

Betty Crocker's
NEW
COOKBOOK



EVERYTHING YOU NEED TO KNOW TO COOK

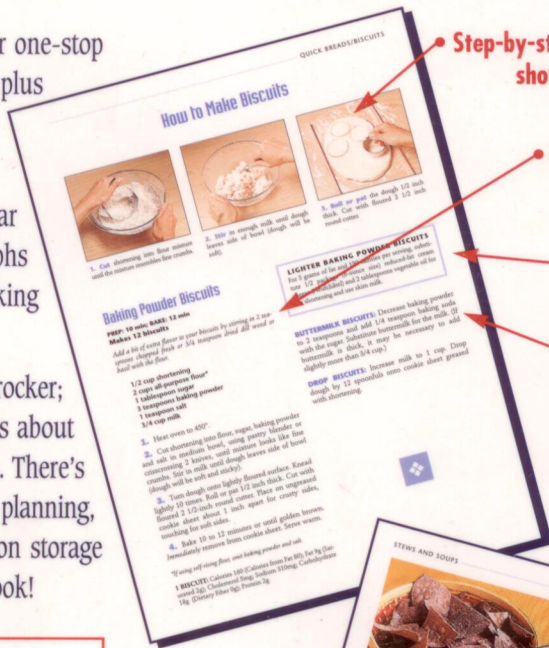
Betty Crocker's NEW COOKBOOK

LET BETTY CROCKER TEACH YOU HOW!

Trust *Betty Crocker's New Cookbook* to be your one-stop kitchen reference. With more than 900 recipes plus cooking hints, you'll always have what you need right at your fingertips.

You'll love these easy recipes. With familiar ingredients and more than 200 color photographs showing techniques and finished dishes, cooking couldn't be simpler.

And you get more than just recipes with Betty Crocker; you get confidence in the kitchen! Learn secrets about ingredients, food terms and cooking techniques. There's also information on entertaining and menu planning, along with food safety, freezing and refrigeration storage tips—in fact, everything you need to know to cook!



Step-by-step photographs showing techniques

Tips and helpful information

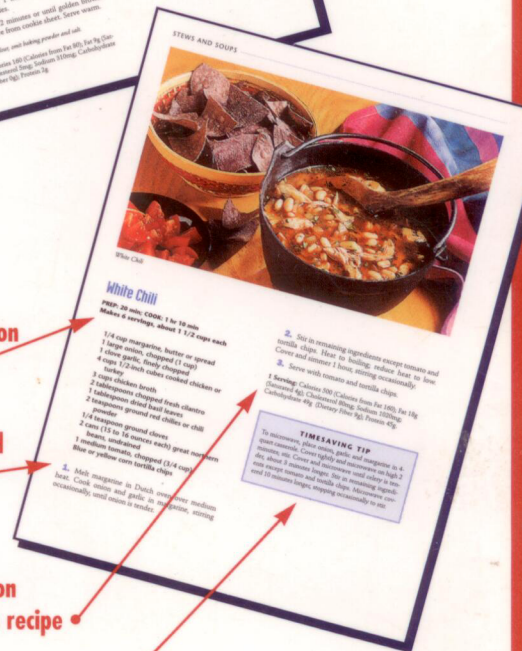
175 lighter variations

Flavor variations for many recipes

YOU'LL FIND...

HOW TO:	COOKING TERMS:	HOW TO IDENTIFY:
• Roast garlic	• Marinate	• Herbs
• Toast nuts	• Stir-fry	• Spices
• Knead bread dough	• Dice	• Pasta shapes
• Separate eggs	• Julienne	• Dried legumes
• Frost cakes	• Sauté	• Mushrooms
• Cut up pineapple	• Steam	• Tropical fruits
• Carve turkey	• Caramelize	• Salad greens

...AND MUCH MORE



Preparation times

Numbered steps

Nutrition information with each recipe

Timesaving tips for many recipes

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A BETTY CROCKER BOOK
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You can create great-tasting food with these approved recipes from Betty Crocker Kitchens. Cooking and baking have never been so easy or enjoyable!



For consistent baking results, the Betty Crocker Food and Publications Center recommends Gold Medal Flour.

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Eighth Edition

Introduction

Welcome to the latest edition of BETTY CROCKER'S COOKBOOK! We asked you what you wanted, listened to your requests, and created this cookbook to answer your cooking needs. In fact, we made so many changes, we even changed the name to BETTY CROCKER'S NEW COOKBOOK! We're delighted that you've invited Betty Crocker into your kitchen to help you find everything you need to know to cook!

We've looked at every recipe and made sure they are completely up to date, easy to use and just about foolproof. In addition, you told us today's cook still wants to make favorite recipes, and they also want them to be lower in fat and calories. So, we added lighter variations to well-loved original recipes—the choice is yours. You told us how busy you are, so we added timesaving tips to reduce your time in the kitchen.

And we included preparation and cook times with each recipe, to help plan your day.

Next we asked you to look at how the recipes are written, and you gave us good advice: number each step; place nutrition information—including number of calories from

fat—right with the recipe; and, make them simple to understand and easy to read. We did it all!

You asked for a cookbook that reflects the foods you want to cook, and the techniques you need to know. You'll find the best new food trends here, not flash-in-the-pan fads. Learn how to make salsa or *Tira Mi Su*, enjoy an entire chapter on pasta, find delicious ways to

eat more grains, or learn how to plan menus.

Our new design is fresh and colorful with bold blue accents that make it easier than ever to find and use the information you want. Look for lighter variations and timesaving tips in easy-to-read boxes; meat cooking timetables and other charts that are a breeze to follow; useful glossaries and identification photographs that take the mystery out of all kinds of foods—whether it's mushrooms or legumes.

Helpful line drawings and step-by-step photographs make new techniques easy to follow, and cooking basics in every section start you

off on the right foot. You'll also find explanations of cooking terms, information on grilling, microwaving, entertaining, emergency substitutions—and so much more!

We're proud to bring you this new cookbook—we couldn't have done it without you!



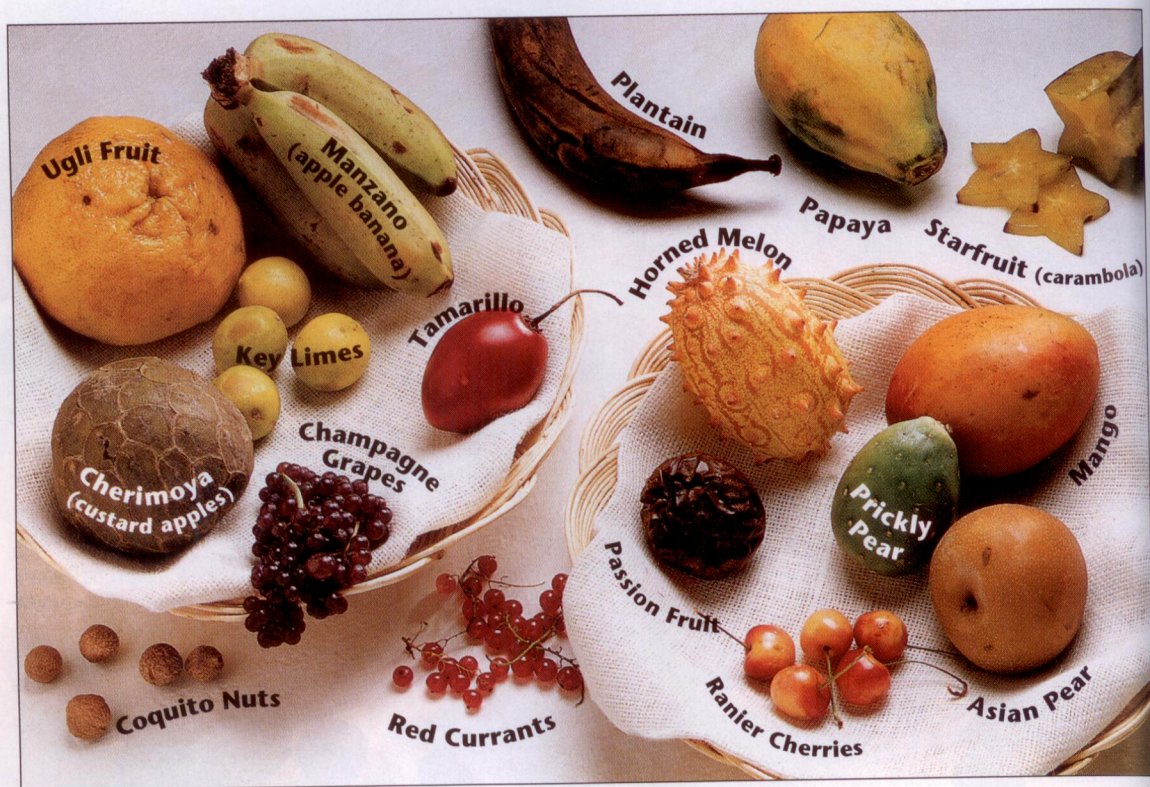
Blueberry Muffins (page 40)

Betty Crocker

About Desserts

It is very satisfying to end a meal with dessert from a simple baked apple to a rich, elegant cheesecake. The desserts here go beyond cakes and pies or cookies and candies, and lead you into a sweet territory all their own. Why not make one tonight?

Tropical & Specialty Fruits



Tips for Fruit Desserts

- A great variety of fresh fruits are now available year-round. However, the seasonal peak will bring the fullest flavors and the most economical prices.
- Fruits may be served at any time or any meal of the day. Serve fruits whole and uncut, cut up and mixed, or baked in delicious cobblers or other dessert specialties.
- Orchard fruits, citrus fruits and even those that used to be considered exotic, such as kiwifruit, mangoes and papayas, are almost staples today. Even the unusual fruits such as carambolas, tamarinds and prickly pears are becoming easier to find.
- Canned and frozen fruits may be used in many recipes for fresh fruits not in season.
- See Apples and Their Uses, page 326, to learn about apple varieties that work well in desserts.

Eggs Cooking Chart

Cook any number of large eggs, choosing the size of cooking utensil that will best hold the number of eggs being cooked.

Type	Other Ingredients	Directions	Success Tips
Soft-Cooked Eggs	Cold water at least 1 inch above egg(s)	Heat to boiling in saucepan; remove from heat. Cover and let stand 3 minutes. <i>Immediately</i> cool briefly in cold water to prevent further cooking. Cut lengthwise in half; scoop from shells.	Before cooking, pierce large end of eggs with a pushpin to help prevent them from cracking during cooking.
Hard-Cooked Eggs	Cold water at least 1 inch above egg(s)	Heat to boiling in saucepan; remove from heat. Cover and let stand 18 minutes. <i>Immediately</i> cool briefly in cold water to prevent further cooking. Tap egg to crack shell; roll egg between hands to loosen shell, then peel.	If shell is hard to peel, hold egg in cold water while peeling.
Poached Eggs	1 1/2 to 2 inches water	Heat water to boiling in skillet or saucepan; reduce to simmering. Break each egg into custard cup or saucer. <i>Carefully</i> slip egg into water. Cook about 5 minutes or until whites and yolks are firm, not runny. Remove with slotted spoon.	<ul style="list-style-type: none"> • Hold cup or saucer close to surface of water for best shape and to avoid splashing. • Use a large enough pan so eggs do not touch while cooking. • Substitute chicken or beef broth for the water if desired.
Fried Eggs	Margarine, butter or bacon fat	Heat 1/8 inch fat in heavy skillet over medium heat until hot. Break each egg into custard cup or saucer. <i>Carefully</i> slip egg into skillet. <i>Immediately</i> reduce heat to low. Cook 5 to 7 minutes, spooning fat over eggs, until whites are set, a film forms over top and whites and yolks are firm, not runny. For over-easy eggs, <i>gently</i> turn over after 3 minutes and cook 1 to 2 minutes longer.	Lighter Fried Eggs: Use a nonstick skillet and spray skillet with nonstick cooking spray. Cook eggs over low heat about 1 minute or until edges turn white. Add 2 teaspoons water for each egg. Cover and cook about 5 minutes longer or until a film forms over top and whites and yolks are firm, not runny.
Baked Eggs (Shirred)	Margarine or butter, softened	Heat oven to 325°. Grease custard cups with margarine. <i>Carefully</i> break 1 egg into each cup. Sprinkle with salt and pepper. Top each with 1 tablespoon milk or half-and-half. Dot with margarine. Bake 15 to 18 minutes or until whites and yolks are firm, not runny.	Instead of dotting with margarine, sprinkle each egg with 1 tablespoon shredded Cheddar or grated Parmesan cheese if desired.

- Mold-ripened or blue-veined cheeses can be cut easily and cleanly into slices at room temperature with dental floss or heavy thread. Crumbling or chopping works best when cheese is at refrigerator temperature. It won't stick at all if it's frozen.

Cooking with Cheese

- Four ounces of shredded, crumbled or grated cheese equals 1 cup.
- Keep cooking temperature low and the cooking

time short. High heat and overcooking cause cheese to become stringy and tough.

- When adding cheese to other ingredients, cut it into small pieces so it melts evenly and quickly.
- Cheeses with similar flavors and textures can be used interchangeably.
- Cheese microwaves well, but lower power settings work best for the most even heating. Soften cream cheese by removing foil wrapper and microwaving uncovered on Medium (50%) until softened, a 3-ounce package for 30 to 45 seconds and an 8-ounce package for 60 to 90 seconds.

Quiche Lorraine

PREP: 25 min; BAKE: 45 min; STAND: 10 min
Makes 6 servings

(photograph on page 161)

- Pastry for 9-Inch One-Crust Pie (page 93)**
8 slices bacon, crisply cooked and crumbled
1 cup shredded natural Swiss cheese
 (4 ounces)
1/3 cup finely chopped onion
4 large eggs
2 cups whipping (heavy) cream
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground red pepper (cayenne)

1. Heat oven to 425°.
2. Prepare pastry. Ease into quiche dish, 9 × 1 1/2 inches, or pie plate, 9 × 1 1/4 inches.
3. Sprinkle bacon, cheese and onion in pastry-lined quiche dish. Beat eggs slightly; beat in remaining ingredients. Pour into quiche dish. Bake 15 minutes.
4. Reduce oven temperature to 300°. Bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

1 SERVING: Calories 600 (Calories from Fat 460); Fat 51g (Saturated 25g); Cholesterol 255mg; Sodium 520mg; Carbohydrate 20g (Dietary Fiber 1g); Protein 16g

MUSHROOM QUICHE: Add 1 can (4 ounces) mushroom stems and pieces, drained, and 1 jar (2 ounces) diced pimientos, well drained, with the bacon.

SEAFOOD QUICHE: Substitute 1 cup chopped cooked crabmeat, shrimp, seafood sticks or salmon for the bacon and green onion for the onion. (Pat crabmeat dry.) Increase salt to 1/2 teaspoon.

Cheese Fondue Bake

PREP: 20 min; BAKE: 50 min
Makes 8 servings

This recipe can easily be prepared the night before, then covered, refrigerated and baked the next morning before serving. Increase the bake time to 55 to 60 minutes.

- 1/4 cup margarine or butter, softened**
2 tablespoons Dijon mustard
10 to 12 slices French bread, 1-inch thick
8 large eggs
1 cup milk
1/4 teaspoon salt
1/8 teaspoon pepper
Dash of ground nutmeg
1/3 cup dry white wine (or nonalcoholic) or chicken broth
2 cups shredded Swiss or Gruyère cheese
 (8 ounces)

1. Heat oven to 350°. Grease rectangular baking dish, 13 × 9 × 2 inches, with shortening.
2. Mix margarine and mustard. Spread evenly on one side of each slice bread. Cut bread into enough cubes to measure 8 cups.
3. Beat eggs, milk, salt, pepper and nutmeg in large bowl with wire whisk. Stir in wine and cheese. Stir in bread cubes. Let stand 5 minutes.
4. Spoon bread mixture evenly into baking dish. Bake uncovered 45 to 50 minutes or until golden brown and set in center.

1 SERVING: Calories 325 (Calories from Fat 180); Fat 20g (Saturated 8g); Cholesterol 240mg; Sodium 520mg; Carbohydrate 19g (Dietary Fiber 1g); Protein 18g

LIGHTER CHEESE FONDUE BAKE

For 8 grams of fat and 215 calories per serving, decrease margarine to 2 tablespoons. Substitute 2 cups fat-free cholesterol-free egg product for the eggs. Use skim milk and reduced-fat cheese.



Jarlsberg

Gruyère

Swiss

Cheddar

Parmesan

Romano

Asiago

Monterey Jack

Brick

Port du Salut

Muenster

String Mozzarella

Feta

Curds

Brie

Farmer

Bel Paese

Camembert

Colby

Provolone

Havarti

Boursin

Montrachet

Fontina

Gorgonzola

Stilton

Roquefort

Blue

Cottage

Marscapone

Ricotta

Cream

Varieties of Natural Cheese

Texture	Flavor	Use
Very Hard (grating)		
Asiago	pungent, sharp	cooking, seasoning
Parmesan	piquant, sharp	cooking, pasta, salad, seasoning
Romano	piquant, sharp	cooking, pasta, seasoning
Hard		
Cheddar	mild to very sharp	cooking, dessert, with fruit
Cheshire	rich, robust	cooking, with fruit
Edam, Gouda	milky, nutty	appetizer, dessert
Gjetost	caramel, sweet	sandwich, snack
Gruyère	nutty, slightly sharp	cooking, dessert
Jarlsberg	buttery, slightly sharp	appetizer, sandwich, cooking
Nökkelost	spicy, creamy	appetizer, sandwich, cooking
Swiss	mild, nutty, sweet	appetizer, cooking, dessert, sandwich
Semisoft		
Blue	tangy, sharp, robust	appetizer, dessert, salad
Brick	mild to sharp	appetizer, sandwich
Colby	mild	cooking, sandwich
Curds	mild, chewy	appetizer, snack
Feta	salty, sharp	cooking, salad
Fontina	buttery	appetizer, cooking
Gorgonzola	piquant, salty	dessert, salad
Havarti	mild, mellow	appetizer, cooking
Monterey Jack	creamy, mild	appetizer, cooking, sandwich
Mozzarella, string	mild, chewy	cooking, pizza, appetizer
Muenster	mild to sharp	appetizer, dessert, sandwich
Port du Salut	mild to robust	appetizer, dessert, sandwich
Provolone	mild to sharp, smoky	cooking, sandwich
Reblochon	mild	appetizer, dessert
Roquefort	salty, sharp	appetizer, dessert, salad
Stilton	piquant, rich	dessert, salad, snack
Taleggio	creamy, mild to strong	appetizer, cooking
Soft		
Bel Paese	creamy, mild	cooking, dessert
Boursin	sharp	appetizer
Brie	mild to pungent	appetizer, dessert
Bucheron	sharp	cooking, dessert
Camembert	mild to pungent	appetizer, dessert, sandwich
Cottage, dry or creamed	mild	cooking, salad
Cream	very mild	appetizer, dessert, salad
Farmer	mild	cooking
Liederkrantz	pungent	appetizer, dessert
Limburger	very pungent	appetizer, snack
Mascarpone	very mild, sweet	dessert
Montrachet	creamy, mild	appetizer, cooking
Neufchâtel	mild	appetizer, dessert, salad, spread
Ricotta	mild	cooking, dessert, pasta

Spinach Phyllo Pie

PREP: 30 min; BAKE: 45 min

Makes 6 servings

For best results, it is important to have phyllo completely thawed and to work quickly with each layer.

- 1 tablespoon olive or vegetable oil
- 1 medium onion, chopped (1/2 cup)
- 1 medium red bell pepper, chopped (1 cup)
- 1 clove garlic, finely chopped
- 2 packages (9 ounces each) frozen chopped spinach, thawed and squeezed to drain
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup crumbled feta or Gorgonzola cheese (2 ounces)
- 2 large eggs
- 1 tablespoon chopped fresh or 1 teaspoon dried dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 sheets frozen phyllo (18 × 14 inches), thawed
- 2 tablespoons stick margarine or butter, melted*

1. Heat oven to 375°. Grease bottom and side of pie plate, 9 × 1 1/4 inches, with margarine.

2. Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are crisp-tender; remove from heat.

3. Stir in spinach, cream cheese, feta cheese, eggs, dill weed, salt and pepper.

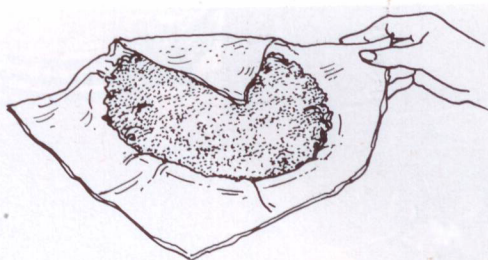
4. Cut stack of phyllo sheets into 12-inch square; discard extra phyllo. Cover with waxed paper, then with damp towel to prevent them from drying out. Brush each of 4 phyllo squares with margarine and layer in pie plate. Gently press into pie plate, allowing corners to drape over edge.

5. Spread spinach mixture evenly over phyllo. Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.

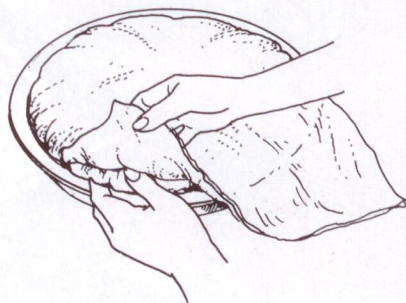
6. Gently tuck phyllo draping over top inside edge of pie plate. Cut through top phyllo layers into 6 wedges, using sharp knife or scissors.

7. Bake 35 to 45 minutes or until crust is golden brown and filling is hot. Let stand 10 minutes before serving.

*We do not recommend using vegetable oil spreads (see page 13).



a. Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.



b. Carefully lift bottom layers of phyllo and tuck top corners between bottom layers and plate to seal.

1 SERVING: Calories 320 (Calories from Fat 190); Fat 21g (Saturated 11g); Cholesterol 120mg; Sodium 610mg; Carbohydrate 25g (Dietary Fiber 2g); Protein 10g

LIGHTER SPINACH PHYLLO PIE

For 7 grams of fat and 195 calories per serving, decrease oil to 1 teaspoon and use a nonstick skillet. Use reduced-fat cream cheese (Neufchâtel). Substitute 1/2 cup fat-free cholesterol-free egg product for the 2 eggs. Omit the margarine and spray phyllo sheets with butter-flavored nonstick cooking spray.

