



THE
*Famous
Chef*

COOK BOOK

by

James A. McKnight

**SELECTED RECIPES PREPARED AND
COLLECTED FOR OVER TEN YEARS
BY THE FAMOUS REVERE WARE CHEF**

SIMPLIFIED MEASUREMENTS

dash	less than 1/8 teaspoon
1/8 teaspoon	half 1/4 teaspoon
3 teaspoons	1 tablespoon
16 tablespoons	1 cup
1 cup	1/2 pint
2 cups	1 pint
4 cups	1 quart
4 quarts (liquid)	1 gallon
8 quarts (solid)	1 peck
4 pecks	1 bushel

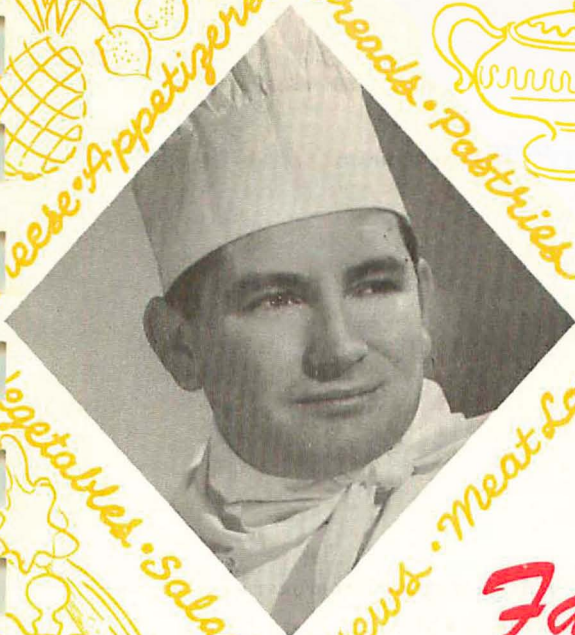
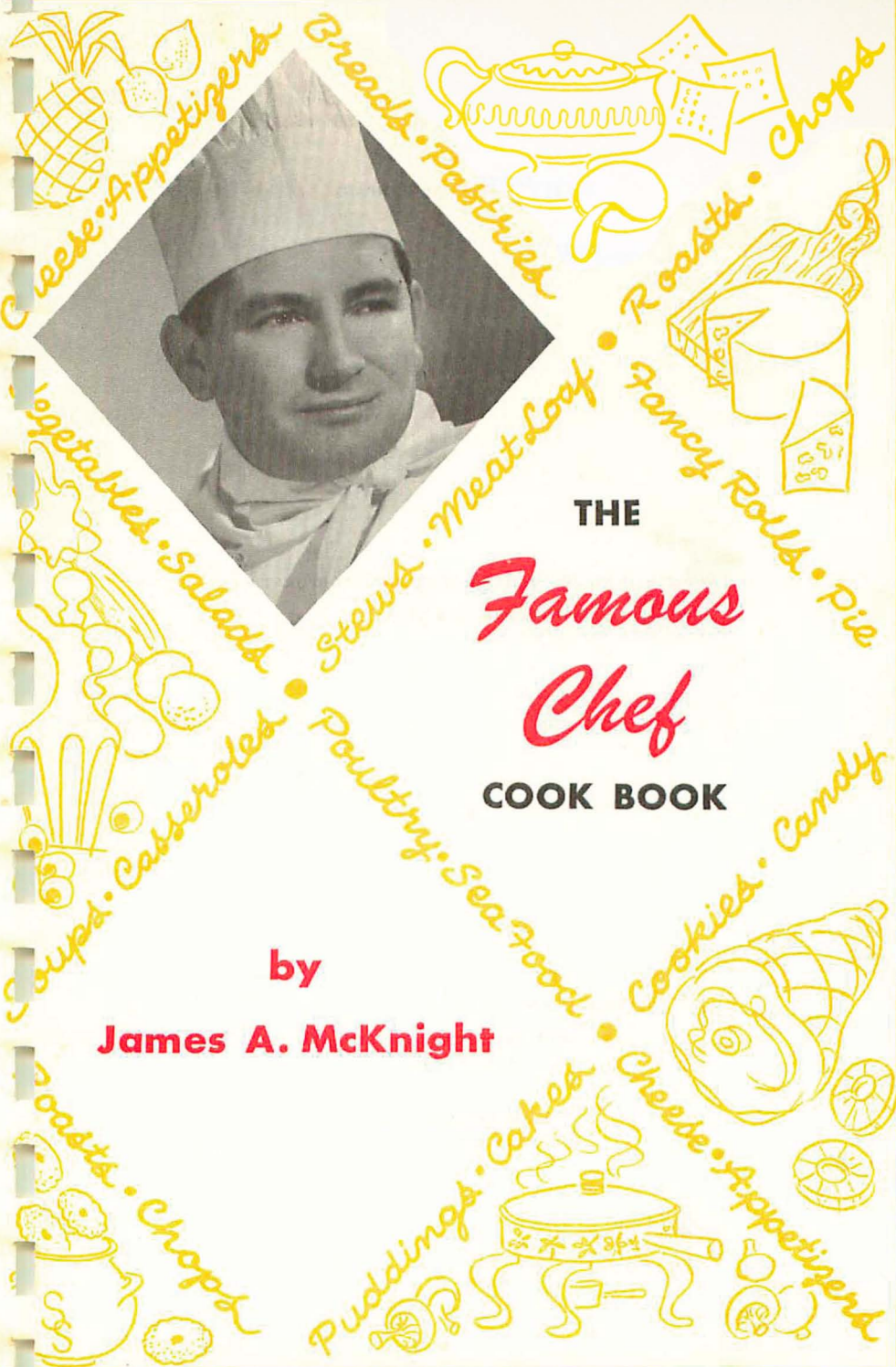
If you want to measure part cups by tablespoon, remember:

4 tablespoons	1/4 cup
5 1/2 tablespoons	1/2 cup
8 tablespoons	1/2 cup
10 1/2 tablespoons	3/4 cup
12 tablespoons	3/4 cup
14 tablespoons	7/8 cup
16 tablespoons	1 cup

COMMON ABBREVIATIONS

tsp.—teaspoon	lb.—pound
tbsp.—tablespoon	lbs.—pounds
c.—cup	pk.—peck
pt.—pint	bu.—bushel
qt.—quart	sq.—square
oz.—ounce, ounces	min.—minutes
hr.—hour or hours	doz.—dozen
mod.—moderate or moderately	





Cheese • Appetizers
Breads • Pastries
Roasts • Chops
Vegetables • Salads
Stews • Meat Loaf
Roasts • Fancy Rolls • Pie
Soups • Cabbages
Poultry • Sea Food
Cookies • Candy
Roasts • Chops
Puddings • Cakes
Cheese • Appetizers

THE

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BY THE
MOHAWK PUBLISHING COMPANY

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PUBLISHED BY THE MOHAWK PUBLISHING CORPORATION
OF ROME, NEW YORK

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LITHO IN THE UNITED STATES BY THE
CANTERBURY PRESS • ROME, NEW YORK

FIRST EDITION 1955
SECOND EDITION 1956

INTRODUCTION

FOR OVER TEN YEARS, our author has been traveling throughout America demonstrating cooking methods and conducting cooking schools. Literally hundreds of thousands have watched and listened to James McKnight as he has tested and cooked the recipes in this book. Here he reveals more of his secrets of cooking and gives you the outstanding recipes that he has collected and prepared. We know you will enjoy every one.

It is our hope that you will browse through your Famous Chef Cook Book as you would through a fine novel. Your knowledge of cookery will be enhanced, your imagination will be stimulated . . . as you visualize the marvelous dinners and luncheons you can prepare using these wonderful recipes.

We are very pleased with the way the recipes are listed . . . the action in chronological order, yet with the ingredients available at a glance. Our congratulations to Author McKnight for this novel approach and our thanks to Utica Typesetting Company for solving our typographical problems. Commendations also to Florence Nevinger for her painstaking proof reading and checking of recipes . . . to Sally Heidrich for the fine stylized illustrations and to Roll Goodsell for the hand lettered headings.

Best of all, we know that everyone interested in good eating will derive pleasure from this publication. To bring pleasure to someone else is all that anyone can ask . . . to publish this book has been a source of pride to us . . . we are sure that the Famous Chef Cook Book will please you.

the Publisher

INTRODUCTION

The author and publishers are most grateful to those whose aid and cooperation helped make this book possible. We are pleased to acknowledge our sources of reference material and photographs for this . . . the first printing of the Famous Chef Cook Book.

JOHN WAGNER & SONS

AMERICAN MEAT INSTITUTE

NATIONAL LIVESTOCK AND MEAT BOARD

CHICKEN OF THE SEA

WINE INSTITUTE

ACCENT

MINUTE RICE

KNOX GELATINE

MAZOLA SALAD OIL

SAVOY OF ROME, NEW YORK

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INTRODUCTION

PREFACE

IN THIS BOOK I have not tried to tell you or show you how to lose weight . . . neither have I put emphasis on gaining weight (you will probably gain more than you will lose). As time comes and goes, good eating will win over all.

I hope that you will try and enjoy each of my recipes. From my experience during ten years of cooking and demonstrating, I know that you will enjoy my book and that you will want to tell your friends about it.

Now, here is what I want you to do. If you have enjoyed this book and want your friends to know about it, tear out this page. Give it to one of your friends, so that he can mail the coupon below and receive a copy of this outstanding book.

Here is to you and your family . . . and good eating!

Author McKnight

James A McKnight



COPPER-CLAD COOKERY

Copper-Clad Cookware, the ultimate in cooking utensils, has many advantages — it's easy to keep clean; the copper spreads the heat evenly; the stainless steel is corrosion-resistant, bright, sanitary; the utensils are practically indestructible and add beauty to any kitchen. These are only a few of the reasons why American housewives have purchased over fifty million of these cooking utensils.

Many questions have been asked about copper-clad utensils, and I hope in this book to answer them.

There has been a saying in my demonstrations, "Low heat is a must." I would like to explain.

High heat is used, of course, to bring water to a boil and to start the cooking of soups, stews, etc., but you will find that most recipes

read, "Bring to boil, reduce heat, then simmer." When making percolator coffee, for instance, you may use high heat until the perking begins, but then you may turn the heat to low.

Most of the time you will be using medium heat; for example, to preheat a skillet; to fry an egg or omelet; to sauté onions; to brown meats, such as steaks, chops or chicken; to fry potatoes; to bake pancakes; and to start vegetables for waterless cooking. After meats have been browned and after foods have begun to cook, turn from medium to low heat.

Low heat is used to fry bacon, to perk coffee after the perking begins, to cook vegetables after steam has begun to escape and to cook tough cuts of meat after browning.

The principal ways of cooking are:

Boiling: Cooking meat, vegetables or other foods in boiling water. Boiling point 212°F.

Broiling: Cooking steaks, chops, chicken, fish or other food under or over a direct heat.

Steaming: Cooking vegetables, rice, fish or other foods over boiling water, using only steam to cook the food.

Stewing: Cooking meats and vegetables or other foods for a long time, under the boiling point, using a low heat. Simmering point 185°F.

Roasting: Cooking of meats in the oven.

Baking: Cooking of breads, cakes, pies in the oven.

Deep Frying: Cooking in hot deep fat. The fat is deep enough to cover the food being cooked.

Roasting: Cooking of meats in the oven.

Baking: Cooking of breads, cakes, pies in the oven.

Deep Frying: Cooking in hot deep fat. The fat is deep enough to cover the food being cooked.

Braising: Browning in hot oven or in a hot pan on top of the stove.

Pan Frying or Sauteing: Cooking in a small amount of fat, sometimes using hot, medium or low heat.

COPPER-CLAD SKILLETS

Copper-clad skillets become cooking hot quicker than many types of skillets.

When using a copper-clad skillet on a *gas range*, turn the flame on full, then turn it back half way. This is what I refer to as *medium* heat.

INTRODUCTION

When using a copper-clad skillet on an *electric range*, turn the element on high until the unit is hot. This will take 20 seconds on some electric units and two to three minutes on others. When the entire element is hot, turn the heat to *medium*. (You may have to consult your electric range instruction booklet to determine which heat on your electric range is half of high heat or medium heat. On the ranges with seven heats, medium heat is the fourth heat. On the ranges with five heats, medium heat is third heat.)

After turning the heat to medium, place the skillet on the unit. Heat for one minute. Add the fat. When the fat is melted, add the food to be cooked.

If the food to be cooked is meat, brown the meat on both sides over *medium* heat. If any further cooking is necessary, as in the case of chicken or thick chops, place the cover on the skillet and turn the heat to the lowest point to complete the cooking.

Exceptions

To cook bacon: Place strips of bacon in a cold skillet and place the skillet over low heat. Keep heat medium to low throughout the cooking period. Drain grease when necessary.

To fry eggs: Add butter to cold skillet. Place skillet over *medium* heat. When butter is melted and forms white bubbles over the bottom of the skillet, add the eggs. Place the cover on the skillet and turn heat to lowest point. Cook until yolks are as cooked as desired.

To fry potatoes: Place the skillet over *medium* heat and preheat for one minute. Add 4 tablespoons of fat and heat until fat is hot but not smoking. Add the potatoes. As soon as potatoes are brown on the side next to the skillet, turn and brown other side. Cover and turn heat to low if any further cooking is necessary.

Before using copper-clad utensils for the first time, wash them thoroughly with soap and water. No other pre-treatment is necessary.

All copper-clad cookware is unlacquered. To clean, scrub gently but firmly. There are on the market today special copper cleaners; these will give you the finest results. There is a choice of powder, paste or liquid. To give your stainless steel a bright finish, use a dry powder on a dry cloth. This will restore a bright finish to both the stainless steel and the copper. After the use of any copper cleaner, you should always wash the pan with soap and water to remove any leftover polish. This will eliminate any marks that the polish might cause. If the copper is cleaned thoroughly after each using, the job is much easier and the housewife is amply rewarded by the bright, rich beauty of her copper-clad utensils.

A GLOSSARY OF SPECIAL AND FOREIGN TERMS

A

- à la* after the style or fashion of.
- à la king* served in a cream sauce, containing mushrooms, green peppers and pimientos, sometimes flavored with sherry.
- antipasto* Italian for assorted appetizers of fish, cold cuts, or vegetables.
- aspic* a jelly made from concentrated vegetable, meat, or fish stock . . . with gelatin.
- au gratin* with a crust; usually fine bread crumbs. A dish with cheese.
- au jus* in its natural juice or gravy.

B

- barbecue* meats roasted on a rack over coals, basted with highly seasoned sauce.
- bar le duc* preserved red currants.
- bechamel* white cream sauce, named after the Marquis de Bechamel, Maitre d'hotel to Louis XIV.
- beurre noir* browned butter sauce.
- bisque* a rich cream soup.
- bombé* a frozen dessert, combining two or more frozen mixtures.
- borscht* soup made with beef stock and beets.
- brochette* meat broiled on a skewer.

C

- café au lait* coffee served with hot milk.
- café noir* black coffee.
- canapé* a small piece of toast or bread on which savory foods are spread; used as an appetizer
- caviar* prepared and salted roe (eggs) of the sturgeon and other large fish. Black or red, they are served as an appetizer.

INTRODUCTION

<i>chateaubriand</i>	a thick tenderloin steak, named after Francois René Viscount de Chateaubriand, noted statesman, writer and epicure.
<i>chutney</i>	a spicy, somewhat sweet relish, made from several fruits and vegetables.
<i>colbert</i>	a clear soup with poached egg, named after Baptiste Colbert, Minister of Finance during the reign of Louis XIV.
<i>compote</i>	fruit stewed in syrup.
<i>conde</i>	a term applied to dishes of stewed fruit served with rice, named after the last Prince Conde.
<i>consommé</i>	clear soup usually made of beef stock, clarified, and served hot or jellied
<i>creole</i>	prepared with tomatoes, green peppers, and onions, or other highly seasoned foods, prepared by the Creoles, descendants of early French and Spanish settlers of Louisiana.
<i>crepe suzette</i>	thin French pancakes rolled and served with sauce.
<i>croutons</i>	a small cube or strip of bread fried or toasted and used as a garnish.
<i>curry</i>	a stew cooked or flavored with curry.

D

<i>demi tasse</i>	a small cup of after dinner coffee.
<i>devil</i>	to prepare with hot seasonings, such as pepper, mustard, etc.

E

<i>éclairé</i>	French choux paste filled with a cream filling and iced.
<i>entrée</i>	truly a "made" dish served before the roast or meat course.
<i>en casserole</i>	baked or served in an individual dish.

F

<i>fillet</i>	a boneless loin cut of beef, veal, or pork, or a boneless strip of fish.
<i>fricassée</i>	meat or chicken stewed and served with thickened sauce.
<i>fromage</i>	French word for cheese.

INTRODUCTION

G

<i>garnish</i>	to decorate with small portions of colorful food.
<i>glacé</i>	frozen or glazed.
<i>goulash</i>	a thick Hungarian beef or veal stew flavored with vegetables and paprika.
<i>grits</i>	coarsely ground corn, a breakfast food.
<i>gumbo</i>	a thick Creole soup.

H

<i>herb bouquet</i>	combination of 3 or 4 herbs, as parsley, basil and chives. Used just before serving foods.
<i>hors d'oeuvres</i>	savory foods served as appetizers.

J

<i>jardiniere</i>	a mixture of garden vegetables.
<i>julienne</i>	cut in thin strips.

L

<i>lard</i>	to insert strips of fat into or on top of uncooked meat to give flavor or prevent dryness.
<i>leek</i>	onion-like bulb, smaller, more pungent.

M

<i>m.s.g.</i>	monosodium glutamate — a seasoning used to accent natural flavors.
<i>maitre d'hôtel</i>	a French term meaning “head steward or cook”. Also a sauce.
<i>marinade</i>	an oil-acid mixture used to give flavor to meats or salads.
<i>meringue</i>	a baked dessert made of white of eggs and sugar or the topping of pastry.
<i>mignon</i>	a French term meaning “favorite, delicate, darling”. A meltingly tender cut of boneless tenderloin beef.
<i>minestrone</i>	Italian for thick vegetable soup.
<i>mocha</i>	a combination of coffee and chocolate.

INTRODUCTION

N

nesselrode a frozen pudding containing fruits, preserved chestnuts, and cream.

P

pâté de foie gras goose liver paste.

patty a patty shell filled with a creamed mixture of chicken or fish, etc.

petits fours little fancy iced cakes.

pilau rice stewed with meat, poultry or fish, spices, etc.

polenta Italian for a corn meal or Farina mush to which cheese is added.

poulet a French term for chicken.

puree a thick-sieved vegetable or fruit; a thick-sieved soup.

R

ragout a rich stew of highly seasoned meat and gravy.

roux a combination of flour and butter, begin a sauce.

S

scallion or shallot a bulbless onion.

sissole browned.

skewer a long pin of wood or metal on which food is placed and held in shape while cooking.

soufflé light, puffed; a light egg mixture served as an entrée or sometimes, when sweetened, as a dessert.

stock the liquid in which meat, poultry, fish, or vegetables have been cooked.

T

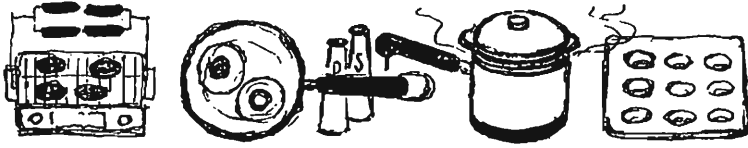
timbale molded vegetables or meat set in custard; sometimes applied to thin batter cakes fried in deep fat.

torte a rich cake, usually made from crumbs, eggs, and nuts . . . a hard meringue baked in the form of a cake

tutti-frutti a mixture of fruits.

V

vol-au-vent a puff paste enclosing a delicate minced meat.



COOKING TERMS

- Bake** To cook in an oven.
- Barbecue** To roast meat over coals or over a spit, usually basting with a highly seasoned sauce.
- Baste** To brush over, ladle melted fat or other liquid over a food while cooking.
- Beat** To mix vigorously, using an over or rapid rotary motion.
- Blanch** To plunge into boiling water for a few minutes then, in certain cases, into cold water. Certain nut meats and fruits are blanched in this method to loosen the skins for easy removal.
- Blend** To combine two or more ingredients thoroughly.
- Boil** To cook in liquid kept above the boiling point. A rapid boil means an active rolling boil.
- Bouquet Garni** Herbs (parsley, onion, bayleaf and thyme) tied together in a bunch, used in stews, pot roasts, and soups.
- Braise** To brown meat in broiling, frying or baking and simmer until tender at a low temperature with a small amount of liquid added.
- Bread** To coat food with a fine covering of dry bread, cereal or cracker crumbs.
- Broil** To cook by direct heat over hot coals, under gas or electric heat or between two heated surfaces.
- Brush** To spread thinly.
- Chop** To cut food into fine pieces with a knife or mechanical chopper.
- Cream (verb)** To manipulate with a spoon or beater until soft and waxy.
- Cube or Dice** To cut into small squares.

INTRODUCTION

Cut-In Shortening	To mix shortening with flour by using two knives or a pastry blender until shortening is evenly distributed.
Dissolve	To make a solution from a dry and a liquid ingredient.
Dot	To scatter small pieces of an ingredient, such as butter, over surface of food.
Dredge	To coat well, usually with flour or sugar.
Dust	To sprinkle lightly, usually with flour or sugar.
Filet	A long strip of lean, boneless meat.
Fold	To mix gently with down, across, up and over motion, resulting in the least possible loss of incorporated air, usually applied to adding beaten egg whites or whipped cream to a mixture.
Fricassee	Meats or poultry are cut into pieces and cooked in a <i>gravy</i> .
Fry	To cook in hot fat.
Pan Fry or Saute	To cook in a small amount of fat. Lightly and quickly, turning food often to brown evenly.
French Fry or Deep Fat Fry	To cook in a large amount of fat — enough to cover food.
Garnish	To decorate.
Grate	To divide into small particles by rubbing on a rough surface.
Grease	To rub lightly with fat.
Grill	See "Broil".
Grind	To cut into small bits, using food chopper.
Julienne	To cut into thin lengthwise strips.
Knead	To work with hands using a folding and back and pressing forward motion.
Marinate	To let food stand in French dressing or some special well-seasoned acid mixture.
Melt	To change a solid to liquid.
Mince	To chop very fine.

INTRODUCTION

- Pan-broil** To cook in hot frying pan with little or no fat.
- Parboil** To boil or simmer until partly tender as a preliminary to another method of cooking.
- Poach** To cook in water just below the boiling point.
- Puree** To press through a fine sieve or food mill.
- Roast** To cook in an oven of dry heat, that is, uncovered and with no liquid added. Essentially the same as bake but used for meats.
- Roll (verb)** To place on a board and spread thin with a rolling pin.
- Saute** See "Fry".
- Scald** To bring a liquid such as milk to a temperature just below the boiling point at which bubbles appear around the side of the surface. Milk scorches easily and should be scalded over hot water rather than over direct heat.
- Sear** To cook at a very high temperature for a short time in order to quickly form a brown crust on the outer surface of the meat.
- Shred** To tear or cut in thin pieces.
- Simmer** To cook in water just below the boiling point or a temperature of about 185 degrees.
- Steam** To cook by contact with live steam in closed container as in a perforated container placed over boiling water.
- Stew** To cook slowly in liquid held below the boiling point.
- Stir** To blend ingredients, using a circular motion.
- Stock** Liquid in which meat, fish, poultry or vegetables (or a combination of these foods) has been cooked.
- Toast** To brown by direct heat or in a hot oven.
- Toss** To mix ingredients lightly, usually with fork, or fork and spoon.
- Whip** To beat rapidly so as to incorporate air and increase volume.





APPETIZERS

To start off a cocktail, or to serve before dinner there is nothing better to start with than small savory morsels of food on a toast or cracker base. Designed to be eaten gracefully from the fingers.

CANAPES

For the following canapes it will be best to prepare toast beds first. Remove crust from close textured bread. Slice thin ($\frac{1}{8}$ " to $\frac{3}{16}$ "). Cut with round, star, crescent, etc. cutters. Toast on one side only by sautéing in a little butter in hot skillet over low heat until nicely browned. About $\frac{1}{2}$ hour before serving, spread untoasted side lightly with mayonnaise, then with spread. Standing ruins them.

CUCUMBER AND COTTAGE CHEESE SPREAD

Combine	$\frac{1}{2}$ lb. cottage cheese
With	1 cucumber, peeled and diced
Add	1 tbsp. onion, minced
Season with	salt and pepper
Add a dash	cayenne pepper

Spread on untoasted side of bread.

APPETIZERS

BLEU CHEESE SPREAD

Mash and whip 1 lb. bleu cheese
Add 2 tbsp. cognac

*Then enough sour cream to make a smooth spread.
Spread on untoasted side of bread.*

SARDINE CANAPE SPREAD

Combine all ingredients 2 cans sardines,
drained
1 cup cottage cheese
2 cloves garlic, grated
½ tsp. salt
2 tbsp. onion, grated
½ tsp. Beau Monde
seasoning salt
2 tbsp. Worcestershire
Sauce
¼ tsp. celery seed
⅓ tsp. cayenne pepper
2 tbsp. lemon juice

*Mix well. Let stand at room temperature at least two hours to
blend flavors. Chill. Serve with toast or spread on crackers.*



HOT SHRIMP CANAPES

Cook for 15 minutes 1 lb. shrimp
In 1 qt. salted water
With half an onion
2 cloves
half a bay leaf

Cool and chill, then remove the black intestinal veins.

Chop 1 lb. cooked shrimp
Stir in 2 scallions, minced
Add 4 tbsp. mayonnaise

*Spread on untoasted side of bread, piling it high at
center. Sprinkle with parmesan cheese. Broil about
5 minutes or until the canapes sizzle.*

CHEDDAR CHEESE AND BEER

- Grate ½ cup cheddar cheese
- Mix with 1 clove garlic, minced
- Add 1 tbsp. Worcestershire
Sauce
- ½ tsp. dry mustard
- ⅓ tsp. cayenne pepper
- Stir in gradually ½ cup beer

Spread mixture on untoasted side of bread.

CREAM CHEESE AND CAPERS

- Cream together 3 ozs. cream cheese
- 1 tbsp. sherry
- 1 tsp. caper juice
- Add and stir in 1 tbsp. capers
- To taste salt and pepper

Spread mixture on untoasted side of bread.

EGG AND SWISS CHEESE SPREAD

- Press through sieve, the yolks of 6 hard-cooked eggs
- Mix thoroughly 1 cup grated Swiss
cheese
- Add 1 tsp. prepared
mustard
- 1 tsp. sherry

Enough mayonnaise to make a smooth paste. Correct the seasoning with salt and pepper. Spread on untoasted side of bread.

ANCHOVY BUTTER

- Pound with a mortar until smooth paste 12 anchovy fillets
- Add creamed ¼ lb. butter
- Few drops lemon juice

Beat the mixture with a fork until it is thoroughly combined. Spread on untoasted side of bread.

APPETIZERS

SHRIMP SPREAD

Grind	1 lb. shrimp, very fine
Add together	1 cup finely ground celery
	1 cup finely ground pickles
Then add	1 cup mayonnaise
	4 hard cooked eggs, minced
	¼ cup chopped parsley
Mix all well, season	salt, pepper, lemon juice
	Worcestershire Sauce

Spread on untoasted side of bread.



CHEESE SPREAD ON TOAST

Bechamel sauce (without meat stock)	
In sauce pan melt	4 tbsp. butter
Add	½ cup onion, minced
<i>Cook until soft but not brown.</i>	
Stir in	4 tbsp. flour
Add gradually	2 cups hot milk
<i>Cook, stirring constantly, until the sauce is smooth and thick. Simmer for 15 minutes, stirring occasionally, and strain through a fine sieve.</i>	
Stir in sauce	1 lb. gruyere cheese grated
	½ cup dry white wine
Chop finely	1 clove garlic
Add	1 egg, lightly beaten
A dash	salt, pepper, nutmeg

Toast rounds of bread on one side until golden. Spread the untoasted side with the cheese mixture, leaving a one quarter-inch border. This will keep mixture from running over sides. Place cheese-side up on a baking sheet and brown in a hot oven (450°) or under a lively broiler flame.

APPETIZERS

CHEESE EGGS

Beat until stiff	2 egg whites
Mix in	1 cup grated cheddar cheese
Add a dash	salt, pepper, cayenne

Form small balls and drop into hot oil or fat (375° F). Fry until golden. Drain on absorbent paper and serve hot.

PIGS IN BLANKETS IN BATTER

Sift	½ cup flour
With a	pinch of salt
Stir in	1 egg, beaten
And	1 tbsp. butter
Add gradually	½ cup beer

Stir until smooth. Let rest warm place for 1 hour. Add small vienna sausage to the above batter then fry in hot fat or oil (375° F) until golden.



DRIED BEEF ROLLS

Combine together	¼ lb. cream cheese
	½ tsp. horseradish
	½ tsp. brandy
	⅛ tsp. cayenne

Spread this mixture on slices of dried beef. Roll up and chill.

GREEN BALLS

Mix together	½ cup grated Swiss cheese
	½ cup minced cooked ham
	½ tsp. prepared mustard
	1 egg yolk
	¼ tsp. salt
Add a dash	pepper

Form into balls. Roll in minced chives or parsley.

APPETIZERS

CREAM CHEESE AND CURRY

Combine together **1 cup cream cheese**
1 tbsp. finely chopped
chutney
1 tsp. curry powder

Shape mixture in small balls and roll in freshly grated coconut.

CHEDDAR AND WALNUT

Combine together **1 cup grated cheddar**
2 tbsp. flour **cheese**
½ tsp. salt
½ tsp. chili powder
¼ tsp. oregano

Beat stiffly and add **1 egg white**

Form the mixture into balls, roll in coarsely chopped walnuts, and chill thoroughly. Just before serving, sauté the balls in butter.

FRENCH FRIED CHEESE CREPES

Crepes

Sift in bowl **1 cup flour**
½ tsp. salt

Add a dash **nutmeg**

Stir in gradually **1½ cups milk**
2 eggs
1 egg yolk
¼ tsp. lemon, grated
1 tbsp. butter

Add about 2 tbsp. batter to a small 6 in. skillet with copper bottom. Brown 30 seconds on each side.

Filling

Make a smooth paste **¾ cup grated, Swiss**
cheese
¾ cup soft butter

Season to taste **salt, pepper, nutmeg**

Stir in **1 egg lightly beaten**
1 tbsp. sherry

Divide mixture into portions size of marble. Enclose each portion in a crêpe. Roll in beaten egg, then in bread crumbs, and fry in hot deep fat (375° F) until golden brown. Drain on absorbent paper, sprinkle with salt.

CHEESE FRITTER

- Batter ½ cup flour, sifted
pinch of salt
- Stir in 1 egg, beaten
- Add melted 1 tbsp. butter
- Add gradually ½ cup beer
- Stir until smooth. Let rest for 1 hour.*
- When ready to use add 1 egg white, stiffly
beaten
- Cut gruyere cheese 3 in. long, ½ in. wide
- Soak in ½ cup dry white wine

Let cheese soak in wine few minutes, drain on absorbent paper. Sprinkle lightly with flour, dip into batter, and fry in hot deep fat (375° F) until golden. Drain on absorbent paper and serve hot.



BROILED STUFFED MUSHROOMS

- Remove caps 6 to 8 large mushrooms
- Sauté 1 tbsp. onions,
chopped
- In 1 tbsp. butter
- Cook until tender.*
- Stir in ¼ cup bread crumbs
¼ cup chopped walnuts
1 tsp. lemon juice
½ tsp. salt
- To taste pepper
- Add 1½ tsp. chili sauce

With the above mixture, stuff caps. Broil 6 inches from heat until golden. Turn off heat, leave mushrooms in broiler (door closed) for about 5 minutes.

- Brush with 1 tbsp. melted butter
- Serve hot.*

APPETIZERS

CHEESE STRAWS

Sift together	¾ cup flour
	¼ tsp. salt
	¼ tsp. cayenne pepper
Add grated	1 cup gruyere or cheddar cheese

Make into a smooth paste.

Add	6 tbsp. butter
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Knead about 10 minutes. Roll out about ½ inch on a pastry board. Chill. When ready to bake, cut in small sticks, place on a greased pan, and brush with milk. Bake in hot oven (450° F) 12 minutes. Serve hot or cold.

FRIED CHEESE PUFFS

Heat until boiling	1 cup water
Stir in	6 tbsp. butter
When melted add	1 cup sifted flour
	1 tsp. salt

*Remove from heat and mix to a smooth paste.
Replace on the heat; stir.*

Remove; add	3 eggs, one at a time stirring well
Add	1 cup grated gruyere or parmesan cheese

*Drop by teaspoonful into hot oil or fat (375° F).
Fry until golden, and puffed, 8 to 10 minutes. Drain
on absorbent paper. Serve hot.*

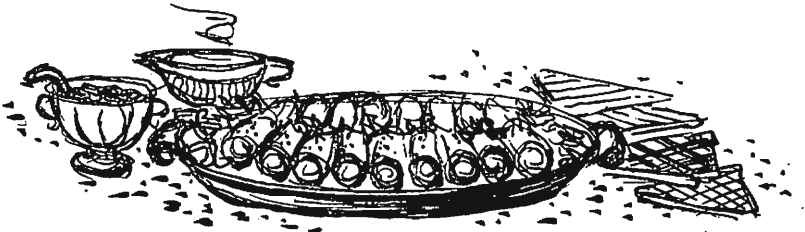
BLEU CHEESE ROLLS

Blend together	2 3 oz. pkgs. cream cheese
	½ lb. bleu cheese
Add	2 tbsp. celery, finely chopped
	1 tbsp. onion, finely chopped
	½ tsp. cayenne pepper

Add enough mayonnaise to form in tiny rolls.

Roll in	1½ cups walnuts, finely chopped
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Chill. Makes 16 to 20 rolls.



EGG ROLLS

Heat **2 tbsp. peanut oil**
 Add **1/3 cup celery,**
 chopped fine
 1 cup bean sprouts,
 drained

Sauté a few minutes over a low heat.

Add **1/3 cup shrimp, diced**
 (cooked)
 1/2 cup pork, diced
 (cooked)
 3/4 cup water chestnuts,
 chopped fine
 4 scallions, chopped
 fine
 1 clove garlic, minced
 1/2 tsp. salt
 4 tbsp. Soy sauce

Simmer about 8 minutes to blend over a low heat. Cool.

Sift together **1 cup flour, sifted**
 4 tbsp. cornstarch
 1/2 tsp. salt
 Beat in **2 small eggs, beaten**
 1/4 tsp. sugar
 Add slowly **1 cup water**

beating constantly, until batter is smooth.

Grease a 7 inch skillet with peanut oil. Pour about 5 tablespoons into a hot skillet, tipping and rolling to spread batter all over bottom of skillet. Place over medium heat, as soon as set. Turn only once, cook other side 1 to 2 minutes. Remove and cool. Place about 4 tablespoons filling on each cake, fold sides in and roll up. Brush edges with paste made from 1 tablespoon flour and 2 tablespoons water and seal. Fry in hot peanut oil, turning frequently until golden brown. Serve with hot mustard and sweet plum sauce.

APPETIZERS

DIPS

Here are some dips you will enjoy and your friends will remember for a long time. Have a bowl or tray with crisp crackers, potato chips, corn or cheese chips, etc.

SOUR CREAM DIP

In a bowl	2 cups thick sour cream
Add, chopped	1 cup cucumber ¼ cup chives ¼ cup parsley
Thinly sliced	¼ cup radishes
To taste	salt and pepper

Add a little chopped chive on top.

AVOCADO DIP

Peel and mash	1 cup avocado
Add	¼ cup bleu cheese
Stir in	1 tbsp. lemon juice

Add enough olive oil to make a smooth consistency.

CLAM-COTTAGE CHEESE DIP

Force through a food mill or sieve	1½ cups cottage cheese with chives
Add	2 tbsp. mayonnaise 3 tbsp. sauterne wine 1 tsp. lemon juice 1 tsp. onion, grated ¼ tsp. Worcestershire Sauce
To taste	dash of garlic powder salt and pepper ½ tsp. Beau Monde seasoning

Beat until smooth.

Add	1 can minced clams, drained
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Mix well. Serve with potato chips or crisp crackers.

SARDINE AND CHEESE DIP

- | | |
|--------------------------------|----------------------------------|
| Drain and mash | 2 small cans sardines |
| Blend with the above | 2 3 oz. pkgs. cream
cheese |
| Add | 1 clove garlic, finely
minced |
| | 3 tsp. onion, minced |
| | ¼ tsp. salt |
| | 1 tbsp. Worcestershire
Sauce |
| | 1 tsp. lemon juice |

Chill the above for several hours before serving to blend flavors. Serve garnished with pimento strips. Use as a dip for cracker, or potato chips.



SARDINE SPREAD OR DIP

- | | |
|----------------------------|-------------------------------------|
| Mash with a fork | 2 small cans sardines |
| Add | 2 hard-cooked eggs,
chopped fine |
| | 2 tsp. onions, minced |
| | ¼ cup mayonnaise |
| | 3 tbsp. sherry wine |
| | 2 tsp. lemon juice |
| | salt and pepper to taste |

Blend well. If used as a dunking sauce, you may add enough cream to make a smooth sauce.

APPETIZERS

CREAM CHEESE DIP

Soften	1½ cups cream cheese
Mix in	1 tbsp. green pepper, chopped
	1 tbsp. red pepper, chopped
	1 tbsp. onion, chopped
Add to taste	salt and pepper

Stir in enough heavy cream to make a sauce consistency.

CREAM CHEESE POTATO CHIP DIP

Combine together	1 lb. cream cheese
<i>Add enough milk to soften to the consistency you want — (So potato chips will not break when dipped.)</i>	
Add	6 olives, chopped
With	2 tsp. chives, chopped
	1 tsp. onion juice
	2 tbsp. bleu cheese
To taste	salt



DEVILED HAM DIP

Combine	4 tbsp. deviled ham
With	4 tbsp. horseradish
Add	1 tbsp. onion, grated
Stir in	2 tbsp. chives, minced
Add to taste	1 cup stiffly whipped cream

Garnish with a little minced chives on top.



HOLIDAY FRUIT BREAD

- | | |
|----------------------------------|------------------------------------|
| Sift into a large bowl | 2 cups flour, sifted |
| | 4 tsp. baking powder |
| | ¾ cup sugar |
| | 1 tsp. salt |
| | ½ tsp. nutmeg |
| | 1 tsp. cinnamon |
| Add | ¼ cup citron, chopped |
| | ¼ cup seedless raisins |
| | ¼ cup candied cherries,
chopped |
| | 2 tbsp. grated orange
rind |
| | ½ cup walnuts,
chopped |
| Beat together | 2 eggs, beaten well |
| | 1¼ cups milk |
| | ½ cup melted
shortening |

Add egg mixture to flour-fruit mixture, stirring until just blended. Pour into greased and floured 8½ x 4½ x 2½ inch loaf pan. Let stand 15 minutes. Bake in a quick moderate oven (375° F) for 1 hour. Let stand 10 minutes. Remove from pan. Cool.

- | | |
|-------------------|------------------------------|
| Combine | 1 cup confectioners
sugar |
| | 2 tbsp. lemon juice |
| | <i>Beat until smooth.</i> |
| Stir in | 1 tbsp. grated lemon
rind |

Spread over top of cooled bread. Decorate top with citron and candied cherries. Allow to stand overnight before slicing.

BREADS, ETC.

ROLL DOUGH

Scald	¾ cup milk
Stir in	½ cup sugar
	2¼ tsp. salt
	4½ tbsp. shortening

Cool to lukewarm.

In a bowl add	¾ cup lukewarm water
Sprinkle or crumble in	1 pkg. or cake yeast

Stir until dissolved. Stir in lukewarm milk mixture.

Add	2¼ cups enriched flour, sifted
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Beat until smooth.

Stir in additional (about)	2¼ cups enriched flour, sifted
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Turn out on lightly floured board. Knead until smooth and elastic. Place in a greased bowl; brush top with soft shortening. Cover. Let rise in a warm place, until doubled in bulk. (about 1 hour) Punch down, turn out on floured board. Shape as desired.

REFRIGERATOR ROLL DOUGH

Heat	¾ cup water
Stir in	¼ cup sugar
	¼ tsp. salt
	6 tbsp. shortening

Cool to lukewarm.

In a bowl, add	¼ cup water, lukewarm
Sprinkle or crumble in	1 pkg. or cake yeast

Stir until dissolved. Stir in lukewarm water mixture.

Add	1 egg, beaten
	2 cups enriched flour, sifted

Beat until smooth.

Stir in additional (about)	2 cups enriched flour, sifted
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Place in a greased bowl; brush top with soft shortening. Cover tightly with aluminum foil. Store in refrigerator at least 2 hours or until needed. To use, punch down and cut off dough needed. This dough can also be used for Dinner Rolls, Parker House Rolls, Clover Leaf Rolls, Crescents, Curlicues, Pecan Rolls, etc.

DINNER ROLLS

Use recipe for ROLL DOUGH. Divide in half. Form each half into a roll about 12 inches long. Cut into 1 inch thickness. Form into smooth balls. Place in greased shallow pans, $\frac{1}{4}$ inch apart. Cover. Let rise in warm place, until doubled in bulk. Brush lightly with melted butter. Bake in a quick moderate oven (375° F) for 20 minutes.

PARKER HOUSE ROLLS

Use recipe for ROLL DOUGH. Divide in half. Roll out each half into 9 inch circle. Cut into rounds with $2\frac{1}{2}$ inch cookie cutter. Crease with dull edge of knife to one side of center. Brush with melted butter. Fold larger side over smaller so edges just meet. Seal. Place on greased baking sheet, 1 inch apart. Cover. Let rise in warm place, until doubled in bulk. (about 1 hour) Brush with melted butter. Bake in a hot oven (400° F) for 15 minutes.

CLOVER LEAF ROLLS

Use recipe for ROLL DOUGH. Divide in half. Form each half into 9 inch roll. Cut into 1 inch thickness. Form each piece into 3 small balls. Brush sides with melted butter. Place 3 balls in each section of greased muffin pans. Cover. Let rise in warm place until double in bulk. (about 1 hour) Bake in a hot oven (400° F) for 15 minutes.

TEA ROLLS

Use recipe for ROLL DOUGH. Divide in half. Roll out each half into 9 inch circle. Cut with biscuit cutter. Place on greased baking sheet about 1 inch apart. Cover. Let rise in warm place, until doubled in bulk. (about 1 hour) Bake in a hot oven (400° F) for 15 minutes.

PECAN ROLLS

Use recipe for ROLL DOUGH. Divide in half. Form each half into 12 inch rolls. Cut into 1 inch thickness. Form into balls.

Melt in two pans 8 x 8 x 2 inches each . . .	3 tbsp. butter
Add	$\frac{1}{2}$ cup maple syrup
	2 tbsp. brown sugar
	$\frac{1}{2}$ cup pecans

Place rolls in pans about $\frac{1}{4}$ inch apart. Cover. Let rise in warm place, until doubled in bulk. (about 1 hour) Bake in a hot oven (400° F) for 25 minutes. Turn out of pans immediately.

BREADS, ETC.

CRESCENTS WITH SESAME SEED

Use recipe for ROLL DOUGH. Divide into 3 equal pieces. Roll each into a circle about 9 inches in diameter. Brush with melted butter. Cut into 8 pie-shaped pieces. Roll up tightly, beginning at wide end. Seal points firmly. Place on greased baking sheets, with points underneath, 2 inches apart. Curve to form crescents. Brush with melted butter. Sprinkle each crescent with sesame seed. Cover. Let rise in a warm place until doubled in bulk. (about 1 hour) Bake in a hot oven (400° F) for 15 minutes.

BUTTER-LEAF ROLLS

Use recipe for ROLL DOUGH. Divide into 3 equal pieces. Roll out each piece into an oblong about 11 x 9 inches. Brush with melted butter. Cut into 7 strips (about 1½ inches wide). Pile strips over top of other. Cut into 6 pieces (about 1½ inches long). Place cut side up in greased muffin pans. Cover. Let rise in warm place until doubled in bulk. (about 1 hour) Brush with melted butter. Bake in a hot oven (400° F) for 20 minutes.

CURLICUES WITH POPPY SEEDS

Use recipe for ROLL DOUGH. Divide in half. Roll out each half into oblongs about 12 x 9 inches. Brush with melted butter. Cut into strips 1 inch wide. Hold one end of strip firmly and wind closely to form coil. Tuck end firmly underneath. Place on greased baking sheets, 2 inches apart. Brush with melted butter. Sprinkle each curlicue with poppy seeds. Cover. Let rise in warm place, until doubled in bulk. (about 1 hour) Bake in a hot oven (400° F) for 15 minutes.

BROWN AND SERVE ROLLS

Use white bread dough ¼ of the recipe

Let dough rise to double in bulk.

Punch down and shape into 1 doz. cloverleaf

Or 2 doz. parkerhouse

Let rise to not quite double in bulk; then place in a slow oven (275° F) and bake 40 minutes. Cool thoroughly and store. To store, wrap securely in heavy waxed paper or aluminum foil and keep in lower food compartment of refrigerator. Will keep 10 days. Or, freeze in freezing compartment . . . will keep two weeks. To serve: Bake in a moderately hot oven for 8 minutes. If frozen, thaw and bake 8 minutes.

SWEET DOUGH

- Scald **½ cup milk**
- Stir in **½ cup sugar**
- 1½ tsp. salt**
- ¼ cup shortening**

Cool to lukewarm.

- In a bowl, add **½ cup lukewarm water**
- Sprinkle or crumble in **2 pkgs. or cakes yeast**

Stir until dissolved. Stir in lukewarm milk mixture.

- Add **2 eggs, beaten**
- 3 cups enriched flour,**
sifted

Beat until smooth.

- Stir in additional (about) **2 cups enriched flour,**
sifted

Turn out on lightly floured board. Knead until smooth and elastic. Place in a greased bowl; brush top with soft shortening. Cover. Let rise in warm place until doubled in bulk (about 1 hour). Punch down, turn out on a floured board. Shape as desired.

CINNAMON ROLLS

Use recipe for SWEET DOUGH. Divide in half. Roll out each half into a square about 12 x 12 inches. Brush lightly with melted butter.

- Sprinkle each square with one-half mixture of **1½ cups brown sugar**
- 2 tsp. cinnamon**
- ½ tsp. nutmeg**
- ½ cup raisins**
- ½ cup nuts, chopped**

Roll like a jelly roll. Seal edges firmly. Cut rolls into 1 inch thickness. Place 1 inch apart in a greased baking pan. Cover. Let rise in a warm place until doubled in bulk. (about 1 hour) Bake in a moderate oven (350° F) for 35 minutes. Ice top with a plain icing.

Plain Icing

- Combine, beat until smooth **1 cup confectioners**
sifted sugar
- 1 tbsp. cream**
- ¼ tsp. vanilla**

Use on top cinnamon rolls or other rolls.

BREADS, ETC.

STRAWBERRY ROSEBUDS

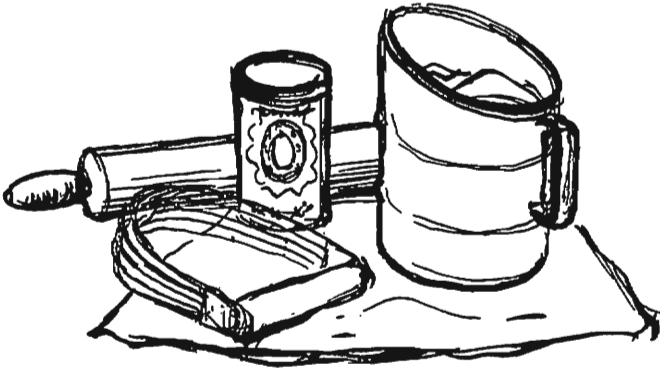
Use recipe for SWEET DOUGH. Divide in half. Roll out each half into a square about 12 x 12 inches. Brush with melted butter.

Spread evenly on each square **½ cup strawberry jam**

Roll like a jelly roll. Seal edges firmly. Cut roll into 1 inch thickness. Place in greased muffin pans. With a sharp knife, cut crosses, about ½ inch deep, across tops of rolls. Cover, let rise in a warm place, until doubled in bulk (about 1 hour).

Beat together **1 egg yolk**
2 tbsp. milk

Brush tops of rolls with egg mixture. Bake in a moderate oven (350° F) for 30 minutes. Ice tops with plain icing.



CINNAMON LEAF ROLLS

Use recipe for SWEET DOUGH. Divide in half. Roll out each half into a square about 12 x 12 inches. Brush lightly with melted butter.

Sprinkle each square with one-half mixture of **1½ cups brown sugar**
2 tsp. cinnamon
½ tsp. nutmeg
½ cup raisins
½ cup nuts, chopped

Roll like a jelly roll. Seal edges firmly. Cut rolls into 1½ inch thickness. Make two cuts through each roll, parallel to cut sides, and extending to within ½ inch of other side. Turn each leaf on its side. Spread the three leaves apart into fan shape. Place 2 inches apart on a greased baking sheet. Cover, let rise in a warm place, until doubled in bulk (about 1 hour). Bake in a moderate oven (350° F) for 35 minutes. Ice top with plain icing.

MUFFINS

- Sift together, twice **2 cups flour, sifted**
3 tsp. baking powder
½ tsp. salt
4 tbsp. sugar
- Cut in **4 tbsp. shortening**
- Combine **1 cup milk**
1 egg, well beaten

Mixture should resemble meal.

Add to flour mixture, mixing only enough to blend. Pour into greased muffin pan or cups. Bake in a hot oven (425° F) for 15 to 20 minutes.

RAISIN MUFFINS

- Use recipe for muffins, adding **¾ cup raisins**
to the flour mixture before adding egg and milk.

BLUEBERRY MUFFINS

- Use recipe for muffins, adding **¾ cup blueberries,**
drained
to the flour mixture before adding egg and milk.

DATE MUFFINS

- Use recipe for muffins, adding, finely cut **¾ cup dates**
to the flour mixture before adding egg and milk.

APRICOT MUFFINS

- Use recipe for muffins, adding, finely cut **¾ cup dried apricots**
to the flour mixture before adding egg and milk.

NUT MUFFINS

- Use recipe for muffins, adding, chopped **¾ cup nuts**
to the flour mixture before adding egg and milk.

BREADS, ETC.

BAKING POWDER BISCUITS

Sift together **2 cups flour, sifted**
3 tsp. baking powder
½ tsp. salt

Add **¼ cup shortening**

Cut in, using a pastry blender or two knives.

Add **¾ cup milk**

Roll or pat the dough on a lightly floured board. Cut with a round cutter. Place biscuits in a greased pan. Bake in a hot oven (450° F) for 12 to 15 minutes.



CURRY BISCUITS

Use recipe for Baking Powder Biscuits,
adding to sifted ingredients **¼ tsp. curry powder**

Proceed as directed.

CINNAMON BISCUIT ROLLS

Use recipe for Baking Powder Biscuits. Roll dough to ¼ in. thick.

Sprinkle over **½ cup brown sugar**
1 tsp. cinnamon
¼ tsp. nutmeg
½ cup nuts, chopped

Roll up like a jelly roll. Cut in one inch slices.

Combine **¾ cup brown sugar**
¼ cup butter, melted

Sprinkle in greased muffin pans or a large baking dish. Arrange slices over mixture. Proceed as directed. Remove from pan as soon as baked.

CHEESE BISCUITS

Use recipe for Baking Powder Biscuits,
adding **½ cup grated cheese**
to flour and shortening mixture. Proceed as directed.

CELERY SEED KNOTS

Use recipe for Baking Powder Biscuits. Roll dough $\frac{1}{4}$ inch thick; cut into strips about $\frac{3}{4}$ inch wide and 6 inches long. Tie in knots, brush with milk, and sprinkle with celery seeds. Proceed as directed.

DROP BISCUITS

Use recipe for Baking Powder Biscuits,
adding **½ cup more milk**
Drop mixture from spoon onto a greased baking sheet.
Proceed as directed.

TEA BISCUITS

Use recipe for Baking Powder Biscuits. Roll dough $\frac{1}{2}$ inch thick. Cut with 2 inch round cutter. Make a depression in top of each biscuit. Fill with $\frac{1}{2}$ tsp. tart jam or jelly. Proceed as directed.

BUTTERMILK BISCUITS

Sift together **2 cups flour**
½ tsp. soda
2 tsp. baking powder
½ tsp. salt
Add **3 tbsp. shortening**
Cut in, using a pastry blender or two knives.
Stir in **$\frac{3}{4}$ cup buttermilk**
Mix quickly. Roll or pat the dough on a lightly floured board.
Cut with a round cutter. Place biscuits on a greased pan. Bake
in a hot oven (450° F) for 12 to 15 minutes.

BREADS, ETC.

WHITE BREAD 1

Scald	1 cup milk
Stir in	¼ cup sugar
	2½ tsp. salt
	6 tbsp. shortening

Cool to lukewarm.

Into a bowl add	1 cup lukewarm water
Sprinkle or crumble in	1 pkg. or cake yeast

Stir until dissolved. Stir in lukewarm milk mixture.

Add	3 cups enriched flour, sifted
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Beat until smooth.

Stir in additional (about)	3 cups enriched flour, sifted
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Turn out on lightly floured board. Knead until smooth and elastic. Place in greased bowl; brush with soft shortening. Cover. Let rise in warm place, until doubled in bulk. (about 1 hour) Punch down, turn out on board. Divide in half. Let rest 15 minutes. Shape into 2 loaves. Place in greased bread pans 9 x 5 x 3 inches. Cover. Let rise in warm place, until center is slightly higher than edge of pan (about 1 hour). Bake in a hot oven (400° F) for 50 minutes.

CRANBERRY BREAD

Sift into a large bowl	2 cups flour, sifted
	1½ tsp. baking powder
	½ tsp. soda
	1 tsp. salt
	1 cup sugar

Cut in fine	½ cup shortening
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Add	2 tsp. grated orange rind
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Beat together	1 egg, beaten well
	½ cup orange juice
	¼ cup water

Add to flour mixture. Beat well.

Add	1½ cups cranberries, coarsely ground
	1 cup bran

Pour into greased 9 x 5 x 3 inch loaf pan. Bake in a slow oven (325° F) for 75 to 85 minutes. Wait (if you can) 24 hours before cutting.

WHOLE WHEAT BREAD

Scald	¼ cup milk
Stir in	¼ cup sugar
	4 tsp. salt
	½ cup shortening
	½ cup molasses

Cool to lukewarm.

Into a bowl add	1½ cups lukewarm water
Sprinkle or crumble in	2 pkgs. or cakes yeast
	<i>Stir until dissolved. Stir in lukewarm milk mixture.</i>
Add ½ mixture of	4½ cups whole wheat flour
	2 cups enriched flour, sifted

Beat until smooth. Stir in remaining flour mixture. Turn out on lightly floured board. Divide in half; shape into 2 loaves. Place in greased bread pans 9 x 5 x 3 inches. Cover. Let rise in warm place until center is slightly higher than edge of pan (about 1 hour). Bake in a hot oven (400° F) for 50 minutes.



WHITE BREAD 2

Scald	2 cups milk
Add	4 tbsp. sugar
	4 tsp. salt
Stir until dissolved	2 tbsp. shortening
Dissolve	2 yeast cakes
In	2 cups lukewarm water

Add yeast mixture to milk, when cooled.

Gradually add	2 cups flour
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Beat until smooth.

Continue adding, until used up	10 cups flour
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Knead to a smooth, stiff dough. Knead on lightly floured board. Form into ball, place in lightly greased large bowl, grease top lightly, cover and let rise until doubled in bulk. Knead again on lightly floured board; shape immediately into 4 loaves. Place in greased loaf pan; brush with melted fat. Bake in a quick moderate oven (375° F) for 45 minutes.

BREADS, ETC.

APPLESAUCE PECAN BREAD

Sift together	2 cups flour, sifted
	$\frac{3}{4}$ cup sugar
	1 tbsp. baking powder
	1 tsp. soda
	$\frac{1}{2}$ tsp. nutmeg
	$\frac{1}{4}$ tsp. cinnamon
Add and mix	1 cup coarsely chopped pecans
Combine	1 egg, beaten well
	1 cup unsweetened applesauce
	$\frac{1}{4}$ cup salad oil

Add dry ingredients to egg, applesauce mixture. Stir only until blended. Pour into a 5 x 9 inch loaf pan, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 50 minutes. Let stand overnight before cutting.



DATE AND NUT BREAD

Bring to boil in large sauce pan	2 cups water
	<i>Remove from heat.</i>
Add	4 cups dates, cut fine
	2 cups nuts, chopped
	<i>Let stand.</i>
Cream together	$\frac{1}{2}$ cup shortening
	$1\frac{1}{2}$ cups brown sugar
Add	2 eggs, unbeaten
Add to dates and nuts	2 tsp. soda
Sift together	4 cups cake flour, sifted
	1 tsp. salt

Add flour and date mixture alternately to creamed shortening and sugar. Mix only until ingredients are well blended.

Add	$\frac{3}{8}$ cup water
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Mix well. Pour into well greased $7\frac{1}{2}$ x $3\frac{1}{2}$ inch pan. Bake in a moderate oven (350° F) for 45 minutes.

CORN BREAD MUFFINS

Sift together in a bowl	1 cup flour, sifted
	1 cup corn meal
	½ tsp. salt
	1 tbsp. sugar
	4 tsp. baking powder
Beat well	1 egg
Add, beating	1 cup milk
	2 tbsp. salad oil

Add dry ingredients, mixing only enough to blend. Pour into greased muffin pans $\frac{2}{3}$ full. Bake in a hot oven (400° F) for 25 minutes.

QUICK CORN BREAD

Place in a mixing bowl	2 cups corn meal
Shift in together	1 cup flour
	1 tsp. salt
	1 tsp. soda
	1 tsp. baking powder
	½ cup sugar
Stir in and mix well	2 cups buttermilk
Add	½ cup soft shortening

Grease a square pan, sprinkle with corn meal, pour in corn bread. Bake in a hot oven (450° F) for 25 to 30 minutes.

SKILLET CORN BREAD

Sift together	½ cup white corn meal
	½ cup sifted flour
	½ tsp. salt
	1½ tsp. baking powder
	1 tsp. sugar
Add, beaten well	1 egg
Add	½ cup buttermilk
	1 tsp. bacon drippings

Mix all ingredients together. Grease a 10 inch skillet with bacon drippings, then heat. Pour in corn-meal mixture and cook over low heat on top of stove. Make sure your heat is low. When edges begin to brown, turn like a pancake. Do not cover. Brown other side.

BREADS, ETC.

HUSHPUPIES

"Very good with fish."

Add to top of double boiler **½ cup yellow corn meal**

Add, stirring constantly **2 cups boiling water**

Cook, stirring frequently, for 10 to 15 minutes. Cool slightly.

Add, sifted together **½ cup flour**

1 tsp. salt

½ tsp. pepper

Blend into corn meal mixture.

Add **1 egg, beaten**

2 tbsp. heavy cream

½ cup onions, chopped

**1 tbsp. parsley,
chopped**

Mix well. Drop by tablespoon into 1 inch deep hot fat.

Fry until brown on all sides. Serve hot.

SPOON BREAD

"If you have never tried it, you should."

Pour **1 cup boiling water**

Over **½ cup white corn meal**

Beat in **½ cup milk**

½ tsp. salt

1½ tsp. baking powder

1 tbsp. butter, melted

2 eggs, beaten well

Pour into a buttered 1 quart casserole. Bake in a hot oven (400° F) for 20 to 25 minutes, or until set. Serve hot.

POPOVERS

"Try these next Sunday with your Roast Beef."

Sift together in a bowl **1 cup flour, sifted**

½ tsp. salt

Beat well **2 eggs**

Add, beating **1 cup milk**

1 tbsp. butter, melted

Add dry ingredients to egg-milk mixture, beating with a rotary beater until smooth. Pour into greased muffin pans ½ full. Bake in a very hot oven (450° F) for 20 minutes. Reduce oven to moderate (350° F), bake 15 minutes longer.

(If you add 1 tbsp. of melted shortening to each muffin mold, you'll find them much better.)

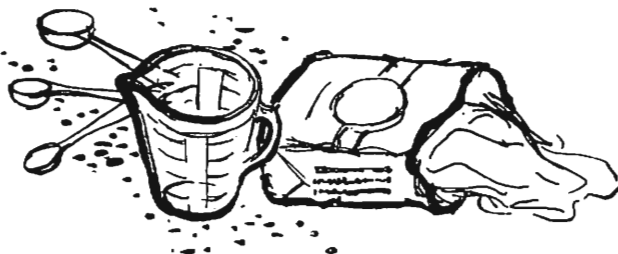
CHEESE POPOVERS

- Combine **1 cup sifted flour**
 **½ tsp. salt**
- Combine and pour over flour **2 eggs, well beaten**
 **1¼ cups milk**

Stir until well blended.

- Fold in **¼ cup cheddar cheese,**
 **grated**

Heat well-greased muffin or popover pans in oven until very hot. Pour batter into pans, filling half full. Bake in a hot oven (425° F) for 25 minutes. Prick popovers with fork during last five minutes of baking to allow escape of steam. Serve hot.



TOP-OF-THE RANGE PIZZA PIE

- Use white bread dough **¼ of the recipe**

After dough has risen to double in bulk, punch it down and roll to ¼ inch thickness. Place dough in copper-clad skillet and shape to fit pan.

- Rub dough with **olive oil.**
- Sprinkle with **1 green pepper,**
 **sliced thin**
- Add (sliced thin) **½ lb. mozzarella**
 **cheese**

Add enough fresh sliced tomatoes to cover.

- Sprinkle with **½ tsp. oregano**
 **⅛ tsp. garlic salt**
- To taste **salt and pepper**
 **¼ cup parmesan,**
 **grated**

Cover pan and cook on top burner set at simmering position. Cook 20 minutes. Uncover and continue to cook 10 minutes longer.

"I have served this Pizza several times to restaurant owners. It has always been impressing to them because it was done "top-of-range."

BREADS, ETC.

RAISIN CASSEROLE BREAD

Combine together $\frac{3}{8}$ cup hot water
 $\frac{1}{2}$ cup sugar
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ cup shortening

Cool to lukewarm.

Into a bowl, put $\frac{1}{2}$ cup lukewarm water
Sprinkle or crumble in 1 pkg. or cake yeast

Stir until dissolved. Stir in lukewarm water mixture.

Add 1 egg, beaten
3 $\frac{1}{4}$ cups flour, sifted
1 cup seedless raisins

Stir until well blended, about 2 minutes. Let rise in warm place, until doubled in bulk, about 1 hour. Stir down. Beat vigorously about $\frac{1}{2}$ minute. Turn into greased 1 $\frac{1}{2}$ qt. casserole. Bake in a hot oven (400° F) for 45 minutes.

COCONUT PINEAPPLE NUT COFFEE CAKE

In a pan 8 x 8 x 2 inches, melt 4 tbsp. butter
Spread evenly 3 tbsp. brown sugar
 $\frac{1}{2}$ cup coconut,
shredded
 $\frac{1}{2}$ cup pecans, chopped
Arrange $\frac{1}{3}$ cup pineapple tidbits
Scald $\frac{1}{3}$ cup milk
Stir in $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ cup shortening

Cool to lukewarm.

Into a bowl, put $\frac{1}{4}$ cup lukewarm water
Sprinkle or crumble in 1 pkg. or cake yeast

Stir until dissolved. Stir in lukewarm milk mixture.

Add 1 egg, beaten
 $\frac{1}{2}$ tsp. vanilla
Stir in 2 cups enriched flour,
sifted

Stir until well blended, about 1 minute. Turn batter into prepared pan. Let rise in warm place, until doubled in bulk, about 1 hour and 15 minutes. Bake in a quick moderate oven (375° F) for 35 minutes. Turn out of pan immediately. Serve warm.

SWEDISH TEA RING

Soften	1 pkg. yeast, compressed or dry
In	¼ cup lukewarm water
Scald	½ cup milk
Add	5 tbsp. sugar 1 tsp. salt

Cool to lukewarm.

Add	1 cup flour, sifted
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Mix well. Add softened yeast.

Beat in well	1 egg, beaten
Add	2 tbsp. melted shortening

Mix well.

Add (about)	2 cups flour, sifted
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Turn out on lightly floured board and knead until satiny. Place in a greased bowl, cover and let rise until doubled. Punch down. Cover and let rest 10 minutes. Roll out to rectangular sheet about 12 inches long and 6 inches wide.

Spread with	3 tbsp. softened butter
Sprinkle with	⅔ cup sugar 2 tsp. cinnamon ½ cup raisins ½ cup nuts, chopped

Roll up like a jelly roll and seal edge firmly. Shape into ring on greased baking sheet, pressing ends together to seal. With scissors, cut through roll almost to center, in slices 1 inch apart. Turn each slightly on its side. Let rise until doubled. Bake in a moderate oven (375° F) 25 to 30 minutes. When cool, frost with confectioner's sugar icing.

RAISED DOUGHNUTS

Use recipe for Sweet Dough. Increase the amount of sugar to ¾ cup. Divide in half. Roll out each half to ¼ inch thickness. Cut with a doughnut cutter. Place on a cookie sheet. Let rise until double in bulk. Fry in hot fat (370° to 380°) until brown. Drain on absorbent paper. Shake warm doughnuts in paper bag,

With	sugar
Or	cinnamon and sugar
Or	confectioner's sugar

You may want to ice them with confectioner's icing.

BREADS, ETC.

JAM-FILLED SWEET ROLL

Soften	1 cake yeast
In	½ cup lukewarm milk
Cream	1 cup butter
Add, one at a time	4 egg yolks

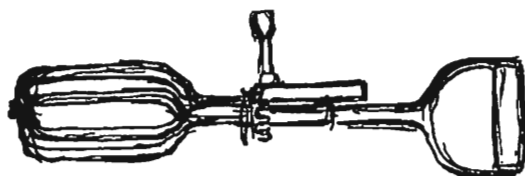
Add softened yeast.

Add	4 egg whites, stiffly beaten
	1 cup lukewarm milk
	½ cup sugar
	⅛ tsp. salt
	1 tsp. grated lemon rind
	4 cups sifted flour

Beat until dough is no longer sticky. Set in a warm place until doubled in bulk. Punch down. Drop by tablespoons on a floured board, roll each into a ball, then flatten to ½ inch thickness. Place on a greased baking pan, pressing down center of each.

Place in each depression	1 tbsp. jam
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Let rise until doubled in bulk. Bake in a hot oven (400° F) for 20 to 25 minutes.



BAKING POWDER DOUGHNUTS

Sift together	4 cups flour, sifted
	3 tsp. baking powder
	1 tsp. baking soda
	1 tsp. salt
	½ tsp. nutmeg
	½ tsp. cinnamon
	1 cup sugar
Cut in, until it looks like corn meal	½ cup shortening
Combine	3 eggs, beaten well
	1¼ cups buttermilk

Add flour mixture. Knead about two minutes. Divide dough in half. Roll out to ¼ inch thick. Cut with doughnut cutter. Fry in hot fat (370° to 380°) until brown. Drain on absorbent paper. Serve plain, sugared or glazed.

WAFFLES

- Beat 2 egg yolks
- Add 1 cup milk
- 4 tbsp. butter, melted
- Add, sifted together 1½ cups flour, sifted
- ¼ tsp. salt
- 3 tsp. baking powder

Beat with rotary beater until smooth.

- Fold in 2 egg whites, beaten
stiff

Bake in a hot waffle iron.

NOTE: If you wish to substitute buttermilk, add ½ tsp. soda and cut baking powder to 2 tsp.

SOUR CREAM WAFFLES

- Beat 1 egg yolk
- Add, beaten 1 cup sour cream
- Add, sifted together 1 cup flour, sifted
- ¼ tsp. salt
- ¼ tsp. soda
- 1 tbsp. corn meal
- ½ tbsp. sugar

Beat until smooth.

- Fold in 1 egg white, beaten
stiff

Bake in a hot waffle iron.

CORN MEAL GRIDDLE CAKES

- Combine in a bowl ⅔ cup corn meal
- 1 tbsp. sugar
- ½ tsp. salt
- Pour over 1 cup boiling water

Stir until thick.

- Add ¾ cup milk
- Beat in 2 eggs, beaten
- Add, sifted together 1 cup flour, sifted
- 1½ tsp. baking powder
- Stir 1 tbsp. butter, melted

Bake on greased griddle, turning to brown both sides.

BREADS, ETC.

GRIDDLE CAKES

Sift together in a bowl	1½ cups flour, sifted
	½ tsp. salt
	3 tsp. baking powder
	1 tbsp. sugar
	1 tbsp. corn meal
Beat well	2 eggs
Add, beating	1 cup milk
	2 tbsp. butter, melted

Add dry ingredients. Beat until smooth. Bake on greased griddle. When full of bubbles, turn to brown other side.

NEW YORK STATE FLAPJACKS

Separate	4 eggs
Mix the yolks with	2 tbsp. sugar
	½ tsp. salt
Sift in	2 cups flour
With	2 tsp. baking powder
Alternately with	2 cups milk
Stir in	6 tbsp. butter, melted
Fold in	6 egg whites, stiffly beaten

Fry flapjacks on a hot griddle. Serve hot with maple sugar.

BLUEBERRY GRIDDLE CAKES

Use recipe for Griddle Cakes.

Add to batter, washed and drained	½ cup blueberries
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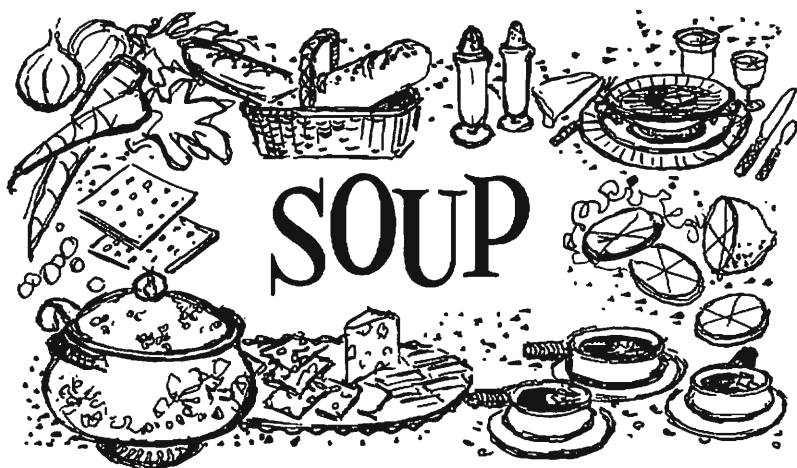
*Spread with butter, sprinkle with sugar, and roll.
Serve with sour cream.*

NOTE: If you wish to substitute sour milk or buttermilk, add ½ teaspoon soda and cut baking powder to 2 teaspoons.

BUCKWHEAT PANCAKES

Combine in a bowl	2 tbsp. salad oil
	1½ cups milk
	2 tbsp. brown sugar
Add, sifted together	1½ cup buckwheat flour
	½ cup flour
	5 tsp. baking powder
	½ tsp. salt

Beat well. Bake on greased griddle, turning to brown both sides.



ROBERTO'S BLACK BEAN SOUP

Pick over and wash **2 cups black beans**

Let soak overnight (Discard any beans which float on top). Put in a stone crock with a fitted cover.

Add **½ lb. lean salt pork**
¾ lb. raw lean shin
beef, cut in small
cubes

1 medium size carrot,
chopped

2 medium-sized onions

¼ tsp. powdered mace

1 tsp. salt

dash of cayenne

Pour over the above. **4 qts. cold water**

Cover crock and seal with double thick cheese cloth which has been wrung out of hot water and spread with flour. Immerse crock ⅔ deep in a pan of hot water and cook for 4½ to 5 hours without disturbing. Remove the seal and crock lid. Rub the contents through a fine sieve into a kettle. Taste and season. Bring mixture to the boiling point but do not boil. Turn soup into a heated tureen.

Add **3 hard-cooked eggs,**
sliced

2 thin slices of lemon

½ cup dry sherry

Serve with squares of hot corn bread.

SOUPS

BEAN SOUP WITH BACON

- Wash and soak overnight 1 cup navy beans
Place drained beans in kettle with 2 qts. water
Simmer for 2 hours.
In other sauce pan, sauté 3 slices bacon, diced
Cook until bacon is crisp. Remove bacon and reserve.
To fat in sauce pan add : 2 large onions, chopped
1 clove garlic, chopped
1 green pepper,
chopped
Cook until all are tender. Then add to kettle with beans.
With the following 1 cup tomatoes,
chopped
1 cup cabbage,
shredded
1 carrot, sliced
½ cup chopped celery
1 tbsp. parsley,
chopped
¼ tsp. thyme
1 bay leaf
To taste salt and pepper

Add the reserve bacon and simmer for 1 hour.



BOUILLON WITH SHERRY SOUP

- In a soup kettle put 6 cups beef bouillon
Add ¼ lb. chopped fresh
beef
2 raw chicken wings
Peel and chop 3 tomatoes
Add 1 egg white
1 tsp. salt
½ tsp. pepper

Cover and let simmer 2 hours. Strain through a sieve. Chill and serve in cups containing about 1 teaspoon sherry each. Serve cold.

MEXICAN BEAN SOUPWash and soak overnight **1½ cups kidney beans**Drain and place in soup kettle **6 cups water**

Bring to boil, then simmer, and add the following:

Melt together **1 tbsp. olive oil****1 tbsp. butter**Sauté in butter and oil together **½ cup carrots, chopped****½ cup celery, chopped****½ cup onions, chopped****1 clove garlic, minced***Cook until onions are golden.*Add to soup kettle **1 bay leaf**To taste **salt and pepper***Bring soup to boil and simmer gently for about 2 hours.*Add to this **½ cup stewed tomatoes****½ tsp. chili powder****1 tsp. oregano***Cook for another 30 minutes.*Before serving add **½ cup sherry***Stir and serve at once.***CHEDDAR SOUP**Melt in a sauce pan **2 tbsp. butter**Add, chopped very fine **¾ cup onion***Sauté onion until soft but not brown.*Stir in until smooth **2 tbsp. flour**Add together **1 cup dry white wine****1 can condensed beef****consomme****1½ cups cheddar****cheese, grated****1 tsp. salt****¼ tsp. pepper**Add a dash **cayenne pepper****1 tsp. Worcestershire****Sauce****1½ cups light cream***Cook over a low heat, stirring constantly,
until soup is hot and slightly thick.*

SOUPS

BLACK BEAN SOUP

- Wash and soak overnight **1 lb. black beans**
With **½ tsp. soda**
Drain and put in soup kettle with **2 qts. cold water**

Bring to boil and simmer 2 hours.

- In a skillet heat **½ cup olive oil**
Add and sauté together **3 onions, chopped**
3 cloves garlic,
chopped
½ green pepper,
chopped
4 strips bacon,
chopped
2 bay leaves

*Cook until onions are lightly browned.
Add the mixture to the soup.*

- Then add **½ cup sherry**
1 tbsp. vinegar
To taste **salt and pepper**

Cook at simmer for 1 hour. Set soup aside for 1 hour, then reheat. Serve with a side dish of chopped onions and cooked rice.



BELGINA GREEN SOUP

"This is very good soup."

- Melt in a large copper-clad sauce pan **2 tbsp. butter**
Add **¼ cup scallions, diced**
1 tbsp. parsley, minced
⅛ tsp. basil, dried
1 cup lettuce, shredded
½ cup spinach,
shredded

- Finely cut and add **1 bunch water cress**

Simmer, stirring occasionally, 10 minutes

- Add **3 cups chicken stock**
1 tsp. salt
⅛ tsp. pepper

Bring to boil. Simmer over low heat for 15 minutes.

- Add **½ cup heavy cream**

Bring to boil. Serve immediately.

ENGLISH CARROT SOUP

Melt in a copper-clad sauce pan **1 tbsp. butter**Add **1 tbsp. onion***Cook for 1 minute. Do not let onions brown.*Add **1 cup shredded raw
carrots**
**3½ cups chicken
bouillon***Bring to boil, simmer 5 minutes.*Add **½ tsp. salt**
½ tsp. pepper
**½ bunch water cress,
finely chopped***Bring to boil. Serve immediately.*

NEW ENGLAND CLAM CHOWDER

*First wash and steam 3 doz. soft shell clams in
3 cups of water. Strain and save clam juice.*

Dice and cook in sauce pan until golden

brown **½ lb. salt pork**Add all together **1½ cups onion, sliced**
6 cups potatoes, cubed
4½ tsp. salt
½ tsp. pepper
2 small bay leaves

Add the hard part of the clam chopped fine.

Add **3 cups boiling water***Bring to a boil, reduce heat, cover and cook gently
until potatoes are tender (15 to 20 minutes).*Add scalded **4 cups milk**Then put in **2 cups light cream**Add the soft part of the clams coarsely
chopped.Add **3 cups clam liquid**Blend together **3 tbsp. butter**With **2 tbsp. flour***Add to mixture and stir until smooth. Simmer 15 to 20 minutes.*

SOUPS

LOBSTER BISQUE

- Melt in a sauce pan **3 tbsp. butter**
Add, chopped very fine **¼ cup onions**
Sauté until soft but not brown.
Stir in until smooth **3 tbsp. flour**
Add together **1 cup milk**
1 can condensed
comsomme

Cook over low heat, stirring constantly, until soup is smooth and slightly thick, over simmer heat.

- Season with **1 tsp. salt**
¼ tsp. pepper
1 tbsp. Worcestershire
Sauce
⅛ tsp. cayenne pepper

- Remove and add all hard tissues, separate into flakes **1 small can lobster meat**

Simmer over low heat 15 to 20 minutes

- Add **2 tbsp. brandy**
½ cup light cream

Heat but do not boil, serve immediately.



LENTIL SOUP

- Soak overnight **1 ½ cup lentils**
Drain and put in soup kettle with **2 qts. water**
Adding **½ cup bacon, diced**
1 ham bone
1 large onion, chopped
1 carrot, sliced
½ cup celery, diced
1 bay leaf

Bring to boil and simmer for about 2 hours. Press through sieve, reheat and correct the seasoning to taste with salt and pepper. Garnish each serving with chopped chives and slices of lemon.

MANHATTAN CLAM CHOWDER

First wash and steam 2 doz. clams in three cups water. Strain and save the clam juice.

- Sauté together and cook until tender . . . ½ inch cube salt pork
1 clove minced garlic
1 cup onion, chopped
- Add to the above ½ cup green pepper, chopped
½ cup carrots, diced
¼ cup celery, chopped
3 cups potatoes, diced
2 tsp. salt
- Then add 6 cups boiling water

Cover and bring to a boil. Reduce heat and cook gently for 10 minutes. Remove any bits of shell from 2 dozen hard shell clams. Add the hard part only, chopped fine. Cook another 10 minutes.

- Add 1 cup drained tomatoes
1½ tsp. thyme
¼ tsp. pepper
½ cup parsley, chopped
1 bay leaf
1 tsp. Worcestershire Sauce
4 cloves
¼ cup tomato catsup

Now add the soft part of clams coarsely chopped.

- Add 3 cups clam liquid
- Blend together 1 tbsp. butter
- Add to mixture 1 tbsp. flour

Simmer 15 to 20 minutes.

QUICK CRAB BISQUE

- Combine in a sauce pan 1 can condensed tomato soup
1 can condensed green pea soup
1 can condensed consomme
- Add, mixing well, with 1 can milk
2 tbsp. sherry
- Now add 1 can crab meat

Simmer about 20 minutes. Do not boil.

SOUPS

MINESTRONE SOUP

- Cook about 10 minutes in salted water . . . **½ cup macaroni**
In another pan melt **2 tbsp. butter**
Sauté in butter **½ cup onion, chopped**
Cook until onions are golden.
Add together **1 can chick peas**
1 qt. water
4 chicken bouillon
cubes
¼ tsp. pepper
¼ tsp. thyme
2 tsp. kitchen bouquet

Add the cooked macaroni. Let simmer about 5 minutes.

- Then add **3 tbsp. tomato paste**

Simmer until ready to serve.

CREAM OF MUSHROOM SOUP

- Melt in sauce pan **3 tbsp. butter**
Sauté about 3 minutes **½ lb. thinly sliced**
mushroom caps
Add together **½ tsp. salt**
½ tsp. pepper
3 cups chicken stock

Bring mixture to boil and simmer for 10 minutes.

- Mix thoroughly together and add **2 egg yolks**
1 cup heavy cream

Then bring soup almost to the boil, stirring constantly.

- Add minced **2 tbsp. parsley**

Serve at once.

QUICK FRENCH ONION SOUP

- Melt in a soup kettle **3 tbsp. butter**
Add, sliced very thin **3 sweet onions**
Sprinkle with **1 tbsp. flour**

Stir while it simmers for 10 minutes.

- Add **2 cans beef consommé**

Let boil slowly until the onions are very tender. Take rye bread, sliced thin and toasted. Spread thickly on toast, Parmesan cheese. Melt under a hot broiler. Pour the soup into a hot bowl, cover with toast. Serve at once.

CHEF'S OYSTER STEW

Melt in a sauce pan	4 tbsp. butter
Add with their liquid	2 doz. oysters
	½ tsp. salt
	1 tsp. Worcestershire
Add a dash	red pepper
	Sauce

Cook until edges of oysters curl.

Heat in a separate sauce pan	2 cups milk
	2 cups light cream

Heat the above only until a film shimmers over the top. Don't boil. Combine hot milk, hot oysters and heat to very hot. Serve at once.

**PEA SOUP**

Wash and let soak overnight	2 cups dried peas
Drain, place in soup kettle with	2 quarts water
Add sliced	1 onion
With	2 tbsp. butter
	½ tsp. salt
	¼ tsp. pepper

Cover and boil slowly 3 to 4 hours or until peas are soft. Add more hot water if the liquid boils away quickly. Put through a sieve; reheat. Serve with a sprinkle of croutons on each.

**CHINESE PORK SOUP**

Cut lean meat from, finely diced.	2 thick pork chops
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Place in a copper-clad sauce pan.

Add	3 cups chicken bouillon
	¼ cup onions, sliced
	2 tbsp. celery, minced
	1 tbsp. Soy Sauce

Cover. Bring to boil. Cook over moderate heat 25 minutes.

Add, finely cut	1 bunch water cress
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Simmer 5 minutes. Correct seasoning. Serve immediately.

SOUPS

SHRIMP SALAD SOUP

"This is the most delicious cold soup."

Soften	3 oz. pkg. cream cheese
Add gradually	1½ cups chicken stock
Add	1 tsp. prepared mustard
	¾ cup cooked shrimp, diced
Finely dice and add	½ cup unpeeled cucumber
Add, coarsely cut	½ bunch water cress
Stir in, mixing lightly	½ cup sour cream

Chill. Serve cold.

VEGETABLE PUREE SOUP

Pare and slice	8 potatoes ¼ inch thick
Also	6 carrots ¼ inch thick
In a soup kettle place with vegetables	2 tbsp. butter
	1 tsp. salt
	¼ tsp. pepper
	¼ cup onion, chopped
	½ cup celery leaves
Cover with	2 qts. hot water

Bring to boil, then cover and let simmer 2 hours.

Strain, pressing the potatoes and carrots to a puree.

Reheat to boiling. Serve at once.

VEGETABLE WITH SAUSAGE SOUP

Wash and soak overnight	1 cup white beans
Place beans in soup kettle with	2 quarts water
Add cleaned with tips off and strings removed	½ lb. string beans
Wash and chop	1 small cabbage
	3 small carrots
	2 small turnips
Season with	1½ tsp. salt
	¾ tsp. pepper

Cover and bring slowly to boiling and let simmer 1½ hours.

Add together	6 small smoked link sausages
	6 medium potatoes, peeled and cubed

Boil 30 minutes longer. Do not strain this soup.



BEEF AND RICE CHOWDER

Place in a deep sauce pan	1 lb. ground beef
To taste	salt and pepper
Add	1 cup beef stock

Heat until all redness has left meat.

Add	1 cup diced carrots
	1 cup diced potatoes
	2 cups tomatoes,
	cooked
	½ cup onions, sliced
	3 cups beef stock

Simmer until vegetables are tender.

Add	1 pkg. pre-cooked rice
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Cook until rice is just tender. Cover, keep hot until ready to serve.

SOUPS

CREAM OF POTATO SOUP

- Melt in a soup kettle **2 tbsp. butter**
Add and stew gently, 15 minutes **2 onions, sliced thin**
Add, peeled and sliced thin **4 medium potatoes**
Cover with **2 cups water**

Cook gently until tender. Drain, saving one cup of the water.

Put the vegetables through a strainer.

- Make a roux of **2 tbsp. butter**
2 tbsp. flour
Add **1 cup potato water**
To taste **salt and pepper**
Stir in **3 cups scalded milk**

Beat with an egg beater for several minutes.

- Add together, chopped **1 tbsp. parsley**
1 tbsp. chives

*Heat a few minutes over low heat, then serve.
You can chill and serve next day as Vichysoisse.*



HERB TOMATO SOUP

- Place in a soup kettle **1½ qt. (6 cups) tomato juice**
Add **1¼ cups tomato puree**
3 tbsp. sugar
5 cloves
¼ cups onion, minced
2 cups beef bouillon or
2 bouillon cubes in
2 cups hot water
1¼ tsp. salt
⅛ tsp. mixed herbs
1 tsp. Worcestershire
Sauce
½ tsp. lemon juice

*The herbs can be marjoram, thyme, crushed bay leaf.
Bring to boil, stirring occasionally. Simmer 5 minutes.
Serve with lemon slices.*



The wisest way to cook an egg is . . . as little as possible. It will repay you with tenderness. An egg is more co-operative at room temperature. Salt toughens it, so season last thing. Never boil an egg. Coddling gets infinitely better results. There are literally hundreds of ways to cook and use eggs. Here are a few:

To fry: Low, low heat, small amount of fat. Stiff brown lace edges impair flavor and toughen. Best way is to slide egg into gently bubbling butter, cover and turn heat to simmer. Cook 3 to 5 minutes. This way, you never have to turn the egg.

To coddle: Put egg in cold water, bring to a boil slowly. Turn off heat at the instant water boils. For soft egg, let stand two minutes. For hard, 20 minutes. Always best to put hard egg in cold water to prevent discoloration.

To poach: I always use an egg poacher. Heat water, put in rack. Place small amount of butter in each cup, put in egg, cover and simmer from 3 to 5 minutes. (The way you like them.)

To shirr: Beat whites until peaked. Heap in buttered shirring dish. Drop yolk into depression made with a spoon. Bake 10 minutes in a moderate oven (350° F). Season with salt, pepper, paprika.

To bake: Break eggs into a shallow buttered baking dish; add 1 tablespoon of cream for each egg and dot with butter. Season with salt and pepper. Cover and bake in a slow moderate oven (325° F) for 20 to 25 minutes or until firm.

To scramble: Beat several eggs lightly with a fork. Add 1 tablespoon of water for each egg. (Some like to use milk or cream, but in scrambles or omelets I always use water; it makes them fluffier.) Pour into a frying pan in which you have melted butter over low heat. When edges thicken, stir gently. Serve while still moist. Add onions, ham bits, bacon, tomato, cheese, mushroom, fish paste, or almost anything you like.

EGGS

POACHED EGGS A LA REINE

- Melt **3 tbsp. butter**
Sauté until tender **½ cup mushrooms,**
sliced
Add **1 tbsp. shallots,**
chopped

Cook about 3 minutes.

- Add **2 tbsp. flour**
When blended, add **1 cup light cream**
2 tbsp. sherry wine
salt and pepper

Cook slowly until smooth and thickened, stirring constantly.

- Add (cut up or grated) **½ cup American cheese**
Stir until melted. Remove from heat.

- Poach **4 eggs**

Place on round pieces of toast and cover with cheese sauce.

- Sprinkle with **parmesan cheese**

Place under a broiler, until cheese is browned. Garnish with cooked asparagus and sprigs of parsley.

EGG COMMODORE

- Remove crust from **8 slices bread**

Cut 1 inch circle in center of each.

- Fry in a large skillet in **3 tbsp. butter**

Turn only once. Transfer to warm serving plates. Fill center with mashed liver sausage.

- Top with **8 poached eggs**

Pour over eggs, rich hot Bechamel sauce or Mornay sauce. (See SAUCES)

EGGS FLORENTINE

- Cook and drain **3 lbs. spinach**

Spread spinach in a shallow baking dish.

- Place on top **4 poached eggs**

- Cover with **2 cups Mornay sauce**

- Sprinkle top with **parmesan cheese**

Brown well under the broiler. Serve very hot.

FRENCH OMELETTE

To make two-egg omelet, use 8 in. copper bottom skillet. For more than two eggs, use 10 in. skillet. Use 1 tablespoon of water for each egg. Let's use 6 eggs, 3 tablespoons butter. Heat butter in 10 in. skillet. Beat eggs lightly with a fork. Pour in heated butter. Cook over low heat. When edges set, lift the egg mixture with a spatula to let the uncooked part run underneath, until the omelet is cooked through. Fold or roll. Use what you like for the center. (Here is where jelly or preserves are excellent for that something "special".) For fluffy omelet, beat whites and yolks separately, fold together, pour into buttered skillet, let bottom cook over low heat, browning top under low flame in broiler.

MUSHROOM OMELETTE

Just before folding omelette, add ½ cup mushrooms,
sautéed
 To taste salt and pepper

Fold omelette.

OMELETTE FLORENTINE

Just before folding omelette, add 4 tbsp. cooked spinach
 Sprinkle with 2 tbsp. parmesan
cheese

Fold omelette.

OMELET, CAMP STYLE

Sauté 2 slices bacon, diced
 Add 1 small onion, minced
1 small cooked potato,
chopped fine
 When onions are tender, add ¼ cup grated Swiss
cheese
½ tsp. parsley, minced
 To taste salt and pepper
 Beat and add together 4 eggs
4 tbsp. cream

Allow to cook over low heat until set. Turn with a spatula.

EGGS

SPANISH OMELETTE

Heat	3 tbsp. olive oil
Sauté until tender	½ cup onions, chopped
	½ cup green peppers, chopped
	2 cups tomatoes
	1 tbsp. parsley, chopped
To taste	salt and pepper

Simmer for 30 minutes.

Just before folding omelette, add ½ cup Spanish sauce
Fold omelette. Cover with sauce. (Enough for two omelettes.)

COTTAGE CHEESE OMELET

Break into a bowl	2 eggs
Add	2 tbsp. cottage cheese
	1 tbsp. heavy cream
	salt and pepper

Beat with a fork.

Heat in an 8 in. skillet 1 tbsp. butter

Add eggs to skillet. As edges begin to set, lift it slightly with spatula to let uncooked portion flow underneath and cook.

As soon as top part is dry, add 2 tbsp. cottage cheese

Fold or roll. Serve immediately.

CHICKEN LIVER OMELET

Dip	4 chicken livers
In	a little milk
Roll in this mixture	½ cup fine crumbs
	3 tbsp. flour
Fry until golden brown in	2 tbsp. butter
being careful not to get butter too hot.	
When chicken livers are browned, add . .	2 strips grilled bacon
	2 eggs, slightly beaten
With	1 tbsp. water
To taste	salt and pepper

Cook until eggs set. Fold like an omelet or serve in circular shape on heated plate with french fried potatoes.

EGGS A LA BENEDICT

Poach	4 eggs
Fry, about size of English muffins	4 round slices ham
Split, toast and butter	2 English muffins

Place toasted English muffins in center of hot plate. Place ham on muffin, then poached egg. Cover each with Hollandaise sauce.

SCRAMBLED EGGS SPANISH

Garnish scrambled eggs with Spanish sauce. Sprinkle with parmesan cheese and chopped parsley.

FRIED EGG IN A TOAD-HOLE

With a biscuit cutter, cut hole in	8 slices bread
Heat in a large skillet	3 tbsp. butter
Put in bread. Slip into hole	8 eggs
One for each hole. Season	salt and pepper

When bread is browned on bottom, turn and cook desired firmness. Serve with fried yams.

SHRIMP EGG FOO YEUNG

"At a restaurant show in Syracuse, New York, I served this very recipe. It was the hit of the show. Serve with brown sauce."

Beat well in a mixing bowl	6 eggs
Add	1 tsp. salt
	1/8 tsp. pepper
Add, well drained	1 No. 2 can bean sprouts
	2 tbsp. green pepper, chopped
	1/2 cup green onions, chopped
	1/2 cup celery, chopped
	1 cup cooked shrimp, chopped
	1 small can mushrooms, sliced (drained)

Melt fat (about 1 tablespoon) in a small 6 inch skillet. For each cake pour out a half cup of mixture into skillet. Brown on both sides, turning only once. About 5 minutes is required to cook each cake. (Serve with Chinese Brown Sauce.) See SAUCES.

EGGS

BAKED EGGS WITH CHEESE

- Beat with a fork until light **4 eggs**
Add **3 cups milk**
2 cups cheddar cheese, grated
2 cups soft bread crumbs
1 tsp. salt
1 tbsp. parsley, minced
1 tbsp. Worcestershire sauce

Pour into a greased 1½ qt. casserole; set dish in a pan containing an inch of hot water. Bake in a moderate oven (350° F) until firm. Garnish with parsley.

SCRAMBLED EGGS WITH DRIED BEEF

- Melt in a skillet **2 tbsp. butter**
Add, broken in small pieces **¼ lb. dried beef**
Fry a few minutes.

- Add beaten **4 eggs**
Scramble eggs into beef. Don't cook very long or eggs will be too hard.



EGGS HUNTER'S STYLE

- Fry in a skillet **4 slices bacon, diced**
When browned, drain bacon. Remove all but 3 tbsp. fat.
Add **6 chicken livers, cut in half**
1 tbsp. onion, chopped

Sauté for about 5 minutes.

- Stir in **2 tbsp. tomato paste**
8 tbsp. water

Simmer for 5 minutes.

- Add **½ cup dry white wine**
bacon from above

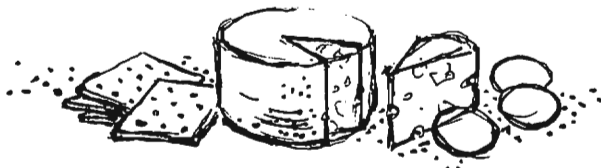
Cook for 5 minutes longer.

- Break over mixture **6 eggs**
Turn heat very low. Cover. Cook about 3 minutes or until whites are firm. Salt to taste.

EGG CUTLETS

- Have ready **1½ cups thick white sauce**
- Add **8 hard-cooked eggs, chopped**
- dash of cayenne**
- 1 tsp. lemon juice**
- 1 tbsp. onion juice**
- 1 tbsp. parsley, chopped**
- Blend in **2 egg yolks, beaten**

Stir and cook for a few minutes. Chill. Form into cutlets, dip in beaten egg. Roll in fine bread crumbs. Fry in butter until golden brown.

**EGGS, SWISS CHEESE**

- In an individual oven plate, melt **1 tsp. butter**
- Break in **2 eggs**
- Cook over a low heat for 1 minute.*
- Cover each egg with **1 thin slice Swiss cheese**
- Pour over **¼ cup hot heavy cream**

Bake in a moderate oven (350° F) until eggs are set and the cheese is melted.

EGGS AU GRATIN

- In an individual oven plate, melt **1 tsp. butter**
- Break in **2 eggs**
- Cook over a low heat for 1 minute.*
- Pour over **¼ cup hot heavy cream**
- Sprinkle generously with **bread crumbs**
- parmesan cheese**
- dot with butter**

Bake in a moderate oven (350° F) until eggs are set and the crumbs and cheese are brown.

EGGS

EGGS AND FISH IN CREAM SAUCE

Have ready	2 cups medium cream sauce
Stir in and heat	½ cup parmesan cheese dash of Worcestershire sauce
	pinch of cayenne ½ tsp. paprika
Add	3 hard-cooked eggs, sliced 1 cup flaked cooked fish

Place in individual baking dishes.

Top with	buttered bread crumbs
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Bake in a moderate oven (350° F) until browned. Serve very hot.

EGGS A LA RUSSE

Cut in half lengthwise	6 hard-cooked eggs
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Place cut side down in a serving dish. Cover with Russian dressing. Sprinkle with chopped parsley.

COTTAGE CHEESE EGGS

Sauté, cut in thin strips	¼ lb. dried beef
In	2 tbsp. butter
Add	¼ cup mushrooms, sliced 4 tbsp. scallions, chopped

Cook until onions are tender, stirring constantly.

Beat well	6 eggs
Add and beat together	½ cup cottage cheese

When very smooth, add to dried beef mixture.

Stir in	½ cup tomatoes, chopped 1 tsp. chili powder
To taste	salt and pepper

Cook, stirring frequently, until mixture has the consistency of soft scrambled eggs. Serve immediately over toasted English muffins.

CREAMED EGGS AND ONIONS

Have ready	2 cups medium cream sauce
Add	½ cup parboiled onions, chopped
To taste	salt and white pepper
Stir in	6 hard-cooked eggs, sliced

Place in a baking dish.

Sprinkle with **parmesan cheese**

Bake in a hot oven (400° F) until browned.

BAKED EGGS IN CHICKEN SAUCE

Have ready	2 cups thick cream sauce
Add	1½ cups minced cooked chicken
	½ cup celery, minced
	½ cup onions, minced

Spread in a shallow baking dish. Hollow out four impressions.

Drop in **4 eggs**

Bake in a moderate oven (350° F) until eggs are set.

EGGS FLORENTINE

Wash	2 qts. spinach
Place in a sauce pan with	½ cup water
	½ tsp. salt
	¼ tsp. pepper

Cover. Cook until tender. Drain.

Stir in **4 tbsp. butter**

Arrange on platter.

Cover with **8 hard-cooked eggs,
sliced**

Cover with **1 cup Mornay sauce**

Sprinkle with **¼ cup parmesan cheese**

Place under broiler until top is nice and browned. Serve hot.

EGGS

STUFFED CURRIED EGGS

Prepare **6 hard-cooked eggs**

Cool, cut in half, remove yolks and mash them.

Add **¾ tsp. dry mustard**
2 tsp. vinegar
2 tsp. Worcestershire
sauce
3 tbsp. mayonnaise

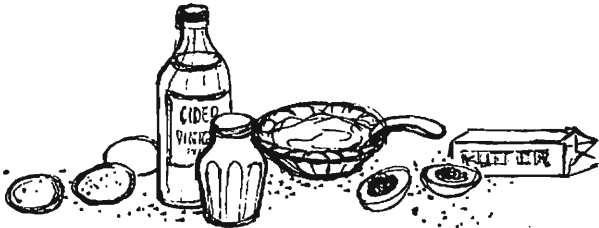
Mix well and stuff into egg whites. Place them in a shallow baking dish.

Melt in a copper-clad sauce pan **2 tbsp. butter**

Stir in **2 tbsp. flour**
1 tsp. currie powder

Stir in slowly **1 cup milk**

Cook until thick and pour over stuffed egg whites. Sprinkle with parmesan cheese. Bake in a slow oven (300° F) for 20 minutes.



DEVEILED EGGS IN MORNAY SAUCE

Cut in half lengthwise **8 hard-cooked eggs**

Remove yolks.

Mash yolks with **2 tbsp. mayonnaise**
1 tsp. vinegar
1 tsp. prepared mustard
½ tsp. Worcestershire
sauce
¼ tsp. salt
dash of pepper

Stuff the egg whites. Place the halves in a baking dish or in individual buttered casseroles.

Add **2 cups Mornay sauce**

Sprinkle with **parmesan cheese**

Place in a hot oven (400° F) until browned.

EGGS GOLDENROD

Have ready	2 cups medium cream sauce
To taste	salt and pepper pinch of thyme
Add	8 hard-cooked egg whites, chopped

*Stirring frequently, cook for 5 minutes. Pour
mixture over 8 slices buttered toast.*

Cover with	8 hard-cooked egg yolks that have been riced
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Heat in oven. Serve at once.

DEVEILED EGGS

Slice in half crosswise	4 hard-cooked eggs
<i>Remove yolks. Mash.</i>	
Add to yolks	1 tsp. prepared mustard 4 tsp. chili sauce ¼ tsp. chili powder 1 tsp. onion, grated 2 tbsp. mayonnaise
To taste	salt

Mix well. Stuff the centers of hard-cooked egg whites.

SHRIMP AND EGG CASSEROLE

Have ready	2 cups Bechamel sauce
Stir in	1 tsp. curry powder ½ cup heavy cream
To taste	salt and pepper
Add	2 cups cooked shrimp 3 hard-cooked eggs, sliced

Pour into a casserole dish.

Sprinkle with	parmesan cheese
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Place in a hot oven (400° F) until browned.

MACARONI, ETC.



NOODLES (Homemade)

Sift on a pastry board **3 cups flour, sifted**
Stir in **3 eggs, beaten lightly**

Work the dough until it is stiff and elastic. Add more flour if necessary. Divide dough in three parts. Roll each part as thinly as possible on a lightly floured board. Let dry for 20 minutes. Cut into strips of any width. Drop into boiling salted water. Cook about 8 minutes. Drain. Serve with butter and lots of grated parmesan cheese.

BUTTERED NOODLES

Cook, drain and place in a bowl **1 lb. homemade or
pkg. noodles**
Add **½ cup melted butter**
With **½ cup parmesan
cheese**

Toss thoroughly.

NOODLES ROMANOFF

Have ready **2 cups cooked noodles**
Add **1 cup cottage cheese**
1 cup sour cream
1 tbsp. onions, minced
¼ tsp. garlic salt
**1 tsp. Worcestershire
sauce**
½ tsp. salt
dash of tobasco

Mix together gently. Pour into a greased casserole. Sprinkle with parmesan cheese. Bake in a moderate oven (350° F) for 40 minutes. Serve hot.

TOMATOES STUFFED WITH MACARONI AND CHEESE

Scoop out pulp and juice of **4 large firm tomatoes**
Sprinkle inside with **salt**

Cook in a sauce pan, as package directs
¾ cup elbow macaroni. Drain.

In a sauce pan, melt **1 tbsp. butter**
Blend in **1 tbsp. flour**
Add **1 cup milk**
½ tsp. salt
dash of pepper
2 tbsp. cheese, grated
In each tomato, place **1 tbsp. butter**

Fill with macaroni. Sprinkle with bread crumbs.

Mixed with **1 tbsp. cheese, grated**

Place tomatoes in baking dish. Place in a moderate oven (375° F) for 20 minutes.



FRIED RICE

Fry until slightly brown **2 slices bacon, diced**
Remove bacon.

Add **3 eggs, slightly beaten**
Cook until eggs are set.

Add **3 cups cooked rice**
Fry 5 minutes, stirring constantly.

Add **1 cup cooked shrimp, diced**
2 tbsp. green onions, diced fine
½ cup canned bean sprouts, diced
½ cup mushrooms, sliced, canned
3 tbsp. Soy sauce
½ tsp. m.s.g.

To taste **salt and pepper**

Add cooked bacon. Mix well. Simmer for 10 minutes.

MACARONI, ETC.

BAKED LASAGNE

Heat	¼ cup olive oil
Fry until tender, but not browned	1 large onion, chopped 1 clove garlic, minced 6 sprigs parsley, chopped
Add	1 No. 2½ can (3½ cups) tomatoes 1 small can tomato paste
	2 bay leaves 1 tsp. salt 1 tsp. pepper 1 tsp. m.s.g. 1 tsp. oregano

Stir in, mix well	½ cup water
Break in small pieces, add	1 lb. ground beef

Cover, cook, stirring occasionally, for 45 minutes.

Cook	1 lb. lasagne noodles
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as package directs, stirring occasionally.

Drain, separating noodles. Now put a layer of noodles on the bottom of baking dish; pour over enough tomato sauce to cover noodles.

Over noodles spread ⅓ of	1 lb. ricotta cheese
Over cheese place in slices, ½ of	½ lb. mozzarella cheese
Sprinkle over mozzarella ½ of	½ cup grated parmesan

Keep repeating, ending with tomato sauce. Top with slices of mozzarella cheese. Bake in a moderate oven (350° F) for 40 to 50 minutes.

CHICKEN PILAF

In a sauce pan, sauté	1 onion, chopped
In	1 tbsp. butter

Cook only until onions are tender. Do not brown.

Add, and stir a few minutes	1 cup rice
To taste	salt and pepper
Add	3 cups chicken broth

Bring to a boil, stir a few minutes. Reduce heat. Cover and cook slowly until all broth is absorbed. Will take about 30 minutes.

NORA'S DROP DUMPLINGS

- Sift dry ingredients together **2 cups flour**
4 tsp. baking powder
½ tsp. salt
- Work in, using pastry cutter **2 tsp. butter**
- Add gradually **¾ cup milk**

Use pastry cutter for mixing. Drop from spoon into hot liquid. Let boil for 10 minutes with cover on.

CHEESE-MACARONI RAREBIT

"Use a chafing dish for this one."

- Heat in top part of chafing dish **1 tsp. butter**
- Add **¾ cup cold cooked macaroni, chopped fine**
- Blend in **1 cup cheese, grated**
2 eggs, well beaten
- To taste **salt and pepper**

Cook until set. Serve with toast.

MACARONI AND BEANS ITALIAN

- Soak over night **1½ cups dried beans**
- Drain, place in a sauce pan, with **2 qts. water**

Cook until beans are tender. Save one cup bean liquid.

- To taste **salt**
- Heat in a sauce pan **4 tbsp. olive oil**
- Add, cook over low heat, for 3 minutes . . . **1 sprig rosemary**
- Remove rosemary, add to oil **3 cloves garlic, minced**
1 tbsp. parsley, chopped

Brown garlic lightly over low heat.

- Stir in, cook a few minutes **1 tbsp. flour**
- Add **2 tbsp. tomato paste**
- Add cooked beans
- Add **1 cup bean liquid**

Bring to boil.

- Add **½ lb. macaroni**

Cook only until macaroni is barely tender. Serve hot, with lots of parmesan cheese.

MACARONI, ETC.

SPAGHETTI WITH CLAM SAUCE

Boil spaghetti according to directions on package.

Serve with clam sauce as follows:

- Melt in a sauce pan **4 tbsp. butter**
4 tbsp. olive oil
Add **2 cloves garlic, minced**
4 tbsp. shallots, minced

Sauté over low heat until shallots begin to color. Do not brown.

- Add **1½ cup clam juice**

Simmer 5 minutes.

- Stir in **2 cups minced clams**
½ cup parsley, chopped

Bring to a boil. Serve with spaghetti. Have plenty of parmesan cheese, grated, on hand.



SPAGHETTI AND MEATBALLS

"This is the best I've ever eaten."

Meat Sauce

- Chop in small pieces **¼ lb. salt pork**
Cut in good sized chunks **½ lb. beef, chuck**

Heat salt pork in a large skillet.

- Add **2 cloves garlic, minced**

Cook until browned. Add chunks of beef. Brown.

- Pour in **½ cup white wine**

Simmer 10 minutes.

- Add to taste **salt and pepper**
1 tbsp. parsley, minced
¼ tsp. diced basil

- Stir in **1 No. 2½ can tomatoes**
1 4 oz. can tomato
paste
¼ cup water

Simmer for 30 minutes. Add meatballs. Simmer for 1 hour. Stir occasionally. Serve with spaghetti. Lots of grated parmesan cheese. Serve with savory salad.

MACARONI, ETC.

ITALIAN SPAGHETTI

Heat in a skillet	3 tbsp. olive oil
Add, cook until brown	1 lb. ground beef
Add	1 No. 2½ can tomatoes (3½ cups)
	3 cloves garlic, chopped
	1 bay leaf
	1 tsp. oregano
	1 tsp. parsley, chopped
	1 tsp. salt
	¼ tsp. pepper

*Simmer for 1 hour. Pour over hot cooked spaghetti.
Serve with lots of parmesan cheese.*



CHEF'S HOT SPAGHETTI, CHICKEN AU GRATIN

Have ready	2 cups cheese sauce
	1 lb. sliced cooked chicken
	½ lb. (before cooked) spaghetti

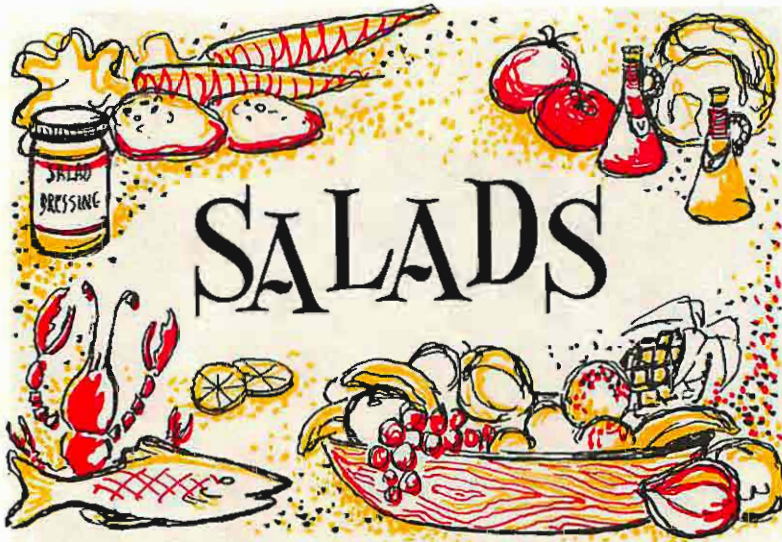
Place on bottom of large baking dish, enough toasted bread to cover. Place over toast, slices of chicken. Over chicken place spaghetti, cover with cheese sauce. Sprinkle with grated parmesan cheese. Bake in a moderate oven (350° F) for 20 to 30 minutes or until hot and bubbly.

SPAGHETTI MARINARA WITH SHRIMP

I was asked to try this one day while eating at the Savoy Restaurant, Rome, N.Y. I liked it so well, here's the way I make it.

Have ready	4 cups hot marinara sauce (see Sauces)
Add, heat through	1 lb. cooked and cleaned shrimp
Pour sauce and shrimp over	1 lb. (before cooked) cooked, drained spaghetti

Serve hot, with lots of parmesan cheese, grated.

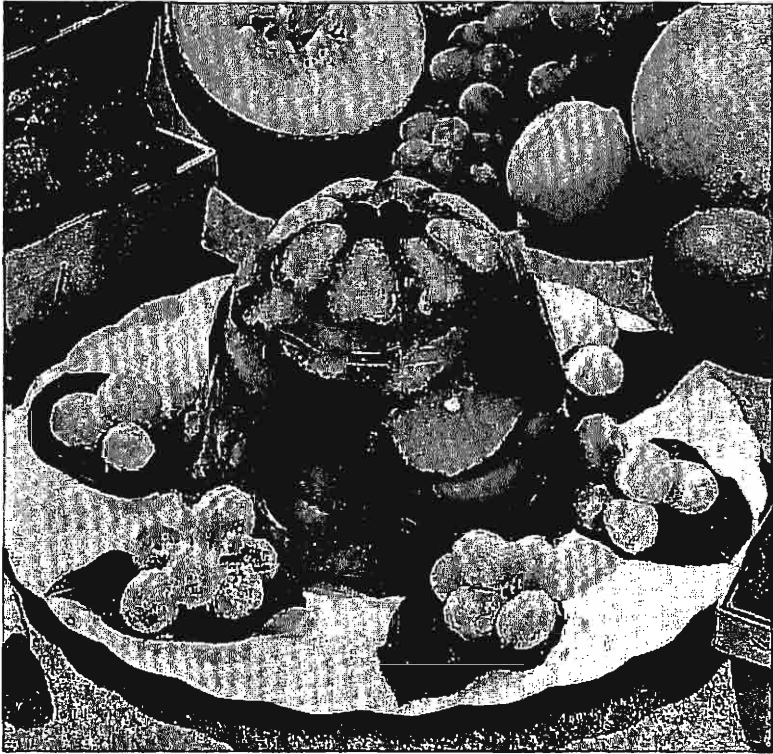


SALADS

MOLDED CRABMEAT SALAD

Soften for 5 minutes	2 envelopes unflavored gelatine
In	½ cup cold water
Add	½ cup boiling water
Stir in	½ cup sherry wine
Add	1 (8 oz.) can tomato sauce
	2 tbsp. lemon juice
<i>Chill until mixture begins to thicken.</i>	
Add	1 cup mayonnaise
<i>Beat until well blended.</i>	
Add	½ tsp. Worcestershire Sauce
	1 tsp. onion, minced
To taste	salt and pepper
Fold in	1 cup flaked cooked crabmeat
Add	4 hard-cooked eggs, chopped
	½ cup celery, chopped
	3 tbsp. parsley, minced

Pour mixture into an oiled mold, chill until firm. When ready to serve, unmold on crisp salad greens. Good with French dressing.



FRESH FRUIT SALAD

Sprinkle	1 envelope unflavored gelatine
Over, to soften	½ cup cold water
Add, dissolve thoroughly	1 cup very hot water
Add, mix well	½ cup sugar
	¼ tsp. salt
	¼ cup lemon juice

Chill until the consistency of unbeaten egg white.

Fold in	1 cup sliced strawberries
	½ cup blueberries
	½ cup grapefruit sections

Turn into large or individual molds; chill until firm. Serve with Poppy seed dressing.

FROZEN FRUIT SALAD 1

Sieve	1½ cups creamed cottage cheese
Blend in	⅓ cup mayonnaise 2 tbsp. sugar
When well-blended, add	1 cup pineapple, diced 1 cup orange, peeled, diced ¼ cup maraschino cherries, chopped 1 tbsp. cherry juice ¾ cup pecans, chopped

Mix well. Freeze in refrigerator at coldest temperature until solid.

**PINEAPPLE CHEESE LIME MOLD**

Pour	1 cup hot water
Over	1 pkg. lime jello
Add, beat until thoroughly dissolved	1 pkg. cream cheese
Stir in, beat well	1 cup pineapple juice
Add	1 cup pineapple, crushed

Pour into individual molds. Serve on lettuce.

**FROZEN FRUIT SALAD 2**

Mix together	2 3 oz. pkg. cream cheese 1 tsp. salt ½ cup mayonnaise juice of 1 lemon ½ cup pineapple, crushed 2 bananas, sliced ½ cup pecans, chopped ¼ cup maraschino cherries, sliced
Fold in, whipped	1 cup whipping cream

Pour into freezing tray. When frozen, serve in slices on crisp lettuce leaves. Garnish with fresh fruits.

SALADS

FRUIT AND VEGETABLE SALAD

Bring to a boil **1½ cups water**

Remove from heat.

Stir in until dissolved **1 pkg. lemon gelatine**

Allow to cool.

Drain **1 cup shredded
pineapple**

Add **½ cup celery, chopped**

Grate raw, to make **½ cup carrots**

Add pineapple, celery, carrots to gelatine mixture. Pour into individual molds. Chill. Serve on lettuce with creamed mayonnaise.

STRING BEAN SALAD

Cut tips off, wash thoroughly **1 lb. string beans**

Place in a sauce pan, cover with **2 qts. water**

Add **1 clove garlic, minced
1 tsp. salt**

Bring to boil. Cook 20 minutes or until tender.

Drain. Cut beans in half. Place in a salad bowl.

Add **4 tbsp. vinegar
2 tbsp. olive oil
2 tbsp. fresh or dry
mint**

Toss. Chill about 30 minutes.

FRENCH GREEN BEAN SALAD

Toss and chill for two hours **2 lbs. cooked French
green beans**

In **½ cup olive oil
6 tbsp. wine vinegar**

To taste **salt and pepper
2 onions, minced**

Before serving, add **8 bacon slices, cooked
and crumbled**

Combine and spoon over beans **4 eggs, hardcooked,
chopped
6 tbsp. mayonnaise
4 tsp. vinegar
2 tsp. prepared
mustard**

Serve cold. Good on picnics.

GERMAN POTATO SALAD

Fry until crisp 6 slices bacon, diced

Pour off surplus drippings.

Add, hot, cooked 4 potatoes, sliced
1 onion, thinly sliced

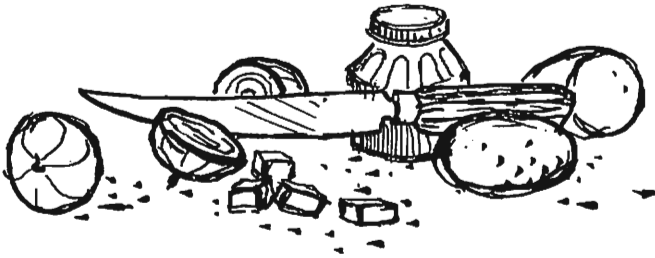
Sprinkle over 2 tbsp. sugar
2 tsp. salt
1 tsp. prepared mustard

Stir in ½ tsp. pepper
½ cup vinegar
2 tbsp. water

Heat thoroughly.

Sprinkle with 2 tbsp. parsley,
chopped

Serve hot.



ALMOND CABBAGE SALAD

Combine together ½ cup almonds,
blanched, roasted
chopped

2 cups cabbage,
shredded

½ cup pineapple,
crushed

Beat until stiff ¼ cup heavy cream

With 1 tsp. lemon juice

Add 2 tbsp. salad dressing
½ tsp. salt
dash of cayenne

Pour over cabbage. Toss lightly.

SALADS

COLE SLAW

Slice very thin into shreds about

3 or 4 inches long **1 medium head**
cabbage

Chill well.

Mix together **1 cup sour cream**
¼ cup wine vinegar
½ cup sugar
¾ tsp. salt

Let stand 20 minutes. Pour over shredded cabbage.

COLD POTATO SALAD

Mix in a bowl **3 cups potatoes,**
cooked and diced

Sprinkle over **2 tbsp. mild vinegar**

Let stand a few minutes.

Add **2 eggs, hard-cooked,**
sliced
½ cup onions, chopped
½ cup celery, chopped
1 cucumber, peeled
and diced
¼ cup parsley,
chopped

Sprinkle over **½ tsp. dill seeds**
dash of Worcestershire
Sauce

To taste **salt and pepper**
dash of cayenne

Sprinkle **1 tbsp. lemon juice**

Mix in well **¾ cup mayonnaise**

Serve cold.

POTATO-ENDIVE SALAD

Wash and dry **2 heads endive**

Place leaves in center of salad bowl.

Add, cut into quarters lengthwise **4 hard-cooked eggs**
2 cups boiled potatoes,
sliced
½ cup French dressing

Pour over. You may toss if you wish.

CHEF'S CAESAR SALAD

- Sauté until very crisp **3 slices lean salt pork**
Drain on paper towels. Reserve.
- Rub a salad bowl with **1 clove garlic, cut in
half**
- Tear into bowl in medium sized pcs. **2 heads chilled
Romaine**
- Sprinkle with **¼ tsp. dry mustard
¼ tsp. black pepper
½ tsp. salt
½ cup Parmesan
cheese, grated**
- Add **8 tbsp. olive oil
juice of 2 lemons**
- Break on greens **2 eggs, raw**
- Toss enough to mix thoroughly. Before
serving, add salt pork crumbled.*

**SAVOY TOMATO SALAD**

"Here's a simple salad, but delicious."

- Cube home-grown **tomatoes**
- Add **scallion, chopped
garlic, chopped
oregano**
- Sprinkle with a little **fresh green pepper
dried black olives
a little salt**
- Toss with only **olive oil**

TOMATO RING SALAD

- Blanch and peel about **4 large firm tomatoes**
Chill well. Cut 1½ inch thick slices of tomato. Drain on paper towels.
- Sieve yolk and white separately **4 hard-cooked eggs**
*Spread tomato rings thinly with very tart mayonnaise. Sprinkle
outside edge with sieved egg yolk, then with egg white. Center
with tablespoon of caviar and sprinkle with lemon juice.*

SALADS

ARMENIAN SALAD

Into a large bowl put	4 tbsp. salad oil
	2 tbsp. wine vinegar
Add, in order	1 onion, sliced thin
	1 cucumber, halved and sliced but not peeled
	2 tomatoes cut in eighths
	1 head of lettuce, cut in cubes
	½ cup parsley, chopped
	salt and pepper to taste

Toss lightly together.

GARDEN SALAD

"This is always good."

Use equal parts of chilled greens	lettuce
	water cress
	small spinach leaves
	cucumber slices
	green onions
	green pepper

*Break all into bite-sized pieces. Rub
salad bowl with split clove garlic.*

Sprinkle with	salt
	freshly ground pepper
Toss lightly with	French dressing
Garnish with sections of	tomato

CHEF'S SALAD BOWL

Break in a salad bowl	2 cups lettuce, shredded
	1 cup chicory, shredded
Add	1 cup celery, diced
	1 cucumber, sliced
	1 cup Swiss cheese, finely shredded
	1 egg, hard cooked, finely chopped
Add and toss lightly	½ cup French dressing
Garnish with, cut in wedges	4 tomatoes
To taste	salt and pepper

SUPER SALAD BOWL

- Rub a salad bowl with 1 clove garlic, cut in
half
- Tear into bowl 1 small head lettuce
- Add 2 cups spinach,
chopped
- 6 radishes, sliced
- Arrange, cut in wedges 3 tomatoes
- Add, cut in sticks 2 small carrots
- Add, broken in small flowerettes ½ head cauliflower
- Pour over all ½ cup French dressing
- Top with, sliced in thin rings 1 medium onion

Chill. Serve cold.

HAM VEGETABLE SALAD

- Dice into ¾ inch pieces 1½ lbs. sliced ham
- Add 1½ cups carrots,
cooked, diced
- 2 cups green lima
beans, cooked
- 1 cup celery, diced
- ½ cup green pepper,
diced
- ½ cup onions, minced
- 1 cup salad dressing

*Toss together lightly. Chill. Serve on lettuce.
Garnish with hard-cooked eggs.*

CURRIED CHICKEN SALAD

- Cook according to package directions ½ cup rice. Cool thoroughly.*
- Combine with rice ½ cup onions, chopped
 - 1 tbsp. vinegar
 - 2 tbsp. salad oil
 - 1 tsp. curry powder

Chill for several hours.

- Toss together lightly with 2 cups chicken, cooked
and cubed
- 1 cup celery, chopped
- ½ cup green peppers,
chopped
- ¾ cup salad dressing
- ½ tsp. salt
- dash of cayenne

Serve in crisp lettuce cups.

SALADS

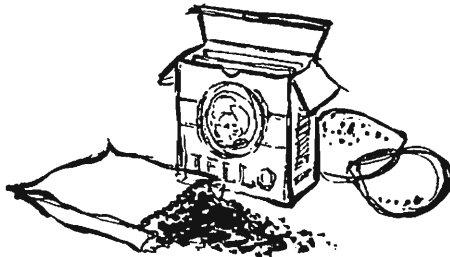
PERFECTION SALAD

Combine together **1 cup cabbage,**
chopped
2 cups celery, chopped
2 pimientos, chopped
2 green peppers,
chopped

Chill

Soak **3 tbsp. gelatine**
 In **½ cup cold water**
 Bring to boil **2 cups water**
Stir in gelatine mixture. Stir until dissolved.
 Add **½ cup sugar**
½ cup mild vinegar
2 tbsp. lemon juice
1 tsp. salt

*Cool until it begins to set. Add vegetables. Turn into molds.
 Serve on lettuce. Dress with mayonnaise on top.*



SPINACH-BACON SALAD

Add **2 cloves garlic,**
quartered
 To **¾ cup bleu cheese**
dressing

Refrigerate for about two hours. Remove garlic.

Fry over low heat **8 bacon slices**

Drain and crumble.

Tear into pieces in salad bowl. **1 lb. young fresh**
spinach
 Sprinkle with **3 eggs, hard boiled,**
chopped

Add bacon. Pour dressing over spinach. Toss just before serving.

CANNED MEAT SUPPER SALAD

- Marinate, cut in thin cubes **2 cups canned meat**
- In **½ cup French dressing**
- Add **2 cups cooked**
macaroni
- 1 cup celery, sliced**
- ½ cup cucumber, diced**
- 2 eggs, hard-cooked,**
diced
- ½ green pepper, diced**
- 2 tbsp. onion, grated**
- 2 tbsp. parsley,**
chopped

Moisten with French dressing. Serve in a salad bowl lined with lettuce. Put a garnish in the center of the bowl with a radish rose, tomatoes, carrot slices and parsley. Serve cold.

MEAL-IN-ONE SALAD BOWL

- Rub a salad bowl well with **1 clove garlic, cut in**
half
- Shred into bowl **1 small head lettuce**
1 small bunch chicory
- Toss with **¼ cup French dressing**
- Add, that's been marinated in **¼ cup French dressing**
1 cup celery, cut in
julienne strips
1 cup ham, slivered
1 cup chicken, slivered
1 cup Swiss cheese,
slivered
1 cup peas, cooked

Toss well.

- Sprinkle with **1 egg, hard cooked,**
minced
- Garnish with **2 tomatoes**
cut in wedges

AVOCADO SHRIMP SALAD

- Peel **½ avocado, for each**
serving

Fill with shrimp salad. Top with roquefort cheese dressing. Garnish with hard-cooked eggs and celery sticks.

SALADS

MOULDED FISH SALAD

- Bone and break into $\frac{1}{2}$ in. cubes **1½ lbs. cold boiled halibut**
- Soak **1 tbsp. gelatine**
- In **½ cup cold fish stock**
- Add, boiling, stir until dissolved **1½ cups fish stock**

Let cool.

- As mixture begins to thicken, add **¾ cup mayonnaise**

Beat until frothy.

- Fold in **2 cups heavy cream, whipped**
1 large cucumber, grated

Stir in lightly the cubed halibut. Pour into mold. Refrigerate to congeal. Serve with good French Dressing.

LOBSTER SALAD

- Combine **1 cup cooked lobster meat**
- With **½ cup celery, diced**

Add enough mayonnaise to moisten. Serve on salad greens.

CHICKEN AND LOBSTER SALAD

- Remove meat from bones **½ cooked chicken**
1 lb. lobster meat

Cut up into small pieces.

- Pour over **2 tbsp. lemon juice**

Let stand 30 minutes.

- Mix in **1 cup cooked peas**
1 tbsp. parsley, chopped
6 green olives, chopped

- Add **¾ cup mayonnaise**
¼ cup oil

- Season with **salt and pepper**
dash of cayenne

Mix well. Serve on lettuce or use as stuffing for tomatoes.

BELGIAN ENDIVE SALAD

- Cut up the heads of **6 Belgian Endives**
 Rub a salad bowl with **1 clove garlic, cut in**
half
 Add, cut in quarters **2 large tomatoes**
 Season with **olive oil**
wine vinegar
salt
dash Worcestershire
sauce

Toss well. Serve with cheese croutons.

SHRIMP SALAD

- Boil **2 lbs. fresh or thawed**
shrimp
 In **water to cover**
 Season with **salt**
mixed spices
lemon juice

*Boil 5 minutes. Remove shrimp, peel and clean.
 Dice shrimp in bite size.*

- Combine with shrimp **2 cups celery, diced**
4 eggs, hard cooked,
diced
1½ cups mayonnaise
1 tbsp. lemon juice

*Mix all together. Garnish with tomatoes, ripe olives
 and carrot sticks. Serve with 1000 Island Dressing.*

GINGER ALE SALAD

- Dissolve **1 3 oz. pkg. lemon**
flavored gelatine
 In **1 cup hot ginger ale**
 Add **dash of salt**
¼ tsp. paprika

Cool.

- Add **1 cup cold ginger ale**

Chill till partially set.

- Stir in **1 8 or 9 oz. can fruit**
cocktail, drained
½ cup almonds,
slivered

Pour into 1 quart mold. Chill till firm.

SALADS

CHEF'S DRESSING

Combine together $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{4}$ cup salad oil

Beat until thoroughly blended.

Add, beating well 1 tsp. salt
1 tsp. dry mustard
 $\frac{1}{8}$ tsp. cayenne
2 tsp. Worcestershire
Sauce
3 tbsp. catsup

Add slowly, beating thoroughly $\frac{1}{2}$ cup wine vinegar

Shake well before serving.



RUSSIAN DRESSING

Combine together 1 cup mayonnaise
3 tbsp. chili sauce
1 tsp. onion, minced
 $\frac{1}{2}$ tsp. lemon juice

Chill and serve over tossed salad or salad greens.

SEAFOOD DRESSING

Combine together $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup chili sauce

Add 2 tbsp. onions, minced
3 small sweet pickles,
minced
2 tbsp. celery, minced
2 tbsp. parsley, minced
1 tsp. Worcestershire
Sauce
1 tsp. horseradish
 $\frac{1}{4}$ tsp. paprika

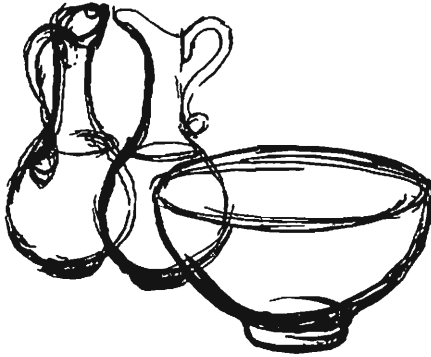
Mix well. Serve on seafood salad.

SALADS

FRENCH DRESSING A LA PARMESAN

- Combine $\frac{1}{2}$ cup olive oil
1 clove garlic, minced
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{4}$ tsp. dry mustard
 $\frac{1}{4}$ cup wine vinegar
 $\frac{1}{4}$ cup grated
Parmesan cheese

Mix well. Chill. Serve over mixed green salad.



LORENZO DRESSING

- To 1 cup French dressing
Add, finely chopped $\frac{1}{2}$ cup water cress
2 tbsp. chili sauce

Mix well. Serve over tossed salads.

HOME MADE MAYONNAISE

“Use an electric blender.”

- Pour into blender $\frac{1}{4}$ cup salad oil
Add 2 tbsp. vinegar
2 egg yolks
 $\frac{1}{2}$ tsp. dry mustard
1 tsp. salt

Blend for 20 seconds.

- Add $\frac{3}{4}$ cup salad oil

Blend for 20 seconds. Store, covered, in the refrigerator until needed.

SALADS

ROQUEFORT DRESSING

Mash until softened	½ lb. Roquefort cheese
Add	2 tbsp. lemon juice
	1 tbsp. salad oil
	¼ cup mayonnaise
	2 tbsp. chives, chopped
	3 drops Worcestershire Sauce
	dash of tobasco

Beat until fluffy. Serve with tossed salad or on salad greens.

PIQUANT DRESSING

Have ready	1 cup mayonnaise
Add	4 tbsp. catsup
	2 tbsp. horseradish
	2 tbsp. pickle relish
	dash of Tabasco sauce

Mix together to blend all ingredients well.

POPPY SEED DRESSING

"Here's one I know you will like."

Add to a mixing bowl	2 tbsp. honey
	3 tbsp. sugar
	½ tsp. salt
	¾ tsp. onion juice
	⅓ cup white wine vinegar

Beat together thoroughly.

Add very slowly while beating	1 cup salad oil
Blend in	1 tbsp. poppy seed

Store in covered jar. Make sure to add poppy seeds last. Serve with Fruit Salad or Molded Salad.

SOUR CREAM DRESSING

Combine together	1 cup sour cream
	2 tbsp. lemon juice
	1 tbsp. sugar
	1 tsp. salt
	dash of cayenne
	1 tsp. onion, grated

Beat until smooth. Sour cream should hold its shape. Very good on cole slaw, mixed greens.



TIPS ON VEGETABLE COOKING

You should first select a sauce pan (with a cover) to cook the amount of vegetable that you wish to prepare. A sauce pan with a snug fitting cover will do a good job of cooking vegetables the waterless way. Waterless cooking means cooking vegetables in less water than normally used. You may, if you wish, use only what water clings to the vegetables after they have been washed, or you may add a half cup. I have always preferred to add the half cup.

When cooking vegetables the waterless way, always start with medium heat. As soon as steam begins to escape from around the cover, turn your burner as low as possible. Try to keep from removing the cover unnecessarily.

Chef's waterless cooking gives you the fresh, bright color, the good texture . . . and the natural flavor of vegetables cooked the waterless way is sufficient recommendation for using this method. Cooking this way also gives you the added advantage of retaining the maximum amounts of minerals and vitamins and being able to serve the vegetables at their appetizing best.

Chef's waterless way of cooking vegetables in small amounts of water results in very little liquid being left after cooking. If there is any liquid left, it should not be discarded but should be used in either a sauce for the vegetables or, later, in soup, gravy or sauce.

VEGETABLES



SHOP WISELY . . . Select the vegetables you need carefully, making sure they are free from blemishes and signs of decay. Buy only enough fresh vegetables for one or two days.

STORE CAREFULLY . . . Perishable vegetables (lettuce, celery, tomatoes, etc.) should be kept in food bags in the “crisper” section of your refrigerator. Less perishable items (potatoes, onions, beets, etc.) should be kept in a cool, dry, well-ventilated place. Keep pod vegetables (peas, beans) unshelled in your refrigerator until just before cooking time.

PREPARE PROPERLY . . . Always wash thoroughly just before cooking. If possible, cook vegetables in their skins. Precious vitamins and minerals are next to the skin and are lost in thick parings.

COOK CORRECTLY . . . Cook only until tender and crisp. Do not over cook. Cooking times vary with the age and freshness of vegetables, so keep close track. Most important . . . select a sauce pan with a snug fitting cover. For fresh, bright color, natural flavor and good texture, I recommend “Chef’s Waterless Cooking.”

WATERLESS COOKING means cooking vegetables in less water than normally used. You may if you wish use only that water which clings to the vegetables after they have been washed. I prefer adding just a half cup. Start with medium heat. As soon as steam begins to escape from around the cover . . . turn heat to as low as possible. Avoid removing the cover unnecessarily. If there is any liquid left after the vegetables are cooked, save it to use in gravy or sauces, for it contains precious minerals and vitamins. A tight fitting, covered sauce pan enables you to steam cook with little water which in turn preserves the nutrients in the vegetables. Vegetables cooked the “waterless” way also retain their original color, making them more appetizing.

FROZEN VEGETABLES . . . Good brands keep the color, flavor and tenderness of garden fresh vegetables. Nutritional losses are slight because they are picked at the peak of quality and frozen immediately. Follow the cooking directions on the package. Frozen vegetables should be partially defrosted and broken into small pieces to cook uniformly.

TIMETABLE FOR COOKING VEGETABLES

VEGETABLES	Amount for 4	COOKING TIME	COMMENTS
ARTICHOKES	four	45-50 min. Add slice of lemon to water	Serve with melted butter and lemon.
ASPARAGUS	2 lbs.	20-25 min.	Break off tough ends. Lay stalks crisscross.
BEANS (Wax or Green)	1 lb.	30-35 min. (whole)	Add a small whole onion to water.
BEANS (Lima)	3 lbs.	40-45 min.	
BEETS	2 lbs.	40-50 min. (whole) Cook longer if old	Remove tops only. Peel after cooking.
BROCCOLI	2½ lbs.	25-30 min.	Slice stems.
BRUSSELS SPROUTS	1 lb.	15-20 min.	Slice.
CABBAGE (Red)	1-2 lbs.	10-15 min.	Shred before cooking.
CABBAGE	1-2 lbs.	15-20 min.	Quarter before cooking. Also try baking at 350° 35-40 min.

TIMETABLE FOR COOKING VEGETABLES (Continued)			
VEGETABLES	Amount for 4	COOKING TIME	COMMENTS
CARROTS	1 lb.	25-30 min. (whole) 20-25 min. (sliced)	
CAULIFLOWER	3 lbs.	15-20 min. (sliced) 25-30 min. (whole)	Break into flowerettes.
CORN ON COB	8 ears	15-20 min.	
EGGPLANT	one	10-15 min.	Peel and cube.
GREENS (Mild) (Strong)	1½-2 lbs.	8-10 min. 10-15 min.	
KOHLRABI	six	15-20 min.	
OKRA	1 lb.	10-15 min.	Also see recipe for Fried Okra.
ONIONS	1½ lbs.	20-30 min.	Whole, medium sized.
PARSNIPS	1½ lbs.	25-30 min. (cut) 30-35 min. (whole)	Peel. Cut in half lengthwise.

TIMETABLE FOR COOKING VEGETABLES (Continued)

VEGETABLES	Amount for 4	COOKING TIME	COMMENTS
PEAS	2 lbs.	20-25 min.	
PEPPERS (Green)	four	Parboil whole 5 min. then sauté Bake 350° 25-30 min.	Whole, stuffed and baked. Cut in slivers or rings.
POTATOES (White)	2 lbs.	Boil 25-30 min. Boil 35-40 min. Bake at 400° 40-45 min.	Small, whole. Large, halved. Whole.
POTATOES (Sweet)	1½-2 lbs.	Boil 25-30 min. (halved) Bake at 350° 50-60 min.	Boil with skins on. Peel after cooking.
PUMPKIN		35-40 min. (sliced)	Seed, pare, cut in 2" pieces.
RUTABAGAS	2 lbs.	30-35 min. (sliced)	Pare, cut in 2" pieces.
SQUASH (Summer)	2 lbs.	20-30 min. (sliced)	Cut in ½" slices.
SQUASH (Hubbard) (Acorn)	two	25-35 min. Bake 350° 50-60 min.	Cut in cubes. Cut in half.
TURNIPS	2 lbs.	25-30 min. 35-40 min.	Cut in cubes. Cut in half.

VEGETABLES

ARTICHOKES WITH HOLLANDAISE SAUCE

Wash, trim and score hearts **3 artichokes, French
Globe**

Cook in a sauce pan with **½ cup water**

Cook about 45 minutes, with cover on.

Melt over hot water in double boiler . . . **¼ cup butter**

Add **½ tsp. salt
dash of cayenne
pepper**

Remove inset from double boiler.

Add, beating at high speed. **2 egg yolks**

Beat until yolks are thick.

Add **¼ cup butter
1 tbsp. lemon juice**

Replace over hot water and beat only until sauce is hot. (There should be no heat under the double boiler.)



ASPARAGUS TIPS, HOLLANDAISE SAUCE

Wash and snap tough parts from. **1 lb. asparagus**

Large ends may be used in soup.

Cook asparagus in **½ cup water**

until tender (with cover on).

Keep hot while you make the Hollandaise sauce from the above recipe.

PARMESAN ASPARAGUS

Cook in very little water. **1½ lbs. large
asparagus spears**

When cooked, drain.

Beat **1 egg**

Season with **salt and pepper**

Dip asparagus in egg mixture.

Roll in **1 cup fine bread crumbs
¼ cup Parmesan cheese**

Melt in skillet. **4 tbsp. butter**

Fry asparagus until golden brown. Serve with lemon wedges.

VEGETABLES

BROCCOLI, VINEGAR SAUCE

Cook in a sauce pan	2 bunches broccoli
With	½ cup water
Cook with cover on until tender.	
Combine together	1 tsp. salt
	¼ tsp. pepper
	1½ tsp. sugar
	¼ tsp. paprika
	1 tbsp. tarragon
	vinegar
	2 tbsp. cider vinegar
	6 tbsp. butter
	1 tbsp. chives, chopped
	1 tbsp. capers, chopped
	1 tbsp. cucumber
	pickles, chopped

Heat the above, then pour over the hot cooked broccoli. Serve very hot

BRUSSELS SPROUTS DE LUXE

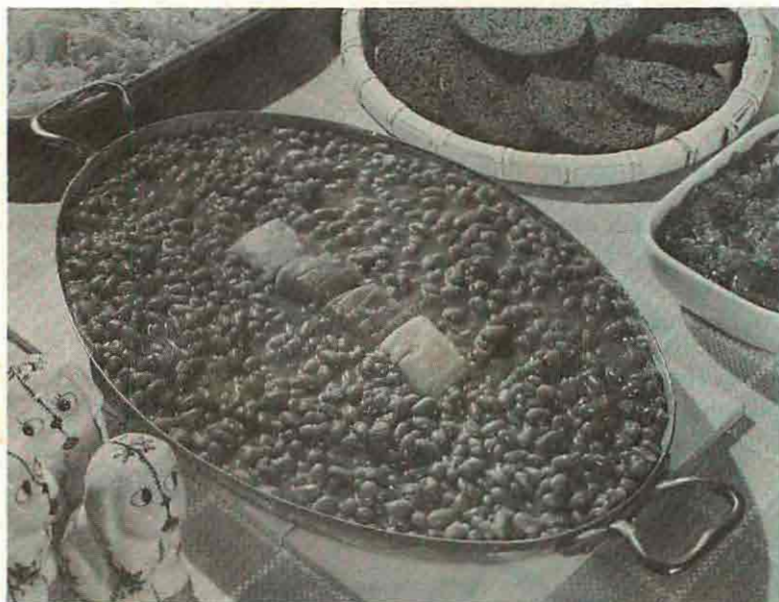
Cook in a sauce pan	2 lbs. brussels sprouts
With	½ cup water
Cook with cover on until tender.	
Sauté	2 slices bacon, diced
In	2 tbsp. butter
Cook until bacon is browned.	
Add	2 tbsp. parsley,
	chopped
	1 tbsp. chives, chopped

Mix all well. Pour over hot cooked brussels sprouts.

CABBAGE WITH BUTTER SAUCE

Cook in a sauce pan	1 head cabbage,
	quartered
With	½ cup water
Cook with cover on until tender. Keep hot.	
Melt	½ cup butter
Add	2 tbsp. lemon juice
	1tbsp. parsely, minced

Mix well. Pour over hot cooked cabbage.



BAKED BEANS

Wash and soak overnight. **1 box pea beans**

Drain and pick over beans.

Place beans in a sauce pan. Cover with water.

Add **2 large onions,**
chopped

1 tsp. salt

½ tsp. pepper

¼ tsp. ginger

Cook until tender. Add water during cooking, if needed.

When tender, add **½ cup sugar**
½ lb. bacon, chopped

Place in a baking dish.

Sprinkle with **2 tbsp. brown sugar**

Place on top **4 slices bacon**

Bake in a moderate oven (350° F) for 1½ hours.

VEGETABLES

CREAM OF CABBAGE

Cook in a sauce pan **1 large head cabbage,
chopped fine**

With **½ cup water
½ tsp. salt**

Cook with cover on until tender. Drain
all liquid from cabbage.

While cooking, make sauce.

Melt in top of double boiler **3 tbsp. butter**

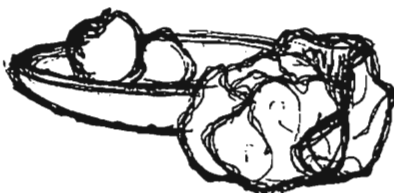
Blend in **3 tbsp. flour**

Add gradually **2 cups milk
½ cup cream**

Cook, stirring constantly, until thick.

Season to taste. **salt and pepper**

*Pour over hot cooked cabbage. Mix well. Put mixture into a
baking dish. Cover with buttered bread crumbs. Dot with butter.
Bake in a moderate oven (350°) for 15 minutes or until browned.*



FRENCH CABBAGE SLAW

Cook in a sauce pan **1 large head cabbage,
chopped fine**

With **½ cup water
½ tsp. salt**

Cook with cover on until tender. Keep hot.

Drain all liquid from cabbage.

Mix together in double boiler **1 tbsp. flour
⅓ cup vinegar
1 tsp. mustard
1 tsp. sugar
½ tsp. salt
¼ tsp. pepper**

Beat until smooth.

Add **1 cup boiling water**

With **1 tbsp. butter**

*Cook over hot water until smooth and thick.
Pour over hot cooked cabbage. Serve hot.*

CABBAGE — GERMAN STYLE

Cut in thin slices **1 large head cabbage**

Let soak in cold water to cover for 20 minutes.

Drain all liquid from cabbage. Place in a sauce pan.

To cabbage add **2 tbsp. water**
4 tbsp. butter
1 tsp. salt
½ cup onions, chopped
dash of cayenne
dash of nutmeg

Cook with cover on until tender.

Add **4 tbsp. vinegar**
1 tbsp. sugar

Cook 5 minutes longer. Serve hot.

CABBAGE — LEMON SAUCE

Cook in a sauce pan **1 large head cabbage,**
quartered

With **½ cup water**
½ tsp. salt

Cook with cover on until tender. Keep hot.

Drain all liquid from cabbage. Make sauce.

Melt in top of double boiler **3 tbsp. butter**

Blend in **3 tbsp. flour**

Add gradually **2 cups milk**

Juice of **1 lemon**

Grated rind of. **1 lemon**

Cook, stirring constantly, until thick.

Season to taste. **salt and pepper**

Pour over hot cooked cabbage. Serve over buttered toast.

CARROTS WITH GINGER

Cook in a sauce pan **8 carrots, sliced**

With **½ cup water**

Cook with cover on until tender.

Melt **¼ cup butter**

Add **½ tsp. ground ginger**

½ tsp. parsley, chopped

Heat. Mix well. Pour over hot cooked carrots.

CAULIFLOWER POLONAISE

- Cook in a sauce pan **1 medium head cauli-
flower flowerettes**
- With **½ cup water
salt to taste**
- Cook with cover on until tender.
- Melt **¼ cup butter**
- Add and mix **¼ cup bread crumbs**

Place cooked cauliflower in a baking dish. Cover with butter and bread crumb mixture. Place in a moderate oven (350°) only until the bread crumbs are slightly browned.



CORN DE LUXE

- Cook in a sauce pan **2 cups corn,
whole kernel**
- With **½ cup water**
- Cook for 5 minutes with cover on.
- Blanch and add **1 green pepper,
chopped**
- Season to taste **salt and pepper**
- Cover and cook for 5 minutes.
- Add **¼ cup pimento,
chopped**
- 2 tbsp. butter**

Heat. Serve hot.

ESCALLOPED CORN

- Place in the bottom of baking dish a layer (part of) **2 cups corn,
whole kernel**
- Over this sprinkle. **salt and pepper**
- Pour over **1 tbsp. butter**
- Cover with **bread crumbs**
- Repeat this until all corn is used, ending with bread crumbs.
- Add **1 cup cream**

Bake in a moderate oven at 350° F for 30 minutes. Serve hot.

VEGETABLES

BAKED CORN ON COB

- Husk, remove silk, use **1 ear fresh corn per person**
- Spread each ear with **soft butter**
- Sprinkle with **salt and pepper**

Wrap each ear in aluminum foil. Bake in a slow moderate oven (350° F) for 30 minutes. Corn on the cob cooked this way is far better than boiled.

FRESH CORN OYSTERS

- Grate from fresh corn on cobs. **2 cups corn**
- To corn pulp, add **3 eggs, well beaten**
- 1½ cups flour**
- 1 tsp. salt**
- ½ tsp. pepper**
- 1 tsp. baking powder**

Mix all ingredients well. Drop by teaspoon into ¼ inch hot fat. Brown. Serve hot. (If you wish, you may use canned corn (whole.) Drain enough to make two cups. Use ½ tsp. salt, ¼ tsp. pepper.)

CORN — CLAM — TOMATO CASSEROLE

- Fry until crisp. **4 strips bacon, diced**
- Remove bacon to casserole dish.
- Add to bacon fat. **½ cup onion, chopped**
- ¼ cup green pepper, chopped**
- Cook until tender. Don't let onion brown.
- Add **1 No. 2 can tomatoes**
- 1 tbsp. brown sugar**
- ½ tsp. chili powder**
- 1 tsp. salt**
- ½ tsp. pepper**
- Let simmer about 15 minutes.
- Stir in, drained **1 No. 2 can corn**
- (whole kernel)**
- Remove to casserole dish.
- Add **1 can minced clams,**
- drained**
- Mix ingredients well.
- Cover with **½ cup bread crumbs**
- 1 cup cheese, grated**

Bake uncovered in a moderate oven (350° F) for 30 minutes. Serve hot. Take this on your next picnic.

CORN PUDDING

- Beat until lemon color 2 egg yolks
- Add 2 cups corn, whole kernel
- Melt 2 tbsp. butter
1 tsp. sugar
1 tsp. salt
1/8 tsp. pepper
- Stir in gradually 2 cups hot milk
- Add, chopped fine 1 bunch water cress
- Fold in, beaten stiff but not dry 2 egg whites
- Pour mixture into a baking dish.
- Top with 1/4 cup bread crumbs

Bake in a slow oven (325°) until firm, about 1 hour. Serve hot.

CREAMED ENDIVES

- Wash and drain 2 lbs. endives
- Arrange in a sauce pan side by side.
- Sprinkle with salt, pepper, nutmeg
- Add 1/2 cup water

Cover, boil endives over simmer heat for 30 to 40 minutes. While cooking, make this sauce in double boiler.

- Melt 1 tbsp. butter
- Stir in 1 tbsp. flour
- Add 1 cup milk
- When a little thick, add. 2 tbsp. cheese, grated
1/2 tsp. salt
dash white pepper

Arrange endives on warm serving dish. Sprinkle with a few drops of lemon juice. Pour sauce over endives.

BAKED EGGPLANT WITH TOMATO SAUCE

- Cut in rounds 3/4 inch thick. 1 large eggplant
- Season each slice with salt and pepper
- Dip each slice in 2 eggs, well beaten
- Then roll in 1/2 cup almonds,
chopped fine
- Sauté over low heat in 6 tbsp. butter

When browned, place in a baking dish. Cover with tomato sauce and bake in a moderately hot oven (375°) for about 30 minutes or until eggplant is tender.

VEGETABLES

EGGPLANT PATTY (This can be used as an Entree)

Cook in a sauce pan **1 large eggplant,**
peeled and cubed

With **½ cup water**
½ tsp. salt

Cook with cover on until tender. Do not overcook.

Drain all liquid from eggplant. Mash as you would potatoes.

Add and mix well. **2 eggs, beaten**
1 cup cracker crumbs

If more cracker crumbs are needed, add enough so you can form into patties for frying.

Form eggplant mixture into patties.

Fry in **6 tbsp. fat**

Drain on paper toweling. Serve with tomato sauce.

EGGPLANT SOUFFLE

Cook in a sauce pan **1 large or 2 small egg-**
plants, peeled and cut
into cubes

With **½ cup water**
½ tsp. salt

Cook with cover on until tender. Do not overcook. Drain all liquid from eggplant. Mash as you would potatoes.

Add **2 tbsp. butter, melted**
½ cup bread crumbs

Soaked in **½ cup milk**

Mix in well **3 egg yolks, beaten**

Add **¼ tsp. onion salt**
pepper to taste

Mix the above well.

Add and drain **1 small can**
mushrooms, sliced

Cool this mixture.

Fold in **3 egg whites, beaten**
stiff but not dry

Pour into a buttered souffle dish. Sprinkle with buttered bread crumbs and almonds chopped fine. Bake in a hot oven (400° F.) for 30 minutes or until puffy, and golden brown.

KOHLRABI WITH CREAM SAUCE

Cook in a saucè pan **1 lb. kohlrabi, pared
and cubed**

With **½ cup water
½ tsp. salt**

Cook with cover on until tender.

Drain all liquid from kohlrabi.

Make sauce.

Melt **2 tbsp. butter**

Stir in **2 tbsp. flour**

Add gradually **1½ cups milk
½ cup cream**

Cook, stirring constantly, until sauce begins to thicken.

Add, beaten well **2 egg yolks
½ tsp. salt
⅛ tsp. pepper**

Stir until sauce is smooth. Pour over hot cooked kohlrabi. Serve hot.

SAUTEED MUSHROOMS 1

(May be served in a chafing dish)

Clean and peel **1 lb. fresh mushrooms**

Sauté about 10 minutes in **3 tbsp. salad oil**

Add **3 shallots (chopped)
1 clove garlic, minced**

Cook about 3 minutes longer. Remove to hot dish. Sprinkle with parsley. Pour over hot oil, shallots and garlic.

Season with **salt and pepper**

SAUTEED MUSHROOMS 2

Sauté **1 lb. fresh mushrooms,
peeled and cleaned**

In **4 tbsp. butter**

Cook about 15 minutes or until mushrooms are tender.

Add **1 clove garlic, minced**

To taste **salt and pepper
2 shallots, chopped**

Cook another five minutes. Serve with steak or on toast.

VEGETABLES

ONION IN CHEESE-MUSHROOM SAUCE

- Cook in a sauce pan **10 small onions, whole**
With **½ cup water**
Cook with cover on until tender.
Drain all liquid from onions.
Make sauce.
Sauté until tender. **½ lb. fresh mushrooms,
sliced**
In **2 tbsp. butter**
Blend in **2 tbsp. flour**
Add gradually **1 cup milk**
Cook, stirring constantly, until thick.
Season to taste **salt and pepper**
Add **½ cup grated cheese
(Sharp American or
Parmesan)**

*Cook until cheese is melted and the sauce smooth.
Pour over hot cooked onions. Serve hot.*

FRENCH FRIED ONION RINGS

- Skin and slice crosswise $\frac{1}{4}$ inch **4 large yellow onions**
Separate the rings from each slice.
Mix together **2 egg yolks, beaten
½ cup milk**
Stir in **¾ cup flour
½ tsp. salt**

*Dip individual rings into batter a few at a time. Fry in deep fat at
395° until golden brown. Drain on absorbent paper. Serve hot.*



BRAISED ONIONS

- Slice $\frac{1}{8}$ inch thick **2 large onions**
Sauté over low heat in **4 tbsp. butter**
Sprinkle with **½ tsp. salt**

*Cook until onions are tender. Do not let onions
brown. Serve with hamburg steak or liver.*

FRIED OKRA

Cut in cubes, $\frac{1}{4}$ inch thick	1 lb. fresh okra
Sprinkle with	salt and pepper
Dip okra in.	2 eggs, beaten
Roll in	bread crumbs
Fry in	6 tbsp. butter

Cook until okra is browned and tender.

FRENCH FRIED PARSNIPS

Cook in a sauce pan	10 medium parsnips, scraped
With	$\frac{1}{2}$ cup water $\frac{1}{2}$ tsp. salt

Cook with cover on until tender.

Cut cooked parsnips in strips. Dip in batter.

Mix	1 cup flour $\frac{1}{4}$ tsp. salt
Stir in	$\frac{1}{2}$ cup milk 2 egg yolks, beaten

Beat until smooth.

Add	2 tbsp. oil
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Mix well. Dip a few strips at a time. Fry in deep fat at 395° until golden brown. Serve hot.

PEAS AND CARROTS SAUCE DE LUXE

Cook in a sauce pan	1 cup fresh peas 1 cup fresh carrots, cubed small $\frac{1}{4}$ cup onions, chopped
With	$\frac{1}{2}$ cup water $\frac{1}{2}$ tsp. salt

Cook with cover on until tender.

Drain all liquid from peas and carrots.

Melt in top of double boiler	1 tbsp. butter
Blend in	1 tbsp. flour
Add gradually	$\frac{3}{4}$ cup milk

Cook, stirring constantly, until thick.

Season to taste.	salt and pepper
Stir in	$\frac{1}{4}$ cup mayonnaise

Heat. Pour over hot cooked vegetables. Serve hot.

VEGETABLES

PEAS WITH HERB

Cook in a sauce pan **1 lb. fresh peas**
With **½ cup water**
½ tsp. salt
a few leaves of lettuce

Cook with cover on until tender.

Drain all liquid from peas.

Add **2 tbsp. butter**
1 tsp. thyme,
powdered

Mix well. Serve hot.

FRIED PEAS WITH MEAT

Thaw **1 pkg. frozen peas, or**
1½ cups fresh peas

Heat in a skillet **2 tbsp. peanut oil**

Sauté gently **1 lb. ground steak**
2 green onions,
chopped fine

Cook only until all redness has disappeared
from meat. (about two minutes)

Add **1 tbsp. sherry**
1 tbsp. sugar
1 tbsp. soy sauce

Mix ingredients well.

Add **thawed peas**
1 tbsp. soy sauce
1 tsp. salt
1 tsp. m. s. g.

Cover and cook for 5 minutes. Serve hot with rice.



CANDIED SWEET POTATOES

Peel and slice ¼ inch, lengthwise. **6 sweet potatoes**

Brown in **6 tbsp. butter**

After browning on each side, add. **½ cup brown sugar**
⅛ tsp. cinnamon
⅛ tsp. allspice
enough water to cover

Cover and simmer until tender. Add more water if needed. Serve hot.

MASHED SWEET POTATOES IN CASSEROLE

Cook in a sauce pan **6 sweet potatoes,**
jackets on

With **½ cup water**

Cover and cook until tender.

Remove skins from potatoes.

Mash thoroughly.

Add **½ cup brown sugar**
4 tbsp. butter
1 small can pineapple,
crushed

Beat until smooth and fluffy. Pour mixture into a buttered casserole dish.

Top with, cut in half **6 marshmallows**

Bake in a moderate oven (350° F) until marshmallows are browned.

MASHED POTATOES

Cook in a sauce pan **8 potatoes, washed**
and peeled

With **1 cup water**
½ tsp. salt

Cover and cook until tender.

Drain all liquid from potatoes.

Mash until there are no lumps.

Add and beat **½ tsp. salt**
½ tsp. pepper
2 tbsp. butter
1 cup milk

Serve hot.

BAKED POTATOES WITH CHEESE

Bake until tender, 425° F, 45 minutes . . . **4 large baking**
potatoes

Cut in half.

Scoop from the center, about half of potato.

Mash this with. **1 cup cheese, grated**
½ cup cream
1 tsp. salt
½ tsp. pepper
4 tbsp. butter

Pile back into potato halves. Place in a buttered baking dish. Place a dot of butter on each. Bake in a moderate oven (350° F) for 20 minutes, or until browned.

VEGETABLES

CHEF'S RED POTATOES

Cook in a sauce pan **6 potatoes, jackets on**
With **½ cup water**
½ tsp. salt

Cover and cook until tender.

Peel and slice.

Fry in a ten-inch skillet **4 slices lean salt pork**

When crisp, remove and drain on absorbent paper.

Add to skillet **1 onion, sliced**

Cook until onions are tender.

Sprinkle over onion **1 tbsp. flour**

Stir in **4 tbsp. tomato paste**
½ cup red wine vinegar

1 tbsp. sugar

1½ tsp. chili powder

½ tsp. salt

Mix ingredients well. Add sliced potatoes. Sprinkle with the crisp salt pork, crumbled. Heat through. Serve hot.



BAKED POTATOES WITH CHIVES

Bake until tender, 425° F, 45 minutes . . . **4 large baking**
potatoes

Cut in half lengthwise.

Scoop out all inside and mash.

Add **2 tbsp. butter**

1 tsp. salt

½ tsp. pepper

Add enough **cream to moisten**

Beat until fluffy.

Add **1 tbsp. chives, chopped**

1 tbsp. onion, chopped

½ cup cheese, grated

Pile back into potato halves. Place in a buttered baking dish. Place a dot of butter on each. Bake in a moderate oven (350° F) for 20 minutes, or until browned.

NEW POTATOES WITH PARSLEY-BUTTER

Cook in a sauce pan **16 very small new potatoes, scraped**

With **½ cup water**
½ tsp. salt

Cover and cook until tender.
Drain all liquid from potatoes.

Add **2 tbsp. butter**
½ tsp. pepper
½ tsp. m. s. g.
1 tbsp. parsley,
chopped

Mix well. Serve hot.

O'BRIEN POTATOES WITH BACON

Heat in a skillet **1 tbsp. butter**

Add **4 slices bacon, cubed**

Cook until bacon is crisp.

Sauté in bacon fat **1 onion, sliced**
1 green pepper, sliced

Cook only a few minutes.

Add **1 tsp. salt**
½ tsp. pepper

Add **6 potatoes, sliced**

Pour in enough water to cover.

Cover and cook until potatoes are tender.

Sprinkle with **1 tbsp. parsley,**
chopped fine

Serve hot.

POTATO-CORN PUFFS

Mash **3 large white potatoes, cooked**

Add and mix well. **1 small can whole kernel corn**
1 small onion, minced
1 egg, beaten
2 tsp. butter
½ tsp. salt
¼ tsp. pepper

Form into 6 cones and broil until lightly browned.

VEGETABLES

POTATO PANCAKES DE LUXE

(I have used this on demonstrations all over the country, and people have raved about them.)

Grate on a medium grater **6 potatoes, washed and peeled**

Cover with cold water. Let stand 5 minutes.

Drain and squeeze all water from potatoes.

Add **3 eggs, beaten**
½ cup flour
1 tbsp. parsley, chopped
1 tsp. salt
½ tsp. pepper

Mix all ingredients well.

Fry one cake at a time in a six inch skillet, with **1 tbsp. oil, hot**

Brown one side, then turn. I always use about 2 large tbsp. of potatoes for each cake. After I have put potatoes in skillet, I always pack them down. Serve hot.



POTATO-SAUSAGE MEAT SOUFFLE

Cook in a sauce pan **1½ lbs. potatoes, peeled**

With **½ cup water**
½ tsp. salt

Cover and cook until tender.

Drain all liquid from potatoes.

Mash thoroughly.

Add **¼ tsp. salt**
1 cup milk, hot
3 tbsp. butter

Beat until smooth, fluffy and white.

Stir in **3 egg yolks, beaten**

Add (cooked and drained). **¾ lb. sausage meat**

Mix ingredients well.

Beat until stiff, but not dry **3 egg whites**

Fold in lightly. Pour into a buttered soufflé dish or casserole. Bake in a moderate oven (350° F) for 30 minutes, or until puffy and golden brown.

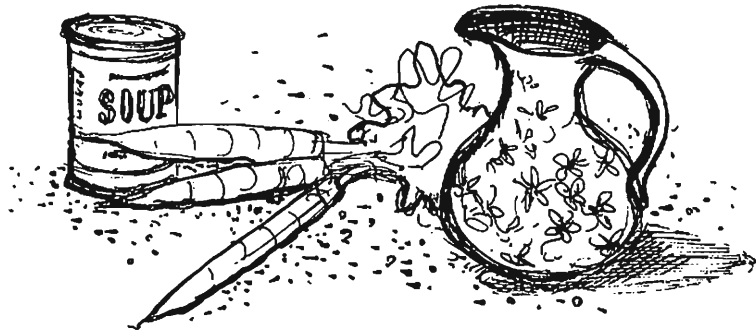
ESCALLOPED POTATOES, MUSHROOM SAUCE

- Combine together **1 can condensed mushroom soup**
½ cup milk
1 tbsp. onion, grated
- Pare, slice very thin **6 medium sized potatoes**

Place a layer of potatoes in bottom of casserole dish, then a layer of mushroom mixture, dot with butter, and repeat this same process for each layer of potatoes until all the potatoes and mixture have been used.

- Sprinkle top with **½ cup cheese, grated**

Bake in a moderate oven (350° F) for one hour, or until potatoes are soft.



CHEF'S POTATO PUDDING

- Cook in a sauce pan **1½ lbs. potatoes, peeled**
- With **½ cup water**
½ tsp. salt

Cover and cook until tender.
 Drain all liquid from potatoes.
 Pass through a sieve or ricer.

- Add **½ cup butter**
½ cup sugar
½ cup milk, hot
1 tsp. lemon rind (grated)

Beat until smooth, fluffy and white.

- Add **4 eggs, beaten well**

Pour into a buttered baking dish. Bake in a moderate oven (350° F) for 30 minutes or until golden brown.

VEGETABLES

POTATOES AU GRATIN

Cook in a sauce pan **6 potatoes, peeled**

With **½ cup water**
½ tsp. salt

Cover and cook until tender.

Drain all liquid from potatoes.

Cut potatoes in cubes.

Melt in top of double boiler **2 tbsp. butter**

Blend in **2 tbsp. flour**

Add gradually **1 cup milk**

Cook, stirring constantly, until thick.

Season to taste. **salt**

Add **1 cup cheese, grated**

Stir until smooth. Remove from heat. Add hot cooked potatoes and put into a buttered baking dish. Bake in a hot oven (400° F) for 20 minutes. Serve hot.

OMELET BROWN POTATOES

Grate on a medium grater **6 medium, cooked potatoes**

Sprinkle with **1 tsp. salt**
1 tbsp. flour

Work salt and flour through potatoes.

Stir in **½ cup cream**

In an eight-inch skillet, heat **4 tbsp. bacon fat, or**
2 tbsp. bacon fat
and 2 tbsp. butter

When shortening is hot, pack potatoes into skillet. Let brown well on one side. Fold in half, as you would an omelet. Serve hot.

BRAISED SPINACH

Melt in a skillet **4 tbsp. olive oil**

When hot, sauté **1 clove garlic,**
chopped fine

Add, cleaned and dried **2 lbs. spinach**

Toss and cook over a low heat until almost tender.

Sprinkle with **salt to taste**

Cover and simmer until tender. Only takes a few minutes.



SHRIMP IN CHEESE SAUCE

“Easy and quick way with shrimp. Good also.”

- | | |
|-----------------|--------------------------------|
| Place | 2 lbs. green shrimp |
| In | 2 qts. water |
| Add | 1 onion, quartered |
| | 2 cloves garlic, minced |
| | 1 lemon, quartered, |
| | squeeze |
| | 1 tbsp. salt |
| | 1 tsp. thyme |
| | 10 peppercorns |

Bring to a boil. Cook for 10 minutes. Clean (remove shell and vein).

- | | |
|-----------------|---------------------|
| Cover | 1 cup rice |
| With | 2 cups water |
| Add | ½ tsp. salt |

Bring to boil. Cover, simmer 15 minutes.

Let set, covered, 15 minutes.

Sauce

- | | |
|--|------------------------------|
| Cut in small cubes, in double boiler . . . | ½ lb. cheddar cheese, |
| | processed |
| Add | ⅔ cup light cream |

Allow cheese to melt, stirring constantly to blend.

- | | |
|-------------------------|---------------------|
| Add gradually | ¼ cup sherry |
|-------------------------|---------------------|

Stir well to blend.

- | | |
|-----------------------------|--------------|
| Beat well and add | 1 egg |
|-----------------------------|--------------|

Stir very carefully. Add shrimp to sauce.

Allow to heat. Serve over cooked rice.

SEAFOOD

CLAMS CASINO

Dice very fine, then fry until crisp . . . **4 slices bacon**

Drain on paper towels.

Melt in a skillet **3 tbsp. butter**

Add and cook slowly **2 medium onions,**
minced fine
½ cup green peppers,
minced
2 stalks celery, minced

Season to taste **salt and pepper**

Cook about five minutes. Mix bacon with the above.

Stir in **2 tsp. lemon juice**
1 pimento, chopped

Remove from heat. Open 4 dozen clams, keep only 2 dozen of the deeper shells. These you scrub under running water. Fill each shell with two clams. Cover clams with the bacon-vegetable mixture. Sprinkle with a little paprika, and broil 3 inches below a hot broiler for about 3 minutes. Serve hot on individual plates.

Serve with lemon wedges.

NEW ENGLAND CLAM HASH

Fry **8 slices bacon**

Remove slices to paper towels. Keep bacon warm in oven. Drain off the bacon fat.

Return to skillet **¼ cup fat**

Dice very fine **2 scallions**
4 medium potatoes

Drain and mix with the above (save juice). **1 No. 1 can minced**
clams

Add to taste **salt, pepper and**
nutmeg

Heat bacon fat. Add the above. Pack hash into skillet firmly. Cook about 30 minutes or until crust has formed on the bottom. Skillet should remain uncovered.

Cook clam juice down to make **¼ cup**

Add heavy cream to make **½ cup clam juice and**
heavy cream, mixed

Add to clam juice and cream **2 eggs**
2 tbsp. Parmesan
cheese, grated

Beat well. Pour over hash. Cook only until eggs set. Turn out as you would an upside-down cake. Serve with bacon.

CREAM OF CLAMS

Put in a sauce pan **25 clams**

Cover with boiling water. Steam until clams open up. Remove clams from shells.

Melt in a double boiler **3 tbsp. butter**

Blend in **3 tbsp. flour**

Add **1 cup milk**
1 cup clam juice

Cook, stirring constantly, until sauce begins to thicken.

Add to taste **salt, pepper, nutmeg**

Add clams, let cook ten minutes. Serve with noodles.

**DEVEILED CRAB**

Melt in a double boiler **4 tbsp. butter**

Stir in **4 tbsp. flour**

Add **1¾ cup rich milk**

Cook, stirring constantly, until mixture is thickened and smooth.

Add **2 tbsp. lemon juice**

3 tbsp. sherry wine

1 tsp. Worcestershire

Sauce

¼ tsp. dry mustard

½ tsp. salt

dash of cayenne

Gently stir in **1 (6½ oz.) can crab-**
meat, or

1 cup fresh crabmeat

Add **3 hard cooked eggs,**
chopped

Butter four crab shells and fill with mixture, or use individual casseroles. Sprinkle with melted butter, top with lemon slices. Add a dash of paprika. Bake in a moderately hot oven (375° F) for about 20 minutes.

SEAFOOD

CRAB IMPERIAL

Place in a mixing bowl **1 lb. fresh crabmeat,
broken in lumps**

Add **1/8 tsp. salt
1/8 tsp. pepper
pinch of paprika
4 tbsp. butter, melted
1 1/2 tbsp. capers**

Blend in **1/2 cup mayonnaise**

Mix all as you would a salad. Try to keep from breaking the lumps. Butter four crab shells and fill with the mixture.

Sprinkle with **melted butter
2 tbsp. sherry wine**

Bake in moderately hot oven (375° F) for 20 minutes.

ESCALLOPED CRABMEAT AND OYSTERS

Have ready **2 cups medium cream
sauce**

Add **1 cup cooked, diced
crabmeat
1 cup oysters, cooked
in butter**

Place in individual baking dishes or a 1 quart casserole.

Top with **buttered bread crumbs**

*Bake in a moderate oven (350° F) for 20 to 25 minutes.
Should be browned and very hot when taken from oven.*

CRABMEAT A LA MARYLAND

You'll need **2 cups medium cream
sauce**

Add **1 1/2 cups flaked
crabmeat
1 tbsp. parsley, minced
2 tbsp. green pepper,
minced
2 tbsp. pimento,
minced**

Place in a casserole dish (or individual casserole dishes).

Top with **buttered crumbs**

Bake in a moderate oven (350° F) for 25-30 minutes.

SEAFOOD

CREOLE FILLET

- | | |
|--------------------------------------|-------------------------------------|
| Melt in a skillet | 4 tbsp. butter |
| Add and sauté until tender | 1 onion, chopped |
| | 4 stalks celery, chopped |
| | 1 green pepper, chopped |
| | 1 clove garlic, chopped |
| Add | ½ tsp. salt |
| | ¼ tsp. paprika |
| | pinch of cayenne |
| | 1 tsp. m.s.g. |
| | 2 bay leaves |
| Stir in | 1 No. 2½ can tomatoes (3½ cups) |
| | 1 No. 2½ can tomato puree (3½ cups) |
| | 1 No. 2 can consomme |
| | 1 tbsp. Worcestershire Sauce |
| | juice of 1 lemon |
| | ¼ cup Soy Sauce |
| | 1 tbsp. sugar |

Let simmer for 30 minutes.

Place in a shallow baking dish **2 lbs. halibut fillets**

Pour creole sauce over fish. Bake, uncovered, in moderate oven (350° F) about 45 minutes, or until tender. When serving, place the fish fillet over a bed of steamed rice; cover with sauce. Serve with garlic bread.

FILET OF SOLE WITH SHRIMP SAUCE

- | | |
|----------------------------------|------------------------------|
| Place in a baking dish | 1 lb. filet of sole |
| Cover with | ½ lb. cooked shrimp, diced |
| Pour over | 2 cups medium cream sauce |
| Sprinkle with | ½ cup grated parmesan cheese |
| | ¼ cup buttered bread crumbs |

Bake in a hot oven (400° F) for 15 minutes or until browned and bubbly.

CHEF'S FISH CAKES

"If you want something different, try these fish cakes with Shrimp Sauce."

Chop very fine	1 lb. filet of sole
Add (cleaned, shelled, vein removed) . . .	½ lb. fresh or thawed shrimp
Mix in	1 cup almonds, blanchd
	4 slices bacon, diced

Combine all together.

Add, blended together	1 tbsp. olive oil
	1 tsp. salt
	1 tbsp. flour
	1 tbsp. Soy Sauce
	½ tsp. m.s.g.

Mix well. Form into small patties. Fry in hot shortening. Brown on each side. Serve with shrimp sauce.

FISH FILLETS A LA FLORENTINE

Melt in top of double boiler	4 tbsp. butter
Stir in	4 tbsp. flour
Add	1¾ cup rich milk
<i>Cook, stirring constantly, until mixture is thickened and smooth.</i>	
Add	1 (4 oz.) can mushrooms (stems and pcs.)

Remove from heat.

Stir in	½ cup Sauterne wine
	¼ cup Parmesan cheese, grated
	½ tsp. Worcestershire Sauce
To taste	salt and pepper
Spread on bottom of a greased shallow baking dish	3 cups chopped, well-drained, cooked spinach
Over spinach lay	1½ lbs. fish fillets (sole, halibut, etc.)

Cover with sauce above. Bake in a moderately hot oven (375° F) about 25 minutes. Fish should flake when tested with a fork.

SEAFOOD

BAKED HALIBUT WITH HERBS

Place in a shallow baking dish	1 lb. fresh or frozen halibut
Sprinkle with	2 tbsp. butter, melted
Add	1 tsp. salt
	½ tsp. garlic salt
	½ tsp. m.s.g.
	¼ tsp. oregano
	¼ tsp. thyme
	¼ tsp. marjoram
	1 bay leaf, broken in half
	dash of pepper
	1 tbsp. parsley, chopped

Bake uncovered in moderate oven (350° F) about 30 to 40 minutes. Garnish with lemon slices.



SEAFOOD CASSEROLE

Cut in halves lengthwise	3 fillet of sole
Dice finely together	¼ cup shrimp, cooked
	½ cup lobster, cooked

Form fillet in rings (6 to 8) and fasten with a toothpick. Arrange rings in a buttered baking dish. Fill centers of rings with diced shrimp and lobster.

Top each ring with	6 four-in. squares Swiss cheese, sliced thin
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Bake in a slow moderate oven (325° F) for 20 minutes.

Melt	1½ tsp. butter
Stir in	1½ tsp. flour
	¼ tsp. salt
	½ tsp. chives, chopped
	½ tsp. parsley, chopped
Add	1 cup milk
	<i>Add slowly, stirring constantly, until thick and smooth.</i>
Add	½ cup Sauterne wine

Cook until wine is well blended. Pour hot sauce over all and serve immediately.

SEAFOOD

BROILED SHAD ROE

Wash in cold water **2 shad roe**

Wipe dry. Place on a well greased broiler. Broil until browned on each side. Serve with Maitre D'Hotel Butter.

Blend **3 tbsp. butter, soft**
1 tbsp. lemon juice
1 tbsp. parsley,
minced
½ tsp. salt
⅓ tsp. white pepper

Serve over fish or steak.

LOBSTER PIE

Sauté lightly over a medium heat **2 cups boiled lobster,**
diced

In **1 cup butter**

Add **½ cup sherry**

To season **salt**
dash of cayenne

Pour into heated buttered casserole. Sprinkle with toasted buttered bread crumbs and brown under medium broiler flame.



LOBSTER CROQUETTES

Have ready **2 cups thick Bechamel**
sauce

Add **2 cups cooked lobster**
meat, chopped fine
8 cooked mushrooms,
chopped fine

Cook, stirring, until the mixture leaves the sides of the pan. Spread the mixture on a flat buttered dish. Cool.

Shape as desired. Roll in fine bread crumbs.

Dip croquettes in mixture of **1 egg, beaten**

With **3 tbsp. milk**

Drain off excess liquid and again roll in fine bread crumbs. Fry in deep fat (390° F) until golden brown, about 3 to 4 minutes.

OYSTER CURRY

Heat over a low heat **1 qt. medium oysters**
 In **2 tbsp. butter**

*Cook about 5 minutes until edges curl. Drain,
 save both the oysters and the liquor until later.*

Melt in a sauce pan **½ cup butter**
 Sauté gently **1 small onion,**
chopped fine

Cook only until onions begin to turn color.

Add **1 apple, peeled and**
chopped fine

Stir in **2 tsp. curry powder**
pinch of thyme

Cook and stir about 1 minute.

Blend in **½ cup flour**
 Add, stirring constantly **2 cups oyster liquor**
and milk
1 cup cream

*When the liquid boils, add cooked oysters. Remove from
 heat and serve. Best on hot, fluffy, boiled rice. Serve plenty
 of chutney, please.*

OYSTERS CASSEROLE DE LUXE

Melt in a skillet **3 tbsp. butter**
 Add **1 cup celery, minced**

Cook over simmer heat until celery is tender. Do not brown.

Add and stir well **½ tsp. mustard,**
prepared

1 tsp. salt
⅛ tsp. pepper

Stir in slowly **¾ cup light cream**

When mixture boils, add **1 pint medium oysters**

Cook 3 minutes, remove from fire.

Cook in boiling, salted water **4 ozs. macaroni**
*After macaroni is cooked, drain and place in a well-
 buttered casserole. Top with oyster mixture.*

Cover with **½ lb. cheddar cheese,**
thinly sliced

*Bake in a hot oven (425° F) for 20 minutes or until top
 is nicely browned. Serve this with Chef Green Salad.*

OYSTERS A LA ROCKEFELLER

Melt in a skillet over low heat	6 tbsp. butter
Sauté in butter	2 tbsp. parsley,
	minced
	3 tbsp. fine bread
	crumbs
	5 tbsp. shallots, minced
	1 tbsp. onions, minced
	¼ tsp. salt
	6 tbsp. spinach,
	cooked, minced fine
	dash tobasco sauce

Cook only until ingredients are lightly colored, stirring constantly. Open a dozen large oysters, keep only the deeper shells. These you scrub under running water. Fill 4 pie pans or 1 large baking dish with heated rock salt, and press shells into rock salt until they are firmly settled. Place one oyster in each shell. Pour a spoonful of the sauce over each oyster. Serve all the sauce. Place pan or pans in a hot oven (450° F) for 5-6 minutes.



OYSTER AU GRATIN

Heat	2 doz. shucked oysters
In	1 tbsp. butter

Cook about 5 minutes until edges curl. Drain, save both the oysters and the liquor until later.

Melt in top of double boiler	2 tbsp. butter
Blend in	2 tbsp. flour
	2 cups milk and oyster
	liquor
	1 tbsp. Worcestershire
	Sauce
	½ tsp. salt
	⅛ tsp. white pepper

Cook, stirring constantly, until sauce begins to thicken.

Add	½ cup cheddar cheese,
	grated

Add cooked oysters. Pour into a buttered casserole. Cover with buttered bread crumbs. Bake in a moderate oven (350° F) for 15 minutes.

SEAFOOD

OYSTER AND SHRIMP CREOLE

Bring to boil	2 lbs. jumbo shrimp
In	4 cups water
Spiced with	¼ cup vinegar
	¼ cup mixed pickling spices
	1 bay leaf
	½ lemon
	½ onion, sliced
	1 tbsp. salt

Drain, peel and de-vein shrimp.

Heat	2 doz. shucked oysters
In	1 tbsp. butter

Cook about 5 minutes until edges curl. Drain and save both the oysters and liquor until later.

Melt in a hot sauce pan	4 tbsp. butter
Sauté	1 onion, chopped
	4 stalks celery, chopped
	1 green pepper, chopped
	1 clove garlic, minced

Cook until onions begin to turn yellow.

Add	½ tsp. salt
	¼ tsp. pepper
	dash of cayenne
	1 tsp. m.s.g.
	1 tbsp. Kitchen Bouquet
	1 No. 2½ can tomatoes
	1 No. 2½ can tomato puree
	1 No. 2 can consomme
	1 tsp. Worcestershire Sauce
	juice of 1 lemon
	2 bay leaves
	¼ cup Soy Sauce
	1 tbsp. sugar

Cook over simmer heat for 1 hour, stirring occasionally. Add shrimp, oysters. Cook for 10 minutes longer or until shrimp and oysters are heated through. Serve with steamed rice. Garlic bread also goes well with this seafood dish.

ANGELS ON HORSEBACK

Mix in a bowl	1 cup sifted flour
	¼ tsp. salt
	½ tsp. baking powder
	½ cup milk

For each person to be served,

Take	3 large oysters
Wrap each oyster in	a slice of bacon

Place oyster and bacon on a steel skewer, 3 to a skewer. Place these about 1 inch apart. Dip oyster in the above batter, fry in deep fat until golden brown. Serve with buttered toast.

Garnish with a sprig of parsley.

CHICKEN AND OYSTER CURRY CASSEROLE

Cut in serving pieces	3½ lbs. frying chicken
Roll in	½ cup flour
	½ tsp. salt
	½ tsp. pepper
Brown in	4 tbsp. butter

When browned, transfer to a buttered casserole.

Add	¾ cup chicken stock
	¼ cup dry white wine

Cover and bake in a moderate oven (350° F) for 45 minutes.

Add	1 cup heavy cream
Mixed with	1 tbsp. curry powder
Add	3 doz. freshly shucked oysters

Season with	salt, pepper, cayenne
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Bake for 10 minutes longer. Serve from casserole.

BAKED SMELTS

Clean about	20 smelts
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Wipe dry. Place in a buttered baking dish.

Season with	salt and pepper
Add	½ cup dry white wine
	½ cup mushrooms, whole
	2 cups Spanish sauce
Sprinkle with	buttered bread crumbs

Bake in a moderate oven (350° F) about 20 minutes.

SEAFOOD

SHRIMP SAVORY

Peel and split	2 lbs. fresh or thawed shrimp
Sauté in	½ cup butter
Add	¼ lb. mushrooms 1 cup green onions, chopped 2 cloves garlic, chopped ½ tsp. whole thyme
To taste	salt and pepper
When shrimp start to turn pink, add . . .	1 tbsp. lemon juice ½ cup Sauterne wine

Bring to boil. Add cream sauce made as follows:

Melt in top of double boiler	4 tbsp. butter
Stir in	4 tbsp. flour
Add, stirring constantly	2 cups light cream ½ tsp. salt
Add	1 tsp. m.s.g. 2 tbsp. parsley, chopped

Simmer 10 minutes. If needed, thin with milk. Serve hot on toast.

BROILED SHRIMP WITH BUTTER SAUCE

Peel, clean and split end tail in two . . .	2 lbs. fresh or thawed shrimp
Sprinkle with	salt and pepper ½ cup olive oil
Roll in	½ cup bread crumbs

Broil 2 inches from flame, about 5 minutes, until crumbs are golden brown. Turn over during broiling. Put in chafing dish. Add butter sauce.

Place in a bowl	½ cup very soft butter
To taste	salt and pepper 6 tbsp. parsley, chopped 6 tbsp. lemon juice 2 tsp. garlic, minced fine

*Blend to a soft paste (do not melt butter).
Spoon sauce over shrimp. Serve immediately.*

SEAFOOD

SHRIMP CROQUETTE

Use recipe for Lobster Croquettes.

Add instead of lobster **2 cups cooked shrimp,
chopped fine**
**½ cup mushrooms,
chopped fine**

To taste **salt and pepper**

Proceed as with Lobster Croquettes.

FISH CROQUETTES

Use recipe for Lobster Croquettes.

Add instead of lobster **2 cups cooked fish,
flaked**

Proceed as with Lobster Croquettes.



DEVEILED SHRIMP ITALIENNE STYLE

Heat in a copper-clad skillet (large) . . . **2 tbsp. butter**
2 tbsp. olive oil

Sauté, until tender, but not browned . . . **2 onions, minced**
1 clove garlic, minced

Add, peeled and veins removed **1 lb. fresh shrimp**
1 cup Sauterne wine

To taste **salt and pepper**
1 bay leaf
pinch of cayenne

Cook over moderate heat for 10 minutes. Remove shrimp.

Add **1 No. 2½ can tomatoes**
(¾ cups)

*Cook 10 minutes more. Remove bay leaf.
Press mixture through strainer.*

Add **¼ cup water**
½ tsp. m.s.g.

Bring to boil, reduce to ⅓. Add shrimp, heat through.

Add **1 tbsp. butter**

Serve hot over rice.

SEAFOOD

SHRIMP SCAMPI

Peel and de-vein	2 lbs. fresh shrimp
Heat in a copper-clad skillet	½ cup olive oil
Add	1 tsp. salt
	¼ tsp. pepper
	4 cloves garlic, minced

Cook until garlic is golden. Add shrimp.

Add	½ cup white wine
	1 tbsp. lemon juice

Cook over low heat for 15 minutes. Remove to soup bowls.

Sprinkle with	2 tbsp. parsley, chopped
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PINEAPPLE SHRIMP CURRY

Boil in water to cover	2½ lbs. fresh or frozen shrimp
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Season with	salt
	mixed spices
	lemon juice

Boil 5 minutes. Remove shrimp, peel, and remove back vein.

Melt in top of double boiler	4 tbsp. butter
Stir in	4 tbsp. flour
Add, stirring constantly	2 cups cream (light)
	½ tsp. salt

Cook until sauce has thickened.

Heat	¼ cup butter
Sauté	½ cup onions, chopped
	½ cup apples, diced
	1 tsp. whole cloves

Cook only until apples are soft.

Add	2 tsp. curry powder
	¼ tsp. allspice
	¼ tsp. nutmeg

Blend together well.

Add	1 can chunk pineapple
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Add Cream Sauce from above.

Stir in	½ cup Sauterne wine
	1 tbsp. lemon juice
	2 tbsp. sugar

To taste	salt
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Add shrimp, heat through. Serve over rice.

SEAFOOD

CHEF'S PRIZE CREAMED SEAFOOD

Have ready	4 cups medium cream sauce
Add	1 cup cooked, diced shrimp
	½ cup cooked crabmeat
	½ cup oysters, cooked in butter
	¼ cup cooked scallops, diced
Stir in	¼ tsp. cayenne
To taste	salt and pepper

When heated through, serve over crisp fried noodles

TUNA A LA MORNAY

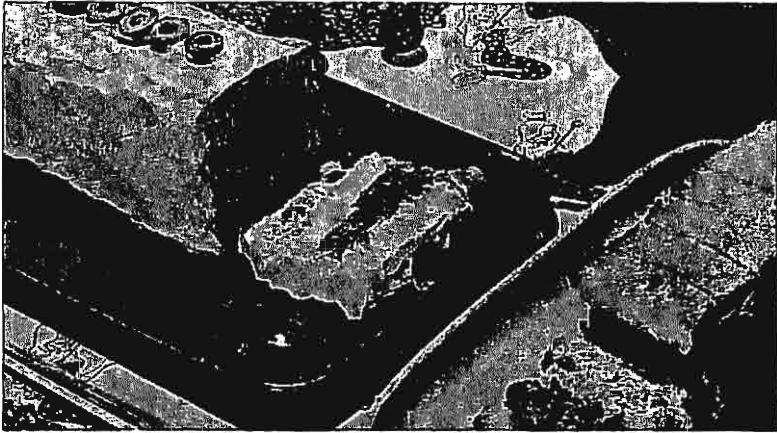
Mash and line a greased casserole with . . .	4 potatoes, cooked
Cover with	½ cup Mornay sauce
Add	1 6 oz. can tuna
Cover with	½ cup Mornay sauce
Sprinkle with	buttered crumbs

Bake in a moderate oven (350° F) for 20 minutes. (For Mornay sauce, see SAUCES.)

BAKED RED SNAPPER

Place in a casserole	5 lbs. filet of red snapper
Place over this	½ large onion, thinly sliced, separated into rings
Add	juice of ½ lemon
	¼ lb. butter, melted
	6 shallots, chopped
	½ lb. mushrooms, sliced
	¾ cup white wine
To taste	salt and pepper

Bake in a moderate oven (350° F) for 25 minutes.



HOT 'N COLD TUNA SANDWICH LOAF

Have ready **1 loaf unsliced bread,
buttered**

Tuna Salad Filling

Blend together **1 can chicken tuna
¼ cup pickle relish
¼ cup chopped celery
½ cup mayonnaise**

Egg Salad Filling

Chop **4 hard-cooked eggs**
Blend in **¼ cup stuffed olives,
sliced
¼ cup mayonnaise**

Cut crusts from bread. Cut into three slices the long way. Spread bottom layer with butter, then with Tuna filling. Spread second slice with butter and place over Tuna filling. Butter top of slice and spread with egg salad. Top with buttered top slice.

To Serve Hot

Brush top and sides of loaf with melted butter. Place loaf in a moderate oven (350° F) for 15 to 20 minutes or until golden brown. Slice and serve with hot cheese sauce.

To Serve Cold

Soften **3 3 oz. pkg. cream
cheese**
With **milk**

Until cheese will spread easily. Frost loaf with cheese. Chill and slice to serve.

SEAFOOD

BRANDADE OF DRY SALT COD

Soak for 12 hours in cold water **1 lb. of dry salt cod**

Cut in several pieces and put in a sauce pan of cold water. Bring to a boil. Turn heat to very low. Cook until tender and flaky, drain.

Stir in together, a little at a time **½ cup salad oil (warm)**
½ cup milk (warm)
½ tsp. garlic salt

When all milk and oil are used, the brandade should be thick and smooth.

Season with **juice of 1 lemon**
dash of white pepper
pinch of nutmeg

Put on a hot dish and garnish with thin slices of bread, previously fried in butter.



SALMON PUFF

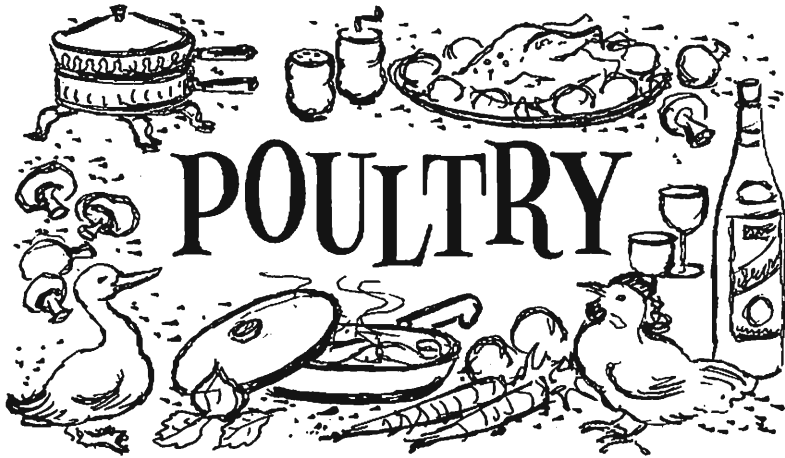
Arrange in alternate layers in a greased baking dish **6 slices bread, buttered and cubed**

1½ cups grated cheese (American)

1 cup flaked, cooked salmon
end with a layer of bread crumbs

Mix together **2 eggs, slightly beaten**
1 cup milk
3 tbsp. sherry wine
½ tsp. Worcestershire Sauce
salt and pepper
dash of cayenne

Pour over salmon, bread and cheese mixture. Bake in a slow oven (325° F) for 1 hour.



CHEF'S CHICKEN CURRY

Brown 3 to 4 lb. frying
chicken, cut up

In ¼ cup butter

After browned, place in large kettle with 4 cups water
1 tsp. salt

*Cover. Simmer until tender. Remove
meat from bones. Save chicken stock.*

Melt ¼ cup butter

Sauté 2 medium onions,
chopped
½ bay leaf

Cook until golden, but not browned. Remove from fire.

Add 2 tsp. ginger
2 tbs. curry powder
2 tbs. cooked bacon,
chopped

To taste 1 tsp. sugar
4 cups chicken stock
salt and pepper

Bring the above to a boil. Reduce heat.

Add 3 egg yolks
Beaten with 1 cup cream

*Cook slowly until slightly thick. Add chicken meat. Cook over
simmer heat for ½ hour. Serve with plain cooked rice. Also good
with chicken curry—grated coconut, chopped almonds, chopped
hard boiled eggs, chopped cooked bacon and chopped onions.*

POULTRY

BAKED CHICKEN IN CREAM

Roll **3 lb. frying chicken,**
cut up

In $\frac{1}{2}$ cup flour
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Place chicken in baking dish with . . . $\frac{1}{4}$ cup hot butter

Bake in moderate oven (350° F) for 15 minutes. Turn chicken once during this time. Remove chicken from oven.

Add **2 cups light cream**

Return to oven, reduce heat to 275°, bake 45 minutes. Serve with hot biscuits.



CHICKEN CREOLE

Brown **3½ lb. frying chicken,**
cut up

In $\frac{1}{4}$ cup olive oil

Brown on all sides.

Add and simmer for 10 minutes **1½ cups tomatoes**
3 tbsp. butter
1 tsp. salt

To taste **pepper and cayenne**
pepper

Cook for 10 minutes, stirring occasionally.

Add $\frac{1}{4}$ tsp. thyme
1 tbsp. parsley,
chopped

1 bay leaf
2 cloves garlic,
chopped fine

Cover and simmer 15 minutes, stirring occasionally.

Add $\frac{3}{4}$ cup onion, minced
 $\frac{1}{2}$ cup green pepper,
minced
 $\frac{1}{2}$ cup dry white wine

Combine **1 tbsp. flour**
With **a little water**

Stir in flour and water mixture. Cover and simmer gently 45 minutes or until chicken is tender.

POULTRY

SAUTE CHICKEN FLAMBEE

- Cut into serving pieces **2 3 lb. broilers**
Season with **salt and pepper**
Brown in **¼ lb. butter**

Lower heat, cook for 15 minutes.

- Add, warm **4 tbsp. brandy**

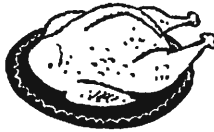
Light it, and shake the pan until the flame dies.

- Add **6 shallots, finely
chopped**
**1 tbsp. parsley,
chopped**
¼ tsp. thyme
½ cup white wine

*Blend well. Cover and cook until chicken is tender.
Arrange chicken on warm serving platter.*

- Add **½ cup heavy cream**

Heat without boiling. Pour sauce over chicken before serving.



SQUABS EN CASSEROLE

- Place in a casserole **2 sprigs parsley**
1 bay leaf
1 small carrot, diced
1 onion, chopped
1 clove
Add **6 squabs**
2 cups beef bouillon

*Bake in a quick moderate oven (375° F) for
1½ hours. Remove birds. Keep warm.*

- Melt in a sauce pan **1 tbsp. butter**
Add, stirring until light brown **1 tbsp. flour**

*Stir in juice from casserole. Bring to
boil, stirring constantly. Strain sauce.*

- Add **¼ cup dry sherry**
**½ cup mushrooms,
sliced**

*Replace birds in casserole. Pour over sauce. Return
to oven. When hot, serve in the casserole.*

CHINESE PINEAPPLE DUCKClean and quarter **1 4 lb. duckling**Place in a sauce pan with **6 cups water***Bring to boil. Cover. Simmer 45 minutes. Remove duck. Keep broth.*Heat in a large copper-clad skillet . . . **2 tbsp. oil***Add duck. Cook gently about 15 minutes, turning frequently, until golden brown.*Add **1½ cups duck broth**
2 cups (1 No. 2 can)
pineapple chunks,
drained
¼ tsp. ground ginger
1 green pepper, sliced
1 carrot, sliced*Cover and cook for 15 minutes. Remove duck. Keep warm.*Combine and add **2 tbsp. cornstarch**
pinch of black pepper
1 tbsp. Soy sauce
6 tbsp. pineapple juice*Stir until thickened. Return duck to sauce. Cover and heat thoroughly for about 10 minutes. Serve with hot boiled rice.***SAUTED CHICKEN WITH MUSHROOMS**Brown **3 lb. frying chicken,**
cut upIn **¼ cup butter***When browned, cover and cook over low heat 30 minutes.*Add **½ cup chicken stock**
½ cup dry white wine
1 tsp. salt
½ tsp. pepper
1 cup minced canned
or cooked mushrooms
2 tbsp. onion, minced
2 tbsp. green pepper,
minced
1 tbsp. parsley, minced*Cover and simmer 30 minutes. Remove chicken.*Add **1 tsp. cornstarch**Mixed with **a little water***Stir and bring to a slow boil. Pour over chicken and serve.*

POULTRY

CHICKEN MARENGO

Brown a	3 lb. frying chicken (disjointed)
In	3 tbsp. oil
Add	4 tomatoes, chopped 1 tbsp. tomato puree
Mix together and add	1 tbsp. flour 1 tbsp. water
Stir in well	6 tbsp. white wine 6 tbsp. chicken stock
Add	12 pickling onions 12 whole mushrooms 1 clove garlic salt and pepper
Season with	

Simmer over low heat for about 1 to 1½ hours. Place chicken on hot platter, garnish with the mushroom and onion, pour sauce over the chicken. Sprinkle with chopped parsley.

CHEF'S CHICKEN CACCIATORE

Brown	3 lb. frying chicken, cut up
In	6 tbsp. olive oil
	<i>When chicken is browned on all sides, remove.</i>
Add	1 cup onions, chopped ¾ cup green pepper, chopped 2 cloves garlic, minced
	<i>Cook onions, peppers, only until tender. Do not brown.</i>
Add	1 cup dry white wine 3 cups tomato (No. 2½ can) 1 6 oz. can tomato paste 2 tsp. salt ½ tsp. pepper 1 bay leaf ½ tsp. leaf thyme dash of cayenne pepper ½ tsp. sweet basil 1 tsp. oregano
Add	chicken

Cover and simmer about 1 hour or until chicken is tender. Serve with spaghetti or buttered noodles.

CHICKEN AND MUSHROOM CROQUETTES

Have ready	2 cups thick Bechamel sauce
Add	2 cups cooked chicken, chopped fine
	½ cup cooked mushrooms, chopped fine
	3 tbsp. celery, chopped fine
	dash of nutmeg

Cook, stirring, until the mixture leaves the sides of the pan. Spread the mixture on a flat buttered dish. Cool. Shape as desired. Roll in fine bread crumbs.

Dip croquettes in mixture of	1 egg, beaten
With	3 tbsp. milk

Drain off excess liquid and again roll in fine bread crumbs. Fry in deep fat (390° F) until golden brown (about 3 to 4 minutes).

CHICKEN FINANCIERE

Disjoint	2 2 lb. chickens
Sauté until browned on all sides, in	6 tbsp. butter
In a sauce pan melt	4 tbsp. butter

Remove from heat.

Add	2 tbsp. flour
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Blend flour and butter to make a roux.

Stir in	1 cup chicken consomme
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Cook over a moderate flame for about 10 minutes, stirring constantly.

Add, sautéed	2 chicken livers, cubed
	12 mushrooms, cubed
	12 green olives, stoned, chopped
	a dash of cayenne
To taste	salt and pepper

Cook over a low flame for 30 minutes. Add browned chicken.

Add	1 cup sherry
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Continue to cook slowly for 45 minutes. Arrange the chicken on a warm serving platter. Pour the sauce over it and garnish with slices of truffle.

POULTRY

FOIL WRAPPED BARBECUED CHICKEN

Dip	3 lb. frying chicken, disjointed
In	4 tbsp. catsup 2 tbsp. vinegar 1 tbsp. lemon juice 2 tbsp. Worcestershire sauce ¼ cup water 3 tbsp. butter, melted 2 tsp. salt 1 tsp. dry mustard 2 tsp. chili powder 1 tsp. paprika ¼ tsp. cayenne pepper

Arrange individual serving on pieces of foil. Spoon equal amount of sauce over chicken. Seal the foil tightly and place on a rack in a roaster. Bake in a hot oven (500° F) for 15 minutes. Reduce to a moderate oven (350° F) and continue to bake for 1 hour or until chicken is tender.

ROAST CHICKEN VICTORY

Prepare as for roasting	5 lb. chicken
Heat in a copper-clad skillet	2 tbsp. olive oil
Add	3 onions, chopped fine
<i>Cook until onions are yellow.</i>	
Add, browning	¼ lb. bacon, diced fine
Stir in	1 tbsp. parsley, chopped ¼ tsp. thyme 1 bay leaf 2 cups canned tomato 1 cup beef bouillon
Season to taste	salt
<i>Cover and simmer for 30 minutes. Pass through a sieve. Save.</i>	
Sauté in other copper-clad skillet	¼ lb. bacon, diced
Add	4 onions, sliced
<i>Cook until onions are yellow.</i>	
Add	½ lb. mushrooms, sliced

Cook until tender. Add sauce from above. Stir well. Stir in a little flour to thicken, if necessary. Arrange cut up chicken on platter, pour over sauce. Serve with French bread.

SKILLET CHICKEN A LA CHEF

Roll	3 lb. frying chicken, cut up
In	½ cup flour 1 tsp. salt ¼ tsp. pepper
Brown in (large skillet)	¼ in. hot fat—part butter

Drain off fat.

Add to skillet	¼ cup sherry ¼ tsp. thyme ¼ tsp. marjoram ¼ tsp. rosemary 1 tbsp. parsley, chopped
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Cover. Cook slowly until tender about 1 hour.

CHICKEN TOMATO SAUCE — CASSEROLE

Place in a buttered casserole	3 lb. frying chicken, cut up
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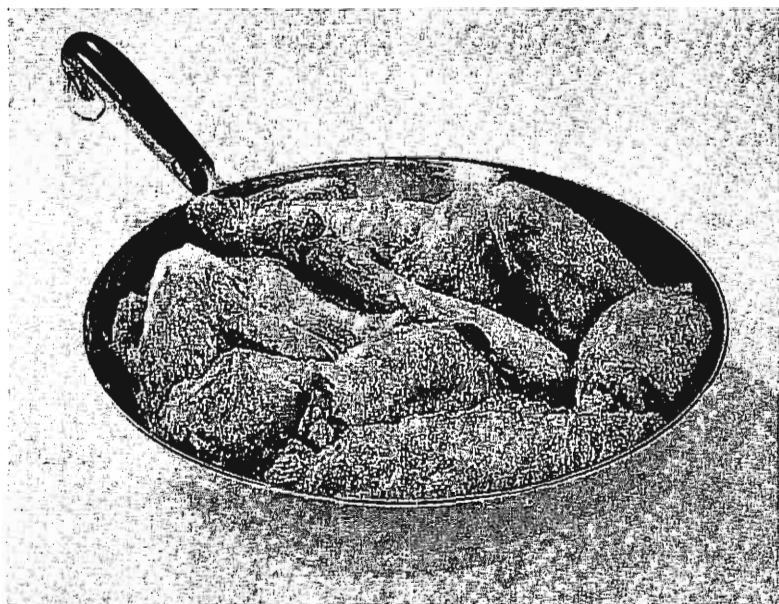
Bake 15 minutes, hot oven (400° F) turning once to brown evenly. Reduce oven to moderate (350° F).

Add to casserole	½ cup celery, chopped ½ cup onions, chopped ½ cup green pepper, chopped 1 clove garlic, minced 1 bay leaf ½ tsp. oregano ¼ tsp. cayenne pepper 2 6 oz. cans tomato paste ¼ cup dry white wine 2 tbsp. brown sugar 1 tsp. salt ¼ tsp. pepper 1 tbsp. Worcestershire sauce
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Cover and bake in moderate oven (350° F) about 1 hour.

Remove and add	1 cup mushrooms, whole
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Return to oven and bake 30 minutes more.



FRIED CHICKEN

Disjoint frying chicken.

- | | |
|---------------------------------|---------------|
| Dip in seasoned flour | ¼ cup flour |
| | ½ tsp. salt |
| | ¼ tsp. pepper |
| Dip in | 1 egg |
| Beaten with | 2 tbsp. milk |

Cover completely with fine bread crumbs.

- | | |
|---|------------------|
| Slowly fry in copper-clad skillet, in . . . | ½ in. shortening |
|---|------------------|

Turn to brown on all sides. Cover skillet and cook slowly until tender.

HERB CHICKEN IN SKILLET

- | | |
|---------------------------------|----------------------------------|
| Brown | 3½ lb. frying chicken,
cut up |
| In | 3 tbsp. butter |
| After browned, add | 1 tbsp. tomato
seasoning |
| Sprinkle lightly with | garlic vinegar |
| Add to taste | salt and pepper |

Cover and simmer gently 45 minutes or until chicken is tender.

CURRIED CHICKEN

Clean and cut into pieces **3 lb. frying chicken**

Roll each piece in flour.

Season with **salt and pepper**

Melt in frying pan **½ cup shortening (part butter)**

Cook pieces of chicken in fat slowly until golden brown, removing it from the frying pan as it browns.

Dice and add to fat **1 medium onion**
½ cup celery, minced
1 medium apple

Cook until light brown and add **2 tbsp. flour**
2 tbsp. curry powder

Cook for a minute and add **1½ cup chicken stock**

Season with **salt and pepper**

Cook until thick. Replace chicken and simmer until tender about 30 to 40 minutes. Serve with plain boiled rice.

**SAUTEED CHICKEN WITH TOMATO SAUCE**

Brown **3 lb. frying chicken,**
cut up

In **¼ cup butter**

Add **2 small onions,**
chopped

Cook onions until tender.

Add **½ cup dry white wine**
1 8 oz. can tomato
sauce

1 clove garlic, minced

1 tbsp. parsley,
minced

½ tsp. salt

¼ tsp. pepper

Cover and simmer for 1 hour or until chicken is tender.

POULTRY

CHICKEN LOAF A LA DORRIS

Cut in small pieces	2 cups cooked chicken or 2 5½ oz. cans chicken
Heat	¾ cup milk
Pour over	1½ cups soft bread crumbs
Add	2 tbsp. butter

Let stand 5 minutes.

Chop and add to chicken	1 small onion 1 stalk celery, with leaves
	2 sprigs parsley
	1 tsp. salt
	½ tsp. pepper
	2 eggs beaten

Now add bread, milk, butter mixture. Pour chicken mixture into a medium casserole. Set pan in warm water. Bake in oven at 375° for 45 minutes. Garnish with a border of sliced stuffed olives.

CHEF'S CHICKEN JAMBALAYA

Brown	½ lb. chicken giblets, 1 in. cubes
In	¼ cup cooking oil
Add	2 green peppers, chopped
	2 medium onions, chopped

Cook until tender, but not browned.

Add	1 cup rice, washed and drained
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Fry until coated, stir constantly.

Add	4 cups chicken stock 2 cups chicken, cooked, chopped
	1 bay leaf
	1 tsp. pepper
	2 tbsp. Worcestershire sauce
	1 clove garlic, minced dash cayenne pepper

Cook 40 to 50 minutes over very low heat until rice is tender, but not soft. Stir occasionally. Remove bay leaf and serve.

CHEF'S PAPER WRAPPED CHICKEN

Have boned and cut into 1½ in. squares

and ¼ in. thick 3½ lb. chicken

Marinate chicken in this sauce for ½ hour.

Combine and mix well 4 tbsp. Soy sauce
 2 tbsp. liquid smoke
 3 tbsp. honey
 1 oz. brandy
 2 cloves garlic, minced
 1 tsp. salt
 ½ tsp. pepper
 ¼ cup catsup

Drain chicken pieces. Wrap each individual piece in a small square of cooking parchment, folding securely. Place small square in an open roasting pan. Bake in a moderate oven (350° F) for 1 hour. Serve in paper wrapping.

CHICKEN SUPREME — CASSEROLE DISH

Bring to a boil 3 cups chicken stock

Add, washed 1 cup rice

To taste salt

Stir, reduce heat to very low. Cover and cook 30 minutes. Stir occasionally. Remove from heat.

Melt in top of double boiler ½ cup butter

Blend ¼ cup flour

Add 3 cups milk
 1 4 oz. can tomato
 paste

To taste salt and pepper

Stir until sauce is thickened. Remove from double boiler. Combine rice and sauce.

Add 2 cups chicken, cooked,
 chopped

1 small can
 mushrooms, sliced
 ¼ cup stuffed olives,
 sliced

Pour into buttered casserole.

Top with ½ cup cheese, grated
 ¼ cup bread crumbs

Bake approximately 30 minutes at 300°.

POULTRY

CHICKEN A LA KING

Melt	3 tbsp. butter
Stir in	3 tbsp. flour
Add	½ tsp. salt
	2 cups milk

Cook, stirring constantly, over low heat until sauce is thick.

Add to sauce	1½ cups cooked chicken, cut in large pieces
Boil in a little water for 10 minutes . . .	½ cup celery, diced
	½ cup green pepper, diced

Add to sauce.

Stir into sauce	2 tbsp. pimento, chopped
Beat	2 egg yolks
With	½ cup cream
	1 tbsp. Worcestershire sauce

*Remove from heat. Add egg yolks, cream mixture,
little at a time. Serve at once over toast.*

CHICKEN BREASTS WITH PINEAPPLE

Boil for 15 minutes	4 chicken breasts
In	salted water

Remove chicken from bones. Cut in chunks.

Brown lightly in	2 tbsp. peanut oil
Add	½ cup carrots, sliced
	½ cup green peppers, cut in 1 in. strips
	1 cup celery, sliced
	1 cup chicken broth

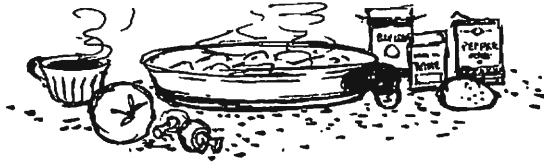
Cover and cook just until vegetables are tender, about 10 minutes.

Remove cover and add	1 tsp. salt
	dash pepper
	6 slices pineapple, cut in chunks

Stir until mixed well.

Combine and add	1 tbsp. cornstarch
	1 tbsp. Soy sauce

*Stir and cook until thick and mixture
is very hot. Serve with plain broiled rice.*



CHEF'S CHICKEN LIVERS

"If you like chicken livers, I know you will love this way of preparing them. It's the way I like them best."

Wash in cold water **1 lb. chicken livers**

Cut in two if too large. Drain.

Sprinkle with **juice of one lemon**

When ready to cook, sauté liver in **3 tbsp. butter**
over a low heat. They should be rare.

Drain. Keep them warm.

Add to butter left in skillet **3 shallots, chopped**
fine
3 medium mushrooms,
chopped fine

Tie together and add **1 bayleaf**
3 sprigs fresh parsley
1 sprig of thyme

Add **1 clove garlic, minced**
1 small (1 in. long) pc.
celery, chopped fine

Cook over low heat for two minutes.

Add **¼ cup dry white wine**
1 fresh tomato, peeled,
seeded, coarsely
chopped
1 tsp. tomato paste

Cook over medium heat for two minutes.

Add **1 cup chicken bouillon**
2 tbsp. brown sauce

Season with **salt and pepper**

Add **1 tbsp. sweet butter**

Bring to boil. Simmer 10 minutes. Remove bayleaf, parsley and thyme. Add drained chicken livers. Heat.

Serve over buttered noodles.

Sprinkle with **1 tbsp. parsley,**
chopped

Pass the parmesan cheese.

POULTRY

BARBECUE CHICKEN (Indoors)

Broiler size chickens will take from 30 to 45 minutes when broiled about 6 inches from broiler. Brush Barbecue Sauce over each broiler half before and during broiling. Start with skin side down on rack and turn to finish with skin side up. Heat the remaining sauce and serve with the chicken. (Use Barbecue Sauce I in SAUCES.)

BARBECUE CHICKEN (Outdoors)

Broiler size chickens will take from 30 to 45 minutes and should be about 12 inches from coals. Brush Barbecue Sauce over each broiler half before and during broiling. Always start with inside of chicken down, facing coals. Turn to finish with skin side down. Heat the remaining sauce and serve with the chicken. (Use Barbecue Sauce I in SAUCES.)



CHICKEN POT BURGUNDY

Cut in serving pieces	1 3½ lb. frying chicken
Brown chicken in	4 tbsp. butter
Add	3 shallots, chopped
	½ cup mushrooms, sliced
	1 can black bing cherries
	2 carrots, sliced
	1 cup burgundy

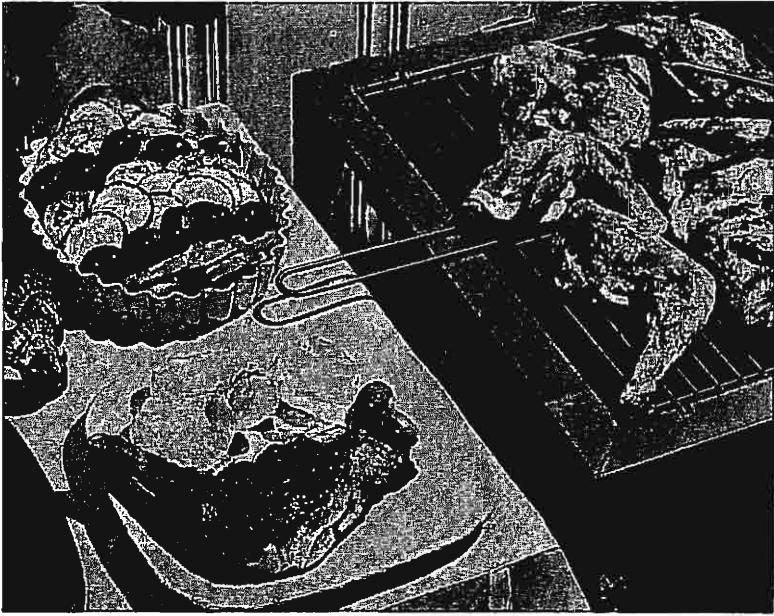
*Cover. Simmer 35 to 40 minutes or until tender.
Remove chicken to hot serving dish.*

Stir in	1 tbsp. cornstarch
With	a little water

Cook until clear and a little thick.

To taste	salt
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Serve hot with buttered noodles.



Above, Barbecue Chicken. Below, Chicken Pot Burgundy.



POULTRY

SPICY CHICKEN

Place skin side down in shallow pan . . . **3 lbs. ready-to-cook broilers, split**

Broil 6 inches from boiler for 5 minutes on each side.

Mix, spread over chicken **4 tbsp. butter**
1 tsp. salt
2 tbsp. garlic vinegar
1 tbsp. Worcestershire sauce

Melt **2 tbsp. butter**

Stir in **1 cup bread crumbs**

Spread crumbs over chicken. Bake uncovered in a moderate oven (350° F) until chicken is tender and crumbs are browned (about 50 to 60 minutes).

CHICKEN FRITTERS

Sift together **1 cup flour**
1 tsp. salt
¼ tsp. pepper
1¼ tsp. baking powder

Add **2 tsp. shortening, melted**
2 eggs, well beaten
¼ cup milk
2 cups chicken (cooked and chopped fine)

Drop by spoonfuls into hot shortening and fry at 350° from 3 to 4 minutes.

OVEN FRIED CHICKEN WITH HERBS

Sprinkle a **3½ lb. disjointed chicken**

With **1 tsp. thyme**
1 tsp. marjoram
1 tsp. celery salt
1 tsp. onion salt
½ tsp. salt
¼ tsp. pepper

Roll in **½ cup flour**

Brown slowly in **½ cup shortening**

Place chicken in shallow baking dish.

Pour into skillet **½ cup hot water**

Stir well, pour over chicken. Bake in a moderate oven (375° F) for 45 minutes.

HAWAIIAN FRIED CHICKEN

- Marinate for 1 hour **3 lb. frying chicken,**
cut up
- In **1 cup Soy sauce**
2 clove garlic, minced
1 tsp. ginger
½ tsp. Mei Yen
seasoning powder
- Drain thoroughly, roll in **½ cup cornstarch**
- Fry in **½ cup butter**

Cook over medium heat. Turning occasionally for about 45 minutes. Do not cover.

CHICKEN IN CLAM SAUCE

- Remove bones from **2 chicken breasts, cut**
in half
- Dip in **beaten egg**
- Roll in **bread crumbs**
- Fry in **butter**

When tender, place on oven proof platter.

- Pour over **2 cups medium cream**
sauce
- Mixed with **1 cup drained chopped**
clams
- Sprinkle over **parmesan cheese**

Place under broiler. Brown. Serve very hot.

BAKED CHICKEN AND SAUSAGE IN CREAM

- Fry and set aside **½ lb. link pork**
sausage
- Roll in seasoned flour **2½ lbs. chicken, cut up**
Brown chicken in hot fat.
- Add **½ cup onions, chopped**
½ cup mushrooms,
sliced

When onions are tender, remove from heat. Place chicken and sausage in a baking dish.

- Pour over **4 cups medium cream**
sauce

Bake in a moderate oven (350° F) for 1 hour or until tender.

POULTRY

CHICKEN LIVERS AND MUSHROOMS

Sauté over low heat **6 chicken livers**
½ lb. fresh mushrooms,
sliced

In **¼ cup butter**

Cook about 10 minutes, turning frequently. Remove from heat.

Add **1 tsp. salt**
¼ tsp. pepper
1 tsp. Worcestershire
sauce
2 tsp. sherry

Replace over low heat. Stir well.

Add **2 ozs. brandy**

Put afire, when flame dies out, serve at once.

CHICKEN LIVERS IN CREAM

Dredge in flour **2 lbs. chicken livers**

Sauté in **6 tbsp. butter**

Brown chicken livers, tossing with a fork, for about 3 minutes.

Sprinkle with **salt and pepper**

Pour over chicken livers **¼ cup warm brandy**

*Ignite, when flame burns out, place dish over boiling water
or place the blazer over the lower pan of the chafing dish
containing boiling water.*

Stir in **2 cups cream**

Beaten with **4 egg yolks**

*Stir for 3 minutes or until sauce is slightly
thickened. Serve on hot buttered toast.*

CURRIED CHICKEN LIVERS, RICE MOLD

Heat **3 tbsp. butter**

Sauté until tender **16 chicken livers**
½ cup mushrooms,
sliced

Season with **salt and pepper**

Melt in top of double boiler **4 tbsp. butter**

Stir in **4 tbsp. flour**
1 tsp. salt
2 tsp. curry powder

Stir in slowly **2 cups milk**

*Cook until thick and smooth. Add chicken livers and mushrooms.
Pack cooked rice in a greased ring mold. Keep warm in a pan
of hot water. Unmold. Fill center with liver mixture.*

CHICKEN LIVER CASSEROLE

Fry until browned in skillet	1 lb. chicken livers
In	5 tbsp. butter
	<i>Remove chicken livers.</i>
Add to skillet	2 stalks celery, chopped
	½ cup onion, chopped
	<i>Cook about 5 minutes.</i>
Stir in	4 tbsp. flour
Add	1 No. 2½ can tomatoes
Season with	1 tsp. salt
	¼ tsp. pepper
	⅛ tsp. oregano
Add	2 canned pimentos, cut in thin strips
	6 green olives, sliced
	1 small can (3 oz.) sliced mushrooms

*Arrange layers of the fried livers and sauce in a greased casserole.
Bake in a moderately hot oven (375° F) for 30 minutes. Serve
with steamed rice.*

BREAST OF TURKEY, MUSHROOM SAUCE

Dip	4 cooked turkey breasts, 4 ozs. each
In	2 eggs, beaten
With	¼ tsp. salt dash of white pepper ½ cup milk
Roll in	2 cups bread crumbs
Fry in	4 tbsp. butter
	<i>When good and brown, remove and keep hot.</i>
Sauté	¼ lb. fresh mushrooms, diced
In	2 tbsp. butter
With	1 tbsp. shallots, diced 1 tbsp. chives, diced
Blend	2 tbsp. flour
Mix well, then add	1 cup milk ½ tsp. salt

Cook, stirring constantly, until mixture thickens.

Add	½ cup cooked peas
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Serve hot under the breast of turkey.

POULTRY

TURKEY WITH WINE SAUCE

- Melt in top double boiler $\frac{1}{3}$ cup butter
Blend in $\frac{1}{3}$ cup flour
Add and stir 4 cups light cream

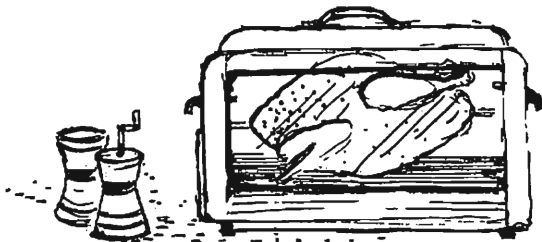
Cook until slightly thickened.

- Add 1 cup Swiss cheese, **grated**
1 tsp. salt
 $\frac{1}{4}$ cup port wine
Blend and mix well 2 cups cooked rice
Arrange in bottom of baking dish . . . 1 lb. cooked asparagus **spears**
Cover with 1 lb. cooked turkey, **sliced**

Pour sauce over all.

- Sprinkle with Swiss cheese, **grated**

Bake in hot oven (400° F) for 10 minutes.



BAKED ROCK CORNISH GAME HEN WITH WILD RICE AND MUSHROOM STUFFING

Preheat oven to 350 degrees. Season bird inside and out with salt and pepper.

- Mix these together $\frac{1}{2}$ cup wild rice, **cooked**
 $\frac{1}{4}$ cup mushrooms, **sliced**
1 tsp. scallions, **chopped**
1 tbsp. brandy

Stuff bird and truss loosely. Place in shallow baking dish and brush birds with butter. Bake 30 to 35 minutes. Remove birds to serving platter. To juices remaining in baking pan,

- Add $\frac{1}{4}$ cup sherry
1 $\frac{1}{2}$ tsp. parsley, **chopped**

Heat, pour mixture over birds and serve at once.



BEEF TURNOVER

For 12 turnovers **pastry for 2-crust pie**

Roll pastry 1/8 in. thick; cut into twelve 6 in. circles.

- | | |
|-------------------------|---------------------------|
| Mix in a bowl | 3/4 lb. round steak, |
| | ground |
| | 1/4 lb. lean veal, ground |
| | 1/4 lb. lean pork, ground |
| Add | 2 cups cooked |
| | potatoes, finely diced |
| | 1 large onion, finely |
| | chopped |
| | 1/4 cup parsley, |
| | chopped |
| | 1 1/2 tsp. salt |
| | 1/8 tsp. pepper |
| | 1/8 tsp. rosemary |
| Mix in well | 1/3 cup lemon juice |
| | 1 tsp. lemon peel, |
| | grated |
| | 1/4 tsp. m.s.g. |

Place a layer of meat mixture on each round of pastry. Dot each round with butter. Dampen edges of pastry, fold over, press edges together and crimp them with finger and thumb. Brush each with beaten egg. Cut two small slits in top of each turnover. Bake in hot oven (400° F) for 1 hour. Serve with tomato sauce or a good cream sauce. (See sauces.)

MEATS

ROAST BEEF

With a clean damp cloth, wipe clean **4 to 5 lbs. sirloin of beef**

Rub all sides with **salt and pepper**

Place meat on a rack in a roasting pan. Put in moderate oven (300° F) add no water. Roast 15 to 20 minutes per pound. Serve hot or cold.

COLD ROAST BEEF

When one has pieces of left-over cold roast beef from a meal, something quite delicious can be made from it for another meal.

Here is the recipe:

Heat in a sauce pan **1 tbsp. butter**

Add **3 tbsp. jelly**
dash of cayenne
¼ tsp. paprika
a little salt
1 cup sherry or
Maderia wine
small slices of cold
roast beef

Serve hot.

CHATEAUBRIAND FOR FOUR

Have your butcher cut, from aged tenderloin, the center part.

You end up with **2 lbs. of prime beef**

Beat lightly to flatten into a round shape.

Marinate for 1 hour in **¼ cup olive oil**

Sprinkle with **salt**

Broil under broiler, about 8 minutes on each side.

The steak should be rare. Remove to a casserole.

Place on top of steak **4 slices of foie gras**
8 slices of truffles

Saute in butter, and add atop **8 mushroom caps**

Pour over **1 cup Bordelaise Sauce**

Cover with bread dough, not too thick. Bake in a very hot oven for fifteen minutes. Break the bread; serve at the table.

Cut meat in four pieces and serve. This is very good with a green salad and French Bread.

CHEF'S CHARCOAL STEAK

"Here's the best way I ever found to charcoal steaks."

- Marinate for 1 hour a **2 inch thick sirloin steak**
- In **½ cup olive oil**
2 cloves garlic, minced

Place steak in wire broiler.

- Sprinkle with **salt**

Grill over glowing charcoal about 8 minutes on each side. Remove from wire broiler; placè right on charcoal until charred. (At least 6 minutes on each side.) Slice steak ¾ in. thick. Serve as is, or in buns.



CHEF'S TENDERLOIN TIPS

This is one dish you will serve often. It is so good your friends will want the recipe.

- Brown **2 lbs. tenderloin tips cut in thin bias strips**
- In **4 tbsp. butter**
- Add **½ lb. fresh mushrooms, sliced**
1 green pepper, cut in thin strips

Cook mushrooms and pepper till tender. The tenderloin tips, mushrooms and green pepper should only take about 5 minutes.

- Make a roux of **2 tbsp. butter**
1 tbsp. flour
- Add **1 cup beef bouillon**
1 bay leaf
½ tsp. m.s.g.
¼ cup dry white wine

Cook the roux to boiling. Simmer 2 minutes. Remove bay leaf. Add to tenderloin tips. Heat.

- Then to taste **salt and pepper**
- Decorate with **1 4 oz. can pimento cut in thin strips**

Serve hot.

MEATS

ROUND STEAK WITH CHILI

Have butcher cut $\frac{1}{4}$ in. thick **2 lbs. round steak**

Cut steak in 4 in. squares.

Combine together **$\frac{1}{4}$ cup flour**
1 tsp. salt
2 tsp. chili powder
 $\frac{1}{4}$ tsp. thyme

Beat seasoned flour into the steak with a tenderizer or edge of a heavy plate.

Saute together **2 onions, chopped**
1 clove garlic, minced

In **4 tbsp. butter**
until onions are golden but not browned. Push them to side of pan and brown the meat on both sides.

Add together **2 cups tomatoes**
 $\frac{1}{2}$ tsp. crushed
cumin seeds

If needed, add just enough water to cover. Cover the pan and simmer for 40 minutes or until the meat is tender.



SKILLET STEAK DINNER

Have butcher cut $\frac{1}{4}$ in. thick **$1\frac{1}{2}$ lbs. round steak**

Cut in pieces about 3 x 5 in.

Combine together **$\frac{1}{4}$ cup flour**
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Dredge meat with seasoned flour.

Cut in strips **4 or 5 small carrots**

Place 3 or 4 carrot sticks on each piece of steak. Wrap steak around carrots and tie.

Brown beef rolls in **$\frac{1}{4}$ cup lard or drippings**

Add together (peeled) **4 potatoes**
4 small onions

Stir in **1 can mushroom soup**

Cover and simmer in a slow oven 300 degrees or on top of range $1\frac{1}{2}$ hrs., or until meat is tender and vegetables are done.



Round Steak with Chili.

MEATS

BAKED ROUND STEAK

Have butcher cut $\frac{1}{4}$ in. thick **2 lbs. round steak**
Cut in serving pieces.

Sprinkle with **2 tbsp. flour**
Place steak in casserole, in layers.

Dot with **butter**
Another layer of steak and butter until all steak is used.

Cover with **2 cups water**

In which you have dissolved **2 bouillon cubes**

Season with **salt and pepper**

Cover tightly and bake at 375 degrees for 2 hours. Serve with creamy gravy left in casserole.

SWISS STEAK

Have butcher cut $1\frac{1}{2}$ to 2 inches thick **2 lbs. round or
chuck steak**

Combine together **$\frac{1}{2}$ cup flour**
2 tsp. salt
 $\frac{1}{2}$ tsp. pepper

Beat seasoned flour into the steak with a tenderizer or edge of a heavy plate.

Brown on both sides in **3 tbsp. fat**

Spread top of steak with **1 tbsp. A 1 Sauce**

Sprinkle with **1 small onion, chopped**

Cover with **1 cup hot water**

Cover and simmer over low heat until tender or bake in moderate oven 350 degrees 1 to $1\frac{1}{2}$ hours.

BRAISED ROUND STEAK WITH ONIONS

Cut in about 12 pieces **$1\frac{1}{2}$ lbs. round steak**

Combine together, sprinkle over steak **$\frac{1}{4}$ cup flour**
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Brown meat in **2 tbsp. fat**

Add and brown lightly **6 large onions, sliced**

Add **1 cup beef stock**

Cover and simmer over low heat until tender, about $2\frac{1}{2}$ to 3 hours.

"I have always taken pride in being able to prepare the toughest cuts of beef and making them tender."
—CHEF MCKNIGHT

ROLLED ROUND STEAK WITH SAUSAGE

A friend of mine thought I should include this one.

- Have pieces cut 5 in. long, 3 in. wide . . . **8 thin slices round steak**
- Make stuffing of **½ cup sausage meat**
½ cup bread crumbs
½ cup onions, chopped
1 tbsp. parsley
chopped
¼ cup heavy cream

Spread equal amounts of stuffing over round steak.

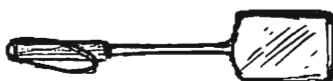
Roll up and tie.

- Brown in **2 tbsp. butter**
- Add **1 onion, sliced**
½ cup red wine
1 cup beef bouillon
- To taste **salt and pepper**

Cover and cook over simmer heat for 3 hours, or until meat is tender. Remove meat rolls.

- Combine **1 tbsp. cornstarch**
with a little water

Stir until slightly thickened. Serve over meat rolls.



CHEF'S FAMOUS STEAK

- Have cut 1½ in. thick **2 porterhouse steaks**
- Marinate in, for 24 hours **1 cup wine vinegar**
½ cup olive oil
4 cloves garlic,
chopped
3 shallots, chopped

Pat steak dry.

- Melt in hot skillet **6 tbsp. butter**

Pan broil steak on each side (8 minutes each side for rare, 10 minutes each side for medium, 12 minutes each side for well done). Remove steak to warm serving platter.

- To juice in skillet add **¼ cup sherry**
1 can small
mushrooms

Stir until mushrooms are hot, pour over steak.

MEATS

TENDERLOIN TIPS WITH OLIVES

This is one recipe you and your friends will rave about.

Brown **2 lbs. tenderloin tips
cut in thin bias strips**

In **2 tbsp. butter**

When meat is browned, add **1 tbsp. flour**

Stir until flour is well blended.

Add **½ cup dry white wine
(Madeira)
1 cup beef bouillon**

Cook, stirring continually, until smooth.

Add **1 cup olives, seeds
removed**

Cover and cook over simmer heat for 10 minutes.



CHEF'S ROLLED FLANK STEAK

Have butcher slice **1 flank steak—1½ lbs.**

This will give you two steaks same size.

Melt in skillet **½ cup butter**

Sauté in butter, do not brown **4 onions, chopped**

When onions are tender add **½ cup bread crumbs
4 tbsp. parsley,
chopped**

1 tsp. salt

½ tsp. pepper

Stir to blend **½ cup heavy cream**

Spread the above stuffing over the two flank steaks. Roll up and tie with a string.

Melt in skillet **2 tbsp. butter**

Brown meat on all sides.

Add and let cook a few minutes **2 onions, sliced
4 carrots, sliced**

Add **1 cup chicken stock**

Cover and cook over low heat about 1 hour or until meat is tender. Remove meat.

Mix, add to the above **1 tbsp. cornstarch**

With a little **cold water**

Then cook a few minutes. Serve with rice.



Chef's Rolled Flank Steak.

MEATS

STEAK TOMATO AND PEPPER

- Cut into $\frac{1}{4}$ in. strips 1 flank steak, 1½ lbs.
Marinate in, for 15 minutes 1 tbsp. Soy Sauce
1 tbsp. brandy
½ tsp. m.s.g.
Brown meat in 2 tbsp. peanut oil
When meat is brown add 1 chicken bouillon cube
Dissolved in 1 cup hot water
Add 1 clove garlic, minced
1 can sliced mushrooms
1 tbsp. sugar
½ tsp. pepper
Mix together, then add to above 2 tbsp. Soy Sauce
1 tbsp. cornstarch

Cover and cook over low heat 20 minutes.

- Add, cut into thin strips 2 green peppers

Cover and cook over low heat 10 minutes.

- Add, cut in quarters 2 large tomatoes

Cover and cook for 5 minutes. Serve over cooked rice.



BEEF STROGONOFF

- Cut into strips 1 in. long, $\frac{1}{4}$ in. thick . . . 1½ lbs. lean round steak
Add to a large skillet 2 tbsp. cooking oil
Add and brown meat with cover on for 35 minutes.
Add 1 can mushrooms
Cook for 5 minutes. Place meat and mushrooms in top of double boiler. Keep water hot in bottom of double boiler.
To juices in skillet add 1 tbsp. flour
smoothing flour so no lumps form.
Add 1 cup sour cream
2 tsp. dry mustard

Cook slowly, do not boil. Pour sauce over meat and mushrooms and cook in double boiler for 10 minutes. Season with salt, pepper and paprika. Serve on boiled rice, English muffins or toast.

SUKIYAKI

"I will never forget the first time I had Sukiyaki. It was at the Miyako Restaurant in New York City. It is a Japanese delicacy. Here's the way I prepare it. You may wish to serve with Shrimp Tempura."

—Chef McKnight

Cut diagonally, across the grain, into very thin slices $\frac{3}{4}$ lb. lean sirloin steak

Brown meat in lightly greased skillet.

Add, all at once $\frac{1}{2}$ lb. mushrooms, sliced

Cut in $1\frac{1}{2}$ inch pieces 1 large bunch green onions

Cut in $1\frac{1}{2}$ inch pieces 3 stalks celery, sliced

Thinly sliced 2 yellow onions

Drained 1 8 oz. can bamboo shoots

3 tbsp. sugar

$\frac{1}{2}$ cup Soy Sauce

Melt 1 chicken bouillon cube

In $\frac{1}{2}$ cup hot water

Mix all well. Simmer, stirring after ten minutes.

Add 3 cups spinach leaves

Cook 5 minutes. Mix well. Serve with cooked rice.

PUERTO RICAN POT ROAST

Have ready 3 lbs. beef cut of round pot roast

Cut small slits in both cut surfaces of the meat at 3 inch intervals.

Stuff slits alternately with 1 small bottle stuffed olives

1 slice salt pork cut $\frac{1}{4}$ in. thick

Brown meat in 2 tbsp. lard or bacon drippings

Add together 2 tbsp. sherry
 $\frac{1}{2}$ cup hot water
1 cup tomato juice
1 onion, chopped

Add to taste salt and pepper

Cover tightly and simmer gently for 3 hours or until tender.

Thicken liquid and serve the tomato gravy with the meat.

MEATS

SHORT RIB POT ROAST

Leave short rib whole **about 7 ribs**
Sauté together until brown **¼ lb. salt pork, diced**
4 large onion, sliced

Place in short ribs and brown on all sides. Add enough hot water to cover. Cover and simmer until tender about 3 hours.

RICH BROWN STEW

Brown **2 lbs. beef chuck in**
1½ in. cubes
In **2 tbsp. fat**
Dissolve **2 bouillon cubes**
In **1½ cups boiling water**

Add to meat.

Add **1 tsp. lemon**
1 tbsp. Worcestershire
Sauce
1 clove garlic
1 cup onions, sliced
2 bay leaves
¼ tsp. thyme
1 tsp. salt
½ tsp. pepper
½ tsp. paprika
1 tsp. sugar

Simmer for 2 hours covered.

Add **6 carrots, quartered**
6 potatoes, quartered

Cover and cook about 30 minutes or until vegetables are tender. Remove meat and vegetables.

Stir in **3 tbsp. flour**
Blended with **2 tbsp. fat**

Stir until smooth. Pour over meat.

BEEF PIE WITH CHEESE

Leftover rich brown stew **2 cups heated**

Add to a shallow baking dish. Arrange bread triangles around edge and sprinkle top.

With **4 tbsp. grated**
cheddar cheese

Brown under broiler.

BEEF STEW

Cut in 1 in. cubes	2 lbs. round of beef
Brown beef in	2 tbsp. oil
	¼ lb. fat bacon, diced
Add, cut in cubes	4 carrots
	3 tomatoes
	2 cloves garlic, minced
	4 onions, diced
	few sprigs parsley
	¼ tsp. thyme
	¼ tsp. marjoram
	1 bayleaf
Season with	salt and pepper
	2 whole cloves

Cook a few minutes.

Add	1 cup red wine
	1½ cups beef stock

Cover the sauce pan. Simmer for about three hours.

**BEEF A LA MODE**

Trim off fat of skin	4 lbs. rump or round roast
Rub both sides	salt and pepper
Put meat in china bowl, cover with . . .	4 cloves garlic
	6 cloves
	4 bay leaves
	2 large onions, sliced
Pour over all	2 cups vinegar
	½ cup red wine
	½ cup water

Cover and let stand 3 days, but turn meat twice a day.

Heat very hot	2 tbsp. fat
Put in meat and brown well on all sides.	
Cover with	1½ cups dry red wine

Cover and cook over low heat for 2 hours. Remove meat.

Add mixed together	2 tbsp. flour
	2 tbsp. water

Stirring until smooth. This meat is excellent sliced cold.

MEATS

CHEF'S POT ROAST WITH HERBS

- Combine together **2 tbsp. flour**
1 tsp. salt
¼ tsp. pepper
¼ tsp. thyme
¼ tsp. garlic salt
¼ tsp. marjoram
⅓ tsp. oregano
- Sprinkle the above over surface **4 lb. boned and
rolled pot roast**

Rubbing in well with fingers.

- Melt in dutch oven **2 tbsp. fat**
- When meat is well browned add **½ cup dry red wine**
1 tbsp. A-1 Sauce
2 small onions
1 bay leaf
2 stalks celery
2 medium carrots

Cover and cook over low heat about 3 hours or until meat is tender. Remove meat to warm serving platter. Put pan liquid, including vegetable, through sieve or food mill.

Pour off most of fat.

- Blend **2 tbsp. flour**
- With **2 tbsp. fat**

Add water to pan liquid to make 3 cups. If necessary thicken gravy with the fat, flour mixture. Correct seasoning and serve hot with roast.



POT ROAST

- Best to use about **2 lb. chuck beef**

Place in dutch oven, cover with water and boil until quite tender. Drain off all water, save. Let beef dry.

- Brown beef in dutch oven with **2 tbsp. fat**

When well brown, remove roast, then make
gravy.

- Add to fat **2 tbsp. flour**

- Mix fat and flour then add **2 cups stock that meat
was cooked in**

Stir until gravy is smooth.

MEATS

BURGUNDIAN BEEF

- Heat in a copper-clad sauce pan **3 tbsp. olive oil**
Add diced **¼ cup salt pork**
Cut in 1 inch cubes, sprinkle with seasoned flour, 3 lbs. beef, rump or round. Sear meat thoroughly in hot fat.
Add **2 shallots, minced**
2 medium onions, diced
2 cloves garlic, minced
Cook until onions are a light yellow.
Add **2 cups dry red wine**
1 cup beef bouillon
1 bayleaf
2 tbsp. parsley, ground
2 tbsp. chervil, minced
½ tsp. thyme
Add **1 tbsp. tarragon vinegar**
Cover and simmer 1½ hours or until meat is tender.
Add, peeled and cut in 1 in. slices **6 carrots**
Cover and cook 30 minutes longer.
Cook in butter **½ lb. mushrooms, sliced**
Add to stew when vegetables are tender. Sprinkle with parsley and serve with buttered noodles.

BARBECUE LIVER A LA DOROTHY

- Melt in a skillet **2 tbsp. butter**
Sauté **1 cup onion, sliced**
Cook until tender, but not browned.
Arrange in a casserole part of **1 lb. liver**
Cover with part of the onions.
Spoon over part of this mixture **1tbsp. vinegar**
1 tbsp. Worcestershire Sauce
1 tsp. salt
½ tsp. pepper
1 tsp. mustard
¼ cup catsup
Add seasoning, liver, onions and sauce. Bake covered in a moderate oven (350° F) for 25 minutes. Uncovered for 10 minutes.

MEATS

BROILED LAMB CHOPS WITH SAUCE

Bone and circle with bacon **6 thick lamb chops**

Broil under broiler the way you like them.

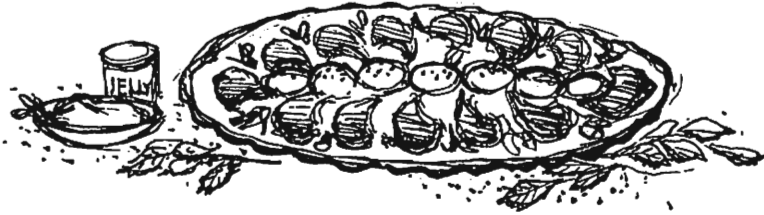
Heat **2 tbsp. butter**

Add **1 large onion, sliced**
4 mushrooms, sliced
½ clove garlic, chopped
½ tsp. salt
⅛ tsp. pepper

Cover and simmer until onions are tender.

Add, stir well **1 tsp. tomato paste**
2 tbsp. Madeira

Serve over broiled chops.



STUFFED LAMB CHOPS

Cut pocket in side of **6 - 2 in. thick lamb chops**

Mix together **1 cup crushed pineapple, drained**
1 tsp. grated orange rind
2 tbsp. fresh mint, chopped
¼ tsp. dry ginger
½ tsp. salt
2 tbsp. Soy Sauce

Spread 2 tbsp. in pockets of chops. Reserve remainder. Place stuffed chops in greased, shallow baking pan. Bake in a moderate oven (350° F), for 50 to 60 minutes. Heat in a sauce pan, remainder of stuffing.

Add **½ cup pineapple juice**
2 tbsp. wine vinegar

Serve as sauce. "A little sweet and sour."

MEATS

LAMB PATTIES WITH ONION SAUCE

Combine **1 lb. ground lamb**
1 tsp. salt
¼ tsp. pepper

Shape into 4 patties.

Melt in a sauce pan **2 tbsp. butter**
Sauté until tender **½ cup onion, sliced**
Stir in **¼ cup tomato juice**
1 tbsp. A-1 Sauce
½ tsp. salt
2 tbsp. dry red wine
½ tsp. horseradish

Brush patties with butter. Broil 4 inches from moderate heat, about 10 minutes. Turn, brush with butter. Broil about 10 minutes longer. Serve with hot onion sauce.

SAUTE KIDNEYS IN WINE

Remove fat and skin from **8 lamb kidneys, sliced**
very thin
Add kidneys to **4 tbsp. hot butter**
1 bayleaf
Season with **salt and pepper**

Cook a few minutes over a brisk fire shaking the pan and turning the kidneys with a spoon. The cooking should only take about ten minutes.

Sprinkle with **1 tsp. flour**
Stir in well. Remove from heat.

Add **½ cup white wine**
Replace on heat, stir a few minutes longer. Serve very hot.

PORK—SAUERKRAUT, SWEET AND SOUR

In a large kettle brown **3 lbs. pork, lean**
shoulder, diced
When browned on all sides, add **1 #2½ can sauerkraut**
1 cup onions, chopped
1½ cups apples,
chopped
½ cup brown sugar
¼ cup vinegar
½ cup beef bouillon
2 tbsp. Soy Sauce

Cover and cook over simmer heat 1 hour, or until meat is tender.

PORK CHOPS WITH WINE SAUCE

Brown over a hot fire **6 pork chops, cut 1 in. thick**

In **1 tbsp. fat**

When good and brown, turn heat to simmer.

Add **1 large onion, chopped**

Cook until tender but not browned.

Add, and stir into onions **1 tsp. flour**

Add **½ cup white wine**

1 cup stock

1 tsp. salt

½ tsp. pepper

Simmer chops until tender (about 1 hour). Serve hot.

BARBECUED PORK STEAK

Marinate **4 ¾ in. thick pork steaks**

In **4 tbsp. Soy Sauce**

2 tbsp. dry white wine

2 tbsp. brown sugar

2 cloves garlic, minced

½ tsp m. s. g.

½ tsp. salt

¼ tsp. pepper

Marinate about 1 hour. Broil over charcoal, or bake in a moderate oven (350° F) for 45 to 55 minutes.

PORK CHOPS WITH RICE

Brown **6 pork chops**

In **1 tbsp. shortening**

Sprinkle with **salt and pepper**

Add over chops **½ tsp. poultry seasoning**

Place on top of each chop **1 thick slice onion**

Next place over chop **1 green pepper ring**

Add **½ cup uncooked rice**

2 8 oz. cans tomato

sauce

2½ cups beef bouillon

½ cup dry red wine

Cover, cook over simmer heat for 2 hours or until meat is tender. Stirring occasionally.

MEATS

PORK CHOP SAVORY

Brown	6 pork chops
In	1 tbsp. shortening
Season to taste	salt and pepper
Combine	1 tbsp. Worcestershire Sauce
	2 tbsp. onions, grated
	1 can condensed tomato soup
	½ cup water
	4 cups cooked noodles
	½ cup mushrooms, sliced
	½ tsp. salt
	¼ tsp. pepper

Place noodles in a 3 qt. casserole; add soup, mushroom mixture. Arrange chops over-lapping around inner edge of casserole. Cover and bake in moderate oven (350 degrees) for 1 hour.



PORK CHOPS WITH WINE

Brown	6 pork chops
In	1 tbsp. shortening
When good and browned, add	3 tbsp. onions, minced
	1 tbsp. mustard, prepared
	1 tbsp. Worcestershire Sauce
	1 cup beef bouillon
	½ cup dry red wine
	½ bay leaf
Add to taste	salt and pepper

Cover and cook over simmer heat for 1 hour or until chops are tender. Remove chops.

Add	1 tbsp. cornstarch
Mixed with	a little water

Stir until smooth. Serve sauce over chops.

CHEF'S ROAST LEG OF PORK DE LUXE

This stuffed fresh ham is delicious hot or cold.

Remove bone entirely from **6 to 7 lbs. fresh ham**

Make small incisions all over skin on top.

Rub inside **1 tsp. salt**
1 tsp. pepper

Wash **1 qt. navy beans**

These are best to soak over-night.

Add to beans **2 qts. cold water**
½ tsp. salt
1 large onion
1 clove
2 sprigs parsley

Boil 1½ hours or until beans are tender. Drain, remove onion, parsley and clove. Take half the beans, pass through a sieve. Keep the other half for further use.

Cook for about 3 minutes **2 onions, chopped fine**

In **2 tbsp. butter**

Do not let onions burn. Add to the mashed beans.

Add to beans and onion mixture **2 tbsp. parsley,**
chopped

Mix well, mashed beans, onions and parsley. Stuff ham with this mixture, sew opening, put string all around to keep it in shape.

Sprinkle over ham **1 tsp. salt**
1 tsp. pepper

Place in large roasting pan **½ cup stock**

Put in ham, bake in a moderate oven 1½ hours. Then add the other beans and bake another 1½ hours. After first half hour of roasting, baste well every 20 minutes. Remove string and serve.

HAM AND OYSTERS CREAM SAUCE

Have ready **2 cups thick cream**
sauce

Add **½ cup dry sherry wine**
1½ cups cooked ham,
½ in. cubes
2 cups oysters,
cooked in butter

To taste **salt and pepper**

When heated through, serve in patty shells.

MEATS

CHEF'S ROAST YOUNG PIG

For a month old pig, well grown and plump, wash well and keep well wrapped in a wet cloth until stuffing is ready.

For stuffing combine and mix **1 cup bread crumbs**
1 large onion, chopped
2 tbsp. sage
dash of nutmeg
2 tbsp. parsley
½ tsp. salt
2 eggs, well beaten
3 tbsp. butter
pepper to taste
Add **½ cup warm milk**

Stuff the pig to his natural size and shape, sew him up and bend his forefeet backward and hind feet forward, under and close to the body. Dry pig well and dredge with flour. Put it to roast with a little hot water slightly salted in dripping pan. Baste with butter and water a few times, then with the drippings. Bake in a moderate oven (350 degrees) for 2 hours.

For a good sauce, add a little hot water, thicken with flour, boil up once, strain.

Add **½ cup dry red wine**
¼ cup lemon juice

Serve in a tureen. Cut a bunch of celery and put in pigs mouth; garnish with parsley and lemon wedges on platter. This looks very nice. Applesauce, mashed potatoes and turnips are very good with roast pig.

BAKED HAM (Canned)

The vinegar in this dish will not make the ham sour, but will tenderize the sinews. The ham will be deliciously sweet, spicy and tender.

Have butcher slice ¼ in. thick **5 lbs. canned ham**

After ham has been sliced, have butcher tie with a string. Place ham in covered baking dish.

Pour over ham **½ cup vinegar**
½ tsp. tarragon,
crushed

Mix together **½ cup brown sugar**
1½ tsp. dry mustard
½ tsp. ground cloves

Put this mixture on top of ham. Cover baking dish. Bake in moderate oven (350 degrees) for 1½ hours. Baste with juices in bottom of pan every fifteen minutes. This is very important. Keep dish covered. Serve with baked ham sauce.

MEATS

PORK TETRAZZINE

Make a rich cream sauce:

- Melt and make a roux **4 tbsp. butter**
4 tbsp. flour
- Add **1 cup milk**
- Stir until smooth and thick, cook about 10 minutes for best flavor.*
- Add **½ cup light cream**
½ cup dry white wine
- To taste **½ tsp. salt**
¼ tsp. pepper
⅛ tsp. cayenne pepper

Keep over low heat, stirring constantly.

- Add **½ cup parmesan**
cheese

- Stir in until smooth **2 egg yolks**

Keep hot over low heat.

- Cook in boiling salted water **4 ozs. spaghetti**

Pour hot water over and drain spaghetti.

- Cut in thin strips **2 cups cooked pork**
½ cup mushrooms,
sliced

Combine, spaghetti, cooked pork, mushrooms with sauce. Place in a baking dish, sprinkle with buttered bread crumbs, mixed with parmesan cheese. Bake at 350 degree only until a little browned and bubbly, about 20 minutes.

BARBECUED SPARERIBS

- Place in a baking pan **5 lbs. spareribs**

Cover with greased brown paper. Bake for 30 minutes in a slow oven (300° F). Remove paper. Cover with sauce.

- Add to a sauce pan **3 cups tomato juice**
1 cup beef stock
¼ cup Worcestershire
Sauce
- 1 tsp. Tabasco**
2 tbsp. brown sugar
1 small can tomato
paste
- 1 clove garlic, crushed**
1 tsp. m.s.g.

Combine and cook all ingredients until well blended (about 1 hour).



Barbecued Spareribs.

MEATS

SPARERIBS (Chinese)

(You should double this recipe, because it's going to be good.)

Marinate, several hours	4 lbs. pork spareribs, all in one piece
(in a roasting pan)	
In	4 cloves garlic, minced
	2 tsp. salt
	¼ cup honey
	½ tsp. ground ginger
	¼ cup Soy Sauce
	1 cup chicken stock or consomme
	2 tbsp. brandy
	½ tsp. m.s.g.
	¼ cup catsup

Turn spareribs several times so all surfaces soak up the sauce. Bake for 10 minutes at 450° F. Reduce oven heat to 325° F and bake for 1 hour 20 minutes. Baste occasionally during baking.

Remove ribs from roasting pan and keep hot. Make sauce.

Add enough water to roaster to make . . .	1 cup liquid in roaster
Mix	1 tbsp. cornstarch
With	a little water

Stir the mixture into the sauce in the pan; cook only until clear and slightly thick. Serve sauce with ribs.



CHEF'S CLUB CHICKEN AND HAM

Have ready	3 cups medium cream sauce
Add	½ cup grated parmesan cheese
	1 cup sliced mushrooms
	3 tbsp. sherry wine
To taste	salt and pepper
Place on individual oven-proof plates or in a baking dish	2 slices toast 1 slice ham, cooked 2 slices chicken, cooked

Pour over equal amounts of sauce.

Sprinkle with parmesan cheese

Place under the broiler until browned.

CHEF'S PORK SUPREME

You will love this unusual dish; your family will be asking for seconds.

Brown	1 lb. pork shoulder, cut in 1 in. cubes
In	2 tbsp. shortening
When browned on all sides, add	3 medium onions, sliced

Cook onions until golden, do not brown.

Add	½ lb. mushrooms (or 2 cans 6 oz. size)
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Cook about 5 minutes. Remove the pork, onions, mushrooms (Save).

Melt in the same pan	4 tbsp. butter
Add and stir till smooth	2 tbsp. flour
Add	1½ cups milk

Stir sauce till slightly thick.

Add	1 8 oz. can tomato sauce
	2 tbsp. brown sugar
	1 tbsp. lemon juice
	1 tsp. salt
	1 tbsp. kitchen bouquet

Cover and simmer for about 1 hour or until pork is tender. This is best served over cooked rice.



VEAL AND HAM ON TOASTED BISCUITS

Have ready	3 cups medium cream sauce
Add	3 tbsp. green pepper, minced
	3 tbsp. pimiento, minced
	3 tbsp. capers
To taste	salt and pepper
Stir in	1 cup cooked veal, diced
	1½ cups cooked ham, diced

When heated through, serve over halves of toasted biscuits.

MEATS

SPARERIBS SWEET AND SOUR

Have butcher cut into 1 in. pieces **2 lbs. pork ribs**

Cover with water, boil 5 minutes. Drain and dry.

Fry ribs in **2 tbsp. shortening**

Cook ribs, turning occasionally, until tender (about 20 minutes).

Add **4 green onions,**
chopped

1 carrot sliced

1 green pepper, sliced

Mix well **1 tsp. ground ginger**

Combine **4 tbsp. sugar**

4 tbsp. vinegar

1 tsp. salt

2 tbsp. Soy Sauce

Cover and cook 10 minutes.

Add **1 small can pineapple**
chunks

Remove ribs, combine **1 tbsp. cornstarch**
with a little water

Stir until smooth. Pour sauce over ribs. Serve.

HAM AND VEAL ROLLED

You will need **6 veal cutlets ¼ in.**
thick
6 slices boiled ham

Have your butcher pound the 6 veal cutlets 'till about double in area. Lay a slice of ham on each slice of veal. Roll and tie with string.

Brown rolls in **2 tbsp. butter**

Sprinkle with **1 tbsp. flour**

Stir the pan juices up over the rolls.

Add **½ cup Maderia wine**

1 cup chicken stock

½ cup olives, seeds
removed

1 tsp. salt

½ tsp. pepper

dash oregano, crushed

½ bay leaf

Cover and bring to boil, then simmer 45 minutes. Serve hot with sauce.

HAM PINEAPPLE LOAF

- Combine 2 lbs. ground ham
 1½ ground lean pork
 1 cup dry bread crumbs
 1 cup milk
 1 tsp. salt
 1 tsp. pepper
 1 tbsp. Soy Sauce
 ½ tsp. m.s.g.
 2 eggs, slightly beaten
- In a 10 x 5 x 3 inch loaf pan, place . . . 4 slices of pineapple

Pack meat mixture into loaf pan. Bake in moderate oven (350 degrees) for 1½ hours.

Baste occasionally with brown sugar glaze.

- Combine ¾ cup brown sugar
 1 tbsp. Worcestershire Sauce
 ¼ cup milk
 ¼ cup vinegar
 2 tsp. dry mustard

Serve this ham pineapple loaf with a good horseradish sauce.



CHICKEN AND HAM CROQUETTES

- Have ready 2 cups thick Bechamel sauce
- Add 2 cups cooked chicken, chopped fine
 ¾ cup cooked ham, minced
- To taste salt and pepper
 dash of paprika

Cook, stirring, until the mixture leaves the sides of the pan. Spread the mixture on a flat buttered dish. Cool. Shape as desired. Roll in fine bread crumbs.

- Dip croquettes in mixture of 1 egg, beaten
 With 3 tbsp. milk

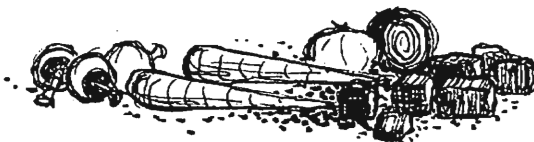
Drain off excess liquid and again roll in fine bread crumbs. Fry in deep fat (390° F) until golden brown. (About 3 to 4 minutes.)

MEATS

BREADED VEAL CHOPS

Sprinkle	6 veal chops
With	¼ cup flour
	½ tsp. salt
Dip in	1 egg, beaten
Then	½ cup bread crumbs
Fry in	6 tbsp. shortening

Brown both sides over medium heat. Cover pan and cook over low heat for 30 minutes, or until chops are tender. Serve with Fried Apples.



CHEF'S VEAL BROCHETTES (Good Eating)

Have butcher, cut 1 in. thick 1½ lbs. veal

Cut in 1½ in. squares. Dredge in flour to which salt and pepper has been added. Place 5 veal squares on a skewer.

Alternating with	2 medium carrots, in 1 in. slices
	5 medium onions, halved
	10 large mushrooms

Brown in	2 tbsp. hot fat
Dissolve	1 bouillon cube
In	1 cup water boiling
Add	¼ cup dry white wine

Pour over meat.

Add	½ tsp. salt
	¼ tsp. pepper

Cover tightly and cook over simmer heat for 30 minutes. Remove meat, keep hot.

Add	1 tsp. cornstarch mixed with a little water
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Add to sauce, stir until clear and slightly thick. Place hot veal on heated plate.

Over each skewer of veal, pour 2 ozs. brandy

Ignite and serve on heated plates.

Serve with sauce

VEAL SCALLOPINE 1

Have butcher slice $\frac{1}{4}$ in. thick **1½ lbs. veal cutlet**

Cut meat in 8 pieces.

Dip in **$\frac{1}{4}$ cup flour**
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. white pepper

Brown veal in **4 tbsp. butter**

Add **$\frac{1}{2}$ lb. mushrooms,**
sliced or 1 6 oz. can

Sauté mushrooms with veal until a little brown.

Remove veal and mushrooms to hot platter.

Add **$\frac{1}{2}$ cup bouillon-beef**
 $\frac{1}{4}$ cup Madeira Wine

Cook only a few minutes. Pour sauce over veal and mushrooms.

Sprinkle with **1 tbsp. parsley,**
chopped
1 tbsp. tarragon
vinegar

Serve.

HERB VEAL WITH CREAM

Cut in half **8 veal cutlets**

Sauté in **4 tbsp. butter**

Brown on each side.

Sprinkle with **1 tsp. pepper**
 $\frac{1}{2}$ tsp. thyme
 $\frac{1}{2}$ tsp. chervil
 $\frac{1}{2}$ tsp. parsley,
chopped
 $\frac{1}{2}$ tsp. chives, chopped
2 onions, chopped
2 scallions, chopped
1 cup Sauterne (wine)
1 cup veal stock

Cover and cook slowly 30 minutes.

Remove cutlets to warm serving dish.

Add **1 cup heavy cream**
2 4 oz. cans
mushrooms, drained

Stir until well blended. Do not let cream boil. Pour over cutlets.

MEATS

VEAL SCALOPPINI 2

Have butcher pound thin **1½ lbs. veal cutlets**
 Sprinkle with **salt and pepper**
 Brown lightly on each side in **⅓ cup butter**
 Sprinkle with **½-tsp. flour**

Let flour brown.

Stir in **½ cup Marsala wine**

Heat one minute. The veal will only take a few minutes. Do not overcook.



VEAL PATTIES IN SOUR CREAM SAUCE

You'll love this new way with veal.

Combine **1½ lbs. ground veal**
 **½ lb. ground ham**
 **½ cup bread crumbs**
 **1 egg**

To taste **salt and pepper**

Add **½ cup chicken stock**

Fold in **1 egg white, stiffly beaten**

Shape into 12 little patties about 1½ inches in diameter. Cover with chicken stock or consommé. Bring to a boil. Simmer 30 minutes. Remove patties, keep warm. Make sauce.

Brown **1 tbsp. flour**

In **1 tbsp. butter**

Add **½ cup cream**
 **1 tbsp. red currant jelly**

. **1 cup sour cream**

To taste **½ tsp. paprika**

. **salt and pepper**

When adding cream or sour cream, be sure to use a very low heat. Do not boil.

VEAL MUSHROOM SAUCE

Have butcher pound thin **1½ lbs. veal cutlets**

Cut meat in 8 strips.

Let soak for 10 minutes in **1½ tsp. Kitchen Bouquet**

½ tsp. salt
¼ tsp. marjoram

Turn occasionally.

Brown lightly in **2 tbsp. shortening**
Add **1 3 oz. can mushrooms, sliced**
½ cup chicken stock

Cover tightly and cook over low heat until meat is tender (about 25 minutes). Do not over cook veal.

Blend together and stir in **2 tsp. cornstarch**
2 tbsp. cold water

Bring to boil, stirring constantly. Serve immediately.



VEAL MUSHROOM, SOUR CREAM SAUCE

Have butcher pound thin **1½ lbs. veal cutlet**

Cut meat in 8 strips.

Dip or roll meat in **¼ cup flour**
½ tsp. salt
¼ tsp. pepper
1 tsp. paprika
Brown in (use a large skillet) **3 tbsp. hot fat**
Add **1 4 oz. can mushrooms, sliced**

Dissolve **1 bouillon cube**
In **1 cup hot water**

Add to veal. Cover and cook 20 minutes over low heat. Remove meat, and keep hot.

Stir in **1 tsp. flour mixed with a little water**
Add and stir well **1 cup sour cream**
1 tbsp. paprika

After you add sour cream, do not let boil. Serve hot. Buttered noodles go well with this dish.

MEATS

**SCALLOPPINE WITH MUSHROOMS
AND WHITE WINE**

- Sprinkle **2 lbs. veal scallops**
 With **salt**
 paprika
 freshly ground black
 pepper
- Rub with **flour**
 Sauté in **6 tbsp. hot butter**
 over a brisk flame for about 2 minutes
 on each side.
 Add to butter **3 shallots, finely**
 chopped

Saute for 2 minutes.

- Add, stirring constantly **1 cup diced mushrooms**

Sauté for 2 minutes.

- Add **½ cup white wine**

Cook until wine is reduced to half.

- Add **1 tbsp. parsley,**
 chopped
 a little chopped
 tarragon

- Add **½ cup white wine**

Bring sauce to a boil.

- Add **1 tbsp. butter**

When melted, pour sauce over meat. Serve hot.

VEAL PARMESAN

- Have butcher pound thin **1½ lbs. veal cutlet**

Cut meat in 8 strips.

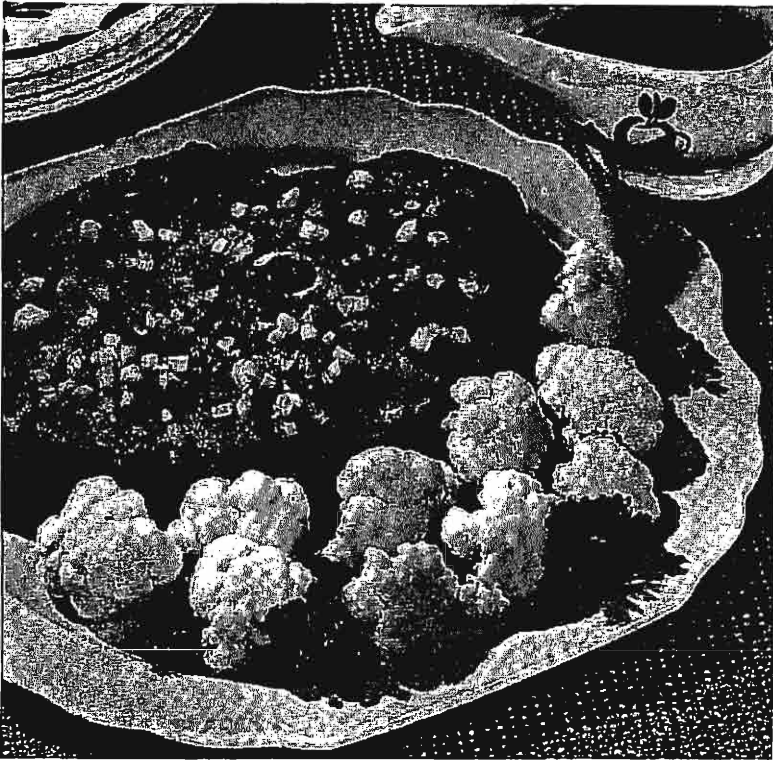
- Combine **3 tbsp. parmesan**
 cheese

- Dip meat in **1 cup bread crumbs**

- Then in bread crumb mixture. **2 eggs, beaten well**

- Fry in **6 tbsp. olive oil**

Make sure oil is hot, fry about 5 minutes on each side. Place veal in baking dish and pour on a layer of tomato sauce. Place thin slices of Mozzarella cheese over this. Bake in moderate oven (350 degrees) for 15 minutes.



PAPRIKA VEAL STEAK

- Chop 1 bunch green onions
- Brown in 3 tbsp. fat

Skim out onions. Save.

- Dredge a 2 lb. veal steak
- In flour

Brown in hot fat. When browned,

- To taste salt and pepper
- Add and sprinkle over meat 1 tsp. paprika

Add onions from above.

- Add ½ cup sour cream
- With 2 tbsp. milk

Cover, cook slowly 35 to 40 minutes or until very tender. During cooking, turn veal steak and spoon the sour cream over the top. Make sauce from juices left in skillet.

MEATS

VEAL KIDNEYS ON TOAST

Cut out core and tubes **1 lb. veal kidneys,
trimmed**

Melt in a skillet **½ cup butter**

Sauté until tender **½ cup onion, chopped**

*Add kidneys, cut in ½ inch cubes.
Cook until kidneys are slightly browned.*

Stir in **¼ cup flour**

Add **2 cups chicken bouillon**

1 tsp. salt

¼ tsp. pepper

2 tsp. A-1 Sauce

*Bring to boil, stirring constantly. Cook about
15 minutes, or until kidneys are tender.*

Add **1 cup cooked peas**

Heat thoroughly. Serve on toast.



MEAT PATTIES AND PINEAPPLE RINGS

"A Meal Under the Broiler"

Put through a food chopper together . . . **1 can of canned meat
½ lb. veal (lean)**

Combine with **juice of one lemon
grated rind of one
lemon**

1 egg, beaten

**1 cup fine bread
crumbs**

*Place mixture on waxed paper, and pat to ½" thickness. Cut
12 rounds with doughnut cutter the same size as pineapple slices.*

Place one pineapple slice between two
rounds of meat **1 can sliced pineapple
(large) drained**

*Put on broiler pan with potato puffs and broil at reduced
heat (heat control at 370° F) about 4 inches from heat.
Broil fifteen minutes, turn meat.*

Add **1 can asparagus,
drained**

*Broil another 15 minutes. For potatoes, see recipe
Potato-Corn Puffs, under Vegetables.*

VEAL PAPRIKA WITH NOODLES

- Have ready **6 veal cutlets**
- Roll in **seasoned flour**
- Sauté in **3 tbsp. butter**

When browned on each side, remove.

- Add to butter in skillet **¼ cup onions, minced**
½ clove garlic, minced

Cook for a few minutes.

- Stir in **1 tbsp. flour**
1 tbsp. paprika
- Add, stirring constantly **½ cup beef bouillon**
1½ cups sour cream

Cook about 10 minutes. Do not let boil. Strain the sauce over cutlets. Heat through about 10 minutes. Serve on a hot platter with buttered noodles.



LEFT-OVER RAGOUT

A savory way of serving remnants of a roast of beef, veal or mutton, which the family has considered as left-overs, "Ragout" is made as follows:

- Fry in butter until tender and colored
or light yellow **1 cup of sliced Spanish,
Bermuda or young
onions**
- Add **1 cup cold gravy**
**1 cup canned or fresh
stewed tomatoes**
- Season with **salt**
paprika
**curry powder (if you
like it)**

Stew 15 minutes.

- Add **cold sliced meat**

When heated through, arrange a mold of boiled rice in center of steak platter, lift out the slices of meat, let them overlap around the rice and over the gravy.

COMBINATION DISHERS



CHEF'S MEAT ROLL DE LUXE

Have butcher slice $\frac{1}{4}$ in. thick	2 lbs. round steak
Combine, mix well	$\frac{1}{2}$ cup ground ham
	$\frac{1}{2}$ cup ground pork
	1 egg
	3 tbsp. cheese, grated
	$\frac{1}{2}$ cup sweet pickles, chopped
	2 tbsp. ripe olives, chopped
	2 tbsp. lemon juice
	1 tbsp. pimento, chopped

To taste salt and pepper

Spread ham, pork mixture over meat.

Slice 2 hard boiled eggs

*Place hard boiled egg slices over ham, pork mixture.
Roll as for a jelly roll. Tie with a string and place
meat rolls in large skillet or dutch oven.*

Brown in 2 tbsp. butter

When browned add 2 cups chicken stock

$\frac{1}{4}$ cup vinegar

1 onion, sliced

2 cloves garlic,

chopped

1 bay leaf

1 tsp. salt

$\frac{1}{2}$ tsp. pepper

*Cover and cook for 1 hour or until meat is
tender. Remove meat rolls. Strain sauce.*

Heat sauce and add 1 tbsp. cornstarch

Serve sauce over meat rolls. Rice is very good with this dish.

**HAM, SWEETBREADS ON
ALMOND PASTRY CIRCLES**

Have ready **2 cups medium cream
sauce**

Add **1 cup cooked diced
sweetbreads**
**½ cup cooked diced
ham**
**¼ cup ripe olives,
sliced**

When heated through, pour into pastry shells.

When making pastry shells, add to
dry ingredients **½ cup grated toasted
almonds**

CREAMED CHICKEN AND SWEETBREADS

Have ready **2 cups thick cream
sauce**

Add **½ cup dry sherry**
**1½ cups cooked
chicken, cubed**
**1 cup cooked
sweetbreads, cubed**
¼ tsp. mace
dash of cayenne

To taste **salt and pepper**

When heated through, serve in patty shells.

**SWEETBREADS AND ALMONDS IN
NOODLE NESTS**

Have ready **3 cups medium cream
sauce**

Add **2 cups cooked sweet-
breads, cut in squares**
½ cup shaved almonds
**1 cup cooked
mushrooms, sliced**

To taste **salt and pepper**
½ tsp. mace

When heated through, serve in fried noodle nests.

MEATS

CHEF'S FAVORITE MEAT LOAF WITH HERBS

Combine together	1½ lbs. ground round steak
	¼ lb. ground pork
	¼ lb. salt pork, chopped
Adding	½ cup cracker crumbs
	1 egg, slightly beaten
	½ cup milk
	½ tsp. garlic salt
	⅙ tsp. thyme
	½ tsp. marjoram
	¼ tsp. oregano
Seasoning to taste	salt and pepper
Add	2 tbsp. A-1 Sauce

Mixing all thoroughly. Put mixture into baking pan.

Bury at even intervals **4 hard boiled eggs**

Covering them well with the mixture so that when you slice the loaf you will slice through the eggs. Place a thin strip of lean salt pork over-top of loaf and bake at (350° F) for 1½ hours.



CREOLE MEAT LOAF

Combine together	1 lb. ground beef
	½ lb. ground pork
Adding	1 onion, chopped
	1 green pepper, chopped
	1 celery stalk, chopped
To taste	salt and pepper
Mix with	1 cup milk
	1 cup bread crumbs
	1 egg, slightly beaten
	1 tbsp. butter

Form into a loaf, place in loaf pan.

Cover with **3 cups canned tomatoes**

Bake 1½ hours, basting often. Serve with the tomato gravy.

PINEAPPLE MEAT LOAF

Combine together	1 lb. ground beef
	1 lb. ground pork
	¼ lb. salt pork, chopped
Adding	¾ cup crushed pineapple
	1 cup graham cracker crumbs
	1 pimento, chopped
	1 egg, slightly beaten
Add to taste	salt and pepper

Pack a loaf pan with meat mixture. Place a thin slice of salt pork over top of loaf and bake in a moderate oven (350° F) for 1½ hours.



EAST INDIA CURRY

Peel and slice	6 medium onions
Sauté for 3 minutes in	4 tbsp. butter
Add	2 tbsp. curry powder
	1½ tsp. salt
	½ tsp. pepper
	½ cup water

Cook for 5 minutes.

Add	1 No. 2½ can tomatoes
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Cook for 15 minutes.

Add	2 cups cooked lamb, cubed
	1 No. 2½ can peas

Cook for 5 minutes. Serve with cooked rice.

MEATS

SWEDISH MEAT BALLS

Grind together three times	1 lb. round steak ½ lb. lean pork ½ lb. lean veal
Sauté and mix with meat	½ cup onions, chopped
Add	½ cup bread crumbs 2 cups milk 2 egg yolks 1 egg white
Season with	salt and pepper

Blend thoroughly and refrigerate for one hour. Form into small balls, fry in deep fat, browning on all sides. Serve with Sour Cream Sauce.

To juice left in pan, add and stir until smooth	1 tbsp. flour
Add	1 cup sour cream

Cook over low heat. Do not boil. Dip meat balls into Sour Cream.



TAMALE CHEESE PIE

Brown	1 lb. ground beef
In	1 tbsp. oil
Add	½ cup onion, chopped

Cook until tender, but not browned.

Stir in, blend well	2 tbsp. flour
Add	1¾ cup tomatoes (No. 300 can) 1 tsp. chili powder 1 tsp. salt

Bring to boil, stirring constantly. Pour into a casserole.

Boil	2 cups water
Add	1 tsp. salt
Sprinkle	¾ cup yellow cornmeal

Cook only until thickened, stirring constantly. Drop by tablespoon over beef, tomato mixture.

Cover with	1 cup grated cheese
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Bake in moderate oven (350° F) for 30 minutes.

TONGUE AND BROCCOLI PARMESAN

Cook until tender **1 pkg. frozen broccoli**
 Drain and season with **salt and pepper**

Place in a baking dish or individual baking dishes.

Cover with **1 lb. tongue, cooked
and sliced**

Pour over **2 cups medium cream
sauce**

Season with **1 tsp. dry mustard
2 tbsp. sherry wine**

Sprinkle with **parmesan cheese**

Brown under broiler.

CHILI CON CARNE

Heat **¼ cup oil**

Sauté until tender **2 cups onions, sliced
3 cloves garlic, minced**

Add and brown **2 lbs. ground beef**

Add **1 No. 2½ can (3½ cups)
tomatoes**

Stir in **2 cans kidney beans**

Stir in **2 tbsp. chili powder
½ tsp. crushed red
pepper**

**½ tsp. oregano
1 tsp. salt**

Cover and simmer, stirring frequently, for 1 hour.

CUBED BEEF CASSEROLE

Dip in flour **1 lb. beef meat cut
in 1 in. cubes**

Brown in, hot **2 tbsp. bacon
drippings**

Add **½ cup onion, chopped**

Cook until onions are soft.

Add **1 cup sour cream
1 can tomato soup
1 tbsp. Worcestershire
Sauce**

Cover and simmer over low heat for 1 to 1½ hours.

Serve over **1 8 oz. pkg. spaghetti,
cooked**

Sprinkle top with grated cheese.

MEATS

CABBAGE ROLLS

Mix together $\frac{1}{2}$ lb. ground steak
 $\frac{1}{2}$ lb. ground pork
1 onion, chopped fine
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 tbsp. parsley, minced
 $\frac{1}{8}$ tsp. oregano
 $\frac{1}{2}$ cup rice, uncooked

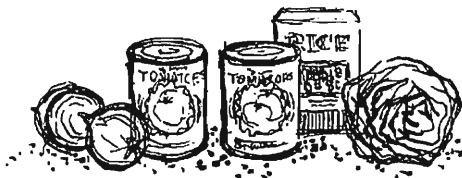
Place in a sauce pan 1 medium head
cabbage

With boiling water

Cook 5 minutes, separate leaves. You will need about 12 leaves. Place equal amounts of mixture on cabbage leaves. Fold over the ends or roll up so mixture cannot spill out. Fasten with a toothpick. Place in a sauce pan.

Cover with 2 No. 2 cans tomatoes

Cover and simmer for 1 $\frac{1}{2}$ hours or until rice is tender.



JOHNIE BESSETTI

The first time I tried this recipe, I decided then not to change the name or the way it is prepared. This was given to me by an old German on the West Coast.

Cut in cubes 1 lb. round steak
2 pork chops

Brown in 2 tbsp. fat

Chop fine 2 medium onions
2 cloves garlic
1 green pepper
2 stalks celery

Let the vegetables cook about 10 minutes.

Add 2 cans tomato sauce
1 can mushrooms
1 tsp. kitchen bouquet
 $\frac{1}{2}$ tsp. chili pepper

Cover and simmer for 35 to 40 minutes. Serve over spaghetti, macaroni or rice. Sprinkle with parmesan cheese. You may want to add enough water to make the sauce thinner.



TO GET THE MOST FROM MEAT

SHOP WISELY . . .

With several kinds and many cuts of meat on the retail market, meat offers more in variety and price range than almost any other food. Knowledge of the countless opportunities in meat is a distinct advantage, for it assures varied and interesting menus. The selection of meat in the retail market presents a challenge to the shopper because there are not only scores of cuts of beef, veal, pork and lamb but also the variety meats and many different kinds of sausages and ready-to-serve meats with which she should become acquainted.

STORE CAREFULLY . . .

The care of meat in the home is important. Fresh meat should be unwrapped as soon as it comes from the market. Store *fresh meat* uncovered or loosely covered in the coldest part of the refrigerator. Store *cooked meat* closely covered in the coldest part of the refrigerator. *Cured meat* should also be stored in the refrigerator. Canned hams should be kept under refrigeration. *Frozen meat* should be stored at a temperature of 0° F. or lower. It may be placed in the refrigerator under ordinary refrigeration if it is to be used immediately after defrosting. Never refreeze meat.

COOK CORRECTLY . . .

The basic rule of meat cookery is: Always cook meat at low or moderate temperature. This rule applies whether meat is cooked by dry heat, moist heat or with fat. *Dry heat meat cookery* methods are: roasting, broiling and panbroiling. In roasting, meat is cooked by hot air; in broiling, by direct heat; in panbroiling, by transmitted heat from the frying-pan. *In moist heat cookery* meat is cooked by braising or in liquid. In braising, meat is cooked in a covered utensil with or without the addition of a small amount of liquid. In cooking in liquid, stews and large cuts are covered with liquid. In panfrying, meat is cooked in a small amount of fat. In deep-fat frying, sufficient fat is used to cover the meat being cooked.

THE 1-2-3 OF CORRECT MEAT COOKERY

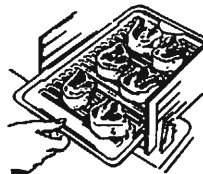
The Way to Roast The Cuts to Roast



1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

BEEF: standing ribs, rolled ribs, rump (high quality), loaf.
VEAL: leg, loin, rack, shoulder (bone in), cushion-style shoulder, boned and rolled shoulder, loaf.
PORK: center cut loin, blade loin, sirloin (bone in) or boneless sirloin, Boston butt, fresh or smoked picnic, fresh or smoked ham, smoked shoulder butt, spareribs, ham loaf.
LAMB: leg, shoulder (bone in), cushion-style shoulder, boned and rolled shoulder, loaf.

The Way to Broil The Cuts to Broil



1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top of meat is brown.
4. Season with salt and pepper.
5. Turn meat and cook until done.
6. Season and serve at once.

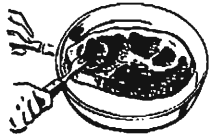
BEEF: rib, club, tenderloin (filet mignon), T-bone, porterhouse, tip, sirloin, and top round steaks; patties.
SMOKED PORK: bacon, Canadian-style bacon, ham slices, sliced smoked shoulder butt.
LAMB: shoulder, rib, loin and sirloin chops; English lamb chops; steaks; patties.
VARIETY MEATS: sweetbreads, brains, veal or lamb liver, kidneys.

The Way to Braise The Cuts to Braise



1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

BEEF: pot-roasts; arm, blade, round and flank steaks; short ribs; plate; brisket; cross cut shanks.
VEAL: breast; steaks; rib, loin and kidney chops; cubes.
PORK: shoulder steaks, chops, spareribs, tenderloin, hocks.
LAMB: shoulder chops, breast, neck slices, shanks.
VARIETY MEATS: heart, kidney, brains, liver, sweetbreads.



The Way to Panbroil The Cuts to Panbroil

1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

BEEF: rib, club, tenderloin (filet mignon), T-bone, porterhouse, tip, sirloin, and top round steaks; patties.
SMOKED PORK: bacon, Canadian-style bacon, ham slices, sliced smoked shoulder butt.
LAMB: shoulder, rib, loin and sirloin chops; English lamb chops; steaks; patties.
VARIETY MEATS: sweetbreads; brains; veal, lamb liver; kidneys.



The Way to Panfry The Cuts to Panfry

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

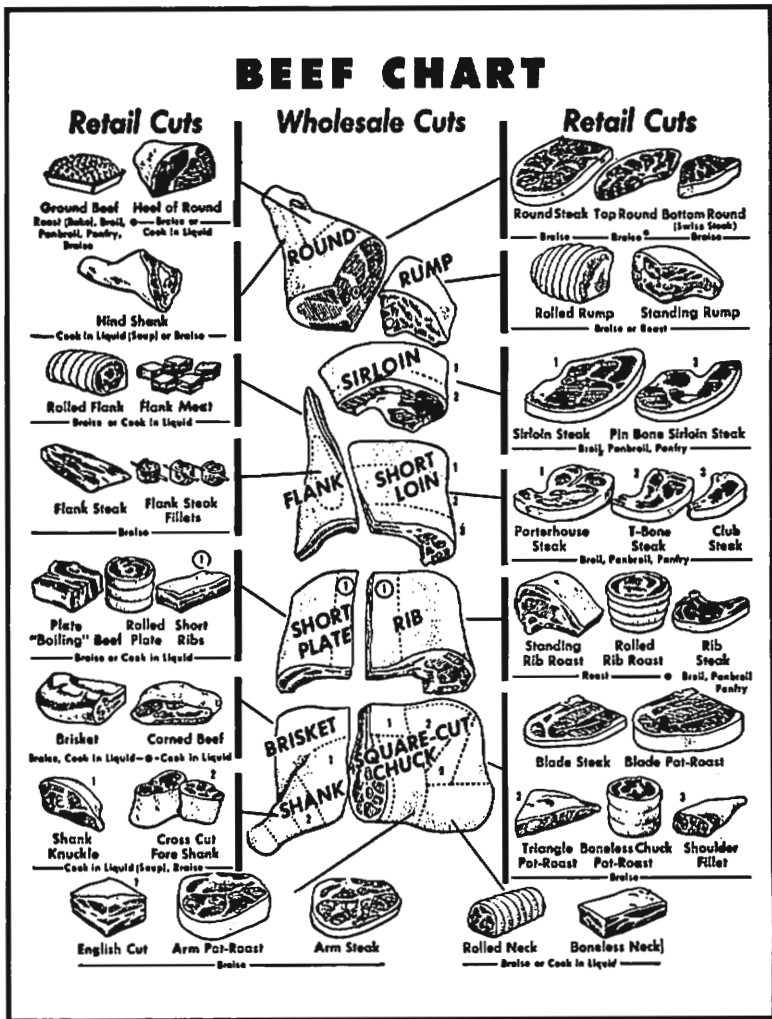
BEEF: thin rib, club, tenderloin (filet mignon), T-bone, porterhouse, sirloin and top round steaks; patties.
VEAL: arm, shldr., sirloin, round stks.; rib, loin, kidney chops.
SMOKED PORK: ham slice, bacon, Canadian-style bacon.
FRESH PORK: thin shldr. steaks; rib, loin chops; tenderloin.
LAMB: shoulder, rib and loin chops; patties.
VARIETY MEATS: sweetbreads; brains; liver; veal, lamb kidneys.



The Way to Cook in Liquid . . . The Cuts to Cook in Liquid

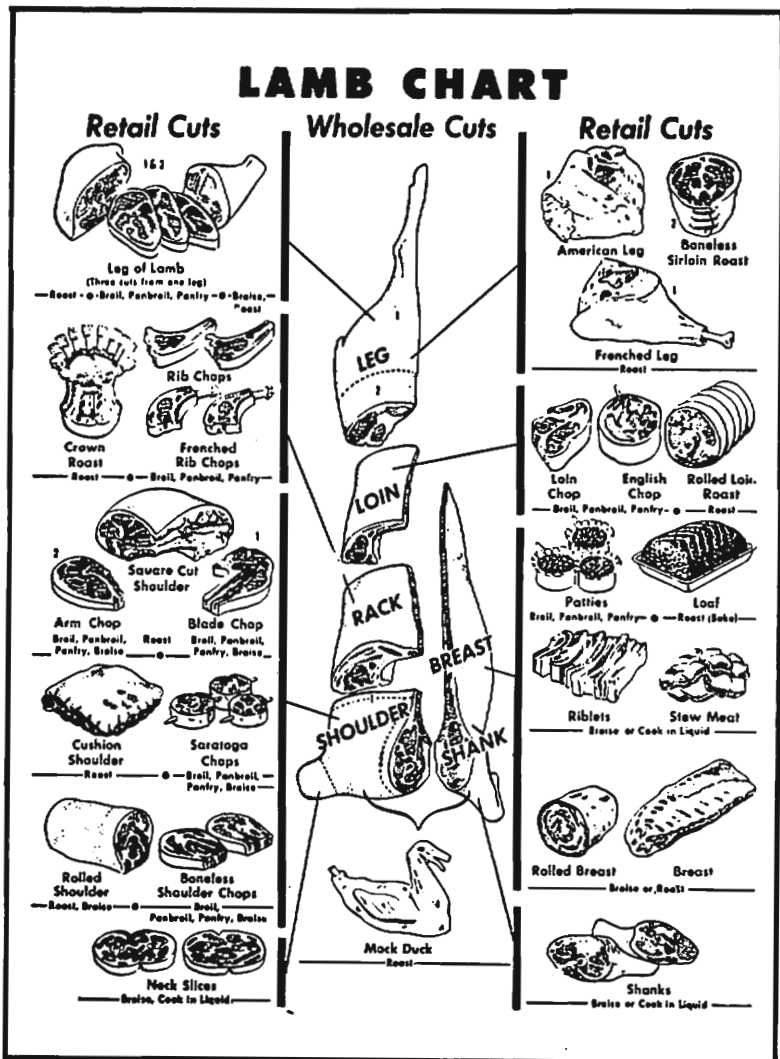
1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

(Large Cuts and Stews)
BEEF: neck, shank, flank, heel of round, plate, brisket, short ribs, corned beef, stew meat.
VEAL: neck, breast, riblets, flank, shoulder, shank, heel of round, stew meat.
SMOKED PORK: ham, picnic, shoulder butt, shank.
LAMB: neck, breast, riblets, flank, shank, stew meat.
VARIETY MEATS: heart, kidney, tongue, brains, sweetbreads.



FACTS ABOUT BEEF







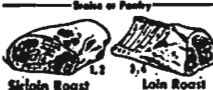







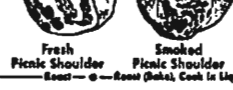
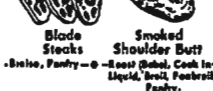

The quality and tenderness of beef cuts are the two factors which determine the cooking method used in their preparation. Tender cuts cooked by roasting, broiling and panbroiling may be served rare, medium or well done. Less tender cuts cooked by braising, panfrying or in liquid should be cooked well done.



FACTS ABOUT LAMB

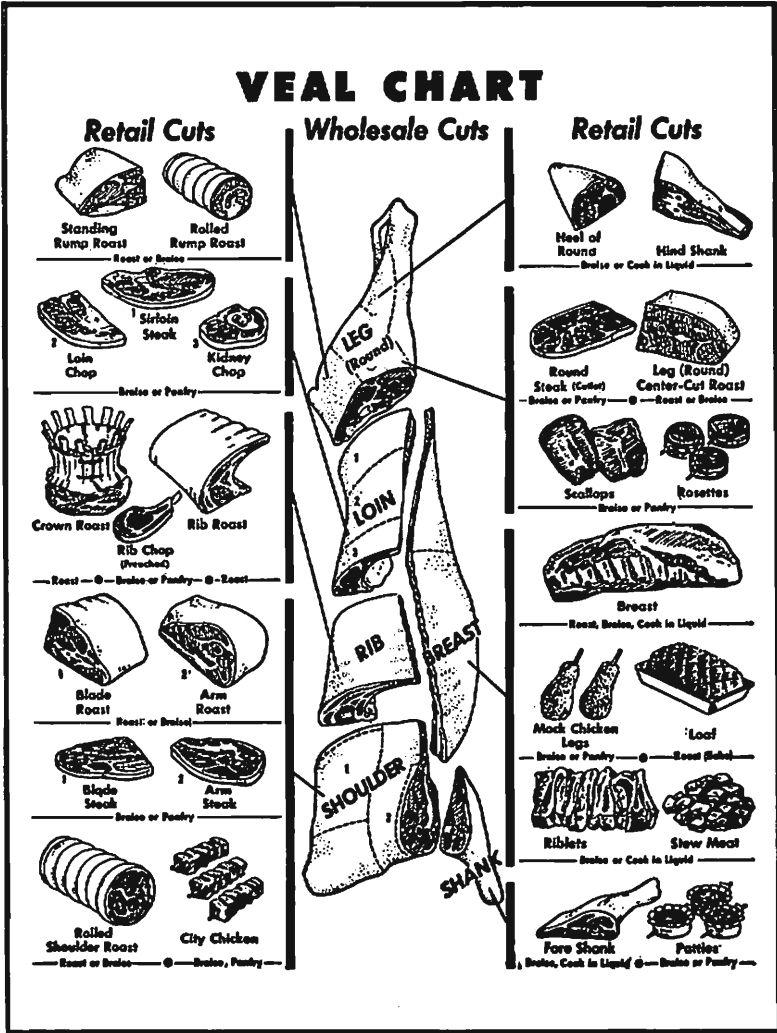
Lamb comes from a young animal and practically all cuts may be cooked by roasting, broiling or panbroiling. The "fell," or paper-like covering, should not be removed from the leg of lamb because the leg, with "fell" on will roast in less time, hold its shape better and be juicier; the "fell" is removed from chops and steaks.

PORK CHART

Retail Cuts	Wholesale Cuts	Retail Cuts	
 <p>Boneless Loin Roast —Roast, Broil, Pantry</p> <p>Tenderloin Roast and Whole —Roast, Broil, Pantry</p>		 <p>Ham (Shank Half) —Roast (Shank) Cook in Liquid</p> <p>Ham (Shank Half) —Roast (Shank) Cook in Liquid</p>	
 <p>Canadian Style Bacon —Roast, Broil, Panbroil, Pantry</p> <p>Loin Chop —Roast, Broil, Pantry</p>			 <p>Ham Butt Slice —Broil, Panbroil, Pantry</p> <p>Center Ham Slice —Broil, Panbroil, Pantry</p>
 <p>Rib Chop —Broil or Pantry</p> <p>Frenched Rib Chop —Broil or Pantry</p> <p>Butterfly Chop —Broil or Pantry</p>			 <p>Fresh Ham Roast —Roast</p> <p>Rolled Fresh Ham Roast —Roast</p>
 <p>Sirloin Roast —Roast</p> <p>Loin Roast Center Cut —Roast</p>			 <p>Bacon —Broil, Panbroil, Pantry, Cook in Liquid</p> <p>Salt Pork —Broil, Panbroil, Pantry, Cook in Liquid</p>
 <p>Blade Loin Roast —Roast</p> <p>Crown Roast —Roast</p>		 <p>Spare Ribs —Roast (Bake), Broil, Cook in Liquid</p>	
 <p>Fat Back —Lard—Soft Pork</p> <p>Lard —Shortening</p>	 <p>BOSTON BUTT —Cook in Liquid, Broil, Panbroil, Pantry</p> <p>PICNIC —Cook in Liquid, Broil, Panbroil, Pantry</p>	 <p>Fresh Picnic Shoulder —Roast</p> <p>Smoked Picnic Shoulder —Roast (Bake), Cook in Liquid</p>	
 <p>Blade Steaks —Broil, Pantry</p> <p>Smoked Shoulder Butt —Roast (Bake), Cook in Liquid, Broil, Panbroil, Pantry</p>	 <p>JOWL —Cook in Liquid, Broil, Panbroil, Pantry</p>	 <p>Custion Picnic Shoulder —Roast</p> <p>Rolled Fresh Picnic Shoulder —Roast</p>	
 <p>Boston Butt —Roast</p> <p>Rolled Boston Butt —Roast</p>	 <p>Jowl Bacon Square —Cook in Liquid, Broil, Panbroil, Pantry</p>	 <p>Fresh Shoulder Hock —Broil, Cook in Liquid</p> <p>Arm Steak —Broil, Pantry</p>	

FACTS ABOUT PORK

For tenderness and appetite appeal, all pork should be cooked well done. Cuts marketed as cured meats are hams, bacon, Canadian-style bacon, shoulder butts and hocks. Frozen fresh pork may be stored at 0° F. or lower, 3 to 6 months; freezing is not recommended for smoked pork.



FACTS ABOUT VEAL

The mild appealing flavor of veal is brought out by proper cookery. Since veal comes from a young animal and, consequently, lacks fat, it is often desirable to place bacon or salt pork slices over veal roasts before cooking. All veal is cooked well done. Frozen veal cuts may be stored at 0° F. or lower, 6 to 9 months.

FACTS ABOUT FROZEN MEAT

Q—How should meat be prepared for freezing?

A—Roasts and pot-roasts should be cut into convenient sizes for family use and wherever possible bones should be removed. The number of chops, steaks and cutlets packaged together should be determined by the number of persons to be served. Ground meat should be shaped into patties, or packaged in amounts for loaves or other dishes.

Q—How should meat be wrapped for freezing?

A—Meat should be closely wrapped and tightly sealed in a moisture-vapor proof wrapping to exclude as much air as possible. Steaks, chops, cutlets and patties packaged together should be separated by a layer of the wrapping material.

Q—Should ground meat and sausage be seasoned before freezing?

A—No. Meat should not be seasoned before freezing since the flavor of most seasonings is intensified upon freezer storage. The meat should be seasoned after thawing.

Q—At what temperature should meat be frozen and stored?

A—Meat should be quickly frozen at as low a temperature as possible. Frozen meat should be stored at 0° F. or lower.

Q—What is the recommended maximum storage time for frozen meat?

A—Recommended maximum storage periods for meat held at 0° F. are: sausage and ground meat from 1 to 3 months; fresh pork from 3 to 6 months; lamb and veal from 6 to 9 months; and beef from 6 to 12 months.

Q—How should frozen meat be thawed?

A—The methods of thawing most frequently use are (1) in the refrigerator, (2) at room temperature, (3) during cooking. The method used does not materially affect the flavor, tenderness or juiciness of the cooked meat. Therefore, the method used depends mainly upon its convenience.



MATELOTE SAUCE

- | | |
|----------------------------------|------------------------------|
| Melt in a sauce pan | 1 tbsp. butter |
| Add, cook until golden | 1 onion, chopped fine |
| | 1 small carrot, chopped fine |
| Add | 1/8 tsp. thyme |
| | 1 bay leaf |
| | 1 clove garlic |
| | 3 mushrooms, |
| | chopped fine |
| | 1/4 lb. fish heads and |
| | bones |
| | chopped (salmon or |
| | sole preferred) |

Simmer 10 minutes.

- | | |
|---------------|-----------------|
| Add | 4 cups red wine |
|---------------|-----------------|

Cook until wine is reduced to 1/2 the original quantity. Strain through a fine sieve.

- | | |
|---|----------------|
| Thicken the sauce, by mixing together | 1 tbsp. butter |
| And | 1 tsp. flour |

Add to sauce. Bring to boil.

- | | |
|---------------|----------------|
| Add | 1 tbsp. butter |
|---------------|----------------|

Serve hot, with fish.

SAUCES

WHITE SAUCE

Melt in top of double boiler **2 tbsp. butter**

Add and stir **2 tbsp. flour**

1 tsp. salt

½ tsp. pepper

Add slowly **2 cups milk**

Cook over hot water, stirring constantly until thick and smooth. This is a thin white sauce.

For medium use **2 tbsp. butter**

4 tbsp. flour

1 tsp. salt

¼ tsp. pepper

2 cups milk

For thick use **2 tbsp. butter**

½ cup flour

1 tsp. salt

¼ tsp. pepper

2 cups milk

For very thick use **¼ cup butter**

½ cup flour

1 tsp. salt

¼ tsp. pepper

2 cups milk



CAPER SAUCE

Have ready **1 cup medium white
sauce**

Stir in **3 tbsp. capers, chopped**

Serve hot.

CELERY SAUCE

Have ready **1 cup medium white
sauce**

Stir in **½ cup cooked celery,
chopped**

Serve hot.

SAUCES

BROWN SAUCE CHINESE

In a sauce pan, bring to a boil	1½ cups beef stock
Mix	4 tsp. Soy sauce
With	4 tsp. cornstarch
Also	a little water

Add to beef stock. Reduce heat. Cook, stirring constantly, until sauce is thickened.

Add to taste salt and pepper

OLIVE SAUCE

To	1 cup Brown sauce
Add	6 sliced green olives
	6 sliced ripe olives

Heat and serve.

MUSHROOM BROWN SAUCE

To	1 cup Brown sauce
Add, sautéed in butter	1 cup sliced mushrooms
	1 tsp. Worcestershire sauce

Heat and serve.

BORDELAISE SAUCE

Cook	2 shallots, chopped fine
In	½ cup red wine
	<i>Reduce to ¼ its original quantity.</i>
Add	1 cup Brown sauce

Cook over low heat for 10 minutes. Split a beef marrow bone. Cut the marrow in cubes. Poach the cubes in boiling water for one minute.

Add to sauce	1 tbsp. poached marrow
	1 tbsp. parsley, chopped

Heat and serve hot.

CHASSEUR SAUCE

Melt in a sauce pan	4 tbsp. butter
Sauté until golden-brown	½ lb. mushrooms, sliced
Add	2 shallots, chopped ¼ tsp. salt dash of pepper ½ cup dry white wine

Cook until wine is reduced to ½ its original quantity.

Stir in	1 cup brown sauce 2 tbsp. tomato sauce ½ tsp. parsley, chopped 1 tsp. Tarragon vinegar
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Serve hot. Good with most meats.

PIQUANT BROWN SAUCE

Melt in a sauce pan	1 tbsp. butter
Sauté, for a few minutes	¼ cup onions, minced 2 tbsp. capers, chopped
Add	2 tbsp. vinegar ½ tsp. sugar dash of paprika
Stir in	1 cup brown sauce 1 tbsp. tomato puree

Bring to boiling point, but do not boil.

Add	2 tbsp. chili sauce
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Serve hot. Good with tongue, veal, beef or leftover cooked meat.

CHEESE SAUCE

Melt in top of double boiler	2 tbsp. butter
Add and stir well, until smooth	2 tbsp. flour ½ tsp. salt dash of pepper dash of paprika
Add slowly	1 cup milk

Cook, stirring constantly, until smooth and thick.

Add	1 cup cheese, grated American ½ tsp. dry mustard
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Cook, stirring, until smooth.

SAUCES

TOMATO SAUCE

Sauté over low heat. Cook until tender . . .	1 cup onion, chopped
In	1 cup olive oil
Add	1 small can tomato puree
	1 cup catsup
	2 cups tomatoes, chopped
	2 cups dry white wine
	1 cup bouillon
	1 cup celery, chopped
	2 tbsp. lemon juice
	1 tsp. chili powder
	¾ cup Worcestershire sauce
	3 tbsp. sugar
	2 bay leaves
	1 tsp. oregano
	¼ tsp. Tabasco
	1 tsp. basil
	3 cloves garlic, chopped
	1 tbsp. salt
	1 tsp. pepper

Bring all to boil, then simmer for 45 minutes. Strain.



MARINARA (SAILOR STYLE) SAUCE

Heat in a copper-clad sauce pan	½ cup olive oil
Brown	1 clove garlic, chopped
Add	¼ tsp. oregano
	4 cups tomatoes
	2 cups water

Bring to boil. Simmer.

Add	½ cup green pepper
	2 basil leaves
To taste	salt

Let simmer for 1 hour or until reduced to 4 cups sauce.

For Shrimp Marinara, add	12 green olives, sliced
	1½ lbs. cooked shrimp

Heat through. Serve with spaghetti or rice.

BEARNAISE SAUCE

"Very good over steak or fish."

Combine in a sauce pan **8 shallots, chopped**
1 cup Moselle (dry
white wine)
½ cup tarragon vinegar
½ tsp. black pepper

Boil, reduce quantity in half. Strain through a cloth.

Add **1 tsp. meat extract**

Cool.

Add, stirring briskly **6 egg yolks**
4 tbsp. butter

Heat, but do not boil.

VALOIS SAUCE

Have ready **1 cup bearnaise sauce**

Add **1 tsp. beef extract**

Good with eggs, meats, boiled chicken.

CHORON SAUCE

Have ready **1 cup bearnaise sauce**

Add **¼ cup tomato sauce**

Cook until thick. Serve hot. Good with broiled fish, chicken, or boiled meats.

**CUCUMBER SAUCE**

Place in a bowl **1 cup mayonnaise**

Add, peeled and grated **1 large cucumber**

Stir in **1 tbsp. lemon juice**

1 tsp. prepared
mustard
½ tsp. dill seasoning
salt

1 tbsp. onion, grated
½ tsp. parsley,
chopped

Mix well. Serve cold. Good on meats and fish.

SAUCES

POULETTE SAUCE

- Melt in a sauce pan **1 tbsp. butter**
Add, cook until a little browned **6 mushrooms, minced**
Add, mix well **3 shallots, minced**
Stir in **½ cup cream**

Cook, reduce to ½ original quantity.

- Add **½ cup bechamel sauce**

Bring to boil.

- Add a little hot sauce to **2 egg yolks, slightly
beaten**

*Stir egg yolks, back into sauce.
Stirring constantly, but do not boil.*

- Add **1 tbsp. lemon juice**
½ tsp. parsley, chopped

*Serve hot. Good with fish, fried breast
of chicken and other specialties.*

ONION SAUCE

- Heat in a skillet **3 tbsp. olive oil**
Sauté slowly, but do not brown **2 onions, sliced thick**
Add **½ tsp. oregano**
1 tsp. black pepper
2 cups water
1 tsp. parsley, chopped

*Simmer, uncovered. Reduce to one cup. Serve with more black
pepper and parmesan cheese. Serve with spaghetti.*

MUSTARD SAUCE

"This is very good over cold meat."

- Heat over a low heat **1 cup thick cream**
Stir in **4 tsp. prepared
mustard**
Add **½ tsp. salt**
¼ tsp. paprika
¼ tsp. curry powder
**½ tsp. Beau Monde
seasoning salt**

Do not boil.

BARBECUE SAUCE

Cook until soft	1 cup onions, chopped
In	½ cup oil
Add	¾ cup tomato ketchup
	¾ cup water
	⅓ cup lemon juice
	3 tbsp. sugar
	¼ cup Worcestershire sauce
	1 tbsp. dry mustard
	2 tsp. salt
	½ tsp. pepper

Simmer over low heat for 15 minutes.

GOURMET SAUCE

Heat until light brown	3 tbsp. butter
Stir in	3 tbsp. A-1 sauce
	2 tbsp. chives, chopped
	1 tbsp. parsley, chopped
	2 tbsp. dry sherry

Spoon, piping hot, over just-broiled steak. Serve immediately.

STEAK BASTING SAUCE

"If you like to baste your steaks while broiling or charcoal broiling, here's one of the best."

Heat in a sauce pan	¼ cup olive oil
	2 cloves garlic, chopped
Add	6 tbsp. sugar
	¾ cup wine vinegar
	¼ cup dry white wine
	1 cup catsup
	½ cup Worcestershire sauce
	1 tbsp. dry mustard
	1½ tsp. salt
	1 tsp. pepper
	1 tsp. oregano
	½ tsp. thyme

Bring to boil. Cook slowly 5 minutes.

SAUCES

BARBECUE SAUCE 2

Put in a sauce pan **2 cups water**
2 tbsp. butter
1 onion, chopped fine

Bring to boil. Simmer 30 minutes.

Add **1 bottle catsup**
¼ cup Tabasco
½ cup Worcestershire
sauce
½ cup sugar
1 cup vinegar
1 tsp. dry mustard
½ tsp. mace
½ tsp. red pepper
½ tsp. cloves
½ tsp. thyme
½ tsp. pepper
½ tsp. salt

Simmer 1 hour uncovered, stirring occasionally.



MORNAY SAUCE

Melt in a sauce pan **4 tbsp. butter**
Sauté **½ onion, minced**

Cook until tender, but not browned.

Stir in **4 tbsp. flour**
Add, gradually **2 cups hot milk**

Cook, stirring constantly, until the sauce is smooth and thick.
Simmer for 10 minutes, stirring occasionally, and strain through
a fine sieve. Keep hot.

Add **3 egg yolks**
Beaten with **¼ cup cream**
½ cup parmesan
cheese

Cook, stirring, until the sauce almost boils, but does not.

Add **2 tbsp. butter**
Stir well.

BECHAMEL SAUCE FOR CROQUETTES

Melt	4 tbsp. butter
Stir in	6 tbsp. flour
Add gradually, stirring constantly	1½ cups hot milk
When sauce is smooth and very thick, add	½ tsp. salt dash of white pepper
Add a little sauce to	2 egg yolks, beaten
With	1 egg, whole

Stir back into sauce. Add meat to make croquettes.



BECHAMEL SAUCE

Heat in a sauce pan	2 tbsp. butter
Add, sauté until tender, but not browned	1 small onion, chopped ¼ cup lean raw ham, chopped dash white pepper dash of nutmeg
Blend in	4 tbsp. flour
Stir in	2 cup milk

Cook, stirring constantly, until thick and smooth. When sauce boils. Place over hot water for about 10 minutes.

Add, to taste	salt
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Strain sauce through a very fine sieve.

SOUBISE SAUCE

Boil, about 4 minutes	1 cup onions, chopped 3 sprigs parsley
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Drain. Put onions and parsley in a sauce pan.

With	1 tbsp. butter
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Cook until onions are tender but not browned.

Add, cook for 15 minutes	2 cup bechamel sauce
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Strain through a sieve. Return to heat.

Add	1 cup cream
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To taste	salt
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Serve hot. Good with fish, veal, lamb, or sweetbreads.

SAUCES

SHRIMP SAUCE

Peel and clean, dice very fine 1 lb. fresh or thawed
shrimp

Sauté in ¼ cup butter

Add ¼ cup onions,
chopped fine
1 tsp. garlic, minced

Cook about 5 minutes. Do not let onions brown.

Add 2 cups cream sauce

(Use cream from Pineapple-Shrimp Curry.)

Add ½ cup sherry wine
½ tsp. Angostura
bitters

*Thin with milk if desired. Serve over seafood
patties, frog legs and broiled fish.*

COCKTAIL SAUCE

Blend together well 1 cup catsup
1 cup chili sauce
1 tsp. Worcestershire
sauce
3 drops Tabasco sauce
2 tbsp. horseradish
1 tbsp. lemon juice
To taste salt and pepper

Chill.

SEA FOOD SAUCE

"This sauce is excellent over cold sea foods."

Place in a bowl ½ cup mayonnaise
Stir in ¼ tsp. Tabasco
1 tsp. vinegar
½ cup sour cream
1 tbsp. onion, minced
1 tbsp. parsley,
chopped
1 tbsp. green olives,
chopped
2 tbsp. pickles,
chopped
¼ tsp. Beau Monde
seasoning salt

Mix all well. Serve cold.

VELOUTE SAUCE

Melt in a sauce pan	2 tbsp. butter
Blend in	2 tbsp. flour
Stir in gradually	1 cup chicken, veal or fish stock
To taste	salt white pepper

Cook, stirring constantly, until thick and smooth. Good with baked fish, croquettes or other specialties.

SUPREME SAUCE

Have ready	1 cup veloute sauce (using chicken stock)
Mix	2 egg yolks
With	½ cup hot cream
<i>Stir egg yolks and cream into Velouté sauce.</i>	
Add	2 tbsp. dry sherry
<i>Bring to boiling point, but do not boil.</i>	
To taste	salt and pepper

Serve hot. Good with chicken.

NORMANDY SAUCE

Have ready	1 cup veloute sauce (using fish stock)
Blend in a little sauce to	2 egg yolks
<i>Blend egg yolks and sauce into remaining sauce.</i>	
Stir in	1 tbsp. lemon juice
To taste	salt and pepper dash of cayenne

Serve hot. Good with fish, fish soufflé, timbales, etc.

PAPRIKA SAUCE

Melt in a sauce pan	2 tbsp. butter
Add, cook until golden	1 onion, chopped fine
Blend in	2 tbsp. paprika 1 tsp. flour
Add, stirring constantly	1 cup cream
<i>Cook only until a little thick.</i>	
Correct seasoning with	salt

Serve hot with veal, fish or poultry.

SAUCES

NEWBURG SAUCE

Melt in a sauce pan **2 tbsp. butter**

Blend in **1 tbsp. flour**

Stir in, gradually **1 cup cream**

Stir constantly until thick and smooth. Do not boil.

To taste **salt**
dash of cayenne

Add a little sauce to **2 egg yolks, beaten**

Stir gradually back into sauce. Place over boiling water, cook for about 3 minutes.

Add **¼ cup dry sherry**

Serve hot. Use for Lobster or Shrimp Newburg.



HERB SAUCE

Melt in a sauce pan **2 tbsp. butter**

Add **2 shallots, chopped fine**

½ cup dry white wine

Simmer until shallots are transparent.

Add **1 tsp. parsley, chopped**

1 tsp. chervil, chopped

To taste **salt and pepper**

Serve hot. Good with fish.

TARTAR SAUCE

Mix together **1 cup mayonnaise**

2 tbsp. sherry wine

3 tbsp. sweet pickles,
chopped

2 tbsp. parsley, minced

2 tbsp. pimentos,
chopped

2 tbsp. olives, chopped

1 tbsp. onions, minced

dash of Tabasco sauce

To taste **salt**

Serve with fried shrimp or fish.

CREOLE SAUCE

- Heat in a sauce pan **3 tbsp. butter**
- Add, sauté until golden **1 cup onions, chopped**
- Add **½ cup mushrooms,**
sliced
- ½ cup celery, chopped**
- ¾ cup green pepper,**
sliced
- ½ cup pimiento,**
chopped

Cook for about 3 minutes.

- Stir in **3 cups tomatoes**
1 bay leaf
pinch of thyme
1 clove garlic, minced
- To taste **salt and pepper**
dash of cayenne

Bring mixture to boil. Simmer for 1 hour.

- Before serving, add **1 tbsp. parsley,**
chopped

Serve hot. Good with shrimp, lobster or other fish.

TEMPURA SAUCE

- Bring to boil **1 cup water**
- Add **1 chicken bouillon cube**
1 tbsp. Soy Sauce
2 tsp. sugar

Simmer 10 minutes. Serve hot with shrimp

REMOULADE SAUCE

- Place in a bowl **2 cups mayonnaise**
- Press the moisture from these, add **½ cup sour pickles,**
chopped
- 2 tbsp. capers, chopped**
- Add **1 tbsp. prepared**
mustard
- ½ tsp. parsley,**
chopped
- ½ tsp. tarragon,**
chopped
- ½ tsp. chervil, chopped**
dash of cayenne

Mix well. Good for meats, for salads, or vegetables.

SAUCES

HOLLANDAISE SAUCE

Beat until thick, in bowl of double boiler **2 egg yolks**
Add **½ tsp. salt**
dash white pepper

Set bowl over hot water, just simmering. Beat with a wire whisk.

Add, one teaspoon at a time, of **¼ cup butter, melted**

When used up, add, combined together,
one tablespoon at a time, beating well
after each addition **3 tbsp. lemon juice**
¼ cup butter, melted

Serve hot.

MALTAISE SAUCE

Have ready **1 cup hollandaise**
sauce

Add **3 tbsp. orange juice**
½ tsp. orange rind,
grated

A few drops of pink vegetable coloring may be added. The sauce should be pink. Serve hot. Good with asparagus.

MOUSSELINE SAUCE

Have ready **1 cup hollandaise**
sauce

When ready to serve, add **3 tbsp. whipped cream**



POLONAISE SAUCE

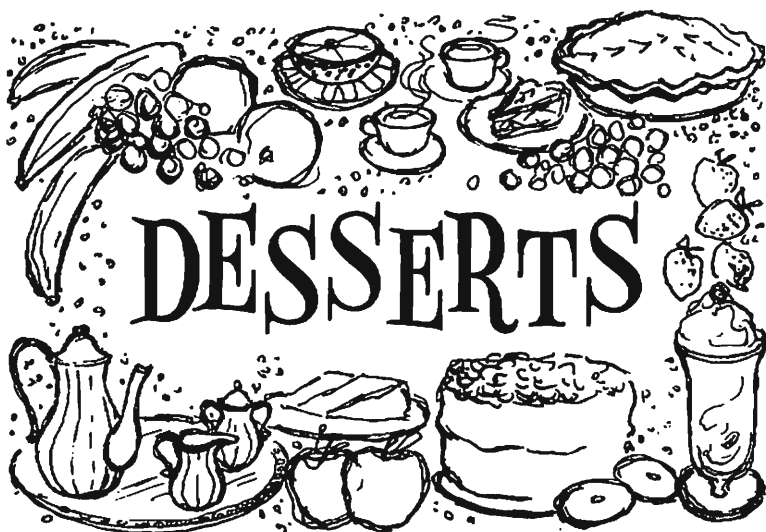
Heat, until it begins to brown **6 tbsp. butter**

Add **3 tbsp. fine bread**
crumbs

Cook until crumbs are browned.

Add **½ tsp. lemon juice**
½ tsp. parsley, chopped

Mix well. Serve immediately. This sauce, good with asparagus or cauliflower.



JELLY SQUARES

Cream together	$\frac{3}{4}$ cup butter
	$\frac{3}{4}$ cup dark brown sugar, packed
Add (save whites)	2 egg yolks
	1 tsp. vanilla

Beat until light and fluffy.

Combine, sifted together	$1\frac{1}{2}$ cup sifted flour
	$\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ tsp. soda
Add to dry ingredients	$1\frac{1}{2}$ cups rolled oats, (quick-cooking)
	$\frac{1}{2}$ cup nut meats, ground

Mix dry ingredients to butter and sugar mixture. Mix well. Spread mixture in slightly greased 10 x 15 jelly-roll pan.

Spread over dough	$\frac{1}{2}$ cup blackberry jelly
Cover with meringue, made of	2 egg whites, beaten stiff
With	1 cup dark brown sugar
	1 tsp. vanilla

Bake in a moderate oven (350° F) for 35 to 40 minutes. Cut in squares while hot. Sprinkle with powdered sugar.

DESSERTS

GRAHAM CRACKER PASTRY

- Whip until stiff $\frac{1}{2}$ cup heavy cream
Blend in 2 tbsp. jelly, whipped
smooth
Spread cream on 12 graham crackers

Put together in stacks of 4. Frost outside of stacks with remaining cream. Chill in refrigerator for 3 hours. To serve, cut stacks in half diagonally.

CHEESE BLINTZES

- Sift flour, measure 1 cup flour
Sift again with $\frac{1}{2}$ tsp. salt
Beat together and add to flour 3 eggs
1 $\frac{1}{2}$ cups milk
1 tbsp. butter

Beat flour and eggs until smooth. Fry crêpes in well-greased 6-inch skillet, using about 3 tbsps. batter for each crêpe. After adding batter, tilt pan so that batter will cover pan completely. Keep crêpes warm.

- Fill crêpes with 1 pint small curd
cottage cheese
1 egg, beaten
1 tbsp. sugar
dash of salt
1 tsp. grated lemon
peel

Put about 1 tbsp. of filling in each crêpe. Fold two sides over, then fold in opposite sides. Make an envelope-like package. Keep these in the refrigerator until ready to serve. When ready to serve, fry in a large skillet over a moderate heat until the crêpes are heated through and are nice and golden. Serve crêpes with brandy sauce.

- Mix together in a sauce pan 1 tbsp. cornstarch
 $\frac{1}{4}$ cup sugar
dash of salt
Stir in 1 cup orange juice
1 tbsp. grated onion
Cook until it thickens, stirring constantly . $\frac{1}{4}$ tsp. grated lemon
Add 1 jar (12 oz.) apricot
pineapple jam
 $\frac{1}{4}$ cup brandy
1 tbsp. butter

Stir until well blended. Serve hot. With brandy sauce, serve a bowl of sour cream.

APPLE-STRAWBERRY DESSERT

Dissolve	1 pkg. apple flavored gelatin
In	2 cups hot water
Add, juice of	1 lime

Chill until syrupy.

Beat until soft peaks form	2 egg whites
Add and beat in	2 tbsp. sugar
	1 tsp. lime peel, grated

Beat in gelatin mixture. Chill until set.

Place in bottom of dessert glasses . . .	slices of sweetened strawberries
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Cover with apple-gelatin mixture. Top with sweetened strawberries.

ECLAIRS WITH CHOCOLATE SAUCE

Bring to boil	1 cup water
Add	½ cup butter
	¼ tsp. salt
Add all at once	1 cup flour

Stir until mixture leaves sides of pan and follows spoon. Remove from heat and place in bowl.

Add separately, beating well after each addition	4 eggs
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Place on greased baking sheet in 4½ inch strips. Bake in a hot oven (425° F) for 15 minutes. Reduce heat to slow moderate oven (325° F). Bake for 30 minutes. Fill with ice cream or custard. Top with chocolate sauce.

Chocolate Sauce

Heat	¾ cup water
Add	3 squares bitter chocolate

Blend well, stirring frequently.

Add	½ cup sugar
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Bring to boil. Boil for 4 minutes, stirring constantly.

Add	½ cup corn syrup
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Bring to a boil, stirring constantly. Cool.

Add	½ tsp. vanilla
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Cover éclairs.

DESSERTS

CREAM PUFFS

Bring to a boil **1 cup water**
Add **½ cup butter**

Turn heat to low.

Add all at once, stirring rapidly **1 cup flour**

Cook and stir until mixture leaves sides of pan. Remove from heat.

Add one at a time **4 eggs**

Beat thoroughly after each egg. Drop by spoonfuls on ungreased baking sheet, making 12 large puffs. Bake in a hot oven (425° F) for 30 minutes, or until puffed, dry and golden brown. Cool. Cut part way through, crosswise. Fill.

CHOCOLATE MARSHMALLOW FILLING FOR CREAM PUFFS

Melt in top of double boiler **1 pkg. (1 cup) semi-sweet chocolate pieces**

Add to melted chocolate **½ cup milk**
½ cup sugar
16 marshmallows

Cook, stirring occasionally, until mixture is smooth. Remove from heat.

Add **1 tsp. vanilla**

Chill.

Fold in **1 cup heavy cream, whipped**

Fill cream puffs. Place in freezing compartment of refrigerator. Freeze until firm.

FRUIT COBBLER

Make a batter of **½ cup sugar**
½ cup flour
1 tsp. baking powder
½ cup milk

Pour into a buttered casserole dish.

Spread over this **2 cups of fruit and juice**
(cherries, peaches, apples or fruit cocktail)

Bake in a moderate hot oven (375° F) for 30 minutes or until browned.

BAKED ALASKA

Place in the refrigerator **1 sponge layer cake**

Chill.

Beat until they hold firm peaks **4 egg whites**

Add, two tbsp. at a time **8 tbsp. sugar**

Beat well after each addition.

Add **1 tsp. vanilla**

Heat oven to very hot (550° F). Place on a cutting board a piece of brown paper. Put cake on paper.

Place on cake **1 qt. ice cream**

Trim cake. Save an inch border all around ice cream. Spread meringue all around ice cream. Place in oven to brown quickly. Serve immediately.



STRAWBERRY OMELET FLAMBEAU

Combine together **2 cups crushed strawberries**

¼ cup sugar

¼ cup sherry

2 tbsp. Kirsch (or other liqueur)

Let stand 1 hour.

Beat **4 egg yolks**

Add **¼ tsp. salt**
dash of white pepper
¼ cup heavy cream

Beat well.

Beat until stiff, but not dry **4 egg whites**

Fold in egg yolk mixture.

Melt in a 9 in. copper-clad skillet **2 tbsp. butter**

Turn in egg mixture. Cook over low heat 5 minutes. Place in a moderate oven (350° F) for 10 to 15 minutes. The top should spring back when pressed with finger. Slip onto hot platter. Heat berry mixture, but do not boil. Pour over and around omelet.

Float **¼ cup warm brandy**
 on berries; ignite, and serve blazing.

DESSERTS

SOUFFLE AU GRAND MARNIER

- Melt in a sauce pan **2 tbsp. butter**
Blend and cook until a little yellow **1 tbsp. flour**
Stir in gradually **½ cup hot milk**
Add **½ tsp. vanilla**

Cook slowly about 5 minutes, stirring constantly.

- Beat and add to above **5 egg yolks**
With **4 tbsp. sugar**
Beat until very stiff **6 egg whites**
While beating last few minutes, add **1 tbsp. sugar**

Fold egg whites into the egg yolk mixture. Fold until whites are completely but lightly incorporated. Pour half of mixture into a soufflé mold or a 2-quart buttered casserole.

- Place on top of first half **6 ladyfingers**
Soaked in **¼ cup Grand Marnier**
(liqueur)

Cover with rest of soufflé mixture. Bake in a hot oven (425° F) for 20 to 25 minutes, or until well puffed and brown. Serve immediately with a sauce made by adding 2 tbsp. each of whipped cream and Grand Marnier to ½ cup vanilla sauce.

CHOCOLATE MOUSSE

- Scald in top of double boiler **1 cup milk**
Add **½ cup chocolate syrup**

Mix well.

- Soak for 5 minutes **1 tbsp. gelatin**
In **1 cup cold milk**

Stir over boiling water until dissolved.

- Add to gelatin mixture **¼ cup sugar**
⅛ tsp. salt
¼ cup light corn syrup

Stir until sugar is dissolved. Add chocolate mixture. Chill until syrupy.

- Fold in **1 cup cream, whipped**
Fold in, stiffly beaten **2 egg whites**

Place in refrigerator tray; turn temperature control to lowest point; freeze 30 minutes or until mixture is frozen about ¼ inch from sides. Remove from refrigerator; scrape into bowl; beat with rotary or electric beater until well blended. Return to refrigerator; freeze 2 hours or until set.

DESSERTS

CREPES SUZETTE

Sift together	½ cup flour
	1 tbsp. sugar
	⅛ tsp. salt
Add	2 eggs, well beaten
	⅔ cup milk
	1 tbsp. butter, melted
	¼ tsp. lemon rind

Beat until smooth. Heat a 6-inch copper-clad skillet. Grease lightly with butter. Pour in a large spoon of batter. Roll the skillet, to make a thin layer of batter. Brown on each side. Roll up. Keep warm. Repeat until all batter is used.

Melt in a 10-inch copper-clad skillet . . .	6 tbsp. butter
Stir in	3 tbsp. sugar
Add	¼ tsp. grated lemon rind
	1½ tsp. grated orange rind
	¼ cup orange juice
	2 tsp. Grand Marnier (liqueur)

Add crêpes, one at a time; unroll, coat with sauce, reroll.

Pour over	¼ cup warm brandy
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Ignite. Shake skillet. Spoon flaming sauce over crêpes.

RASPBERRY-VANILLA PUDDING PIE

Combine, mix well	1¼ cup graham cracker crumbs
	½ cup sugar
	½ cup butter, melted

Press firmly into a 9-inch pie plate. Chill.

Prepare, as directed on package	1 4 oz. pkg. vanilla pudding
With	2 cups milk
Prepare, as directed on package	1 pkg. raspberry flavored gelatin
With	2 cups water

Chill until partially set. Whip until fluffy and the consistency of whipped cream. Pour cool vanilla filling into graham cracker crust.

Sprinkle over filling	1¼ cup raspberries
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Top with whipped gelatin mixture. Chill.

**BANANA CHEESE CAKE**

"Another no-bake cheese cake."

Crumb Crust

Mix together	2 tbsp. butter, melted
	1 tbsp. sugar
	¼ cup finely chopped nuts
	¾ cup graham cracker crumbs
	¼ tsp. cinnamon
	¼ tsp. nutmeg

*Sprinkle half of mixture on bottom of an 8 inch
spring form pan. Chill.*

Soften	1 tbsp. unflavored gelatin
In	¼ cup cold water
Bring to boil	¼ cup water
Add	¼ cup sugar

Boil again. Remove from heat.

Add slowly, beating rapidly	2 egg yolks, slightly beaten
Add to gelatin mixture	1 tbsp. lemon juice
	¼ tsp. salt
Whip until creamy	1 cup cream cheese

*Add gelatin mixture, beating constantly.
Chill until partially set. Beat thoroughly.*

Fold in, stiffly beaten	2 egg whites
	½ cup heavy cream, whipped

Slice	2 bananas
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*Arrange alternate layers of cheese and bananas on crumb crust,
using cheese for bottom and top layers. Top with remaining
crumbs. Chill in refrigerator about 2 hours.*

DESSERTS

APPLE COCONUT PIE CAKE

- Sift together **2 cups enriched flour, sifted**
3 tsp. double acting baking powder
½ tsp. salt
- Cream together **¼ cup butter**
½ cup sugar

Beat until light and fluffy.

- Add, one at a time **2 eggs**

Beat well after each egg.

- Add flour mixture, alternately with . . . **¾ cup milk**
a small amount at a time, beating
after each addition, until smooth

- Add **¾ cup shredded coconut**

Blend well. Spread batter in two greased 9-inch pie pans.

- Arrange, cut in slices $\frac{1}{4}$ inch thick . . . **4 medium tart apples**
on top of batter.

- Combine **2 tsp. cinnamon**
¼ tsp. nutmeg
¾ cup sugar

Sprinkle over apples. Bake in a moderately hot oven (375° F) for 35-40 minutes. Cut in wedge-shaped pieces. Serve hot, with sweetened whipped cream.

CHEF'S ANGEL FOOD CAKE

- Sift together 8 times **1 cup plus 2 tbsp. cake flour, sifted**
¾ cup sugar
- Beat until foamy **1½ cups egg whites**
½ tsp. salt
- Add **1½ tsp. cream of tartar**

Beat until stiff, but not dry.

- Add, while beating **1 cup sugar (sifted 3 times)**

- Add **1 tsp. vanilla**
1 tsp. almond extract

Fold in sifted flour mixture. When blended, pour into ungreased ten-inch deep tube cake pan. Bake in a moderately hot oven (375° F) for 30 to 35 minutes.

APPLESAUCE CAKE

- Cream together **¾ cup butter**
2 cups sugar
- Add, unsweetened **2 cups apples, cooked**
1 cup nuts, chopped
2 cups raisins
- Add, sifted together **3 cups flour**
1 tsp. allspice
1 tsp. nutmeg
1 tsp. cloves
1 tsp. cinnamon
3 tbsps. cocoa
2 tsp. soda
- Add, beaten **2 eggs**
- Stir in **20 orange candy slices,**
cut up

*Grease a loaf pan, line with wax paper. Pour in mixture.
Bake in a slow moderate oven (325° F) for 50 to 60 minutes.
Store in cool place.*



BANANA CAKE

- Sift together into large mixing bowl **2 cups all-purpose**
flour, sifted
½ tsp. baking powder
¾ tsp. soda
½ tsp. salt
- Add **½ cup shortening (soft)**
1½ cup sugar
3 eggs, unbeaten
1 tsp. vanilla

Beat for 1 minute.

- Add **1 cup mashed banana**

Beat for 1 minute, scraping bowl while beating.

- Add **¼ cup buttermilk**

Beat for 2 minutes, scraping bowl while beating. Pour into two deep 9 inch layer cake pans, greased and sprinkled with flour.

Bake in a moderate oven (350° F) for 35 to 40 minutes.

Remove from pans. Cool. This is good filled with and topped with whipped cream.

DESSERTS

JEWISH BIRTHDAY CAKE

Beat slightly 5 eggs
Sift together, add to eggs $\frac{3}{4}$ cup flour
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. baking powder

Mix well.

Add $1\frac{1}{2}$ lbs. dates, cut in
half
 $\frac{3}{4}$ lb. English walnuts,
shelled

Stir in $\frac{1}{2}$ tsp. vanilla

*Grease and flour loaf pan, pour in cake mixture.
Bake in slow oven (275° F) for 1 to 1½ hours.*

LADY BALTIMORE CAKE

Sift together into large mixing bowl $2\frac{1}{2}$ cups cake flour,
sifted
1 cup sugar
3 tsp. double acting
baking powder
1 tsp. salt
Add $\frac{1}{2}$ cup shortening, soft
 $\frac{3}{4}$ cup milk

Beat for 2 minutes, scraping bowl while beating.

Add $1\frac{1}{2}$ tsp. vanilla
 $\frac{1}{4}$ tsp. almond extract
 $\frac{1}{4}$ cup milk

Add, beaten stiff together 4 egg whites
 $\frac{1}{2}$ cup sugar

*Beat for 1 minute, scraping bowl while beating.. Pour into two
deep 9 inch layer cake pans, greased and sprinkled with flour.
Bake in a moderate oven (350° F) for 25 to 30 minutes. Remove
from pans. Cool. Use Seven-Minute Frosting. Divide in half.*

To one half, fold in $\frac{1}{2}$ cup seedless raisins
 $\frac{1}{2}$ cup currants
 $\frac{1}{2}$ cup chopped nuts
2 figs, chopped
small piece citron,
chopped

*Spread filling between layers. Frost
top and sides with reserved frosting.*



**VANILLA CHEESE CAKE —
CRUMB CRUST WITH NUTS**

“This is a no-bake cheese cake.”

- Mix in top of double boiler **2 pkgs. gelatin,**
unflavored
¾ cup sugar
¼ tsp. salt
- Beat together and add **2 egg yolks**
1 cup milk

Cook over boiling water, stirring until gelatin dissolves and mixture thickens slightly, about ten minutes. Remove from heat.

- Add **1 tbsp. lemon juice**
2 tsp. vanilla flavoring

Cool.

- Sieve into a large bowl **3 cups creamed cottage**
cheese

Beat until smooth. Stir in cooled gelatin mixture. Chill, stirring occasionally. Make Crumb Crust. Set aside.

Crumb Crust

- Mix together **2 tbsp. butter, melted**
1 tbsp. sugar
¼ cup finely chopped
nuts
¾ cup graham cracker
crumbs
¼ tsp. cinnamon
¼ tsp. nutmeg

Sprinkle half of crumb mixture on bottom of an 8-inch spring form pan.

- To cooled gelatin mixture, add **2 egg whites, stiff but**
not dry
- Gradually add **¼ cup sugar**
- Beat until very stiff. Fold into gelatin-cheese mixture.*
- Fold in **1 cup heavy cream,**
whipped

Turn cheese cake mixture into pan; sprinkle with remaining crumb mixture. Chill until firm.

DELICIOUS COCONUT CAKE

- Sift together into large mixing bowl . . . **2½ cups cake flour, sifted**
1½ cups sugar
4 tsp. double acting baking powder
1 tsp. salt
 Add **½ cup shortening, soft**
¾ cup milk
1 tsp. vanilla extract
¾ tsp. orange extract

Beat for 2 minutes, scraping bowl while beating.

- Add **4 egg whites, unbeaten**
¼ cup milk

Beat for 2 minutes, scraping bowl while beating. Pour into two deep 9-inch layer cake pans, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 25 to 30 minutes. Remove from pans. Cool. Make Seven-Minute Frosting. Sprinkle filled and frosted cake with shredded coconut.



CHOCOLATE CAKE

- Sift together into mixing bowl **2 cups cake flour, sifted**
1 tsp. soda
½ tsp. salt
1½ cups sugar
 Add **½ cup shortening (soft)**
1 tsp. vanilla
¾ cup milk

Beat for 2 minutes, scraping bowl while beating.

- Add **2 eggs, unbeaten**
3 squares, unsweetened chocolate, melted
¼ cup milk

Beat for 1 minute, scraping bowl while beating. Pour into two 9 inch layer cake pans, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 30 to 40 minutes. Remove from pans. Cool. Ice as desired.

DESSERTS

DEVIL'S FOOD CAKE

Cream together	¾ cup butter 2 cups sugar
When well creamed, add, one at a time	4 eggs
	<i>Beat well after each addition.</i>
Blend in	4 1 oz. squares unsweetened chocolate, melted
Sift together	2½ cups cake flour, sifted 3 tsp. baking powder ¼ tsp. salt
Mix together	1½ cups milk 2 tsp. vanilla

Add dry ingredients alternately with milk to creamed mixture. Beat for 3 minutes. Pour into two deep 9-inch layer cake pans, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 30 to 35 minutes. Cool 10 minutes. Remove from pans. Very good with Caramel Seven-Minute Frosting.

GINGERBREAD

Cream together	½ cup butter ½ cup sugar
Add	1 egg, beaten 1 cup dark molasses
	<i>Beat for 1 minute.</i>
Add, sifted together	2½ cups flour 1 tsp. baking powder 1 tsp. soda 1 tsp. ginger ½ tsp. cloves ½ tsp. salt

Beat for 1 minute.

Add	1 cup boiling water
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Beat for 2 minutes. Pour into two deep 8-inch layer cake pans, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 25 to 30 min. Remove from pans. Cool. Top with apple butter topping.

Whip	1 cup heavy cream
Fold in	8 tbsp. apple butter

Spread over gingerbread.

STRAWBERRY MERINGUE CAKE

Beat until stiff	6 egg whites
Adding, one tbsp. at a time	1½ cups sugar
	½ tsp. vanilla

Grease a square of brown paper 15 x 12 inches and place on greased cookie sheet. Pour meringue on brown paper. Bake in a slow oven (275° F). Allow to cool.

Whip	2 cups heavy cream
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Remove from brown paper. Place on cookie sheet. Spread whipping cream over meringue. Chill for 12 hours. Garnish with fresh strawberries.

**FRUIT CAKE A LA RUBY**

Cream together	1 cup butter
	1 cup sugar
Add, one at a time	6 eggs
Add	3 tbsp. strong coffee
	3 tbsp. brandy
Stir in	1 cup flour, sifted
Add	1½ cups raisins
	2¼ cups candied
	cherries, chopped
	1½ cups candied citron,
	chopped
	¾ cup candied lemon
	rind, chopped
	¾ cup candied orange
	rind, chopped
	2¼ cups candied
	pineapple, chopped
	2¼ cups pecans,
	chopped
Sift in together	1 cup flour
	2 tsp. cinnamon
	2 tsp. allspice
	1 tsp. nutmeg
	1 tsp. mace
	¼ tsp. soda

Pour into two 9 x 5 x 3 pans (lined with heavy wrapping paper and greased) or one tube pan. Bake in a slow oven (275° F) for 2½ hours.

DESSERTS

OLD-FASHIONED STRAWBERRY SHORTCAKE

Sift together in mixing bowl	2 cups flour
	3 tsp. baking powder
	¾ tsp. salt
	3 tbsp. sugar
Cut into flour	½ cup shortening
Add	1 egg, beaten
	½ cup milk

Use enough milk to make easily-handled dough. Roll or pat dough ½ inch thick; cut into 3 inch rounds. Place 1 inch apart on cookie sheet. Bake 12 to 15 minutes, or until done, in a quick hot oven (450° F). Split hot shortcake; butter well; fill with strawberries. Top with strawberries.

You need	4 cups sweetened, sliced strawberries
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Top with whipped cream.

STRAWBERRY JAM CAKE

Cream together	1 cup butter
	1 cup sugar

Cream until mixture is light, fluffy.

Add	2 cups strawberry jam
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Blend well.

Add, one at a time	5 egg yolks
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Mix until smooth.

Add alternately	3 cups flour, sifted
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With	1 tbsp. baking soda
	1 cup buttermilk

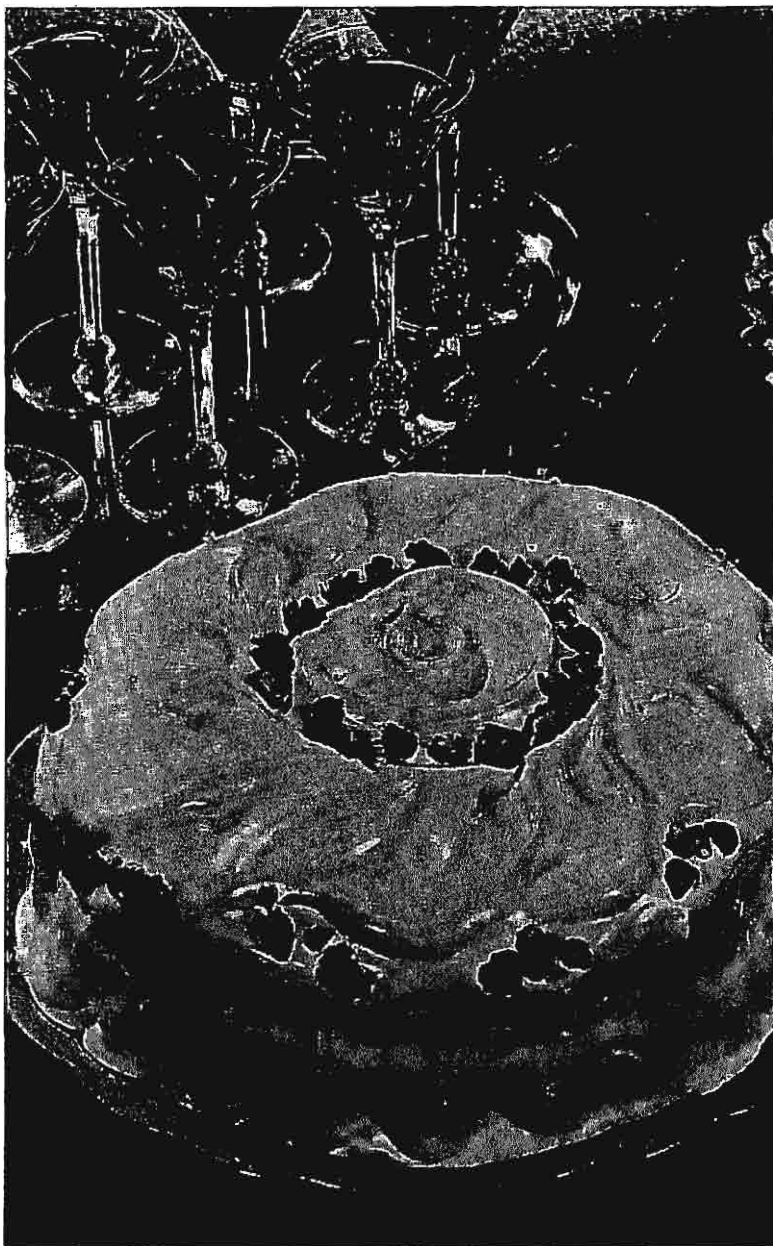
Beat until smooth.

Add	1 tbsp. allspice
	1 tbsp. cinnamon
	½ cup raisins
	½ cup nuts

Blend.

Fold in, beaten stiff, but not dry	5 egg whites
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Pour into three 9-inch layer cake pans lined with waxed paper. Bake in a moderate oven (350° F) for 30 to 35 minutes. Remove from oven; let stand 5 minutes; turn onto cooling racks; cool. Put strawberry frosting between layers, over top and sides of cake.



Good Spice Cake with Seafoam Frosting.

MAXINE'S DUNKER LOAF CAKE

Place in a sauce pan	1 cup seedless raisins
	1 cup sugar
	½ cup shortening
	1 tsp. cinnamon
	¼ tsp. cloves
	¼ tsp. allspice
	1 tsp. nutmeg
	1 tbsp. cocoa
	pinch of salt
Cover with	2½ cups water

Mix, bring to boil, stir occasionally. Simmer 5 minutes. Cool.

Sift together	2½ cups flour, sifted
	1 tsp. baking powder
	1 tsp. soda

Beat in half flour mixture. Beat in other half. Pour into greased loaf pan. Bake in a moderate oven (350° F) for 45 to 55 mins. When cool, ice with butter icing.



GOOD SPICE CAKE

Sift together into large mixing bowl . . .	3 cups all-purpose flour, sifted
	2 cups sugar
	4 tsp. cocoa
	¼ tsp. cloves
	1 tsp. cinnamon
	1 tsp. allspice
Add	1 cup shortening, soft
	2 eggs
	1 cup buttermilk

Beat for 2 minutes, scraping bowl while beating.

Mix together, add	1 cup buttermilk
	2 tsp. soda

Beat for 2 minutes, scraping bowl while beating. Pour into two deep 9-inch layer cake pans, greased and sprinkled with flour. Bake in a moderate oven (350° F) for 30 to 35 minutes. Remove from pans. Cool. Ice with Sea Foam Icing.

DESSERTS

SPONGE CAKE

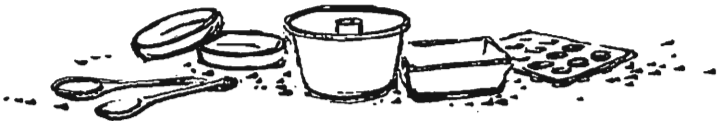
Sift 3 times together **1 cup cake flour**
1 tsp. double-acting
baking powder
¼ tsp. salt

Eggs should be out of refrigerator one hour before using.

Beat well about 5 minutes **3 eggs**
Gradually add to eggs **1 cup sugar**
Continue beating, add **½ tsp. grated lemon**
rind
2 tsp. lemon juice

Fold into egg the flour mixture, a small amount at a time.

Quickly stir in **6 tbsp. hot milk**
Immediately turn batter into one 9 x 9 x 2 incn pan lined
with waxed paper. Bake in a moderately hot oven (375° F)
for 20 minutes, or until done.



GOLDEN BUTTER CAKE

"This is a very delicious cake."

Cream together **1 cup butter**
1½ cups sugar
Cream until mixture is light, fluffy.
Add, one at a time **4 egg yolks (save**
whites)
Add **1 tsp. vanilla**

Blend well.

Sift together, four times **1½ cups cake flour**
1 tsp. cream of tartar
½ tsp. soda
½ cup cornstarch

Add dry ingredients to creamed mixture.

Alternately with **½ cup milk**
Fold in, beaten stiff, but not dry **4 egg whites**

Pour into two 8-inch layer cake pans, greased and sprinkled with
flour. Bake in a moderate oven (350° F) for 25 to 30 minutes.
Fill with lemon filling. Top with seven-minute frosting.
Sprinkle with coconut.

APPLESAUCE PIE

Line 8-inch pie plate with pastry. Flute edge. Prick well with a fork. Dot with butter. Sprinkle with sugar. Bake at 450° F for 10 minutes.

Combine **1 tsp. grated lemon rind**
2 cups applesauce, sweetened
½ tsp. cinnamon
¼ tsp. nutmeg

Chill well. Just before serving, place applesauce in pie shell.

Cover with **1 cup heavy cream, whipped**

"Easy but Good."

BANANA CREAM PIE**Crust**

Roll to very fine crumbs **18 graham crackers**
 Add and combine well **½ cup butter**
¼ cup sugar
1 tsp. cinnamon

Reserve two tbsp. for top. Firmly press crumb mixture into 10-inch pie pan. Chill.

Filling

Mix in top of double boiler **½ cup flour**
⅔ cup sugar
¼ tsp. salt
2 cups scalded milk

Cook, stirring occasionally, until thick and smooth.

Add a small amount from above, to . . . **3 egg yolks, slightly beaten**

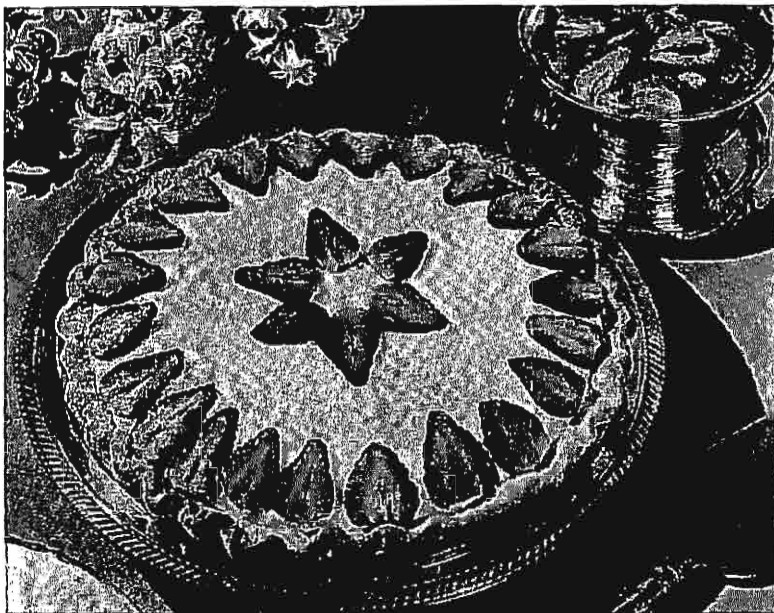
Add egg yolk mixture to above. Cook for 2 minutes more. Cool.

Add **2 tbsp. butter**
2 tbsp. vanilla

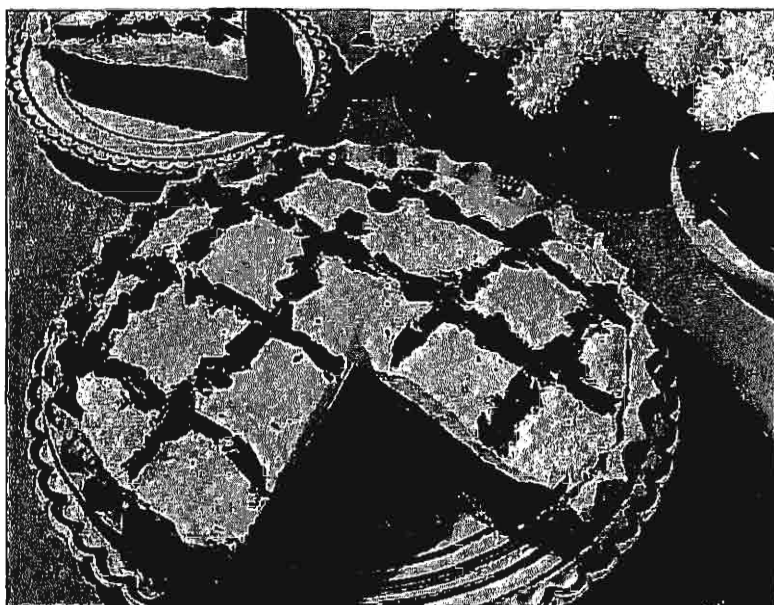
Add cooled cream filling alternately with sliced bananas. Cover with meringue. Sprinkle with reserved crumbs. Brown in a moderate oven (350° F) for 12 minutes.

Meringue

Beat stiff **3 egg whites**
 Add **6 tbsp. sugar**



Above, Strawberry Cheese Pie. Below, Black Bottom Pie.



DESSERTS

BLUEBERRY PIE

Place in a sauce pan	1 cup blueberries
Add	1 cup water
Stir in	1 cup sugar
	3 tbsp. cornstarch
	¼ tsp. salt

Cook until thick and smooth over a low heat. Remove from heat.

Add	3 cups blueberries
	1 tbsp. butter

Allow to cool. Pour into baked pie shell. Top with whipped cream.

BLACK BOTTOM PIE

Roll to very fine crumbs	14 crisp ginger snaps
Add, combine well	6 tbsp. butter

Firmly press crumb mixture into a 9-inch pie pan.

Bake in a slow oven (300° F) for 10 minutes. Chill.

Add to top of double boiler	2 cups scalded milk
Combine and add to milk	4 egg yolks, beaten
	½ cup sugar
	1½ tbsp. cornstarch
	pinch of salt

Cook, stirring occasionally, until it coats the spoon, about 15 minutes. Remove from heat. Take out one cup of custard.

Place in a bowl.

Add to this cup and beat well	1½ squares melted chocolate
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Add to cooled chocolate mixture	1 tsp. vanilla
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Pour into pie crust. Chill.

Blend together	1 tbsp. gelatin
	4 tbsp. cold water

Add this to remaining hot custard. Cool.

Beat into a meringue	4 egg whites
	½ cup sugar
	½ tsp. cream of tartar

Fold into custard.

Add	2 tbsp. rum
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Pour over chocolate mixture. Chill until firm. Whip one cup whipping cream and spread on top of pie. Shave ½ square of chocolate over pie and serve.

BUTTERMILK PIE

Mix all together	2 cups sugar
	½ cup buttermilk
	¼ lb. butter, melted
	2 eggs, beaten
	1 tbsp. flour
	pinch of salt
	1 tsp. vanilla

Pour into an unbaked pie shell. Bake in a moderate oven (350° F) for 45 minutes.

BESTEVEVER PIE

Boil for 3 minutes	½ cup raisins
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Drain.

Add	1 cup sugar
	½ cup pecans, chopped
	¼ tsp. cinnamon
	¼ tsp. cloves
	1 tbsp. butter, melted
	1 tbsp. vinegar

Stir in	2 egg yolks, beaten
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Fold in	2 egg whites, beaten stiff
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Pour into an unbaked pie shell. Bake in a moderate oven (350° F) for 40 minutes.

COTTAGE CHEESE PIE

Mix together	3 tbsp. cornstarch
	1 cup sugar

Stir in	3 eggs, well beaten
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Blend well.

Add	2 cups milk
	½ cups cottage cheese

Pour into unbaked pie shell.

Sprinkle with	nutmeg
	cinnamon

Bake in a hot oven (450° F) for 10 minutes. Reduce oven to 325° F; bake for 40 minutes or until set.

DESSERTS

CHEESE CUSTARD PIE WITH BACON

Have ready 1 9-inch unbaked pie shell

Fry in skillet until crisp 12 slices bacon

Crumble into small pieces over unbaked pie shell.

Cut in small pieces 12 thin slices Swiss cheese

Place cheese over bacon.

Beat together 4 eggs
1 tbsp. flour
½ tsp. salt
dash of nutmeg
dash of cayenne

Add 2 cups light cream
1½ tbsp. butter, melted

Pour over bacon and cheese. Bake in moderate oven (375° F) for 40 minutes, or until knife inserted in center comes out clean.

Serve warm.

CHEESE PIE

“For those who like cheese pie, this one’s very good.”

Roll to very fine crumbs 25 graham crackers

Reserve one cup.

Melt in a pie pan ¼ cup butter

Add remainder of the crumbs to form a crust.

Beat 2 eggs

Add, a little at a time 4 3 oz. pkg. cream cheese

Beat until smooth.

Add ¾ cup sugar
1 tsp. vanilla
1 tsp. grated lemon rind

Pour into pie crust. Bake in a moderate oven (350° F) for 20 minutes.

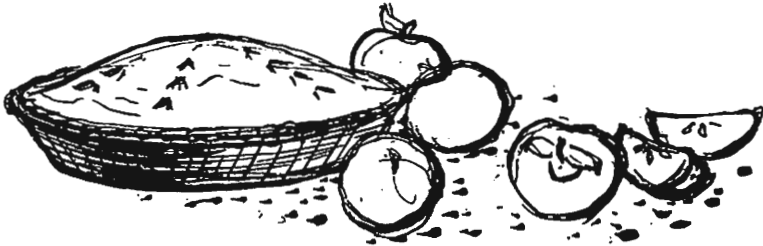
Pour over 1 pt. whipped sour cream

Put back into oven for 5 minutes. Chill well before serving.

CHERRY PIE

- | | |
|-------------------------|-----------------------------------|
| Boil together | 1 3/4 cups sugar |
| | 1/4 cup flour |
| | 1/2 tsp. cinnamon |
| | 1/2 cup cherry juice |
| Add | 4 drops red food coloring |
| Mix in | 4 cups sour pie cherries, drained |

*Pour into pie crust; top with other pie crust.
Bake at 400° F for 40 minutes.*



EASY LIME CUSTARD PIE

- | | |
|---------------------------------|----------------------------|
| Beat slightly | 3 eggs |
| Add and beat together | 1 1/2 cups sugar |
| | 1 1/2 tbsp. butter, melted |
| | 2 tbsp. cornstarch |
| | 1 cup evaporated milk |
| | juice of two limes |

Pour into unbaked pie shell. Bake in a moderate oven (350° F) for 30 to 35 minutes. Cover with meringue. Bake until meringue is slightly browned.

FRESH COCONUT PIE

- | | |
|--------------------------|-----------------------|
| Beat well | 3 eggs |
| Add | 1 1/2 cups sugar |
| Pour in melted | 1/2 cup butter |
| Add | 1 tbsp. vinegar |
| | 1 tsp. vanilla |
| Stir in | 1 pkg. or can coconut |

Pour into an unbaked pie shell. Bake in a hot oven (450° F) for 10 minutes. Reduce to a moderate oven (350° F) for 35 minutes, or until custard is firm and golden brown.

DESSERTS

FRENCH COCONUT PIE

"Rich and Good"

Cream together	3 eggs
	1½ cups sugar
Stir in	½ cup butter, melted
Add	1 tsp. vanilla
	1 tbsp. vinegar
	¼ lb. or 1 4 oz. can

coconut

Mix well. Pour into unbaked pie shell. Bake in a moderate oven (350° F) for 50 minutes, or until set.

CHESS PIE

Melt	½ cup butter
Add	1 tbsp. vinegar

Let stand.

Beat until lemon color	3 eggs
Add	1½ cups sugar

Now add vinegar and butter.

Stir in	1 tsp. vanilla
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Pour into an unbaked pie shell. Bake in a moderate oven for 40 to 50 minutes.

BAKED ICE CREAM PIE

Bake, cool and chill	1 pastry shell
Beat until frothy	3 egg whites
Add	dash of salt
	½ tsp. cream of tartar

Continue beating until stiff, but not dry.

Gradually beat in	½ cup sugar
	1 tsp. vanilla

When ready to serve, fill baked pastry shell with	very hard frozen ice cream
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Top with meringue. Sprinkle with powdered sugar. Place pan on a board. Bake in a very hot oven (450° F) until it is browned. Serve at once.

FUDGE PIE

- Beat until lemon color **2 eggs**
- Sift together and add **¼ cup flour**
1 cup sugar
- Add **1 tsp. vanilla**
- Melt together, then add **¼ cup butter**
2 oz. baking chocolate

Blend well. Pour into a well-greased pie plate. Bake in a quick moderate (375° F) oven for 15 to 20 minutes. Serve hot, topped with whipped cream or vanilla ice cream.

DEEP-DISH RHUBARB PIE

- Cut in 1 inch pieces **4 cups rhubarb**
- Mix with **1½ cups sugar**
1 lemon rind, grated
2 tbsp. flour

Place in a deep baking dish. In the center place a custard cup to draw up the juices. This will prevent the crust from sagging. Cover the dish with a rich pie dough; press the edges to the dish with the tines of a fork. Make slash in dough. Bake in a hot oven (450° F) for 10 minutes. Reduce heat to 350° F. Bake 25 minutes longer. Sprinkle the crust with sugar and bake for 10 minutes longer or until the sugar is melted.

CREAM LEMON PIE

"You will like this one, try it."

- Scald in top of double boiler **1½ cups milk**
- Add, beaten together **3 egg yolks**
2 tbsp. cornstarch
½ cup sugar
pinch of salt
grated rind of 1 orange
and lemon

Stir until custard coats the spoon.

- Chill, then add **juice of 1½ lemons**
juice of 1 small orange

Pour into pie crust. Cover with meringue.

- Beat **3 egg whites**
- When almost stiff, add gradually **6 tbsp. sugar**

Beat until peaks form. Spread over pie. Bake in a slow moderate oven (325° F) for 20 minutes.

DESSERTS

LEMON ANGEL PIE

"This will delight your friends."

Beat until peaks form **2 egg whites**
Add gradually **½ cup sugar**
1 tsp. cream of tartar

*Beat until stiff. Grease 8-inch pie pan well. Pour in meringue.
Bake in a slow oven (250° F) for 1 hour.*

Cook in top of double boiler **4 egg yolks**
juice of 1 lemon
grated rind of 1 lemon
¾ cup sugar
3 tbsp. milk
pinch of salt

Cook, stirring constantly, until smooth and thick. Cool.

Fold in **1 cup heavy cream**
(whipped)

Pour into meringue crust. Chill overnight.

HEAVENLY PIE

Sift together **1 cup sugar**
¼ tsp. cream of tartar
Beat stiff but not dry **4 egg whites**

Beat sugar mixture into egg whites gradually. Continue to beat until stiff. Line bottom and sides of greased 9-inch plate with the mixture; slightly hollow out the center. Be careful not to spread the meringue too close to the rim of the plate. Bake in a slow oven (275° F) for 1 hour.

Filling

Beat slightly in top of double boiler **4 egg yolks**
Stir in **½ cup sugar**
3 tbsp. lemon juice
1 tbsp. grated lemon
rind
½ tsp. salt

Cook, stirring over hot water, until very thick and smooth. Remove and cool.

Fold into lemon mixture **1 cup whipped cream**

Fill meringue shell.

Cover with **1 cup whipped cream**

Garnish with shavings of chocolate.

MULBERRY MERINGUE PIE

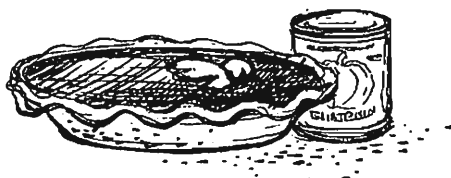
- Crush 4 cups mulberries,
washed and stemmed
- Mix with ½ cup sugar
- Pour off from the above ½ cup mulberry juice
- Mix with juice 2 tbsp. cornstarch

Add cornstarch mixture to berries. Stirring constantly, bring to a boil. Let simmer 10 minutes, stirring occasionally. Remove from heat.

- Add 2 tbsp. lemon juice
1 tbsp. butter
½ tsp. salt

Cool.

- Pour into 1 baked pie shell
- Top with meringue and brown.*



NESSSELRODE PIE

- Soak 1 tbsp. unflavored
gelatin
- In ¼ cup water
- Beat slightly 3 egg yolks
- Add ½ cup sugar
2 tbsp. lemon juice
½ tsp. salt

Cook, stirring constantly, over low heat, until mixture coats a silver spoon. Stir in the dissolved gelatin.

- Add 6 oz. of Raffetto's
Nesselro

- Beat until they stand in peaks 3 egg whites
- Add ¼ cup sugar

Fold the custard mixture into the whites.

- Whip ½ cup heavy cream

Fold egg white and custard into whipped cream. Pour into a baked pie shell. Sprinkle with shaved bitter chocolate. Chill until firm.

DESSERTS

PEACH PIE

- Place, drained **1 No. 2½ can sliced peaches**
- In **8-inch pastry-lined pie plate**

Save other half pastry.

- Combine **½ cup sugar**
2 tbsp. enriched flour
⅛ tsp. salt
¼ cup syrup from canned peaches
¼ cup butter

Cook, stirring constantly, until thick and smooth. Remove from heat.

- Add **2 tsp. lemon juice**

Pour over peaches. Make lattice top crust. Bake in hot oven (375° F) for 30 minutes.

PECAN PIE

- Cream together **½ cup butter**
⅔ cup brown sugar
- Add and blend well **4 eggs, slightly beaten**
¼ tsp. salt
1 cup corn syrup
½ tsp. vanilla
1 cup pecans, chopped

Pour into pie shell. Bake in a hot oven (425° F) for 10 minutes. Reduce heat to 350° F. Bake for 25 minutes longer. Serve with whipped cream.

PUMPKIN PIE

- Mix together **2 cups cooked pumpkin**
2 eggs, slightly beaten
- Stir in **1½ cups evaporated milk**
- Add **¾ cup sugar**
1 tsp. cinnamon
½ tsp. ginger
¼ tsp. cloves
½ tsp. salt

When blended well, pour into a 9-inch unbaked pie shell. Bake in a hot oven (425° F) for 40 minutes. Serve with whipped cream.

BANANA PEACH TART

- Have ready **1 baked pastry shell**
- Spread over pastry shell **½ cup peach jam**
- Fill three quarters full **3 ripe bananas, sliced**
- Pour over **¼ cup cognac**
- Spread over bananas **½ cup peach jam**

Bake in a moderate oven (325° F) for 10 minutes, or until the jam is melted.

- Garnish with **toasted almonds**



SHERRY CREAM PIE

- Melt **½ cup butter**
- Mix with **1½ cups chocolate cookie crumbs**

Press tightly around sides and bottom of a 9-inch pie pan. Set in refrigerator to chill until firm.

- Sprinkle to soften **1 envelope gelatin, unflavored**
- Over **4 tbsp. cold milk**
- Mix in top of double boiler **2 egg yolks**
¾ cup milk
½ cup sugar

Cook over hot water, stirring constantly, until custard coats the spoon. Add gelatin mixture. Remove from heat.

- Add **½ tsp. salt**
¼ tsp. nutmeg
- Stir in **½ cup sherry wine**

Chill until mixture just begins to thicken.

- Beat until stiff, but not dry **2 egg whites**

Fold into gelatin mixture.

- Beat until stiff **¾ cup heavy cream**

Fold into gelatin mixture. Pour into crumb pie shell and chill until firm.



ALMOND COOKIES

- | | |
|------------------------|--------------|
| Cream | 1 cup butter |
| With | 1 cup sugar |
| Beat lightly | 1 egg |

Add egg to butter and sugar mixture.

- | | |
|-------------------------|------------------------|
| Sift together | 2 cups sifted flour |
| | 1 tsp. soda |
| | 2 tsp. cream of tartar |

Stir together flour mixture and butter mixture.

- | | |
|-------------------|--------------------------|
| Stir in | ¼ cup chopped
almonds |
|-------------------|--------------------------|

Roll in small portions. Press a blanched almond in each roll. Bake in a moderate oven (375° F) until light brown.

CREAM CHEESE COOKIES

- | | |
|--------------------------|--------------------------------|
| Cream together | ½ cup butter |
| | 1 pkg. (3 oz.) cream
cheese |
| Add | ½ cup sugar |
| | ½ tsp. vanilla |
| | 1 egg yolk |

Beat well.

- | | |
|--------------------------------|--------------------|
| Add, sifted together | 1 cup sifted flour |
| | ¼ tsp. salt |

Mix well. Drop by teaspoon onto greased cookie sheets. Bake in a moderate oven (350° F) for 10 to 12 minutes. (If desired, dough may be chilled, rolled and cut.) (about 3 dozen)

ICE BOX COOKIES

Cream	1 cup shortening
With	2 cups sugar
Add	2 eggs, well beaten
	2 tsp. lemon or vanilla extract
Add, sifted together	3½ cups cake flour
	½ tsp. salt
	2 tsp. baking powder

Mix well.

Add, and mix again 1 cup nuts

*Form dough into two long rolls about two inches in diameter.
Wrap in wax paper and place in refrigerator, until firm. Slice
1/16 inch thick. Bake at 375° F 10 minutes.*

OATMEAL DROP COOKIES

Cream together	1 cup shortening
	1 cup sugar
Add, beaten slightly	2 eggs
	1 cup sour milk
Blend in	1 tsp. salt
	4 tsps. cinnamon
	½ tsp. soda
	2 cups oatmeal
	2 cups flour, sifted
Add	½ cup pecans, chopped
	2 cups raisins

*Drop by spoon on greased cookie sheets. Bake in
a moderate oven (375° F) until brown.*

BUTTER COOKIES

Cream	1 lb. butter
With	2 cups granulated sugar
Add to above mixture and beat well	3 eggs
	1 tsp. vanilla
Add and mix well	5 cups flour

*Roll very thin and cut with cookie cutter. Bake in a
moderate oven (375° F) until light brown.*

DESSERTS

CHOCOLATE DROP COOKIES

Cream together	½ cup shortening
	1¼ cups sugar
Add, mix well	2 eggs, beaten
Sift together	1¾ cup flour
	½ tsp. soda
	1 tsp. baking powder
	⅔ cup cocoa
	½ tsp. salt
Add dry ingredients to creamed mixture alternately with	½ cup sour milk
Add, mix well	1 tsp. vanilla

Drop by spoonfuls into a greased cookie sheet. Bake in a moderately hot oven (375° F) about 15 minutes.



HUNGARIAN COOKIES

Cream	1¼ cups shortening
Add	1 cup sugar
	½ tsp. almond flavoring
Add, one at a time	3 eggs
	<i>Beat thoroughly after each addition.</i>
Add gradually	2½ cups flour

Mix until smooth. Put through a cookie press on a greased baking sheet. Sprinkle the top with sugar and grated orange rind. Bake in a moderately hot oven (375° F) for 10 to 12 minutes.



SNOW DROPS

Cream	¾ cups shortening
Add	4 tbsp. confectioner's sugar
	2 tsp. vanilla
	1 tsp. water

Beat until very creamy.

Add and blend in	2 cups cake flour
	1 cup chopped nuts

Chill the dough. Form into small date-shaped pieces. Bake in a hot oven at 400° F. Roll in confectioner's sugar while still hot.

SUGAR THINS

Cream together	½ cup butter 1 cup sugar
Add, beaten together	1 egg 1 tbsp. cream 1 tsp. vanilla
Sift together, add	2 cups flour ½ tsp. salt 1 tsp. baking powder

Chill overnight. Roll out small quantity of dough at a time, very very thin, on a floured board. Cut cookies with small cutters. Decorate or sprinkle with colored sugar. Bake in a moderate oven (350° F) for 5 minutes. Use a greased cookie sheet.

MOLASSES COCONUT MACAROONS

Beat until stiff	2 egg whites
Add, continuing to beat	1 cup sugar
Mix together	½ lb. shredded coconut ½ cup molasses ¼ tsp. cinnamon dash of nutmeg

Fold into the egg white mixture. Drop by heaping tsps. on greased baking pans. Bake in a moderate oven (350° F) for 20 to 25 minutes. Cool slightly; then remove with spatula. Keep in tightly covered can.

PEANUT BUTTER COOKIES I

Sift together	1 cup flour 1½ tsp. baking powder ½ tsp. salt
Add	½ cup shortening, soft ¾ cup brown sugar ½ cup peanut butter 1 egg 1 tsp. vanilla ¼ cup corn syrup, dark

Beat at low speed until smooth. (about 1 minute)

Add	¼ cup corn syrup, dark ¼ cup rolled wheat, uncooked
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Beat at low speed until smooth. (about 15 seconds). Drop from 1 tsp. onto greased cookie sheet. Bake in a moderate oven (375° F) from 12 to 15 minutes.

DESSERTS

BUTTERFLAKES

- Beat in top of Double Boiler **2 eggs**
Add **1 cup brown sugar**
Cook over hot water for 15 minutes, stirring constantly.
Add **1 tsp. grated orange
rind**

Cool mixture.

- Add, sifted together **¾ cup flour**
½ tsp. salt
1 tsp. baking powder
Fold in **¾ cup flaked cereal**
1 cup nuts, chopped

*Drop by spoonfuls onto a well greased cookie sheet.
Flatten a little with a spatula. Bake in a moderate
oven (350° F) about 15 minutes.*

DATE AND NUT COOKIES

- Beat stiff **2 egg whites**
Add **2 cups powdered sugar**
1 cup nut meats,
chopped
½ tsp. vanilla
Add, cut in small pieces **1 cup dates**

*Drop from teaspoon onto buttered pans. Bake in a slow
oven (325° F) for 25 minutes or until light brown.*

CRISP CHRISTMAS COOKIES

- Cream **2 cups butter**
Add gradually **1 cup sugar**
Beat in **1 whole egg**
1 egg yolk
2 cups sifted
all-purpose flour
Add **1 tbsp. almond extract**
Add and beat well **2 cups sifted**
all-purpose flour

*Line loaf pan with waxed paper. Place dough in pan. Smooth it
down into shape of pan and chill in refrigerator overnite. To
bake, cut dough into paper thin slices with sharp knife. Brush
tops with remaining egg white that has been beaten. Decorate
with chopped almonds and sugar. Bake 8 to 10 minutes. (350° F)
Makes 6 dozen.*

H-O CRISPIES COOKIES (5-6 doz.)

Cream	1 cup butter
With	1 cup white sugar 1 cup brown sugar
Add and beat well	2 eggs 1 tsp. vanilla
Add, sifted together	1½ cups all purpose flour
	1 tsp. salt
	1 tsp. soda
Add and mix well	3 cups H-O Oats ½ cup chopped nuts

*Form into two rolls. Place in refrigerator overnight.
Slice in thin slices. Bake at 350° F for 10 to 12 minutes.*

SUGAR COOKIES

Cream	¾ lb. butter
With	½ cup sugar 1 egg 1 tsp. vanilla
Mix in	1 cup flour ½ tsp. salt ½ cup nuts

*Chill dough. Roll ¼ inch thick. Cut with cookie cutter.
Bake in a moderate oven (375° F) until golden brown.*

APPLESAUCE COOKIES

Cream together	½ cup shortening 1 cup sugar
Add, beat thoroughly	1 egg
Sift together	2 cups flour 1 tsp. soda 1½ tsp. cinnamon ½ tsp. nutmeg ½ tsp. cloves ½ tsp. salt
Add dry ingredients to creamed mixture alternately with	1 cup applesauce
Add	1 cup raisins 1 cup nuts, chopped

*Drop on greased cookie sheet. Bake in a moderately
hot oven (375° F) about 20 minutes.*

DESSERTS

MEXICAN WEDDING CAKES

- Cream **½ lb. butter**
4 heaping tbsp.
powdered sugar
- Mix in **2 cups flour**
1 tbsp. vanilla
1 cup chopped nuts

Chill dough overnight. Pat dough into balls or crescent shape. Bake in a slow oven (300° F) 10 to 15 minutes.

PEANUT BUTTER COOKIES 2

- Cream together **½ cup shortening**
1 tsp. salt
¼ tsp. soda
½ cup peanut butter
- Add, cream well **½ cup sugar**
- Add, one at a time **2 eggs**

Beat well after each egg.

- Sift together **2 cups whole wheat**
1 tsp. cinnamon
- Add dry ingredients to creamed mixture
alternately with **2 tbsp. milk**

Put through a cookie press onto a greased cookie sheet. Bake in a moderately hot oven (375° F) about ten minutes.

BROWN SUGAR HERMITS

- Cream **¾ cup butter**
- With **1 cup light brown**
sugar, firmly packed
- Add, well beaten **2 eggs**

Mix well.

- Add, sifted together **1¼ cups flour**
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt
- Fold in **¾ cup nutmeats**
¾ cup raisins

Drop by teaspoonsfuls. Bake in a moderate oven (350° F) 15 minutes.

SWEDISH CAKES

Cream $\frac{1}{2}$ cup shortening
 Add gradually $\frac{1}{4}$ cup sugar

Cream well.

Add 1 egg yolk

Cream thoroughly.

Blend in 1 cup sifted flour

Form into very small balls.

Dip balls into 1 egg white, unbeaten

Roll in $\frac{3}{4}$ cup nutmeats

Place on well greased baking sheet and make slight indentation in center with finger. Bake in a slow oven at 300° F. Press center down again. Continue baking 15 minutes longer. Remove from cookie sheet immediately and when cool, fill centers with a tart jelly.



MACAROONS (Drop Cookie)

Cream 1 cup butter
 With 2 cups light brown sugar

Add and beat well 2 eggs
 2 tsp. vanilla
 2 tsp. almond

Sift together 2 cups flour
 1 tsp. soda
 $\frac{1}{2}$ tsp. baking powder

Add flour mixture to creamed mixture.

Then add $\frac{1}{4}$ cup milk
 1 $\frac{1}{2}$ cups coconut
 3 cups rolled oats

Mix well. Drop by teaspoonful on greased pan, not too close together as they spread with heat. Preheat oven. Bake at 375° for 10 to 12 minutes.

DESSERTS

CHOCOLATE JUMBLES

Cream together	¼ cup butter
	1 cup sugar
Add, beat well	1 egg
Add	2 tbsp. strong cold coffee
	2 squares chocolate, melted
Add, sifted together	1¼ cups flour
	2 tsp. baking powder
	½ tsp. cinnamon
	dash of nutmeg

Roll out ⅓ inch thick on a lightly floured board. Cut with a doughnut cutter. Place on a greased cookie sheet. Sprinkle with granulated sugar. Bake in a moderate oven (350° F) for about 10 minutes.

CREAM CHEESE TEA COOKIES

Cream together	½ cup butter
	¼ lb. cream cheese
Blend in	⅓ cup sugar
Sift together and, add	1 cup sifted cake flour
	¼ tsp. salt

Mix well. Shape into two inch rolls, wrap each in waxed paper and chill thoroughly. Slice thin, sprinkle lightly with, caraway seeds. Bake in a hot oven (400° F) for 6 minutes.

BUTTER CHEWS

Cream together	¾ cup butter
	3 tbsp. sugar
Blend in thoroughly	1½ cups sifted flour
<i>Pat mixture into a greased square cake pan. Bake in a moderately hot oven (375° F) for 15 minutes. Remove from oven.</i>	
Beat until light (save whites)	3 egg yolks
Add, blend well	2¼ cups brown sugar
Add	1 cup nut meats, chopped
	¾ cup shredded coconut
Fold in	3 egg whites, beaten stiff

Pour over the baked mixture. Return to oven. Bake for 25 minutes. Cut into 1 inch squares. Dust with powdered sugar.

SOUR CREAM COOKIES

- | | |
|-------------------------------------|-----------------------|
| Cream together thoroughly | ¾ cup shortening |
| | 1 cup sugar |
| Add | 2 eggs, well beaten |
| | 1 cup baking molasses |
| | 1 cup cereal flakes |
| Sift together | 4 cups flour |
| | ½ tsp. salt |
| | 1 tsp. soda |
| | ½ tsp. ginger |
| | 1 tsp. cinnamon |

Add dry ingredients to the creamed mixture.

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|--------------------------|------------------|
| Alternate with | ½ cup sour cream |
|--------------------------|------------------|

Drop by spoonfuls onto a greased cookie sheet. Bake in a moderately hot oven (375° F) about 15 minutes.



SUGAR COOKIES

- | | |
|-----------------|------------------|
| Cream | ¾ cup shortening |
| With | ¾ cup sugar |
| Add | 1 egg |

Beat until mixture is light and fluffy.

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|---------------|---------------------------|
| Add | ½ tsp. vanilla |
| | ½ tsp. grated orange peel |

Mix well.

- | | |
|-------------------------|-----------------------|
| Sift together | 2 cups enriched flour |
| | ¼ tsp. salt |
| | 1½ tsp. baking powder |

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|--|-------------|
| Stir flour mixture into creamed mixture with | 4 tsp. milk |
|--|-------------|

Divide in half. Chill one hour to make dough easy to handle. Roll out one half dough ⅛ inch thick. (Keep other half chilled until you are ready to roll it.) Cut with floured 3 inch cookie cutter. (Sprinkle with sugar — optional.) Bake in a moderate oven (375° F) 12 minutes. Makes 2 dozen cookies.

DESSERTS

FLUFFY MOCHA FROSTING

- Combine and mix together **4 cups confectioners' sugar**
- 4 tsp. cocoa**
- ¼ tsp. salt**
- Add and cream thoroughly **½ cup butter**
- Add, cream and beat well **½ cup strong coffee**
- ½ tsp. vanilla**

Spread frosting between the layers and cover top and sides.

- Chop **¾ cup pistachio nuts**

Decorate cake with chopped pistachio nuts.



CHEF'S CHOCOLATE FROSTING

- Add to a mixing bowl **1 cup confectioners' sugar, sifted**
- 1 egg, unbeaten**
- ¼ cup milk**
- ½ tsp. vanilla**
- 4 sq. (4 oz.) unsweetened chocolate, melted**
- 2 tbsp. butter, melted**

Beat all ingredients until stiff enough to spread.

CREAM-CHEESE FROSTING

- Let soften at room temperature **2 3 oz. pkg. cream cheese**
- Blend in **3 tbsp. light cream**
- dash of salt**
- Add gradually **4½ cups confectioners' sugar, sifted**
- Add, blend well **1 tsp. vanilla**

CHOCOLATE COOKIE BARS

"These are very good. Try them."

- Cream together **1 cup butter**
1 cup brown sugar
- Add, cream until light and fluffy **1 egg yolk**
- Blend in thoroughly **1 tsp. vanilla**
- Add sifted together, mix well **2 cups flour**

Spread in a rectangle about 10 x 13 inches onto a greased cookie sheet. Bake in a moderate oven (350° F) for about 20 minutes. Remove from oven. While still warm.

- Spread with **½ lb. sweet chocolate,**
melted
- Sprinkle with **½ cup nuts, chopped**

Cut into squares while still warm.

BUTTERSCOTCH COOKIES

- Cream together **1 cup butter**
2 cups light brown sugar
- Add, cream until light and fluffy **2 eggs**
- Blend in thoroughly **1 tsp. vanilla**
- Add sifted together, mix well **3 cups flour**
½ tsp. salt
1 tsp. soda
- Add **1 cup nut meats,**
chopped fine

Shape into small balls. Place on a greased cookie sheet and flatten with a fork. Bake in a moderately hot oven (375° F) for about 10 minutes.

BROWNIES

- Melt together, over low heat **2 squares unsweetened chocolate**
½ cup butter
- Remove from heat.*
- Add, sifted together **1 cup sugar**
½ cup flour
¼ tsp. salt
- Beat in one at a time **2 eggs**
- Stir in **½ tsp. vanilla**
1 cup nut meats,
chopped

Bake in a greased 8 inch shallow pan in a moderate oven (350° F) about 30 minutes. Cut into squares.

DESSERTS

EASY FUDGE

Combine together **4½ cups sugar**
¾ cup butter
1 large can evaporated milk

Stirring constantly, bring to boil. Boil 6 minutes. Remove from heat.

Add, stirring well **3 pkgs. chocolate chips**
1 pt. marshmallow cream
½ tsp. vanilla
1 cup pecans, chopped

Pour into buttered pan. Cool.

PECAN PRALINES

Combine **1 cup maple syrup**
2 cups sugar
¾ cup heavy cream

Cook until candy thermometer registers 234° F. Remove from heat. Cook to lukewarm. Beat vigorously for 2 minutes.

Stir in **2 cups pecan halves**

Drop by teaspoon on wax paper. Cool thoroughly.

CHOCOLATE FUDGE

Heat over low flame **¾ cup milk**
2 squares unsweetened chocolate

Cook until mixture is smooth and blended, stirring constantly.

Add **2 cups sugar**
dash of salt

Stir until sugar is dissolved and mixture boils. Continue boiling, without stirring, until a small amount of mixture forms a very soft ball in cold water (232° F). Remove from fire.

Add **2 tbsp. butter**
1 tsp. vanilla

Cool to lukewarm (110° F); then beat until mixture begins to thicken and loses its gloss. Turn at once into greased pan, 8 x 4 inches. When cold, cut in squares. Makes 18 large pieces.



ICED COFFEE WITH RUM

Have ready strong coffee, cooled
Pour over ice cubes 1 oz. Jamaica rum
Fill glass with coffee. Top with whipped cream.

HOT TEA WITH RUM

Have ready strong hot tea
Pour into glasses, each 2 ozs. light rum
. 2 ozs. strong tea
. 2 tsp. sugar
Fill each glass very hot water
Add dash of nutmeg.
Serve hot with a thin slice of lemon peel.

CAFE BRULOT

“New Orleans here we go. Use a chafing dish or a large silver bowl.”
Place in top of chafing dish 2 slices orange peel
. 2 slices lemon peel
. 6 cubes sugar
. 4 cloves
. 1 cinnamon stick
Add and heat 1½ cups brandy
Heat a ladle, put in 1 cube sugar
. a little brandy

*Ignite the brandy in the ladle. Lower
the ladle into the chafing dish.*

Pour in 2 cups strong coffee
*Blend by dipping up some liquid and pouring it back
again. When blaze burns out, serve hot in demitasses.*

BEVERAGES

HOT COCOA

Combine in a sauce pan **4 tbsp. cocoa**
6 tbsp. sugar
1½ cups water

Bring to boil, stirring frequently.

Add **4 cups milk**

Bring to boiling point, but do not boil. Serve hot. Add one marshmallow per cup (if you wish) just before serving.

CAFE AU LAIT (Country Style Coffee)

Heat in top of a double boiler **1 cup heavy cream**
1 cup rich milk

Beat until hot and foamy. Pour into a pitcher.

Have ready in another pitcher **2 cups hot coffee**

From each pitcher, simultaneously, pour into cups. Use sugar if you like.

ICED TEA A LA MINT

Have ready **medium strong tea, hot**

Fill each glass with ice cubes. Decorate the top with sprigs of fresh young mint. Pour tea over mint. Serve with lemon slices and sugar.

ICED COFFEE

Have ready **strong coffee, cooled**

Pour coffee over ice cubes. Top with whipped cream or you may use ice cream.

ICED MOCHA COFFEE

"You will love this way with coffee and chocolate."

Over boiling water, melt **4 ozs. bittersweet
chocolate**

Stir in **¼ tsp. cinnamon**

Stir in gradually **4 cups strong coffee**

Pour over filled glasses of ice cubes. Serve with sugar and cream.

COPPER-CLAD COFFEE MAKERS

Percolator Coffee

1. Coffee should be fresh and your percolator thoroughly clean.
2. Use regular or percolator grind coffee.

Size of coffee maker	Water (8 oz. cups)	Coffee	Perking time after perking begins. Turn heat to low.
14-cup percolator	10¾ cups	28 tbsp. or 1¾ cups	6 minutes
8-cup percolator	5 cups	10 tbsp.	6 minutes
6-cup percolator	4 cups	8 tbsp.	6 minutes
4-cup percolator	3 cups	6 tbsp.	6 minutes

3. To make a smaller amount of coffee in any of the above coffee makers, use two level tablespoons of coffee for each 8 oz. cup of water.
4. If coffee made in this manner is too strong, use less coffee per cup.

Drip Coffee

1. Be sure coffee is fresh and your drip coffee maker is thoroughly clean.
2. Use drip grind coffee.
3. Remove spreader plate.
4. Use one rounded or two level tablespoons of coffee in coffee basket for each cup to be brewed.
5. Replace spreader plate, making sure it is firm and in place. Place upper half of coffee maker onto lower half.
6. Pour boiling water into upper half of coffee maker to level indicated on gauge for number of cups being brewed. *Do not remove spreader plate after water is poured.*

BEVERAGES

THE ART OF DRINKING

“Drink in moderation . . . asking of each sip only pleasantness and good cheer.” This is a motto which should grace every gentleman’s cupboard. For alcohol is no contributor to the prophet’s Paradise-to-come. Let us discuss a few simple psychological and physiological observations.

First: In moderate quantities, alcohol is a glowing sedative. It strengthens the spirit, gladdens the eye and unwinds the cramping chains of inhibition. In excess it is a depressant, intensifying rather than easing the pangs of trouble.

Second: Alcohol, in excess, poisons the system and thickens the tongue. It turns a fine sharp wit into a dull oaf. It drains all the oil out of the hinges of the mind.

Third: Good breeding requires that many truths be left unsaid. In sober moments our inner censor administers tact. But on the node of inebriation we are inclined to raise our voices in the cause of ultimate truth . . . resulting in deep hurts and broken friendships.

To the gourmet, a wine or spirit is a thing to be pampered and treasured. He approaches it with imagination and taste . . . selecting the glassware and occasion as carefully as the drink.

THE BALANCED BAR

The following liquid stock and supplies are suggested for the Balanced Bar:

Rye Whiskey	Sloe Gin	Chartreuse
Bourbon Whiskey	Apple Brandy	Bitters
Scotch Whiskey	Cherry Brandy	Orange Bitters
Irish Whiskey	Cognac	Mineral Water
Blended Whiskey	Sherry	Lemons
Puerto Rico Rum	Port Wine	Limes
Jamaica Rum	Dubonnet	Oranges
New England Rum	Benedictine	Maraschino cherries
Bacardi	Crème de Cacao	Small cocktail olives
French Vermouth	Crème de Menthe	Small cocktail onions
Italian Vermouth	Triple Sec	Fresh mint
Dry Gin	Grenadine	Sugar

WINE LIST



LEGEND

- App — Appetizer
- RT — Red Table
- WT — White Table
- PT — Pink Table
- Des — Dessert
- Sp — Sparkling
- AD — After Dinner
- BD — Before Dinner
- BM — Between Meals
- * — Room temperature
- ** — Slightly chilled
- *** — Chilled

<i>Wine</i>	<i>Type</i>	<i>Use</i>	<i>Serve</i>
Angelica	Des	Dessert, AD, BM	***
Asti Spumante	Sp	All-purpose	***
Babera	RT	Red meats; all foods	*
Barberone	RT	Red meats; all foods	*
Barsac	WT	White meat, dessert	***
Burgundy	RT	Red meats, game	*
Cabernet	RT	Red meats	*
Chablis	WT	Sea food, white meat	***
Champagne	Sp	All-purpose	***
Charonnay	WT	Sea food, white meat	***
Chianti	RT	Red meats, pastes, oily fds.	*
Claret	RT	Red meats	*
Graves	WT	White meat, dessert	***
Grignolino	RT	Red meats	*
Haut Sauternes	Des	Dessert, BM	***
Madeira Verdelho	App	Appetizer	***
Maderia Sercial	Des	Dessert, AD, BM	*

BEVERAGES

Malaga	Des	Dessert	*
Moselle	WT	White meat, sea food	***
Muscatel	Des	Dessert, AD, BM	*
Pinot Noir	RT	Red meats, game	*
Port, Tawny	Des	Dessert, AD, BM, cheese	*
Port, Vintage	Des	Dessert, AD, BM, cheese	*
Rhine	WT	White meat, sea food	***
Riesling	WT	White meat, sea food	***
Rose	PT	Luncheons, picnics	***
Sauternes	WT	White meat, sea food	***
Sauvignon Blanc	WT	White meat, sea food	***
Semillon	WT	White meat, sea food	***
Sherry Amontillado	App	BD, Appetizer	*
Sherry Amoroso	App	BD, Appetizer	**
Sherry Oloroso	Des	AD	*
Sherry Brown	Des	With coffee, AD	*
Sparkling Burgundy	Sp	All-purpose	***
Sylvaner	WT	White meat, sea food	***
Tavel	PT	Luncheon, picnics, BM	***
Tokay Szamorodni	WT	White meat, sea food	**
Tokay Aszu	Des	Dessert, AD	*
Traminer	WT	White meat, sea food	***
Vermouth French	App	Appetizer	***
Vermouth Italian	Des	Dessert, AD	*
White Chianti	WT	White meat, sea food	***
White pinot	WT	White meat, sea food	***
White Port	Des	Dessert, AD, BM	*
Zinfandel	RT	Red meats	*



THE LONG DRINK

ZOMBIE

$\frac{3}{4}$ oz. lime juice, $\frac{3}{4}$ oz. pineapple juice, 2 oz. Puerto Rico rum, 1 oz. Jamaica rum, $\frac{1}{2}$ oz. apricot liqueur. Shake with cracked ice. Serve unstrained. Decorate with fruit, mint.

EGG NOG

1 whole egg, 1 tsp. sugar, 5 oz. milk, 1 jigger brandy, whiskey, rum or sherry. Shake with cracked ice, strain, sprinkle with freshly grated nutmeg.

HOT BUTTERED RUM

$1\frac{1}{2}$ oz. Jamaica rum, lump of sugar, small slice of butter, 4 cloves. Fill with boiling water, stir.

GIN RICKEY

Juice, rind of $\frac{1}{2}$ lime, 2 cubes of ice, 2 oz. dry gin. Fill with club soda.

MINT JULEP

Crush mint with 1 tsp. sugar, dash of water, in 12 oz. glass. Fill with cracked ice, pour bourbon to $\frac{1}{2}$ inch of top. Set glass in shaved ice, stir until frosted, decorate with mint.

WARD EIGHT

$\frac{1}{2}$ oz. lemon juice, $\frac{1}{2}$ oz. orange juice, 2 oz. rye, 4 dashes grenadine. Shake, serve with cracked ice, fruit.

PLANTER'S PUNCH

Dissolve 1 tsp. sugar in 1 oz. lime, $\frac{1}{2}$ oz. orange juice. Add 2 oz. Jamaica rum, cracked ice. Shake well, pour unstrained. Decorate with orange, cherry, pineapple, mint.

TOM AND JERRY

Beat white and yolk of 1 egg separately. Blend, add 1 tsp. pwd. sugar, beat again. Pour in $\frac{1}{2}$ jigger each of brandy, rum. While stirring, top with hot milk or boiling water. Nutmeg.

HOT TODDY

1 lump sugar, 1 cinnamon stick, 3 cloves stuck in lemon slice, 1 jigger rum. Mix and add boiling water.

TOM COLLINS

Dissolve 1 tsp. sugar in $\frac{1}{2}$ jigger lime, lemon juice. Add 1 jigger gin, ice cubes, soda, Stir.

SINGAPORE SLING

1 oz. lime juice, 1 oz. cherry brandy, 2 oz. dry gin, 2 ice cubes. Shake, strain. Top with soda, orange, mint. Add 4 drops each Benedictine and Brandy.

SHERRY FLIP

1 whole egg, 1 tsp. sugar, 1 jigger sherry. Shake with cracked ice, strain, sprinkle with freshly grated nutmeg.

BEVERAGES



24 COCKTAILS

ROB ROY

$\frac{1}{2}$ jigger Italian vermouth, 2 dashes of bitters, $\frac{1}{2}$ jigger Scotch whiskey, cracked ice. Stir, strain. Add twist of lemon peel.

PRESIDENTE

2 dashes orange curacao, 1 dash grenadine, $\frac{1}{2}$ jigger French vermouth, 1 jigger rum. Add ice. Shake and strain.

WHITE LADY

Juice of $\frac{1}{2}$ lemon, white of one egg, $\frac{3}{4}$ oz. Cointreau, 1 $\frac{1}{2}$ oz. gin. Shake with ice, strain.



BRONX

Juice of $\frac{1}{4}$ orange, $\frac{1}{4}$ jigger Italian vermouth, $\frac{1}{4}$ jigger French vermouth, $\frac{1}{2}$ jigger dry gin. Shake with cracked ice. Strain.



CREME DE MENTHE FRAPPE

Nearly fill glass of fine ice with white creme de menthe. Tilt glass. Over back of inserted spoon, slowly pour 1 oz. brandy.

CHAMPAGNE

Saturate lump of sugar with dash of bitters. Add ice cube and fill with chilled champagne. Twist of lemon peel.

DRY MARTINI

$\frac{1}{8}$ French vermouth, $\frac{3}{8}$ dry gin. Stir with cracked ice. Strain. Serve with olive or pearl onion.

NEW YORKER

Juice of $\frac{1}{2}$ lime, dash of grenadine, 2 oz. rye. Shake with cracked ice, strain. Add twist of lemon peel.



DAIQUIRI

Juice $\frac{1}{2}$ lime or lemon, 1 tsp. sugar. Shake with cracked ice. Add $1\frac{1}{2}$ oz. white rum. Shake until shaker frosts, strain.

STINGER

$\frac{1}{2}$ jigger brandy, $\frac{1}{2}$ jigger white creme de menthe. Shake with cracked ice until shaker frosts. Strain.



FRISCO

$\frac{3}{4}$ oz. Benedictine, 2 oz. bourbon. Stir with cracked ice, strain. Add twist of lemon peel.

SAZARAC

Muddle 1 lump sugar in 1 dash each Angostura, Peychaud's bitters, water. Add jigger bourbon, ice. Stir, strain into glass rinsed with pernod. Twist of lemon peel.

OLD FASHIONED

Muddle lump sugar in dash of bitters, soda. Add 1 jigger whiskey, 2 ice cubes, fruit, twist of lemon peel.

BOURBON TODDY

Muddle 1 lump sugar with dash of bitters in 1 oz. of water. Add 2 oz. bourbon, ice and twist of lemon peel.



WHISKEY SOUR

$\frac{1}{2}$ jigger lemon and lime juice, 1 tsp. powdered sugar, 1 jigger whiskey. Shake with cracked ice and strain.

JACK ROSE

Juice $\frac{1}{2}$ lime, white of 1 egg, 1 tsp. grenadine, 1 jigger apple-jack. Shake with cracked ice. Strain.

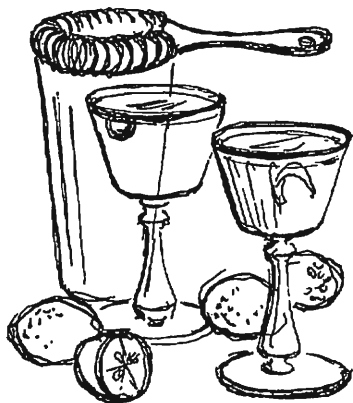
BEVERAGES

DUBONNET

$\frac{1}{3}$ jigger dry gin, $\frac{2}{3}$ jigger Dubonnet. Stir with cracked ice. Strain. Serve with twist of lemon peel.

SIDECAR

$\frac{1}{3}$ jigger lime juice, $\frac{1}{3}$ jigger Triple Sec or Cointreau, $\frac{1}{3}$ jigger brandy. Add shaved ice. Shake and strain.



BETWEEN THE SHEETS

Juice of $\frac{1}{2}$ lemon, $\frac{3}{4}$ oz. rum, $\frac{3}{4}$ oz. brandy, $\frac{3}{4}$ oz. Cointreau. Shake with cracked ice, strain.

BACARDI

$\frac{1}{2}$ oz. lemon or lime juice, 1 tsp. sugar, 1 dash grenadine. Shake with cracked ice. Add 1 jigger Bacardi rum. Shake well. Strain.

PINK LADY

$\frac{1}{2}$ oz. lemon or lime juice, $\frac{1}{2}$ oz. grenadine, $\frac{3}{4}$ oz. heavy cream, $1\frac{1}{4}$ oz. gin. Shake with cracked ice, strain.

MANHATTAN

$\frac{1}{4}$ Italian vermouth, $\frac{3}{4}$ rye, dash of bitters. Stir with cracked ice. Strain. Serve with cherry. Dry Manhattan — use French vermouth, lemon peel.



ALEXANDER

$\frac{1}{3}$ jigger creme de cacao, $\frac{1}{3}$ jigger heavy cream, $\frac{1}{3}$ jigger dry gin. Shake with cracked ice, strain.

CLOVER CLUB

$\frac{1}{2}$ jigger lemon juice, white of 1 egg, dash of grenadine, 1 jigger dry gin. Shake with cracked ice and strain.



PEPPERS • HERBS • SPICES SEEDS and SEASONINGS

TO BEGIN WITH . . . There is an art in cooking with spices, herbs and seasonings. It's a very simple art, quickly and easily learned. And once learned, cooking (and eating) can become a new and exciting adventure. A touch of the right spices, a pinch of the right herb or seasoning can work magic in all your menus, from an Irish stew to a Caesare salad. As cook or chef you'll have a new pride in your skill.

In the case of each spice, herb, and seasoning that's new to you, use sparingly at first — increasing the amount to suit your own taste. It's just that easy.

Start reading down the list below — an instruction to the romance of spices and herbs — and how to use them.

PEPPERS

RED BELL PEPPERS: Dehydrated bell peppers diced. Try in egg dishes, meat loaf and stews.

GREEN BELL PEPPERS: Dehydrated bell peppers diced or ground. Use with spaghetti sauce, string beans, egg plant and liver.

CAYENNE: Grown in Cayenne district of Africa. Adds appetizing zest to egg dishes, salads, fish, meats and sauces.

CREOLE: A Louisiana pepper, similar to Cayenne. Very popular in Southern and Creole dishes.

PAPRIKA: We prefer to use only the Hungarian variety because it is mild and sweet. Widely used as a garnish, also in goulash, meat stews, hashes, veal paprika, fowl, fish, game and meat loaves.

POIVRE AROMATIQUE: Our own aromatic blend of spices made from an old French formula. Adds a delightful touch to soups, stews, stuffings, meat loaves, chicken pot pie and tomato juice.

MALABAR BLACK PEPPERCORNS: This rare, extremely fine black pepper is a delight to all gourmets. Grown in a relatively small area on the Malabar coast of India.

LAMPONG BLACK PEPPERCORNS: Grown in the Netherlands East Indies. These choicest berries are sun-cured. **GROUND** — the most generally used of all spice. **CRACKED** — for those who prefer a more pungent pepper flavor. **WHOLE** — used principally in peppermills, also in soups, in pickling and preparing some meats.

HERBS

BASIL: The tender leaves of a French plant, also known as Sweet Basil. **LEAF**—widely used in soups, stews, fowl, meat loaves, poultry and fish stuffings. Also in sauces for spaghetti and Italian dishes.

BAY LEAVES: Use to flavor stews, sauces, soups, stuffings and seafood.

CHERVIL: Uses are many; as a garnish, it adds flavor to salads, sauces and soups. Use in Omelets, stuffed eggs, spinach soup, vichyssoise and cheeses.

MARJORAM: Known as Sweet Marjoram, it is a perennial herb of the mint family from France. **LEAF**—in stuffings, chopped meats, meatballs, sauces and salads. **POWDERED**—lends added zest in meats, stews and soups.

MARJORAM SEASONING SALT: Delightful with mushroom dishes, roast pork, chicken pot-pie, roast lamb, game, summer squash, soups, roast beef and stuffings.

OREGANO: Grows in Italy, Spain and Mexico also called Wild Marjoram. **LEAF**—just right for seasoning Mexican dishes, pork and fresh mushrooms. **POWDERED**—excellent for kidney stew, sweetbreads, beans and sauces. Also used in making Chili Powder.

OREGANO SEASONING SALT: Ideal with chicken, roast pork, shish-kabob and roast lamb.

PARSLEY FLAKES: Used both for flavor and as a garnish. Adds an agreeable, delicate flavor to soups and cooked foods.

ROSEMARY: Has a pleasant flavor resembling sage or thyme. **LEAF**—lends distinction, in combination with other fine herbs, in lamb dishes, soups, Italian dishes and fish. **POWERED**—for stews, vegetables, eggs, meat sauces, stewed kidneys and fish sauces.

ROSEMARY SEASONING SALT: Widely used in Italian cooking and in Continental cookery for flavoring soups, braised meats, stewed chicken, mushrooms, game, Spanish sauces and steaks.

SAGE: This finest quality grows in Dalmatia. **LEAF**—use sparingly in soups, meats, game and stuffings, especially good with pork. **POWDERED**—use with care because of its strong aromatic and spicy qualities. It is often mellowed with parsley in vegetables such as Brussels sprouts, cabbage and turnips. Good in boiled fish, stews and poultry.

SAVORY: A Spanish herb of the mint family. **LEAF**—delicious in soups, stuffings, beans, cabbage, stewed meats, poultry, game and boiled mutton. **POWDERED**—this very fragrant herb is used in dressing for potato and Russian salad, egg dishes, soups, cold sauces and rabbit.

TARRAGON: A festive herb and the delight of gourmets. **LEAF**—famous for flavoring turtle soup, eggs, meat sauces, salad greens, pickled salads, meats, game and Bearnaise Sauce.

THYME: The top tender leaves of a pungently aromatic herb. **LEAF**—delicious in stuffings, fish sauces, egg plant, beans, soups, gumbo creole soup, hashes and meats.

GUMBO FILE: A powdered compound of various herbs of Creole origin. Produces in soups, stews, etc., the glutinous effect of fresh okra; add at last minute before serving.

SPICES & SEEDS

ALLSPICE: Flavor resembles a blend of cinnamon, nutmeg and clove hence its name—Allspice. **GROUND**—for baked goods, puddings, relishes, pickles, tomato catsup and mince meat. **WHOLE**—used in soups, sauces, fish, game, meats and seafood.

ANISE SEED: Grown in Southern Europe, Egypt, Chile, India and United States. **GROUND**—adds pleasant flavor to salads, shrimp and hard shell crabs. **WHOLE**—sprinkle on sweet rolls, cakes, cookies and coffee cakes.

CARAWAY SEED: Grown in Holland, North Africa and United States. **WHOLE**—many cooks use in soup stock. Extensively used in rye bread, sauerkraut, beets, new cabbage, pork, kidneys and liver.

CELERY SEED: **GROUND**—good with fish, salads, tomatoes, tomato juice and salad dressings. **WHOLE**—for potato salad, soup and stews.

CHILI POWDER: Chili peppers blended with spices; for Mexican dishes, gravy, stews, seafood sauces, eggs and chili con carne.

CINNAMON: The inner bark of the cinnamon tree. **GROUND**—indispensable seasoning for apple pies, apple sauce, baked apples, sweet rolls, cinnamon toast and sauces for game. **STICK**—use for preserving fruits.

CLOVES: The unopened flower buds of an East Indian plant. **GROUND**—for potato soup, stews, sauces, baking, puddings and borscht. **WHOLE**—try adding a few to baked ham, beef consomme, venison, poultry, game jellies, preserves and baked apples.

ADDENDUM

CORIANDER SEED: Native of the Mediterranean, it is now grown in Africa, Holland, Asia, United States and England. **GROUND** — in gingerbread, cookies, Danish pastries, roast pork, beef broth, sauerkraut, custards, fruit sauces, smothered cabbage and meat sauces.

CURRY POWDER: A well-known East Indian condiment, a mixture of many other herbs and spices. Used for shell-fish, rice, lamb, soups, venison, fish, mushrooms, kidney stews, sauces and hashes.

DILL SEED: Decorticated (coating removed). The small, dark seed of the Dill plant. Famous for pickling, also for fish, meat, salads, eggs and fried potatoes.

FENNEL SEED: From a fragrant East India plant of the Parsley family. A classic herb popular in Scandinavian cooking and baking hot breads, cakes, cookies. Popular in Italian dishes. In boiled fish, potatoes and brewed as a tea.

GINGER: This finest ginger comes from Jamaica, British West Indies uncoated and unbleached. **GROUND** — widely used for baking, especially gingerbread, cookies, buns and puddings. Also used in soups, meats, meat sauces and jellies. **WHOLE** — a distinctive flavoring used in chutneys, pickles, conserves and apple sauce.

MACE: A highly aromatic East India spice. The inner layer that grows between the nutmeg and the outside. **GROUND** — in pastries, puddings, and baked goods; oyster stews, fish and preserves.

MUSTARD SEED: **GROUND** — a widely used spice in cooking meats, sauces, fish, mayonnaise and for the table when mixed with vinegar or cream. **WHOLE** — used whole in pickled meats, fish and garnish for salads.

NUTMEG: Derived from the seed of which mace is the covering. **GROUND** — used in custards, pumpkin and fruit pies, egg-nog, baked goods, sauces and puddings; adds a delicate flavor to boiled, creamed or scalloped cabbage, cauliflower or spinach. **WHOLE** — generally used in a grater for purposes above.

ORIENTAL MUSTARD: Specially selected hot mustard such as used by the Chinese. **GROUND** — excellent with Chinese dishes.

PICKLING SPICE: A mixture of whole spices. **WHOLE** — used for relishes and making pickles, contains all the required flavors.

POPPY SEED: Very small seeds; and the blue instead of black are preferred. **WHOLE** — delicious for topping on rolls, bread and cookies.

POT PIE SEASONING: Use instead of salt for old fashioned flavor.

PUMPKIN PIE SPICE: A blend of finest ground spices. **GROUND**—while used for pumpkin pie, it adds variety to gingerbread, cookies and buns.

SAFFRON: Is a native of Egypt and the Mediterranean region. It takes more than 4,000 flowers to make one ounce of saffron. **POWDERED**—A gourmet's flavoring for fish, shellfish, soups, baked rice served with fish, sea foods, curry and fish sauces.

SESAME SEED: A small honey-colored seed from the Orient. **WHOLE**—adds a delicious flavor sprinkled over rolls, breads and cakes when baking.

TOMATO PUREE FLAKES: Dehydrated tomato flakes; should be dissolved in a small amount of water before using. Produces an excellent tomato puree sauce.

COOKERY SEASONING SALT: An all-purpose seasoning used to enhance the natural taste of fine food without adding any different flavor—easy to use.

CELERY SEASONING SALT: Flavoring salads, hash, cold meats, stews, soups, meat loaves and potato salad.

CREAM SAUCE SEASONING: Made especially for all cream and fish sauces. Also good in noodles en casserole, cauliflower, tuna fish and omelet. Dusted on before cooking, it gives steaks and chops that outdoor cooking flavor.

CREOLE SEASONING: A blend of spices popular with the old Creole families of New Orleans, indispensable in Creole dishes, thick soups, gumbo and ragouts.

DILL SEASONING SALT: Used with smothered pork chops, potato salad, creamed carrots, fish sauces, meat loaves, squash, home-fried potatoes and creamed potatoes.

GINGER-GARLIC SEASONING SALT: Excellent with roast duck, Chinese dishes, roast pork, roast beef, barbecues, steaks, roast lamb and braised chicken.

HICKORY SMOKE SALT: Imparts a smoked flavor to meats reminiscent of outdoor wood fire cookery. Excellent in soups where ham-bone flavor is desired, particularly black bean, split pea and gumbo; also in egg dishes.

HOT SALT: Plenty-of-zing, a good addition to shrimp, crab and lobster.

ADDENDUM

MEAT BALL SEASONING: A complete seasoning for meat balls, spaghetti sauce, shrimp gumbo, stuffings, meat loaves, roast lamb, stuffed peppers and hash.

MONO SODIUM GLUTEMATE: A derivative of a cereal protein. While not a "flavoring," used in small quantities it enhances the flavors in cooking of all types of dishes, especially soups, stews and sauces.

NEWBURG SEASONING: Used in seafood newburgs. About one teaspoonful to each pound of lobster, shrimp, crabmeat, etc.

PAPRIKA SEASONING SALT: Delightful in Hungarian goulash, veal paprika, French dressing, broiled fish, fried chicken, scalloped Potatoes and broiled mackerel.

POULTRY SEASONING: A complete seasoning for stuffing of poultry, fish and pork.

SEASONED TABLE SALT: Use at the table instead of salt and pepper.

SPECIAL GRINDER SALT: A course salt to be used in hardwood grinders.

BORIE'S SCOTCH BONNET: Made for many generations from an old Philadelphia family formula. Its uses are manifold in cooking, but particularly for table use in soups, sauces and meats as well as raw oysters, clams and salad dressings.

GARLIC FLAKES: An acceptable substitute for fresh garlic when soaked in water before using. Adds that perfect touch to lamb, mutton and veal.

GARLIC POWDER: The powdered, dry clove of garlic. Easy to rub on lamb, beef, fish, fowl and game.

GARLIC SEASONING SALT: With deviled eggs, barbecues, roast meats, goulash, broiled steaks, salads, stews, sauces and Italian dishes.

ONION CHIPS: These are dehydrated and should be soaked in water before using. Excellent in soups, stews and gravies.

ONION FLAKES FRIED FLAVOR: These dehydrated flakes have a strong flavor. Delightful with roasts, liver, stews and gravies.

ONION POWDER: Powdered dried onions. For use on meats, fish, game and fowl. Adds zest to salads.

ONION POWDER — ROASTED: Roasted to produce a unique flavor. Particularly savory on roast beef and roast lamb, in cooking chops, steaks and hashed brown potatoes.

ONION SEASONING SALT: Extensively used for soups, gravies, sauces, salads, deviled eggs, roast meat, stuffed peppers, hashed brown potatoes and meat pies.

Courtesy of JOHN WAGNER & SONS, INC.

COMMON FOOD EQUIVALENTS

	<i>Weights</i>	<i>Measure</i>
Baking Powder	1 oz.	2½ tsp.
Baking Soda	1 oz.	2 tsp.
Butter (½ lb.)	8 oz.	1 cup
(¼ lb.)	4 oz.	½ cup
Cake Crumbs	3 oz.	1 cup
Cardamon, ground	1 oz.	5 tsp.
Chocolate, grated	1 oz.	4 tsp.
Cinnamon, ground	1 oz.	4½ tsp.
Cocoa	1 oz.	4¼ cups
Cornstarch	6 oz.	1 cup
Cream of Tartar	1 oz.	3 tsp.
Eggs, whole (10)	1 lb.	2 cups
Eggs, whites (18)	1 lb.	2 cups
Eggs, yolks (24)	1 lb.	2 cups
Flour (sifted)	1 lb.	4½ cups
Honey	11 oz.	1 cup
Lemon Juice	1 oz.	2 tsp.
Lemon Rind	1 oz.	4 tsp.
Mace, ground	1 oz.	4 tsp.
Milk, evaporated	1 lb.	2¼ cups
Milk, liquid	1 lb.	2 cups
Milk, powdered	1 lb.	4 cups
Molasses	11 oz.	1 cup
Mustard, dry	1 oz.	4½ tsp.
Mustard, prepared	1 oz.	4 tsp.
Nutmeats, chopped	4 oz.	1 cup
Oil, salad	7 oz.	1 cup
Orange Rind	1 oz.	4 tsp.
Pepper, ground	1 oz.	3 tsp.
Salt	1 oz.	2 tsp.
Shortening	1 lb.	2½ cups
Sugar, Brown	1 lb.	3 cups
Sugar, Granulated	1 lb.	2¼ cups
Sugar, Icing	1 lb.	3½ cups
Vanilla	1 oz.	2 tsp.
Vinegar	1 oz.	2 tsp.
Water	1 lb.	2 cups
Yeast	½ oz.	1 cake

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**SIMPLIFIED
MEASUREMENTS**

dash . . .	less than 1/8 teaspoon
1/8 teaspoon . . .	half 1/4 teaspoon
3 teaspoons . . .	1 tablespoon
16 tablespoons	1 cup
1 cup	1/2 pint
2 cups	1 pint
4 cups	1 quart
4 quarts (liquid)	1 gallon
8 quarts (solid)	1 peck
4 pecks	1 bushel

**If you want to
measure part cups
by tablespoon, remember:**

4 tablespoons	1/4 cup
5 1/2 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 1/2 tablespoons	2/3 cup
12 tablespoons	3/4 cup
14 tablespoons	7/8 cup
16 tablespoons	1 cup

**COMMON
ABBREVIATIONS**

tsp.—teaspoon	lb.—pound
tblsp.—tablespoon	lbs.—pounds
c.—cup	pk.—peck
pt.—pint	bu.—bushel
qt.—quart	sq.—square
oz.—ounce, ounces	min.—minutes
hr.—hour or hours	doz.—dozen
mod.—moderate or moderately	

**OVEN
TEMPERATURES**

Slow	250°-300°
Slow Moderate	325°
Moderate	350°
Quick Moderate	375°
Moderately Hot	400°
Hot	425°-450°
Very Hot	475°-500°

**CONTENTS
OF CANS**

Size	Adv. Contents
8 oz.	1 cup
Picnic	1½ cups
No. 300	1¾ cups
No. 1 Tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 cups

**BASIC
SEVEN FOODS**

- Green and Yellow Vegetables . . . raw, cooked, frozen or canned.
- Oranges, Tomatoes, Grapefruit.
- Potatoes and Other Vegetables and Fruits.
- Milk and Milk Products.
- Meat, Poultry, Fish or Eggs.
- Bread, Flour and Cereals.
- Butter and Fortified Margarine.



