

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 blue and positioned in the lower right corner. The entire scene is set against a light blue circular backdrop.

COOKING WITH ENERGY

Soups and Stews

TURKEY GUIDE

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

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

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

ROASTING A TURKEY

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

TO TEST FOR DONENESS

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

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

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

COOKING TURKEY IN ALUMINUM FOIL

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

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

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

ROASTING TIME STUFFED TURKEY

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

ROASTING TIME IN ALUMINUM FOIL UNSTUFFED TURKEY

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

FAVORITE STEW

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

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

DUCK GUMBO

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

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

OVEN BEEF STEW

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

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

CHICKEN GUMBO FILÉ

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

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

IRISH STEW

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

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

TURKEY GUMBO

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

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

OYSTER GUMBO FILÉ

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

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

SEAFOOD GUMBO

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

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

SHRIMP AND OKRA GUMBO

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

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

SHRIMP AND OYSTER GUMBO

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

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

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

CHICKEN STOCK

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

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

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

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

ALLIGATOR STEW

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

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

LOUISIANA OYSTER STEW

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

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

CRAWFISH STEW

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

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

CRAWFISH BISQUE

To prepare crawfish:

4 dozen crawfish

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

Bisque:

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

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

Stuffed Heads:

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

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

OYSTER SOUP

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

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

OYSTER STEW

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

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

CLARIFYING STOCK FOR BOUILLON OR CONSOMMÉ

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

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

CORN CHOWDER

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

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

CREAM OF ARTICHOKE SOUP

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

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

CREAMY TOMATO SOUP

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

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

FRENCH ONION SOUP

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

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

MOCK TURTLE SOUP

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

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

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

OLD-FASHIONED VEGETABLE SOUP

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

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

POTATO SOUP

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

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

RED BEAN SOUP

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

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

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

SPLIT PEA SOUP

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

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

VICHYSOISE

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

Sauté green onions and onion in butter until tender but not brown. Stir in stock, parsley, celery, potatoes and salt. Cook slowly until potatoes are tender. Pour into blender container and blend until smooth. Return to saucepan; add nutmeg and cream. Bring to boil and serve hot or chilled; garnish with parsley or chives. Yield: 6 to 8 servings.