

MACARONI

EGG NOODLES

SPAGHETTI

THRIFT

Recipes



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The Energy Trio

MACARONI EGG NOODLES SPAGHETTI

Look for the Energy Trio emblem. Only manufacturers who are members of the National Macaroni Manufacturers Association are privileged to use it.

Suggestions for Preparing

MACARONI ▾ SPAGHETTI

EGG NOODLES



1. Successful Cookery Starts at Your Grocer's. Insist upon a quality product always. Don't risk disappointing results by scrimping a penny or two on price. Play safe by buying good Macaroni products!

2. Amount of Water Used Important. Six cups of water are usually sufficient for eight ounces of Macaroni or Spaghetti, or four ounces of Egg Noodles. With this amount of water the cooking process should be watched carefully, but there will be little water to pour off after cooking and the flavor will be better.

3. Have Water Rapidly Boiling and Salted. Be sure this is done before adding the Macaroni, Spaghetti or Egg Noodles. Use a slow flame—only enough to keep water at a boil. If additional water is required, add only boiling water. Drain water off immediately after cooking.

4. Cook Until Tender. The time required to cook Macaroni, Spaghetti or Egg Noodles varies according to the brand you use. The product is "tender" when the end does not look chalky white when a piece is cut.

5. Avoid Over-Cooking. Do not confuse tenderness with flabbiness. Macaroni products that have been cooked too long become soft and shapeless. A little experimenting will show you the proper length of time to cook your favorite brand.

General. When the manufacturer suggests blanching (to remove the excess starch which has not been poured off in the cooking water, and to make the pieces stand apart) use either hot or cold water, depending upon the dish to be made.

Left-over Macaroni, Spaghetti or Egg Noodles, or that intentionally cooked beforehand, should be covered and kept in a refrigerator. Run water over the pieces before using.

MACARONI

Macaroni and Ham

A Nourishing Meal

6 oz. macaroni	½ cup raisins
1 ½ cups cider	1 tsp. prepared mustard
1 medium slice ham	2 tbsp. brown sugar
1 tablespoon corn starch	

1. Cook macaroni until tender; drain.
2. Place ham in buttered baking dish, spread with mustard, sprinkle with brown sugar. Add raisins, cover with macaroni.
3. Boil cider and thicken with corn starch dissolved in a little cold water.
4. Pour over macaroni and bake covered in hot oven (400°) for one hour. Serves four liberally.



Macaroni Meat Loaf

1/2 lb. macaroni	3 eggs
1 cup bread crumbs	1 teaspoon salt
1 teasp. grated onion	1 cup milk
3/4 cp. raw ground meat	1/2 green pepper
1 tablespoon parsley	

1. Cook macaroni until tender; drain. 2. Combine macaroni with remaining ingredients; pour into buttered loaf pan. 3. Bake in moderate oven (325°) 30-45 minutes. 4. Serve with tomato sauce. Substitute salmon or tuna for meat if desired. Makes four generous servings.

Macaroni Jardiniere

1/2 lb. macaroni	1 1/2 cups milk
1 can or bunch of asparagus	3 tablespoons flour
1/2 cp. buttered crumbs	3 tablespoons butter
1 hard-cooked egg	1 teaspoon salt
	1/4 teaspoon paprika

1. Cook macaroni until tender; drain. Cook asparagus, if fresh. 2. Make white sauce of butter, flour, milk, seasonings; add macaroni, and asparagus cut small. 3. Cover with crumbs, bake in moderate oven (325°) for 20 minutes. Garnish with egg slices; serve hot. Serves four.

Roast Fowl + Macaroni Stuffing

1/2 lb. macaroni	1/2 lb. chestnuts
1 cup prunes	2 tablespoons butter
3 apples	1 egg
Salt, pepper, sage	

1. Cook macaroni until tender; drain. 2. Prepare fowl for stuffing. 3. Cook and stone prunes; cut into quarters. Pare, core and chop apples. Parboil chestnuts, remove hulls and cut into quarters. 4. Mix macaroni, apples, prunes and chestnuts with melted butter and beaten egg. Season with salt, pepper and sage, and stuff fowl.

Macaroni with Vegetables

½ lb. macaroni	3 cups soup stock
2 tablespoons butter	½ cup green peas
¾ cup string beans	½ teaspoon salt
1 onion (chop fine)	½ cup diced carrots

1. Fry onion in butter until brown. 2. Have stock boiling, add salt, uncooked macaroni and vegetables. 3. Cook 20 minutes, stirring often. Serve as main dish of meal. Four generous servings.

Macaroni Tomato Soup

½ lb. macaroni	1 teaspoon butter
1 can tomato soup	Salt and pepper

1. Cook macaroni until tender and then drain. 2. Heat tomato soup, pour over macaroni undiluted. 3. Add butter, salt and pepper to taste. Serves 4.

Macaroni Lemon Dessert

½ lb. macaroni	½ cup sugar
3 ½ cups milk	2 eggs
1 cup raisins	½ teaspoon cinnamon
½ teaspoon lemon extract	

1. Bring 3 cups milk to boil with slice of lemon rind ½-inch wide in it. 2. Remove rind, add uncooked macaroni, broken small, and raisins. Cook gently until macaroni is tender, stirring to prevent burning. 3. Mix sugar, slightly beaten egg, remaining milk and pinch of salt. Add to macaroni and cook slowly until egg is cooked. 4. Add lemon extract and cinnamon. Serve with cream. Serves four persons generously.



Macaroni au Gratin

Serve It Often!

$\frac{1}{2}$ lb. macaroni	2 cups milk
3 tablespoons flour	1 cup tomatoes
3 tablespoons butter	$\frac{1}{4}$ lb. cheese
$\frac{1}{4}$ teaspoon salt	

1. Cook macaroni until tender; drain. 2. Make cream sauce of butter, flour, salt and milk. 3. Add cheese and stir until melted. 4. Add macaroni to cream sauce. 5. Place in baking dish in alternate layers with tomatoes, having macaroni on top when through. Brown well. Serve hot. (Makes 4 generous servings.)

Macaroni with Tomatoes

½ lb. macaroni
4 slices bacon
1 medium onion

1 can tomatoes
½ cup breadcrumbs
Salt and pepper

1. Cook macaroni until tender; drain. 2. Cut bacon in small pieces, mince onion, fry together until onion is browned. 3. Add tomatoes and macaroni, mix well, place in baking dish and sprinkle with crumbs. 4. Bake in hot oven (400°) until browned. Serve hot. (Omit bacon for Lenten dish.) Serves four liberally.

Macaroni Tuna Salad

½ lb. macaroni
1 can tuna fish
½ cup mayonnaise

1 can sifted peas
½ cup chopped celery
1 tablespoon lemon juice

1. Cook macaroni until tender; drain and chill. 2. Add remaining ingredients; serve on lettuce with French dressing, chopped pimiento. Four liberal servings.

Egg Noodle Summer Salad

5 oz. egg noodles
2 tbsp. grated onion
1 teaspoon salt
¼ cup pecan meats

½ cup raw carrot
¼ cup green pepper
1 cup red apple
1 tablespoon lemon juice

1. Cook egg noodles until tender; drain and chill. 2. Add remaining ingredients, blend in ½ cup of mayonnaise dressing and mix lightly. 3. Serve with lettuce, garnished with sliced olives or pimiento. Four liberal servings.

EGG NOODLES

Pot Roast and Egg Noodles

Makes a Meal in Itself!

5 oz. egg noodles
3 to 5 lb. pot roast
2 cups boiling water

2 tablespoons butter
 $\frac{1}{2}$ onion
Salt and pepper

1. Brown butter, onion and roast. 2. Add water, cook slowly in oven or kettle for $2\frac{1}{2}$ hours. Add water to leave 1 cup stock. 3. Cook egg noodles until tender; drain. 4. Make gravy with stock; place egg noodles around roast on platter and pour gravy over it. Serve with vegetables. Four generous servings.





Egg Noodle Ring with Shrimps

10 oz. egg noodles	3 tablespoons butter
3 eggs separated	1 cup shrimps
1 teaspoon grated onion	1 tablespoon pimiento
1 can peas or small limas	1 1/2 cups white sauce

1. Cook egg noodles until tender; drain. Stir in melted butter, add well-beaten egg yolks, fold in whites beaten stiff. 2. Pour into ring mold, set in pan of water, bake in moderate oven 20 minutes. 3. Add shrimp and peas to white sauce, heat well, add other ingredients, season to taste. 4. Turn ring onto platter, fill center with shrimp mixture. Serve hot. Makes four liberal servings.

Egg Noodle Casserole

5 oz. broad egg noodles	1/4 cup cooked diced carrots
1 lb. liver	3 tablespoons flour
1 lb. chopped onion	1 1/2 cups milk or soup stock
1/2 cup crumbs	Salt and pepper

1. Cook egg noodles until tender and drain. 2. Line a casserole with them, leaving large hollow in center. 3. Cook liver in small amount boiling salted water. Drain and cut in very small pieces. 4. Fry onion and carrot in bacon fat, add flour, stirring until browned. Add soup stock or milk, and liver, season to taste and cook until thickened. 5. Pour into casserole, cover with buttered crumbs and brown in oven or under broiler. Serves four.

Egg Noodle Chicken Soup

1 cup fine egg noodles	1 quart chicken stock
3/4 cup milk	Salt and pepper

1. Skim fat from stock and bring to boil; slowly add egg noodles, cook until tender. 2. Add milk if desired, for richness. Season to taste. Serves four.

Add Egg Noodles to Tomato Soup or Consomme for variety!

Egg Noodle Custard

5 oz. egg noodles	2 cups milk
1 cup sugar	4 eggs
1 teaspoon salt	1/4 tsp. lemon extract

1. Cook egg noodles until tender; drain, add milk and let stand 45 minutes. 2. Add 1/2 of sugar, all salt, lemon extract and 4 slightly beaten yolks. 3. Beat whites stiff, beat in rest of sugar; fold into above mixture. 4. Pour into mold, bake 1 hour in moderate oven. Serve with whipped cream. Four generous servings.

SPAGHETTI

Spaghetti Salmon Loaf

For Luncheon or Supper

½ lb. spaghetti	3 eggs
1 cup breadcrumbs	1 teaspoon salt
1 tbsp. grated onion	1 cup milk
½ green pepper	¾ cup salmon
1 tablespoon parsley	

1. Cook spaghetti until tender and drain. 2. Remove bones and skin from salmon, shred and mix with remaining ingredients. 3. Pour into buttered loaf pan and bake in moderate oven (325°) for 30-45 minutes. 4. Serve with Tomato Cream Sauce. Serves four persons liberally.

(May also be made with macaroni, as illustrated.)



Spaghetti Plate

½ lb. spaghetti	¼ cup diced carrot
2 cups meat	¼ cup diced celery
2 tablespoons flour	1 tablespoon lemon juice
1 cup milk	1 teaspoon chili sauce

1. Cook spaghetti until tender; drain. 2. Mix cold meat, carrot, celery, add flour and milk; cook slowly until well heated. 3. Add lemon juice and chili sauce. 4. Arrange spaghetti around platter, fill center with meat. Garnish with parsley or green pepper chopped. Serves four generously.

Lyonnaise Spaghetti

½ lb. spaghetti	1 pimiento
1 onion	4 tbsp. bacon fat or butter
1 green pepper	

1. Cook spaghetti until tender; drain. 2. Chop onion, green pepper and pimiento fine. Fry in bacon fat or butter until onions begin to brown. 3. Add spaghetti, keep cooking until onion is well browned. Serve in place of potatoes. Serves four.

Spaghetti with Oysters

½ lb. spaghetti	1 ½ cups milk
1 quart oysters	2 tablespoons butter
2 tablespoons flour	Buttered crumbs

1. Cook spaghetti until tender; drain. 2. Place in baking dish in alternate layers with oysters. 3. Make sauce of butter, flour, milk and oyster liquid; pour over dish and cover with crumbs. 4. Bake in hot oven (425°) 10-15 minutes. Serve with chopped, blanched almonds as a sprinkle. Four generous servings.

Spaghetti Hasty Hot

½ lb. spaghetti	½ cup chopped
1 cup tomato	bacon
puree	½ teaspoon salt
1 onion (chop fine)	1 green pepper

1. Fry bacon, onion and green pepper slightly brown.
2. Add uncooked spaghetti, salt, tomato and 2 cups boiling water; cook 20 min., stirring often.
3. Garnish with sliced olives; serve hot. Four generous servings.

Spaghetti Chicken Salad

½ lb. spaghetti	½ cup mayonnaise
2 cups cooked diced	1 tablesp. each of pimiento,
chicken	capers, grated onion,
1 cup chopped celery	chopped green pepper
1 teaspoon salt	

1. Cook spaghetti until tender; drain and chill.
2. Add remaining ingredients and mix lightly.
3. Serve on lettuce, with grated eggs. Salmon or tuna fish may be used in place of chicken if preferred. Four liberal helpings.

Spaghetti Croquettes

½ lb short cut spaghetti	1 cup tuna fish
3 tablespoons butter	¼ cup pimientos
3 tablespoons flour	1 egg
1 cup milk	1 teaspoon salt

1. Cook spaghetti until tender; drain and chill.
2. Make cream sauce of flour, butter, milk; cook thoroughly.
3. Add spaghetti, tuna fish, pimientos cut fine, and salt; chill again.
4. Shape into croquettes, roll in egg beaten with 2 tbsp. milk, dip in crumbs, fry in deep hot fat. Serves four.

Spaghetti Seville

A Delicious "Main Dish"

½ lb. spaghetti

1 small onion diced

1 can tomatoes

½ lb. hamburger or

other ground meat

1 cup cheese

1. Cook spaghetti until tender; drain. 2. Brown meat and onion in small amount of fat; add tomatoes and simmer ½ hour. 3. Add grated cheese; cook 10 minutes, then add spaghetti. Serve with pickle relish. Salmon or tuna fish may be used in place of meat. Serves four persons.



MACARONI **PRODUCTS** *and Your Health*

Macaroni, Egg Noodles and Spaghetti make up a "family" of foods, each being rich in the elements that build sturdy bodies and alert minds. The high proportion of carbohydrates, together with protein, has given Macaroni Products the popular name, "The Energy Trio."

When combined with vegetables, and with cheese, meat or fish, Macaroni, Spaghetti and Egg Noodles make ideally balanced meals. Their mild, appetizing quality makes them a perfect "base" for any desired dish.

With eggs or vegetables, Macaroni Products are unexcelled as foods for children. They are easily digested, and supply the vital materials to rebuild the body tissues that an active child "burns up" during a busy day. Many specialists advocate Macaroni as the first solid food for infants.

Eat Macaroni Products regularly in dieting, for they are non-fattening in character, and they furnish the strengthening elements necessary to maintain health and vigor.

Macaroni
Egg Noodles
Spaghetti



delicious
economical
healthful

THE ENERGY TRIO