

The background features a stylized illustration of a recipe book with the word 'Recipes' written on its cover, and a bicycle below it. The scene is set against a light blue circular backdrop with orange and white geometric patterns. A red horizontal band is positioned across the middle of the image, containing the title text.

# COOKING WITH ENERGY

# Vegetables

## MEAT COOKERY GUIDE

### BRAISING MEAT

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

#### TIMETABLE FOR BRAISING

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

#### TIMETABLE FOR COOKING MEAT IN LIQUID

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

### ROASTING METHOD

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

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

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

R = Rare      M = Medium      W - Well Done

## STUFFED ARTICHOKEs

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

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

## BATTER FOR FRENCH FRIED VEGETABLES

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

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

## HORSERADISH BEETS

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

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

## BROCCOLI

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

## BROCCOLI MOLD WITH ALMONDS

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

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

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

## SMOTHERED CABBAGE

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

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

STUFFED CABBAGE ROLLS

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

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

WHOLE STUFFED CABBAGE

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

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

FESTIVE CARROTS

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

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

GLAZED CARROTS

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

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

CAULIFLOWER

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

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

CELERY AND ALMONDS AU GRATIN

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

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

## CREAMED CELERY WITH PECANS

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

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

## COLLARDS WITH OKRA

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

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

## CORN FRITTERS

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

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

## CORN PUDDING

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

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

## CORN SOUFFLÉ

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

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

## CORN-ON-THE-COB

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

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

## BARBECUED CORN-ON-THE-COB

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

## ROAST CORN

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

## CREAMED CORN

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

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

## CREOLE CORN

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

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

## FIESTA CORN

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

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

## FRIED CORN

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

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

## SAUTÉED CORN AND OKRA

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

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

## SAUTÉED CORN WITH GREEN ONIONS

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

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

## STEWED CORN

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

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

## BAKED STUFFED CUCUMBERS

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

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

## EGGPLANT PARMESAN

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

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

## EGGPLANT WITH CREOLE SAUCE

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

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

## EGGPLANT FRITTERS

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

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

## FRENCH FRIED EGGPLANT

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

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

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

## EGGPLANT JAMBALAYA

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

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

### PAN-FRIED EGGPLANT

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

### STEWED EGGPLANT

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

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

### STUFFED EGGPLANTS

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

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

*Variations:*

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

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

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

### CREOLE GREEN BEANS

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

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

### GREEN BEAN CASSEROLE

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

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

### GREEN BEAN-ARTICHOKE CASSEROLE

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

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

### GREEN BEANS AMANDINE

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

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

## PARTY GREEN BEANS

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

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

## SPANISH SNAP BEANS

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

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

## MIRLITON CASSEROLE

1 cup seasoned Italian bread crumbs	1 teaspoon pepper
2 cups cooked, mashed mirliton, drained	2 tablespoons minced onion
1 can (10 1/2 ounces) cream of mushroom soup	1 carrot, grated
	1 cup sour cream
	1 teaspoon salt

Grease 2-quart casserole; sprinkle with layer of crumbs. Combine remaining ingredients and pour into casserole. Top with a layer of remaining bread crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## PAN-FRIED MIRLITON

2 pounds mirliton	2 tablespoons butter
1 small onion, minced	1/2 teaspoon salt
Dash pepper	

Peel and cube mirliton; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt and pepper. Yield: 4 servings.

## STUFFED MIRLITONS

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

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

*Variations:*

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

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

*Ground Meat:* Add 1/2 pound ground meat, drain excess drippings.

## CREOLE OKRA

2 pounds okra, sliced	1 green pepper, chopped
1 onion, chopped	1 green hot pepper, chopped
1/3 cup oil	3 tomatoes, chopped
1 banana pepper, chopped	Salt and pepper

Fry okra and onion in oil, stirring occasionally, until it ceases to rope, about 30 to 45 minutes. Add remaining ingredients and continue to cook for 25 minutes. Yield: 6 servings.

## OKRA AND TOMATOES

1 onion, chopped	1 teaspoon salt
1 pound okra, sliced	2 cloves garlic, minced
2 tablespoons bacon drippings	1 bay leaf
3 1/2 cups chopped tomatoes (4 tomatoes)	1 sprig thyme

In a heavy skillet, sauté onions and okra in hot drippings, stirring frequently, until okra ceases to rope, about 3 minutes. Add tomatoes; stir in remaining ingredients. Cover and simmer for 25 to 30 minutes. Yield: 4 servings.

## FRENCH FRIED ONIONS

3 large white onions	1 teaspoon melted shortening
1/2 cup milk	1/2 teaspoon salt
1/2 cup flour	
1 egg yolk	

Cut onions into slices, 1/4 to 1/2-inch thick; separate slices into rings. Place rings in iced water until cold; remove rings from water and dry. Dip rings into a thin batter made from mixing the remaining ingredients. Fry in deep hot fat (360° F.) until browned. Drain. Salt lightly before serving. Yield: 6 servings.

*Puffy Coated:* For the batter, combine 2 egg yolks, 1 1/4 cups buttermilk, 1 1/2 tablespoons oil, 1 1/4 cups flour, 1 teaspoon salt and 1 1/4 teaspoons baking powder; fold in 2 stiffly beaten egg whites. Dip onion rings into batter; deep fat fry (375° F.). Puffy onion rings can be frozen. To serve, place on cookie sheet in a 450° F. oven for 5 minutes.

## ONION PIE

1 1/2 cups seasoned bread crumbs	3/4 cup milk
6 tablespoons melted butter	1 egg
4 large onions	Salt and pepper
1/4 cup (1/2 stick) butter	1 roll (6 ounces) Jalapeno cheese
1/2 pound bacon, cooked	

Line a 9-inch pie plate with combined crumbs and melted butter; chill. Sauté thinly sliced onions in butter until golden in color, about 25 to 30 minutes. Arrange onions in crumb shell, sprinkle well-drained, crumbled bacon over onions. Combine milk, egg, salt and pepper; pour over bacon and onions. Top with thinly sliced cheese. Bake in 350° F. oven 30 minutes or until a silver knife inserted into side of filling comes out clean. Yield: 8 servings.

## SCALLOPED ONIONS

6 onions, sliced	1 1/2 cups milk
5 tablespoons butter	1 cup diced celery
2 tablespoons flour	1/2 cup pecan halves
1 teaspoon salt	Parmesan cheese
1/8 teaspoon pepper	Paprika

Sauté onions in 3 tablespoons butter. Remove from pan. Add remaining butter; blend in flour, salt and pepper. Gradually add milk and cook over low heat until thick, stirring constantly. Boil celery in small amount of salted water until tender; drain. Place layers of onions, celery and pecans in greased 2-quart casserole. Cover with cream sauce. Sprinkle with cheese and paprika. Bake in 350° F. oven for 20 to 30 minutes. Yield: 6 servings.

## STUFFED ONIONS

6 large onions	1 cup grated cheese
1/4 cup (1/2 stick) butter	1/2 teaspoon salt
2 cups cooked rice	1 tablespoon salad oil
1/2 cup chili sauce	Paprika

Peel onions; cut thick slice from stem end and scoop out center of each onion. Pierce each onion through to the center in several places to keep whole during the boiling. Drop onions into boiling salted water (4 quarts water and 4 teaspoons salt). Boil gently, uncovered, until just tender, about 25 to 30 minutes. Drain. Remove more core from centers of onions to form cups; coarsely chop tops and centers. In a saucepan, cook chopped onion in butter; stir in rice, chili sauce and 3/4 cup cheese. Season to taste. Brush onion cups with salad oil and sprinkle with paprika; fill cups with rice mixture. Arrange onion in a buttered shallow casserole, top with remaining 1/4 cup cheese. Bake in a 425° F. oven until cheese is melted and golden brown, about 5 minutes. Yield: 6 servings.

*Variation:* Use baked beans as stuffing for onions.

## FRESH GREEN PEAS

2 pounds (2 1/4 cups) green peas	2 tablespoons butter
1 cup water	1/4 teaspoon salt
	3 green onions, sliced

Boil water; add salt and peas. Cover; cook 10 minutes. Add green onion; cook 1 minute longer. Add butter. Yield: 4 servings.

## FRESH PEAS AND BEANS

2 cups field peas or beans	1 small onion, chopped
1/4 pound ham pieces	4 cups cold water

Shell and remove any faulty peas or beans; wash and drain. Sauté ham and onion for 5 minutes; add peas or beans and water. Cover and bring to a boil; turn heat to simmer and cook until tender, about 30 to 45 minutes. Yield: 4 servings.

## STUFFED PEPPERS

6 green peppers	1 teaspoon salt
3 tablespoons butter	1/4 teaspoon pepper
1 large onion, minced	1 cup bread cubes or
1 clove garlic, minced	cooked rice
1 pound ground beef	1/2 cup fine buttered
3 fresh or 1 cup	bread crumbs
canned tomatoes	1 teaspoon Worcestershire
1/2 teaspoon allspice	sauce

Slice top from peppers and carefully remove membrane and seeds. Parboil peppers in boiling water for 5 minutes. Drain. Melt butter over medium heat; add onion, garlic, meat and tomatoes; cook 10 minutes, stirring constantly. Stir in sauce, allspice, salt, bread cubes or rice. Mix thoroughly. Fill pepper with meat mixture. Top with crumbs. Place in shallow baking dish and add about 1/4-inch water. Bake in 350°F. oven for 25 minutes. Yield: 6 servings.

## POPULAR POTATO RECIPES

## Basic Cooking Methods

*Baked:* Scrub potatoes. Dry potatoes and prick with a fork. Bake in 425° F. oven until soft, about 55 to 65 minutes.

*Baked with a Meal:* If other foods are to be cooked in a 350° F. or 375° F. oven, potatoes may be baked along with them. Medium-size potatoes will take 60 to 80 minutes.

*Boiled Whole:* Wash potatoes; leave skins on. For 4 medium-size potatoes, use 2 cups water and 1/2 teaspoon salt. Cover and boil gently until easily pierced with a fork, about 25 to 40 minutes.

*Boiled Quartered:* Pare potatoes; cut into quarters. Place potatoes in large saucepan; add 1 inch cold water. Bring to boil, cover and reduce heat; simmer until potatoes are fork-tender, about 20 to 25 minutes. Drain off cooking water; shake potatoes in pan over low heat for a few seconds. Add butter, salt and pepper.

*French Fries:* Cut potatoes into lengthwise strips less than 1/2-inch thick. Place potatoes in cold water until ready to fry. Drain and dry thoroughly between towels. Fry, a small amount at a time, in deep hot fat (380° F.) until golden brown, about 5 minutes. Drain on paper towels. Sprinkle with salt; keep hot in 250° F. oven.

*For skillet method:* Heat 1/3 cup salad oil in a large skillet. Cook potatoes, stirring occasionally, until golden brown, about 15 minutes.

## BAKED STUFFED POTATOES

When baked, slice thin layer off top, scoop out center. Add 2 tablespoons hot milk and 1 tablespoon butter for each potato; whip until light and fluffy. Season to taste. Refill shells with whipped potatoes and return to 400° F. oven to brown lightly.

*Variations for each potato:*

2 tablespoons chopped cooked ham or tuna, 1 tablespoon minced parsley and 1 teaspoon minced onion.

2 tablespoons sour cream, 2 tablespoons chopped crisp bacon and 1 tablespoon minced onion or chives.

Sprinkle 2 teaspoons grated American cheese over top of each potato.

### POTATOES AU GRATIN

2 tablespoons butter	1/4 pound sharp Cheddar
2 tablespoons flour	cheese, grated
1/2 teaspoon salt	1 1/2 pounds boiled
1 1/2 cups milk	potatoes, sliced
1/4 cup bread crumbs	

Melt butter; blend in flour and salt. Stir until smooth. Turn heat low and slowly add milk, stirring constantly. Cook and stir until thick and smooth. Remove from heat. Add cheese and stir until cheese melts. Arrange potatoes in buttered 1 1/2-quart casserole. Pour cheese sauce over potatoes; top with crumbs. Dot with additional butter. Bake in a 350° F. oven for 15 to 20 minutes or until brown. Yield: 4 servings.

### BRABANT POTATOES

3 boiled potatoes, diced	1 tablespoon chopped
2 tablespoons shortening	parsley
1 tablespoon butter	Salt and pepper
1 teaspoon vinegar	

Fry potatoes in shortening until lightly browned. Remove and complete browning in butter. Add remaining ingredients. Yield: 6 servings.

### FRENCH FRIED POTATOES

Cut 3 peeled potatoes into 1/2-inch sticks. Soak in iced water 1 to 2 hours. Dry thoroughly. Fry in deep hot fat (365° F.) until golden brown, about 3 to 5 minutes. Drain; sprinkle with sugar or salt. Yield: 4 cups.

### HASHED BROWN POTATOES

2 cups diced potatoes	3 tablespoons bacon fat
Salt and pepper	or butter

Season potatoes with salt and pepper. Heat fat in a heavy skillet; add potatoes. Stir and lift until potatoes are well coated with fat. Reduce heat; add additional fat if necessary and cook until potatoes are tender and there is a crisp brown crust on bottom, about 30-35 minutes. If parboiled potatoes are used, cook for 20 minutes. To serve, fold like an omelet. Yield: 4 servings.

### LYONNAISE POTATOES

Sauté 2 small sliced onions in 2 tablespoons oil for 2 minutes. Add 4 cups sliced cold boiled potatoes; season with salt and pepper. Continue cooking potatoes to a light yellow, stirring gently. Garnish with parsley. Yield: 8 servings.

### MASHED POTATOES

4 large potatoes	1/4 cup (1/2 stick) butter
1 cup warm milk	1 1/2 teaspoons salt
1/4 teaspoon pepper	

Pare potatoes and cut into quarters. Place in large saucepan and add 1 inch cold water. Bring to a boil, cover and simmer until potatoes are very tender, about 25 to 30 minutes. Drain. Beat potatoes until smooth. Add milk, butter, salt and pepper. Continue beating until potatoes are light and fluffy. Yield: 4 servings.

### NEW POTATOES WITH SAVORY BUTTER

12 small new potatoes	3/4 teaspoon minced
1/4 cup (1/2 stick) butter	parsley
1/2 clove garlic, cut in half	1/8 teaspoon thyme
1/8 teaspoon rosemary	1/2 teaspoon lemon juice
1/8 teaspoon tarragon	1/8 teaspoon dry mustard
1/8 teaspoon pepper	

Remove 1/2-inch strip of peel from center of each potato. Cook potatoes in enough boiling water to cover until just tender, about 20 to 30 minutes. Drain. Slip off rest of skin. Melt butter; add garlic. Sauté over low heat for 5 minutes; remove garlic. Add remaining ingredients. Place potatoes in hot butter mixture. Let stand 30 minutes. Just before serving, cook over low heat until butter bubbles. Yield: 6 servings.

POTATO CASSEROLE

6 medium potatoes, peeled	4 slices crisp bacon
4 green onions, minced	3 slices American cheese
Bacon drippings	1 teaspoon salt
3 slices Swiss cheese	1/8 teaspoon pepper
1 cup milk	

Cook potatoes, covered, in a small amount of salted water until just tender. Slice crosswise. Sauté onions in drippings. Arrange layer of potatoes in buttered casserole; top with Swiss cheese. Add second layer of potatoes and top with layer of crumbled bacon and onions. Add third layer of potatoes and top with American cheese. Add salt and pepper to milk and pour over potatoes. Bake in 375° F. oven 1 hour. Yield: 6 servings.

POTATO PANCAKES

6 medium potatoes	2 tablespoons flour
1 small onion, minced	1 1/2 teaspoons salt
4 strips crisp bacon	Dash pepper
2 tablespoons minced parsley	2 eggs, beaten
	Butter

Pare potatoes and grate or shred. Soak shredded potatoes in cold water for 10 minutes. Drain and press out excess water. Blend with onion, crumbled bacon, parsley, flour and seasonings. Mix in eggs. Melt butter in large skillet to depth of 1/4-inch. Drop in 1/3 cup batter for each pancake, and flatten. When crisp on one side, turn and crisp on other side. Drain on paper towels. Yield: 12 pancakes.

POTATO PATTIES

Combine 2 cups seasoned mashed potatoes, 2 tablespoons grated onion and 1 egg yolk. Shape into patties; dip into slightly beaten egg white and roll in bread crumbs. Fry until brown. Yield: 6 servings.

POTATO STRIPS WITH CHEESE

3 cups raw potato strips	1 teaspoon salt
1/2 cup milk	Pepper
1 tablespoon butter	1/2 cup thinly shaved process cheese
1 tablespoon finely cut parsley	

Cut potato strips as for French fries. Put the strips into a greased baking dish and pour over the milk. Dot with butter and season with salt and pepper. Cover and bake in 425° F. oven for 40 minutes or until potatoes are tender. Sprinkle with cheese and parsley; bake, covered, for 5 minutes longer. Yield: 4 servings.

SCALLOPED POTATOES

4 potatoes	4 1/2 teaspoons flour
1/3 cup chopped onion	1 1/2 teaspoons salt
3 tablespoons butter	1/8 teaspoon pepper
2 cups milk	

Pare potatoes and cut into 1/8-inch crosswise slices. Place in buttered 1 1/2-quart baking dish. In a saucepan, melt butter; add onion and cook until tender. Blend in flour, salt and pepper. Stir in milk. Return to heat and cook until mixture thickens slightly and comes to a boil. Pour over potato slices. Bake covered, in a 350° F. oven for 30 minutes. Uncover and bake 1 hour longer or until potatoes are tender. Yield: 4 servings.

BAKED YAMS

Wash potatoes. Place, unpeeled, in shallow baking dish. Bake in 300° F. oven for 50 minutes or until soft. When done, immediately prick. To serve: cut cross on top and press ends of potato toward center to fluff. Top with butter.

## BOILED SWEET POTATOES

Wash potatoes; leave whole and do not peel. Cover with cold water; boil until tender, about 35 minutes. Use in any recipe calling for cooked potatoes or to make the following casseroles, use 6 cooked, peeled potatoes.

### *Variations:*

*Orange:* Combine 1/3 cup sugar, 1/3 cup brown sugar and 1 tablespoon cornstarch. Stir in 1 cup orange juice and 1 tablespoon grated orange peel. Cook over low heat until mixture begins to thicken. Pour over sliced potatoes. Dot with 2 tablespoons butter. Cover and bake in 350° F. oven for 20 minutes. Baste occasionally. Uncover, turn potatoes and bake 15 minutes longer.

*Sugar:* Combine 3/4 cup brown sugar, 1/2 cup water, 1/2 teaspoon salt, 1/4 stick butter and 1/8 teaspoon cinnamon. Pour over sliced potatoes. Bake, uncovered, in 350° F. oven for 30 minutes. Baste occasionally. Turn once.

*Tangy Lemon:* Combine 3/4 cup brown sugar, 1/2 teaspoon grated lemon peel and 2 tablespoons lemon juice. Pour over sliced potatoes. Dot with 2 tablespoons butter. Bake, uncovered, in 350° F. oven 25 minutes.

*Sherry-Orange Pecan:* Sprinkle yams with 1/2 cup brown sugar and 1/3 cup chopped pecans. Pour 1 cup orange juice, 1 tablespoon grated orange peel and 1/3 cup sherry over sliced potatoes. Dot with 1/4 stick butter. Cover and bake in 350° F. oven about 35 minutes or until liquid is absorbed.

## GLAZED SWEET POTATOES

2 tablespoons butter	1 tablespoon water
1/4 cup brown sugar	3 potatoes, cooked

In a heavy skillet, combine butter, sugar and water over low heat. Add potatoes which have been cut into strips or large pieces. Continue cooking over low heat, turning several times, until syrup is very thick and pieces are well coated, about 15 to 20 minutes. Yield: 6 servings.

## ORANGE BAKED SWEET POTATOES

6 potatoes, cooked, peeled and halved	1 teaspoon shredded orange peel
1 peeled orange, thinly sliced	2/3 cup corn syrup
1/2 teaspoon salt	4 tablespoons (1/2 stick) butter

Layer potatoes and orange slices in buttered baking dish. Combine remaining ingredients; bring to boil and simmer, uncovered, for 5 minutes. Pour over potatoes and oranges. Bake in 375° F. oven for 30 minutes, basting several times. Yield: 6 servings.

## PAN-FRIED SWEET POTATOES

4 cooked potatoes	3 tablespoons butter
-------------------	----------------------

Cut potatoes lengthwise in thick slices. In a skillet, fry potato slices in butter until brown on both sides. Yield: 6 servings.

## PECAN SWEET POTATOES

1 1/2 tablespoons cornstarch	1 1/2 cups orange juice
3/4 cup light brown sugar, firmly packed	1/4 cup pecan halves
1/4 teaspoon salt	2 cans (1 pound 7 ounces) sweet potatoes, drained
1/3 cup butter	

Combine cornstarch, sugar, salt, butter and orange juice; cook until thickened and clear. Arrange potatoes in a 1 1/2-quart casserole; top with pecans. Pour sauce over casserole; cover. Bake in a 375° F. oven for 1 hour. Yield: 6 servings.

## SCALLOPED SWEET POTATOES

2 large sweet potatoes, cooked	1 tablespoon grated orange peel
1 large orange, peeled and sliced	1/4 teaspoon salt
1/2 cup orange juice	3 tablespoons sugar
	2 tablespoons butter

Peel and slice potatoes. Place a layer of potatoes in a greased baking dish; add a layer of orange slices. Sprinkle with orange peel, salt, and sugar; dot with butter. Repeat until all ingredients are used. Pour orange juice over top. Cover. Bake in 350° F. oven for 45 minutes. Yield: 4 servings.

## STUFFED SWEET POTATOES

Make a long slash in top of each baked potato. Scoop out potato, leaving skin unbroken. Mash well. Beat in 1 tablespoon hot milk and 1 tablespoon butter for each potato. Season. Return to shells and brown in 400° F. oven, about 5 to 7 minutes.

*Variations:* For each cup of mashed sweet potatoes, add one of the following:

1/4 cup raisins	1/4 cup crushed pineapple
1/4 cup shredded coconut	1/4 cup chopped pecans

## SWEET POTATO PONE

1/3 cup butter	1/2 teaspoon each:
1/2 cup brown sugar	cinnamon, cloves and
2 eggs, well beaten	nutmeg
3 cups grated raw potatoes	1/2 cup cane syrup
2/3 cup evaporated milk	Grated peel of 1 lemon
1/2 teaspoon salt	Grated peel of 1/2 orange

Cream butter and sugar; add eggs, potatoes, milk, salt and spices. Stir in syrup and peels. Beat mixture thoroughly. Pour into buttered casserole dish and bake in 350° F. oven for 50 to 60 minutes. Yield: 6 servings.

## SWEET POTATO PUFF

2 cups mashed potatoes	1/4 teaspoon allspice
3/4 cup hot milk	1 tablespoon grated orange
3 tablespoons butter	peel
1/4 teaspoon salt	2 eggs, separated

To the potatoes, add milk, butter, salt, allspice and peel. Mix well. Add beaten egg yolks. Beat egg whites until stiff; fold in potato mixture. Place in a baking dish and bake at 350° F. for 45 minutes. Yield: 6 servings.

## SWEET POTATO SOUFFLÉ

1/4 cup sugar	2 eggs, separated
1/2 teaspoon salt	1/2 cup raisins
1 cup scalded milk	1/2 cup chopped pecans
2 tablespoons butter	1 teaspoon nutmeg
2 cups mashed potatoes	Marshmallows

Dissolve sugar and salt in milk; add butter, stirring until blended. Beat milk mixture into potatoes until light and fluffy. Blend in yolks, raisins, pecans and nutmeg. Fold in stiffly beaten egg whites. Pour into buttered baking dish. Top with marshmallows. Bake in 350° F. oven for 50 minutes or until set. Yield: 6 servings.

## PUMPKIN

*Baked:* Wash and cut pumpkin in half. Rub cut surface with shortening. Place cut side down on baking sheet. Bake in 400° F. oven until tender, about 1 hour. Remove fibers and seeds. Scoop out pulp and press through a potato ricer.

*Pressure Saucepan:* Cut pumpkin in large pieces. Place in pressure saucepan; add 3/4 cup water. Cook at 15 pounds pressure for 10 minutes. Cool pressure saucepan quickly under cold running water. Remove pumpkin and mash.

*Steamed:* Halve or quarter pumpkin. Remove seeds and stringy portions. Cut off rind and cut into small pieces. Cook, covered, in small amount slightly salted boiling water for 25 to 30 minutes. Drain; mash well. Place mashed pumpkin in strainer; let drain 30 minutes to remove excess liquid.

*To serve as a vegetable:* Reheat and add butter and spices.

## RATATOUILLE

1 pound eggplant	1/2 cup olive oil
2 zucchini	3 medium tomatoes,
2 cloves garlic, minced	coarsely chopped
2 medium onions,	1 tablespoon minced
thinly sliced	parsley
2 medium green peppers,	1 teaspoon salt
cut in thin strips	1/4 teaspoon pepper

Cut unpeeled eggplant in 3/4-inch strips; cut unpeeled zucchini into thin slices. In a large skillet, sauté garlic, onions and green peppers in oil, about 15 minutes. Add remaining ingredients. Cook uncovered, gently stirring occasionally, until eggplant is tender and there is only a small amount of liquid. Yield: 8 servings.

## SAUERKRAUT

Remove outside green leaves from 5 pounds of cabbage. Quarter the head and shred finely. Mix cabbage with 3 1/2 tablespoons salt. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. During the curing process, kraut requires daily attention. Remove scum as it forms, and wash and scald the cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 12 days. As soon as kraut is thoroughly cured, pack into sterilized jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within 1/2-inch of top. Seal; process in boiling-water bath for 15 minutes. Yield: 5 pint jars. *Note:* For 40 pounds of cabbage, use 1 pound of salt.

## SPINACH CASSEROLE

2 packages (10 ounces each) frozen chopped spinach	1/2 teaspoon pepper
1/4 cup (1/2 stick) butter	3/4 teaspoon garlic salt
2 tablespoons flour	3/4 teaspoon celery salt
2 tablespoons chopped onion	1 teaspoon salt
1/2 cup evaporated milk	1 teaspoon Worcestershire sauce
1/2 cup spinach liquid	1 roll (6 ounces) Jalapeno cheese, cut in pieces
1/4 cup bread crumbs	

Place thawed spinach in strainer and press with spoon to remove liquid. Reserve 1/2 cup liquid. Melt butter; blend in flour. Add onion and cook until soft but not brown. Add milk and liquid; cook until thick and smooth. Remove from heat; add seasonings and cheese; stir until melted. Combine with spinach and pour into greased 1 1/2-quart casserole. Sprinkle with crumbs and bake in 350° F. oven for 45 minutes. Yield: 6 servings.

## BAKED ACORN SQUASH

Allow 1 squash per person, or if very large, 1/2 per person. Cut in half; scrape out seeds and fibers. Sprinkle with salt; brush with butter. Place, cut side down, on cookie sheet. Bake in 400° F. oven for 30 to 45 minutes. Turn cut side up and prick pulp with fork. Brush with butter; sprinkle with mixture of brown sugar and cinnamon. Bake 15 minutes longer.

## BAKED SQUASH

*Pattypan, Crookneck, Zucchini:* Slice squash into 1/2-inch slices; place in a casserole. Dot with butter, sprinkle with salt and 1 tablespoon finely chopped onion. Add just enough water to cover bottom of casserole. Cover and bake in a 400° F. oven for 30 to 40 minutes. For 6 servings, use 3 pounds squash.

## PAN-FRIED SQUASH

2 pounds summer squash	2 tablespoons butter
1 small onion, minced	1/2 teaspoon salt

Peel and cube squash; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt. Yield: 4 servings.

## SQUASH CASSEROLE

2 cups cooked yellow squash	1 cup seasoned bread crumbs
1 small onion, chopped	1 cup grated mild cheese
2 teaspoons sugar	1 teaspoon salt
2 eggs, well beaten	1/4 teaspoon pepper
1 can (10 1/2 ounces) condensed mushroom soup	2 teaspoons Worcestershire sauce

Combine squash, onion, sugar, eggs, soup, 1/2 cup crumbs, 1/2 cup cheese, salt pepper and sauce. Pour into 1 1/2 quart greased casserole. Top with remaining 1/2 cup cheese, and remaining 1/2 cup crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

## SCALLOPED SQUASH

8 medium summer squash	1/2 cup milk
1 large onion, sliced	2 tablespoons butter
1 egg, slightly beaten	1 teaspoon salt
1/4 teaspoon pepper	1 cup fresh bread crumbs
Dash red pepper	2 cups grated sharp cheese

Cut squash in 2-inch pieces; cook with onion until tender, about 10 minutes. Drain and place in 2 1/2-quart greased casserole. Combine egg, pepper, milk, butter, salt, bread crumbs and 1 cup cheese; pour over squash. Top with remaining 1 cup cheese. Bake in 350° F. oven for 30 minutes. Yield: 8 servings.

## SMOTHERED SQUASH

Cook whole or cut into slices or cubes. It is not necessary to peel tender squash. Cook squash in a covered saucepan over low heat in a small amount of water, about 1/4 cup for 6 servings, for 8 to 15 minutes. During cooking, add finely chopped onion, a tablespoon butter and a pinch of sugar. When tender, uncover saucepan and boil rapidly for a few minutes to evaporate excess liquid.

## SQUASH CROQUETTES

4 squash, cubed	1/4 cup grated Parmesan
1 small onion, chopped	cheese
Salt and pepper	1 cup cracker crumbs
1 egg, beaten	2 tablespoons butter

Cook squash and onion in small amount of salted water. Drain well; mash until smooth. Season. Add egg, cheese, 1/2 cup cracker crumbs and butter. Form into balls and roll in remaining crumbs. Fry in deep fat until brown. Yield: 6 servings.

## STUFFED SQUASH

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

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

*Variations:*

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

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

*Ground Meat:* Add 1/2 pound ground meat, drain excess drippings.

## YELLOW SQUASH MOLD

1 cup soft bread crumbs	3 tablespoons minced pimiento
1/2 cup scalded milk	2 tablespoons minced parsley
1 1/2 cups mashed and drained squash	1 tablespoon minced onion
1 cup diced cheese	3 tablespoons melted butter
Salt and pepper	

Soak crumbs in milk; add remaining ingredients. Pour into a greased 1 1/2-quart mold; set in pan and add hot water, about 1-inch deep. Bake in 350° F. oven until firm, about 1 1/2 hour. Yield: 6 servings.

## SUCCOTASH

2 ears corn	1/2 onion, minced
2 cups cooked lima beans and liquid	1 tablespoon butter
1/8 teaspoon pepper	1/2 teaspoon salt

Cut corn from cob and scrape to remove liquid. Drain beans and combine liquid with corn and onion. Cook over low heat until tender, about 5 to 7 minutes. Add beans, butter, salt and pepper; cook 5 minutes. Yield: 4 servings.

## BAKED TOMATOES

Place tomato halves in a greased shallow baking dish; brush with melted butter. Sprinkle with salt and pepper. Top with buttered cracker crumbs. Bake in 375° F. oven for 20 minutes or until tender. For green tomatoes, cover bottom of baking dish with hot water and cook 45 minutes or until tender.

## FRIED GREEN TOMATOES

4 large green tomatoes	1/2 teaspoon sugar
1/2 teaspoon salt	1/2 cup cornmeal
1/8 teaspoon pepper	1/2 cup oil

Slice tomatoes crosswise in 1/4-inch slices. Sprinkle with salt, pepper and sugar. Coat with cornmeal. Fry slices, a few at a time, in a small amount of oil until brown on both sides, about 10 minutes. Yield: 4 servings.

*Ripe tomatoes:* Cut ripe tomatoes in 1/2-inch thick slices. Combine 1/2 cup dry bread crumbs or flour, 1/2 teaspoon salt and 1/8 teaspoon pepper; coat slices with crumb mixture. Fry as above.

### GREEN TOMATO PIE

8 medium-size green tomatoes, sliced	1 recipe plain pastry
2 tablespoons lemon juice	1/2 teaspoon salt
1 teaspoon grated lemon peel	1/4 teaspoon cinnamon
2 tablespoons cornstarch	3/4 cup sugar
	1 tablespoon butter

Cook tomatoes with lemon juice, peel, salt and cinnamon, stirring frequently for about 15 minutes. Combine sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add butter; cook slightly and pour into unbaked pie shell. Cover with top pastry; seal edges and prick top. Bake in 425° F. oven for 40 to 50 minutes.

### GRILLED TOMATOES

3 tomatoes	1 tablespoon minced parsley
6 tablespoons grated Parmesan cheese	3 tablespoons bread crumbs

Salt and pepper

Cut tomatoes into halves. Season with salt and pepper. Arrange halves, cut side up, on broiler grid. Combine remaining ingredients; sprinkle over each half. Dot with butter. Broil 5 minutes. Yield: 6 servings.

*Variation:* Combine 1/2 cup seasoned bread crumbs, 1/2 cup shredded sharp process American cheese, 1 tablespoon melted butter. Sprinkle over each tomato half; garnish with parsley. Broil 3 inches from source of heat for 5 minutes.

### SCALLOPED TOMATOES

3 1/2 cups sliced tomatoes	1/8 teaspoon pepper
1 small onion, minced	1/2 teaspoon sugar, if desired
2 tablespoons minced green pepper	2 cups soft bread crumbs
1 teaspoon salt	2 tablespoons butter

Combine tomatoes, onion, green pepper, salt, pepper, and sugar. In a baking dish, alternate layers of tomato mixture and bread crumbs, ending with crumbs. For thinner mixture, use only 1 cup crumbs. Dot with butter. Bake in 375° F. oven for 20 to 30 minutes for ripe tomatoes, 45 minutes for green. Yield: 6 servings.

### STEWED TOMATOES

1 small onion, minced	1/4 cup seasoned bread crumbs
1 1/2 teaspoons oil	Salt and pepper
1/4 pound ham seasoning	1 sprig parsley, minced
6 peeled tomatoes, diced	1 small bay leaf
1/2 teaspoon sugar	

Sauté onion in oil. Add ham, tomatoes and sugar; cook until lightly browned. During this cooking period, add bread crumbs slowly. Add remaining ingredients; simmer for 15 to 20 minutes or until desired consistency. Yield: 6 servings.

### STUFFED TOMATOES

6 large tomatoes	1/2 cup (1 stick) butter
1/2 cup chopped green onions	3 cups French bread cubes
2 cloves garlic, minced	Salt and Pepper
1/2 pound finely chopped ham, shrimp or crab meat	1/3 cup bread crumbs
	1 tablespoon butter

Slice tops off tomatoes; scoop out center and chop. Sauté onion, garlic, ham and tomato in butter for 5 to 7 minutes; add bread cubes. Season with salt and pepper; stuff into shells. Cover with bread crumbs; dot with butter. Place in a greased pan; bake in 350° F. oven for 25 minutes. Yield: 6 servings.

### TURNIP GREENS

2 bunches turnip greens	1/2 pound salt pork or bacon, sliced
1/2 cup water	

Remove stems from turnip greens and wash thoroughly. In a covered saucepan, place greens, water and salt pork. Cook greens for 30 minutes. Add turnips, which have been peeled and quartered; continue cooking until greens and turnips are tender, about 30 minutes. Yield: 4 servings.

## VEGETABLES WITH CREOLE SAUCE

1/4 cup chopped green pepper	1/2 teaspoon sugar
1 large onion, chopped	1 can (16 to 17 ounces) tomatoes
2 stalks celery, chopped	1 bay leaf
1 clove garlic, minced	1 sprig thyme
3 tablespoons butter	1 teaspoon salt
1 teaspoon chili powder	1/4 teaspoon pepper

Sauté green pepper, onion, celery and garlic in butter, about 5 to 8 minutes. Stir in remaining ingredients. Cover and simmer about 40 minutes, stirring frequently. Place cooked vegetable into a baking dish; add sauce and bake in 325° F. oven for 20 minutes. Sauce can be frozen. Yield: 2 1/2 cups.

## CREOLE ZUCCHINI

2 onions, chopped	1/4 cup cooking oil
3 stalks celery, chopped	1 can (1 pound 13 ounces) tomatoes
1 small green pepper, chopped	1 small bay leaf
1 clove garlic, minced	4 medium zucchini

Sauté onions, celery, green pepper and garlic in oil. Add tomatoes and bay leaf. Cover and simmer for 1 hour. Remove bay leaf. Add thinly sliced squash; simmer for 1 hour. Remove cover and cook to desired thickness. Yield: 6 servings.

## STUFFED ZUCCHINI

3 zucchini	2 tablespoons olive oil
1/2 pound ground beef	1 can (10 3/4 ounces) condensed tomato soup
1/2 cup chopped onion	3/4 cup grated Parmesan cheese
1 clove garlic, minced	1/2 cup seasoned bread crumbs
1/2 cup minced green pepper	
2 teaspoons oregano	

Cut zucchini in half lengthwise; scoop out seeds and pulp, leaving a 1/4-inch shell. Chop seeds and pulp; reserve. In a skillet, sauté meat, onion, garlic, pepper and oregano in oil. Add chopped pulp and seeds, 1/4 cup soup, 1/2 cup cheese and bread crumbs; blend well. Spoon mixture into zucchini shells. Arrange stuffed zucchini in 13 x 9 x 2-inch baking dish. Pour remaining soup over and around zucchini. Sprinkle with remaining cheese. Cover and bake in a 375° F. oven for 45 minutes or until tender. Uncover and bake 5 minutes longer. Yield: 6 servings.

## ZUCCHINI OR CUCUZZA

Cut off ends; wash and cut into slices 1/4-inch thick. Cook in 1/2 cup boiling salted water until almost tender, about 10 minutes. Drain and use one of the variations below:

*Buttered:* Sauté 2 cloves garlic in 1/3 cup butter for 5 minutes; remove garlic and pour over zucchini. Season with salt and pepper; sprinkle with Parmesan cheese.

*Casserole:* Sauté 1 minced onion in 4 tablespoons olive oil; add 2 tablespoons minced parsley. Arrange alternate layers of zucchini, sliced tomatoes and onion-oil mixture. Sprinkle with salt, pepper and Parmesan cheese. Bake in 375° F. oven for 30 minutes.