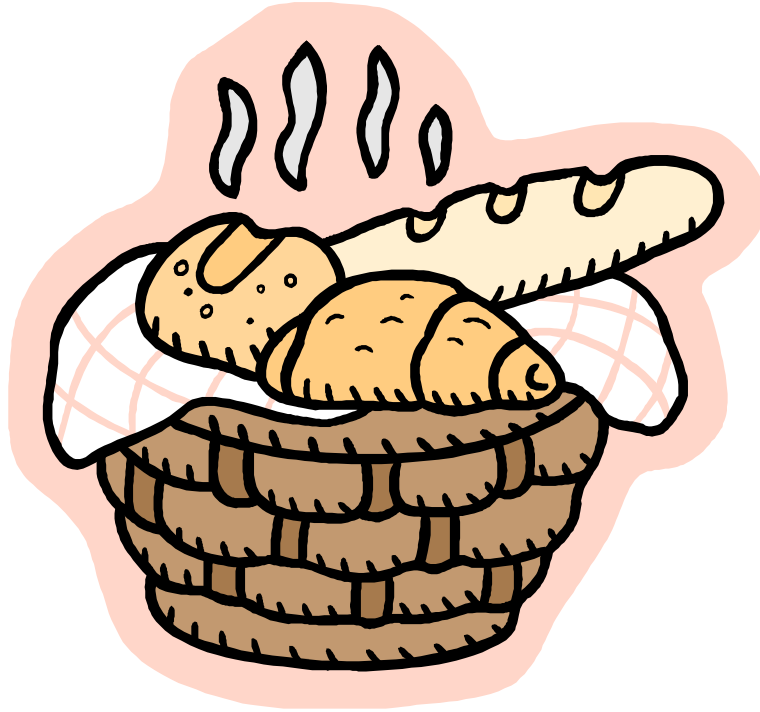


FRANFOOD RECIPES

A Dexter eBook



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APPETIZERS



ANTIPASTA SKEWERS

**3/4 CUP OLIVE OIL
1 8-OZ. PKG MOZZARELLA CHEESE
1/4 CUP WINE VINEGAR
1 4-OZ. PKG. SLICE SALAMI
1/2 TSP. SALT
24 CHERRY TOMATOES
1/2 TSP. SUGAR
12 SMALL MUSHROOMS, TRIMMED
1/2 TSP. DRY MUSTARD
1 6-OZ. JAR MARINATED
1/2 TSP. LEAF OREGANO, CRUSHE
ARTICHOKE HEARTS
1/4 TSP. PEPPER
24 PITTED RIPE OLIVES**

COMBINE OLIVE OIL, VINEGAR, SALT, SUGAR, MUSTARD, OREGANO, AND PEPPER IN A JAR WITH A TIGHT LID; SHAKE WELL TO MIX.

CUT MOZZARELLA CHEESE IN THICK SLICES, THEN CUT SLICES LENGTHWISE INTO STICKS. WRAP EACH STICK INSIDE A SLICE OF SALAMI; CUT IN HALF CROSS-WISE; FASTEN EACH HALF WITH OF WOODEN PICK.

THREAD 2 TOMATOES, 1 MUSHROOM, 1 ARTICHOKE HEART, 3 SALAMI ROLLS, AND 2 OLIVES ONTO EACH OF 12 LONG SKEWERS; PLACE IN A LARGE SHALLOW BAKING DISH. DRIZZLE DRESSING OVER TOP. LET STAND ABOUT AN HOUR TO SEASON AND BLEND FLAVORS.

LIFT SKEWERS FROM DRESSING; ARRANGE ON A LARGE SERVING TRAY. SERVES 12.

APP CH SEC

- 1 CUP DAIRY SOUR CREAM**
- 1 TSP. LEMON JUICE**
- 1/4 CUP MINCED GREEN PEPPER**
- 1/2 TSP. WORCESTERSHIRE SAUCE**
- 1/4 CUP FINELY CHOPPED CELERY**
- DASH PAPRIKA**
- 2 TBSP. CHOPPED STUFFED OLIVES**
- 2-3 DROPS HOT PEPPER SAUCE**
- 2 TBSP. FINELY CHOPPED ONION**
- 2/3 CUP RITZ CRACKER CRUMBS**
(APPROX. 16 CRACKER ROUNDS)

THOROUGHLY COMBINE ALL INGREDIENTS EXCEPT CRACKER CRUMBS. LINE 2-1/2 CUP BOWL WITH PLASTIC WRAP. RESERVE SOME OF THE CRACKER CRUMBS FOR GARNISH. SPREAD ABOUT 1/2 CUP SOUR CREAM MIXTURE IN BOTTOM. ADD ABOUT 1/4 CU CRUMBS. REPEAT LAYERS USING CRUMBS AND SOUR CREAM MIXTURE. CHILL OVERNIGHT. TURN OUT ON SERVING PLATE; REMOVE PLASTIC WRAP. TOP WITH RESERVED CRACKER CRUMBS. SERVE WITH ASSORTED CRACKERS.

CB MUSHROOM P

**1 SMALL ONION, FINELY CHOPPED
1/2 CUP DAIRY SOUR CREAM
1/2 LB. FRESH MUSHROOMS, FINELY CHOPPED
1/2 TSP. DRY MUSTARD
1/4 TSP. WHITE PEPPER
2 TBSP. BUTTER OR MARGARINE
1 TBSP. DRAINED HORSERADISH
1 12-OZ. CAN CORNED BEEF, COARSELY CHOPPED
CHOPPED PARSLEY**

SAUTE FIRST 2 INGREDIENTS IN THE BUTTER UNTIL WELL BROWNED; COOL. BEAT CORNED BEEF AND SOUR CREAM UNTIL WELL MIXED. ADD MUSHROOM MIXTURE AND NEXT 3 INGREDIENTS AND PACK IN OILED 2 CUP MOLD. CHILL SEVERAL HOURS. UNMOLD AND GARNISH WITH PARSLEY. SERVE WITH CRACKERS. MAKES ABOUT 2 CUPS.

CHAFING DISH MEATBALLS

**2 POUNDS LEAN GROUND BEEF
1/2 CUP SALAD OIL OR SHORTENING
1 POUND GROUND PORK
3 TBSP. FLOUR
6 EGGS BEATEN
2 CANS CONDENSED BEEF CONSOMME
2 TSP. SALT 1 TBSP. KITCHEN BOUQUET GRAVY SAUCE
1/4 TSP. PEPPER
3/4 - 1 CUP SHERRY
1/4 CUP FLOUR**

GENTLY MIX FIRST 6 INGREDIENTS UNTIL BLENDED. SHAPE WITH TSP INTO 3/4" DIAMETER BALLS.

BROWN A FEW AT A TIME IN HOT SALAD OIL. WHEN BROWNEED IMMEDIATELY CPCK CLOSE TOGETHER IN PIE PLATES EQUIVALENT TO SIZE OF CHAFING DISH.

STIR 3 TBSP. FLOUR INTO FAT IN SKILLET. STIR TIL SMOOTH. ADD CONSOMME AND KITCHEN BOUQUEST SAUCE. COOK, STIRRING TIL THICKENED. ADD SHERRY; POUR OVER MEATBALLS. COOL. SET PLATES LEVEL IN FREEZER. FREEZE, THEN WRAP TPO STORE.

TO SERVE: UNWRAP; LOOSEN FROM PIE PLATE BY DIPPING IN WARM WATER FOR A FEW SECONDS. SLIP MEAT AND GRAVY INTO CHAFING DISH (OR SKILLET). COVER AND HEAT OVER MEDIUM HEAT UNTIL GRAVY IS BOILING AND MEAT BALLS ARE HOT (APPROXIMATELY 25 MINUTES).

CHEESEBALL

ON DAY AHEAD, TURN 3 4-1/2 OZ. OR 6 2-1/4 OZ. CANS DEVILED HAM INTO SMALL BOWL. FREEZE ABUT 30 MINUTES OR UNTIL FIRM ENOUGH TO HANDLE EASILY.

MEANWHILE SOFTEN 3 8-OZ. PKGS CREAM CHEESE; LIGHTLY STIR AND BEAT.

WITH HANDS, SHAPE CHILLED DEVILED HAM INTO A BALL. COVER EVENLY WITH CREAM CHEESE. REFRIGERATE BALL ON PLATE. WHEN CHILLED, SMOOTH OFF SURFACE WITH HANDS; COVER WITH SARAN AND REFRIGERATE.

BEFORE SERVING, SHRED 8 OZ. SHARP CHEDDAR CHEESE (2 CUPS). GENTLY PRESS SHREDDED CHEESE OVER SURFACE OF CHEESE BALL UNTIL COMPLETELY COATED. TRANSFER TO SERVING PLATTER. REFRIGERATE. SERVE WITH ASSORTED CRACKERS OR RAW VEGETABLES.

(FOR SMALLER QUANTITY USE 2 2-1/4 OZ. CANS OR 1 4-1/2 OZ. CAN OF DEVILED HAM, 1 8-OZ. PKG. CREAM CHEESE, 4 OZ.(1 CUP) SHREDDED SHARP CHEDDAR CHEESE)

CHEESE PU

**1 POUND MONTEREY JACK CHEESE
1 LB. SHARP CHEDDAR
CHOPPED MUSHROOMS TO COVER TOP
6 EGGS, WHIPPED**

SHRED CHEESE; MIX UP IN 9 X 13" PAN. SPRINKLE CHOPPED MUSHROOMS ON TOP. COVER WITH 6 WHIPPED EGGS. BAKE AT 350 DEGREES FOR APPROX. 30 MINUTES UNTIL EGGS ARE SET. CUT INTO SMALL SQUARES. SERVE WARM WITH TOOTHPICKS.

CHEESE TARTS

**VANILLA WAFERS
SMALL CUPCAKE LINERS**

COMBINE AND BEAT AT HIGH SPEED FOR 5 MINUTES:

**1 POUND CREAM CHEESE, SOFTENED
3/4 CUP SUGAR
1 TBSP. LEMON JUICE
2 EGGS
1 TSP. VANILLA**

PLACE A VANILLA WAFER ON BOTTOM OF LINER. TOP WITH ONE LARGE TABLESPOON OF CHEESE MIXTURE. BAKE AT 350 DEGREES FOR 12 TO 15 MINUTES; COOL. TOP WITH PREPARED CHERRY PIE FILLING.

YIELD: APPROXIMATELY 36

WATER CHESTNUT MEATBALL

2 CUPS SOFT BREAD CRUMBS

1/4 TSP. ONION POWDER

(2-1/2 SLICES BREAD)

1/2 POUND GROUND BEEF

1/2 CUP MILK

1/2 POUND BULK PORK SAUSAGE

1 TBSP. SOY SAUCE

1 6 OZ. CAN WATER CHESTNUTS, DRAINED & FINELY CHOPPED 1/2 TSP. GARLIC SALT

COMBINE BREAD CRUMBS, MILK, SOY SAUCE, GARLIC SALT AND ONION POWDER. ADD GROUND BEEF, PORK, SAUSAGE AND WATER CHESTNUTS; MIX WELL. FORM MEAT MIXTURE INTO 1" BALLS. PLACE ON 15-1/2 X 10-1/2 X 1 INCH BAKING PAN. BAKE AT 350 DEGREES FOR 18-20 MINUTES OR TILL DONE. MAKES ABOUT 5 DOZEN TINY MEATBALLS.

CHILI DIP

1 CAN (16 OZ.) CHILI CON CARNE

2 JARS (16 OZ. EACH) PROCESS CHEESE SPREAD

1 POUND SHARP CHEDDAR CHEESE, SHREDDED

2 TBSP. MINCED JALAPENOS (FROM 4 OZ. CAN OR GREEN CHILE PEPPERS)

COMBINE ALL INGREDIENTS IN TOP OF LARGE DOUBLE BOILER. HEAT OVER SIMMERING WATER, STIRRING SEVERAL TIMES, UNTIL CHEESE MELTS AND MIXTURE IS HOT. POUR INTO CHAFING DISH. SERVE WITH CORN CHIPS. YIELD: APPROX. 8 CUPS.

CHSBFLOG

**1 8-OZ. PKG. CREAM CHEESE
1/2 CUP FINELY SHREDDED SHARP CHEDDAR CHEESE
2 TSP. WELL-DRAINED HORSERADISH
1/4 CUP FINELY CHOPPED DRIED BEEF
2 TBSP. FINELY CHOPPED PARSLEY**

IN MIXER, COMBINE FIRST 3 INGREDIENTS AND BEAT UNTIL BLENDED; CHILL. MIX BEEF AND PARSLEY AND SPRINKLE ON PIECE OF WAXED PAPER. SPOON CHEESE MIXTURE ON TOP AND SHOPE IN ROLL 1" IN DIAMETER, ROLLING UNTIL COATED WITH MIXTURE. WRAP IN PAPER AND CHILL SEVERAL HOURS. CUT IN 1/4" SLICES AND SERVE ON CRACKERS OR TOAST ROUNDS. MAKES ABOUT 40.

**1/2 LOAF UNSLICED WHITE BREAD (FROZEN)
1/4 CUP BUTTER (1/2 STICK)
1/2 CUP ALL PURPOSE FLOUR
1 1/4 CUP MILE, HEATED
1 1/4 CUP SHREDDED MOZZARELLA CHEESE
1 1/2 TBSP. HORSERADISH
1 BEEF BOULLION CUBE
OIL FOR DEEP FRYING**

CHUTCHEE

1 8 OZ. PACKAGE CREAM CHEESE

1 9 OZ. JAR CHUTNEY

1/2 CUP SALTED PEANUTS, FINELY CHOPPED

2 GREEN ONION, CHOPPED

CRACKERS, WAVERLY OR MELBA TOAST ROUNDS

COVER CREAM CHEESE BLOCK WITH CHUTNEY.

COVER CHUTNEY WITH PEANUTS SO THAT YOU CANNOT SEE CHUTNEY.

SPRINKLE GREEN ONIONS ON TOP.

SERVE ON ATTRACTIVE PLATE WITH CRACKERS.

SERVES 8-10.

CLAMDIP

**1 8-OZ. PKG. CREAM CHEESE
1 6-1/2 OZ. CAN MINCED CLAMS
1.2 SMALL ONION, GRATED
1 TSP. WORCESTERSHIRE SAUCE
DASH GARLIC SALT
3/4 TSP. CELERY SALT**

SOFTEN CHEESE AT ROOM TEMPERATURE. DRAIN CLAMS, RESERVING 2 TBSP. LIQUID. MIX CHEESE, CLAMS, RESERVED LIQUID AND REMAINING INGREDIENTS THOROUGHLY AND CHILL. SERVE WITH PRETZEL STICK, CHIPS, CRACKERS, ETC. MAKES APPROXIMATELY 1-1/4 CUPS.

CURRYDIP

BLEND 1/2 CUP SOUR CREAM, 2 TBSP. MILK, 1 TSP. DEHYDRATED MINCED ONION AND 1/8 TSP. CURRY POWDER.

CURWLNUT

**1/4 CUP OLIVE OIL
1 TBSP. CURRY POWDER
1 TBSP. WORCESTERSHIRE SAUCE
PINCH CAYENNE PEPPER
3 CUPS SHELLLED WALNUT HALVES**

COMBINE ALL INGREDIENTS, EXCEPT WALNUTS, IN SKILLET AND HEAT. WHEN HOT, STIR IN NUTS; MIX UNTIL WELL COATED.

SPREAD PAPER TOWELS ON BAKING SHEETS; SPREAD NUTS ON PAPER TOWEL. PLACE SHEETS IN PREHEATED 300-DEGREE OVEN 10 MINUTES, WHEN NUTS SHOULD BE CRISP. COOL AND SERVE.

DIP

2 8-1/2 OZ CANS ARTICHOKE HEARTS, DRAINED AND PUREED
12 OZ. FRESH SPINACH WITH STEMS, COOKED, SQUEEZED DRY AND PUREED
1 CUP SOUR CREAM
1/4 CUP PARSLEY LEAVES, MINCED
2 LARGE SHALLOTS, MINCED
1 LARGE GARLIC CLOVE, MINCED
1 TBSP. FRESH LEMON JUICE
1 TBSP. FRESHLY SNIPPED CHIVES
1 TSP. DRIED DILLWEED
1 TSP. SALT OR TO TASTE
FRESHLY GROUND PEPPER
DASH HOT PEPPER SAUCE
ASSORTED CRUDITES

COMBINE ALL INGREDIENTS IN FOOD PROCESSOR, OR IN BATCHES IN BLENDER, AND MIX WELL. TRANSFER TO BOWL, COVER AND CHILL OVERNIGHT. TASTE AND ADJUST SEASONING BEFORE SERVING. MAKES ABOUT 3 CUPS.

SERVED WITH ASSORTED CRUDITES (RAW VEGETABLE) FOR DIPPING.

FSTDOLIV

**2 CUPS GRATED SHARP CHEDDAR CHEESE
1 STICK (4-OZ.) MARGARINE
1 CUP FLOUR
1/2 TSP. SALT
1 TSP. PAPRIKA
36 SMALL STUFFED GREEN OLIVES, DRAINED AND THOROUGHLY DRIED**

COMBINE ALL INGREDIENTS, EXCEPT OLIVES, FORM INTO BALL THE SIZE OF SMALL WALNUTS/

**INSERT AN OLIVE INTO EACH BALL; ROLL TO RESHAPE. BAKE ON TEFLON-LINED OR GREASED
COOKIE SHEET 12 MINUTES IN PREHEATED 400-DEGREE OVEN. DO NOT OVERBAKE!**

LIVER PATE

**1/2 POUND LIVERWURST
1/2 TSP. GRATED ONION
1/4 CUP MAYONNAISE
SALT AND PEPPER TO TASTE
2 OZ. CREAM CHEESE
2 TBSP. MAYONNAISE
PIMENTO**

**MASH LIVERWURST. BLEND IN ONION, 1/4 CUP MAYONNAISE, SALT AND PEPPER. MOUND INTO
DESIRED SHAPE. CHILL. BLEND CREAM CHEESE AND 2 TBSP. MAYONNAISE. SPREAD PATE
WITH MAYONNAISE MIXTURE, GARNISH WITH PIMENTO. MAKES 1 CUP PATE.**

MSMT ROLL

**2 CUPS SOFT WHITE BREAD CRUMBS
1/2 CUP EVAPORATED MILK
2 EGGS
1/8 TSP. PEPPER
2 LBS. GROUND BEEF
1 TSP. SALT
1 CUP MINCED ONION
1 TBSP. LIQUID BROWN GRAVY SEASONING SAUCE**

COMBINE INGREDIENTS LISTED AND MIX WELL. PAT MEAT MIXTURE OUT ON GREASED FOIL OR WAX PAPER, MAKING AN OBLONG ABOUT 6X10X1 INCH. SPREAD MEAT LAYER WITH COLD POTATO FILLING AND ROLL UP FROM LONG SIDE. USE A SPATULA TO EASE MEAT OFF PAPER AND ONTO ROLL. USE PAPER TO LIFT ROLL ONTO GREASED BAKING PAN. TURN ROLL SO THAT SEAM IS UNDERNEATH AND PAT INTO SHAPE IF NECESSARY. BAKE IN 375 DEGREE OVEN FOR APPROX. 50 MINUTES, BRUSHING SEVERAL TIMES WITH A MIXTURE OF 1/2 CUP CATSUP AND 1 TBSP. BROWN GRAVY SEASONING SAUCE. WHEN DONE REMOVE MEAT TO PLATTER AND KEEP WARM. ADD 1 CUP HOT WATER TO DRIPPINGS IN PAN AND STIR IN ANY REMAINING "BRUSH-ON" MIXTURE. BLEND IN 2 TBSP. INSTANT BLENDING FLOUR, BRING TO BOIL AND COOK UNTIL THICKENED. STRAIN AND SERVE WITH MEAT ROLL.

MEAT ROLL FILLING:

2 CUPS SEASONED MASHED POTATOES, 1/2 CUP GRATED SHARP CHEDDAR CHEESE, 1 TBSP. CHOPPED CHIVES. MIX WELL, USE COLD OR CHILLED.

MUSPATSH

2 PKGS. (10 OZ.) FROZEN PATTY SHELLS
2 TBSP. CHOPPED PARSLEY
2 TBSP. BUTTER OR MARGARINE
1 1/2 TSP. ANCHOVY PASTE
1/2 LB. MUSHROOMS, FINELY CHOPPED
1/8 TSP. PEPPER
1/4 CUP FINE, SOFT BREAD CRUMBS **DASH GARLIC POWDER**

THAW PATTY SHELLS SLIGHTLY. PLACE, TOP SIDE DOWN, ON PASTRY BOARD; ROLL LIGHTLY TO FLATTEN. CUT 4 ROUNDS FROM EACH PATTY SHELL, USING A 1-1/2 INCH CUTTER; PLACE ON COOKIE SHEETS. BAKE IN 450 DEGREE OVEN, IMMEDIATELY REDUCE HEAT TO 400 DEGREES. BAKE 12 MINUTES, OR UNTIL ROUNDS ARE PUFFED AND GOLDEN-BROWN. REMOVE TO WIRE RACKS. CUT OFF TOPS OF PUFFS WITH A SMALL SHARP KNIFE; SCOOP OUT MOIST DOUGH FROM INSIDES; REPLACE TOPS.

(DO-AHEAD NOTE: MELT BUTTER OR MARGARINE IN SMALL SKILLET; SAUTE MUSHROOMS QUICKLY UNTIL JUST SOFT. ADD BREAD CRUMBS, PARSLEY, ANCHOVY PASTE, PEPPER AND GARLIC POWDER. FILL PATTY SHELLS WITH MUSHROOM MIXTURE; REPLACE TOPS. PLACE IN FOIL OR PLASTIC BOXES; COVER FIRMLY; LABEL AND FREEZE.)

ON PARTY DAY REMOVE FROM FREEZER; PLACE IN JELLY ROLL PAN. HEAT IN 400 DEGREE OVEN APPROX. 5 MINUTES OR UNTIL PIPING HOT. GARNISH WITH PIMENTO AND PARSLEY. KEEP HOT ON HOT TRAY.

MUSHROOM TOMATO

6 MEDIUM TOMATOES

1/4 CUP FINE DRY BREAD CRUMBS

1 PINT FRESH MUSHROOMS, CHOPPED (APPROX. 1-1/2 CUPS)

1 TSP. SALT

DASH PEPPER

2 TBSP. BUTTER OR MARGARINE

DASH THYME

1.2 CUP DAIRY SOUR CREAM

2 BEATEN EGG YOLKS

CUT STEM END FROM TOMATOES; SCOOP OUT PULP. TURN SHELLS UPSIDE DOWN TO DRAIN. CHOP PULP FINE; MEASURE 1 CUP; SET ASIDE. COOK MUSHROOMS IN THE BUTTER OR MARGARINE TILL TENDER. COMBINE SOUR CREAM AND EGG YOLKS. ADD TO MUSHROOMS WITH THE TOMATO PULP; MIX WELL. STIR IN THE CRUMBS, SALT, PEPPER, AND THYME. COOK AND STIR TILL MIXTURE THICKENS AND BOILS. PLACE TOMATO SHELLS IN 10 X 6 X 1-1/2 INCH BAKING DISH. SPOON MUSHROOM MIXTURE INTO TOMATOES. COMBINE 1 TBSP. MELTED BUTTER AND 3 TBSP. FINE DRY BREAD CRUMBS; SPRINKLE ATOP TOMATOES. BAKE IN 375 DEGREE OVEN FOR 25 MINUTES.

SERVES 6.

OLAL ROLL

**1 8-OZ. PKG. CREAM CHEESE, SOFTENED
1/4 CUP FINELY CHOPPED BLANCHED ALMONDS
1/4 CUP MAYONNAISE
24 THIN SLICES FIRM-TYPE
DASH HOT PEPPER SAUCE
WHITE BREAD, CRUSTS TRIMMED
1/3 CUP FINELY CHOPPED
FINELY CHOPPED PARSLEY
PIMENTO-STUFFED OLIVES**

BEAT CHEESE UNTIL FLUFFY. ADD NEXT 4 INGREDIENTS AND MIX WELL. (MAKES ABOUT 1-1/2 CUPS.) PUT BREAD SLICES BETWEEN 2 CLEAN TOWELS THAT HAVE BEEN PUT IN COLD WATER, THEN WRUNG OUT; ROLL UNTIL BREAD BECOMES VERY THIN AND MOIST. SPREAD GENEROUSLY WITH MIXTURE AND ROLL UP TIGHT. STORE, SEAM SIDE DOWN, COVERED, IN REFRIGERATOR. AT SERVING TIME, CUT EACH ROLL CROSSWISE IN 2-3 PIECES AND ROLL IN PARSLEY. MAKES 48-72.

ROLLS WILL KEEP WELL 1 WEEK IN REFRIGERATOR.

NOTE: CUT PIECES ARE DELICIOUS WHEN BRUSHED WITH MAYONNAISE OR MELTED BUTTER, SPRINKLED LIGHTLY WITH PAPRIKA AND BROILED UNTIL HEATED AND WEE-BROWNE. OMIT ROLLING IN PARSLEY.

HOT CRAB SPREAD

1 8-OZ. PKG CREAM CHEESE

1 6-OZ. PKG FROZEN CRAB MEAT, THAWED AND DRAINED

2 TBSP. CHOPPED ONION

1 TBSP. MILK

1/2 TSP. CREAM STYLE PREPARED HORSERADISH

1/4 TSP. SALT

DASH PEPPER

1/2 CUP SLICED TOASTED ALMONDS

PREHEAT OVEN TO 375 DEGREES. BLEND ALL INGREDIENTS TOGETHER. IN OVEN-PROOF BOWL, BAKE 20 MINUTES. SERVE ON CRACKERS. MAKES APPROX. 2 CUPS.

SALMON PATE

**1 LB. CAN RED SOCKEYE SALMON
1 TBSP. LIQUID SMOKE
1 8 OZ. PKG. CREAM CHEESE
1 TSP. HORSERADISH
2 TBSP. GRATED CHOPPED ONION
CHOPPED NUTS
1/4 TSP. SALT
PARSLEY
1 TBSP. LEMON JUICE PAPRIKA
1/4 TSP. PEPPER OR DASH TABASCO**

**DRAIN SALMON AND REMOVE SKIN AND BONES. FLAKE AND COMBINE WITH NEXT 7
INGREDIENTS. CHILL SEVERAL HOURS. DECORATE WITH CHOPPED NUTS AND PARSLEY OR
PAPRIKA.**

SERVE WITH CRACKERS. SERVES 16-20.

SAUERKRAUT BALLS

4 TBSP. BUTTER

1 MEDIUM ONION, CHOPPED

1/2 CUP BEEF BROTH

3 LARGE CANS UNDERWOOD DEVILED HAM

1 QT. SAUERKRAUT, DRAINED WELL (SQUEEZE AND SQUEEZE), CHOPPED

1 CLOVE GARLIC, FINELY MINCED

5 TBSP. FLOUR

1 TSP. PARSLEY FLAKES

MELT BUTTER. SAUTE ONION AND GARLIC. ADD HAM; COOK 5 MINUTES, STIRRING OCCASIONALLY. STIR IN FLOUR AND COOK FOR A FEW MINUTES. ADD BROTH, SAUERKRAUT AND PARSLEY. MIX THOROUGHLY. COOK FOR A FEW MINUTES MORE -- SHOULD BE STIFF LIKE A CROQUETTE MIX. PUT INTO BOWL AND REFRIGERATE SEVERAL HOURS OR OVERNIGHT.

FORM INTO SMALL BALLS. BREAD BY COATING WITH FLOUR, THEN BEATEN EGGS, THEN BREAD CRUMBS.

FRY IN DEEP FAT UNTIL GOLDEN BROWN.

YIELD: APPROXIMATE 72 BALLS

CREAM MUSHROOM

**1 SMALL ONION, FINELY CHOPPED
1/2 CUP DAIRY SOUR CREAM
1/2 LB. FRESH MUSHROOMS, FINELY CHOPPED
1/2 TSP. DRY MUSTARD
1/4 TSP. WHITE PEPPER
2 TBSP. BUTTER OR MARGARINE
1 TBSP. DRAINED HORSERADISH
1 12-OZ. CAN CORNED BEEF, COARSELY CHOPPED
CHOPPED PARSLEY**

SAUTE FIRST 2 INGREDIENTS IN THE BUTTER UNTIL WELL BROWNED; COOL. BEAT CORNED BEEF AND SOUR CREAM UNTIL WELL MIXED. ADD MUSHROOM MIXTURE AND NEXT 3 INGREDIENTS AND PACK IN OILED 2 CUP MOLD. CHILL SEVERAL HOURS. UNMOLD AND GARNISH WITH PARSLEY. SERVE WITH CRACKERS. MAKES ABOUT 2 CUPS.

SAVORIES

**1/2 POUND CHEDDAR CHEESE, CUT IN CHUNKS
8 BACON SLICES, RAW
2 SMALL ONIONS, QUARTERED
1 TSP. DRY MUSTARD
2 TSP. MAYONNAISE
60 SLICES FRENCH BREAD OR OTHER BREAD ROUNDS**

PUT CHEESE, BACON AND ONIONS THROUGH FOOD CHOPPER USING FINE BLADE. STIR IN MUSTARD AND MAYONNAISE. SPREAD ON BREAD ROUNDS. TOAST UNDER BROILER UNTIL GOLDEN BROWN. SERVE HOT. MAKES 60 SAVORIES.

SHRIMP DIP

**1/4 CUP MILK
1 CUP CUBED CHEDDAR CHEESE
1/2 CUP MAYONNAISE
1 TBSP. WORCESTERSHIRE SAUCE
1 5-OZ. CAN SHRIMP, DRAINED
1/4 TSP. GARLIC
SALT
1 SMALL ONION, CUT UP
3 DROPS HOT PEPPER SAUCE**

PUT ALL INGREDIENTS IN BLENDER AND WHIRL UNTIL SMOOTH; CHILL. MAKES APPROXIMATELY 2 CUPS.

SHRIMP MOLD

2 3 OZ. PKG. CREAM CHEESE, SOFTENED
1/2 TSP. WORCESTERSHIRE SAUCE
2/3 CUP MAYONNAISE
DASH DRY MUSTARD
6 TBSP. CHILI SAUCE
2 6 OZ. PKG FROZEN SHRIMP, COOKED AND MINCED
4 TSP. LEMON JUICE
1 ENVELOPE UNFLAVORED GELATIN
1 TSP. ONION JUICE
1/4 CUP COLD WATER

MIX ALL THE ABOVE INGREDIENTS TOGETHER EXCEPT THE GELATIN AND COLD WATER. DISSOLVE THE GELATIN IN COLD WATER OVER HOT WATER IN A DOUBLE BOILER. ADD TO SHRIMP MIXTURE; POUR INTO A DECORATIVE MOLD WHICH HAS BEEN LIGHTLY OILED. UNMOLD ON BED OF ENDIVE OR LEAF LETTUCE TO SERVE. SERVE WITH ASSORTED CRACKERS OR PARTY BREAD SLICES.

SHRIMP REMOULADE

**1/4 CUP OIL
1/4 CUP FINELY CHOPPED CELERY
1 TBSP. PREPARED MUSTARD
1/2 TSP. SALT
2 TBSP. LEMON JUICE OR VINEGAR
1/4 TSP. PEPPER
2 GREEN ONIONS, MINCED
1/2 POUND FRESH COOKED SHRIMP**

MIX FIRST 7 INGREDIENTS INTO BOWL IN ORDER GIVEN; BLEND THOROUGHLY. ADD SHRIMP, TOSS WELL. COVER. SET IN REFRIGERATOR TO MARINATE FOR AT LEAST TWO HOURS. MIX LIGHTLY BUT THOROUGHLY AGAIN BEFORE SERVING.

EXCELLENT APPETIZER OR CAN BE SERVED ON BED OF SALAD GREENS AS LIGHT DINNER SALAD.

SHRIMP MOUSS

**1/2 CUP CHILLED TOMATO JUICE
1 1/2 TSP. DRIED DILLWEED
2 ENVELOPES UNFLAVORED GELATIN
1/2 TSP. WORCESTERSHIRE SAUCE
1 CUP BOILING TOMATO JUICE
1 4 1/2 OZ. CAN SHRIMP, DRAINED
2 CUPS DAIRY SOUR CREAM
LETTUCE
2 TBSP. LEMON JUICE
ASSORTED CRACKERS**

AD 1/2 CUP CHILLED TOMATO JUICE AND GELATIN TO BLENDER CONTAINER. COVER AND BLEND ON LOW SPEED UNTIL GELATIN IS SOFTENED. ADD BOILING TOMATO JUICE; BLEND ON LOW SPEED TILL GELATIN DISSOLVES. IF GRANULES CLING TO SIDES, STOP BLENDER AND USE RUBBER SPATULA TO PUSH INTO LIQUID. TURN BLENDER TO HIGH SPEED; ADD SOUR CREAM, LEMON JUICE, DILLWEED, WORCESTERSHIRE SAUCE AND 1/2 TSP. SALT. BLEND UNTIL SMOOTH. STOP BLENDER AND ADD SHRIMP. TURN BLENDER ON AND OFF SEVERAL TIMES JUST TILL SHRIMP ARE COPPED. PUT INTO 5 CUP MOLD. CHILL 4 HOURS OR TILL FIRM. UNMOLD ONTO LETTUCE LINED PLATE; SERVE WITH CRACKERS. MAKES ABOUT 4 CUPS.

SURPUFFS

ABOUT 30 MINUTES BEFORE SERVING:

PREHEAT OVEN TO 375 DEGREES. CUT EACH BISCUIT FROM 1 8-OZ. PKG. REFRIGERATED BISCUITS INTO FOURTHS; FLATTEN EACH PIECE SLIGHTLY WITH FINGERS. SELECT A FILLING BELOW; PLACE ABOUT 1/4 TSP. FILLING IN CENTER OF EACH PIECE. PULL EDGES UP AND AROUND TO SEAL AND FORM BALL. PLACE, SEAM-SIDE DOWN, ON LARGE COOKIE SHEET. BRUSH WITH BEATEN EGG WHITE AND SPRINKLE WITH SESAME SEEDS, POPPY SEEDS, INSTANT MINCED ONIONS, OR CHOPPED CHIVES. BAKE 8-10 MINUTES UNTIL GOLDEN. SERVE HOT. MAKES 40 APPETIZERS.

DEVEILED HAM FILLING: USE SPREAD ON 1 4-1/2 OZ. CAN DEVEILED HAM SPREAD.

LIVERWURST FILLING: USE SPREAD FROM 1 4-3/4 OZ. CAN LIVERWURST SPREAD.

ANCHOVY FILLING: USE FILLETS FROM 1 2-OZ. CAN ANCHOVY FILLETS.

BACON AND CHEDDAR CHEESE FILLING: IN SMALL BOWL MIX 2 TBSP. CRUMBLED, FRIED BACON WITH 2 TBSP. SHREDDED CHEDDAR CHEESE.

TO FREEZE AND SERVE UP TO 3 MONTHS LATER: COOL BAKED APPETIZERS ON RACK. (DO NOT FREEZE UNBAKED APPETIZERS) FREEZE IN PLASTIC BAGS. TO SERVE: PREHEAT OVEN TO 375 DEGREES. PLACE FROZEN APPETIZERS ON COOKIE SHEET AND HEAT 3-5 MINUTES.

TUNA HOBO

1 7-OZ. CAN TUNA, DRAINED AND FLAKED
1/4 CUP MAYONNAISE
1 TSP. LEMON JUICE
1.4 CUP DICED CELERY
1/2 TSP. SALT
4 TRIANGLES (1 OZ. EACH)
1/2 TSP. WORCESTERSHIRE SAUCE
GRUYERE CHEESE, DICED
4 SPLIT HAMBURGER BUNS,
(FROM A 6-OZ. PKG.) BUTTERED
1 TBSP. CHOPPED PARSLEY
1 PIMENTO, DICED

COMBINE TUNA, CELERY CHEESE, PARSLEY, AND PIMENTO IN MEDIUM SIZED BOWL. BLEND MAYONNAISE WITH LEMON JUICE, SALT, AND WORCESTERSHIRE SAUCE IN A CUP; SPOON OVER TUNA MIXTURE; TOSS LIGHTLY TO MIX. PUT HAMBURGER BUNS TOGETHER WITH FILLING, DIVIDING EVENLY. WRAP EACH IN FOIL; PLACE ON A COOKIE SHEET. BAKE IN 400 DEGREE OVEN FOR 20 MINUTES, OR UNTIL HEATED THROUGH. REMOVE SANDWICHES FROM FOIL. SERVE HOT.

TUNAMELT

1 7-OZ. CAN TUNA, DRAINED, FLAKED
6 FRENCH BREAD SLICES
MARGARINE
1/4 CUP CHOPPED STUFFED OLIVES TOMATO SLICES
1/4 CUP CHOPPED PECANS
NATURAL SWISS CHEESE SLICES
MAYONNAISE

COMBINE TUNE, OLIVES, NUTS AND ENOUGH MAYONNAISE TO MOISTEN. SPREAD BREAD WITH MARGARINE; TOP WITH TOMATO SLICES AND BROIL 2-3 MINUTES. COVER WITH TUNA SALAD AND CHEESE; CUT EACH SLICE INTO THIRDS IF BREAD SLICES ARE LARGE. BROIL UNTIL CHEESE MELTS. YIELD: 6 SERVINGS.

TUNAPATE

1 3 OZ. CAN CHOPPED MUSHROOMS 1/2 CUP GREEN GODDESS SALAD
1 ENVELOPE UNFLAVORED GELATIN DRESSING
2 6-1/2 OR 7 OZ. CANS TUNA, 1/2 CUP PITTED RIPE OLIVES
DRAINED 1/4 CUP PARLEY LEAVES
MELBA TOAST

UP TO 3 HOURS BEFORE SERVING:

INTO ELECTRIC BLENDER CONTAINER, DRAIN LIQUID FROM MUSHROOMS; SPRINKLE GELATIN OVER IT AND SOFTEN A MINUTE OR TWO. ADD 1/2 CUP BOILING WATER; COVER AND BLEND ABOUT 10 SECONDS ON LOW SPEED, THEN 20 SECONDS ON HIGH SPEED. ADD MUSHROOM, TUNA, DRESSING, OLIVES AND PARSLEY; COVER AND BLEND ON HIGH SPEED UNTIL WELL MIXED. POUT INTO 1 QUART MOLD AND REFRIGERATE, COVERED, UNTIL FIRM.

TO SERVE:

UNMOLD ONTO SERVING PLATTER; SERVE WITH MELBA TOAST. YIELD: 3-1/2 CUPS

TUNA ROLL

1 6-1/2 OZ. CAN TUNA, DRAINED AND FINELY CHOPPED
24 THIN SLICES FIRM-TYPE WHITE BREAD, CRUSTS TRIMMED
1/2 CUP MAYONNAISE
FINELY CHOPPED DILL OR PARSLEY
1 TSP. PREPARED MUSTARD
1/4 CUP MINCED CELERY
1/4 CUP MINCED GREEN ONION

MIX ALL INGREDIENTS, EXCEPT LAST 2. (MAKES ABOUT 1-1/2 CUPS). PUT BREAD SLICES BETWEEN 2 CLEAN TOWELS THAT HAVE BEEN PUT IN COLD WATER, THEN WRUNG OUT; ROLL UNTIL BREAD BECOMES VERY THIN AND MOIST. SPREAD GENEROUSLY WITH MIXTURE AND ROLL UP TIGHT. STORE, SEAM SIDE DOWN, COVERED IN REFRIGERATOR. AT SERVING TIME, CUT EACH ROLL CROSSWISE IN 2-3 PIECES AND ROLL IN DILL. MAKES 48-72.

TO BROIL: OMIT DILL AND CRUSH WITH MAYONNAISE OR MELTED BUTTER. SPRINKLE LIGHTLY WITH ONION SALT AND BROIL UNTIL HEATED AND WELL-BROWNED.

TURKEY SO

GOOD USE FOR TURKEY BONES THAT HAVE MEAT STILL ON THEM OR FROM BREAST BONING.

1 MEATY TURKEY CARCASS

8 CUPS WATER

1 TBSP INSTANT CHICKEN BOUILLON

*****1-16 OZ CAN TOMATOES CUT UP**

2 STALKS CELERY, SLICED(1 CUP)

1 MEDIUM POTATO, PEELED AND DICED(1 C)

1 MEDIUM CARROT SLICED (1/2 C)

1 MEDIUM ONION, CHOPPED (1/2 C)

1/4 CUP SNIPPED PARSLEY

1-2 TSP SALT

1 BAY LEAF

DANISH DUMPLINGS

*****IN DUTCH OVEN PLACE CARCASS OF TURKEY, COVER OR WRAP IN FOIL IF NOT PREVIOUSLY COOKED- COOK AT 400 DEG FOR 1-1/2 HOURS. REMOVE BONES AND PLACE MEAT BACK IN PAN.COMBINE WATER, AND CHICKEN BOUILLON. BRING TO BOIL. ADD UNDRAINED TOMATOES, CELERY, POTATO, CARROT, ONION, PARSLEY, SALT, BAY LEAF. BRING TO BOIL. REDUCE HEAT COVER SIMMER 30 MIN OR VEGETABLES TENDER. REMOVE BAY LEAF.**

MAKE DANISH DUMPLINGS:

1/2 CUP WATER

1/4 CUP BUTTER

1/2 CUP FLOUR

1 TSP BAKING POWDER

1/8 TSP SALT

2 EGGS

1 TBSP SNIPPED PARSLEY

IN SAUCE PAN COMBINE WATER, BUTTER, BRING TO BOIL. ADD FLOUR, BAKING POWDER AND SALT ALL AT ONCE, STIR VIGOROUSLY. COOK STIRRING CONSTANTLY TILL MIX FORMS A BALL THAT DOESN'T SEPARATE. REMOVE FROM HEAT. COOL SLIGHTLY. ADD ONE EGGS AND STIR AND NEXT EGG AND PARSLEY. BEAT WELL. DROP DUMPLING DOUGH FROM TBSP TO MAKE 12 MOUNDS. COVER AND COOK 20 MIN DON'T OPEN LID OR THEY DEFLATE! MAKES 6.

VEG PIZZA CA

**2 PKGS. REFRIGERATED CRESCENT GREEN ONIONS, FINELY CHOPPED
ROLLS BROCCOLI FLORETS, VERY SMALL
2 8-OZ. PKGS. CREAM CHEESE CARROTS, FINELY SHREDDED
1/2 CUP MAYONNAISE RED PEPPER, FINE CHOPPED
1 PKG. HIDDEN VALLEY SALAD 8 OZ. SHREDDED CHEDDAR CHEESE
DRESSING MIX**

FLATTEN CRESCENT ROLLS ONTO COOKIE SHEET AND SEAM TOGETHER TO MAKE A SOLID CRUST. BAKE IN 350 DEGREE OVEN FOR APPROXIMATELY 10 MINUTES. COOL.

COMBINE CREAM CHEESE, MAYONNAISE AND SALAD DRESSING MIX. MIX WELL. SPREAD ON COOLED CRUST. TOP CHEESE LAYER WITH CHOPPED AND SHREDDED VEGETABLES. TOP VEGETA

EGGS & CHEESE



EGGS BENEDICT

**2 3 OZ. PKGS. CREAM CHEESE
GRATED PULP OF 1 MEDIUM PEELED, SEEDED CUCUMBER
1 SMALL GRATED ONION
1/4 TSP. SALT
MAYONNAISE
2-3 DROPS GREEN FOOD COLORING
DASH TABASCO SAUCE
1 LOAF PEPPERIDGE FARM THIN SLICED WHITE BREAD**

**GRATE CUCUMBER; EXTRACT JUICE BY SQUEEZING IT FAIRLY DRY.
COMBINE WITH CHEESE, ONION, TABASCO, SALT AND ENOUGH MAYONNAISE TO MAKE A
SMOOTH, EASILY SPREADABLE FILLING. TINT SLIGHTLY WITH GREEN FOOD COLORING
(DESIRED FINISHED COLORED IS VERY PALE GREEN)**

**CUT CRUSTS OFF BREAD AND CUT EACH SLICK INTO FOURTHS. SPREAD WITH BENEDICTINE
SPREAD.
GARNISH WITH VARIOUS TOPPINGS SUCH AS PARSLEY SPRINGS, PICKLE SLICE, ETC.**

YIELD: APPROXIMATELY 50 SERVING.

BRUNCH SLEEP LATER SERVES 5-6

1 POUND COOKED AND DRAINED BULK SAUSAGE

1 TSP. DRY MUSTARD

1 CUP GRATED CHEDDAR CHEESE

1 TSP. SALT

2 CUPS MILK

1/2 TSP. PEPPER

6 WELL BEATEN EGGS

2 SLICES WHITE BREAD (BROKEN UP)

MIX ALL TOGETHER AND POUR INTO A GREASED DISH. REFRIGERATE OVERNIGHT. BAKE IN PREHEATED 350 DEGREE OVEN, UNCOVERED, FOR 45 MINUTES.

BUS CREAM EGG

2 TBSP. BUTTER OR MARGARINE
18 EGGS
2 TBSP. ALL-PURPOSE FLOUR
1 TSP. IODIZED SALT
1 CUP MILK OR LIGHT CREAM
1/8 TSP. PEPPER
3 TBSP. BUTTER OR MARGARINE
3/4 CUP MILK

IN HEAVY SAUCEPAN, MELT THE 2 TBSP. BUTTER AND BLEND IN 2 TBSP. FLOUR. COOK AND STIR TILL BUBBLY. SLOWLY STIR IN MILK AND COOK AND STIR TILL SAUCE BOILS AND THICKENS. TURN DOWN HEAT AND KEEP WARM.

IN LARGE SKILLET, MELT THE 3 TBSP. BUTTER. BEAT TOGETHER EGGS, SALT, PEPPER AND MILK. POUR INTO SKILLET. COOK SLOWLY, STIRRING OCCASIONALLY, TILL EGGS ALMOST SET. DON'T LET THEM OVERCOOK. REMOVE FROM HEAT AND STIR IN WARM WHITE SAUCE.

SERVE IMMEDIATELY OR COVER AND PLACE OVER HOT WATER OR IN 200-DEGREE OVEN OR ELECTRIC SKILLET. EGGS CRUST SLIGHTLY BUT STAY SOFT AND MOIST FOR SEVERAL HOURS. LEFTOVERS CAN BE REHEATED IN OVEN.

MAKES 12 SERVINGS.

CHEESE STIX

CUT FROZEN BREAD INTO 24 THIN SLICES. MILT BUTTER IN MEDIUM SAUCEPAN OVER MEDIUM-HIGH HEAT. ADD FLOUR AND WHISK UNTIL SMOOTH. SLOWLY STIR IN MILK. ADD CHEESE, HORSERADISH AND 1 BOULLION CUBE - BLEND WELL. REDUCE HEAT TO LOW AND COOK FOR 10 MINUTES. REMOVE FROM HEAT AND COOL. HEAT OIL TO 350 DEGREES. SPREAD MIXTURE EVENLY OVER BREAD SLICES. ROLL SLICES UP LENGTHWISE. FRY IN BATCHES UNTIL GOLDEN BROWN ON ALL SIDES. DRAIN ON PAPER TOWEL. SERVE HOT WITH LEMON WEDGES. YIELD: APPROX. 2 DOZEN.

MACARONI & CHEESE

**6-8 OZ ELBOW MACARONI 1-1/2 CUP
3 TBSP BUTTER OR MARG
1/4 CUP FINELY CHOPPED ONIONS(OPTL)
2 TBSP ALL PURPOSE FLOUR
1/2 TSP SALT
DASH PEPPER
2 CUPS MILK
1 TSP WORCESTERSHIRE SAUCE(OPTL)
2 CUPS SHREDDED OR CUBED 8 OZ CHEDDAR CHEESE
1 MEDIUM TOMATO SLICED
BREAD CRUMBS OR CRUSHED CRACKERS
SALT**

COOK MACARONI ACCORDING TO PACKAGE DIRECTIONS. DRAIN. IN SAUCEPAN MELT BUTTER. IF USING ONION COOK IT IN BUTTER TILL TENDER NOT BROWN. BLEND IN FLOUR, 1/2 TSP SALT, PEPPER, WORCESTERSHIRE SAUCE. ADD MILK ALL AT ONCE, COOK STIR TILL THICKENED AND BUBBLY. ADD CHOPPED CHEESE TO SAUCE STIR TILL MELTED. STIR CHEESE SAUCE INTO MACARONI. TURN MIX INTO 1-1/2 QT CASSEROLE. SPRINKLE BREAD CRUMBS OR CRACKERS. ADD SLICED TOMATOES TO TOP AND SPRINKLE SALT AND PARSLEY. BAKE IN OVEN 350 DEG FOR 30 MIN TILL HEATED THROUGH. MAKE 6 SERVINGS

DELMONICO POTATO

9 MEDIUM POTATOES

1/8 TSP. PEPPER

SALT

1 4-OZ. PKG. SHREDDED CHEDDAR

1/3 CUP BUTTER OR MARGARINE

CHEESE (1 CUP)

1/3 CUP ALL-PURPOSE FLOUR

3 TBSP. DRIED BREAD CRUMBS

2-1/4 CUPS LIGHT CREAM OR MILK

EARLY IN DAY: IN LARGE, COVERED SAUCEPAN OVER MEDIUM HEAT, IN 1" BOILING WATER, COOK POTATOES WITH 1 TSP. SALT 20-30 MINUTES UNTIL POTATOES ARE FORK-TENDER; DRAIN AND COOL.

ABOUT 1 HOUR BEFORE SERVING: PEEL AND DICE POTATOES. IN LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT, MELT BUTTER OR MARGARINE. WITH WIRE WHISK OR SLOTTED SPOON, STIR IN FLOUR UNTIL WELL-BLENDED AND SMOOTH. GRADUALLY ADD CREAM AND COOK, STIRRING CONSTANTLY, UNTIL MIXTURE IS THICK AND BUBBLING. STIR IN 2 TSP. SALT AND PEPPER; THEN GENTLY STIR IN DICED POTATOES.

POUR POTATO MIXTURE EVENLY INTO GREASED 12X8-INCH BAKING DISH; SPRINKLE WITH CHEESE, THEN BREAD CRUMBS. BAKE 25 MINUTES OR UNTIL CHEESE IS MELTED AND MIXTURE IS BUBBLY.

MAKES 12 SERVINGS.

EGG FU YONG

**3 TABLSP PEANUT OIL
4 OZ CHOICE OF: PORK/HAM OR SHRIMP OR CHICKEN.
3 EGGS
2 SHREDDED WATER CHESTNUTS
1/4 CUP BEAN STROUTS
2 MUSHROOM CHOPPED
1/4 TEASP SALT
1 SLICE CHOPPED GINGER
1 TEASP LIGHT SOY SAUCE**

IN HIGH HEAT WOK ADD 1 TABLSP OIL, WHEN HOT-ADD GINGER,SCALLION,MUSHROOMS-COOK 1-2 MIN-ADD MEAT AND COOK TIL DONE-REMOVE TO PLATE.

ADD TO WOK 2 TABLSP OIL ADD EGGS COOK 1-2MIN.ADD ON TOP OF EGG INGREDIENTS,COOK 2 MIN, FOLD OVER IN HALF LIKE OMLET. COOK TILL DONE.

SAUCE: COMBINE OYSTER SAUCE (OR 1/2 TEASP SALT,BEEF BOUILLON, MOLASSES, SOY SAUCE,SUGAR) AND 1 CUP WATER. BRING TO BOIL, BLEND 2 TABLESP COLD WATER AND CORNSTARCH; STIR INTO MIXTURE, COOK AND STIR TILL THICKENED AND BUBBLY. TURN TO LOW HEAT;KEEP WARM WHILE FRYING EGG FOO YUNG MIXTURE.

FONDUE

**1/2 POUND EMMENTALER SHREDDED
1/2 POUND GRUYERE SHREDDED
3 TABLESPOONS FLOUR
3 TABLESPOON KIRSCH
1 GARLIC CLOVE(1/2 TSP JAR TYPE)
DASH NUTMEG
2 CUPS DRY WHITE WINE
2 LOAVES OF FRENCH BREAD CUBED/CRUSTED
1/2 TABLESPOON LEMON JUICE IF WINE
NOT TART ENOUGH**

DREDGE CHEESE WITH FLOUR. RUB THE COOKING POT WITH GARLIC; POUR IN WINE; SET OVER MODERATE HEAT. WHEN AIR BUBBLES RISE ADD LEMON JUICE(IF WANT). ADD CHEESE BY HANDFULS STIRRING CONSTANTLY WITH WOODEN SPOON UNTIL CHEESE IS MELTED. ADD KIRSCH AND NUTMEG STIRRING UNTIL BLENDED. KEEP BUBBLING HOT OVER BURNER WHILE SERVING. SERVES 4 TO 6

FRITTEDD

3/4 CUP FROZEN PEAS

3/4 CUP MILK

2 1/2 SLICES ITALIAN BREAD

1/8 POUND BACON

1 MEDIUM RED BELL PEPPERS

1 1/2 MEDIUM ONIONS

1/8 CUP MOZZARELLA(1/2 CUP GRATED

1 OZ ROMANO CHEESE(1/4 CUP GRATED

1 POUND LEAN GROUND BEEF

2 EGGS

SALT AND GROUND PEPPER

*****THAW AND DRAIN PEAS. WARM MILK IN SAUCEPAN. REMOVE BREAD CRUST AND DISCARD.**

SOAK BREAD 5 MIN IN MILK. SQUEEZE MILK FROM BREAD. TEAR INTO CRUMB SIZE PIECES AND

PUT IN LARGE BOWL. DISCARD MILK. CUT BACON AND BELL PEPPERS INTO 1/2 INCH DICED,

CHOP ONIONS, GRATED CHEESE, ADD TO BOWL. STIR IN GROUND CHUCK, PEAS, EGGS, 1/4

TEASP SALT, 1/2 TEASP PEPPER, MIX WITH HANDS.

COOK INTO 20 4 INCH OVAL PATTIES (ALSO CAN BE MADE INTO MEATBALLS) ABOUT 1 INCH

THICK. HEAT LARGE NON STICK SKILLET. SAUTE PATTIES OVER MEDIUM HEAT UNTIL BROWNE

ON BOTH SIDES, 12 -15 MIN. FREEZE OR SERVE.

SWISS CREAM PUFFS

SHELLS: FILLING:
2 TBSP. BUTTER OR MARGARINE
1 3 1/2 OZ. PKG. SLICED SMOKED
1/4 CUP BOILING WATER
BEEF, FINELY CHOPPED (1 CUP)
1/4 CUP SIFTED ALL-PURPOSE FLOUR
1/3 CUP FINELY CHOPPED CELERY
DASH SALT
2 TBSP. CHOPPED GREEN PEPPER
1 EGG
1/2 TSP. PREPARED HORSERADISH
1/4 CUP SHREDDED SWISS CHEESE
1/3 CUP MAYONNAISE

MELT BUTTER OR MARGARINE IN THE BOILING WATER. ADD FLOUR AND SALT; STIR VIGOROUSLY. COOK AND STIR TILL MIXTURE FORMS A BALL THAT DOESN'T SEPARATE. REMOVE FROM HEAT AND COOL SLIGHTLY. ADD THE EGG AND BEAT VIGOROUSLY TILL SMOOTH. STIR IN SWISS CHEESE. DROP DOUGH ONTO GREASED BAKING SHEET, USING 1 LEVEL TEASPOON DOUGH FOR EACH PUFF. BAKE IN HOT (400 DEGREE) OVEN FOR ABOUT 20 MINUTES. REMOVE CREAM PUFFS FROM OVEN; SPLIT AND COOL.

FOR FILLING: COMBINE REMAINING INGREDIENTS; CHILL. JUST BEFORE SERVING, SPOON INTO CREAM PUFFS; ARRANGE TOPS. YIELD: APPROX. 2 DOZEN

MACARONI & CHEESE

**6-8 OZ ELBOW MACARONI 1-1/2 CUP
3 TBSP BUTTER OR MARG
1/4 CUP FINELY CHOPPED ONIONS(OPTL)
2 TBSP ALL PURPOSE FLOUR
1/2 TSP SALT
DASH PEPPER
2 CUPS MILK
1 TSP WORCESTERSHIRE SAUCE(OPTL)
2 CUPS SHREDDED OR CUBED 8 OZ CHEDDAR CHEESE
1 MEDIUM TOMATO SLICED
BREAD CRUMBS OR CRUSHED CRACKERS
SALT**

COOK MACARONI ACCORDING TO PACKAGE DIRECTIONS. DRAIN. IN SAUCEPAN MELT BUTTER. IF USING ONION COOK IT IN BUTTER TILL TENDER NOT BROWN. BLEND IN FLOUR, 1/2 TSP SALT, PEPPER, WORCESTERSHIRE SAUCE. ADD MILK ALL AT ONCE, COOK STIR TILL THICKENED AND BUBBLY. ADD CHOPPED CHEESE TO SAUCE STIR TILL MELTED. STIR CHEESE SAUCE INTO MACARONI. TURN MIX INTO 1-1/2 QT CASSEROLE. SPRINKLE BREAD CRUMBS OR CRACKERS. ADD SLICED TOMATOES TO TOP AND SPRINKLE SALT AND PARSLEY. BAKE IN OVEN 350 DEG FOR 30 MIN TILL HEATED THROUGH. MAKE 6 SERVINGS.

ENTREE



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BEEF-MACARONI CASSEROLE

3/4 CUP ELBOW MACARONI

1 TABLESP BUTTER

2 TABLESP ALL PURPOSE FLOUR

ONE 16 OZ CAN STEWED TOMATOES CUT UP

ONE 8 OZ CAN TOMATO SAUCE

1/4 CUP DRY RED OR WHITE WINE

**1/2 ENVELOPE(1/4 CUP)ONION SOUP MIX OR BETTER YET: 1 MEDIUM ONION DICED
BROWNED IN MEAT FAT ADD BOUILLION CUBE AND 1/4 CUP WATER.**

1/2 TEASP DRIED OREGANO CRUSHED

1/4 TEASP SALT

DASH PEPPER

2 CUPS CUBED COOKED BEEF

1/2 CUP MOZZARELLA CHEESE(2OZ)

GREEN PEPPER RINGS

**COOK MACARONI ACCORDING TO PACKAGE. DRAIN. IN SAUCEPAN MELT BUTTER, BLEND
FLOUR. STIR UNDRAINED STEWED TOMATOES,TOMATO SAUCE, RED WINE, ONION
SOUP,OREGANO, SALT, PEPPER. COOK AND STIR TILL THICKENED BUBBLY. STIR IN BEEF AND
COOKED MACARONI. SPOON MIXTURE INTO 1 1/2 QT CASSEROLE. BAKE UNCOVERED 350 DEG
20 MIN. SPRINKLE WITH CHEESE, TOP WITH GREEN PEPPER RINGS, RETURN TO OVEN TIL
CHEESE MELTS,5 MIN. SERVES 4-5.**

BEEF

VEAL PICATA

1-1/2 POUNDS VEAL FOR SCALLOPINI 1/2 CUP DRY WHITE WINE
1 TSP. SALT 2 TBSP. LEMON JUICE
1/4 TSP. PEPPER 1/2 POUND MUSHROOMS, SLICED
4 TBSP. (1/2 STICK) BUTTER 1 TSP. FINNES HERBES
2 TBSP. VEGETABLE OIL

POUND VEAL TO 1/4-INCH THICKNESS; CUT INTO APPROX. 3 INCH SQUARES. SPRINKLE WITH SALT AND PEPPER. BROWN QUICKLY HALF AT A TIME IN 2 TBSP. OF BUTTER AND VEGETABLE OIL IN LARGE FRYING PAN; REMOVE ALL VEAL FROM PAN.

BEEF WELLINGTON

ONE 4-5 POUND FILLET OF BEEF (TWO END PIECES REMOVED AND RESERVED FOR SAUCE)
1/4 CUP COGNAC SALT
SEASONED SALT
FRESHLY GROUND COARSE BLACK PEPPER
1/4 TO 1/2 CUP VEGETABLE OIL
PUREE DE FOIE GRAS
TRUFFLE(LOUIS HENRY² BLACK TRUFFLES
BRAND STRASBOURG-GOOSE LIVER!)
1/4 TEASPOON ROSEMARY
1 RECIPE PASTRY DOUGH
1 EGG YOLK
1/4 CUP HEAVY CREAM
1 RECIPE MADEIRA SAUCE

****DO NOT RUSH STAGES. PREPARE IN ADVANCE. RUB FILLET ALL OVER WITH COGNAC. SEASON WITH SALT, SEASONED SALT AND COARSE BLACK PEPPER. LET FILLET STAND AT ROOM TEMPERATURE FOR AT LEAST 1 HOUR.**

****POUR SOME VEGETABLE OIL OVER FILLET AND ROAST IN PREHEATED 450 OVEN FOR ABOUT 20 MINUTES. DO NOT OVERCOOK. WHEN DONE COOL TO ROOM TEMP.**

****WHEN COOL FILLET -SPREAD OVER IT THE FOIE GRAS TRUFFLE MIXED AND SEASON WITH ROSEMARY.**

****COVER FILLET WITH PASTRY DOUGH BY PLACING MEAT IN CENTER AND SEALING THE SEAM AND END FLAPS WITH LITTLE WATER AND /OR BEATEN EGG. PLACE MEAT ON BAKING SHEET SEAM SIDE DOWN. MAKE 5-6 SMALL OPENINGS ON TOP OF CRUST TO GIVE STEAM VENTS.**

****ROAST IN 450 OVEN FOR 10 MINUTES. BRUSH PASTRY SEVERAL TIMES WITH MIX EGG YOLK AND CREAM TO MAKE GOLDEN BROWN. AFTER 10 MIN REDUCE OVEN TO 350 AND ROAST 20 MIN MORE. REMOVE AND LET STAND A FEW MINUTES AND THEN SLICE. PASS MADEIRA SAUCE SEPARATELY.**

****PASTRY DOUGH**

2 CUP FLOUR 1/2 TEASPOON SALT
1/2 CUP SWEET BUTTER 3 TABLESPOON SHORTENING
5 TABLESPOON ICE COLD WATER

SIFT FLOUR AND SALT TOGETHER. WITH 2 FORKS CUT IN BUTTER COLD AND SHORTENING UNTIL MEALY. ADD COLD WATER MAKE INTO BALL. CHILL DOUGH 2 HOURS IN REFRIG. ROLL DOUGH THINLY 1/8 INCH PLACE FILLET AND ROLL AROUND FILLET.

****MADEIRA SAUCE USE END PIECES CUT FROM FILLET 8 TABLESPOON SWEET BUTTER**

5 SHALLOTS MINCED 2 CUPS BROWN CANNED CONSOMME BEEF
1/2 CUP MADEIRA WINE 6 FRESH PARSLEY SPRIGS
1 BAY LEAF 1/4 TEASPOON THYME
2 TABLESPOON FLOUR 1 POUND MUSHROOMS SLICED AND SAUTEED 1 TRUFFLE SLICED IN BUTTER

****CUT 2 ENDS OF FILLET IN SMALL PIECES AND SAUTE IN 6 TABLESPOON OF BUTTER UNTIL BROWN. ADD MINCED SHALLOTS AND SAUTE UNTIL SLIGHTLY BROWN. ADD BROWN STOCK AND MADEIRA WINE, PARSLEY, BAY LEAF, THYME. BRING TO BOIL. SIMMER FOR 1 HOUR. STRAIN LIQUID.**

MELT THE REMAINING 2 TABLESPOON BUTTER, ADD FLOUR STIR COOK SLOWLY UNTIL GOLDEN. ADD MADEIRA STOCK MIX SLOWLY TO MAKE SMOOTH SAUCE. SIMMER 1/2 HOUR ADD SLICED SAUTEED MUSHROOMS AND TRUFFLES.

BEEF BOURGIGNONNE SERVES 4

2 POUND LEAN BEEF (SIRLOIN TIP OR TOP ROUND) CUT INTO 1/2" CUBES

MARINATE ABOVE FOR 1 DAY IN MIXTURE OF: 2 TBSP. LEMON JUICE, 2 TBSP. OIL, 1 SMALL ONION, CHOPPED, 2 CLOVES GARLIC, CHOPPED, SALT AND PEPPER.

**2 TBSP. BUTTER 3 TBSP. FLOUR
24 SMALL WHITE ONIONS 1 CUP BEEF CONSOMME
12 LARGE MUSHROOMS, QUARTERED 1 CUP RED BURGUNDY WINE
1 TBSP. TOMATO PASTE**

MELT BUTTER IN SKILLET. BROWN MEAT QUICKLY. TRANSFER TO CASSEROLE AND SLAT LIGHTLY. IN BURTTTER REMAINING IN SKILLET SAUTE SHOLE WHITE ONIONS AND MUSHROOMS TUNTIL MICELY COATED. ADD TO MEAT IN CASSEROLE. TO REMAINING LLIQUIED IN DKILLET, STIR IN TOMATO PASTE AND FLOUR. SLOWLY ADD CONSOMME AND 1/4 CUP WINE. STIR UNTIL MEXTURE COMERS TO A BOIL. SEASON TO TASTE AND POUR OVER CONTENTS IN CASSEROLE. BAKE IN 300 DEGREE OVEN FOR 2 TO 3 HOURS UNTIL FORK TENDER, STIRRING AND ADDING REST OF WINE AT INTERVALS. COVER CASSEROLE FIR FIRST 2/3 OF COOKING TIME, THEN LEABVE UNCOVERED. STIR OCCASIONALLY TO AVOID OVER BROWNING ON TOP.

MEATS

DJUVEC

4 LAMB LOIN CHOPS 1 INCH THICK(6 OZ EACH)

1 TSP SALT

FRESH GROUND PEPPER

THYME

3 TBSP LARD/SHORTENING

3 CUPS ONIONS, SLICED 1/8"THICK

1/4 TSP FINE CHOPPED GARLIC

1/4 CUP CHICKEN STOCK

1-1/2 POUND 4 LARGE POTATOES, PEELED AND SLICED 1/4 INCH THICK

3 LARGE GREEN PEPPERS, SEEDS AND SLICED INTO RINGS (1-1/2 LB)

2 POUNDS TOMATOES PEELED AND SLICED 1/4 INCH THICK(ABOUT 8 MEDIUM TOMATOES)

1/2 BAY LEAF CRUMBLD

**

PREHEAT OVEN 350 DEG. PAT LAMB CHOPS DRY SPRINKLE THEM WITH 1/2 TSP SALT,GRINDS PEPPER, LITTLE THYME. IN HEAVY 12 INCH SKILLET OVER HIGH HEAT MELT LARD UNTIL HAZE FORMS OVER IT, THEN ADD CHOPS. COOK 2 MIN PER SIDE UNTIL BROWNED. REMOVE TO WARM PLATTER. ADD ONIONS AND GARLIC TO HOT FAT IN SKILLET AND STIR, COOK OVER MEDIUM HEAT FOR 8-10 MIN OR ONIONS ARE LIGHTLY COLORED. REMOVE THEM AND SET ASIDE. POUR CHICKEN STOCK INTO SKILLET, BRING TO BOIL, STIR IN BITS LEFT AND REMOVE. SPREAD HALF OF ONIONS MIX OVER 6 QT CASSEROLE DISH. COVER THE MIX WITH POTATOES, GREEN PEPPERS, HALF OF TOMATOES. SEASON WITH 1/2 TSP SALT. GRIND PEPPER, THYME AND CRUMBLD BAY LEAF. ADD OTHER LAYER OF ONION MIX AND REST OF TOMATOES. POUR THE STOCK FROM SKILLET INTO CASSEROLE AND ARRANGE CHOPS OVER VEGETABLES. BRING CASSEROLE TO BOIL IN OVEN, COVER TIGHTLY, BAKE IN OVEN FOR 25 MIN, REMOVE COVER AND COOK IN OVEN FOR 15 MIN LONGER. SERVES 4. THIS IS A FAVORITE YUGOSLAVIAN DISH.

BEEF ENCHILADA SAUCE:

FILLING:

2 CLOVES GARLIC,PRESSED
2 LBS. GROUND BEEF
1/3 CUP SALAD OIL
3 ONIONS, DICED
1/2 CUP FLOUR
2 TSP SALT
5 8 OZ. CANS TOMATO SAUCE
1/2 TSP. PEPPER
3 TBSP. CHILI POWDER
6 TBSP. CHOPPED RIPE OLIVES
1 1/2 CUPS WATER
1 1/2 LB. GRATED CHEDDAR CHEESE
2 DZ. CORN TORTILLAS

SAUCE: SAUTE GARLIC IN OIL; ADD FLOUR, TOMATO SAUCE, SEASONINGS AND WATER. STIR AND SIMMER TILL MIXTURE THICKENS AND FLAVORS BLEND, APPROX. 1 HOUR.

FILLING: BROWN BEEF AND ONIONS; ADD SEASONINGS. COOK TILL BEEF IS NO LONGER PINK AND ONIONS ARE GOLDEN.

TO ASSEMBLE: DIP INDIVIDUAL TORTILLAS IN SAUCE. PLACE 3-4 TBSP. FILLING ACROSS CENTER; ADD CHEESE ON TOP OF FILLING. ROLL UP; PLACE IN BAKING DISH. SPRINKLE LEFTOVER CHEESE AND SAUCE ONT OP. BAKE AT 325 UNTIL HEATED THROUGH AND CHEESE MELTS, APPROX 25-30 MINUTES.

MEATS

FAJITAS

3/4 POUND CHICKEN OR BEEF SIRLOIN STEAK
1/8 CUP VEG OIL
1/8 CUP RED WINE VINEGAR
1/2 TEASP SUGAR
1/2 TEASP DRIED OREGANO LEAVES
1/2 TEASP CHILI POWDER
1/4 TEASP GARLIC POWDER
1/4 TEASP SALT
1/8 TEASP PEPPER
5 LARGE FLOUR TORTILLAS
1 LARGE ONION SLICED
1 MEDIUM GREEN OR RED PEPPERS, CUT INTO 1/4 INCH STRIP
1/2 TABLSP VEG OIL
1/2 CUP SHREDDED CHEDDAR OR MONTEREY JACK CHEESE 2 OZ.
4 OZ PICANTE SAUCE
GAUACAMOLE SAUCE-OPTIONAL
1/2 CUP SOUR CREAM

TRIM BEEF OR CHICKEN

MIX 1/8 CUP OIL, VINEGAR, SUGAR, OREGANO, CHILI POWDER, GARLIC POWDER, SALT, PEPPER IN UNGREASED SQUARE BAKING DISH. PLACE BEEF OR CHICKEN IN DISH TURNING TO COAT BOTH SIDES. COVER AND REFRIGERATE.

WRAP TORTILLAS IN ALUM FOIL IN HEAT 325 DEG OVEN 15 MIN. KEEP WRAPPED REMOVE OVEN. REMOVE MEAT FROM SAUCE. SAVE MIX. SET OVEN TO BROIL. BROIL MEAT ON TOP RACK, ABOUT 8 MIN. TURN MEAT, BRUSH MARINDAE, AND BROIL UNTIL MEDIUM OR DONE 7-8MIN. WHILE MEAT BROILS COOK STIR ONIONS GREEN PEPPERS IN 2 TABLSP OIL UNTIL CRISP - 10MIN. SLICE BEEF DIAGONALLY INTO VERY THIN SLICES.

PLACE MEAT, ONION MIX, CHEESE, PICANTE SAUCE. GUACAMOLE, SOUR CREAM IN CENTER TORTILLA. 2 SERVING TWO EACH.

BEEF ITALIAN BRACIOLE

2 BEEF BRACIOLE CUT 1/2 INCH THICK TOTAL WEIGHT 1 1/4 POUNDS ERROR! BOOKMARK NOT DEFINED.

NEEDLE AND COTTON THREAD TO SEW MEAT

3/4 POUND PORK OR SAUSAGE NOT COMPLETELY LEAN GROUND ONCE.

1 PEELED GARLIC CLOVE CHOPPED FINE

2 TABLSP CHOPPED PARSLEY

1 EGG

2 TABLSP FRESH GRATED PARMESAN CHEESE

SALT

FRESH GROUND PEPPER

2 TABLSP BUTTER

2 TABLSP VEGETABLE OIL

2/3 CUP FLOUR SPREAD ON PLATE

1 CUP DRY WHITE WINE

PLACE 2 PIECES BRACIOLE ONE ABOVE OTHER AND STITCH THEM LIKE PILLOW CASE. LEAVE ONE END OPEN.

PUT PORK, GARLIC, PARSLEY, EGG, CHEESE, SALT, PEPPER INTO BOWL AND MIX WITH FORK.

PLACE MIX INTO BRACIOLE EVENLY, SEW UP REMAINING END. CHOSE SAUTE PAN OVAL PREFERRED TO ALLOW BRACIOLE TO LIE FLAT. PUT IN BUTTER AND OIL TURN TO MEDIUM HIGH HEAT. DREDGE MEAT ALL OVER WITH FLOUR. WHEN BUTTER FOAM SUBSIDES PUT IN MEAT. TURN MEAT ROLL BROWNING WELL BOTH SIDES. WHEN ALL BROWNE SPRINKLE WITH SALT/PEPPER AND ADD WINE. LET BUBBLE HALF MIN LOWER HEAT TO MEDIUM LOW AND COVER PAN. SET COVER ASKEW. COOK 1 1/2 HOURS, TURNING MEAT OCCASIONALLY. WHEN DONE REMOVE MEAT, ON HIGH HEAT COOK LEAVINGS WITH WATER TO MAKE GRAVY SAUCE.

PICK OUT STRINGS. CUT ROLL LIKE SALAMI INTO 1/2 INCH THICK, VERY SHARP KNIFE. POUR SAUCE OVER MEAT AT SERVING.

SUGGEST: SIDE DISH OF 1 LB SAUTEED ASPARAGUS AND 1/2 LB MUSHROOMS STIR FRIED IN 3 TABLSP BUTTER, AND SALT/PEPPER.

NOODLES CARBONNE

**1 GREEN PEPPER, CUT IN 1/4" SLICES
1 MEDIUM ONION, SLICED
1/4 TSP. GARLIC POWDER
1/2 TSP. OREGANO**

SAUTE IN BUTTER UNTIL LIMP, NOT BROWNED.

**ADD: SMALL PACKAGE MEDIUM NOODLES, COOKED AND DRAINED.
1/4 CUP PARMESAN CHEESE**

BEAT 1 EGG WELL; ADD 1/2 CUP CREAM. STIR INTO NOODLE MIXTURE, MIXING WELL.

CHICKEN

ITALIAN MARINATED CHICKEN BREAST

2 CHICKEN BREASTS, SLIT WITH BONE OR BONED

REMOVE SKIN FOR HEALTH REASONS

USE ITALIAN DRESSING IN DISH MARINATE FOR 30 MIN UP TO OVERNIGHT.

IN DISH HAVE BREAD CRUMBS AND ROLL BREAST IN DISH BOTH SIDES

PUT CHICKEN IN CASSEROLE DISH, BREAST SIDE UP .

PREHEAT OVEN TO 350 DEG AND BAKE FOR 40 MINUTES

CHICKEN

CHICKITA

VEAL LIKE DISH NORTHERN ITALY BUT WITH CHICKEN:

2 WHOLE SKINLESS, BONELESS CHICKEN BREASTS 3/4 LB EACH

1/4 CUP FLOUR

SALT AND FRESH GROUND PEPPER TO TASTE

2 TABLESP OLIVE OIL

2 TABLSP BUTTER

2 TABLSP CHOPPED FRESH ROSEMARY OR 1 TBLSP DRIED

4 GARLIC CLOVES UNPEELED

1/2 CUP DRY WHITE WINE

2 TABLSP FRESH LEMON JUICE

2 TABLSP CHOPPED PARSLEY

****** SPLIT CHICKEN BREASTS IN HALF DOWN CENTER. TRIM AND DEBONE. DREDGE ALL OVER IN FLOUR SEASONED WITH SALT PEPPER.**

HEAT OIL AND BUTTER IN HEAVY SKILLET. ADD CHICKEN ROSEMARY AND GARLIC. COOK 4 MIN OR BROWNED TURN OTHER SIDE FOR 4-5 MIN. DO NOT COVER.

POUR OFF FAT FROM SKILLET LEAVING CHICKEN, ROSEMARY, GARLIC. PORT WINE AND BRING TO BOIL. ADD LEMON AND PARSLEY. COVER AND COOK 3 MIN. REMOVE GARLIC DISCARD AND SERVE YIELD 4.

**CHICKEN
CHICKEN CORDON BLEU**

**14 CHICKEN BREASTS, BONELESS EGG/MILK MIXTURE
28 SLICES SWISS CHEESE BREAD CRUMBS
14 SLICES BOILED HAM, SLICED VERY THIN
FLOUR BUTTER
SALT PEPPER**

CUT CHICKEN BREAST IN HALF AND FLATTEN. LAYER AS FOLLOWS; 1 FLATTENED HALF CHICKEN BREAST, 1 SLICE CHEESE, 1 SLICE HAM, 1 SLICE CHEESE. DIP IN FLOUR, EGG/MILK MIXTURE, THEN BREAD CRUMBS. SAUTE IN BUTTER UNTIL BROWN. USE LOW HEAT SO CHEESE WILL NOT MELT. BROWN ON ONE SIDE ONLY. TURN OVER AND BAKE IN 300 DEGREE OVEN FOR 15 MINUTES OR UNTIL GOLDEN BROWN.

CHICKEN

CHICHEN DELICIOUS

**4 WHOLE CHICKEN BREASTS, ABOUT 1 POUND EACH, OR 8 CHICKEN THIGHS
8 SLICES BACON, PARTIALLY COOKED
8 SLICES DRIED BEEF
2 CANS (10-1/2 OZ. EACH) CONDENSED CREAM OF MUSHROOM SOUP
1-1/2 CUPS DAIRY SOUR CREAM
FRESH MUSHROOMS, SLICED AND SAUTEED
CHOPPED PARSLEY
COOKED RICE (OPTIONAL)**

SPLIT, SKIN AND BONE, BREAST; OR SKIN AND BONE THIGHS. WRAP BACON SLICES AROUND EACH CHICKEN PIECE. ARRANGE IN LARGE SHALLOW CASSEROLE AND SPRINKLE WITH SMALL PIECES DRIED BEEF. COMBINE SOUP AND SOUR CREAM AND POUR ON CHICKEN. BAKE IN 200 DEGREE OVEN FOR 4 HOURS. SPRINKLE GENEROUSLY WITH SAUTEED MUSHROOM SLICES AND PARSLEY. SERVE WITH RICE, IF DESIRED. MAKES 6-8 SERVINGS.

(CURRIED CHICKEN DELUXE: ADD 1 TBSP. CURRY POWDER (OR TO TASTE) TO SOUP AND PROCEED AS DIRECTED.

CHICKEN

CHICKEN/TURKEY ENCHILADAS

1- 16 OZ CAN TOMATOES

1- 4 OZ CAN GREEN CHILI PEPPERS, RINSED AND SEEDED

1/2 TSP CORIANDER SEED

1/2 TSP SALT

1 CUP DAIRY SOUR CREAM

2 CUPS FINELY CHOPPED COOKED CHICKEN OR TURKEY

1 3 OZ CREAM CHEESE SOFTENED

1/4 CUP FINELY CHOPPED ONION

3/4 TSP COOKING OIL

12- 6 INCH TORTILLAS

1 CUP SHREDDED MONTEREY JACK CHEESE 4 OZ

**** PLACE UNDRAINED TOMATOES, CHILI PEPPERS, CORIANDER SEED, 1/2 TSP SALT IN BLENDER AND MIX TILL SMOOTH, ADD SOUR CREAM BLEND TILL COMBINED SET ASIDE.**

COMBINE CHICKEN OR TURKEY, CREAM CHEESE, ONION, 3/4 TSP SALT. IN SKILLET HEAT COOKING OIL AND ONE AT A TIME 10 SEC DIP TORTILLAS EACH SIDE AND PLACE ON PAPER TOWEL. SPOON CHICKEN MIX ON TORTILLAS ROLL UP PLACE IN CASSEROLE PAN SEAM SIDE DOWN. COVER WITH FOIL. BAKE 350 DEG 30 MIN. REMOVE ADD CHEESE ON TOP RETURN TILL MELTED. SERVES 6.

CHICKEN

EXOTIC CHICKEN SALAD

**2 QTS. COARSELY CUT COOKED TURKEY
1 20 OZ. CAN WATER CHESTNUTS
2 LBS. SEEDLESS GRAPES, HALVED
2 CUPS SLICED CELERY
2 TO 3 CUPS TOASTED SLIVERED ALMONDS
3 CUPS MAYONNAISE
1 TSP. CURRY POWDER
2 TBSP. SOY SAUCE
1 1# 13 OZ. CAN PINEAPPLE CHUNKS, DRAINED**

MIX MAYONNAISE WITH THE CURRY POWDER AND SOY SAUCE. COMBINE WITH TURKEY AND SLICED WATER CHESTNUTS. CHILL FOR SEVERAL HOURS; THEN ADD GRAPES, CELERY AND HALF OF ALMONDS AND PINEAPPLE.

SERVE ON LETTUCE CUPS, GARNISHED WITH REMAINING ALMONDS AND PINEAPPLE.

SERVES 12 GENEROUSLY OR 20 FOR LUNCH.

CHICKEN

CHICKEN GOURMET

10-12 BNLS., SKINNED CHICKEN BREASTS
1 TSP. TOMATO PASTE
2 TBSP. BUTTER
1 TSP. DIJON N=MUSTARD
1.2 LB. FRESH MUSHROOMS, SLICED
3 TBSP. FLOUR
2/3 CUP (3 OZ.) SHREDDED BOILED HAM
1 1/4 CUP CHICKEN BROTH
1 TBSP. DRY SHERRY
1 CUP WHIPPING CREAM
1 TSP. LEMON JUICE
2 TBSP. DRY WHITE WINE
1/2 TSP. TARRAGON, DRIED
2 TBSP. DRY SHERRY
1 CLOVE GARLIC, MINCED
1/2 TSP. PEPPER
2 CUPS GRATED SWISS CHEESE
1/4 CUP MARGARINE + 2 T. OIL
SALT AND FRESHLY GROUND PEPPER
10-12 LG. MUSHROOM CAPS, FLUTED
FLOUR 10-12 ARTICHOKE BOTTOMS, CANNED
1/2 STICK BUTTER
1/2 CUP GRATED GRUYERE CHEESE
2 TBSP. COGNAC
CHERRY TOMATO/PARSLEY GARNISH

MAKE LONG DEEP POCKET OPENING IN THICKEST SIDE EACH CHICKEN BREAST. MELT 2 TBSP. BUTTER IN LARGE SKILLET OVER MEDIUM HEAT; ADD SLICED MUSHROOMS; SAUTE 3-4 MINUTES. STIR IN HAM, SHERRY LEMON JUICE, TARRAGON AND GARLIC; COOK FEW MINUTES MORE. REMOVE FROM HEAT AND ADD CHEESE. SEASON TO TASTE WITH SALT AND PEPPER. STUFF HEAPING TBSP. MIXTURE INTO BREAST POCKET. PLACE CHICKEN ON LARGE BAKING SHEET, COVER WITH WAXED PAPER, TOP WITH ANOTHER BAKING SHEET AND WEIGHT WITH BOOKS OR CANS; REFRIGERATE SEVERAL HOURS.

CHICKEN

CHICHEN ROMA

**6 CHICKEN BREASTS, WEIGHING ABOUT 12 OZ. EACH
2 TBSP. FINELY CHOPPED GREEN ONION
1/2 CUP (1 STICK) BUTTER OR MARGARINE
1-1/2 CUPS FRESH BREAD CRUMBS
1/4 POUND SOFT SALAMI, FINELY CHOPPED**

BONE CHICKEN BREASTS, LEAVING SKIN IN PLACE. PLACE FLAT, SKIN SIDE DOWN, ON CUTTING BOARD. SAUTE ONION IN 3 TBSP. BUTTER OR MARGARINE UNTIL SOFT; STIR IN BREAD CRUMBS AND SALAMI UNTIL EVENLY MOIST. DIVIDE STUFFING INTO 6 PARTS; SPOON ALONG HOLLOW IN CHICKEN BREASTS. FOLD EDGES OF CHICKEN OVER STUFFING TO COVER COMPLETELY; FASTEN WITH WOODEN PICKS. MELT REMAINING BUTTER OR MARGARINE IN SMALL SAUCEPAN ON GRILL; BRUSH PART OVER CHICKEN. PLACE BREASTS ON GRILL, BUTTERED SIDE DOWN, ABOUT 6 INCHES ABOVE HOT COALS. GRILL 20 MINUTES. BRUSH AGAIN WITH MELTED BUTTER OR MARGARINE; TURN. GRILL 20 MINUTES LONGER, OR UNTIL CHICKEN IS TENDER AND GOLDEN. PLACE ON A LARGE SERVING PLATTER; REMOVE PICKS. GARNISH WITH CARROT CURLS AND SPRIGS OF CHICORY, IF DESIRED.

CHICKEN

CHICKEN SALTIMBOCA

**3 LARGE CHICKEN BREASTS, SKINNED, BONED AND HALVED LENGTHWISE
6 THIN SLICES BOILED HAM
1/3 CUP DRY FINE BREAD CRUMBS
3 SLICES MOZZARELLA CHEESE, HALVED
2 TBSP. GRATED PARMESAN CHEESE
1 MEDIUM TOMATO, SEEDED, CHOPPED
2 TBSP. SNIPPED PARSLEY
1/2 TSP. DRIED SAGE, CRUSHED
4 TBSP. BUTTER, MELTED**

PLACE CHICKEN, BONED SIDE UP, ON CUTTING BOARD. PLACE A PIECE OF CLEAR PLASTIC WRAP OVER. WORKING FROM THE CENTER OUT, POUND LIGHTLY WITH MEAT Mallet TO 5X5 INCHES. REMOVE WRAP. PLACE A HAM SLICE AND HALF SLICE CHEESE ON EACH CUTLET, CUTTING TO FIT. TOP WITH SOME TOMATO AND A DASH OF SAGE. TUCK IN SIDES; ROLL UP JELLY-ROLL STYLE, PRESSING TO SEAL WELL. COMBINE BREAD CRUMBS, PARMESAN AND PARSLEY. DIP CHICKEN IN BUTTER OR MARGARINE, THEN ROLL IN CRUMBS. PLACE IN SHALLOW BAKING PAN. BAKE AT 350 DEGREES FOR 40 TO 45 MINUTES. SERVES 6.
CHICKEN MARINADE

FRENCH DRESSING

**3/4 CUP SALAD OIL
1/4 TSP. PAPRIKA
1/4 CUP LEMON JUICE
1/4 TSP. DRY MUSTARD
1 TBSP. SUGAR
1/4 TSP. PEPPER
3/4 TSP. SALT**

PLACE ALL INGREDIENTS IN CONTAINER. SHAKE WELL.

CHICKENS

GRILLED CHICKEN HALVES

**2 BROILER-FRYER CHICKENS, HALVED 1/2 CUP BUTTER OR MARGARINE
1 TSP. SEASONED SALT 2 TBSP. WORCESTERSHIRE SAUCE
1/4 TSP. SEASONED PEPPER 1 TBSP. LEMON JUICE**

ABOUT 2 HOURS BEFORE SERVING:

START HEATING OVEN TO 350 DEGREES. SPRINKLE CHICKEN HALVES WITH SEASONED SALT AND PEPPER.

PLACE CHICKEN HALVES IN 15-1/2X10-1/2X1 INCH JELLY-ROLL PAN.

MELT BUTTER OR MARGARINE. COMBINE WITH WORCESTERSHIRE SAUCE AND LEMON JUICE. SPOON OVER CHICKEN. BAKE, BASTING OCCASIONALLY WITH CHICKEN JUICES, FOR 1-1/2 HOURS, OR UNTIL CHICK IS TENDER.

CHICKEN

CHICKEN GOURMET 2

COAT EACH CHICKEN BREAST LIGHTLY WITH FLOUR; SHAKE OFF EXCESS. MELT 1/4 CUP BUTTER IN LARGE SKILLET OVER MEDIUM-HIGH HEAT; SAUTE CHICKEN UNTIL DEEP GOLDEN BROWN ON BOTH SIDES AND ALMOST COOKED THROUGH. WARM BRANDY; FLAME AND POUR OVER CHICKEN. TRANSFER CHICKEN TO GREASED 9 X 13" BAKING DISH AND SET ASIDE.

STIR TOMATO PASTE AND MUSTARD INTO PAN JUICES. MIX FLOUR WITH A LITTLE OF THE CHICKEN BROTH; BLEND WELL; THEN STIR IN REMAINING BROTH AND ADD TO SKILLET. SIMMER 5 MINUTES OVER MEDIUM HEAT STIRRING CONSTANTLY WITH WHISK UNTIL THICKENED. GRADUALLY ADD CREAM, STIRRING TO BLEND WELL. THEN ADD WINE, SHERRY, AND WHITE PEPPER. POUR SAUCE OVER CHICKEN AND BAKE FOR APPROX 15 MINUTES.

MEANWHILE MELT 1/4 CUP BUTTER IN LARGE SKILLET OVER MEDIUM HIGH HEAT. ADD MUSHROOM CAPS AND ARTICHOKE BOTTOMS AND SAUTE BRIEFLY. PLACE ONE ARTICHOKE BOTTOM, CUP SIDE UP, ON EACH BREAST AND SPRINKLE WITH GRUYERE CHEESE. BAKE ABOUT 5 MINUTES OR UNTIL CHEESE MELTS. TRANSFER CHICKEN TO HEATED PLATTER. PLACE MUSHROOM CAPS, FLUTED SIDE UP ON TOP OF ARTICHOKE. GARNISH WITH FEW CHERRY TOMATOES AND FRESH PARSLEY. SERVE IMMEDIATELY.

CHICKEN

CHICKEN MAZZANTI

2 WHOLE CHICKEN BREASTS, BONED, SKINNED, AND HALVED LENGTHWISE
4 3X1-INCH SLICES MONTEREY JACK CHEESE (1 OUNCE)
2 EGGS
1 TBSP. GRATED PARMESAN CHEESE
1 TSP. INSTANT CHICKEN BOUILLON GRANULES
1 TSP. SNIPPED PARSLEY
DASH PEPPER
3 TBSP. ALL-PURPOSE FLOUR
2 TBSP. COOKING OIL
LIME SLICES OR WEDGES
PARSLEY SPRIGS

CUTTING FROM THICKEST SIDE, CUT POCKET IN EACH CHICKEN BREAST. PLACE SLICE OF CHEESE INSIDE EACH POCKET. IN MIXING BOWL, BEAT TOGETHER THE EGGS, PARMESAN, BOUILLON GRANULES, PARSLEY AND PEPPER. COAT BREAST WITH FLOUR; DIP IN EGG MIXTURE. IN SKILLET, BROWN CHICKEN IN HOT OIL FOR 2-3 MINUTES EACH SIDE. REMOVE FROM SKILLET. PLACE IN SMALL BAKING PAN. BAKE AT 375 DEGREES FOR 8-10 MINUTES OR TILL COATING JUST BEGINS TO BROWN.

SERVE WITH LIME SLICES AND PARSLEY SPRIGS. YIELD: 4 SERVINGS

**FISH & SEAFOOD
COQUILLES SAINT JACQUES**

SERVES 6

**1 1/2 POUNDS FRESH OR FROZEN SCALLOPS
2 TBSP. BUTTER OR MARGARINE
1 CUP DRY WHITE WINE
2 TBSP. ALL PURPOSE FLOUR
1 TBSP. LEMON JUICE
1/4 TSP. SALT
2 SPRIGS PARSLEY
1/8 TSP. GROUND NUTMEG
1 BAY LEAF
DASH PEPPER
1/2 TSP. SALT
1/2 CUP MILK
1 CUP CHOPPED FRESH MUSHROOMS
2 EGG YOLKS
2 TBSP. THINLY SLICED SHALLOTS OR GREEN ONION
1/2 CUP LIGHT CREAM
1 CUP SOFT BREAD CRUMBS**

THAW SCALLOPS, IF FROZEN. HALVE ANY LARGE SCALLOPS. IN SAUCEPAN COMBINE SCALLOPS, WINE, LEMON JUICE, PARSLEY, BAY LEAF, AND 1/2 TSP. SALT. BRING TO BOILING;REDUCE HEAT. COVER AND SIMMER FOR 2 TO 4 MIN. OR TILL SCALLOPS ARE OPAQUE IN APPEARANCE. REMOVE SCALLOPS WITH A SLOTTED SPOON. STRAIN WINE MIXTURE THROUGH CHEESECLOTH;RESERVE 1 CUP LIQUID.

IN SKILLET COOK MUSHROOMS AND SHLLAT OR GREEN ONION IN 2 TBSP. BUTTER OR MARGARINE ABOUT 5 MIN. OR TILL TENDER. STIR IN FLOUR, 1/4 TSP. SALT, NUTMEG, AND PEPPER. ADD RESERVED 1 CUP LIQUID AND MILK. COOK AND STIR TILL THICKENED AND BUBBLY. REMOVE FROM HEAT. COMBINE EQQ YOLKS AND CREAM; BEAT WELL WITH A WIRE WHISK. GRADUALLY STIR ABOUT HALF OF THE HOT MIXTURE INTO EGG YOLK MIXTURE; RETURN TO REMAINING HOT MIXTURE IN SKILLET. ADD SCALLOPS. HEAT AND STIR JUST TILL BUBBLY. REDUCE HEAT; COOK AND STIR OVER LOW HEAT FOR 2 MIN.

PLACE 6 BUTTERED BAKING SHELLS OR SHALLOW INDIVIDUAL CASSEROLES IN SHALLOW BAKING PAN. SPOON SCALLOP MIXTURE INTO SHELLS OR CASSEROLES. TOSS TOGETHER BREAD CRUMBS AND 2 TBSP. MELTED BUTTER OR MARGARINE; SPRINKLE OVER SCALLOP MISTURE. BAKE IN 400 DEGREE OVEN ABOUT 10 MIN. OR TILL BROWNED.

SERVES 6.

FISH & SEAFOOD

CRAB STUFFED MUSHROOMS APPETIZER

20 LARGE MUSHROOM CAPS
3/4 CUP FRESH BREAD CRUMBS
ITALIAN DRESSING
2 EGGS, BEATEN
1 1/2 CUPS (6-1/2 OZ. CAN) FLAKED CRABMEAT
1/4 CUP MAYONNAISE
1/4 CUP MINCED ONION
1 TSP. LEMON JUICE

MARINATE MUSHROOM IN ITALIAN DRESSING, DRAIN. COMBINE CRABMEAT, 1/2 CUP CRUMBS, EGGS, MAYONNAISE, ONION AND LEMON JUICE; FILL MUSHROOMS. TOP WITH REMAINING CRUMBS; BAKE AT 375 DEGREES FOR 15 MINUTES. YIELD; APPROX. 20.

FISH & SEAFOOD

CRAB CROUSTADES APPETIZER

**1 LOAF UNSLICED WHITE BREAD
1 7-1/2 OZ. CAN CRAB MEAT, DRAINED AND FLAKED
1/2 CUP (1 STICK) BUTTER OR MARGARINE, MELTED
1 TSP WORCESTERSHIRE SAUCE
1 5 OZ. CONTAINER PASTEURIZED PROCESS AMERICAN CHEESE SPREAD
1/2 TSP. ONION POWDER
1/8 TSP. PEPPER
1 EGG YOLK**

CUT BREAD INTO 1" SLICES; REMOVE CRUSTS. CUT TRIMMED SLICES INTO 12" CUBES. HOLLOW OUT EACH CUBE WITH A SMALL SHARP KNIFE, LEAVING A SHELL ABOUT 1/8" THICK; BRUSH SIDES AND TOPS WITH MELTED BUTTER. PLACE ON COOKIE SHEETS. BAKE IN HOT OVEN (400 DEGREES) FOR 10 MINUTES, OR UNTIL CRISP AND BROWN. REMOVE TO WIRE RACKS; COOL.

BLEND CHEESE SPREAD WITH EGG YOLK. ADD CRAB MEAT, WORCESTERSHIRE SAUCE, ONION POWDER AND PEPPER; MIX WELL. FILL CROUSTADES WITH CRAB MEAT MIXTURE.(DO AHEAD NOTE: PLACE FILLED CROUSTADES IN FOIL OR PLASTIC BOXES; COVER FIRMLY; LABEL AND FREEZE).

ON PARTY DAY REMOVES FROM FREEZER; PLACE ON COOKIE SHEET. HEAT IN 400 DEGREE OVEN 10 MINUTES OR UNTIL FILLING JUST STARTS TO BROWN. GARNISH WITH PAPRIKA AND A BIT OF PARSLEY. KEEP HOT ON HOT TRAY. CAN ALSO USE WHOLE WHEAT BREAD FOR VARIETY.

FISH & SEAFOOD

GOURMET CRAB RING (APPETIZER)

1 TSP. UNFLAVORED GELATIN 1 JAR (2 OZ.) PIMENTOS, DRAINED AND CHOPPED
1/4 CUP COLD WATER 1 PKG. (6 OZ.) FROZEN CRAB MEAT, THAWED, 2 PKGS. (8 OZ.)
CREAM CHEESE, SOFTENED DRAINED, AND CUT UP.
2 TBSP. SHERRY OR COOKING SHERRY 1/8 TSP. PEPPER
3/4 TSP. SEASONED SALT 1/4 SUP SNIPPED PARSLEY

SPRINKLE GELATIN OVER WATER TO SOFTEN; STIR OVER HOT WATER UNTIL DISSOLVED. BEAT INTO CREAM CHEESE UNTIL SMOOTH. STIR IN NEXT 5 INGREDIENTS AND 2 TBSP. PARSLEY. POUR INTO A 3 CUP RING MOLD. REFRIGERATE AT LEAST 4 HOURS OR UNTIL SET.

TO SERVE, TURN OUT ON PLATE; GARNISH WITH REMAINING PARSLEY. PLACE PARSLEY SPRIGS IN CENTER. SERVE WITH ASSORTED CRACKERS.

MAKES 3 CUPS SPREAD.

FISH & SEAFOOD

CRAB TRIANGLES (APPETIZER)

**1 8-OZ. PKG. CREAM CHEESE, 2 TBSP. MINCED CHIVES OR
SOFTENED GREEN ONION
1/2 TSP. DRY MUSTARD 2 TBSP. FINELY CHOPPED
1 TBSP. MILK BLANCHED ALMONDS
1/4 TSP. SALT 12 SLICES FIRM-TYPE WHITE
DASH OF CAYENNE BREAD, CRUSTS TRIMMED
1 6-OZ. CAN WHITE CRAB PAPRIKA
MEAT, DRAINED**

BEAT CHEESE UNTIL FLUFFY. COMBINE MUSTARD WITH MILK AND ADD TO CHEESE WITH NEXT 5 INGREDIENTS. MIX WELL AND SPREAD GENEROUSLY ON BREAD SLICES. SPRINKLE LIGHTLY WITH PAPRIKA. CUT EACH SLICE IN 4 TRIANGLES, PUT ON BAKING SHEET AND BAKE IN 400 DEGREE OVEN FOR 10-12 MINUTES, OR UNTIL WELL BROWNED. MAKES 48.

FISH & SEAFOOD

GROUPER

ONE 1 POUND GROUPER/MONKFISH/RED SNAPPER

1/2 OZ DRIED SHITAKE OR ASIAN MUSHROOMS SOAKED IN 3/4 CUP VERY HOT WATER FOR 20 MIN.

1/4 CUP DRY SHERRY

2 TBSP LOW SODIUM SOY SAUCE

2 TBSP FRESH LIME JUICE

1 TSP SUGAR

1 1/2 TBSP CORNSTARCH

2 TBLSP SAFFLOWER OIL

2 SCALLIONS TRIMMED THIN SLICED

1 TBLSP JULIENNED GINGER

2 GARLIC CLOVES THIN SLICED

1/2 TSP FRESH GROUND PEPPER

SOAK MUSHROOMS, SLICE SET ASIDE. STIR SHERRY, SOY SAUCE, 1TBSP LIME JUICE AND SUGAR. SET ASIDE.

RINSE FILLET UNDER COLD WATER AND PAT DRY WITH PAPER TOWEL. RUB FILLET WITH REMAINING LIME JUICE, THEN CORNSTARCH ON BOTH SIDES.

HEAT OIL IN LARGE SKILLET OVER HIGH HEAT. WHEN HOT ADD FISH SEAR 2 MIN EACH SIDE. TRANSFER TO PLATE.

ADD MUSHROOMS, SCALLIONS, GINGER, GARLIC, PEPPER, TO HOT SKILLET. COOK MIX ON HIGH ONE MIN. REDUCE TO LOW, POUR SHERRY, PUT FILLET, COVER. STEAM FISH TILL OPAQUE- 5 MIN. SPOON SAUCE ON SERVING PLATTER.

CHICKEN

GRILLED SPLIT BROILERS

1/4 CUP DRY SAUTERNE 2 TBSP. FINELY CHOPPED ONION
1/4 CUP SOY SAUCE 1/2 TSP. DRY MUSTARD
2 TBSP. COOKING OIL 3 BROILER-FRYERS, 1-1/2 POUNDS EACH, HALVED LENGTHWISE

COMBINE SAUTERNE, SOY, OIL, ONION, AND MUSTARD; MIX WELL. COVER AND LET STAND SEVERAL HOURS AT ROOM TEMPERATURE OR OVERNIGHT IN REFRIGERATOR. BRUSH CHICKEN HALVES WITH WINE MIXTURE. PLACE, SKIN SIDE DOWN, ON GRILL. COOK OVER MEDIUM COLAS 20 MINUTES OR TILL LIGHTLY BROWNE, BRUSHING OCCASIONALLY WITH WINE MIXTURE. TURN; BROIL 15-20 MINUTES LONGER OR TILL DONE, BRUSHING WITH WINE MIXTURE. MAKES 6 SERVINGS.

(NOTE: FOR SMALLER SERVINGS AND FEWER CALORIES, SERVE CHICKEN QUARTERS INSTEAD OF HALVES.) 521 CALORIES/SERVING.

FISH & SEAFOOD

GRILLED SWORDFISH

ZESTY GRILLED SWORDFISH SERVES 4

**1 POUND SWORDFISH FILLET OR STEAK
1 TBSP. CHOPPED FRESH PARSLEY
2 TBSP. SOY SAUCE
1 SMALL GARLIC CLOVE, CHOPPED
2 TBSP. ORANGE JUICE
1/2 TSP. FRESH LEMON JUICE
1 TBSP. OIL
1/4 TSP. DRIED OREGANO, CRUMBLED
1 TBSP. CATSUP
1/4 TSP. FRESHLY GROUND PEPPER**

ARRANGE SWORDFISH IN SINGLE LAYER IN SHALLOW BAKING DISH. COMBINE ALL REMAINING INGREDIENTS IN SMALL BOWL AND MIX WELL. POUR OVER FISH, TURNING TO COAT WELL. LET STAND AT ROOM TEMPERATURE, TURNING ONCE, 30 MINUTES.

PREHEAT BROILER OR PREPARE BARBEQUE GRILL. BROIL OR GRILL FISH 4 INCHES FROM HEAT SOURCE FOR 8 MINUTES. BASTE WITH SAUCE, TURN AND CONTINUE COOKING UNTIL FISH FLAKES EASILY WITH FORK, ABOUT 7 TO 10 MINUTES.

HAMBDUCH

**1-1/2 LB. GROUND CHUCK
1/2 PKG. (7 OZ.) INSTANT MASHED
2 TBSP. FINELY CHOPPED ONION
POTATO
SALT
1/2 CUP DAIRY SOUR CREAM
1/8 TSP. PEPPER
1 TSP. CHOPPED CHIVES
1/4 CUP BUTTER OR MARGARINE**

COMBINE CHUCK, ONION, 1-1/2 TSP. SALT, AND THE PEPPER; MIX LIGHTLY WITH FORK. SHAPE INTO 6 PATTIES ABOUT 1/2" THICK. SET ASIDE.

IN MEDIUM SAUCEPAN, COMBINE 1-1/2 CUPS WATER, THE BUTTER, AND 1/2 TSP. SALT; BRING JUST TO BOILING; REMOVE FROM HEAT

ADD POTATO, SOUR CREAM AND CHIVES, STIRRING UNTIL WELL BLENDED.

BROIL PATTIES, 4 INCHES FROM HEAT, 3-4 MINUTES. TURN AND BROIL 2 MINUTES LONGER.

**USING PASTRY BAG WITH #7 DECORATING TIP, PIPE MASHED POTATO OVER PATTIES. (OR SPOON POTATO ON PATTIES TO FORM A SWIRL ON TOP.) BROIL 3-4 MINUTES LONGER, OR UNTIL POTATO IS GOLDEN.
SERVES 6.**

MEATS

HAMBURGERS PARMESAN

2 LB. GROUND CHUCK 1/2 CUP PACKAGED SEASONED
1 TBSP. CHOPPED PARSLEY DRY BREAD CRUMBS
1 TSP. SEASONED SLAT 1/4 CUP SALAD OIL
1.4 TSP. PEPPER 6 SLICES MOZZARELLA CHEESE
1/2 CUP UNSIFTED ALL-PURPOSE 1 CAN (15-1/2 OZ.) SPAGHETTI
 FLOUR SAUCE WITH MUSHROOMS
2 EGGS, BEATEN 2 TBSP. GRATED PARMESAN CHEESE

PREHEAT OVEN TO 400 DEGREES. IN LARGE BOWL, LIGHTLY TOSS CHUCK WITH PARSLEY, SEASONED SALT, AND PEPPER UNTIL WELL COMBINED. SHAPE INTO 6 PATTIES, 1/2" THICK. COAT BOTH SIDES OF EACH PATTY WITH FLOUR; THEN DIP INTO EGG; FINALLY COAT WITH BREAD CRUMBS.

IN HOT OIL IN LARGE SKILLET, COOK PATTIES UNTIL NICELY BROWNEED ON BOTH SIDES. ARRANGE IN ONE LAYER IN 12X8X2 INCH BAKING DISH. TOP EACH PATTY WITH SLICE OF MOZZARELLA. POUR SPAGHETTI SAUCE OVER ALL; THEN SPRINKLE WITH PARMESAN.

BAKE 25 MINUTES, OR UNTIL SAUCE IS BUBBLY AND CHEESE IS MELTED. SERVES 6.

***INGREDIENTS: 6 MEDIUM BLACK MUSHROOMS**

BEEF

HUNGRY BOY'S CASSEROLE

CASSEROLE FILLING: BISCUITS:

- 1-1/2 POUNDS GROUND BEEF
- 1-1/2 CUPS SIFTED FLOUR
- 1 CUP SLICED CELERY
- 2 TSP. BAKING POWDER
- 1.2 CUP CHOPPED ONION
- 1/2 TSP. SALT
- 1.2 CUP CHOPPED GREEN PEPPER
- 1/4 CUP BUTTER OR MARGARINE
- 1 CLOVE GARLIC, MINCED
- 1/2 CUP MILK
- 1 6-OZ. CAN TOMATO PASTE
- 4 DROPS YELLOW FOOD COLOR
- 3/4 CUP WATER
- 1/2 CUP SLICED PIMENTO- STUFFED OLIVES
- 1 TSP. EACH SALT & PAPRIKA
- 1 1# CAN PORK AND BEANS,
- 1/4 CUP BLANCHED SLIVERED UNDRAINED ALMONDS
- 1 1# CAN CHICK PEAS OR LIMA BEANS, UNDRAINED

SAUTE IN SKILLET BEEF, CELERY, ONION, GREEN PEPPER, GARLIC UNTIL VEGETABLES ARE TENDER; DRAIN. ADD WATER, TOMATO PASTE, SALT, AND PAPRIKA. RESERVE 1 CUP FOR BISCUITS. ADD BEANS AND PEAS. SIMMER; PREPARE BISCUITS.

BISCUITS: SIFT FOUR WITH BAKING POWDER AND SALT. CUT IN BUTTER UNTIL FINE. COMBINE MILK AND FOOD COLOR. ADD TO FOUR MIXTURE. STIR TIL MOIST. KNEAD ON FLOURED SURFACE 12 TIMES. ROLL TO 12X9-INCH RECTANGLE.
HUNGRY BOYS' CASSEROLE, CONT.

COMBINE OLIVES, ALMONDS, RESERVED MEAT. SPREAD OVER DOUGH. TOLL UP, STARING WITH 12" SIDE. CUT INTO 1" PIECES. PLACE MEAT MIXTURE IN 12X8" OR 11" ROUND BAKING DISH. TOP WITH BISCUITS. BAKE AT 425 DEGREES FOR 25-30 MINUTES.

MEATS

HAMBURGERS PROVENCALE

**1 POUND GROUND CHUCK
4 FRENCH BREAD SLICES, 1/2" THICK
1/4 CUP BARBECUE SAUCE
1 TBSP. FINELY CHOPPED ONION
2 TOMATOES, SLICED
1/2 CLOVE GARLIC, CRUSHED
CHOPPED PARSLEY
1/2 TSP. SOY SAUCE
SALT
PEPPER**

5 TBSP. BUTTER OR MARGARINE

COMBINE CHUCK, BARBECUE SAUCE, ONION, HALF THE GARLIC, AND SOY SAUCE; MIX LIGHTLY WITH FORK. SHAPE INTO 4 PATTIES ABOUT 1/2" THICK.

IN SMALL BOWL CREAM 3 TBSP. BUTTER WITH REMAINING GARLIC. SPREAD ON BOTH SIDES OF BREAD SLICES.

HEAT LARGE SKILLET. ADD BREAD, AND SAUTE UNTIL GOLDEN-BROWN ON EACH SIDE. REMOVE TO SERVING PLATTER, AND KEEP WARM. HEAT 1 TBSP. BUTTER IN SAME SKILLET. ADD MEAT PATTIES, AND SAUTE 3 MINUTES A SIDE FOR MEDIUM RARE. REMOVE, AND PLACE EACH ON A BREAD SLICE.

HEAT REMAINING BUTTER IN SKILLET. ADD TOMATO SLICES, AND SAUTE LIGHTLY ON EACH SIDE. PLACE ON PATTIES, AND SPRINKLE WITH CHOPPED PARSLEY, SALT AND PEEPER. SERVES 4.

MEAT

INSIDE/OUT RAVIOLI

**1 POUND GROUND BEEF
1 7 OZ. PKG. (2 CUPS) SHELL OR ELBOW MACARONI, COOKED
1 MEDIUM ONION, CHOPPED
1 CLOVE GARLIC, MINCED
1 CUP SHREDDED SHARP PROCESS AMERICAN CHEESE
1 TBSP. SALAD OIL
1 10-OZ. PKG FROZEN CHOPPED SPINACH
1/2 CUP SOFT BREAD CRUMBS
2 EGGS, WELL BEATEN
1 1# CAN SPAGHETTI SAUCE WITH MUSHROOMS
1/4 CUP SALAD OIL
1 8-OZ. CAN TOMATO SAUCE
1 6 OZ. CAN TOMATO PASTE
1/2 TSP SALT
DASH PEPPER**

BROWN FIRST 3 INGREDIENTS IN 1 TBSP OIL. COOK SPINACH ACCORDING TO PACKAGE DIRECTIONS. DRAIN, RESERVING LIQUID; ADD WATER TO MAKE 1 CUP. STIR SPINACH LIQUID AND NEST 5 INGREDIENTS INTO MEAT MIXTURE. SIMMER 10 MINUTES. COMBINE SPINACH WITH REMAINING INGREDIENTS; SPREAD IN 13X9X2-INCH BAKING DISH. TOP WITH MEAT SAUCE. BAKE A 350 DEGREES FOR 30 MINUTES. LET STAND 10 MINUTES BEFORE SERVING. MAKES 8-10 SERVINGS.

BEEF

MEXICAN LASAGNA

- 1 1/2 POUNDS GROUND BEEF
- 1 TSP. SEASONED SALT
- 1 PKG TACO SEASONING MIX
- 8 OZ. CANNED TOMATOES, DICED(USE JUICE)
- 2 8 OZ. CANS TOMATO SAUCE
- 1 4 OZ CAN GREEN CHILIES, CHOPPED
- 8 OZ. RICOTTA CHEESE
- 2 EGGS
- 9 CORN TORTILLAS
- 10 OZ. GRATED MONTEREY JACK CHEESE

PREHEAT OVEN TO 350 DEGREES. BROWN BEEF AND DRAIN.
SIMMER NEXT 5 INGREDIENTS FOR 10 MINUTES, UNCOVERED.
IN SEPARATE BOWL, COMBINE RICOTTA CHEESE AND EGGS.
IN GREASED 9 X 13 CASSEROLE LAYER:

- 1/3 MEAT MIXTURE
- 3 TORTILLAS, HALVED,(MAY OVERLAP)
- 1/3 CHEESE AND EGG MIXTURE
- 1/3 MONTEREY JACK CHEESE

REPEAT 2 MORE TIMES. BAKE, UNCOVERED, FOR 20 MINUTES. LET STAND BEFORE CUTTING INTO SQUARES. SERVES 8.

MEATS

HAMBURGER CASSEROLE

1 POUND GROUND BEEF
1/2 CUP CHOPPED ONION
ONE 16 OZ CAN CUT GREEN BEANS, DRAINED
ONE 10 OZ CAN CONDENSED TOMATO SOUP
1/4 CUP WATER
3/4 TEASP SALT
1/8 TEASP PEPPER
3 MEDIUM POTATOES, PEELED, QUARTERED
1 BEATEN EGG
MILK
1/2 CUP SHREDDED CHEESE

**

IN SKILLET COOK GROUND BEEF AND ONION TILL MEAT IS BROWNED, DRAIN FAT. STIR GREEN BEANS, TOMATO SOUP, WATER, SALT, PEPPER. TURN MIXTURE INTO 1 1/2 QT CASSEROLE PAN.

COOK POTATOES IN BOILING SALTED WATER 20 MIN, DRAIN. MASH WHILE HOT, ADD EGG ENOUGH MILK TO MAKE FLUFFY. SEASON WITH SALT PEPPER. DROP POTATOES IN MOUNDS ATOP MEAT MIXTURE. SPRINKLE CHEESE ON TOP. BAKE 350 DEG 25-30 MIN. 4-6 SERVINGS

MEATS

HAMURGER NOODLE CASSEROLE

1 1/2 POUND GROUND BEEF
1 LARGE ONION CHOPPED(1 CUP)
1/2 CUP CHOPPED GREEN PEPPER
6 OZ MEDIUM NOODLES
10 1/2 OZ CAN TOMATOE SAUCE
1 1/2 CUP SHREDDED CHEESE
1/2 CUP CHILI SAUCE
1/8 CUP CHOPPED PIMENTO
3/4 TEASP SALT
1/4 TEASP PEPPER
1 TEASP CHILI POWDER
1 CUP BREAD CRUMBS
1/8 CUP MELT BUTTER
1 CUP WATER

IN LARGE SKILLET COOK BEEF, ONION GREEN PEPPER TILL MEAT IS BROWN. DRAIN FAT. COOK NOODLES ACCORDING TO PACKAGE. DRAIN NOODLES AND RETURN TO KETTLE. STIR IN MIX OF TOMATO SAUCE,CHEESE, CHILI SAUCE, PIMENTO, SALT, CHILI POWDER, PEPPER, 1 CUP WATER,MIX WELL.

PUT IN 13 X 9 X 2 INCH BAKING PAN.

TOSS BREAD CRUMBS IN MELTED BUTTER, SPRINKLE ATOP CASSEROLE. BAKE UNCOVERED 350 DEG TILL HEATED THROUGH, ABOUT 45 MIN. GARNISH WITH GREEN PEPPER RINGS.
SERVES 4-5.

PORK & HAM

HAM STUFFED TOMATOES (APPETIZER)

**1/2 CUP VERY FINELY CHOPPED COOKED HAM
1/4 CUP (1 OZ.) ROQUEFORT CHEESE, CRUMBLD
1/4 CUP DAIRY SOUR CREAM
1/4 TSP LEMON JUICE
DASH PEPPER
36 CHERRY TOMATOES
PARSLEY SPRIGS**

COMBINE HAM, CHEESE, SOUR CREAM, LEMON JUICE AND PEPPER IN SMALL BOWL;BLEND WELL. REFRIGERATE UNTIL READY TO USE.

WITH SMALL SHARP KNIFE, CUT TOPS OFF TOMATOES AND SCOOP OUT THE INSIDES. SPOON ABOUT 1/2 TSP OF HAM AND CHEESE MIXTURE INTO EACH TOMATO, MOUNDING SLIGHTLY. GARNISH WITH SMALL SPRIG OF PARLEY.

PREPARE IN MORNING; REFRIGERATE UNTIL READY TO USE.

PORK & HAM

HEARTY HAM BEAN SOUP

**THIS IS EXCELLENT USE FOR IRISH CORNED BEEF AND CABBAGE LEFT OVERS FROM STPAT'S
1-1/2 MEATY HAM BONE, SMOKED PORKHOCKS OR WHATEVER LB LEFTOVER OTHER MEATS.

8 CUPS WATER OR ADD ? TO LEFTOVER LIQUID

8 WHOLE PEPPERCORNS

5 WHOLE CLOVES

1 TSP SALT

1 CLOVE OF GARLIC HALVED

3-1/2 CUPS COARSELY CHOPPED CABBAGE(LEFTOVER?)

2 LARGE POTATOES PEELED THIN SLICED-3C

3 LARGE CARROTS THINLY SLICED(2C)

1 MEDIUM ONION CHOPPED 1/2 C

1 PACKAGE OF DRIED NORTHERN BEANS(OR OTHER, BEANS OPTIONAL)

**IN 4-1/2 QT POT COMBINE HAM BONE, WATER, PEPPERCORNS, SALT, GARLIC, BRING TO BOIL.
REDUCE HEAT COVER AND SIMMER 2-1/2 HOURS. REMOVE HAM BONE,CUT OFF MEAT AND
CHOP, DISCARD BONE. STRAIN BROTH, RETURN BOTH TO POT. ADD CABBAGE, POTATOES,
CARROTS, ONION TO POT. COVER AND SIMMER 40 MIN OR TILL VEGETABLES ARE TENDER.
SEASON TO TASTE.**

OPTIONAL ADDITION:

**USE RYE BREAD TOASTED. LADLE SOUP INTO HEAT PROOF BOWLS. TOP EACH WITH SLICE OF
RYE BREAD SPRINKLE PARMESAN AND TOP WITH SWISS CHEESE. PLACE IN BROILER FOR 2
MIN OR CHEESE MELTS. SERVES 6-8.**

PORK & HAM

HOMINY CASSEROLE

**1 LB. GROUND PORK SAUSAGE
1/4 TSP. SALT
1 CUP CHOPPED ONION
1 CAN (1# 13 OZ.) YELLOW HOMINY, DRAINED
1 CUP SLICED CELERY
2 8-OZ. CANS TOMATO SAUCE
2 CUPS SHREDDED JACK OR MOZZARELLA CHEESE
1/4 TSP. BASIL OR OREGANO**

BROWN SAUSAGE, ONION AND CELERY IN SKILLET; POUR OFF FAT. ADD TOMATO SAUCE, HERB AND SALT; SIMMER 5 MINUTES. IN 2 QUART CASSEROLE OR SHALLOW BAKING DISH, LAYER HALF THE HOMINY, HALF THE SAUSAGE AND HALF THE CHEESE. REPEAT LAYERS, LEAVING CENTER OF TOP SAUSAGE LAYER UNCOVERED BY CHEESE. BAKE AT 350 DEGREES FOR 25 MINUTES. MAKES 4 SERVINGS.

CHICKEN ORIENTAL

KUNGBOW

- 1/2 CUP DRIED MUSHROOMS**
- 1 WHOLE LARGE CHICKEN BEAST, SKINNED, SPLIT, BONED OR PORK 1 LB CUT IN 3/4 INCH CUBES.**
- 1 TSP CORNSTARCH**
- 3 TBSP SOY SAUCE**
- 1 TBSP PEANUT OIL**
- 1 TO 2 GARLIC CLOVE MINCED**
- 1 LARGE GREEN PEPPER CUT INTO 1/2 INCH PIECES**
- 1/2 CUP BAMBOO SHOOTS CUT IN HALF LENGTHWISE**
- 1/2 CUP CHOPPED PEANUTS**
- 1/4 TSP CRUSHED RED PEPPER**

SOAK MUSHROOMS OR CUT STORE MUSHROOMS, DRAIN WELL. CHOP MUSHROOMS. CUT MEAT INTO 3/4 INCH PIECES. BLEND 1 TBSP COLD WATER WITH 1 TSP CORNSTARCH; ADD SOY SAUCE. SET ASIDE. PREHEAT A WOK OVER HIGH HEAT ADD COOKING OIL, STIR FRY GARLIC, 30 SEC. ADD GREEN PEPPERS, BAMBOO SHOOTS, PEANUTS, RED PEPPER, AND MUSHROOMS. STIR 2MIN. REMOVE FROM WOK. ADD OIL FOR STIR FRY MEAT. STIR SOY MIX STIR MEAT, COOK AND STIR TILL THICKENED AND BUBBLY. ADD GREEN PEPPER MIX COOK 1 MIN. SERVE WITH RICE AT ONCE. SERVES TWO.

CHICKEN

LOUISIANA CHICKEN

**WHOLE CHICKEN BREASTS, SPLIT
1 LB. FRESH MUSHROOMS
SALT AND CAYENNE PEPPER
1 TBSP. MINCED ONION
1/4 LB. BUTTER
1/4 CUP FLOUR
1 1/2 TBSP. OIL
3 CUPS CHICKEN BROTH
1/2 CUP SHERRY
1/2 PINT WHIPPING CREAM
WHITE PEPPER**

SPRINKLE BREASTS WITH SALT AND CAYENNE(SPARINGLY). BROWN CHICKEN IN 1 1/2 TBSP. BUTTER AND OIL. PLACE IN SHALLOW BAKING DISH. BAKE AT 350 FOR 25 MINUTES.

QUARTER MUSHROOM, SAUTE IN 3 TBSP. BUTTER UNTIL LIGHTLY COLORED. DISTRIBUTE OVER BREAST SECTIONS. POUR BUTTER OUT (NOT CHICKEN). DEGLAZE PAN WITH 1.2 CUP SHERRY, SCRAPING UP BROWN BITS ON BOTTOM AND SIDES OF PAN. SAVE.

MAKE VELOUTE SAUCE BY SAUTEING 1 TBSP. MINCED ONION IN 3 TBSP. BUTTER UNTIL SOFT BUT NOT BROWN. STIR IN 1.4 CUP FLOUR AND COOK OVER LOW HEAT, STIRRING ROUX FOR 3 MINUTES. REMOVE FROM HEAT AND SLOWLY ADD 3 CUPS CHICKEN BROTH, SCALDED, IN A STREAM, WHISKING UNTIL MIXTURE IS THICK AND SMOOTH. ADD 1/4 TSP. SALT AND WHITE PEPPER TO TASTE AND SIMMER FOR 15 MINUTES. ADD 2 CUPS VELOUTE SAUCE TO DEGLAZED SHERRY MIXTURE; SIMMER 10 MINUTES. STRAIN. THIN TO MEDIUM WHITE SAUCE CONSISTENCY WITH CREAM. POUR OVER CHICKEN AND BAKE AT 250 FOR 10 MINUTES.

CHICKEN

LASAGNA ROLL

**1 BROILER-FRYER (ABOUT 2-1/2 LBS.)
1 10-OZ. PKG. FROZEN CHOPPED, SPINACH, THAWED
1-1/2 CUPS WATER
1 SMALL ONION, PEELED, SLICED
1/4 TSP. GROUND NUTMEG
1 TSP. SALT
1 1# PKG. LASAGNA NOODLES
1/4 TSP. PEPPER
1 6-OZ. PKG. SLICED MOZZARELLA CHEESE
1 ENVELOPE SPAGHETTI SAUCE MIX
1 1# 12 OZ. CAN TOMATO PUREE
DASH SUGAR
2 TBSP. BUTTER OR MARGARINE**

COOK CHICKEN WITH WATER, ONION, SALT AND PEPPER ABOUT 40 MINUTES, OR UNTIL TENDER.

WHILE CHICKEN COOKS, COMBINE SPAGHETTI SAUCE MIX, TOMATO PUREE, SUGAR, AND BUTTER OR MARGARINE IN SAUCEPAN. HEAT TO BOILING; REDUCE HEAT; COVER. SIMMER 30 MINUTES.

REMOVE CHICKEN FROM BROTH; COOL; RESERVE BROTH. SKIN CHICKEN; REMOVE FROM BONES, CUT MEAT INTO SMALL PIECES.

FOR FILLING: COMBINE 1/2 CUP OF RESERVED BROTH WITH HALF OF THE CHICKEN AND HALF OF THE SPINACH IN AN ELECTRIC BLENDER CONTAINER. WHIRL TIL SMOOTH. PLACE IN MEDIUM SIZE BOWL. REPEAT WITH REMAINING CHICKEN, SPINACH AND 1/2 CUP BROTH; ADD TO MIXTURE IN BOWL; ADD LASAGNA ROLL-UPS, CONT.

NUTMEG, BLENDING WELL. (IF NO BLENDER IS AVAILABLE, CHOP CHICKEN AND SPINACH AS FINE AS POSSIBLE, THEN STIR IN ENOUGH BROTH TO MAKE A SMOOTH PASTE.)

COOK LASAGNA NOODLES IN KETTLE, FOLLOWING LABEL DIRECTIONS; DRAIN; COOL IN COLD WATER.

TO MAKE ROLL-UPS: REMOVE LASAGNA NOODLES, ONE AT A TIME, FROM COLD WATER AND PAT DRY WITH PAPER TOWELING. SPREAD WITH SCANT 1/4 CUP CHICKEN MIXTURE; ROLL UP, JELLY-ROLL FASHION. REPEAT WITH REMAINING NOODLES.

POUR 2 CUPS OF PREPARED TOMATO SAUCE IN BOTTOM OF SHALLOW 12 CUP BAKING DISH. ARRANGE ROLLUPS ON SAUCE, MAKING TWO LAYERS IF NECESSARY. SPOON REMAINING SAUCE OVER ROLLUPS.

BAKE IN 375 DEGREE OVEN FOR 20 MINUTES. CUT MOZZARELLA CHEESE IN LENGTHWISE STRIPS AND ARRANGE ON ROLLUPS. BAKE 10 MINUTES LONGER, OR UNTIL CHEESE IS MELTED AND SAUCE IS BUBBLY HOT.

FISH SEAFOOD

LINGUINI WITH WHITE CLAM SAUCE

NOTE: ADD TO BASIC RECEIPE BELOW ONE OF THE FOLLOWING CLAMS AS FOLLOWS

IF USING FRESH QUAHOGS CLAMS

1 QT PROVIDING 1 ½ CUP DRAINED AND MINCED

1 ½ CUP CLAM JUICE

USE NO SALT!!!!

INCREASE FLOUR TO 2 TSP

ADD ⅓ TO ½ CUP WHITE DRY WINE

IF USING CANNED CLAMS:

1 1/2 CUP(3 OZ)MINCED CLAMS

1/4 TEASP SALT

1/2 TABLSP SALT

1 1/2 QT WATER

BASIC RECIPE:

1/2 MEDIUM ONION CHOPPED

1/2 CLOVE GARLIC CHOPPED

1 1/2 TABLESP BUTTER

1/2 TABLESP FLOUR

1/4 TEASP DRIED BASIL

GROUND PEPPER

4 OZ UNCOOKED LINGUINI

1/8 CUP SNIPPED PARSLEY

GRATED PARMESAN CHEESE

COOK & STIR ONION IN BUTTER IN 1QT SAUCE APN UNTIL TENDER-ADD FLOUR. ADD CLAMS WITH LIQUID, 1/4 TEASP SALT,BASIL,PEPPER.HEAT TO BOIL REDUCE HEAT. COVER SIMMER 5 MIN.

ADD 1/2 TABLESP SALT,TO RAPIDLY BOILING WATER IN DUTCH OVEN. ADD LINGUINI SLOWLY SO WATER STILL BOILS. BOIL UNCOVERED, STIRRING 7-10 MIN. DRAIN.

ADD PARSLEY TO CLAM SAUCE. SERVE HOT OVER LINGUINI SPRINKLE WITH CHEESE.

PORK & HAM

MEXICAN PORK CHOPS

**4 PORK LOIN CHOPS 3/4 INCH
1/2 CUP CHOPPED GREEN PEPPERS
1/4 CUP CHOPPED ONION
ONE 16 OZ CAN TOMATOES CUT UP
ONE 8 OZ CAN WHOLE KERNEL CORN DRAINED
ONE 8 OZ CAN RED KIDNEY BEANS DRAINED
1/2 CUP LONG GRAIN RICE
1/2 CUP WATER (FROM CORN PLUS)
ONE 4 OZ CAN MILD GREEN CHILI PEPPERS
CHOPPED DRAINED.
3/4 TEASPOON SALT
FEW DASHES BOTTLED HOT PEPPER SAUCE**

TRIM EXCESS FAT FROM CHOPS, IN SKILLET COOK FAT TRIMMINGS TIL 2 TABLESPoons FAT ACCUMULATE. DISCARD TRIMMINGS, BROWN CHOPS ON BOTH SIDES IN HOT FAT. SEASON WITH SALT PEPPER. SET ASIDE. RESERVE DRIPPINGS IN SKILLET. COOK GREEN PEPPERS AND ONION IN RESERVE DRIPPINGS TIL TENDER AND BROWN. STIR UNDRAINED TOMATOES, DRAIN CORN, DRAIN KIDNEY BEANS, UNCOOKED RICE, WATER, CHILI PEPPERS, SALT, HOT PEPPER SAUCE. BRING TO BOILING. TURN MIX INTO 12X7X2 BAKING PAN. COVER, BAKE 350 DEG OVEN 35 MIN. UNCOVER AND BAKE 10-15 MIN MORE OR TIL MEAT TENDER. ADD PARSLEY SERVE. SERVE 4.

DRESSING JUST BEFORE SERVING.

SERVES 6-8.

BEEF ORIENTAL

ORIENTAL BEEF SKILLET

1 LB. 1/2" THICK ROUND STEAK, CUT INTO NARROW STRIPS
2 BEEF BOUILLON CUBES
1 1/2 CUP WATER
INSTANT NONSEASONED MEAT TENDERIZER
2 TBSP. SOY SAUCE
2 TBSP. OIL
1 CUP BIAS-CUT CELERY SLICES
1 CUP FRESH BEAN SPROUTS
1/2 CUP COARSELY CHOPPED ONION
3 CUPS FRESH SPINACH, TORN
IN PIECES

TENDERIZE MEAT ACCORDING TO LABEL DIRECTIONS. QUICKLY BROWN MEAT, HALF AT A TIME, IN HOT OIL. REMOVE MEAT; ADD CELERY AND ONION. COOK AND STIR TILL TENDER-CRISP, 2-3 MINUTES. DISSOLVE BOUILLON CUBES IN HOT WATER. STIR INTO CELERY/ONION MIXTURE; ADD SOY SAUCE. HEAT TO BOILING. THICKEN WITH CORNSTARCH DISSOLVED IN COLD WATER. ADD REMAINING INGREDIENTS; HEAT THROUGH. SERVE OVER HOT COOKED RICE. PASS EXTRA SAY SAUCE, IF DESIRED. MAKES 5 SERVINGS.

CHICKEN

OVEN BAKED CHICKEN

8 PIECES CHICKEN
1 CUP MILK
1/2 CUP VEGETABLE OIL
1 CUP HEAVY CREAM
2 TSP. SALT
1/2 TSP. SALT
1/4 TSP. BLACK PEPPER
FEW GRAINS PEPPER
1.2 CUP FLOUR
2 TBSP. FLOUR

WASH AND PAT CHICKEN COMPLETELY DRY WITH PAPER TOWELS. MELT SHORTENING IN SKILLET. MIX SALT, PEPPER, AND FLOUR IN PAPER BAG; ADD CHICKEN AND SHAKE TO COAT EACH PIECE. FRY CHICKEN SLOWLY, TURNING WITH TONGS, UNTIL LIGHTLY, EVENLY BROWN. PLACE CHICKEN IN BAKING PAN, ABOUT 8"X8", IN SINGLE LAYER. BAKE AT 350 DEGREES FOR 30 TO 45 MINUTES. WATCH CAREFULLY SO CHICKEN DOES NOT DRY OUT OR OVER BROWN.

POUR OFF ALL BUT A THIN FILM OF FAT FROM PAN ADD TO 2 TBSP. FLOUR. MIX WELL. STIRRING CONSTANTLY WITH WIRE WHISK, POUR IN MILK AND CREAM IN THIN STREAM AND COOK OVER HIGH HEAT UNTIL GRAVY COMES TO BOIL, THICKENS SLIGHTLY AND IS SMOOTH. ADD SALT, PEPPER AND SIMMER 2-3 MINUTES. ARRANGE CHICKEN IN SERVING DISH AND POUR OVER GRAVY.

FISH & SEAFOOD

PAELLA

1/2 POUND CHORIZOS OR ITALIAN SAUSAGE LINKS SLICED.
ONE 2 1/2 TO 3 POUND READY TO COOK BROILER FRYER CHICKEN CUT UP.
1 MEDIUM ONION CHOPPED 1/2CUP
1 MEDIUM SWEET RED PEPPER CHOPPED 1/2CUP
1 MEDIUM GREEN PEPPER CHOPPED 1/2CUP
2 CLOVES GARLIC MINCED
1 1/2 CUPS REGULAR RICE(UNCOOKED)
2 MEDIUM TOMATOES PEELED AND CHOPPED 1 1/2CUP
2 TEASP SALT
1/4 TEASP SAFFRON CRUSHED
4 CUPS BOILING WATER
1 POUND FRESH OR FROZEN SHELLED SHRIMP
10 SMALL CLAMS IN SHELLS
ONE 10 OZ FROZEN PEAS

**IN LARGE SKILLET COOK SAUSAGE OVER MEDIUM HEAT.DRAIN,SAVE DRIPPINGS,SET ASIDE.SEASON CHICKEN WITH SALT PEPPER, BROWN IN DRIPPINGS, REMOVE RESERVE DRIPPINGS, ADD ONIONS,PEPPERS,GARLIC,TO DRIPPINGS, COOK TILL TENDER NOT BROWN. STIR IN RICE, TOMATOES, SALT, SAFFRON. STIR IN BOILING WATER -BRING TO BOIL,STIR IN SAUSAGE.

TURN RICE MIXTURE INTO PAELLA OR CASSEROLE PAN, ARRANGE CHICKEN ON TOP OF MIX, BAKE 375 DEG 30 MIN.CLEAN SHRIMP /SCRUB CLAMS. COOK CLAMS IN 1/2 IN BOILING WATER 3-5 MIN (THEY MUST OPEN OR DISCARD) ,ARRANGE ONTO MIX THAWED PEAS AND SHRIMP, CLAMS.BAKE 15-20MIN TIL CHICKEN,RICE ARE DONE. SERVES 8.

CHICKEN

PARMESAN CHICKEN

1 CUP CRUSHED HERB-SEASONED STUFFING

2/3 CUP GRATED PARMESAN CHEESE

1/4 CUP SNIPPED PARSLEY

1 2-1/2 TO 3 POUND BROILER-FRYER, CUT UP

1/2 CUP BUTTER OR MARGARINE, MELTED

COMBINE CRUSHED STUFFING, CHEESE, AND PARSLEY. DIP CHICKEN PIECES IN MELTED BUTTER OR MARGARINE; THEN ROLL IN STUFFING MIXTURE. ARRANGE, SKIN SIDE UP, ON LARGE SHALLOW BAKING PAN; DON'T CROWD. SPRINKLE WITH REMAINING BUTTER AND CRUMBS. BAKE IN 375 DEGREE OVEN FOR 45 MINUTES OR UNTIL TENDER. (TURNING CHICKEN DURING COOKING TIME IS UNNECESSARY.) MAKES 4 SERVINGS.

PASTA

I FOUND THIS WAS A BETTER BASIC SEMOLINA PASTA MIX FOR ROLLING:

TWO EGGS

1 ½ CUP OF SEMOLINA FLOUR
½ TEASPOON SALT
2 TABLESPOON OLIVE OIL
2 TABLESPOON WATER

FOLDING WORK WITH HANDS FOR 10 MINUTES
ROLL THEN CUT INTO TWO LENGTHWISE HALVES
PUT THEM ON A DISH AND COVER WITH WET TOWEL
PLACE IN REFRIGERATOR FOR 20 MINUTES.
REMOVE AND ROLL INTO SHEETS THAT FIR ROLLING MACHINE
USE PASTA ROLLING FOR EACH SET TO ONE AND ROLL THRU FIVE
SWITCH TO SPAG OR OTHER ROLLING FOR FINAL CUTS
HANG CUT PASTA ON DRYING RACK OR SOMETHING TO ALLOW SEPARATION

PLACE INTO PLASTIC BAG AFTER 30 MIN AND REFRIGERATE TO HOLD
OR ADD TO BOILING POT AND TASTE FOR SERVING TIME.

THESE WORK BUT CAN BE TOO DRY FOR SEMOLINA AND THE PASTA ROLLING MACHINE

ONE EGG PASTA

2 SERVINGS/ 1/2 POUND
¾ CUP FLOUR (PREFER SEMOLINA)
1 EGG
¼ TEASP SALT
½ TABLESP OLIVE OIL
¼ TABLESP LUKE WARM WATER OR MILK
MAKE WELL IN FLOUR MIX ADD EGGS OIL ETC.MIX IN BOWL OR COUNTER TOP WITH FORK OR
FOOD PROCESSOR.
KNEAD FOR 5 MINUTES
LET REST FOR 15 MIN IN BOWL COVERED.

TWO EGG PASTA

3-4 SERVINGS ¾ POUND
1 ½ CUP FLOUR
2 EGGS
½ TEASP SALT
¾ TABLESP OLIVE OIL
¾ TABLESP LUKE WARM MILK OR WATER
KNEAD FOR 7 MINUTES.
LET REST FOR 15 MIN IN COVERED BOWL

THREE EGG PASTA

5-6 SERVINGS ABOUT 1 POUND
2 ¼ CUP FLOUR
3 EGGS
¾ TEASP SALT
1 TABLESP OLIVE OIL
1 TABLESP LUKEWARM WATER OR MILK.
KNEAD DOUGH
BREAK INTO 2 EGG SIZE BALLS
LET REST 15 MIN IN BOWL

ROLLING/CUTTING:

KNEAD INTO FLAT STRIP WITH ROLLING PIN OR HAND TO USE WITH ROLLING MACHINE AND ROLL THRU EACH SETTING STARTING WITH WIDEST TO 1/8 INCH. IF HAND CUTTING USE ROLLER TO SPREAD TO THICKNESS.

PORK & HAM

PORKBAKE

3 POUND SHOULDER OF PORK, BONED AND STUFFED WITH GARLIC AND PARSLEY

SALT

PEPPER

4 POTATOES

BROTH OR CONSUME

GARLIC

4 ONIONS

*****SERVES 4**

STUFF SHOULDER THAT HAS BEEN BONED AND WRAPPED WITH STRING INTO A ROLL.

WIPE MEAT WITH DAMP CLOTH SLASH THE FLESH IN SEVERAL PLACES. INSERT SLIVERS OF GARLIC. PLACE ROAST IN LARGE CASSEROLE OR DEEP BAKING PAN AND ROAST IN 325 DEG OVEN FOR 1-1/2 HOURS.(RULE IS TOTAL COOKING TIME AT 325 DEG FOR EACH POUND 45 MIN.)

ADD A LAYER OF RATHER THICKLY SLICED POTATOES, SALT AND PEPPER TO TASTE, THEN LAYER OF SLICED ONIONS, AND MORE SALT AND PEPPER. TOP WITH ANOTHER SEASONED LAYER OF POTATO SLICES AND SEASON TO TASTE, POUR LITTLE BROTH OR CONSUME INTO PAN. CONTINUE ROASTING FOR AN HOUR, BASTING FREQUENTLY WITH JUICES. WHEN COOKED THROUGH, BROWN AND BUBBLY, BRING THE CASSEROLE TO TABLE. SERVE WITH HORSERADISH SAUCE AND BAKED APPLES. ALSO GREAT WITH ASPARAGUS AS SIDE DISH.

PORK & HAM

PORK CABBAGE

PORK CHOPS BAKED WITH CABBAGE

3 QUARTS WATER

SALT

1 1/2 POUND CABBAGE FINELY CHOPPED(6 CUPS)

1 1/2 TABLSP BUTTER

1/4 CUP FINELY CHOPPED ONIONS

1/4 TEASP FINELY CHOPPED GARLIC

FRESHLY GROUND PEPPER

4 CENTER CUT LOIN PORK CHOPS, 3/4 IN THICK

1 1/2 TABLSP OIL

1/2 CUP HEAVY CREAM

1 BAY LEAF

4 TEASP FRESHLY GRATED PARMESAN CHEESE MIXED WITH 2 TEASP FINE DRY BREAD

CRUMBS

******IN BIG POT BRING WATER TO BOIL WITH 1 1/2 TABLSP SALT. DROP IN CABBAGE AND BOIL 5 MIN. DRAIN CABBAGE THROUGH SIEVE OR COLANDER. IN 10 -12 INCH SKILLET MELT 1 TABLSP BUTTER IN MODERATE HEAT. WHEN FOAM IS GONE COOK ONIONS, GARLIC STIRRING 3-4 MIN UNTIL SOFT NOT BROWN. STIR IN CABBAGE, 1/4 TEASP SALT AND FEW GRINDINGS PEPPER, COOK STIRRING FOR 5 MIN OR UNTIL MOST MOISTURE HAS EVAPORATED. WITH RUBBER SPATULA TRANSFER TO BOWL.IN SKILLET ADD 1 TABLSP BUTTER, BROWN PORK CHOPS 3 MIN PER SIDE GOLDEN COLOR THEN REMOVE. REMOVE EXCESS GREASE. ADD WINE AND BOIL RAPIDLY STIR, POUR MIX ON CABBAGE. SPREAD 1/2 CABBAGE MIX IN COVERED CASSEROLE DISH PACK FIRMLY ADD PORK CHOPS, ADD AND PACK REMAINING CABBAGE ON TOP OF CHOPS.PREHEAT OVEN 350 DEG. IN MALL SAUCE PAN SCALD CREAM OVER MODERATE HEAT UNTIL TINY BUBBLES AT EDGES.POR OVER CASSEROLE ADD BAY LEAF. BRING TO SIMMER ON STOVE. ADD TOP AND PLACE IN OVEN. MIDDLE SHELF 1 1/2HOURS. REMOVE COVER,BAYLEAF.ADD CHEESE/BREAD CRUMB MIX COOK 30MIN UNTIL CRUSTY BROWN.**

PORK & HAM

PORK FRENCH

5-6 POUND SHOULDER OF PORK, BONED AND ROLLED.

SALT PEPPER

BAY LEAF

STUFFING:

5 SLICES BACON SAUTED AND DRY

1-1/2 CUP BREAD CRUMBS

CHOPPED APPLES

1 TBSP EACH FINE PARSLEY, ONION, GREEN PEPPER

1/4 LB BEEF LIVER

DASH MARJORAM, CLOVES, NUTMEG, THYME.

FILL POCKET IN SHOULDER WITH STUFFING

*****SERVES 4**

ADD STUFFING INTO POCKET SHOULDER THAT HAS BEEN BONED AND WRAPPED WITH STRING INTO A ROLL.

PLACE MEAT IN THE BOTTOM OF OPEN ROASTING PAN, ADD BAY LEAF, 1 LARGE ONION, CHOPPED AND 1 STALK OF CELERY, GROUND PEPPER, AND 1-1/2 CUP COLD WATER

ROAST THE MEAT IN VERY HOT OVEN 450 DEG FOR 25 MIN, TURNING FREQUENTLY UNTIL BROWN AND CRISP. REDUCE TEMPERATURE TO MODERATE 350 DEG AND CONTINUE ROASTING ALLOW 30 MIN PER POUND. BASTE FREQUENTLY WITH PAN LIQUID. SERVE ON HEATED PLATTER WITH BAKED SWEET POTATOES AND BUTTERED BRUSSELS SPROUTS. SERVE SIDE DISH OF APPLESAUCE AND COLD SLICED TOMATOES IN FRENCH DRESSING.

PORK & HAM

PORK HOISIN

**1 POUND BONELESS PORK
2/3 CUP WATER
2 TABLESP SOY SAUCE
1 TABLESP CORNSTARCH
1 TABLESP HOISIN(CHINESE TYPE)SAUCE
2 TEASP DRY SHERRY
1 OUNCE RICE STICKS
2 TABLESPSESAME OIL
1/2 SMALL CUCUMBER**

****PARTIALLY FREEZE PORK. SLICE THINLY ACROSS GRAIN INTO BITE SIZE STRIPS. IN SMALL BOWL STIR TOGETHER WATER, SOY, CORNSTARCH, HOISIN, DRY SHERRY;SET THE MIX ASIDE.**

THE UNSOAKED RICE STICKS, A FEW AT A TIME, IN DEEP HOT COOKING OIL 375 DEG ABOUT 5 SEC OR TILL THE STICKS PUFF AND RISE TO TOP. USE SLOTTED SPOON TO REMOVE FROM OIL. DRAIN ON PAPER TOWL KEEP WARM IN OVEN 300 DEG.

PREHEAT SKILLET OR WOK HIGH HEAT,ADD SESAME OIL. STIR FRY PORK IN HOT OIL FOR 2-3 MIN OR DONE. STIR SOY SAUCE MIX INTO PORK. COOK AND STIR TILL THICKENED AND BUBBLY. COOK STIR 2 MIN MORE.

HALVE CUCUMBER AND SCRAPE OUT THE SEEDS;FINELY SHRED THE CUCUMBER. ON LARGE PLATTER ARRANGE THE PORK MIXTURE ATOP THE RICE STICKS. TOP WITH SHREDDED CUCUMBER. MAKES 4 SERVINGS.

PORK & HAM

PORK & KRAUT

3 POUND SHOULDER OF PORK, BONED AND ROLLED.

GARLIC

ROSEMARY

SALT PORK

3 POUNDS SAUERKRAUT

1 QT BEER

2 TSP PEPPER

1 ONION STUCK WITH 2 CLOVES

*****SERVES 4**

STUFF SHOULDER THAT HAS BEEN BONED AND WRAPPED WITH STRING INTO A ROLL.

INSERT SLIVERS OF GARLIC. RUB SHOULDER WITH ROSEMARY. LINE DEEP KETTLE WITH SLICES OF SALT PORK AND PLACE MEAT ON TOP. ADD SAUERKRAUT, BEER, PEPPER, ONION STUCK WITH CLOVES. COVER THE KETTLE AND SIMMER FOR 5 HOURS. ARRANGE SAUERKRAUT ON PLATTER, AND TOP WITH SLICES OF MEAT. SERVE WITH BOILED POTATOES STEAMED DRY, HOT APPLE SAUCE, PLENTY OF CRISP BREAD AND COLD BEER.

THIS IS EVEN BETTER IF COOKED FOR 3 HOURS A DAY AHEAD OF TIME AND FINISHED THE NEXT DAY.

PORK & HAM

PORK-MEXICAN

**4 PORK LOIN CHOPS 3/4 INCH
1/2 CUP CHOPPED GREEN PEPPERS
1/4 CUP CHOPPED ONION
ONE 16 OZ CAN TOMATOES CUT UP
ONE 8 OZ CAN WHOLE KERNEL CORN DRAINED
ONE 8 OZ CAN RED KIDNEY BEANS DRAINED
1/2 CUP LONG GRAIN RICE
1/2 CUP WATER (FROM CORN PLUS)
ONE 4 OZ CAN MILD GREEN CHILI PEPPERS
CHOPPED DRAINED.
3/4 TEASP SALT
FEW DASHES BOTTLED HOT PEPPER SAUCE**

TRIM EXCESS FAT FROM CHOPS, IN SKILLET COOK FAT TRIMMINGS TIL 2 TABLESP FAT ACCUMULATE. DISCARD TRIMMINGS, BROWN CHOPS ON BOTH SIDES IN HOT FAT. SEASON WITH SALT PEPPER. SET ASIDE. RESERVE DRIPPINGS IN SKILLET. COOK GREEN PEPPERS AND ONION IN RESERVE DRIPPINGS TIL TENDER AND BROWN. STIR UNDRAINED TOMATOES, DRAIN CORN, DRAIN KIDNEY BEANS, UNCOOKED RICE, WATER, CHILI PEPPERS, SALT, HOT PEPPER SAUCE. BRING TO BOILING. TURN MIX INTO 12X7X2 BAKING PAN. COVER, BAKE 350 DEG OVEN 35 MIN. UNCOVER AND BAKE 10-15 MIN MORE OR TIL MEAT TENDER. ADD PARSLEY SERVE. SERVE4.

PORK & HAM

PORK SHOULDER

3 POUND SHOULDER OF PORK, BONED AND STUFFED WITH GARLIC AND PARSLEY

FLOUR

SALT

PEPPER

PAPRIKA

FAT OR OIL

2 LARGE ONIONS STUCK WITH 2 CLOVES

2 CARROTS

1 INCH PIECE OF GINGER OR 1 TSP GROUND GINGER

2 CUPS OF TOMATO PUREE

1 TSP OREGANO

1 BAY LEAF

12 SMALL WHITE ONIONS

1-1/2 POUND OF FRESH GREEN BEANS

*****SERVES 4**

STUFF SHOULDER THAT HAS BEEN BONED AND WRAPPED WITH STRING INTO A ROLL WITH GARLIC AND PARSLEY.

WIPE MEAT WITH DAMP CLOTH AND RUB IT WITH FLOUR, SALT, PEPPER, AND PAPRIKA. HEAT BACON FAT, PORK FAT OR OLIVE OIL IN DEEP KETTLE AND BROWN MEAT IN HOT FAT ON ALL SIDES. REDUCE THE HEAT AND ADD ONIONS STUCK WITH CLOVES, THE CARROTS, PIECE OF GREEN GINGER, TOMATO PUREE, OREGANO, BAY LEAF. COVER TIGHTLY AND SIMMER FOR 1-1/2 HOURS. WASH AND CUT BEANS FRENCH STYLE OR CUT THE LONG WAY, PEEL THE WHITE ONIONS. AFTER MEAT IS COOKED FOR 1 HOUR ADD VEGETABLES. COVER POT AND COOK 1/2 HOUR OR TILL VEGETABLES DONE AND MEAT TENDER. POUR SAUCE OVER MEAT AND VEGETABLES ON PLATTER. RICE MIXED WITH BUTTER ALMONDS AND RIPE OLIVES IS EXCELLENT WITH THIS DISH. BAKE THE RICE IN OVEN ALA PILAF STYLE.

BEEF

POT ROAST

3 LB. TOP ROUND OR SIRLOIN BEEF ROAST
1 TBSP. SALT
1/4 CUP SHORTENING
1 CUP RED WINE
2 CUPS TOMATOES, CANNED
3 TBSP. VINEGAR
1 CUP TOMATO PUREE
3 PEPPERCORNS, CRUSHED
1 CUP BEEF CONSOMME
1 BAY LEAF
SALT AND PEPPER TO TASTE
1 CLOVE GARLIC, CRUSHED
1 TBSP. CHOPPED PARSLEY
1/4 TSP. SAGE

BLEND TOGETHER IN A LARGE MIXING BOWL THE WINE, VINEGAR, PEPPERCORNS, BAY LEAF, GARLIC AND SAGE. PLACE MEAT IN THIS MIXTURE AND TURN OCCASIONALLY. ALLOW TO MARINATE OVERNIGHT. IF THIS IS NOT POSSIBLE, ALLOW NOT LESS THAN 4 HOURS FOR MARINATION. REMOVE MEAT FROM WINE MARINADE AND BROWN IN 1/4 CUP MELTED FAT. RESERVE MARINADE. BROWN MEAT ON ALL SIDES, ABOUT 15 MINUTES. SEASON WITH SALT. PLACE MEAT AND MARINADE IN A LARGE SAUCEPAN. ADD TOMATOES AND TOMATO PUREE; STIR WELL AND BRING TO A BOIL. COVER AND SIMMER GENTLY FOR 1 HOUR. ADD 1 CUP CONSOMME AND CONTINUE SIMMERING FOR 2 HOURS LONGER.

WHEN MEAT IS COOKED, REMOVE FROM POT AND PUT ASIDE TO KEEP WARM. BOIL SAUCE 20 MINUTES TO REDUCE. STRAIN. TASTE AND SEASON WITH SALT IF NECESSARY. POUR SOME OF THE SAUCE OVER THE MEAT; SPRINKLE WITH CHOPPED PARSLEY. SURROUND WITH COOKED POTATO BALLS, WHOLE SMALL BOILED ONION, CARROTS, AND PEAS

BEEF

ROUND STEAK SAUCE

**1 1/2 LBS. ROUND STEAK, 1/2" THICK
1/2 TSP. SALT
1 TBSP. OIL
1/4 TSP. PEPPER
1 ENVELOPE BROWN GRAVY MIX
1/2 TSP GINGER
2 CUPS WATER
1 TSP. WORCESTERSHIRE SAUCE
1 TBSP. INSTANT MINCED ONION
1 BAY LEAF
2 TBSP. WHITE WINE VINEGAR
2 TBSP. BROWN SUGAR
HOT BUTTERED NOODLES**

CUT MEAT INTO 1" SQUARES. IN LARGE SKILLET, BROWN MEAT ON ALL SIDES IN HOT OIL. REMOVE FROM SKILLET; ADD GRAVY MIX AND WATER. BRING TO BOILING, STIRRING CONSTANTLY. STIR IN REMAINING INGREDIENTS EXCEPT NOODLES. RETURN MEAT TO SKILLET; COVER AND SIMMER 1-1/2 HOURS, STIRRING OCCASIONALLY. REMOVE BAY LEAF. SERVE MEAT OVER HOT BUTTERED NOODLES. MAKES 5-6 SERVINGS.

PASTA

RIGATONI

SAUCE AND CHEESES(OPTL ADD SAUSAGES).

1/2 CUP OLIVE OIL

1 CUPS CHOPPED ONIONS

1 TEASP GARLIC, CHOPPED

1 -28OZ CAN ITALIAN STYLE TOMATOES,CHOPPED

6 OZ CAN TOMATO PASTE

2 TEASP CRUSHED RED PEPPER FLAKES

1 TABLSP CHOPPED MARJORAM

1/4 TEASP BLACK PEPPER

2 TEASP DRIED BASIL CRUSHED

SALT

2 CUPS CHICKEN STOCK

1 POUND RIGATONI

ADD 1 CHOPPED GREEN PEPPER IF DESIRE

1 CUPS SHREDDED HARVARTI CHEESE 4 OZ

1/3 CUP GRATED PARMESAN CHEESE

1/3 CUP PITTED BLACK OLIVES CUT IN SLIVERS

1/4 CUP FINELY CHOPPED PARSLEY

IN LARGE SKILLET HEAT 5 TABLSP OLIVE OIL MEDIUM HIGH HEAT. WHEN HOT ADD ONIONS, GARLIC AND SAUTE STIRRING 3 MIN. ADD TOMATOES, RED PEPPER, BLACK PEPPER, BASIL MARJORAM AND 1 TEASP SALT STIR MIX WELL. ADD STOCK AND BRING TO LOW BOIL. COOK UNTIL LIQUID REDUCED AND THICKENED 25 MIN. REMOVE SAUCE FROM HEAT.

BRING 5 QTS WATER TO BOIL ADD PASTA 1 TEASP SALT. RETURN TO BOIL AND COOK AL DENTE 8-10 MIN. DRAIN.

GREASE 2 QT GRATIN PAN. TOSS PASTA WITH 3 TABLSP OLIVE OIL. SEASON WITH SALT.

ADD TOMATOES SAUCE TO PASTA AND TOSS. ADD HARVARTI CHEESE TOSS AGAIN. SPRINKLE PARMESAN CHEESE OVER TOP. ARRANGE SLIVERS OF OLIVES OVER PASTA.

BAKE 350 DEG UNTIL HOT BUBBLY 25 MIN.

REMOVE SPRINKLE PARSLEY ON TOP. SERVE4-6

NOTE:MONTEREY JACK OR MILD CHEDDER CAN REPLACE HAVARTI CHEESE.

CHICKEN

ROLLED CHICKEN BREAST

- 3 LG. BONED, SKINLESS CHICKEN BREASTS**
- 1/2 CUP WATER**
- 6 THIN SLICES BOILED HAM**
- 1 TSP. CHICKEN GRAVY BASE**
- 6 OZ. NATURAL SWISS CHEESE, CUT IN 6 STICKS**
- 1 3-OZ. SLICED MUSHROOMS, DRAINED (1/2 CUP)**
- 1/4 CUP ALL-PURPOSE FLOUR**
- 1/3 CUP SAUTERNE**
- 2 TBSP. BUTTER OR MARGARINE**
- 2 TBSP. ALL-PURPOSE FLOUR**
- 1/2 CUP WATER**
- TOASTED SLICED ALMONDS**

PLACE CHICKEN PIECES, BONED SIDE UP, ON CUTTING BOARD. WORKING FROM CENTER OUR, POUND CHICKEN LIGHTLY WITH WOODEN Mallet TO MAKE CUTLETS ABOUT 1/4" THICK. SPRINKLE WITH SLAT. PLACE A HAM SLICE AND CHEESE STICK ON EACH CUTLET. TUCK IN SIDES OF EACH AND ROLL UP AS FOR JELLY ROLL, PRESSING TO SEAL WELL. SKEWER OR TIE SECURELY. COAT ROLLS WITH THE 1/4 CUP FLOUR; BROWN IN BUTTER OR MARGARINE. REMOVE CHICKEN TO 11X7X1-1/2 INCH BAKING PAN.

IN SAME SKILLET, COMBINE FIRST 1/2 CUP WATER, THE GRAVY BASE, MUSHROOMS, AND WINE. HEAT STIRRING TO INCORPORATE ANY CRUSTY BITS FROM SKILLET. POUR MIXTURE OVER CHICKEN IN BAKING PAN. COVER AND BAKE IN 350 DEGREE OVEN FOR 1 TO 1-1/4 HOURS, OR TILL TENDER. TRANSFER CHICKEN TO WARM SERVING PLATTER. BLEND THE 2 TBSP. FLOUR WITH 1/2 CUP COLD WATER. ADD TO GRAVY IN BAKING PAN. COOK AND STIR TILL THICKENED. POUR A LITTLE GRAVY OVER CHICKEN AND GARNISH WITH TOASTED SLICED ALMONDS. PASS REMAINING GRAVY. MAKES 6 SERVINGS.

BEEF

ROULADEN

**4 SLICES ROUND STEAK, 1/4" THICK AND 6' X 12"
SALT AND PEPPER TO TASTE
4 DILL PICKLE SPEARS
6 TSP. DJONG MUSTARD
1/4 CUP BUTTER
2 1/4 CUP FINELY CHOPPED ONION
1 TBSP. PAPRIKA
4 STRIPS BACON
2 CUPS BEEF STOCK**

PLACE MEAT ON FLAT SURFACE; SPRINKLE WITH SALT AND PEPPER. SPREAD EACH WITH APPROX. 1 1/2 TSP MUSTARD AND 3 TBSP. ONION. CUT BACON STRIPS IN HALF AND THEN IN HALF LENGTHWISE. ARRANGE 4 PIECES BACON ON EACH PIECE MEAT, LADDER FASHION, FROM TOP TO BOTTOM. SPLIT EACH DILL SPEAR IN HALF LENGTHWISE AND ARRANGE 2 PER PIECE OF MEAT BETWEEN BACON. TOLL EACH, ENCLOSING FILLING, AND TIE SECURELY WITH STRING.

HEAT BUTTER IN SKILLET; ADD REMAINING ONION. COOK, STIRRING, UNTIL GOLDEN. SPRINKLE WITH PAPRIKA; COOK ABOUT 7 SECONDS STIRRING. ADD BEEF ROLLS AND TURN UNTIL WELL COATED ON ALL SIDES. ADD 1 CUP BEEF STOCK AND COVER. COOK OVER MEDIUM HEAT FOR 30 MINUTES, TAKING CARE MEAT DOES NOT BURN OR STICK. TURN MEAT, ADD 1/2 CUP STOCK, COVER AND COOK 30 MINUTES LONGER. ADD REMAINING STOCK, TURN MEAT AND CONTINUE COOKING 15-30 MINUTES UNTIL MEAT IS FORK TENDER.

FISH & SEAFOOD

SALMON & CREAM CHEESE SPREAD (APPETIZER)

1 UNSLICED ROUND PUMPERNICKEL BREAD 1/4 TSP. DILL WEED
1 LG. CAN SALMON, DRAINED & FLAKED 1 TBSP. LEMON JUICE
1/4 TSP. LIQUID SMOKE 1 DASH TABASCO SAUCE
1 8 OZ. PKG. CREAM CHEESE 1 TSP. WORCESTERSHIRE SAUCE
1/2 CUP MILK 1/2 TSP. PEPPER
2 TBSP. CHOPPED CHIVES

WITH SHARP KNIFE, CUT CIRCLE OUT OF CENTER OF BREAD, LEAVING A NARROW, FIRM RING OF BREAD TO USE AS CONTAINER FOR SALMON CREAM. SLICE REMOVED BREAD INTO THIN BREAD SLICES OR CUBES.

COMBINE REMAINING INGREDIENTS IN PROCESSOR OR BLENDER; PUREE. CHILL.

JUST PRIOR TO SERVING SPOON SALMON MIXTURE INTO BREAD SHELL. SURROUND SHELL WITH BREAD SLICES OR CUBES.

PORK & HAM

SAUERKRAUT PORK - CHOUCROUTE GARNE MY FAVORITE

**PORK LOIN 1 – 2 POUNDS - ALL SIDES IN OVEN POT WITH BUTTER, SALT & PEPPER
SPRINKLE WITH;**

½ TSP THYME

¼ TSP CARAWAY SEEDS

2 CLOVE GARLIC SMASHED

BROWN ALL SIDES

THEN ADD

1 APPLE CUT IN QUARTERS AND CORED

1 CUP DRY WINE

2 CUPS WATER

1 – 2 CANS SAUERKRAUT

BAY LEAF

BRING ALL TO BOIL ON TOP OF STOVE.

PREHEAT OVEN 450

PLACE POT WITH LID AND LOWER OVEN TO 350

COOK 1 ½ TO 2 HOURS

PORK & HAM

SAUSAGE PAPER

**1 LB. PORK SAUSAGE MEAT 1/3 CUP MINCED WATER CHESTNUTS
1/2 TSP. SWEET-BASIL LEAVES PAPER**

COMBINE FIRST 3 INGREDIENTS AND MIX WITH HANDS UNTIL WELL BLENDED. USING A HEAPING MEASURING-TEASPOONFUL FOR EACH MEATBALL, DIP HANDS IN COLD WATER AND SHAPE MIXTURE IN SMOOTH BALLS. PUT IN SMALL BAKING DISH AND SPRINKLE WITH PAPER. BAKE IN 375 DEGREE OVEN FOR 15 MINUTES. REMOVE FROM OVEN, DRAIN OFF ALL FAT, SHAKE MEATBALLS AND SPRINKLE WITH ADDITIONAL PAPER. PUT BACK IN OVEN AND BAKE 15 MINUTES LONGER. DRAIN, KEEP WARM AND SERVE WITH TOOTHPICKS. MAKES 4 DOZEN.

(GOOD WITH CURRY DIP)

PORK & HAM

SAUSAGE TART

**1 PACKAGE PIECRUST MIX 1/2 CUP MILK
5 BROWN 'N SERVE SAUSAGES(4 OZ.) 1/2 CUP SHREDDED CHEDDAR CHEESE
1/4 POUND MUSHROOMS,CHOPPED FINE 1/2 TSP. SALT
1 SMALL ONION, CHOPPED (1/4 C.) 1/2 TSP. LEAF MARJORAM, CRUMBLER
1 EGG 1/4 TSP. PEPPER**

PREPARE PIECRUST MIX, FOLLOWING LABEL DIRECTIONS. PINCH OFF SMALL PIECES; PRESS INTO 1-1.4" TARTLET PANS OR TINY MUFFIN PANS, PRESSING DOUGH ABOUT HALF WAY UP SIDES OF CUPS. PLACE TARTLET PANS IN JELLY ROLL PAN FOR EASY HANDLING. BAKE IN 400 DEGREE OVEN FOR 5 MINUTES. REMOVE TO WIRE RACK.

CUT SAUSAGES INTO VERY THIN SLICES. BROWN IN SMALL SKILLET; REMOVE TO PAPER TOWELING WITH SLOTTED SPOON. SAUTE MUSHROOM AND ONION IN PAN DRIPPINGS UNTIL JUST TENDER. BEAT EGG SLIGHTLY IN MEDIUM SIZE BOWL; ADD MILK, CHEESE, SALT, MARJORAM, AND PEPPER. MIX WELL. FILL TARTLET SHELLS DIVIDING SAUSAGE SLICES EVENLY.

BAKE IN 375 DEGREE OVEN FOR 15 MINUTES OR UNTIL FIRM. REMOVE TO WIRE RACK. LET STAND FEW MINUTES BEFORE REMOVING FROM PANS. (DO-AHEAD NOTE: PLACE IN FOIL OR PLASTIC BOXES. COVER FIRMLY; LABEL AND FREEZE.) TO SERVE: PLACE IN JELLY ROLL PAN. HEAT IN 400 DEGREE OVEN APPROX. 10 MIN., OR UNTIL PIPING HOT. GARNISH WITH THIN SLICE OF STUFFED OLIVE. KEEP HOT ON HOT TRAY.

FISH & SEAFOOD

SCALLOP ALMONDINE

**3/4 TO 1 POUND SCALLOPS, FRESH OR FROZEN
1/2 CUP ALL-PURPOSE FLOUR
1/4 TSP. SALT
4 TBSP. BUTTER OR MARGARINE
3 TBSP. SLIVERED ALMONDS
1 TBSP. LEMON JUICE
1 TBSP. SNIPPED PARSLEY**

IF USING FROZEN SCALLOPS, THAW. CUT EACH SCALLOP IN THICK SLICES; COMBINE FLOUR AND SALT; COAT SCALLOPS WITH MIXTURE. IN SKILLET, COOK SCALLOPS IN 2 TBSP. OF THE BUTTER OR MARGARINE TILL GOLDEN, ABOUT 5 MINUTES. REMOVE SCALLOPS TO WARM SERVING PLATTER. MILT REMAINING 2 TBSP. BUTTER; ADD ALMONDS. COOK TILL ALMONDS ARE TOASTED GOLDEN BROWN. STIR IN LEMON JUICE; POUR OVER SCALLOPS. SPRINKLE WITH SNIPPED PARSLEY. PASS LEMON WEDGES WITH SCALLOPS, IF DESIRED. MAKES 4 SERVINGS.

MEAT

SCALLOPINI VEAL BURGERS

1-1/2 POUNDS GROUND VEAL 1 3-OZ. CAN CHOPPED MUSHROOMS
1 CUP SOFT BREAD CRUMBS 1/4 CUP WHITE WINE
1 BEATEN EGG 1 TBSP. FINELY SNIPPED PARSLEY
1/4 CUP COOKING OIL 1/4 TSP. DRIED OREGANO, CRUSHED
1 8-OZ. CAN TOMATO SAUCE PARMESAN CHEESE, GRATED

COMBINE VEAL, CRUMBS, EGG, 2 TBSP. MILK, 1.2 TSP. SALT, AND DASH PEPPER; SHAPE INTO 6 PATTIES. COAT LIGHTLY WITH 1/4 CUP ALL-PURPOSE FLOUR. BROWN IN HOT COOKING OIL IN SKILLET. DRAIN FAT. COMBINE TOMATO SAUCE, UNDRAINED MUSHROOMS, WINE, PARSLEY, AND OREGANO; POUR OVER MEAT. COVER; SIMMER 20-25 MINUTES. SERVE ON HOT COOKED NEEDLES; SPRINKLE WITH GRATED PARMESAN CHEESE. MAKES 6 SERVINGS.

FISH & SEAFOOD

SCALLOPS

1/3 CUP MINCED YELLOW ONIONS

1 TB BUTTER

1 1/2 TB MINCED SHALLOT OR GREEN ONION

1 CLOVE GARLIC

COOK ONIONS SLOWLY IN BUTTER FOR 5 MIN UNTIL TENDER NOT BROWN, STIR IN SHALLOTS ETC 1 MIN MORE-SET ASIDE.

1 1/2 LBS WASHED SCALLOPS

SALT/PEPPER

1 CUP FLOUR IN DISH

DRY SCALLOPS AND CUT IN 1/4 INCH,JUST BEFORE COOKING SPRINKLE SALT PEPPER, ROLL IN FLOUR, SHAKE EXCESS OFF.

2 TB BUTTER

1 TB OLIVE OIL

10 INCH SKILLET

SAUTE SCALLOPS QUICKLY IN VERY HOT BUTTER AND OIL FOR 2 MIN TO BROWN LIGHTLY.

2/3 CUP DRY WHITE WINE

3 TB WATER

1/2 BAY LEAF

1/8 TSP THYME

POUR WINE AND WATER INTO SCALLOPS SKILLET, ADD HERBS,AND COOKED ONION MIX,COVER SKILLET AND SIMMER 5 MIN,UNCOVER AND BILL DOWN 1 MIN UNTIL LIGHTLY THICKENED, DISCARD BAY LEAF.

6 BUTTERED SCALLOP SHELLS OVEN SAFE DISH.

1/4 CUP GRATED SWISS CHEESE

2 TB BUTTER IN SIX PIECES

SPOON MIX INTO SHELLS, SPRINKLE CHEESE AND DOT WITH BUTTER. SET ASIDE TILL READY TO GRATIN.

RN MODERATE HOT BROILER FOR 3-4 MIN TO HEAT THROUGH AND BROWN CHEESE.

FISH & SEAFOOD

SCALOPSL MORNAY

1/2 POUND FRESH SCALLOPS
3/4 CUP WATER
1/2 CUP DRY WHITE WINE
1/4 TSP SALT
DASH WHITE PEPPER
1/2 CUP SLICED FRESH MUSHROOMS
2 TBSP CHOPPED ONION
2 TBSP BUTTER/MARGARINE
4 TSP ALL PURPOSE FLOUR
1/3 CUP MILK
1/4 CUP(1 OZ)SHREDDED SWISS CHEESE
2 TBSP SNIPPED PARSLEY
HOT COOKED RICE (OPTIONAL)

**

SOAK SCALLOPS IN PAN WITH WATER & ICE CUBES FOR 15-20 MIN TO FRESHEN.
IN SAUCE PAN COMBINE WATER, WINE,SALT,PEPPER; BRING TO BOILING. ADD SCALLOPS AND MUSHROOMS; RETURN TO BOILING. COVER AND SIMMER ABOUT 1 MIN. REMOVE SCALLOPS AND MUSHROOMS; SET ASIDE. BOIL THE LIQUID UNCOVERED FOR 10-15 MIN TIL REDUCED TO 1/2 CUP.
IN ANOTHER SAUCEPAN COOK ONION , BUTTER TIL TENDER, STIR IN FLOUR. ADD THE 1/2 CUP SCALLOP LIQUID AND MILK. COOK AND STIR TILL THICKENED AND BUBBLY. STIR IN CHEESE TILL MELTED. REMOVE FROM HEAT. SEASON WITH MORE SALT AND PEPPER IF DESIRED. STIR IN SCALLOPS AND MUSHROOMS. TURN INTO TWO 10 OZ CASSEROLES. BAKE UNCOVERED IN 375 DEG OVEN FOR 15 -20 MIN OR TIL HEATED THROUGH. SPRINKLE WITH PARSLEY. SERVE WITH HOT COOKED RICE IF DESIRED. MAKES 2 SERVINGS.

FISH & SEAFOOD

SCALLOPS TETRAZINI

**3/4 LB. SCALLOPS, FRESH DASH LEAF OREGANO, CRUSHED
OR FROZEN 1 DROP BOTTLED HOT PEPPER SAUCE
1/2 TSP. INSTANT MINCED ONION 1/2 CUP MILK
1/4 TSP. SALT 1 SLIGHTLY BEATEN EGG
DASH PEPPER 1 3-OZ. CAN SLICED MUSHROOMS
2 TBSP. BUTTER OR MARGARINE 4 OZ. SPAGHETTI, COOKED AND
2 TBSP. ALL PURPOSE FLOUR DRAINED
1/4 TSP. PAPRIKA 2 TBSP. GRATED PARMESAN CHEESE**

IF USING FROZEN SCALLOPS, THAW. CUT EACH SCALLOP IN HALF. IN SAUCEPAN, COMBINE SCALLOPS, ONION, SALT AND PEPPER. ADD WATER JUST TO COVER SCALLOPS (ABOUT 1 CUP). COVER AND SIMMER 10 MINUTES. DRAIN, RESERVING 1/2 CUP COOKING LIQUID. MELT THE BUTTER OR MARGARINE; BLEND IN FLOUR, PAPRIKA, OREGANO, A DASH SALT AND THE HOT PEPPER SAUCE. ADD THE RESERVED COOKING LIQUID AND THE MILK. COOK AND STIR TILL THICKENED. STIR A LITTLE OF THE HOT SAUCE INTO EGG; RETURN TO SAUCE AND MIX WELL. ADD UNDRAINED MUSHROOMS AND THE SCALLOPS TO SAUCE; MIX WELL. SPOON HOT SPAGHETTI INTO 10X6X1-1/2-INCH BAKING DISH; TOP WITH THE HOT SCALLOP MIXTURE. SPRINKLE CASSEROLE WITH THE GRATED PARMESAN CHEESE. BROWN UNDER BROILER ABOUT 5 MINUTES. GARNISH WITH WHOLE CANNED MUSHROOMS AND PARSLEY, IF DESIRED. MAKES 4 SERVINGS.

MEAT

SHISH-KE-BOB MARINADE FOR LAMB OR BEEF

**1/2 CUP COOKING OIL 2 TBSP. WORCESTERSHIRE SAUCE
1/3 CUP SOY SAUCE 1 CLOVE GARLIC, MINCED
1/4 CUP LEMON JUICE 1 TSP. CRACKED PEPPER
2 TBSP. PREPARED MUSTARD**

ENOUGH MARINADE TO MARINATE AND BASTE WHILE COOKING 1 1/2 POUNDS CUBED MEAT. MARINATE FOR SEVERAL HOURS OR OVERNIGHT IN THE REFRIGERATOR.

FISH & SEAFOOD

SHRIMP STROGONOFF

1# FRESH OR FROZEN SHRIMP 1/4# BACON (5-6 STRIPS), DICED
1.4 CUP FLOUR 1 TBSP. GRATED ONION
1.2 TSP. SALT 1 TSP. PREPARED MUSTARD
1/8 TSP. PEPPER 1-1/2 CUPS TOMATO JUICE
1/2 CUP COMMERCIAL SOUR CREAM

SHELL AND DEVEIN SHRIMP, IF NECESSARY. IF THEY ARE LARGE, CUT INTO BITE-SIZE PIECES. RINSE AND DRAIN. PLACE FLOUR, SALT AND PEPPER IN CLEAN BAG. ADD SHRIMP AND SHAKE WELL TO COAT THOROUGHLY. ABOUT 15 MINUTES BEFORE MEALTIME, PLACE BACON IN COOK AND SERVE TYPE SKILLET AND COOK, STIRRING CONSTANTLY, UNTIL BROWN AND CRISP. REMOVE BACON AND DRAIN ON PAPER TOWELING. TO FAT IN PAN, ADD ONION AND SHRIMP. COOK OVER MODERATE HEAT 2 MINUTES; TURN TO BROWN SECOND SIDE, ABOUT 2 MINUTES MORE. MIX MUSTARD WITH TOMATO JUICE AND ADD TO PAN, STIRRING TO BLEND. COOK 3-5 MINUTES MORE. JUST BEFORE SERVING, REMOVE FROM HEAT AND STIR IN SOUR CREAM. KEEP WARM OVER LOWEST HEAT. SERVE, GARNISHED WITH BACON, OVER RICE, RUSKS, OR TOAST. MAKES 4 SERVINGS.

NOTE: IF DESIRED BACON MAY BE OMITTED. USE 1/3 CUP OIL TO BROWN THE SHRIMP AND PROCEED AS RECIPE DIRECTS.

ORIENTAL

SIZZLING RICE

INGREDIENTS: 6 MEDIUM BLACK MUSHROOMS

1 CUP WARM WATER

12 MEDIUM SHRIMP IN THE SHELL

4 OZ BONELESS PORK CUT FROM LOIN

1/2 CUP BAMBOO SHOOTS

1/4 CUP SHELLED GREEN PEAS

1 TBLESPN SUGAR

2 CUPS WATER

2 SCALLIONS WHITE PART ONLY

2 TABLESP OIL

6 CUPS "BASIC SOUP" STOCK

STEWING HEN 5LBS, 3-4 LBS LEG PORK, 6 SLICES GINGER ROOT (1/2 OZ)

SIMMER 5-6 HOURS, REMOVE SOLID FATS

12 PIECES RICE CRUST 1 X 2 INCH

2 CUPS RAW OR COOKED RICE LONG GRAIN, 2 1/2 CUP WATER. PUT COOKED RICE IN NON STICK PAN.PAT RICE FLAT TO FORM PATTY - 2 GRAINS THICK, LOW HEAT 40 MIN,FLIP 30 MIN OTHER SIDE.

SEASONINGS: 1/4 TEASP SALT

1/2 EGG WHITE

3 TEASP TAPIOCA POWDER

2 TEASP LIGHT SOY SAUCE

1 TEASP SESAME OIL,DASH SUGAR

PINCH WHITE PEPPER

PREPARATION: SOAK MUSHROOMS, SQUEEZE DRY-SHRED 1/16 IN, SAVE LIQUID.SHELL/DEVEIN SHRIMP,CLEAN WITH 2 TBLESP SALT, RUB AND RINSE SHRIMP WITH SALT, UNTIL TRANSLUCENT (5 MIN), DRAIN AND DRY, CHILL 1 HOUR.

COOKING: 4 QT SAUCEPAN,HIGH HEAT, ADD 2 TBLESP OIL, STIR PORK SHREDS 30 SEC, ADD SHRIMP, ADD MUSHROOMS,BAMBOO SHOOTS-STIRRING. POUR STOCK AND MUSHROOM LIQUID, BRING TO BOIL, TURN TO LOW,SIMMER TIL USE. ADD SEASONINGS. USE WOK OVER HIGH HEAT, ADD REMAINING OIL WAIT 5-7 MIN, MUST BE BOILING POINT, TEST WITH RICE. DEEP FRY RICE UNTIL PUFFY LIGHT GOLD. LINE SERVING BOWL. ADD PEAS TO SOUP.ADD SCALLION SHREDS TO RICE BOWLS,ADD SOUP.

FISH & SEAFOOD

SOLE STUFFED WITH CRABMEAT

1 7-1/2 OZ. CAN CRAB MEAT, 1/4 CUP MELTED BUTTER OR
DRAINED, BONED AND FLAKED MARGARINE
1-1/2 CUPS SOFT BREAD CRUMBS 3 LARGE FILET OF SOLE
1/2 CUP MINCED CELERY (ABOUT 1-1/2 POUNDS)
1.4 TSP. ONION POWDER SALT
1/2 TSP. SALT 1-1/2 TBSP LEMON JUICE
1/8 TSP. PEPPER 1/4 CUP DRY WHITE WINE
1/8 TSP. LEAF TARRAGON, PAPRIKA
CRUMBLLED

COMBINE CRAB MEAT, BREAD CRUMBS, CELERY, ONION POWDER, SALT, PEPPER, TARRAGON,
AND 2 TBSP. MELTED BUTTER OR MARGARINE. CUT FILETS IN HALF CROSSWISE; SPRINKLE
LIGHTLY WITH SALT. DIVIDE CRAB MIXTURE AMONG SIX PIECES OF FILET, PLACING STUFFING
AT ONE END OF EACH PIECE. ROLL UP FILETS; FASTEN EACH WITH WOODEN TOOTH PICKS.
PLACE ROLLS IN SHALLOW BAKING DISH; POUR LEMON JUICE, WINE, AND REMAINING MELTED
BUTTER OR MARGARINE OVER FISH. BAKE AT 350 DEGREES, BASTING OCCASIONALLY WITH
PAN JUICES, 25-30 MINUTES OR UNTIL FISH FLAKES EASILY. SPRINKLE WITH PAPRIKA, MAKES
6 SERVINGS.

PASTA

SPAGHETTI WITH SAUCE

**8 OZ PACKAGE SPAGHETTI
1/2 TO 1 POUND GROUND BEEF BROWNED
2 CANS CONTADINA TOMATO PASTE
3 CANS WATER
1/4 TSP HOT RED PEPPERS
1/2 TSP SWEET BASIL
ONION SALT
1 TSP OREGANO
1 GARLIC CLOVE
1TSP WORCESTER SAUCE
1 TSP SALT
1/2 TSP PEPPER**

BOIL CONTADINAPASTE AND WATER MIX, SIMMER FOR 3 HOURS AFTER ADDING OTHER INGREDIENTS-SEASON TO TASTE.

PASTA

SPAGGETTI PIE

**6 OZ. SPAGHETTI 1 8-OZ. CAN (1 CUP) TOMATOES,
2 TBSP. BUTTER OR MARGARINE CUT UP
1/3 CUP GRATED PARMESAN CHEESE 1 6-OZ. CAN TOMATO PASTE
2 WELL BEATEN EGGS 1 TSP. SUGAR
1 CUP (8-OZ.) COTTAGE CHEESE 1 TSP. DRIED OREGANO, CRUSHED
1 LB. GROUND BEEF OR BULK 1/2 TSP. GARLIC SALT
PORK SAUSAGE 1/2 CUP SHREDDED MOZZARELLA
1/2 CUP CHOPPED ONION CHEESE (2 OUNCES)
1/4 CUP CHOPPED GREEN PEPPER**

COOK THE SPAGHETTI ACCORDING TO PACKAGE DIRECTIONS; DRAIN (SHOULD HAVE ABOUT 3 CUPS COOKED SPAGHETTI). STIR BUTTER OR MARGARINE INTO HOT SPAGHETTI. STIR IN PARMESAN CHEESE AND EGGS. FORM SPAGHETTI MIXTURE INTO A "CRUST" IN BUTTERED 10" PIE PLATE. SPREAD COTTAGE CHEESE OVER BOTTOM OF SPAGHETTI CRUST.

IN SKILLET COOK GROUND BEEF OR PORK SAUSAGE, ONION, AND GREEN PEPPER TILL VEGETABLES ARE TENDER AND MEAT IS BROWNED. DRAIN OFF EXCESS FAT. STIR IN UNDRAINED TOMATOES, TOMATO PASTE, SUGAR, OREGANO, AND GARLIC SALT; HEAT THROUGH. TURN MEAT MIXTURE INTO SPAGHETTI CRUST. BAKE, UNCOVERED, IN 350 DEGREE OVEN FOR 20 MINUTES. SPRINKLE WITH MOZZARELLA CHEESE. BAKE 5 MINUTES LONGER OR TILL CHEESE MELT. SERVES 6.

BEEF

ST_PATRICKS DAY CORN BEEF

3-1/2 -4 POUND CORNED BEEF BRISKET RINSED IN COLD WATER

2 CUPS WATER

4 PEPPERCORNS

4 WHOLE ALLSPICE

1 LARGE BAY LEAF

1 MEDIUM YELLOW ONION PEELED AND CUT 8 WEDGES

1 MEDIUM 2 LB CABBAGE TRIMMED OF OUTER LEAVES CORED AND CUT INTO 12 WEDGES

BOILED POTATOES

HORSERADISH OR IRISH MUSTARD

****BRING TO BOIL SALTED WATER AND PLACE BEEF FLAT IN 6 QT PAN MAKING SURE WATER IS 1 INCH OVER MEAT, THEN ADD PEPPERCORNS, ALLSPICE, BAY LEAF AND ONION. COVER WITH LID AND SIMMER. SIMMER COOK ON STOVE TOP FOR 3 HOURS. CHECK MEAT WITH FORK TO FIND WHEN TENDER. IF NECESSARY ADD MORE TIME.**

AFTER TENDER ADD CABBAGE WEDGES TO BE COOKED AT SIMMER FOR 1 HOUR.

IN SEPARATE PAN BOIL POTATOES IN WATER TILL TENDER THEN ADD TO BEEF POT FOR 15 MIN UNDER NO HEAT.

TRANSFER CORNED BEEF TO PLATTER TO SLICE ACROSS THE GRAIN AND SURROUND WITH WELL DRAINED CABBAGE AND POTATOES. SERVES 6-8

LIQUID CAN BE USED WITH LEFT OVERS AND ADD NORTHERN BEANS FOR MAKING OF SOUP.

******SEE HOT & HEARTY HAM SOUP RECIPE.**

BEEF

STUFFED CABBAGE ROLL

1 MEDIUM-SIZED HEAD CABBAGE 1/8 TSP. PEPPER
1-1/2 POUNDS GROUND BEEF 1 # CAN TOMATOES, BROKEN UP
COOKED RICE 1/2 CUP WATER
1 TSP. SALT

REMOVE 12 CABBAGE LEAVES. TRIM HARD CENTER VEIN. BLANCH IN BOILING WATER UNTIL SOFTENED, ABOUT 8 MINUTES. COMBINE MEAT, COOKED RICE AND SEASONINGS; MIX WELL. SPOON MIXTURE INTO CENTER OF EACH LEAF. GOLD SIDES OVER AND ROLL UP. PLACE, SEAM SIDE DOWN, IN A 13X9X2 INCH BAKING DISH. POUR ON TOMATOES AND WATER. COVER. BAKE AT 350 DEGREES FOR 1 HOUR. SERVES 6.

FISH & SEAFOOD

STUFFED CELERY (APPETIZER)

SHRIMP BLUE CHEESE

1 4-1/2 OZ. CAN SHRIMP, 1 3-OZ. PKG. CREAM CHEESE
DRAINED AND FINELY CHOPPED 1 OZ. (1/4 CUP) BLUE CHEESE,
1 3-OZ. PKG. CREAM CHEESE CRUMBLED
2 TBSP. MAYONNAISE 1 TBSP. CATSUP
1 TBSP. EACH MINCED ONION, DASH GARLIC SLAT AND CAYENNE
PARSLEY, GREEN PEPPER, PEPPER
CELERY, AND GREEN OLIVES

COMBINE ALL INGREDIENTS; WITH
COMBINE ALL INGREDIENTS. STUFF PASTRY TUBE FILL CELERY SECTIONS
INTO DIAGONALLY CUT CELERY GARNISH WITH CHOPPED PARSLEY OR
SECTIONS. CHILL. 1 CUP FILLING. CHIVES. CHILL. 1/2 CUP FILLING.

SMOKY CHEESE-HAM

1 5 OZ. JAR SMOKY CHEESE SPREAD 1/8 TSP. SALT
1 2-1/4 OZ. CAN DEVILED HAM 1 TSP. DIJON MUSTARD
3 TBSP. SWEET PICKLE RELISH

COMBINE ALL INGREDIENTS; STUFF INTO CELERY SECTIONS. GARNISH WITH WHOLE CAPERS IF
DESIRED. CHILL. 1 CUP FILLING.

BEEF

STEAK WITH TOMATOSAUCE

**1 1/2 TABLESP OLIVE OIL
1/3 TEASP GARLIC CHOPPED
1 CUP PEELED,SEEDE CHOPPED TOMATOES
1/2 TEASP OREGANO
1/4 TEASP SALT
FRESHLY GROUND PEPPER
1 POUND T-BONE OR SIRLION STEAK**

****HEAT 3/4 TABLESP OLIVE OIL IN MEDIUM SKILLET. ADD GARLIC BROWN, ADD TOMATOES, OREGANO, SALT, FEW GRINDS PEPPER AND COOK OVER MODERATE HEAT STIR;IN 5 MIN LIQUID FROM TOMATOES BOILED AWAY. REMOVE FROM HEAT.**

IN NEW SKILLET PAN ADD 3/4 TABLSP OLIVE OIL BROWN STEAK 1-2 MIN EACH SIDE, LOWER HEAT AND SPOON TOMATO SAUCE OVER AND AROUND MEAT. COVER AND COOK 6-10 MIN. SERVE, SCRAPE SAUCE OFF REMOVE STEAK, SIMMER SAUCE 1-2 MIN TASTE. CARVE STEAK AND ADD SAUCE.

FISH & SEAFOOD

STUFFED FLOUNDER

**6 FLOUNDER FILLETS
3 TBSP. LEMON JUICE
SEAFOOD DRESSING
1 CUP FINE BREAD CRUMBS
SALT AND PEPPER TO TASTE
1/3 LB. BUTTER, MELTED**

PREHEAT OVEN TO 375 DEGREES. GREASE SHALLOW BAKING PAN. SPREAD 4-6 TBSP. OF SEAFOOD DRESSING OVER EACH FILLET; ROLL AND FASTEN WITH TOOTHPICKS. PLACE IN PREPARED BAKING PAN AND SEASON WITH SALT, PEPPER AND LEMON JUICE. SPRINKLE BREAD CRUMBS OVER FISH. MELT BUTTER; POUR OVER CRUMBS AND FISH. BAKE AT 375 DEGREES FOR 25-30 MINUTES OR UNTIL FISH FLAKES EASILY WHEN TESTED WITH A FORK.

SEAFOOD DRESSING:

**6 TBSP. BUTTER
1 TSP, PIMENTO, FINELY CHOPPED
1/4 CUP CELERY, FINELY CHOPPED
1/2 TSP. PAPRIKA
1/2 CUP ONION, FINELY CHOPPED
1 TSP. WORCESTERSHIRE SAUCE
1.4 GREEN PEPPER, FINELY CHOPPED
1/8 TSP. CAYENNE PEPPER
1/2 LB. SHRIMP, COOKED AND DICED
1.4 CUP DRY SHERRY
1 TSP PARSLEY, CHOPPED
1 1/2 CUPS BREAD CRUMBS**

MELT BUTTER; ADD VEGETABLES; SAUTE TIL TENDER. ADD ALL INGREDIENTS EXCEPT BREAD CRUMBS AND COOK OVER LOW HEAT FOR 10 MINUTES. ADD TO BREAD CRUMBS; MIX THOROUGHLY.

PORK & HAM

STUFFED MUSHROOMS (APPETIZER)

**1 LB. MILD BULK ITALIAN SAUSAGE
8 OZ. TOMATO SAUCE
1 1/2 LBS. FRESH MUSHROOMS
1/4 CUP RED WINE
1/4 TSP. SALT
1/4 TSP CHILI POWDER
1/4 TSP. PEPPER**

REMOVE STEMS FROM MUSHROOMS; STUFF WITH UNCOOKED SAUSAGE. PLACE IN BAKING DISH AND BAKE AT 350 DEGREES FOR 1/2 HOUR. DRAIN OF EXCESS GREASE.

IN SAUCE PAN SIMMER THE REMAINING INGREDIENTS. POUR SAUCE OVER MUSHROOMS AND REHEAT UNTIL HOT. SERVE WITH COCKTAIL FORKS.

SERVES 8-10.

FISH & SEAFOOD

CRAB STUFFED SOLE

2 LBS. SOLE FILLETS

1 6 OZ. PKG. FROZEN CRABMEAT

SAUTE IN BUTTER:

1/2 CUP BREAD CRUMBS

1 SMALL ONION, MINCED

1 CELERY LEAF, MINCED

ADD CRABMEAT AND SEASON WITH SALT AND PEPPER TO TASTE. SPREAD ON FILLETS AND ROLL UP. ARRANGE IN SHALLOW CASSEROLE DISH. TOP WITH MELTED BUTTER AND SPRINKLE WITH PAPRIKA. BAKE IN 350 DEGREE OVEN FOR 1/2 HOUR. SERVES 6.

PORK & HAM MEX

SW HARVEST SOUP

1 CUPS DRIED BLACK BEANS,RINSED
5-6 CUPS CHICKEN STOCK OR CANNED BROTH
28 OZ CAN ITALIAN PLUM TOMATOES,CRUSHED ,RESERVE LIQUID
2 CUPS MINCED ONIONS
1 LARGE DRIED CALIFORNIA CHILIES-WITH WHOLE AND SEEDS
1/2 CELERY STALK WITH LEAVES, MINCED
1/2 SMALL CARROT MINCED
1/8 CUP TOMATO PASTE
1 1/2 TEASP MINCED GARLIC
1/2 BAY LEAF
1 TEASP GROUND CUMIN
1/2 TEASP(GENEROUS)DRIED DRUMBLED OREGANO
1/2 TEASP GROUND CORIANDER
1/2 TEASP(GENEROUS) GROUND PEPPER
DASH GROUND CLOVES
3/4 LF FRESH HOT ITALIAN SAUSAGE IN CASINGS
1/4 SMALL CAULIFLOWER CUT INTO FLORETS
1 1/2 ZUCCHINI DICED
1/2 LARGE RED BELL PEPPER DICED

1 TABLSP DRIED CRUMBELED BASIL,WITH SALT,GROUND PEPPER, AND DRIED RED PEPPER FLAKES.

GARNISHES: GREEN ONIONS CHOPPED, LARGE SLICEDJALEPENO CHILIES, BUNCH CILANTRO CHOPPED,BUNCH FRESH BASIL CHOPPED,DICED CUCUMBER,MONTERY JACK CHEESE SHREDDED

***PLACE BEANS IN LARGE SAUCE PAN,COVER BOILING WATER,LET STAND 2 TO 12 HOURS AT ROOM TEMP.DRAIN BEANS PUT IN SAUCE PAN. ADD CHICKEN STOCK, TOMATOES WITH LIQUID, ONION, CHILIES, CELERY, CARROT, TOMATOE PASTE, 1 TEASP SHRED GARLIC, BAY LEAF, CUMIN, OREGANO, CORIANDER,PEPPER, CLOVES TO BEANS. COVER PARTIALLY AND SIMMER UNTIL BEANS ARE TENDER, STIRRING, ABOUT 2 HOURS. SERVES 3

FISH & SEAFOOD

ZESTY GRILLED SWORDFISH SERVES 4

**1 POUND SWORDFISH FILLET OR STEAK 1 TBSP. CHOPPED FRESH PARSLEY
2 TBSP. SOY SAUCE 1 SMALL GARLIC CLOVE, CHOPPED
2 TBSP. ORANGE JUICE 1/2 TSP. FRESH LEMON JUICE
1 TBSP. OIL 1/4 TSP. DRIED OREGANO, CRUMBLED
1 TBSP. CATSUP 1/4 TSP. FRESHLY GROUND PEPPER**

ARRANGE SWORDFISH IN SINGLE LAYER IN SHALLOW BAKING DISH. COMBINE ALL REMAINING INGREDIENTS IN SMALL BOWL AND MIX WELL. POUR OVER FISH, TURNING TO COAT WELL. LET STAND AT ROOM TEMPERATURE, TURNING ONCE, 30 MINUTES.

PREHEAT BROILER OR PREPARE BARBECUE GRILL. BROIL OR GRILL FISH 4 INCHES FROM HEAT SOURCE FOR 8 MINUTES. BASTE WITH SAUCE, TURN AND CONTINUE COOKING UNTIL FISH FLAKES EASILY WITH FORK, ABOUT 7 TO 10 MINUTES.

BEEF MEX

TORTILLA BEEF BAKE

1 PKG SOFT CORN TORTILLAS

1 LB GROUND CHUCK

1 LB CAN WHOLE TOMATOES

8 OZ TOMATO SAUCE

1 SM CAN TOMATO PASTE

1 LB MEXICAN STYLE PINTO BEANS

12 OZ FROZEN OR CAN CORN

1/2 C. SLICED BLACK OLIVES

1 TABLSP CHILI POWDER

1 TABLSP SUGAR

1 TEASP SALT

1 TEASP SUGAR

1/2 TEASP LEMON PEPPER

2 CUP SHREDDED CHEDDAR CHEESE

***** CUT ALL TORTILLAS IN 4 QUARTERS AND LIN BOTTOM OF OF A BUTTERED CASSEROLE DISH WITH 1/3 OF THEM.**

BROWN AND DRAIN THE BEEF. ADD TOMATOES, SAUCE, PASTE AND BEANS. SIMMER GENTLY FOR 15 MIN PLACE 1/3 BEEF MIX ON TORTILLAS IN DISH ADD 1/3 OF CHEESE AND 1/2 CORN. REPEAT 2 MORE TIMES ENDING WITH TORTILLAS AND CHEESE ON TOP, SPRINKLE ON OLIVES. BAKE 350 DEG FOR 25 MIN.

BEEF

VEAL FRANCAISE

**BONELESS VEAL CUTLETS 2 EGGS BEATEN
SWEET CREAM SHERRY PARMESAN CHEESE
OLIVE OIL GARLIC SALT
LEMONS AND LEMON JUICE ONION SALT
ITALIAN BREAD CRUMBS BUTTER**

POUND VEAL CUTLETS UNTIL APPROXIMATELY 1/8" THICK. CUT INTO SERVING PORTIONS. DIP INTO BEATEN EGGS AND THEN BREAD CRUMBS.

HEAT OLIVE OIL AND BROWN VEAL. PLACE IN SHALLOW OVEN PROOF BAKING DISH; SPRINKLE BROWNED VEAL WITH PARMESAN CHEESE, GARLIC SALT, AND ONION SALT. IN SAME SKILLET, MELT BUTTER, ADD SMALL AMOUNT OLIVE OIL, THINLY SLICED LEMON SLICES, LEMON JUICE, GARLIC SALT AND ONION SALT. MIX WELL AND POUR OVER VEAL.

COVER WITH LEMON SLICES. ADD SHERRY TO TASTE (1/2 - 1 CUP) COVER WITH FOIL AND BAKE AT APPROX 350 DEGREES UNTIL TENDER (APPROX 30 MIN.)

(FOR FOUR SERVINGS I USUALLY USE 1 LEMON THINLY SLICED AND JUICE OF APPROXIMATE 2 LEMONS. YOU'LL HAVE TO PLAY WITH AMOUNTS TO ESTABLISH AMOUNTS FOR YOUR TASTE PREFERENCES. THIS IS ONE OF THOSE RECIPES PASSED ON FROM A FRIEND WITH NO GIVEN AMOUNTS, BUT IT IS EASY TO DUPLICATE AND PERFECT.)

BEEF

VEAL CORDON BLEU

**12 VEAL SCALLOPS, 2 OZ. EACH 2 EGGS, BEATEN
6 THIN SLICES HAM FINE DRY BREADCRUMBS
6 THIN SLICES GRUYERE OR SWISS CHEESE
FLOUR 1/2 STICK BUTTER**

POUND SCALLOPS VERY THIN; SPRINKLE WITH SALT AND PEPPER. SANDWICH 1 SLICE HAM AND 1 SLICE CHEESE BETWEEN EACH 2 VEAL SCALLOP. FASTEN BY PINNING WITH TOOTHPICKS OR SMALL SKEWERS. DREDGE SCALLOPS IN FLOUR; DIP INTO BEATEN EGG AND THEN IN BREADCRUMBS. LET STAND 15-20 MINUTES. BROWN IN BUTTER, ADDING MORE AS NEEDED.

SWISS STEAK

1/2 CUP FLOUR
2 TBSP DRY MUSTARD
1-1/2 TSP SALT
1/2 TSP FRESH GROUND PEPPER
2 POUNDS ROUND STEAK IN 1 INCH THICK SLICES, TRIMMED FAT
3 TBSP VEGETABLE OIL
6 MEDIUM FIRM RIPE TOMATOES, PEELED, SEEDED, FINELY CHOPPED OR---2 CUPS CHOPPED
DRAINED CANNED TOMATOES
2 MEDIUM SIZED ONIONS, PEELED AND CUT CROSSWISE INTO 1/4 INCH THICK SLICES
1/2 CUP FINELY CHOPPED CELERY
2 TBSP WORCESTERSHIRE SAUCE
1 TBSP DARK BROWN SUGAR
1/2 CUP SOUR CREAM

**

PREHEAT OVEN 350 DEG. COMBINE FLOUR, MUSTARD, SALT, PEPPER, AND MIX INTO DEEP PLATTER. COAT ROUND STEAK ON BOTH SIDES WITH FLOUR MIX, POUND THE SEASONING INTO THE MEAT WITH KITCHEN Mallet OR SIDE OF FIST. CUT STEAK INTO FOUR OR EIGHT EQUAL PIECES.

IN HEAVY 10-12" SKILLET 34 INCH DEEP HEAT THE OIL OVER MODERATE HEAT TILL HAZE FORMS, BROWN MEAT BOTH SIDES IN HOT OIL. TURN STEAK WITH TONGS AND KEEP HEAT SO MEAT TURNS BROWN EVENLY. MOVE TO PLATE.

ADD TOMATOES, ONIONS, CELERY, WORCESTERSHIRE SAUCE AND SUGAR TO FAT REMAINING BRING TO BOIL OVER HIGH HEAT. STIR AND SCAPE PAN. RETURN MEAT TO SKILLET AND COAT WITH MIX.

COVER TIGHTLY AND BRAISE IN MIDDLE OVEN FOR 1-1/2 HOURS OR UNTIL STEAK IS TENDER WHEN PIERCED WITH KNIFE. REMOVE STEAK AND ADD SOUR CREAM TO SKILLET SAUCE BRING TO MODERATE HEAT COOK A MINUTE TO WARM MIX ON STEAK AND SERVE

Salads



SALADS

FRAN'S BEAN SALAD

**1 CAN FRENCH CUT GREEN BEANS
1 CAN YELLOW WAXED BEANS
1 CAN KIDNEY BEANS
1 CAN CHIC PEAS - IF DESIRED
1/2 CUP VINEGAR
1/2 CUP SALAD OIL
3/4 CUP SUGAR
1/2 CUP DICED GREEN PEPPER
1/2 CUP GREEN ONION
1 TABLESPOON SALT
MIX TOGETHER PLACE IN REFRIG**

ANTIPSTA SALAD

**1 1 LB.4 OZ. CAN CHICK PEAS,
12 PITTED RIPE OLIVES DRAINED
1/2 HEAD ICEBERG LETTUCE, CUT IN BITE-SIZE PIECES
1 6-OZ. JAR MARINATED ARTICHOKE HEARTS, QUARTERED
1 CELERY HEART, SLICED THIN
1 2-OZ. CAN ANCHOVY FILLETS,
6 TBSP. OLIVE OIL DRAINED AND CUT UP
5 TBSP. WINE VINEGAR
1 4-OZ. JAR PIMENTOS, DRAINED, DICED
1 TSP. SALT
1/2 POUND PIECE SALAMI,
CUT 1/4 TSP. PEPPER IN 1/4-INCH CUBES
1 8-OZ. PKG. MOZZARELLA CHEESE, CUT IN 1/4-INCH CUBES**

COMBINE CHICK PEAS, ARTICHOKE HEARTS AND LIQUID, ANCHOVIES, PIMENTOS, SALAMI, MOZZARELLA CHEESE, OLIVES, LETTUCE AND CELERY IN A LARGE SALAD BOWL.

COMBINE OLIVE OIL, VINEGAR, SALT AND PEPPER IN A JAR WITH A TIGHT LID; SHAKE WELL TO MIX. POUR OVER VEGETABLE MIXTURE; TOSS LIGHTLY TO MIX.

ALABAMA SLAW

**1/2 CUP VINEGAR
2 TSP. SALT
1/3 CUP WATER
1/2 CUP HEAVY CREAM
2 TBSP. SUGAR
2 TBSP. BUTTER
2 TBSP. FLOUR
4 EGGS LIGHTLY BEATEN
2 TSP. DRY MUSTARD
2 LBS. CABBAGE
1 CUP GRATED CARROTS**

IN SAUCEPAN, COMBINE VINEGAR, WATER, SUGAR, FLOUR, MUSTARD AND SALT AND BEAT WITH WHISK UNTIL SMOOTH. PLACE OVER MODERATE HEAT, WHISKING CONSTANTLY; ADD CREAM AND BUTTER; COOK UNTIL BUTTER MELTS AND SAUCE COMES TO SIMMER. STIR 2 OR 3 TBSP. HOT LIQUID INTO BEATEN EGGS AND WHEN MIXED, POUR BACK INTO SAUCE, WHISKING CONSTANTLY. REDUCE HEAT TO LOW AND WHISK UNTIL SAUCE THICKEN HEAVILY. REMOVE TO DEEP BOWL AND COOL TO ROOM TEMPERATURE.

SHRED CABBAGE. GRATE CARROTS. ADD TO COOLED SAUCE AND TOSS GENTLY. COVER AND REFRIGERATE 2-3 HOURS.

MACARONI. SPOON MIXTURE INTO 1 1/2 QT CASSEROLE. BAKE UNCOVERED 350 DEG 20 MIN. SPRINKLE WITH CHEESE, TOP WITH GREEN PEPPER RINGS, RETURN TO OVEN TIL CHEESE MELTS, 5 MIN. SERVES 4-5.

BAKED CHICKEN SALAD

**3/4 CUP SUGAR
3 TSP. BAKING POWDER
1/4 CUP SHORTENING
1/2 TSP. SALT
1 EGG
1-1/2 CUPS BLUEBERRIES, FRESH FROZEN OR CANNED*
1 TSP. VANILLA
3/4 CUP MILK
2 TBSP. SUGAR
1-3/4 CUPS + 2 TBSP. ALL-PURPOSE FLOUR
2 TBSP. SUGAR
1/2 TSP. CINNAMON**

CREAM SUGAR, SHORTENING, EGG AND VANILLA THOROUGHLY. ADD MILK AND BLEND WELL.

SPOON FLOUR (NOT SIFTED) INTO DRY MEASURING CUP. LEVEL OFF AND POUR MEASURED FLOUR ONTO SQUARE OF WAXED PAPER. ADD BAKING POWDER AND SALT TO FLOUR AND STIR TO BLEND.

ADD BLENDED DRY INGREDIENTS TO CREAMED MIXTURE, STIRRING ONLY UNTIL ALL FLOUR IS MOISTENED. SPREAD HALF OF BATTER IN BOTTOM OF GREASED 9" SQUARE PAN. SPREAD BLUEBERRIES OVER BATTER AND SPRINKLE WITH 2 TBSP. SUGAR. COVER BLUEBERRIES WITH REMAINING BATTER AND SPRINKLE ON SUGAR-CINNAMON MIXTURE. BAKE AT 375 DEGREES FOR 35-40 MINUTES. SERVE WARM IF DESIRED.

*** IF USING CANNED BLUEBERRIES, DRAIN WELL.**

**2 EGGS
2 SQUARES UNSWEETENED CHOCOLATE 3/4 CUP FLOUR (SIFTED)
1/2 TSP. VANILLA 1/4 TSP. SALT
1 CUP SUGAR 3/4 CUP CHOPPED NUTS (OPTIONAL)**

MELT SHORTENING AND CHOCOLATE OVER LOW HEAT IN A SAUCEPAN, STIRRING; COOL. BEAT IN VANILLA AND SUGAR. ADD EGGS, ONE AT A TIME, BEATING WELL AFTER EACH ADDITION. SIFT FLOUR AND SALT; ADD NUTS. STIR INTO CHOCOLATE MIXTURE.

SPREAD IN GREASED PAN, 8 X 8 X 2". BAKE IN SLOW OVEN AT 325 DEGREES FOR APPROXIMATELY 25 MINUTES. COOL AND CUT INTO SQUARES.

ARTICHOKE SALAD

1 LARGE HEAD ICEBERG LETTUCE

1 AVOCADO, SLICED

1 14- OR 16-OZ. CAN ARTICHOKE HEARTS, DRAINED

CLASSIC FRENCH DRESSING (BELOW)

ABOUT 20 MINUTES BEFORE SERVING: INTO LARGE SALAD BOWL, TEAR LETTUCE INTO BITE-SIZE PIECES. CUT ARTICHOKE HEARTS INTO THIRDS AND ADD WITH AVOCADO AND DRESSING TO LETTUCE; TOSS GENTLY TO COAT WELL. MAKES APPROX. 8 SERVINGS.

CLASSIC FRENCH DRESSING: IN SMALL BOWL, WITH FORK, MIX WELL 1/3 CUP OLIVE OR SALAD OIL, 2 TBSP. CIDER OR WINE VINEGAR, 1/2 TSP. SALT AND DASH PEPPER.

CHAFING DISH SALAD

**1 6-OZ. JAR YELLOW MUSTARD
2 5-OZ. PKGS. LITTLE SMOKED SAUSAGES
1 12-OZ. JAR CURRANT JELLY
1-1/2 LBS., SMOKED KIELBASA, BAKED,
2 5-1/2 OZ. PKGS. LITTLE COCKTAIL WIENERS
COVERED, AT 300 DEGREES FOR 45 MINUTES, THEN SLICED**

IN SKILLET OR CHAFING DISH, COMBINE MUSTARD AND JELLY. STIR OVER HEAT RILL SMOOTH

ADD KIELBASA SLICES TO SAUCE. EITHER HEAT SMALL SAUSAGES IN SAUCE, OR PREHEAT IN WATER, DRAIN AND ADD. SAUCE WON'T HOLD ALL SAUSAGE AT ONCE; ADD PART AT A TIME.

SERVE WITH PICKS AND BISCUITS CUT WITH A SMALL CUTTER.

NOTE: IF DESIRED, ELIMINATE LITTLE SAUSAGES AND WIENERS AND JUST USE 3 POUNDS KIELBASA.

CLFRDRSG

**1/3 CUP OLIVE OR SALAD OIL
2 TBSP. CIDER OR WINE VINEGAR
1.2 TSP. SALT
DASH PEPPER**

MIX ALL INGREDIENTS TOGETHER UNTIL WELL BLENDED.

DRESSING

**1 CUP MAYONNAISE OR COOKED SALAD DRESSING
2 TBSP. MILK
2 TBSP. VINEGAR OR LEMON JUICE
1 TSP. SUGAR
3/4 TSP. SALT
1/4 TSP PAPRIKA
1/4 TSP. PEPPER**

MIX ALL INGREDIENTS TOGETHER UNTIL WELL BLENDED.

COLESLAW

**1 MEDIUM SIZE HEAD OF CABBAGE, GRATED
ONION, CHOPPED FINE
GREEN PEPPER, CHOPPED FINE**

COMBINE AND HEAT TO DISSOLVE SUGAR:

**1 CUP WHITE SUGAR
1 TSP. CELERY SEED
1 TSP SALT
1/2 CUP VINEGAR
1/2 CUP SALAD OIL**

COOL. POUR OVER VEGETABLES AND REFRIGERATE UP TO 2 WEEKS.

ARTICHOKE

DRAIN WATER OFF CANNED ARTICHOKE HEARTS. CUT HEARTS IN HALF AND DIP IN EGG BATTER SEASONED WITH GARLIC SALT. ROLL IN BREAD CRUMBS AND LET SET IN REFRIGERATOR FOR ABOUT AN HOUR SO THAT CRUMBS WILL NOT FALL OFF DURING FRYING. DEEP FRY (OR PAN FRY) UNTIL LIGHTLY BROWNED. BRUSH WITH LEMON BUTTER AND SPRINKLE WITH PARMESAN CHEESE.

CREAM SLAW

3 CUPS FINELY SHREDDED CABBAGE

1/4 CUP SOUR CREAM

1/4 CUP MAYONNAISE

1 TSP. PREPARED HORSE-RADISH

1 TSP. PREPARED MUSTARD

PLACE CABBAGE IN LARGE BOWL. IN SMALL BOWL, BLEND TOGETHER SOUR CREAM, MAYONNAISE, HORSE-RADISH AND MUSTARD (A WIRE WHIP IS HELPFUL). STIR INTO CABBAGE AND MIX WELL WITH A TOSSING MOTION. CHILL. MAKES APPROXIMATELY 2 CUPS.

CUCUMBERS

**2 MEDIUM CUCUMBERS, PEELED
2 TBSP. VINEGAR
1 MED. ONION, THINLY SLICED
1/4 TSP. SUGAR
1-1/4 TSP. SALT
1/8 TSP. PAPRIKA
1 CUP DAIRY SOUR CREAM
1 TBSP. PARSLEY FLAKES**

DRAW TINES OF FORK LENGTHWISE DOWN CUCUMBERS, THEN CUT IN THIN SLICES. ADD ONION AND SPRINKLE WITH 1 TSP. SALT. LET STAND 1-0 MINUTES, THEN PRESS OUR EXCESS LIQUID. MIX SOUR CREAM, REMAINING SALT MIX OTHER INGREDIENTS. ADD TO CUCUMBERS, MIXING LIGHTLY WITH FORK. CHILL THOROUGHLY. MAKES ABOUT 2 CUPS.

DAFFODIL

**1/2 CUP MAYONNAISE
2 TBSP. CHOPPED ONION
1 8-OZ. PKG. CREAM CHEESE
1 GARLIC CLOVE, MINCED
1/2 CUP CHOPPED PARSLEY
1 TBSP. ANCHOVY PASTE
1 HARD COOKED EGG
DASH PEPPER**

GRADUALLY ADD MAYONNAISE TO SOFTENED CREAM CHEESE, MIXING UNTIL WELL BLENDED. ADD PARSLEY, CHOPPED EGG WHITE, ONION, GARLIC, ANCHOVY PASTE AND PEPPER; MIX WELL. SPRINKLE WITH SIEVED EGG YOLK. MAKES 2-1/2 CUPS.

SERVE WITH VEGETABLE DIPPERS SUCH AS CELERY, SLICED CUCUMBER, RADISH ROSES, CHERRY TOMATOES, CARROT STICKS, CAULIFLOWER AND BROCCOLI FLOWERETTES, MUSHROOMS, CELERY STICKS, ZUCCHINI SLICES, DIP OR CRACKERS.

CABBAGE Slaw

**1 MEDIUM HEAD CABBAGE
2/3 CUP FINELY SHREDDED CARROTS
1 SMALL GREEN PEPPER,
1/2 CUP SLICED RADISHES THINLY SLICED
2 TBSP. MINCED ONION
2/3 CUP DICED CELERY
COLESLAW DRESSING (BELOW)**

ABOUT 1-1/2 HOURS BEFORE SERVING OR EARLY IN DAY: REMOVE 4-5 OUTER LEAVES FROM CABBAGE; RESERVE. SHRED REMAINING CABBAGE TO MAKE 8 CUPS. IN LARGE BOWL, GENTLY TOSS SHREDDED CABBAGE AND REMAINING INGREDIENTS. COVER AND CHILL MIXTURE AT LEAST 30 MINUTES.

TO SERVE: LINE SERVING BOWL WITH RESERVED CABBAGE LEAVES; SPOON IN MIXTURE. SERVES 8.

COLESLAW DRESSING: IN SMALL BOWL, MIX WELL 1 CUP MAYONNAISE, 2 TBSP. MILK, 2 TBSP. VINEGAR OR LEMON JUICE, 1 TSP. SUGAR, 3/4 TSP. SALT, 1/4 TSP. PAPRIKA AND 1/4 TSP. PEPPER.

ALTERNATE SERVING IN CABBAGE BOWL: SPREAD APART SEVERAL OUTER LEAVES OF CABBAGE. WITH SHARP KNIFE, CAREFULLY CUT OUT CENTER OF CABBAGE, LEAVING SHELL ABOUT 3/4" THICK TO MAKE "BOWL". USE CUTOUT CABBAGE TO MAKE COLESLAW AS ABOVE; CAREFULLY SPOON COLESLAW INTO "BOWL" TO SERVE.

GREEKSALAD

**4 LARGE CUCUMBERS
2 BUNCHES RADISHES, SLICES
1 CUP GREEK OR PITTED RIPE OLIVES
1 BUNCH GREEN ONIONS, CHOPPED
3/4 CUP BOTTLED OIL AND VINEGAR DRESSING WITH HERBS AND SPICES
1/2 POUND FETA CHEESE*, CUBED
1/2 TSP. OREGANO LEAVES
1 SMALL HEAD ROMAINE LETTUCE**

ABOUT 1 HOUR BEFORE SERVING: CUT CUCUMBERS IN HALVES LENGTHWISE; REMOVE SEEDS AND CUT IN CHUNKS. IN LARGE BOWL, GENTLY TOSS CUCUMBERS AND REMAINING INGREDIENTS EXCEPT ROMAINE. COVER AND REFRIGERATE.

TO SERVE: TEAR ROMAINE INTO BITE SIZE PIECES: ADD TO CUCUMBER MIXTURE AND TOSS GENTLY.

MAKES 12 SERVINGS.

***OR USE 1/2 POUND MUENSTER CHEESE AND ADD 1 TSP. SALT.**

HERB TOM SALAD

**6 MEDIUM TOMATOES
1/2 TSP. OREGANO LEAVES
2 TBSP. SALAD OIL
1/2 TSP. SALT
1 TSP. WINE VINEGAR
1/2 TSP. PEPPER
1/2 TSP. GRANULATED SUGAR**

ABOUT 2 HOURS BEFORE SERVING:

SLICE TOMATOES AND ARRANGE IN SERVING DISH IN OVERLAPPING SLICES. IN SMALL BOWL, COMBINE REMAINING INGREDIENTS AND SPRINKLE OVER TOMATOES. COVER AND REFRIGERATE UNTIL SERVING TIME. IF DESIRED, GARNISH TOMATOES WITH PARSLEY. MAKES 6 SERVINGS.

LUX SALAD

12 THICK SLICES BACON, CUT INTO 1 INCH PIECES
4 SLICES DAY OLD BREAD, CUT INTO 1 INCH SQUARES
1 HEAD BOSTON LETTUCE, RINSED AND TORN INTO BITE-SIZED PIECES
1 HEAD BIBB LETTUCE, RINSED AND TORN INTO BITE-SIZE PIECES
1 HEAD ROMAINE LETTUCE, RINSED AND TORN INTO BITE-SIZED PIECES
1 1/2 CUPS BLUES CHEESE, CRUMBLLED

FRY BACON UNTIL CRISP; DRAIN ON PAPER TOWEL AND RESERVE FAT FROM BACON. SAUTE BREAD CUBES IN HOT BACON FAT UNTIL CRISP AND BROWNEED.

DRESSING:

4 CLOVES GARLIC, CRUSHED
1 1/2 TBSP. MIXED HERBS*
1/3 CUP BALSAMIC VINEGAR
1 CUP SALAD OIL
2 TBSP. LEMON JUICE
SALT AND PEPPER TO TASTE
1 1/2 TBSP. DIJON-STYLE MUSTARD

COMBINE ALL INGREDIENTS; WHISK OR MIX WELL. TOSS WITH SALAD INGREDIENTS JUST BEFORE SERVING.

* FOR MIXED HERBS USE PARSLEY, CHIVES, TARRAGON, CHERVIL

NANCY SALAD

**5 OZ. SPINACH
2 GREEN ONIONS
1 HEAD ICEBERG LETTUCE
1 LARGE CAN MANDARIN ORANGES
1/4 CUP SLICED ALMONDS
1 WHOLE VERY RIPE AVOCADO
2 STALKS CELERY**

TEAR SPINACH AND LETTUCE INTO BITE SIZE PIECES. CHOP CELERY, ONION AND MIX WITH GREENS. PEEL AND CHOP AVOCADO AND MIX WITH ALMONDS, ORANGES AND OTHER INGREDIENTS. TOSS SALAD WITH DRESSING BELOW:

NANCY'S SALAD DRESSING

**2 TSP SALT
4 TBSP SUGAR
DASH PEPPER
4 TBSP. RED WINE VINEGAR
1/2 TSP. TABASCO
1/2 CUP OIL**

COMBINE SALT, PEPPER, TABASCO, SUGAR AND VINEGAR AND HEAT TO BOILING. BOIL 3 MINUTES; COOL. ADD OIL AND SHAKE. TOSS SALAD WITH DRESSING JUST BEFORE SERVING.

SERVES 6-8.

CRANBERRY SALAD

**1 CUP WHIPPING CREAM
2 TBSP. MAYONNAISE
1/4 CUP SUGAR
1 1# CAN (2 CUPS) WHOLE CRANBERRY SAUCE, DICED
DASH SALT
1/2 6 OZ. CAN (1.3 CUP) FROZEN ORANGE JUICE CONCENTRATE,
THAWED**

WHIP CREAM, SUGAR, AND SALT TO SOFT PEAKS. STIR IN MAYONNAISE, MIXING WELL. FOLD IN CRANBERRY SAUCE AND ORANGE JUICE CONCENTRATE. LINE MUFFIN PANS WITH FOIL OR PAPER BAKE CUPS; FILL WITH CRANBERRY MIXTURE AND BREEZE TILL FIRM. REMOVE TO REFRIGERATOR 15-20 MINUTES BEFORE SERVING. REMOVE PAPER LINERS AND PLACE ON LETTUCE LINED SALAD PLATE TO SERVE.

MAKES 6-8 SERVINGS.

SPINACH SALAD

EARLY IN DAY:

MAKE PARMESAN DRESSING: IN BOWL OR COVERED JAR, COMBINE 3/4 CUP SALAD OIL, 1/4 CUP LEMON JUICE, 2 TBSP. GRATED PARMESAN CHEESE, 3/4 TSP. SALT, 1/4 TSP. GRANULATED SUGAR, DASH PEPPER, DASH PAPRIKA AND 1 CLOVE GARLIC, HALVED. STIR WITH FORK OR SHAKE UNTIL WELL BLENDED. REFRIGERATE UNTIL SERVING TIME. DISCARD GARLIC; STIR OR SHAKE WELL BEFORE SERVING. MAKES 1 CUP.

JUST BEFORE SERVING:

INTO LARGE SALAD BOWL, BREAK 1 10-OZ. BAG SPINACH INTO BITE-SIZE PIECES. ADD 1 MEDIUM ONION, THINLY SLICED AND 1/2 CUP PARMESAN DRESSING. TOSS WELL. MAKES 8 SERVINGS.

SPINACH TOMATO

**1/4 CUP BUTTER OR MARGARINE
1 CUP DRIED BREAD CRUMBS
1 MEDIUM ONION, MINCED
2 EGGS, BEATEN
1 LG. CLOVE GARLIC, MINCED
2 TSP. SALT
2 10-OZ. PKGS. FROZEN CHOPPED SPINACH
4 LARGE TOMATOES, EACH CUT IN HALF**

EARLY IN DAY: IN 10-INCH SKILLET OVER MEDIUM HEAT, IN HOT BUTTER OR MARGARINE, COOK ONION AND GARLIC UNTIL ONION IS TENDER, ABOUT 5 MINUTES. ADD SPINACH AND COOK 8 MINUTES OR UNTIL TENDER, SEPARATING SPINACH WITH SPOON AND STIRRING OCCASIONALLY. REMOVE FROM HEAT; STIR IN BREAD CRUMBS, EGGS, AND SALT; SET ASIDE.

PLACE TOMATO HALVES, CUT- SIDE UP, IN 13X9" BAKING DISH. (IF NEEDED, CUT A THIN SLICE FROM BOTTOM OF EACH TOMATO HALF SO IT STANDS UPRIGHT.) MOUND A SCANT 1/2-CUP SPINACH MIXTURE ONTO EACH TOMATO HALF. COVER AND REFRIGERATE.

ABOUT 45 MINUTES BEFORE SERVING: PREHEAT OVEN TO 350 DEGREES. UNCOVER AND BAKE TOMATOES 35 MINUTES OR UNTIL HEATED THROUGH. MAKES 8 SERVINGS.

TROPAMBR

**2 13-OZ. CANS PINEAPPLE CHUNKS
1 CAN ANGEL FLAKE COCONUT
1 11-OZ. CAN MANDARIN ORANGES
1 CUP SOUR CREAM
1 6-OZ. PKG. LIME GELATIN
1 CUM MINIATURE MARSHMALLOWS
1.4 CUP LEMON JUICE SALAD GREENS
1 PINT PINEAPPLE SHERBET**

DRAIN PINEAPPLE AND ORANGES RESERVING 1-2/4 CUP LIQUID; BRING LIQUID TO A BOIL.

DISSOLVE GELATIN IN BOILING LIQUID. ADD LEMON JUICE.

ADD SHERBET, STIRRING UNTIL MELTED. CHILL UNTIL PARTIALLY SET.

**FOLD IN 1 CAN PINEAPPLE CHUNKS. POUR INTO LIGHTLY OILED 1-1/2 QUART RING MOLD.
CHILL.**

**COMBINE ORANGES, 1 CAN PINEAPPLE CHUNKS, COCONUT, SOUR CREAM AND
MARSHMALLOWS. CHILL.**

UNMOLD GELATIN RING ON LETTUCE. FILL CENTER WITH FRUIT SALAD MIXTURE.

TURKEY SALAD

**4 CUPS CHICKEN BREASTS, COOKED AND DICED
1 1/2 CUPS CHOPPED AND SAUTEED CELERY
1/2 CUP SLICED WATER CHESTNUTS
2 CANS CREAM OF CHICKEN SOUP
1 1/2 CUPS MAYONNAISE
1 TBSP. INSTANT MINCED ONIONS
1/2 TSP. SALT
1/4 TSP. PEPPER
1/4 TSP. GROUND GINGER
3 CUPS COOKED RICE
1 CUP CORN FLAKE CRUMBS
1/2 CUP SLIVERED ALMONDS
2 TBSP. BUTTER**

**PREHEAT OVEN TO 350 DEGREES.
MIX FIRST 10 INGREDIENTS AND PLACE IN BUTTERED 9 X 13 CASSEROLE.
MELT BUTTER, ADD CORN FLAKE CRUMBS AND ALMONDS. BROWN SLIGHTLY AND SPRINKLE
ON TOP OF CHICKEN.**

BAKE, UNCOVERED, FOR 45 MINUTES. SERVES 8-10

VEGETABLES

JACK RABBIT BAKED BEANS

RECIPE BY :
SERVING SIZE : 0 PREPARATION TIME : 0:00
CATEGORIES : VEGETABLES

AMOUNT MEASURE INGREDIENT -- PREPARATION METHOD

- 1 POUND DRY NAVY BEANS
- 1/2 CUP CHILI SAUCE OR KETCHUP
- 1 TEASPOON VINEGAR
- 2 CUPS HOT BEAN WATER
- 1/4 POUND BACON OR HAM BONE
- 1/2 TEASPOON DRY MUSTARD
- 1/2 CUP MOLASSES
- 1 EACH MEDIUM ONION -- SLICED OR CHOPPED

THE NIGHT BEFORE, SORT BEANS, WASH, PUT IN PAN AND COVER BY 2 INCHES OF WATER. IN THE MORNING, BRING BEANS TO BOIL AND BOIL SLOWLY FOR 10 MINUTES. TURN OFF HEAT, COVER PAN AND LET SIT FOR 1 HOUR.

DRAIN, RESERVING 2 CUPS BEAN WATER. INTO THIS WATER, PUT THE CHILI SAUCE OR KETCHUP, SLICED ONIONS, VINEGAR, DRY MUSTARD AND MOLASSES. STIR AND PUT INTO A SLOW COOKER OR IN A BEAN POT IN THE OVEN. ADD BEANS. BURY THE BACON OR HAM BONE IN THE BEANS.

BAKE AT 300 DEGREES FOR ABOUT 6 HOURS, ADDING WATER IF NEEDED. OR COOK IN SLOW COOKER ON HIGH FOR 6-8 HOURS.

BROCCOLI

- 1/8 CUP OLIVE OIL
- 1/2 TEASP CHOPPED GARLIC
- 3 CUPS BROCCOLI/CAULIFLOWER, PEAS, BEANS
- 3/4 CUP WHITE WINE
- 1/4 TEASP SALT
- FRESHLY GROUND PEPPER

***IN SKILLET HEAT OLIVE OIL UNTIL HAZE FORMS. REMOVE FROM HEAT AND STIR GARLIC IN OIL FOR 30 SEC . RETURN TO HEAT TOSS VEGETABLES IN PAN UNTIL OIL COVERS. ADD WINE, SALT, PEPPER, SIMMER UNCOVERED STIR 5 MIN. COVER SKILLET AND SIMMER 15 MIN OR UNTIL TENDER, REMOVE BROCCOLI AND VEG FROM APN, BRISKLY BOIL LIQUID HIGH HEAT UNTIL REDUCED 1/4 CUP POUR OVER VEGS SERVE QUICKLY.

TOMATO

CUT SLICE FROM STEM END OF 4 MEDIUM TOMATOES. COMBINE 1/4 CUP DRY BREAD CRUMBS, 1/4 CUP GRATED PARMESAN CHEESE, 1/4 CUP MELTED MARGARINE, 2 TBSP. FINELY CHOPPED GREEN ONIONS, 1 TSP. SALT AND DASH OF PEPPER. TOP TOMATOES WITH CHEESE-CRUMB MIXTURE; BAKE AT 350 DEGREES, 30 MINUTES. SPRINKLE WITH ADDITIONAL GRATED PARMESAN.

Dessert



BROWNIES IN SAUCEPAN MAKES 1

**1/3 CUP BUTTER OR SHORTENING 2 EGGS
2 SQUARES UNSWEETENED CHOCOLATE 3/4 CUP FLOUR (SIFTED)
1/2 TSP. VANILLA 1/4 TSP. SALT
1 CUP SUGAR 3/4 CUP CHOPPED NUTS (OPTIONAL)**

MELT SHORTENING AND CHOCOLATE OVER LOW HEAR IN A SAUCEPAN, STIRRING; COOL. BEAT IN VANILLA AND SUGAR. ADD EGGS, ONE AT A TIME, BEATING WELL AFTER EACH ADDITION. SIFT FLOUR AND SALT; ADD NUTS. STIR INTO CHOCOLATE MIXTURE.

SPREAD IN GREASED PAN, 8 X 8 X 2". BAKE IN SLOW OVEN AT 325 DEGREES FOR APPROXIMATELY 25 MINUTES. COOL AND CUT INTO SQUARES.



CAULIFLOWER

1 POUND CAULIFLOWER
1 GARLIC CLOVE
1 MEDIUM ONION
3 PLUM TOMATOES CUT UP
1/3 CUP PARSLEY
3 TABLSPN OLIVE OIL
2 TABLESP BUTTER
SALT AND GROUND PEPPER
1/3 TEASP HOT RED PEPPER FLAKES
1 OUNCE ROMANO CHEESE
4 OZ DRIED OR 6 OZ FRESH LINGUINE

***TRIM AND CUT CAULIFLOWER INTO FLOWERETS. PEEL AND CRUSH GARLIC. PEEL AND THINLY SLICE ONIONS. PEEL/SEED CHOP TOMATOES.MINCE PARSLEY.
HEAT 2 TABLESP OLIVE OIL AND 1 1/2 TABLESP BUTTER IN LARGE SKILLET. ADD CAULIFLOWER AND GARLIC AND SAUTE OVER MEDIUM HEAT, STIR FREQUENTLY, UNTILCAULIFLOWER IS LIGHTLY BROWNEB BUT NOT FULLY COOKED-15 MIN. TRANSFER TO BOWL;SET ASIDE. ADD 1 TABLESP OIL AND 1 1/2 TABLSP BUTTER TO SKILLET WITH GARLIC ADD ONIONS, SAUTE OVER MEDIUM HEAT UNTIL SOFTENED AND LIGHTLY BROWN. ADD TOMATOES,RETURN CAULIFLOWER TO SKILLET. SEASON WITH SALT, 1/4 TEASP PEPPER AND RED HOT PEPPER. SIMMER 5 MIN DO NOT OVERCOOK.
GRATE CHEESE. BRING WATER TO BOIL ADD 1 TEASP SALT AND COOK PASTA TILL TENDER 9 MIN DRIED PASTA.DRAIN RESERVE SOME PASTA WATER 1/4 CUP IF SAUCE IS DRY. TOSS OVER LOW HEAT STIR PARSLEY, CHEESE.

CHILI RDW

- 3 TBL OLIVE OIL**
- 1/2 LB PORK OR 6 SLICES OF BACON & 3 SLICES LEAN SAUSAGE OR ITALIAN**
- 1 1/2 POUND CHILI GROUND BEEF**
- 1 TEASP BEEF BOUILLON**
- 2 MEDIUM CHOPPED ONIONS OR 1 CUP**
- 1/2 TEASP CELLERY SALT**
- 1 CUP CELERY DICED**
- 1 BAY LEAF**
- 1 TEASP DRIED CRUSHED MARJORAM**
- 3/4 TEASP GROUND CORIANDER/CILANTRO**
- 2 TEASP GROUND CUMIN**
- 1 SMALL GREEN BELL PEPPER(1/2 CUP)**
- 2 CLOVE GARLIC MINCED**
- 4 OZ CHILI GREEN PEPPER DRAINED**
- 3 TBLESP CHILI POWDER**
- 1/2 TEASP CRUSHED RED CAYENNE PEPPER**
- 1/2 TEASP SALT**
- 1/4 TEASP DRIED OREGANO,CRUSHED**
- 1 -28 OZ CAN WHOLE TOMATO CUT UP**
- 2 1/2 CUP WATER**
- 1-12 OZ CAN TOMATO PASTE**
- 2-15 OZ CAN PINTO BEANS DRAINED**

*

IN LARGE SAUCEPAN OR DUTCH OVEN COOK BACON TILL CRISP;DRAIN AND CRUMBLE. DISCARD DRIPPINGS; SET BACON ASIDE. BROWN SAUSAGE IN SAME PAN. DRAIN SAUSAGE, RESERVING 2 TABLESP DRIPPINGS; SET SAUSAGE ASIDE. IN RESERVED DRIPPINGS BROWN BEEF, ONIONS, GREEN PEPPERS, GARLIC. ADD COOKED BACON,SAUSAGE, PEPPERS, CHILI POWDER, RED PEPPER, SPICES,SALT,OREGANO. STIR IN WATER AND TOMATO PASTE. BRING TO BOILING; SIMMER, UNCOVERED FOR 1 1/2 HOURS,STIRRING. STIR IN BEANS; SIMMER COVERED 30 MIN MORE. MAKES 8 SERVINGS.

CAULIFLOWER

RINSE A MEDIUM HEAD OF CAULIFLOWER; BREAK INTO FLOWERETTES. COOK COVERED IN SMALL AMOUNT BOILING SALTED WATER TILL TENDER, 10-15 MINUTES; DRAIN WELL.

PLACE HALF THE CAULIFLOWER IN A 1-QUART CASSEROLE; SEASON WITH SALT AND PEPPER. SPREAD WITH 1/2 CUP DAIRY SOUR CREAM AND SPRINKLE WITH 1/2 CUP SHREDDED SHARP PROCESS AMERICAN CHEESE. TOP WITH 1 TSP. TOASTED SESAME SEED.* REPEAT LAYERS.

BAKE IN MODERATE OVEN (350 DEGREES) TILL CHEESE MELTS AND SOUR CREAM IS HEATED THROUGH, ABOUT 5 MINUTES.

YIELDS 6 SERVINGS.

*TO TOAST SESAME SEED, PLACE IN SHALLOW PAN IN 350 DEGREE OVEN FOR 10 MINUTES OR UNTIL BROWNEED, SHAKING OCCASIONALLY.

EGGS & CHEESE

DELMON POTATOES

**9 MEDIUM POTATOES 1/8 TSP. PEPPER
SALT 1 4-OZ. PKG. SHREDDED CHEDDAR
1/3 CUP BUTTER OR MARGARINE CHEESE (1 CUP)
1/3 CUP ALL-PURPOSE FLOUR 3 TBSP. DRIED BREAD CRUMBS
2-1/4 CUPS LIGHT CREAM OR MILK**

EARLY IN DAY: IN LARGE, COVERED SAUCEPAN OVER MEDIUM HEAT, IN 1" BOILING WATER, COOK POTATOES WITH 1 TSP. SALT 20-30 MINUTES UNTIL POTATOES ARE FORK-TENDER; DRAIN AND COOL.

ABOUT 1 HOUR BEFORE SERVING: PEEL AND DICE POTATOES. IN LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT, MELT BUTTER OR MARGARINE. WITH WIRE WHISK OR SLOTTED SPOON, STIR IN FLOUR UNTIL WELL-BLENDED AND SMOOTH. GRADUALLY ADD CREAM AND COOK, STIRRING CONSTANTLY, UNTIL MIXTURE IS THICK AND BUBBLING. STIR IN 2 TSP. SALT AND PEPPER; THEN GENTLY STIR IN DICED POTATOES.

POUR POTATO MIXTURE EVENLY INTO GREASED 12X8-INCH BAKING DISH; SPRINKLE WITH CHEESE, THEN BREAD CRUMBS. BAKE 25 MINUTES OR UNTIL CHEESE IS MELTED AND MIXTURE IS BUBBLY.

MAKES 12 SERVINGS.

EGGPLANT

1/3 CUP CHOPPED ONION
1/4 CUP FINELY CHOPPED CELERY
1 SMALL CLOVE GARLIC, MINCED
2 TBSP COOKING OIL
1-16 OZ CAN TOMATOES, CUT UP
1/3 CUP TOMATO PASTE
1 BAY LEAF
1 TSP DRIED PARSLEY
1/2 TSP SALT
1/2 TSP DRIED OREGANO, CRUSHED
1/4 TSP PEPPER
1/4 CUP ALL PURPOSE FLOUR
1/2 TSP SALT
1 MEDIUM EGGPLANT, PEELED AND CUT CROSSWISE IN 1/2 INCH SLICES
1 BEATEN EGG
1/4 CUP COOKING OIL
1/3 CUP PARMESAN CHEESE
6 OZ SLICED MOZZARELLA CHEESE

FOR TOMATO SAUCE IN SAUCE PAN COOK ONION, CELERY, AND GARLIC IN 2 TBSP OIL TIL TENDER. SIR IN UNDRAINED TOMATOES, PASTE, BAY LEAF, PARSLEY, 1/2 TSP SALT, OREGANO, PEPPER. BRING TO BOIL, REDUCE HEAT. BOIL GENTLY UNCOVERED 15 MIN, STIR OCCASIONALLY. DISCARD BAY LEAF.

COMBINE FLOUR AND 1/2 TSP SALT. DIP EGGPLANT INTO BEATEN EGG, THEN INTO FLOUR MIX. IN LARGE SKILLET BROWN EGGPLANT, HALF AT A TIME, IN 1/4 CUP HOT OIL ABOUT 3 MIN PER SIDE. ADD OIL AS NEEDED. DRAIN ON PAPER TOWEL.

ARRANGE A SINGLE LAYER OF EGGPLANT IN BOTTOM OF 10 X 6 X 2 INCH BAKING DISH. TOP WITH HALF OF PARMESAN CHEESE, HALF OF SAUCE, HALF OF MOZZARELLA. CUT REMAINING MOZZARELLA INTO TRIANGLES. REPEAT THE LAYERS OF EGGPLANT, PARMESAN, SAUCE, MOZZARELLA. BAKE UNCOVERED IN 400 DEG OVEN FOR 15 - 20 MIN. MAKES 6 SERVINGS.

SERVE WITH SPAGHETTI PASTA.

INGREDIENTS: 1 WHOLE CHICKEN BREAST 12OZ

6 MEDIUM BLACK MUSHROOMS
2/3 CUP WARM WATER
1 CUP BAMBOO SHOOTS
2 WHOLE SCALLIONS-TRIMMED
1/2 MEDIUM CARROT
1 STALK CELERY
3 SPRIGS CHINESE PARSLEY
1/2 CUP CHOPPED COOKED SHRIMP
1/2 CUP SHRED CANRTONESE ROAST PORK
2 WHOLE EGGS + 1 YOLK
SALT
EGG ROLL

6 CUPS+4 TBLESP OIL
1 CLOVE GARLIC SHREDDDED
1/2 TEASP SUGAR
24 SPRING ROLL WRAPPERS
1 TEASP TAPIOCA POWDER WITH EGG WHITE.

SEASONINGS: 1 TBLRSP OIL

1/2 EGG WHITE

2 TEASP TAPIOCA POWDER

1 TEASP PALE DRY SHERRY

1/2 TEASP SUGAR

2 TEASP LIGHT SOY SAUCE

1/4 TEASP SALT

DASH WHITE PEPPER

SAUCE:1 TABLESP TAPIOCA POWDER

1 TABLESP LIGHT SOY SAUCE

1 TEASP SESAME OIL

PREPARATION:CUT ALL INGREDIENTS TO 1/8 -1 1/2 INCH. REMOVE CHICKEN BONE+SKIN, TRIM

FAT-SHRED FINELY, MIX SEASONING IN BOWL ADD CHICKEN,MIX ,CHILL FOR 30 MIN.

SOAK MUSHROOMS IN WARM WATER TILL SOFT,SAVE LIQUID. SHRED BAMBOO,BLANCH IN

BOILING WATER 1 MIN, RINSE COLD WATER, DRAIN. CUT SCALLIONS,CARROT,CELERY, 1 1/2INC.

RINSE PARSLEY INTO 2 INCH. SHRED SHRIMP AND PORK. BEAT EGSS AND YOLK WITH SALT,

SET NONSTICK PAN MEDIUM HEAT 2 TEASP OIL. ADD EGG MIX FORM THIN LAYER. REMOVE

COOL SHRED FINELY.

COOKING:SET WOK HIGH HEAT, ADD 2 TBLESP OIL,ADD GARLIC, ADD CHICKEN, STIR AND

REMOVE. ADD 2 TABLESP OIL, ADD MUSHROOMS BAMBOO,CARROT,CELERY,SALT SUGAR
STIR1MIN.

ADD PORK,SHRIMP, CHICKEN,TO WOK STIR,LEAVE SPACE CENTER.RESTIR SAUCE MIX ADD TO

WOK, TILL THICKENED. REMOVE FROM HEAT,ADD EGG SHREDS SCALLIONS,TOSS MIX REFRIG

UNTIL READY TO USE.MIX IN PARSLEY.

ASSEMBLY:THAW IF WRAPPER FROZEN. COVER WITH TOWEL SEPARATING. PLACE WRAPPER

SMOOTH SIDE DOWN,PUT 2 TBLESP FILLING ON LOWER CENTER LIFT CORNER NEAR YOU AND

TURN TO COVER FILLING. BRING SIDE TO OVERLAP.TUCK SECURELY.

ROLL TOWARD TIP TO FORM 4 BY 1 1/2 INCH ENVELOP. KEEP FIRM-PRESS OUT AIR.

SEAL BY TAPIOCA/EGG MIX, REFRIG NO MORE THAN 4 HOURS.

**ORIENTAL
FRIED RICE**

6 BLACK MUSHROOMS
1 WHOLE CHICKEN BREAST 10 OZ.
3 OZ CANTONESE PORK(OPTL)
3 OZ COOKED SHRIMP(OPTL)
1 EGG YOLK
3 WHOLE EGGS
SALT
4 WHOLE SCALLIONS TRIMMED TO 1/4INCH
7 TBLESP PEANUT OIL
1 CLOVE GARLIC CRUSHED
1/2 CUP CHICKEN STOCK
1 TBLESPN OYSTER SAUCE(OPTL)
SEASONING:
2 TBLESPN WATER
1/2 TEASP SALT
1 EGG WHITE
1 TBLESPN PALE DRY SHERRY(OPTL)
1/2 TEASP SUGAR
DASH WHITE PEPPER
1 TBLESPN TAPIOCA POWDER
1 TBLESPN PEANUT OIL
1 TEASP SESAME OIL

COOKING: WOK AT HIGH HEAT ADD 1 TBLESP OIL, ADD GARLIC AND BROWN THEN DISCARD GARLIC, ADD CHICKEN STIRRING CONSTANTLY UNTIL NOT PINK, REMOVE TO BOWL. ADD 1TABLESPN OIL TO WOK ON HIGH ADD PORK AND SHRIMP AND MUSHROOMS, STIR 1 MIN REMOVE TO BOWL WITH CHICKEN. RINSE WOK AND DRY, HIGH HEAT 4 TABLESPN OIL ADD EGGS AND COOK TIL SET, THEN TO MEDIUM HEAT, ADD RICE AND SPRINKLE SALT, TURN RICE FOR 5-7 MIN, WHIRL IN HALF CHICKEN STOCK ALONG EDGE OF WOK WHEN ABSORBED ADD REST OF STOCK STIRRING, RETURN ALL INGREDIENTS TO WOK, STIR CONSTANTLY, ADD SCALLIONS AND SEASONINGS. ADD OYSTER SAUCE, MIX AND SERVE 6 PEOPLE.

SOUP

GAZPACHO

**8 LARGE TOMATOES 1 TBSP. SALT
2 MEDIUM GREEN PEPPERS 6 TBSP. WINE OR CIDER VINEGAR
1 BUNCH SCALLIONS, TOPS INCL. 3 LARGE SLICES FRENCH BREAD,
CRUMBLED
1 MEDIUM ONION 1 TSP. PEPPER
2 LARGE CUCUMBERS, PEELED AND SEEDED 1/2 TSP. PAPRIKA
3 CLOVES, GARLIC, CRUSHED 2 CUPS TOMATO JUICE
1/2 CUP + 1 TBSP. SALAD OIL 4 CUPS WATER, OR AS NEEDED**

MINCE ALL VEGETABLES INTO SMALL PIECES. COMBINE THE GARLIC, OLIVE OIL, SALT, VINEGAR, CRUMBLED FRENCH BREAD, PEPPER AND PAPRIKA IN A DEEP BOWL. STIR THESE INGREDIENTS. ADD THE MINCED VEGETABLES TO THE SAUCE. COMBINE THE TOMATO JUICE AND WATER IN SMALL BOWL; POUR OVER THE SAUCE AND MINCED VEGETABLES. REFRIGERATE. SERVE WITHIN 4-6 HOURS.

SOUP & STEW

HOTSOUR

1 CUP WARM WATER
4 OZ LEAN BONELESS PORK CUT LOIN
1/2 OZ WOOD EARS
3/4 CUP BAMBOO SHOOTS
1 PIECE(12 OZ) SOFT BEAN CURD
1 WHOLE SCALLION TRIMMED
1 SPRIG CHINESE PARSLEY
4 CUPS BASIC SOUP STOCK
2 TBLESP TAPIOCA POWDER
2 TABLESP WATER
2 EGGS LIGHTLY BEATEN

SEASONINGS:2 TEASP TAPIOCA POWDER

1 TBLESP LIGHT SOY SAUCE

1/2 TEASP SUGAR

PUNGENT/HOT MIX:1 TABLESP SESAME OIL

2 TABLESP LIGHT SOY SAUCE

1 TEASP WHITE PEPPER

2 TABLESPN RED RICE VINEGAR

1 TEASP SUGAR

PREPARATION:SOAK MUSHROOMS-SAVE LIQUID

SHRED PORK

SOAK WOOD EARS SHRED AS MUSHROOMS

SHRED BAMBOO SHOOTS BLANCH IN BOILING WATER, RINSE IN COLD WATER, DRAIN.

SHRED BEAN CURD INTO PIECES SIZE 1/8,1/8, 2.DRAIN MOISTURE.

SHRED SCALLION AND PARSLEY INTO 2 INCH

MIX TOGETHER PUNGENT/HOT MIX.

COOKING:COMBINE STOCK AND MUSHROOM SOAKING IN A 3QT SAUCEPAN HIGH HEAT, BRING TO BOIL, ADD BEAN CURD, BAMBOO, WOOD, PORK. BRING TO BOIL, TURN TO MEDIUM, STIR PORK AND COOK 5 MIN. TURN TO LOW.

MIX TAPIOCA WITH WATER, ADD TO SOUP STIR CONSTANTLY, STREAM THE EGG MIX IN WHIRLING MANNER INTO SOUP, ALLOW TO SET 10 SEC, ADD SCALLION AND PARSLEY, TURN OFF.

SOUP & STEW

JAILHOUSE CHILI

YIELD 6-8 SERVINGS

- 1/4 CUP RENDERED BACON FAT OR OLIVE OIL**
- 4 CUPS YELLOW ONIONS, PEELED, COARSELY CHOPPED**
- 8 GARLIC CLOVES, PEELED AND MINCED**
- 8 JALAPENOS STEMMED & MINCED(VARYS HOT)**
- *MEATS CAN BE BEEF, LAMB,PORK, VENISON:**
- 1 1/2 LB BEEF CHILI GROUND**
- 1 1/2 LB CHUCK TRIMMED, CUT INTO 1/2 CUBES(CAN USE SHANK,SHOULDER NOT FILET)**
- 2 TSP SALT**
- 5 TBSP CHILI POWDER UNSEASONED**
- 2 TBSP GROUND CUMIN**
- 2 TBSP DRIED MARJORAM**
- 2 TSP CAYENNE PEPPER(VARYS HOT PART)**
- 28 OZ ITALIAN PLUM TOMATOES, CRUSHED, WELL DRAINED**
- 4 CUPS BEEF STOCK OR BROTH**
- 2-16OZ DARK RED KIDNEY BEANS, RINSED, DRAINED(SHOULD GO INTO POT AT VERY END OF COOKING SO STAY FIRM)**

*******WARM BACON FAT OR OIL IN LARGE SKILLET OVER MEDIUM HEAT. ADD ONIONS, GARLIC, AND JALAPENOS, LOWER HEAT, AND COOK 20 MIN OR UNTIL TENDER. MEANWHILE, SET 4 1/2 - 5 QT HEAVY FLAMEPROOF CASSEROLE OVER MEDIUM HEAT. ADD CHILI GROUND BEEF AND CUBED CHUCK; SEASON WITH SALT, COOK STIRRING OFTEN UNTIL MEAT IS GRAY AND CRUMBLER OR 20 MIN. COMBINE ONION MIXTURE WITH BEEF. STIR IN CHILI POWDER, CUMIN, MARJORAM AND CAYENNE PEPPER; COOK STIRRING FOR 5 MIN. STIR IN TOMATOES AND BEEF STOCK AND BRING TO BOIL. LOWER HEAT AND ASIMMER, UNCOVERED FOR 1 1/2 HOURS, STIRRING OCASIONALLY. SEASON TO TASTE AND SIMMER OFTEN FOR ANOTHER 30 MIN, STIRRING UNTIL MEAT IS TENDER AND CHILI IS REDUCED AS NEEDED. STIR IN KIDNEY BEANS; SIMMER FOR 5 MORE MINUTES AND SERVE WITH BEER OR MARGARITAS OR REISLING/SPICY ZINFANDEL.**

VEGETABLES

LOUISIANA SWEET POTATO

1 LB. SWEET POTATOES(NOT YAMS) 1/4 TSP. SALT
1/3 CUP SUGAR 1/4 TSP. NUTMEG
1/2 CUP BUTTER 1/2 TSP. CINNAMON
2 EGGS, LIGHTLY BEATEN 1/3 CUP RAISINS
1/2 CUP HEAVY CREAM 1/4 CUP BOURBON

SCRUB POTATOES AND BAKE IN PREHEATED OVEN, 375 DEGREES FOR 40 MINUTES OR UNTIL DONE. PEEL AND MASH INTO A BOWL. ADD ALL INGREDIENTS AND MIX WELL. PUT INTO GREASED BAKING DISH AND BAKE UNTIL HEATED THROUGH.

VEGETABLES

MARSAL TOMATOES

PEEL AND SLICE 4 LARGE TOMATOES. ARRANGE IN SHALLOW DISH. COMBINE 1/4 CUP SALAD OIL, 1 TBSP. LEMON JUICE, 1/2 TSP. MINCED GARLIC, 1/2 TSP. SALT, AND 1/2 TSP. OREGANO LEAVES, AND MIX WELL. POUR OVER TOMATOES. CHILL, COVERED, 1 HOUR.

SERVES 6.

SOUP & STEW

MINISTRONI

24 FREEZE AHEAD OR BASIC OVEN MEATBALLS:

- 1 POUND GROUND BEEF
- 1 BEATEN EGG
- 1/4 CUP MILK
- 1 CUP SOFT BREAD CRUMBS
- 2 TABLSP CHOPPED ONION
- 3/4 TEASP SALT

*****MIX AND SHAPE INTO 24 BALLS. BAKE 375 DEG 25-30 MIN.**

ONE 15 OZ CAN GEAT NORTHERN BEANS OR RED KIDNEY BEANS WITH LIQUID.

1 TABLSP INSTANT BEEF BOUILLON GEANULES

1 TABLSP MINCED DRIED ONION

1 TEASP DREID BSIL CRUSHED

1 LARGE BAY LEAF

4 OZ OF SPAGHETTI BROKEN INTO 2 INCH

ONE 16 TO 28 OZ CAN WHOLE TOMATOES CUT

ONE CAN MIXED VEGETABLES OR FROZEN:

- 1/4 CUP CORN
- 1/4 CUP STRING BEANS
- 1/4 CUP LIMA BEANS
- 1/4 CUP PEAS

1 TEASP SUGAR

4 CUPS WATER

2 TEASP OLIVE OIL

GRATED PARMESAN GARNISH

****IN 4 QT PAN COMBINE OVEN MEATBALLS, UNDRAINED BEANS, BOUILLON, ONION, BASIL, BAY LEAF, 4 CUPS WATER.**

BRING TO BOIL.

ADD SPAGHETTI. COVER; SIMMER ABOUT 20 MIN OR TIL MEATBALLS HEATED. STIR UNDRAINED TOMATOESD, MIXED VEGETABLES,, SUGAR. HEAT THROUGH. REMOVE BAY LEAF. SPRINKLE INDIVIDUAL DISH WITH PARMESAN CHEESE. SERVE WITH ROLL OR BREAD. SERVES 6 TP 8.

BREAD

ONION PARM BREAD

COMBINE 1/2 CUP GRATED PARMESAN CHEESE, 1/2 CUP MAYONNAISE OR SALAD DRESSING, AND 1/4 CUP FINELY CHOPPED ONION. SLICE ONE LOAF FRENCH BREAD IN HALF LENGTHWISE. SPREAD CUT SURFACES OF BREAD WITH PARMESAN-ONION MIXTURE. PLACE ON BAKING SHEET; BAKE IN MODERATE OVEN (375 DEGREES) FOR 15-18 MINUTES OR TILL BUBBLY AND BROWN. CUT IN PIECES. MAKES ABOUT 10 SERVINGS.

VEGETABLES

PARVEGBO

**3 MEDIUM ZUCCHINI, BIAS-SLICED BROKEN INTO SMALL BUDS
1/4" THICK (APPROX. 4 CUPS) 1/2 CUP SALAD OIL
2 MEDIUM TOMATOES, CUT IN 1/3 CUP VINEGAR
WEDGES AND SEEDED 1 1-OZ. ENVELOPE ITALIAN CHEESE
1 SMALL HEAD CAULIFLOWER, SALAD DRESSING MIX.**

IN LARGE BOWL, COMBINE ZUCCHINI, TOMATOES, AND CAULIFLOWER. IN SCREW-TOP JAR, COMBINE OIL, VINEGAR, AND SALAD DRESSING MIX; COVER AND SHAKE VIGOROUSLY TO BLEND. POUR DRESSING OVER VEGETABLES, STIRRING GENTLY. COVER AND REFRIGERATE FOR SEVERAL HOURS. DRAIN TO SERVE.

MAKES 8 SERVINGS.

PASTA

I FOUND THIS WAS A BETTER BASIC SEMOLINA PASTA MIX FOR ROLLING:

TWO EGGS
1 ½ CUP OF SEMOLINA FLOUR
½ TEASPOON SALT
2 TABLESPOON OLIVE OIL
2 TABLESPOON WATER

FOLDING WORK WITH HANDS FOR 10 MINUTES
ROLL THEN CUT INTO TWO LENGTHWISE HALVES
PUT THEM ON A DISH AND COVER WITH WET TOWEL
PLACE IN REFRIGERATOR FOR 20 MINUTES.
REMOVE AND ROLL INTO SHEETS THAT FIR ROLLING MACHINE
USE PASTA ROLLING FOR EACH SET TO ONE AND ROLL THRU FIVE
SWITCH TO SPAG OR OTHER ROLLING FOR FINAL CUTS
HANG CUT PASTA ON DRYING RACK OR SOMETHING TO ALLOW SEPARATION

PLACE INTO PLASTIC BAG AFTER 30 MIN AND REFRIGERATE TO HOLD
OR ADD TO BOILING POT AND TASTE FOR SERVING TIME.

THESE WORK BUT CAN BE TOO DRY FOR SEMOLINA AND THE PASTA ROLLING MACHINE

ONE EGG PASTA

2 SERVINGS/ 1/2 POUND
¾ CUP FLOUR (PREFER SEMOLINA)
1 EGG
¼ TEASP SALT
½ TABLESP OLIVE OIL
¼ TABLESP LUKE WARM WATER OR MILK
MAKE WELL IN FLOUR MIX ADD EGGS OIL ETC.MIX IN BOWL OR COUNTER TOP WITH FORK OR
FOOD PROCESSOR.
KNEAD FOR 5 MINUTES
LET REST FOR 15 MIN IN BOWL COVERED.

TWO EGG PASTA

3-4 SERVINGS ¾ POUND
1 ½ CUP FLOUR
2 EGGS
½ TEASP SALT
¾ TABLESP OLIVE OIL
¾ TABLESP LUKE WARM MILK OR WATER
KNEAD FOR 7 MINUTES.
LET REST FOR 15 MIN IN COVERED BOWL

THREE EGG PASTA

5-6 SERVINGS ABOUT 1 POUND
2 ¼ CUP FLOUR
3 EGGS
¾ TEASP SALT
1 TABLESP OLIVE OIL
1 TABLESP LUKEWARM WATER OR MILK.
KNEAD DOUGH
BREAK INTO 2 EGG SIZE BALLS

LET REST 15 MIN IN BOWL

ROLLING/CUTTING:

KNEAD INTO FLAT STRIP WITH ROLLING PIN OR HAND TO USE WITH ROLLING MACHINE AND ROLL THRU EACH SETTING STARTING WITH WIDEST TO 1/8 INCH. IF HAND CUTTING USE ROLLER TO SPREAD TO THICKNESS.

VEGETABLES

PINTO BEANS

**1-2/3 CUPS DRY PINTO BEANS OR DRY NAVY BEANS
7 CUPS WATER OR LEFT OVER FROM STOCK.
1 LARGE ONION, CHOPPED(1 CUP)
1/4 CUP DICED SALT PORK(4 OZ) OR BACON
1/2 TSP SALT
1 BAY LEAF
2 CUPS FRESH OKRA, THINLY SLICED(OPTIONAL BUT NO GUMBO)
1-16 OZ CAN TOMATOES, CUT UP
1- 12 OZ CAN WHOLE CORN DRAINED
2 TSP WORCESTERSHIRE SAUCE
1 TSP SALT
1 TSP SUGAR
1 TSP DRIED THYME
1/2 TSP BOTTLED HOT PEPPER SAUCE**

RINSE BEANS. IN 5 QT DUTCH OVEN OR KETTLE COMBINE BEANS AND WATER. BRING TO BOILING. REDUCE HEAT COVER AND SIMMER 2 MIN. REMOVE FROM HEAT. COVER LET STAND 1 HOUR OR SOAK OVERNIGHT IN COVERED PAN. DO NOT DRAIN. ADD ONION. SALT PORK, SALT, BAY LEAF TO BEANS LIQUID. BRING TO BOIL. REDUCE HEAT, COVER AND SIMMER 2 -2-1/2 HOURS OR TILL BEANS TENDER. ADD SLICED OKRA, UNDRAINED TOMATOES,DRAINED CORN, WORCESTERSHIRE , 1 TSP SALT, SUGAR, THYME, BOTTLED HOT PEPPER. SIMMER MIX 30 MIN OR TILL OKRA TENDER. REMOVE BAY LEAF MAKES 10 SERVINGS.

SOUP & STEW

PORK STEW

1-1/2 POUND BONELESS PORK, CUT INTO 3/4 INCH CUBES
2 TABLESPOON COOKING OIL
1-10 OZ CAN CONDENSED BEEF BROTH
1 BAY LEAF
1 TSP PREPARED MUSTARD
1/2 TSP DRIED THYME, CRUSHED
3 MEDIUM CARROTS, CUT 1 INCH PIECES
3 MEDIUM POTATOES, PEELED AND QUARTERED
1 10 OZ PACKAGE FROZEN WHOLE KERNEL CORN
1 CUP PEARL ONIONS
2 TBSP ALL PURPOSE FLOUR
WATER

**IN DUTCH OVEN OR DEEP PAN BROWN MEAT, HALF AT A TIME IN HOT OIL
RETURN ALL MEAT TO PAN. STIR IN NEXT FOUR INGREDIENTS, 1/2 CUP WATER, 1 TSP SALT AND
1/4 TSP PEPPER. BRING TO BOIL. COVER, SIMMER 30 MIN OR TILL MEAT IS ALMOST TENDER.
ADD CARROTS AND POTATOES. COVER, SIMMER 15 MIN. ADD CORN AND ONIONS. COVER
SIMMER 10 MIN OR TILL VEGETABLES ARE TENDER. BLEND 1/4 CUP COLD WATER INTO FLOUR,
STIR INTO STEW. COOK AND STIR TILL BUBBLY. REMOVE BAY LEAF SERVES 6.**

SOUP & STEW

PORK CABBAGE SOUP

1 LB LEAN BONELESS PORK OR HAM CUT 1/2"
OPTIONAL_ 3 COOKED SLICES BACON
1 TABLSP COOKING OIL TO BROWN MEAT
1 10 OZ CAN CONDENSED TOMATOE SOUP
1 10 OZ CAN BEEF BROTH (OR BOUILLION AND WATER, BUTTER,SALT)
2 SOUP CANS WATER
1 14 OZ CAN STEWED WHOLE/CUT TOMATOES
1 SMALL HEAD OF CABBAGE RED/GREEN,SHREDDED 1/2 CUP
3-4 SMALL RED POTATOES OR ONE LARGE
1 MEDIUM ONION CHOPPED 1/2CUP
1/4 CUP DRY SHERRY OR WHITE WINE
1 BAY LEAF
1 TEASP SALT
1/2 TEASP PAPRIKA
DASH PEPPER
**SOUR CREAM TOPPING OPTIONAL

COOK POTATOES IN BOILING WATER.
IN 4 QT OVEN PAN BROWN MEAT CUBES IN HOT OIL. COOK BACON IF USED.DRAIN OFF EXCESS FAT. STIR TOMATOES AND BOTH SOUPS, WATER, SHREDDED CABBAGE, CHOPPED ONIONS, POTATOES,
SHEERY, BAY LEAF,SALT, PAPRIKA,PEPPER.
BRING MIXTURE TO BOIL
REDUCE HEAT; COVER AND SIMMER 40 MIN OR TILL MEAT IS TENDER. REMOVE BAY LEAF.
SEASON TO TASTE WITH SALT AND PEPPER. TOP EACH SERVING WITH A DOLLOP OF SOUR CREAM. GARNISH WITH PARSLEY SPRIG. MAKES 5-6 SERVINGS.

BREAD

PULL A PART ROLLS

1/2 CUP SUGAR 2 PKGS. REFRIGERATED BISCUITS
1/2 CUP CHOPPED NUTS 1/3 CUP MARGARINE, MELTED
1/2 TSP. CINNAMON 1 12-OZ. JAR APRICOT PRESERVES

COMBINE SUGAR, NUTS AND CINNAMON; SPRINKLE 1.4 CUP MIXTURE IN GREASED 9-INCH RING MOLD. CUT EACH BISCUIT IN HALF; ROLL IN BALLS. DIP EACH BALL IN MARGARINE. LAYER BISCUIT BALLS, CINNAMON MIXTURE AND 1/2 CUP PRESERVES IN RING MOLD. BAKE AT 350 DEGREES, 35 MINUTES. INVERT ON SERVING PLATE; TOP WITH REMAINING PRESERVES. SERVE HOT.

MAKES 6-8 SERVINGS.

VEGETABLES

RATATOUI

1/2# EGGPLANT
1 CUP SLICED GREEN PEPPERS
1/2# ZUCCHINI
1 CUP DRAINED PEAR TOMATOES
1 TSP SALT
1 CLOVE GARLIC, CRUSHED
4 TBSP. SALAD OIL
3 TBSP. MINCED PARSLEY
1 1/2 CUP SLICED ONIONS
SALT & PEPPER

PEEL EGGPLANT; CUT INTO LENGTHWISE SLICES 3/8" THICK. SCRUB ZUCCHINI; DISCARD ENDS AND SLICE 3/8" THICK. TOSS WITH SALT AND LET STAND 30 MINUTES. DRAIN; DRY IN A TOWEL.

HEAT OIL, SAUTE EGGPLANT AND ZUCCHINI UNTIL BROWN ON BOTH SIDES. REMOVE TO SIDE DISH. COOK ONION AND PEPPERS UNTIL SOFT. STIR IN GARLIC, SALT AND PEPPER.

SLICE TOMATOES INTO STRIPS, PLACE OVER ONION AND PEPPERS. COVER AND COOK FOR 5 MINUTES. UNCOVER AND BOIL FOR SEVERAL MINUTES UNTIL TOMATO JUICE IS ALMOST EVAPORATED. SEASON WITH SALT AND PEPPER; FOLD IN PARSLEY.

SPOON 1/3 MIXTURE IN BOTTOM OF CASSEROLE; ARRANGE HALF OF EGGPLANT AND ZUCCHINI ON TOP OF TOMATOES; REPEAT LAYERS ENDING WITH FINAL 1/3 TOMATOES MIXTURE. COVER AND SIMMER 10 MINUTES. UNCOVER, BASTE WITH JUICES IN PAN. RAISE HEAT SLIGHTLY AND BOIL SLOWLY UNTIL ALMOST ALL OF THE JUICE IS EVAPORATED. SERVES 6.

VEGETABLES

RED CABBAGE

**1 MED. HEAD RED CABBAGE, FINELY CHOPPED
1 LARGE ONION, FINELY CHOPPED
1 TBSP. CIDER VINEGAR
3-4 WHOLE CLOVES
3 SMALL APPLES, PEELED AND CHOPPED
1 TBSP. FLOUR
3 TBSP. BUTTER
1 CUP BOILING WATER
1 BAY LEAF
SALT AND SUGAR TO TASTE(PREFERABLE BROWN SUGAR)**

MELT BUTTER AND LIGHTLY BROWN ONION. ADD CABBAGE, APPLES, AND LIQUIDS, COOK UNTIL TENDER, 1/2 TO 1 HOUR. SEASON WITH SUGAR AND THICKEN WITH FLOUR. SHOULD BE A SWEET AND SOUR TASTE.

VEGETABLES

RICE

NORMAL RICE WHEN BOILED AND SIMMERED HAS STARCH WHICH CAUSES IT TO STICK IN CLUMPS. THIS IS THE COLONNADE APPROACH TO STARCH FREE PLAIN RICE.

**ADD DESIRED CUPS OF RICE TO QT SIZE PAN.
ADD WATER AND RINSE IN POT BY SINK - AT LEAST THREE TIMES OR UNTIL CLOUDY WATER IS MINIMAL.**

FILL POT 3/4 FULL OF WATER.

BRING TO BOIL AND LOWER TO KEEP COOKING UNTIL RICE SAMPLES ARE DONE AND SOFT(LIKE PASTA).

REMOVE FROM STOVE AND RINSE WITH COLD WATER SEVERAL TIMES TO STOP COOKING AND RINSE MORE OF THE STARCH.

DRAIN IN COLANDER AND PUT RICE IN CONTAINER IN REFRIGERATOR FOR FUTURE USE IN FRIED RICE OR NORMAL RICE USES.

REHEAT IN WOK FOR FRIED RICE.

REHEAT IN MICROWAVE OVEN FOR NORMAL RICE.

RICE PREPARATION ALTERNATIVE

THE RECEIPEES THAT CALL FOR RICE SHOULD BE COOKED BASED ON RICE RECEIPEES SENT PREVIOUSLY. SOME HAVE RICE CLUMPS AS AN EXPERIENCE. THIS IS DUE TO THE STARCH EFFECT IF YOU DO NOT RINSE BEFORE COOKING AND AFTER.

VEGETABLES

RICE CABBAGE

1/2 HEAD OF SAVOY CABBAGE 3/4 LB

1/3 CUP OLIVE OIL

1 TABLSP GARLIC CHOPPED FINE

SALT

GROUND PEPPER

3/4 CUP RICE

1/4 LB MOZZARELLA CHEESE COARSELY GRATED

1 TABLSP PARSLEY CHOPPED FINE

***TRIM OFF OUTER LEAVES OF CABBAGE. CUT IT IN 4 OR QUARTERS. RINSE IN COLD WATER.

BRING 4 QTS WATER TO BOIL. PUT IN CABBAGE AND SET COVER ASKEW. COOK FOR 20 MIN.

DRAIN AND COOL SLIGHTLY. CHOP PIECES INTO 1/2 INCH PIECES.

SAUTE PAN PUT IN OLIVE OIL AND GARLIC OVER MEDIUM HEAT, ADD CABBAGE TURNING SO

OIL COATS WELL. ADD SALT, PEPPER. TURN HEAT TO MEDIUM HIGH SAUTE 10 MIN. TURN

FREQUENTLY. TURN OFF HEAT.

BRING 3 QT WATER TO BOIL ADD RICE, 1 TABLSP SALT, STIR WITH SPOON. 15 -20 MIN AL DENTE

AND STOP.

DRAIN RICE AND PUT IN WARM SERVING BOWL ADD MOZZARELLA, CABBAGE, OLIVE OIL,

PARMESAN CHEESE, AND CHOPPED PARSLEY.MIX WELL AND SERVE PIPING HOT.

PASTA

RIGATONI

SAUCE AND CHEESES(OPTL ADD SAUSAGES).

1/2 CUP OLIVE OIL

1 CUPS CHOPPED ONIONS

1 TEASP GARLIC, CHOPPED

1 -28OZ CAN ITALIAN STYLE TOMATOES,CHOPPED

6 OZ CAN TOMATO PASTE

2 TEASP CRUSHED RED PEPPER FLAKES

1 TABLSP CHOPPED MARJORAM

1/4 TEASP BLACK PEPPER

2 TEASP DRIED BASIL CRUSHED

SALT

2 CUPS CHICKEN STOCK

1 POUND RIGATONI

ADD 1 CHOPPED GREEN PEPPER IF DESIRE

1 CUPS SHREDDED HARVARTI CHEESE 4 OZ

1/3 CUP GRATED PARMESAN CHEESE

1/3 CUP PITTED BLACK OLIVES CUT IN SLIVERS

1/4 CUP FINELY CHOPPED PARSLEY

IN LARGE SKILLET HEAT 5 TABLSP OLIVE OIL MEDIUM HIGH HEAT. WHEN HOT ADD ONIONS, GARLIC AND SAUTE STIRRING 3 MIN. ADD TOMATOES, RED PEPPER, BLACK PEPPER, BASIL MARJORAM AND 1 TEASP SALT STIR MIX WELL. ADD STOCK AND BRING TO LOW BOIL. COOK UNTIL LIQUID REDUCED AND THICKENED 25 MIN. REMOVE SAUCE FROM HEAT.

BRING 5 QTS WATER TO BOIL ADD PASTA 1 TEASP SALT. RETURN TO BOIL AND COOK AL DENTE 8-10 MIN. DRAIN.

GREASE 2 QT GRATIN PAN. TOSS PASTA WITH 3 TABLSP OLIVE OIL. SEASON WITH SALT. ADD TOMATOES SAUCE TO PASTA AND TOSS. ADD HARVARTI CHEESE TOSS AGAIN. SPRINKLE PARMESAN CHEESE OVER TOP. ARRANGE SLIVERS OF OLIVES OVER PASTA.

BAKE 350 DEG UNTIL HOT BUBBLY 25 MIN.

REMOVE SPRINKLE PARSLEY ON TOP. SERVE4-6

NOTE:MONTEREY JACK OR MILD CHEDDER CAN REPLACE HAVARTI CHEESE.

VEGETABLES

GENERAL SAUERKRAUT

THE SAUERKRAUT CAN BE MADE TWO WAYS:

1:WITH (ACIDITY) SUPPLIED LIQUID

2.DRAINED* TO REDUCE ACIDITY

THIS WILL EXPLAIN #2 BUT FOR #1 USE ORIGINAL LIQUID FROM CAN.

2 POUNDS FRESH SAUERKRAUT

1 TBSP LARD OR SHORTENING

1/2 CUP FINELY CUT CHOPPED ONIONS

1 TBSP SUGAR

2 CUPS COLD WATER(REDUCE IF CAN LIQUID)

5 WHOLE JUNIPER BERRIES, 6 WHOLE BLACK PEPPERCORNS, 2 SMALL BAY LEAVES, 1/4 TEASP CARAWAY SEEDS, 1 WHOLE ALLSPICE, WRAPPED TOGETHER IN CHEESECLOTH.IF YOU DON'T HAVE OMIT THEM.

1/2 POUND BONELESS SMOKED PORK LOIN OR BUTT, IN ONE PIECE, OR SUBSTITUTE 1/2 POUND CANADIAN BACON.

1 LARGE RAW POTATO, PEELED(OPTIONAL)

*****OPTION #2: DRAIN SAUERKRAUT, WASH IT UNDER COLD RUNNING WATER AND LET IT SOAK IN COLD WATER 10 - 20 MIN, DEPENDING ON ACIDITY. A HANDFUL AT A TIME SQUEEZE THE KRAUT VIGOROUSLY UNTIL COMPLETELY DRY.**

IN HEAVY 3-4 QT CASSEROLE OR SAUCEPAN MELT THE LARD OVER MODERATE HEAT UNTIL A LIGHT HAZE FORMS ABOVE IT. ADD CHOPPED ONIONS AND COOK STIRRING 8-1- MIN OR UNTIL ONIONS ARE LIGHT BROWN. ADD SAUERKRAUT, SUGAR, AND 2 CUPS WATER(IF DRAINED #2 LESS IF #1) AND MIX TOGETHER THOROUGHLY, SEPARATING STRANDS OF KRAUT WITH FORK. BURY BAG OF SPICES IN THE KRAUT AND PLACE PORK OR BACON ON TOP OF IT. BRING TO BOIL OVER HIGH HEAT, THEN REDUCE HEAT TO LOWEST POINT, COVER AND COOK UNDISTURBED FOR 20 MINUTES.

GRATE RAW POTATO DIRECTLY INTO CASSEROLE AND WITH FORK STIR IT INTO SAUERKRAUT MIX. COVER AND COOK 1-1/2 TO 2 HOURS UNTIL MOISTURE IS ABSORBED AND MEAT IS TENDER.

ORIENTAL

SIZZLING RICE

INGREDIENTS:6 MEDIUM BLACK MUSHROOMS

1 CUP WARM WATER

12 MEDIUM SHRIMP IN THE SHELL

4 OZ BONELESS PORK CUT FROM LOIN

1/2 CUP BAMBOO SHOOTS

1/4 CUP SHELLED GREEN PEAS

1 TBLESPN SUGAR

2 CUPS WATER

2 SCALLIONS WHITE PART ONLY

2 TABLESP OIL

6 CUPS "BASIC SOUP" STOCK

STEWING HEN 5LBS, 3-4 LBS LEG PORK, 6 SLICES GINGER ROOT (1/2 OZ)

SIMMER 5-6 HOURS, REMOVE SOLID FATS

12 PIECES RICE CRUST 1 X 2 INCH

2 CUPS RAW OR COOKED RICE LONG GRAIN, 2 1/2 CUP WATER. PUT COOKED RICE IN NON STICK PAN.PAT RICE FLAT TO FORM PATTY - 2 GRAINS THICK, LOW HEAT 40 MIN,FLIP 30 MIN OTHER SIDE.

SEASONINGS: 1/4 TEASP SALT

1/2 EGG WHITE

3 TEASP TAPIOCA POWDER

2 TEASP LIGHT SOY SAUCE

1 TEASP SESAME OIL,DASH SUGAR

PINCH WHITE PEPPER

PREPARATION: SOAK MUSHROOMS, SQUEEZE DRY-SHRED 1/16 IN, SAVE LIQUID.SHELL/DEVEIN SHRIMP,CLEAN WITH 2 TBLESP SALT, RUB AND RINSE SHRIMP WITH SALT, UNTIL TRANSLUCENT (5 MIN), DRAIN AND DRY, CHILL 1 HOUR.

COOKING: 4 QT SAUCEPAN,HIGH HEAT, ADD 2 TBLESP OIL, STIR PORK SHREDS 30 SEC, ADD SHRIMP, ADD MUSHROOMS,BAMBOO SHOOTS-STIRRING. POUR STOCK AND MUSHROOM LIQUID, BRING TO BOIL, TURN TO LOW,SIMMER TIL USE. ADD SEASONINGS. USE WOK OVER HIGH HEAT, ADD REMAINING OIL WAIT 5-7 MIN, MUST BE BOILING POINT, TEST WITH RICE. DEEP FRY RICE UNTIL PUFFY LIGHT GOLD. LINE SERVING BOWL. ADD PEAS TO SOUP.ADD SCALLION SHREDS TO RICE BOWLS,ADD SOUP.

PASTA

SPAGHETTI

**8 OZ PACKAGE SPAGHETTI
1/2 TO 1 POUND GROUND BEEF BROWNED
2 CANS CONTADINA TOMATO PASTE
3 CANS WATER
1/4 TSP HOT RED PEPPERS
1/2 TSP SWEET BASIL
ONION SALT
1 TSP OREGANO
1 GARLIC CLOVE
1TSP WORCESTER SAUCE
1 TSP SALT
1/2 TSP PEPPER**

BOIL CONTADINAPASTE AND WATER MIX, SIMMER FOR 3 HOURS AFTER ADDING OTHER INGREDIENTS-SEASON TO TASTE.

PASTA

SPAGGETTI PIE

6 OZ. SPAGHETTI 1 8-OZ. CAN (1 CUP) TOMATOES,
2 TBSP. BUTTER OR MARGARINE CUT UP
1/3 CUP GRATED PARMESAN CHEESE 1 6-OZ. CAN TOMATO PASTE
2 WELL BEATEN EGGS 1 TSP. SUGAR
1 CUP (8-OZ.) COTTAGE CHEESE 1 TSP. DRIED OREGANO, CRUSHED
1 LB. GROUND BEEF OR BULK 1/2 TSP. GARLIC SALT
PORK SAUSAGE 1/2 CUP SHREDDED MOZZARELLA
1/2 CUP CHOPPED ONION CHEESE (2 OUNCES)
1/4 CUP CHOPPED GREEN PEPPER

COOK THE SPAGHETTI ACCORDING TO PACKAGE DIRECTIONS; DRAIN (SHOULD HAVE ABOUT 3 CUPS COOKED SPAGHETTI). STIR BUTTER OR MARGARINE INTO HOT SPAGHETTI. STIR IN PARMESAN CHEESE AND EGGS. FORM SPAGHETTI MIXTURE INTO A "CRUST" IN BUTTERED 10" PIE PLATE. SPREAD COTTAGE CHEESE OVER BOTTOM OF SPAGHETTI CRUST.

IN SKILLET COOK GROUND BEEF OR PORK SAUSAGE, ONION, AND GREEN PEPPER TILL VEGETABLES ARE TENDER AND MEAT IS BROWNED. DRAIN OFF EXCESS FAT. STIR IN UNDRAINED TOMATOES, TOMATO PASTE, SUGAR, OREGANO, AND GARLIC SALT; HEAT THROUGH. TURN MEAT MIXTURE INTO SPAGHETTI CRUST. BAKE, UNCOVERED, IN 350 DEGREE OVEN FOR 20 MINUTES. SPRINKLE WITH MOZZARELLA CHEESE. BAKE 5 MINUTES LONGER OR TILL CHEESE MELT. SERVES 6.

VEGETABLES

SPINACH CASSEROLE

**2 PKG. FROZEN CHOPPED SPINACH
8 OZ. PKG. CREAM CHEESE
1 4 OZ. STICK BUTTER OR MARGARINE
1 CUP BREAD CUBES
3/4 TSP. SAGE(OR HALF THYME/HALF SAGE)
1/2 TSP. SALT
1/8 TSP/ PEPPER
DASH NUTMEG**

COOK SPINACH UNTIL THAWED; ADD CHEESE, 1/2 STICK BUTTER OR MARGARINE, SALT, PEPPER AND DASH OF NUTMEG.

CUBE BREAD. MELT REMAINING 1/2 STICK BUTTER OR MARGARINE, ADD SAGE AND BRAD CUBES AND SAUTE UNTIL LIGHT BROWN AND CRISP. PLACE ON TOP OF SPINACH CASSEROLE.

BAKE AT 350 DEGREES FOR 20 MINUTES.

VEGETABLES

STSWEETS

SELECT 6 MEDIUM-SIZE SWEET POTATOES. SCRUB WITH BRUSH. BAKE IN HOT OVEN (425 DEGREES) FOR 40 MINUTES OR UNTIL DONE. CUT SLICE FROM TOP OF EACH. SCOOP OUT INSIDE, BEING CAREFUL NOT TO BREAK SHELL. MASH THE POTATOES.

TO MASHED SWEETS, ADD 1/4 CUP SOFT BUTTER OR MARGARINE, 1 TBSP. BROWN SUGAR, 1 TSP. SALT, DASH PEPPER, AND ENOUGH HOT MILK TO MOISTEN. BEAT UNTIL FLUFFY. FOLD IN 1/3 CUP TINE MARSHMALLOWS AND 1/4 CUP CHOPPED CALIFORNIA WALNUTS.

PILE MIXTURE LIGHTLY INTO THE POTATO SHELLS. TOP WITH 1/3 CUP ADDITIONAL TINY MARSHMALLOWS. BAKE IN 350 DEGREE OVEN FOR 15-20 MINUTES OR TILL HOT THROUGH AND BROWNEED.

VEGETABLES

STUFFED TOMATO

EARLY IN DAY:

THINLY SLICE TOPS FROM 1 PINT CHERRY TOMATOES; REMOVE PULP; DRAIN SHELLS UPSIDE DOWN ON PAPER TOWELS. IN SMALL BOWL, COMBINE 2 2-1/4 OZ. CANS DEVILED HAM, 2 TBSP. SOUR CREAM, 2 TBSP. HORSERADISH; FILL TOMATO SHELLS. REFRIGERATE. GARNISH WITH PARSLEY. MAKES ABOUT 20 APPETIZERS.

TUNA STUFFED TOMATOES:

SUBSTITUTE 1 3-1/2 OZ. CAN TUNA FOR DEVILED HAM.



VEGETABLES

TOMATO CUCUMBER MAR

2 MEDIUM TOMATOES, SLICED 1/2 CUP SALAD OIL
1 MEDIUM CUCUMBER, SCORED & 3 TBSP. DRY WHITE WINE
 THINLY SLICED (APPROX. 2 C.) 3 TBSP. WHITE WINE VINEGAR
1/4 CUP SLICED GREEN ONIONS 1-1/2 TSP. DRIED SALAD HERBS
 INCLUDING TOPS 1 TSP. SALT
 1/8 TSP. PEPPER

SPRINKLE TOMATOES LIGHTLY WITH A LITTLE SALT. ALTERNATE LAYERS OF TOMATO, CUCUMBER, AND ONION IN DEEP BOWL. IN SCREW-TOP JAR, COMBINE OIL, WINE, VINEGAR, SALAD HERBS, SALT, AND PEPPER. COVER AND SHAKE VIGOROUSLY TO BLEND. POUR OVER TOMATOES, CUCUMBER, AND GREEN ONION IN BOWL. COVER AND CHILL 5-6 HOURS TO BLEND FLAVORS WELL.

MAKES 6 SERVINGS.

BREAKFAST

WAFFLES

GRIDDLE CAKES

INGREDIENTS: 1 CUP FLOUR
1 1/2 TEASP DOUBLE ACTING BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
1 EGG
3/4 CUP MILK
1 1/2 TABLESP SHORTENING

MAKES 1 DOZEN PANCAKES

POUR FLOUR, BAKING POWDER, SALT, SUGAR IN MIXING BOWL. BEAT 1 MIN, ADD MILK. POUR OVER DRY INGREDIENTS BEAT SLOW SPEED ONLY TILL BLENDED- ABOUT 1 MIN. SCRAPE BOWL.

BAKE ON PREHEATED GRIDDLE. TURNING ONLY ONCE TO BROWN ON BOTH SIDES. FOR THINNER PANCAKES USE 1 CUP MILK INSTEAD OF 3/4.

WAFFLES:

INGREDIENTS: 1 1/2 CUP FLOUR
2 1/2 TEASP BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
2 LARGE EGGS
1 CUP MILK
3/4 TEASP VANILLA
1/3 CUP BUTTER OR MARGARINE/SHORTENING

MAKES 2 FULL SIZE 4 SECTION WAFFLES

MELT AND COOL SHORTENING. MIX FLOUR, BAKING POWDER, SALT, SUGAR IN MIXER. PUT EGGS INTO BOWL, BEAT 1 MIN, ADD MILK VANILLA, ADD TO DRY INGREDIENTS, BEAT 1 MIN. BLEND IN SHORTENING OR BUTTER ON SLOW SPEED. BAKE IN PRE HEATED WAFFLE BAKER.

BREAD

WALNUT CHEESE BREAD

2-1/2 CUPS SIFTED ALL-PURPOSE FLOUR 1/4 CUP CRISCO SHORTENING
1 CUP GRATED CHEDDAR CHEESE
2 TBSP. SUGAR 1 EGG
2 TSP. BAKING POWDER 1 CUP BUTTERMILK
1-1/4 TSP. SALT 1/2 TSP. WORCESTERSHIRE SAUCE
1/2 TSP. DRY MUSTARD 1 CUP CHOPPED WALNUTS
1/2 TSP. SODA
DASH CAYENNE PEPPER

RESIFT FLOUR WITH SUGAR, BAKING POWDER, SALT, MUSTARD, SODA AND CAYENNE. CUT IN SHORTENING. ADD CHEESE, AND MIX IN WITH A FORK. BEAT EGG LIGHTLY. ADD BUTTERMILK AND WORCESTERSHIRE SAUCE. STIR INTO DRY MIXTURE JUST UNTIL MOISTENED. ADD WALNUTS AND MIX WELL. TURN THE STIFF DOUGH INTO GREASED LOAF PAN, (8-1/2 X 4-1/2 X 2-1/2 INCHES), AND SMOOTH TOP. BAKE IN PREHEATED 350 DEGREE OVEN ABOUT 55 MINUTES. LET STAND 10 MINUTES, THEN TURN OUT AND COOL ON WIRE RACK. MAKES ONE LOAF.

NOTE: IF DESIRED, SAVE A FEW OF THE WALNUTS TO SPRINKLE ON TOP OF LOAF. PRESS LIGHTLY INTO DOUGH BEFORE BAKING.

BREAD

WHITE BREAD

1 PACKAGE ACTIVE DRY YEAST
1/3 CUP WARM WATER
10 CUP UNBLEACHED ALL PURPOSE FLOUR
1 STICK UNSALTED BUTTER OR MARGARINE AT ROOM TEMPERATURE AND CUT IN PIECES
2 TABLESP SUGAR
1 TABLSP SALT
3 CUPS VERY COLD WATER

DISSOLVE THE YEAST AND SUGAR IN THE WARM WATER. INSERT DOUGH KNEADING BLADE
ADD FLOUR, BUTTER, SALT TO WORK BOWL. PROCESS UNTIL BUTTER IS CUT INTO MIX 20 SEC.
TURN MACHINE ON POUR YEAST MIX THRU TUBE. WITH RUNNING POUR ICE WATER THRU TUBE
AS FAST AS ABSORBED 20 SEC. WHEN DOUGH LEAVES SIDE BOWL AND MAKES
BALL,CONTINUE 60 SEC MORE TO KNEAD.

FLOUR HANDS LIFT BALL AND SHAPED IN BALL. PLACE IN LIGHTLY FLOURED PLASTIC BAG
15X18 INCH, SQUEEZE OUT AIR, TIE END LEAVE ROOM FOR BALL TO DOUBLE SIZE. LET RISE IN
WARM PLACE 80 DEG ABOUT 1 TO 1 1/2 HOURS.

REMOVE TWIST PUCH BALL DOWN IN BAG,S SHAPE INTO 3 LOAVES AND PUT IN GREASED
8X4X2 PAN. COVER WITH OIL PLASTIC WRAP AND LET RISE IN WARM PLACE,UNTIL CENTER
DOMES UP 1 1/2 INCH ABOVE RIM OF PAN ABOUT 1 TO 1 1/2 HOUR.

BAKE IN MIDDLE LEVEL OF HEATED 375 DEG FOR 30 TO 35 MIN. REMOVE LOAVES AND LET
COOL ON WIRE RACKS. MAKES THREE 1 2/3 POUND LOAVES.

NOTE: THIS USES ONLY 1 YEAST PACKAGE SINCE IT IS FOUND THAT 2 AS CALLED FOR IS
UNNECESSARY.

RICE

WILD RICE

1 6 OZ. PKG LONG GRAIN AND WILD RICE

1 CUP FRENCH DRESSING

1 SMALL JAR MARINATED ARTICHOKE HEARTS, QUARTERED

1/2 PACKAGE FROZEN PEAS, UNCOOKED

1 MEDIUM ONION, MINCED

12-16 MEDIUM SIZED FRESH MUSHROOMS, QUARTERED

COOK RICE ACCORDING TO PACKAGE DIRECTIONS.

ADD REMAINING INGREDIENTS. REFRIGERATE AT LEAST 2 HOURS.

SERVES 4-6

VEGETABLES

ZUCCHINI

- 2 POUNDS ZUCCHINI, SLICE IN 1" SLICES AND HALVED
- 1 SMALL ONION, CHOPPED
- 1 STICK BUTTER, MELTED
- 1 CUP SOUR CREAM
- 1 CAN CREAM OF CHICKEN SOUP
- 1/2 PKG. PEPPERIDGE FARM DRY DRESSING

PREHEAT OVEN TO 350 DEGREES.
PARBOIL ZUCCHINI AND ONION FOR A FEW MINUTES UNTIL MEDIUM TENDER; DRAIN.
ADD REST OF INGREDIENTS.
PUT INTO BUTTERED 2 QUART CASSEROLE.
DUST WITH ADDITIONAL CRUSHED DRY DRESSING.

BAKE, UNCOVERED, FOR 25 MINUTES.

SERVES 4-6.

VEGETABLES

PARVEGBO

- 3 MEDIUM ZUCCHINI, BIAS-SLICED BROKEN INTO SMALL BUDS
- 1/4" THICK (APPROX. 4 CUPS) 1/2 CUP SALAD OIL
- 2 MEDIUM TOMATOES, CUT IN 1/3 CUP VINEGAR
- WEDGES AND SEEDED 1 1-OZ. ENVELOPE ITALIAN CHEESE
- 1 SMALL HEAD CAULIFLOWER, SALAD DRESSING MIX.

IN LARGE BOWL, COMBINE ZUCCHINI, TOMATOES, AND CAULIFLOWER. IN SCREW-TOP JAR, COMBINE OIL, VINEGAR, AND SALAD DRESSING MIX; COVER AND SHAKE VIGOROUSLY TO BLEND. POUR DRESSING OVER VEGETABLES, STIRRING GENTLY. COVER AND REFRIGERATE FOR SEVERAL HOURS. DRAIN TO SERVE.

MAKES 8 SERVINGS.

- 1 1/2 CUP OF SEMOLINA FLOUR
- 1/2 TEASPOON SALT
- 2 TABLESPOON OLIVE OIL
- 2 TABLESPOON WATER

FOLDING WORK WITH HANDS FOR 10 MINUTES
ROLL THEN CUT INTO TWO LENGTHWISE HALVES
PUT THEM ON A DISH AND COVER WITH WET TOWEL
PLACE IN REFRIGERATOR FOR 20 MINUTES.
REMOVE AND ROLL INTO SHEETS THAT FIR ROLLING MACHINE
USE PASTA ROLLING FOR EACH SET TO ONE AND ROLL THRU FIVE
SWITCH TO SPAG OR OTHER ROLLING FOR FINAL CUTS
HANG CUT PASTA ON DRYING RACK OR SOMETHING TO ALLOW SEPARATION

PLACE INTO PLASTIC BAG AFTER 30 MIN AND REFRIGERATE TO HOLD
OR ADD TO BOILING POT AND TASTE FOR SERVING TIME.

VEGETABLES

PINTO BEANS

**1-2/3 CUPS DRY PINTO BEANS OR DRY NAVY BEANS
7 CUPS WATER OR LEFT OVER FROM STOCK.
1 LARGE ONION, CHOPPED(1 CUP)
1/4 CUP DICED SALT PORK(4 OZ) OR BACON
1/2 TSP SALT
1 BAY LEAF
2 CUPS FRESH OKRA, THINLY SLICED(OPTIONAL BUT NO GUMBO)
1-16 OZ CAN TOMATOES, CUT UP
1- 12 OZ CAN WHOLE CORN DRAINED
2 TSP WORCESTERSHIRE SAUCE
1 TSP SALT
1 TSP SUGAR
1 TSP DRIED THYME
1/2 TSP BOTTLED HOT PEPPER SAUCE**

**RINSE BEANS. IN 5 QT DUTCH OVEN OR KETTLE COMBINE BEANS AND WATER. BRING TO BOILING. REDUCE HEAT COVER AND SIMMER 2 MIN. REMOVE FROM HEAT. COVER LET STAND 1 HOUR OR SOAK OVERNIGHT IN COVERED PAN. DO NOT DRAIN.
ADD ONION. SALT PORK, SALT, BAY LEAF TO BEANS LIQUID. BRING TO BOIL. REDUCE HEAT, COVER AND SIMMER 2 -2-1/2 HOURS OR TILL BEANS TENDER. ADD SLICED OKRA, UNDRAINED TOMATOES,DRAINED CORN, WORCESTERSHIRE , 1 TSP SALT, SUGAR, THYME, BOTTLED HOT PEPPER. SIMMER MIX 30 MIN OR TILL OKRA TENDER. REMOVE BAY LEAF MAKES 10 SERVINGS.**

VEGETABLES

RED CABBAGE

**1 MED. HEAD RED CABBAGE, FINELY CHOPPED
1 LARGE ONION, FINELY CHOPPED
1 TBSP. CIDER VINEGAR
3-4 WHOLE CLOVES
3 SMALL APPLES, PEELED AND CHOPPED
1 TBSP. FLOUR
3 TBSP. BUTTER
1 CUP BOILING WATER
1 BAY LEAF
SALT AND SUGAR TO TASTE(PREFERABLE BROWN SUGAR)**

MELT BUTTER AND LIGHTLY BROWN ONION. ADD CABBAGE, APPLES, AND LIQUIDS, COOK UNTIL TENDER, 1/2 TO 1 HOUR. SEASON WITH SUGAR AND THICKEN WITH FLOUR. SHOULD BE A SWEET AND SOUR TASTE.

BREAD

WALNUT CHEESE BREAD

2-1/2 CUPS SIFTED ALL-PURPOSE FLOUR 1/4 CUP CRISCO SHORTENING
1 CUP GRATED CHEDDAR CHEESE
2 TBSP. SUGAR 1 EGG
2 TSP. BAKING POWDER 1 CUP BUTTERMILK
1-1/4 TSP. SALT 1/2 TSP. WORCESTERSHIRE SAUCE
1/2 TSP. DRY MUSTARD 1 CUP CHOPPED WALNUTS
1/2 TSP. SODA
DASH CAYENNE PEPPER

RESIFT FLOUR WITH SUGAR, BAKING POWDER, SALT, MUSTARD, SODA AND CAYENNE. CUT IN SHORTENING. ADD CHEESE, AND MIX IN WITH A FORK. BEAT EGG LIGHTLY. ADD BUTTERMILK AND WORCESTERSHIRE SAUCE. STIR INTO DRY MIXTURE JUST UNTIL MOISTENED. ADD WALNUTS AND MIX WELL. TURN THE STIFF DOUGH INTO GREASED LOAF PAN, (8-1/2 X 4-1/2 X 2-1/2 INCHES), AND SMOOTH TOP. BAKE IN PREHEATED 350 DEGREE OVEN ABOUT 55 MINUTES. LET STAND 10 MINUTES, THEN TURN OUT AND COOL ON WIRE RACK. MAKES ONE LOAF.

NOTE: IF DESIRED, SAVE A FEW OF THE WALNUTS TO SPRINKLE ON TOP OF LOAF. PRESS LIGHTLY INTO DOUGH BEFORE BAKING.

BREAD

WHITE BREAD

1 PACKAGE ACTIVE DRY YEAST
1/3 CUP WARM WATER
10 CUP UNBLEACHED ALL PURPOSE FLOUR
1 STICK UNSALTED BUTTER OR MARGARINE AT ROOM TEMPERATURE AND CUT IN PIECES
2 TABLESP SUGAR
1 TABLSP SALT
3 CUPS VERY COLD WATER

DISSOLVE THE YEAST AND SUGAR IN THE WARM WATER. INSERT DOUGH KNEADING BLADE
ADD FLOUR, BUTTER, SALT TO WORK BOWL. PROCESS UNTIL BUTTER IS CUT INTO MIX 20 SEC.
TURN MACHINE ON POUR YEAST MIX THRU TUBE. WITH RUNNING POUR ICE WATER THRU TUBE
AS FAST AS ABSORBED 20 SEC. WHEN DOUGH LEAVES SIDE BOWL AND MAKES
BALL, CONTINUE 60 SEC MORE TO KNEAD.

FLOUR HANDS LIFT BALL AND SHAPED IN BALL. PLACE IN LIGHTLY FLOURED PLASTIC BAG
15X18 INCH, SQUEEZE OUT AIR, TIE END LEAVE ROOM FOR BALL TO DOUBLE SIZE. LET RISE IN
WARM PLACE 80 DEG ABOUT 1 TO 1 1/2 HOURS.

REMOVE TWIST PUCH BALL DOWN IN BAG, S SHAPE INTO 3 LOAVES AND PUT IN GREASED
8X4X2 PAN. COVER WITH OIL PLASTIC WRAP AND LET RISE IN WARM PLACE, UNTIL CENTER
DOMES UP 1 1/2 INCH ABOVE RIM OF PAN ABOUT 1 TO 1 1/2 HOUR.

BAKE IN MIDDLE LEVEL OF HEATED 375 DEG FOR 30 TO 35 MIN. REMOVE LOAVES AND LET
COOL ON WIRE RACKS. MAKES THREE 1 2/3 POUND LOAVES.

NOTE: THIS USES ONLY 1 YEAST PACKAGE SINCE IT IS FOUND THAT 2 AS CALLED FOR IS
UNNECESSARY.

VEGETABLES

RICE CABBAGE

1/2 HEAD OF SAVOY CABBAGE 3/4 LB

1/3 CUP OLIVE OIL

1 TABLSP GARLIC CHOPPED FINE

SALT

GROUND PEPPER

3/4 CUP RICE

1/4 LB MOZZARELLA CHEESE COARSELY GRATED

1 TABLSP PARSLEY CHOPPED FINE

***TRIM OFF OUTER LEAVES OF CABBAGE. CUT IT IN 4 OR QUARTERS. RINSE IN COLD WATER.

BRING 4 QTS WATER TO BOIL. PUT IN CABBAGE AND SET COVER ASKEW. COOK FOR 20 MIN.

DRAIN AND COOL SLIGHTLY. CHOP PIECES INTO 1/2 INCH PIECES.

SAUTE PAN PUT IN OLIVE OIL AND GARLIC OVER MEDIUM HEAT, ADD CABBAGE TURNING SO

OIL COATS WELL. ADD SALT, PEPPER. TURN HEAT TO MEDIUM HIGH SAUTE 10 MIN. TURN

FREQUENTLY. TURN OFF HEAT.

BRING 3 QT WATER TO BOIL ADD RICE, 1 TABLSP SALT, STIR WITH SPOON. 15 -20 MIN AL DENTE

AND STOP.

DRAIN RICE AND PUT IN WARM SERVING BOWL ADD MOZZARELLA, CABBAGE, OLIVE OIL,

PARMESAN CHEESE, AND CHOPPED PARSLEY.MIX WELL AND SERVE PIPING HOT.

PASTA

RIGATONI

SAUCE AND CHEESES(OPTL ADD SAUSAGES).

**1/2 CUP OLIVE OIL
1 CUPS CHOPPED ONIONS
1 TEASP GARLIC, CHOPPED
1 -28OZ CAN ITALIAN STYLE TOMATOES,CHOPPED
6 OZ CAN TOMATO PASTE
2 TEASP CRUSHED RED PEPPER FLAKES
1 TABLSP CHOPPED MARJORAM
1/4 TEASP BLACK PEPPER
2 TEASP DRIED BASIL CRUSHED
SALT
2 CUPS CHICKEN STOCK
1 POUND RIGATONI**

**ADD 1 CHOPPED GREEN PEPPER IF DESIRE
1 CUPS SHREDDED HARVARTI CHEESE 4 OZ
1/3 CUP GRATED PARMESAN CHEESE
1/3 CUP PITTED BLACK OLIVES CUT IN SLIVERS
1/4 CUP FINELY CHOPPED PARSLEY**

IN LARGE SKILLET HEAT 5 TABLSP OLIVE OIL MEDIUM HIGH HEAT. WHEN HOT ADD ONIONS, GARLIC AND SAUTE STIRRING 3 MIN. ADD TOMATOES, RED PEPPER, BLACK PEPPER, BASIL MARJORAM AND 1 TEASP SALT STIR MIX WELL. ADD STOCK AND BRING TO LOW BOIL. COOK UNTIL LIQUID REDUCED AND THICKENED 25 MIN. REMOVE SAUCE FROM HEAT. BRING 5 QTS WATER TO BOIL ADD PASTA 1 TEASP SALT. RETURN TO BOIL AND COOK AL DENTE 8-10 MIN. DRAIN.

**GREASE 2 QT GRATIN PAN. TOSS PASTA WITH 3 TABLSP OLIVE OIL. SEASON WITH SALT. ADD TOMATOES SAUCE TO PASTA AND TOSS. ADD HARVARTI CHEESE TOSS AGAIN. SPRINKLE PARMESAN CHEESE OVER TOP. ARRANGE SLIVERS OF OLIVES OVER PASTA. BAKE 350 DEG UNTIL HOT BUBBLY 25 MIN. REMOVE SPRINKLE PARSLEY ON TOP. SERVE4-6
NOTE:MONTEREY JACK OR MILD CHEDDER CAN REPLACE HAVARTI CHEESE.**

PASTA

SPAGHETTI

**8 OZ PACKAGE SPAGHETTI
1/2 TO 1 POUND GROUND BEEF BROWNE
2 CANS CONTADINA TOMATO PASTE
3 CANS WATER
1/4 TSP HOT RED PEPPERS
1/2 TSP SWEET BASIL
ONION SALT
1 TSP OREGANO
1 GARLIC CLOVE
1TSP WORCESTER SAUCE
1 TSP SALT
1/2 TSP PEPPER**

BOIL CONTADINAPASTE AND WATER MIX, SIMMER FOR 3 HOURS AFTER ADDING OTHER INGREDIENTS-SEASON TO TASTE.

PASTA

SPAGGETTI PIE

**6 OZ. SPAGHETTI
1 8-OZ. CAN (1 CUP) TOMATOES, CUT UP
2 TBSP. BUTTER OR MARGARINE
1/3 CUP GRATED PARMESAN CHEESE
1 6-OZ. CAN TOMATO PASTE
2 WELL BEATEN EGGS
1 TSP. SUGAR
1 CUP (8-OZ.) COTTAGE CHEESE
1 TSP. DRIED OREGANO, CRUSHED
1 LB. GROUND BEEF OR BULK
1/2 TSP. GARLIC SALT
PORK SAUSAGE
1/2 CUP SHREDDED MOZZARELLA
1/2 CUP CHOPPED ONION
CHEESE (2 OUNCES)
1/4 CUP CHOPPED GREEN PEPPER**

COOK THE SPAGHETTI ACCORDING TO PACKAGE DIRECTIONS; DRAIN (SHOULD HAVE ABOUT 3 CUPS COOKED SPAGHETTI). STIR BUTTER OR MARGARINE INTO HOT SPAGHETTI. STIR IN PARMESAN CHEESE AND EGGS. FORM SPAGHETTI MIXTURE INTO A "CRUST" IN BUTTERED 10" PIE PLATE. SPREAD COTTAGE CHEESE OVER BOTTOM OF SPAGHETTI CRUST.

IN SKILLET COOK GROUND BEEF OR PORK SAUSAGE, ONION, AND GREEN PEPPER TILL VEGETABLES ARE TENDER AND MEAT IS BROWNE. DRAIN OFF EXCESS FAT. STIR IN UNDRAINED TOMATOES, TOMATO PASTE, SUGAR, OREGANO, AND GARLIC SALT; HEAT THROUGH. TURN MEAT MIXTURE INTO SPAGHETTI CRUST. BAKE, UNCOVERED, IN 350 DEGREE OVEN FOR 20 MINUTES. SPRINKLE WITH MOZZARELLA CHEESE. BAKE 5 MINUTES LONGER OR TILL CHEESE MELT. SERVES 6.

BREAKFAST

WAFFLES

GRIDDLE CAKES

INGREDIENTS: 1 CUP FLOUR
1 1/2 TEASP DOUBLE ACTING BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
1 EGG
3/4 CUP MILK
1 1/2 TABLESP SHORTENING

MAKES 1 DOZEN PANCAKES

POUR FLOUR, BAKING POWDER, SALT, SUGAR IN MIXING BOWL. BEAT 1 MIN, ADD MILK. POUR OVER DRY INGREDIENTS BEAT SLOW SPEED ONLY TILL BLENDED- ABOUT 1 MIN. SCRAPE BOWL.

BAKE ON PREHEATED GRIDDLE. TURNING ONLY ONCE TO BROWN ON BOTH SIDES. FOR THINNER PANCAKES USE 1 CUP MILK INSTEAD OF 3/4.

WAFFLES:

INGREDIENTS: 1 1/2 CUP FLOUR
2 1/2 TEASP BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
2 LARGE EGGS
1 CUP MILK
3/4 TEASP VANILLA
1/3 CUP BUTTER OR MARGARINE/SHORTENING

MAKES 2 FULL SIZE 4 SECTION WAFFLES

MELT AND COOL SHORTENING. MIX FLOUR, BAKING POWDER, SALT, SUGAR IN MIXER. PUT EGGS INTO BOWL, BEAT 1 MIN, ADD MILK VANILLA, ADD TO DRY INGREDIENTS, BEAT 1 MIN. BLEND IN SHORTENING OR BUTTER ON SLOW SPEED. BAKE IN PRE HEATED WAFFLE BAKER.

BREAD

HERB FRENCH BREAD

1-1/2 TSP. SNIPPED CHIVES 1/4 TSP. CRUSHED CHERVIL
1-1/2 TSP. SNIPPED PARSLEY 4 TBSP. SOFT BUTTER OR MARGARINE
1/4 TSP. CRUSHED TARRAGON 8 SLICES FRENCH BREAD

MIX TOGETHER CHIVES, PARSLEY, TARRAGON, CHERVIL, AND BUTTER OR MARGARINE. SPREAD ON FRENCH BREAD SLICES. PLACE ON BAKING SHEET AND BAKE IN MODERATE (350 DEGREE) OVEN TILL LIGHTLY TOASTED, ABOUT 20 MINUTES. SERVE WARM.

WALNUT CHEESE BREAD

2-1/2 CUPS SIFTED ALL-PURPOSE 1/4 CUP CRISCO SHORTENING
FLOUR 1 CUP GRATED CHEDDAR CHEESE
2 TBSP. SUGAR 1 EGG
2 TSP. BAKING POWDER 1 CUP BUTTERMILK
1-1/4 TSP. SALT 1/2 TSP. WORCESTERSHIRE SAUCE
1/2 TSP. DRY MUSTARD 1 CUP CHOPPED WALNUTS
1/2 TSP. SODA
DASH CAYENNE PEPPER

RESIFT FLOUR WITH SUGAR, BAKING POWDER, SALT, MUSTARD, SODA AND CAYENNE. CUT IN SHORTENING. ADD CHEESE, AND MIX IN WITH A FORK. BEAT EGG LIGHTLY. ADD BUTTERMILK AND WORCESTERSHIRE SAUCE. STIR INTO DRY MIXTURE JUST UNTIL MOISTENED. ADD WALNUTS AND MIS WELL. TURN THE STIFF DOUGH INTO GREASED LOAF PAN, (8-1/2 X 4-1/2 X 2-1/2 INCHES), AND SMOOTH TOP. BAKE IN PREHEATED 350 DEGREE OVEN ABOUT 55 MINUTES. LET STAND 10 MINUTES, THEN TURN OUT AND COOL ON WIRE RACK. MAKES ONE LOAF.

NOTE: IF DESIRED, SAVE A FEW OF THE WALNUTS TO SPRINKLE ON TOP OF LOAF. PRESS LIGHTLY INTO DOUGH BEFORE BAKING.

WHITE BREAD

1 PACKAGE ACTIVE DRY YEAST

1/3 CUP WARM WATER

10 CUP UNBLEACHED ALL PURPOSE FLOUR

1 STICK UNSALTED BUTTER OR MARGARINE AT ROOM TEMPERATURE AND CUT IN PIECES

2 TABLESP SUGAR

1 TABLSP SALT

3 CUPS VERY COLD WATER

DISSOLVE THE YEAST AND SUGAR IN THE WARM WATER. INSERT DOUGH KNEADING BLADE ADD FLOUR, BUTTER, SALT TO WORK BOWL. PROCESS UNTIL BUTTER IS CUT INTO MIX 20 SEC. TURN MACHINE ON POUR YEAST MIX THRU TUBE. WITH RUNNING POUR ICE WATER THRU TUBE AS FAST AS ABSORBED 20 SEC. WHEN DOUGH LEAVES SIDE BOWL AND MAKES BALL,CONTINUE 60 SEC MORE TO KNEAD.

FLOUR HANDS LIFT BALL AND SHAPED IN BALL. PLACE IN LIGHTLY FLOURED PLASTIC BAG 15X18 INCH, SQUEEZE OUT AIR, TIE END LEAVE ROOM FOR BALL TO DOUBLE SIZE. LET RISE IN WARM PLACE 80 DEG ABOUT 1 TO 1 1/2 HOURS.

REMOVE TWIST PUCH BALL DOWN IN BAG,S SHAPE INTO 3 LOAVES AND PUT IN GREASED 8X4X2 PAN. COVER WITH OIL PLASTIC WRAP AND LET RISE IN WARM PLACE,UNTIL CENTER DOMES UP 1 1/2 INCH ABOVE RIM OF PAN ABOUT 1 TO 1 1/2 HOUR.

BAKE IN MIDDLE LEVEL OF HEATED 375 DEG FOR 30 TO 35 MIN. REMOVE LOAVES AND LET COOL ON WIRE RACKS. MAKES THREE 1 2/3 POUND LOAVES.

NOTE: THIS USES ONLY 1 YEAST PACKAGE SINCE IT IS FOUND THAT 2 AS CALLED FOR IS UNNECESSARY.

RICE

RICE

**NORMAL RICE WHEN BOILED AND SIMMERED HAS STARCH WHICH CAUSES IT TO STICK IN CLUMPS. THIS IS THE COLONNADE APPROACH TO STARCH FREE PLAIN RICE.
ADD DESIRED CUPS OF RICE TO QT SIZE PAN.
ADD WATER AND RINSE IN POT BY SINK - AT LEAST THREE TIMES OR UNTIL CLOUDY WATER IS MINIMAL.
FILL POT 3/4 FULL OF WATER.
BRING TO BOIL AND LOWER TO KEEP COOKING UNTIL RICE SAMPLES ARE DONE AND SOFT(LIKE PASTA).
REMOVE FROM STOVE AND RINSE WITH COLD WATER SEVERAL TIMES TO STOP COOKING AND RINSE MORE OF THE STARCH.
DRAIN IN COLANDER AND PUT RICE IN CONTAINER IN REFRIGERATOR FOR FUTURE USE IN FRIED RICE OR NORMAL RICE USES.
REHEAT IN WOK FOR FRIED RICE.
REHEAT IN MICROWAVE OVEN FOR NORMAL RICE.**

RICE PREPARATION ALTERNATIVE THE RECEIPE THAT CALL FOR RICE SHOULD BE COOKED BASED ON RICE RECEIPE SENT PREVIOUSLY. SOME HAVE RICE CLUMPS AS AN EXPERIENCE. THIS IS DUE TO THE STARCH EFFECT IF YOU DO NOT RINSE BEFORE COOKING AND AFTER.

WILD RICE

**1 6 OZ. PKG LONG GRAIN AND WILD RICE
1 CUP FRENCH DRESSING
1 SMALL JAR MARINATED ARTICHOKE HEARTS, QUARTERED
1/2 PACKAGE FROZEN PEAS, UNCOOKED
1 MEDIUM ONION, MINCED
12-16 MEDIUM SIZED FRESH MUSHROOMS, QUARTERED**

**COOK RICE ACCORDING TO PACKAGE DIRECTIONS.
ADD REMAINING INGREDIENTS. REFRIGERATE AT LEAST 2 HOURS.**

SERVES 4-6

RICE

NORMAL RICE WHEN BOILED AND SIMMERED HAS STARCH WHICH CAUSES IT TO STICK IN CLUMPS. THIS IS THE COLONNADE APPROACH TO STARCH FREE PLAIN RICE.

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FILL POT 3/4 FULL OF WATER.

BRING TO BOIL AND LOWER TO KEEP COOKING UNTIL RICE SAMPLES ARE DONE AND SOFT(LIKE PASTA).

REMOVE FROM STOVE AND RINSE WITH COLD WATER SEVERAL TIMES TO STOP COOKING AND RINSE MORE OF THE STARCH.

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REHEAT IN WOK FOR FRIED RICE.

REHEAT IN MICROWAVE OVEN FOR NORMAL RICE.

RICE PREPARATION ALTERNATIVE

THE RECEIPES THAT CALL FOR RICE SHOULD BE COOKED BASED ON RICE RECEIPE SENT PREVIOUSLY. SOME HAVE RICE CLUMPS AS AN EXPERIENCE. THIS IS DUE TO THE STARCH EFFECT IF YOU DO NOT RINSE BEFORE COOKING AND AFTER.

PASTA

RIGATONI

SAUCE AND CHEESES(OPTL ADD SAUSAGES).

1/2 CUP OLIVE OIL

1 CUPS CHOPPED ONIONS

1 TEASP GARLIC, CHOPPED

1 -28OZ CAN ITALIAN STYLE TOMATOES,CHOPPED

6 OZ CAN TOMATO PASTE

2 TEASP CRUSHED RED PEPPER FLAKES

1 TABLSP CHOPPED MARJORAM

1/4 TEASP BLACK PEPPER

2 TEASP DRIED BASIL CRUSHED

SALT

2 CUPS CHICKEN STOCK

1 POUND RIGATONI

ADD 1 CHOPPED GREEN PEPPER IF DESIRE

1 CUPS SHREDDED HARVARTI CHEESE 4 OZ

1/3 CUP GRATED PARMESAN CHEESE

1/3 CUP PITTED BLACK OLIVES CUT IN SLIVERS

1/4 CUP FINELY CHOPPED PARSLEY

IN LARGE SKILLET HEAT 5 TABLSP OLIVE OIL MEDIUM HIGH HEAT. WHEN HOT ADD ONIONS, GARLIC AND SAUTE STIRRING 3 MIN. ADD TOMATOES, RED PEPPER, BLACK PEPPER, BASIL MARJORAM AND 1 TEASP SALT STIR MIX WELL. ADD STOCK AND BRING TO LOW BOIL. COOK UNTIL LIQUID REDUCED AND THICKENED 25 MIN. REMOVE SAUCE FROM HEAT.

BRING 5 QTS WATER TO BOIL ADD PASTA 1 TEASP SALT. RETURN TO BOIL AND COOK AL DENTE 8-10 MIN. DRAIN.

GREASE 2 QT GRATIN PAN. TOSS PASTA WITH 3 TABLSP OLIVE OIL. SEASON WITH SALT.

ADD TOMATOES SAUCE TO PASTA AND TOSS. ADD HARVARTI CHEESE TOSS AGAIN. SPRINKLE PARMESAN CHEESE OVER TOP. ARRANGE SLIVERS OF OLIVES OVER PASTA.

BAKE 350 DEG UNTIL HOT BUBBLY 25 MIN.

REMOVE SPRINKLE PARSLEY ON TOP. SERVE4-6

NOTE:MONTEREY JACK OR MILD CHEDDER CAN REPLACE HAVARTI CHEESE.

ORIENTAL

SIZZLING RICE

INGREDIENTS:6 MEDIUM BLACK MUSHROOMS

1 CUP WARM WATER

12 MEDIUM SHRIMP IN THE SHELL

4 OZ BONELESS PORK CUT FROM LOIN

1/2 CUP BAMBOO SHOOTS

1/4 CUP SHELLED GREEN PEAS

1 TBLESPN SUGAR

2 CUPS WATER

2 SCALLIONS WHITE PART ONLY

2 TABLESP OIL

6 CUPS "BASIC SOUP" STOCK

STEWING HEN 5LBS, 3-4 LBS LEG PORK, 6 SLICES GINGER ROOT (1/2 OZ)

SIMMER 5-6 HOURS, REMOVE SOLID FATS

12 PIECES RICE CRUST 1 X 2 INCH

2 CUPS RAW OR COOKED RICE LONG GRAIN, 2 1/2 CUP WATER. PUT COOKED RICE IN NON STICK PAN.PAT RICE FLAT TO FORM PATTY - 2 GRAINS THICK, LOW HEAT 40 MIN,FLIP 30 MIN OTHER SIDE.

SEASONINGS: 1/4 TEASP SALT

1/2 EGG WHITE

3 TEASP TAPIOCA POWDER

2 TEASP LIGHT SOY SAUCE

1 TEASP SESAME OIL,DASH SUGAR

PINCH WHITE PEPPER

PREPARATION: SOAK MUSHROOMS, SQUEEZE DRY-SHRED 1/16 IN, SAVE LIQUID.SHELL/DEVEIN SHRIMP,CLEAN WITH 2 TBLESP SALT, RUB AND RINSE SHRIMP WITH SALT, UNTIL TRANSLUCENT (5 MIN), DRAIN AND DRY, CHILL 1 HOUR.

COOKING: 4 QT SAUCEPAN,HIGH HEAT, ADD 2 TBLESP OIL, STIR PORK SHREDS 30 SEC, ADD SHRIMP, ADD MUSHROOMS,BAMBOO SHOOTS-STIRRING. POUR STOCK AND MUSHROOM LIQUID, BRING TO BOIL, TURN TO LOW,SIMMER TIL USE. ADD SEASONINGS. USE WOK OVER HIGH HEAT, ADD REMAINING OIL WAIT 5-7 MIN, MUST BE BOILING POINT, TEST WITH RICE. DEEP FRY RICE UNTIL PUFFY LIGHT GOLD. LINE SERVING BOWL. ADD PEAS TO SOUP.ADD SCALLION SHREDS TO RICE BOWLS,ADD SOUP.

RICE

WILD RICE

1 6 OZ. PKG LONG GRAIN AND WILD RICE
1 CUP FRENCH DRESSING
1 SMALL JAR MARINATED ARTICHOKE HEARTS, QUARTERED
1/2 PACKAGE FROZEN PEAS, UNCOOKED
1 MEDIUM ONION, MINCED
12-16 MEDIUM SIZED FRESH MUSHROOMS, QUARTERED

COOK RICE ACCORDING TO PACKAGE DIRECTIONS.
ADD REMAINING INGREDIENTS. REFRIGERATE AT LEAST 2 HOURS.

SERVES 4-6

PASTA

SPAGHETTI

**8 OZ PACKAGE SPAGHETTI
1/2 TO 1 POUND GROUND BEEF BROWNED
2 CANS CONTADINA TOMATO PASTE
3 CANS WATER
1/4 TSP HOT RED PEPPERS
1/2 TSP SWEET BASIL
ONION SALT
1 TSP OREGANO
1 GARLIC CLOVE
1TSP WORCESTER SAUCE
1 TSP SALT
1/2 TSP PEPPER**

BOIL CONTADINAPASTE AND WATER MIX, SIMMER FOR 3 HOURS AFTER ADDING OTHER INGREDIENTS-SEASON TO TASTE.

PASTA

SPAGGETTI PIE

6 OZ. SPAGHETTI 1 8-OZ. CAN (1 CUP) TOMATOES,
2 TBSP. BUTTER OR MARGARINE CUT UP
1/3 CUP GRATED PARMESAN CHEESE 1 6-OZ. CAN TOMATO PASTE
2 WELL BEATEN EGGS 1 TSP. SUGAR
1 CUP (8-OZ.) COTTAGE CHEESE 1 TSP. DRIED OREGANO, CRUSHED
1 LB. GROUND BEEF OR BULK 1/2 TSP. GARLIC SALT
PORK SAUSAGE 1/2 CUP SHREDDED MOZZARELLA
1/2 CUP CHOPPED ONION CHEESE (2 OUNCES)
1/4 CUP CHOPPED GREEN PEPPER

COOK THE SPAGHETTI ACCORDING TO PACKAGE DIRECTIONS; DRAIN (SHOULD HAVE ABOUT 3 CUPS COOKED SPAGHETTI). STIR BUTTER OR MARGARINE INTO HOT SPAGHETTI. STIR IN PARMESAN CHEESE AND EGGS. FORM SPAGHETTI MIXTURE INTO A "CRUST" IN BUTTERED 10" PIE PLATE. SPREAD COTTAGE CHEESE OVER BOTTOM OF SPAGHETTI CRUST.

IN SKILLET COOK GROUND BEEF OR PORK SAUSAGE, ONION, AND GREEN PEPPER TILL VEGETABLES ARE TENDER AND MEAT IS BROWNED. DRAIN OFF EXCESS FAT. STIR IN UNDRAINED TOMATOES, TOMATO PASTE, SUGAR, OREGANO, AND GARLIC SALT; HEAT THROUGH. TURN MEAT MIXTURE INTO SPAGHETTI CRUST. BAKE, UNCOVERED, IN 350 DEGREE OVEN FOR 20 MINUTES. SPRINKLE WITH MOZZARELLA CHEESE. BAKE 5 MINUTES LONGER OR TILL CHEESE MELT. SERVES 6.

VEGETABLES

SPINACH CASSEROLE

2 PKG. FROZEN CHOPPED SPINACH
8 OZ. PKG. CREAM CHEESE
1 4 OZ. STICK BUTTER OR MARGARINE
1 CUP BREAD CUBES
3/4 TSP. SAGE(OR HALF THYME/HALF SAGE)
1/2 TSP. SALT
1/8 TSP/ PEPPER
DASH NUTMEG

COOK SPINACH UNTIL THAWED; ADD CHEESE, 1/2 STICK BUTTER OR MARGARINE, SALT, PEPPER AND DASH OF NUTMEG.

CUBE BREAD. MELT REMAINING 1/2 STICK BUTTER OR MARGARINE, ADD SAGE AND BRAD CUBES AND SAUTE UNTIL LIGHT BROWN AND CRISP. PLACE ON TOP OF SPINACH CASSEROLE.

BAKE AT 350 DEGREES FOR 20 MINUTES.

BREAKFAST

WAFFLES

GRIDDLE CAKES

INGREDIENTS: 1 CUP FLOUR
1 1/2 TEASP DOUBLE ACTING BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
1 EGG
3/4 CUP MILK
1 1/2 TABLESP SHORTENING

MAKES 1 DOZEN PANCAKES

POUR FLOUR, BAKING POWDER, SALT, SUGAR IN MIXING BOWL. BEAT 1 MIN, ADD MILK. POUR OVER DRY INGREDIENTS BEAT SLOW SPEED ONLY TILL BLENDED- ABOUT 1 MIN. SCRAPE BOWL.

BAKE ON PREHEATED GRIDDLE. TURNING ONLY ONCE TO BROWN ON BOTH SIDES. FOR THINNER PANCAKES USE 1 CUP MILK INSTEAD OF 3/4.

WAFFLES:

INGREDIENTS: 1 1/2 CUP FLOUR
2 1/2 TEASP BAKING POWDER
1/2 TEASP SALT
1 TABLESP SUGAR
2 LARGE EGGS
1 CUP MILK
3/4 TEASP VANILLA
1/3 CUP BUTTER OR MARGARINE/SHORTENING

MAKES 2 FULL SIZE 4 SECTION WAFFLES

MELT AND COOL SHORTENING. MIX FLOUR, BAKING POWDER, SALT, SUGAR IN MIXER. PUT EGGS INTO BOWL, BEAT 1 MIN, ADD MILK VANILLA, ADD TO DRY INGREDIENTS, BEAT 1 MIN. BLEND IN SHORTENING OR BUTTER ON SLOW SPEED. BAKE IN PRE HEATED WAFFLE BAKER.

ORIENTAL

FRIEDRICE

6 BLACK MUSHROOMS
1 WHOLE CHICKEN BREAST 10 OZ.
3 OZ CANTONESE PORK(OPTL)
3 OZ COOKED SHRIMP(OPTL)
1 EGG YOLK
3 WHOLE EGGS
SALT
4 WHOLE SCALLIONS TRIMMED TO 1/4INCH
7 TBLESP PEANUT OIL
1 CLOVE GARLIC CRUSHED
1/2 CUP CHICKEN STOCK
1 TBLESPN OYSTER SAUCE(OPTL)
SEASONING:
2 TBLESPN WATER
1/2 TEASP SALT
1 EGG WHITE
1 TBLESPN PALE DRY SHERRY(OPTL)
1/2 TEASP SUGAR
DASH WHITE PEPPER
1 TBLESPN TAPIOCA POWDER
1 TBLESPN PEANUT OIL
1 TEASP SESAME OIL

COOKING: WOK AT HIGH HEAT ADD 1 TBLESP OIL, ADD GARLIC AND BROWN THEN DISCARD GARLIC, ADD CHICKEN STIRRING CONSTANTLY UNTIL NOT PINK, REMOVE TO BOWL. ADD 1TABLESPN OIL TO WOK ON HIGH ADD PORK AND SHRIMP AND MUSHROOMS, STIR 1 MIN REMOVE TO BOWL WITH CHICKEN. RINSE WOK AND DRY, HIGH HEAT 4 TABLESPN OIL ADD EGGS AND COOK TIL SET, THEN TO MEDIUM HEAT, ADD RICE AND SPRINKLE SALT, TURN RICE FOR 5-7 MIN, WHIRL IN HALF CHICKEN STOCK ALONG EDGE OF WOK WHEN ABSORBED ADD REST OF STOCK STIRRING, RETURN ALL INGREDIENTS TO WOK, STIR CONSTANTLY, ADD SCALLIONS AND SEASONINGS. ADD OYSTER SAUCE, MIX AND SERVE 6 PEOPLE.

BREAD

HERB FR BREAD

**1-1/2 TSP. SNIPPED CHIVES
1/4 TSP. CRUSHED CHERVIL
1-1/2 TSP. SNIPPED PARSLEY
4 TBSP. SOFT BUTTER OR MARGARINE
1/4 TSP. CRUSHED TARRAGON
8 SLICES FRENCH BREAD**

**MIX TOGETHER CHIVES, PARSLEY, TARRAGON, CHERVIL, AND BUTTER OR MARGARINE.
SPREAD ON FRENCH BREAD SLICES. PLACE ON BAKING SHEET AND BAKE IN MODERATE (350
DEGREE) OVEN TILL LIGHTLY TOASTED, ABOUT 20 MINUTES. SERVE WARM.**

.BREAD

ONION PARM BREAD

COMBINE 1/2 CUP GRATED PARMESAN CHEESE, 1/2 CUP MAYONNAISE OR SALAD DRESSING, AND 1/4 CUP FINELY CHOPPED ONION. SLICE ONE LOAF FRENCH BREAD IN HALF LENGTHWISE. SPREAD CUT SURFACES OF BREAD WITH PARMESAN-ONION MIXTURE. PLACE ON BAKING SHEET; BAKE IN MODERATE OVEN (375 DEGREES) FOR 15-18 MINUTES OR TILL BUBBLY AND BROWN. CUT IN PIECES. MAKES ABOUT 10 SERVINGS.

PASTA

I FOUND THIS WAS A BETTER BASIC SEMOLINA PASTA MIX FOR ROLLING:

TWO EGGS

- 1 ½ CUP OF SEMOLINA FLOUR**
- ½ TEASPOON SALT**
- 2 TABLESPOON OLIVE OIL**
- 2 TABLESPOON WATER**

**FOLDING WORK WITH HANDS FOR 10 MINUTES
ROLL THEN CUT INTO TWO LENGTHWISE HALVES
PUT THEM ON A DISH AND COVER WITH WET TOWEL
PLACE IN REFRIGERATOR FOR 20 MINUTES.
REMOVE AND ROLL INTO SHEETS THAT FIR ROLLING MACHINE
USE PASTA ROLLING FOR EACH SET TO ONE AND ROLL THRU FIVE
SWITCH TO SPAG OR OTHER ROLLING FOR FINAL CUTS
HANG CUT PASTA ON DRYING RACK OR SOMETHING TO ALLOW SEPARATION**

**PLACE INTO PLASTIC BAG AFTER 30 MIN AND REFRIGERATE TO HOLD
OR ADD TO BOILING POT AND TASTE FOR SERVING TIME.**

THESE WORK BUT CAN BE TOO DRY FOR SEMOLINA AND THE PASTA ROLLING MACHINE

ONE EGG PASTA

2 SERVINGS/ 1/2 POUND

¾ CUP FLOUR (PREFER SEMOLINA)

1 EGG

¼ TEASP SALT

½ TABLESP OLIVE OIL

¼ TABLESP LUKE WARM WATER OR MILK

**MAKE WELL IN FLOUR MIX ADD EGGS OIL ETC.MIX IN BOWL OR COUNTER TOP WITH FORK OR
FOOD PROCESSOR.**

KNEAD FOR 5 MINUTES

LET REST FOR 15 MIN IN BOWL COVERED.

TWO EGG PASTA

3-4 SERVINGS ¾ POUND

1 ½ CUP FLOUR

2 EGGS

½ TEASP SALT

¾ TABLESP OLIVE OIL

¾ TABLESP LUKE WARM MILK OR WATER

KNEAD FOR 7 MINUTES.

LET REST FOR 15 MIN IN COVERED BOWL

THREE EGG PASTA

5-6 SERVINGS ABOUT 1 POUND

2 ¼ CUP FLOUR

3 EGGS

¾ TEASP SALT

1 TABLESP OLIVE OIL

1 TABLESP LUKEWARM WATER OR MILK.

KNEAD DOUGH

BREAK INTO 2 EGG SIZE BALLS

LET REST 15 MIN IN BOWL

ROLLING/CUTTING:

KNEAD INTO FLAT STRIP WITH ROLLING PIN OR HAND TO USE WITH ROLLING MACHINE AND ROLL THRU EACH SETTING STARTING WITH WIDEST TO 1/8 INCH. IF HAND CUTTING USE ROLLER TO SPREAD TO THICKNESS.

BREAD

PULL A PART ROLLS

**1/2 CUP SUGAR 2 PKGS. REFRIGERATED BISCUITS
1/2 CUP CHOPPED NUTS 1/3 CUP MARGARINE, MELTED
1/2 TSP. CINNAMON 1 12-OZ. JAR APRICOT PRESERVES**

COMBINE SUGAR, NUTS AND CINNAMON; SPRINKLE 1.4 CUP MIXTURE IN GREASED 9-INCH RING MOLD. CUT EACH BISCUIT IN HALF; ROLL IN BALLS. DIP EACH BALL IN MARGARINE. LAYER BISCUIT BALLS, CINNAMON MIXTURE AND 1/2 CUP PRESERVES IN RING MOLD. BAKE AT 350 DEGREES, 35 MINUTES. INVERT ON SERVING PLATE; TOP WITH REMAINING PRESERVES. SERVE HOT.

MAKES 6-8 SERVINGS.

DESSERT



AMARETTIA COOKIES

**8 OZ. ALMOND PASTE
DASH SALT
1 CUP CONFECTIONERS' SUGAR
1/2 TSP. VANILLA
3 EGG WHITES, APPROX
GRANULATED SUGAR**

CHOP ALMOND PASTE; ADD SUGAR AND WORK WITH FINGERS UNTIL BLENDED. ADD EGG WHITES, ONE AT A TIME, BLENDING WELL AFTER EACH ADDITION AND ADDING ONLY ENOUGH TO MAKE A SOFT DOUGH THAT WILL HOLD ITS SHAPE WHEN DROPPED FROM A SPOON. ADD SALT AND VANILLA. DROP BY SMALL TEASPOONS FULL ABOUT 2 INCHES APART ON GREASED SHINY SIDE FOIL OR ON UNGREASED BAKER'S PARCHMENT. SPRINKLE WITH GRANULATED SUGAR. BAKE ABOUT 20 MINUTES IN PREHEATED 300 DEGREE OVEN. COOL ON RACK.

BETTER THAN SEX CHOCOLATE

**1 BOX DUNCAN HINES BETTER-FLAVOR CAKE MIX
1 CUP SOUR CREAM
1 PKG. FRENCH VANILLA INSTANT PUDDING MIX
1/2 CUP VEGETABLE OIL
1/2 CUP MILK
1 STICK BUTTER, SOFTENED
4 EGGS
1 6 OZ. PKG. CHOCOLATE CHIPS
2 OZ. GERMAN SWEET CHOCOLATE, COARSELY GRATED
1 CUP CHOPPED PECANS**

PLACE FIRST SEVEN INGREDIENTS IN LARGE MIXING BOWL. BEAT FOR 2 MINUTES AT MEDIUM SPEED, SCRAPING DOWN SIDES OF BOWL. STIR IN CHOCOLATE CHIPS, GRATED SWEET CHOCOLATE AND NUTS. BAKE IN GREASED AND FLOURED 10-INCH TUBE OR BUNDT PAN AT 350 DEGREES FOR 1 HOUR OR UNTIL DONE. COOL IN PAN ON RACK FOR 25 MINUTES. TURN OUR OF PAN AND COOL COMPLETELY.

FROSTING:

**1 8 OZ. PKG. CREAM CHEESE
1 CUP COARSELY CHOPPED NUTS
1 1 LB. BOX 10-X SUGAR
1 3-1/2 OZ. CAN SWEETENED
1 TSP. VANILLA
FLAKED COCONUT**

BEAT CREAM CHEESE UNTIL LIGHT AND FLUFFY; SLOWLY BEAT IN 10-X SUGAR AND VANILLA. STIR IN NUTS AND COCONUT. FROST CAKE.

PENNA DUTCH FUNNY CAKE

PREPARE ONE 9" PASTRY SHELL WITH HIGH FLUTED EDGES (DO NOT PRICK CRUST). BAKE IN 400 DEGREE OVEN FOR 12-13 MINUTES; COOL. REDUCE OVEN TEMPERATURE TO 350 DEGREES.

IN MEDIUM SAUCEPAN, COMBINE 4 TBSP. BUTTER OR MARGARINE, 1/2 CUP BROWN SUGAR, AND 2 TBSP LIGHT CORN SYRUP. COOK OVER LOW HEAT, STIRRING CONSTANTLY, TILL MIXTURE COMES TO BOILING. ADD 2 TBSP. WATER AND BRING TO BOIL AGAIN; BOIL, UNCOVERED, OVER LOW HEAT 2 MINUTES MORE. REMOVE FROM HEAT; STIR IN 1/2 TSP. VANILLA. COOL.

PREPARE 1 9-1/4 OZ. PACKAGE 1 LAYER-SIZE WHITE CAKE MIX ACCORDING TO PACKAGE DIRECTIONS (OR MAKE A ONE-LAYER WHITE CAKE AS PER ANY RECIPE); TURN INTO BAKED PASTRY SHELL. POUR COOLED BUTTERSCOTCH SAUCE OVER BATTER. BAKE IN 350 DEGREE OVEN FOR 55-60 MINUTES. SERVE WARM WITH ICE CREAM.

BLUEBERRY LEMON CAKE

1 9 OR 10 OZ. PACKAGE FROZEN UNSWEETENED BLUEBERRIES, THAWED
1 PACKAGE 2-LAYER-SIZE LEMON-FLAVORED CAKE MIX
1 8-OZ. CARTON LEMON YOGURT
4 EGGS

RINSE BLUEBERRIES AND DRAIN WELL; SET ASIDE. IN LARGE MIXER BOWL, COMBINE CAKE MIX, YOGURT, AND EGGS. BLEND AT LOW SPEED UNTIL MOISTENED. BEAT 2 MINUTES AT MEDIUM SPEED. FOLD IN BERRIES. TURN INTO GREASED AND FLOURED 10-INCH TUBE PAN. BAKE IN 350 DEGREE OVEN FOR 40-50 MINUTES OR TILL CAKE TESTS DONE. COOL IN PAN 15 MINUTES; REMOVE FROM PAN. SERVE WITH BLUEBERRY SAUCE: THAW AND DRAIN ONE 9- OR 10-OUNCE PACKAGE FROZEN UNSWEETENED BLUEBERRIES. COMBINE 1 CUP SUGAR AND 3 TBSP. CORNSTARCH; GRADUALLY STIR IN 1 CUP BOILING WATER. COOK AND STIR TILL THICKENED; COOK 2 MINUTES MORE. REMOVE FROM HEAT; STIR IN BLUEBERRIES AND 3 TBSP. LEMON JUICE.

CHOCOLATE PEANUT BUTTER BAR

**1/2 CUP SHORTENING
3/4 TSP. SODA
1/2 CUP PEANUT BUTTER
1/2 TSP. BAKING POWDER
1/2 CUP GRANULATED SUGAR
1/4 TSP. SALT
1/2 CUP BROWN SUGAR, PACKED
2 6-OZ. PKGS. SEMI-SWEET
1 EGG
CHOCOLATE MORSELS
2 TBSP. WATER
1/2 CUP CHOPPED SALTED PEANUTS
1-1/2 CUPS FLOUR**

HEAT OVEN TO 375 DEGREES. GREASE OBLONG PAN, 13X9X2 INCHES. MIX SHORTENING, PEANUT BUTTER, SUGARS AND EGG THOROUGHLY. STIR IN WATER, FLOUR, SODA, BAKING POWDER, SALT AND 1 PACKAGE CHOCOLATE MORSELS. SPREAD IN PAN. BAKE ABOUT 20 MINUTES. REMOVE FROM OVEN; IMMEDIATELY SPRINKLE REMAINING PACKAGE CHOCOLATE MORSELS EVENLY OVER BAKED LAYER. PLACE BAKING SHEET OVER PAN SO CONTAINED HEAT WILL SOFTEN CHOCOLATE MORSELS. SPREAD SOFTENED CHOCOLATE EVENLY; SPRINKLE WITH PEANUTS. CUT INTO BARS, ABOUT 3X1 INCH. MAKES 32 BARS.

COCONUT OATMEAL CRISPS (NANA'S RECIPE)

2-1/2 CUPS OATMEAL

1/2 CUP BUTTER

1/2 CUP SUGAR

1 EGG, BEATEN

1/2 CAN COCONUT (MORE IF DESIRED)

1 TSP. VANILLA

CREAM BUTTER AND SUGAR UNTILL LIGHT AND FLUFFY. ADD EGG. BLEND IN OATMEAL AND COCONUT.

COCONUT ROLL

LINE A 15-1/2" X 10-1/2" X 1" JELLY-ROLL PAN WITH WAXED PAPER. START HEATING OVEN TO 350 DEGREES.

MAKE UP ONE PACKAGE ANGEL FOOD CAKE MIX AS LABEL DIRECTS; SPREAD ALL OF IT INTO PREPARED PAN. BAKE 30-35 MINUTES OR UNTIL CAKE SPRINGS BACK WHEN LIGHTLY TOUCHED WITH FINGER. COOL ON WIRE RACK 15 MINUTES; THEN INVERT CAKE ONTO CLEAN TOWEL AND PEEL OFF WAXED PAPER. WITH KITCHEN SCISSORS SNIP CRISP EDGES FROM CAKE. THEN ROLL UP CAKE VERY GENTLY, FROM NARROW END, ROLLING TOWEL UP IN IT TO PREVENT STICKING. FINISH COOLING.

BEAT 1-1/2 CUPS HEAVY OR WHIPPING CREAM UNTIL STIFF. SPREAD CAKE TO WITHIN 1/2" OF EDGES, WITH 1 CUP WHIPPED CREAM THEN SPRINKLE WITH 1 CUP GRATED COCONUT.

START ROLLING CAKE FROM NARROW END, BY FOLDING EDGE OF CAKE OVER, THEN TUCKING IT UNDER; CONTINUE ROLLING CAKE, LIFTING TOWEL HIGHER AND HIGHER AS YOU GUIDE ROLL WITH OTHER HAND. FINISH, WITH OPEN END OF CAKE ON UNDERSIDE.

COMPLETELY FROST ROLL WITH REMAINING WHIPPED CREAM AND SPRINKLE WITH REST OF COCONUT LIFT TO SERVING PLATE. SERVE IN SLICES. GARNISH WITH GREEN GRAPES, IF DESIRED.

(ESPECIALLY TASTY WHEN MADE WITH FRESHLY GRATED COCONUT.)

CRANBERRY RASPBERRY MOLDED SALAD

**1 3-OZ. PKG. RASPBERRY GELATIN
1 CUP CRANBERRY-ORANGE RELISH
1 3-OZ. PKG. LEMON GELATIN
1 7 OZ. BOTTLE (APPROX 1 CUP)
1-1/2 CUPS BOILING WATER
LEMON-LIME CARBONATED SODA
1 10-OZ. PKG. FROZEN RASPBERRIES**

**DISSOLVE RASPBERRY AND LEMON GELATINS IN BOILING WATER. STIR IN FROZEN RASPBERRIES, BREAKING UP LARGE PIECES WITH FORK. ADD CRANBERRY-ORANGE RELISH. CHILL TILL COLD BUT NOT SET. RESTING BOTTLE ON RIM OF BOWL, CAREFULLY POUR IN LEMON-LIME CARBONATED BEVERAGE; STIR GENTLY WITH UP AND DOWN MOTION. CHILL TILL PARTIALLY SET. TURN INTO A 5- OR 5-1/2-CUP RING MOLD. CHILL TILL FIRM, ABOUT 4 HOURS. UNMOLD ON CRISP GREENS.
MAKES 8-10 SERVINGS.**

CHERRY COFFEE CAKE

APPROX. 3 CUPS FLOUR
1/2 CUP SOUR CREAM
1/4 CUP SUGAR
2 TBSP. BUTTER OR MARGARINE
1 TSP. SALT
1 EGG
1 PKG. ACTIVE DRY YEAST
2 21-OR 22-OZ. CANS CHERRY PIE FILLING

IN LARGE MIXING BOWL, COMBINE 1 CUP FLOUR, SUGAR, SALT AND UN- DISSOLVED YEAST.

IN SMALL SAUCEPAN OVER LOW HEAT, HEAT 1/2 CUP WATER, SOUR CREAM AND BUTTER OR MARGARINE UNTIL VERY WARM (120-130 DEGREES). WITH ELECTRIC MIXER AT MEDIUM SPEED, GRADUALLY ADD SOUR-CREAM MIXTURE TO FLOUR MIXTURE. BEAT 2 MINUTES, SCRAPING BOWL OCCASIONALLY. ADD 1/2 CUP FLOUR AND EGG; BEAT 2 MINUTES MORE AT HIGH SPEED. WITH SPOON, STIR IN ABOUT 1-1/4 CUPS FLOUR TO MAKE A SOFT DOUGH. TURN DOUGH ONTO LIGHTLY FLOURED SURFACE AND KNEAD 5-10 MINUTES UNTIL SMOOTH AND ELASTIC. SHAPE DOUGH INTO BALL AND PLACE IN GREASED LARGE BOWL, TURNING TO GREASE TOP. COVER WITH TOWEL; LET RISE IN WARM PLACE UNTIL DOUBLED, ABOUT 1-1/2 HOURS.

PREHEAT OVEN TO 375 DEGREES. PUNCH DOUGH DOWN. RESERVE 1/3 DOUGH FOR LATTICE TOP. PAT REMAINING DOUGH INTO BOTTOM AND SIDES OF A GREASED 12-CUP SHALLOW BAKING PAN OR 13X9-INCH BAKING. FILL WITH CHERRY PIE FILLING, SMOOTHING TO MAKE EVEN LAYER. ROLL OUT RESERVED DOUGH; CUT INTO 10 STRIPS. USE TO FORM LATTICE TOP; PINCH ALL AROUND TO SEAL. BAKE 35-40 MINUTES UNTIL LIGHTLY BROWNE. CUT IS SQUARES AND SERVE HOT OR COLD. SERVES 12.

DANISH PASTRIES

1-1/2 CUPS MARGARINE
1 CUP MILK
4 CUPS FLOUR
1 EGG, SLIGHTLY BEATEN
2 PKGS. YEAST, ACTIVE DRY
PURE JELLIES OR PRESERVES OR DRY OR COMPRESSED PREPARED PIE FILLINGS
1/4 CUP WARM WATER
ALMOND FROSTING

CUT MARGARINE INTO 1/2 CUP FLOUR; ROLL INTO 12 X 6-INCH RECTANGLE. CHILL.

DISSOLVE YEAST IN WATER; ADD SUGAR, MILK AND EGG. STIR IN 2 CUPS FLOUR; MIX WELL. ADD REMAINING FLOUR; BEAT UNTIL SMOOTH AND ELASTIC. TURN ONTO FLOURED BOARD; ROLL INTO 14 INCH SQUARE. PLACE MARGARINE MIXTURE ON HALF OF DOUGH. FOLD OVER OTHER HALF AND SEAL EDGES. TOLL OUT INTO 12X14-INCH RECTANGLE. FOLD 1.3 COUGH OVER CENTER, FOLD REMAINING 1.3 OVER CENTER; ROLL OUT. REPEAT TWICE MORE. CHILL AT LEAST 1 HOUR. ROLL DOUGH TO 1/8" THICKNESS. SHAPE AND FILL AS DESIRED.

AFTER SHAPING IS COMPLETED, PLACE PASTRIES ON GREASED BAKING SHEET. LET RISE 1 HOUR. BAKE AT 400 DEGREES, 10-12 MINUTES. FROST WITH ALMOND FROSTING (RECIPE BELOW).

TO SHAPE PASTRIES:

CRESCENTS: CUT PASTRY IN 3" TRIANGLES; PLACE FILLING ON BASE AND ROLL UP. BEND INTO CRESCENT SHAPE.

COCKSCOMBS: CUT PASTRY IN 5- INCH STRIPS. SPREAD FILLING DOWN CENTER OF EACH STRIP. FOLD SIDES TO CENTER, OVERLAPPING SLIGHTLY. CUT PASTRY IN 3" LENGTHS. SLASH ONE EDGE OF DANISH PASTRY SHAPING, CONT. EACH 4 TIMES AND SPREAD SLIGHTLY.

TWISTS: CUT PASTRY IN 1/2" STRIPS; TWIST EACH LENGTHWISE; SHAPE IN PINWHEELS, PRETZELS OR "S" SHAPES. FILL CENTERS WITH ASSORTED FILLINGS.

ALMOND FROSTING: COMBINE 2 CUPS SIFTED CONFECTIONERS' SUGAR, 2 TBSP. WATER, 1 TSP. ALMOND EXTRACT. MIX UNTIL WELL BLENDED.

FROSTED CRANBERRY SQUARES

**1 13-1/2 OZ. CAN (1-2/3 CUP)
1 1# CAN (2 CUPS) JELLIED
CRUSHED PINEAPPLE
CRANBERRY SAUCE
1 6-OZ. PKG. LEMON FLAVORED
1 2-OZ. PKG. DESSERT TOPPING
GELATIN MIX
1 7-OZ. BOTTLE (ABOUT 1 CUP) GINGER ALE
1 8-OZ. PKG. CREAM CHEESE SOFTENED**

**DRAIN PINEAPPLE, RESERVING SYRUP. ADD WATER TO SYRUP TO MAKE 1 CUP; HEAT TILL MIXTURE IS BOILING. DISSOLVE GELATIN IN HOT LIQUID; COOL. GENTLY STIR IN GINGER ALE; CHILL TILL PARTIALLY SET. MEANWHILE, BLEND DRAINED PINEAPPLE AND CRANBERRY SAUCE; FOLD INTO GELATIN MIXTURE. TURN INTO 9 X 9 X 2-INCH DISH; CHILL TILL FIRM. PREPARE DESSERT TOPPING ACCORDING TO PACKAGE DIRECTIONS. FOLD IN CREAM CHEESE; SPREAD OVER GELATIN. TOAST PECANS IN 1 TBSP. BUTTER OR MARGARINE IN 350 DEGREE OVEN ABOUT 10 MINUTES; SPRINKLE OVER TOP OS SALAD. CHILL.
MAKES 9 SERVINGS. SERVE ON LETTUCE LINED SALAD PLATE**

FUNNY CAKE

**1 CUP SUGAR
1/2 CUP BUTTER
2 EGGS
1 CUP MILK
2 CUPS FLOUR
2 TSP BAKING POWDER
1/2 TSP VANILLA
SALT
CHOCOLATE SYRUP:
1 CUP SUGAR
1/2 CUP COCOA
3/4 CUP WATER
1/2 TSP VANILLA**

BAKE 20 MIN IN MODERATE OVEN

GRASSHOPPER

**24 CREAM-FILLED CHOCOLATE
FEW DROPS PEPPERMINT EXTRACT
COOKIES, FINELY CRUSHED
FEW DROPS GREEN FOOD COLORING
1/4 CUP MARGARINE, MELTED
1 JAR MARSHMALLOW CREME
1/4 CUP MILK
2 CUPS HEAVY CREAM, WHIPPED
IF DESIRED, SUBSTITUTE 1/4 CUP GREEN CREME DE MENTHE FOR MILK; OMIT PEPPERMINT
EXTRACT AND COLORING.**

**COMBINE COOKIE CRUMBS AND MARGARINE. PRESS INTO 9 INCH SPRING PAN, RESERVING 1/2
CUP OF MIXTURE FOR TOPPING. GRADUALLY ADD MILK, EXTRACT AND FOOD COLORING TO
MARSHMALLOW CREME, MIXING UNTIL WELL BLENDED. FOLD IN WHIPPED CREAM; POUR INTO
PAN. SPRINKLE WITH REMAINING CRUMBS; FREEZE.
MAKES 8-10 SERVINGS.**

HARVEY WALLBANGER CAKE

1 PKG. 2-LAYER SIZE ORANGE CAKE MIX
2 TBSP. VODKA
1 3-3/4 OZ. PKG. INSTANT CAKE MIX
1 CUP SIFTED POWDERED SUGAR
VANILLA PUDDING MIX
1 TBSP. ORANGE JUICE
4 EGGS
1 TBSP. GALLIANO
1/2 CUP COOKING OIL
1 TSP. VODKA
1/2 CUP ORANGE JUICE
1/2 CUP GALLIANO

IN LARGE MIXER BOWL, COMBINE CAKE MIX AND PUDDING MIX. ADD THE EGGS, OIL, THE 1/2 CUP ORANGE JUICE, THE 1/2 CUP GALLIANO, AND THE 2 TBSP. VODKA. BEAT ON LOW SPEED OF ELECTRIC MIXER FOR 1/2 MINUTE; BEAT ON MEDIUM SPEED FOR 5 MINUTES, SCRAPING BOWL FREQUENTLY. POUR INTO GREASED AND FLOURED 10-INCH FLUTED TUBE PAN; BAKE IN 350 DEGREE OVEN FOR 45 MINUTES. OR POUR INTO TWO GREASED 9-INCH ROUND CAKE PANS; BAKE IN 350 DEGREE OVEN FOR 30 MINUTES. COOL IN PAN 10 MINUTES; REMOVE TO RACK AND POUR ON GLAZE WHILE CAKE IS STILL WARM.
TO MAKE GLAZE: COMBINE THE POWDERED SUGAR, THE 1 TBSP. ORANGE JUICE, THE 1 TBSP. GALLIANO, AND THE VODKA.

ICE CREAM

LIGHTER TYPE

1 LARGE EGG
2 CUPS HALF-HALF
3/4 CUP GRANULATED SUGAR
1 TBSP VANILLA EXTRACT
1 CUP HEAVY CREAM

PUT EGG, HALF-HALF, SUGAR, VANILLA IN BLENDER, MEDIUM SPEED UNTIL SMOOTH AND SUGAR DISSOLVED. SLOWLY ADD CREAM BLEND ON LOW 30 SEC. TRANSFER TO ICE CREAM MACHINE. SLIGHTLY LESS 1 QT.
TURN ON CHILLER FOR ICE MACHINE SET TIMER 35 MIN, RESET 10 MIN MORE OR TIL DONE.

RICHER CUSTARD TYPE

1 VANILLA BEAN IN 1/4" PIECES
3/4 CUP GRAN SUGAR
5 EGG YOLKS
1 CUP HALF-HALF
2 CUPS WELL CHILLED HEAVY CREAM
DASH SALT

IN BLENDER WITH BEAN AND SUGAR CHOP INTO BITS PLACE YOLKS IN LARGE BOWL BEAT TILL FOAMY AND LIGHT COLOR. ADD HALF-HALF, VANILLA/SUGAR. SET BOWL OVER SAUCEPAN FILLED WITH HOT WATER-BEAT EGGS MIX ADD CREAM WHISK MIX 10 MIN.

RICH VANILLA

2 CUPS HEAVY CREAM
3/4 CUP WHOLE MILK
1/2 CUP SUGAR
1-1/2 VAN BEAN OR 1-1/2 TBSP EXTRACT
3 EGG YOLKS

HEAT CREAM, MILK, SUGAR IN HEAVY BOTTOM SAUCEPAN STIRRING UNTIL SUGAR DISSOLVES AND MIX HOT. PLACE EGG YOLK IN BOWL, WHISK THEN POUR INTO 1 CUP OF HOT LIQUID-WHISK, POUR INTO SAUCEPAN-WHISK. COOK MEDIUM HEAT 8 MIN-NO BOILING.

LOUISIANA PECAN PIE

1 9" UNBAKED PIE SHELL
1/2 CUP BUTTER
1/4 TSP. SALT
1 CUP SUGAR
1 TSP. VANILLA
3 EGGS, BEATEN SLIGHTLY
1 CUP PECANS (OR UP TO 1 1/2 CUP)
3/4 CUP DARK KARO

BEAT BUTTER AND SUGAR UNTIL FLUFFY. BEAT IN EGGS AND KARO, SALT, AND VANILLA.
POUT IN SHELL AND SCATTER PECANS EVENLY OVER TOP. BAKE IN PREHEATED 350 DEGREE
OVEN FOR 40 - 45 MINUTES OR UNTIL FILLING IS FIRM TO TOUCH.

MOUSSE AMERETTO

**5 EGGS, SEPARATED
1 ENVELOPE UNFLAVORED GELATIN
1/2 CUP SUGAR 2 TBSP. COLD WATER
PINCH SALT
1 PINT HEAVY CREAM, WHIPPED
1 TSP. VANILLA
AMARETTO DI SARONNO
1 CUP MILK**

BEAT THE YOLKS WITH THE SUGAR UNTIL THE MIXTURE IS LIGHT YELLOW. ADD SALT. ADD VANILLA TO MILK AND BRING TO A BOIL. ADD MILK TO BEATEN EGG YOLKS, MIXING WELL. HEAT OVER A LOW FIRE STIRRING CONSTANTLY, BUT DO NOT ALLOW TO BOIL, UNTIL MIXTURE THICKENS AND COATS SPOON.

SOFTEN GELATIN IN COLD WATER, ADD TO MILK, MIXING WELL. REMOVE FROM HEAT. STRAIN MIXTURE THROUGH A FINE SIEVE INTO A LARGE BOWL. COOL IN LARGER BOWL OF ICE UNTIL MIXTURE MOUNDS WHEN DROPPED FROM SPOON, THEN FOLD IN WHIPPED HEAVY CREAM. FOLD IN STIFFLY BEATEN EGG WHITES. ADD 2 1/2 OZ. AMARETTO. POUR INTO SERVING BOWL OR SEPARATE GLASSES AND CHILL IN REFRIGERATOR.

BEFORE SERVING, FLOAT A TABLESPOON OF AMARETTO ON TOP OF EACH PORTION. CAN BE MADE AHEAD OF TIME, UP TO 24 HOURS BEFORE SERVING.

NO COOK JAM

YIELD: 4-3/4 CUPS (3 LB.) JAM
2 CUPS PREPARED FRUIT (ABOUT 1 QUART FULLY RIPE BERRIES)
4 CUPS (1-3/4 LB. SUGAR)
2 TBSP. LEMON JUICE (1 LEMON)
1/2 BOTTLE CERTO FRUIT PECTIN

FIRST, PREPARE FRUIT. THOROUGHLY CRUSH ABOUT 1 QUART FULLY RIPE BERRIES. MEASURE 2 CUPS INTO LARGE BOWL OR PAN.

TO MEASURED CRUSHED FRUIT IN BOWL OR PAN, ADD MEASURED SUGAR; MIX WELL AND LET STAND 10 MINUTES. MIX LEMON JUICE AND CERTO WELL IN A SMALL BOWL; STIR INTO FRUIT. CONTINUE STIRRING 3 MINUTES. (A FEW SUGAR CRYSTALS WILL REMAIN.) POUR QUICKLY INTO PREPARED CONTAINERS. COVER AT ONCE WITH TIGHT LIDS. ALLOW TO SET AT ROOM TEMPERATURE (TAKES UP TO 24 HOURS). THEN STORE IN FREEZER. FOR USE WITHIN 3 WEEKS, MAY BE STORED IN REFRIGERATOR.

NO COOK JAM

YIELD: 5-1/2 CUPS (3-1/2 LB.) JAM

1-3/4 CUPS PREPARED FRUIT (ABOUT 1 QUART FULLY RIPE STRAWBERRIES

4 CUPS (1-3/4 LB.) SUGAR

2 TBSP. LEMON JUICE (1 LEMON)

1/2 BOTTLE CERTO FRUIT PECTIC

CRUSH COMPLETELY ABOUT 1 QUART FULLY RIPE STRAWBERRIES. MEASURE 1-3/4 CUPS INTO A LARGE BOWL OR PAN.

TO MEASURED FRUIT IN BOWL OR PAN, ADD MEASURED SUGAR; MIX WELL AND LET STAND 10 MINUTES. MIX LEMON JUICE AND CERTO WELL IN A SMALL BOWL; STIR INTO FRUIT OR JUICE. CONTINUE STIRRING 3 MINUTES. (A FEW SUGAR CRYSTALS WILL REMAIN.) POUR QUICKLY INTO PREPARED CONTAINERS. COVER AT ONCE WITH TIGHT LIDS. ALLOW TO SET AT ROOM TEMPERATURE (TAKES UP TO 24 HOURS). THEN STORE IN FREEZER. FOR USE WITHIN 3 WEEKS, MAY BE STORED IN REFRIGERATOR

NO KNEAD BREAD

OVEN 375 DEGREES MAKES 1 LOAF

GENEROUSLY GREASE 9X5-INCH PAN OR 2 QUART DEEP ROUND CASSEROLE.

COMBINE DRY INGREDIENTS IN LARGE MIXER BOWL: 2 CUPS UNBLEACHED OR ALL-PURPOSE FLOUR, 1/4 CUP SUGAR, 1 TBSP. SALT AND 2 PKGS. ACTIVE DRY YEAST.

HEAT IN SAUCEPAN OVER LOW HEAT UNTIL WARM: 1 CUP WATER, 1 CUP MILK, 1/4 CUP COOKING OIL.

MIX: ADD 1 EGG AND WARM LIQUID TO FLOUR MIXTURE. BLEND AT LOWEST SPEED UNTIL MOISTENED; BEAT 3 MINUTES AT MEDIUM SPEED. BY HAND, STIR IN ANOTHER 2 TO 2-1/2 CUPS FLOUR TO FORM A STIFF BATTER.

COVER DOUGH; LET RISE IN WARM PLACE UNTIL LIGHT AND DOUBLED - ABOUT 50 MINUTES. STIR DOWN DOUGH; SPOON DOUGH INTO GREASED PAN.

BAKE AT 375 DEGREES FOR 45-50 MINUTES UNTIL LOAF SOUNDS HOLLOW WHEN LIGHTLY TAPPED. REMOVE IMMEDIATELY, COOL. BRUSH WITH BUTTER AND SPRINKLE WITH COARSE SALT IF DESIRED.

COCONUT OATMEAL CRISP (NANA'S RECIPE)

2-1/2 CUPS OATMEAL

1/2 CUP BUTTER

1/2 CUP SUGAR

1 EGG, BEATEN

1/2 CAN COCONUT (MORE IF DESIRED)

1 TSP. VANILLA

CREAM BUTTER AND SUGAR UNTIL LIGHT AND FLUFFY. ADD EGG. BLEND IN OATMEAL AND COCONUT.

ORANGE ANGEL CAKE

1 PKG. ANGEL FOOD CAKE MIX

DASH SALT

1 ENVELOPE UNFLAVORED GELATIN

3 CUPS THINLY SLICED ORANGES,

6 EGGS, SEPARATED WELL DRAINED

GRANULATED SUGAR 1-1/2 CUPS HEAVY OR WHIPPING

1/2 CUP LEMON JUICE

CREAM, WHIPPED

1/2 TSP. LEMON PEEL

PREPARE CAKE MIX AS LABEL DIRECTS. INVERT TO COOL; REMOVE FROM PAN; WASH PAN.

IN CUP, SOFTEN GELATIN IN 1/4 CUP COLD WATER. IN DOUBLE BOILER, BEAT TOGETHER EGG YOLKS, 1/2 CUP SUGAR, LEMON JUICE AND PEEL, AND SALT. COOK OVER HOT WATER, STIRRING CONSTANTLY, UNTIL MIXTURE COATS SPOON. ADD GELATIN AND STIR UNTIL DISSOLVED. REMOVE FROM HEAT; COOL, STIRRING OCCASIONALLY.

IN SMALL BOWL, BEAT EGG WHITES ON HIGH SPEED UNTIL SOFT PEAKS FORM; GRADUALLY ADD 1/2 CUP SUGAR, BEATING UNTIL GLOSSY. FOLD SLIGHTLY COOLED CUSTARD MIXTURE INTO EGG WHITES. SLICE CAKE HORIZONTALLY INTO FOURTHS; RETURN BOTTOM LAYER TO TUBE PAN. SPOON 1/3 OF GELATIN FILLING EVENLY OVER CAKE LAYER AND ARRANGE 1 CUP ORANGES OVER FILLING. REPEAT LAYERS TWICE. ADD TOP CAKE LAYER; COVER PAN AND REFRIGERATE SEVERAL HOURS OR OVERNIGHT. AT SERVING TIME, LOOSEN CAKE FROM PAN AND CAREFULLY INVERT ONTO CAKE PLATTER. FROST WITH WHIPPED CREAM. SERVES

PINEAPPLE CREAM CHEESE COFFEE CAKE

DOUGH

CREAM CHEESE FILLING:

3 PKGS. DRY YEAST
2-1/2 8-OZ. PKGS. CREAM
1/4 CUP PLUS 2 TBSP. CHEESE, SOFTENED
WARM WATER(110-115 DEGREES)
1-1/4 CUPS SUGAR
3-3/4 CUPS ALL PURPOSE FLOUR
2 EGG YOLKS
1-1/2 TBSP. SUGAR
1-1/2 TSP. SALT

PINEAPPLE FILLING:

6 EGG YOLKS
1 20-OZ. CAN CRUSHED
3 STICKS BUTTER OR MARGARINE
PINEAPPLE IN JUICE
1/2 CUP SUGAR

TOPPING:

1/3 CUP CORNSTARCH
1 EGG WHITE, BEATEN TILL FOAMY
1/2 CUP FINELY CHOPPED NUTS
CONFECTIONERS' SUGAR
WARM WATER

DISSOLVE YEAST IN WARM WATER. LET STAND 5 MINUTES. MEANWHILE, IN MIXER BOWL, COMBINE FLOUR, SUGAR, SALT, EGG YOLKS AND MARGARINE. MIX ON LOW SPEED ON MIXER. STIR YEAST MIXTURE AND ADD. MIX WELL. REFRIGERATE DOUGH FOR 2 HOURS.
CREAM CHEESE FILLING: COMBINE CREAM CHEESE, SUGAR AND EGG YOLKS; BEAT TILL SMOOTH.

P/A CHEESE YEAST COFFEECAKE (2)

PINEAPPLE FILLING: TURN PINEAPPLE AND JUICE INTO SAUCEPAN. MIX SUGAR AND CORNSTARCH TOGETHER; STIR INTO PINEAPPLE. COOK AND STIR TILL BUBBLY, THICKENED AND CLEAR. COOL SLIGHTLY.

DIVIDE CHILLED DOUGH IN QUARTERS. ROLL OUT 1/4 OF DOUGH TO 12X8 INCHES ON WAXED PAPER. INVERT INTO A 12X8-INCH PAN OR ONTO A BAKING SHEET. REPEAT WITH SECOND QUARTER OF DOUGH, INVERTING IT INTO A SECOND 12X8-INCH PAN OR ONTO A BAKING SHEET. PRESS DOUGH EVENLY OVER PAN AND PRESS UP EDGES 3/4 INCH. SPREAD EACH DOUGH SHEET WITH HALF THE PINEAPPLE FILLING, THEN HALF THE CREAM CHEESE FILLING.

ROLL OUT THIRD QUARTER OF DOUGH SAME SIZE AS THE FIRST TWO. TIP WAXED PAPER SO DOUGH EASES OFF WAXED PAPER TO COVER FILLING. PINCH EDGES OF DOUGH TOGETHER. REPEAT WITH LAST QUARTER OF DOUGH TO COVER SECOND PASTRY. BRUSH PASTRIES WITH EGG WHITE. SPRINKLE WITH NUTS. LET RISE IN WARM, DRAFT-FREE PLACE FOR 1 HOUR. MEANWHILE PREHEAT OVEN TO 250 DEGREES. BAKE ABOUT 30 MINUTES, UNTIL GOLDEN AND DONE.

LET COOL SLIGHTLY. MIX CONFECTIONERS' SUGAR WITH ENOUGH WARM WATER TO MAKE OF ICING CONSISTENCY. DRIZZLE OVER PASTER. SERVE IN SMALL SQUARES. THIS IS A RICH COFFEE CAKE.

PEANUT BLOSSOM COOKIES

PREHEAT OVEN TO 375 DEGREES

YIELDS ABOUT 48 COOKIES

1-3/4 CUPS UNBLEACHED FLOUR

1/2 CUP SOLID SHORTENING

1/2 CUP SUGAR 1/2 CUP PEANUT BUTTER

1/2 CUP BROWN SUGAR, PACKED

2 TBSP. MILK

1 TSP. SODA

1 TSP. VANILLA

1/2 TSP. SALT

1 EGG

MILK CHOCOLATE CANDY KISSES

COMBINE ALL INGREDIENTS EXCEPT MILK CHOCOLATE CANDY KISSES IN LARGE MIXER BOWL.

MIX AT LOW SPEED UNTIL A DOUGH FORMS.

SHAPE DOUGH INTO BALLS, USING A ROUNDED TEASPOONFUL OF DOUGH. ROLL BALLS IN ADDITIONAL SUGAR. PLACE ON UNGREASED COOKIE SHEET. BAKE AT 375 DEGREES FOR 10-12 MINUTES UNTIL GOLDEN BROWN. REMOVE FROM OVEN.

TOP EACH HOT COOKIE WITH CANDY KISS, PRESSING DOWN SO COOKIE CRACKS AROUND EDGE.

PHILA CHOCOLATE CREAMPIE

FOR CRUST:

COMBINE 1-1/2 CUPS FINELY CRUSHED CHOCOLATE WAFERS WITH 2/3 CUP MELTED MARGARINE. PRESS ONTO BOTTOM OF 9" SPRING PAN; BAKE AT 325 DEGREES FOR 10 MINUTES.

FOR FILLING:

COMBINE 1 8-OZ. PACKAGE CREAM CHEESE, SOFTENED, 1/4 CUP SUGAR, 1 TSP. VANILLA, MIXING UNTIL WELL BLENDED. STIR IN 2 BEATEN EGG YOLKS, ONE 6-OZ. PKG. SEMI-SWEET CHOCOLATE PIECES, MELTED. BEAT 2 EGG WHITES UNTIL SOFT PEAKS FORM. GRADUALLY BEAT IN 1/4 CUP SUGAR; FOLD INTO CHOCOLATE MIXTURE. FOLD IN 1 CUP HEAVY CREAM, WHIPPED, 3/4 CUP CHOPPED PECANS. POUR OVER CRUMBS; FREEZE.

DECORATE ANY WAY YOU WISH WITH SHIPPED CREAM. MAKES 8-10 SERVINGS.

PINEAPPLE COFFEE CAKE

**1 8-3/4 OZ. CAN (1 CUP) CRUSHED PINEAPPLE
1/2 CUP GRANULATED SUGAR
1/3 CUP SHORTENING
1 TSP. VANILLA
1 EGG
1-1/4 CUPS ALL PURPOSE FLOUR
1-1/2 TSP. BAKING POWDER
1/4 TSP. SALT
1/3 CUP BROWN SUGAR
3 TBSP. BUTTER OR MARGARINE, MELTED
1/2 CUP FLAKED COCONUT
1/3 CUP CHOPPED WALNUTS**

**DRAIN PINEAPPLE WELL, RESERVING 1/2 CUP SYRUP.
CREAM SHORTENING AND GRANULATED SUGAR. ADD EGG AND VANILLA; BEAT TILL LIGHT.
SIFT TOGETHER NEXT 3 INGREDIENTS; ADD TO CREAMED MIXTURE ALTERNATELY WITH
RESERVED SYRUP, BEGINNING AND ENDING WITH FLOUR MIXTURE.
SPREAD HALF IN GREASED 8X8X2-INCH BAKING PAN; SPREAD WITH PINEAPPLE. TOP WITH
REMAINING BATTER.
COMBINE REMAINING INGREDIENTS; SPRINKLE OVER ALL. BAKE AT 350 DEGREES ABOUT 35
MINUTES**