to hot butter, sauté 1 minute. Add egg mixture. Follow directions above.

PUFFY OMELET

6 eggs, separated  
6 tablespoons hot water  
1 1/2 tablespoons butter

3/4 teaspoon salt  
1/8 teaspoon pepper

Beat whites until stiff. Beat yolks until thick and lemon colored. Beat in water; add salt and pepper. Fold yolks into beaten white. Melt butter in omelet pan; grease sides of pan. Turn egg mixture into pan; cover and cook over low heat until puffy and light brown underneath. Place in 350° F. oven 10 to 15 minutes or until knife inserted in center comes out clean. Do not overcook. Loosen sides of omelet; cut through center. Fold 1/2 over the other; serve at once. Yield: 4 servings.

CHEESE OMELET

1/3 cup water  
6 eggs  
1 teaspoon salt  
2 tablespoons shortening

1/4 teaspoon pepper  
1/4 teaspoon paprika  
1 cup cubed Cheddar cheese

Put all ingredients, except shortening, in blender container; cover and blend until smooth. Melt shortening in omelet pan; pour in egg mixture. Cook over low heat until puffed and delicately browned underneath; then bake in 325° F. oven for 15 minutes or until top is browned. Turn onto heated serving platter. With a spatula make a shallow, off center cut and fold smaller side over lower half. Yield: 4 servings.

BLENDER TIPS

*Curdled Sauce:* Blend hot sauce about 30 seconds or until smooth and free of lumps.

*Bread Crumbs:* Tear 1 slice of bread into 5 pieces. Turn blender on and drop pieces of bread into container.

*Grated Coconut:* Cover blender blades with coconut milk. Add coconut pieces; switch blender on and off twice. Drain.

*Chopped Nuts:* Process about 1 cup shelled nuts at a time on low speed.

*Grated Cheese:* Turn blender on; drop 1-inch cubes of very cold, hard cheese into container. 4 ounces equal 1 cup.

*Grated Onion:* Cut onion into six wedges. Turn blender on; drop onion pieces, one at a time, into container.

*Sour Cream:* Blend on high speed until smooth 2 tablespoons milk, 1 tablespoon lemon juice and 1 cup creamed cottage cheese.

*Grated Carrots:* Split 4 to 6 carrots in half lengthwise; cut into 1-inch pieces. Place 1 1/2 cups water in blender container; add carrots. Flick blender on and off twice. Drain.

## HAM-EGGS SCRAMBLE

1 small onion, minced	1 boiled potato, chopped
1/2 green pepper, minced	1 dozen eggs
1/4 cup oil	3/4 cup milk
1/4 pound chopped ham	Salt and pepper

Dash hot sauce

Sauté onion and green pepper in oil. Add ham and potatoes; cook until potatoes are browned. Beat eggs with milk and season with salt, pepper and sauce. Pour over potatoes; cook until eggs are soft-cooked. Yield: 8 servings.

## POTATO AND EGG SCRAMBLE

2 slices bacon	1 teaspoon salt
2 cups thinly sliced raw potatoes	4 eggs, beaten
	1/4 cup milk

Dash pepper

In a skillet, cook bacon until crisp. Remove bacon and add potatoes. As the potatoes begin to brown, sprinkle with salt. Continue frying potatoes until they are well browned. Cover skillet and cook over low heat until potatoes are tender. Combine eggs, milk and pepper. Pour over potatoes in the skillet and cook slowly, stirring occasionally, until eggs are set. Crumble bacon and add it just before taking the skillet from the heat. Serve at once. If desired, sliced boiled potatoes may be used instead of raw potatoes. Yield: 4 servings.

## QUICHE LORRAINE

4 slices crisp bacon, chopped	8 thin slices Swiss cheese
4 thin slices onion, sautéed	1/4 teaspoon dry mustard
8-inch pie shell, baked	3 eggs, beaten
8 thin slices ham, shredded	1 cup light cream, heated

Nutmeg

Sprinkle bacon and onion in pie shell. Add half the ham; top with 4 slices cheese. Add remaining ham and cheese. Add mustard to eggs; slowly beat in cream. Pour over ham and cheese; let stand 10 minutes. Sprinkle with nutmeg. Bake in 350° F. oven 40 minutes. Yield: 6 servings.

## SCRAMBLED EGGS AND RICE

1/4 cup (1/2 stick) butter	3 tablespoons milk
3 cups cold cooked rice	3/4 teaspoon salt
3 eggs	1/8 teaspoon pepper

In a skillet, melt butter over medium heat. Add rice; stir quickly so rice will not stick and is well-coated with butter. Beat together eggs, milk, salt and pepper; pour over rice. Using a pancake turner, turn rice mixture until eggs are thoroughly blended in and cooked, but still moist. If desired, add minced parsley, green onion or a strip of cooked bacon, crumbled, over rice. Yield: 4 servings.

## HOT STUFFED EGGS IN CHEESE SAUCE

4 hard-cooked eggs	1/4 cup (1/2 stick) butter
4 tablespoons finely minced ham or tongue	4 tablespoons flour
3 cups cooked rice	Salt and pepper
1 cup grated cheese	2 cups milk

Cut eggs crosswise in halves; remove the yolks and mix with ham. Season to taste and refill halves. Place rice on serving dish and surround with stuffed eggs. Make a cheese sauce by melting the butter in a saucepan; stir in flour, salt and pepper. Gradually add milk and cook until sauce thickens. Stir in cheese. Pour sauce over the eggs. Pour a little melted butter over the rice and top with minced parsley and bits of ham or tongue. Yield: 4 servings.

SPANISH OMELET

- 1/2 green pepper, minced
- 1 tablespoon minced onion
- 2 tablespoons shortening
- 6 stuffed olives, sliced
- 1 3/4 cups cooked tomatoes
- 1 tablespoon capers
- 1 tablespoon sliced mushrooms
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne
- Puffy Omelet (recipe page 90)

Sauté pepper and onion in shortening until tender but not brown. Add olives and tomatoes; cook until thick. Add remaining ingredients. Place 1/4 cup sauce on omelet before folding and pour remaining over top. Yield: 4 servings.

HASH

- 2 tablespoons butter
- 1 1/2 cups cooked meat, chopped
- 2 cups diced cooked potatoes
- 1/4 cup chopped parsley
- 1 tablespoon chopped onion
- 1/3 cup cream, milk or stock
- Salt and pepper

In a heavy skillet, melt butter. Combine remaining ingredients and spread evenly in the skillet. Cook very slowly until browned on bottom, about 40 minutes. Fold like an omelet and turn out onto platter. If you like crisp brown bits throughout the hash, stir and scrape along the bottom from time to time. Yield: 4 servings.

KIDNEY STEW

- 1 1/4 pounds beef kidney
- 2 tablespoons flour
- 1/2 teaspoon salt
- Dash pepper
- 4 carrots, diced
- 2 tablespoons oil
- 1 onion, diced
- 1 cup water
- 1 bouillon cube

Remove membrane and hard parts from kidney and cut into 1-inch pieces. Coat with flour seasoned with salt and pepper; brown in oil. Stir in onion. Add water and bouillon cubes; simmer 1 1/2 hours. Add carrots and cook until tender, about 15 minutes. Serve over rice. Yield: 6 servings.

ENCHILADAS

- 1 pound ground beef
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1 medium onion, minced
- 12 tortillas
- 1 recipe Enchilada Sauce\*
- 1/2 pound sharp cheese, grated

Brown beef, garlic and chili powder. Dip tortillas in hot Enchilada Sauce and fill with cheese, onions, and ground beef mixture. Roll and place with folded edges down in baking dish. Pour hot sauce over rolls; sprinkle with remaining cheese. Bake in 350°F. oven for 15 minutes or until cheese melts. Yield: 6 servings.

*\*Enchilada Sauce*

- 1/4 cup oil
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 can (8 ounces) tomato paste
- 2 cups water
- 2 teaspoons chili powder
- 1 teaspoon vinegar
- 1 teaspoon sugar
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne

Heat oil in saucepan; add onion, garlic and tomato paste; simmer 2 or 3 minutes. Add remaining ingredients and bring to a boil. Reduce heat and simmer 15 minutes. Yield: 2 cups.

TACOS

- 1 pound ground beef
- 1 clove garlic, minced
- 1/2 medium onion, grated
- 1/2 teaspoon Worcestershire sauce
- 2 teaspoons salt
- 1 teaspoon chili powder
- 1/8 teaspoon pepper
- 1/2 cup oil
- 8 tortillas, uncooked
- Lettuce and tomatoes, chopped

Mix beef, garlic, onion, Worcestershire, salt, chili powder and pepper. Heat 2 teaspoons oil in skillet; add meat mixture and cook until brown. Keep hot. Heat remaining oil in separate skillet and fry one tortilla at a time. As tortilla is frying, fold it over in half (pocket book fashion) before it becomes brittle; fry until brown and drain. Fill pocket with small amount of beef mixture, top with lettuce and tomatoes. Serve at once. Yield: 4 servings.

## HOT TAMALES

3-pound beef round	2 cans (6 ounces each)
1/2 pound pork shoulder	tomato paste
1/2 stalk celery	3/4 cup oil
7 large onions	1 can (2 1/2 ounces) chili powder
1/2 clove garlic	1 1/2 pounds white corn meal
1 green pepper, halved	6 tablespoons shortening
Salt and pepper	

Place meat, celery, onion, garlic and green pepper in enough water to cover. Cook until meat is tender. Strain. Reserve stock. Remove bones and excess fat. Grind meat and all the seasonings. Place meat mixture in large saucepan; add oil, 1/2 the chili powder, tomato paste, salt and pepper. Cook over medium heat 10 minutes, stirring constantly. To corn meal, add remaining chili powder, shortening, salt, pepper and boiling stock to form soft mush. Cook over very low heat until it is a moist, firm mush, about 1/2 hour. Soak corn shucks (which have been cleaned and cut) in hot water; drain. Spread mush on shucks or parchment paper squares, put meat in center of mush and roll loosely. Fold ends of shuck up along side of tamale. Place in large container with small amount of water to steam 2 hours. Let stand 1/2 hour. Yield: approximately 125 tamales.

*To Freeze:* Do Not Steam. Place chilled tamales in moisture-vapor-proof containers or bags.

*To serve:* Unwrap frozen tamales and steam according to directions above for 3 hours; let stand 30 minutes.

## LIVER A LA LYONNAISE

2 large onions	1 pound sliced liver
2 tablespoons butter	1/2 cup flour
Salt and pepper	

Slice onions into 1/8-inch slices. In skillet, sauté onions in butter until golden brown, about 10 to 15 minutes. Remove onions and add liver slices which have been coated with well seasoned flour; cook for 2 to 3 minutes. Turn and pile onions on cooked side; continue to cook until other side of liver is brown. Do not overcook as liver toughens easily. Yield: 4 servings.

*Broiled Liver:* Dip slices of liver into melted butter. Broil 3 inches from source of heat, 1 minute per side for thinner slices or 1 1/2 minutes per side for thicker slices. Season to taste. Sprinkle with minced parsley.

## PANNED CABBAGE AND CORNED BEEF

3 tablespoons oil	1 teaspoon salt
3 quarts shredded cabbage	1/8 teaspoon pepper
1 can (12 ounces) corned beef	1 tablespoon vinegar

Heat oil in a large saucepan; add cabbage which has been rinsed in cold water. Cook for 10 to 15 minutes, stirring thoroughly. Add corned beef which has been broken into small pieces. Continue cooking until corned beef is blended in and thoroughly heated, about 5 minutes.

Season and stir in vinegar. Yield: 6 servings.

*Variation:* Cook 1 chopped onion with cabbage.

Substitute 1 pound frankfurters for corned beef and continue cooking 10 minutes longer.

## PIZZA

1 recipe Pizza Dough	1 teaspoon Worcestershire sauce
1 can (8 ounces) tomato sauce	1/2 teaspoon cayenne pepper
1 can (10 ounces) tomatoes	6 tablespoons grated sharp American or Mozzarella cheese
1 chili pepper, chopped	1/2 cup grated Parmesan cheese
1/2 teaspoon sugar	
2 tablespoons chopped green onion	
1 teaspoon oregano	
1 teaspoon garlic salt	

Press dough into 2 pizza pans. Simmer all other ingredients, except cheese, about 20 minutes. Spread on dough; sprinkle with cheeses. Bake in 450°F. oven for 15 minutes. Yield: 8 servings.

## PIZZA DOUGH

2 1/2 to 3 cups unsifted flour	1 package yeast
1 1/2 teaspoons sugar	1 cup very hot water
2 teaspoons salt	2 tablespoons cooking oil

In a large bowl, mix 1 cup flour, sugar, salt and undissolved yeast. Gradually add hot water and oil to dry ingredients and beat one minute on low speed of electric mixer, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, until doubled in bulk, about 45 minutes. Punch down dough and divide in half. Press each piece of dough into a greased 12-inch pizza pan, forming a standing rim of dough. Yield: 2 pizza shells (12 inches each).

## BACON FOR A CROWD

To cook bacon in the oven: Place separated slices on a rack in a shallow pan. Bake at 400° F. for 10 minutes or until crisp.

## BARBECUED SPARERIBS

3 pounds spareribs	1 tablespoon Worcestershire sauce
1 tablespoon shortening	
1 onion, minced	3 tablespoons brown sugar
6 tablespoons lemon juice	6 tablespoons water
3 tablespoons vinegar	1 cup chili sauce
1/4 teaspoon pepper	1 1/2 teaspoons salt

Cut ribs into 6 servings. Heat shortening over medium heat. Add ribs and brown slowly on both sides. Remove ribs; stir in remaining ingredients. Mix thoroughly. Return ribs; bring to boil. Turn heat low; cover and cook 1 to 1 1/2 hours or until meat is tender. Yield: 6 servings.

## BREADED PORK CHOPS

6 pork chops, 1-inch thick	1 cup seasoned bread crumbs
1 teaspoon salt	
2 eggs, slightly beaten	

Season chops with salt; dip into beaten eggs, then into seasoned bread crumbs. In a skillet, brown chops in 1/4-inch hot shortening until a rich golden brown on both sides. Arrange chops in a single layer in baking pan. Cover with foil. Bake in a 375°F. oven for 1 hour. Yield: 6 servings.

## BROILED HAM STEAK

Ham steak, 3/4 to 1 inch thick	1 tablespoon prepared mustard
1/4 cup brown sugar	

Slash fat of ham at intervals to prevent curling. Broil about 3 inches from heat, turning once. Broil 3/4-inch slice for 10 to 12 minutes; 1-inch slice for 14 to 16 minutes. To glaze ham steak, spread with mustard and sprinkle with brown sugar after turning.

## CANADIAN BACON

*To Pan Fry:* Slice 1/8 inch thick. Remove casing. Fry slowly over low heat, turning frequently to brown.

*To Broil:* Slice 1/4 inch thick. Remove casing. Broil 3 inches from source of heat, about 5 minutes on each side. Turn to brown evenly.

*To Bake:* Remove casing. Place, fat side up, on rack in open pan. For 4 pounds, bake in a 325° F. oven for 2 hours, 170° F. on meat thermometer. After baking, score surface, stud with cloves, and cover with combination of brown sugar and orange or peach marmalade, or crushed pineapple. Return to 400° F. oven for 10-15 minutes.

## COLA GLAZED HAM

Whole cloves	1 tablespoon prepared mustard
1 cup of brown sugar	
2 1/2 cups cola beverage	

One hour before end of baking period, remove rind of ham and fat; score top of ham. Insert a clove in each square. Combine sugar and mustard; spread over top of ham. Baste with 1/2 cup cola beverage. Continue baking, basting every 15 minutes with 1/2 cup of beverage.

## HOW TO MAKE SAUSAGE

1 1/2 pounds lean pork	1 tablespoon salt
1/2 pound pork fat	2 teaspoons pepper
2 teaspoons sage	

Chop pork coarsely. Grind to fine, medium or coarse grain according to taste. Add seasonings. Form into patties, about 4 ounces each, or loosely force into casings. Broil patties 5 inches from source of heat or sauté in oil until well done. Turn frequently to brown evenly. Drain well.

*To Cook Link Sausage:* Cook in about 1/2 inch boiling water for 4 to 6 minutes. Pour off water; add small amount of oil and sauté until well done. Turn frequently to brown evenly.

## HEAD CHEESE

1/2 pig's head, 6 to 7 pounds	4 whole cloves
4 veal knuckles, 2 pounds	1 small green pepper, sliced
1 pig's tongue	4 sprigs parsley
4 teaspoons salt	1 carrot, sliced
2 large onions, quartered	1 bay leaf
3 green onions	15 peppercorns
6 celery tops	1 teaspoon cayenne
1 tablespoon minced parsley	

Have butcher trim snout and crack head. Clean head by removing eyes and ears; singe head and remove excess hairs. Soak head and knuckles in salt water (1/2 cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and rinse well in clear water. Place head, knuckles and tongue in large saucepan and cover with water. Add 3 teaspoons salt, onion, celery, cloves, green pepper, parsley, carrot, bay leaf, peppercorns and 1/2 teaspoon cayenne. Bring to a boil and simmer slowly until meat is tender and falls easily from bones, about 4 hours. (Remove tongue from water after it has cooked until tender, about 1 1/2 hours. Remove skin and excess tissue from root end of tongue.) Drain meat and reserve liquid. Remove rind and gristle from head and knuckles. Chop meat and place into bowl. Season with remaining 1 teaspoon salt and 1/2 teaspoon pepper; add minced parsley. Skim fat from cooled liquid in which head was cooked; heat to lukewarm temperature. Place meat into two 9-inch loaf pans and cover with lukewarm cooking liquid. Chill at least 48 hours. Yield: about 6 pounds.

## MUSTARD GLAZED HAM

1 cup brown sugar	2 tablespoons pineapple juice
2 tablespoons flour	
2 tablespoons prepared mustard	8 pineapple slices
	8 maraschino cherries

Combine sugar, flour and mustard; add pineapple juice to make a smooth, thick paste. Spread over scored ham. Top with well-drained pineapple slices and cherries, secure with foodpicks. Continue baking ham for 30 minutes as directed.

## ORANGE GLAZED HAM

1 cup orange juice	1 tablespoon grated orange peel
8 thin orange slices, unpeeled	1 teaspoon dry mustard
3/4 cup brown sugar	

Spread surface of scored ham with combined orange juice, peel, sugar and mustard. During baking period, baste frequently with pan juice. Garnish with orange slices.

## ORIENTAL BARBECUED SPARERIBS

2 to 3 pounds spareribs	4 tablespoons soy sauce
4 green onions, cut in 2-inch pieces	4 tablespoons water
4 cloves garlic, sliced	2 tablespoons corn syrup
2 tablespoons chili sauce	1 teaspoon salt
2 tablespoons tomato catsup	2 tablespoons honey

To steam ribs: pour 2 cups water in broiler pan, place ribs on broiler grid over water and cover with foil. Bake in 450° F. oven for 10 minutes; reduce temperature to 350° F. for 35 minutes. Combine all ingredients, except honey, and pour over steamed ribs in shallow dish. Marinate in refrigerator for 2 to 3 hours, turning often. Remove from marinade, brush both sides with honey and broil for 10 minutes. Turn and broil 5 minutes. Cut into serving pieces. Yield: 4 servings.

## PICKLED PIG'S FEET

Pig's feet	1 teaspoon whole black pepper
2 quarts vinegar	1 teaspoon whole allspice
1 small red pepper	1 bay leaf
2 tablespoons grated horseradish	

Scald, scrape and clean feet thoroughly; sprinkle lightly with salt and let stand 4 to 8 hours. Wash feet well in cool water. Place in hot water and cook until tender, but not until meat can be removed from bones. Pack into clean jars. Mix vinegar and spices; bring to a boil. Pour over feet to within 1/2 inch of top of jar. Adjust caps and process in boiling-water bath for 90 minutes.

## PORK CHOP CASSEROLE

4 lean pork chops, 1/4 to 1/2 inch thick	1 can (10 1/2 ounces) beef consommé
Salt and pepper	1 can (10 1/2 ounces) onion soup
2 tablespoons shortening	1 can (6 ounces) water
1/4 cup (1/2 stick) butter	chestnuts, drained and sliced
1 cup rice	
1/2 cup chopped parsley	

Slash fat of pork chops; season with salt and pepper. In a skillet, brown chops in shortening on both sides over medium heat. Remove chops and pour off drippings. To the same skillet, add butter and rice; cook, stirring constantly, until rice is tan in color, about 10 minutes. Place rice in a 10-inch casserole dish; stir in consommé, onion soup and chestnuts. Arrange chops in single layer on top. Cover casserole and bake in a 350° F. oven for 1 hour. Remove from oven and sprinkle with parsley. Yield: 4 servings.

## PORK CHOP DINNER

2 teaspoons shortening	Salt and pepper
4 pork chops, 1/2-inch thick	1/2 cup chicken broth
1 teaspoon salt	4 medium carrots, peeled and sliced
1/8 teaspoon pepper	1 small onion, chopped

Heat pressure saucepan; add shortening. Season chops with salt and pepper. Brown chops in shortening on both sides. Add chicken broth. Place vegetables on top of chops on rack; sprinkle with additional salt and pepper. Cover and cook at 15 pounds pressure 10 minutes. Place saucepan under cold running water to reduce pressure. Yield: 4 servings.

## SMOKED PORK CHOPS

*To Pan Fry:* Preheat electric skillet to 340° F. Add 1 tablespoon shortening and fry chops 5 minutes on each side, or until golden brown.

*To Broil:* Broil about 5 minutes on each side, 3 inches from source of heat

## ROAST SUCKLING PIG

Wash and dry a 10 to 16 pound suckling pig and rub inside and out with a mixture of 1 teaspoon each of monosodium glutamate, salt and 1/2 teaspoon pepper. Fill cavity with stuffing (below) and sew up the cavity. Cover ears and tail with foil and put a piece of wood 2 inches thick in the pig's mouth. Place in large roasting pan; brush with melted butter and roast in 350° F. oven for 3 1/2 to 4 hours, depending on size. Baste about every 30 minutes with melted butter or drippings. Remove the pig to heated platter and discard foil. Remove wooden block and replace with crabapple. Put cranberries in eyes.

### Stuffing

1 cup chopped onion	3 anchovies, chopped
4 tablespoon (1 stick) butter	1 teaspoon thyme
6 cups bread crumbs	1 teaspoon salt
2 eggs, beaten	1/2 teaspoon pepper
1 cup dry white wine	

Sauté onions in butter. Stir in remaining ingredients.

## SKILLET HAM CASSEROLE

2 tablespoons butter	1/2 cup chopped green pepper
3 medium potatoes, thinly sliced	2 cups julienne strip ham or 1 can (12 ounces) lunch meat
Salt	5 slices processed Swiss cheese
Pepper	
1/2 cup chopped onion	

Melt butter in skillet over medium heat. Spread half the potato slices over bottom; sprinkle with salt and pepper. Top with half of onion, green pepper and meat. Repeat layers. Cover and cook over low heat until potatoes are tender, about 20 minutes. Top with cheese slices, cover and heat until cheese melts. Yield: 6 servings.

## SPARERIBS AND SAUERKRAUT

2 pounds pork spareribs	3 tablespoons chopped onion
Salt and pepper	1/2 teaspoon caraway seeds
1 tablespoon shortening	1 can (16 ounces) sauerkraut
1 cup water	
3 tablespoons sugar	

Cut ribs into serving pieces; season with salt and pepper. In a heavy saucepan, brown ribs in shortening on both sides. Drain off excess fat. Add 1/4 cup water. Wash sauerkraut if very tart; add remaining 3/4 cup water and ingredients. Spoon sauerkraut over ribs. Simmer covered, until ribs are done, about 1 to 1 1/2 hours. Yield: 4 servings.

## SPARERIBS WITH SAUERKRAUT

2 1/2 pounds spareribs	1 can (No. 2) sauerkraut
1 tablespoon shortening	1 tablespoon brown sugar
1 teaspoon salt	4 medium Irish potatoes
1/8 teaspoon pepper	2/3 cup water

Brown spareribs in hot shortening in pressure saucepan. Add salt and pepper. Put sauerkraut in bottom of pan and sprinkle with sugar. Place ribs and peeled potatoes over kraut. Add water. Cover and cook at 10 pounds pressure for 20 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under cold running water. Yield: 4 servings.

## STUFFED PORK CHOPS

4 pork chops, 1 inch thick	1/2 teaspoon salt
Salt and pepper	1/8 teaspoon pepper
1 tablespoon minced onion	1/8 teaspoon sage
1/2 cup minced celery	1 bouillon cube dissolved in 1 cup boiling water
2 tablespoons shortening	
1 cup bread crumbs	

Slit a pocket in each chop. Season; brown in Electric Skillet set 350° F. 8 to 10 minutes. Prepare stuffing by sautéing onion and celery in shortening. Stir in crumbs, salt, pepper and sage; mix thoroughly. Stuff each chop with 2 tablespoons of stuffing and place 2 tablespoons on top. Return chops to skillet; add bouillon. Cover and cook 30 minutes at 225° F. in Electric Skillet or until chops are well done. Yield: 4 servings.

## SWEET - SOUR SPARERIBS

4 pounds spareribs, cut in strips 4 inches wide and 8 or 10 ribs long	1 teaspoon salt
1/2 cup brown sugar	1/2 teaspoon powdered ginger
1/2 cup vinegar	2 tablespoons soy sauce
1 clove garlic, minced	1/4 cup water

Weave ribs on spit of rotisserie. Hold in place with end skewers. Place spit in position and rotiss 1 hour. Baste often with sauce made by blending remaining ingredients until smooth. Yield: 4 servings.

## BARBECUED CHICKEN

3 pound chicken, cut	3 tablespoons Worcestershire sauce
2 tablespoons shortening	1 cup catsup
1 onion, chopped	1 1/2 teaspoons mustard
2 tablespoons vinegar	1 cup water
2 tablespoons brown sugar	1/2 cup chopped celery
2 tablespoons lemon juice	
Salt and pepper	

Season chicken with salt and pepper; brown in shortening. Remove chicken and place in casserole dish. Add onions to shortening and brown. Add remaining ingredients; simmer for 30 minutes. Pour over chicken. Bake, uncovered, in 350°F. oven for 45 minutes. Yield: 6 servings.

## BRAISED GAME BIRDS

Sprinkle birds with salt, pepper and flour. Brown in butter or bacon fat; add water or stock to depth of 1-inch; cover Dutch oven. Cook over low heat or in 325°F. oven for 35 minutes or until fork tender. Remove birds and thicken juice in pan with browned flour. Season to taste with salt, pepper and sherry. Allow 1 per person.

## BROILED GAME BIRDS

Split birds down the back to spread open. Sprinkle with salt and pepper; rub well with butter or oil. Place, skin side down, on broiler grill. Broil 4 inches from source of heat for 10 minutes; brush with butter, turn and brush with butter again. Broil 5 to 10 minutes or until done. Serve with drippings. Allow 1 per person.

## BROILED CHICKEN

Place a broiler-fryer, split in half lengthwise, in broiler pan (not on grid). Squeeze 1 lemon over chicken; brush with melted butter. Combine 1 teaspoon salt, 1 teaspoon sugar, 1/8 teaspoon pepper and 1/4 teaspoon paprika; sprinkle over chicken. Turn chicken skin side down. Broil 6 to 8 inches from source of heat for 40 to 60 minutes, turning and brushing with butter two or three times. When done, the drumstick should twist out of the thigh joint readily without damage to skin.

*Basting Sauce for Poultry:* Combine 1/4 cup melted butter, juice of 1 lemon, 1 teaspoon garlic salt, 1 teaspoon seasoned salt, 1/4 teaspoon seasoned pepper and 2 tablespoons soy sauce. Yield: 1/2 cup.

## CHICKEN BACKS AND WINGS FRICASSEE

4 chicken backs	1 onion, chopped
8 chicken wings	1 clove garlic, minced
1/2 cup flour	1 cup water
1 teaspoon salt	1 tablespoon chopped
1/8 teaspoon pepper	parsley
1/4 cup cooking oil	

Coat chicken pieces with seasoned flour. In a heavy skillet, heat oil and arrange chicken pieces, skin side down, in oil. Brown on both sides. Add onion, garlic, water and parsley. Cover and cook over low heat until chicken is tender, about 1 1/2 hours. If necessary, add additional water. Yield: 4 servings.

*Variation:* Substitute turkey necks and wings for chicken.

## CHICKEN CACCIATORE

2 1/2 pound chicken, cut	1 onion, thinly sliced
1 1/2 teaspoons salt	1 can (1 pound 13 ounces)
1/4 teaspoon pepper	tomatoes
1/2 cup white wine	1 clove garlic, sliced

Season chicken with half the combined salt and pepper. Brown on all sides in oil about 20 minutes. Remove chicken. Stir in onion and cook 5 minutes. Add tomatoes, garlic and remaining salt and pepper; mix thoroughly. Return chicken to tomato mixture; cover and cook over low heat until chicken is tender and sauce is thick, about 45 minutes. During last 15 minutes of cooking, stir in wine. Yield: 4 servings.

## CHICKEN CLEMENCEAU

2 small chickens or 2 whole chicken breasts, split	2 large potatoes, cubed
Salt and pepper	1 tablespoon chopped parsley
1/2 cup (1 stick) butter	1 tablespoon Worcestershire sauce
2 tablespoons flour	Dash hot sauce
1 tablespoon grated onion	1 cup warm water
1 can (8 ounces) petit pois peas	1 chicken bouillon cube
1 can (4 ounces) whole mushrooms	1/2 cup dry wine

Season chicken; brown in butter and remove from skillet. Add flour and onion to drippings; brown over low heat. Add liquid from peas and mushrooms; stir thoroughly; add chicken. Cover and simmer until chicken is tender, about 30 minutes. Fry potatoes in deep hot shortening until brown. Drain. To cooked chicken, add potatoes, peas, mushrooms, parsley, Worcestershire sauce and hot sauce. Dissolve bouillon cube in water and add to chicken mixture. Simmer 10 minutes longer. Add wine and serve immediately. Yield: 4 servings.

## CHICKEN CURRY

2 tablespoons chopped onion	1/2 cup flour
2 tablespoons chopped celery	3 cups milk
1/2 cup (1 stick) butter	1 cup breakfast cream
1/2 teaspoon salt	2 tablespoons sherry wine (optional)
1 tablespoon curry powder	3 cups cooked chicken, cut in large chunks

Sauté onion and celery in butter; remove from heat. Add salt and curry powder; mix thoroughly. Stir in flour; return to low heat; cook until bubbly. Add milk and cream; cook until thick, stirring constantly. Add sherry and chicken. Serve with curried rice. Yield: 8 servings.

*To Serve:* Select 5 accompaniments and place in individual bowls:

Sliced bananas, sprinkled with lemon juice	Finely chopped salted peanuts
Finely chopped sweet pickles	Diced crisp bacon
Mango chutney	Finely diced hard-cooked eggs, whites and yolks served separately
Seedless raisins	
Shredded fresh coconut	

## CHICKEN FRICASSEE

4-pound chicken, cut	1 tablespoon minced
Salt, pepper and flour	parsley
1 tablespoon shortening	1 bay leaf
1 onion, chopped	3 cups boiling water
1 sprig thyme	

Season chicken with salt and pepper; coat with flour. Brown in shortening; add onion and sauté. Add seasonings and water. Bring to boil; cover and reduce heat. Simmer until tender, about 1 hour. Add dumplings, see variations below. Yield: 6 servings.

*Southern Dumpling:* Into a bowl, sift 2 cups sifted flour, 1 teaspoon salt and 2 teaspoons baking powder. Cut in 1/3 cup shortening. Add 1/2 cup milk to make a stiff dough. Roll dough to 1/8-inch thickness; cut into 1 1/2-inch strips or diamonds. Sprinkle with flour. Drop into boiling Chicken Fricassee; cover and cook 30 to 40 minutes, without removing cover.

*Dropped Dumpling:* Combine 1 cup sifted flour, 2 teaspoons baking powder, 1/2 teaspoon salt and 1 sprig minced parsley. Add 1/2 cup milk and 2 tablespoons oil. Drop the thick batter by spoonfuls into boiling Chicken Fricassee; cover tightly and cook 20 minutes, without removing cover.

## CHICKEN HAWAIIAN

3 chickens (1 1/2 pounds each)	2 tablespoons soy sauce
Salt and pepper	1 cup pineapple tidbits
4 tablespoons (1/2 stick) melted butter	3 tablespoons finely chopped green pepper
1 1/2 cups fresh or frozen shredded coconut	1 cup chicken broth or consommé

Wash, split and dry chickens. Sprinkle with salt and pepper; brush with melted butter. Place in shallow roasting pan. Add consommé. Bake in 350°F. oven until brown and tender, about 45 to 60 minutes. Brush with soy sauce, cover with pineapple, green pepper, and coconut; place a tight-fitting cover on the pan and return to oven for 20 minutes. Yield: 6 servings.

## CHICKEN KIEV

8 chicken breasts	2 tablespoons
1/2 cup (1 stick) butter	Worcestershire sauce
1 clove garlic, crushed	Salt and pepper to taste
2 tablespoons minced chives	1 egg
2 tablespoons minced parsley	1/2 cup breakfast cream
1 1/2 teaspoons salt	Flour
1/2 teaspoon pepper	Cracker crumbs
1/2 teaspoon rosemary	

Skin and bone chicken breasts. Cut each chicken breast in half lengthwise and place each half between two sheets of waxed paper. Flatten with meat pounder. Cream butter with garlic, chives, parsley, salt, pepper, rosemary and sauce until smooth. Chill until firm. Season each fillet with salt and pepper. Place 1 tablespoon of cold prepared butter on each. Tuck in ends and roll tightly. Secure with foodpicks. Beat egg and cream. Roll fillets in flour, in egg-cream mixture, then in cracker crumbs. Fry in deep hot fat (360° F.) until golden brown. Yield: 8 servings.

## CHICKEN MOLD

3 envelopes (1 tablespoon each) unflavored gelatin	1 1/2 cups finely diced celery
1/2 cup cold water	1 teaspoon Worcestershire sauce
1 can (10 1/2 ounces) condensed cream of mushroom soup	1 1/2 tablespoons grated onion
2 1/2 cups chicken broth	2 tablespoons lemon juice
2 teaspoons salt	2 tablespoons chopped parsley
1/4 teaspoon pepper	1 cup whipping cream, whipped
1 cup mayonnaise	
5 cups finely diced cooked chicken	

Dissolve gelatin in cold water. Combine soup, chicken broth, salt and pepper in a saucepan; cook until blended and hot. Dissolve gelatin in hot mixture; cool, then blend in mayonnaise. Add chicken, celery, sauce, onion, juice and parsley. Fold whipped cream into mixture. Spoon into a 3-quart mold after rinsing in cold water. Chill until set, about 4 to 5 hours or overnight. Unmold on crisp lettuce; serve with French dressing. Yield: 16 servings.

## GOURMET OVEN-FRIED CHICKEN

1/4 cup (1/2 stick) butter	1 cup corn flake crumbs
1/2 pint commercial sour cream	1/2 teaspoon paprika
1/2 teaspoon tarragon	1/4 teaspoon garlic powder
1/2 teaspoon thyme	1 1/4 teaspoons salt
	4 chicken breasts

Melt butter in a 9-inch square pan. Combine sour cream with tarragon, thyme, paprika, garlic powder and salt. Dip chicken breasts into sour cream mixture and then roll in crumbs. Place in pan and bake in 325° F. oven for 1 hour. Yield: 4 servings.

## CHICKEN MOMI

2 slices bread	1/4 teaspoon ginger
1/4 cup light cream	Dash cayenne
1 small onion, minced	Dash monosodium glutamate
1/4 cup water chestnuts, coarsely chopped	6 large chicken breasts, boned
1/4 pound ground veal	2 tablespoons cooking oil
1/4 pound ground pork	1/4 cup honey
1/4 pound ground beef	Sesame seed
1 egg	
1 tablespoon soy sauce	

Soak bread in cream. Mash with fork and combine thoroughly with next 10 ingredients to make stuffing. Sprinkle chicken breasts with salt and pepper. Place about 1/3 cup stuffing on inside or flesh side of each chicken breast. Fold over, tuck in ends and secure with foodpicks or skewers. Arrange in baking dish, skin side up, and brush with oil. Bake in 325°F. oven for 1 hour. Remove from oven; brush with honey and pan drippings. Sprinkle with seeds and continue baking in 450°F. oven for 10 minutes. Chicken Momi is traditionally served on top of half or slice of fresh unpeeled pineapple. Yield: 6 servings.

## CHICKEN PARMESAN

3 whole chicken breasts (about 12 ounces each), split, skinned and boned	2 cups tomato sauce
2 eggs, slightly beaten	1/4 teaspoon basil
1/8 teaspoon pepper	1/8 teaspoon garlic powder
3/4 cup fine dry bread crumbs	1 tablespoon butter
1/2 cup cooking oil	1/2 cup grated Parmesan
	8 ounces Mozzarella cheese, sliced and cut in triangles

Place chicken breasts on cutting board; pound lightly with side of heavy knife until about 1/4-inch thick. Combine eggs, salt and pepper. Dip chicken in egg mixture, then crumbs. In a skillet brown chicken on both sides in oil; remove to shallow baking pan. Pour excess oil from skillet; add tomato sauce, basil and garlic powder and bring to a boil over low heat; simmer until thickened, about 10 minutes. Stir in butter. Pour over chicken and sprinkle with Parmesan cheese. Cover and bake in 350°F. oven for 30 minutes; uncover. Place Mozzarella cheese over chicken and bake 10 minutes longer or until cheese melts. Yield: 6 servings.

## LEMON BAKED CHICKEN

4 drum sticks	1/2 teaspoon crushed oregano
4 chicken breast halves	1/2 teaspoon grated lemon peel
1 teaspoon garlic salt	1/2 cup water
2 teaspoons paprika	
1/3 cup lemon juice	

Season chicken with garlic salt; place, skin side down, in shallow baking pan with larger pieces in the corners. Combine remaining ingredients; pour over chicken. Bake uncovered, at 400° F. oven for 30 minutes; turn and continue baking for 30 minutes or until fork tender, basting occasionally with pan dripping. Yield: 4 servings. *Microwave Oven:* Use glass baking pan. Cook, uncovered, for 5 minutes, turn and baste. Cook for 11 to 14 minutes longer. Let stand 3 minutes before serving.

## SMOTHERED CHICKEN AND LIMA BEANS

3-pound chicken, cut	1 clove garlic, minced
Salt and pepper	1 quart water
2 tablespoons cooking oil	2 teaspoons salt
3 tablespoons flour	1 teaspoon white pepper
1 large onion, minced	1 tablespoon minced
1/4 cup chopped celery	parsley
4 cups shelled green lima beans	2 green onions, chopped

Season chicken with salt and pepper. In a Dutch oven, brown chicken on all sides in oil. Remove chicken; add flour and brown. Stir in onion, celery, and garlic; sauté for 5 minutes. Add water, salt, pepper, parsley, green onions, chicken and lima beans. Cover and reduce heat; simmer for 1 hour. Serve with rice. Yield: 6 servings.

## COQ AU VIN

2 1/2 pound chicken, cut	1 carrot, sliced
Salt and pepper	1 tablespoon minced
1/4 cup (1/2 stick) butter	parsley
2 tablespoons flour	1 bay leaf
1 1/2 cups red wine	1/4 pound mushrooms,
1 large onion, minced	sliced
or 6 small whole onions	2 tablespoons butter
1 clove garlic, minced	

Season chicken with salt and pepper. In a skillet, brown chicken on all sides in butter. Arrange chicken in casserole. In the same skillet, stir in flour and cook, stirring constantly, until brown. Gradually stir in wine. Continue cooking and stirring until mixture is slightly thickened and smooth. Add onions, garlic, carrots, parsley and bay leaf. Pour over chicken; cover and bake in 350°F. oven for 1 hour. Sauté mushrooms in butter for 5 minutes; add to chicken casserole and continue baking for 30 minutes longer. Yield: 4 servings.

## MANDARIN DUCK (LONG ISLAND)

1 duckling, 5 to 6 pounds, cut	1 clove garlic
1/4 cup soy sauce	2 cups water
1 tablespoon sugar	1 cup orange juice
1/2 teaspoon salt	2 tablespoons cornstarch
1 teaspoon ground ginger	1/4 cup water
1/4 cup salad oil	2 cups orange sections

Marinate duck pieces in mixture of soy sauce, sugar, salt and ginger for 2 hours, turning occasionally. Heat oil with garlic. Remove garlic; sauté duckling in oil until browned. Add water and juice. Cover and simmer 1 1/2 to 2 hours or until tender. Remove duckling and keep warm in oven. Thicken sauce with cornstarch mixed with 1/4 cup water. Add orange sections and cook 5 minutes. Pour sauce over duckling. Yield: 6 servings.

## OVEN-BRAISED WILD DUCKS

2 wild ducks	1 cup water
Salt and pepper	1 tablespoon flour
2 medium onions	1/4 cup water
1 stalk celery	4 tablespoons minced
4 tablespoons oil	parsley
1 cup cooking sherry	

Season ducks with salt and pepper. In each cavity, place half an onion and 1/2 stalk celery cut into pieces. Brown ducks in oil in 400°F. oven. Place remaining onion, sliced, in oil around duck. Add sherry and water; reduce heat to 350°F., cover, and continue cooking until done, about 1 hour. Baste during cooking period and add more liquid if necessary. Remove ducks and thicken gravy with combined flour and water. Add parsley and cook to desired thickness. Yield: 4 servings.

## OVEN-FRIED CHICKEN

1 cup flour	1/4 cup shortening
2 teaspoons salt	1/4 cup (1/2 stick) butter
1/4 teaspoon pepper	2 1/2 pound chicken, cut
2 teaspoons paprika	

Mix flour, salt, pepper and paprika in paper bag. Melt shortening and butter in 13 x 9 x 2-inch pan in oven. Shake 3 or 4 pieces chicken at a time in bag to coat thoroughly. Place chicken, skin side down, in single layer in hot shortening. Bake in 425° F. oven 30 minutes; turn and bake another 30 minutes. Yield: 4 servings.

POULE D'EAU FRICASSEE

- |                                 |                        |
|---------------------------------|------------------------|
| 2 poule d'eau                   | Salt and pepper        |
| 2 onions, chopped               | 1 tablespoon flour     |
| 1/4 pound ham seasoning, minced | 1 clove garlic, minced |
| 1 tablespoon oil                | 1 bay leaf             |
| 6 sliced turnips                | 1 sprig thyme          |
|                                 | 1 sprig parsley        |

Skin poule d'eau. Parboil 1 minute in water containing 1 carrot and onion; remove and disjoint. Sauté onions and ham in oil. Add poule d'eau and turnips; stir in flour. Add garlic and seasonings; cook 15 minutes, stirring constantly. Add enough water to cover poule d'eau. Cover and simmer for 30 minutes or until tender. Yield: 4 servings.

PRESSED CHICKEN LOAF

- |                               |                                  |
|-------------------------------|----------------------------------|
| 4 cups chopped cooked chicken | 1 green pepper, minced           |
| 1/4 teaspoon pepper           | 2 tablespoons unflavored gelatin |
| 4 hard-cooked eggs, chopped   | 1/2 cup cold water               |
| 2 sweet pickles, sliced       | 2 1/2 cups chicken stock         |
| 1/2 cup minced onion          | Salt and pepper                  |
| 1/2 cup finely diced celery   | 1/2 cup sliced stuffed olives    |

Combine chicken, pepper, eggs, pickles, onion, celery and green pepper. Soften gelatin in cold water for 5 minutes; stir into hot chicken stock until gelatin is dissolved. Add chicken mixture and season to taste. Pour into loaf pan that has been lined on the bottom with olive slices. Chill for several hours.

SUKIYAKI

- |                                   |   |
|-----------------------------------|---|
| 1 tablespoon salad oil            | 2 cans (5 ounces each) bamboo shoots          |
| 1 cup sliced onion                | 1/2 cup mushrooms, sliced                     |
| 1 pound sliced chicken            | 2 cups watercress, cut in 1 1/2-inch lengths  |
| 1 tablespoon sugar                | 1 cup green onions, cut in 1 1/2-inch lengths |
| 1/2 cup soy sauce                 |   |
| 1/4 teaspoon monosodium glutamate |   |

Heat oil; add sliced onion and stir. Add chicken; cook 2 to 4 minutes. Stir in sugar, soy sauce and monosodium glutamate. Add bamboo shoots and mushrooms; heat thoroughly. Before serving, add watercress and green onions. Serve with rice. Yield: 6 servings.

ROAST QUAIL

- |                           |                     |
|---------------------------|---------------------|
| 4 quail                   | 1 tablespoon butter |
| Salt and pepper           | 1/4 cup lemon juice |
| 4 slices bacon            | 1/2 cup hot water   |
| 1/3 cup chopped mushrooms |                     |

Season quail with salt and pepper; wrap bacon around each quail and secure with foodpick. Place in shallow, buttered pan; cover and bake in 350°F. oven for 30 minutes. Baste with combined lemon juice and water. Remove quail and add mushrooms. Sauté for 5 minutes. Yield: 4 servings.

ROAST STUFFED CORNISH HEN

- |                                      |                        |
|--------------------------------------|------------------------|
| 6 Cornish Hens, about 14 ounces each | 1 stick butter, melted |
|                                      | Wild Rice Stuffing     |

Place stuffing lightly into body cavities of hens. Skewer or sew openings. Truss. Brush with butter and place, breast side up, on rack in shallow pan. Roast, uncovered, in 350° F. oven about 1 1/4 hours; brush occasionally with butter. Yield: 8 servings.

ROAST WILD DUCK

Season duck with salt and pepper; stuff cavity with peeled apple, onion quarters and celery pieces. Cover breast with bacon and roast, uncovered, in 350°F. oven for 1 to 1 1/2 hours. During last 15 minutes of roasting time, baste with 1/4 cup red wine. Allow 1/2 duck per serving.

ROASTING DUCK IN FOIL

- |                            |                        |
|----------------------------|------------------------|
| 1 wild duck                | 1 stalk celery, cut up |
| 1 onion, quartered         | Salt and pepper        |
| 1/4 cup (1/2 stick) butter |                        |

Place duck on piece of heavy duty aluminum foil; place onion and celery in cavity. Tie legs together. Season with salt and pepper; brush with butter. Bring up foil around duck and seal edges with a double fold. Place in shallow pan and roast in 425°F. oven for 1 hour 45 minutes. Open foil and roast 10 to 15 minutes longer or until brown. Discard onion and celery.

## SMOTHERED QUAIL

6 quail	2 cups chicken broth
6 tablespoons butter	1/2 cup sherry
3 tablespoons flour	Salt and pepper

Brown quail in heavy Dutch oven in butter. Place quail in baking dish; add flour to butter and stir until brown. Slowly add broth, sherry, salt and pepper; pour over quail. Cover baking dish and bake in 350°F. oven for 1 hour. Yield: 6 servings.

## SOUTHERN FRIED CHICKEN

1 1/2 to 2-pound chicken, cut	1 teaspoon salt
1/2 cup flour	1/8 teaspoon pepper

Coat chicken with seasoned flour. In heavy skillet, heat at least 1/2 inch of shortening. Add chicken, placing thicker pieces first, skin side down, so that pieces do not touch. Cook, uncovered, for 15 to 25 minutes on each side, turning only once. Yield: 4 servings.

*Variation: Batter Fried Chicken*

In a bowl, combine 1 egg, 3/4 cup evaporated milk, 1 teaspoon salt, a dash of pepper and 1 cup flour. Dip chicken in batter and fry as above.

## TURKEY A LA KING

1/4 cup chopped green pepper	Toast
1 cup sliced canned mushrooms, drained	1 teaspoon salt
1/2 cup (1 stick) butter	2 cups milk
1/4 cup flour	2 cups diced cooked turkey
	3 tablespoons chopped pimiento

Sauté green pepper and mushrooms in butter until soft. Stir in flour and salt until smooth. Gradually add milk. Cook over low heat until thick, stirring constantly. Add turkey and pimiento. Continue cooking over low heat 5 minutes, stirring constantly. Serve on toast. Yield: 6 servings.

## TURKEY DIVAN

2 tablespoons butter, melted	1/2 cup sherry
4 stalks broccoli or 8 stalks asparagus, cooked	4 thick slices cooked turkey
3 tablespoons grated Parmesan cheese	2 egg yolks, beaten
1 tablespoon whipped cream	1 cup medium white sauce
	Salt and pepper

Pour butter over broccoli in shallow baking dish. Sprinkle with 1 tablespoon cheese and 2 tablespoons sherry. Top with turkey. Sprinkle with 1 tablespoon cheese and 2 tablespoons sherry. Stir yolks into cream sauce; season. Fold in cream and pour over turkey. Sprinkle with remaining cheese and sherry. Bake in 350°F. oven for 12 minutes or until brown. Yield: 4 servings.

## TURKEY HASH

3/4 cup minced onion	2 cups diced boiled potatoes
2 tablespoons chopped green pepper	1/2 cup turkey broth or turkey bouillon
2 tablespoons butter	1/2 teaspoon salt
2 cups finely chopped cooked turkey	1/8 teaspoon pepper

Sauté onion and green pepper in butter; add remaining ingredients. Cook over low heat, stirring occasionally, until heated thoroughly, about 30 minutes. Increase heat the last 10 minutes to brown bottom. Yield: 4 servings.

## TURKEY POT PIE

3 tablespoons butter	1 cup canned green peas, drained
1/4 cup flour	2 tablespoons minced onion
1 teaspoon salt	2 cups diced cooked turkey
1/8 teaspoon pepper	1/2 recipe plain pastry
2 cups turkey stock	
1 cup diced cooked potatoes	

Melt butter over low heat; blend in flour, salt and pepper. Slowly add stock, stirring constantly until mixture thickens. Add potatoes, peas, onion and turkey; pour into a 2-quart baking dish. Make pastry; roll and cut about 1/2-inch larger than dish. Place pastry over turkey mixture; seal and prick with fork. Bake in 425°F. oven for 25 to 30 minutes. Yield: 4 servings.

TURKEY MOLD

- |   |   |
|---|---|
| 1/4 cup cider vinegar or<br>lemon juice | 1/2 cup finely chopped<br>celery            |
| 1/3 cup cooking oil                     | 1/2 cup cold water                          |
| 1/4 teaspoon salt                       | 2 1/2 cups hot broth or<br>chicken bouillon |
| 1/8 teaspoon pepper                     | 1/2 teaspoon salt                           |
| 1/8 teaspoon paprika                    | 2 hard-cooked eggs, sliced                  |
| 3 cups chopped cooked<br>turkey         | 1/2 cup cooked green peas                   |
| 2 tablespoons unflavored<br>gelatin     | 6 stuffed olives, sliced                    |
|   | 1 teaspoon pureed onion                     |

Combine first 5 ingredients, pour over turkey. Marinate in refrigerator 2 hours, stirring occasionally. Soften gelatin in cold water, then dissolve in hot broth. Add salt and chill until thickened. Arrange design of eggs, peas and olives on bottom of 1 1/2-quart greased mold. Cover with thin layer of chilled broth. Chill until firm. Mix onion, celery and drained turkey with remaining broth. Pour mixture onto the layer in mold and chill until firm. Unmold to serve. Yield: 6 servings.

TURKEY POULETTE

- |   |                        |
|---|------------------------|
| 4 large slices turkey breast                        | Cheese Sauce with      |
| 4 slices toast                                      | Mushrooms (page 41)    |
| 6 strips crisp bacon                                | 1/4 cup grated Cheddar |
| 1 can (16 to 17 ounces)<br>French-fried onion rings | cheese                 |

Place turkey slices on toast, top with bacon and pour Cheese Sauce over the entire surface. Sprinkle with cheese and onion rings. Broil until cheese melts and browns slightly. Yield: 2 servings.

BREAD STUFFING FOR TURKEY

- |                                       |   |
|---------------------------------------|---|
| 1 quart diced celery                  | 2 teaspoons poultry<br>seasoning        |
| 1 cup finely chopped onion            | 1/2 teaspoon pepper                     |
| 1 cup (2 sticks) butter               | 1 1/2 to 2 cups broth,<br>milk or water |
| 4 quarts firmly packed<br>bread cubes |   |
| 1 teaspoon salt                       |   |

Sauté celery and onion in butter over low heat; stirring occasionally, until onion is tender but not browned. Blend bread cubes and seasonings; add celery, onion and butter. Toss lightly to blend. Pour broth gradually over bread mixture, tossing lightly. Add more seasoning as desired. Yield: stuffing for a 14 to 18 pound turkey.

CORNBREAD STUFFING

- |   |   |
|---|---|
| 6 cups cornbread crumbs                 | 4 eggs, well beaten                           |
| 4 cups biscuit or white<br>bread crumbs | 2 teaspoons salt                              |
| 3/4 quart stock, milk<br>or water       | 1 teaspoon pepper                             |
| 1 1/2 cups chopped onion                | 1 teaspoon poultry<br>seasoning               |
| 1 cup chopped celery                    | 1 1/4 quarts stock or<br>water, approximately |
| 6 tablespoons butter                    |   |

Soak cornbread and bread crumbs in stock. Sauté onion and celery in butter until golden brown. Combine crumbs and onion; mix with eggs and seasonings. Add approximately 1 1/4 quarts stock to thoroughly moisten. Mix well. Stuff turkey. If stuffing is baked in separate pan, bake in 325° F. oven for 1 hour. Yield: stuffing for 12 pound turkey.

WILD DUCK WITH ORANGE

- |                          |                                       |
|--------------------------|---------------------------------------|
| 2-pound wild duck        | 1/4 cup (1/2 stick) butter,<br>melted |
| 1/4 teaspoon garlic salt |                                       |
| 1/4 teaspoon pepper      | 1 cup orange juice                    |

Season duck with salt and pepper. Brush duck with 1 tablespoon butter. Place in covered roasting pan; bake in 325°F. oven for 20 to 30 minutes per pound. Baste every ten minutes with combined orange juice and remaining butter. Remove cover last 15 minutes to brown duck. Yield: 2 servings.

HOW TO COOK RICE

- |                       |                   |
|-----------------------|-------------------|
| 1 cup long grain rice | 2 cups cold water |
| 1 teaspoon salt       |                   |

Place rice, water and salt into a saucepan over full heat. Bring water to full rolling boil; cover and turn heat very low. Cook 15 to 20 minutes or until rice is tender and liquid is absorbed. Yield: 3 cups.

## ALMOND RICE

1/2 cup (1 stick) butter	1/2 cup sliced almonds
2 cups rice	1/2 teaspoon soy sauce
3 1/2 cups water	1/2 teaspoon salt
1/4 cup chopped green onions	1/4 teaspoon pepper

In a saucepan, melt butter and add rice. Cook and stir over medium heat until rice is tan in color, about 10 minutes. Add water, bring to full boil, cover, lower heat and cook for 20 minutes or until done. With a fork, stir in remaining ingredients. Yield: 8 servings.

ARROZ CON CAMERONES  
(Delight of Shrimp and Rice)

5 green onions, chopped	10 ripe olives, chopped
1/4 cup cooking oil	Salt, pepper and garlic salt
1 tablespoon soy sauce	1 1/2 pounds headless
3 chicken bouillon cubes	shrimp, cooked and peeled
2 1/2 cups hot water	1/2 cup (1 stick) butter
2 1/3 cups rice	3 tablespoons soy sauce

In a skillet, sauté onions in oil and soy sauce for 2 minutes. Dissolve bouillon cubes in water; stir in with rice and olives. Season to taste. Turn heat low; cover and cook 30 minutes. Chop shrimp into 1/2-inch pieces; sauté in combined butter and soy sauce for 5 minutes. Add to rice mixture, which should be fairly dry; cover and let stand 10 minutes to blend flavors. Yield: 6 servings.

ARROZ CON POLLO  
(CHICKEN WITH RICE)

3-pound chicken, cut	5 whole cloves
1/4 cup oil	1/2 teaspoon oregano
1 1/2 cups rice	Boiling water
1 onion, chopped	1 teaspoon salt
2 cloves garlic, minced	1/4 teaspoon pepper
2 tablespoons paprika	1/2 cup sliced pimiento
1 bay leaf	6 green olives, cut into
1 package (10 ounces) frozen peas	halves

Season chicken with salt and pepper; brown in oil. Remove chicken; add rice and brown. Return chicken to skillet with rice and add the next 6 ingredients. Pour just enough boiling water to cover chicken; add salt and pepper. Cover; simmer slowly for 30 minutes. Add pimientos, olives and peas; cover and simmer 15 minutes or until all liquid is absorbed. Yield: 6 servings.

## BAKED RICE

1 cup rice	1 teaspoon salt
2 cups water	1 teaspoon cooking oil

Place ingredients into a covered greased 1 1/2-quart casserole. Bake in 350° F. oven for 1 hour. Stir lightly with fork before serving. Yield: 3 cups.

## CHICKEN RICE CASSEROLE

2 tablespoons chopped onions	3/4 cup seasoned chicken broth
1/2 cup minced green pepper	3 cups diced, cooked chicken
1/2 cup (1 stick) butter	3 cups cooked rice
1/2 pound mushrooms, sliced	6 tablespoons chopped pimiento
1/2 teaspoon celery salt	1/2 cup toasted, slivered almonds
1/8 teaspoon paprika	3/4 teaspoon
1/4 teaspoon pepper	Worcestershire sauce
1 can (10 1/2 ounces) cream of mushroom soup	

Sauté onion and green pepper in butter for 10 minutes. Add mushrooms and sauté 3 minutes; add seasonings and mix well. Mix soup and broth; add with chicken, rice and pimiento to mushroom mixture. Place in 2 1/2-quart casserole; sprinkle with almonds. Bake, uncovered, in 375° F. oven for 30 minutes. Yield: 12 servings.

## CHICKEN WITH RICE

2 1/2-pound chicken, cut	2 tablespoons chopped onion
1 tablespoon salt	1 can (10 1/2 ounces) consommé or chicken broth
1 teaspoon pepper	
1/4 cup (1/2 stick) butter	
1 cup uncooked rice	

Season chicken with salt and pepper. In a skillet, brown chicken in butter. Add onion and cook 2 minutes. Drain off excess fat. In a 2-quart casserole, place rice; top with browned chicken, onion and skillet drippings. Add consommé. Place tight-fitting cover on casserole. Bake in 350°F. oven for 1 hour. Yield: 6 servings.

### CHILI RED BEANS

1 pound red beans	1 teaspoon chili powder
1 onion, chopped	1 tablespoon salt
1 can (8-ounces) tomato sauce	1/4 teaspoon cayenne
	3 quarts water
2 cloves garlic, minced	1 pound pickled meat
1/4 cup chopped parsley	1/4 pound ground meat

Combine all ingredients, except ground meat and chili powder, in a heavy 4-quart saucepan. Bring to a boil, cover, turn heat low and simmer for 3 hours or until beans are tender. In a small skillet, cook meat until red color disappears; add chili powder. Stir into beans and continue cooking 30 minutes longer. Serve over rice. Yield: 6 servings.

### CHINESE FRIED RICE

2 eggs, beaten	2 tablespoons soy sauce
1/4 cup cooking oil	1/2 teaspoon sugar
1/4 cup green onions, cut in 1/4-inch pieces	1/4 teaspoon monosodium glutamate
4 cups cold cooked rice	1/2 cup diced cooked ham

Scramble eggs slightly, without adding milk or water, in 1 tablespoon oil. Set aside. Heat remaining oil over high heat; add green onions and stir. Add rice and stir quickly so rice will not stick and is well coated with oil. Add soy sauce, sugar and monosodium glutamate. Mix well. Add ham and scrambled eggs, mixing and breaking eggs in small pieces. Yield: 6 servings.

*Note:* Rice must be cold. Cold diced beef, veal, turkey or chicken may be substituted for ham.

### CREOLE BAKED RICE AU GRATIN

2 cups medium white sauce	2 cups cooked rice
1/8 teaspoon thyme	1 cup grated Cheddar cheese
1/8 teaspoon white pepper	
1/8 teaspoon salt	1/4 cup buttered bread crumbs
1/2 teaspoon Worcestershire sauce	

Season white sauce with thyme, pepper, salt and Worcestershire sauce. Place 1 cup of rice in the bottom of a greased 1 1/2-quart casserole. Cover with 1/2 of the sauce; sprinkle with 1/2 the cheese. Repeat layers. Top with crumbs. Bake in 350° F. oven for 25 minutes or until cheese is melted and crumbs are evenly browned. Yield: 6 servings.

### CREOLE JAMBALAYA

1 tablespoon shortening	1 onion, sliced
1 tablespoon flour	1 clove garlic, minced
1/4 pound ham, cubed	Salt and pepper to taste
1/4 cup minced green pepper	1 pound shrimp, peeled
1 bay leaf	2 cup tomatoes
1 sprig thyme	1 1/4 cups tomato juice
1 sprig parsley, minced	1 cup uncooked rice

Melt shortening in a heavy saucepan over medium heat. Stir in next three ingredients. Simmer 5 minutes, stirring constantly. Add remaining ingredients, except rice. Bring to boil. Press rice into liquid. Cover and simmer for 40 minutes. Yield: 6 servings.

### CHICKEN AND SAUSAGE JAMBALAYA

1 3-pound chicken, cut	3 cups water
Salt and pepper	1 1/2 teaspoons salt
2 tablespoons shortening	1/2 teaspoon black pepper
2 tablespoons flour	1/2 teaspoon hot pepper sauce
1 pound smoked sausage	2 cups rice
2 medium onions, minced	3 green onions, minced
3 cups peeled diced tomatoes	3 tablespoons minced parsley
1 green pepper, minced	
1 clove garlic, minced	

Season chicken with salt and pepper. In a Dutch oven, brown chicken pieces in shortening on all sides. Remove chicken; add flour and stir until light brown. Add sausage which has been parboiled for 15 minutes, drained and sliced. Stir in chicken, onions, tomatoes, green pepper and garlic. Cook, stirring constantly, for 10 minutes. Add water, salt, pepper and hot sauce. Bring to a boil; add rice. When mixture comes to a boil again, stir thoroughly to combine all ingredients. Cover and simmer 30 to 45 minutes or until rice is tender. Add green onions and parsley; stir lightly with a fork. Cover for 5 minutes longer to heat thoroughly. Yield: 8 servings.

## CRAWFISH JAMBALAYA

1 1/2 cups diced ham	2 cups rice
3 or 4 cups crawfish meat plus fat	1 quart consommé, heated
2 tablespoons olive oil	4 small tomatoes or 1 can (16 to 17 ounces), finely chopped
1 1/2 tablespoons butter	1 green pepper, chopped
2 large onions, minced	Cayenne
2 cloves garlic, minced	1/2 cup sherry wine
1 bay leaf	1/4 cup dry red wine
Salt and pepper	

Sauté ham and crawfish meat in oil. Add fat and cook slowly until heated. Add butter, onion, garlic, bay leaf, salt, pepper and rice. Sauté until rice is brown. Add consommé, tomatoes, green pepper and cayenne. Carefully stir mixture; cover and simmer until rice is tender, about 25 to 30 minutes. Add sherry and wine. Do Not Stir. Cook 5 to 10 minutes to heat thoroughly. Remove bay leaves. Yield: 8 servings.

## SAUSAGE-SHRIMP JAMBALAYA

1 pound skinless pork link sausage	1 1/3 cups rice
1/2 pound thick sliced bacon, cut into pieces	2 cloves garlic, minced
3 large onions, chopped	2 bay leaves
1 green pepper, chopped	1 teaspoon salt
1/2 cup minced parsley	1/4 teaspoon thyme
	1/8 teaspoon cayenne
	1 pound shelled shrimp

Fry sausage and bacon, stirring frequently. Remove and drain all but 2 tablespoons fat. Add onions and pepper; cook 8 to 10 minutes. Add parsley, bacon, sausage, garlic and seasonings; mix well. Place shrimp over mixture. Do not stir. Pour rice over shrimp. Add water to barely cover rice. Do not stir. Cover, bring to boil; reduce heat and cook 30 minutes. Remove cover, reduce heat and continue heating 15 minutes to dry jambalaya. Yield: 8 servings.

## PORK CHOP JAMBALAYA

4 tablespoons shortening	1 1/2 cups uncooked rice
4 lean pork chops, 1/4 to 1/2-inch thick	1 stalk celery, minced
2 teaspoons salt	1/2 green pepper, minced
1/2 teaspoon pepper	1/4 cup water
1/8 teaspoon cayenne pepper	3 bouillon cubes dissolved in 3 cups hot water
1 onion, minced	1/2 teaspoon garlic salt
1 clove garlic, minced	1 tablespoon minced parsley
4 green onion bottoms, minced	4 green onions tops, minced

Melt shortening in 10-inch skillet over medium heat. Season chops with combined 1 teaspoon salt, 1/4 teaspoon pepper and cayenne. Brown on both sides in shortening, about 10 minutes. Remove chops and stir in onion, garlic, green onion bottoms, celery, green pepper and 1/4 cup water. Continue cooking until seasonings are lightly browned, about 8 to 10 minutes. Slowly add bouillon, garlic salt, remaining 1 teaspoon salt and 1/4 teaspoon pepper. When water returns to boil, add parsley, onion tops and rice. Return chops to skillet; cover. Turn to low and continue cooking 30 minutes or until rice is done. Yield: 4 servings.

## SHRIMP JAMBALAYA

1 lb. peeled and deveined shrimp	1/2 teaspoon cornstarch
2 tablespoons tomato paste	4 cups cooked rice
4 cloves garlic, minced	1 teaspoon sugar
2 cups water	1 cup chopped onions
1/2 cup bell pepper, chopped	1/2 cup chopped celery
Salt, black pepper and cayenne to taste	1/4 lb. oleo or 1 cup oil
	1/2 cup green onions and parsley, chopped fine

Chop shrimp and set aside. Melt oleo or oil and add onions, celery, bell pepper and garlic in a heavy pot. Cook uncovered over medium heat until onions are wilted. Add tomato paste and cook, stirring constantly, for about 15 minutes. Add 1 1/2 cups water. Season to taste with salt, black pepper and cayenne. Add sugar and cook uncovered over medium heat for about 40 minutes, stirring occasionally or until oil floats to the top. Add shrimp; continue cooking and stirring another 20 minutes. Dissolve cornstarch in 1/2 cup water and add; cook another 5 minutes. Mix ingredients with cooked rice; add green onion tops and parsley. Mix again. Serves 8 generous portions as a side dish.

## TURKEY JAMBALAYA

1 cup chopped green pepper	3 cups water
1 cup chopped onion	1 1/2 cups uncooked rice
1 clove garlic, minced	1 to 2 cups cubed cooked turkey
2 tablespoons butter	1 to 2 cups cubed cooked ham
2 teaspoons salt	1 can (7 ounces) mushroom pieces
2 teaspoons Worcestershire sauce	
1/4 teaspoon marjoram or thyme	

Sauté green pepper, onion and garlic in butter until soft, about 6 to 8 minutes. Stir in seasonings and water; simmer 10 minutes. Add rice, turkey and ham. Cover and simmer over low heat until rice is tender and most of the liquid is absorbed, about 30 minutes. Add mushrooms with small amount of liquid; cook about 5 minutes longer. Yield: 6 servings.

## CURRIED RICE

1 tablespoon minced onion	2 1/4 cups warm chicken stock
1/4 cup (1/2 stick) butter	1 1/2 teaspoons salt
1 1/2 cups rice	2 tablespoons toasted sesame seed
1 1/2 teaspoons curry powder	

Sauté onion in butter about 1 minute. Add rice and curry powder; stir until rice is completely coated with butter. Add stock and salt. Cover tightly and simmer until all liquid is absorbed, about 25 to 30 minutes. Add seed and toss lightly with fork. Yield: 4 servings.

## EGGPLANT DRESSING

1 eggplant	1/2 teaspoon seasoned salt
2 tablespoons butter	Dash garlic salt
1 cup cooked rice	

Peel eggplant and cut into 4 wedge-shaped pieces. Remove seeds from each section; cut eggplant into cubes. Sauté eggplant in butter in a covered skillet, stirring occasionally, until tender. Season; stir in rice. Yield: 6 servings. If desired, sauté onion, celery and green pepper in the butter before adding the eggplant.

## FRIED RICE

1 cup rice	1/2 teaspoon salt
3 tablespoons butter	1/8 teaspoon pepper
3 tablespoons onion soup mix	2 cups water

In a saucepan, sauté rice in butter for 3 minutes. Stir in remaining ingredients; cover. Turn heat low and simmer 30 minutes. Yield: 6 servings.

## GREEN RICE

3/4 cup minced green onions, including tops	1/4 cup minced parsley
3 tablespoons butter or olive oil	1 cup rice
1/2 cup minced green pepper	2 cups chicken bouillon
	1 teaspoon salt
	1/4 teaspoon pepper

In a skillet, sauté onions in butter until tender, but not brown. Add remaining ingredients. Pour into a 1 1/2-quart casserole. Cover and bake in a 325° F. oven for 1 hour. Yield: 4 servings.

## HERBED RICE

1/4 cup (1/2 stick) butter	1/8 teaspoon oregano
1/4 cup chopped chives	1/8 teaspoon thyme
1 tablespoon chopped parsley	1/4 teaspoon pepper
1/2 teaspoon savory salt	2 cups cooked rice
Paprika	

Melt butter; add herbs and seasonings, except paprika; cook 3 minutes. Add rice; stir to blend. Cover; heat thoroughly and sprinkle with paprika just before serving. Yield: 4 servings.

## ORIENTAL RICE

1 cup rice	1 can (10 1/2 ounces) onion soup
1 can (6 ounces) water chestnuts, drained and sliced thin	1 can (4 ounces) button mushrooms, drained
1/2 cup (1 stick) butter	reserve liquid

Brown rice, chestnuts and mushrooms in butter for 10 minutes. Add water to mushroom liquid to measure 3/4 cup. Add liquid and soup to rice mixture. Pour into 1 1/2-quart covered casserole. Bake in 350° F. oven for 1 hour. Yield: 6 servings.

### LOUISIANA RICE DRESSING (DIRTY RICE)

3 sets chicken giblets, ground	1/2 cup minced parsley
2 large onions, ground	2 cloves garlic, minced
1 cup ground celery	1/2 cup ground green onions
6 tablespoons butter	Salt, pepper and cayenne
1/4 cup oyster liquid	4 cups cooked rice
2 dozen oysters, ground	

Sauté giblets, onions and celery in butter until onions and celery are soft and giblets are brown. Add remaining ingredients, except seasonings and rice. Stir, cover and simmer 10 minutes. Add seasonings; stir in cooked rice and heat thoroughly. Yields enough stuffing for 10-pound turkey or may be baked in greased casserole in 350° F. oven for 20 minutes. Yield: 8 servings.

*Note:* 1 1/2 cups ground beef, veal or pork may be substituted for giblets. The real secret is that the oysters, giblets and vegetables are ground, not chopped.

### PAELLA

1/4 cup olive oil	4 cups chicken broth or water
3-pound chicken, cut	1 pound shrimp, cooked and cleaned
1/4 cup water	12 thin slices Italian or Spanish sausage or 1 cup chopped ham
1 teaspoon oregano	24 canned clams (optional)
1/2 cup chopped onion	
1 clove garlic, minced	
2 cups rice	
1/8 teaspoon saffron	
3 tablespoons butter	

Heat oil; add chicken and brown on all sides. Add water and oregano; cover and cook until chicken is tender, about 30 minutes. Remove chicken and set aside. Sauté onion and garlic in pan drippings. In another skillet melt butter; add rice and saffron; sauté over low heat for 5 minutes. Add chicken broth; bring to a boil; cover and cook on low heat 17 minutes. Add onion and mix together. Arrange in layers in a 4-quart casserole the rice, chicken, shrimp, sausage and clams. Bake in 350° F. oven about 30 minutes; clams should be open. Yield: 8 servings.

### POLYNESIAN RICE

1 cup brown rice	1/3 cup chopped Macadamia nuts
2 tablespoons minced onion	Red pimiento strips and parsley
2 tablespoons soy sauce	
2 chicken bouillon cubes	
2 cups boiling water	

Combine rice, onion and soy sauce. Dissolve bouillon cubes in water and stir into rice mixture. Bring to boil, turn heat low; cover and cook until liquid is absorbed, about 40 minutes. Garnish with nuts, pimiento strips and parsley. Yield: 4 servings.

### RICE SUPERB

1 small onion, minced	1 can (4 ounces) mushrooms
3 tablespoons butter	1 can bouillon or consommé
1 cup rice	1/4 teaspoon rosemary
2 tablespoons slivered almonds	1/2 teaspoon marjoram
1/2 teaspoon salt	
1/2 cup water	

Sauté onions in butter for 3 minutes. Stir in rice and almonds; cook 8 minutes, stirring occasionally. Add remaining ingredients. Cover and cook over low heat until rice is tender and liquid is absorbed, about 15 to 20 minutes. Yield: 4 servings.

### SHRIMP FRIED RICE

1/4 cup (1/2 stick) butter	3 tablespoons soy sauce
2 cups cooked shrimp, halved	3 green onions, chopped
2 teaspoons salt	1/4 cup mushroom slices
1/2 teaspoon pepper	1/4 cup diced green pepper
2 eggs, beaten	1/4 cup sliced water chestnuts
5 cups cooked rice, chilled	1 cup bean sprouts, drained

Melt butter in a skillet over medium heat; add shrimp, salt and pepper. Cook until shrimp are lightly browned, stirring frequently. Add eggs; stirring until well mixed with shrimp. Stir in rice and cook until a golden color. Add remaining ingredients; cook until thoroughly heated. Serve at once. Yield: 6 servings.

SPANISH RICE

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup chopped onion          | 2 cups canned tomatoes       |
| 1/2 cup chopped green pepper | 1 cup water                  |
| 1 cup rice                   | Salt                         |
| 2 tablespoons olive oil      | 1 1/2 teaspoons chili powder |

Sauté onion, green pepper and rice in oil; stir until the rice is brown. Add tomatoes, water and seasonings. Cover and cook over low heat until done, about 30 minutes. Yield: 6 servings.

ASPARAGUS OR BROCCOLI WITH SHRIMP

- |   |  |
|---|--|
| 1/4 cup chive cream cheese                                    | 2 tablespoons lemon juice  |
| 1 cup medium white sauce or 1 can frozen cream of shrimp soup | 2 cans asparagus spears, drained, or 2 packages frozen broccoli, split stalks, cook 3 minutes, drain |
| 1 can (5 ounces) shrimp                                       |  |
| Toasted almonds   |  |
| 1/4 cup light cream   |  |

Over low heat blend chive cheese and cream. Add white sauce and blend. Remove from heat and add lemon juice. Pour hot sauce over your choice of drained vegetable and shrimp which have been arranged in casserole. Sprinkle with toasted almonds. Bake in 350° F. oven for 20 minutes. Yield: 6 servings.

BAKED CAULIFLOWER-SEAFOOD CASSEROLE

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 4 boxes frozen cauliflower       | 3 cans frozen cream of shrimp soup |
| 1 cup crawfish                   | Cracker crumbs                     |
| 1 can celery soup                | Salt and cayenne pepper to taste   |
| Paprika                          | Butter or margarine                |
| 1/2 pound Cheddar cheese, grated |                                    |
| 3-4 cans crab meat               |                                    |

Cook cauliflower for 3 minutes in water. Put layers of crab, crawfish, cauliflower and soups into buttered casserole. Sprinkle with cracker crumbs, seasonings and small amount of cheese. Repeat layers until casserole is filled; put remaining cracker crumbs and cheese on top with dabs of butter. Cook at 325° F. until bubbly and slightly browned. Yield: 14 servings.

BAKED FISH

- |                         |                                  |
|-------------------------|----------------------------------|
| 3 to 4-pound fish       | 1/2 cup (1 stick) butter, melted |
| 1 1/2 teaspoons salt    | 1 tablespoon lemon juice         |
| 1/8 teaspoon pepper     |                                  |
| 1 teaspoon grated onion |                                  |

Season fish with salt and pepper. Combine onion, butter and juice; pour over fish. Bake in 350° F. oven for 40 to 60 minutes or until fish flakes easily. For fillets, bake in 350° F. oven for 20 to 25 minutes. Yield: 4 servings.

*Fried Fish:* Dip fillets or steaks into 1 cup milk which has been seasoned with salt and pepper. Roll in yellow cornmeal or flour; pat the fish to coat with mixture. Pan-fry in 1/2-inch shortening or deep-fat-fry (365° F.) for 3 to 5 minutes.

BAKED RED SNAPPER

- |                                   |                         |
|-----------------------------------|-------------------------|
| 4 to 6-pound red snapper, cleaned | 1 tablespoon shortening |
|                                   | 1 teaspoon salt         |
| 1/2 teaspoon pepper               |                         |

Rub snapper inside and out with combined shortening, salt and pepper. Fill cavity with Bread Stuffing and place in baking pan. Bake in 450° F. oven for 30 minutes. Pour Creole Sauce over snapper; reduce temperature to 350° F. and continue baking for 30 minutes or until easily flaked with a fork. Yield: 4 servings.

*Bread Stuffing for Fish:*

- |                            |                              |
|----------------------------|------------------------------|
| 2 large onions, minced     | 1/8 teaspoon pepper          |
| 1/4 cup (1/2 stick) butter | 2 tablespoons minced parsley |
| 1 1/2 cups moistened bread |                              |
| 1/2 teaspoon salt          |                              |

Sauté onion in butter until tender. Stir in moistened bread, salt, pepper and parsley. Continue cooking for 15 minutes, stirring occasionally. Cool.

*Creole Sauce:*

- |                              |                                    |
|------------------------------|------------------------------------|
| 1/4 cup chopped green pepper | 1 teaspoon chili powder            |
| 1/2 cup chopped onion        | 1/2 teaspoon sugar                 |
| 2 stalks celery, chopped     | 1 bay leaf                         |
| 1 clove garlic, minced       | 1 sprig thyme                      |
| 2 tablespoons butter         | 1 can (1 pound 13 ounces) tomatoes |
| Salt and pepper              |                                    |

Sauté green pepper, onion, celery, and garlic in butter. Add seasonings and tomatoes. Simmer for 40 minutes, stirring frequently. Yield: 2 1/2 cups.

## BAKED REDFISH

1 5-pound redfish	1 cup chopped onions
1/2 cup chopped celery	4 cloves garlic, minced
1/2 cup cooking oil	2 cans tomato sauce
1 lemon	2 cups cold water
1 can whole tomatoes	Green onion tops and
Salt, black pepper	parsley to taste,
and cayenne	chopped

Season fish generously with salt, black pepper and cayenne. Put in baking dish. Set aside.

Put oil in heavy pot with chopped onions, celery and garlic. Cook over medium heat in uncovered pot, until onions are wilted, stirring constantly. Add whole tomatoes, and tomato sauce. Cook over medium heat in uncovered pot for 40 minutes, or until oil separates from tomatoes. Add 2 cups cold water, and season to taste with salt, black pepper and cayenne. Cook over medium heat in uncovered pot for 20 minutes.

Pour this mixture over fish. Bake in 325° F. oven for 30 or 40 minutes, basting several times with the sauce.

When fish is done, cut lemon into thin slices, and place on top. Sprinkle with green onion tops and parsley before serving. Serve with rice. Yield: 6 servings.

*Note:* For a complete meal, serve baked redfish with rice, a green salad, hot French bread, and white wine.

## BAKED SEAFOOD CASSEROLE

3/4 cup (12 ounces) crab meat	1 can (4 ounces) mushrooms
2 cups (1 pound) cooked shrimp	1 cup salad dressing
1/2 green pepper, minced	1 cup breakfast cream
1/2 cup minced onion	1/2 teaspoon salt
2 tablespoons chopped pimiento	1/8 teaspoon pepper
1 can chopped celery	1 tablespoon Worcestershire sauce
	2 cups cooked rice
	1/2 cup bread crumbs

Combine crab meat, shrimp, green pepper, onion, pimiento, celery and mushrooms. In another bowl, combine dressing, cream, salt, pepper, sauce and rice. Fold seafood mixture into rice mixture. Place in a 2-quart greased casserole; sprinkle with bread crumbs. Bake in 375° F. oven for 30 minutes. Yield: 8 servings.

## BAKED SEAFOOD SALAD

2 cups cooked crab meat, shrimp, tuna or a combination	1 cup cooked green peas, drained
3/4 cup chopped green pepper	3 pimientos, chopped
2 tablespoons minced onion	1/8 teaspoon pepper
1 cup diced celery	1 tablespoon lemon juice
3/4 cup mayonnaise	1/4 cup grated sharp cheese
	1/4 cup finely crushed potato chips

Combine all ingredients, except potato chips and cheese. Mix thoroughly. Place in a greased baking dish; top with potato chips and grated cheese. Bake 350° F. oven for 30 minutes. Yield: 6 servings.

## BAKED STUFFED FLOUNDER

1/2 cup chopped celery	1/2 pound cooked shrimp, chopped
1/2 cup chopped green onions (tops included)	1/2 pound crab meat
1 clove garlic, minced	2 tablespoons chopped parsley
1/4 cup (1/2 stick) butter	1 egg, slightly beaten
1 1/2 cups moistened bread cubes	Salt, pepper and cayenne
4 flounders, medium size	

Sauté celery, onion and garlic in melted butter, over low heat. Add bread cubes, shrimp, crab meat, parsley and egg; mix well. Season with salt, pepper and cayenne. Split thick side of flounder, lengthwise and crosswise, and loosen meat from bone of fish to form a pocket for stuffing. Brush well with additional melted butter; salt and pepper, and stuff pocket.

*To Bake:* Melt 1/2 stick butter in a shallow baking pan. Place fish in pan; do not overlap. Cover and bake in 375° F. oven for 25 minutes, or until fish flakes very easily with a fork. Remove cover; bake another 5 minutes.

*To Broil:* Place fish on greased broiler grid. Broil 3 inches from heat until fish flakes very easily with a fork, about 10 to 15 minutes. Yield: 4 servings.

## BAKED STUFFED OYSTERS

1 large onion, grated	1 tablespoon minced
2 cloves garlic, minced	parsley
1/4 cup minced celery	1/2 cup (1 stick) butter
1 tablespoon shortening	Salt and pepper
6 dozen oysters	Dash hot sauce
6 slices toasted bread	1/2 cup seasoned bread
1 egg, slightly beaten	crumbs

Sauté onion, garlic and celery in shortening. Drain oysters; reserve liquid. Chop oysters and add to sautéed seasonings; cook one minute over low heat. Remove from heat and add bread which has been soaked in oyster liquid and then squeezed to remove excess liquid. Use a chopping motion to mix in bread. Add egg; if mixture seems dry add oyster liquid. Stir in parsley, 3/4 stick butter, salt, pepper, and hot sauce. Butter ramekins and fill each with oyster mixture. Top with bread crumbs and dot with remaining butter. Bake in 400°F. oven for 20 minutes. Yield: 6 servings.

## BARBECUED SHRIMP

5 pounds shrimp	1 large bottle Italian
1 onion, sliced	dressing
1 1/2 cups (3 sticks)	Juice of 2 lemons
butter	6 tablespoons black pepper

Remove heads from shrimp; do not peel. Place shrimp in large, shallow pan; top with onion slices. Cover with butter slices. Add dressing and lemon juice; sprinkle with pepper. Bake in 400°F. oven for 40 minutes, turning gently every 10 minutes. Serve with hot French bread for dunking sauce. Yield: 6 servings.

## BOILED CRABS

Into a large container pour enough cold water to cover crabs. To each quart of water, add 1/4 cup salt, 2 slices of lemon, 2 whole allspice, 1 sliced onion, 1 sprig thyme, 1 bay leaf, 1 red pepper, 3/4 teaspoon celery seed, 1/4 teaspoon pepper. If commercial seasoning is available, use 2 tablespoons in place of seasonings listed above. Let salty seasoned water boil for 10 minutes, then add crabs, which are always placed into the boiling salted water alive. Boil 15 to 20 minutes, or until the shells are a bright red. Turn off heat; allow crabs to remain in water 10 minutes. Drain. Serve hot or cold. A large amount of salt added to water to make a brine is a must when boiling crabs.

## BOILED LOBSTER

Put lobster in 1 1/2 gallons of water in a heavy pot over high heat. Season the water with black pepper, and cayenne. (Do not use salt, as it will toughen the meat.) Bring to boil. Let boil in uncovered pot over medium heat for 20 minutes.

*Note:* When Acadians entertain at an old-fashioned "shrimp, crab or crawfish boil," they buy from 15 to 20 pounds of shrimp, crabs or crawfish, build a fire in the back yard and boil them in large heavy pots in highly seasoned water.

## BOILED CRAWFISH

15 pounds live crawfish	4 onions, quartered
1 to 1 1/2 boxes salt	3 heads garlic
Cayenne	Liquid or dry seafood boil
6 lemons, quartered	

Wash crawfish several times. Then purge by placing crawfish in a strong salt water solution for five minutes. Wash again in plain water, making sure the water appears clean. Fill a large pot with enough water to cover crawfish after all the seasonings have been added. Add salt, cayenne, lemons, onions, garlic and commercial seafood boil (according to package instructions). Cover and bring mixture to a boil. Add crawfish; bring water to a second boil. Boil for 3-5 minutes depending on size of crawfish. Turn off heat and let soak about 20 to 30 minutes. Red or "new" potatoes may be added with seasonings before adding crawfish to water. Yield: 5 servings.

## BOILED SHRIMP

Into a large container pour enough cold water to cover shrimp. To each quart of water add 1/4 cup salt, 2 slices of lemon, 2 whole allspice, 1 onion sliced, 1 sprig thyme, 1 bay leaf, 1 red pepper pod, 3/4 teaspoon celery seed, 1/4 teaspoon black pepper. If commercial seasoning is available, use 2 tablespoons in place of seasoning listed above. Let salty seasoned water boil for 10 minutes, add shrimp and boil for 10 to 15 minutes. Test for doneness. Allow about 1 pound in shell per person. For boiled shrimp that are peeled, allow 1/3 pound per person.

## BREADED FISH

1 pound fish fillets, steaks  
or small fish      1 teaspoon salt  
1/2 cup milk      1/2 cup bread crumbs  
1/8 teaspoon paprika      2 tablespoons butter

Dip fish in combined milk and salt; coat with crumbs. Place in shallow baking dish; dot with butter and sprinkle with paprika. Bake in 500° F. oven 10 to 12 minutes or until fish flakes easily. Yield: 2 servings.

## BROILED FISH

1/4 cup (1/2 stick) butter      1 tablespoon minced parsley  
1 tablespoon lemon juice      2 pounds fish fillets  
1 tablespoon chopped chives      1/2 teaspoon salt  
or green onions      1/8 teaspoon pepper

Combine butter, lemon juice, chives and parsley; chill 2 hours. Place fish, skin side down, on broiler rack; season with combined salt and pepper. Brush fish with butter mixture and broil 3 inches from heat for 10 to 15 minutes or until fish flakes easily. Yield: 4 servings.

## BUTTERFLY SHRIMP

2 pounds raw shrimp,      1 cup flour  
cleaned      2 eggs, beaten  
1/2 cup lemon juice      2 tablespoons water  
1 teaspoon salt

Cut shrimp almost through lengthwise and spread open. Marinate in lemon juice 10 minutes. Coat each shrimp with flour; dip in combined eggs, water and salt. Fry in hot shortening, 1/8-inch deep. Brown on both sides. Yield: 6 servings.

## CATFISH COURTBOUILLON

1 pound catfish fillets      1 1/2 tablespoon flour  
4 cups water      1 small onion, chopped  
Pinch thyme      1/2 lemon  
Cayenne pepper to taste      1 1/2 tablespoons bacon  
(just a dash may be too      fat  
hot with Ro-Tel)      1 cup tomatoes  
1 can Ro-Tel tomatoes      1 clove garlic, minced  
2 bay leaves      1 green pepper, chopped  
1 teaspoon salt

Make roux. Add onion, garlic, herbs, tomatoes. Simmer 5 minutes. Add remaining seasoning and water. Let simmer 5 minutes longer, then pour over sliced fish in baking dish. Bake in oven at 325° F. for 45 minutes or place fillets in skillet with roux and cook over very low heat. Serve over hot rice or toast.

## CODFISH CAKES

1 can (7 ounces) fish flakes      1 tablespoon minced  
1 1/2 cups mashed potatoes      parsley  
1 egg      1 tablespoon minced onion  
1/4 cup flour      2 tablespoons butter  
1/8 teaspoon pepper

Combine fish, potatoes, egg, pepper, parsley and onion. Mix well. Shape into small patties and coat with flour. Chill. Fry patties in butter about 5 minutes on each side or until brown. Yield: 4 servings.

## COQUILLES ST. JACQUES

1/4 cup flour      3/4 cup grated Parmesan  
1 teaspoon prepared      cheese  
mustard      1 teaspoon minced  
1 teaspoon salt      green onion  
1/8 teaspoon cayenne      2 tablespoons butter  
1/4 cup (1/2 stick) butter,      2 cups cooked scallops  
melted      1 cup cooked shrimp  
2 cups milk      1 tablespoon minced  
1 tablespoon Worcestershire      parsley  
sauce

Stir flour, mustard, salt and cayenne into 1/4 cup butter. Add milk; cook until thick. Remove from heat; add Worcestershire and 1/2 cup grated cheese. Wilt onions in 2 tablespoons butter; add scallops, shrimp, parsley and cheese sauce. Spoon into scallop shells. Sprinkle with remaining cheese. Dot with butter and broil 3 inches from source of heat until browned. Yield: 6 servings.

### COURTBOUILLON OF REDFISH

6-pound redfish	1 teaspoon salt
1/4 cup shortening	4 green peppers, chopped
1/4 cup flour	4 green onions and tops, chopped
2 large onions, sliced	1 clove garlic, minced
1 can (1 pound 13 ounces) tomatoes	1 cup water
2 bay leaves	2 thin slices lemon
1/4 teaspoon allspice	1 teaspoon minced parsley
1 cup claret wine	

Slice redfish across the backbone in 3-inch wide slices. Make a roux by cooking shortening and flour until dark brown. Add onions and sauté until tender. Add tomatoes; cook for 5 minutes. Add remaining ingredients with the exception of the wine and fish; cook for 30 minutes at simmering temperature. Add fish and continue to simmer for 20 minutes. Add wine, bring to boil and serve. Yield: 8 servings.

### CRAB FRICASSEE

8 large crabs	1 1/4 pounds shrimp, cleaned
2 tablespoons butter	Salt and cayenne
2 tablespoons flour	3 tablespoons minced parsley
4 green onions, minced	3 tablespoons sherry wine
3 cloves garlic, minced	
2 green peppers, chopped	
2 stalks celery, minced	

Boil crabs 15 minutes without seasoning. Drain and reserve water. Make a dark roux with butter and flour. Add green onions, garlic, green pepper, and celery; cook 5 minutes. Add 4 crabs, cleaned and quartered, and 2 cups of crab water. Cover and cook 10 minutes. Add 2 more cups of water and shrimp. Season highly with salt and cayenne. Cook for 15 minutes. Add crab meat, which has been removed from remaining 4 crabs and claws, and parsley; cook 5 to 6 minutes. Remove from heat and add sherry. Serve with rice. Yield: 8 servings.

### CRAB MEAT CASSEROLE IN A HURRY

1 can cream of mushroom soup	1 can English peas, drained
1 can crab meat	2 cups potato chips, broken

Mix soup, peas and crab meat; place in casserole alternately with broken potato chips. Top with crushed potato chips. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

### CRAB MEAT A LA LANDRY

1 cup onions, chopped fine	1/3 cup celery, chopped fine
Pinch of sage	Pinch of thyme
1/4 lb. butter or oleo	2 cups cornflakes
1 can evaporated milk	1 lb. white crab meat
1 cup Ritz Crackers, crumbled	1 tablespoon flour

Sauté onions and celery in oleo or butter until onions are wilted. Add sage, thyme, nutmeg, evaporated milk and flour. Toast the cornflakes and crumble; then mix with crab meat. Mix well. Put into individual ramekins or casserole. Sprinkle crumbled Ritz crackers. Add a pat of butter and bake for 20 to 25 minutes at 375° F. Yield: 6 servings.

### CRAB MEAT AND MUSHROOMS IN WINE SAUCE

1/4 pound fresh mushrooms, sliced or 1 can (7 ounces) stems and pieces	1/2 cup white wine
6 tablespoons butter	1/2 teaspoon dry mustard
2 tablespoons flour	1/4 teaspoon tarragon
1/2 cup milk	Salt and pepper
3/4 cup bread crumbs	1/8 teaspoon hot sauce
	1 pound crab meat

Sauté fresh mushrooms in 2 tablespoons butter. In a saucepan, melt 2 tablespoons butter; blend in flour. Stir in milk, wine, mustard and seasonings. Cook until thickened; add crab meat and mushrooms. Place in casserole; sprinkle top with bread crumbs and dot with remaining butter. Bake, uncovered, in 350°F. oven 30 minutes. Yield: 4 servings.

## CRAB MEAT IMPERIAL

1 green pepper, diced	1 teaspoon salt
2 pimientos, diced	1/2 teaspoon white pepper
1 tablespoon English mustard	2 eggs
3 pounds lump crab meat	1 cup mayonnaise

Mix all ingredients, except crab meat. Stir in crab meat and mix lightly so lumps are not broken. Divide mixture into 8 crab shells. Top with thin coating of mayonnaise and sprinkle with paprika. Bake in 350°F. oven 15 minutes. Yield: 8 servings.

## CRAB MEAT AU GRATIN

1 stalk celery, chopped fine	1/2 lb. grated Cheddar cheese
1/4 lb. oleo or butter	
1 can (13 ounces) evaporated milk	1/2 cup all-purpose flour
1 teaspoon salt	2 egg yolks
1/4 teaspoon black pepper	1/2 teaspoon red pepper
1 cup onion, chopped fine	1 lb. white crab meat

Sauté onions and celery in oleo or butter until onions are wilted. Blend flour in well with this mixture. Pour in the milk gradually, stirring constantly. Add egg yolks, salt, red and black pepper; cook for 5 minutes. Put crab meat in a bowl suitable for mixing and pour the cooked sauce over the crab meat. Blend well and then transfer into a lightly greased casserole and sprinkle with grated Cheddar cheese. Bake at 375° F. for 10 to 15 minutes or until light brown. Yield: 6 servings.

## CRAB MEAT OR SHRIMP THERMIDOR

1/4 cup butter or margarine	1 cup light cream or milk
1 cup chicken broth	1/2 teaspoon salt
1 teaspoon sherry	1 cup Cheddar cheese, grated
Cayenne pepper to taste	1/2 cup Parmesan cheese, grated
2 1/2 cups cooked crab meat or shrimp or crawfish	
4 teaspoons flour	

Melt butter; blend in flour gradually. Add chicken broth and cream. Stir and simmer about 3 minutes until mixture thickens. Add sherry, salt, cayenne pepper and Cheddar cheese. Stir until well mixed and cheese is melted. Arrange seafood in casserole; pour sauce over. Sprinkle with Parmesan cheese. Bake at 350° F. for 20 minutes; serve on toast points or cooked rice. Yield: 4-6 servings.

## CRAB MEAT RAVIGOTTE

1/4 cup (1/2 stick) butter	2/3 cup chopped boiled green pepper
1/4 cup flour	2 tablespoons capers
1 teaspoon salt	2 teaspoons tarragon vinegar
1/4 teaspoon cayenne	2 cups lump crab meat
2 cups milk	2/3 cup Hollandaise Sauce
2/3 cup chopped pimiento	

In a saucepan, melt butter and stir in flour, salt and cayenne. Blend in milk and cook, stirring constantly, over low heat until sauce begins to thicken. Add green pepper, pimiento, capers, vinegar, and crab meat. Heat through on low heat. Remove from heat and fold in Hollandaise Sauce. Serve in 8-ounce casserole or scallop shells. Garnish with paprika and chopped parsley. Yield: 4 servings.

## CRAB MEAT REMICK

1 pound (2 cups) crab meat	1/2 teaspoon paprika
6 slices bacon, cooked	3 cups mayonnaise
1 tablespoon celery salt	3/4 cup chili sauce
1 tablespoon dry mustard	1/2 cup tarragon vinegar

Divide flaked crab meat into 6 lightly buttered shells or ramekins. Break each bacon slice in half and arrange halves on top of crab meat. Combine celery salt, mustard, and paprika; add to mayonnaise and blend well. Add chili sauce and vinegar, mixing well after each addition. Cover bacon and crab meat with sauce. Place under broiler until brown and heated through, about 5 minutes. Yield: 6 servings.

*Note:* To make a casserole instead of individual servings, place crab meat in a 2-quart greased casserole. Bake in 450°F. oven 10 minutes. Arrange bacon halves on top; add sauce. Broil until brown, about 5 minutes.

### CRAB MEAT-ARTICHOKE CASSEROLE

3 tablespoons butter	1/8 teaspoon hot sauce
3 tablespoons flour	1/2 cup Parmesan cheese
1 teaspoon salt	4 hard-cooked eggs, sliced
1/8 teaspoon pepper	1 can (14 to 15 ounces)
1/8 teaspoon dry mustard	artichoke hearts
1 1/2 cups milk	3/4 pound (1 1/2 cups)
1/2 teaspoon Worcestershire sauce	crab meat

Melt butter; stir in flour, salt, pepper and mustard. Gradually add milk and cook until thickened, stirring constantly. Add sauce and 1/4 cup cheese. Fold in eggs, artichokes and crab meat. Pour into 1 1/2-quart casserole; top with remaining cheese. Bake in 350° F. oven for 30 minutes. Yield: 4 servings.

### CRAB QUICHE

1 cup shredded natural Swiss cheese	1 cup breakfast cream
9-inch pie shell, unbaked	1/2 teaspoon salt
1 cup crab meat	1/2 teaspoon grated lemon peel
2 green onions, chopped	1/4 teaspoon dry mustard
3 eggs, beaten	1/8 teaspoon mace
1/4 cup sliced almonds	

Sprinkle cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with green onions. Combine eggs, cream, salt, peel, mustard and mace; pour over crab meat. Top with sliced almonds; then bake in 325° F. oven until set, about 45 minutes. Remove from oven and let stand 10 minutes before slicing. Yield: 6 servings.

### CRAB-STUFFED ARTICHOKE

2 cups crab meat	1/4 cup minced onion
1 cup process Swiss cheese, cubed	1 teaspoon salt
1/3 cup minced green pepper	1/2 cup mayonnaise
2 teaspoons lemon juice	5 medium artichokes, cooked

Break crab meat into chunks. Toss with cheese, green pepper, onion and salt. Add mayonnaise and lemon juice to crab mixture; toss lightly. Remove small center leaves and choke of each artichoke, leaving a cup. Fill artichokes with the crab meat mixture; place in a large casserole. Pour hot water around artichokes to depth of 1-inch; cover. Bake at 375° F. for about 35 minutes. Yield: 5 servings.

### CRABS, BARBECUE STYLE

1 1/2 dozen live crabs	1 cup sherry wine
Salt and pepper	2 bay leaves
2/3 cup catsup	2 cloves
1/3 cup Worcestershire sauce	3 slices of lemon

Clean crabs, leaving body halves connected. Season with salt and pepper. Place crabs in a large, heavy saucepan. Combine remaining ingredients; pour over crabs. Cover, bring to a boil; turn heat low; simmer for 30 minutes or until crabs are done. Arrange crab bodies on broiler pan and place a spoonful of sauce in each crab. Broil 3 inches from source of heat until crabs are brown, about 3 to 5 minutes. Yield: 6 servings.

### CRAWFISH PIE

2 cups cooked crawfish meat	2 bay leaves
2 cups cooked rice	1/2 teaspoon salt
1 can (10 1/2 ounces) cream of mushroom soup	1/8 teaspoon pepper
1 cup water	2 hard-cooked egg yolks
1/4 cup chopped celery leaves	2 slices butter bread
	Paprika

Mix crawfish meat, rice, soup, water, celery, bay leaves, salt and pepper. Pour into greased baking dish. Crumble yolks over top. Remove crust from bread and cut each slice into four triangles. Arrange in a circle on top of mixture. Sprinkle with paprika. Bake uncovered in 350° F. oven 30 minutes or until bread is toasted. Yield: 6 servings.

## FLOUNDER WITH CRAB SAUCE

1/2 lemon	1 can (10 1/2 ounces)
2 pounds flounder fillets	cream of
1/2 teaspoon salt	mushroom soup
1/8 teaspoon pepper	1/2 cup breakfast cream
1/2 cup dry white wine	1 cup crab meat
1 small onion, grated	1 teaspoon lemon juice
2 teaspoons melted butter	2 tablespoons Parmesan
2 teaspoons flour	cheese

Squeeze lemon over fillets; season with salt and pepper. Roll fillets and place in shallow baking dish. Add wine; cover loosely and bake in 400° F. oven for 10 minutes. Sauté onion in butter over low heat. Stir in flour, soup and cream. Continue cooking, stirring constantly, until mixture is bubbly. Drain cooked fillets; add liquid to sauce mixture. Stir in crab meat and lemon juice. Pour sauce over fish rolls and sprinkle with cheese. Return to oven; bake until brown, about 5 minutes. Yield: 6 servings.

## FRENCH FRIED SHRIMP

1 1/2 pounds shrimp, headless	1/2 cup seasoned bread crumbs or corn meal
2 eggs, beaten	1/2 cup flour
1 teaspoon salt	

Peel shrimp, leaving the last section of the shell on if desired. Cut almost through lengthwise and remove sand veins. Wash. Combine egg and salt. Dip each shrimp in egg, and roll in combined flour and crumb mixture. Fry in deep hot fat (350°F.) for 2 to 3 minutes, or until golden brown. Serve plain or with a sauce. Yield: 6 servings.

## FRIED CRAWFISH

4 dozen raw large crawfish tails	4 lemon wedges
1 cup milk	1 teaspoon salt
1 cup flour	1/8 teaspoon black pepper
	1/8 teaspoon cayenne

Dip crawfish tails in seasoned milk; then roll in seasoned flour. Fry in deep hot fat (350°F.) for 2 to 3 minutes or until golden brown. Drain, serve with lemon wedges. Yield: 4 servings.

## FRIED FROGS' LEGS

6 pairs of frogs' legs	Salt and pepper
1/2 cup lemon juice	2 eggs, beaten
1 teaspoon salt	1 cup bread crumbs

In a large saucepan, scald frogs' legs in boiling water with lemon juice and salt added, about 3 minutes. Drain and pat dry. Season with salt and pepper; dip in beaten eggs and then in bread crumbs. Fry in deep hot fat (375°F.) until golden brown, about 5 minutes. Drain, sprinkle with parsley and serve with lemon wedges. Yield: 4 servings.

*Frog Legs Sauté:* Soak legs in milk, seasoned with salt, for one hour. Drain; coat with seasoned flour. In a heavy skillet, sauté legs in 1/2 stick (1/4 cup) butter until done and golden brown, using spatula to carefully turn legs.

## FRIED HARD-SHELL CRABS

1 dozen crabs	6 cups milk
1 tablespoon lemon juice	(approximately)
1 tablespoon soy sauce	1 teaspoon paprika
Salt, pepper and cayenne as desired	2 garlic pods, crushed

Preparation: Scald crabs and drain. When cool, remove claws and outer shell. Clean thoroughly, leaving only that portion containing the meat. Place crabs in marinade made from remaining ingredients and leave for about two hours, turning occasionally. Remove from marinade, roll in flour and deep fry at 375° F. until crust is golden brown. This is an unusual method of preparation and gives the crab meat a distinctive and delicious flavor.

## FRIED LOUISIANA OYSTERS

4 dozen large shelled oysters	Salt and red pepper to taste
Yellow corn meal	

Season oysters individually to taste so that each one gets the proper amount. Heat deep fat or oil to 30° F. Roll oysters in corn meal, drop into hot fat and fry 2 to 3 minutes. Do not overcook; this causes toughness.

### FRIED SHRIMP-IN-PANTS

2 lbs. fresh shrimp, peeled and deveined	Salt, black pepper, cayenne to taste
1 cup all-purpose flour	1 cup evaporated milk
3 cups cold water	3 cups bread crumbs
1 egg	

Make egg batter by mixing egg, evaporated milk and cold water. Leave part of the shell on the end of each shrimp tail when peeling. Slit each shrimp three-fourths of its length and season generously with salt, black pepper and cayenne. Dip each shrimp in egg batter and then in flour. Dip in egg batter again and roll in bread crumbs. Fry in deep fat at 375° F. for 3 to 4 minutes. Yield: 4 servings.

### FRIED STUFFED SHRIMP

2 dozen shrimp, cleaned	1/4 cup milk
2 tablespoons minced onion	1 cup bread crumbs
2 tablespoons chopped celery	1/2 cup crab meat
2 tablespoons chopped green pepper	1/2 teaspoon lemon juice
2 tablespoons minced parsley	1/2 teaspoon salt
1 clove garlic, minced	1/4 teaspoon pepper
2 tablespoons melted butter	1 1/2 teaspoons Worcestershire sauce
1 tablespoon flour	

Split shrimp down the back, leaving tails on. Sauté onion, celery, green pepper, parsley and garlic in butter. Blend in flour; add milk, stirring until thick. Add remaining ingredients and mix thoroughly. Place small amount of crab stuffing in each shrimp, packing firmly to shape. Chill 1 hour. Dip into Batter and fry in deep hot shortening (357°F) 5 minutes or until brown. Yield: 4 servings.

*Batter:*

1 egg	1 cup sifted flour
3/4 cup milk	1 teaspoon salt
1/8 teaspoon cayenne	

Beat egg, add milk and remaining ingredients.

*Variation:* Barbecue: Prepare shrimp as above, putting 2 shrimp together with stuffing and secure with foodpicks. Chill at least 1 hour. Brush shrimp with Barbecue Sauce (page 139), broil 5 inches from heat for 5 minutes on each side, basting occasionally with sauce.

### FRIED SOFT-SHELL CRAB

6 soft-shell crabs	1 cup milk
1 egg	Salt and pepper
1 cup flour	

Clean crabs by cutting off the face and eyes. Lift up the shell at each point and clean out the gills. Rinse well; drain and dry. Soak crabs in mixture of egg, milk, salt and pepper for 15 minutes. Coat with flour and fry in deep hot shortening at 375°F. until brown, about 15 minutes. Drain and garnish with sliced lemon and minced parsley. Serve with tartar sauce. Yield: 6 servings.

*To Broil:* Clean crabs and follow directions for frying; except omit egg and use 1 tablespoon flour instead of 1 cup. Melt 1/2 stick butter and brush crabs thoroughly. Broil 3 inches from source of heat, top side down, for 7 to 8 minutes. Turn, brush top side with butter, and continue broiling for 8 minutes or until golden brown. Garnish with parsley and lemon wedges.

### MARINATED CRABS

2 dozen boiled crabs	2 1/2 cups salad oil
6 green onions, chopped	1/2 cup wine vinegar
2 stalks celery, chopped	3 tablespoons pepper sauce
6 cloves garlic, minced	1/4 cup white wine
1/2 large green pepper, chopped	1 1/2 teaspoons salt
1 tablespoon Worcestershire sauce	1 1/2 teaspoons pepper
	1/4 teaspoon seafood seasoning

Clean boiled crabs and break each crab body in half. Crack and remove meat from claws. Place crab bodies and claw meat into a bowl. Combine remaining ingredients and pour over crabs. Marinate in refrigerator for several hours. For each serving, place 6 crab halves and sauce in individual serving bowls. Serve with hot garlic bread which can be used to dip into sauce. Yield: 8 servings.

## MARINATED SHRIMP

Use 1 1/2 quart Pyrex dish. Melt 1 stick of butter in dish and add the following, stirring quite often:

1/3 cup Worcestershire sauce	1 teaspoon salt
1 teaspoon black pepper	1 teaspoon cayenne pepper
2 teaspoons garlic puree	1 teaspoon thyme
2 teaspoons rosemary	1/2 teaspoon celery salt
1 teaspoon olive oil	

Cook slowly 10 to 15 minutes (taste for pepper seasoning and add if desired) but do not bring to a rapid boil. Allow to cool slightly, then add 50 to 60 headless shrimp, medium sized (wash shrimp after deheading). In order for seasoning to take effect, do not cook for at least 2 to 3 hours, or refrigerate overnight. (If cooked immediately they are very tasty but not as seasoned as when allowed to marinate for 2 to 3 hours or even better overnight.) When ready to cook, preheat oven at 400° F. and when oven is hot, place them in the oven for approximately 18 to 20 minutes, stirring several times. Cooking time depends on size of shrimp. After 12 minutes remove several and taste. Allow to cook further if necessary, but prevent overcooking as the shrimp are hard to peel if overcooked.

## MARINATED SHRIMP BROIL

2 pounds shrimp, headless	1 tablespoon chopped parsley
1 tablespoon chopped chives	1/2 teaspoon garlic salt
2 teaspoons dried basil, if desired	2 teaspoons dry mustard
1 bottle or can (12 ounces) beer	1/2 teaspoon black pepper
	1/2 teaspoon celery salt
	1 teaspoon salt

Remove legs from shrimp but do not shell. In a bowl, combine remaining ingredients; add shrimp. Cover and refrigerate for at least 8 hours. Stirring frequently. Drain shrimp and place in broiler pan. Broil 3 inches from source of heat for about 5 minutes. Yield: 6 servings.

## OYSTER CASSEROLE

1/2 pound saltine crackers, crushed	1 pint fresh oysters
	4 tablespoons butter

Place a layer of crushed crackers in a buttered casserole. Alternate layers of oysters, crackers and dot with butter, ending with crackers and dotted butter. Bake at 350° F. for 20 to 30 minutes or until brown. Yield: 8 servings.

## OYSTER PIE

1 onion, minced	1/4 cup minced parsley
1/2 cup minced celery	1 1/2 teaspoons
1/4 cup minced green pepper	Worcestershire sauce
1/4 cup (1/2 stick) butter	1/8 teaspoon hot sauce
1 1/2 tablespoons flour	1/2 teaspoon salt
4 1/2 dozen oysters, drained, reserve liquid	1 recipe plain pastry

Sauté onion, celery and pepper in 2 tablespoons butter until soft. Brown flour in remaining 2 tablespoons butter; stir in sautéed mixture. Add oysters and simmer 5 minutes. If mixture is too dry, add small amount oyster liquid. Add parsley, sauces and salt to taste. Pour into unbaked 9-inch pastry shell. Cover with top pastry and make several slits in top. Bake in 425° F. oven 20 minutes or until brown.

## OYSTER-ARTICHOKE CASSEROLE

8 large artichokes	2 1/2 dozen oysters, cut in half, and liquid
2 teaspoons salt	1 can (7 ounces) mushroom
3 tablespoons flour	pieces and liquid
3/4 cup (1 1/2 sticks) butter	Salt and pepper
3 tablespoons minced green onions	2 tablespoons butter
1/2 cup bread crumbs	

Steam artichokes in 1-inch boiling salted water until tender, about 45 minutes. Drain; cool slightly. Scrape meat from leaves and cut hearts in half. Stir flour in heated skillet over low heat until lightly browned; set aside. Melt butter; add onion and sauté about 5 minutes. Add flour to butter mixture and stir until smooth. Mix in remaining ingredients, except artichoke hearts, bread crumbs and butter. Simmer 10 minutes. Place hearts in casserole and add oyster mixture; top with crumbs and dot with butter. Bake in 350° F. oven for 15 minutes. Yield: 6 servings.

### OYSTERS BIENVILLE

- |   |   |
|---|---|
| 1 bunch green onions,<br>chopped fine               | 1 teaspoon oregano                          |
| 3 tablespoons flour                                 | 1/4 lb. butter                              |
| 1 can chopped mushrooms                             | 1 pint chicken or fish<br>bouillon or broth |
| 1/8 teaspoon paprika                                | 1/4 cup Cheddar cheese                      |
| 3 ounces white wine (dry<br>sauterne or sherry)     | 3 egg yolks                                 |
| Salt, black pepper and hot<br>pepper sauce to taste | 1/2 cup evaporated milk                     |
|   | 1/2 lb. shrimp, chopped<br>fine             |

This recipe, used as a casserole dish, will serve for 4 to 6 persons. It can also be used as a sauce to cover approximately 4 dozen oysters on the half-shell.

*Sauce:*

Mix shrimp, mushrooms and 1 1/2 ounces wine together. Set aside. Brown onions in butter; add flour and stir over a low flame until mixture is a light brown. Add chicken or fish bouillon or broth, which has been heated, slowly - stirring all the while. Add shrimp, mushrooms and wine mixture until sauce is smooth and begins to thicken. Set aside to cool slightly. Beat egg yolk well, but not too long, with 1 1/2 ounces wine and the evaporated milk. Slowly pour the warm sauce into this egg-wine-milk mixture, stirring constantly so it will stay smooth and not curdle. Add liquor from pre-baked oyster shells and season to taste. Replace the whole mixture on the fire and cook over low heat for 10 to 15 minutes until thick, stirring constantly to prevent lumping or scorching. If too thin, add flour or cornstarch to thicken. Pour into four separate casseroles or ramekins and place 10 to 12 oysters in the middle of the mixture; cover with more of the sauce. Sprinkle well with Cheddar cheese, place in 400° F. oven and bake until golden brown. **CAUTION:** Make sure oysters are placed between layers of sauce, as they will get extremely hard if they are cooked on the bottom.

### OYSTERS PARMESAN

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 large onion, minced             | 1 pint oysters and liquid           |
| 5 cloves garlic, minced           | 1 1/4 cups seasoned bread<br>crumbs |
| 1/2 cup olive oil                 | 1/4 cup grated Parmesan<br>cheese   |
| 4 strips crisp bacon,<br>crumbled |                                     |

Sauté onion and garlic in olive oil until slightly brown; add oysters and cook until the edges curl. Remove from heat; stir in bread crumbs, cheese, oyster liquid and bacon. Mix well. The mixture should be of a very moist consistency, similar to stuffing. If too dry, add water to the mixture. Bake in individual greased casseroles in 350°F. oven for 30 minutes. Yield: 4 servings.

### OYSTER STUFFING

- |                             |   |
|-----------------------------|---|
| 5 tablespoons minced onion  | 1 teaspoon salt                                 |
| 1 1/2 cups chopped celery   | 1/4 teaspoon pepper                             |
| 1/4 cup (1/2 stick) butter  | 2 dozen oysters, chopped                        |
| 3 quarts French bread cubes | 1 cup turkey stock and<br>ground cooked gizzard |
| 4 teaspoons chopped parsley |   |
| 2 eggs, slightly beaten     |   |

Sauté onion and celery in butter until tender, about 8 minutes. Add bread cubes which have been moistened in water, parsley, salt, pepper, chopped oysters and stock with ground gizzard. Mix and heat thoroughly. Remove from heat; add eggs and mix well. Place in greased 1 1/2-quart casserole; bake in 350° F. oven for 30 minutes. Yield: 6 servings.

### SCALLOPED OYSTERS

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 2 cups dry bread crumbs               | 1/8 teaspoon pepper                |
| 1/4 cup (1/2 stick) butter,<br>melted | 2 tablespoons light cream          |
| 2 dozen oysters                       | 1 teaspoon Worcestershire<br>sauce |
| 1/4 cup oyster liquid                 | 1/8 teaspoon cayenne               |
| 1/2 teaspoon salt                     | 2 tablespoons sherry wine          |

Combine crumbs and butter; cover bottom of greased 10 x 6 x 2-inch baking dish with 1/3 of mixture; arrange half of oysters on top. Combine oyster liquid with next 6 ingredients and spoon 1/2 the sauce over oysters. Sprinkle with 1/3 the crumbs; repeat. Bake in 400°F. oven 20 to 30 minutes. Yield: 4 servings.

### PICKLED CRAWFISH

- |  |                                      |
|--|--------------------------------------|
| 2 pounds cooked<br>crawfish tails                    | 1 cup salad oil                      |
| 2 onions, thinly sliced                              | 1/2 cup lemon juice                  |
| 3/4 cup mixed sweet<br>pickle relish                 | 1/2 cup vinegar                      |
| 3 tablespoons pickling<br>spices tied in cheesecloth | 1 tablespoon Worcestershire<br>sauce |
| 2 teaspoons sugar                                    | 1/8 teaspoon hot sauce               |
|  | 1 tablespoon salt                    |

Toss together crawfish tails, onion slices and relish; add spice bag and combine remaining ingredients. Refrigerate 24 hours.

## POMPANO EN PAPILOTE

3 cups boiling salted water	1 cup cooked shrimp,
1 lemon, sliced	chopped
1 bay leaf	1/2 cup crab meat
1 sprig thyme	1/2 cup mushroom pieces
6 pompano fillets	1/4 teaspoon salt
2 tablespoons butter	2 egg yolks, beaten
3 tablespoons flour	1 onion, minced
1 1/2 cups fish stock	

To the boiling salted water, add lemon slices, bay leaf, thyme and fillets. Simmer for 15 minutes. Remove fillets, open flat and place each on individual sheet of parchment paper. Melt butter in another saucepan over medium heat. Add flour and onion, stir and brown lightly. Add fish stock. Cook until sauce thickens, about 5-6 minutes. Stir in shrimp, crab meat, mushrooms and salt. Remove from heat and stir in egg yolks. Spoon sauce over fillets. Fold paper to form a case around each fillet. Bake in 400° F. oven for 10 minutes. To serve, split and fold back each casement. Yield: 6 servings.

## RED SNAPPER AU GRATIN

1/4 cup chopped celery	1/2 cup chopped onions
3 tablespoons oil	1/2 pound shrimp, peeled,
3 tablespoons all-purpose	deveined and chopped
flour	2 cups evaporated milk
2 ounces sauterne wine	6 fillets (5-6 ounces each)
Salt, black pepper and	red snapper
cayenne	6 slices bacon

Mix oil with onions and celery and cook in heavy iron pot over medium heat until onions are wilted. Add flour and milk, stirring constantly for 10 minutes, or until thick. Add shrimp; cook another 5 minutes. Season with salt, black pepper and cayenne to taste. Add wine, stir and remove from fire. Set aside. Place each fillet of snapper in an individual buttered casserole dish. Cook in pre-heated oven at 350° F. for 10 minutes or until fish is cooked. Pour sauce over fish and sprinkle with bread crumbs. Bake for another 5 minutes, or until brown. Decorate each fish with 2 crisp slices of fried bacon and garnish with French fried potato, sliced round. Yield: 6 servings.

## SALMON CROQUETTES

1 can (2 cups) salmon	1/2 teaspoon salt
1 cup soft fresh bread	1/8 teaspoon pepper
crumbs	2 eggs, well beaten
2 tablespoons grated onion	1 cup seasoned bread
1 tablespoon minced parsley	crumbs

Drain salmon; flake fish coarsely and crush bones. Add bread crumbs, onion, parsley, salt, pepper and 1 beaten egg. Mix thoroughly; chill. Shape croquettes into cone, ball or barrel shape. Roll in seasoned bread crumbs, dip in remaining beaten egg, and then roll in crumbs again. Fry in deep hot fat (375° F.) until croquettes are golden brown. Or bake croquettes in 350° F. oven for 20 minutes or until golden brown. Yield: 6 servings.

*Onion Sauce:* Sauté 1/2 cup minced onion in 2 tablespoons butter. Stir in 2 tablespoons flour, 1/4 teaspoon salt and dash of pepper. Gradually add 1 cup milk; cook until thickened. If desired, omit onions and add 1 cup cooked peas, drained. Serve over Salmon Croquettes.

## SHRIMP A LA CREOLE

1 1/2 lbs. peeled and	3 cups water
deveined shrimp	1 cup chopped onions
1/2 cup bell pepper,	4 cloves garlic, minced
chopped	1 can (4-6 ounces) tomato
1/2 cup oil or 1/4 lb. oleo	sauce
1 can (6 ounces) tomato	1 teaspoon sugar
paste	1 cup chopped celery
1 cup green onion tops	Salt, black pepper and
and parsley	cayenne to taste

Split shrimp and season with salt, black pepper and cayenne. Set aside. Heat oil or oleo in heavy pot over medium heat; cook onions and celery in it until onions are wilted. Add tomato paste and fry another 5 minutes stirring constantly. Add tomato sauce and 2 cups of water. Cook about 40 minutes or until oil comes to top, stirring occasionally. Use more water if sauce gets too thick. Add shrimp, bell pepper, garlic, sugar, salt, black pepper and cayenne. Cook 30 minutes or until shrimp are tender. Serve over cooked rice. Sprinkle with chopped onion tops and parsley. Yield: 4 servings.

### SHRIMP AND OYSTERS EN BROCHETTE

3 dozen oysters, shelled	1 lb. large shrimp, peeled
1/4 lb. butter or oleo	and deveined
1/2 slice bacon for each	2 cloves garlic
shrimp	Salt and cayenne to taste
1 lemon	

Melt butter or oleo and add two cloves of garlic which have been pressed and the juice of one lemon. Heat to boiling and stir. Then reduce heat. Split shrimp, if desired. Season each individually with salt and cayenne to taste. Wrap each shrimp with one-half slice of bacon secured with toothpick. Alternate shrimp with oysters on six skewers. Place skewers in shallow pan about 5 inches from flame of broiling oven and broil 15 to 20 minutes until bacon is crisp. Baste with butter sauce and turn frequently. Serve with tartar sauce. Yield: 6 servings.

### SHRIMP CASSEROLE

1 can (4 ounces) mushrooms, drained, reserve liquid	Breakfast cream
1/4 cup (1/2 stick) butter	1 tablespoon Worcestershire sauce
1/4 cup flour	1 1/2 cup crushed corn chips
1/4 teaspoon dry mustard	1/2 pound cooked shrimp, cleaned
1 teaspoon salt	4 hard-cooked eggs, sliced
1/8 teaspoon pepper	1 teaspoon poultry seasoning
1 can (16 ounces) green peas with onions	

Cook mushrooms in butter until lightly browned. Stir in flour, mustard and seasonings. Combine mushroom liquid with liquid from peas; add cream to make 2 1/4 cups. Add to flour mixture and cook until thickened, stirring constantly. Stir in sauce. Place half the corn chips in bottom of 1 1/2-quart casserole. Mix with shrimp, peas and egg slices. Pour sauce over mixture and sprinkle remaining corn chips on top. Bake in 375° F. oven for 35 minutes. Yield: 6 servings.

### SHRIMP MEUNIÈRE

1 1/2 pounds shrimp, cleaned	Dash black pepper
1/4 cup (1/2 stick) butter	1 tablespoon lemon juice
	1/4 teaspoon salt

Remove sand veins, wash and drain on absorbent paper. Sauté shrimp in butter, turning frequently for about 10 minutes or until shrimp are pink. Remove shrimp to serving platter. To the butter, add lemon juice, salt and pepper. Pour over shrimp. Yield: 6 servings.

### SHRIMP CREOLE

2 tablespoons cooking oil	1/8 teaspoon cayenne
1 large onion, minced	1 1/2 to 2 cans water
1 clove garlic, minced	Pinch of thyme
2 tablespoons minced green pepper	2 tablespoons minced parsley
1 tablespoon flour	2 pounds shrimp, cleaned
1 can (8 ounces) tomato sauce	1 teaspoon salt
	1/2 teaspoon pepper

Heat oil over medium heat; add onion and cook until soft (about 6 to 8 minutes). Stir in garlic and green pepper; sauté for 2 minutes. Blend in flour. Add sauce and simmer 5 minutes. Stir in water, thyme, parsley, shrimp, salt, pepper and cayenne. Cover and simmer 30 minutes. Serve over rice. Yield: 4 servings.

### SHRIMP CREOLE

1/4 cup oil	7 pounds shrimp, peeled and deveined
2 cups chopped onion	3 cans (6 ounces each) tomato paste
3 cups chopped celery	1/4 cup vinegar or lemon juice
2 cups chopped green pepper	2 tablespoons salt
1/2 cup minced parsley	1 teaspoon black pepper
3 tablespoons flour	
3 1/4 quarts tomato juice	

In oil, sauté onion, celery and green pepper until tender. Add parsley. Add flour and cook over low heat to make a roux. Combine tomato juice and paste with lemon juice and seasonings. Add to mixture in skillet, and cook and stir until mixture boils. Allow to simmer over very low heat, stirring occasionally, for 30 minutes. Add shrimp and cook about 12 to 15 minutes longer, or until shrimp are cooked. Yield: 48 servings.

### SHRIMP ETOUFFÉE

3 pounds shrimp, cleaned	1/2 cup chopped celery
Salt and pepper	1/4 teaspoon tomato paste
Cayenne	1/2 cup (1 stick) butter, melted
1 cup chopped onion	1/4 teaspoon cornstarch
1/2 cup cold water	

Season shrimp generously with salt, pepper and cayenne. Add onions, celery and paste to butter. Cook slowly until onions are soft. Dissolve cornstarch in water and add to mixture. Add shrimp and cook about 20 minutes. Serve with rice. Yield: 6 servings.

## SHRIMP de JONGHE

4 cups boiled shrimp, cleaned	1/4 cup Parmesan cheese
3/4 cup (1 1/2 stick) butter	1/4 teaspoon salt
4 cloves garlic, sliced	1/4 teaspoon pepper
1/2 teaspoon minced parsley	1/4 cup dry sherry
1/2 teaspoon minced green onion	1 cup dry bread crumbs
	1/4 cup (1/2 stick) melted butter

Sauté shrimp in butter until very lightly browned. Divide shrimp into 6 individual scallop shells. Sauté garlic in butter over low heat for 5 minutes. Remove and discard garlic. Stir in parsley, green onion, seasonings and sherry. Pour over shrimp. Combine crumbs and melted butter; spoon over shrimp. Sprinkle with cheese. Bake in 350°F oven until golden brown, about 15 minutes. Yield: 6 servings.

## SHRIMP PIE

2 lbs. fresh shrimp, peeled and deveined	4 cloves garlic, pressed
1 cup chopped onions	1/2 cup oil
2 teaspoons tomato paste	1/2 cup chopped celery
1 1/2 cups water	1/2 cup bell pepper, chopped
1/2 cup green onions and parsley, chopped	2 tablespoons cornstarch
	Salt and cayenne

Season shrimp with salt and pepper and set aside. Mix cooking oil, onions, celery, garlic and bell pepper in heavy iron pot over medium heat, stirring constantly until onions are wilted. Add shrimp and cook 15 minutes. Add cornstarch which has been dissolved in 1 1/2 cups water. Cook until thick, stirring constantly. Add green onions and parsley, chopped fine. Prepare enough Flaky Pie Crust for six pies. Roll and divide to fit 6 individual 10-ounce ovenware dishes. Fit rolled-out crusts into buttered ovenware dishes and then pour shrimp mixture over bottom crusts. Cover with another layer of crust; cut two slits in the top of each pie. Bake at 350° F. for about 15 minutes. Reduce heat to 300° F. and bake for another 12 to 15 minutes until golden brown. Yield: 6 servings.

## SHRIMP IN LOBSTER SAUCE

2 tablespoons peanut oil	1/2 teaspoon sugar
2 cloves garlic, crushed	2 green onions, cut in 2-inch pieces
1/4 pound ground pork	1/2 cup water
1 pound fresh shrimp, cleaned	1 tablespoon cornstarch
1 tablespoon soy sauce	1 tablespoon water
1/2 teaspoon salt	2 eggs, slightly beaten

Heat oil over medium heat. Stir in garlic; then add pork and continue stirring until pork turns white, about 3 minutes. Add shrimp; stir until they turn pink. Add soy sauce, salt, sugar and green onions; mix well. Add water and bring to boil. Cover and cook for 3 minutes. Dissolve cornstarch in water and add to mixture, stir until thickened. Stir in eggs. Turn off heat immediately and serve. Yield: 4 servings.

## SHRIMP SCAMPI

2 pounds large shrimp	1/4 cup (1/2 stick) butter, melted
3 cloves garlic, minced	1/8 teaspoon ground pepper
1/4 teaspoon salt	2 tablespoons of lemon juice
2 tablespoons chopped parsley	
1/4 cup olive oil	

Remove shells from shrimp, except portion that covers tail. Cut down center of back and remove sand vein. Combine remaining ingredients; mix well. Dip shrimp in mixture; place in shallow pan in single layer. Pour remaining sauce over shrimp. Broil 3 inches from source of heat for 6 to 8 minutes. Serve with drippings from pan. Yield: 4 servings.

## SIZZLING SHRIMP

1 1/2 cups cooking oil	2 cloves garlic, sliced
1 tablespoon salt	1/2 small onion, minced
1/2 cup catsup	1 tablespoon lemon juice
1 teaspoon paprika	1 teaspoon minced parsley
3 pounds shrimp	

Combine all ingredients except shrimp. Peel and clean shrimp, leaving tails on. Marinate shrimp in sauce in refrigerator 1 hour. Arrange shrimp on skewers; place on broiler tray and brush with sauce. Broil 4 inches from heat 10 minutes. Turn and baste shrimp at least once during broiling time. Yield: 6 servings.

## SHRIMP STUFFED PEPPERS

6 green peppers	1 teaspoon salt
3 tablespoons butter	1/4 teaspoon pepper
1 large onion, minced	1 cup cooked rice
1 clove garlic, minced	1 teaspoon Worcestershire sauce
1/2 pound cleaned shrimp	1/2 cup fine buttered bread crumbs
3 fresh or 1 cup canned tomatoes	

Slice top from peppers and carefully remove membrane and seeds. Parboil peppers in boiling water for 5 minutes. Drain. Melt butter over medium heat; add onion, garlic, shrimp and tomatoes; cook for 10 minutes, stirring constantly. Stir in sauce, salt, pepper and rice. Mix thoroughly. Fill peppers with shrimp mixture. Top with crumbs. Place in shallow baking dish and add about 1/4-inch water. Bake in 350°F. oven for 25 minutes. Yield: 6 servings.

## SHRIMP TURNOVERS

1 cup onions, chopped fine	1 lb. peeled shrimp, medium chopped
1/4 cup margarine	2 tablespoons all-purpose flour
2 tablespoons cornstarch	1 teaspoon salt
2 teaspoons tomato paste	1/4 teaspoon black pepper
1/4 teaspoon cayenne	1/4 cup parsley and green onions, chopped fine
1/2 cup water	
1/4 cup celery, chopped fine	

Prepare Flaky Pie Crust (add parsley and green onions). Roll out dough 1/8-inch thick. Using a saucer about 5 1/2-inches in diameter, cut 4 circles of dough. Spoon 1/4 of filling into center of circle and fold pastry in half. Seal edges together by pressing with tines of fork. Dip tines of fork into flour. Fry in deep fat until golden brown or approximately 5 minutes. Yield: 4 servings.

## STUFFED CRABS

1 lb. white crab meat	4 stale hamburger buns or 6 slices stale bread
1/4 lb. oleo or 1/2 cup oil	1/2 cup chopped green onion tops and parsley
3 eggs	Salt, black pepper and cayenne to taste
1/2 cup bell pepper, chopped	1/2 teaspoon Worcestershire sauce
2 cloves garlic, minced	
1 cup evaporated milk	
1 cup chopped onions	
1/2 cup chopped celery	

Sauté onions, celery, garlic and chopped bell pepper in a heavy pot in the oleo or oil until wilted. Add Worcestershire sauce, crab meat and season to taste with salt, red pepper and black pepper. Cook over medium heat about 15 minutes, stirring constantly. Add onion tops and parsley. Then add buns which have been soaked in the milk and eggs. Mix well. Stuff crab shells with mixture. Use artificial crab shells. Sprinkle tops of stuffed crabs with bread crumbs and bake in 375° F. oven for 10 minutes or until well brown. Stuffs 12 crab shells.

## STUFFED LOBSTER

1 Maine lobster, fresh, frozen or canned	1/2 lb. crab meat, fresh, frozen or canned
1/2 lb. of boiled shrimp, peeled and deveined	1/2 cup chopped celery
1 cup chopped onions	2 hamburger buns, soaked in water
1/4 lb. butter or oleo	2 eggs
1 piece of pimiento	Parsley to taste, chopped fine
Salt, black pepper and cayenne	1 ounce dry sherry

If fresh lobster and shrimp are used, boil both. Remove meat from lobster and save shell. Put butter or oleo in a heavy pot with onions and celery. Cook over medium heat in uncovered pot, until onions are wilted. Chop 1/2 of the lobster and cook in separate heavy uncovered pot with a little butter over medium heat for about 10 minutes. Add to this the soaked buns, 2 beaten eggs and chopped shrimp. Mix well. Then add cooked onion and celery mixture. Dice remaining lobster and add to mixture. Season generously with salt, black pepper and cayenne. Add parsley and pimiento. Stuff lobster shell (or casserole) with the mixture. Put into 325° F. oven for 15 to 20 minutes. Baste occasionally with sherry wine, lemon juice and butter. Serve piping hot. Yield: 4 servings.

## STUFFED OYSTERS

1/2 cup celery, chopped fine	20 large shelled oysters
2 tablespoons margarine	1 cup onions, chopped fine
2 hamburger buns	1 1/4 cups chopped oysters
1 heaping tablespoon flour	2 eggs
1 tablespoon parsley, chopped fine	1/4 cup bread crumbs
	1 1/4 cup white crab meat

Smother onions and celery with margarine until onions are wilted. Add the chopped oysters and let sauté for 3 minutes. Soak buns in beaten eggs and add to mixture. Then add bread crumbs, flour, parsley and crab meat. Mix well. Form 20 croquettes with this filling and then place one oyster in the center of each croquette. Roll in white flour, dip in light egg batter and roll again in bread crumbs. Fry at 350° F. in deep fat for 5 minutes. Yield: 5 servings.

## STUFFED SHRIMP

1 lb. fresh shrimp, peeled and deveined	1 cup chopped onions
2 eggs	1/4 lb. oleo or 1/2 cup cooking oil
3/4 cup chopped celery	1/2 cup cracker meal or bread crumbs
1/2 cup green onion tops and parsley, chopped	2 stale hamburger buns or 3 slices stale bread
1/4 cup chopped bell pepper	1/2 lb. boiled shrimp, peeled and deveined
Salt, black pepper and cayenne to taste	
1 can lobster	

Set fresh shrimp aside after peeling. Put oil or oleo, onions and 1 cup of chopped celery into a heavy pot. Season to taste with salt, black pepper and cayenne. Cook slowly in uncovered pot until onions are wilted. Grind lobster and boiled shrimp in food chopper. Mix with onion mixture and cook 15 minutes over medium heat in uncovered pot. Add buns which have been soaked in eggs; mix well. Add bell pepper, remainder of celery, green onion tops, parsley and cracker meal or bread crumbs. Mix well. Split each fresh shrimp lengthwise, almost to the end and flatten out. Stuff center of split shrimp with mixture, holding each shrimp in the hand and squeezing it together to form a croquette. Roll in all-purpose flour, then dip in heavy egg batter, and roll in bread crumbs. Fry rapidly for five minutes in deep fat at 375° F. Yield: 5 servings.

## TROUT AMANDINE

4 trout fillets	1/8 teaspoon pepper
1 cup milk	1/2 cup flour
1 teaspoon salt	1/2 cup (1 stick) butter
1/2 cup chopped almonds	

Dip fillets in milk; season with salt and pepper; coat with flour. Melt 1/2 stick of butter in electric skillet set at 375° F. and brown fillets on both sides. Remove fish from skillet; add remaining butter and sauté almonds. Serve over cooked fillets. Garnish with lemon slices and parsley. Yield: 4 servings.

*Trout Meuniere:* Omit almonds, and add to butter 1 tablespoon each of chopped parsley and green onions, 2 tablespoons of lemon juice, and 1/8 teaspoon each of hot sauce and Worcestershire sauce.

## TROUT DIVAN

1 pound trout fillets	1/2 cup Parmesan cheese
1/2 lemon	1 teaspoon lemon juice
2 green onions, chopped	1 package (10 ounces) frozen broccoli spears, cooked
1/2 cup dry white wine	1/8 teaspoon pepper
2 tablespoons butter	1/4 cup almonds, sliced
2 tablespoons flour	
1/2 cup breakfast cream	
1 1/2 teaspoons salt	

Rub fish with cut side of lemon. Combine onions and wine in shallow saucepan. Arrange fish fillets in onion mixture. Simmer over low heat, baste gently, until fillets flake easily, about 5 minutes. Melt butter over low heat; blend in flour. Stir in cream, 1/2 teaspoon salt and 1/2 cup liquid in which fish was cooked (add water if necessary). Continue cooking, stirring constantly, until sauce thickens, about 6 to 8 minutes. Add 1/4 cup cheese and lemon juice. Arrange broccoli in oblong casserole dish; season fish fillets with remaining salt and pepper; place on top of broccoli. Pour cheese sauce over fish; sprinkle remaining cheese and almonds over all. Bake in 350° F. oven for 20 minutes or until bubbly. Yield: 4 servings.

TROUT MARGUERY

4 fillets of trout	1 cup cooked shrimp, chopped
3 tablespoons olive oil	1/2 cup crab meat
2 egg yolks, beaten	1/2 cup sliced mushrooms
1 cup (2 sticks) butter, melted	1/4 cup dry white wine
1 tablespoon lemon juice	Paprika
Salt and pepper	

Season fillets, place in baking pan and add olive oil. Bake in 375°F. oven for about 25 minutes. As fish bakes, prepare sauce. To make sauce, place egg yolks in top of double boiler over hot (not boiling) water and gradually add melted butter, stirring constantly until mixture thickens. Add lemon juice, shrimp, crab meat, mushrooms, wine and season to taste. Stir and cook for 15 minutes longer to heat thoroughly. Place baked fish on oven-proof platter or individual dishes; cover with sauce and place in broiler to brown lightly. Yield: 4 servings.

TROUT VERONIQUE

2 pounds fish fillets	1/8 teaspoon pepper
2 tablespoons melted butter	1/2 cup medium white sauce
2 tablespoons lemon juice	1 cup Hollandaise sauce
1 teaspoon salt	1/2 cup white grapes
1/2 teaspoon paprika	

Place fish on greased grid of broiler. Combine butter, juice, salt, paprika and pepper; pour over fish. Broil 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily with a fork. Fold white sauce into Hollandaise; add grapes which have been cut in half. Spoon over fillets and brown in broiler. Yield: 4 servings.

TUNA CASSEROLE

1 can (10 1/2 ounces) condensed cream of mushroom soup	8 ounces (about 4 cups) noodles, cooked and drained
1 soup-can of liquid from peas and water	1 can (7 ounces) tuna, drained and flaked
1 cup cooked or canned peas, drained (reserve liquid)	1/4 cup grated cheese

Combine soup and liquid from peas; heat to boiling, stirring constantly until smooth. Combine with peas, noodles and tuna. Pour into 1 1/2-quart baking dish. Sprinkle cheese over top. Bake in 375° F. oven 20 minutes or until thoroughly heated and top is brown. Yield: 6 servings.

TUNA-RICE CASSEROLE

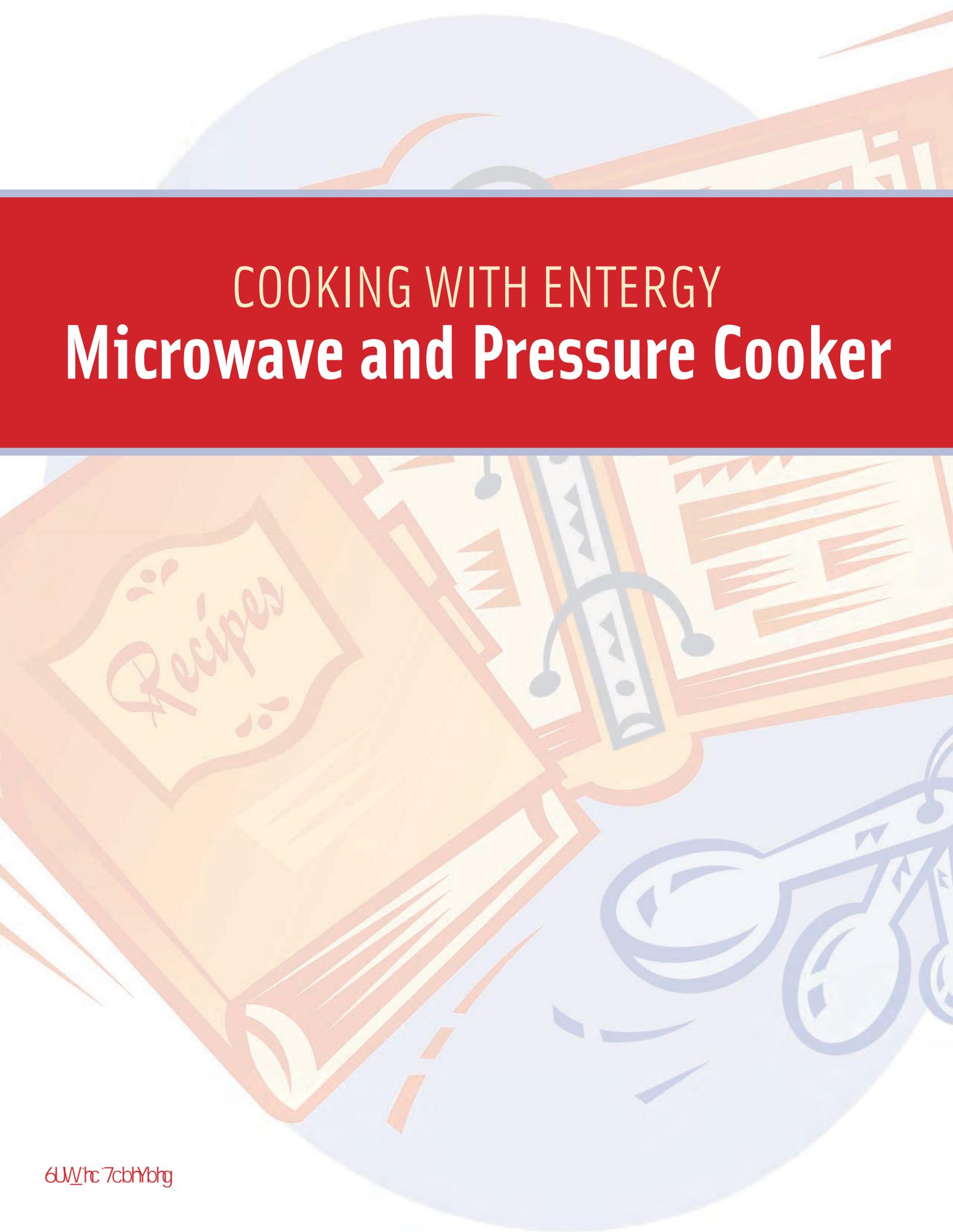
3/4 cup raw rice	1/2 cup ripe olive slices, if desired
1 1/2 cups water	1 tablespoon lemon juice
3/4 teaspoon salt	1/4 cup chopped parsley
2 tablespoons instant minced onion	2 cans (7 ounces each) tuna
1 cup commercial sour cream	1/4 teaspoon black pepper
1/2 cup mayonnaise	1/4 cup grated Cheddar cheese

Combine rice, water and salt; bring to a full rolling boil. Cover immediately and turn heat very low. Cook until rice is tender, about 20 minutes. Allow rice to stand for 10 minutes. Gently mix rice and remaining ingredients, except cheese. Place in a greased 1 1/2-quart casserole dish. Sprinkle with cheese. Cover and bake in a 350°F. oven for 30 minutes. Uncover during last 5 minutes of baking period. Yield: 4 servings.

TUNA-EGG CREPES

1 can (10 1/2 ounces) condensed cream of mushroom soup	1/4 teaspoon salt
1 can (7 ounces) tuna, drained	1/4 teaspoon pepper
1/2 cup chopped celery	5 hard-cooked eggs
1 tablespoon minced onion	6 baked crepes
1 1/2 teaspoons prepared mustard	1 cup shredded Cheddar cheese
	1 tablespoon seasoned bread crumbs
	1 tomato, cut into wedges

Heat soup, tuna, celery, onion, mustard, salt and pepper until blended and very hot. Stir in chopped eggs. Spread 1/2 cup hot tuna mixture between each layer of stacked crepes. Sprinkle top of stack with combine cheese and crumbs. Arrange tomato wedges on top. Bake in 350° F. oven for 20 minutes or until cheese is bubbly. To serve, cut into wedges. Yield: 4 servings.

The background features a stylized illustration. On the left, a large, thick book with a yellow cover is shown. The cover has a decorative label with the word "Recipes" written in a cursive font. To the right of the book is a pressure cooker with a blue lid and a silver body. The entire scene is set against a light blue circular backdrop with some abstract orange and yellow shapes. A red horizontal band is positioned across the top of the image, containing the title text.

# COOKING WITH ENERGY

## Microwave and Pressure Cooker

## PORK GUIDE

### ROASTING PORK

1. Place pork, fat side up, on rack in uncovered shallow roasting pan. The ribs of pork loin form a natural rack.
2. Season with salt and pepper, if desired.
3. Insert a meat thermometer so the bulb is in the center of the largest muscle. The bulb should not touch bone or rest in fat.
4. Add no water and do not cover.
5. Roast pork in a 325°F oven. Refer to timetable for cooking hours or 170°F for meat thermometer.
6. Allow cooked pork roast to stand 10 to 15 minutes before carving.

### PURCHASE INFORMATION

Cut	Servings Per Pound
Pork Roast, bone-in	
Loin, Boston Shoulder,	
Picnic Shoulder, Leg.....	2 - 3
Pork Roast, without bone	
Loin, Leg, Rolled Shoulder	
and Tenderloin .....	3 - 4
Spareribs.....	1 - 2

### TIMETABLE FOR ROASTING PORK IN A 325°F OVEN

Fresh Pork	Pounds	Hours to Cook
Boston Shoulder		
Roast	4 - 6	3 - 4
Picnic Shoulder	5 - 8	3 - 4
Loin	3 - 5	2 1/2 - 3
Loin, half	5 - 7	3 1/2 - 4 1/2
Leg, fresh ham	10 - 16	4 1/2 - 6
Leg, half fresh ham	5 - 7	3 1/2 - 4 1/2
Spareribs	3	1 1/2
Pork Chops	—	45 minutes

BARBECUED SHRIMP ORLEANS

- 3 lbs. large shrimp, unpeeled
- 3 teaspoons black pepper
- 1 teaspoon Accent
- 1/8 teaspoon rosemary
- 1/8 teaspoon oregano
- 2 teaspoons salt
- 1 1/2 lbs. (6 sticks) butter
- 1 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon thyme
- Pinch of cinnamon

Wash and drain shrimp well. Place in a glass baking dish (7 x 11-inches). Place all ingredients for the sauce in a 4-cup measure. Heat on High 1 1/2 - 2 minutes or until butter is melted. Pour over shrimp. Cover with waxed paper. Cook on High 10-12 minutes. Stir shrimp once or twice during cooking time until all shrimp are pink. Add salt after cooking. Let stand 3 minutes. Test for doneness. Yield: 4 to 6 servings. Serve with French bread - perfect for dipping into butter sauce

*To Reduce Recipe:* Cooking time for 1 1/2 pounds of shrimp will be approximately 7-8 minutes.

CRAB MEAT AU GRATIN

- 1/3 cup butter
- 1/2 cup celery, chopped fine
- 2 rolls (6 ounces each) Kraft garlic cheese
- 1 teaspoon salt
- 1/4 teaspoon Tabasco
- Buttered or seasoned bread crumbs
- Paprika
- 1 cup onion, chopped fine
- 3 tablespoons flour
- 1 can (4 ounces) mushrooms, drained
- 1/2 teaspoon cayenne
- 1 pound claw crab meat, thawed and drained
- Slivered almonds

In an 8-cup measure, sauté butter, onion, and celery on High 3 minutes. Stir once. Stir in flour. Add cheese and mushrooms. Cook on High 2 or 3 minutes until cheese is melted. Add seasonings and mix well. Fold in crab meat. Spoon mixture into 8 sea shells or ramekins. Sprinkle with bread crumbs, paprika and almonds. When ready to serve, place 4 filled shells at a time in the microwave and heat on High 2 minutes. Yield: 8 servings.

CRAWFISH ETOUFEE

- 1 pound peeled crawfish
- 1 cup chopped celery
- 1/2 cup chopped green onions
- 1 1/2 sticks butter
- Paprika
- 1/4 teaspoon black pepper
- 1 cup chopped onions
- 1/2 bell pepper, minced
- 1/4 cup chopped parsley
- 1 teaspoon flour
- 1 teaspoon salt
- Cayenne to taste

In a 2 1/2-3 quart casserole melt butter. Stir in onions, celery and bell pepper. Sauté on high 10 minutes. Add green onions and parsley. Sauté 5 minutes. Add crawfish, flour, dash of paprika and seasonings. Cover, cook 10 minutes. To Serve: Place a mound of rice in center of plate and pour etoufee around.

CRAB OR SHRIMP NOODLE CASSEROLE

- 1 package (8 ounces) fine egg noodles
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 cup unsifted plain flour
- 1 pound crab meat, drained or 1 pound prepared shrimp (see instructions on page 128)
- 2 tablespoons minced parsley
- 3 tablespoons butter
- 1/2 cup finely chopped green onions
- Cayenne pepper to taste
- 1 1/2 cups milk
- 1/3 cup cracker crumbs
- 2 tablespoons melted butter

Approximate total microwave time 31 to 36 minutes. Microwave noodles according to your microwave instruction, except cook 10 minutes. In 3-quart casserole place butter, garlic, onion, salt and pepper. Microwave at High 2 to 3 minutes, stirring after 1 minute, until onion is softened. Stir in flour until smooth. Gradually stir in milk. Microwave at High 4 to 6 minutes, stirring every 2 minutes, until smooth and thickened. Gently stir crab meat or prepared shrimp and noodles into sauce. Cover. Microwave at High 15 to 17 minutes, stirring after 8 minutes until hot. In small bowl, mix together crumbs, parsley and butter. Sprinkle over casserole before serving. Yield: 6 to 8 servings.

CRAWFISH STEW

- |   |                                   |
|---|-----------------------------------|
| 2/3 cup oil                               | 1 pound peeled crawfish tails     |
| 2 cups onion, chopped                     | 1 cup celery, chopped             |
| 1/2 cup green bell pepper, chopped        | 4 cloves garlic, minced           |
| 1/4 cup parsley, chopped                  | 1/4 cup green onion tops, chopped |
| 1 can (10 ounces) Ro-Tel tomatoes, pureed | 2 teaspoons salt                  |
| 1/4 teaspoon pepper                       | 1/2 teaspoon garlic powder        |
| 2/3 cup flour                             |                                   |

Mix oil and flour together in a 4 cup measure. Put in microwave on High 6 to 7 minutes. Stir at 6 minutes. Roux will be a light brown at this time and will need to cook 30 seconds to 1 minute longer to reach the dark brown color so important in making Louisiana gumbos and stews. Stir and return to microwave. Sauté on High 3 minutes. Add garlic, parsley and green onion to roux, stir and return to microwave. Sauté on High 2 minutes. You should have about 3 3/4 cups of roux now. If any oil has risen to the top, pour this off. Slowly add enough hot tap water to bring roux to the 4 cup mark. Stir and you will have a smooth dark roux in only 12 minutes. Pour roux and vegetables into a 3-quart dish. Add tomatoes, salt, pepper and garlic pepper. Cover with plastic wrap. Microwave on High 12 minutes. Stir 1 or 2 times. Add crawfish, cover and cook on Medium 10 minutes, stirring one time. Serve with rice. Serves 4-6.

JIFFY SHRIMP CURRY

- |  |  |
|--|--|
| 1 can (10 1/2 ounces) condensed cream of shrimp soup | 1 tablespoon butter                                |
| 2 tablespoons instant minced onion                   | 1 teaspoon curry powder                            |
| 8 ounces dairy sour cream                            | 2 cans (4 1/2 ounces each) shrimp, drained, rinsed |
|  | Chopped egg or crumbled bacon (optional)           |

Approximate total microwave time 7 to 8 minutes. In 1 1/2-quart casserole combine soup, butter, onion, curry powder and sour cream. Microwave at High 5 minutes, uncovered, or until sauce bubbles around edges. Stir in shrimp. Microwave at High 2 to 3 minutes, until hot. Garnish with egg or bacon, if desired. Yield: 4 to 6 servings.

MICROWAVE SEAFOOD COOKING

Instructions for microwaving shrimp: Place shrimp with seasonings except salt in glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

MOIST CHOCOLATE CAKE  
IN MICROWAVE OVEN

- |                            |                            |
|----------------------------|----------------------------|
| 1/4 cup (1/2 stick) butter | 1/2 cup flour              |
| 1/2 cup sugar              | 1/2 teaspoon baking powder |
| 2 eggs                     | 1/2 teaspoon vanilla       |
| 1 cup chocolate syrup      |                            |

Cream butter and sugar; add eggs and beat until fluffy. Add sifted dry ingredients, vanilla and chocolate syrup. Beat until thoroughly blended. Pour into an 8-inch square or round glass baking dish. Cook, uncovered, 7 minutes in microwave oven.

*Frosting:*

While cake is still warm, spread 1 cup miniature marshmallows over the top. In microwave oven, melt 2 tablespoons butter for 30 seconds in glass mixing bowl. Add 1/2 cup sugar and 2 tablespoons evaporated milk; mix thoroughly. Cook, uncovered, for 2 minutes. Quickly mix in 1/4 cup chocolate chips and 1/2 teaspoon vanilla. Pour over cake and blend with marshmallows.

*\*MICROWAVE COOKING TIMES ARE APPROXIMATE. COOKING TIME VARIES WITH THE MODEL OF MICROWAVE OVEN.*

OYSTERS BIENVILLE

2 tablespoons butter	1/2 cup Parmesan cheese
2 tablespoons flour	2/3 cup fish stock, oyster or clam juice
1/3 cup drained mushrooms, finely chopped	1 egg yolk
1/3 cup dry white wine	1/4 teaspoon salt
1/4 teaspoon white pepper	2 dozen raw oysters, drained
6 soup plates filled with rock salt or 6 plates with terry towel placed on plate	24 oyster shells
4 green onions, chop all of bulbs and 1/2 of tops	1/2 cup seasoned bread crumbs
	4 tablespoons butter, melted

Melt butter in a 1 1/2 quart bowl. Sauté onion on High 3 minutes. Stir once. Stir in flour and cook on High 1 minute. Whisk in stock or juice, add mushrooms and cook on High 2 minutes until thickened. Stir once. Beat yolk, wine, salt and pepper together and add to sauce. Cook on High 4 minutes. Stir once. To help drain oysters, place them in a glass bowl and heat on High 1 1/2 minutes. Drain in a colander. Place 4 oyster shells on a plate (if rock salt is used, preheat bowl, rock salt and shells on High 1 minute). Place oysters on shells and pour sauce over. Sprinkle with bread crumbs, cheese and butter. Cover with waxed paper, place 2 plates at a time in microwave and cook on High 1 1/2 minutes.

OYSTERS ORLEANS

1/2 cup butter, melted	1/4 cup green onion tops, chopped fine
1 can (4 ounces) sliced mushrooms	1 teaspoon dry mustard
1/4 teaspoon cayenne pepper	3/4 cup flour
2 cups warm milk	1/2 cup dry sherry
1/2 teaspoon salt	2 egg yolks, beaten
2 dozen raw oysters, drained	

In a 2 quart bowl, melt butter and sauté onion, mushrooms, mustard and peppers on High 4 minutes. Stir in flour and add warm milk gradually. Cook on High 3 or 4 minutes until sauce thickens. Add sherry and salt. Stir in beaten egg yolks. Place room temperature raw oysters in oyster shells or larger shells and cover with sauce. Place 6 oyster shells or 4 large shells at a time in microwave. Cook on High 2 minutes or until heated through.

FILLET OF FLOUNDER WITH  
SAUCE MEUNIERE

4 fillets of flounder (2 pounds), bass, redfish, red snapper or trout may be substituted.

*Sauce Meuniere:*

1/4 cup butter	1 tablespoon Worcestershire sauce
1/4 cup green onion tops, chopped	2 teaspoon lemon juice
1/2 teaspoon garlic powder	1/2 teaspoon salt
1/4 teaspoon cayenne	

Dry fish on paper towels before placing in a glass baking dish. Combine ingredients for sauce in a 2-cup measure. Cook on High 1 minute. Pour sauce over fillets. Cover with waxed paper. Cook on High 5-6 minutes or until fish flakes easily with a fork. Turn dish once. Garnish with parsley and lemon slices. Yield: 4 servings.

RED FISH WITH SAUCE PIQUANTE

2 cups chopped onions	2 tablespoons olive oil
1/2 cup chopped celery	1 whole clove garlic, chopped
1/2 cup chopped green onions	1 can and 2 tablespoons tomato paste
1/2 cup chopped parsley	5 cans water
1 lemon, sliced thin	1/2 teaspoon pepper
1 tablespoon salt	4 pounds redfish
Cayenne to taste	
1 chopped bell pepper	

In a 2 1/2 or 3 quart casserole dish, sauté on high 10 minutes onion, bell pepper, celery in olive oil. Stir in green onions, parsley and garlic. Sauté 5 minutes. Stir in tomato paste. Cook on high 20 minutes until mixture deepens in color. Add water, lemon and seasonings. Cover, cook on high 15 minutes. Clean fish, remove head. Season fish with salt and pepper; place in a 3-quart baking dish, top with sauce. Cover with plastic wrap. Cook on high 20 minutes. Serve over rice.

RED SNAPPER LOUISIANE WITH BUTTER AND WINE SAUCE

- |  |   |
|--|---|
| 3 1/2 pound whole red snapper, cleaned | 2 tablespoons melted butter with 1 teaspoon grated lemon rind |
| Cayenne pepper                         | 2 tablespoons parsley, finely chopped                         |
| 2 tablespoons parsley, finely chopped  | 2 tablespoons green onion tops, chopped                       |
| 3 green onion tops, finely chopped     | 1/2 cup butter  |
| Salt                                   | 1/4 cup sauterne  |
| 1 tomato, peeled and diced             |   |

Pat fish dry with paper towels. Season cavity of fish with salt and pepper. Brush fish with butter and lemon and place on a piece of waxed paper large enough to enclose it completely. Top fish with parsley, onion tops and tomato. Fold paper over and secure with toothpicks. Place fish diagonally in microwave on heavy brown paper or in a flat glass baking dish. Cook on High 9 minutes or until fish flakes easily with a fork. Turn fish half way through cooking time. Mix ingredients for butter wine sauce in a 2-cup measure. Cook on High 2 minutes. Sauce may be served in individual dishes or poured over the fish, before serving. Yield: 4 servings.

SCALLOPED CRAB OR SHRIMP AND CHIPS

- |  |  |
|--|--|
| 1 can (10 1/2 ounces) condensed cream of celery soup             | 1 can (7-8 ounces) mushrooms, stems and pieces   |
| 1 tablespoon chopped parsley                                     | 1 teaspoon instant minced onion                  |
| 1 tablespoon lemon juice   | 1 cup milk                                       |
| 1 pound crab meat, drained or 1 pound shrimp peeled and deveined | 1 5-ounce package potato chips, crushed (3 cups) |

Mix soup, undrained mushrooms, onion, parsley, milk and lemon juice. In 2-quart greased casserole, layer 1 cup crushed chips, 1/2 crab meat or shrimp, 1/2 of soup mixture. Repeat layers and top with potato chips. Microwave at High 15 to 17 minutes, until bubbly. Yield: 6 servings.

SEAFOOD FILÉ GUMBO

- |   |                                     |
|---|-------------------------------------|
| 1/2 cup flour   | 1/2 cup oil                         |
| 2 cups chopped onions   | 1/2 cup chopped celery              |
| 1/2 cup chopped green onions  | 1/2 cup chopped parsley             |
| 6 toes garlic, chopped  | 1 1/2 quarts water                  |
| 1 tablespoon salt   | 1 teaspoon black pepper             |
| Cayenne to taste  | 2 pounds shrimp peeled and deveined |
| 1 pound crab meat or 6 small seasoned boiled crabs, cleaned for gumbo | 1 dozen oysters with juice          |
|   | 1 tablespoon filé                   |

In a 4-quart casserole dish, make a roux with flour and oil (15 minutes for this size dish). Sauté onions and celery on high for 3 minutes, then add green onions, parsley, garlic and sauté 3 minutes. Stir in water and seasonings. Cover and cook on high 15 minutes. Add shrimp and crabs, reduce to medium speed, cook 25 minutes. Add oysters and juice, cook 10 minutes or until oysters curl. Sprinkle with filé. Set aside until ready to serve. Reheat gently.

SHRIMP AND CRAB MEAT CASSEROLE

- To cook shrimp:*
- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 pound shrimp, fresh or frozen | 1/2 teaspoon cayenne pepper |
| 1/2 lemon sliced                | 1/2 onion, sliced           |
| 1 stalk celery, cut up          | NO WATER!                   |
| 1 teaspoon salt                 |                             |

Place shrimp and all the seasonings except salt in a glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

- |   |                                    |
|---|------------------------------------|
| 1 pound cooked shrimp, peeled             | 1/2 teaspoon salt                  |
| 1 cup mayonnaise                          | 1 pound white lump crab meat       |
| 1/2 cup onion, chopped                    | 1/2 cup green bell pepper, chopped |
| 1 teaspoon Worcestershire sauce           | 1/2 cup celery, chopped            |
| 1/2 cup seasoned or buttered bread crumbs | 1/4 teaspoon pepper                |
|   | 1 teaspoon paprika                 |

Cook shrimp. Place bell pepper, onion and celery in a 2 cup measure. Cover with waxed paper and cook on High 2 minutes until just wilted. Combine all ingredients in a 3-quart casserole. Sprinkle top with bread crumbs. When ready to serve, heat through on High 6-8 minutes. Turn dish once.

SHRIMP NEWBURG

1/4 cup butter	12 ounces frozen cooked
1 jar (4 ounces) sliced mushrooms, drained	shrimp, defrosted
1/2 teaspoon salt	2 tablespoons flour
1/4 cup sherry	1 1/4 cup milk
1/4 cup green onion, chopped	2 egg yolks

Approximate total microwave time 16 to 21 minutes. In 2-quart casserole place butter, onion and mushrooms. Microwave at High 2 to 3 minutes, until bubbly. Stir in flour and salt. Microwave at High 1 minute, to blend. Stir in milk. Microwave at High 5 to 6 minutes, stirring after 3 minutes. Stir in sherry. Stir small amount of sauce into yolks. Add yolk mixture to sauce, stir well. Microwave at Low 2 to 3 minutes, stirring after 1 minute. Stir in shrimp, microwave at Medium 6 to 8 minutes, stirring after 3 minutes, until heated through. Yield: 4 servings.

STUFFED CRABS

1/2 cup butter	12 cleaned crab shells or
1/2 cup bell pepper, minced	ramekins
1 clove garlic, minced	1 cup onion, minced
2 tablespoons parsley, chopped	1/2 cup celery, minced
1 teaspoon salt	1/4 cup green onion tops, chopped
1/8 teaspoon cayenne	Juice of 1 lemon
1/8 teaspoon Worcestershire sauce	1/4 teaspoon pepper
2/3 cup bread crumbs	1/8 teaspoon Tabasco
	1/4 cup water
	1 pound crab meat, thawed

In microwave, melt butter in a 2-quart dish on High 1 minute. Sauté onion, bell pepper, celery and garlic on High 5 minutes. Stir once or twice. Add onion tops, parsley and lemon juice. Sauté on High 3 minutes. Add salt, pepper, Tabasco, Worcestershire sauce, water, bread crumbs and crab meat. Fill crab shells and sprinkle with more bread crumbs. Place 6 shells at a time on serving plate. Microwave on High 5 minutes. Turn dish one time during cooking time. Yield: 12 servings.

SWEET AND SOUR SHRIMP OR CRAWFISH

1 favorite recipe Sweet and Sour Sauce	1 pound cleaned and
1 can (8 ounces) pineapple slices	cooked shrimp or
	crawfish

Approximate total microwave time 6 to 8 minutes. Stir together Sweet and Sour Sauce, shrimp or crawfish and drained pineapple slices. Microwave at High 6 to 8 minutes, stirring gently after 3 minutes. Yield: 4 to 5 servings.

TURTLE SOUP

4 pounds turtle meat	1 1/2 gallons water
1 clove garlic, chopped	2 teaspoon lemon juice
1 cup flour	1 cup oil
1 cup chopped onions	1/2 cup chopped celery
2 heaping tablespoons tomato paste	2 teaspoons salt
Cayenne to taste	1/4 cup green onions
1/4 cup chopped parsley	4 slices lemon
6 hard-cooked eggs, chopped	2 ounces sherry

Slowly boil turtle meat, garlic, lemon juice in 1 1/2 gallons water to make stock (about 2 hours). In a 4-quart casserole dish make roux with flour and oil (about 17 minutes), stir in onions and celery, sauté 5 minutes. Stir in tomato paste, green onions and parsley. Cook on high 5 minutes. Add stock and meat, lemon and seasonings. Cover, cook on high 10 minutes, medium speed 30 minutes. Stir in sherry and eggs. Reheat to serve.

## GENERAL RULES OF PRESSURE COOKING

The pressure saucepan is an Energy Saver, since foods cook only 1/3 as long. Study the manufacturer's instruction booklet thoroughly and follow the directions for best possible results. Most foods, such as meat, vegetables and stews, require only the amount of liquid you want in the finished product. Usually, 1/4 cup liquid is sufficient for foods requiring less than 10 minutes; 1/2 cup for food which take up to 20 minutes. Dried beans, peas, and rice require more liquid so follow instructions in manufacturer's booklet.

### FRENCH ONION SOUP

2 pounds beef marrow bone	4 large onions, thinly sliced
4 cups water	2 tablespoons bacon fat
4 bouillon cubes	Parmesan cheese

Place beef marrow bones, water and bouillon cubes in pressure saucepan. Cover and cook at 15 pounds pressure; cook 30 minutes after control jiggles. Reduce pressure. While beef marrow bones are cooking, brown onions in fat, then add to soup stock. Cover and cook at 10 pounds pressure; cook 5 minutes after control jiggles. Reduce pressure. Remove soup bones. Top each serving with croutons sprinkled with Parmesan cheese. Yield: 4 servings.

### HOPPIN' JOHN 'N' HAM

1 pound dried black eye peas	1 1/4 pounds ham hock
6 cups water	2 teaspoons salt
1 medium onion, diced (1/2 cup)	1/4 teaspoon pepper
	3 cups water

To soak peas, cover generously with water (about 6 cups) and refrigerate overnight. Drain peas and place in a 4-quart pressure saucepan. Stir in onion, salt, pepper and 3 cups of water (be sure all peas are covered with water). Add ham hock. Secure cover and follow manufacturer's directions. Cook at 15 pounds pressure for 35 minutes. Remove cooker from heat and place under cold running water until pressure has dropped. Serve peas with cooked rice. Yield: 8 servings.

## BRAISED SHORT RIBS

4 pounds beef short ribs	1 onion, chopped
1 tablespoon salt	1 clove garlic, minced
1/4 teaspoon pepper	1/2 cup water

Season ribs with salt and pepper. Place ribs, fat side down, in pressure saucepan and brown on all sides. Remove ribs and pour off excess drippings. Place browned ribs, bone side down, or rack in pressure saucepan. Add onion, garlic and water. Cover and cook at 15 pounds pressure for 25 minutes. If desired, make gravy from liquid in pan. Yield: 6 servings.

### CHILI BEEF SAUCE

1 pound ground beef	1 to 2 teaspoons chili powder
1/2 cup chopped onion	
2 tablespoons butter	1/4 teaspoon salt
1 can (1 pound) tomatoes	Dash pepper

Brown ground beef and onions in butter in pressure saucepan. Add remaining ingredients. Cover and set control at 15 pounds pressure and cook 10 minutes after control jiggles. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Serve over spaghetti or rice. Yield: 4 servings.

*Variation: Chili Con Carne* - To the above ingredients, add 1 can (1 pound) tomatoes and 2 cans (1 pound each) kidney beans or Mexican chili beans. If thicker chili is desired, mash beans after cooking. Yield: 6 servings.

SWISS STEAK

- |  |  |
|--|--|
| 2 1/2 pounds round steak<br>(1/2-inch thick) | 2 tablespoons minced<br>green pepper   |
| 1 1/2 teaspoons salt                         | 1 clove garlic, chopped                |
| 1/4 teaspoon pepper                          | 1 tablespoon chopped<br>parsley        |
| 1/2 cup flour                                | 2 cans (8 ounces each)<br>tomato sauce |
| 2 tablespoons shortening                     | 2 teaspoons sugar                      |
| 1 medium onion, minced                       | 3 to 4 cans water                      |
| 1 stalk celery, minced                       |  |
| Salt and pepper                              |  |

Trim steak; cut into serving pieces. Season with salt and pepper. Coat with flour and pound into meat. Place shortening in pressure saucepan and brown meat on both sides. Cover and cook at 15 pounds pressure 20 minutes. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Yield: 6 servings.

PRESSURE BARBECUED CHICKEN

- |  |                          |
|--|--------------------------|
| 1/4 cup cooking oil                      | 1 tablespoon vinegar     |
| 2 1/2 to 3-pound chicken,<br>cut         | 1/4 cup water            |
| 2 tablespoons Worcestershire<br>sauce    | 1 tablespoon sugar       |
| 1 tablespoon bottled thick<br>meat sauce | Dash of hot sauce        |
|  | 1/4 cup catsup           |
|  | 1/2 cup water            |
|  | 2 tablespoons cornstarch |

Heat pressure saucepan and add oil. Brown chicken; pour off drippings. Combine Worcestershire sauce, vinegar, meat sauce, sugar, hot sauce, catsup and 1/2 cup water. Pour over browned chicken. Cover and set control at 15 pounds pressure; cook for 15 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under cold running water. To crisp chicken, place pieces in a pan and place under broiler for about 3 minutes. Dissolve cornstarch in 1/4 cup water; add to liquid in saucepan. Cook until thick and smooth, stirring constantly. Yield: 4 servings.

STEAM-BOILED CHICKEN

- |                     |                  |
|---------------------|------------------|
| 4-pound chicken     | 1 1/2 cups water |
| 1 teaspoon salt     | 1 onion, sliced  |
| 1/4 teaspoon pepper | 3 celery tops    |

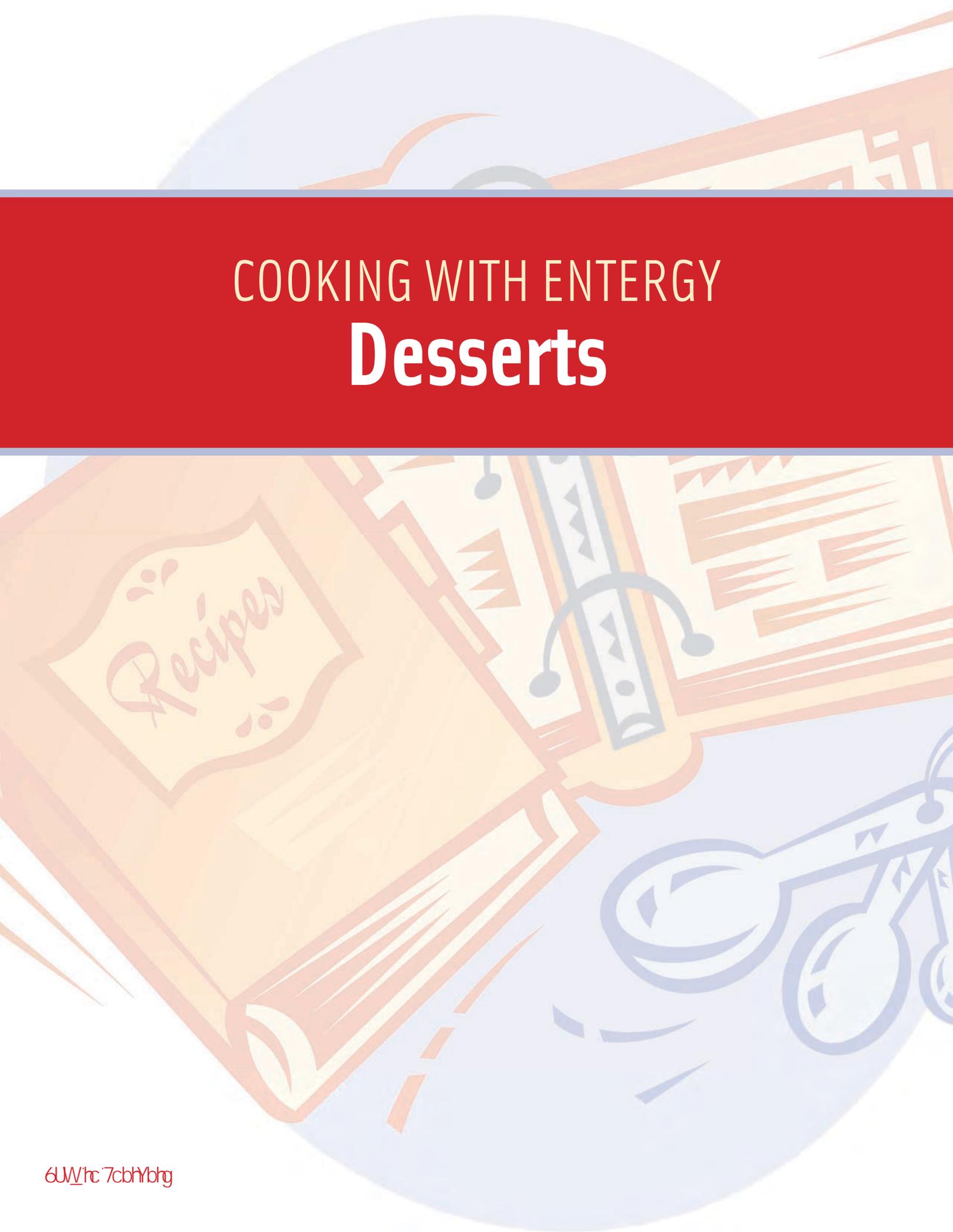
Season chicken with salt and pepper. Place rack in pressure saucepan. Add water. Place chicken on rack. Add remaining ingredients. Cover and cook at 15 pounds pressure; cook for 30 minutes after control jiggles. Reduce pressure. Use for chicken salad or for any recipe using cooked chicken. Yield: 3 1/2 to 4 cups cooked meat.

VEGETABLE PLATE

- |                       |                          |
|-----------------------|--------------------------|
| 1 small cauliflower   | 4 small onions           |
| 4 carrots             | Salt and pepper          |
| 1/2 pound green beans | 1/2 cup (1 stick) butter |
| 1/2 cup water         |                          |

Soak cauliflower in salted water for 30 minutes. Drain, rinse and leave whole. Place each type of vegetable on a sheet of aluminum foil; season with salt and pepper; dot with butter. Seal each package. Pour water into saucepan and place foil-wrapped vegetables on rack, with cauliflower in the center. Cover and cook at 15 pounds pressure for 10 minutes. Place saucepan under cold running water to reduce pressure. Remove vegetables from foil and arrange on serving plate. Top cauliflower with cheese cream sauce. Yield: 4 servings.

*Notes:*

The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned below the book, and the entire scene is set against a light blue circular backdrop. A red horizontal band is overlaid across the middle of the image, containing the text.

# COOKING WITH ENERGY

## Desserts

## REFRIGERATOR STORAGE GUIDE

### BEEF:

Steaks, Roasts.....	3 to 5 days
Ground Beef, Stew Meat, Heart, Liver, Brains, Tongue .....	1 to 2 days

### VEAL:

Chops, Roasts .....	3 to 5 days
Liver (sliced), heart .....	1 to 2 days

### PORK:

Canadian Bacon.....	2 weeks
Chops, Spareribs .....	3 to 5 days
Roasts .....	3 to 5 days
Pork Sausage.....	1 to 2 days

### LAMB:

Chops.....	3 to 5 days
Roasts .....	3 to 5 days
Ground.....	24 hours

### POULTRY:

Chicken, Ducklings.....	1 to 2 days
Turkey (ready to stuff - thawed or fresh).....	1 to 2 days
Cooked Poultry .....	1 to 2 days

### FRUITS AND VEGETABLES:

Vegetables, salad greens (in crisper) .....	3 to 5 days
Berries (uncovered) .....	2 days
Citrus fruits, apples.....	7 days
Fruit juices .....	4 days
Root Vegetables (in crisper), carrots, beets, radishes, turnips .....	1 to 2 weeks
Cooked Vegetables, Fruits (covered).....	2 to 4 days

### FISH:

Fresh fish, shellfish.....	24 hours
Cooked Fish .....	1 to 2 days

### EGGS:

Eggs (in carton, covered dish or rack) .....	4 weeks
Eggs, hard cooked (in shells) .....	8 to 10 days
Egg Whites (in covered container) .....	2 to 4 days
Egg Yolks (covered with water) .....	4 days

### CURED AND SMOKED MEATS:

Hams, picnic, whole .....	7 days
Half .....	3 to 5 days
Slices .....	3 days
Dried Beef.....	10 to 12 days
Corned Beef, Tongue, Bacon.....	5 to 7 days

### COOKED MEATS:

Roasts, Stew, etc. ....	1 to 2 days
Assorted Luncheon Meats .....	3 to 5 days

### MILK AND MILK PRODUCTS

Milk, cream.....	3 days
Evaporated Milk (in opened can) .....	3 to 5 days
Butter, Margarine (covered or wrapped).....	2 weeks
Cottage Cheese (in closed container) .....	3 to 5 days
Yogurt .....	7 days
Whipping Cream.....	7 days
Commercial Sour Cream.....	14 days
Custards, custard sauces, cream filled pies and cakes .....	2 to 3 days
Soft Cheese (in closed container) .....	2 weeks
Hard Cheese.....	3 to 6 months

## ORANGE CREPES

1 cup milk	1/2 cup sifted flour
Peel of 1 orange	1 tablespoon sugar
3 eggs	1/4 teaspoon salt

Blend milk and peel for 2 minutes. Add remaining ingredients and blend until smooth, about 30 seconds. Grease electric skillet lightly with butter and pour about 1/4 cup batter for each crepe. Turn and brown other side. Add each is done, spread with Orange Butter Sauce and roll. Return crepes to skillet to heat for serving. Heat 1/2 cup sauce just to boiling; pour over crepes. Serve at once. Yield: Eight 5-inch crepes.

## WHIPPED TOPPING

1/2 cup instant nonfat dry milk solids	1/2 cup iced water
1/4 cup sugar	2 tablespoons lemon juice

Mix milk solids with water in a bowl. Whip until soft peaks form, about 3 to 4 minutes. Add lemon juice and continue whipping until stiff peaks form, 3 to 4 minutes longer. Gradually add sugar while beating. Chill until ready to serve. Yield: 2 1/2 cups whipped topping.

## 1-2-3-4 CAKE

1 cup (2 sticks) butter	1 tablespoon baking powder
2 cups sugar	1/2 teaspoon salt
3 cups sifted flour	1 cup milk
4 eggs	1 teaspoon vanilla
1 teaspoon lemon extract	

Cream butter; gradually add sugar and beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients alternately with milk to creamed mixture. Add flavorings. Beat only until blended. Do not overmix. Pour into 3 greased and floured 8-inch pans. Bake in 375° F. oven for 25 to 30 minutes, or pour batter into 10-inch greased and floured tube pan; bake in 350° F. oven for 1 1/4 hours.

## 7-UP CAKE

1 1/2 cups (3 sticks) butter	2 tablespoons lemon extract
3 cups sugar	3 cups sifted flour
5 eggs	3/4 cup 7-Up

Cream butter and sugar for 20 minutes. Add eggs, one at a time, beating well after each addition. Add lemon extract. Add flour alternately with 7-Up to butter mixture, beginning and ending with flour. Pour batter in a greased 12-cup bundt pan. Bake in 325° F. oven for 1 to 1 1/4 hours.

## ALMOND BUTTER COFFEE CAKE

2 1/4-2 1/2 cups flour	1/2 cup (1 stick) butter
1 package dry yeast	3/4 cup sliced almonds
3/4 cup milk	3/4 cup sugar
1/4 cup (1/2 stick) butter	1/4 cup light corn syrup
1/4 cup sugar	2 tablespoons water
3/4 teaspoon salt	2 teaspoons almond extract
1 egg	

In a large mixing bowl, combine 1 cup flour and yeast. In 1-quart saucepan combine milk, butter, sugar and salt, heat until warm (120° F. - 130° F.). Add to flour. Add egg. Beat 1/2 minute at low speed, scraping bowl constantly, then 3 more minutes at high speed. Add 1/2 cup flour and beat 1 minute longer. Stir in enough remaining flour to make a soft dough. Turn onto lightly floured surface; knead 5-10 minutes or until smooth and satiny. Place in buttered bowl, turning once to butter top. Cover bowl. Let rise on a rack over hot water until doubled, about 45 to 60 minutes. To prepare butter glaze, brown almonds in butter in a 1-quart saucepan over low heat, stirring occasionally, until amber color. Cool slightly. Stir in sugar, corn syrup and water. Bring to boil. Boil 1 to 2 minutes; stir in extract. Divide evenly in two 8-inch round cake pans. After dough has doubled in size, punch down and divide in half. Divide each half into 8 equal parts and shape into smooth balls. Place balls of dough on top of nut mixture. Cover and let rise in warm place until doubled, about 30 minutes. Bake in 350° F. oven for 25 to 30 minutes. Invert immediately onto wire rack to cool.

## ALMOND-RAISIN CAKE

1/2 cup thinly sliced almonds	1 cup sifted flour
2 tablespoons sugar	1/2 teaspoon baking powder
1/4 cup chopped seedless raisins	1/4 teaspoon baking soda
1/2 cup (1 stick) butter	1/8 teaspoon salt
1/2 cup sugar	6 tablespoons commercial sour cream
2 eggs	1/2 teaspoon vanilla

Generously butter an 8-inch ring mold and coat all over with 1/4 cup almonds. Combine remaining almonds with sugar, raisins, and cinnamon. Cream butter and sugar with electric mixer. Beat in eggs, one at a time. Alternately blend in sifted dry ingredients with combined sour cream and vanilla. Spread half the batter in mold, top with half the almond mixture. Repeat, alternating the batter and almonds. Bake in 350° F. oven for 30 minutes or until brown. Turn out on cake rack.

## BABY BOOTIE CUPCAKES

Tint frosting with 1 or 2 drops red or blue food coloring. Place one unfrosted cupcake on plate. Cut small portion from side of second cupcake to form toe; cut horizontally in half. Place on half top side up with cut edge next to whole cupcake. Use other half of cupcake for toe of second bootie. Decorate frosted booties with miniature marshmallows and bows made from rolled gumdrops.

## ANGEL FOOD CAKE

1 cup sifted cake flour	1 1/2 teaspoons cream of tartar
1 1/2 cups sugar	1/4 teaspoon salt
12 egg whites (1 1/2 cups)	1 1/2 teaspoons vanilla

Sift flour with 3/4 cup sugar 4 times; set aside. Beat egg whites, cream of tartar, salt and vanilla until stiff enough to form soft peaks, but still moist and glossy. Add remaining 3/4 cup sugar, 2 tablespoons at a time, and continue to beat until egg whites hold stiff peaks. Sift about 1/4 of flour mixture over whites; fold in. Repeat, folding in remaining flour by fourths. Pour batter into ungreased 10-inch tube pan and bake in 375° F. oven for 35 to 40 minutes or until done. Invert cake in pan; cool. Remove from pan.

## APPLESAUCE CAKE

1/2 cup shortening	1 teaspoon baking powder
1 cup sugar	1 teaspoon cinnamon
1 egg	1/2 teaspoon allspice
1 cup thick applesauce	1/2 teaspoon nutmeg
2 cups sifted cake flour	1/4 teaspoon cloves
1/2 teaspoon salt	1 cup raisins
1 teaspoon baking soda	3/4 cup chopped pecans

Cream shortening and sugar until light and fluffy. Add egg and beat thoroughly. Blend in applesauce. Sprinkle 2 tablespoons of the sifted dry ingredients over the combined raisins and pecans. Gradually add remaining sifted dry ingredients to applesauce mixture; beat until smooth. Blend in floured raisins and pecans. Pour into greased 9-inch square baking pan. Bake in 350° F. oven 50 to 60 minutes.

## BANANA LAYER CAKE

1/2 cup (1 stick) butter	1/4 teaspoon salt
1 1/2 cups sugar	1 1/3 cups mashed bananas (4 medium-sized)
2 eggs	1/4 cup milk
2 1/4 cups sifted flour	1 teaspoon vanilla
2 teaspoons baking powder	

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together. Combine bananas, milk and vanilla; add alternately with dry ingredients, beginning and ending with flour, to creamed mixture. Pour into two greased and floured 9-inch layer cake pans or into a greased 13 x 9 x 2-inch baking pan. Bake in 350° F. oven for 30 to 35 minutes. Cool 10 minutes, turn onto racks and cool completely. Spread bottom layer with frosting, cream pie filling or whipped cream. Cover with banana slices. Place second layer on top and spread top and sides of cake with frosting or whipped cream. Dip banana slices in lemon juice to prevent discoloration. Place slices upright around outer edge of cake.

## BANANA NUT BREAD

1/2 cup (1 stick) butter	2 tablespoons boiling water
1 cup sugar	2 eggs, slightly beaten
1 cup mashed ripe bananas	1 teaspoon lemon juice
1 teaspoon baking soda	1/2 cup chopped nuts
2 cups sifted flour	

Cream butter and sugar until light and fluffy. Add bananas and blend well. Add soda to boiling water. Add with eggs, lemon juice, nuts, and flour to creamed mixture. Mix just enough to combine ingredients. Pour batter into waxed paper-lined 9 x 5 x 3-inch loaf pan. Bake in 350° F. oven for 1 hour. Remove from pan; remove paper. Serve warm or cold.

*Individual Loaves:* Spoon batter into 5 well-greased cans (10 ounces each), about 2/3 full. Bake on cookie sheet at 350° F. for 35 minutes. Cool 5 minutes, then remove from cans.

## BOURBON PECAN CAKE

2 cups whole red candied cherries	8 eggs, separated
2 cups golden raisins	5 cups sifted flour
2 cups bourbon	4 cups pecan halves
2 cups (1 pound) butter	1 1/2 teaspoons baking powder
2 cups sugar	1 teaspoon salt
2 cups packed dark brown sugar	2 teaspoons ground nutmeg

Combine cherries, raisins and bourbon; cover tightly. Refrigerate overnight. Drain fruits and reserve bourbon. Cream butter until light and fluffy. Add sugars gradually, beating well after each addition. Combine 1/2 cup of the flour with pecans. Sift the remaining flour with baking powder, salt and nutmeg. Thoroughly mix 2 cups of the flour mixture with the creamed mixture. Add the reserved bourbon and the remainder of the flour mixture alternately, ending with flour. Beat well after each addition. Beat egg whites until stiff but not dry; gently fold into cake batter. Blend in drained fruits and floured pecans. Grease a 10-inch tube pan; line bottom with waxed paper. Grease and lightly flour waxed paper. Pour batter into pan to within 1 inch of top. Bake remaining batter in small loaf pan, prepared in same manner as tube pan. In 275° F. oven, bake tube cake about 4 hours and loaf pan about 1 1/2 hours, or until done. Cool cakes in pans on cake rack about 2 to 3 hours. Remove cakes from pan; peel off waxed paper. Sprinkle cakes with bourbon, then wrap in aluminum foil or plastic wrap. Refrigerate in a tightly covered container.

## BANANA SPLIT CAKE

1 cup (2 sticks) butter	1 can (20 ounces) crushed pineapple, drained
2 cups graham cracker crumbs	1 carton (9 ounces) frozen whipped topping, thawed
3 cups confectioners sugar	1 cup chopped pecans
2 egg whites	12 Maraschino cherries
1 teaspoon vanilla	
4 bananas, sliced	

Combine 1 stick melted butter with crumbs and 1 cup confectioners sugar; mix well and press firmly into 13 x 9 x 2-inch baking pan. Combine remaining stick of butter, sugar, egg whites and vanilla; beat until creamy. Spread over crumb shell. Add a layer of banana slices and crushed pineapple; spread whipped topping evenly over fruit. Sprinkle with pecans and chopped Maraschino cherries. Refrigerate until set. Yield: 12 servings.

## CARROT CAKE

2 cups sugar	2 teaspoons baking soda
1 1/2 cups cooking oil	2 teaspoons baking powder
4 eggs	1 teaspoon salt
2 cups sifted flour	3 cups grated carrots
2 teaspoons cinnamon	1/2 cup chopped pecans

Beat sugar and oil until blended. Add eggs one at a time, beating after each addition. Sift dry ingredients into sugar-oil mixture. Add carrots and pecans; mix well. Pour batter into 3 greased 9-inch cake pans. Bake in 325° F. oven for 45 minutes. Cool. Frost with Cream Cheese Frosting.

*Cream Cheese Frosting*

1 box (1 pound) sifted confectioners sugar	1/4 cup (1/2 stick) butter, softened
1 package (8 ounces) cream cheese	2 teaspoons vanilla

Combine ingredients and beat until mixture is of spreading consistency. This filling will appear to be stiff at first, but after thorough mixing it will soften enough to spread over cake.

CHEESE CAKE

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 1/2 cups graham cracker crumbs  | 1 teaspoon grated lemon peel |
| 2 tablespoons butter, melted      | 2 eggs, separated            |
| 1/2 cup plus 2 tablespoons sugar  | 1 cup commercial sour cream  |
| 1 package (8 ounces) cream cheese | 1 teaspoon vanilla           |
|                                   | 1 teaspoon lemon juice       |

Blend crumbs and 2 tablespoons of sugar; stir in butter. Press firmly in bottom of greased 9-inch spring form pan. Blend cheese until soft and smooth. Gradually blend in remaining 1/2 cup sugar. Mix in unbeaten egg yolks. Add remaining ingredients. Fold in stiffly beaten egg whites. Pour over crumbs. Bake in 300° F. oven for 45 minutes. Turn off heat; open oven door. Allow cake to remain in oven 30 minutes. Chill several hours before serving.

CHEESECAKE WITH CHERRY TOPPING

- |   |  |
|---|--|
| 2 eggs                                    | Peel of 1/2 lemon                              |
| 1/3 cup plus 2 tablespoons sugar          | 1 graham cracker crumb crust (recipe page 173) |
| 2 1/2 teaspoons vanilla                   | 1 cup commercial sour cream                    |
| 8-ounce plus 3-ounce package cream cheese |  |

Blend eggs, 1/3 cup sugar, 1 1/2 teaspoons vanilla and peel. Add cream cheese. Blend on high speed until smooth, about 3 seconds. Press Crumb Crust into foil-lined 10-inch electric skillet; pour in cream cheese mixture. Cover; close vent and bake at 300° F. for 20 minutes. Combine sour cream with remaining sugar and vanilla; spread over filling. Cover; bake 5 minutes longer. Remove cover. Cool in skillet. Spread with Cherry Topping.

*Cherry Topping:* Combine and heat 1 can (16 ounces) cherry pie filling with 1/4 teaspoon grated lemon peel, and few drops red food coloring. Cool.

REFRIGERATOR CHEESE CAKE

- |                                |  |
|--------------------------------|--|
| 1 envelope unflavored gelatin  | 1 1/2 cups cottage cheese (dry or creamed), sieved |
| 1/2 cup sugar                  | 1 1/2 teaspoons lemon juice                        |
| 1/8 teaspoon salt              | 1 1/2 teaspoons vanilla                            |
| 1 egg, separated               | 1/2 cup whipping cream, whipped                    |
| 1/2 cup milk                   | 9-inch crumb shell (recipe page 173)               |
| 1/2 teaspoon grated lemon rind |  |

Combine gelatin, sugar and salt. Stir in egg yolk and milk. Cook over low heat, stirring constantly, until gelatin is dissolved. Remove from heat and stir in rind. Cool. Stir in cottage cheese, juice and vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Beat egg white and whipping cream separately until soft peaks form. Fold into gelatin-cheese mixture. Pour into 9-inch crumb-lined pie pan. Chill until firm.

PARTY CHEESECAKES

- |  |   |
|--|---|
| 1 package (10 ounces) small vanilla wafers | 3/4 cup sugar                               |
| 2 packages (8 ounces each) cream cheese    | 1 tablespoon lemon juice                    |
| 2 eggs                                     | 1 teaspoon vanilla                          |
| 48 2-inch paper baking cups                | 1 can (1 pound 6 ounces) cherry pie filling |

Place a wafer, upside-down, in each small baking cup. Beat remaining ingredients, except pie filling, until creamy. Fill cups 3/4 full; bake in 375° F. oven for 15 minutes. When cool, top with pie filling. Yield: 4 dozen.

CRAZY CHOCOLATE CAKE

- |                     |                        |
|---------------------|------------------------|
| 1 1/2 cups flour    | 1 teaspoon baking soda |
| 1 cup sugar         | 6 tablespoons oil      |
| 3 tablespoons cocoa | 1 tablespoon vinegar   |
| 1/2 teaspoon salt   | 1 teaspoon vanilla     |
| 1 cup water         |                        |

Sift dry ingredients into 8 x 12-inch glass baking pan. Make three depressions. Pour the oil in one, vinegar in another and vanilla in another. Pour water over; blend batter thoroughly. Bake in 325° F. oven for 30 to 35 minutes. Allow cake to cool in pan on rack.

## CHOCOLATE ROLL-UP CAKE

1/4 cup butter	1 cup sugar
1 cup chopped pecans	1/3 cup cocoa
1 1/3 cups flaked coconut	2/3 cup flour
1 can (15 1/2 ounces) sweetened condensed milk	1/4 teaspoon salt
3 eggs	1/4 teaspoon baking soda
1 teaspoon vanilla	1/3 cup water

Line a 15 x 10-inch jelly roll pan with foil. Melt butter in pan. Sprinkle pecans and coconut over evenly; drizzle with condensed milk. In mixer bowl, beat eggs at high speed for 2 minutes. Gradually add sugar and continue beating 2 minutes. Add remaining ingredients; blend 1 minute at low speed. Pour evenly into pan. Bake in 375° F. oven for 20 to 25 minutes. Sprinkle cake in pan with powdered sugar. Cover with towel. Invert onto cookie sheet; remove pan and foil. Starting with 10-inch side, roll up jelly roll fashion using towel to roll cake. Do not roll towel in cake. Yield: 8 to 10 servings.

## CHRISTMAS CAKE

1 package (8 ounces) cream cheese	1/2 cup chopped candied cherries
1 cup (2 sticks) butter	1/2 cup chopped candied pineapple
1 1/2 cups sugar	1/2 cup chopped pecans
1 1/2 teaspoon vanilla	1/2 cup finely chopped pecans
4 eggs	2 1/4 cups sifted flour
1 1/2 teaspoons baking powder	

In a large mixing bowl, blend cream cheese, butter, sugar, and vanilla for 20 minutes. Add eggs, one at a time, mixing well after each addition. Sift 2 cups flour with baking powder; add to batter gradually. Combine remaining 1/4 cup flour with cherries, pineapple and chopped pecans; fold into batter. Sprinkle a greased bundt pan with finely chopped pecans; fill pan with batter. Bake in 300°F. oven for 1 hour and 20 minutes. Cool 5 minutes; remove from pan. To glaze cake, combine 1 cup sifted confectioners sugar and 2 tablespoons light cream; drizzle over cake.

## DOBERGE

1/2 cup (1 stick) butter	1 tablespoon baking powder
1/2 cup shortening	1/2 cup milk
2 cups sugar	1/2 cup water
1/4 teaspoon salt	1 teaspoon vanilla
4 eggs, separated	
3 cups sifted flour	

Cream butter, shortening, sugar and salt until smooth. Add egg and blend until smooth. Add sifted dry ingredients alternately with milk and water. Beat until blended. Add vanilla and fold in stiffly beaten egg whites. Grease 9-inch cake pans and line with waxed paper. Pour 3/4 cup batter into each pan, spreading evenly over bottom. Bake in 375° F. oven for 12 to 15 minutes. Repeat process until batter is entirely used. The result is 8 thin layers. When cool, put layers together with Chocolate Cream Filling (page 153), reserving top layer for frosting. Chill before frosting with Chocolate Frosting (page 152). Doberge may be refrigerated for several days.

## DATE CAKE

1 pound pitted dates	1/4 teaspoon salt
2 1/2 cups pecans	2 teaspoons baking powder
1 cup sugar	4 eggs, separated
1 cup sifted flour	1 teaspoon vanilla

Combine dates and pecans. Sift sugar, flour, salt and baking powder over dates and pecans; stir until thoroughly mixed. Beat egg yolks until foamy, add to date-nut mixture and blend thoroughly. Add vanilla and fold in stiffly beaten egg whites. Pack in greased and waxed paper-lined 9 x 5 x 3-inch loaf pan. Bake in 250°F. oven about 2 1/2 hours. Remove paper immediately after removing from oven. Yield: 3-pound cake.

## DUMP CAKE

1 can (1 pound 4 ounces) crushed pineapple	1 cup chopped pecans
1 package (2-layer size) yellow cake mix	1 cup (2 sticks) butter, sliced evenly

Spread pineapple evenly in a 13 x 9-inch pan. Sprinkle cake mix over pineapple; then add a layer of pecans. Arrange butter slices evenly over top. Bake in 350° F. oven 50 to 55 minutes. Allow cake to cool; cut in squares.

*Variations:* Substitute 1 can apple or cherry pie filling for the crushed pineapple.

### DELICATE CRUMB CAKE

1 2/3 cups cookie crumbs	1/2 teaspoon salt
2/3 cup sifted flour	1/2 cup shortening or butter
3/4 cup sugar	
2 1/2 teaspoons baking powder	3/4 cup milk
2 eggs	1 teaspoon vanilla

Combine crumbs with sifted dry ingredients. Place shortening in bowl. Add dry ingredients, milk and vanilla; mix until dry ingredients are dampened. Beat 2 minutes with electric mixer. Add eggs and beat 1 minute. Pour into 2 greased waxed paper-lined 8-inch cake pans. Bake in 375° F. oven for about 25 minutes.

### DEVIL'S FOOD CAKE

1/2 cup (1 stick) butter	2 cups sifted flour
2 1/2 cups brown sugar	2 teaspoons baking soda
3 eggs	1/2 teaspoon salt
3 squares unsweetened chocolate, melted	1/2 cup buttermilk
1 cup boiling water	2 teaspoons vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add chocolate to butter mixture. Mix thoroughly. Add sifted dry ingredients alternately with milk. Add vanilla and boiling water. Pour into 3 greased and waxed paper-lined 8-inch pans. Bake in 375° F. oven for 25 to 30 minutes.

### DOUBLE CHOCOLATE FUDGE CAKE

1/2 cup (1 stick) butter	2 cups sifted cake flour
2 cups brown sugar	1/2 teaspoon baking soda
2 eggs	2 teaspoons baking powder
1 teaspoon vanilla	1/2 teaspoon salt
4 squares (1 ounce each) unsweetened chocolate, melted	1 cup plus 2 tablespoons milk

Cream butter until soft. Gradually add brown sugar, creaming well after each addition. Add eggs, one at a time, beating well after each addition; stir in vanilla and melted chocolate. Add sifted dry ingredients alternately with milk; blend until smooth after each addition. Pour batter into 2 greased and waxed paper-lined 8-inch cake pans. Bake in 350° F. oven for 30 minutes. Cool 5 minutes; remove from pans.

### EGGLESS CHOCOLATE CAKE

3 tablespoons shortening, melted	1 1/2 cups sifted flour
1 cup sugar	1 teaspoon baking soda
6 tablespoons cocoa	1 teaspoon salt
1 teaspoon vanilla	1 cup buttermilk

Place melted shortening in mixing bowl. Combine sugar and cocoa; add to shortening and mix thoroughly. Sift flour, soda and salt together and add to shortening-sugar mixture alternately with buttermilk. Blend in vanilla. Pour into a well greased and floured 8-inch square pan. Bake in a 350° F. oven for 30 minutes. Cool in pan for 5 minutes. Remove from pan and let cool on cake rack. If desired, top with Chocolate Glaze.

#### *Chocolate Glaze*

2 tablespoons cocoa	1 tablespoon butter
2 tablespoons water	1 tablespoon corn syrup
1 cup confectioners sugar	

Combine all ingredients, except sugar. Cook over low heat, stirring until butter melts and mixture is smooth. Remove from heat, beat in sugar. Pour over cake.

### EGGNOG CAKE

1 package angel food cake mix	1/3 cup bourbon
1 cup (2 sticks) butter	2 tablespoons rum
1 3/4 cups confectioners sugar	1/2 teaspoon almond extract
5 egg yolks, beaten	1 dozen almond macaroons,
3/4 cup chopped almonds, lightly toasted	toasted and crushed

Prepare cake mix according to package directions. Slice cake horizontally three times, yielding 4 layers. Cream butter and sugar thoroughly; add egg yolks. Stir in almonds, bourbon, rum, extract, and crushed macaroons. Spread filling between layers of cake; cover with plastic wrap and refrigerate overnight. Frost with Whipped Cream Frosting. Whip 1 cup whipping cream; fold in 2 tablespoons confectioners sugar; 1 tablespoon each of bourbon and rum. Frost cake and garnish with 1/2 cup toasted almonds.

## FIESTA BANANA CAKE

1/2 cup sour cream            1/2 teaspoon baking soda  
 1 package white cake mix    1 cup mashed bananas  
 1/2 cup chopped nuts

Add sour cream to cake mix and beat for 1 minute. Combine baking soda with bananas; add to batter and continue beating for 1 1/2 minutes. Fold in nuts. Pour into 2 greased and waxed paper-lined 8-inch cake pans. Bake in 375° F. oven for 20 to 25 minutes. Cool and frost.

## FRESH COCONUT CAKE

1/2 cup shortening            1/2 teaspoon salt  
 1 1/3 cups sugar            1/2 cup coconut milk  
 2 cups sifted flour            1/2 cup milk  
 4 teaspoons baking powder    3 egg whites, stiffly beaten

Cream shortening and sugar until fluffy. Add sifted dry ingredients alternately with both milks. Fold in egg whites. Pour into 2 greased 8-inch layer pans. Bake in 350° F. oven for 25 to 30 minutes. Cool and frost.

*Coconut Frosting*

2 cups sugar            2 egg whites, stiffly beaten  
 1/2 teaspoon cream of tartar    1 teaspoon vanilla  
 3/4 cup water            Freshly grated coconut  
 4 tablespoons coconut milk

Combine sugar, cream of tartar, and water. Boil, covered, for 3 minutes. Uncover and cook to 240° F. or soft ball test. Pour syrup slowly into whites, beating constantly. Add vanilla and continue beating until of spreading consistency. Frost bottom cake layer, cover with coconut and sprinkle 2 tablespoons coconut milk over top. Follow the same directions for second layer.

## CAKE MIX FRUITCAKE

1 pound (3 cups) whole        2 eggs  
 red candied cherries        1/2 cup sifted flour  
 3/4 pound (2 1/4 cups)        1 teaspoon salt  
 cubed candied pineapple    1 teaspoon vanilla  
 1/4 pound (1 cup)            1 teaspoon lemon extract  
 quartered dried apricots    1/3 cup milk  
 3/4 pound (3 cups) pecan     1 package (17 ounces)  
 pieces                            white cake mix

Mix fruits, pecans and flour, set aside. Add combined salt, flavorings and milk to cake mix. Beat on medium speed 2 minutes. Blend in eggs, one at a time; beat 2 minutes. Mix into fruit mixture. Pour into 10-inch tube spring-form pan lined with greased brown paper. Bake in 275° F. oven for 2 1/2 hours. Cool 15 minutes; remove cake from pan and cool. Yield: 4 pounds.

## INDIVIDUAL FRUITCAKES

3 eggs, separated            1/4 cup flour (for fruits  
 and nuts)  
 1/2 cup (1 stick) butter     1/4 pound lemon peel  
 2 cups sifted flour        1/4 pound orange peel  
 1/4 teaspoon salt        1/4 pound citron  
 1 teaspoon cinnamon     1/4 pound glazed cherries  
 1 teaspoon allspice        1/4 pound dates  
 1 teaspoon nutmeg        1/4 pound pineapple  
 1 teaspoon baking soda    or substitute 1 1/2  
 1 cup cane syrup            pounds mixed candied  
 1/3 cup fruit juice        fruit for fruits listed above  
 3 cups pecans  
 1/4 pound seedless raisins

Cream yolks and butter. Sift flour, salt spices and soda; add alternately with syrup and fruit juice to butter mixture. Chop fruits; flour nuts and fruits. Add to batter. Fold in stiffly beaten egg whites. Place one tablespoon mixture into each greased muffin tin or paper soufflé cup. Bake in 250°F. oven for 45 minutes. Yield: approximately 85 cakes. For large cake, pour batter into greased 10-inch tube pan; bake in 275°F. oven 3 1/4 hours. Yield: 5-pound cake.

## JAPANESE FRUITCAKE

1 cup (2 sticks) butter	1 cup milk
2 cups sugar	1 teaspoon vanilla
4 eggs	1/2 teaspoon cinnamon
3 1/4 cups sifted flour	1/2 teaspoon allspice
1 tablespoon baking powder	1/2 teaspoon cloves
1/2 teaspoon salt	1/2 cup chopped raisins
1/2 cup chopped nuts	

Grease and line three 9-inch cake pans with waxed paper. Cream butter and sugar; add eggs one at a time, beating well after each addition. Add sifted dry ingredients alternately with combined milk and vanilla to creamed mixture. Divide batter, pouring 2/3 of the batter into 2 of the cake pans. In the remaining 1/3 batter, blend in spices, raisins and nuts; pour into layer pan. Bake in 350°F. oven for 30 to 40 minutes. Cool. Spread filling between layers.

## REFRIGERATOR FRUITCAKE

1 pound vanilla wafers	1/2 pound candied red or green cherries
1 pound nuts	
1 pound combined raisins and dates	1 can (14 ounces) condensed milk

Crush wafers to make fine crumbs; add nuts, raisins, dates and cherries. Mix thoroughly; stir in milk. Pack into waxed paper-lined loaf pan. Cover with foil. Chill several days. Occasionally sprinkle with 1 tablespoon brandy. Yield: 4-pound cake.

## WHITE FRUITCAKE

1 cup shredded coconut	8 egg whites, stiffly beaten
1 cup sliced citron	3 cups sifted flour
1 cup seedless raisins	1 teaspoon baking powder
1 cup chopped candied pineapple	1 cup shortening
1 cup candied cherries, sliced	2 cups sugar
2 cups blanched almonds, chopped	1 tablespoon vanilla
	1/2 cup fruit syrup

Combine first 6 ingredients with 1 cup flour. Sift remaining flour with baking powder. Cream shortening, sugar and vanilla until fluffy. Add sifted dry ingredients and syrup alternately, beating well after each addition. Add fruit mixture. Fold in egg whites. Pour into a greased 10-inch tube pan lined with greased brown paper. Bake in 275°F. oven 3 to 4 hours. Yield: 5-pound cake.

## STORING FRUITCAKES

Store in foil or plastic wrap in airtight container in cool place. Let cake age 4 weeks for better flavor and texture. If desired, pour 1/2 cup rum, brandy, or sherry over cake once every 4 weeks. To Freeze: Wrap cakes in moisture-vapor-proof paper. Storage time: 1 year.

## GLAZING AND DECORATING FRUITCAKES

*To Glaze Fruitcake:* Remove cake from oven 15 minutes before end of baking time. Brush top with slightly beaten egg white and quickly arrange pattern of candied fruits and nuts over the top. Return to oven and complete baking.

*To Glaze Pineapple and Cherries:* Drain canned fruit; add 3/4 cup sugar to each cup of fruit syrup and bring to a boil. Add desired vegetable coloring and fruit. Boil until fruit is transparent. Remove from syrup and place individual pieces of fruit on wire rack to drain and cool.

*Simple Glaze for Baked Fruitcakes:* Bring to a boil 1/2 cup light corn syrup and 1/4 cup water. Cool to lukewarm; pour over cold cake before storing. To decorate, dip underside of candied fruits in glaze and press lightly into top surface of cake.

## FRUIT COCKTAIL CAKE

1 1/2 cups sugar	1 can fruit cocktail (16 to 17 ounces) drained, reserve liquid
2 eggs	
2 cups flour	1/2 cup brown sugar
2 teaspoons soda	1/2 cup pecans, chopped
1/2 teaspoon salt	
1 cup coconut	

Cream sugar and eggs with electric mixer. Add sifted dry ingredients and fruit juice. Fold in fruit cocktail. Pour into greased and floured 13 x 9 x 2-inch pan. Mix brown sugar, pecans, and coconut; sprinkle over cake. Bake in 350° F. oven for 40 minutes. Add sauce.

*Sauce:* In a saucepan combine 1 can (14 1/2 ounces) evaporated milk, 1 cup sugar, 1/2 cup (1 stick) butter and 2 teaspoons vanilla. Boil 4 minutes. Pour over warm cake. Serve from pan.

## FRUITCAKE CONFECTION

1 pound flaked coconut	3/4 cup chopped candied
1 pound dates, chopped	pineapple
2 1/2 cups chopped pecans	2 cans (14 ounces each)
3/4 cup chopped candied cherries	condensed milk

Mix all ingredients and let stand overnight. Pour into 10-inch greased and floured tube pan. Bake in 300°F oven for 2 hours. Allow to cool before removing from pan. Wrap in foil and chill 24 hours before slicing.

Yield: about 4 1/2-pound cake.

## FUDGE PUDDING CAKE

1 cup sifted flour	1/2 cup milk
3/4 cup sugar	2 tablespoons melted butter
2 tablespoons cocoa	1 teaspoon vanilla
2 teaspoons baking powder	1 cup brown sugar
1/4 teaspoon salt	1/4 cup cocoa
3/4 cup chopped nuts	1 3/4 cups hot water

Grease 9-inch square baking pan thoroughly. Sift dry ingredients into pan. Add nuts and toss lightly. Blend milk, butter and vanilla. Add to flour mixture; blend thoroughly. Mix brown sugar and 1/4 cup cocoa; spread on surface of batter. Pour water over surface. Bake in 350° F. oven 45 minutes. Yield: 6 servings.

## FUDGE PUDDING CAKE

1 package devil's food or white cake mix	1/4 cup cocoa
1 1/2 cups brown sugar, firmly packed	1 cup chopped pecans
	2 cups boiling water

Prepare cake mix according to package directions. Pour batter into a greased 13 x 9-inch baking dish. In a bowl, combine sugar, cocoa and pecans; sprinkle over batter. Pour boiling water over mixture. Bake in 350°F oven for 1 hour.

## GELATIN CAKE

1 package (2-layer size) yellow cake mix	4 egg whites, stiffly beaten
1 package (3 ounces) lemon flavor gelatin	2/3 cup water (or apricot nectar)
4 egg yolks	1/2 teaspoon lemon extract
	2/3 cup cooking oil

Combine all ingredients, except egg whites, and beat 5 minutes on medium speed with electric mixer. Fold in whites. Pour into greased 10-inch tube pan. (Flour bottom only). Bake in 350° F. oven 50 minutes. Remove and let stand 2 minutes. While still hot, pour on glaze. When cold remove from pan. Glaze: Combine 1 cup sifted confectioners sugar, juice of 2 lemons, 2 tablespoons butter and 1 teaspoon grated lemon peel. Pour over hot cake.

## GERMAN CHOCOLATE CAKE

1/4 pound sweet cooking chocolate	1 teaspoon vanilla
1/2 cup boiling water	2 1/2 cups sifted cake flour
1 cup (2 sticks) butter	1 teaspoon baking soda
2 cups sugar	1/2 teaspoon salt
4 eggs, separated	1 cup buttermilk

Melt chocolate in water; cool. Cream butter and sugar with electric mixer until light and fluffy. Add egg yolks, one at a time, and beat well after each addition. Add chocolate and vanilla; mix well. Add sifted dry ingredients alternately with buttermilk to butter mixture, beating after each addition until batter is smooth. Beat egg whites until soft peaks form; fold into cake batter. Bake in 3 waxed paper-lined 9-inch cake pans in 350° F. oven for 30 to 40 minutes. Cool. Frost with Coconut Pecan Frosting (page 153).

## HOLIDAY CAKE WREATH

Bake 1 dozen cupcakes according to package directions. (Use remaining batter for 1 layer cake.) Cool cupcakes and arrange in circle on large plate. Prepare frosting according to package directions. Frost entire circle as wreath. Decorate with cherries, citron and coconut.

## GINGERBREAD WITH ORANGE SAUCE

1/2 cup boiling water	1/2 teaspoon salt
1/2 cup shortening	1/2 teaspoon baking powder
1/2 cup brown sugar	1/2 teaspoon baking soda
1/2 cup cane syrup	3/4 teaspoon ginger
1 egg, beaten	3/4 teaspoon cinnamon
1 1/2 cups sifted flour	1 banana, sliced
1 cup whipped cream	

Pour water over shortening; add sugar, syrup and egg. Beat well with electric mixer. Add sifted dry ingredients; beat until smooth. Pour into greased, waxed paper-lined 8-inch square pan. Bake in 350° F. oven 35 minutes. Cool in pan. Top each serving with 3 banana slices, Orange Sauce and a small amount of whipped cream.

### *Orange Sauce*

1/2 cup sugar	2 tablespoons butter
1 1/3 tablespoons cornstarch	1 1/2 teaspoons grated orange rind
1/4 teaspoon salt	1/2 cup orange juice
Dash cinnamon	1 1/2 teaspoons lemon juice
1/2 cup boiling water	

Combine dry ingredients, gradually add water. Bring to boil over medium heat; cook until thickened, stirring constantly. Add remaining ingredients. Bring to boil. Yield: 1 1/4 cups.

## HEAVENLY HASH CAKE

1 cup (2 sticks) butter	1 1/2 teaspoons baking powder
2 cups sugar	1/4 cup cocoa
4 eggs, slightly beaten	2 cups chopped pecans
1 1/2 cups flour	2 teaspoons vanilla
3 cups miniature marshmallows	

Cream butter and sugar; add eggs. Stir in sifted dry ingredients and mix well. Add pecans and vanilla. Bake in greased 13 x 9 x 2-inch pan in 350° F. oven for 40 minutes. Immediately upon removing from oven, cover surface of cake with marshmallows. Pour icing over marshmallow-covered cake. Allow to cool in pan; cut into squares.

*Icing:* Combine 1 box (1 pound) sifted confectioners sugar, 1/4 cup cocoa, 1/2 cup cream or evaporated milk and 1/4 cup (1/2 stick) butter, melted. Beat until smooth. Pour over cake.

## JELLY ROLL

3/4 teaspoon baking powder	1 teaspoon vanilla
1/4 teaspoon salt	3/4 cup sifted cake flour
4 eggs	1 cup confectioners sugar
3/4 cup sugar	1 cup jelly

Beat baking powder, salt and eggs until mixture begins to thicken. Add sugar gradually and continue beating until mixture becomes thick and lemon colored. Add vanilla. Fold in flour; do not beat. Pour batter into a greased and waxed paper-lined 15 x 10 x 1 1/2-inch jelly roll pan. Bake in 400° F. oven for 13 to 15 minutes. Sprinkle a tea towel with confectioners sugar. Turn cake out on towel, peel off waxed paper and roll towel and cake up tightly. Let cool about 10 minutes; unroll carefully and spread cake with jelly. Roll again, wrap in towel and cool.

## KING'S CAKE

1 package yeast	Melted butter
1/4 cup warm water	1 cup (2 sticks) butter
6 tablespoons milk, scalded and cooled	3/4 cup sugar
4 cups sifted flour	1/4 teaspoon salt
	4 eggs

In a bowl, dissolve yeast in warm water. Add milk and enough flour, about 1/2 cup, to make a soft dough. In another bowl, combine butter, sugar, salt and eggs with the electric mixer. Remove from mixer and add soft ball of yeast dough. Mix thoroughly. Gradually add 2 1/2 cups flour to make a medium dough that is neither too soft nor too stiff. Place in a greased bowl and brush top of dough with butter. Cover with a damp cloth and set aside to rise until doubled in bulk, about 3 hours. Use remaining 1 cup flour to knead dough into an oval shape. The center should be about 7 x 12 inches. Connect ends of dough by dampening with water. Cover with a damp cloth and let rise until doubled in bulk, about 1 hour. (A bean or one-inch plastic baby doll may be placed in cake if desired).\* Bake in 325° F. oven for 35 to 45 minutes or until lightly browned. Decorate by brushing top of cake with corn syrup and alternating 3-inch bands of purple, green and gold colored granulated sugar. (To color sugar, add a few drops of food coloring to sugar, and shake in tightly covered jar until desired color is achieved).

## JIFFY CAKE

1/4 cup shortening	1 1/2 teaspoons baking powder
1 cup sugar	1 teaspoon vanilla
1 egg	1/2 cup grated sweet chocolate
1/2 cup milk	1/2 cup chopped nuts
1/2 teaspoon salt	
1/2 teaspoon salt	
1 1/2 cups sifted flour	

Place all ingredients, except chocolate and nuts, in bowl and beat 2 minutes with electric mixer. Pour into 8-inch greased and floured square pan. Cover evenly with chocolate and nuts. Bake in 350° F. oven for 35 to 40 minutes.

## LANE CAKE

1 cup (2 sticks) butter	1/2 teaspoon salt
2 cups sugar	1 cup milk
3 1/4 cups sifted cake flour	1 teaspoon vanilla
2 teaspoons baking powder	8 egg whites, stiffly beaten

Cream butter and sugar. Add sifted dry ingredients alternately with milk. Add vanilla; fold in whites. Pour into 3 greased and waxed paper-lined 9-inch pans. Bake in 375° F. oven 25 to 30 minutes. Cool 5 minutes; remove from pans.

*Filling*

1/2 cup (1 stick) butter	1 cup seedless raisins, chopped
1 cup sugar	1 cup chopped pecans
8 egg yolks	1 cup shredded coconut
1 cup brandy	

Cream butter and sugar. Beat egg yolks until thick. Add to creamed mixture and cook over very low heat until thick, about 15 to 20 minutes. Add raisins, pecans and coconut. Cool. Add brandy. Spread between layers of cake.

*Frosting*

2 egg whites	1/3 cup dark corn syrup
2 1/2 cups sugar	2/3 cup water
1/8 teaspoon salt	1 teaspoon vanilla

Beat egg whites until foamy. Bring sugar, salt, syrup and water to a boil. Pour 3 tablespoons of the boiling syrup into the egg whites. Continue beating whites until stiff but not dry. Boil syrup mixture to 240° F. or soft ball test. Pour over egg whites, beating until the frosting begins to lose its gloss and holds its shape. Add vanilla. Spread over cake. If frosting becomes too stiff, add a drop or two of hot water to the mixture.

## LEMON CREAM CAKE

2 eggs, separated	1 teaspoon grated lemon rind
1 teaspoon lemon juice	1/4 teaspoon salt
3/4 cup plus 2 tablespoons sugar	1 1/2 teaspoons baking powder
1/2 cup cold water	
1 cup sifted cake flour	

Beat egg whites with electric mixer until stiff. Gradually beat in juice and 2 tablespoons sugar. Beat yolks, water and rind. Beat until foamy. Gradually add remaining sugar, beating constantly. Fold sifted dry ingredients into yolk mixture. Fold in beaten whites. Pour into 2 greased, waxed paper-lined 8-inch layer cake pans. Do not grease sides of pan. Bake in 350° F. oven 30 minutes. Cool. Spread Cream Filling between layers and top with confectioners sugar.

*Cream Filling*

1/4 cup sugar	1/2 teaspoon salt
2 tablespoons flour	1 1/2 cups milk, scalded
1 tablespoon cornstarch	1 egg, slightly beaten
1/4 teaspoon vanilla	

Combine sugar, flour, cornstarch, salt and 1/4 cup milk. Gradually stir in remaining milk. Cook 1/2 minute over medium heat, stirring constantly. Stir in a small amount of hot mixture into egg, combine two mixtures and stir until smooth. Cook 2 minutes, stirring constantly. Cool and stir in vanilla.

## LEMON DELIGHT CAKE

1/2 cup cooking oil	1 package (3 3/4 ounces) lemon instant pudding mix
1 package (2-layer size) lemon cake mix	
4 eggs	1 cup water

Beat oil into cake and pudding mixes with electric mixer. Add water; beat 2 minutes. Add eggs, one at a time, beating after each. Pour into 10-inch greased and floured tube pan. Bake in 350° F. oven for 45 to 50 minutes.

*Glaze:* Cream 1/4 stick butter, 1 box (1 pound) confectioners sugar and 1 can (6 ounces) lemonade concentrate, thawed. Make holes in top of warm cake with skewer. Spread over cake and broil 2 minutes.

### LEMON EXTRACT CAKE

2 cups (1 pound) butter	1/2 teaspoon salt
2 1/3 cups sugar	1/2 pound candied cherries, chopped
6 eggs	1/4 pound candied pineapple, chopped
1/4 cup lemon extract	1/4 pound golden raisins
4 cups sifted flour	4 cups pecans
1 1/2 teaspoons baking powder	

Cream butter and sugar. Add eggs and beat well. Blend in extract. Add sifted dry ingredients to creamed mixture. Add fruits and nuts. Pour into 2 greased 9 x 5 x 3-inch loaf pans. Bake in 300°F. oven for 1 1/2 to 2 hours. Cool in pan. Flavor is improved by aging; wrap in foil or place in airtight container.

### MARBLE CAKE

2 cups sifted flour	2/3 cup milk
1 tablespoon baking powder	1 teaspoon vanilla
1/2 teaspoon salt	1 1/2 squares unsweetened chocolate, melted
1/2 cup (1 stick) butter plus 2 tablespoons butter	1 cup sugar
3 eggs, separated	

Sift together first three ingredients. Cream butter until soft. Gradually add sugar, creaming until light and fluffy. Mix in well-beaten egg yolks. Add dry ingredients alternately with milk, beating after each addition. Continue to beat at low speed for 2 minutes. Fold in the stiffly beaten egg whites and flavoring. Divide batter into two parts. To one part, stir in chocolate. Put the 2 batters into a greased 9-inch loaf pan by alternate tablespoonfuls. Pass a spatula through the batter to blend slightly. Bake in 350° F. oven for 50 to 60 minutes.

### MASTER BUTTER CAKE

1/2 cup (1 stick) butter	4 teaspoons baking powder
1 1/2 cups sugar	1/2 teaspoon salt
2 eggs	1 cup milk
3 cups sifted flour	1 teaspoon vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating after each addition. Add sifted dry ingredients alternately with milk to creamed mixture. Add vanilla. Pour into 2 lightly greased 8-inch pans. Bake in a 375° F. oven 25 minutes.

### MIRLITON CAKE

3/4 cup cooking oil	1 teaspoon baking soda
2 cups sugar	2 teaspoons baking powder
2 eggs	1 cup chopped pecans
1 teaspoon vanilla	3 cups ground or finely chopped mirliton
2 1/2 cups flour	
1 teaspoon salt	

Cream oil, sugar and eggs; add vanilla. Gradually add sifted dry ingredients; blend thoroughly. Add pecans and mirliton. Pour into waxed paper-lined 13 x 9 inch pan. Bake in 350° F. oven 55 to 60 minutes. If desired, insert knife into several places; pour Lemon Sauce over cake.

*Lemon Sauce:* Bring to a boil, 6 tablespoons sugar, 3 tablespoons sour milk, 1/4 teaspoon vanilla, 1 1/2 teaspoons light corn syrup, 2 tablespoons butter and 1 1/2 teaspoons grated lemon rind.

### THE NUTHING CAKE

1 package (2 1/4 cups) brown sugar	1 can (3 1/2 ounces) Angel Flake coconut
1 1/2 cups biscuit mix	1 cup chopped pecans
4 eggs	

Mix ingredients together; place in a greased and floured 9 x 13 x 2-inch pan. Bake in 350° F. oven for 45 minutes. The cake will rise and fall. Cool in pan 10 minutes. Cut into bars or squares when cold.

### OLD-FASHIONED POUND CAKE

1 cup (2 sticks) butter	1 tablespoon lemon juice
2 cups sugar	1 teaspoon vanilla
5 eggs	2 cups sifted flour

Cream butter and sugar until light and fluffy. Add eggs, lemon juice and vanilla. Beat well. Add flour. Pour into a greased and floured 10-inch tube pan. Bake in 325° F. oven for 1 1/4 hours. Cool thoroughly before removing from pan.

### OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups sifted flour	1 egg, beaten
1 tablespoon sugar	2/3 cup milk
3 teaspoons baking powder	2 pints strawberries, sliced and sweetened
1/2 teaspoon salt	1/2 pint cream
1/3 cup butter	

Sift dry ingredients into a bowl; cut in butter until mixture resembles coarse crumbs. Add combined egg and milk, stirring only to moisten. Turn out on lightly floured surface and roll out to 1/2-inch thickness. Cut into 6 biscuits with 2 1/2-inch cutter. Bake on ungreased baking sheet in 450° F. oven for 20 minutes. Split shortcakes; butter bottom layer. Place sweetened berries between layers and on top. Serve warm, topped with plain or whipped cream. Yield: 6 servings.

### PECAN POUND CAKE

1 cup (2 sticks) butter	1/4 teaspoon cinnamon
1 1/2 cups sugar	1/4 teaspoon ground cloves
2 tablespoons milk	1 teaspoon salt
5 eggs	3/4 cup pecans, toasted
2 cups sifted flour	2 teaspoons lemon juice
1 teaspoon grated lemon peel	

Cream butter and sugar for 20 minutes. Add milk; mix well. Add eggs one at a time, beating well after each addition. Blend in sifted dry ingredients. Stir in pecans, juice and peel. Bake in greased tube pan in 325° F. oven for 1 hour and 15 minutes. Cool 5 minutes in pan. Remove and cool.

### PETIT FOURS

3 packages (2-layer size) white cake mix	1 cup warm water
3 boxes confectioners sugar	1 1/2 tablespoons white corn syrup
1 egg white	

Prepare 1 package cake mix at a time according to directions on package. Pour into a greased and floured 13 x 9 x 2-inch pan. Bake and cool according to directions. Place on flat surface and cut into 1 1/2-inch squares. Place waxed paper under cake rack and arrange cakes in rows. Mix sugar, water, syrup and egg white in top of double boiler and stir until smooth and glossy. Place over boiling water until mixture is lukewarm, stirring constantly. Pour frosting over cakes. Scrape up excess on waxed paper, return to double boiler and reheat for second pouring. Yield: 12 dozen. (Food coloring may be added to frosting, if desired.)

### PINEAPPLE DELIGHT CAKE

1 package (2-layer size) yellow cake mix	1 can (13 1/2 ounces) crushed pineapple
1 package (3 ounces) vanilla instant pudding	1 package (2 ounces) dessert topping mix

Prepare cake mix according to package directions, making 3 layers instead of 2. Bake in 350° F. oven for 25 minutes or until done. Cool thoroughly. Stir pudding mix into crushed pineapple; set aside. Prepare dessert topping mix according to package directions. Fold into pudding mixture. Use as a filling and frosting. Garnish with pineapple slices and Maraschino cherries, if desired. Chill until serving time.

#### *Pineapple Filling*

1/2 cup sugar	1 can crushed pineapple (1 pound, 4 ounces) drained, reserve liquid
1/2 teaspoon salt	
3 tablespoons cornstarch	1 tablespoon butter
3/4 cup pineapple juice	
1 teaspoon lemon juice	

Mix sugar, salt and cornstarch in a saucepan. Slowly stir in pineapple juice, then crushed pineapple. Cook over low heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Remove from heat. Blend in butter and lemon juice. Chill before filling cake.

#### *Pineapple Frosting*

Combine 1 cup crushed pineapple (not drained), 8 marshmallows, cut up and 1/2 cup brown sugar. Spread on baked spice or yellow cake; broil 1 to 2 minutes or until marshmallows are golden.

### POKE CAKE

1 package (2-layer size) white cake mix	1 cup water
1 package (3 ounces) vanilla flavor instant pudding	1/4 cup oil
4 eggs	1 package (3 ounces) fruit flavor gelatin
1 cup cold water	1 cup boiling water

Combine cake mix, pudding, eggs, 1 cup water and oil; blend well. Beat at medium speed for 4 minutes. Pour into greased and floured 13 x 9 x 2-inch baking pan. Bake in 350° F. oven for 45 to 50 minutes. Cool in pan for 15 minutes. Dissolve gelatin in boiling water; add cold water. Poke holes in warm cake with utility fork at 1/2-inch intervals. Carefully pour gelatin over cake. Chill 3 hours. Cut into squares and top with whipped topping. Yield: 12 to 15 servings.

### PUMPKIN BREAD

2/3 cup shortening	1/2 teaspoon baking powder
2 2/3 cups sugar	1 teaspoon cinnamon
4 eggs	1/2 teaspoon cloves
2 cups cooked pumpkin	1/2 teaspoon nutmeg
2/3 cup water	2/3 cup chopped nuts
3 1/3 cups sifted flour	2/3 cup raisins
2 teaspoons baking soda	
1 1/2 teaspoons salt	

Cream shortening and sugar well. Add eggs, pumpkin and water. Blend in sifted dry ingredients. Add nuts and raisins. Pour into two greased loaf pans 9 1/4 x 5 1/4 x 2 3/4-inch. Bake in 350° F. oven for 60 to 70 minutes.

### PUMPKIN CAKE

1/2 cup shortening	2/3 cup chopped nuts
1 cup brown sugar, firmly packed	3 teaspoons baking powder
1 egg	1 teaspoon salt
2 cups sifted cake flour	1 teaspoon cinnamon
1/4 teaspoon baking soda	3/4 cup cooked pumpkin
	1/3 cup sour milk

Cream shortening for 2 minutes. Gradually add sugar and beat 2 minutes. Add egg and beat until blended. Add sifted dry ingredients alternately with pumpkin and sour milk. Add nuts. Pour into two well greased 8-inch layer pans. Bake in 350° F. oven for 35 minutes.

### QUICK COKE CAKE

2 cups sugar	3 tablespoons cocoa
2 cups flour	1 cup cola beverage
1 1/2 cups chopped marshmallows	1/2 cup buttermilk
1/2 cup shortening	1 teaspoon baking soda
1/2 cup butter	2 eggs, beaten

Sift together sugar and flour. Stir in marshmallows and set aside. Bring shortening, butter, cocoa and coke to a boil. Remove from heat and pour over dry mixture. Stir in buttermilk, baking soda and eggs. Do not beat mixture. Pour into a greased 10-inch tube pan. Bake in 350° F. oven for 45 minutes.

### RED VELVET CAKE

1/2 cup shortening	1 teaspoon salt
1 1/2 cups sugar	1 teaspoon vanilla
2 eggs	1 cup buttermilk
2 teaspoons cocoa	2 1/2 cups sifted flour
1/4 cup red food coloring	1 teaspoon baking soda
1 tablespoon vinegar	

Cream shortening and sugar until fluffy. Add eggs, one at a time, beat for 1 minute. Mix cocoa and food coloring to paste-like consistency; add with salt to sugar mixture. Combine vanilla and buttermilk; add slowly to sugar mixture, alternately with flour. Combine soda and vinegar; stir into batter, do not beat. Pour into 2 greased and floured 9-inch cake pans. Bake in 350° F. oven for 25 to 30 minutes. Cool and frost.

### SPICE CAKE

3/4 cup (1 1/2 sticks) butter	1 teaspoon baking powder
3/4 cup brown sugar	3/4 teaspoon baking soda
1 cup sugar	1 teaspoon salt
1 teaspoon vanilla	3/4 teaspoon ground cloves
3 eggs	3/4 teaspoon cinnamon
2 1/4 cups sifted flour	1/8 teaspoon pepper
1 cup buttermilk	

Cream butter and brown sugar until blended. Add sugar and vanilla; beat until mixture is very fluffy. Add eggs, one at a time, beating well after each addition. Sift 1/3 of the dry ingredients over batter and mix just until blended. Then add 1/2 of the buttermilk and mix until blended. Repeat these steps until all of the ingredients are added. Pour into 3 greased and floured 8-inch pans. Bake in 350° F. oven for 30 to 35 minutes.

## SPONGE CAKE

5 eggs, separated	1 tablespoon grated
1 cup sugar	lemon peel
1 tablespoon lemon	1 cup sifted cake flour
juice	1/4 teaspoon salt

Beat egg whites until stiff, but not dry; gradually add 5 tablespoons sugar. In another mixing bowl, add juice to yolks and beat until thick and lemon-colored. Add peel. Beat in remaining sugar. Pour yolks over whites; fold to mix thoroughly. Fold in sifted dry ingredients. Do not beat after adding flour to avoid breaking air bubbles. Pour into ungreased 10-inch tube pan. Cut through gently several times to break any large air bubbles. Bake in 325° F. oven for 1 hour. Remove from oven and turn pan upside down until cake is cold.

*Note:* Sponge, chiffon and angel food cakes should be baked in one pan used only for this purpose.

## STRAWBERRY ANGEL SURPRISE

10-inch angel food cake	1 1/2 pints whipping
1 pint strawberry ice cream,	cream, softened
whipped	Fresh or frozen
3 tablespoons sugar	strawberries

Cut 1-inch slice from top of cake. Cut out a ring 2-inches wide and 2-inches deep. Spoon in ice cream. Replace slice cut from top. Frost top and sides with whipped cream sweetened with sugar. Freeze until ready to serve. Ten minutes before serving, slice and garnish with strawberries.

## STRAWBERRY CAKE

3 tablespoons sifted flour	4 eggs
1 box (3 ounces) strawberry	1 package white cake mix
flavor gelatin	1/2 cup frozen or fresh
1/2 cup water	crushed strawberries
3/4 cup cooking oil	

Add flour, gelatin, water, oil and eggs to cake mix. Beat 2 minutes. Add strawberries and beat 1 minute or until thoroughly mixed. Pour into two greased and floured 9-inch layer pans. Bake in 350° F. oven 30 to 35 minutes. Cool. Frost with Strawberry Frosting.

*Strawberry Frosting:* Cream 1/2 cup (1 stick) butter; gradually add 1 box confectioners sugar and dash salt. Add 1/2 cup crushed berries; blend until of spreading consistency.

## STRAWBERRY MERINGUE ROLL

4 eggs, separated	3/4 cup sifted cake flour
3/4 cup sugar	1/4 teaspoon salt
1/2 teaspoon vanilla	1 teaspoon baking powder

Beat yolks until thick and lemon-colored. Gradually add 1/4 cup sugar and vanilla. In another bowl, beat whites until soft peaks form; gradually add remaining 1/2 cup sugar and continue beating until stiff. Fold in yolk mixture, then sifted dry ingredients. Bake in waxed paper-lined 15 x 10 1/2-inch pan in 375° F. oven for 12 minutes. Turn onto cloth, dusted with confectioners sugar. Remove paper; trim cake edges. Top with waxed paper. Roll quickly with paper inside. Wrap in sugared cloth; cool on cake rack. Unroll. Remove paper and spread with Strawberry Filling. Roll, chill, then frost with Strawberry Meringue.

*Strawberry Filling*

2 tablespoons sugar	1 cup whipping cream,
1 cup sliced strawberries	whipped

Fold sugar and berries into whipped cream.

*Strawberry Meringue*

3/4 cup sliced strawberries	1 egg white
1/2 cup sugar	1/8 teaspoon salt

Combine all ingredients and beat until mixture is very stiff.

## TOMATO SOUP CAKE

1 package (2 layer size)	1/2 cup water
yellow cake mix	1 can (10 3/4 ounces)
1 teaspoon baking soda	condensed tomato soup
2 eggs	

Combine ingredients; mix according to package directions. Pour batter into 2 greased and floured 8-inch cake pans. Bake in 350° F. oven for 30 to 35 minutes.

TRAIN CAKE

- |                           |                    |
|---------------------------|--------------------|
| 1 1/2 cups flour, sifted  | 1 teaspoon vanilla |
| 1 cup sugar               | 1/2 cup shortening |
| 2 teaspoons baking powder | (1/2 butter)       |
| 1/2 teaspoon salt         | 3/4 cup milk       |
|                           | 2 eggs             |

Mix dry ingredients in large electric mixer bowl; blend in remaining ingredients and beat 3 minutes. Pour into greased and floured 9 x 5 x 3-inch loaf pan. Bake in 350° F. oven for 50 to 70 minutes or until foodpick inserted in center of cake comes out clean. Cool 10 minutes in pan; turn onto rack, cool completely. Cut and frost.

*To make train:*

Cut cake crosswise into 5 equal slices. Use middle slice for engine, removing a 3-inch by 1-inch section from top of slice so other end forms engine cab. Use the 3-inch piece on end to form coal car. Use other slices for freight car and caboose, cutting off some so they are flat and leaving others rounded. Use chocolate frosting for engine and one flat car. Frost others with red icing. Use peppermint candies for wheels, small square cookies for windows, and popcorn strung on florist's wire for smoke.

*Frosting:*

Cream 1/4 cup (1/2 stick) butter; gradually add 1 cup confectioners sugar and 1 teaspoon vanilla. Add 2 cups confectioners sugar alternately with 1/4 cup milk to mixture, beating until smooth after each addition. Divide frosting in half; add red food coloring to one and 1 melted square of chocolate to the other. Spread thinly on little train.

TUNNEL OF FUDGE

- |                              |   |
|------------------------------|---|
| 1 1/2 cups (3 sticks) butter | 1 package chocolate butter frosting mix |
| 6 eggs                       | 2 cups chopped pecans                   |
| 1 1/2 cups sugar             |   |
| 2 cups flour                 |   |

Cream butter; add eggs, one at a time, beating well after each addition. Gradually add sugar; continue creaming at high speed until light and fluffy. Stir in remaining ingredients. Pour batter into greased bundt pan. Bake in 350° F. oven for 60 to 65 minutes. Cool 2 hours; remove from pan.

WINE CAKE

- |                          |                                |
|--------------------------|--------------------------------|
| 6 eggs, separated        | 1/2 teaspoon grated lemon rind |
| 1 cup sugar              | 1 cup sifted cake flour        |
| 1 tablespoon lemon juice | 1/4 teaspoon salt              |

Beat egg whites to form soft peaks. Add half the sugar and continue beating until stiff. In another bowl, beat egg yolks until thick; add juice and rind while continuing to beat, add remaining sugar. Fold egg yolk mixture into whites. Sift a small amount of dry ingredients over the mixture; fold in gently. Repeat until all is used, gradually increasing the amount of flour used. Pour into 10 to 12 small custard cups. Bake in 325° F. oven for 30 minutes. Pour sauce over hot cakes; cool before removing from cups. *Sauce:* Cook 1/2 cup water and 1 cup sugar to 230° F. or thread test. Remove from heat; stir in 1/4 cup wine or rum

WHITE CAKE (BRIDE'S CAKE)

- |                           |                    |
|---------------------------|--------------------|
| 1/2 cup shortening        | 1 teaspoon salt    |
| 1 1/2 cups sugar          | 3/4 cup milk       |
| 2 1/4 cups sifted flour   | 1 teaspoon vanilla |
| 2 teaspoons baking powder | 4 egg whites       |

Cream shortening and sugar until light and fluffy. Add sifted dry ingredients alternately with combined milk and vanilla. Beat whites until stiff peaks form and fold into batter with a minimum of mixing. Pour into 3 greased, waxed paper-lined 8-inch cake pans. Bake in 350° F. oven for 25 to 30 minutes. Cool. Frost with Ornamental Frosting.

*Bride's Cake:* For a three-tier cake, triple the above recipe but do not make more than double the recipe at one time. Bake in 325° F. oven for the following:

- |                           |                    |
|---------------------------|--------------------|
| 12-inch pan 2 inches deep | 1 hour, 20 minutes |
| 10-inch pan 2 inches deep | 1 hour, 10 minutes |
| 8-inch pan 2 inches deep  | 1 hour             |

*Ornamental Frosting*

- |                              |                                   |
|------------------------------|-----------------------------------|
| 4 egg whites                 | 3 cups sifted confectioners sugar |
| 1/4 teaspoon cream of tartar |                                   |
| 1 teaspoon vanilla           |                                   |

Beat egg whites, cream of tartar and 2 tablespoons sugar with electric mixer for 3 minutes. While continuing to beat, gradually add remaining sugar, 2 tablespoons at a time, and beat thoroughly after each addition. Add vanilla. The success of this frosting depends entirely on the thorough beating after each addition.

## ZUCCHINI CAKE WITH LEMON FROSTING

2 1/2 cups biscuit mix	2 tablespoons butter
2 cups finely shredded unpared zucchini	1/4 cup milk
1/2 cup sugar	2 eggs
1 1/4 teaspoons cinnamon	1 cup raisins
3/4 teaspoon nutmeg	2 cups confectioners sugar
1/2 teaspoon cloves	1/4 cup (1/2 stick) butter
2 tablespoons lemon juice	1/2 teaspoon grated lemon peel

Blend biscuit mix, zucchini, sugar, spices, butter, milk and eggs on low speed of mixer for 30 seconds. Beat on medium speed for two minutes. Stir in raisins. Pour batter into 9-inch greased square pan. Bake in 350° F. oven for 35 to 40 minutes. Cool on cake rack. Blend remaining ingredients for 1 minute on medium speed; frost cake.

## YULE LOG

This Yule Log is the traditional dessert served in French households on the stroke of midnight each Christmas Eve.

*Cake:*

4 eggs	2 squares unsweetened chocolate, melted
3/4 cup sugar	2 tablespoons sugar
1/2 cup sifted cake flour	1/4 teaspoon baking soda
1/2 teaspoon baking powder	3 tablespoons cold water
1/4 teaspoon salt	Cocoa
1 teaspoon vanilla	

With electric mixer at high speed, beat eggs and 3/4 cup sugar until very thick and light. Then fold in sifted flour, baking powder, salt and vanilla, all at once. To melted chocolate, add 2 tablespoons sugar, baking soda and cold water; stir until thick and light; quickly fold into batter. Spread batter evenly in 15 x 10 x 1-inch jellyroll pan that has been greased, and the bottom lined with waxed paper. Bake in 375° F. oven 15 to 20 minutes, or until cake springs back when gently touched with finger. Place clean dish towel on flat surface; over it, sift thick layer of cocoa. When cake is done, loosen with spatula from sides of pan and invert on towel. Lift off pan; carefully pull off paper. With very sharp knife, cut crisp edges from cake to make rolling easier. Reserve pieces for later use. Then roll it up very gently from narrow end, rolling towel up in it. (This keeps cake from sticking). Gently lift rolled cake onto wire rack to finish cooling, about 1 hour.

*For Filling and Frosting:*

1/2 cup (1 stick) butter	3 squares unsweetened chocolate, melted
1/8 teaspoon salt	1/4 cup breakfast cream
3 1/2 cups sifted confectioners sugar	1 1/2 teaspoons vanilla
2 egg yolks, unbeaten	

With electric mixer at medium speed, cream butter with salt and 1 cup sifted sugar until light and fluffy. Add egg yolks and melted chocolate; then add 2 1/2 cups sugar, cream and vanilla, beating until smooth and of spreading consistency. Cover until ready to use.

*To assemble cake:*

Unroll cooled cake; spread surface with 1 cup filling. Carefully re-roll, lifting towel higher and higher with one hand as you guide with the other. Place on serving plate, seam side down. Under each of log's long sides, tuck strip of waxed paper so it extends about 2 inches. About 2 inches from one end, and off center, lay two 1 1/2-inch strips of reserved cake, end to end, in oval knot. Secure with foodpicks. Thinly frost entire log with frosting. Next, with a little frosting, and tube No. 47 in cake decorating bag, make "bark", covering entire surface of log, conforming to the shape and also filling in the knot. Remove waxed paper strips. Refrigerate cake. To serve, garnish with glazed fruit and fresh green leaves.

## SOUR CREAM POUND CAKE

1 cup (2 sticks) butter	1/2 teaspoon salt
2 2/3 cups sugar	1/4 teaspoon baking soda
6 eggs	1 cup commercial sour cream
1 teaspoon vanilla	
3 cups sifted flour	

Cream butter and sugar for 20 minutes. Add eggs, one at a time, beating well after each addition. Add vanilla. Sift dry ingredients together and add alternately with sour cream to butter mixture, beginning and ending with flour. Pour batter into a 9-inch tube pan or two 9 1/2 x 5 1/2 x 3-inch loaf pans, which have been greased and the bottom lined with waxed paper. Bake tube pan 1 hour and 20 minutes, loaf pans 50 minutes, in a 350° F. oven. Cool cake on rack for 5 minutes. Remove from pan.

*Tip:* To substitute sour cream: Add 1 tablespoon lemon juice plus enough evaporated milk or light cream to equal 1 cup. Stir and let stand 5 minutes.

## BASIC CAKE INFORMATION

*To Freeze Unfrosted Cakes:* Cool thoroughly. Package in moisture-vapor-proof wrapping and freeze. Thaw in wrapping at room temperature.

*To Freeze Frosted Cakes:* Place into freezer, unwrapped, until frosting is firm; then package in moisture-vapor-proof wrapping and return to freezer. To thaw, remove wrap immediately and thaw at room temperature for three hours.

*Storage Time:* 4 to 6 months.

*Note:* Do not freeze frostings that contain egg whites. Some other fillings made with eggs could separate during storage.

## BANANA FROSTING

1/4 cup (1/2 stick) butter	1/2 cup mashed ripe
1 pound sifted	bananas
confectioners sugar	1/2 teaspoon lemon juice
1/2 cup chopped pecans	

Cream butter; add half the sugar and beat until light and fluffy. Add bananas and lemon juice; blend in remaining sugar. Either add pecans to frosting or sprinkle over top of cake or cupcakes.

## BUTTER FROSTING

6 tablespoons soft butter	1 teaspoon vanilla
3 cups sifted	1/4 cup breakfast cream
confectioners sugar	

Cream butter; gradually add 1 cup sugar and vanilla. Add remaining sugar alternately with cream, beating until smooth after each addition. Makes enough to frost top and sides of two 8-inch cake layers.

### *Variations:*

*Chocolate:* Add 2 squares melted chocolate.

*Lemon:* Substitute 3 to 5 tablespoons lemon juice for cream. Omit vanilla.

*Cream Cheese:* Substitute 3 ounces cream cheese for butter.

*Mocha:* Substitute strong coffee for cream and 1/2 cup brown sugar for 1/2 cup confectioners sugar.

## BUTTERSCOTCH FROSTING

1 cup brown sugar	1/4 teaspoon salt
1/4 cup (1/2 stick) butter	1/4 cup milk
2 cups confectioners sugar	

Combine sugar, butter and salt; cook over low heat, stirring constantly, until sugar melts. Add milk gradually; simmer 3 minutes. Remove from heat and beat in sugar until smooth. Thin with cream, if necessary.

## CHOCOLATE FROSTING

1/2 cup (1 stick) butter	1/2 cup boiling water
8 squares unsweetened	4 cups sifted confectioners
chocolate	sugar

Melt butter and chocolate over very low heat. Blend in sugar and water; beat until smooth. Frost top and sides of doberge.

## DECORATOR'S FROSTING

1 box (1 pound)	1/2 cup shortening
confectioners sugar	2 egg whites
2 tablespoons cornstarch	Pinch of salt
1 teaspoon flavoring	

Sift sugar and cornstarch over shortening; mix thoroughly. Blend in egg whites, salt and flavoring. This should be the right consistency for a rose. The size of the eggs and damp weather may alter the mixture. For borders, thin out with hot water and beat with electric mixer. This frosting may be thinned even more for frosting a cake. Additional thinning and heating will make a glaze for pouring over petit fours or cookies.

## RED VELVET CAKE FROSTING

3 tablespoons flour	1 cup (2 sticks) butter
1 cup milk	1 cup confectioners sugar
1 teaspoon vanilla	

Mix flour and milk to smooth paste. Cook over low heat until thick, stirring constantly. Cool. Cream butter, sugar and vanilla. Add flour mixture gradually, beating constantly until spreading consistency.

## FLUFFY FROSTING

2 egg whites, unbeaten	1 1/2 cups sugar
Dash salt	1/3 cup water
1 teaspoon light corn syrup or 1/2 teaspoon cream of tartar	1 1/4 teaspoons vanilla

Combine all ingredients, except vanilla, in saucepan. Beat 1 minute with electric mixer to blend. Then place on low heat and beat at high speed for 3 minutes, or until stiff peaks form. (Stir frosting up from bottom and sides of pan occasionally.) Remove from heat and fold in vanilla. Yield: Enough to frost a 9-inch layer cake, 10-inch tube cake or 13 x 9 x 2-inch cake.

*Sea Foam Frosting:* Follow above recipe, except use brown sugar.

## CHOCOLATE CREAM FILLING

2 cups sugar	4 squares unsweetened chocolate, cut into pieces
10 tablespoons cornstarch	2 whole eggs and 4 yolks, slightly beaten
2 teaspoons salt	
1 quart milk	
2 teaspoons vanilla	

Mix sugar, cornstarch, salt, milk and chocolate. Bring to boil over medium heat, stirring constantly. Boil 1 1/2 minutes. Remove from heat and pour a small amount of mixture over eggs. Blend into mixture and cook over very low heat; add vanilla. Chill until set.

## COCONUT FILLING

1 1/3 cups freshly grated coconut	1 orange, juice and grated rind
2 cups sugar	1 lemon, juice and grated rind
2 tablespoons cornstarch	
1 cup boiling water	

Combine all ingredients; bring to boiling and cook over medium heat until thick, stirring occasionally.

## COCONUT-PECAN FROSTING

1 cup evaporated milk	1/2 cup (1 stick) butter
1 cup sugar	1 teaspoon vanilla
3 egg yolks	1 1/3 cups flaked coconut
1 cup chopped pecans	

Combine milk, sugar, egg yolks, butter and vanilla. While stirring constantly, cook over medium heat until mixture thickens, about 12 minutes. Add coconut and pecans. Beat until cool and of spreading consistency.

## FIG FILLING FOR LAYER CAKE

1/2 cup (1 stick) butter	1/3 cup nonfat dry milk
4 cups confectioners sugar	1 to 2 tablespoons water
3/4 cup finely chopped figs	

Cream butter; gradually add sugar and dry milk. Beat until well blended. Stir in just enough water until mixture is of spreading consistency. Divide mixture in half. To one half, add figs and spread between layers of cake. Spread remaining plain mixture evenly over top of cake. Do not frost sides.

## HEAVENLY HASH TOPPING

Cut 1/2 pound soft marshmallow in pieces and soak in 1 pint whipping cream for 2 hours; whip. Fold in 1 cup pecan pieces and 1/4 pound each candied cherries and candied pineapple. Use as topping for slices of angel food cake.

## LEMON FILLING

3/4 cup sugar	1 egg, slightly beaten
3 tablespoons cornstarch	1 tablespoon butter
1/4 teaspoon salt	2 tablespoons lemon peel
3/4 cup water	1/3 cup lemon juice

Mix sugar, cornstarch and salt in a saucepan. Gradually stir in water. Bring to a boil while stirring constantly. Boil 1 minute. Stir half of hot mixture into egg. Blend into remaining mixture. Boil 1 minute. Remove from heat and add butter, lemon peel and juice. Chill before filling cake.

### BUTTERMILK CANDY

2 cups sugar  
1 cup buttermilk  
1/4 cup (1/2 stick) butter  
1 teaspoon vanilla

1/2 teaspoon baking soda  
2 tablespoons light corn syrup  
3/4 cup chopped pecans

Combine ingredients, except vanilla. Bring to a boil over medium heat; cook to 236°F. or soft ball test. Remove from heat, add vanilla and cool to lukewarm. Beat candy until creamy and thick. Pour into buttered pan. Yield: 4 1/2 pounds.

### BUTTERMILK PRALINES

1 teaspoon baking soda  
1 cup buttermilk  
2 cups sugar

1 teaspoon vanilla  
2 tablespoons butter  
1 1/2 cups pecan pieces

Mix soda and buttermilk in large saucepan. Stir in sugar. Bring to a boil over medium heat, stirring occasionally. Cook to 236°F. or soft ball test. Remove from heat; add vanilla and butter. Beat until slightly thickened, but not until it loses its gloss. Add pecans. Drop from tablespoon onto waxed paper. Yield: 14 pralines.

### CANDIED PEEL

Remove peel from 3 large oranges or grapefruit. Cut peel into long strips, 1/4 inch wide. Place in 2-quart saucepan; cover with water and bring to boil over full heat; drain. Cover with more cold water and repeat the cooking and draining process 3 more times. Cover again with water and cook peel for 15 minutes after water reaches boiling point. Drain thoroughly. Add 1 1/2 cups sugar and 1 1/2 cups water and cook over low heat until syrup almost evaporates, about 45 minutes. Watch continuously so that peel doesn't stick and scorch. Sprinkle 1/2 cup sugar on bread board. Lift peel out and place on sugared board. Mix until all sides are thickly coated with sugar. Dry on cake rack. Yield: 1 1/2 cups peel.

### CARAMELS

1 cup (2 sticks) butter  
1 pound (2 1/4 cups) brown sugar  
1/8 teaspoon salt

1 teaspoon vanilla  
1 cup light corn syrup  
1 can (15 ounces) sweetened condensed milk

Melt butter in heavy 3-quart saucepan. Add brown sugar and salt; stir until thoroughly combined. Add corn syrup; mix well. Gradually add milk. Cook over medium heat, stirring constantly, to 245°F. or firm ball test, about 12 to 15 minutes. Remove from heat; stir in vanilla. Pour into buttered 9-inch pan. Yield: 2 1/2 pounds.

### CHOCOLATE DIPPING

Caramels, nuts, candied fruits or molded fondant can be chocolate-dipped. For best results chocolate-dip on a dry, cool day in a 65°F. room. Melt 1 pound graded Dot chocolate over hot water, 115°F. to 120°F. Water should touch top pan. Exchange hot water for cold in bottom of double boiler; stir and cool chocolate to 83°F. Exchange cold water for warm (85°F.). Working rapidly, drop centers into chocolate; roll to coat centers; remove with fork. Drop onto rack covered with waxed paper, bringing string of chocolate across top. Note: If chocolate becomes too stiff, heat as at first; continue dipping.

### COCONUT CANDY

4 cups sugar  
2 cups light corn syrup  
1 teaspoon vanilla  
1/8 teaspoon salt

1 can (14 1/2 ounces) evaporated milk  
6 cups shredded coconut

Combine sugar, salt, syrup and milk. Bring to boil over medium heat. While stirring constantly, add coconut. Cool to 248°F. or firm ball test. Remove from heat. Add vanilla. Spread in 10 x 15 1/2-inch shallow greased pan. When cool, cut into 1 x 3-inch slices. Yield: approximately 50 slices.

### BLENDER ALMOND PASTE

1/2 cup orange juice  
1 cup sugar

2 cups blanched almonds

Blend orange juice, 1 cup almonds and sugar until nuts are fine. Add remaining almonds. Blend until very fine. Store covered in refrigerator.

## DATE NUT LOAF

3 cups sugar	1 1/2 cups chopped nuts
2 tablespoons butter	1 cup halved maraschino cherries
1 cup milk	1 teaspoon vanilla
1 1/2 pounds halved dates	

Cook sugar, butter and milk to 236°F. or soft ball test. Remove from heat; add dates, nuts, cherries and vanilla. Beat until smooth and stiff. Pour on wet thin cloth; roll and place in refrigerator. When firm, slice.

## COCONUT PRALINES

3 cups sugar	2 1/2 cups freshly grated coconut
1 cup coconut milk (add milk to make 1 cup)	

Boil sugar and milk to 240° F. on candy thermometer or soft ball test. Remove from heat and immediately stir in coconut. Return to heat and continue cooking, stirring constantly, until candy returns to soft ball test, about 3 minutes. Beat until slightly thickened, but not until it loses its gloss. Drop by tablespoonfuls onto double thickness of buttered waxed paper. Yield: 24 pralines.

## DIVINITY

3 cups sugar	1/8 teaspoon salt
1/2 cup light corn syrup	2 egg whites
2/3 cup water	1 cup chopped pecans
1/2 teaspoon vanilla	

Cook sugar, syrup and water over medium heat to 252° F. or hard ball test. Beat whites at high speed for 3 minutes. Reduce speed to low and very slowly pour syrup into whites. Continue beating until glossy. Add pecans and vanilla. Continue beating until peaks are formed. Drop on waxed paper from teaspoon. Yield: 30 pieces.

## FUDGE

4 cups sugar	2 tablespoons light corn syrup
4 tablespoons cocoa	1/2 cup (1 stick) butter
1/8 teaspoon salt	2 teaspoons vanilla
1 cup milk	
1 cup evaporated milk	

Combine sugar, cocoa and salt. Stir in milk and syrup. Cook over medium heat, stirring constantly, until sugar dissolves. Cover; cook for 3 minutes. Remove cover, continue cooking without stirring, to 236° F. or soft ball test. Remove from heat, add butter and cool to lukewarm. Add vanilla and, if desired, add the variation listed below. Beat candy until creamy and thick. Pour into buttered 9-inch square pan. When cold, cut into 1 1/2-inch squares. Yield: 36 pieces.

*Heavenly Hash:* Add 1 cup pecans. Sprinkle 1/2 cup miniature marshmallows over bottom of pan.

## MARSHMALLOW FUDGE

1 can (6 ounces) evaporated milk	1 1/2 cups diced marshmallows
1 2/3 cups sugar	1 package (6 ounces) semi-sweet chocolate pieces
1/8 teaspoon salt	1 teaspoon vanilla
2 tablespoons butter	
1 cup broken pecans	

Combine milk, sugar, salt and butter. Bring to a boil over medium heat, stirring constantly. Cook for 5 minutes; remove from heat. Add marshmallows and chocolate; beat 1 to 2 minutes or until blended. Stir in vanilla and pecans. Pour into a buttered 9-inch pan. Yield: 36 pieces.

## MEXICAN ORANGE CANDY

1 cup sugar	Grated rind of 2 oranges
1 1/2 cups milk, scalded	Dash of salt
2 cups sugar	1/2 cup (1 stick) butter
1 cup chopped pecans	

In a large heavy saucepan over low heat, melt 1 cup sugar while stirring constantly. Add milk all at once, stirring constantly. This will boil up quickly. Add sugar, and stir until dissolved. Cook to 246°F. or firm ball test. Remove from heat, add remaining ingredients. Beat until creamy and pour into greased platter. Yield: 36 pieces.

MINT PATTIES

Soften Uncooked Fondant (page 157) in top of double boiler over hot water. Flavor with 1/4 teaspoon peppermint extract or 1/8 teaspoon almond extract. Add coloring. Drop from tip of teaspoon onto waxed paper.

NUT CLUSTERS

1/2 pound sweet chocolate    1/2 cup condensed milk  
1 cup pecan pieces

Melt chocolate over low heat. Remove from heat; add milk and pecans. Stir until mixture thickens. Drop from teaspoon onto buttered plate to cool. Chill thoroughly.

PEANUT BRITTLE

3 1/2 cups sugar                      1 pound raw Spanish  
1 3/4 cups water                      peanuts  
1 cup light corn syrup              4 tablespoons (1/2 stick)  
3/4 teaspoon salt                      butter  
1 tablespoon baking soda          1 teaspoon vanilla

Combine sugar, water, syrup, and salt. Boil rapidly to 230°F. on candy thermometer. Drop in peanuts. Continue cooking to 302°F. or hard crack test. Remove from heat. Add butter and vanilla. Sift soda over top. Stir well. Turn onto buttered warm marble slab. With buttered fingers, pull from edges into very thin pieces. Set aside on trays to harden. Yield: about 2 1/2 pounds.

PEANUT BUTTER FUDGE

2 cups sugar                              2 tablespoons light corn syrup  
1/8 teaspoon salt                      3/4 cup peanut butter  
1 cup milk                                  1 teaspoon vanilla

Cook sugar, salt, milk and corn syrup to 234° F. or soft ball test. Cool slightly; add peanut butter and vanilla. Beat until creamy. Pour into lightly buttered pan and cut into squares. Yield: 1 1/2 pounds.

PECAN BARS

2 tablespoons butter                      1/8 teaspoon baking soda  
2 eggs, slightly beaten                  1 cup chopped pecans  
1 cup brown sugar                        1 teaspoon vanilla  
5 tablespoons flour                        1/2 cup confectioners sugar

Melt butter in 9-inch square pan in 350° F. oven about 3 minutes. Blend eggs, sugar, flour, soda, pecans and vanilla. Pour over melted butter; do not stir. Bake in 350° F. oven 25 minutes. Allow to remain in pan 5 minutes before turning out to cool. Cut into 1 x 3-inch bars. Sift confectioners sugar over bars. Yield: 27 bars.

PECAN BRITTLE

2 cups sugar                                  1 cup pecan pieces  
1/8 teaspoon salt

Melt sugar in heavy skillet over low heat, stirring constantly until consistency of thin syrup, about 8 to 10 minutes. Add pecans and salt. Stir until pecans are coated. Pour into greased baking pan. When cold, break into small pieces. Yield: 1 pound.

PECAN DROPS

1 1/2 cups brown sugar,                  1 cup chopped pecans  
    packed                                      1 teaspoon vanilla  
4 egg whites

Heat sugar and egg whites in a saucepan over low heat until warm, beating constantly with electric mixer. Remove from heat and beat until mixture stands in peaks when beaters are lifted. Fold in remaining ingredients. Drop by teaspoonfuls onto greased cookie sheet and bake in 325° F. oven for 13 minutes. Yield: 4 dozen.

PECAN KISSES

6 egg whites                                  1 teaspoon cream of tartar  
2 cups sugar                                  1 teaspoon vanilla  
2 cups chopped pecans

Mix whites and sugar without beating; let stand 1/2 hour. Add cream of tartar; beat until very stiff. Add vanilla and fold in pecans. Drop from tip of teaspoon onto waxed paper-lined cookie sheet. Bake in 275° F. oven 40 to 45 minutes. Yield: 100 to 125 kisses.

## PECAN PRALINES

1 cup brown sugar            1/2 cup breakfast cream  
1 cup sugar                    2 tablespoons butter  
1 cup pecan halves

Dissolve sugars in cream and boil to 228° F. or thread test, stirring occasionally. Add butter and pecans; cook until syrup reaches 236° F. or soft ball test. Cool; beat until somewhat thickened (but not until it loses its gloss) and drop by tablespoonfuls onto a greased marble slab or double thickness of waxed paper. Candy will flatten out into large cakes. Yield: 12 pralines.

## PECAN TOFFEE

1 cup sugar                    4 (1 1/8 ounces each) milk  
1 cup (2 sticks) butter        chocolate bars  
3 tablespoons water            1/2 cup finely chopped  
1 teaspoon vanilla              pecans

Cook sugar, butter and water to 300° F. or hard crack test. Add vanilla. Pour into buttered 9-inch pan. Cool 5 minutes. Spread chocolate over top. Sprinkle with pecans.

## PENUCHE

1 pound (2 1/4 cups)        2 1/2 tablespoons butter  
  light brown sugar        1 teaspoon vanilla  
3/4 cup milk                  1/2 cup chopped pecans  
1/8 teaspoon salt

In a 2-quart saucepan, combine sugar, milk and salt. Bring to a boil over medium heat, stirring constantly. Cook to 238° F. or soft ball test, stirring only if necessary. Remove from heat, add butter without stirring; cool to lukewarm (110° F.). Add vanilla; beat until mixture starts to thicken. Add nuts and beat until thick and creamy. Pour at once into a greased 9 x 5 x 3-inch loaf pan. (Do not scrape pan.) Yield: 1 1/4 pounds.

## SPIRIT BALLS

2 1/2 cups vanilla wafer      2 tablespoons light  
  crumbs (about 50 wafers,    corn syrup  
  or 1/2 pound)                1/4 cup bourbon or rum  
2 tablespoons cocoa         1 cup chopped pecans  
    Confectioners sugar

Mix crumbs with all ingredients except sugar. Chill about 20 minutes or until firm enough to roll into balls. Roll in sugar and wrap in waxed paper. Yield: about 3 dozen balls.

## SUGARED PECANS

1 1/2 cups sugar              1/4 teaspoon salt  
1/2 cup water                 1 teaspoon vanilla  
1 teaspoon light corn syrup   2 cups pecan halves

Cook first 4 ingredients to 236° F. or soft ball test. Remove from heat; add vanilla and pecans. Stir until creamy and pecans are coated. Turn onto foil; separate pecans.

*Variations:*

*Orange:* Substitute 1/2 cup orange juice and 1 1/2 teaspoons grated orange peel for water and vanilla.

*Spiced:* Add 1/2 teaspoon each of nutmeg and cloves, and 2 teaspoons cinnamon.

## UNCOOKED FONDANT

1 egg white                    1 teaspoon vanilla  
1/4 cup (1/2 stick) butter    1 teaspoon cream of tartar  
1/4 cup cold water            6 cups confectioners sugar

Mix ingredients in order listed. Knead thoroughly; mold to shape. To tint, add food coloring. Store in refrigerator to use for stuffed dates, mint patties, or dippings.

## WHITE NUT FUDGE

4 cups sugar	2 cups milk
1/8 teaspoon salt	2 teaspoon vanilla
1/4 cup light corn syrup	1 1/2 cups pecan pieces
4 tablespoons (1/2 stick) butter	1/2 cup minced cherries

Combine sugar, salt, syrup, butter and milk. Cook over low heat, stirring occasionally, to 234° F. or soft ball test. Remove from heat. Allow to stand, without stirring, until saucepan is lukewarm. Add vanilla, pecans, and cherries. Beat until creamy and almost holds shape. Pour into a buttered square baking pan. Cut into squares while warm. Yield: 2 pounds.

## ANISE DROPS

3 eggs	2 cups sifted flour
1 1/3 cups confectioners sugar	1 teaspoon anise seed

Using low speed on mixer, beat eggs and sugar for 30 minutes. Add flour and anise seed; blend well. Drop by teaspoonfuls on greased cookie sheets. Cover with waxed paper; do not press them down and let stand at room temperature for 8 hours or overnight. Bake at 300°F. for 20 minutes. The cookies will be very hard when they are made and should be stored in an airtight container, with an apple, for 2 to 3 weeks before using. They are like a macaroon with a delicate anise flavor and with luck, there will be a hollow bubble in the top of each. Yield: 3 dozen.

## BANANA OATMEAL COOKIES

3/4 cup shortening	1/2 cup chopped nuts
1 cup sugar	1 1/2 cups sifted flour
1 egg	1/2 teaspoon baking soda
1 cup mashed bananas	1/4 teaspoon nutmeg
1 3/4 cups rolled oats	1 teaspoon salt
3/4 teaspoon cinnamon	

Cream shortening and sugar until light and fluffy. Add egg and beat well. Add bananas, oats and nuts; mix thoroughly. Add sifted dry ingredients. Drop from teaspoon, 1 1/2 inches apart, on greased baking sheet. Bake in 400° F. oven for 15 minutes. Remove cookies from sheet immediately. Yield: 3 1/2 dozen cookies.

## BROWN SUGAR COOKIES

1/2 cup (1 stick) butter	1/2 teaspoon baking soda
1 cup brown sugar	2 cups sifted flour
1 egg	1/8 teaspoon salt
1 teaspoon vanilla	

Cream butter and sugar. Add egg and beat well. Add sifted dry ingredients and vanilla, mix thoroughly. Shape into 1-inch rolls. Roll in waxed paper and chill. Slice thin and bake on greased baking sheet in 375°F. oven for 12 to 15 minutes. Yield: 6 dozen.

## BROWNIES

2 eggs	1/2 cup sifted flour
1 cup sugar	1/2 teaspoon baking powder
2 1/2 squares unsweetened chocolate	1/8 teaspoon salt
1/3 cup shortening	1/2 teaspoon vanilla
1 cup chopped nuts	

Beat eggs until thick; add sugar. Melt chocolate and shortening over low heat. Add to egg mixture. Mix in sifted dry ingredients. Add vanilla and nuts. Pour into 9-inch greased pan and bake in 325° F. oven 30 minutes. Cut into 3-inch squares. Serve each square topped with a scoop of ice cream. Yield: 9 servings.

## CHINESE ALMOND COOKIES

2 3/4 cups sifted flour	1 egg, slightly beaten
1 cup sugar	1 teaspoon almond extract
1/2 teaspoon soda	1/3 cup blanched almonds, halved
1/2 teaspoon salt	
1 cup (2 sticks) butter	

Sift dry ingredients into a bowl; cut in butter until mixture resembles corn meal. Add egg and almond extract; mix well. Form into a ball. Roll to slightly less than 1/4-inch thickness; cut with 2-inch round cutter. Place on ungreased cookie sheet about 2 inches apart. Place an almond half on each cookie. Bake in 325°F. oven for 15 to 20 minutes. Yield: 4 dozen cookies.

## CHINESE CHEWS

2 eggs	1 teaspoon baking powder
1 cup sugar	1/4 teaspoon salt
3/4 cup sifted flour	1 cup pitted dates, cut
1 cup pecan pieces	

Beat eggs and sugar until light and fluffy. Sift dry ingredients over dates and nuts; fold into egg and sugar mixture. Spread in greased 8-inch pan. Bake in 325°F oven for 35 minutes. Cool. Cut in 1 x 2-inch bars. Yield: 32 bars.

## CHOCOLATE CHIP COOKIES

1/2 cup (1 stick) butter	1 1/4 cups sifted flour
1/2 cup sugar	1/4 teaspoon salt
1/4 cup brown sugar	1/2 teaspoon baking soda
1 egg	1 cup semi-sweet chocolate pieces
1 tablespoon water	
1/2 teaspoon vanilla	1/2 cup chopped pecans

Cream butter and sugars. Add egg, water and vanilla; beat well. Add sifted dry ingredients. Mix in chocolate pieces and pecans. Drop by teaspoonfuls, 2 inches apart, on greased cookie sheet. Bake in 375°F oven for 20 minutes. Yield: 3 dozen.

## CINNAMON COOKIES

1 cup (2 sticks) butter	1/4 teaspoon salt
1 1/2 cups sugar	2 3/4 cups sifted flour
2 eggs	2 teaspoons cream of tartar
1 teaspoon baking soda	2 teaspoons cinnamon

Cream butter and sugar until light and fluffy. Add eggs; beat thoroughly. Add sifted dry ingredients. Form into 1-inch balls. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased cookie sheet. Bake in 400°F oven for 8 to 10 minutes. (These cookies puff up at first, and then flatten out.) Yield: 6 dozen.

## COCONUT MACAROONS

2 egg whites	1/4 teaspoon salt
2 tablespoons cake flour	1/2 teaspoon vanilla
1/2 cup sugar	2 cups shredded coconut

Beat egg whites until stiff, but not dry. Fold in dry ingredients. Add vanilla and fold in coconut. Drop by teaspoonfuls onto lightly greased paper covering baking sheet. Bake in 350°F oven for 20 minutes. Yield: 20 macaroons.

## COCOONS

1 cup (2 sticks) butter	1 tablespoon water
1/2 cup confectioners sugar	2 cups sifted flour
2 teaspoons vanilla	1 cup chopped pecans

Cream butter and 1/4 cup sugar. Add vanilla and water. Blend in flour; add nuts. Form small finger rolls by rolling in flour. Bake in 350°F oven for 20 minutes. While hot, roll in remaining sugar. Yield: 3 dozen.

## FIG BARS

1/2 cup (1 stick) butter	2 1/2 cups sifted flour
1 cup sugar	1/4 teaspoon baking soda
2 eggs	1/2 teaspoon salt
1 teaspoon vanilla	1 pint fig preserves

Cream butter and sugar until light and fluffy. Beat in eggs; add vanilla. Blend in sifted dry ingredients. Chill dough in refrigerator. Divide dough in half and roll one half between two sheets of waxed paper into a rectangular shape, 11 x 15-inches. Place dough on cookie sheet. Cover with preserves which have been lightly mashed with the syrup. Moisten edges of dough and cover with remaining half of dough rolled into rectangular shape; seal edges. Bake in 400° F oven for 20 minutes or until golden brown. Immediately cut into bars; cool bars on cake rack. Yield: 3 dozen.

## FROSTED PUMPKIN BARS

1/2 cup (1 stick) butter	1 teaspoon cinnamon
1 cup brown sugar, firmly packed	1/2 teaspoon ground ginger
1 egg	1/2 teaspoon allspice
1/2 cup cooked pumpkin	1/2 teaspoon baking soda
1 1/2 cups unsifted flour	1/2 cup chopped dates or raisins
1/2 cup chopped pecans	

Cream butter and sugar. Add egg and pumpkin; beat well. Blend flour with spices and soda; sift into creamed mixture. Add dates and nuts; mix well. Spread evenly in a greased 11 x 16-inch baking pan. Bake in 375° F. oven until cake begins to pull away from sides of pan, about 16 to 18 minutes. Spread with Orange Glaze. Cool and cut into bars. Yield: 3 dozen 2-inch squares.

*Orange Glaze*

1 1/2 cups confectioners sugar	1 1/2 teaspoons grated orange peel
4 1/2 teaspoons orange juice	

Combine above ingredients until of spreading consistency. Five teaspoons orange juice concentrate can be substituted for the juice and peel.

## GINGERBREAD MEN

1/3 cup butter	3 cups sifted flour
1/3 cup brown sugar	1 tablespoon baking powder
2/3 cup molasses	1 1/2 teaspoons ginger
1 egg	1/2 teaspoon salt
Currants, if desired	

Cream butter gradually; add brown sugar until well blended. Beat in molasses and egg. Blend in sifted dry ingredients. Cover bowl; chill dough 2 hours or until firm enough to roll. Roll out chilled dough, a small amount at a time, to 1/8 inch thickness on lightly floured pastry board. Cut cookies with floured gingerbread man cutter or round cookie cutter. Place on greased cookie sheet. Bake in 350°F. oven about 8 minutes. Yield: 6 ten-inch gingerbread men or 4 dozen cookies.

## FRUITCAKE COOKIES

1/2 pound candied cherries, chopped	1/3 cup orange juice
1/2 pound candied pineapple, chopped	1/2 cup brown sugar
1 package (15 ounces) golden raisins	2 eggs
1 pound (4 cups) pecan pieces	1 teaspoon baking soda
1/2 cup flour	1 1/2 tablespoons milk
1/4 cup (1/2 stick) butter	1 cup sifted flour
1/2 teaspoon cloves	1/2 teaspoon allspice
	1 teaspoon cinnamon
	Candied cherries

Combine fruits and nuts; coat with 1/2 cup flour. Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Dissolve soda in milk; add to creamed mixture. Sift flour and spices together; add alternately with orange juice and blend well. Pour batter over floured fruit and nuts; mix well. Drop by teaspoonfuls on greased baking sheet. Place a piece of cherry on each cookie. Bake in 350°F. oven for 12 to 15 minutes. Yield: 10 dozen. Will keep like fruitcake.

## OATMEAL COOKIES

1 cup boiling water	1/2 teaspoon baking powder
1 cup seedless raisins	1 teaspoon baking soda
3/4 cup (1 1/2 sticks) butter	1 teaspoon salt
1 1/2 cups sugar	1 teaspoon cinnamon
2 eggs	1/2 teaspoon ground cloves
1 teaspoon vanilla	2 cups rolled oats
2 1/2 cups sifted flour	1/2 cup chopped pecans

Pour boiling water over raisins and let stand until cool and raisins are plump. Drain raisin liquid into measuring cup; add water to make 1/2 cup. Cream butter, sugar, eggs, and vanilla. Stir in raisin liquid. Sift dry ingredients and spices; blend into mixture. Add oats, nuts and raisins. Drop by teaspoonfuls onto ungreased cookie sheet. Bake in 400° F. oven for 8 to 10 minutes. Yield: 6 to 7 dozen.

## OLD-FASHIONED TEA CAKES

1/2 cup (1 stick) butter	1/2 cup buttermilk
1 cup sugar	3 cups sifted self-rising flour
1 egg	2 tablespoons sugar
1 teaspoon vanilla	

Cream butter and sugar until light and fluffy. Add egg, vanilla and buttermilk; blend well. Add sifted flour and beat only until blended. Roll out dough on lightly self-rising floured board to 1/4-inch thickness. Cut with 3-inch floured cutter. Place cookies on greased cookie sheet. Sprinkle with remaining 2 tablespoons sugar. Bake in 425°F. oven for 10 to 12 minutes. Yield: 2 dozen.

## PEANUT BUTTER COOKIES

1/2 cup (1 stick) butter	1 egg, well beaten
1/2 cup crunchy peanut butter	1 1/4 cups flour
1/2 cup sugar	3/4 teaspoon baking soda
1/2 cup brown sugar	1/4 teaspoon salt

Cream butter and peanut butter. Add sugars gradually and cream thoroughly. Add egg, then gradually add sifted dry ingredients. Chill dough well, then form into balls the size of a walnut. Place on greased cookie sheet and flatten with fork dipped in flour. Bake in 375°F. oven for 10 to 12 minutes. Yield: 4 dozen.

## PECAN COOKIES

2 teaspoons butter	1 teaspoon vanilla
1 cup brown sugar	1 1/2 cups sifted flour
1 cup sugar	1 teaspoon baking powder
2 eggs, beaten	1/8 teaspoon salt
1 1/4 cups chopped pecans	

Cream butter and sugars. Add eggs and vanilla, mixing thoroughly. Add sifted dry ingredients and pecans. Drop from tip of teaspoon, 1 1/2 inches apart, on greased cookie sheet. Bake in 400° F. oven for 10 to 12 minutes.

## PECAN DROP COOKIES

1 cup (2 sticks) butter	2 1/2 cups sifted flour
2 cups brown sugar	1 teaspoon salt
1 teaspoon vanilla	2 teaspoons baking powder
2 eggs	1 cup chopped pecans

Cream butter, sugar and vanilla. Add eggs and beat well. Add sifted dry ingredients. Stir in pecans. Drop from teaspoon onto ungreased baking sheet. Bake in 350° F. oven about 10 minutes.

## PUMPKIN SPRITZ

1 cup shortening	2 3/4 cups flour
3/4 cup sugar	1/4 teaspoon salt
1 egg yolk	1/2 teaspoon cinnamon
1/2 cup canned pumpkin	1/4 teaspoon cloves
1 teaspoon vanilla	1/4 teaspoon nutmeg

Cream shortening and sugar well. Beat in yolk, pumpkin and vanilla. Gradually blend in sifted dry ingredients. Form cookies with cookie press on ungreased cookie sheet. Bake in 375° F. oven for 12 to 14 minutes. Yield: 6 to 7 dozen.

## REFRIGERATOR COOKIES

1 cup (2 sticks) butter	2 eggs
1 1/2 cups brown sugar	1 1/2 teaspoons vanilla
1 cup sugar	4 cups sifted flour
4 teaspoons baking powder	

Cream butter; gradually add sugars and beat until creamy. Beat in eggs and vanilla. Blend in sifted dry ingredients. Form into rolls 2-inches thick; wrap in waxed paper and chill. Slice 1/8-inch-thick and bake on ungreased cookie sheet in 400°F. oven for 10 minutes. Yield: 8 dozen.

## ROCKY ROAD SQUARES

1 roll refrigerated chocolate chip cookies  
 1/4 cup (1/2 stick) butter  
 1/4 cup water  
 1/4 cup walnuts  
 1 package buttercream fudge frosting mix  
 1 cup miniature marshmallows

Slice cookie dough 1/4-inch thick; place slices in bottom of greased 9-inch square pan. Bake in 375° F. oven for 20 to 25 minutes until light golden brown. Cool slightly. Melt butter in water, stir in frosting. Mix until well blended; remove from heat. Fold in miniature marshmallows and nuts; spread over cookie base. Allow cookies to set for one hour. Cut into squares. Yield: 36 squares.

## SESAME THINS

1 cup (2 sticks) butter  
 1 cup sugar  
 1 egg  
 1 teaspoon vanilla  
 2 cups sifted flour  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 2 packages (about 2 ounces each) sesame seeds

Cream butter and sugar until light and fluffy. Add egg and vanilla and beat well. Add sifted dry ingredients, one half at a time, blending well to make a soft dough. Wrap in waxed paper and refrigerate until firm enough to handle. Roll about a teaspoonful of dough at a time into small balls; then roll in seeds in flat dish to coat lightly. Place 2 inches apart on lightly greased cookie sheet. Bake in 350°F. oven for 12 minutes. Remove and cool on wire rack. Yield: 5 dozen.

## SEVEN-LAYER COOKIES

1/4 cup (1/2 stick) butter  
 1 cup graham cracker crumbs  
 1 can flaked coconut  
 1 package (6 ounces) chocolate chips  
 1 package (6 ounces) butterscotch chips  
 1 can (15 ounces) sweetened condensed milk  
 1 cup chopped pecans

Melt butter in 13 x 9-inch baking pan. Add ingredients by layers, in order listed. Bake in 325°F. oven about 30 minutes. Let cool in pan, then cut in 1 1/2-inch squares. Yield: 36 squares.

## SKILLET CALAS

1 cup rice  
 3 cups boiling water  
 2 cups sifted flour  
 2 teaspoons baking powder  
 1/4 teaspoon salt  
 1 cup sugar  
 4 eggs, separated  
 1/2 cup milk

Add rice to water and cook until soft, about 18 to 20 minutes. Drain and cool. Sift dry ingredients together; add beaten yolks and milk. Add rice. Fold in stiffly beaten egg whites. Drop from tablespoon onto hot, lightly greased skillet. Brown on both sides. To serve, sprinkle with confectioners sugar. Yield: 8 servings.

## SPRINGERLE

2 eggs  
 1 1/4 cups sugar  
 Grated peel of 1 lemon  
 1/2 teaspoon salt  
 1 teaspoon anise seed  
 2 1/2 cups sifted flour  
 1/2 teaspoon baking powder

Beat eggs until thick and lemon-colored. Gradually add sugar and continue beating on high speed 10 minutes or until mixture is like soft meringue. Add flavorings and sifted dry ingredients. Roll to 1/4-inch thickness. Let stand until dry on top. To emboss designs, press floured springerle rolling pin or board very hard on dough. Cut around designs and let dry on board overnight. Remove to greased cookie sheets. Bake in 300°F. oven 25 to 30 minutes. Store in airtight container at least 1 week before using. Yield: 3 dozen.

## SPRITZ COOKIES

1 1/2 cups (3 sticks) butter  
 1 cup sugar  
 1 egg  
 1 teaspoon vanilla  
 12 teaspoon almond extract  
 4 cups sifted flour  
 1 teaspoon baking powder  
 Colored sugar, optional

Thoroughly cream butter and sugar. Add egg, vanilla and almond extract; beat well. Add sifted dry ingredients gradually to creamed mixture, mixing to a smooth dough. Do not chill. Force dough through cookie press onto ungreased cookie sheet. Sprinkle with colored sugar. Bake in 400°F. oven for 7 to 8 minutes. Cool. Yield: 5 dozen.

## STRAWBERRY MERINGUE HEARTS

1 package fluffy white frosting mix  
 1/3 cup boiling water  
 1/3 cup confectioners sugar

1 pint sweetened strawberries  
 1 quart ice cream

Cover baking sheet with aluminum foil or heavy brown paper. In a mixing bowl, blend frosting mix, water and sugar. With electric mixer on high speed, beat until mixture is thick and holds very stiff peaks, about 3 to 5 minutes. Drop meringue by 1/3 cupfuls onto prepared baking sheet. Shape into hearts, about 1-inch thick, with back of spoon building up sides. Bake in 275° F. oven 45 minutes. Turn off oven; leave meringues in oven, with door closed, for 45 minutes. To serve: fill meringues with ice cream and top with strawberries. Yield: 6 to 8 shells.

## SUGAR COOKIES

1 cup sugar  
 1 cup confectioners sugar  
 1 cup (2 sticks) butter  
 1 cup salad oil  
 1 teaspoon vanilla

2 eggs  
 5 cups flour  
 1 teaspoon cream of tartar  
 1 teaspoon baking soda

Cream sugars, butter and oil. Add eggs, beating well. Add sifted dry ingredients and vanilla. Mix well. Drop by teaspoon onto ungreased cookie sheet. Flatten with glass bottom that has been dipped in sugar. Bake in 350°F. oven for 12 minutes. Yield: about 7 dozen.

*Cookie Icing:* Combine 2 cups confectioners sugar, 1/2 teaspoon vanilla and 2 tablespoons cream. Tint with food color.

## APPLE FRITTERS

1 egg, beaten  
 1/2 cup milk  
 1 tablespoon cooking oil  
 1 cup sifted flour  
 1/2 teaspoon salt

1 1/2 teaspoon baking powder  
 1 tablespoon sugar  
 1 cup thinly sliced apples

Combine egg, milk and oil. Add to sifted dry ingredients all at once and stir only enough to moisten. Stir in apples. Drop from spoon into deep hot shortening (350° F.) and cook until brown. Sprinkle with confectioners sugar. Yield: 8 small fritters.

## APPLE BROWN BETTY

1/3 cup melted butter  
 2 cups coarse bread crumbs  
 6 cups sliced tart apples (about 7 apples)  
 1/2 cup sugar  
 1/2 teaspoon nutmeg

1/4 teaspoon cinnamon  
 1 tablespoon grated lemon peel  
 2 tablespoons lemon juice  
 1/4 cup water

Combine butter and crumbs; arrange 1/3 of this mixture in a greased 1 1/2-quart casserole. Cover with half of apple slices and half of combined sugar, nutmeg, cinnamon and lemon peel. Cover with one third of crumbs, remaining apples and sugar mixture. Pour combined juice and water over casserole; top with remaining crumbs. Bake, covered, 30 minutes in a 375° F. oven. Uncover and continue baking 30 minutes longer. Yield: 6 servings.

## APPLE SNOW

5 apples  
 1/2 cup water

1/2 cup sugar  
 2 egg whites

Peel and cut apples into eighths; remove core. Place apples and water into saucepan. Cover, cook until tender, about 20 minutes. Pour into blender container, add sugar and blend 2 seconds, or press through a sieve. Beat whites until soft peaks form. Fold apple mixture into whites. Chill. Spoon into sherbet glasses, top with whipped cream and a Maraschino cherry. Yield: 8 servings.

## BAKED APPLES

Wash and core apples but do not cut through to the blossom end. Peel a 1-inch strip around the top of each apple. Fill cavity with any of the following fillings: (1) combined sugar and cinnamon, 1 cup sugar and 1 teaspoon cinnamon for 6 apples; (2) combined raisins, almonds and brown sugar; (3) whole marshmallows, allowing one to extend above the top of apple; (4) crushed pineapple; (5) combined diced bananas, sugar and cinnamon. Place stuffed apples in baking pan, bake in 350° F. oven 1 hour.

### APPLE TURNOVERS

2 1/2 cups canned apple slices	1/4 cup seedless raisins
3/4 cup light brown sugar	2 cups sifted flour
1 teaspoon cinnamon	2 tablespoons sugar
1/2 teaspoon nutmeg	1/2 teaspoon salt
1/4 teaspoon allspice	2/3 cup shortening
1 tablespoon flour	1/4 cup water, approximately

Drain apples; chop. Combine apples, brown sugar, cinnamon, nutmeg, allspice, 1 tablespoon flour and raisins. Sift together 2 cups flour, sugar and salt. Cut in shortening. Add enough water to make a firm dough. Roll out dough to 1/8-inch thickness; cut into 5-inch circles. Place a small amount of the apple mixture on one half of each circle. Moisten edge of pastry with water; fold over and press edges firmly together with tines of fork. Pierce top of pastry; bake in 425° F. oven for 25 minutes. Yield: 10 to 12 pies. Note: If you prefer, fry in deep fat heated to 350° F. 3 1/2 to 4 minutes. Drain on paper towels. Dust with confectioners sugar.

### APPLE DUMPLINGS

2/3 cup shortening	6 apples, pared and cored
2 cups sifted flour	2 cups sugar
1 teaspoon salt	3/4 teaspoon cinnamon
2 teaspoons baking powder	1 1/2 cups water
1/2 cup milk	1/4 teaspoon nutmeg
3 tablespoons butter	

Cut shortening into sifted dry ingredients until the particles are the size of peas. Add milk and stir only until dampened. Roll dough on lightly floured board to 1/4 inch thickness. Cut into 6 squares. Place an apple in center of each square. Combine 1/2 cup sugar and 1/2 teaspoon cinnamon; fill center of each apple. Combine remaining 1 1/2 cups sugar, 1/4 teaspoon cinnamon, water and nutmeg; bring to a boil. Stir in butter. Pour syrup over apples. Bake in 375° F. oven 35 to 30 minutes. Yield: 6 servings.

### BAKED BANANA SURPRISE

4 bananas, slightly underripe	1 plain milk chocolate bar,
16 miniature marshmallows	cut into 4 strips

Wash bananas; cut through skin and down into the banana on the inside curve and spread apart. Insert marshmallows and candy bar strips. Pull skin together. Wrap each banana in heavy foil square. Bake on cookie sheet in 400° F. oven for 10 minutes. Yield: 4 servings.

### BAKED PEACH HALVES

6 fresh peaches	1/4 cup (1/2 stick) butter
1/2 cup brown sugar, packed	1 1/2 teaspoons lemon juice

Peel peaches, cut in halves, remove pits and place in baking pan. Cream sugar and butter. Add lemon juice. Spoon into peach halves. Cover; bake in 350° F. oven for 30 minutes or until peaches are tender. Yield: 6 servings.

### BANANA-ORANGE CREPES

Use basic crepe recipe (page 19), except use 1 cup milk instead of half water and half milk and add 2 tablespoons sugar. For the filling, heat 1/3 cup butter and 1/2 cup orange marmalade, stirring constantly, until combined. Stir in 2 tablespoons sugar and 1 tablespoon cornstarch; cook until smooth and bubbly. Remove from heat and fold in 3 large sliced bananas. Fill 8 crepes and top with commercial sour cream.

### BANANAS FOSTER

2 bananas, peeled	2 tablespoons banana liqueur
1 tablespoon lemon juice	1/4 cup white rum
1/4 cup brown sugar	1 pint vanilla ice cream
2 tablespoons butter	
1/8 teaspoon cinnamon	

Slice bananas in half lengthwise; brush with lemon juice. Melt sugar and butter in flat chafing dish or 10-inch skillet. Add bananas and sauté until just tender. Sprinkle with cinnamon. Remove from heat; add liqueur and rum. Immediately ignite and baste bananas with warm liquid until flame burns out. Divide sauce and bananas over 4 servings of ice cream. Yield: 4 servings.

## BANANA FRITTERS

1 egg, beaten	1/4 cup sifted flour
1/3 cup milk	2 teaspoon baking powder
2 teaspoons melted shortening	1 teaspoon salt
1 cup sifted flour	1/4 cup sugar
	4 firm bananas

Combine egg, milk and shortening. Add to sifted dry ingredients and blend until smooth. Peel and cut bananas into 1/2-inch pieces. Roll in 1/4 cup flour and dip into batter, coating banana pieces completely. Drop from spoon into deep hot fat (375° F.) and fry until evenly browned, 4 to 6 minutes. Drain and sprinkle with confectioners sugar. Yield: 8 servings.

## BANANAS IN WINE SAUCE

4 firm bananas, peeled	1/4 cup brown sugar
1 1/2 tablespoons butter	1/4 teaspoon cinnamon
1/8 teaspoon salt	3/4 cup white wine

Place peeled bananas in greased baking dish; brush with butter and sprinkle with salt. Combine sugar and cinnamon; sprinkle over bananas. Add wine. Bake in 375° F. oven for 15 to 18 minutes or until bananas are tender. Yield: 4 servings.

## BROILED APPLE CRUNCH

4 cups applesauce	1/3 cup graham cracker crumbs
1 tablespoon grated lemon rind	1/3 cup chopped nuts
1/3 cup brown sugar	2 tablespoons (1/4 stick) soft butter
Vanilla ice cream (optional)	

Spread applesauce in a greased shallow 1 quart casserole; stir in lemon rind. Blend remaining ingredients and sprinkle evenly over applesauce. Broil about 5 minutes or until top is browned and applesauce is heated through. Serve very hot or very cold. If desired, serve over vanilla ice cream. Yield: 6 to 8 servings.

## BRANDIED PEACHES

6 cups sugar	4 pounds peaches, peeled
1 1/2 cups water	Brandy

Boil sugar and water 5 minutes. Add peaches and simmer until fruit is tender, but firm. Remove peaches and drain. Boil syrup rapidly until it thickens, about 10 minutes. Pour syrup over peaches and allow to stand until cool. Lift fruit from syrup and place in hot jars. Measure syrup and add an equal amount of brandy; pour over fruit. Seal. Yield: 2 quarts.

## CANDIED APPLES

6 large red apples	1/2 cup light corn syrup
2 cups sugar	3/4 cup water
10 drops red food coloring	

Wash apples and dry thoroughly. Insert wooden skewer into stem end of apples. Combine sugar, corn syrup and water. Cook slowly, stirring constantly, until sugar is dissolved. Add enough coloring to make syrup deep red. Continue cooking slowly, without stirring, to 300° F. or brittle test. Remove from heat, place over boiling water. Dip each apple into syrup, twirling as apple is removed. Cool on waxed paper. Yield: 6 apples.

## CHERRIES JUBILEE

1 can (1 pound, 13 ounces) large black cherries	1 cup brandy (at least 84 proof)
1/4 cup sugar	6 large scoops vanilla ice cream
1 ladle of brandy	

Place cherries with juice and sugar in a saucepan; cook over low heat until juice thickens slightly (about 6-8 minutes). Remove from heat and pour into a silver bowl. Stir in brandy. With a match, ignite ladle of brandy. Lower ladle of flaming brandy into mixture in bowl; ladle mixture as flame burns. Spoon cherry mixture over ice cream in serving dishes. Yield: 6 servings.

### FIGS ROYALE

12 large fresh figs	3 tablespoons honey
1 1/2 cups water	1/2 cup port wine
1/2 cup finely chopped pecans	1/2 cup whipping cream, whipped

Simmer figs and water, covered, 30 minutes or until figs are very plump; drain and cool. Make slit in each fig and stuff with mixture of combined pecans and honey; place in shallow pan and pour wine over figs. Place in 325° F. oven 8 minutes, basting often; do not allow liquid to boil. Serve hot with whipped cream. Yield: 4 servings.

Fresh Figs are very perishable and must be refrigerated. Overripe figs are soft, have a sour odor, and often show signs of mold.

### FIGS IN SYRUP

1 cup ripe figs	1/3 cup water
1 cup sugar	1 stick cinnamon
1 tablespoon white corn syrup	1/8 teaspoon whole cloves syrup
1/8 teaspoon powdered mace	

Wash figs, but do not stem. Boil sugar, corn syrup and water with spices 3 minutes. Drop in figs and simmer gently until figs are clear and transparent. Chill. Yield: 4 servings.

### HOT FRUIT COMPOTE

1 can (16 ounces) pineapple slices	1 cup sherry
1 can (16 ounces) peach halves	1 can (16 ounces) apricot halves
1 jar (16 ounces) apple rings	2 tablespoons flour
1 can (16 ounces) pear halves	1/2 cup brown sugar
	1/2 cup (1 stick) butter

Drain fruit. Cut pineapple slices in halves. Cut peaches, if extra large. Arrange fruit in layers in large casserole dish. Cook flour, sugar, butter, and sherry over low heat until smooth and thick. Pour over fruit in casserole, cover and refrigerate overnight. Before serving, heat in 350° F. oven until hot and bubbly, about 20 to 25 minutes. Yield: 12 to 14 servings.

### LUNCHEON FRUIT SALAD

1 medium pineapple	1/2 cup sugar
1 pint strawberries	1/4 cup kirsch

Cut off top of pineapple; scoop out all the flesh. Cut into bite-size pieces, eliminating the part that is tough and stringy. In a bowl, combine pineapple and strawberries. Sprinkle with sugar and kirsch. Refrigerate for 2 to 3 hours. At least one hour before serving, fill pineapple shell with strawberry mixture. Replace pineapple top and arrange on serving dish surrounded with ice cubes. Yield: 6 servings.

### FROZEN CHOCOLATE BANANAS

4 ripe bananas	1 package (6 ounces) semisweet chocolate pieces
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Peel bananas; cut in half crosswise and quickly dip in 1 cup cold water mixed with 1 teaspoon ascorbic acid. Freeze until firm, about 3 hours. Melt chocolate over hot, not boiling water; spread with knife over each banana half. Place on lightly greased baking sheet and return to freezer. When frozen, wrap individually in foil or place in freezer bags. Return to freezer.

*Storage Time:* 1 month. To serve, remove from freezer and let stand in refrigerator for 10 minutes; eat before completely thawed.

*For Banana Pops:* insert sucker stick in each banana half. Add 3 tablespoons vegetable oil to melted chocolate. Dip frozen banana pops in chocolate; twirl banana before removing from pan to remove excess chocolate. If desired, roll coated bananas, while coating is still soft, in flaked coconut or chopped nuts. When coating congeals, package and freeze.

### PLANTAINS IN CARAMEL SAUCE

2 large, ripe plantains	2 cups water
1/4 cup (1/2 stick) butter	1 tablespoon lemon juice
2/3 cup sugar	1/4 teaspoon salt

Peel plantains and cut in half lengthwise. Sauté in 2 tablespoons butter until brown. Remove from skillet and drain. Add remaining butter and sugar, simmer until light brown. Add water, plantains, lemon juice and salt. Simmer until syrup thickens and plantains are tender. Yield: 4 servings.

## COMPOTE OF PLANTAINS

3 plantains  
1/2 cup sugar

1 cup rum, Kirsch or  
Maraschino sauce

Cut off both ends and make a lengthwise slit through peel of each plantain. Bake in 350° F. oven for 25 to 30 minutes or until easily pierced with a fork. Remove peel and cut plantains into quarters. Sprinkle with sugar and return to oven for 10 minutes or until sugar melts. Add rum and serve hot. Yield: 6 servings.

## PEACH DUMPLINGS

Roll or pat shortcake dough 1/4 inch thick. Cut into 4-inch squares. Peel and pit peaches, and place whole in center of dough. Fill peach cavity with sugar mixed with cinnamon or nutmeg. Dot with butter. Draw 4 corners of dough together on top of fruit. Pinch edges. Prick with fork. Bake in 350° F. oven 30 minutes. Serve with Peach Sauce\*.

*\*Peach Sauce*

1/2 cup sugar  
1 1/2 cups sliced,  
peeled peaches or  
1 box (10 ounces) frozen  
3/4 cup peach syrup

Dash salt  
1 tablespoon quick-cooking  
tapioca  
1 tablespoon lemon juice

Sprinkle 1/4 cup sugar over peaches; cover and let stand about 1 hour. Drain; measure syrup. Add enough water to make 3/4 cup liquid. Cook all ingredients, except juice, over medium heat until mixture boils. Remove from heat; add juice. Yield: 1 1/2 cups.

## PEACHES ROMANOFF

1 cup sugar  
6 egg yolks, beaten  
3/4 cup sherry  
3/4 cup orange juice  
1 cup whipping cream,  
whipped

2 1/2 pounds peaches  
Lemon juice  
Strawberries or Bing  
cherries  
Confectioners sugar

Add sugar to yolks and beat until thick and lemon-colored. Stir in sherry and juice. Cook over low heat, stirring frequently, until thick and smooth. Chill. Fold cream into custard. Just before serving, peel peaches and dip in lemon juice mixed with a little water. Slice peaches; reserve a few for garnish. Fold in remaining peaches and strawberries or cherries which have been dipped in sugar. Yield: 8 servings.

## PEACH TURNOVER

3 tablespoons shortening  
2 cups flour  
1/2 teaspoon salt

2/3 cup milk  
1 cup sliced peaches  
1/4 cup sugar

Cut shortening into sifted dry ingredients until mixture resembles coarse crumbs. Add milk gradually to make a soft dough. Roll to 1/4-inch thickness and cut with a 3-inch biscuit cutter. Place a mound of peaches on half of each round; sprinkle with sugar. Moisten edge of dough; cover peaches with other half of round. Seal edges with a fork. Place a dot of butter on each, if desired. Bake on a greased cookie sheet in a 425° F. oven 12 to 15 minutes. Yield: about 6 turnovers.

## STRAWBERRY GLAZE FOR DESSERTS

In a saucepan, place 1 cup sliced strawberries, 1/2 cup sugar, 1/4 cup water and a dash of salt. Bring to a boil and cook for 3 minutes. Add 1/2 tablespoons cornstarch dissolved in 1/4 cup water; cook until thick and clear, stirring constantly. Remove from heat and add 1 tablespoon lemon juice.

## STRAWBERRY ROMANOFF

1 pint vanilla ice cream  
1 cup whipping cream,  
whipped  
1/2 cup confectioners sugar

1/2 cup Cointreau liqueur  
1 quart crushed  
strawberries

Whip ice cream until creamy; fold in whipped cream and 1/4 cup Cointreau. Combine berries, sugar and remaining Cointreau. Blend into ice cream mixture and serve in chilled parfait glasses. Yield: 6 servings.

SWEET POTATO-PINEAPPLE CRISP

- |   |                           |
|---|---------------------------|
| 1 can (20 ounces)<br>pineapple chunks               | 1/2 teaspoon salt         |
| 2 1/2 cups thinly sliced,<br>peeled cooked potatoes | 2 tablespoons lemon juice |
| 1 teaspoon cinnamon                                 | 1/2 cup flour             |
|   | 1/2 cup brown sugar       |
|   | 1/3 cup butter            |

Drain pineapple; reserve 6 tablespoons liquid. Alternate layers of pineapple and potatoes in greased shallow baking dish. Sprinkle with mixture of the cinnamon and salt, then lemon juice and reserved liquid. Combine flour and sugar; cut in butter until mixture is crumbly. Sprinkle over top of pineapple and potatoes. Cover and bake in 350° F. oven 30 minutes; uncover and bake 15 minutes longer. Yield: 6 servings.

*Variation:* Substitute 1 can (1 pound, 4 ounces) sliced apples for pineapple chunks. If necessary, add enough water to make 6 tablespoons apple liquid.

CHARLOTTE RUSSE

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 6 lady fingers, split in half     | 4 egg whites, beaten              |
| 2 envelopes unflavored<br>gelatin | 1 pint whipping cream,<br>whipped |
| 1/2 cup cold milk                 | Nuts                              |
| 1 teaspoon vanilla                | Maraschino cherries               |
| 1/2 cup sugar                     |                                   |

Line a 10-inch spring form pan with lady fingers, curved side out. Soften gelatin in milk 5 minutes; then dissolve over hot water. Stir in vanilla and sugar. Fold whites in 3/4 of the cream; blend in gelatin mixture. Pour into pan and chill 6 hours. To serve, turn out on platter, top with remaining cream and garnish with nuts and cherries.

MOLDED CHEESE DELIGHT

- |  |                                  |
|--|----------------------------------|
| 1 envelope orange-flavored<br>gelatin        | 1 cup crushed pineapple          |
| 1 cup of hot water                           | 1 cup pineapple juice            |
| 20 large marshmallows                        | 1/2 cup chopped nuts             |
| 1 cup (1/4 pound) shredded<br>Cheddar cheese | 1 cup whipping cream,<br>whipped |

Dissolve gelatin in hot water. Add marshmallows; stir until melted. Add shredded cheese, pineapple, juice, and nuts. Chill mixture until partially set. Fold in whipped cream. Pour into 4 1/2-cup mold. Chill thoroughly until firm. Unmold on salad greens. Yield: 6 servings.

CROWN JEWEL DESSERT

- |  |   |
|--|---|
| 1 package (3 ounces)<br>raspberry flavor gelatin | 1 1/2 cups cold water                             |
| 1 package (3 ounces)<br>lime flavor gelatin      | 1/4 cup sugar                                     |
| 1 package (3 ounces)<br>cherry flavor gelatin    | 1 cup canned pineapple<br>juice                   |
| 3 cups hot water                                 | 1 package (3 ounces)<br>strawberry flavor gelatin |
| 2 dozen lady fingers, split                      | 1/2 cup cold water                                |
|  | 2 cups whipping cream                             |

Prepare the three packages of gelatin separately, dissolving each in 1 cup hot water, then adding 1/2 cup cold water to each. Pour into three 8-inch square pans and chill until firm. Cut into 1/2-inch cubes. In a saucepan, combine sugar and pineapple juice; bring to boil over medium heat. Dissolve strawberry gelatin in mixture; add 1/2 cup cold water. Chill until just syrupy. Whip cream until stiff; fold into strawberry gelatin mixture. Fold in chilled gelatin cubes. Line 10-inch spring form pan or two 9-inch pie pans with lady fingers; pour in gelatin mixture. Chill about 4 hours. Yield: 16 servings.

PINEAPPLE WHIP

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 envelope unflavored gelatin | 1 3/4 cups pineapple juice        |
| 1/3 cup sugar                 | 1/2 teaspoon grated lemon<br>peel |
| 1/8 teaspoon salt             |                                   |

Combine gelatin, sugar and salt in a small saucepan. Add 1/2 cup pineapple juice. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat and stir in remaining pineapple juice and lemon peel. Chill until slightly thicker than unbeaten egg white consistency. Beat with electric mixer until light and fluffy and doubled in volume. Spoon into dessert dishes and chill until firm. Yield: 4 servings.

BISCUIT TORTONI

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 cup macaroon crumbs       | 1 cup whipping cream,<br>whipped |
| 3/4 cup milk                | 2 egg whites, stiffly beaten     |
| 1/4 cup sugar               | 1/2 teaspoon vanilla             |
| 1/8 teaspoon salt           |                                  |
| 1/2 teaspoon almond extract |                                  |

Mix 3/4 cup of crumbs, milk, sugar, salt and flavorings; let stand 1 hour. Fold whipped cream into beaten egg whites; add gradually to crumbs. Pour into individual paper cups and sprinkle with remaining crumbs. Freeze until firm. Yield: 6 servings.

## BAKED ALASKA

9-inch cake layer            1 quart brick ice cream  
 2 tablespoons sugar        4 egg whites  
 3/4 cup confectioners sugar

Cover wooden cutting board with strip of heavy wrapping paper. Place cake on board and sprinkle with sugar. Cover with ice cream. Spread top and sides with meringue. To make meringue: beat whites until soft peaks form; gradually add confectioners sugar and continue beating until meringue stands in stiff peaks. Bake in preheated 450° F. oven until meringue is lightly browned, about 5 minutes. Slide from board to chilled platter. Serves 8.

*To Freeze:* Place unbaked alaska in freezer until meringue is firm, then wrap and return to freezer. Storage time: 1 week.

*To bake:* Do Not Thaw. Follow above directions.

## INDIVIDUAL BAKED ALASKAS

4 sponge shortcake cups    1 pint vanilla ice cream  
 1/4 cup chocolate sauce    2 egg whites  
 4 teaspoons chopped pecans 2 tablespoons sugar

Place shortcake cups on cookie sheet. In the center of each cup, place one tablespoon chocolate sauce; 1 teaspoon chopped pecans and a scoop of ice cream. Spread top and sides with meringue. To make meringue, beat whites until soft peaks form; gradually add sugar and continue beating until meringue stands in stiff peaks. Bake in 450° F. oven until meringue is lightly browned, about 3 to 5 minutes. Yield: 4 servings.

*To Freeze:* Place unbaked alaskas in freezer until meringue is firm, then wrap and return to freezer.

*Storage time:* 1 week. *To Bake:* Do Not Thaw. Follow above directions.

CREAMY ICE  
(Frozen Passion)

Pour 2 cans sweetened condensed milk and two 28-ounce bottles (or four 12-ounce cans) of soda pop into freezer can. Use same procedure as freezing ice cream. Yield: 2 quarts.

## FROZEN CREAM CHEESE

2 pints creamed Creole    1 egg white, stiffly beaten  
   cheese                            1 cup sugar  
 1 cup evaporated milk     1/2 teaspoon vanilla

Blend cheese with milk. Add sugar and vanilla, and fold in egg white. Freeze in ice cream freezer. Or, pour into refrigerator tray and freeze with control on coldest setting until firm. When frozen, return control to normal. Yield: 1/2 gallon ice cream.

## FROZEN PUMPKIN MOUSSE

1 1/2 cups drained cooked    3 tablespoons grated  
   pumpkin                         preserved ginger  
 1 cup sugar                        1/4 teaspoon salt  
 1 teaspoon cinnamon         1 cup milk  
 1 teaspoon nutmeg             1/2 cup Cognac  
 1/2 teaspoon cloves            1 teaspoon vanilla  
 2 cups heavy cream, whipped

Combine pumpkin, sugar, spices, ginger, salt and milk. Blend in Cognac and vanilla. Fold in whipped cream. Put into a 2-quart mold and place in freezer for 2 1/2 to 3 hours.

## FROZEN SUCKERS

1 package instant soft        1 quart water  
   drink mix                        2/3 cup sugar

Dissolve mix and sugar in water. Pour into refrigerator-freezer trays or sucker molds. Freeze until almost firm. Insert sucker stick in center of each cube for handle. Continue freezing until firm. Yield: approximately 20 suckers.

## ICE CREAM PIE

12 egg whites                    1 baked pie shell (10 inch)  
 2 quarts ice cream,            1 cup sugar  
   2 different flavors            Chocolate or fruit sauce

Beat egg whites until foamy. Pour sugar in gradually. Beat at high speed until meringue forms stiff peaks, about 15 to 18 minutes. Spread two layers of ice cream in pie shell. Return to freezer to harden. Spread meringue over ice cream. Bake in preheated 500° F. oven 1 1/2 minutes to brown meringue. Freeze for several hours. To serve, pour sauce over each wedge.

## INDIVIDUAL WHIPPED CREAM MOUNDS

Freeze tablespoonfuls of whipped cream on baking sheet; remove and package in moisture-vapor-proof bags. Use in frozen state for dessert topping.

## OLD-FASHIONED VANILLA ICE CREAM

6 egg yolks	6 egg whites, stiffly beaten
1 1/2 cups sugar, approximately	1 1/2 quarts milk, scalded
1/2 teaspoon salt	1 1/2 pints whipping cream
	2 tablespoons vanilla

Combine egg yolks, sugar and salt; gradually stir in milk. Cook on low heat stirring constantly, until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Stir in ice cream and vanilla. Fold in egg whites. Freeze. Yield: 1 gallon ice cream.

For best results, always taste the mixture before freezing. Some sweetness will be lost in freezing, so the mixture should be sweeter than you want the ice cream.

## PARFAITS

To make a parfait, fill freezer-proof glasses with alternate layers of any of the following: pineapple or vanilla ice cream and creme de menthe; vanilla ice cream and sweetened fruit; two flavors of ice cream; ice cream, chopped nuts and cherries; ice cream and chocolate sauce; ice cream and praline sauce. Top each parfait with whipped cream; freeze. Remove from freezer about 10 minutes before serving.

## PEACH ICE CREAM

6 eggs	1 can (14 1/2 ounces) evaporated milk
1 1/2 cups sugar	3 packages (10 ounces each) frozen peaches or
1/2 teaspoon salt	4 cups mashed, fresh sweetened peaches
1 1/2 quarts milk, scalded	
1 can (15 ounces) condensed milk	
1 tablespoon vanilla	

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook on low heat, stirring constantly, until mixture thickens or coats spoon (about 20 minutes). Chill thoroughly. Add vanilla, evaporated and condensed milk; mix well. Stir in peaches. Freeze in electric ice cream freezer (about 25 minutes). Yield: 1 gallon.

## QUICK TORTONI

2 quarts vanilla ice cream	1 cup chopped toasted almonds
1 1/2 cups macaroon crumbs	
1/2 cup diced candied cherries	

Break ice cream into chunks and let soften slightly. Add crumbs, cherries and almonds; stir quickly. Pack in individual fluted paper cups or freezer containers; store in freezer. Serves 12 to 15.

## SPUMONE

1 quart vanilla ice cream	1/4 cup slivered toasted almonds
1 bottle (4 ounces) maraschino cherries, chopped	2 tablespoons diced candied orange peel

Whip ice cream until smooth, but not melted. Fold in remaining ingredients. Pour into tray and freeze. Yield: 8 servings.

## STRAWBERRY ICE CREAM

6 eggs	1 can (15 ounces) condensed milk
1 1/2 cups sugar	3 packages (10 ounces each) frozen strawberries or
1/2 teaspoon salt	4 cups pureed fresh sweetened strawberries
1 1/2 quarts milk, scalded	
1 tablespoon vanilla	
1 can (14 1/2 ounces) evaporated milk	

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook over low heat, stirring constantly, until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Add vanilla, evaporated and condensed milk; mix well. Stir in strawberries. Freeze in electric ice cream freezer, about 25 minutes. Yield: 1 gallon ice cream or approximately 12 to 16 servings.

## VANILLA ICE CREAM

6 eggs	1 can (14 1/2 ounces)
1 1/2 cups sugar	evaporated milk
1/2 teaspoon salt	1/2 pint whipping cream
1 1/2 quarts milk, scalded	1 tablespoon vanilla

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook on low heat, stirring constantly until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Stir in remaining ingredients; mix well. Yield: 1 gallon ice cream.

*Variations for Vanilla Ice Cream*

*Fruit ice cream:* Add to chilled milk mixture, 3 cups pureed or mashed bananas, blackberries, figs, peaches or strawberries which have been sweetened to taste. Or, add 3 packages (10 ounces each) frozen fruit which have been thawed.

*Chocolate ice cream:* Melt 2 squares unsweetened chocolate and add to eggs, sugar, salt and milk before cooking.

*To mellow and harden ice cream in the ice cream freezer:*

1. Clear away ice and salt to about 1 inch below the cover of the can. Remove motor drive unit. Wipe cover carefully and remove dasher.
2. Push ice cream down into can and cover with waxed paper or aluminum foil. Replace metal cover and cork hole. Drain water and repack with ice and salt. Cover can and lid completely with mixture and insulate with several thicknesses of newspaper. Allow to ripen for 2 or 3 hours depending on mixture.

## BEIGNETS

1 cup boiling water	1/2 cup warm water
1/4 cup shortening	2 eggs, well beaten
1/2 cup sugar	7 1/2 cups sifted flour
1 teaspoon salt	(approximately)
1 package yeast	

Pour water over shortening, sugar and salt. Add milk and let stand until warm. Dissolve yeast in water and add to mixture with eggs. Stir in 4 cups flour. Beat. Add enough flour to make soft dough. Place in greased bowl, grease top of dough, cover with waxed paper and a cloth; chill until ready to use. Roll dough to 1/8-inch thickness; cut into squares and fry a few at a time in deep hot shortening (360° F.) Brown on one side, turn and brown on the other. Do not let dough rise before frying. Drain. Sprinkle with confectioners sugar. Yield: 5 dozen.

## CANNOLI

*For Shells:*

4 cups sifted flour	1/4 teaspoon cinnamon
1 tablespoon sugar	3/4 cup Italian red wine
1 egg yolk, slightly beaten	

Sift dry ingredients together onto bread board. Make a well in dry ingredients; pour wine into it. Knead dough until smooth and stiff, about 15 minutes. Add additional flour, if dough seems moist and sticky; add wine, if too dry. Cover dough and let stand 2 hours in a cool place. Roll to paper thinness on lightly floured board. Cut into 5-inch circles; wrap each circle around a stick which is about 6-inches long and 1-inch in diameter. Fold dough around stick loosely, so that 1/4 inch of stick protrudes at either end. Seal dough by brushing with egg yolk. Fry two at a time in deep hot fat 390° F. for 1 minute or until brown on both sides. Remove with slotted spoon; drain on brown paper and cool. Gently remove sticks. Refrigerate; fill just before serving. Yield: 24.

*For Filling:*

1 cup sugar	2 teaspoons cinnamon
1 cup water	1/2 cup chopped pistachio nuts
2 pounds ricotta	1/2 cup confectioners sugar
1 tablespoon candied orange peel, chopped	10 candied cherries, chopped
1/2 cup grated sweet chocolate	

Boil water and sugar for 10 minutes; skim and cool to room temperature. Beat ricotta until creamy, about 3 minutes. Add cooled syrup; beat 2 minutes. Add candied fruits, chocolate and cinnamon; stir until blended. Filling can be refrigerated for 3 days. Fill cannoli and dip ends of filling in nuts; sprinkle with confectioners sugar. Serve immediately.

## CREAM PUFFS

1/2 cup cooking oil	1/4 teaspoon salt
1 cup water	1 cup sifted flour
4 eggs	

Combine oil, water and salt; bring to boil. Reduce heat to medium. Add flour all at once and stirring constantly until mixture forms ball in center of pan (about 1 to 2 minutes). Remove from heat and stir until smooth. Cool slightly. Add eggs, one at a time, beat thoroughly with electric mixer after each addition. Using a tablespoon, drop mounds of batter (swirling top), 2 inches apart on greased cookie sheet. Bake in 425° F. oven 30 minutes or until browned and puffed. Remove from oven and cut one or two slits in side of each puff to prevent sogginess. Return to oven for about 10 minutes or until dry on inside. Cool. Fill with Cream Filling, ice cream, or whipped cream. Yield: 10 large puffs.

*Miniature Puffs:* Drop small mounds of batter (about 1 teaspoon) on greased cookie sheet and bake for 15 minutes.

*Cream Filling*

1/2 cup sugar	2 cups milk (half cream)
1/2 teaspoon salt	2 egg yolks, beaten
1/3 cup flour	1 tablespoon butter
1/2 teaspoon vanilla	

Mix sugar, salt and flour. Gradually stir in 1/2 cup milk to make smooth paste. Scald remaining milk, add gradually to cold milk mixture. Cook over low heat until thick (about 10 to 15 minutes), stirring constantly. Stir small amount of hot mixture into beaten yolks. Pour back into remaining hot mixture. Continue cooking over low heat 2 minutes. Remove from heat, stir in butter and vanilla. Cool thoroughly.

*Chocolate Filling:* Increase sugar to 2/3 cup. Scald milk with 2 squares chocolate. Flavor with vanilla.

## PLAIN PASTRY

2/3 cup shortening	3/4 teaspoon salt
2 cups sifted flour	Iced water (about 1/4 cup)

With a pastry blender, cut shortening into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened. Shape into a ball. Divide dough in half and shape into a flattened round on lightly floured board. Roll dough 2 inches larger than inverted pie pan. Fold pastry into quarters; unfold and ease into pan. Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll pastry under, evenly with rim of pan, then flute. Yield: Two 9-inch pastries or enough for a 2-crust pie. For a baked pastry shell prick well and bake in 450° F. oven 10 to 12 minutes or until golden brown.

## PUFF PASTRY

2 cups sifted flour	1 cup (2 sticks) butter
1/2 teaspoon salt	1/2 cup iced water

Cut sifted dry ingredients into 1/2 stick butter. Add water; toss lightly until mixture clings together. Chill 20 minutes. Roll out on lightly floured surface to 1/4-inch thickness (15 x 10-inch rectangle). Cut remaining butter into small pieces and arrange over entire surface of pastry. Fold both ends of rectangle over center, one over the other. Cover with waxed paper; chill 20 minutes. Roll out to 1/4-inch thick rectangle; fold and chill as above. Repeat rolling, folding and chilling 2 more times. Roll out 1/4-inch thickness and cut into desired shapes. Place on baking sheets which have been lined with heavy brown paper. Chill 5 minutes. Bake in 450° F. oven 5 minutes; decrease to 375° F. and bake 30 minutes longer.

## STIR-N-ROLL PASTRY

1 1/3 cups flour	1/3 cup oil
1 teaspoon salt	3 tablespoons cold milk

Mix flour and salt. Combine oil and milk; DO NOT STIR. Add all at once to flour; stir until mixed. Press into smooth ball, flatten slightly. Roll out between 2 sheets of waxed paper. Fit into a 9-inch pie pan. Prick thoroughly with fork. Bake in 475° F. oven 8 to 10 minutes. Yield: one (9-inch) pastry baked.

*For Double crust pastry:* Use 2 cups flour, 1 1/2 teaspoons salt, 1/2 cup oil, 1/4 cup cold milk. Mix as above. Press into smooth ball. Divide in half; flatten slightly. Roll as directed.

## 9-INCH CRUMB PIE SHELL

1 1/2 cups graham cracker crumbs (about 36)      6 tablespoons melted butter  
1/4 cup sugar

Mix together crumbs, sugar and butter. Press firmly into a 9-inch pie plate. Chill for 45 minutes or bake in a 325° F. oven until edges are browned, about 6 minutes.

## CRUMB CRUST

20 graham crackers      1/3 cup sugar  
1 stick butter, melted

Break crackers into blender container; cover and blend to medium fine crumbs. Combine with sugar and butter. Press mixture into electric skillet. Yield: 1 10-inch pie crust.

## APPLE MERINGUE PIE

1/2 cup (1 stick) butter      1 can (1 pound 4 ounces)  
1/4 cup confectioners sugar      apple pie filling  
1/2 teaspoon vanilla      2 egg whites  
1 cup sifted flour      Pinch cream of tartar  
1/2 cup chopped nuts      1/4 cup sugar  
1/2 cup strawberry preserves

Cream butter, confectioners sugar and vanilla thoroughly. Blend in combined flour and salt. Add nuts. Chill for 30 minutes. Spoon dough into ungreased 9-inch pan and press into shape. Prick bottom and sides with a fork; flute edge. Bake in 400° F. oven for 12 to 15 minutes. (This shell may be frozen baked or unbaked.) Spread preserves evenly over baked crust; spoon filling on top. Beat whites and cream of tartar until soft peaks form, about 2 to 3 minutes. Gradually add sugar while continuing to beat. Spread over apples. Bake in 350° F. oven for 15 to 18 minutes or until meringue is lightly browned.

## APPLE PIE

6 medium size tart apples      1/4 teaspoon nutmeg  
3/4 to 1 cup sugar      1/8 teaspoon salt  
2 tablespoon flour      1 recipe pastry (page 172)  
1 teaspoon cinnamon      1/4 stick butter

Pare, core and slice apples thinly. Combine sugar, flour, spices and salt; mix with apples. Pour into 9-inch pastry-lined pie pan. Dot with butter. Cover with top pastry and seal edges by fluting. Make several slits in top of pastry. Bake in 425° F. oven 40 to 50 minutes.

## APPLE-NUT COBBLER

4 cups thinly sliced tart apples      1/2 cup evaporated milk  
1 1/2 cups sugar      1/3 cup melted butter  
1/4 teaspoon cinnamon      1 cup sifted flour  
3/4 cup chopped nuts      1 teaspoon baking powder  
1 egg, well beaten      1/4 teaspoon salt

Place apples in 8 1/4 x 1 3/4 inch round baking dish. Mix 1/2 cup sugar, cinnamon and 1/2 cup nuts; sprinkle over apples. Combine egg, milk and butter. Sift flour, remaining 1 cup sugar, baking powder and salt; and add all at once to egg mixture. Mix until smooth. Pour over apples and sprinkle with remaining nuts. Bake in 325° F. oven 50 minutes or until brown. Serve topped with whipped cream. Yield: 6 servings.

## BANANA CREAM PIE

1/2 cup sugar      2 egg yolks, slightly beaten  
5 tablespoons flour      1 tablespoon butter  
1/4 teaspoon salt      1/2 teaspoon vanilla  
9-inch pie shell, baked      3 ripe bananas, peeled

Combine sugar, flour and salt. Add milk gradually, mix well. Cook over low heat until thick, stirring constantly. Stir in a small amount of hot mixture into egg yolks, then pour back into remaining hot mixture while stirring vigorously. Cook 3 minutes longer. Remove from heat; add butter and vanilla. Cool. Slice bananas into pie shell; cover immediately with filling. Top with sweetened whipped cream or use the 2 egg whites to make a meringue.

### BASIC PUMPKIN PIE

1 1/2 cups cooked pumpkin	1/4 teaspoon cloves
3/4 cup sugar	3 eggs, slightly beaten
1/2 teaspoon salt	1 1/4 cups milk
1 teaspoon cinnamon	1 can (6 ounces) evaporated milk
1/2 teaspoon ginger	
1/4 teaspoon nutmeg	9-inch pie shell, unbaked

Combine pumpkin, sugar, salt, cinnamon, ginger, nutmeg and cloves. Blend in eggs, milk and evaporated milk. Pour into pastry shell. Bake in a 400° F. oven until filling is set, about 50 minutes.

### BLACK BOTTOM PIE

1/2 cup sugar	1 envelope unflavored gelatin
1 tablespoon cornstarch	1/4 cup cold water
2 cups milk, scalded	4 egg whites
4 egg yolks, beaten	1/2 cup sugar
1 package (6 ounces) semi-sweet chocolate pieces	1 cup whipping cream, whipped
1 teaspoon vanilla	Chocolate decorettes
9-inch pie shell, baked and cooled	

Combine sugar and cornstarch. Slowly add milk to yolks while stirring constantly. Stir in sugar mixture. Cook over very low heat until custard coats spoon. To 1 cup custard, add chocolate pieces. Stir until chocolate is melted. Add vanilla. Pour into bottom of pie shell. Chill. Soften gelatin in water; add to remaining hot custard. Stir until dissolved. Chill until slightly thick. Beat whites until soft peaks form; add sugar gradually and continue beating until stiff. Fold into custard-gelatin mixture. Pour over chocolate layer and chill until set. Garnish with whipped cream and decorettes.

### BLACKBERRY COBLER

Two-crust pastry	1 tablespoon flour
1/2 cup sugar	1 quart ripe berries, cleaned

Line 10-inch round shallow casserole or 7 x 11 x 2-inch baking pan with pastry. Mix sugar and flour, sprinkle half the mixture over bottom of pastry. Add berries. Sprinkle rest of sugar mixture over top of berries. Roll out pastry for top crust to fit dish; cut design for steam vents. Place over berries and trim edges. Let set 10 minutes. Bake in 400° F. oven 40 minutes or until brown. Serve warm. Yield: 6 servings.

### CRANBERRY CRUNCH

1 cup uncooked oats	1 can (17 ounces) whole cranberry sauce
1/2 cup flour	1/2 cup (1 stick) butter
1 cup brown sugar	

Combine oats, flour and sugar. Cut in butter until mixture is crumbly. Pat half of crumb mixture into 9-inch pie pan. Cover with cranberry sauce. Sprinkle with remaining crumbs. Bake in 350° F. oven for 45 minutes. Serve warm, topped with ice cream or whipped cream. Yield: 6 servings.

### CREAM PIE

3/4 cup sugar	3 egg yolks, slightly beaten
1/4 cup cornstarch	1 teaspoon vanilla
Dash salt	9-inch pie shell, baked and cooled
2 cups milk, scalded	

Blend sugar, cornstarch and salt until smooth. Add milk gradually. Cook over low heat, stirring constantly, until thick. Add small amount of hot mixture to yolks. Return yolk mixture to remaining filling and continue cooking 3 minutes. Add vanilla. Cool to lukewarm before adding to pie shell. Top with meringue, see recipe below.

*Variations:*

*Chocolate:* Add 2 squares melted unsweetened chocolate and 1 cup sugar to filling just before adding egg yolks. Stir well.

*Coconut:* Stir 1 cup shredded coconut into filling.

*Pineapple:* Omit 1/2 cup milk. Just before adding egg yolks, add 1/2 cup crushed pineapple and juice.

### MERINGUE

3 egg whites	1/4 teaspoon cream of tartar
6 tablespoons sugar	

Beat whites and cream of tartar until soft peaks form. Gradually add sugar and beat at high speed until glossy and meringue stands in firm peaks. Spread over warm or hot filling, being careful to seal to edges of crust. Make decorative swirls on top. Bake in 350° F. oven 15 to 18 minutes or until golden brown.

## CREOLE COCONUT PIE

3 eggs, separated	1/4 cup milk
1 cup sugar	1 teaspoon vanilla
1/2 cup (1 stick) butter	3 cups shredded coconut
9-inch pie shell, unbaked	

Beat whites until stiff, gradually add 1/4 cup sugar. Cream butter and remaining sugar. Add yolks and blend thoroughly. Add milk and vanilla. Fold whites and coconut into butter mixture. Pour into pie shell. Bake in 375° F. oven 30 minutes.

## CREOLE PECAN PIE

1 tablespoon butter	1 teaspoon vanilla
1 cup sugar	1 cup chopped pecans
3 eggs	1 cup pecan halves
1 cup Louisiana cane syrup	9-inch pie shell, unbaked

Cream butter, sugar and eggs. Add syrup, vanilla and chopped pecans. Pour into pie shell; arrange pecan halves in design on top. Bake in 350° F. oven for 50 minutes.

## PECAN TARTLETS

1/2 cup (1 stick) butter	1 cup chopped pecans
1 package (3 ounces) cream cheese	1 cup light brown sugar
1 cup sifted flour	2 tablespoons butter
2 eggs	1 teaspoon vanilla
	1/8 teaspoon salt

Cream butter and cheese; blend in flour. Form dough into a ball and refrigerate 1 hour. Divide dough in half and form each half into 12 small balls. Place balls into ungreased 1 3/4-inch muffin pans; press into tartlets, using fingers, over bottom and sides of pan. In a bowl, beat eggs, sugar, butter, vanilla and salt until smooth. Place 2 teaspoons pecans in each tartlet; spoon egg mixture over pecans. Bake in 325° F. oven for 25 minutes or until set. Cool; remove from pans. Yield: 24 tartlets.

## DESSERT DUMPLINGS

1 quart berries	2 teaspoons baking powder
1 cup water	1/8 teaspoon salt
1 cup sugar	2 tablespoons sugar
2 cups flour	1 egg, beaten
3/4 cup milk	

In a saucepan, combine berries, water and 1 cup sugar; bring to a boil. Sift together flour, baking powder, salt and 2 tablespoons sugar. Combine egg and milk. Stir into sifted dry ingredients. Drop from tip of spoon on top of berries. Cover and cook over medium heat 15 to 20 minutes. Serve immediately, topped with Hard Sauce (page 184), if desired. Yield: 6 servings.

## DUTCH APPLE PIE

3 pounds tart apples	1/8 teaspoon salt
9-inch pastry shell, unbaked	1 cup cream
1/3 cup flour	1/4 teaspoon nutmeg
3/4 cup sugar	1/2 teaspoon cinnamon

Pare, core and slice apples into pastry shell. Combine flour, sugar and salt; stir in cream, nutmeg and cinnamon and beat until smooth and thick. Pour over sliced apples. Bake in 450° F. oven until edge of custard begins to brown, about 20 to 25 minutes. Cover pie with foil; reduce heat to 350° F. and continue to bake about 45 minutes or until filling thickens. Place pan beneath pie to catch drippings.

## FIG COBLER

2/3 cup sugar	3 cups peeled, quartered figs
1 tablespoon cornstarch	1 1/2 teaspoons butter
1 cup boiling water	1/2 teaspoon cinnamon
1 recipe Shortcake Dough*	

Mix sugar and cornstarch; stir in water. Bring to boil and continue cooking 1 minute. Add figs. Pour into 2-quart baking dish. Dot with butter; sprinkle with cinnamon. Drop shortcake dough with spoon onto fruit. Bake in 400° F. oven 30 minutes. Yield: 6 servings.

*\*Shortcake Dough*

3 tablespoons shortening	1 tablespoon sugar
1 cup sifted flour	1 1/2 teaspoons baking powder
1/2 cup milk	

Cut shortening into sifted dry ingredients. Stir in milk.

## FRESH PEACH COBBLER

2/3 cup sugar	3 cups sliced, peeled
1 tablespoon cornstarch	peaches
1 cup boiling water	1 1/2 teaspoons butter
1 recipe Shortcake Dough*	1/2 teaspoon cinnamon

Mix sugar and cornstarch; stir in water. Bring to boil and continue cooking 1 minute. Add fruit. Pour into 10 x 6 x 2-inch baking dish. Dot with butter; sprinkle with cinnamon. Top fruit with shortcake dough. Bake in 400° F. oven 30 minutes. Yield: 6 servings.

*\*Shortcake Dough*

3 tablespoons shortening	1 1/2 teaspoons baking
1 cup sifted flour	powder
1 tablespoon sugar	1/3 cup milk

Cut shortening into sifted dry ingredients. Stir in milk. Roll out to 1/2 inch thickness on floured board. Cut into desired shapes.

## FRESH PEACH PIE

1 recipe plain pastry (recipe page 172)	2 teaspoons lemon juice
3/4 cup sugar	1/4 teaspoon almond
2 tablespoons cornstarch	extract
1/8 teaspoon salt	4 cups sliced peaches
	1 tablespoon butter

Line 9-inch pie pan with half the pastry rolled to 1/8-inch thickness. Blend sugar, cornstarch, salt, juice and extract. Add peaches; blend thoroughly. Pour into bottom pastry and dot with butter. Cover with top pastry rolled to 1/8-inch thickness. Seal edges and prick top pastry. Bake in 425° F. oven 45 to 50 minutes.

## FRUIT COBBLER

1 cup self-rising flour	1 can (16 ounces) fruit
1 cup sugar	and syrup
1 cup milk	1/4 cup (1/2 stick) butter
1 teaspoon vanilla	

Mix flour and sugar; blend in milk slowly, stirring until smooth. Add vanilla. Place in bottom of 1 1/2-quart baking dish. Pour fruit into center of batter; do not stir. Slice butter over top of fruit. Bake in 350° F. oven for 50 minutes or until the top is brown. Yield: 6 servings.

## GRASSHOPPER PIE

1 1/4 cups chocolate wafer crumbs	1 cup whipping cream, whipped
1/4 cup sugar	1/2 cup cold water
1/3 cup melted butter	3 eggs, separated
1 envelope unflavored gelatin	1/4 cup green creme de menthe
1/2 cup sugar	1/4 cup white creme de cacao
1/8 teaspoon salt	

Mix together chocolate crumbs, 1/4 cup sugar and butter. Press against bottom and sides of 9-inch pie plate. Bake in 400° F. oven for 5 minutes. Cool. In a saucepan, combine gelatin, 1/4 cup sugar and salt. Add water and egg yolks, one at a time, stirring to blend well. Cook over low heat, stirring until gelatin dissolves and mixture thickens slightly, about 3 to 5 minutes. Remove from heat. Stir in liqueurs. Chill, stirring occasionally, until mixture is consistency of unbeaten egg white. Beat egg whites until stiff, but not dry. Gradually add remaining 1/4 cup sugar, beat until very stiff. Fold in gelatin mixture. Fold in whipped cream. Turn into crumb shell. Chill 2 hours or overnight. If desired, garnish with additional whipped cream and shaved chocolate.

## HASTY COBBLER

1/2 cup sugar	2 cups drained canned fruit
1/2 cup flour	1/2 cup juice from fruit
1 teaspoon baking powder	1/4 cup (1/2 stick) butter
1/2 cup milk	2 tablespoons sugar

In a mixing bowl, combine sugar, flour, baking powder and milk; do not overmix. Pour batter into a 9-inch shallow baking dish which has been greased with 1 tablespoon butter. Add fruit and juice; dot with butter. Sprinkle with sugar. Bake, uncovered, in a 375° F. oven for 30 minutes. Serve warm with cream. Yield: 6 servings.

## IMPOSSIBLE PIE

2 cups milk	4 eggs
3/4 cup sugar	1/4 cup (1/2 stick) butter
1/2 cup biscuit mix	1 1/2 teaspoon vanilla
1 cup flake coconut	

Combine all ingredients, except coconut, in electric blender container. Cover and blend on low speed for 3 minutes. Pour into greased 9-inch pie pan. Let stand for 5 minutes; sprinkle with coconut. Bake in 350° F. oven for 40 minutes. Serve warm or cool.

## LEMON CHIFFON PIE

1 can condensed milk	1 carton (8 ounces) frozen
1 can (6 ounces) frozen	whipped topping, thawed
lemonade concentrate	1 (9-inch) graham cracker
	crumb shell

Combine condensed milk and lemonade concentrate; mix well. Gently fold in whipped topping. Pour into crumb shell; chill for 3 hours. Refrigerate or freeze any leftover pie. Yield: 1 (9-inch) pie.

*Variation:*

*Limeade Pie:* Substitute frozen limeade concentrate for lemonade; add 3 drops green food coloring. If desired, fold in 1 cup drained crushed pineapple. Pour into chocolate crumb shell.

## LEMON MERINGUE PIE

7 tablespoons cornstarch	2 tablespoons grated lemon
1 1/2 cups sugar	rind
1/4 teaspoon salt	1/2 cup lemon juice
1 1/2 cups of hot water	3 tablespoons butter
3 eggs, separated	9-inch baked pie shell

Cook cornstarch, sugar, salt, water over medium heat, stirring constantly for 6 minutes, or until mixture is thick and translucent. Remove from heat and add yolks. Return to low heat and cook, stirring constantly, for 6 minutes. Add rind, juice and butter; stir until well blended. Pour into pie shell, and top with meringue (recipe page 174).

## LEMON MILK PIE

1 cup sugar	1 teaspoon grated lemon
1/4 teaspoon salt	rind
3 tablespoons cornstarch	1/2 cup whipping cream,
1 1/4 cups milk	whipped
2 eggs, separated	9-inch baked pie shell
1/4 cup lemon juice	

Mix 3/4 cup sugar, salt, and cornstarch; add milk gradually, mix well. Cook over moderate heat, stirring constantly, until mixture thickens and bubbles. Continue to cook 1 minute, stirring constantly. Remove from heat; gradually add small amount of hot mixture to egg yolks while beating vigorously. Slowly add yolk mixture to remaining hot mixture. Add juice and rind; stir until blended. Cook 2 minutes longer, stirring constantly. Cool. Fold cream into filling. Pour into pastry shell. Beat whites until soft peaks form. Add remaining sugar gradually. Continue beating until stiff. Spoon meringue over filling. Bake in 350° F. oven 15 to 18 minutes. Cool.

## MINCEMEAT-APPLE PIE

1 1/2 cups prepared	1 recipe pastry (page 172)
mincemeat	1 1/2 cups finely chopped
1/4 cup apple cider	tart apples

Combine mincemeat, cider and apples. Pour into pastry-lined 9-inch pie pan. Cover filling with strips of pastry. Bake in 400° F. oven 30 to 40 minutes.

## MIRLITON PIE

3/4 cup cooked, mashed	1/2 cup evaporated milk
mirliton, drained	1/4 teaspoon ginger
1/2 cup plus 2 tablespoons	1/4 teaspoon nutmeg
sugar	1/4 teaspoon cinnamon
2 eggs, separated	9-inch unbaked pie shell
2 tablespoons butter, melted	

Combine mirliton and sugar. Add well beaten yolks, butter, milk and spices. Beat egg whites until soft peaks form when beaters are lifted; fold into mirliton mixture. Pour into pie shell. Bake in 450° F. oven for 10 minutes; reduce temperature to 325° F. and continue baking for 30 minutes or until set.

PEACH KUCHEN

1/2 cup (1 stick) butter	1 teaspoon sugar
1 1/4 cups flour	1 egg yolk
1 teaspoon baking powder	2 tablespoons milk
1/2 teaspoon salt	3 cups sliced peaches

Cream butter; mix in sifted dry ingredients. Add combined yolk and milk. Press mixture on bottom of greased 11 x 7 x 1 1/2 inch baking pan. Press peach slices into dough so they overlap and sprinkle with topping. Bake in 375° F. oven 50 minutes.

*Topping:* Combine 3/4 cup sugar, 1 1/2 tablespoons flour and 1/4 teaspoon cinnamon. Cut in 2 tablespoons butter until coarse crumbs are formed.

PECAN CRUST

2 cups pecans	1/3 cup sugar
3 tablespoons melted butter	

In blender container, place half of the pecans; cover and blend until nuts are finely ground. Empty into small bowl. Repeat process with remaining pecans. Combine sugar and pecans; stir in melted butter. Press mixture evenly against bottom and sides of a 9-inch pie plate; chill 30 minutes. Bake in 350° F. oven for 12 to 15 minutes, or until lightly browned around edges. Allow shell to cool on rack.

PERFECT CUSTARD PIE

4 eggs, slightly beaten	1/2 teaspoon vanilla
1/2 cup sugar	1/2 teaspoon almond
1/4 teaspoon salt	extract
9-inch pie shell, unbaked and chilled	2 1/2 cups milk, scalded
	Nutmeg

Blend eggs, sugar, salt, vanilla and extract. Gradually stir in milk. Pour into pie shell (to avoid any spills, add last cup of filling just before closing oven door). Bake in 400° F. oven 25 to 30 minutes. Sprinkle with nutmeg.

POP-IT-IN-A-PAN FROZEN PEACH PIE

1 teaspoon commercial ascorbic acid mixture	3 1/2 cups sugar
1 gallon water	1/3 cup plus 2 tablespoons quick-cooking tapioca
4 quarts peeled, sliced peaches (about 9 pounds)	1/4 cup lemon juice
	1 teaspoon salt

Dissolve acid mixture in water and pour over peaches in a large container. Drain. Combine peaches, sugar, tapioca, juice and salt. Line four 8-inch pie pans with heavy duty aluminum foil, letting it extend 5 inches beyond rim. Divide filling evenly between pans.

*To freeze:* Fold foil loosely over fillings; freeze. Remove from freezer, turn filling from pans and wrap snugly with foil. Label and date. Return to freezer.

*To bake:* Remove foil from frozen pie filling and place, unthawed, in pastry-lined 9-inch pie pan. Dot with butter; add top crust, seal and flute edge. Cut slits in top crust. Bake in 425° F. oven 1 hour, 10 minutes.

SOUTHERN PECAN PIE

1 cup brown sugar	2 tablespoons butter
1 1/2 cups light corn syrup	1 teaspoon vanilla
4 eggs	1 1/2 cups pecan pieces
10-inch pie shell, unbaked	

Boil sugar and syrup for 2 minutes. Beat eggs until lemon-colored and slowly pour hot syrup into eggs, continue mixing. Add butter, vanilla and pecans. Pour into pie shell; bake in 350° F. oven for 45 minutes or until set.

## PRALINE PUMPKIN PIE

1/3 cup finely chopped pecans	3/4 teaspoon salt
1/3 cup brown sugar	3/4 teaspoon cinnamon
3 tablespoons butter	1/2 teaspoon ginger
9-inch pie shell, unbaked	1/4 teaspoon cloves
3 eggs, slightly beaten	1/4 teaspoon mace
1/2 cup sugar	1 1/2 cups drained cooked pumpkin
1/2 cup brown sugar	1 1/4 cups breakfast cream, heated
2 tablespoons flour	

Combine pecans, 1/3 cup brown sugar and butter. Press into bottom of pie shell. Prick sides of shell. Bake in 450° F. oven for 10 minutes; cool at least 2 minutes. Combine remaining ingredients and pour over pecan mixture in pie shell. Bake in 350° F. oven for 50 to 60 minutes or until filling is set. Cool.

## PUMPKIN CHIFFON PIE

1 envelope unflavored gelatin	1/2 teaspoon ginger
3/4 cup sugar	1/8 teaspoon cloves
1/2 teaspoon salt	1 small can (2/3 cup) evaporated milk
1 teaspoon cinnamon	3 eggs, separated
1/2 teaspoon nutmeg	1 can (16 ounces) pumpkin
9-inch pie shell, baked	

Mix gelatin, 1/2 cup sugar, salt and spices. Stir in milk and egg yolks; blend well. Cook over low heat, stirring constantly, until slightly thick, about 3 minutes. Remove from heat, add pumpkin. Chill, stirring occasionally, until mixture mounds, about 30 minutes. Beat egg whites until soft peaks form when beaters are lifted; fold into pumpkin mixture. Pour into pastry shell; chill.

## STRAWBERRY PIE

1 1/2 quarts strawberries	2 tablespoons lemon juice
3 tablespoons cornstarch	9-inch pie shell, baked
1 cup sugar	1/2 pint whipping cream

Reserve half of berries. Mash remaining berries and add cornstarch and sugar. Cook over low heat until thick and clear. Remove from heat; stir in juice. Cool and add the remaining whole berries. Pour into pie shell; chill. Decorate with mounds of whipped cream. If desired, garnish with additional whole berries.

## STRAWBERRY MERINGUE TORTE

1/4 cup (1/2 stick) butter	1/4 teaspoon almond extract
1/2 cup sugar	1/4 teaspoon vanilla
2 egg yolks	2 egg whites
1 3/4 cups sifted cake flour	1/2 cup sugar
Dash salt	1 quart sweetened, sliced strawberries
2 teaspoons baking powder	
1/2 cup milk	

Cream butter and sugar; add yolks, one at a time, beating well after each addition. Add sifted dry ingredients alternately with combined milk and flavorings. Waxed paper-line two 8-inch layer cake pans. Pour 2/3 of batter in one, and remaining 1/3 in the other. Beat whites to soft peaks; gradually add 1/2 cup sugar and continue beating until stiff. Spread over 1/3 portion of batter in cake pan. Bake in 350° F. oven 30 minutes. Cool. Spread strawberries between layers and over top of baked meringue layer.

## SWEET POTATO PIE

1 1/2 cups mashed cooked potatoes	2 eggs, beaten
2/3 cup brown sugar	1 tablespoon lemon juice
1/2 teaspoon salt	1 cup evaporated milk
1 teaspoon allspice	Pecan halves
	9-inch pie shell, unbaked

Combine ingredients in order given. Pour into pie shell. Bake in 450° F. oven 15 minutes, reduce heat to 325° F. and bake 30 minutes longer. Decorate with pecan halves.

## VANILLA WAFER SHELL

1 1/2 cups fine vanilla wafer crumbs (about 36)	6 tablespoons melted butter
---	-----------------------------

Mix together crumbs and butter. Press firmly into a 9-inch pie plate. Chill.

*Graham Cracker Shell:* Substitute graham cracker crumbs and add 1/4 cup sugar. Bake in a 375° F. oven about 6 minutes or until edges are browned. If unbaked shell is desired, chill 45 minutes; fill.

## BABA AU RHUM

1/4 cup sugar	1/4 cup (1/2 stick) butter
1 package yeast	1/2 cup milk
2 1/4 cups flour	3 eggs

In a large mixing bowl, combine sugar, yeast and 2/3 cup flour. In a small saucepan, melt butter in milk (120° F. - 130° F.). Add eggs and 1/3 cup flour and continue beating at high speed for 2 minutes. Stir in remaining flour to make a stiff batter. Cover and let rise until doubled, about 1 hour. Stir down batter; spoon into 9 greased custard cups. Cover and let rise until cups are nearly full, about 35 minutes. Bake in 375° F. oven for 15 minutes. Remove from oven and pierce with fork. Spoon rum sauce over cakes. After sauce is absorbed, turn babas onto cake rack. Yield: 9 babas. For bundt pan, bake in 350° F. oven for 25 minutes.

*Rum Sauce:* In a saucepan, combine 1 1/2 cups sugar, 1/2 cup rum and 3/4 cup water. Bring to a full boil. Cool. Pour over babas.

## BAKED CUSTARD

3 eggs	3 cups milk, scalded
1/2 cup sugar	1 teaspoon vanilla
1/4 teaspoon salt	Nutmeg

Beat eggs until blended. Beat in sugar and salt. Slowly add milk, beating constantly. Add vanilla. Pour into 6 greased custard cups. Sprinkle with nutmeg. Set in pan; pour in hot water about 1-inch deep. Bake in 350° F. oven 45 minutes or until set. Yield: 6 servings.

*Variation:*

*Caramel:* Stir 1 cup sugar over medium heat until sugar melts and caramelizes. Pour into 1-quart casserole or 6 custard cups. Pour egg-milk mixture over.

## BREAD PUDDING

1 quart coarse bread cubes	1 teaspoon cinnamon or nutmeg
2 cups scalded milk	1/4 teaspoon salt
1/2 cup sugar	1 teaspoon vanilla
1/4 cup (1/2 stick) butter, melted	1/2 cup raisins
2 eggs, slightly beaten	

Soak bread in milk, set aside until cool; add remaining ingredients. Pour into greased 1 1/2-quart baking dish. Bake in 350° F. oven 40 to 45 minutes. (Do not use crust in preparing bread cubes.) Serve with Vanilla Sauce (recipe page 180) or Hard Sauce (recipe page 184). Yield: 6 servings.

## BANANA PUDDING

1 cup sugar	3 eggs, separated
1/3 cup cornstarch	1 1/2 teaspoons vanilla
3/4 teaspoon salt	24 small vanilla wafers
3 cups milk	3 large ripe bananas, sliced

Mix 2/3 cup sugar, cornstarch, and salt; add milk gradually. Cook over low heat, stirring constantly, until mixture thickens. Add small amount to egg yolks, stirring constantly. Pour egg yolk mixture back into hot mixture. Return to heat and cook 2 minutes. Add vanilla. Arrange alternate layers of wafers, banana slices and pudding, ending with pudding. Beat egg whites until soft peaks form; gradually add remaining 1/3 cup sugar and beat until meringue stands in firm peaks. Spread over pudding. Bake in 305° F. oven for 15 minutes. Yield: 6 servings.

## VANILLA SAUCE

Cream 1/3 cup butter and 1 cup sugar; add 3 slightly beaten egg yolks. Add 1/3 cup boiling water and cook over low heat until thickened. Remove; add vanilla.

## CARAMEL CUSTARD

Pour 1 can condensed milk into an 8-inch glass pie plate. Cover with foil; place in shallow pan of hot water. Bake in 425° F. oven for 1 hour or until thick and slightly caramel in color. Remove foil; chill and serve.

## CHOCOLATE POTS DE CREME

1 package (6 ounces) semi-sweet chocolate pieces	1 egg
1 1/4 cups light cream heated to boiling	1/8 teaspoon salt
	1 teaspoon vanilla

Put chocolate pieces in blender container. Pour hot cream over chocolate; cover and blend about 30 seconds or until chocolate is liquefied. Add egg, salt and vanilla; cover and blend until smooth. Pour into 6 traditional cups, demitasse cups, sherbet glasses or custard cups. Chill at least 3 hours or until mixture is like pudding. Yield: 6 servings.

## CREOLE BREAD PUDDING

3 cups French bread cubes, day-old bread	1 teaspoon vanilla
1/4 cup raisins	1/4 teaspoon cream of tartar
2 tablespoons butter	4 tablespoons sugar
2 eggs, separated	6 tablespoons sugar
1 1/4 cups milk	

Moisten bread cubes with water; squeeze to remove excess water. Stir in raisins and softened butter; pour into greased 1-quart casserole. Beat egg yolks and 6 tablespoons sugar; add milk and vanilla. Pour over bread mixture. Bake in 350°F oven for 45 minutes. To make meringue, beat egg whites and cream of tartar until soft peaks form when beaters are lifted. While continuing to beat, gradually add 4 tablespoons sugar. Spoon meringue over pudding; return to oven for 15 minutes. Yield: 6 servings.

*Variation:* Before spooning meringue over pudding, quickly spread a thin layer of strawberry preserves or orange marmalade.

## CUP CUSTARD

3/4 cup nonfat dry milk	3 cups water
6 tablespoons sugar	3 eggs, slightly beaten
Dash of salt	1 1/2 teaspoons vanilla

Combine milk, sugar and salt; slowly stir in water. Mix in eggs and vanilla. Pour mixture into 6 custard cups. Set in pan containing 1-inch hot water. Bake in a 350° F oven for 50 minutes or until knife inserted near edge of custard comes out clean. Yield: 6 servings.

## CUSHAW PUDDING

1 quart mashed cushaw	1 teaspoon vanilla
2 eggs, beaten	1/2 cup (1 stick) butter
1/3 cup brown sugar	Pumpkin spice to taste

Combine ingredients; pour into a buttered 1 1/2 quart casserole. Bake in 400° F oven until pudding is set, about 25 minutes. Yield: 6 servings.

## FLOATING ISLAND

3 egg yolks	1 teaspoon vanilla
1/4 cup sugar	3 egg whites
1/8 teaspoon salt	1/8 teaspoon salt
2 cups milk, scalded	6 tablespoons sugar

To make the custard, beat yolks slightly; add 1/4 cup sugar and salt. Gradually stir in milk. Cook over low heat, stirring constantly, until mixture coats spoon, about 6 to 8 minutes. Cool slightly; add vanilla and chill. To make meringue, beat egg whites with salt until soft peaks form. While continuing to beat, gradually add sugar. Drop 6 mounds of meringue, by tablespoonfuls, on simmering water. Cover and cook until set, about 10 to 15 minutes. Immediately remove from water. To serve, top each serving of custard with a meringue puff. Yield: 6 servings.

## FLUFFY CHOCOLATE BLANC MANGE

2 cups milk	3 tablespoons cornstarch
2 squares unsweetened chocolate, cut in pieces	2 eggs, separated
1/3 cup sugar	1/4 teaspoon salt
2 tablespoons sugar	1 1/2 teaspoons vanilla

Put milk, chocolate, 1/3 cup sugar, cornstarch, egg yolks and salt in blender container; cover and blend on low, then on high until smooth. Empty into a saucepan and cook over low heat, stirring constantly, until thick. Remove from heat; add vanilla. Cool slightly. Beat egg whites with electric mixer until stiff, but not dry. Gradually beat in 2 tablespoons sugar; beat until egg whites stand in soft peaks. Fold egg whites into chocolate mixture. Pour into a 1-quart mold. Chill until firm. Yield: 6 servings.

FRENCH CHOCOLATE MOUSSE

- |                         |                      |
|-------------------------|----------------------|
| 2 cups milk             | 1 cup heavy cream,   |
| 1/2 cup sugar           | whipped              |
| 1/4 pound sweet cooking | 1 teaspoon vanilla   |
| chocolate, grated       | 2 tablespoons brandy |
| 4 egg yolks, beaten     |                      |

In a saucepan, combine milk, sugar, and chocolate and cook over low heat until chocolate is melted. Add small amount of hot mixture to yolks; pour back into remaining hot mixture and continue cooking over low heat, stirring constantly, until custard thickens. Chill. Add vanilla and brandy to whipped cream; then fold the cold custard into whipped cream mixture until it is well blended. Fill custard cups with mousse. Chill thoroughly before serving. Yield: 6 servings.

HAUPIA  
(Coconut Pudding)

- |                          |                          |
|--------------------------|--------------------------|
| 2 1/2 cups fresh coconut | 3 tablespoons cornstarch |
| 1 cup water (use part    | 4 tablespoons sugar      |
| coconut liquid)          | 1/8 teaspoon salt        |
| 1 cup milk               | 1/8 teaspoon vanilla     |

Add grated coconut to water and milk; let stand for 30 minutes. Strain through a very fine sieve, pressing down to squeeze out all liquid. Measure 3 cups of the coconut milk. In a saucepan, heat all but 1/4 cup coconut milk over low heat; do not boil. Stir in sugar, salt and vanilla. While stirring constantly, gradually add combined cornstarch and 1/4 cup coconut milk. Cook until mixture thickens. Pour into an oiled mold or square pan. Serve, cut in squares, topped with whipped cream and well-drained crushed pineapple or kumquats. Yield: 6 servings.

LEMON CAKE PUDDING

- |                              |                           |
|------------------------------|---------------------------|
| 1 cup sugar                  | 5 tablespoons lemon juice |
| 1/4 cup flour                | Grated rind of 1 lemon    |
| 1/8 teaspoon salt            | 3 eggs, separated         |
| 2 tablespoons butter, melted | 1 1/2 cups milk, scalded  |

Combine first 6 ingredients. Beat egg yolks; add milk slowly, stirring constantly. Mix thoroughly into first mixture. Fold in stiffly beaten egg whites. Pour into 6 greased custard cups or 1 quart casserole. Arrange cups in baking pan, add 1 inch hot water. Bake in 325° F oven 45 minutes. Each dessert will have custard on bottom and sponge cake on top. Yield: 6 servings.

MIRLITON PUDDING

- |                           |                         |
|---------------------------|-------------------------|
| 1 1/2 cups cooked, mashed | 1/4 teaspoon nutmeg     |
| mirliton, drained         | 1/2 cup evaporated milk |
| 1/4 cup brown sugar       | 1/2 cup sugar           |
| 2 eggs                    | 1 tablespoon flour      |
| 1/2 teaspoon vanilla      | 2 tablespoons butter    |
| 1/4 teaspoon cinnamon     | 1/4 cup raisins         |

Combine mirliton, brown sugar, eggs, vanilla and spices. Stir in milk, sugar, flour and butter. Add raisins and pecans. Pour into buttered 1 1/2 quart casserole. Bake in 350° F oven for 1 hour or until mixture is set. Yield: 6 servings.

PERSIMMON PUDDING

- |                         |                            |
|-------------------------|----------------------------|
| 1 cup persimmon puree   | 1 tablespoon melted butter |
| 2 teaspoons baking soda | 1 cup sifted flour         |
| 1 egg, beaten           | 1 cup sugar                |
| 1/2 cup milk            | 1 teaspoon cinnamon        |
| 1 teaspoon lemon juice  | Dash salt                  |
| 1/2 teaspoon vanilla    | 1/2 cup chopped pecans     |
| 1/2 cup chopped raisins |                            |

Stir together persimmon puree and 1 teaspoon baking soda; reserve. In a large bowl, combine egg, milk, lemon juice, vanilla and butter. Sift flour, sugar, cinnamon, salt and remaining 1 teaspoon baking soda. Add to egg mixture alternately with persimmon puree, blending well after each addition. Add pecans and raisins. Pour batter into a greased and floured 8-inch square pan. Bake in 350° F oven 55 minutes or until browned. Let cool in pan 5 minutes then cut in squares. Serve with Lemon Sauce.

*Lemon Sauce*

- |                            |                           |
|----------------------------|---------------------------|
| 1/4 cup (1/2 stick) butter | 1 1/4 cups boiling water  |
| 1 cup sugar                | 1/2 teaspoon grated lemon |
| 1 1/2 tablespoons lemon    | peel                      |
| juice                      |                           |

In a saucepan, combine butter, sugar and flour; gradually add boiling water. Stir in peel. Boil 3 minutes. Remove from heat and stir in lemon juice. Yield: 1 1/2 cups.

## RICE PUDDING

3 eggs	1 cup cooked rice
1/2 cup sugar	1/4 cup raisins
1/4 teaspoon salt	2 teaspoons vanilla
2 cups scalded milk	1/4 teaspoon nutmeg
1 tablespoon butter	

Combine beaten eggs, sugar and salt. Gradually add scalded milk, while stirring constantly. Add rice, raisins and vanilla. Pour into greased 1 1/2-quart casserole; set in pan of hot water. Bake in 350° F. oven for 30 minutes; stir. Sprinkle with nutmeg; dot with butter. Bake 30 to 40 minutes longer or until set. Yield: 6 servings.

## PLUM PUDDING

2 1/3 cups dry bread crumbs	1/2 pound dark raisins
1 1/4 cups sifted flour	1/2 pound currant
1 cup plus 3 tablespoons brown sugar	1/2 pound mixed orange and lemon peel, chopped
2 teaspoons cinnamon	3 ounces blanched almonds, chopped
1 1/4 teaspoons allspice	1 carrot, grated
1/2 teaspoon salt	6 eggs, beaten
1/2 teaspoon nutmeg	Grated peel and juice of 1 lemon
1/2 pound suet, finely chopped	2 tablespoons brandy, rum sherry, or molasses
1/2 pound figs, chopped	
1/2 pound white raisins	

Combine crumbs, flour, sugar and spices. Stir in next 8 ingredients. Add eggs; beat 2 to 3 minutes. Blend in lemon peel, juice and brandy. Dough will be very stiff. Let stand overnight. Generously grease two 1-quart molds. Fill, leaving space at top to expand. Cover tightly. Steam over low heat for 3 hours. Cool, remove from molds, wrap and freeze or store in refrigerator. Before serving, steam until heated through. Serve hot with rum sauce (recipe page 184). Yield: 2 puddings.

## SABAYON

6 egg yolks	1/2 cup Marsala or sweet sherry
2 whole eggs	1/4 cup brandy
1/2 cup sugar	1/8 teaspoon cinnamon
1/2 teaspoon vanilla	

In top of double boiler, beat yolks and eggs until light, about 3 minutes. Gradually beat in sugar. Slowly add sherry, then brandy, and flavor with cinnamon and vanilla. Place over boiling water and beat until it foams nearly to top of container, about 3 to 4 minutes. Do not overcook. Remove from heat; continue beating until smooth. Pour into 8 glasses or custard cups. Chill for 2 hours. Yield: 8 servings.

## SOFT CUSTARD

3 eggs, slightly beaten	1/8 teaspoon salt
1/4 cup sugar	2 cups milk, scalded
1 teaspoon vanilla	

To eggs, add sugar and salt. Add milk gradually, stirring constantly. Cook on Controlled Surface Heat set at 150° F. or very low heat, stirring occasionally until mixture coats spoon. Add vanilla. Cool. Yield: 4 servings.

## STRAWBERRY BAVARIAN CREAM

1 package (10 ounces) frozen strawberries, thawed	1/4 teaspoon red food coloring
1/4 cup cold milk	2 egg yolks
2 envelopes unflavored gelatin	1 heaping cup crushed ice
1/4 cup sugar	1 cup evaporated milk

Drain 1/2 cup strawberry juice into saucepan. Heat just to boiling. Place milk and gelatin into blender container; cover and blend. Add hot juice and blend 40 seconds. Add sugar, strawberries, food coloring and yolks and continue to blend 5 seconds. Add ice and milk, blend until dessert begins to thicken. Yield: 6 servings.

### SWEET POTATO FLUFF

1/4 cup brown sugar	1 tablespoon melted butter
1/2 teaspoon salt	1/4 cup light cream
1 teaspoon nutmeg	3 cups mashed potatoes
1 teaspoon cinnamon	(about 4 large)
24 miniature marshmallows	

Add all ingredients to potatoes, except marshmallows. Blend well. Fold in 12 marshmallows. Place into buttered casserole; top with remaining marshmallows. Bake in 350° F. oven, about 20 minutes. Yield: 6 servings.

### SWEET POTATOES IN ORANGE SHELLS

6 small oranges	2 tablespoons cream
3 cups cooked potatoes	1/2 cup sugar
2 tablespoons butter	1 egg
6 marshmallows	

Slice off tops from oranges and remove pulp; reserve for use in other recipes. Cut tops of peels in zigzag pattern. Mash hot potatoes; add butter, cream, sugar and egg. Beat until fluffy; fill orange shells. Top with marshmallows. Place in shallow pan with a small amount of water. Bake in 400° F. oven for 15 to 20 minutes, or until lightly browned. Yield: 6 servings.

### BUTTERSCOTCH SAUCE

Use recipe for Hot Fudge Sauce, (page 184) but make the following changes: substitute brown sugar for white sugar, omit chocolate, add 4 drops vinegar and use only 1/2 cup breakfast cream. Yield: 2 cups.

### HARD SAUCE

Cream 1/3 cup butter; gradually beat in 1 cup confectioners sugar or 3/4 cup granulated sugar. While continuing to beat, add 1/2 teaspoon vanilla or 1 teaspoon brandy, drop by drop. Yield: approximately 1 1/3 cups.

### HOT FUDGE SAUCE

1 1/2 cups sugar	2 squares unsweetened
2/3 cup light corn syrup	chocolate
1/2 stick butter	1 cup breakfast cream

In a saucepan combine sugar, corn syrup, butter and chocolate. Cook over low heat, stirring constantly, to 246° F. or hard ball test. Remove from heat and slowly add cream. Mix thoroughly. Return to heat and cook slowly for 5 minutes or to desired thickness. Serve hot or cold. Yield: 2 cups

### PRALINE SAUCE

1 1/2 cups dark brown sugar	1/2 stick butter
2/3 cups light corn syrup	1 cup evaporated milk
1 cup chopped pecans	

Combine sugar, corn syrup and butter; cook to 246° F. or hard ball test. Remove from heat and blend in milk. Return to heat and cook 5 minutes longer, or to desired thickness. Add pecans. Serve hot or cold. Yield: 2 cups.

### RUM SAUCE

1 cup sugar	2 cups water
1 1/2 tablespoons cornstarch	1/4 cup dark rum

Combine sugar and cornstarch; slowly add water. Cook until thick. Remove from heat; stir in rum. Yield: 2 1/2 cups.

### CARAMEL POPCORN CRUNCH

1/2 pound package	2 tablespoons water
dairy-fresh caramels	2 quarts popped corn,
(28 caramels)	salted

Add water to caramels and melt in top of double boiler. Toss mixture with popcorn until every kernel is coated. Spread and dry on greased surface. Break apart.

## CAMEL POPCORN

2/3 cup dark corn syrup      1/8 teaspoon baking soda  
 1 1/4 cups cane syrup      4 quarts popped corn  
 1 tablespoon butter

Cook syrups and butter to hard ball test (260° F. on candy thermometer). Remove from heat; stir in soda. Pour over popped corn, stirring until the kernels are coated. Form into balls or spread and dry on a greased surface; break apart to separate kernels.

## EASY POPCORN BALLS

Keep hands wet or lightly greased when shaping balls... and be careful not to burn hands with hot syrup.

## LIGHT POPCORN BALLS

(basic syrup recipe)

2 cups granulated sugar      1 cup light corn syrup  
 1 cup water      3 tablespoons butter

Cook to 260 ° F. or soft crack stage. Pour over 2 quarts salted popcorn. Mix thoroughly and mold into balls.

*Variations of above basic recipe:*

*Pastel Popcorn Balls:* Delicately tint cooked syrup with food coloring. Add peppermint, lemon, maple, wintergreen, or other flavoring.

*Chocolate Popcorn Balls:* Add 3 ounces unsweetened chocolate and 1 teaspoon vanilla or peppermint flavoring to cooked syrup.

*Honey Popcorn Balls:* Replace corn syrup with 1 cup honey. When syrup is cooked, add 1 teaspoon vanilla.

*Cinnamon Popcorn Balls:* Replace water with 1 cup strained orange juice. After syrup is cooked, add 4 tablespoons crushed red cinnamon candies and grated peel of 1 orange.

*Fruit-'n-Spice Popcorn Balls:* Cook 1 cup mince meat with syrup. Remove from heat and add 3/4 teaspoon vanilla.

## HALLOWEEN JACK-O'-LANTERN

Make a double recipe of the basic syrup above and add orange food coloring to cooked syrup to desired shade. Mix well with four quarts popped corn and shape into pumpkin. Use a strip of green licorice or green jelly candy for stem, and raisins or small candy to outline face.

## JOLLY SNOWMAN

You'll need 6 quarts of popped corn and three batches of the basic syrup recipe (see previous recipe) for a snowman 10 inches high. After mixing with syrup, shape popcorn into: one large ball for the snowman's body and one small ball for the head, plus two elongated hunks to serve as arms, if desired. Fasten popcorn balls together with toothpicks and press together firmly. Decorate with raisins, gumdrops and other candies for eyes, ears, nose, mouth, hands and buttons. Tie on a ribbon scarf and use a marshmallow on a cookie for the hat. For an added dash of glamour, put the snowman on "skis" made of black licorice strips and use candy canes for ski poles.

## POPCORN CAKE

(Courtesy of The People's Gas Light & Coke Company, Chicago)

1 cup sugar      1 cup white corn syrup  
 1/2 cup cold water      2 tablespoons butter or  
 Red food coloring      margarine  
 1 cup chopped peanuts      Popped corn  
     or walnuts      Cake candies

Mix sugar, syrup, water and butter. Cook to soft ball stage (240° F). Color delicate pink. Fill 10-inch tube pan with popped corn; add nuts. Add to cooked syrup. Butter tube pan. Turn in popcorn mixture, pressing it in firmly. Unmold immediately and sprinkle with cake candies.

## SUGARED POPCORN

1 cup sugar      2 cups popped corn  
 1/4 cup water

Cook sugar and water to thick syrup. Stir syrup with popped corn until dry. Separate coated kernels.

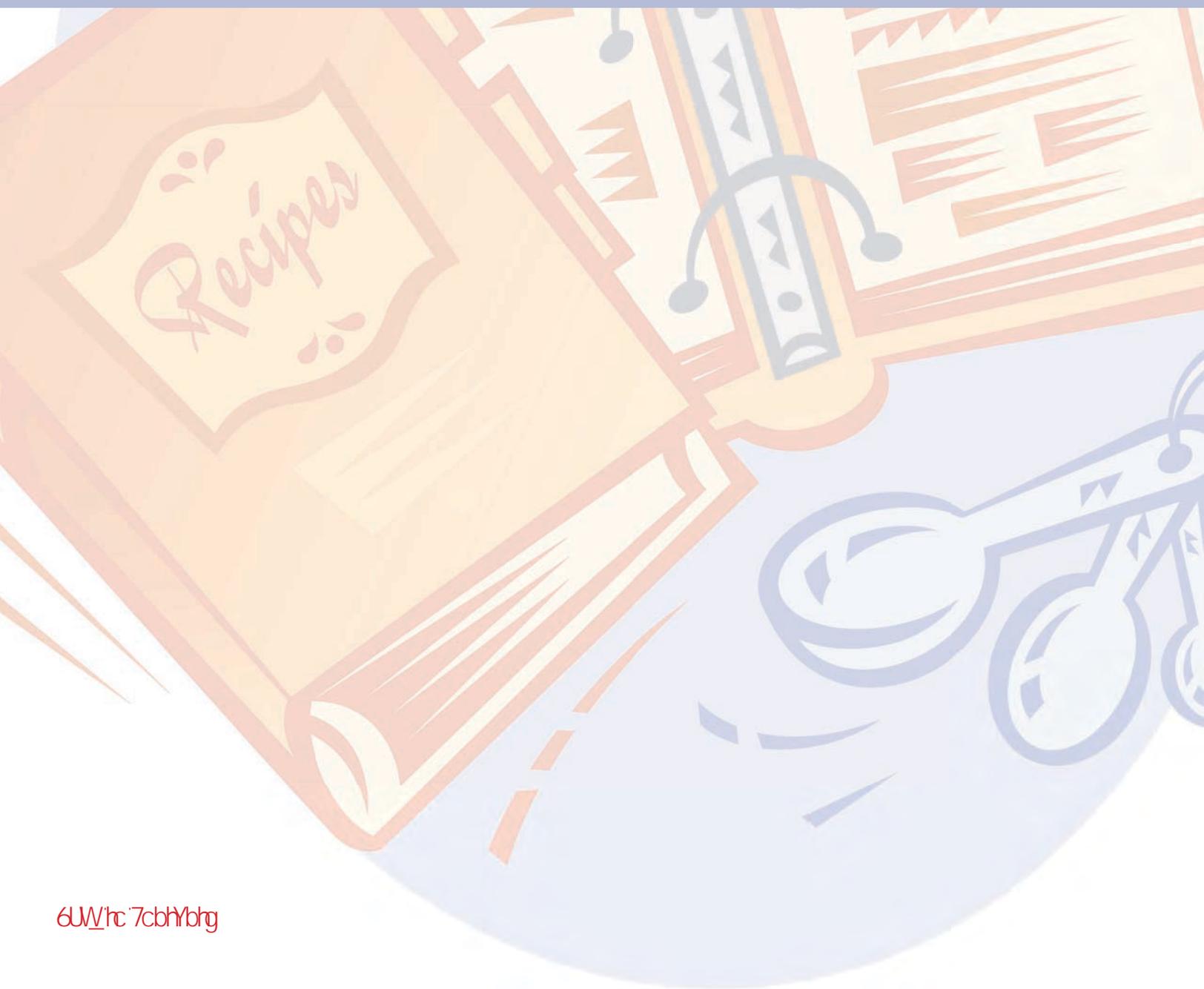
## VALENTINE HEART

Use basic syrup recipe above. To cooked syrup add 1 teaspoon red food coloring (or as desired). Pour in fine stream over 2 quarts popped corn and mix well. Press firmly into buttered heart-shaped mold (eight inches wide). Cool and unmold onto waxed paper. Decorate as desired.

*Notes:*

# COOKING WITH ENERGY

## Jams and Jellies



## CONSERVING ENERGY WITH OVEN MEALS

When using the oven, select three, four or five foods which can be cooked in the same oven at the same time.

In cooking an oven meal, the oven is generally on about one-third of the time and expends less energy than cooking the same length of time on the range top.

Depend on oven thermostat and timer instead of opening oven door and lifting covers.

When cooking several foods in the oven, stagger pans on the racks so heat can circulate.

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When cooking meat or poultry, add one of the following to use the oven to capacity:

- Baked Irish Potatoes - 350°F. oven for 1 1/4 hours.
- Baked Sweet Potatoes - 350°F. oven for 1 hour.
- Oven-Cooked Rice - 350°F. oven for 45 minutes.
- Baked Apples - 350°F. oven for 45 minutes.

APPLESAUCE

6 pounds green apples      2 cups water  
1 1/4 cups sugar

Wash, pare and core apples. Quarter and place in slightly salted water to prevent discoloration. Drain. Combine apples and water in enamel or granite-ware saucepan. Cook over medium heat until soft (8 to 10 minutes). Stir. Press through strainer. Add sugar to apples and bring to boil over medium heat. Pack boiling hot sauce into clean hot jars. Process in water bath 15 minutes at simmering temperature. Yield: 2 quarts.

SPICED PEACHES

1 teaspoon broken      1/2 cup peach juice  
    cinnamon sticks      1 tablespoon lemon juice  
1/2 teaspoon whole cloves      1 pound peaches, peeled  
1/4 teaspoon whole allspice      and sliced  
1 cup sugar

Tie spices in cheesecloth bag. Combine all ingredients except peaches and bring to boil. Add peaches and continue boiling 5 minutes. Remove spice bag. Pack peaches in hot jars, pour syrup over, seal and process 10 minutes in water bath at simmering temperature. Yield: Approximately 2 pints.

BLACKBERRY JAM

Wash and crush berries. Add 1/4 cup water for each quart berries; cook until thoroughly heated. If desired, sieve to remove seeds. Add 3/4 cup sugar to each cup of berries; cook until thick, not over 20 minutes. Seal in hot, sterilized glasses. Process 10 minutes.

BLACKBERRY JELLY

Wash, stem and crush berries. If berries are not very juicy, add 1 to 4 tablespoons water to each quart of berries. Cook gently for 10 to 15 minutes. Drain juice from fruit through jelly bag or several thicknesses of cheesecloth. Bring 4 cups juice to boil; add 3 cups sugar. Stir until sugar is dissolved. Boil rapidly to jelly stage. Skim to remove foam. Pour, boiling hot, into hot sterilized jars and seal. Yield: 3 to 4 eight-ounce glasses.

*Note:* Preserves, jams, conserves and butters should be processed at simmering (180° F. - 185° F.) in water-bath canner. Use canning jars and tops; do not use paraffin.

FIG JAM

2 quarts chopped figs      6 cups of sugar  
3/4 cup water      1/4 cup lemon juice

To prepare chopped figs, pour boiling water over about 5 pounds of figs. Let stand 10 minutes. Drain, stem and chop figs. Measure 2 quarts and add water and sugar. Slowly bring to boiling, stirring occasionally, until sugar dissolves. Cook rapidly until thick. Stir frequently to prevent sticking. Add lemon juice and cook 1 minute longer. Pour boiling hot into sterilized jars. Process 10 minutes at simmering temperature in hot water bath. Yield: 5 pints.

FIG PRESERVES

Pour six quarts boiling water over six quarts figs. Let stand 15 minutes. Drain and rinse figs in cold water. Prepare syrup by mixing 8 cups sugar with 3 quarts water. Bring to boil; boil 10 minutes and skim. Slowly drop figs into syrup, a few at a time, so as not to cool syrup. Cook rapidly until figs are transparent, about 30 to 45 minutes. Lift out and place in shallow pans; boil syrup down until thick, pour over figs and let stand overnight. Pack into clean jars. Process 20 minutes at simmering temperature in hot water bath. For alternate method: after figs have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Sliced lemon or preserved ginger may be added. Yield: 5 pints.

GUAVA JELLY

1 1/2 cups guava juice      1 1/2 cups sugar  
1 tablespoon lemon juice

Cut guavas into small pieces without removing skins. Cover with water and boil 5 minutes. Strain juice through jelly bag. Strain second time, if necessary, to clear juice. Measure juice and bring to boil. Add sugar and juice. Boil rapidly to jelly stage. Pour into sterilized jelly glasses. Yield: 2 eight-ounce glasses.

### HOT PEPPER JELLY

3 large green peppers, quartered	1 bottle liquid pectin
3 pods hot pepper (green or red)	1 1/2 cups cider vinegar
	6 1/2 cups sugar
	Green or red food coloring

Remove seeds from peppers. Put vinegar and peppers into blender jar. Cover and blend until finely chopped. Pour into saucepan and add sugar. Bring to a rolling boil and boil for 3 minutes, stirring occasionally. Remove from heat and let cool for 2 minutes. Remove foam. Add pectin and food coloring to desired shade of green or red. Stir for 2 minutes. Pour into hot, sterilized glasses and seal. Yield: 6 eight-ounce glasses.

### KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking)	1 quart water
	4 cups sugar

Sprinkle fruit with baking soda (1 tablespoon to 1 quart fruit). Cover with boiling water and let stand until cool. Pour off soda water, and rinse fruit through 2 or 3 changes of cold water. Drain well and prick each kumquat to prevent bursting. Cover kumquats with boiling water and cook 10 to 15 minutes or until tender; drain. Boil sugar and water for 10 minutes. Add kumquats and cook until fruit is transparent. Carefully place fruit into trays; pour syrup over fruit and allow to remain overnight to plump. Pack into hot jars and seal. Process 10 minutes. Yield: 5 half-pints.

### LOQUAT JAM

Wash and seed whole ripe fruit; remove blossom end and any imperfections. Put through food chopper. Barely cover with cold water and cook until tender. Measure and add equal amount of sugar. Cook until thick over low heat. Pour into sterilized jars and seal. Process 10 minutes.

### LOQUAT PRESERVES (JAPANESE PLUMS)

Wash, scald and seed 1 quart loquats. Cook in a syrup of 1 1/2 cups sugar and 1 cup water until fruit is transparent. Pour into hot sterilized jars, seal and process 15 minutes.

### MAYHAW JAM

2 pounds mayhaw pulp	3 1/3 cups sugar
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Wash and sort berries. Cook berries covered with just enough water to keep from scorching. Cook until tender. Press berries through sieve or colander. Weigh. Bring pulp to boil; add sugar. Cook until jam flakes from spoon. Pour into sterilized jars and seal. Process 10 minutes. Yield: 4 half-pints.

### MAYHAW JELLY

3 pounds mayhaws (4 cups juice)	3 1/2 cups sugar
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Wash and sort berries. Barely cover with water. Cook slowly, covered, until tender. Strain. Add sugar to juice. Bring to boil. Skim during cooking. Cook rapidly to jelly stage. Skim. Pour into sterilized jelly glasses immediately. Yield: approximately 5 eight-ounce glasses.

### MOCK STRAWBERRY JAM (FIGS)

6 cups ripe figs, peeled	2 packages (3 ounces each)
3 cups sugar	strawberry flavored gelatin

Combine all ingredients in large saucepan. Cook, stirring constantly, until thick (about 40 minutes). Pour into sterilized jars and seal immediately. Yield: 4 to 5 pints.

### PEACH PRESERVES

3 1/2 cups sugar	5 cups sliced, peeled, firm
2 cups water	ripe peaches (about 5 large)

Cook sugar and water until sugar dissolves. Add peaches; cook rapidly until fruit becomes clear; stirring occasionally. Cover and let stand 12 to 18 hours in cool place. Drain fruit and pack in hot jars, leaving 1/4 inch head space. Cook syrup rapidly 2 to 3 minutes, or longer if too thin. Pour over fruit, leaving 1/4 inch head space. Adjust caps. Process half-pints and pints 20 minutes in water bath at simmering temperature. Yield: about 6 half-pints.

PLUM JAM

Wash 3 pints plums and remove pits. Add 4 cups sugar and cook until thick and clear. Pour immediately into hot, sterilized jars and seal. Process 15 minutes.

PLUM JELLY

Wash plums, cover with cold water and boil until soft. Press through jelly bag. Strain and measure juice. Bring juice to boil; add 1 cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized jelly glasses.

PUMPKIN BUTTER

3 1/2 cups cooked pumpkin    1 box powdered pectin  
1 tablespoon pumpkin pie spice    4 1/2 cups sugar

In a large saucepan, combine pumpkin, spice and pectin; mix well. Place over high heat and stir until mixture comes to a hard boil. Immediately add sugar and stir. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat; ladle quickly into glasses. Cover with 1/8-inch hot paraffin. Yield: 7 (6-ounce) glasses.

QUICK APPLE BUTTER

4 cups apple pulp                      1/4 teaspoon cloves  
1/4 cup vinegar                        1/4 teaspoon allspice  
3 cups sugar                            1 teaspoon cinnamon

(To prepare apple pulp, remove stem and blossom ends; quarter apples, but do not pare or core. Cook using only enough water to prevent scorching. Then put through a food mill or colander.) Combine all ingredients and cook until thickened. Place in hot jars and seal.

SPICY GOURMET JELLY

1 cup water                                3 cups sugar  
1/3 cup lemon juice                    3 ounces liquid pectin  
2 teaspoons Tabasco pepper sauce    Red or green food coloring

In a large saucepan, combine water, lemon juice, pepper sauce and sugar. Bring mixture to boil, stirring constantly. Add pectin and small amount of food coloring. Stir until mixture comes to full rolling boil. Boil hard, about 1/2 minute. Remove from heat; skim. Pour into hot sterilized glasses. Cover with 1/8-inch melted paraffin. Yield: 4 five-ounce glasses.

STRAWBERRY PRESERVES

2 quarts strawberries, stemmed                      7 cups sugar

Berries with hollow cores should not be used. Combine strawberries and sugar; let stand 3 to 4 hours. Bring slowly to boiling, stirring occasionally, until sugar dissolves. Then cook rapidly until berries are clear and syrup thick, about 12 minutes. Pour into a shallow pan. Let stand, uncovered, 12 to 24 hours in cool place. Shake pan occasionally to distribute berries through syrup. Pack into hot jars, leaving 1/4-inch head space. Process half-pints and pints in hot-water bath 20 minutes at simmering temperature. For Alternate Method: After strawberries have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Yield: 4 half-pints.

WATERMELON RIND PRESERVES

4 pounds rind (11 cups)                      4 lemons, sliced  
9 cups sugar                                4 teaspoons stick cinnamon  
8 cups water                                4 teaspoons whole cloves

Select melons with thick rinds. Peel off all green portion using only white part of the rind; dice or cut into 2-inch strips. Soak in mild salt water overnight (1/2 cup salt to 1 gallon water). Drain and cook rind in clear water about 30 minutes or until tender. Drain well. Make syrup of sugar, water, lemons, and spices (tied in cheesecloth bag). Boil syrup and spices 5 minutes; add rind. Cook until transparent. If desired, a few minutes before removing from heat, add enough green or red food coloring to tint preserves. Remove spice bag; pour into sterilized jars and seal. Process 10 minutes. Yield: 12 half-pints.



24-HOUR SALAD .....	36	BISCUIT TORTONI .....	168
ALLIGATOR STEW .....	53	BLACKBERRY COBBLER .....	174
ALMOND PASTE, BLENDER .....	154	BLACKBERRY JAM .....	187
AMBROSIA .....	36	BLACKBERRY JELLY .....	187
AMBROSIA MOLD .....	37	BLENDER TIPS .....	90
ANISE DROPS .....	158	BLUE CHEESE DIP .....	42
APPLE BROWN BETTY .....	163	BORDELAISE SAUCE .....	46
APPLE BUTTER, QUICK .....	189	BRACIUOLINI (ROLLED STEAK) .....	77
APPLE CRUNCH, BROILED .....	165	BREAD, BANANA NUT .....	137
APPLE DUMPLINGS .....	164	BREAD BASICS .....	19
APPLE FRITTERS .....	163	BREAD, BISHOP'S .....	20
APPLE-NUT COBBLER .....	173	BREAD, CHEESE .....	21
APPLESAUCE .....	187	BREAD, FREEZER WHITE .....	22
APPLES, BAKED .....	163	BREAD, FRENCH .....	22
APPLES, CANDIED .....	165	BREAD, GARLIC QUICK .....	22
APPLE SNOW .....	163	BREAD, PETAL .....	25
APPLE TURNOVERS .....	164	BREAD PUDDING .....	180
ARROZ CON CAMERONES		BREAD PUDDING, CREOLE .....	181
(DELIGHT OF SHRIMP AND RICE) .....	105	BREAD, PUMPKIN .....	148
ARROZ CON POLLO		BREAD, QUICK RISING .....	25
(CHICKEN WITH RICE) .....	105	BREAD, RAISIN .....	27
ARTICHOKE BALLS .....	15	BREAD, SOURDOUGH .....	26
ARTICHOKE SOUP, CREAM OF .....	55	BREAD, SOUTHERN SPOON .....	25
ARTICHOKES, STUFFED .....	57	BREAD STICKS, ITALIAN .....	23
ASPARAGUS OR BROCCOLI		BREAD STUFFING FOR TURKEY .....	104
WITH SHRIMP .....	110	BREAD, WHOLE WHEAT .....	27
AVOCADO DIP .....	42	BROCCOLI .....	57
AVOCADO FILLING .....	13	BROCCOLI MOLD WITH ALMONDS .....	57
		BROWNIES .....	158
BABA AU RHUM .....	180	BROWN SAUCE .....	39
BACON FOR A CROWD .....	94	BROWN SAUCE, BASIC .....	39
BACON WRAP-AROUNDS .....	8	BUTTERSCOTCH SAUCE .....	184
BAKED ALASKA .....	169	BUTTER SPREAD FOR SANDWICHES .....	13
BAKED ALASKAS, INDIVIDUAL .....	169	BUYING GUIDE FOR 50 FULL-SIZED	
BANANA FRITTERS .....	165	SANDWICHES .....	12
BANANA-ORANGE CREPES .....	164		
BANANA-PEANUT BUTTER SPREAD .....	13	CABBAGE AND CORNED BEEF, PANNED .....	93
BANANA PUDDING .....	180	CABBAGE ROLLS, STUFFED .....	58
BANANAS FOSTER .....	164	CABBAGE SALAD .....	29
BANANAS IN WINE SAUCE .....	165	CABBAGE, SMOTHERED .....	57
BANANA SURPRISE, BAKED .....	164	CABBAGE, WHOLE STUFFED .....	58
BARBECUE SAUCE .....	39	CAESAR SALAD .....	29
BARBECUE SAUCE, ROUND-UP .....	47	CAFE AU LAIT .....	17
BECHAMEL SAUCE .....	39	CAFE BRULOT .....	17
BEEF BOURGUIGNONNE .....	76	CAKE, 1-2-3-4 .....	135
BEEF BRISKET WITH		CAKE, 7-UP .....	135
HORSERADISH SAUCE .....	76	CAKE, ALMOND BUTTER COFFEE .....	135
BEEF POT ROAST .....	76	CAKE, ALMOND-RAISIN .....	136
BEEF STEW, OVEN .....	51	CAKE, ANGEL FOOD .....	136
BEEF STROGANOFF .....	76	CAKE, APPLESAUCE .....	136
BEIGNETS .....	171	CAKE, BANANA LAYER .....	136
BISCUIT MIX .....	19	CAKE, BANANA SPLIT .....	137
BISCUITS .....	19	CAKE, BOURBON PECAN .....	137

CAKE, CARROT.....	137	CANDIED PEEL .....	154
CAKE, CHOCOLATE ROLL-UP.....	139	CANDY, BUTTERMILK.....	154
CAKE, CHRISTMAS.....	139	CANDY, MEXICAN ORANGE.....	155
CAKE, CRAZY CHOCOLATE.....	138	CANNOLI.....	171
CAKE, DATE .....	139	CAPONATA (EGGPLANT RELISH) .....	47
CAKE, DELICATE CRUMB.....	140	CARAMELS.....	154
CAKE, DEVIL'S FOOD.....	140	CARROTS, FESTIVE .....	58
CAKE, DOUBLE CHOCOLATE FUDGE.....	140	CARROTS, GLAZED .....	58
CAKE, DUMP.....	139	CATFISH COURTBOUILLON .....	113
CAKE, EGGLESS CHOCOLATE .....	140	CATFISH FILLET SANDWICHES, FRIED .....	10
CAKE, EGGNOG.....	140	CAULIFLOWER .....	58
CAKE, FIESTA BANANA .....	141	CAULIFLOWER, PICKLED.....	5
CAKE, FRESH COCONUT.....	141	CAULIFLOWER-SEAFOOD CASSEROLE, BAKED .....	110
CAKE, FRUIT COCKTAIL.....	142	CELERY AND ALMONDS AU GRATIN .....	58
CAKE, FUDGE PUDDING .....	143	CELERY SALAD .....	29
CAKE, GELATIN.....	143	CELERY, STUFFED .....	16
CAKE, GERMAN CHOCOLATE.....	143	CELERY WITH PECANS, CREAMED .....	59
CAKE, HEAVENLY HASH.....	144	CHARLOTTE RUSSE.....	168
CAKE, HOE.....	23	CHATEAUBRIAND SAUCE .....	46
CAKE INFORMATION, BASIC .....	152	CHEESE BALL, MYSTERY.....	2
CAKE IN MICROWAVE OVEN, MOIST CHOCOLATE .....	128	CHEESECAKE.....	138
CAKE, JIFFY .....	145	CHEESECAKE, REFRIGERATOR .....	138
CAKE, KING'S.....	144	CHEESECAKES, PARTY .....	138
CAKE, LANE .....	145	CHEESECAKE WITH CHERRY TOPPING .....	138
CAKE, LEMON CREAM.....	145	CHEESE DELIGHT, MOLDED .....	168
CAKE, LEMON DELIGHT.....	145	CHEESE DIP, SMOKY.....	44
CAKE, LEMON EXTRACT .....	146	CHEESE FILLING .....	13
CAKE, MARBLE.....	146	CHEESE FONDUE, BAKED .....	83
CAKE, MASTER BUTTER.....	146	CHEESE FONDUE, SWISS .....	2
CAKE, MIRLITON .....	146	CHEESE-NUT DIP .....	42
CAKE, OLD-FASHIONED POUND .....	146	CHEESE-OLIVE SPREAD.....	13
CAKE, PECAN POUND.....	147	CHEESE OMELET .....	90
CAKE, PINEAPPLE DELIGHT.....	147	CHEESE-ONION DIP.....	42
CAKE, POKE .....	147	CHEESE SAUCE, BEER .....	41
CAKE, PUMPKIN .....	148	CHEESE SAUCE WITH MUSHROOMS.....	41
CAKE, QUICK COKE .....	148	CHEESE STRATA.....	84
CAKE, RED VELVET.....	148	CHEESE STRAWS.....	1
CAKES, OLD-FASHIONED TEA.....	161	CHEESE WAFERS.....	1
CAKE, SOUR CREAM POUND.....	151	CHEF'S SALAD .....	29
CAKE, SPICE .....	148	CHERRIES JUBILEE.....	165
CAKE, SPONGE.....	149	CHERRY BOUNCE .....	17
CAKE, STRAWBERRY .....	149	CHERRY JUBILEE SALAD MOLD .....	36
CAKE, THE NUTHING.....	146	CHICKEN AND LIMA BEANS, SMOTHERED .....	101
CAKE, TOMATO SOUP.....	149	CHICKEN BACKS AND WINGS FRICASSEE.....	98
CAKE, TRAIN.....	150	CHICKEN, BARBECUED.....	97
CAKE, WHITE (BRIDE'S CAKE).....	150	CHICKEN, BROILED .....	98
CAKE, WINE.....	150	CHICKEN CACCIATORE .....	98
CAKE WITH LEMON FROSTING, ZUCCHINI.....	151	CHICKEN CLEMENCEAU .....	98
CAKE, WREATH, HOLIDAY.....	143	CHICKEN CURRY .....	98
CALAS, DEEP-FRIED .....	8	CHICKEN FRICASSEE .....	99
CANADIAN BACON.....	94	CHICKEN GIBLETS STOCK.....	45

CHICKEN, GOURMET OVEN-FRIED .....	100	COOKIES, PEANUT BUTTER .....	161
CHICKEN HAWAIIAN.....	99	COOKIES, PECAN .....	161
CHICKEN KIEV.....	99	COOKIES, PECAN DROP .....	161
CHICKEN, LEMON BAKED .....	100	COOKIES, REFRIGERATOR .....	161
CHICKEN LIVER PATE.....	7	COOKIES, SEVEN-LAYER.....	162
CHICKEN LOAF, PRESSED .....	102	COOKIES, SPRITZ.....	162
CHICKEN MOLD .....	99	COOKIES, SUGAR.....	163
CHICKEN MOMI.....	100	COQ AU VIN .....	101
CHICKEN OR HAM SALAD .....	14	COQUILLES ST. JACQUES.....	113
CHICKEN, OVEN-FRIED .....	101	CORN AND OKRA, SAUTÉED.....	60
CHICKEN PARMESAN.....	100	CORN BEEF, HOW TO .....	78
CHICKEN, PRESSURE BARBECUED .....	133	CORNBREAD, JALAPENO .....	23
CHICKEN RICE CASSEROLE .....	105	CORNBREAD STUFFING .....	104
CHICKEN SALAD SUPREME.....	34	CORN BREAD STUFFING FOR	
CHICKEN, SOUTHERN FRIED .....	103	VEGETABLES.....	21
CHICKEN, STEAM-BOILED .....	133	CORN CHOWDER.....	54
CHICKEN STOCK .....	53	CORN, CREAMED.....	60
CHICKEN WING STICKS .....	7	CORN, CREOLE.....	60
CHICKEN WITH RICE.....	105	CORN DOGS.....	2
CHILI .....	77	CORNED BEEF .....	79
CHILI BEEF SAUCE.....	132	CORN, FIESTA.....	60
CHILI CON CARNE.....	77	CORN, FRIED.....	60
CHILI CORN BAKE.....	84	CORN FRITTERS.....	59
CHILI RED BEANS .....	106	CORNISH HEN, ROAST STUFFED.....	102
CHILI SAUCE.....	39	CORN MEAL TORTILLAS .....	21
CHINESE CHEWS .....	159	CORN-ON-THE-COB .....	59
CHINESE MUSTARD .....	40	CORN-ON-THE-COB, BARBECUED.....	59
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CHOCOLATE POTS DE CREME .....	181	CORN, STEWED.....	60
CHOP SUEY.....	89	CORN STICKS.....	22
CHOW CHOW .....	4	CORN WITH GREEN ONIONS, SAUTÉED.....	60
CHUCK ROAST IN FOIL.....	77	COTE D'OR SAUCE .....	46
CINNAMON BUNS .....	21	CRAB APPETIZERS, HOT.....	9
COCONUT CANDY .....	154	CRAB CANAPÉ, COLD.....	8
COCONUT FILLING .....	153	CRAB-CHEESE BURGERS .....	9
COCONUT MACAROONS .....	159	CRAB FRICASSEE.....	114
COCOONS.....	159	CRAB, FRIED SOFT-SHELL.....	118
CODFISH CAKES.....	113	CRAB LOUIS .....	35
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COLESLAW, OLD FASHIONED.....	30	IN WINE SAUCE.....	114
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COOKIES, BROWN SUGAR.....	158	CRAB MEAT AU GRATIN.....	127
COOKIES, CHINESE ALMOND.....	158	CRAB MEAT CASSEROLE IN A HURRY .....	114
COOKIES, CHOCOLATE CHIP .....	159	CRAB MEAT CHEESE BUNS.....	8
COOKIES, CINNAMON .....	159	CRAB MEAT-CHEESE DIP, HOT .....	43
COOKIES, FRUITCAKE .....	160	CRAB MEAT COCKTAIL, FAVORITE .....	10
COOKIES, OATMEAL .....	160	CRAB MEAT, HOT .....	43

CRAB MEAT IMPERIAL .....	115	DATE NUT LOAF .....	155
CRAB MEAT OR SHRIMP THERMIDOR .....	115	DAUBE .....	77
CRAB MEAT PATTIES .....	9	DAUBE GLACE .....	78
CRAB MEAT RAVIGOTTE .....	115	DIVINITY .....	155
CRAB MEAT REMICK .....	115	DOBERGE .....	139
CRAB MEAT SALAD .....	35	DOUGHNUTS, BAKED .....	20
CRAB MEAT SALAD, MOCK .....	35	DOUGHNUTS, CAKE .....	20
CRAB OR SHRIMP AND CHIPS, SCALLOPED .....	130	DUCK IN FOIL, ROASTING .....	102
CRAB OR SHRIMP NOODLE CASSEROLE .....	127	DUCK, MANDARIN (LONG ISLAND) .....	101
CRAB PUFFS .....	9	DUCK, ROAST WILD .....	102
CRAB QUICHE .....	116	DUCKS, OVEN-BRAISED WILD .....	101
CRAB SANDWICHES .....	9	DUCK WITH ORANGE, WILD .....	104
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CRABS, FRIED HARD-SHELL .....	117		
CRABS, MARINATED .....	118	EGG BECHAMEL .....	3
CRABS, STUFFED .....	124	EGG DIP .....	42
CRABS, STUFFED .....	131	EGG-OLIVE FILLING .....	14
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CRAWFISH BISQUE .....	54	EGGPLANT FRITTERS .....	61
CRAWFISH, BOILED .....	112	EGGPLANT LASAGNA .....	87
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CRAWFISH PIE .....	116	EGGPLANT WITH CREOLE SAUCE .....	61
CRAWFISH SALAD .....	35	EGG ROLLS, APPETIZER .....	3
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CRAWFISH STEW .....	128	EGGS BENEDICT .....	89
CREAM CHEESE, FROZEN .....	169	EGGS, HARD-COOKED .....	3
CREAM PUFFS .....	172	EGGS HUSSARDE .....	89
CREAM SAUCE .....	40	EGGS IN CHEESE SAUCE, HOT STUFFED .....	91
CREAM SAUCE, RICH .....	40	EGGS, PICKLED .....	5
CREAMY ICE (FROZEN PASSION) .....	169	EGGS SARDOU .....	89
CREOLE BREAD PUDDING .....	181	EGGS, SOFT-COOKED .....	3
CREOLE SAUCE .....	42	EGGS, STUFFED .....	4
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CUSTARD, CUP .....	181	FISH, BAKED .....	110
CUSTARD, SOFT .....	183	FISH, BREADED .....	113

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FROSTING, CHOCOLATE.....	152	GUMBO FILÉ, CHICKEN.....	51
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