

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 banner is overlaid on the top half of the image, containing the title text.

# 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.

### 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.

### 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

### 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

## 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 leaves
3 pounds short ribs, cut into pieces	1 tablespoon salt
Flour	1/4 teaspoon pepper
2 bay leaves	1 can (8 ounces) tomato sauce
8 whole cloves	1 cup water
1 clove garlic, minced	1/2 lemon, sliced
1/2 green pepper, chopped	

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 glutamate
1 1/2 cups chopped celery	1/4 teaspoon chili powder
1 can (8 ounces) seasoned tomato sauce	1/8 teaspoon pepper
1 can (10 1/2 ounces) condensed tomato soup	6 hamburger buns, 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 macaroni, uncooked
1 pound ground beef	1 can (16 ounces) tomatoes
1 teaspoon marjoram	1/4 cup water
1/2 teaspoon basil	1/4 cup Parmesan cheese
1 1/2 teaspoons salt	

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 sausage	2 tablespoons butter
2/3 cup fine dry bread crumbs	1/2 teaspoon salt
1/4 cup water	1/8 teaspoon pepper
1/3 cup grated onion	1/8 teaspoon nutmeg
	1 egg

Combine all ingredients.

VEAL CHOP DINNER

4 1/2-inch veal chops	4 cups thinly sliced potatoes
2 tablespoons flour	2 cups thinly sliced onions
3 tablespoons oil	3 beef bouillon cubes
1/3 cup grated Parmesan 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
4 cups boiling water	cheese, cubed
1 small onion, grated	1/4 of 6-ounce roll garlic
1 clove garlic, minced	cheese, grated
1 egg, well-beaten plus milk to equal one cup	1/4 cup (1/2 stick) butter

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
1/2 pound sliced	mustard
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
1 cup cream-style corn	drippings
1 cup commercial sour	1 1/3 cups grated Cheddar
cream or thick buttermilk	cheese
1 cup yellow cornmeal	1 small can green chilies
3 teaspoons baking powder	1 small can sliced ripe
1 1/2 teaspoons salt	olives

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
3 quarts water	each) tomatoes or
1/4 cup diced bacon	5 cups fresh
1/4 teaspoon cayenne	2 cups diced potatoes
2 teaspoons salt	2 cups lima beans
1/4 teaspoon pepper	2 cups cut corn
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
1/2 cup grated American	potatoes
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	1/2 cup fine dry bread
oregano	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
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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 sliced mushrooms
1 tablespoon minced onion	
2 tablespoons shortening	1/4 teaspoon salt
6 stuffed olives, sliced	1/8 teaspoon cayenne
1 3/4 cups cooked tomatoes	Puffy Omelet
1 tablespoon capers	(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 tablespoon chopped onion
1 1/2 cups cooked meat, chopped	1/3 cup cream, milk or stock
2 cups diced cooked potatoes	Salt and pepper
1/4 cup chopped parsley	

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 oil
2 tablespoons flour	1 onion, diced
1/2 teaspoon salt	1 cup water
Dash pepper	1 bouillon cube
4 carrots, diced	

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	12 tortillas
1 clove garlic, minced	1 recipe Enchilada Sauce*
1 teaspoon chili powder	1/2 pound sharp cheese, grated
1 medium onion, minced	

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	2 teaspoons chili powder
1 medium onion, minced	1 teaspoon vinegar
1 clove garlic, minced	1 teaspoon sugar
1 can (8 ounces) tomato paste	1/2 teaspoon oregano
2 cups water	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 teaspoon chili powder
1 clove garlic, minced	1/8 teaspoon pepper
1/2 medium onion, grated	1/2 cup oil
1/2 teaspoon Worcestershire sauce	8 tortillas, uncooked
2 teaspoons salt	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	
Pepper	
1/2 cup chopped onion	5 slices processed Swiss cheese

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,<br>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<br>chicken | 1 green pepper, minced              |
| 1/4 teaspoon pepper              | 2 tablespoons unflavored<br>gelatin |
| 4 hard-cooked eggs,<br>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)<br>bamboo shoots          |
| 1 cup sliced onion                   | 1/2 cup mushrooms, sliced                        |
| 1 pound sliced chicken               | 2 cups watercress,<br>cut in 1 1/2-inch lengths  |
| 1 tablespoon sugar                   | 1 cup green onions,<br>cut in 1 1/2-inch lengths |
| 1/2 cup soy sauce                    |  |
| 1/4 teaspoon monosodium<br>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<br>14 ounces each | 1 stick butter, melted<br>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  
6 tablespoons butter  
3 tablespoons flour

2 cups chicken broth  
1/2 cup sherry  
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  
1/2 cup flour

1 teaspoon salt  
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  
1 cup sliced canned mushrooms, drained  
1/2 cup (1 stick) butter  
1/4 cup flour

Toast  
1 teaspoon salt  
2 cups milk  
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  
4 stalks broccoli or 8 stalks asparagus, cooked  
3 tablespoons grated Parmesan cheese  
1 tablespoon whipped cream

1/2 cup sherry  
4 thick slices cooked turkey  
2 egg yolks, beaten  
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 tablespoons chopped green pepper  
2 tablespoons butter  
2 cups finely chopped cooked turkey

2 cups diced boiled potatoes  
1/2 cup turkey broth or turkey bouillon  
1/2 teaspoon salt  
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  
1/4 cup flour  
1 teaspoon salt  
1/8 teaspoon pepper  
2 cups turkey stock  
1 cup diced cooked potatoes

1 cup canned green peas, drained  
2 tablespoons minced onion  
2 cups diced cooked turkey  
1/2 recipe plain pastry

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 lemon juice	1/2 cup finely chopped celery
1/3 cup cooking oil	1/2 cup cold water
1/4 teaspoon salt	2 1/2 cups hot broth or
1/8 teaspoon pepper	chicken bouillon
1/8 teaspoon paprika	1/2 teaspoon salt
3 cups chopped cooked turkey	2 hard-cooked eggs, sliced
2 tablespoons unflavored gelatin	1/2 cup cooked green peas
	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) 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
1 cup finely chopped onion	seasoning
1 cup (2 sticks) butter	1/2 teaspoon pepper
4 quarts firmly packed bread cubes	1 1/2 to 2 cups broth, milk or water
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 bread crumbs	2 teaspoons salt
3/4 quart stock, milk or water	1 teaspoon pepper
1 1/2 cups chopped onion	1 teaspoon poultry seasoning
1 cup chopped celery	1 1/4 quarts stock or 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, 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 shrimp, cooked and peeled
3 chicken bouillon cubes	1/2 cup (1 stick) butter
2 1/2 cups hot water	3 tablespoons soy sauce
2 1/3 cups rice	

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 halves
1 package (10 ounces) frozen peas	

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 Worcestershire sauce
1/4 teaspoon pepper	
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
2 cloves garlic, minced	3 quarts water
1/4 cup chopped parsley	1 pound pickled meat
	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
1/2 teaspoon pepper	1 teaspoon salt

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)
3 tablespoons flour	mushroom
3/4 cup (1 1/2 sticks) butter	pieces and liquid
3 tablespoons minced green onions	Salt and pepper
1/2 cup bread crumbs	2 tablespoons butter

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 and deveined
1/4 lb. butter or oleo	2 cloves garlic
1/2 slice bacon for each 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, saute 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.