

muffins

- 2 cup flour - whole wheat, corn meal, oats, bran, rye^{etc}
- 1/4 cup oil
- 1 teaspoon baking powder
- 1 cup milk
- 1 egg
- 1/4 cup molasses, honey, maple syrup etc
- extras - spices, sunflower seeds, raisins, coconut,

Family Circle

ROAST TURKEY WITH TWO DRESSINGS • MAIN DISH



Family Circle

ROAST RIBS OF BEEF • MAIN DISH





Roast at 325° for 3½ to 4½ hours.

Makes 16 servings at \$1.13 each.

An 8- to 12-pound turkey will make 8 servings with ample for seconds. Stuff body cavity with Cornbread and Sausage Stuffing and the neck with White and Wild Rice Stuffing. Place turkey, breast side up, on rack in shallow roasting pan. Brush with melted butter. Roast in a slow oven (325°) for 3½ to 4½ hours or until drumstick joint moves easily or thermometer temperature registers 185° with bulb in thickest part of thigh, not touching bone. Remove turkey from oven and let stand 20 minutes. After serving, remove stuffing from bird and refrigerate separately.

CORNBREAD AND SAUSAGE STUFFING:

Cook 1 pound bulk sausage in a large

skillet until no pink remains; drain. Prepare 2 packages (8 ounces each) cornbread stuffing mix following label directions. Stir in sausage. Stuff body cavity loosely. Close cavity with skewers.

WHITE AND WILD RICE STUFFING: Sauté ¼ pound chopped mushrooms in ¼ cup butter in a large saucepan. Add 1 package (6 ounces) white and wild rice mix; sauté 2 minutes. Blend in 2½ cups boiling water and seasoning packet. Cover; simmer 25 minutes. Stir in ⅓ cup chopped parsley and ¼ cup pine nuts. Stuff neck cavity. Close cavity with skewers. To serve: Spoon stuffing onto heated serving platter; pipe edge with mashed sweet potatoes.

About \$1.50 per serving of roast beef.

Allow 2 to 2½ servings per pound. Place beef, fat side up, in shallow roasting pan. If using meat thermometer, insert so bulb is not touching bone or resting in fat. It is not necessary to add water or to baste. Roast in a slow oven (325°) for 23 minutes a pound for rare (140°) on meat thermometer, 27 minutes for medium (160°) or 32 minutes for well-done (170°). Meat should be allowed to set for easier carving. Since it will continue to cook when removed from oven, it should be removed when thermometer registers about 10° below selected temperature. Carve in slices across the grain, using tip of knife to loosen slices as you carve. Serve with Whipped Horseradish Cream and Potato Nests filled with lima beans.

WHIPPED HORSE RADISH CREAM: Combine 1 cup heavy cream, 1 tablespoon

bottled horseradish, ¼ teaspoon Worcestershire sauce and a dash of liquid red pepper seasoning in a small bowl. Beat until soft peaks form. Refrigerate. Makes about 2 cups for 76¢.

POTATO NESTS: For each nest, pare and shred 2 medium-size baking potatoes into cold water. Pat dry on paper towel. Fill a large saucepan ⅔ full with vegetable oil; heat to 400°. Dip bottom of a wire potato basket in hot oil. Press about 1½ cups potatoes into basket leaving center open. Dip top in oil; press halves together; secure with clip. Lower slowly into oil; fry 4 to 5 minutes or until golden brown. Remove nest from basket to paper towel; keep warm. Fill with buttered lima beans. Can be reheated in a moderate oven (375°). Makes 1 serving for 45¢.

ON OUR COVER



Woman's Day Studio

NO-BAKE LIME CHEESECAKE

- 1 package (11 ounces) coconut macaroons, broken up (see Note)
- 3 tablespoons butter or margarine
- 1 envelope unflavored gelatin
- 1/2 cup granulated sugar
- 4 eggs, separated
- 2 tablespoons water
- 2 teaspoons grated lime peel
- 1/2 cup lime juice
- 16 ounces cream cheese, at room temperature
- 1/2 cup confectioners' sugar
- 1 cup heavy cream, whipped, divided
- Lime slices for garnish (optional)



Whirl macaroons in food processor or blender until coarse crumbs, or crumble with fingers (you need 2-1/2 cups crumbs). In medium skillet melt butter; stir in crumbs. Stir over medium heat until lightly toasted; cool slightly. Press half the mixture onto bottom of greased 8- or 9-inch springform pan; chill. In medium-size heavy saucepan or top of double boiler mix gelatin with granulated sugar. Beat egg yolks with water; blend into gelatin mixture. Stir over low heat or over simmering water about 5 minutes or until gelatin is completely dissolved. Remove from heat; stir in lime peel and juice; cool slightly. In large bowl beat cream cheese until smooth and fluffy; gradually beat in gelatin mixture until well blended. In medium bowl beat egg whites just until soft peaks form; gradually beat in confectioners' sugar until stiff peaks form. Fold whites into cream-cheese mixture. Set aside 1/2 cup whipped cream for garnish; fold remaining whipped cream into cream-cheese mixture, blending thoroughly. Pour half the filling into prepared pan; sprinkle evenly with all but 2 tablespoons remaining crumbs. Pour remaining filling on top; sprinkle with remaining 2 tablespoons crumbs. Cover; chill overnight. Dip metal spatula or thin knife in hot water; run around edges of cake to loosen from pan. Remove sides of pan; garnish with reserved whipped cream and the lime slices. Keep chilled until serving time. Makes 10 servings. *Per serving:* 532 cal, 9 g pro, 40 g car, 39 g fat, 228 mg chol with butter, 217 mg chol with margarine.

NOTE Any soft coconut-cookie crumbs can be substituted for macaroon crumbs. Cake made in 9-inch pan will be flatter than 8-inch cake shown on cover. **WD**

KEY LIME PIE

- 4 eggs
- 1 can condensed milk
- 1/2 cup Key lime juice
- Baked pie crust
- Meringue (as follows):
- Whites from 3 of the eggs
- 1/2 teaspoon cream of tartar
- 6 tablespoons sugar
- 1 teaspoon vanilla

Beat yolks of the eggs and one of the whites; add to condensed milk; beat again. Add lime juice and mix well. Pour into crust. For meringue, beat the remaining 3 egg whites, adding cream of tartar as whites become foamy. As whites become stiff, add sugar and vanilla. Top pie with meringue and bake in 300-degree oven until brown.

NOTE: When baking crust, don't leave in the oven until it is brown or it will be too brown when baked with meringue.

The simple version of this pie only requires that the condensed milk be mixed with the eggs, beaten well together, and then with the lime juice. While the eggs are "cooked" in a certain manner by the lime juice, they are more thoroughly cooked in the oven when the meringue is added and browned.

LIME CHIFFON PIE

- 1 tablespoon unflavored gelatin
- 1/2 cup cold water
- 4 eggs, separated
- 1 cup sugar, divided
- Few grains salt
- 1/3 cup lime juice
- Grated rind 2 limes
- Few drops green food coloring, if desired
- Baked pie shell or crumb crust
- Whipped cream

Soften gelatin in water. Combine egg yolks, half the sugar, salt, lime juice, and rind in top of double boiler. Mix well and cook over boiling water, beating constantly with rotary beater until thick, about 5 minutes. Remove from heat, add gelatin, and stir to dissolve. Add enough color to tint a pale green, if desired. Cool until thick but not jelled. Meanwhile, whip egg whites stiff and gradually beat in remaining sugar. Fold into gelatin mixture and pile lightly in prepared crust. Chill. Serve topped with whipped cream.

GRAHAM CRACKER CRUMB SHELL

- 1 1/3 cups fine graham cracker crumbs
- 1/4 cup sugar
- 6 tablespoons melted butter or margarine

Heat oven to 375 degrees. Mix crumbs and sugar in a bowl and add butter; stir until crumbs are moistened. Press crumbs evenly over bottom and sides of a buttered 9-inch pie plate. Bake 8 minutes. Chill before adding filling. Makes a 9-inch shell.

EASIEST LIME PIE

- 1 large can evaporated milk
- Juice 2 lemons or 4 limes
- 1 cup sugar
- Freeze evaporated milk in ice tray. Take from freezer and whip until it stands in peaks. Add juice and sugar. Beat until thick. Pour into baked crust.

Lemon Meringue Pie

1 1/4 cup sugar
1/3 cup cornstarch
1/4 teaspoon salt
1 1/4 cup hot water
3 egg yolks, beaten slightly
3 Tablespoon butter
1/3 cup lemon juice
1 Tablespoon lemon rind
3 egg whites
sugar

Blend together in saucepan first 3 ingredients. Stir in gradually 1 1/4 cups of hot water. Cook over medium heat until mixture boils & thickens. Stir a small amount of custard into egg yolks. Put egg yolk into custard and stir until it boils 2 min. Remove from heat add butter, juice & rind, cool & pour into baked shell. Top with meringue.

CARROT BREAD PUDDING

2 cups reconstituted nonfat dry milk
3 eggs
1/2 cup sugar
2 tablespoons oil
1 teaspoon vanilla
1/2 teaspoon cinnamon
4 slices bread, crumbled
1 cup shredded carrot

In greased 1-1/2-quart casserole mix well milk, eggs, sugar, oil, vanilla and cinnamon. Add bread and carrots; toss to coat well. Place casserole in baking pan; add hot water to come one third up sides of casserole. Bake in 350° oven 60 to 70 minutes or until knife inserted near center comes out clean. Serve warm or cold. Makes 6 servings. *Per serving: 233 cal, 8 g pro, 33 g car, 8 g fat, 193 mg chol*

Strawberry Yogurt Pie

1 pint fresh strawberries
1 envelope Knox® Unflavored Gelatine
1/2 cup sugar
2 eggs, separated
1/2 cup milk
1 cup (8 oz.) Dannon® Strawberry Yogurt
1 tsp. lemon juice
4 drops red food coloring (optional)
1 Johnston's® Ready-Crust® Pie Crust (Graham Cracker or new Butter Flavored)

In blender, puree enough strawberries to equal 3/4 cup; reserve remaining strawberries for garnish.

In medium saucepan, mix unflavored gelatine with 1/4 cup sugar; blend in egg yolks beaten with milk. Let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. With wire whip or rotary beater, blend in pureed strawberries, yogurt, lemon juice and food coloring. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon.

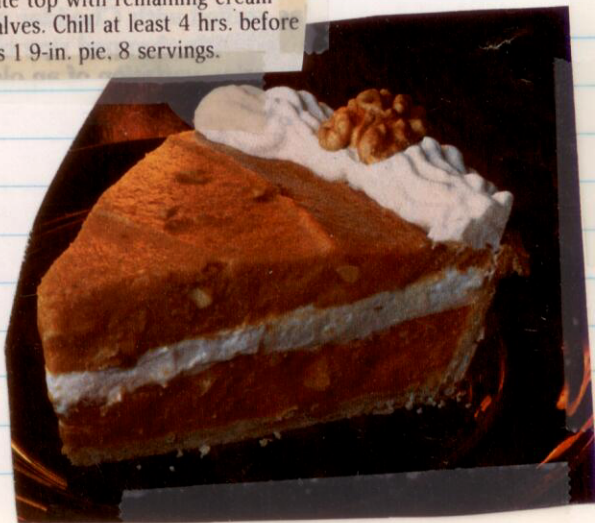
In medium bowl, beat egg whites until soft peaks form; gradually add remaining sugar and beat until stiff. Fold into gelatine mixture. Turn into prepared crust and chill until firm. Garnish with reserved strawberries. Makes about 8 servings.

Layered Walnut Pumpkin Pie

3/4 cup Diamond Walnuts
1 envelope unflavored gelatin
1/4 cup cold water
1 can (1 pound) pumpkin
3/4 cup granulated sugar
1/2 cup milk
3 large eggs, separated
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
1/4 teaspoon vanilla
1 cup whipping cream
1 9-inch baked, cooled pie shell
Diamond Walnut halves for decoration

Chop walnuts fine, set aside. Soften gelatin in water in a 2-qt. saucepan. Stir in pumpkin, 1/2 cup of the sugar, milk, lightly beaten egg yolks, spice and salt. Heat just to boiling, stirring constantly. Turn heat very low and cook 5 min., stirring. Remove from heat; add vanilla and cool. Chill until mixture thickens slightly. Beat egg whites to soft peaks. Gradually beat in 2 Tbsp. sugar, beating until stiff. **y**

Fold into pumpkin mixture, along with chopped walnuts. Beat cream with remaining sugar until very stiff. Turn half pumpkin mixture into pie shell and spread level. Top with 3/4 of the cream and spread in even layer. Spoon on remaining pumpkin filling. Decorate top with remaining cream and walnut halves. Chill at least 4 hrs. before cutting. Makes 1 9-in. pie. 8 servings.



Wine Pie

1/2 cup wine port.
1 1/2 doz marshmallows
1/2 pt. whipped cream

quarter marshmallows, heat wine
Dissolve marshmallows in hot wine
Cool, fold in whipped cream. Put
in graham cracker crust. Chill
in refrig over night

GIG HARBOR CHOWDER

- 4 slices bacon
- ¾ cup chopped onion
- 2 cups chopped potatoes
- 1 cup clam juice, or add water to supplement
- 2 cups milk
- 1 cup evaporated milk
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon paprika
- 1 cup shucked clams or
- 1 8-ounce can chopped clams with liquid
- 1 cup small Pacific shrimp
- 2 tablespoons butter

In a heavy sauce pan fry bacon until crisp, remove with slotted spoon and crumble and set aside. Add onions to pan and saute until tender, don't brown. Add potatoes, clam juice and simmer covered until potatoes are tender. Add milk and evaporated milk, bring to simmer point, do not boil, add seasonings, clams and shrimp. Reheat, taste for seasoning, adjust if necessary. Just before serving add bacon and butter. Serve in hot soup bowls with oyster crackers.

Serves 6.

STEAMED MUSSELS

(From Bob Gordon)

- 3 quarts mussels in shells
- Salt water
- 3 cloves garlic, minced
- 6 shallots, chopped or green onions, white part
- 3 tablespoons butter
- 1 cup white wine
- 4 tablespoons minced parsley
- Freshly ground black pepper
- 1 cup melted butter
- ½ loaf French bread, sliced, buttered and heated

Soak mussels, see recipe for clams, in salted water.

Melt butter in heavy saucepan and saute garlic, shallots until transparent. Add wine, parsley, pepper to pan and bring to a boil. Add mussels, cover and let simmer until shells open, about 8 minutes. Discard any mussels that do not open.

At serving time, add mussels and juice to heated soup bowls, serve with a side dish of melted butter and pass the hot French bread for dipping.

Serves 4.

STEAMED CLAMS

THE GORDON WAY

- 3 pounds fresh clams or mussels
- ½ cup dry white wine
- 2 tablespoons butter
- 1 garlic clove, minced
- Garnish: 1 cup melted butter and 1 lime, cut into wedges

To prepare fresh clams or mussels: Soak clams or mussels in clear sea water or add 1½ teaspoons salt to 4 cups tap water and let soak for 10 minutes, drain water and make a new solution and soak for another 20 minutes to remove any sand present.

Scrape off any barnacles from mussels and cut off beards if the market hasn't done so. Check over again and discard any mussels or clams that are broken, if the shells are slightly opened, poke with a knife, the shell should close immediately, if not, discard.

In a steamer, add clams, wine, 2 tablespoons butter, and minced garlic. Cover and steam just long enough for the shells to pop open or from 6 to 10 minutes. Discard any shells that do not open.

Divide clams into 4 serving bowls, spoon over the broth. Serve with individual servings of melted butter and a slice of lime.

4 servings.

Note: Mussels may be substituted for clams, they're rich in protein, vitamins and minerals. Early fall, winter, and early spring will provide the choicest time for flavor.

Brown Rice Casserole

This hearty rice dish is a perfect side dish for a buffet party or a main dish for a family supper.

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|-------------------------------------|--------------------------------------|
| 2 cups El Molino brown rice, cooked | 1/2 cup toasted almonds |
| 1 cup yellow onions, chopped | 1/2 cup chicken stock |
| 2 tablespoons vegetable oil | 1/2 teaspoon seasoned vegetable salt |
| 1/2 pound pork sausage | |

Cook El Molino brown rice according to the directions on the box. Break apart with fork and cook the pork sausage in a separate pan until well done and lightly browned. Chop onions and saute in oil in small frying pan until tender. Combine rice, onions, sausage, 1/4 cup almonds, chicken stock, and seasoned vegetable salt in an oiled casserole. Sprinkle remaining almonds on the top. Bake 20 minutes at 350°.

Snapper. (baked)

- | | |
|--|------------------------------|
| 2 lb. red snapper | 1/4 tsp allspice |
| 1 glove garlic crushed | 1/4 tsp coriander, |
| 2 Tsp salt | pinch of cayenne |
| 4 Tbat. olive oil | 1/2 green pepper, chopped |
| 1 med onion, minced | 2 Tbsp green olives, chopped |
| 3 large tomatoes peeled, seeded, chopped | 1 Tbsp lime juice |

Wipe fish inside & out with paper towel. combine garlic & salt & rub fish inside & out with this mixture. Saute onion in oil till golden. Add tomatoes, allspice, coriander & cayenne. Simmer 5 min. Put fish in oiled baking dish, sprinkle pepper, ~~and~~ olives, lime juice over it. Cover with tomato-onion mixture. Bake at 350° for about 30 min.

Seafood

From page 1E

OYSTERS

America's most famous oyster is the Blue Point Oyster, and it comes from ocean bays or river mouths which empty into salt water. They're from the Atlantic Coast and also can be called Cape Cod Oyster, or New Orleans oyster. They're shipped all over America. The Pacific coast produces the Olympia oyster which is smaller but an abundant supply doesn't exist.

During the Lenten season the oyster is at its peak, the period that follows is the spawning season and the flavor and texture suffers then.

OYSTERS SUPREME

- 1 pint fresh shucked oysters, small if possible
- 4 slices bacon, chopped
- 1/4 cup each: celery and onions, chopped
- 2 tablespoons chopped green pepper
- 2 teaspoons lemon juice
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 4 drops Tabasco
- Dash pepper
- Buttered toast points

Saute bacon until partially cooked. Add onion, celery, and green pepper and cook until tender. Drain oysters, reserve broth for another time, combine with lemon juice and seasonings.

Preheat oven to 400 degrees F. Butter an 8-inch baking dish. Arrange oysters over bottom of pan, top with bacon and onion mixture. Bake for 10 to 12 minutes or until oysters begin to curl and mixture starts to brown. Serve with side dish of toast.

Serves 4.

SCALLOPED OYSTERS

- 3 cups fine soft bread crumbs
- 1/2 cup melted butter
- 1 pint oysters with juice
- 1/4 cup half and half cream
- Salt and pepper to taste

Preheat oven to 350 degrees F. Butter a 1-quart casserole.

Combine the bread crumbs with the butter. Make a layer in the buttered casserole, top with oysters and juice, add cream and season with salt and pepper. Bake for 30 minutes.

June Broili is a Reno food columnist.

Tangy avocado topping

- 1/2 cup olive oil
- 1/4 cup tomato paste
- 1/4 cup red wine vinegar
- 2 teaspoons sugar
- 4 ripe medium avocados (halved, seeded but not peeled)

In an electric blender, whirl together olive oil, tomato paste, vinegar and sugar until blended. Spoon about 2 tablespoons of the sauce into the cavity of each avocado half. Makes 8 servings.

Shrimp Casserole for 4

1 lb. large shrimp
peeled & deveined

3 TBSP olive oil

2 tomatoes peeled, seeded & diced

1 sweet green pepper seeded & diced

1 small onion, minced

1 glove garlic minced

1/2 tsp basil

1/4 tsp oregano

cayenne pepper to taste

black pepper to taste

Saute onion & garlic in oil until soft. Add all other vegetables & spices blend, cover & simmer for 10 min
Cut shrimp lengthwise in half add to vegetables cover
simmer gently 10 min

Shrimp Cocktail

1 lb medium shrimp

1/4 cup dry white wine

3 TBSP lime juice

1/4 tsp grated lime rind

1 TSP grated onion

1/3 cup ketchup

tabasco sauce to taste

Put shrimp in cold salted water, bring to boil, simmer 2 min,
Cool slightly shell & devein. Blend all other ingredients
pour over shrimp blend & refrigerate several hours before
serving

Serviche

- | | |
|---------------------------------------|--------------------------|
| 1 lb. mild fish filets | 1 med onion minced |
| 1/2 cup fresh lemon juice | 1/4 cup olive oil |
| 1/2 cup lime juice | 1/4 cup dry white wine |
| 1 cup peeled & diced
ripe tomatoes | 1/2 Tsp oregano |
| 4 small hot chilies | 1/4 tsp ground coriander |
| 1 Tbsp parsley minced | 1/2 tsp sweet basil |
| | Salt & pepper |

cut fish in squares, put in bowl, cover with lemon & lime juice & let stand for about 3 hrs. Turn once in a while. Then add all other ingredients, mix & chill well for several hours before serving. Garnish with sliced Bermuda onion & parsley sprigs

SPINACH CLAM SOUP

¶ serves two

- ¶ 1 cup dehydrated spinach
- ¶ 1 teaspoon onion flakes
- ¶ 1 teaspoon parsley flakes
- ¶ 1/8 teaspoon garlic granules
- ¶ 1/8 teaspoon thyme
- ¶ 1/8 teaspoon basil
- ¶ dash nutmeg
- ¶ dash pepper
- ¶ 1/2 cup milk powder
- ¶ 1 6 1/2-ounce can clams and juice
- ¶ 1/2 teaspoon lemon juice (optional)
- ¶ 3 1/2 cups water
- ¶ 1 tablespoon butter
- ¶ Parmesan cheese and/or chopped almonds as garnish

At home, bag first 8 ingredients together. In camp, bring 3 cups water and butter to a boil. Add all dry ingredients except milk powder and Parmesan cheese. Bring to boil and simmer 5 minutes. Meanwhile, mix 1/2 cup water and milk powder. Add to soup when done and stir well. Add lemon juice, if used, and clams and heat through. Do not boil. Serve with Parmesan cheese or chopped almonds sprinkled on top.

(from: Simple Food's for the Pack)

GARDEN-VEGETABLE SOUP

(Monday, September 22)

- 3/4 cup chopped onion
- 1/2 cup chopped green pepper
- 1 clove garlic, crushed
- 2 tablespoons margarine
- 3 cups beef bouillon
- 1 large tomato, chopped (about 1-1/2 cups)
- 1 cup sliced carrots (2 medium)
- 1/4 pound green beans, cut in 1-inch pieces (about 1 cup)
- 1 small zucchini, sliced 1/4 inch thick (1 cup)
- 1/2 teaspoon dried basil
- 1/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1/4 cup water

In large saucepan over medium heat, stirring frequently, cook onion, green pepper and garlic in margarine 3 to 4 minutes. Add bouillon, tomato, carrots, beans, zucchini, basil and pepper; bring to boil. Reduce heat, cover and simmer 15 minutes or until vegetables are tender. Mix corn-

starch with water until smooth; add to soup. Stirring, bring to boil; boil 1 minute. Serve hot. Makes 4 servings. *Per serving:* 167 cal, 10 g pro, 20 g car, 6 g fat, 35 mg chol

EGGPLANT-ZUCCHINI PARMIGIANA

(Sunday, September 28)

- 1 medium eggplant (1 pound), cut in 1/4-inch crosswise slices
- 1 tablespoon mayonnaise-type salad dressing
- 1/4 cup Italian-seasoned bread crumbs
- 1 cup low-fat cottage cheese
- 1 egg, slightly beaten
- 1/4 teaspoon garlic salt
- 1 can (8 ounces) tomato sauce
- 1 cup diced part-skim mozzarella cheese (4 ounces)
- 2 tablespoons grated Parmesan cheese
- 1 small zucchini (6 ounces), cut in 1/8-inch-thick slices

Arrange eggplant in 1 layer on cookie sheet. Spread with dressing; sprinkle with crumbs. Bake in preheated 475° oven 10 minutes. Remove from oven; reduce oven temperature to 375°. Mix together cottage cheese, egg and garlic salt. In 10x6x2-inch baking dish sprayed with nonstick coating layer all the eggplant, half the cottage-cheese mixture, sauce, mozzarella and Parmesan. Top with all the zucchini and layers of remaining cottage-cheese mixture, sauce, mozzarella and Parmesan. Bake uncovered in 375° oven 30 minutes or until bubbly. Let stand 5 minutes before cutting. Makes 4 servings. *Per serving:* 140 cal, 12 g pro, 17 g car, 3 g fat, 71 mg chol

WD



Soybeans Au Gratin

Soybeans never had it so good! Protein-rich and savory with a melted cheese crust.

- 1 1/2 cups soybeans
- 5 1/2 cups water
- 1 or 2 chopped onions
- 2 TBS oil 1 tsp sea salt
- 1/4 cup wholewheat flour
- 1/2 tsp savory 1/4 tsp sage
- 1/2 cup bread crumbs or cracker crumbs
- 1 cup grated cheese

The Soybeans. Wash beans and soak in 4 cups water overnight. Bring to a boil in same water, skim off foam, and add onions. Reduce heat and simmer with lid ajar for 2 hours or until tender, stirring occasionally.

The Sauce. Meanwhile heat oil in a saucepan over medium heat and add flour. Stir for a few moments until browned, then reduce heat to low and add 1 1/2 cups water very slowly, stirring

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Schwan's Game Day Barbecue Sandwiches



constantly to prevent lumping. Add salt & herbs and simmer gently for about 10 minutes, stirring often.

The Topping. Preheat oven to 350°. Boil off any remaining liquid from cooked soybeans, or drain and save for use elsewhere. Mix soybeans & sauce and place in a lightly oiled casserole. Sprinkle crumbs & cheese evenly over top and bake uncovered about 10 minutes until cheese melts. Serves six.



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Savory Soybean Stew

A colorful & flavorful setting for the queen of beans, protein- & vitamin-rich.

- 1 1/2 cups soybeans 5 cups water
- 1 medium onion, chopped
- 2 medium carrots, sliced
- 2 ribs celery, chopped
- 3 to 4 TBS chopped soaked dulse (optional)
- 1/2 tsp celery seed
- 1/4 tsp dry mustard
- 3 TBS oil 2 cups water
- 1/3 cup wholewheat flour
- 1 tsp salt 1 1/2 TBS soy sauce

- 1 tsp dried parsley (or 2 TBS fresh)
- 1/4 tsp dried thyme (or 1 1/2 tsp fresh)
- pepper to taste

Soak soybeans overnight in 5 cups water. Bring to a boil, reduce heat and simmer for 2 hours or until tender. When beans have been cooking for about 1 1/2 hours, add onion, carrot, celery, dulse, celery seed & mustard. Add dulse soaking liquid (should only be a little) and raise heat a bit if needed to maintain simmer.

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THE WOMAN'S DAY SILVER SPOON AWARD

continued from page 118

THE BAKERY'S CREAM OF CAULIFLOWER SOUP

- 1/2 cup chopped onion (1 medium)
- 2 tablespoons oil
- 1 cup chopped celery
- 1 medium carrot, shredded fine (1/2 cup)
- 1 small head cauliflower (about 1-1/2 pounds), cut in small florets
- 2 tablespoons minced parsley, divided
- 6 cups chicken broth
- Bouquet garni (1 small bay leaf, 1 teaspoon tarragon and 1/2 teaspoon peppercorns tied in triple layer of cheesecloth)
- 1/4 cup butter or margarine
- 3/4 cup flour
- 2 cups milk
- 1 cup half-and-half
- 2 teaspoons salt, or to taste
- 1 cup sour cream, at room temperature

In Dutch oven cook onion in oil, stirring often, 5 minutes or until tender. Add celery and carrot and cook, stirring often, 2 minutes. Stir in cauliflower and 1 tablespoon parsley. Reduce heat to low; cover and cook, stirring occasionally, 15 minutes. Add broth and bouquet garni; bring to boil over medium heat. Reduce heat; cover and simmer 5 minutes. Meanwhile melt butter in heavy 2-quart saucepan. Stir in flour to make a thick paste. Beating with wire whisk, gradually add milk. Cook and beat until thickened and smooth. Remove from heat; stir in half-and-half. Stir sauce into simmering soup. Season with salt and simmer about 15 minutes or until cauliflower is tender (do not overcook). Just before serving, remove bouquet garni. Mix about 1/3 cup soup into sour cream. Stir sour-cream mixture into soup. Reheat; sprinkle with remaining 1 tablespoon parsley. Makes about 10 cups (recipe can be halved). *Per 1-cup serving:* 251 cal, 8 g pro, 18 g car, 17 g fat, 50 mg chol with butter, 36 mg chol with margarine

Schwan's Game Day Barbecue Sandwiches

- 1 loaf SCHWAN'S® Frozen White Bread Dough, thawed
- 1 (1 1/2-lb.) package SCHWAN'S® Chopped BBQ Beef with Sauce, thawed
- 4 small onions, thinly sliced
- 4 slices SCHWAN'S® American Processed Cheese
- 1 Tbsp. butter or margarine, melted
- 1/2 cup crushed canned French-fried onion rings

Heat oven to 350°F. On lightly floured surface, divide dough into 4 equal pieces. Roll each into 10-inch circle. Top half of each with 1/4 of BBQ beef, 1/4 of the onion slices and 1 slice of cheese. Fold half of dough over filling, pinching edges to seal. Brush with melted butter; top with onion rings. Cover with plastic wrap; let rise for 20 minutes. Bake at 350°F for 20-25 minutes, or until golden brown. Remove from oven; let stand for 5 minutes before serving. Refrigerate leftovers.
4 servings

Meanwhile, prepare optional sauce as follows: Heat oil in a saucepan on medium-low heat, add flour and stir briefly until lightly browned. Remove from heat momentarily, then return to heat and gradually add liquid, stirring carefully to avoid lumps. (A whisk is helpful.) Add salt, soy sauce, parsley, thyme & pepper, and simmer on low heat.

When vegetables have been cooking about 1/2 hour, add sauce and stir to

mix. Simmer for 5-10 minutes longer or until flavors are blended, soybeans are cooked, and most of liquid has boiled off. If preparing this dish without the sauce you can add the sauce seasonings directly to the beans and vegetables. Use less salt and soy sauce, though, and add a little liquid if needed to keep the beans from burning. Good served with brown rice or whole wheat bread and a salad or raw vegetable pieces. About 6 servings.



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