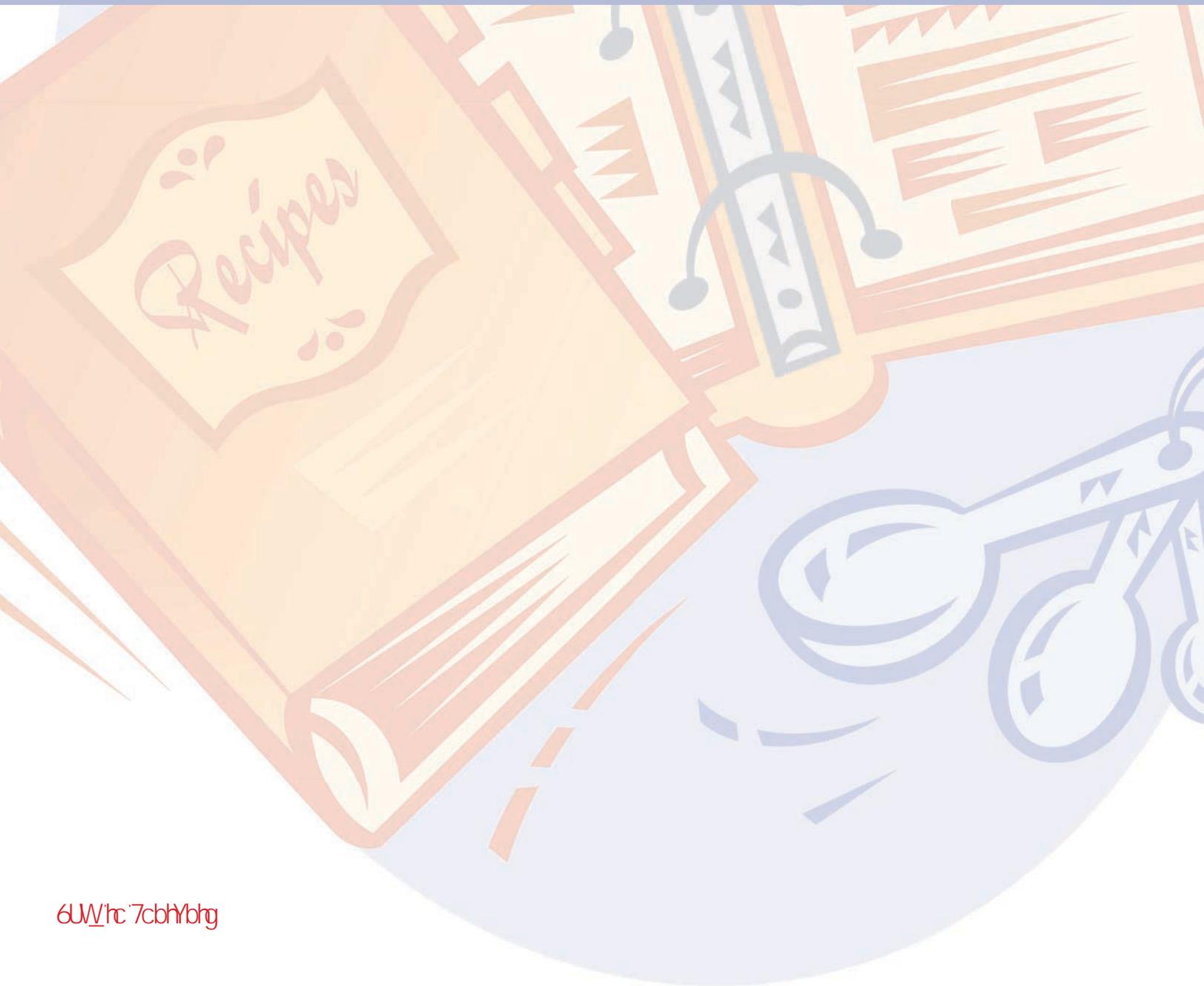


COOKING WITH ENERGY

Sauces and Dips



FREEZING FOODS

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

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

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

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

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

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

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

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

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

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

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

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

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

BARBECUE SAUCE

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

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

BASIC BROWN SAUCE

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

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

Variations:

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

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

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

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

BROWN SAUCE

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

BASIC MAYONNAISE

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

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

BECHAMEL SAUCE

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

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

CHILI SAUCE

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

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

CHINESE MUSTARD

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

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

CREAM SAUCE

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

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

Variations:

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

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

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

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

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

Veloute: Substitute fish or chicken broth for milk.

RICH CREAM SAUCE

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

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

HOLLANDAISE SAUCE

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

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

Variations:

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

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

HOT PEPPER VINEGAR

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

HOT WHISKEY SAUCE

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

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

RED SAUCE

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

Combine all ingredients. Yield: 1/2 cup.

REMOULADE SAUCE

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

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

SWEET AND SOUR SAUCE

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

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

SEASONINGS FOR BROILED STEAK

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

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

TOMATO SAUCE

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

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

BEER CHEESE SAUCE

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

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

CHEESE SAUCE WITH MUSHROOMS

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

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

CREOLE SAUCE

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

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

SAUCE PIQUANT

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

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

AVOCADO DIP

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

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

BLUE CHEESE DIP

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

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

CHEESE-NUT DIP

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

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

CHEESE-ONION DIP

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

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

DUNKY SAUCE

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

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

EGG DIP

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

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

FIESTA DIP

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

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

GARLIC DIP

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

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

HOT CRAB MEAT

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

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

HOT CRAB MEAT-CHEESE DIP

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

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

HOT MEXICAN BEAN DIP

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

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

HOT MUSTARD DIP

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

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

MOCK OYSTER DIP

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

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

SHRIMP DIP

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

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

SHRIMP SPREAD MOLD

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

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

SMOKY CHEESE DIP

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

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

SPINACH DIP

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

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

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

SPRING VEGETABLE DIP

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

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

ORANGE BUTTER SAUCE

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

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

CHICKEN GIBLETS STOCK

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

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

GIBLET BREAD STUFFING

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

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

GIBLET GRAVY

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

GRAVY

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

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

TURKEY STOCK

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

RED-EYE GRAVY

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

ROAST BEEF GRAVY

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

TOMATO GRAVY

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

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

Variations:

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

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

TO MAKE GRAVY FROM TURKEY ROASTED
IN FOIL OR COOKING BAG

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

MARINADE AND BASTING SAUCE

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

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

MARINADE FOR VENISON
AND WILD RABBIT

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

WINE BARBECUE MARINADE

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

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

BORDELAISE SAUCE

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

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

CHATEAUBRIAND SAUCE

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

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

COTE D'OR SAUCE

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

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

MARCHAND DE VIN SAUCE

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

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

ROUND-UP BARBECUE SAUCE

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

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

MEAT SAUCE

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

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

TERIYAKI SAUCE

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

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

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

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

CAPONATA
(Eggplant Relish)

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

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

CORN RELISH

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

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

CORN RELISH - REFRIGERATOR METHOD

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

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

GREEN TOMATO CHUTNEY

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

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

MIRLITON RELISH

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

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

PICKLED ZUCCHINI

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

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

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

RIPE TOMATO RELISH

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

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

SAUERKRAUT RELISH

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

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

SPICED ORANGE SLICES

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

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

