

ORANGE-GLAZED PORK**MAIN DISH — Pork**

Tangy sauce seasons the roast as it glazes sparkly brown

Roast at 325° about 2½ hours . . . makes 4 servings

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|----------------------------------|----------------------------------|
| 1 four-pound loin of pork | 1½ teaspoons cornstarch |
| 1 small onion, grated | ½ teaspoon ground ginger |
| 1 tablespoon butter or margarine | 1 cup orange juice |
| 2 tablespoons brown sugar | 1 tablespoon bottled steak sauce |

1. Place pork, fat side up, on rack in a roasting pan. If using a meat thermometer, insert bulb into center of meat without touching bone.
2. Roast in slow oven (325°) 1½ hours. While pork roasts, saute onion in butter or margarine until soft in a small saucepan; stir in remaining ingredients. Cook, stirring constantly, until thick.
3. Brush part over meat. Continue roasting, brushing meat every 15 minutes, 1 hour longer, or until richly glazed and thermometer registers 185°. Carve meat into chops.

JAN. 65 — 2

HAM JAMBALAYA

- | | |
|--|------------------------------|
| 1 -pound slice of ham, cut in ½-inch cubes | 1 clove garlic, minced |
| 1 tablespoon butter or margarine | 1 No. 2 can tomatoes |
| 1 medium onion, chopped | ⅛ teaspoon Tabasco |
| 1 medium green pepper, chopped | 1 cup meat stock or bouillon |
| | 1 cup Comet Rice |
| | Chopped parsley |

In heavy pan, brown ham lightly in butter. Add onion, green pepper, garlic; cook 5 minutes. Blend in tomatoes, Tabasco, water; add rice. Cover tightly; simmer 30 minutes or until rice is done. Lift with fork occasionally (do not stir). Serve garnished with parsley, if desired. Makes 6 servings.

PEACH CREAM

- | | |
|-------------------------------|--------------------------------------|
| 1 pkg. vanilla pudding | 1 No. 2½ can sliced peaches, drained |
| 2 cups cooked cold Comet Rice | Whipped cream |
| 1 teaspoon vanilla | |
- Prepare pudding as package directs. Fold in rice; add vanilla. Chill. Spoon into dessert dishes lined with peach slices and garnish with whipped cream. Makes 6 servings.

BARBECUED LAMB RIBLETS**MAIN DISH — Lamb**

So good you'll eat them down to the very bone!

Bake at 350° for 2½ hours . . . makes 4 servings

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|-------------------------------|------------------------|
| 4 pounds breast of lamb | ¼ cup prepared mustard |
| 1 can (8 ounces) tomato sauce | ¼ cup cider vinegar |
| ¼ cup molasses | |

1. Cut lamb, if needed, into serving-size pieces; place in a single layer on rack of broiler pan.
2. Bake in moderate oven (350°) 1½ hours; pour all fat from pan.
3. Mix remaining ingredients in a small bowl; brush part over ribs to coat well.
4. Continue baking, brushing ribs with more sauce and turning 2 or 3 times, 1 hour, or until meat is very tender and well-browned. Heat any remaining sauce to serve with ribs.

JAN. 65 — 3

**Recipe for Tomorrow****Italian Lamb Casserole**

Wondering what to do with the left over lamb? Try this tasty casserole.

- 1 onion, sliced
- 1 garlic clove, minced
- 2 T. cooking oil
- 2 cups diced cooked lamb
- 2 tsp. salt
- ½ tsp. crumbled dried basil
- 2⅓ cups (one 1-pound, 13-oz. can) Italian style tomatoes
- ½ tsp. freshly ground pepper
- 2 cups elbow macaroni, cooked
- ½ pound Mozzarella cheese, sliced

Saute onion and garlic in hot oil until soft. Add lamb and brown. Combine lamb and next 5 ingredients. Turn into 2-quart casserole. Top with cheese. Bake, uncovered, in pre-heated 350-degree oven for 30 minutes. Makes 4 servings.

ONION-PORK SAUTE

MAIN DISH — Pork

Browned chops simmer sweetly tender; creamy gravy is the easiest ever

Makes 6 servings

6 rib pork chops, cut ½ inch thick
1 large onion, peeled and cut
in 6 slices

1 envelope instant beef broth
OR: 1 beef-flavor bouillon cube
¼ cup hot water
½ cup evaporated milk

1. Brown chops in a large frying pan or an electric skillet; top each with a slice of onion. Dissolve beef broth or bouillon cube in hot water in a 1-cup measure; pour over chops; cover.
2. Simmer 40 minutes, or until chops are tender. Remove with onions and keep hot. Sprinkle onions with paprika, if you wish.
3. Stir evaporated milk into drippings in pan. Heat, stirring constantly, until bubbly hot. Serve in separate bowl to spoon over chops.



SKILLET LAMB "ROASTS"

MAIN DISH — Lamb

Meaty shanks simmer in a simple herb-lemon seasoning

Makes 4 servings

4 lamb shanks (about 3 pounds)
1 large onion, chopped (1 cup)
1 clove garlic, minced
1 cup water (for lamb)
1 tablespoon lemon juice

1 teaspoon salt
1 bay leaf
1 tablespoon flour
¼ cup water (for gravy)

1. Brown lamb in a Dutch oven or an electric skillet; push to one side. Add onion and garlic; saute just until soft. Stir in the 1 cup water, lemon juice, salt, and bay leaf; cover.
2. Simmer 3 hours, or until very tender. Remove meat and keep hot.
3. Blend flour with the ¼ cup water; stir into liquid in pan. Cook, stirring constantly, until gravy thickens and boils 1 minute; remove bay leaf. Serve gravy in a separate bowl.



CHICKEN DIABLE

MAIN DISH — Chicken

Its flavor secrets: Honey, mustard, and curry powder

Bake at 375° for 1 hour . . . makes 4 servings

1 broiler-fryer (about 3 pounds),
cut up
4 tablespoons (½ stick) butter or
margarine

½ cup honey
¼ cup prepared mustard
1 teaspoon salt
1 teaspoon curry powder

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1. Wash chicken pieces; pat dry; remove skin, if you wish.
2. Melt butter or margarine in a shallow baking pan; stir in remaining ingredients. Roll chicken pieces in butter mixture to coat both sides, then arrange, meaty side up, in a single layer in same pan.
3. Bake in moderate oven (375°) 1 hour, or until chicken is tender and richly glazed.

PLAIN-GOOD POT ROAST

MAIN DISH — Beef

It's an old-time favorite with cooks everywhere

Makes 6 servings

1 four-pound boneless beef
pot roast
3 large onions, sliced
1½ teaspoons salt

½ teaspoon marjoram
¼ teaspoon ground cloves
1 can (6 ounces) tomato paste
¼ cup water

1. Brown meat in its own fat in a Dutch oven or an electric skillet; add remaining ingredients; cover tightly.
2. Simmer, turning once, 2 to 2½ hours, or until very tender.
3. Remove meat and keep hot. Strain liquid, pressing onions through sieve; skim off fat. Measure liquid; return to pan. For each 1 cup, blend 1 tablespoon flour with 2 tablespoons water; stir into liquid in pan. Cook, stirring constantly, until gravy thickens and boils 1 minute.

TWIN STUFFED CHICKENS

MAIN DISH — Chicken

Quick-cooking broiler-fryers and stuffing mix are your helpers

Bake at 375° for 1¼ hours . . . makes 4 to 6 servings

2 whole broiler-fryers

Seasoned salt

1 cup chopped celery

1 small onion, chopped (¼ cup)

6 tablespoons (¾ stick) butter or margarine

¾ cup water

2 cups ready-mix bread stuffing

1. Rinse chickens; pat dry; sprinkle inside with seasoned salt.
2. Sauté celery and onion in 4 tablespoons of the butter or margarine until soft in a medium-size frying pan; stir in water, then stuffing mix until evenly moist.
3. Stuff lightly into neck and body cavities of chickens; place in a roasting pan. Rub chickens with remaining 2 tablespoons butter or margarine.
4. Roast in moderate oven (375°) 1¼ hours, or until tender.

MUSHROOM STEAK BAKE

MAIN DISH — Beef

Thick chuck roast makes its own rich gravy as it bubbles in foil

Bake at 350° for 3 hours, then broil for 5 minutes . . . makes 8 servings

1 can or envelope (2 to a package) mushroom-soup mix

1 four-pound chuck beef roast, cut ½ inches thick

1 tablespoon instant minced onion

1. Combine dry soup mix and onion on a sheet of heavy foil, about 24x18. Roll roast in mixture to coat well, then wrap loosely, sealing edges well. Place on a cooky sheet for easy handling.
2. Bake in moderate oven (350°) 3 hours. Remove from oven; reset temperature control to BROIL.
3. Slit foil across top and fold back, being careful not to let gravy run out. Broil roast 5 minutes, or until top is brown.
4. Carve into ¼-inch-thick slices; serve with gravy from foil package.

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SPANISH STEAK

Spiced to the family's taste

1½ pounds top round steak, cut ¾ inch thick

1 teaspoon salt

4 tablespoons flour

4 tablespoons shortening

1 six-ounce can tomato paste

1 two-ounce can sliced mushrooms

½ cup finely chopped onion

¾ cup finely chopped green pepper

½ cup water

4 whole cloves

⅛ to ¼ teaspoon cayenne

¼ teaspoon allspice

Sprinkle steak with ½ teaspoon of salt; dredge in flour. Brown in hot melted shortening in heavy kettle or baking dish; add remaining ingredients in order given; cover. Bake in slow oven (300° F.) 2 hours, or until tender. Serve on hot platter. Serves 6.

GYPSY CASSEROLE

A meal-in-one combination

1½ pounds ground beef

3 tablespoons olive or salad oil

2 teaspoons salt

2 cups tomato puree

8 medium-size carrots, diced

2 medium-size onions, finely sliced

1 bud garlic

1 cup finely sliced celery

1 teaspoon chili powder

¼ teaspoon white pepper

1 small can mushrooms and liquor

½ cup grated American cheese

½ pound spaghetti

Brown meat in hot oil in heavy shallow kettle, stirring constantly. Season with 1 teaspoon of the salt; add tomato puree; cover; simmer 15 minutes. Add carrots, onions, garlic, celery, remaining seasonings, mushrooms and liquor, and grated cheese, mixing thoroughly. Cover; simmer 2 hours, or until all ingredients are tender. Cook spaghetti in boiling salted water to cover until tender; drain. To serve, pour sauce over spaghetti. Serves 8 to 10.



BEEF SUKIYAKI

Sauce:

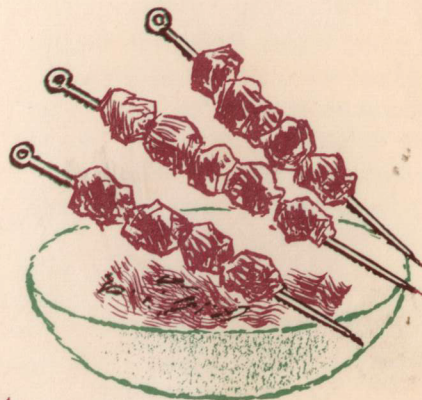
- 1/3 c. Kikkoman soy sauce
- 1/4 c. Chablis or other dry white table wine (if desired)
- 1/4 c. water
- 1 T. sugar (to taste)
- 1 1/2 lbs. beef steak, sliced bacon thin (round, sirloin, rib or tenderloin)
- 1 bunch green onions with tops cut in 2" lengths (1 c. dry onions may be substituted)
- 2 c. celery cut in 1 1/2" long pieces
- 1/2 lb. fresh mushrooms or 6 oz. canned, sliced lengthwise
- 1 lb. fresh spinach or young chard — cut large leaves
- 1 bunch watercress, cut in 3" lengths (optional)
- 4 T. Salad or olive oil

JAPAN



OVER

Grilled Beef Riblets



- 3 pounds lean California beef short ribs
- 1 1/2 teaspoons unseasoned bottled instant meat tenderizer
- 1 crushed clove garlic
- 2/3 cup soy sauce
- 1/4 cup sugar
- 1/2 teaspoon pepper

See Directions on Other Side

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PAPRIKA CREAMED VEAL



- 4 Lbs Veal Stew Meat
- 1/2 Tsp Garlic Powder
- 2 Cups Consommé
- 1 Tbsp Lemon Juice
- 1 Can Small White Onions
- 1/2 Cup Sour Cream
- 1 Tbsp Paprika
- 6 Tbsp Flour
- 1 Bay Leaf
- 1/2 Cup Butter
- 1 Cup Sauterne
- Salt, Pepper

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Don't Peek California Beef Burgundy



- 3 pounds lean California beef stew meat
- 1 package dry onion soup mix
- 1 (10 1/2-ounce) can mushroom soup
- 1 soup can burgundy wine

See Directions on Other Side

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Mix first four ingredients in bowl and set aside. Over high heat, heat half the oil in heavy frying pan or electric skillet until hot. Add half the beef and pour half the soy sauce mixture over it. Cook lightly **only** until beef turns color. Place half the remaining ingredients on top of beef slices. Cook briefly and with tongs or chopsticks transfer beef to top of vegetables. Do not stir but turn vegetables frequently. Continue to cook over moderate heat until vegetables are just tender — about 5 minutes. For second servings, repeat cooking process using remaining ingredients. Makes 4 to 5 servings.

Hint: If electric skillet is used, let your family and guests join the fun! Cook Sukiyaki right at the table and serve over hot rice.

Quick Sukiyaki: Thinly sliced left-over roast beef may also be used in this recipe.



Sprinkle veal with garlic powder, salt and pepper lightly. Brown veal in butter in hot skillet. Add bay leaf, lemon juice and paprika to consommé, sprinkle veal with flour, now pour consomme over meat. Cook on low heat for one hour. Add onions and wine until onions are tender. Stir in sour cream. Maintain low heat so that cream does not curdle. Serve over rice — Serves 8.



DIRECTIONS FOR PREPARATION

Have butcher cut short ribs into serving pieces. Prick beef deeply with fork. Moisten all surfaces of beef thoroughly. Sprinkle with tenderizer. Let stand at room temperature ½ hour. Mix garlic, soy sauce, sugar and pepper. Pour over riblets and let marinate 1 hour or longer in refrigerator, turning one or twice. Thread on skewers. Grill over low coals, basting frequently, or broil to desired degree of doneness. Makes 4 or more servings.



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DIRECTIONS FOR PREPARATION

Cut beef into 1-inch cubes. Place all ingredients in heavy casserole or Dutch oven. Mix lightly. Cover. Bake in moderately slow oven (325 degrees F.) 3 hours. Makes 6 to 8 servings.



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Tamale Pie

FILLING:

1 cup Sun-Maid Seedless Raisins
 1 cup chopped onion
 1 finely cut clove garlic
 2 cups coarsely ground uncooked veal or beef

FILLING: Rinse and drain raisins. Fry onion, garlic and meat in oil about 5 minutes, stirring continuously. Add water and salt and boil about 10 minutes. Combine chili powder and flour, add sufficient water to moisten and mix to a paste. Stir paste into boiling mixture, add raisins, olives and cheese and let come to a boil.

BATTER: Combine water, salt and oil and bring to a boil. Stir corn meal slowly into briskly boiling water and cook until thick (about 5 minutes). Place a layer of prepared corn meal in bottom of a 2-quart casserole or baking dish, add a thick layer of meat mixture and another layer of corn meal, repeating until dish is full, using corn meal for top layer. Brush with butter and bake in a moderately hot oven (400 degrees F.) 25 to 30 minutes. Serves 6.

Raisin Sauce for Mashed Sweet Potato Cases

1 cup Sun-Maid Seedless Raisins
 1/2 cup orange juice
 1/4 cup granulated sugar

1 tablespoon finely sliced fresh orange rind
 1/2 teaspoon cornstarch
 Rinse raisins. Add strained orange juice to sugar and bring to a boil; add orange rind and raisins and thicken with cornstarch mixed with a little cold water. Stir constantly until the mixture boils. Serve hot in mashed sweet potato cases. Serves 6.

Rice Meat Balls

1 1/2 lb ground beef 3/4 cup rice
 3/4 cup milk 3 tsp chopped onions
 1 5/8 tsp salt 10 1/2 oz tomato soup
 1 1/2 cup water

Mix meat, rice, onion, salt and pepper.

shape in 12 balls. Put in baking dish, balls not touch, mix and pour over balls the soup, water and 1/8 salt, cover and bake in moderate oven 350 1 1/2 hrs serve with sauce remaining in pan

Roiled Brisket

4 Lbs. Fresh Boneless Beef Brisket

1 Pkg Onion Soup Mix Dehydrated

2/3 Cup Red Wine or Grapefruit Juice

Salt and Pepper

Large square heavy duty aluminum foil

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Corned beef and sauerkraut balls

1 med onion 1/2 c milk
 4 sprigs parsley 1 no 2 can sauerkraut
 1 12 oz can corned beef 1 t dry mustard
 1/2 c flour 1 egg
 1/4 c shortening bread crumbs

chop onion and parsley fine, break beef in 11 little chunks, cook in melted shortening until onion is tender, stir in flour and milk slowly cook till mixture thickens. add drained sauerkraut and mustard. cool, shape into balls or patties. coat with flour, dip into beaten egg and coat with bread crumbs, fry until brown and crisp in a little shortening or bake in mod oven for 20 or 30 min. serves six

Beef Pot Roast

5 pounds pot roast beef
 1/2 cup rinsed Sun-Maid Raisins
 2 tablespoons salt
 1/4 cup flour
 1/4 teaspoon pepper
 4 tablespoons fat
 1 cup hot water

SAUCE:
 3 tablespoons chopped onion
 1 small clove garlic, chopped
 1 tablespoon fat
 1/2 cup rinsed Sun-Maid raisins

1 tablespoon Worcestershire sauce
 1 tablespoon chili powder
 2 tablespoons cornstarch
 1 cup cold water

Wash meat, cut deep slits and fill with raisins; tie meat together or use skewers. Mix salt, flour and pepper and rub well over meat. Sear meat in hot fat in a kettle (iron preferable), add hot water, cover and cook gently until tender, or about 2 hours. Add more water as needed, but always hot water.

SAUCE: Fry onion and garlic in melted fat. Add raisins, Worcestershire sauce, chili powder and cornstarch mixed with cold water. Cook until thick, stirring constantly. When meat is cooked, remove and add sauce to the juice of roast. Serve hot. Serves 6.

Sun-Maid Cheese Biscuits

2/3 cup Sun-Maid Seedless Raisins
 2 cups sifted all-purpose flour
 4 teaspoons baking powder
 1/2 teaspoon salt

6 tablespoons grated American cheese
 3 tablespoons shortening
 2/3 cup milk

Rinse raisins in hot water and drain. Sift flour with baking powder and salt. Add raisins and cheese and cut in shortening. Add milk and mix. Shape into thin biscuits and bake in a hot oven (450 degrees F.) until brown, about 15 minutes. Must be served at once. Serves 4 to 6.

Salt and pepper both sides of brisket, gently place roast in center of foil and set in roasting pan. Mix soup mix in wine or juice and spoon over roast. Fold aluminum foil in such a way to make package airtight!

Bake in 325° oven for 4 hours. Serve by transferring meat to hot platter and cutting across grain — Excellent served cold.



CALIFORNIA
 BEEF COUNCIL

DONUTS

va?

2 1/4 c flour
 1 1/4 sugar
 2 + b. powder
 1/2 + salt
 1 + b. soda
 2 T melted butter
 1/4 c water
 2 eggs

1/2 c butter
 1 c boiling water
 1 c flour
 4 eggs
 melt butter in water + bring to boil. add flour + mix til thickened - remove from heat, add eggs - beat

62A22 - 2 c sugar
 2 c water
 boil 4 min. - thread stage

1 cake yeast
 1/2 c milk - scalded, cooled
 1/2 c sour cream, scalded
 2 T water
 2 T sugar
 3 egg yolks
 1/2 c salt
 3 c flour
 rise, roll, rise

1 cake yeast
 1 + sugar
 1/2 c warm water
 6 eggs
 6 c flour
 1/2 c sugar
 1/2 c melted butter
 1/2 c evaporated milk
 1 c water
 1/2 c salt

dissolve yeast and sugar. Beat eggs. add rest. rise, stir, rise

take spoonfuls - fry

1 lb. ground beef
 onion
 6 T flour
 1 + salt
 1 1/2 c chili
 cheese soup
 paprika
 3 eggs

combine meat & onions, bake 425 20 min. drain. add 3 T flour, salt, chili. mix soup, 3 T flour, chili, paprika in pan. 3 oil 1 min. add 10" sq. cut yolks. add stiff whites. Pour over meat. Bake

crust -
 2 c flour
 1 + salt
 2/3 c shortening
 1/2 c cheese
 2 + caraway
 1/2 c milk
 1 + vinegar
 FILLING

1 lb. beef
 1 pk. onion soup
 1/2 c chili sauce
 2 T flour
 2 + pickle relish
 1/2 c salt
 make crust - divide in half - 10" sq. cut into 4" sq. cut other half into 5 1/2" squares

divide filling to fourths - put in 4 sq. top with 5 1/2" sq. Bake

GREAT ITALIAN COOKING

**PULLET IN CASSEROLE
WITH SPRING VEGETABLES**

Pollastra in casseruola con primizie

- 1 3-pound roasting chicken, cleaned
- 6 sprigs parsley
- 6 tablespoons Clarified Butter
- 1/4 cup brandy
- 1 pound carrots, cut up
- 12 white onions, parboiled 5 minutes
- 1/4 pound salt pork, diced, parboiled for 10 minutes, then drained and sautéed until golden brown
- 1 pound small "new" potatoes, parboiled 2 minutes
- 1/2 cup dry white wine
- 1/2 cup Chicken Stock
- 1 pound string beans, parboiled 3 minutes in salted water
- Salt and freshly ground white pepper

Season the cavity of the chicken with salt and pepper, stuff it with the sprigs of parsley, and then truss. Heat the butter in a large, heavy pot over medium high heat until it is golden and brown the chicken on all sides, being careful to adjust the heat so that the butter does not burn. Heat the brandy in a ladle over medium heat, ignite, and pour over the chicken. Shake the pot until the flames subside. Add the carrots, onions, salt pork dice, and potatoes. Baste all of the vegetables with the butter and juices in the pot. Add the wine and stock, season with salt and pepper, cover the pot, bring to a boil, and then place the pot in a moderate (350°) oven for 1 hour and 15 minutes, basting occasionally with the juices in the pot. About 15 minutes before the chicken is fully cooked, add the string beans. Remove from the oven when the chicken is tender and, if desired, serve in the pot. Serves 4.

1 c sugar
5 egg whites
3 c flour
1 + 1/2 powder
1 + vanilla
knead, fry

2 c water
2 eggs
1 c cornmeal
1 c flour
1/4 + salt
pour 1/4 c
water into skillet,
till to spread.
Cook 2-3 min.
Repeat to make
12 tortillas.
1 lb beef
1/2 c onion
salt
1/2 garlic salt
chili powder
place in
tortilla, roll
up, place in
pan.
1 c onion
1 T oil
2 cans tomato
chili, salt, &
garlic salt
cheese

pour over
tortillas,
sprinkle
cheese on
top, bake
1 hr.

MACARONI DINNER

CASSEROLES — Cheese

Popular macaroni and cheese costars with salmon for this favorite

Bake at 350° for 35 minutes . . . makes 6 servings

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|---|-----------------------------------|
| 1 package (8 ounces) elbow macaroni, cooked and drained | 3 tablespoons butter or margarine |
| 1 can (1 pound) salmon, drained, boned, and broken up | 3 tablespoons flour |
| ½ cup chopped celery | 1 teaspoon dry mustard |
| 1 small onion, grated | 2½ cups milk |
| | 2 cups grated Cheddar cheese |
| | 1 teaspoon Worcestershire sauce |

1. Combine macaroni and salmon in an 8-cup baking dish.
2. Saute celery and onion in butter or margarine until soft in a medium-size saucepan; stir in flour and mustard; cook, stirring constantly, until bubbly. Stir in milk; continue cooking and stirring until sauce thickens and boils 1 minute; stir in 1½ cups of the cheese and Worcestershire sauce until cheese melts. Stir into macaroni mixture; sprinkle remaining ½ cup cheese over top.
3. Bake in moderate oven (350°) 35 minutes, or until bubbly hot.

MAY 1966 — 3



LASAGNA

CASSEROLES — Cheese

Always tops! Recipe makes lots, but it reheats nicely—if there's any left

Bake at 350° for 30 minutes . . . makes 8 servings

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|---|---|
| 1 pound sweet Italian sausages | 1 package (1 pound) lasagna noodles |
| 1 clove garlic, halved | 1 tablespoon olive oil or vegetable oil |
| 1 can (about 2 pounds) Italian tomatoes | 2 eggs |
| 1 can (6 ounces) tomato paste | 1 pound ricotta or cottage cheese |
| 1 can or 1 envelope onion soup mix | 2 packages (8 ounces each) sliced mozzarella cheese |
| 1 teaspoon salt | ½ cup grated Parmesan cheese |
| ½ teaspoon basil | |
| ⅛ teaspoon pepper | |

1. Slice sausages; combine with garlic and just enough water to cover in a large frying pan; simmer 10 minutes, or until liquid evaporates. Remove from pan and set aside for next step. Pour off all drippings, then measure 1 tablespoonful and return to pan. [over]

MAY 1966 — 4



ONIONS MORNAY

For serving, spoon the creamy sauce over the toasty bread—what good eating!

Bake at 350° for 30 minutes . . . makes 6 servings

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|---|--|
| 4 tablespoons (½ stick) butter or margarine | ¼ teaspoon seasoned pepper |
| 2 large sweet onions, coarsely chopped (4 cups) | 1 can (1 pound) cut green beans, drained |
| 2 cloves garlic, minced | 2 packages (8 ounces each) sliced process Swiss cheese |
| 1 can condensed cream of celery soup | 12 half-inch-thick slices French bread |
| 1 cup milk | |

1. Melt butter or margarine in a large frying pan; stir in onions and garlic; cover. Cook 15 minutes; stir in soup, milk, and pepper; heat, stirring several times, until bubbly.
2. Make two layers each of beans, cheese slices, and sauce in a buttered 8-cup baking dish; arrange bread slices, overlapping, on top.
3. Bake in moderate oven (350°) 30 minutes, or until bubbly hot.



CASSEROLES — Cheese

LASAGNA (continued)

2. Break up tomatoes with a fork; combine with tomato paste, onion soup mix, salt, basil, and pepper in a medium-size saucepan; cover. Simmer 1 hour, or until slightly thick; stir in sausages.
3. While sauce simmers, slide lasagna noodles, one at a time so as not to break, into a large kettle of boiling salted water; add olive oil or vegetable oil. (This keeps noodles from sticking.) Cook, stirring often, 15 minutes, or just until tender; drain; cover with cold water until ready to layer into baking dish.
4. Beat eggs slightly in a medium-size bowl; stir in ricotta or cottage cheese.
5. Line bottom of a lightly oiled baking dish, 13x9x2, with a single layer of drained noodles. Cover with a third each of ricotta-cheese mixture, tomato sauce, mozzarella-cheese slices, and grated Parmesan cheese. Repeat to make two more layers of each.
6. Bake in moderate oven (350°) 30 minutes, or until bubbly hot. Let stand about 15 minutes, then cut into squares or blocks; lift out with a wide spatula.



Chicken Dish



By CECILY BROWNSTONE
Associated Press Food Editor

Here comes a chicken dish that's almost a main course in itself. To fill it out all you have to do is to serve it with rice or noodles.

Four vegetables — green pepper, eggplant, zucchini and tomatoes — accompany the chicken. And that combination, used in the famous French dish called Ratatouille, is a particularly good one.

This recipe lends itself to all sorts of variations. We first came on it at a friend's house — her own improvisation. When we asked for the recipe, she told us she varies it — according to her mood and what's in the house.

Sometimes she adds mushrooms. Sometimes she uses canned tomatoes (plain or stewed) instead of fresh tomatoes; sometimes she uses tomato sauce or tomato soup; sometimes canned tomatoes plus tomato sauce go in. And often this chicken dish is sprinkled with Parmesan cheese just before it is served.

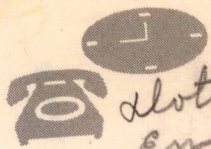
Our friend also told us that this dish freezes beautifully and that she often has it on hand to pull out of the freezer and heat when company comes.

CHICKEN BREASTS MEDITERRANEAN

3 whole broiler-fryer chicken breasts, cut in half, salt, paprika, $1\frac{1}{2}$ teaspoons monosodium glutamate, $\frac{1}{2}$ cup (about) butter or margarine, 1 medium onion,

chopped, 1 garlic clove, chopped, 1 green pepper, cut in strips, 1 medium eggplant, unpeeled and cut in $\frac{1}{2}$ inch slices, 1 zucchini, unpeeled and cut in $\frac{1}{2}$ inch slices, 3 medium tomatoes, peeled and cut in pieces, $\frac{1}{4}$ teaspoon tabasco, $\frac{1}{4}$ teaspoon dried leaf thyme, $\frac{1}{4}$ teaspoon dried leaf oregano, 2 tablespoons chopped parsley

Sprinkle chicken with salt, paprika and 1 teaspoon of the monosodium glutamate. In a large skillet, in part of the butter, brown chicken breasts on both sides; remove. Add onion, garlic and green pepper; cook until tender but not brown, adding butter as needed; remove with a slotted spoon. Brown eggplant slices, a few at a time in skillet again adding butter as needed. Add zucchini and tomatoes to skillet; cook rapidly until tomatoes are cooked down and a good part of the liquid has evaporated. Add cooked onion, garlic and green pepper with remaining $\frac{1}{2}$ teaspoon monosodium glutamate, tabasco, thyme, oregano and parsley. Mix well; turn half of vegetable mixture into a shallow casserole (3 to 4 quarts). Arrange chicken breasts over vegetables; place remaining vegetables around chicken breasts. Bake uncovered in a moderate (375 degrees) oven 45 minutes or until chicken is tender. Baste occasionally with liquid from vegetables. Makes 6 servings.



MEMOS

lots
 Enchiladas
 Tortillas
 Chili con Carne
 Enchilada sauce
 Cheese over all

Come often to visit us . . . and to read the ~~Process~~

San Marcos Record

Dorothy's Enchilados
 Tortillos -
 1 can chili con carne
 1 " Enchilado sauce
 Cheese
 Put dab of cheese and
 spoon of chili con carne
 on each tortilla and roll
 Pour over sauce and
 sprinkle with grated cheese

or
 1 lb hamburger - can tomato
 1 can toco sauce
 chili con carne
 and cheese

Bake

Oven Fried Chicken

place chicken pieces on cookie sheet -
 sprinkle with flour, parsley, salt, pepper
 and paprika. Bake slowly - 325 for an
 hour -

Grated cheese can be used to change the
 flavor.

Ann Thompson

TEA APPLE PILLOWS

$\frac{1}{2}$ c butter
 flour
 water
 3 T tea (instant)
 2 + lemon juice
 5 T sugar
 2 T brown sugar
 $\frac{1}{8}$ + salt
 $\frac{1}{8}$ + nutmeg
 $\frac{1}{2}$ c apples
 6 T confectioners
 sugar

cut butter into $1\frac{1}{2}$ c flour
 add 2-3 T water

Blend 2 T tea with
 lemon juice, add sugar
~~salt, nutmeg.~~
 Roll dough thin
 cut in 4" squares.
 place apples + tea
 mixture on each
 square. moisten edges
 bring up to middle

Orange Chewies

2 oranges
 2 eggs
 1 pkg. Pillsbury Vanilla
 Buttercream Frosting
 1 cup flour
 $\frac{3}{4}$ t baking powder
 $\frac{1}{2}$ t salt
 $\frac{1}{3}$ c butter
 $\frac{2}{3}$ c walnuts
 2 T butter
 1-2 T water

Grate oranges for 1 T
 rind; set aside. Peel,
 section, and chop oranges,
 combine with rind and set
 aside. Beat eggs well.
 Add $1\frac{1}{2}$ cups packed
 frosting, flour, baking
 powder, salt, and cup
 butter. Blend well, add
 nuts and oranges, blend
 again. Spread in greased
 13x9" pan. Bake 30-35
 min.

In pan heat rest of frosting, 2 T butter,
 and water. Heat until smooth. Spread
 on cooled bars.

Choc. Crispies

2 Squares Unsweetened
 Choc
 $\frac{1}{2}$ cup shortening
 melt
 add
 1 cup sugar
 2 Eggs - Unbeaten
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ teaspoon Vanilla
 $\frac{1}{2}$ cup nutmeats
 Salt.

2 melted choc and
 shortening add sugar
 eggs + flour - heat
 well

Combine conf. sugar = 1 T tea & 1 T water
use to glaze.

Brownies

$\frac{1}{2}$ c shortening	2 eggs
2 squares, chocolate	1 c sugar
$\frac{3}{4}$ c flour	1 t vanilla
$\frac{1}{2}$ t baking powder	1 c nuts
$\frac{1}{2}$ t salt	

Melt shortening and chocolate over hot water.
Beat eggs, add sugar, then chocolate and blend.
Add flour, vanilla and nuts. Pour into 8 by 8"
pan. Bake in moderate oven for 35 minutes.
Cut into squares before removing from pan.
Makes 16.

Spread mixture on
sheet 12x16 or 3 pans
8x8.

Sprinkle with nuts
Bake in hot oven
400° for 15 minutes
While warm cut into
2" squares & cool
makes 48

Wafers.
 1/4 cup butter
 1/2 C brown sugar
 1/2 C white sugar
 1 egg
 1/2 cup chopped nut meats
 1/2 cup shredded coconut
 5 cups Corn Flakes

Blend butter and sugars; add egg. Add nut meats, coconut and Corn Flakes; mix well. Drop on lightly greased baking sheet. Bake in moderate oven (350° F.) about 10 minutes. yield 2 1/2 doz.

Oatmeal Cookies UO
 1 C brown sugar
 3/4 C shortening
 4 C oats
 1 C flour
 1/2 C raisins
 1 egg
 1 1/2 C milk - sour
 2 t. Baking powder
 1/2 t. soda
 1 t. cinnamon, nutmeg, salt.
 1 t. vanilla (not called for)

CALIFORNIA RANGERS H-U

1 cup shortening	2 cups sifted flour
1 cup granulated sugar	1 tsp soda - 1/2 tsp salt
1 cup brown sugar	1/2 tsp baking powder
2 eggs beaten	2 cups quick oats
1 tsp vanilla	1 cup coconut or nuts
1 tbsp. milk	2 cups corn or rice flakes

Cream shortening, add sugars; gradually milk, eggs, & vanilla. Then sifted dry ingredients. Add oats; flakes and nuts. Mix well. Form into small balls. Place on cookie sheet. Press down with a fork. Bake in 350° oven 10 minutes.

Scotch Oats UO N. Kaha
 1/2 C butter
 1 C brown sugar
 2 C rolled oats
 1/2 t. salt
 1 t. bak powder

Melt butter, add sugar, stir till dissolved, stir in oats, salt, bak powder, mix well, drop bake in greased pan - 8" square - slow oven - 20 min - cool & cut in squares 1 1/2 doz.

Raisin Fudge Squares

1/2 cup shortening
1/2 cup sugar
2 eggs
2 squares chocolate, melted

1/2 cup flour
1 cup Sun-Maid Puffed Raisins
1 teaspoon vanilla

Cream shortening with sugar, add beaten eggs, melted chocolate and beat thoroughly. Add flour, raisins, vanilla, and mix well. Pour into a greased shallow pan and spread to about one-half inch in thickness. Bake in moderate oven (350 degrees F.) about 25 minutes. When cool spread with fudge frosting.

Raisin Tea Fingers

2 cups Sun-Maid Seedless Raisins
1 cup butter
1 cup brown sugar (packed)
1 cup white sugar
4 eggs
1/4 cup sour milk
3/4 cups sifted all-purpose flour
1 teaspoon salt
1 teaspoon cloves

1 teaspoon cinnamon
1/2 teaspoon ginger
1 teaspoon soda
1 cup chopped nut meats
TOP:
1/2 cup white sugar
2 tablespoons cream
1/4 teaspoon cloves

Rinse raisins, drain and dry on a towel. Cream butter, add sugars and cream thoroughly; add beaten eggs and mix. Add milk, and flour sifted with salt, spices and soda, and beat well. Add raisins and nuts and stir until well blended. Spread in greased shallow pans (sufficient for 2 pans about 14x10x1 inches). Blend topping ingredients and spread over tops. Bake in a moderate oven (375 degrees F.) about 25 minutes. Cut into strips and serve warm or cold.

DISH

Chocolate Mousse
with Raisins

PREPARATION TIME 10
NUMBER OF SERVINGS _____
SOURCE OF RECIPE _____

10

ROC



In blender

1 large pkg choc. bits

2 eggs

3 T hot strong coffee

1-2 T rum or Kirsch. Coarango flavor

3/4 C scalded milk

at high speed 2 min

Into 4 dessert glasses

top with whip cream - all kind
plus grated orange rind

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Frosted Chocolate Drops

1 1/2 cups Sun-Maid Seedless Raisins
1 1/2 cups brown sugar
1 cup shortening
2 squares bitter chocolate
3 eggs
1/2 cup buttermilk

1 teaspoon vanilla extract
2 1/2 cups sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
Fudge frosting

Rinse raisins in hot water and drain. Cream sugar with shortening; add melted chocolate, beaten eggs and buttermilk and mix well. Add raisins, flavoring, and flour sifted with baking powder, soda and salt and beat. Drop from a teaspoon onto greased baking sheet 2 inches apart. Bake about 15 minutes in a moderate oven (375 degrees F.). When cool spread with fudge frosting.

Makes about 4 dozen medium-sized cookies.

Raisin Honey-Flake Cookies

1 1/2 cups Sun-Maid Seedless Raisins
1 cup butter
1 cup granulated sugar
1/2 cup honey
2 eggs

1/4 cup milk
2 cups sifted all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1 teaspoon cinnamon

1 teaspoon nutmeg
3/4 cup shredded coconut
7 cups uncrushed corn flakes

Pour boiling water over raisins and let stand 5 minutes; drain and dry on a towel. Cream butter, add sugar and cream thoroughly. Add honey and beat; add beaten eggs and mix. Add milk, and flour sifted with baking powder, salt and spices, and mix. Add raisins, coconut and corn flakes and blend thoroughly but lightly. Drop by small spoonfuls (about 2 inches apart) onto ungreased cookie sheet. Bake in a moderate oven (375 degrees F.) 15 to 18 minutes.

Makes about 4 1/4 dozen medium-sized cookies.

Raisin Rice Brittle

3 cups Sun-Maid Seedless Raisins
2½ cups puffed rice
½ cup water
1 cup granulated sugar
½ cup white corn sirup
1 tablespoon molasses
2 tablespoons butter
¼ teaspoon salt
¼ teaspoon soda

Rinse raisins in hot water, drain and dry thoroughly on a towel. Dry rice in oven until a kernel will crush readily between the fingers. Mix raisins and rice together and keep warm in a large bowl or pan. Combine water, sugar and corn sirup and cook, covered, until the grain of the sugar is dissolved. Remove cover and boil until it forms a hard crack (290 degrees F.) when tested in cold water. Turn heat low, add molasses, butter and salt and let come to a good boil. Remove from heat, add soda and stir briskly. Pour onto rice and raisins and mix well. Pour into a warm greased pan and pat or roll candy smooth. When cold, remove from pan and cut into pieces.

A hard crack means that the sirup snaps as it touches the cold water.

Raisin Coconut Candy

2½ cups Sun-Maid Seedless Raisins
1 cup granulated sugar
⅔ cup white corn sirup
½ cup water
1 tablespoon butter
½ cup marshmallow creme
1 teaspoon vanilla extract
¼ teaspoon salt
½ pound shredded coconut

Rinse raisins, drain and dry thoroughly on a towel. Combine sugar, corn sirup and water and boil until it will form a soft ball (238 degrees F.) when tested in cold water; stir constantly. Remove from heat, add butter, marshmallow creme, flavoring, salt, raisins and coconut and mix thoroughly. Pour onto a greased slab or pan. When set, cut into desired shapes.

A soft ball is one that will hold together and can be formed into a soft mass between the fingers.

Raisin Oatmeal Cookies

1 cup Sun-Maid Seedless Raisins
½ cup shortening
1 cup granulated sugar
2 eggs
¼ cup milk
1⅔ cups quick-cooking oats
1½ cups sifted all-purpose flour
1 teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon

Rinse raisins in hot water and drain. Cream shortening with sugar; add beaten eggs, milk, oats and raisins and mix well. Add flour sifted with soda, salt and spice and beat. Drop onto greased cooky sheet and bake about 10 minutes in a moderately hot oven (400 degrees F.). Makes 6 dozen medium-sized cookies.

Raisin Filled Cookies

FILLING:
1 cup Sun-Maid Seedless Raisins
¼ cup orange juice
2 teaspoons finely cut fresh orange rind (yellow only)
½ cup water
½ cup granulated sugar
¼ teaspoon salt
½ cup finely cut walnut meats

DOUGH:
½ cup butter
1 cup granulated sugar
3 eggs

GLAZE:
3½ cups sifted all-purpose flour
1 teaspoon cinnamon
½ teaspoon salt
3 teaspoons baking powder
1 egg white
2 tablespoons honey

FILLING: Rinse raisins; combine with orange juice, orange rind, water, sugar and salt. Bring to a boil and continue boiling until very thick. Remove from heat, add nuts and cool.

DOUGH: Cream butter and sugar thoroughly; add beaten eggs and beat until well blended. Add flour sifted with spice, salt and baking powder and mix thoroughly. Work with hands until dough is smooth. Divide into portions of convenient size to handle and work in sufficient flour to make rolling easy; roll very thin on floured board. Cut into rounds, squares or fancy shapes of desired size. Top pieces should have small circles cut from centers. Lay whole pieces on greased cooky sheet and place a portion of filling on centers; cover with corresponding top pieces and press edges together.

GLAZE: Beat egg white and honey together and use to brush tops. Bake in a moderately hot oven (400 degrees F.) about 15 minutes. Makes about 2½ dozen medium-sized cookies.

Mountain BARS

10

Boil together: $\frac{1}{2}$ cup milk
BOIL TO ROLLING BOIL 2 cups sugar

Mix together: 3 cups oatmeal
4 T. Cocoa
1 t. vanilla
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{2}$ cup coconut
 $\frac{1}{4}$ cup butter

Shape into balls and cool
in cool place.

Lemon Squares

11

Mix in order listed -

$\frac{1}{4}$ c. powdered sugar

$\frac{1}{8}$ t. salt

1 c. flour

$\frac{1}{2}$ c. margarine

Bake in an 8" square cake pan for
15 min. at 350°. Remove from oven and
spread with the following mixture: -

1 c. granulated sugar

$\frac{1}{2}$ t. baking powder

$\frac{1}{8}$ t. salt

2 eggs slightly beaten

2 T. lemon juice & rind

Return to oven and bake 20 min at 350°
(over)

When cookie mixture is cold, spread
with the following glaze:

2 T. lemon juice
 $\frac{3}{4}$ c. powdered sugar
1 T. butter

These cookies freeze well.