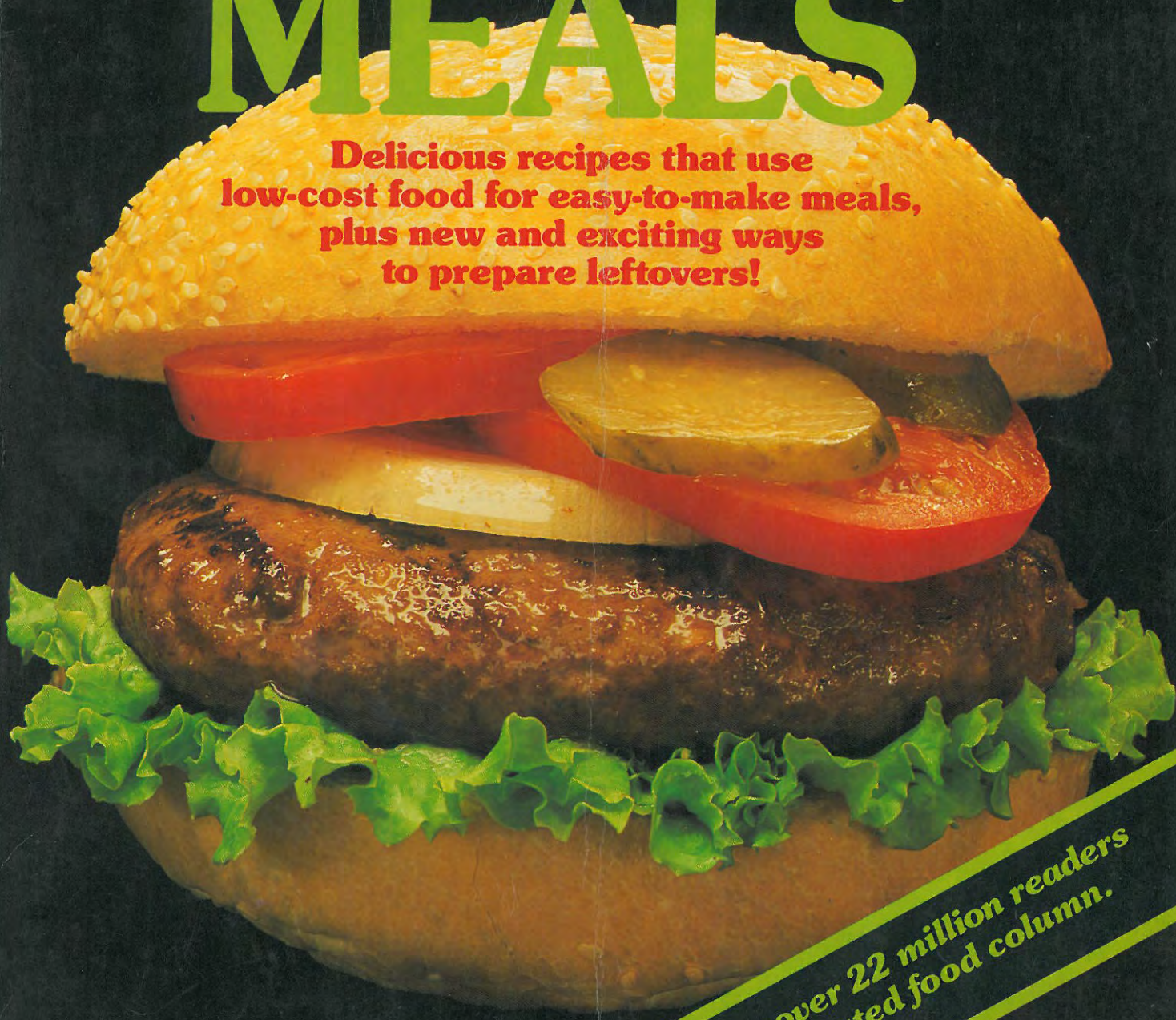
$1.95

$2.95 Can./Aust.

QUICK & DELICIOUS

THRIFTY MEALS

Delicious recipes that use low-cost food for easy-to-make meals, plus new and exciting ways to prepare leftovers!



By Johna Blinn—over 22 million readers follow her syndicated food column.

QUICK & DELICIOUS

THRIFTY MEALS

by

Johna Blinn

Edited by Tom Dorsey

Published by Playmore Inc., Publishers and Waldman Publishing Corp.,
New York, New York

PRINTED IN CANADA

Edited by Joshua Hanft

Acknowledgments

This writer is especially indebted to the expert advice, encouragement and cooperation of many. I am especially indebted to A.C. Collins, Ruth Lundgren, Carl Turner, Ralph Marino, Fresh Garlic Association, National Broiler Council, B.F. Trappey's, Inc., American Egg Board, American Spice Trade Association, Campbell Soup Co., Rice Council, Rae Hartfield, United Fresh Fruit and Vegetable Association, National Fisheries Institute Inc., Best Foods, National Livestock and Meat Board, American Lamb Council, Fleischmann's Active Dry Yeast, National Pork Producers Council, California Turkey Industry Board, McIlhenny Co., McCormick & Co., Inc., Louisiana Seafood Promotion and Marketing Board, Louisiana Soft-Shell Crawfish Association, Catfish Farmers of America, Maine Dept. of Marine Resources, Orleans Cajun-Creole Restaurant of Los Angeles, Mrs. Dash Seasonings, Luzianne Coffee, Dr. Diane Linder, specialist, Louisiana Cooperative Extension Service, Hershey Corporation, Ralph & Kacoo's Louisiana Seafood Restaurants, Tony Barton of CBS-TV's "Frank's Place," The Potato Board, Chef Charles Bailey's Cajun Butter, Chef Gallagher's Poppa Gator Cajun popcorn seasoning, Delmarva Poultry Industry, Inc., *The Conservationist*, Louisiana Department of Wildlife and Fisheries, Louisiana Fish Fry Products, Ltd., Annette Hegen, Texas Agricultural Extension Service, Paul Prudhomme, Karo corn syrup, Nucoa margarine.

J.B.

BARONET B·O·O·K·S

BARONET BOOKS is a trademark of Playmore Inc., Publishers
and Waldman Publishing Corp., New York, N.Y.

Copyright © MCMLXXXIX by Johna Blinn. All rights reserved. No part of this cookbook may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information or permission write to Waldman Publishing Corp., 18 East 41st Street, New York, N.Y. 10017.



The Author

Johna Blinn is the author of more than 40 books on food, television and the movies. To insure the authenticity of the recipes gathered for this book, she talked to experts on Cajun and Creole cuisine across the United States and Canada, concentrating on Louisiana, where the cuisine was born.

Blinn's syndicated column, "Celebrity Cookbook" appears in newspapers and magazines from coast to coast and in 13 countries overseas. She writes regularly about celebrities and food for *Family Circle* and does up-close-and-personal entertainment reports and interviews for newspapers and magazines worldwide, including *Woman's World, Good Housekeeping, Redbook* and *USA Today* and the *North America/The Times of London Syndicates.*

Blinn was a food editor at *LOOK* magazine, *50+* Magazine, and *Forecast for Home Economists*. She has a B.A. degree in home economics from the University of Iowa, took graduate study at the University of Wisconsin and UCLA, and taught home economics in Iowa, Virginia and New York. She is married and has two children and currently lives in Los Angeles.

CONTENTS

Openers

Soups 5

Main Dish Fare

Fish & Seafood 9

Beef 14

Lamb 33

Pork 29

Poultry 35

Salads 44

Vegetables 48

Desserts 55

Cape of Good Hope Chowder

Serves 6

South African rock lobster tails, weighing 16 ounces
2 cups diced potatoes
salted water
¼ cup diced salt pork
½ cup minced onion
½ cup minced celery
¼ cup minced green pepper
3 cups canned tomatoes
3 cups water
sea toast or crisp crackers (optional)

1. Thaw lobster tails; cut around edges of underside membrane with kitchen shears and remove meat from shells.
2. Cut rock lobster meat into ½-inch cubes; set aside.
3. Cook potatoes in salted water until tender; drain and set aside.
4. Cook salt pork in a large saucepan until crisp.
5. Add onion, celery, green pepper and rock lobster cubes; cook over low heat 3 minutes, or until rock lobster meat becomes opaque and creamy white.
6. Add potatoes, tomatoes and water; slowly bring to a boil.
7. Serve piping hot with sea toast or other crisp crackers if desired.

Mulligatawny Soup

Makes about 2½ quarts

¼ cup butter or margarine
2 medium onions, thinly sliced (1½ cups)
2 medium-size carrots, thinly sliced (1 cup)
2 ribs celery, thinly sliced (1 cup)
½ green pepper, thinly sliced (½ cup)
2 tablespoons flour
1 tablespoon curry powder
1½ teaspoons salt
¼ teaspoon ground cloves
2 quarts water
½ teaspoon Tabasco sauce
1 turkey carcass
2 apples, cored, pared and chopped
1½ cups cooked rice (optional)

1. Melt butter in a large kettle; sauté onions, carrots, celery and green pepper until tender.
2. Stir in flour, curry powder, salt and cloves; cook 1 minute.
3. Gradually add water and Tabasco sauce; mix well.
4. Add turkey and half the apples; cover and bring to a boil.
5. Reduce heat; simmer 1 hour.
6. Remove turkey and set aside; with a slotted spoon, remove vegetables.
7. Purée vegetables in a blender or food processor or through a food mill; return to soup.
8. Remove turkey meat from bones; return meat to soup and discard bones.
9. Add the remaining chopped apples, cover and simmer 20 minutes longer.
10. Serve soup over 2 tablespoons of rice in each bowl.

NOTE: For best flavor, use a meaty turkey carcass.

Fisherman's Chowder

Serves 8

3 tablespoons corn oil
1 cup chopped onions
½ cup diced carrot
½ cup diced celery
2 tablespoons flour
2 cups water
1 can (1 pound) tomatoes, broken up
2 packages (12 ounces each) frozen haddock fillets, thawed and cut into 1-inch pieces
1 tablespoon original Worcestershire sauce
1 teaspoon salt
¼ cup chopped parsley
oyster crackers (optional)

1. Heat oil in a saucepan.
2. Add onions, carrot and celery; sauté until tender, about 5 minutes.
3. Blend in flour; cook, stirring, 2 minutes.
4. Add water and tomatoes; bring to a boil.
5. Add fish, Worcestershire sauce and salt; reduce heat and simmer, covered, 15 minutes longer.
6. Stir in parsley.
7. Serve with oyster crackers if desired.

Double Pea Soup

Serves 8

1 can (1 pound 4 ounces) chick peas
water
1 can (11¼ ounces) condensed green pea soup
1 can (10¾ ounces) condensed cream of chicken soup
1 tablespoon original Worcestershire sauce
1 teaspoon basil leaves, crumbled
¼ cup chopped parsley

1. Drain chick peas, reserving liquid and peas separately.
2. Add sufficient water to chick pea liquid to measure 2½ cups.
3. Combine chick pea liquid and green pea soup in a saucepan; mix well.
4. Stir in chicken soup, Worcestershire sauce, basil and reserved chick peas; bring to a boil, stirring occasionally.
5. Add parsley and serve hot.

Golden Soup

Serves 4

½ cup dried yellow peas
water
1 quart Lamb Stock
8 dry bread cubes
1 egg, beaten
2 tablespoons milk
salt to taste
pepper to taste
1 tablespoon chopped parsley

1. Cover dried peas with water and soak for 3 to 4 hours; drain.
2. Simmer peas in Lamb Stock until tender.
3. Dip bread cubes in a mixture of egg and milk; drop into soup.
4. Cover and simmer about 5 minutes.
5. Season to taste with salt and pepper; sprinkle with parsley.

Lamb Stock

3 pounds lamb neck bones
3 quarts cold water
1 tablespoon salt
⅓ cup chopped celery
⅓ cup diced carrots
⅓ cup chopped onion
5 whole cloves
1 bay leaf
¼ cup chopped parsley

1. Cut meat from bones; brown well.
2. Add remaining ingredients; cover and simmer 3½ to 4 hours.
3. Strain, chill, remove fat and strain again.

Creative Tuna Soup

Serves 4

2 tablespoons butter or margarine
1 cup chopped onion
1 clove garlic, minced
1 package (10 ounces) frozen Italian-style vegetables in sauce, thawed
1 can (6½ or 7 ounces) tuna, drained
2½ cups chicken broth
1 cup cooked pasta
¾ cup shredded Monterey Jack cheese

1. Melt butter in a large saucepan; sauté onion and garlic until tender.
2. Add vegetables, tuna and broth; bring to a boil.
3. Reduce heat and simmer 5 minutes.
4. Add pasta; heat through.
5. Serve sprinkled with cheese.

Scotch Soup

Serves 4

1½ pounds lamb neck bones
1 quart cold water
2 medium-size onions, sliced
2 tablespoons barley or rice
2 potatoes, sliced
salt to taste
flour (optional)

1. Cut lamb from bones; place with bones in kettle with water.
2. Cover kettle and cook slowly several hours.
3. One hour before serving, remove bones; add remaining ingredients.
4. Thicken with a little flour, if desired.
5. Continue cooking 1 hour.

NOTE: Carrots, tomatoes, or green beans make tasty additions.

Quickie Cheese-Clam Chowder

Makes 1½ cups

2 cups diced cooked potatoes
water
2 cans (7½ ounces each) minced clams, undrained
2 cups milk
1 can (10½ ounces) condensed onion soup
1 can (10¾ ounces) condensed cream of celery soup
2 cups (8 ounces) shredded Cheddar cheese
grated Parmesan cheese (for garnish)
chopped parsley (for garnish)

1. Cook potatoes in a saucepan in a small amount of salted water. (Do not overcook.)
2. Pour off all but ½ cup liquid.
3. To potatoes and liquid, add the clams, milk, and onion and celery soups; heat until simmering.
4. Remove from heat; add Cheddar cheese gradually, blending well after each addition. (If necessary, return to low heat to finish melting cheese.) Do not boil.
5. Serve garnished with Parmesan cheese and parsley.

Potato Basque Soup

Serves 6

1 pound Italian sausage, sliced
½ cup chopped onion
2 cans (1 pound each) tomatoes
4 Idaho potatoes, pared and diced (6 cups)
¼ cup chopped parsley
1 cup diagonally sliced celery
2 tablespoons chopped celery leaves
1½ cups water
2 beef bouillon cubes
1 tablespoon lemon juice
1 bay leaf
2 teaspoons salt
½ teaspoon dried leaf thyme
¼ teaspoon pepper

1. Brown sausage over medium heat in a large saucepan or kettle.
2. Add onion; cook 5 minutes.
3. Add remaining ingredients; bring to a boil.
4. Reduce heat and simmer, uncovered, 40 minutes, or until potatoes are tender.

Hearty Ham & Bean Soup

Serves 10

1 smoked ham shank, weighing about 2 pounds
2½ quarts water
½ cup dried red kidney beans
½ cup dried white kidney beans
½ cup dried pinto beans
¼ cup chopped onion
3 tablespoons original Worcestershire sauce
1 bay leaf
2 cups sliced carrots

1. Combine all the ingredients except carrots in a large heavy saucepot; bring to a boil.
2. Reduce heat and simmer, covered, until beans are almost tender, about 2 hours.
3. Stir in carrots; cover and simmer until beans and vegetables are tender, about 1 hour longer.
4. Remove ham shank. Cut off skin and bone; discard.
5. Cut meat into chunks; return to saucepot and heat until hot.

Lamb-Vegetable Soup

Serves 4 to 6

6 cups water
½ cup medium barley, washed
½ cup chopped onion
½ cup chopped celery
2 tablespoons chopped parsley
2 teaspoons salt
½ teaspoon dried leaf thyme
¼ teaspoon Tabasco sauce
bones from 5- to 6-pound leg of New Zealand spring lamb
2 cups tomato juice or mixed vegetable juice
1 package (10 ounces) frozen mixed vegetables

1. Combine all ingredients except tomato juice and frozen vegetables in a 4-quart saucepan; bring to a boil.
2. Cover and reduce heat; simmer 30 minutes.
3. Add tomato juice; return soup to a boil.
4. Cover and reduce heat; simmer 30 minutes longer.
5. Remove bones.
6. Add frozen vegetables; cover and simmer 10 minutes.
7. Remove any meat from bones and add to soup; heat.

Fish Sticks Orleans

Serves 6

2 packages (9 ounces each) frozen fish sticks with sauce mix
2 tablespoons butter or margarine
2 tablespoons minced onion
1 can (1 pound) tomatoes, broken up
½ cup diced green pepper
2 teaspoons original Worcestershire sauce
½ teaspoon salt

1. Prepare fish sticks according to package directions. (Reserve packets of sauce mix.)
2. Meanwhile, melt butter in a saucepan.
3. Add onion; sauté until tender, about 5 minutes.
4. Stir in tomatoes, green pepper, Worcestershire sauce and salt; bring to a boil.
5. Reduce heat and simmer, uncovered, until sauce is slightly thickened, about 10 minutes.
6. Stir in reserved sauce mix; serve over hot fish sticks.

Spaghetti with Clam & Shrimp Sea Sauce

Serves 4

6 ounces spaghetti
1 can (8 ounces) minced clams, undrained
water
½ cup butter
3 cloves garlic, crushed
2 tablespoons chopped green onion
2 teaspoons parsley flakes
2 teaspoons cornstarch
1 can (5 ounces) shrimp, drained and chopped
2 tablespoons Parmesan cheese

1. Cook spaghetti according to package directions.
2. Meanwhile, drain clams, reserving liquid; add enough water to clam liquid to measure 1 cup. Set aside.
3. Melt 6 tablespoons butter in a saucepan; sauté garlic, onion and parsley until onion is cooked.
4. Combine cornstarch and reserved clam liquid.
5. Add cornstarch mixture to butter mixture; cook over medium heat, stirring constantly, until thickened. Boil 2 additional minutes.
6. Stir in clams and shrimp; heat to serving temperature.
7. Drain spaghetti; toss with remaining butter and Parmesan cheese.
8. Arrange spaghetti on warmed serving platter; pour sauce over all.

Bacalao Portuguese

Serves 4

1 pound salt cod
cold water
3 tablespoons olive oil
2 cups frozen shoestring potatoes
1 large onion, chopped
6 eggs, beaten
½ cup milk
¾ teaspoon Tabasco sauce
2 tablespoons chopped parsley
black olives (for garnish)
fresh parsley sprigs (for garnish)

1. Soak cod overnight in cold water, changing water 3 or 4 times before bedtime; drain and rinse in running water.
2. Cover fish with water in a large saucepan; bring to a boil. (Taste water; if too salty, replace with fresh.)
3. Simmer fish, uncovered, 20 minutes, or until fish flakes when tested with a fork; drain, flake fish and set aside.
4. Heat oil in a large skillet; sauté potatoes until golden, about 7 minutes.
5. Stir in onion; cook until soft.
6. Add fish; mix well.
7. Beat eggs in a small bowl; add milk, Tabasco sauce and parsley, mixing well.
8. Pour egg mixture over fish and potatoes; stir until eggs form soft curds.
9. Cover and cook over low heat until eggs are set.
10. Garnish with black olives and fresh parsley sprigs.

Broiled Fish Parmesan

Serves 4

½ cup real mayonnaise
3 tablespoons grated Parmesan cheese
1 teaspoon grated onion
¼ teaspoon Tabasco sauce
1 pound fish fillets, 4 pieces (¼ pound each)

1. Combine mayonnaise, Parmesan cheese, grated onion and Tabasco sauce in a small bowl; mix well.
2. Wash fish fillets; pat dry.
3. Place fillets on a shallow baking tray; place under a preheated broiler 6 inches from heat for 5 minutes.
4. Spread mayonnaise mixture on fish; return to broiler and broil about 4 minutes longer, or until topping is brown and bubbly, and fish is easily flaked with a fork.

Fish Sticks with Rarebit Sauce

Serves 4

1 tablespoon butter or margarine
1 tablespoon flour
½ cup beer
¼ cup water
1 cup shredded Cheddar cheese
½ teaspoon prepared horseradish
¼ teaspoon Tabasco sauce
2 packages (9 ounces each) frozen fish sticks

1. Melt butter in a small saucepan; stir in flour.
2. Cook over low heat, stirring constantly, 1 minute; remove from heat.
3. Combine beer and water; gradually add to flour mixture.
4. Cook over medium heat, stirring constantly, until mixture boils and thickens.
5. Add cheese, horseradish and Tabasco sauce; stir over low heat until cheese melts.
6. Prepare fish sticks according to package directions. Serve sauce over fish.

No-Hassle Tuna & Pasta

Serves 4

2 tablespoons butter or margarine
1 cup sliced onion
1 clove garlic, minced
1 package (10 ounces) frozen Italian-style vegetables in sauce, thawed
¼ cup water
1 can (6½ or 7 ounces) tuna, drained
1 cup shredded Monterey Jack cheese
4 cups cooked pasta (bow ties)

1. Melt butter in a large skillet; sauté onion and garlic until tender.
2. Add vegetables, water, tuna and ½ cup cheese; stir-fry until all ingredients are heated through.
3. Serve mixture over hot pasta; sprinkle with the remaining cheese.

Seaside Casserole

Serves 6

1 medium-size onion, chopped
3 tablespoons butter or margarine, melted
1 can (10¾ ounces) condensed cream of shrimp soup, undiluted
1 can (8 ounces) water chestnuts, drained and sliced
½ cup milk
2 cans (6½ ounces each) chunk light tuna in water, well drained
1 can (17 ounces) peas, drained
½ cup dairy sour cream
salt to taste
pepper to taste
chow mein noodles

1. Sauté onion in butter until tender.
2. Stir in soup, water chestnuts, milk and tuna; bring mixture to a boil.
3. Gently fold in peas and sour cream; season with salt and pepper.
4. Heat to serving temperature; serve over chow mein noodles.

Spaghetti with Sardine Sauce

Serves 6

2 cans (4 ounces each) Maine sardines
1 small green pepper, chopped
1 small onion, chopped
1 clove garlic, chopped
2 cans (8 ounces each) tomato sauce with cheese
¼ teaspoon crumbled oregano
½ cup water
2 teaspoons Angostura aromatic bitters
salt to taste
pepper to taste
1 package (8 ounces) thin spaghetti, cooked and drained

1. Drain oil from sardines into a skillet; set sardines aside.
2. Sauté green pepper, onion and garlic in oil until tender.
3. Add tomato sauce, oregano, water and Angostura; simmer, covered, 10 minutes.
4. Cut sardines into bite-size pieces; fold gently into sauce.
5. Season to taste with salt and pepper.
6. Pour hot sardine sauce over spaghetti.

Odd Couple Stir-Fry

Serves 6

⅓ cup grapefruit juice
3 tablespoons soy sauce
3 tablespoons vegetable oil
½ teaspoon ground ginger
1 pound boneless pork loin, cut into very thin strips
1 tablespoon cornstarch
¾ pound sea scallops, cut into thin slices
1 cup green onions or scallions, cut in 1-inch pieces
2 grapefruits, peeled and sectioned
hot cooked rice
green pepper strips (optional garnish)

1. Combine grapefruit juice, soy sauce, 1 tablespoon oil and ginger in a small bowl.
2. Add pork strips; cover and marinate 1 hour at room temperature.
3. Drain pork. Combine marinade and cornstarch; set aside.
4. Heat remaining oil in a large skillet or wok over high heat; add pork and stir-fry 2 to 3 minutes until browned.
5. Add scallops; continue stir-frying another 2 minutes.
6. Add reserved marinade mixture and green onions; continue stirring until sauce boils and thickens.
7. Gently stir in grapefruit sections.
8. Serve over hot rice; garnish with strips of green pepper if desired.

Lemony Fried Fish Fillets

Serves 4

grated peel of ½ fresh lemon
juice of 1 fresh lemon
½ teaspoon onion salt
1 pound sole, cod or other white fish fillets
⅓ cup flour
½ teaspoon paprika
2 to 4 tablespoons butter or corn oil
lemon wedges
parsley sprigs

1. Combine lemon peel, juice and onion salt in a large shallow dish.
2. Add fillets; let stand 5 to 10 minutes, turning once.
3. Meanwhile, in another shallow dish, combine flour and paprika; lightly coat fillets with flour mixture.
4. Heat butter in a large skillet; sauté fillets 3 to 4 minutes on each side, or until golden brown and fish flakes easily with a fork.
5. Serve with lemon wedges and parsley.

Tuna in Tomato-Wine Sauce

Serves 4 to 6

3 tablespoons olive oil
⅓ cup minced onion
⅓ cup chopped green pepper
1 can (16 ounces) tomatoes, drained and chopped
½ cup dry white wine
2 tablespoons minced parsley
2 tablespoons tomato paste
½ teaspoon dried leaf oregano, crumbled
¼ teaspoon black pepper
2 cans (6½ or 7 ounces each) tuna in vegetable oil, drained and flaked
4 ounces feta cheese, coarsely crumbled
hot cooked rice

1. Heat oil in a medium-size skillet; sauté onion and green pepper until tender, about 5 minutes.
2. Stir in chopped tomatoes, wine, parsley, tomato paste, oregano and pepper; simmer, uncovered, 15 minutes, or until mixture thickens slightly.
3. Stir in tuna and cheese; heat through.
4. Serve with hot cooked rice.

Autumn Beef Stew

Serves 8

¼ cup corn oil
2 pounds stew beef, cut in 1½-inch cubes
1½ cups chopped onion
1½ cups dry red wine
½ cup dark corn syrup
1½ teaspoons salt
½ teaspoon dried thyme leaves
½ teaspoon dried marjoram leaves
¼ teaspoon ground cinnamon
dash of crushed dried red peppers
2 sweet potatoes, peeled and sliced ½ inch thick
1 teaspoon grated lemon rind
1 large apple, cut in eighths
2 tablespoons cornstarch
¼ cup water

1. Heat corn oil over medium-high heat in a 5-quart Dutch oven.
2. Add beef, half at a time; brown on all sides. Remove beef.
3. Add onion; sauté 5 minutes.
4. Reduce heat; stir in wine, corn syrup, salt, thyme, marjoram, cinnamon and red peppers.
5. Add beef; bring to a boil.
6. Reduce heat; cover and simmer 30 minutes.
7. Add potatoes and lemon rind; cover and simmer 15 minutes, stirring occasionally.
8. Add apple; simmer 15 minutes longer.
9. Mix cornstarch and water until smooth; stir into beef mixture.
10. Bring to a boil over medium heat, stirring constantly; boil 1 minute.

Old-Country Baked Brisket

Serves 6 to 8

3½ to 4 pounds beef brisket
¼ cup catsup
2 tablespoons original Worcestershire sauce
1 tablespoon lemon juice
2 tablespoons dark brown sugar
¾ teaspoon salt
⅛ teaspoon Tabasco sauce
1 tablespoon cornstarch (optional)
1 tablespoon water (optional)

1. Place meat in a large casserole or baking pan.
2. Place meat in a preheated 450° F. oven; brown well, about 25 minutes on each side.
3. Meanwhile, combine catsup, Worcestershire sauce, lemon juice, sugar, salt and Tabasco sauce; mix well. Reduce oven to 325° F.
4. Pour Worcestershire sauce mixture over meat; cover.
5. Bake until tender, about 3 hours, basting occasionally.
6. Remove meat to a platter or carving board; skim fat from pan juices.
7. Thinly slice brisket; spoon pan juice over meat.
8. If desired, thicken pan juice with 1 tablespoon cornstarch mixed with 1 tablespoon cold water. (Even better if served the next day, heated in pan juices in oven or on top of stove.)

Cubed Steak with Stewed Tomatoes

Serves 4

3 to 4 tablespoons flour
salt to taste
pepper to taste
1 pound lean cubed steaks
1 tablespoon oil
1 can (16 ounces) stewed tomatoes, cut up

1. Combine flour, salt and pepper in a bag; use to lightly coat cubed steaks.
2. Brown steaks in oil on medium-low heat.
3. Pour tomatoes over steaks; simmer, covered, 1¼ hours.

Italian Beef Sandwiches

Serves 4 to 5

1 can (10½ ounces) beef consommé
½ cup catsup
¼ cup water
1 medium-size onion, cut crosswise in slices
1 small green pepper, cut in strips
1 large clove garlic, minced
1 teaspoon Italian seasoning
1 pound thinly sliced cooked beef
4 to 5 seven-inch pieces French bread, halved lengthwise

1. Combine consommé, catsup, water, onion, green pepper, garlic and Italian seasoning in a large saucepan; bring to a boil.
2. Add beef; cover tightly and cook slowly 15 minutes.
3. Drain off and reserve cooking liquid.
4. Dip cut surfaces of bottom and top halves of bread in the liquid.
5. Place hot beef and vegetables on bottom halves; cover with tops of bread.
6. Serve remaining liquid with sandwiches.

Skillet Fiesta

Serves 4

1½ cups cubed cooked beef
⅓ cup chopped onion
¼ cup chopped green pepper
1 medium-size clove garlic, minced
2 teaspoons chili powder
2 tablespoons butter or margarine
1 can (10½ ounces) beef gravy
1 can (1 pound) kidney beans, drained
cooked rice
shredded Cheddar cheese (for garnish)

1. Place beef, onion, pepper, garlic and chili powder in butter in a skillet; brown in butter until vegetables are tender.
2. Add gravy and beans; heat, stirring now and then.
3. Serve over rice; garnish with cheese.

Beef & Vegetable Stir-Fry

Serves 6

4 tablespoons soy sauce, divided
¼ teaspoon ginger
⅛ teaspoon garlic powder
1 pound boneless round or flank steak, fat trimmed and cut into thin strips
2 teaspoons cornstarch
¼ cup cold water
1 teaspoon instant beef bouillon
2 tablespoons oil, divided
1 package (16 ounces) frozen broccoli Florentine (contains broccoli, carrots and onions)
rice or Chinese noodles

1. Combine 2 tablespoons soy sauce, ginger and garlic powder.
2. Add beef strips to marinade; let stand 15 minutes to 2 hours.
3. Dissolve cornstarch in cold water.
4. Add bouillon and remaining soy sauce to cornstarch mixture; set aside.
5. Heat 1 tablespoon oil in a wok or large skillet; add beef and stir-fry 2 to 3 minutes, until brown.
6. Remove meat from the wok.
7. Add remaining tablespoon oil and vegetables to wok; stir-fry 3 to 4 minutes until tender.
8. Return meat to wok; add cornstarch mixture and heat until bubbly and thickened.
9. Serve immediately over rice or Chinese noodles.

NOTE: For easier slicing, partially freeze steak.

Penny-Saving Beef au Poivre

Serves 4

1 tablespoon peppercorns
2 boneless beef under-blade steaks, cut 1 inch thick
2 tablespoons butter
salt
¼ cup sliced green onions
1 teaspoon instant beef bouillon granules
½ cup boiling water
2 tablespoons brandy

1. Crush peppercorns in mortar with pestle or in a clean cloth with a hammer or flat side of a meat mallet.
2. Press crushed peppercorns into both sides of steaks with the palm of the hand.
3. Cover with waxed paper and let stand in refrigerator 30 minutes.
4. Heat butter to bubbling (but not burning) in a large frying pan.
5. Add steaks; panfry 3 to 4 minutes, cooking to rare.
6. Sprinkle salt on first side; remove steaks to a warm platter and keep warm.
7. Add onions to pan drippings; cook ½ minute, stirring occasionally.
8. Stir in bouillon granules dissolved in water; cook 1 minute.
9. Stir in brandy; cook 2 to 3 minutes.
10. Serve sauce with steaks.

Tomato Beef Stew

Serves 6 to 8

3 tablespoons corn oil
1½ pounds chuck or round steak, cut into 1-inch cubes
6 small onions, peeled
1 teaspoon salt
¼ teaspoon pepper
4 cups tomatoes
1 teaspoon Angostura aromatic bitters
1 can (8 ounces) peas and liquid
1 can (4 ounces) sliced mushrooms and liquid (½ cup)

1. Heat oil in a large skillet or Dutch oven; brown meat.
2. Remove meat and add onions; sauté onions until golden brown.
3. Return meat to skillet; add salt, pepper, tomatoes and Angostura.
4. Cover and simmer 1½ hours, or until meat is tender.
5. Add peas and mushrooms; continue cooking 10 minutes.

Potato Brunch Pie

Serves 6

1 package (5.5 ounces) dehydrated hash brown potatoes with onions
1 jar (2.5 ounces) sliced dried beef, chopped
6 eggs
¼ teaspoon pepper

1. Prepare potatoes in a large skillet according to package directions, eliminating salt and adding the chopped dried beef.
2. While potatoes are cooking, beat together eggs and pepper.
3. When potatoes are done, pour eggs over them.
4. Cook over medium heat 5 minutes, frequently running a spatula or knife around edge of pan to allow uncooked eggs to run underneath.
5. Cover and cook 5 minutes longer, or until top is set.

Worcestered Wimpys

Serves 6

1 tablespoon corn oil
1½ pounds ground lean beef
1 can (8 ounces) tomato sauce
¼ cup chopped onion
2 tablespoons original Worcestershire sauce
1½ teaspoons salt
6 hamburger buns, split

1. Heat oil in a large skillet.
2. Add beef; cook and stir until brown, about 10 minutes.
3. Drain off excess fat.
4. Stir in tomato sauce, onion, Worcestershire sauce and salt; simmer, covered, for 5 minutes.
5. Serve over hamburger buns.

Party Meatballs in Cream Sauce

Makes 16 meatballs

2 tablespoons instant minced onion
¼ teaspoon instant minced garlic
water
½ pound ground lean beef
⅓ cup chopped fresh mushrooms
2 tablespoons fresh white bread crumbs
2 teaspoons parsley flakes, divided
¼ teaspoon caraway seeds
¼ teaspoon ground black pepper, divided
1 egg white
½ cup evaporated skim milk
1 teaspoon cornstarch

1. Combine minced onion and garlic with 2 tablespoons water; let stand 10 minutes to soften.
2. In a medium-size bowl, combine beef, mushrooms, bread crumbs, 1 teaspoon parsley flakes, caraway seeds, ⅛ teaspoon black pepper, egg white, 2 tablespoons milk, 2 tablespoons water and onion and garlic mixture; mix well.
3. Shape into 1½-inch meatballs.
4. Place on a baking pan; bake in preheated 375° F. oven about 15 minutes.
5. In a medium-size saucepan, combine cornstarch with 6 tablespoons water, remaining evaporated milk, 1 teaspoon parsley flakes and ⅛ teaspoon black pepper; mix well.
6. Cook and stir until sauce is clear and thickened, about 3 minutes.
7. Stir in meatballs; heat until hot.

"Creole" Franks

Serves 6

1 tablespoon oil
1 pound beef frankfurters, cut into ½-inch pieces
1 can (15 ounces) tomato sauce
1 can (12 ounces) vacuum-packed corn with red and green sweet peppers
1 tablespoon instant minced onion
2 teaspoons original Worcestershire sauce
½ teaspoon marjoram leaves, crumbled
¼ teaspoon salt
1 package (8 ounces) elbow macaroni
grated American cheese (optional)

1. Heat oil in a large skillet.
2. Add frankfurters; cook, stirring frequently, until brown, about 5 minutes.
3. Add tomato sauce, corn, onion, Worcestershire sauce, marjoram and salt; bring to a boil.
4. Reduce heat and simmer, uncovered, for 10 minutes, stirring occasionally.
5. Meanwhile, cook macaroni as label directs; drain.
6. Serve sauce over macaroni; sprinkle with grated American cheese, if desired.

Hot Diggety Dog Skillet

Serves 4

4 frankfurters (about 8 ounces), sliced
2 tablespoons butter or margarine
2 tablespoons catsup
1 can (15 ounces) Spanish rice
grated Parmesan cheese (optional)

1. Sauté frankfurters in butter until lightly browned.
2. Add the remaining ingredients except cheese; cover and heat to serving temperature.
3. Sprinkle with Parmesan cheese before serving.

Mexican Frankfurters

Serves 8

½ cup catsup
¼ cup dark corn syrup
¼ cup plus 2 tablespoons corn oil
2 tablespoons prepared spicy brown mustard
2 tablespoons chili powder
1 cup coarsely chopped onion
1 can (15 ounces) pinto or kidney beans, drained and rinsed
1 can (4 ounces) chopped green chilies, drained
8 frankfurters, scored
8 frankfurter rolls, split

1. Stir together catsup, corn syrup, ¼ cup corn oil, mustard and chili powder in a small bowl; set aside.
2. Heat 2 tablespoons corn oil in a skillet over medium heat.
3. Add onion to the skillet; sauté 2 minutes.
4. Stir in beans, chilies and 1 cup catsup mixture.
5. Place frankfurters on rack in broiler pan; brush with remaining catsup mixture.
6. Broil frankfurters 6 inches from the heat, turning and basting with the catsup mixture, 5 to 7 minutes, or until evenly browned and heated through.
7. Spoon ¼ cup bean mixture into each frankfurter roll; top with frankfurter.

Skillet Rice Supper

Serves 4

1 package (16 ounces) frankfurters, cut penny fashion
1 tablespoon butter or margarine
1 can (15 ounces) Spanish rice
1 can (16 ounces) cut green beans, drained
¼ cup catsup
½ teaspoon seasoned salt
1 cup canned French-fried onions

1. Brown frankfurters in butter in a skillet.
2. Add Spanish rice, green beans, catsup and salt; simmer until heated through.
3. Sprinkle onions on top; serve.

Hawaiian Franks

Serves 4

1 tablespoon corn oil
1 pound frankfurters, cut in 1-inch pieces
1 medium-size green pepper, coarsely chopped
1 can (13½ ounces) pineapple chunks in heavy syrup
½ cup dark corn syrup
3 tablespoons soy sauce
2 tablespoons white vinegar
1 teaspoon ground ginger
½ teaspoon dry mustard
2 tablespoons cornstarch
¼ cup water
1 can (8 ounces) water chestnuts, drained and sliced

1. Heat corn oil in a skillet over medium heat.
2. Add frankfurters; cook 3 minutes, or until lightly browned.
3. Add pepper; cook, stirring constantly, 2 minutes, or until tender.
4. Drain pineapple; reserve syrup.
5. Stir together pineapple syrup, corn syrup, soy sauce, vinegar, ginger and mustard in a small bowl.
6. Add syrup mixture to skillet; bring to a boil.
7. Meanwhile, mix cornstarch and water; stir into boiling mixture in skillet.
8. Bring mixture to a second boil, stirring constantly, over medium heat; boil 1 minute.
9. Add pineapple chunks and water chestnuts; cook until heated.

Beef-Zucchini 'n Pepper Kabobs

Serves 4

¼ cup salad oil
⅓ cup red wine vinegar
2 teaspoons sugar
¼ teaspoon leaf oregano
⅛ teaspoon cracked black pepper
1 clove garlic, minced
1½ pounds beef sirloin steak or tip, cut into 1¼-inch cubes
3 small zucchini, cut crosswise into 1-inch pieces
2 red peppers, each cut into 12 pieces
salt (optional)

1. Combine oil, wine vinegar, sugar, oregano, pepper and garlic in a small saucepan; cook slowly 10 minutes.
2. Cool marinade. Place beef cubes and marinade in a plastic bag or utility dish, turning to coat meat; tie bag securely or cover dish.
3. Marinate beef in the refrigerator 6 to 8 hours (or overnight).
4. Pour off and reserve marinade.
5. Cut crosswise slits, ¼ inch apart, halfway through each piece of zucchini.
6. Alternately thread beef cubes, red pepper and zucchini pieces on 4 skewers; brush vegetables with marinade.
7. Place kabobs on a rack in the broiler pan so that meat is 3 to 4 inches from heat; broil 15 to 20 minutes, depending on doneness desired (rare or medium), turning and brushing with marinade occasionally.
8. Season lightly with salt if desired.

Short Ribs with Parsley Dumplings

Serves 6

3 pounds beef short ribs
2 tablespoons lard or drippings
1½ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon thyme
⅓ cup chopped onion
3 cups water
Parsley Dumplings
flour (optional)

1. Brown short ribs on all sides in lard; pour off drippings.
2. Season meat with salt, pepper and thyme.
3. Add onion and water; cover tightly and cook slowly 1½ hours, or until meat is tender.
4. Drop Parsley Dumplings by spoonfuls on short ribs; cover tightly and steam 12 minutes.
5. Thicken cooking liquid with flour for gravy if desired.

Parsley Dumplings

2 cups sifted all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
¼ cup minced parsley
¼ cup lard
1 egg, lightly beaten
¾ cup milk

1. Sift together flour, baking powder and salt.
2. Add parsley; cut in lard until mixture has fine, even crumbs.
3. Combine egg and milk; add to dry ingredients, stirring only until flour disappears.

Boiled Beef Dinner

Serves 4

2½ pounds beef short ribs
2 quarts water
2 tablespoons original Worcestershire sauce
1 cup sliced onions
1 rib celery, quartered
3 sprigs parsley
1 bay leaf
4 teaspoons salt
1 pound carrots, quartered
1 pound small new potatoes
1 small cabbage, cut into 6 to 8 wedges
French bread (optional)

1. Cut ribs into individual sections, about 2½ inches wide; trim excess fat.
2. Combine beef, water, Worcestershire sauce, onions, celery, parsley, bay leaf and salt in a large saucepot; bring to a boil.
3. Reduce heat and simmer, covered, 1 hour.
4. Add carrots and potatoes; simmer, covered, 15 minutes.
5. Add cabbage; simmer, covered, until beef and vegetables are fork-tender, about 30 minutes.
6. Remove beef and vegetables to a serving platter; skim excess fat from broth.
7. Serve broth in soup bowls; serve with French bread if desired.

Skillet Franks in Beans

Serves 4 to 6

2 tablespoons butter or corn oil
¼ cup chopped onion
1 small clove garlic, minced
2 cans (1 pound each) baked beans
1 package (12 ounces) beef frankfurters, cut into 1-inch pieces
2 tablespoons unsulphured molasses
1 tablespoon original Worcestershire sauce

1. Melt butter in a large skillet.
2. Add onion and garlic to skillet; sauté 2 minutes.
3. Stir in beans, frankfurters, molasses and Worcestershire sauce; bring to a boil.
4. Reduce heat; simmer, covered, 10 minutes, stirring occasionally.

Chili Mac & Franks

Serves 4 to 6

2 tablespoons butter
1 pound frankfurters, thinly sliced
1 package (7 to 8 ounces) uncooked elbow macaroni
1 can (16 ounces) stewed tomatoes
1 cup water
1 teaspoon chili powder
1 cup plain yogurt, at room temperature

1. Melt butter in a large skillet.
2. Add frankfurters, macaroni, tomatoes, water and chili powder; cover and simmer 20 minutes, stirring occasionally.
3. Stir in yogurt.

Sauced Cubed Steaks

Serves 4

1 beef bouillon cube
1 cup boiling water
4 beef cubed steaks
2 tablespoons cooking fat
¾ teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
½ cup chili sauce
¼ cup sliced pitted olives

1. Crush beef bouillon cube; add boiling water, stirring to dissolve. Set aside.
2. Brown steaks in cooking fat in a large frying pan, 2 minutes on each side.
3. Remove steaks from pan; season with salt and pepper and set aside.
4. Stir flour into pan drippings; stir in chili sauce.
5. Gradually add reserved bouillon; cook, stirring constantly, until thickened.
6. Reduce heat; stir in olives.
7. Add steaks; cook slowly 7 to 9 minutes, turning occasionally.
8. Remove steaks to warm platter; serve with sauce.

Brandied Beef Steak 'n' Vegetables

Serves 4

water
¼ cup cider vinegar
2 tablespoons brandy or apple juice
1 tablespoon sugar
1 tablespoon salad oil
salt
½ teaspoon dill weed
¼ teaspoon crushed allspice
1 clove garlic, minced
¼ teaspoon coarse ground pepper
1½ pounds boneless beef chuck steak, cut ¾ to 1 inch thick
4 large carrots
1½ cups thinly sliced celery
1 large onion, cut in wedges
1 tablespoon flour
3 tablespoons butter or margarine

1. Combine ½ cup water, vinegar, brandy, sugar, oil, ¾ teaspoon salt, dill weed, allspice, garlic and pepper in a small saucepan; cook slowly 10 minutes.
2. Cool mixture.
3. Cut steak into fingers 1 × 3½ inches.
4. Place meat in a glass dish or plastic bag; pour marmalade over beef, turning to coat.
5. Cover dish or tie bag securely; marinate in refrigerator 6 to 8 hours, or overnight.
6. Using a vegetable parer, cut carrots lengthwise into thin strips 3 to 4 inches long.
7. Place carrots, celery, onion, ⅓ cup water, 3 tablespoons marinade from meat and ½ teaspoon salt in a saucepan; cook slowly 15 minutes.
8. Remove meat from marinade; pat dry with paper towels and sprinkle with flour.
9. Quickly panfry meat in butter or margarine in a large frying pan to rare or medium, turning to brown evenly. (Allow 2 to 3 minutes for each side.)
10. Drain vegetables; arrange beef on cooked vegetables and serve immediately.

Round Steak Sizzler

Serves 8

¾ cup catsup
½ cup original Worcestershire sauce
⅓ cup corn oil
1 teaspoon salt
3 pounds boneless beef round steak

1. Combine catsup, Worcestershire sauce, oil and salt in a small bowl.
2. Place steak in a snug-fitting bowl or doubled plastic bag; pour catsup mixture over steak.
3. Cover and refrigerate 24 hours.
4. Remove steak from marinade.
5. Place on a rack over hot charcoal; grill until done as desired, about 12 minutes on each side for medium, brushing with marinade occasionally.
6. Or, if desired, place on a rack in a broiler pan; place under a preheated hot broiler and follow preceding directions for cooking.

Top Round Steak au Poivre

Serves 6 to 8

¾ cup rosé wine
½ cup water
2 tablespoons vegetable oil
2 teaspoons instant beef bouillon
½ teaspoon thyme leaves, crushed
½ teaspoon rosemary leaves, crushed
1 clove garlic, minced
2 pounds beef top round steak, cut 1¼ inches thick
1 tablespoon crushed black peppercorns

1. Combine wine, water, oil, bouillon, thyme, rosemary and garlic in a small saucepan; simmer 5 minutes, stirring occasionally.
2. Cool mixture.
3. Place steak in a glass dish or plastic bag; pour marinade over meat, turning to coat.
4. Cover dish or tie bag securely; marinate in refrigerator 6 to 8 hours or overnight.
5. Remove steak from marinade; pat dry with paper towels.
6. Press crushed peppercorns into surface of both sides of meat; cover with waxed paper and refrigerate 30 minutes.
7. Place steak on rack in broiler pan so surface of meat is 4 to 5 inches from heat; broil at a moderate temperature to rare or medium, 25 to 35 minutes, turning occasionally.
8. Carve steak into thin slices and serve.

Bordelaise Sauce

Makes 3 cups sauce

1 pound fresh mushrooms, sliced
1 tablespoon instant minced onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 can (8 ounces) sliced carrots
water
¼ cup dry red wine
1 bay leaf
4 peppercorns
2 teaspoons instant beef-flavored bouillon
½ teaspoon chopped parsley
¼ teaspoon salt
⅛ teaspoon pepper
dash of thyme

1. Sauté mushrooms and onion in butter.
2. Stir flour into mushroom mixture; set aside.
3. Purée carrots, including liquid; add enough water to carrots to equal 2 cups liquid.
4. Add puréed carrots to mushroom mixture.
5. Add remaining ingredients; simmer 20 to 30 minutes, or until slightly thickened.
6. Remove bay leaf and serve.

NOTE: This sauce is delicious stirred in with thin strips of cooked round steak, flank steak, or leftover warmed beef, and served over cooked noodles.

Football Party Frankwiches

Serves 6

1 can (31 ounces) pork and beans
2 tablespoons catsup
2 tablespoons pickle relish
1½ tablespoons brown sugar
1 tablespoon maple syrup
½ teaspoon original Worcestershire sauce
2 drops Tabasco sauce
dash of dry mustard
6 frankfurters
6 frankfurter rolls, buttered
American cheese, shredded

Combine the first 8 ingredients in a saucepan; simmer 25 to 30 minutes.
Meanwhile, heat frankfurters and toast rolls.
Place each frankfurter in a roll; top with pork and bean mixture.
Sprinkle with desired amount of cheese.

Savory Lamb Short Ribs

Serves 4 to 6

2 pounds lamb short ribs
2 tablespoons melted butter or margarine
2 medium-size onions, chopped
1 cup sliced celery
1 can (6 ounces) tomato paste
¼ cup firmly packed brown sugar
2 cups water
2 tablespoons vinegar
2 tablespoons all-purpose flour
salt to taste

Brown short ribs in butter in a skillet until browned on all sides.
Add onions, celery, tomato paste, sugar and water; cover and cook over low heat, stirring occasionally, 1 hour, or until lamb is tender.
Combine vinegar and flour; mix well.
Gradually add to lamb mixture and cook, stirring constantly, until thickened.
Season to taste with salt.

Lamb Shoulder Chops with Caper Sauce

Serves 4

2 tablespoons butter or margarine
4 shoulder lamb chops, about ½ inch thick
salt
pepper
¼ cup butter or margarine
¼ cup mayonnaise
1 tablespoon prepared mustard
1 tablespoon capers

Melt butter in a skillet.
Add chops; sprinkle with salt and pepper.
Cook chops until lightly browned on both sides; cover and cook 20 minutes, or until tender.
Meanwhile, combine remaining ingredients; cook over low heat 10 minutes, stirring frequently.

Barbecued Leg of Lamb

Serves 8

1 leg of New Zealand spring lamb, weighing 5 to 6 pounds, defrosted
1 clove garlic, cut in slivers
1½ teaspoons dried rosemary, crushed
¾ teaspoon dried sage, crushed
1½ teaspoons salt
⅛ teaspoon pepper
¾ cup mint jelly, melted

1. Using a sharp paring knife, make 10 deep slits in the meat; insert a sliver of garlic in each slit.
2. Mix together rosemary, sage, salt and pepper in a small bowl; rub seasonings over surface of meat.
3. Secure meat on the spit of a rotisserie; roast meat according to rotisserie directions, allowing about 25 minutes per pound.
4. About 45 minutes before the meat is done, brush with melted jelly; continue to cook, brushing frequently with jelly until meat is done.

Braised Lamb Riblets

Serves 4

2 pounds lamb riblets
1 tablespoon melted butter or margarine
½ cup sliced celery
2 large onions, sliced
2 cups vegetable juice cocktail
2 tablespoons all-purpose flour
1 tablespoon vinegar
salt to taste
onion salt to taste

1. Cook lamb in butter until well browned on all sides; drain off drippings.
2. Add celery, onions and 1¾ cups vegetable juice cocktail; cover and cook over low heat 1 hour, or until lamb is tender.
3. Combine flour and remaining vegetable juice cocktail; blend.
4. Gradually add flour mixture to lamb; cook over low heat, stirring constantly, until thickened.
5. Add remaining ingredients; mix well.

Lamb Fricassee

Serves 4 to 6

2 pounds lamb shoulder, cut in 2-inch cubes
2 tablespoons corn oil
1½ cups water
1½ cups sliced carrots
3 medium-size onions, sliced
2 teaspoons salt
¼ teaspoon pepper
1 teaspoon dehydrated mint flakes
1½ tablespoons all-purpose flour
1½ tablespoons cold water
hot cooked rice

Brown lamb in hot oil in a skillet until browned on all sides; drain off drippings.
Add water, carrots, onions, salt, pepper and mint flakes; cover and cook over low heat 2 hours.
Combine flour and water; blend.
Add flour mixture to lamb mixture; cook over low heat, stirring constantly, until thickened.
Spoon lamb mixture over rice.

Lamb Tacos

Serves 4

1½ pounds boneless lamb, cut from shoulder, diced
2 tablespoons corn oil
1 onion, chopped
1 jar (7 ounces) taco sauce
½ teaspoon salt
¼ teaspoon garlic salt
1 box (5 ounces) precooked taco shells
shredded lettuce (for garnish)
shredded cheese (for garnish)
chopped tomatoes (for garnish)
chopped onions (for garnish)

Sauté lamb in a skillet in oil with onion until onion is soft and lamb is cooked through; drain and discard fat from pan.
Add taco sauce, salt and garlic salt; heat through.
Wrap taco shells in foil; heat in 300° F. oven 5 to 10 minutes.
Spoon lamb filling into shells; garnish with shredded lettuce and cheese, chopped tomatoes and onions.
Top with additional taco sauce if desired.

Tandoori Shish Kabobs

Serves 8

1 leg of New Zealand spring lamb, weighing 5 to 6 pounds, defrosted
1½ cups plain yogurt
½ cup pineapple juice
1 teaspoon curry powder
1 teaspoon salt
½ teaspoon ground ginger
⅛ teaspoon Tabasco sauce
1 small eggplant, cut in 1-inch cubes
1 zucchini, sliced ½ inch thick
1 green pepper, seeded and cut in 1-inch cubes
1 cup cherry tomatoes
8 small white onions

Trim fell and excess fat from leg; remove bone from lamb with thin, sharp knife.
Cut meat into 1½-inch pieces.
Combine yogurt, pineapple juice, curry, salt, ginger and Tabasco sauce in a large bowl.
Add meat; cover and refrigerate overnight, turning meat occasionally.
Arrange meat and vegetables on skewers; cook over hot coals about 20 minutes, turning skewers to cook evenly on all sides and brushing often with marinade during cooking.

Sassy Bean Bake

Serves 6

8 slices bacon, cut into 1-inch pieces
1 can (8 ounces) tomato sauce
¼ cup firmly packed dark brown sugar
2 tablespoons original Worcestershire sauce
1½ teaspoons prepared brown mustard
½ teaspoon salt
3 cans (1 pound each) baked beans with pork in tomato sauce
1 cup chopped onions

1. Fry bacon in a small skillet until almost crisp; drain on paper towels and set aside.
2. Combine tomato sauce, brown sugar, Worcestershire sauce, mustard and salt in a mixing bowl; blend well.
3. Add beans, onions and reserved bacon; blend well.
4. Turn into a 2-quart casserole or bean pot; bake, uncovered, in preheated 300° F. oven until flavors mingle, about 1 hour.

Hominy Olé

Serves 6

½ pound bacon, diced
1 cup chopped onion
1 can (20 ounces) golden hominy, drained
1 can (16 ounces) stewed tomatoes
1 package (1¼ ounces) taco seasoning mix
2 cups grated American cheese
Tabasco sauce

1. Cook bacon and onion in a large skillet; drain all but 2 tablespoons drippings from skillet.
2. Add hominy; sauté 5 minutes.
3. Blend in tomatoes, seasoning mix, cheese and Tabasco sauce; heat thoroughly, stirring until cheese is melted.

Pork Chops & Peas with Mushroom Sauce

Serves 6

6 pork chops
2 packages (10 ounces each) frozen green peas
½ cup chopped onion
1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
½ cup milk
buttered noodles

1. Trim excess fat from chops; brown on both sides in a skillet.
2. Transfer chops to a large, shallow baking dish.
3. Combine peas, onion, soup and milk in a medium-size bowl; stir.
4. Pour pea mixture over pork chops; cover and bake 1 hour in preheated 350° F. oven.
5. Uncover and bake 10 minutes longer, or until chops are tender.
6. Serve with buttered noodles.

Pork & Rice, Chinese Style

Serves 4 to 6

2 cups diced cooked pork
3 cups cooked rice
6 tablespoons lard or pork drippings
1 green pepper, finely diced
5 tablespoons chopped green onions
5 tablespoons soy sauce
1 can (2 ounces) button mushrooms (optional)
4 eggs, lightly beaten
3 medium-size tomatoes, peeled and seeds removed

1. Cook pork and rice in lard at a moderate temperature, stirring constantly, until heated through, about 5 minutes.
2. Add green pepper and green onions; continue stirring and cook 10 minutes.
3. Add soy sauce; mix carefully.
4. Drain mushrooms; add with beaten eggs.
5. Cook slowly and continue stirring until eggs are cooked.
6. Cut tomatoes into strips; fold tomatoes into mixture and cook about 1 minute longer.
7. Serve immediately.

Our Best Fried Rice

Serves 4

4 slices bacon
1 cup diced green pepper
½ cup chopped onion
2 cups cooked rice
2 teaspoons original Worcestershire sauce
¼ teaspoon salt

1. Cook bacon in a skillet until crisp; drain on paper towels.
2. Crumble bacon and set aside.
3. Pour off all but 2 tablespoons of bacon drippings.
4. Add green pepper and onion to drippings; sauté 3 minutes.
5. Add rice; stir-fry until golden brown, about 5 minutes.
6. Stir in Worcestershire sauce, salt and reserved bacon; heat until hot.

Confetti Chops

Serves 4

6 pork chops, well trimmed (about 1½ pounds)
salt
pepper
1 can (10¾ ounces) condensed chicken broth
1 cup chopped canned tomatoes
3 cups fine egg noodles, broken in pieces

1. Brown chops in a skillet; pour off fat.
2. Season chops with salt and pepper.
3. Add broth and tomatoes; cover and cook over low heat 30 minutes.
4. Add noodles; cook 15 minutes more, or until done, stirring occasionally.

Pork Chops with Sauerkraut

Serves 4

4 pork chops, cut 1 inch thick
1 teaspoon salt
3 tablespoons butter or margarine
1 medium-size onion, sliced
¼ cup water
1 cup orange juice
1 teaspoon cornstarch
1 can (1 pound) sauerkraut, rinsed and drained
¼ teaspoon caraway seeds
2 oranges, peeled and sectioned

1. Sprinkle pork chops on both sides with salt.
2. Melt butter in a large skillet; sauté onion until tender.
3. Add pork chops; brown well on both sides.
4. Add water; cover and simmer 45 minutes, or until meat is tender.
5. Remove chops from skillet; transfer to a heated serving platter.
6. Add orange juice to the skillet; blend well with liquid in the skillet.
7. Dissolve cornstarch in 2 tablespoons liquid from the skillet; return to skillet.
8. Bring to a boil, stirring constantly.
9. Spoon gravy over chops.
10. Meanwhile, combine sauerkraut and caraway seeds in a medium-size saucepan; heat through.
11. Gently stir in orange sections; serve with pork chops.

Pork & Potato Skillet

Serves 4

1½ pounds (3 large) Idaho potatoes, unpeeled
boiling water
2 tablespoons olive oil
1 pound pork shoulder, cut in 1-inch cubes
1 cup sliced onion
2 cloves garlic, minced
1 cup (8 ounces) tomato sauce
½ cup dry red wine
1 cup sliced carrots
¼ teaspoon salt
½ pound sliced mushrooms
2 tablespoons butter or margarine
chopped parsley

1. Steam potatoes in 1-inch boiling water 30 to 40 minutes, until tender.
2. Meanwhile, in a large skillet, heat oil.
3. Brown meat on all sides; set aside.
4. Sauté onion and garlic in the same skillet until golden.
5. Return meat to skillet.
6. Add tomato sauce, wine, carrots and salt; mix well.
7. Cover and simmer over low heat 30 minutes.
8. Add mushrooms, mixing well; cook 5 minutes longer.
9. While meat is cooking, slice unpeeled potatoes ½ inch thick.
10. In a separate skillet, melt butter; brown potatoes on both sides.
11. Line a serving platter with potatoes; spoon meat mixture over potatoes and sprinkle with chopped parsley.

Creole Pork-Eggplant

Serves 6 to 8

1½ pounds ground lean pork
1 large onion, chopped
1 green pepper, chopped
1 cup sliced celery
3 zucchini, cut in ½-inch slices
1 large eggplant, cut in 1-inch cubes
1 can (1 pound 12 ounces) whole tomatoes
1 teaspoon seasoned salt
1 teaspoon sugar
¼ teaspoon black pepper
½ teaspoon oregano, crushed
½ teaspoon basil, crushed
½ pound mushrooms, sliced and cooked in butter
½ pound Monterey Jack cheese, shredded
¼ cup chopped parsley
hot buttered noodles or rice

1. Brown pork, stirring to keep crumbly; drain off fat.
2. Add onion, green pepper, celery, zucchini, eggplant, tomatoes, seasoned salt, sugar, pepper, oregano and basil; cover and bring to a boil.
3. Simmer mixture slowly 1½ to 2 hours, stirring occasionally.
4. Top with a layer of cooked mushrooms, cheese and parsley; cover and cook 5 minutes longer until cheese is melted.
5. Serve over buttered noodles or rice.

Hawaiian Spareribs

Serves 4

2 eggs
¼ cup all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
2 pounds spareribs, cut in serving pieces
3 tablespoons lard or drippings
1 can (8 ounces) pineapple chunks, undrained
3 green peppers
boiling water
5 tablespoons cornstarch
5 tablespoons soy sauce
½ cup sugar
½ cup vinegar
pineapple juice

1. Beat together eggs, flour, salt and pepper; thoroughly coat spareribs with egg-flour batter.
2. Brown ribs on both sides in lard or drippings; cover and cook slowly 45 minutes.
3. Pour off drippings.
4. Drain pineapple; reserve juice.
5. Remove stems and seeds from green peppers; cut peppers into 1-inch squares.
6. Cover peppers with boiling water; cook 10 minutes. Drain.
7. Add green peppers and pineapple chunks to meat; cover and simmer 10 minutes.
8. Mix together cornstarch, soy sauce, sugar, vinegar and pineapple juice; cook, stirring constantly, until thick and clear, about 2 minutes.
9. Pour over meat mixture; simmer 5 minutes.

Nancy's Pork-Rice Skillet

Serves 5 to 6

1 pound boneless pork, cut in 2- × ¼-inch strips
½ cup chopped onion
1 teaspoon salt
2½ cups water
1 cup converted rice (uncooked)
1 to 2 tablespoons chili powder
½ cup diced green pepper
1 package (10 ounces) frozen succotash, thawed
diced tomato (optional)

1. Brown pork and onion in a large skillet; sprinkle with ½ teaspoon salt.
2. Stir in water, rice, chili powder and remaining salt; bring to a boil.
3. Simmer, covered, 15 minutes.
4. Stir in green pepper and succotash; simmer, covered, 5 minutes longer.
5. Remove from heat; let stand, covered, until all liquid is absorbed, about 5 minutes.
6. Top with diced tomato if desired.

Pork, Peas & Rice Combo

Serves 4

1 pound boneless pork shoulder, cut into 1-inch pieces
1 tablespoon cooking fat
3 medium-size onions, thinly sliced
¾ cup rice (uncooked)
1 teaspoon salt
¼ teaspoon marjoram leaves
¼ teaspoon sage
⅛ teaspoon pepper
2 cups water
1 package (10 ounces) frozen peas

1. Quickly brown pork in cooking fat in a large skillet; cover tightly and cook slowly 20 minutes.
2. Remove pork.
3. Lightly brown onions in drippings.
4. Add rice, salt, marjoram, sage and pepper.
5. Stir in water and pork; cover and continue cooking 20 to 30 minutes, or until pork and rice are done.
6. Meanwhile, cook peas according to package directions; stir into pork mixture.

Zesty Ribs

Makes 24

4 pounds spareribs, cut in 2-inch riblets
1 tablespoon margarine
½ cup chopped onion
¼ cup chopped prunes
¼ cup lemon juice
¼ cup light corn syrup
2 tablespoons soy sauce
2 tablespoons catsup
1 teaspoon original Worcestershire sauce
½ teaspoon ground ginger
2 drops Tabasco sauce

1. Place ribs on rack in a shallow roasting pan; bake in preheated 400° F. oven, turning once, 40 minutes, or until tender.
2. Melt margarine in a skillet over medium heat.
3. Add onion; sauté 3 minutes.
4. Place onion, prunes, lemon juice, corn syrup, soy sauce, catsup, Worcestershire sauce, ginger and Tabasco sauce into a blender; cover and blend on high speed 30 seconds, or until smooth.
5. Brush ribs with sauce; bake 20 minutes longer, turning and basting once, or until sauce is heated.

Chinese Spareribs

Serves 8 as appetizer

½ cup honey
½ cup vinegar
½ cup soy sauce
¼ cup catsup
¼ cup orange marmalade
1 cup pineapple juice
4 cloves garlic, minced
1 piece gingerroot, about the size of your thumb
1½ cups beef broth, or 2 beef bouillon cubes dissolved in 1½ cups boiling water
½ cup sherry
5 pounds spareribs

1. Combine all the ingredients except the spareribs in a large bowl.
2. Cut spareribs into individual ribs; add to bowl.
3. Spoon sauce over ribs; marinate at room temperature 3 hours, turning frequently. (If possible, marinate overnight in refrigerator.)
4. Remove ribs from marinade; place in flat roasting pan.
5. Roast in preheated 350° F. oven 1 hour.
6. Pour off fat as it accumulates and baste ribs with the marinade. (Ribs should be crisp but not dried out.)

NOTE: If served as a main course, use 2 racks of spareribs and serve with rice. The quantity of marinade is sufficient for 2 racks.

Aloha Skillet Hominy

Serves 4 to 5

1 package (10 ounces) brown-and-serve sausages
½ cup chopped onion
3 tablespoons water
2 tablespoons butter or margarine
1 can (20 ounces) white hominy, drained
1 can (8¼ ounces) crushed pineapple, drained
dash of dry mustard
dash of salt
1 tablespoon chopped parsley

1. Simmer sausages, onion and water in a skillet until onion is transparent and sausages browned.
2. Add butter and hominy; cook until hominy is heated through.
3. Stir in pineapple, mustard and salt; cook 2 to 3 minutes.
4. Sprinkle with parsley.

Rio Grande Sausage Chili

Serves 6 to 8

2 pounds fresh pork sausages
1 teaspoon salt
2 cans (15 ounces each) kidney beans
1 can (12 ounces) whole kernel corn with peppers
1 can (15 ounces) tomato sauce
1 can (6 ounces) tomato paste
1 cup water
1 medium-size onion, chopped
2 teaspoons chili powder
½ cup crushed tortilla chips

1. Separate pork sausages in small pieces; brown in Dutch oven.
2. Pour off drippings; salt meat.
3. Add kidney beans, corn, tomato sauce, tomato paste, water, onion and chili powder; bring to a boil.
4. Reduce heat; cover and cook slowly 30 minutes, stirring occasionally.
5. Sprinkle tortilla chips over top before serving.

Totem Pole Sandwich

Serves 4

⅓ cup diagonally sliced celery
½ teaspoon curry powder
1 tablespoon butter or margarine
1 can (10½ ounces) mushroom gravy
⅓ cup pineapple juice
1½ cups cubed cooked ham
4 pineapple slices, quartered
1 large green pepper, cut into large squares
4 frankfurter buns, split, toasted and buttered

1. Cook celery with curry in butter in a saucepan until tender.
2. Add gravy and pineapple juice.
3. On 8 skewers, arrange alternately ham, pineapple and green pepper.
4. Broil about 4 inches from heat for 10 minutes, or until hot, turning and basting with sauce; serve 2 kabobs on each bun.
5. Heat remaining sauce and serve over kabobs.

Ham & Corn Skillet

Serves 6

1 cup cubed smoked ham
2 tablespoons butter
2½ cups cream-style golden bantam corn
salt to taste
pepper to taste
2 eggs, beaten

1. Brown ham in butter.
2. Add corn, seasonings and eggs; mix thoroughly.
3. Cook over low heat, stirring constantly, until eggs are set.

Chicken à la King

Serves 6

2 large whole chicken breasts
¼ teaspoon salt
2 cups water
milk
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
1 teaspoon original Worcestershire sauce
1 tablespoon instant minced onion
1 package (10 ounces) frozen green peas, cooked and drained
1 can (4½ ounces) sliced mushrooms, drained
1 jar (2 ounces) sliced pimientos, well drained
salt to taste
pepper to taste
1 package (10 ounces) frozen patty shells, baked according to package directions

Place chicken in a saucepan; add salt and water.
Cover and simmer 45 minutes.
Remove chicken; set aside to cool, reserving liquid.
When chicken is cool, remove skin and bones; dice meat and set aside.
Add enough milk to reserved liquid to make 2 cups liquid.
Melt butter over low heat; add flour and cook until bubbly, stirring constantly.
Pour in reserved liquid gradually, stirring constantly until thickened.
Add Worcestershire sauce; stir.
Bring sauce to a boil.
Lower heat and add onion, peas, mushrooms, pimientos, salt, pepper and diced chicken.
Simmer until heated through; spoon into prepared patty shells and serve.

OTE: Use leftover cooked chicken or turkey. You may also use chopped hard-cooked gs instead of mushrooms.

Chicken Italiano

Serves 4

2 whole chicken breasts, skinned, split, boned and cut into 1-inch cubes
2 teaspoons margarine
1 can (16 ounces) whole tomatoes, pureed
1 cup chicken broth
¼ teaspoon garlic powder
½ teaspoon basil
½ teaspoon oregano
½ teaspoon salt
⅛ teaspoon pepper
2 medium-size green peppers, cut into strips
1 medium-size onion, sliced
2 cups hot cooked rice

Brown chicken in margarine.
Stir in tomatoes, broth and seasonings; simmer, covered, for 25 minutes.
Add green peppers and onion; cook an additional 20 minutes.
Serve over rice.

Cheesy Chicken Shortcakes

Serves 6

½ pound processed soft cheese
⅓ cup chicken broth
1½ cups cubed cooked chicken
6 baking powder biscuits
butter or margarine
parsley (for garnish)

1. Melt cheese in the top of a double boiler.
2. Add chicken broth gradually, stirring constantly until sauce thickens; add chicken.
3. Split hot biscuits; spread with butter.
4. Put biscuits together with a generous filling of hot chicken-cheese mixture; garnish with parsley.

Fannie's Chicken Fricassee

Serves 6 to 8

½ cup flour
salt
pepper
½ cup shortening
⅛ teaspoon pepper
1 cleaned stewing chicken, weighing 4 to 5 pounds, cut up
3 cups water
1 teaspoon salt
1 teaspoon celery salt
Dumplings

1. Dredge chicken in flour, salt and pepper.
2. Melt shortening in a 6-quart Dutch oven; brown chicken on all sides.
3. Remove chicken; pour off all but 3 tablespoons fat.
4. Return chicken to Dutch oven.
5. Add water, salt and celery salt to chicken; cook on high until freely boiling.
6. Finish cooking on low heat until done, about 3 hours. Serve with Dumplings.

Dumplings

1½ cups flour
2 teaspoons baking powder
¾ teaspoon salt
⅛ teaspoon sage
⅓ cup milk
2 to 3 tablespoons flour, mixed with ½ cup water

1. When chicken is almost done, sift and measure dry ingredients in a bowl; add milk, mixing lightly.
2. Add 2 to 3 tablespoons flour and ½ cup water to make a smooth paste.
3. Add to paste chicken liquid; bring to a boil.
4. Add dumplings, in 6 to 8 portions, to chicken and liquid; cook, uncovered, 10 minutes.
5. Cover and cook 10 minutes longer.
6. Serve at once.

Chicken Tetrazzini

Serves 6 to 8

8 ounces uncooked long spaghetti, broken in half
3 tablespoons butter
¼ cup flour
1 teaspoon salt
½ teaspoon paprika
½ teaspoon celery salt
⅛ teaspoon pepper
2 cups milk
1 cup chicken broth
3 cups chopped cooked chicken
1 can (2 ounces) mushrooms, drained
¼ cup pimiento strips
¾ cup grated Parmesan cheese

1. Cook spaghetti according to package directions.
2. Stir 1 tablespoon butter into spaghetti until butter is melted; set aside.
3. Melt remaining butter in a saucepan; stir in flour, salt, paprika, celery salt and pepper.
4. Remove saucepan from heat.
5. Gradually stir in milk and chicken broth; cook over medium heat, stirring constantly, until thickened.
6. Add chicken, mushrooms, pimiento, spaghetti and ¼ cup Parmesan cheese; heat thoroughly.
7. Place chicken mixture in ovenproof platter or shallow casserole; sprinkle remaining Parmesan cheese over top.
8. Broil about 3 inches from heat until golden.

Macaroni-Chicken Dinner

Serves 4 to 6

2 cups elbow macaroni (8 ounces)
1 tablespoon salt
3 quarts boiling water
1 egg
2 tablespoons water
1 cleaned broiler-fryer chicken (2½ to 3 pounds), cut into serving-size pieces
⅔ cup grated Parmesan cheese
¼ cup corn oil
1 can (28 ounces) tomatoes, undrained
1 medium-size onion, sliced
1 large green pepper, cut into strips

1. Gradually add macaroni and salt to rapidly boiling water so water continues to boil; cook, uncovered, stirring occasionally, until tender.
2. Drain macaroni in colander.
3. While macaroni is cooking, beat egg and 2 tablespoons water until just mixed.
4. Dip chicken pieces into egg mixture, then into cheese, coating each piece well.
5. Brown chicken in a large skillet in hot oil, a few pieces at a time, adding more oil if needed; pour off drippings.
6. Add undrained tomatoes; stir well to loosen brown bits in skillet.
7. Add chicken, onion, green pepper and macaroni; cover and cook 45 minutes, or until chicken is fork-tender.

Pineapple Barbecued Chicken

Serves 4

1 can (8 ounces) crushed pineapple in its own juice
½ cup dark corn syrup
2 tablespoons lemon juice
2 tablespoons soy sauce
½ teaspoon salt
½ teaspoon ground ginger
⅛ teaspoon pepper
1 broiler-fryer chicken, cut in parts
1 tablespoon cornstarch
¼ cup cold water
2 cups cooked rice

1. Stir together undrained pineapple, corn syrup, lemon juice, soy sauce, salt, ginger and pepper in a small bowl.
2. Place chicken skin side down, in a shallow roasting pan; top with half the pineapple mixture.
3. Bake in preheated 375° F. oven 30 minutes.
4. Turn chicken; top with remaining pineapple mixture and bake 30 minutes longer, or until chicken is tender.
5. Remove chicken to a platter; keep warm.
6. Skim fat from liquid in baking pan.
7. Mix cornstarch and water; stir into liquid in pan.
8. Stirring constantly, bring to a boil over medium heat; boil 1 minute.
9. Spoon sauce over chicken and serve with rice.

Spanish Chicken & Rice

Serves 4

1 broiler-fryer chicken, cut into serving pieces
2 tablespoons corn oil
1 cup chopped onion
1 green pepper, cut in rings
1 cup raw rice
2 cans (8 ounces each) tomato sauce with mushrooms
1¾ cups water
1 teaspoon salt
1 teaspoon chili powder
¼ teaspoon pepper

1. Brown chicken in oil in a skillet.
2. Add onion, pepper and rice; cook lightly.
3. Stir in remaining ingredients; cover and simmer 40 minutes.

Turkey Delight

Serves 6

1 cup butter or margarine
½ cup flour
1½ cups turkey broth
1½ cups milk
½ teaspoon salt
⅛ teaspoon white pepper
½ teaspoon ground sage
2 cups diced cooked turkey
6 slices toast or hot biscuits
minced fresh parsley (for garnish)

1. Melt butter; stir in flour to form a smooth paste.
2. Stir in liquids, seasonings and turkey; cook over moderate heat, stirring until thickened. Serve on hot toast or biscuits; garnish with parsley.

Turkey Hash

Serves 4

1 can (10½ ounces) chicken gravy
¾ teaspoon sage
2 cups frozen hashed brown potatoes
⅓ cup corn oil
2 ribs celery including tops, minced (1 cup)
½ cup minced onion
1 medium-size clove garlic, crushed
2 cups cooked turkey, cut in ¼-inch dice
½ teaspoon salt
1 cup grated Cheddar cheese

1. Reserve ¼ cup gravy; pour remainder into a small saucepan.
2. Add ¼ teaspoon sage; set aside.
3. Cook potatoes in hot oil over medium-high heat in a heavy saucepan, turning often with a wide spatula until heated through.
4. Add celery, onion and garlic; cook until onion is tender, turning often.
5. Add turkey, salt, remaining sage and reserved gravy; cook, turning occasionally with spatula, until mixture is hot, about 5 minutes.
6. Remove to flameproof serving dish; sprinkle with cheese.
7. Broil 4 inches from heat until cheese melts, about 2 minutes.
8. Heat sage-gravy mixture; serve with hash.

Easy Turkey Stew

Serves 6

1 can (16 ounces) whole tomatoes
2 tablespoons corn oil
1 cup sliced onion
1 clove garlic, minced
½ cup chicken broth
¼ cup dark corn syrup
½ teaspoon dried thyme leaves
½ teaspoon salt
3 cups cooked turkey, cut in 1-inch cubes
1 package (10 ounces) frozen peas
1 piece (3 × 1 inch) orange peel
2 tablespoons cornstarch
3 tablespoons water

1. Drain and cut tomatoes in half, reserving liquid.
2. Heat corn oil in a large skillet over medium-high heat.
3. Add onion and garlic; sauté 5 minutes.
4. Stir in tomatoes and liquid, chicken broth, corn syrup, thyme and salt; bring to a boil.
5. Reduce heat and simmer 15 minutes.
6. Add turkey, peas and orange peel; simmer 10 minutes.
7. Mix cornstarch and water until smooth; stir into turkey mixture.
8. Stirring constantly, bring to a boil over medium heat; boil 1 minute.

Turkey-Walnut Rice

Serves 6

3 tablespoons butter or margarine
¼ cup minced walnuts
3 tablespoons flour
2 cups half and half
½ teaspoon salt
1 teaspoon prepared yellow mustard
¼ teaspoon grated lemon peel
½ teaspoon lemon juice
3 cups hot cooked rice
12 slices roast California turkey (about 1¼ to 1½ pounds)
walnut halves (optional garnish)

1. Melt 1 teaspoon butter in a saucepan.
2. Add walnuts; sauté over low heat, stirring frequently, until lightly toasted.
3. Remove walnuts; set aside.
4. In the same saucepan, melt remaining butter; stir in flour and cook over low heat 1 minute, stirring.
5. Blend in half and half, salt, mustard, lemon peel and juice; cook over moderate heat, stirring constantly, until sauce boils and thickens.
6. Remove from heat; stir in toasted walnuts.
7. For each serving, spoon ¾ cup cooked rice on serving plate; top with 2 slices turkey and about ⅓ cup sauce.
8. Garnish with walnut halves if desired.

Turkey Pepper Steaks with Roquefort Sauce

Serves 4

1 pound turkey breast steaks, ⅜ inch thick
seasoned salt
cracked pepper or coarse fresh ground pepper
1½ tablespoons butter or margarine
1 cup Roquefort Sauce

1. Sprinkle turkey steaks with seasoned salt on both sides; sprinkle with pepper, as much as desired, on one side only.
2. Heat butter in a skillet over medium heat; cook steaks, about 4 minutes on each side, or until tender.
3. Serve with Roquefort Sauce.

Roquefort Sauce

Makes 1 cup

1 cup dairy sour cream
1¼ ounces crumbled Roquefort cheese
¼ teaspoon salt

Blend dairy sour cream with Roquefort cheese and salt; refrigerate.

Roast Turkey Breast

Serves 6 to 8

½ turkey breast (about 3 to 4½ pounds)
1 tablespoon lemon juice
1½ teaspoons salt
2 tablespoons butter
¼ teaspoon paprika
⅛ teaspoon powdered thyme
⅛ teaspoon powdered basil
⅛ teaspoon white pepper
½ cup rosé wine
1 chicken bouillon cube, crushed
2 cups small fresh mushrooms
1 can (8 ounces) small whole onions, drained
cornstarch (optional)

1. Sprinkle turkey breast with lemon juice.
2. Season underside with ½ teaspoon salt.
3. Mix remaining salt with butter, paprika, herbs and pepper; rub over skin.
4. Place turkey, skin side up, in a shallow pan; roast in preheated 400° F. oven 20 minutes, until skin begins to brown.
5. Reduce heat to 325° F.; roast 1 to 1½ hours, until meat is tender, basting frequently with wine mixed with bouillon cube.
6. Add mushrooms (halved or whole) and onions for the last 20 minutes that turkey roasts. If desired, pan juices may be thickened slightly with cornstarch.

California Curried Turkey Thighs

Serves 6

3 California turkey thighs, weighing 1½ pounds each
1½ teaspoons salt
½ teaspoon pepper
1 to 2 tablespoons oil
½ cup minced onion
¾ teaspoon curry powder
¼ teaspoon powdered ginger
1 can (6 ounces) apple juice (¾ cup)
water
3 chicken bouillon cubes, crumbled
1½ tablespoons cornstarch
1 teaspoon wine vinegar
hot cooked rice
condiments: salted peanuts, coconut wedges, apple wedges

1. Season turkey thighs with salt and pepper.
2. Brown turkey slowly on both sides in heated oil, using just enough to prevent sticking.
3. Add onion, curry powder and ginger to drippings in pan; sauté slowly 5 minutes.
4. Stir in apple juice, ¾ cup water and bouillon cubes; cover and simmer 1¾ to 2 hours, or until turkey is tender.
5. Remove turkey and keep warm.
6. Skim off and discard any surface fat from juices.
7. Blend cornstarch with 2 tablespoons cold water; stir into liquid remaining in pan.
8. Cook mixture, stirring, until sauce boils and thickens slightly; stir in vinegar.
9. Arrange turkey on rice and spoon on gravy.
10. Serve with salted peanuts, coconut and thin apple wedges.

One-Pot Turkey Dinner

Serves 4

2 California turkey thighs, weighing about 1½ pounds each
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon corn oil
½ cup minced onion
1 teaspoon finely minced garlic (2 small cloves)
1 teaspoon grated lemon peel
½ teaspoon basil, crumbled
¼ teaspoon thyme, crumbled
2 chicken bouillon cubes
water
4 medium-size potatoes, pared
4 to 6 carrots, pared and cut in chunks
1 tablespoon cornstarch
1 tablespoon chopped parsley

1. Season turkey thighs with salt and pepper; brown slowly in oil.
2. Add onion, garlic, ½ teaspoon lemon peel, basil and thyme to the skillet; sauté lightly.
3. Dissolve bouillon cubes in 1 cup water; pour over turkey and heat to a boil.
4. Turn heat low; cover and simmer 2 hours, or until meat is tender, adding vegetables for the last 20 minutes.
5. When vegetables and meat are tender, remove them to heated serving dish.
6. Cut thighs in serving-size portions; skim off and discard any surface fat from drippings.
7. Blend cornstarch with 1 tablespoon cold water; stir into pan juices and cook, stirring, until mixture boils and thickens slightly.
8. Spoon mixture over turkey and vegetables.
9. Combine remaining lemon peel with parsley; sprinkle over all.

Turkey di Napoli

Serves 6

6 turkey breast steaks
2 tablespoons corn oil
1 teaspoon salt
1 can (16 ounces) tomatoes
1 package (1½ ounces) spaghetti sauce mix with mushrooms
⅓ cup sherry
1 can (16 ounces) whole onions, drained
1 can (16 ounces) peas and carrots, drained
1 can (6 ounces) sliced mushrooms, drained (reserve ¼ cup liquid)
1 teaspoon minced parsley (optional)
3 cups cooked rice

1. Brown turkey steaks quickly in oil seasoned with salt in a large skillet.
2. Stir in tomatoes, spaghetti mix and sherry; heat to a boil.
3. Cover and simmer 10 minutes, stirring occasionally.
4. Add onions, peas and carrots, mushrooms and ¼ cup reserved liquid.
5. Cover and simmer 10 minutes.
6. Sprinkle with parsley; serve with hot rice.

Skillet-Simmered Turkey Thighs

Serves 4 to 6

4 turkey thighs
2 tablespoons oil
1 tablespoon butter
1 can (10¾ ounces) condensed chicken broth
1 cup chopped fresh mushrooms
3 tablespoons instant minced onion
½ cup white table wine
1½ teaspoons salt
1 teaspoon dry mustard
1 teaspoon paprika
¼ teaspoon basil
¼ teaspoon sage
⅛ teaspoon pepper
3 tablespoons cornstarch
3 tablespoons water

1. Brown turkey thighs in a heavy skillet in oil and butter.
2. Combine broth, mushrooms, onion, wine, salt, mustard, paprika, basil, sage and pepper; pour over turkey and heat to a boil.
3. Lower heat; cover and simmer about 1¾ hours, until meat is tender.
4. Remove turkey to a serving dish and keep hot; skim off any fat from cooking liquid.
5. Mix cornstarch with water; stir into liquid in pan.
6. Cook, stirring, until sauce boils and thickens; serve over turkey.

Honey-Glazed Turkey Wings

Serves 4

4 whole California turkey wings
vegetable oil
½ cup honey
2 tablespoons fresh lemon juice
3 cloves fresh garlic, minced
2 tablespoons sesame seeds
½ teaspoon salt
½ teaspoon pepper
1 teaspoon ginger
4 teaspoons original Worcestershire sauce
2 teaspoons chopped parsley

1. Rinse wings; pat dry with paper toweling.
2. Cut each whole wing into 2 pieces, leaving tip with blade.
3. Brush wings with vegetable oil.
4. If cooking outdoors, place wings over slow coals; for indoor cooking, use low broiler heat, cooking wings 6 inches from heat source.
5. For both methods, cook wings 25 minutes; turn and cook an additional 25 minutes.
6. Meanwhile, combine honey, lemon juice, garlic, sesame seeds, salt, pepper, ginger, Worcestershire sauce and parsley.
7. Test wings for doneness, cooking longer, if necessary, until they reach desired degree of doneness.
8. When wings are done, brush with honey glaze and cook 1 to 5 minutes longer, depending upon degree of heat, until wings are well browned.

Citrus-Banana Mold

Serves 6

1 can (16 ounces) grapefruit sections
orange juice
1 envelope unflavored gelatin
1 cup low-calorie carbonated orange beverage
1 tablespoon lemon juice
1 banana
lettuce leaves

1. Drain grapefuit, reserving juice.
2. Add enough orange juice to grapefruit juice to equal 1 cup.
3. Soften gelatin in juice mixture; stir over low heat until dissolved.
4. Add orange beverage and lemon juice; chill until partially set (consistency of unbeaten egg whites).
5. Meanwhile, slice banana and cut up grapefruit sections; fold fruit into gelatin.
6. Turn gelatin into 3-cup mold; chill until firm.
7. Serve on lettuce.

Green Bean-Peanut Salad

Serves 6 to 8

½ cup wine vinegar
¼ cup peanut oil
1 tablespoon dill weed
1 tablespoon lemon juice
1 teaspoon salt
½ teaspoon pepper
2 packages (10 ounces each) frozen green beans, cooked and cooled
½ cup minced onion
⅓ cup chopped dry roasted peanuts

1. Combine vinegar, oil, dill weed, lemon juice, salt and pepper; toss with green beans and onion.
2. Cover mixture tightly and marinate overnight.
3. To serve, add chopped peanuts.

Mixed Bean Salad

Serves 6

1 package (9 ounces) frozen cut wax beans
1 package (9 ounces) frozen cut green beans
½ cup peanut oil
6 tablespoons vinegar
¾ teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper
¼ cup chopped onion
lettuce leaves

1. Cook beans according to package directions; drain and cool.
2. Mix together peanut oil, vinegar, sugar, salt and pepper in a bowl; add cooled beans and toss.
3. Cover and refrigerate several hours.
4. Add onion just before serving; serve on lettuce leaves.

Kidney Bean Salad

Serves 3 or 4

1 can (15 ounces) kidney beans, drained
½ cup bottled French dressing
¼ cup minced onion
1½ tablespoons original Worcestershire sauce

Combine all ingredients; toss, cover and chill.

Taco Salad

Serves 8

1 small head lettuce, chopped
3 medium-size tomatoes, chopped
1 can (16 ounces) dark red kidney beans, rinsed and drained
½ cup grated Cheddar cheese
1 can (4 ounces) green chilies, chopped
Dressing
1 cup crushed corn chips (optional)

1. Layer lettuce, tomatoes, kidney beans and cheese, one at a time, in a shallow 2-quart casserole; repeat.
2. Sprinkle half the green chilies over the second layer; spoon Dressing over all.
3. Chill overnight; top entire salad with chips and serve.

Dressing

½ cup dairy sour cream
2 tablespoons minced onion
1 teaspoon chili powder
¼ teaspoon garlic powder
½ teaspoon onion salt
2 dashes Tabasco sauce

Combine remaining chilies with Dressing ingredients; mix well.

Chinese Ham Salad

Serves 4

¼ cup corn oil
2 tablespoons light corn syrup
2 tablespoons soy sauce
¼ teaspoon ground ginger
⅛ teaspoon pepper
2 cups cooked julienne ham
2 cups cooked rice
1 can (8 ounces) water chestnuts, drained and sliced
½ cup green pepper, slivered
½ cup carrot, shredded
¼ cup onion, chopped

1. Stir together corn oil, corn syrup, soy sauce, ginger and pepper in a large bowl.
2. Add ham, rice, water chestnuts, green pepper, carrot and onion; toss to coat well.
3. Cover; chill at least 1 hour.

Creamy Cole Slaw

Serves 4 to 6

4 cups shredded cabbage
½ cup dairy sour cream
1 teaspoon original Worcestershire sauce
2 teaspoons lemon juice
salt to taste
pepper to taste

Combine all ingredients; toss, cover and chill.

Refreshing Corn Salad

Serves 4 to 5

1 can (17 ounces) whole kernel golden corn, drained
½ green pepper, diced
1 cup sliced celery
1 cup diced fresh tomato
¼ teaspoon salt
⅓ cup French dressing
salad greens
red onion rings (optional garnish)

1. Combine corn, green pepper, celery, tomato and salt with French dressing; chill.
2. Serve on salad greens; garnish with onion rings if desired.

Ham & Cabbage Slaw

Serves 4

2 tablespoons butter or margarine
⅓ cup chopped onion
1½ tablespoons flour
1 tablespoon sugar
½ tablespoon prepared mustard
¼ teaspoon pepper
1 cup grapefruit juice
¼ cup water
2 tablespoons cider vinegar
4 cups thinly shredded green cabbage
2 cups diced cooked ham
1 cup chopped walnuts
2 apples, peeled, cored and diced
2 cups grapefruit sections

1. Melt butter in a large skillet; cook onion in butter until tender.
2. Blend in flour, sugar, mustard and pepper.
3. Stir in grapefruit juice, water and vinegar; bring to a boil over medium heat, stirring constantly.
4. Stir in cabbage, ham, walnuts and apples; cook 10 minutes.
5. Add grapefruit sections; heat.

Lamb, Cucumber & Tomato Salad

Serves 4

2 cups diced cooked lamb
1 medium-size cucumber, thinly sliced
2 medium-size tomatoes, diced
4 cups torn lettuce
½ cup dairy sour cream
salt to taste
pepper to taste

1. Combine lamb, cucumber, tomatoes and lettuce; toss lightly.
2. Add remaining ingredients; toss lightly, but thoroughly.

Lamb Potato Salad

Serves 4 to 6

2 cups cubed cooked lamb
4 cups diced cooked potatoes
1 cup sliced celery
½ cup mayonnaise
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon dry mustard
crisp salad greens

1. Combine all ingredients; mix lightly.
2. Chill.
3. Serve on crisp salad greens, as desired.

Picnic Potato Salad

Serves 4

4 cups chilled diced cooked potatoes
1 cup mayonnaise
¼ cup sliced radishes
1 tablespoon original Worcestershire sauce
salt to taste
pepper to taste

Combine all ingredients; toss, cover and chill.

Sauerkraut Salad

Serves 4 to 6

1 can (16 ounces) shredded sauerkraut, rinsed and drained
1 cup chopped onion
1 green pepper, diced
1 jar (4 ounces) sliced pimientos, drained and chopped
½ cup cider vinegar
½ cup sugar

1. Combine all ingredients; mix well.
2. Refrigerate overnight.

Uncommon Salad

Serves 6

1 can (6½ ounces) tuna, drained and flaked
1 package (10 ounces) frozen green peas, thawed
2 medium-size tomatoes, chopped
1 cup cubed American cheese
½ cup diced celery
¼ cup sweet pickle relish
2 tablespoons chopped green onion
¼ teaspoon salt
⅛ teaspoon pepper
⅓ cup mayonnaise
lettuce leaves

1. Combine all ingredients except lettuce leaves; cover and chill 1 hour.
2. Serve on lettuce leaves.

Boiled Collard or Turnip Greens

Serves 6 to 8

1 ham hock or ham bone
2 quarts water
3 large heads collard or 1 medium bunch turnip greens
1 teaspoon salt
1 teaspoon sugar
⅓ cup bacon drippings

1. Put ham hock or ham bone in water to boil in a heavy 4-quart pot; boil about 30 minutes.
2. Add greens to pot with salt, sugar and bacon drippings; boil 45 minutes.
3. Remove bones and excess liquid.
4. Cut up greens into bite-size pieces.

NOTE: If turnips have roots, peel and slice before adding to pot 10 minutes before adding greens. Clean greens carefully. Remove large stems and discard. Wash greens several times in cold water.

Scalloped Tomatoes

Serves 8

2 cans (1 pound each) tomatoes
1 teaspoon Angostura aromatic bitters
2 cups canned or packaged croutons
onion slices

1. Put tomatoes in a mixing bowl; add Angostura, stirring thoroughly.
2. Put a layer of tomatoes in a buttered casserole; add a layer of croutons, then a second layer of tomatoes.
3. Line the edges of the casserole with croutons; top with onion slices.
4. Bake in preheated 350° F. oven 15 minutes.

Applesauce Sauerkraut

Serves 8

1 can (16 ounces) Bavarian sauerkraut, drained
1 can (16 ounces) applesauce
2 tablespoons chopped onion
2 dashes of cinnamon

Combine all ingredients; heat thoroughly to serve.

Sauerkraut & Apple Bake

Serves 6

2 cups sauerkraut
¼ cup melted shortening
¼ cup water
3 apples, quartered and cored
1 small onion, sliced
1 tablespoon sugar
½ teaspoon salt
½ teaspoon caraway seeds

Combine all ingredients; bake in a covered 1½-quart casserole in preheated 350° F. oven 1½ hours.

Curried Lentils

Serves 4 to 6

1 cup lentils
3 cups water or stock
salt
2 large onions, chopped
1 clove garlic, minced
3 tablespoons butter or oil
1 teaspoon curry powder

1. Wash lentils; add water and soak several hours or overnight.
2. Add salt and one of the chopped onions; simmer until lentils are tender, about an hour or longer.
3. Sauté remaining onion and garlic in butter until they begin to brown; add to lentils.
4. Add curry powder; cook 10 minutes. (Lentils should be very soft.)

NOTE: Lentils can be served plain, or in a border of rice garnished with fried onions, sliced lemon or sliced chicken.

Lima Beans, Catalan Style

Serves 4

1 pound garlic-flavored sausage, cut in 2-inch pieces
¼ cup chopped green onions
2 large cloves garlic, minced
2 tablespoons butter or margarine
1 can (10¾ ounces) condensed cream of celery soup
¼ cup water
1 small bay leaf
generous dash of cayenne pepper
1 package (9 ounces) frozen baby lima beans
1 cup chopped tomatoes
lemon slices (for garnish)

1. Brown sausage.
2. Cook green onions with garlic in butter in a large saucepan until tender.
3. Blend in soup, water, bay leaf, cayenne and lima beans; bring to a boil.
4. Reduce heat; cover and cook over low heat 15 minutes.
5. Add tomatoes; cook 5 minutes longer, or until done, stirring occasionally.
6. Remove bay leaf; garnish with lemon slices.

Sour Cream Frijoles

Serves 4

1 can (15½ ounces) Mexican-style chili beans
½ cup dairy sour cream
½ cup grated American cheese (for garnish)
¼ cup chopped green onion, including tops (for garnish)

1. Heat beans in a saucepan.
2. Stir in sour cream; cook over moderate heat just until heated through.
3. Pour into serving bowl; garnish with cheese and green onion.

Bayou Pan Dinner

Serves 5

1 can (15 ounces) New Orleans-style red kidney beans
3 slices bacon (for garnish)
¼ cup chopped onion
1 can (15 ounces) Spanish rice
¼ teaspoon salt

1. Drain beans.
2. Cook bacon until crisp; drain on paper towel, reserving 2 tablespoons drippings in skillet.
3. Sauté onion in drippings until transparent.
4. Add beans, Spanish rice and salt; heat through.
5. Garnish with crumbled bacon.

Barbecue-Style Baked Beans

Serves 8

1 pound dried red kidney beans
2 quarts cold water
2 quarts hot water
1 cup light or dark corn syrup
¼ cup firmly packed brown sugar
½ cup catsup
1 cup chopped onion
1 tablespoon original Worcestershire sauce
2 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon ground ginger
1 teaspoon salt

1. Rinse beans; stir together beans and cold water in a 4-quart saucepan.
2. Soak beans 8 hours, or overnight; drain.
3. Add hot water to beans; cover and bring to a boil over medium heat. Boil 1 hour.
4. Drain, reserving liquid.
5. Stir together beans, corn syrup, sugar, catsup, onion, Worcestershire sauce, garlic, chili powder, ginger, salt and 1 cup reserved liquid in a 3-quart casserole.
6. Cover and bake in preheated 300° F. oven, stirring occasionally, 2½ to 3 hours, or until almost all liquid is absorbed.

Cheddar'd Beans

Serves 4 to 6

2 tablespoons butter or margarine
1 cup chopped onions
1 can (1 pound) kidney beans, drained and crushed
1½ cups soft bread crumbs
2 cups shredded mild Cheddar cheese (8 ounces)
2 eggs, lightly beaten
1 tablespoon original Worcestershire sauce
½ teaspoon salt

1. Melt butter in a large saucepan.
2. Add onions; sauté until tender, about 5 minutes.

3. Add remaining ingredients; mix well.
4. Turn into an 8½ × 4½ × 2½-inch loaf pan; bake in preheated 350° F. oven until browned and hot, about 45 minutes.

Cottage Cheese-Corn Casserole

Serves 6

4 eggs, lightly beaten
2 cups skim milk
1 container (12 ounces) low-fat cottage cheese
1 can (12 ounces) vacuum-packed whole kernel corn
¼ cup chopped parsley
2 tablespoons minced onion
2 teaspoons original Worcestershire sauce
½ teaspoon salt

1. Combine all ingredients in a large bowl.
2. Pour mixture into a lightly buttered 1½-quart casserole.
3. Place casserole in a larger pan; pour hot water into the larger pan to a depth of 2 inches.
4. Bake in preheated 325° F. oven until a knife inserted into the center comes out clean, about 1 hour and 10 minutes.

"Souper" Cheese & Celery Soufflé

Serves 4

1 can (10¾ ounces) condensed cream of celery soup
1 cup (4 ounces) shredded sharp Cheddar cheese
2 tablespoons minced onion
2 tablespoons minced celery
2 teaspoons original Worcestershire sauce
2 tablespoons finely chopped celery leaves
6 eggs, separated
½ teaspoon cream of tartar

1. Make a 4-inch-wide band of triple-thickness aluminum foil 2 inches longer than the circumference of a 2-quart soufflé dish; wrap band around top of dish so height of dish is raised.
2. Butter inside of dish and foil; set aside.
3. Combine soup, cheese, onion and celery in a small saucepan; cook, stirring over low heat, until cheese is melted.
4. Remove from heat; stir in original Worcestershire sauce and celery leaves. Set aside.
5. Beat egg whites and cream of tartar in a large mixing bowl until stiff but not dry.
6. Beat egg yolks in a small mixing bowl until thick and light in color.
7. Stir yolks into cheese mixture.
8. Stir one-fourth of the egg whites into the cheese mixture; fold remaining egg whites into cheese mixture.
9. Pour into the prepared soufflé dish; bake in preheated 350° F. oven until a knife inserted into center comes out clean, 50 to 60 minutes.
10. Carefully remove foil from dish; serve soufflé immediately.

Lasagna Florentine

Serves 4 to 6

Cheese Sauce

⅓ cup butter or margarine
½ cup all-purpose flour
2¾ cups milk
2¼ cups grated Parmesan cheese
3 tablespoons Dijon-style mustard
½ teaspoon Tabasco sauce
¼ teaspoon salt

1. Melt butter in a medium-size saucepan; blend in flour.
2. Gradually add 2½ cups milk; cook over medium heat, stirring constantly, until sauce boils and thickens.
3. Add 2 cups Parmesan cheese; cook until mixture is smooth.
4. Stir in mustard, Tabasco sauce and salt; set aside.
5. Reserve the remaining ¼ cup milk and ¼ cup cheese.

Vegetable Filling

3 tablespoons vegetable oil
½ pound fresh mushrooms, sliced (3 cups)
2 medium-size onions, chopped
4 cloves garlic, minced
1 pound fresh spinach, washed and trimmed
2 cups coarsely chopped fresh carrots
9 lasagna noodles, cooked according to package directions and drained

1. Heat oil in a large saucepan; sauté mushrooms, onions and garlic until tender.
2. Tear spinach into bite-size pieces; add spinach and carrots to saucepan, cooking 2 to 3 minutes, until spinach is tender.
3. Drain vegetables.
4. Stir 1½ cups Cheese Sauce into spinach mixture.
5. Add the reserved ¼ cup milk to Cheese Sauce remaining in pan.

To Assemble

1. Butter a 13 × 9-inch baking dish.
2. Pour half the Cheese Sauce into dish.
3. Arrange 3 lasagna noodles in dish over sauce.
4. Spread half the spinach mixture over noodles.
5. Repeat layers.
6. Spoon remaining sauce over noodles.
7. Sprinkle the reserved ¼ cup Parmesan cheese over sauce.
8. Bake in preheated 350° F. oven 25 minutes.
9. Let stand 10 to 15 minutes before serving.

Garnish

2 hard-cooked eggs, sliced
2 mushrooms, sliced

Garnish baked lasagna with hard-cooked egg slices and fresh mushroom slices.

Spaghetti with Spinach & Onion

Serves 4

8 ounces spaghetti
1 tablespoon salt
3 quarts boiling water
1 package (10 ounces) frozen chopped spinach
½ cup chopped onion
¼ cup vegetable oil
¼ cup grated Parmesan cheese

1. Gradually add spaghetti and salt to rapidly boiling water so that water continues to boil; cook uncovered, stirring occasionally, until tender.
2. Drain in colander.
3. While spaghetti is cooking, cook spinach, following label directions.
4. During the last few minutes of cooking, add onion; drain spinach well.
5. Toss spinach with spaghetti, oil and cheese.

Baked Grits with Cheese

Serves 6

1⅓ cups uncooked grits
¼ teaspoon salt
3½ cups boiling water
⅓ cup margarine or butter
2 cups Cheddar cheese, grated
⅛ teaspoon black pepper
4 eggs, lightly beaten

1. Add grits and salt to boiling water; cook over medium heat until thick, about 12 to 15 minutes.
2. Remove from heat.
3. Add margarine, 1½ cups cheese, pepper and eggs; mix thoroughly.
4. Pour into 1½-quart baking dish; sprinkle top with remaining cheese.
5. Bake in preheated 350° F. oven 20 minutes.
6. Serve piping hot.

NOTE: Makes a complete meal-in-one or as a side dish with pan-fried fish.

Cinnamon-Raisin Rice

Serves 4

¾ cup brown rice (uncooked)
1 tablespoon raisins, chopped
2 teaspoons ground cinnamon
¾ teaspoon onion powder
¾ teaspoon garlic powder
¼ teaspoon salt
1/16 teaspoon ground black pepper
2¼ cups water
1 tablespoon toasted chopped almonds

1. Combine rice, raisins, cinnamon, onion and garlic powders, salt, black pepper and water in a medium-size saucepan; bring to a boil.
2. Reduce heat and simmer, covered, until rice is tender and liquid is absorbed, about 45 minutes.
3. Sprinkle with almonds.

Linguini with Fresh Vegetable Topping

Serves 4 to 6

6 tablespoons vegetable oil
1 medium-size sweet potato, peeled and cut in julienne strips
1 small acorn or butternut squash, peeled, seeded and cut in julienne strips
2 medium-size onions, thinly sliced
1 medium-size eggplant, cut into 1-inch cubes
3 tablespoons soy sauce
2 cloves garlic, finely minced
1 pound linguini, cooked according to package directions and drained
2 cups (1 pound) cottage cheese
½ cup chopped fresh parsley

1. Heat 2 tablespoons oil in a wok or large skillet; stir-fry sweet potato, squash and onions 3 to 5 minutes.
2. Remove from wok to a heated bowl.
3. Heat 3 tablespoons oil; stir-fry eggplant 3 to 5 minutes.
4. Add eggplant to cooked vegetables in bowl; toss with soy sauce. Keep warm.
5. Heat remaining oil; sauté garlic.
6. Add linguini, cottage cheese and parsley; toss well.
7. Transfer to heated platter; spoon vegetables over linguini.

Baked Rice with Cheese-Tomato Sauce

Serves 6 to 8

3 tablespoons margarine or butter
3 tablespoons flour
1½ cups tomato juice
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon dry mustard
½ teaspoon Angostura aromatic bitters
3 cups cooked rice
¾ cup grated American cheese
buttered bread crumbs

1. Melt margarine in a skillet over low heat.
2. Stir in flour, tomato juice, salt, white pepper, mustard and Angostura; cook over low heat until smooth and thickened, stirring constantly.
3. Arrange a layer of rice in a greased 1-quart baking dish; spoon sauce over rice and sprinkle with cheese.
4. Repeat layering until all ingredients are used.
5. Top with crumbs.
6. Bake in preheated 350° F. oven 30 minutes, or until bubbly.

NOTE: A grand "user-upper" that is kind to the pocketbook. If desired, use cooked peas mixed with rice.

Granny's Apple Crunch

Serves 8 to 10

1 cup quick oats, uncooked
½ cup sunflower seeds
¼ cup all-purpose flour
¼ cup brown sugar
½ teaspoon ground cinnamon
¼ teaspoon ground mace
¼ teaspoon salt
6 tablespoons butter or margarine
4 Granny Smith apples, cored and thinly sliced
¼ cup chopped dates
1½ cups orange juice
light cream (optional)

1. Combine oats, sunflower seeds, flour, brown sugar, cinnamon, mace and salt in a medium-size bowl; mix well.
2. With a pastry blender, cut in butter until mixture is crumbly.
3. Arrange half the apple slices in a 9 × 9-inch baking dish. Sprinkle with half the chopped dates; sprinkle with half the oat mixture.
4. Layer the remaining apples, dates and oat mixture.
5. Pour orange juice over all.
6. Bake, uncovered, in preheated 375° F. oven 35 to 45 minutes.
7. Serve warm with light cream if desired.

Apple Upside-Down Cake

Serves 9

2 medium-size apples, peeled and cored
2 tablespoons margarine
⅓ cup light or dark corn syrup
2 tablespoons brown sugar
1 teaspoon ground cinnamon
½ cup chopped walnuts
2¼ cups buttermilk baking mix
¼ cup sugar
¼ teasoon ground allspice
1 egg
¾ cup milk

1. Cut apples crosswise into 9 slices.
2. Melt margarine in a saucepan over medium heat; pour into an 8 × 8 × 2-inch baking dish.
3. Mix corn syrup, brown sugar and cinnamon into margarine.
4. Arrange apple slices in bottom of dish; sprinkle with nuts.
5. Bake in preheated 350° F. oven 15 minutes.
6. Stir together baking mix, sugar and allspice in a large bowl.
7. Beat together egg and milk; add to dry mixture, stirring until moistened.
8. Pour batter over hot apple slices.
9. Bake in preheated 350° F. oven 35 minutes, or until cake tester inserted in center comes out clean.
10. Loosen edges; invert on serving platter and cool 10 minutes before removing from baking dish.
11. Serve warm.

NOTE: For a nearly perfect combination, serve warm Apple Upside-Down Cake with cool and creamy ice cream.



Oatmeal Pie

Serves 8

3 eggs
1 cup light or dark corn syrup
½ cup sugar
1 teaspoon pure vanilla extract
2 tablespoons margarine, melted
¼ teaspoon salt
¾ cup quick oats
1 unbaked 9-inch pastry shell

1. Place eggs in a large bowl; beat slightly with a fork.
2. Beat in corn syrup, sugar, vanilla, margarine and salt until well blended; stir in oats.
3. Pour into pastry shell.
4. Bake in preheated 350° F. oven 45 to 55 minutes, or until knife inserted halfway between center and edge comes out clean.
5. Cool.

Frozen Apple-Ice Milk Pie

Serves 8

1 package (8½ ounces) chocolate wafers
2 large Granny Smith apples, cored, pared and shredded (2 cups)
2 tablespoons green crème de menthe or ¼ teaspoon peppermint extract and green food coloring
3 pints vanilla ice milk, softened slightly
1 Granny Smith apple, sliced (for garnish)
chocolate wafer crumbs (for garnish)
fresh mint leaves (for garnish)

1. Line bottom and sides of a 9-inch pie plate with chocolate wafers, cutting cookies where necessary to fill in spaces.
2. Toss apples with crème de menthe in a large bowl; blend in softened ice milk, mixing well.
3. Spoon into prepared pie shell; freeze until firm (about 2 hours).
4. Garnish with apple slices, chocolate wafer crumbs or mint leaves.

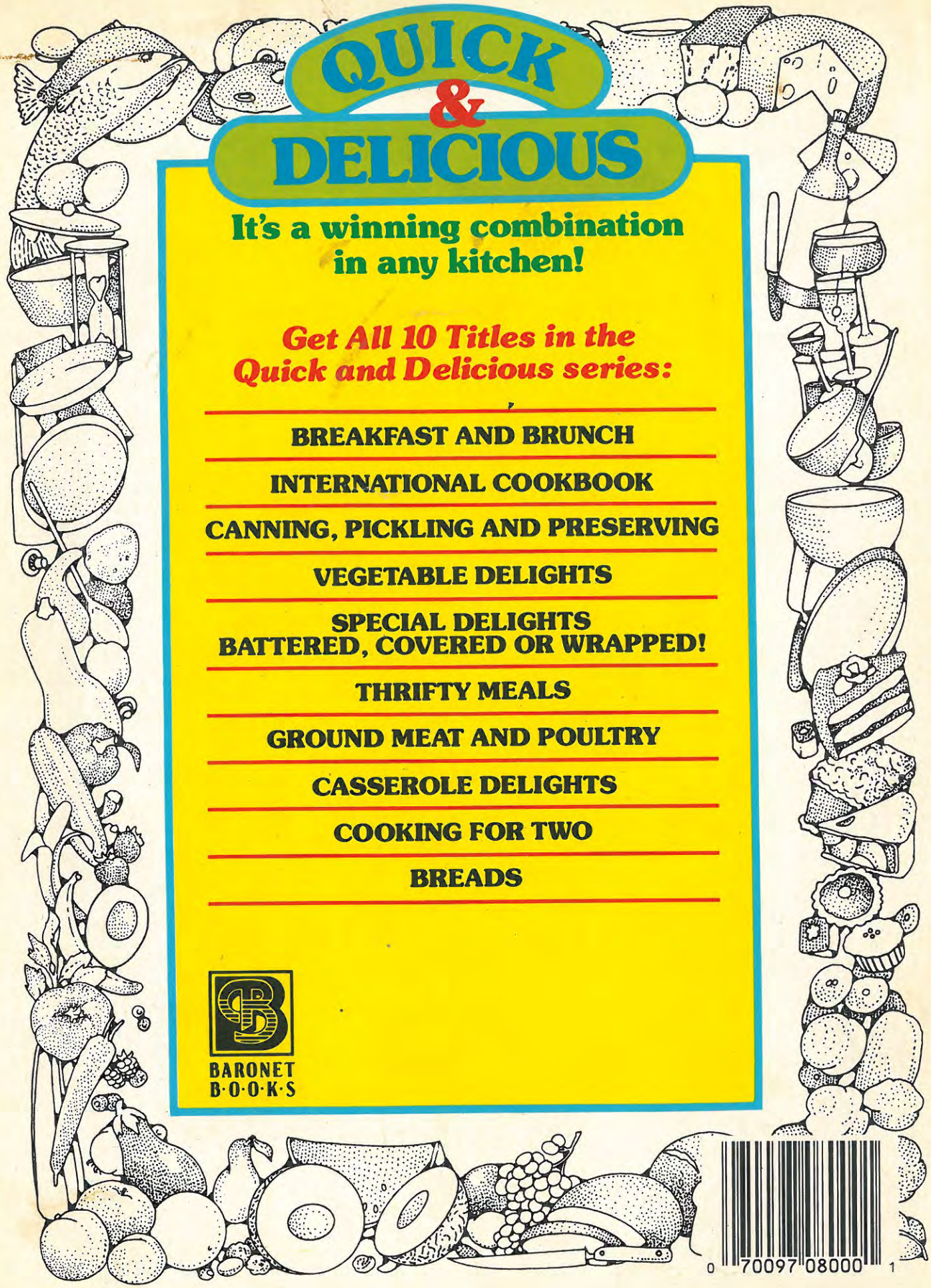
Ruby-Spiced Pears

Serves 4

2 ripe pears
1 cup cranberry juice
1 tablespoon sugar
⅛ teaspoon ground cloves
⅛ teaspoon ground cinnamon
pinch of grated lemon rind
pinch of grated orange rind

1. Peel, core and halve pears lengthwise.
2. In a medium-size saucepan, combine all the ingredients; bring to a boil.
3. Reduce heat and simmer, covered, until pears are tender, about 15 minutes.
4. Serve warm or chilled.

DM4-SR/9-E0000-7/1651



QUICK & DELICIOUS

It's a winning combination in any kitchen!

Get All 10 Titles in the Quick and Delicious series:

- BREAKFAST AND BRUNCH
- INTERNATIONAL COOKBOOK
- CANNING, PICKLING AND PRESERVING
- VEGETABLE DELIGHTS
- SPECIAL DELIGHTS BATTERED, COVERED OR WRAPPED!
- THRIFTY MEALS
- GROUND MEAT AND POULTRY
- CASSEROLE DELIGHTS
- COOKING FOR TWO
- BREADS

BARONET B·O·O·K·S

0 70097 08000 1