The recipes in this book were published by Entergy over many years in various publications and printed materials, including books, transit materials, and bill stuffers. It is possible that your favorite recipe may not be included in this reprint. We regret any omissions that may have occurred.

These recipes have been in use for a long period of time. They were developed and tested when home appliances were not as efficient and powerful as they are today. Cooking times and temperature suggestions may have to be altered to provide optimum results.

While Entergy provided some assistance to customers with the preparation of these recipes in the past, we no longer have home economists on staff to answer questions or solve the problems you may have in preparing these recipes.

Thank you for requesting “From Woodstoves to Microwaves… Cooking with Entergy.”
While New Orleans' love affair with food is now internationally known and acclaimed, this liaison is not of recent vintage. Au contraire! Our passionate pursuit of cooking, concoctions, and cuisine has a history, a heritage as deep and detailed as the handiwork of a French Quarter artisan crafting a wrought iron railing.

New Orleans and its love of food “go way back,” and documenting that history in recipes meant to keep that love alive has been something families and others have undertaken with almost religious zeal. In this city where tradition is embraced and revered, the accumulation and passing on of recipes explaining the way “mama and grandma fixed it” is among the city's most common — and unique — cultural practices.

Cooking is a New Orleans cultural cornerstone, and its prominence explains why a company like Entergy would invest such time and effort in supporting this local art. In the late ’40s, and for the next two decades, “Public Service” made cooking demonstrations and recipes part of its relationship with customers citywide.

As modern appliances dramatically changed the way food was prepared, the company began a series of weekly cooking demonstrations at its 317 Baronne St. headquarters. Vivian Berry supervised a group of home economists who not only showed wives and mothers how to use the array of blenders, mixers, and ranges being introduced to the market, but gathered and tested recipes to use in these modern kitchens.

The outcome was a cookbook, Creole Cuisine, first published in 1952, a compilation of some of New Orleans' signature dishes like Creole bread pudding, mirliton casserole, gumbo file', and red velvet cake.

What follows in this cookbook is a reprint of those and many other recipes that are, in many respects, the essence of this city. These are as much an archive of New Orleans' culture and community as any work of history or anthropology. And with the history comes a little lagniappe — the opportunity to taste New Orleans.

Enjoy!
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## EQUIVALENTS

<table>
<thead>
<tr>
<th>EQUIVALENT</th>
<th>AMOUNT BEFORE PREPARATION</th>
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<tr>
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<tr>
<td>Brown, firmly packed</td>
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FRIED GRITS

Leftover grits 1/2 teaspoon salt
2 eggs Dash pepper

Cut cold grits into 1/4-inch slices. Beat eggs with salt and pepper. Dip slices of grits into egg mixture; brown in lightly buttered skillet over low heat, about 10 minutes.

SESAME SEED STICKS

3/4 cup (1 1/2 sticks) butter 4 - 6 tablespoons iced water
2 cups flour 2 tablespoons melted butter
1 teaspoon salt 1/2 cup sesame seeds
1/4 teaspoon cayenne

With a pastry blender, cut butter into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened, as for pastry. Roll out on floured board to 1/8 inch thickness and cut into strips 1 x 3 inches. Brush with melted butter; sprinkle generously with sesame seeds. Place on ungreased cookie sheet; bake in 375° F oven for 15 minutes. Before removing from pan and while still hot, sprinkle with a little salt. Yield: 8 dozen.

SWEDISH MEAT BALLS

2 slices toasted bread Dash allspice
1/4 cup plus 1/2 clove garlic, minced milk 1/8 teaspoon pepper
2 tablespoons milk 1 1/4 pounds ground beef
1 1/4 cups ground beef 1/2 onion, finely chopped
1/2 cup milk 1 teaspoon salt
1 tablespoon salt Dash nutmeg

Crumble bread into small bowl, add milk. Stir to blend until of paste-like consistency. Pour mixture over meat in large bowl. Add onion, salt, nutmeg, allspice, garlic, pepper, and egg. Beat with wooden spoon until stiff. Spoon out rounded teaspoons of meat mixture and roll into balls. Melt shortening in electric skillet at 350° F.; brown meat balls. Heat bouillon for 5 minutes and pour over meat balls. Cover and lower temperature to 210° F. for 30 minutes or until bouillon is absorbed. Serve in electric skillet set on “keep warm.” Yield: 30 meatballs. If cooking on stovetop, follow directions as above with the following changes: Melt shortening in a large frying pan on medium-high heat, brown meatballs. Pour heated bouillon over meatballs, cover and lower temperature to low-medium heat for 30 minutes or until bouillon is absorbed. Serve in crock pot or chafing dish.

BROILED PARTY LOAF

1 loaf French bread 1/4 cup brown sugar
2 tablespoons prepared mustard 1/2 cup chopped onion
5 tablespoons soft butter 2 cups grated American cheese
1 can (#303) pork & beans, drained 4 wiener, halved

Cut bread in half lengthwise. Spread with combined mustard and butter. Combine beans, sugar and onion; spread on buttered surface. Top with grated cheese. Broil 4 inches from heat for 4 minutes. Add wiener; broil for 4 more minutes.

CHEESE STRAWS

1/2 cup (1 stick) butter 1 1/2 cups sifted flour
2 cups finely grated 1 teaspoon salt
sharp Cheddar cheese  1/2 teaspoon cayenne


CHEESE WAFERS

1/2 cup (1 stick) butter 1/8 to 1/4 teaspoon
1 cup shredded sharp Cheddar cheese 1 cup crisp rice cereal
3 tablespoons flour 1 cup flour


SAUSAGE-CHEESE BALLS

1/2 pound hot pork sausage 1/2 pound sharp cheese, grated
1 1/2 cups biscuit mix

Cook sausage; remove from skillet and place on paper towel to remove excess grease. Combine cheese and biscuit mix in a bowl; stir in sausage. Shape heaping teaspoons of mixture into small balls. Bake in a 450° F. oven for 10 minutes or until brown. Yield: 75 to 100 balls. To Freeze: Place sausage balls on a cookie sheet; freeze and then transfer to freezer bags. Bake when ready to serve.
MYSTERY CHEESE BALL

1 package (8 ounces) cream cheese
1/4 pound Cheddar cheese, grated
3 jars (5 oz. each) blue cheese
2 teaspoons Worcestershire sauce
2 teaspoons onion juice
1/2 cup chopped nuts
1/2 cup chopped parsley
1/2 cup chopped pimiento

Have cheeses at room temperature. In electric mixer, cream the cheeses with Worcestershire sauce and onion juice; store in the refrigerator overnight. Shape into a ball and roll in nuts, parsley and pimiento. Place in center of tray on platter and arrange assorted crackers and chips around it. To Store: Wrap in waxed paper and refrigerate or wrap in freezer paper to freeze for future use.

SWISS CHEESE FONDUE

1/4 cup (1/2 stick) butter
4 tablespoons flour
1 tablespoon salt
3 cups milk
1 pound Swiss cheese, grated
1/2 cup dry white wine

Melt butter in fondue pot; blend in flour and salt. Stir until smooth; gradually add milk, stirring constantly until thick and smooth. Add cheese and stir until melted. Stir in wine; keep warm on low setting. Serve with French bread cubes. Yield: 6 servings.

DRIED FIGS

Select perfect, ripe figs. Add 2 tablespoons of slaked lime to each gallon water. Soak figs in lime solution 1 hour. Drain. Soak in fresh water 30 minutes. Drain again. Combine 4 cups sugar and 4 cups water; boil in syrup for 10 minutes. Drop in figs and cook rapidly until clear, about 40 to 50 minutes. Drain. Place in single layer on trays, cover with cheesecloth, and place in sun several days, turning each day. Bring indoors at night. If weather is damp, place in warm oven, 200° F., until weather clears. Continue to dry until figs are clear.

COCKTAIL PIZZAS

1 package hot roll mix
1/2 cup minced onion
1 tablespoon cooking oil
tomato sauce
1/4 teaspoon dried oregano
1/4 teaspoon garlic salt
1/4 pound Mozzarella cheese, grated

Prepare roll mix according to package directions; let rise. Sauté onion in oil until tender, add tomato sauce and seasonings. Simmer 10 to 15 minutes. Punch down dough on lightly floured board and divide into 4 equal parts. Roll each part to 1/4-inch thickness; cut into circles with floured 2-inch cookie cutter. Snip edge of each circle about every 1/4 inch with scissors and pinch edge to make a rim. Brush center of each circle with additional oil, sprinkle with 1/2 teaspoon Mozzarella cheese, then 1/2 teaspoon tomato sauce mixture, then 1/2 teaspoon processed cheese. Top some with sliced stuffed olives, some with green or ripe olives or halved cooked shrimp. The hors d’oeuvres can be frozen at this time. To serve: place on cookie sheet and bake in 450° F. oven 10 to 12 minutes. Yield: 40 pizzas.

CORN DOGS

1 cup pancake mix
2 tablespoons cornmeal
1 tablespoon sugar
2/3 cup water
8 wiener
8 wooden skewers

Combine pancake mix, cornmeal, sugar and water. Beat until smooth. Let stand 10 minutes to thicken. Dip wiener in batter to coat. Heat oil 1-inch deep in skillet. Fry coated wiener in hot oil a few at a time, for 2 to 3 minutes or until crisp and brown. Drain. Insert wooden skewer in one end. Yield: 4 servings.

HOME ROASTED PEANUTS

Place peanuts on a cookie sheet. Bake in a 350° F. oven for 30 to 35 minutes; shake pan occasionally. To test peanuts; crack shell and if red skin slips easily, peanuts are roasted.

SALTED PECANS

Spread 1 cup pecan halves in shallow pan. Coat with 1 teaspoon oil. Bake in 350° F. oven for 10 minutes. Sprinkle with 1/2 teaspoon salt.
TOASTED PECANS
Spread unshelled nuts on baking sheet; roast in 400° F. oven for 20 minutes. Cool; crack and shell.

TOASTED PUMPKIN SEEDS
Remove fiber from 2 cups unwashed seeds. Combine with 1 1/2 teaspoon melted butter or oil and 1 1/4 teaspoons salt. Mix well. Spread in shallow pan. Toast in 250° F. oven for 30-40 minutes until browned and crisp, stirring often, to brown evenly.

APPETIZER EGG ROLLS
Egg Roll Skins:
6 eggs
2 1/4 cups water
1 1/2 teaspoons salt
Beat eggs and water until light and foamy. Sift dry ingredients into egg mixture and beat until smooth. Reserve 1/2 cup batter for sealing rolls. For each skin, spoon 2 tablespoons batter into heated greased skillet and quickly spread with back of spoon to form a 4-inch round. Fry on one side only until edge begins to curl. Remove with spatula; place on flat surface, cooked side down, and cool until skins can be handled.

Filling:
1 tablespoon cooking oil
2 teaspoons sesame seed sprouts, drained
1/2 pound lean cooked pork or ham, minced
1/2 pound cooked shrimp, minced
1 medium onion, grated
1 can (3 ounces) mushrooms, minced

Combine oil and seeds. Cook over low heat until seeds are brown. Add remaining ingredients and heat, stirring gently, 5 minutes. Remove from heat and cool. Place 1 heaping tablespoon of filling in center of cooked side of each egg roll skin. Roll, tuck in ends envelope fashion, and seal with reserved batter. Cover with damp cloth; chill overnight. When ready to serve, fry in deep hot fat (375°F.) for 10 to 15 minutes, turning occasionally. Serve hot. Yield: 26 rolls.

HARD-COOKED EGGS
Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Turn heat on low and simmer 15 to 20 minutes. Immediately place eggs in cold water and peel.

SOFT-COOKED EGGS
Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Remove from heat and let stand 1 to 4 minutes, depending on individual taste. Cool eggs for several seconds in cold water to make them easier to handle.

EGG BECHAMEL
Cut eggs into halves lengthwise; remove yolks. Mash yolks; stir in remaining ingredients. Fill egg whites with yolk mixture; arrange in greased shallow baking dish. Pour Bechamel Sauce (recipe below) over eggs; bake in 350° F. oven 15 minutes, or until heated thoroughly. Sprinkle with paprika before serving. Yield: 6 servings.

Bechamel Sauce
1 1/2 tablespoons butter
2 tablespoons flour
1/8 teaspoon pepper
1 bouillon cube dissolved
1/2 cup grated American cheese
Melt butter; add flour, pepper, and paprika. Blend well. Add bouillon and milk gradually, stirring constantly. Cook over low heat until thick, about 5 minutes. Remove from heat; add cheese and stir until cheese is melted.

APPETIZERS & SANDWICHES
STUFFED EGGS

6 hard-cooked eggs, halved
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
3 tablespoons mayonnaise, or enough cream to moisten

Remove yolks and mash with fork; add remaining ingredients. Mix well. Refill whites with egg yolk mixture, heaping it lightly.

Variation: Add to egg yolk mixture any of the following:
2 tablespoons minced cooked ham, chicken, crisp bacon, dried beef, minced veal, liverwurst, grated cheese, minced pickle, chopped olives, flaked tuna, lobster, salmon, shrimp, crab meat, anchovies, or sardines.

BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers
3 onions, sliced
1/2 cup salt
3 cups vinegar
1 cup water
3 cups brown sugar
1 piece horseradish
1 teaspoon cinnamon
1/2 teaspoon ginger
2 tablespoons mustard seed
1 teaspoon turmeric
1/2 teaspoon celery seed
1 pod hot red pepper

Mix cucumbers, onions and salt. Let stand 5 hours. Drain. Boil vinegar, water, sugar, and seasonings 3 minutes. Add cucumbers and onions; simmer 10 to 20 minutes. Do not boil. Pack into hot jars and seal at once. Process in boiling-water bath for 5 minutes. Yield: about 8 pints.

CHERRY TOMATO PICKLES

3 cups sugar
3 cups vinegar
1 tablespoon whole allspice
1 tablespoon whole cloves
5 bay leaves
2 tablespoons celery seed
2 teaspoons mustard seed
2 1-inch cinnamon sticks
4 pints cherry tomatoes, stemmed

Combine sugar, vinegar and spices (tied in cheesecloth bag). Bring to boil; reduce heat and simmer, uncovered, 10 minutes. Remove spice bag. Add tomatoes; bring to boil and immediately remove from heat. Pack in hot jars; add bay leaf to each jar. Fill with boiling hot vinegar mixture to within 1/2-inch of top. Seal. Process in boiling-water bath for 10 minutes. Yield: 5 pints.

CHOW CHOW

1 quart chopped cabbage, about 1 small head
2 cups chopped green tomatoes, about 4
3 onions, chopped
1 1/2 sweet green peppers, chopped
1 1/2 sweet red peppers, chopped
1 1/2 teaspoons salt
1 quart vinegar
1 cup sugar
2 tablespoons ground mustard
1 1/2 tablespoons white mustard seed
2 1/4 teaspoon celery seed
3/4 teaspoon whole cloves (tied in bag)

Combine chopped vegetables in an enameled pan or glass jar and sprinkle with salt; let stand overnight in a cool place. Drain well. In a saucepan, bring to a boil the remaining ingredients; add well drained vegetables and cook slowly until tender, about 30 minutes. Pack into hot jars and process 10 minutes at simmering temperature. Yield: about 4 pints.

DILL PICKLES

35 to 40 cucumbers
3 tablespoons mixed pickling spices
3/4 cup sugar
1/2 cup salt
1 quart vinegar
1 quart water

Dill, green or dry

Wash, dry and cut cucumbers in half lengthwise. Add spices (tied in a cheesecloth bag), sugar, salt and vinegar to water. Simmer 15 minutes. Pack cucumbers into hot jars, leaving 1/4-inch head space. Process in boiling-water bath for 15 minutes. Yield: about 7 pints.
Note: Substitute 3 tablespoons dill seed to each quart for head of dill.

Kosher Dill Pickles: Follow recipe for Dill Pickles. When packing cucumbers into hot jars, add 1 clove garlic, 1 bay leaf, 1/2 teaspoon mustard seed and 1 piece red pepper to each jar.

SOUR PICKLES

Medium cucumbers
1 gallon cider vinegar
1 quart water
1 cup salt
1 cup sugar
1 cup white mustard seed

FIG PICKLES

1 gallon fresh figs 3 cups vinegar
5 cups sugar 1 tablespoon whole cloves
2 quarts water 1 tablespoon whole allspice
2 sticks cinnamon

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool). Add 3 cups sugar to water; boil until sugar dissolves. Add figs and cook slowly for 30 minutes. Add remaining sugar, vinegar and spices, tied in bag. Boil until figs are clear. Let stand 12 to 24 hours in cool place. Heat to simmering; pack immediately into hot sterilized jars. Process pints or quarts in water bath 30 minutes at simmering temperature. Yield: about 6 pints.

PICKLED CAULIFLOWER

4 pounds cauliflower, (2 large)
2 cups coarse salt
1 gallon water
1 quart vinegar
2 cups sugar

Wash cauliflower; separate into flowerets. Place in brine made of salt and water. Let stand for 1 hour. Make syrup of vinegar, sugar and spices (tied in cheesecloth bag). Boil 3 to 5 minutes. Add drained cauliflower; cook 3 to 4 minutes. Pack in sterilized jars. Cover with hot syrup and seal at once. Yield: 4 pints.

MIRLITON PICKLES

8 medium mirlitons 2 1/2 cups sugar
1 tablespoon mustard seed 1/4 teaspoon ground cloves
4 teaspoons salt 2 teaspoons ground turmeric
2 1/2 cups cider vinegar 4 medium onions

Peel and slice mirlitons and onions. Sprinkle with salt; let stand 2 hours. Drain and wash. Combine mirliton mixture with remaining ingredients; bring to a boil, but do not allow mixture to boil. Pack in hot jars; seal and process in boiling-water bath for 10 minutes. Yield: 5 pints.

PICKLED EGGS

2 tablespoons sugar 2 cups white vinegar
1 teaspoon salt 1 medium onion, sliced
1 teaspoon mixed pickling spices 12 to 16 hard-cooked eggs, peeled

Combine sugar, salt, spices, vinegar and onion; simmer about 8 minutes. Strain and pour over eggs in jar. Seal and let stand 2 days before serving. If desired, add sprig of dill, a clove, a few caraway seeds, a slice of garlic, or onion to the brine.

MIRLITON PICKLES

8 medium mirlitons 2 1/2 cups sugar
1 tablespoon mustard seed 1/4 teaspoon ground cloves
4 teaspoons salt 2 teaspoons ground turmeric
2 1/2 cups cider vinegar 4 medium onions

Peel and slice mirlitons and onions. Sprinkle with salt; let stand 2 hours. Drain and wash. Combine mirliton mixture with remaining ingredients; bring to a boil, but do not allow mixture to boil. Pack in hot jars; seal and process in boiling-water bath for 10 minutes. Yield: 5 pints.

PICKLED OKRA

2 cups cider vinegar 2 tablespoons dill seed
2 cups water 2 tablespoons celery seed
1 tablespoon salt 1/2 teaspoon hot pepper sauce
2 tablespoons mustard seed sauce
1 pound small okra pods 2 cloves garlic

In a saucepan, simmer vinegar, water, salt, seed and pepper sauce for 10 minutes. Cut stem ends off okra and place pods in hot sterilized jars. Put a clove of garlic in each jar. Pour hot pickling liquid in jars. Seal and process in boiling-water bath for 10 minutes. Let ripen at least 3 weeks before opening. Yield: 2 pints.
COOKING WITH ENTERGY

PICKLED ONIONS

1 gallon small white onions 1 1/2 quarts white vinegar
1 cup salt 1 1/2 cups sugar
Small red peppers 3 tablespoons whole pepper
Bay leaves 3 tablespoons grated horseradish
3 tablespoons white mustard seed


PICKLED PEACHES

3 pounds (6 3/4 cups) sugar 1 teaspoon whole allspice
2 cups vinegar 2 (3-inch each) sticks cinnamon
2 tablespoons whole mace 6 pounds peaches, peeled 1 teaspoon whole cloves

Combine sugar, vinegar and spices, tied in cheesecloth bag. Bring to boil; add peaches, a few at a time, to boiling syrup. Simmer until tender. Remove peaches; pack into hot jars. Boil syrup until thick; pour over fruit. Seal. Process 20 minutes in water bath at simmering temperature. Yield: 2 1/2 quarts.

PICKLED PEPPERS

1 gallon long red, green or yellow peppers (Hungarian, Banana or other varieties) 2 cups water
1 1/2 cups salt 1/4 cup sugar
1 gallon water 2 cloves garlic
2 tablespoons prepared horseradish
2 1/2 quarts vinegar

Cut 2 small slits in each pepper. Wear rubber gloves to prevent burning hands. Dissolve salt in water. Pour over peppers and let stand 12 to 18 hours in cool place. Drain; rinse and drain thoroughly. Combine remaining ingredients; simmer 15 minutes. Remove garlic. Pack peppers into hot jars and pour boiling hot pickling liquid over peppers, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: 8 pints. Note: For extra crisp peppers, add 1/2 teaspoon alum to each jar.

PICKLED VEGETABLE SALAD

4 cups white wine vinegar 7 cups shredded cabbage
1 cup sugar 3 cups shredded carrots
1 tablespoon salt 3 cups green pepper slices
1/2 cup mixed pickling spices 2 cups onion slices

Boil vinegar, sugar, salt and spices, tied in cheesecloth, for 10 minutes. Add vegetables; boil for 5 minutes. Remove spice bag and pack vegetables in jars. Fill to within 1 inch of top of jar and add syrup to within 1/2 inch of top. Seal; process in boiling-water bath for 30 minutes. Yield: 4 pints.

SWEET ICICLE PICKLES

20 cucumbers, 4 to 6-inches long, cut into quarters, lengthwise 2 teaspoons powdered alum
1 cup salt 1 1/2 tablespoons mixed pickling spices
1/2 gallon water 5 cups sugar
5 cups vinegar

Put cucumber strips in stone jar or stainless steel container. Add salt to water and bring to a boil. Pour over cucumbers. Cover with plate and weight down to keep cucumbers under brine. Cover and let stand 1 week in cool place. Remove scum each day. Drain, discarding brine; rinse cucumbers thoroughly. Cover with boiling water; let stand 24 hours. Drain. Add alum to cucumbers; cover with boiling water. Cover; let stand 24 hours. Drain. Add spices (tied in cheesecloth bag) to sugar and vinegar; bring to a boil. Pour over cucumbers; cover and let stand 24 hours. Drain syrup; bring to a boil and pour over cucumbers. Repeat this step each day for 4 days. Pack pickles into hot jars. Heat syrup to boiling; pour boiling hot over pickles, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: about 6 pints.
WATERMELON RIND PICKLES

Trim dark skin and pink flesh from thick watermelon rind; cut into 1-inch pieces. Dissolve lime in 2 quarts water; pour over rind. If needed, add additional water to cover rind. Let stand 2 hours in lime solution; 6 hours, if salt is used. Drain; rinse and cover rind with cold water. Cook until just tender; drain. Tie spices in cheesecloth bag and combine with remaining ingredients; simmer 10 minutes. Add watermelon rind and simmer until rind is clear; add boiling water if syrup becomes too thick. Remove spice bag. Pack, boiling hot, into hot jars. Process in boiling-water bath for 10 minutes. Yield: 7 pints.

SQUASH PICKLES

Thinly slice squash and onions; cover with 1-inch of water. Add pickling salt and let stand 2 hours. Drain. Combine remaining ingredients and bring to a boil. Pour over squash and onions; let stand 2 hours. Bring all ingredients to a boil. Pack into jars and process at simmering temperature for 15 minutes. Yield: 5 half pints.

POPCORN

Place oil and popcorn in a 10-inch skillet. Cover tightly. Place on controlled top burner set at 375° F. (or in electric skillet) and heat for 3 minutes or until popping stops. Do not shake skillet. Pour into serving bowl. Yield: 1 1/2 quarts. For electric popcorn popper, follow manufacturer's directions.

POPCORN SNACK

Mix garlic salt, chili or curry powder or barbecue seasoning into melted butter. Drizzle the flavored butter over the popped corn and mix well.

CHICKEN LIVER PÂTE

In 1 stick of butter, sauté onion until soft, about 5 minutes. Add mushrooms and chicken livers; cook until liver is just tender, about 5 minutes. Remove from heat; add remaining butter, seasoned salt, lemon juice, pepper and cayenne; stir until butter melts. Divide mixture into four parts. In electric blender, at high speed, blend the mixture one part at a time, adding 2 of the egg quarters to each part. Empty into a bowl as each part is blended. Stir nuts into entire mixture and refrigerate for about 30 minutes. Shape into ball on sheet of waxed paper or foil. Wrap well and refrigerate overnight. Serve with crackers. Yield: 2 1/2 cups, or enough for about 50 crackers.

CHICKEN WING STICKS

Cut wings in half; use “drumstick” half for frying. Use remaining half for soup, stock or remove bone and fry as directed. Combine dry ingredients in a shallow dish. Dip chicken pieces in buttermilk; shake to remove excess. Roll in dry ingredients. Fry in deep hot fat (365° F.) for 5 minutes or until golden brown. Drain on absorbent paper. Yield: 18 hors d’oeuvres.
To Bake: Place in a 9 x 13 inch well greased baking pan. Bake in a 400° F. oven for 45 minutes or until crisp and tender.
**RUMAKI**
(POLYNESIAN APPETIZER)

1 can (8 ounces) water chestnuts, halved
1/3 pound chicken livers, cut into thirds or halves
1/4 teaspoon ginger
8 bacon slices, cut crosswise into halves
1/2 cup soy sauce
1/4 teaspoon curry powder

Wrap chestnut half and piece of chicken liver with 1/2 slice bacon; secure with foodpick. Combine remaining ingredients and marinate appetizers for 1 hour. Place on broiler rack and broil until bacon is crisp, about 15 minutes. Turn once during broiling. Yield: 16 appetizers.

---

**BACON WRAP-AROUNDS**

10 strips bacon, cut in half
20 raw oysters

Partially cook bacon. Wrap each bacon slice around a raw oyster and broil until bacon is crisp. Serve with toothpicks. Makes 20 appetizers.

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**TURKEY REUBEN**

1/4 cup sauerkraut
1 tablespoon sour cream
2 slices pumpernickel or rye bread
1 tablespoon salad dressing
1 slice American or Swiss cheese
4 thin slices turkey
1 tablespoon butter

Combine sauerkraut and sour cream. Spread each bread slice with salad dressing; top with cheese, sauerkraut and 4 slices of turkey. Butter outside of sandwich; grill until cheese melts. Yield: 1 sandwich.

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**BROILED OYSTERS AND CHICKEN LIVERS**

1 pint large oysters
1 pound chicken livers
Salt and pepper
Flour
1/2 cup (1 stick) butter
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce
1/4 cup dry white wine

Drain oysters and livers; dust lightly in seasoned flour. Pan-broil in 2 tablespoons butter until oysters curl. Make sauce with remaining butter and ingredients; pour over oysters and livers. Serve hot on foodpicks.

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**COLD CRAB CANAPÉ**

1 can (7 1/2 ounces) crab meat
1/4 cup mayonnaise
4 sweet pickles, minced
Juice of 1 lime

Mix crab, pickles and lime juice. Add mayonnaise to moisten. Serve on crackers. Makes 24 appetizers.

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**DEEP-FRIED CALAS**

1 1/2 cups cooked rice, very soft
1/2 package yeast
1/2 cup warm water
3 eggs, beaten
1 1/4 cups sifted flour
1/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon nutmeg

Mash hot rice and cool to lukewarm. Soften yeast in warm water and stir into lukewarm rice; mix well. Cover and let rise several hours or overnight. Add eggs, flour, sugar, salt and nutmeg. Beat only until smooth. Let stand in warm place for 30 minutes. Drop by tablespoons into deep hot fat (360° F) and fry until golden, about 3 minutes. Serve sprinkled with confectioners sugar or sugar mixed with cinnamon. Yield: 2 dozen.

---

**CRAB MEAT CHEESE BUNS**

1 cup finely grated Cheddar cheese
1 can (7 1/2 ounces) crab meat, drained and flaked
1/4 cup butter, softened
24 cocktail buns

Mix together cheese and butter; add crab meat. Spread mixture between bun halves; wrap in foil. Place sandwiches on grill over slow coals and heat 10 to 15 minutes, turning frequently, until sandwiches are heated through and cheese begins to melt. Sandwiches can also be heated in a 350° F oven for 15 minutes. Makes 24 appetizers.
### CRAB MEAT PATTIES

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td>butter</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>flour</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>grated Parmesan cheese</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>light cream</td>
</tr>
<tr>
<td>48 miniature</td>
<td>patty shells</td>
</tr>
</tbody>
</table>

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

### CRAB SUPREME

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup diced</td>
<td>celery</td>
</tr>
<tr>
<td>1 onion,</td>
<td>chopped</td>
</tr>
<tr>
<td>2 cloves garlic,</td>
<td>crushed</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 cup chicken</td>
<td>broth</td>
</tr>
<tr>
<td>1 cup tomato</td>
<td>juice</td>
</tr>
<tr>
<td>3 cups</td>
<td>crab meat</td>
</tr>
</tbody>
</table>

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

### CRAB PUFFS

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 stalk</td>
<td>celery, minced</td>
</tr>
<tr>
<td>1 medium onion,</td>
<td>minced</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>cooking oil</td>
</tr>
<tr>
<td>2 cans (7 ounces</td>
<td>crab meat</td>
</tr>
<tr>
<td>each)</td>
<td></td>
</tr>
</tbody>
</table>

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

### CRAB SANDWICHES

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large package</td>
<td>cream cheese</td>
</tr>
<tr>
<td>1 can</td>
<td>crab meat</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td>8 Holland Rusks</td>
<td></td>
</tr>
</tbody>
</table>

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

### HOT CRAB APPETIZERS

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (6 ounces)</td>
<td>crab meat, drained</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>marjoram</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>flour</td>
</tr>
<tr>
<td>1 cup light</td>
<td>cream</td>
</tr>
</tbody>
</table>

Combine crab meat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

### CRAB-CHEESE BURGERS

<table>
<thead>
<tr>
<th>Ingredient/Step</th>
<th>Quantity/Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small can</td>
<td>crab meat</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>processed cheese,</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>prepared mustard</td>
</tr>
</tbody>
</table>

CRAB MEAT PATTIES

1 tablespoon butter 1 cup cooked crab meat
2 tablespoons flour 1/2 teaspoon salt
2 tablespoons grated Parmesan cheese Dash black pepper
3/4 cup light cream 1 egg yolk, beaten
48 miniature patty shells

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

CRAB PUFFS

1 stalk celery, minced 1/2 cup cracker meal
1 medium onion, minced 1/2 cup thick white sauce
1 tablespoon cooking oil 2 eggs, well beaten
2 cans (7 ounces each) crab meat 1/2 teaspoon seasoned salt

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

CRAB SANDWICHES

1 large package cream cheese slices American cheese
1 can crab meat 1 medium onion, finely minced
1 teaspoon Worcestershire sauce Salt to taste
8 Holland Rusks 8 slices tomato

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

CRAB SUPREME

1 cup diced celery 2 tablespoons Worcestershire sauce
1 onion, chopped Dash black pepper
2 cloves garlic, crushed 1/4 teaspoon pepper
1/4 cup olive oil 1 bay leaf
1 cup chicken broth 1/4 cup soy sauce
1 cup tomato juice 3 cups crab meat

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

HOT CRAB APPETIZERS

1 can (6 ounces) crab meat, drained 2 tablespoons sherry
1 teaspoon salt Dash of white pepper
1 tablespoon marjoram 2 tablespoons butter
2 tablespoons flour 1 egg yolk
1 cup light cream 6 slices white bread

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

CRAB-CHEESE BURGERS

1 small can crab meat 6 hamburger buns
1/2 cup processed cheese, diced 1 can celery, chopped fine
1/4 cup prepared mustard 1/2 cup onion, chopped

OYSTERS WITH COCKTAIL SAUCE

Ingredients:
- 3/4 cup tomato catsup
- 1/3 cup lemon juice
- 4 teaspoons prepared horseradish
- 1/4 teaspoon hot sauce
- 2 teaspoons Worcestershire sauce

Instructions:
Combine all ingredients except oysters; chill several hours. Place 6 oysters in each of 6 custard cups and pour about 3 tablespoons of sauce over each serving. Nest each custard cup in a small bowl filled with crushed ice. Yield: 4 servings.

OYSTERS ROCKEFELLER

Ingredients:
- 1/2 package frozen chopped spinach
- 6 small green onions
- 2 stalks celery
- 1/3 bunch parsley
- 1/3 head lettuce
- 1/2 cup (1 stick) butter
- 3/4 cup bread crumbs
- 1 teaspoon anchovy paste

Instructions:
Place spinach, green onions, celery, parsley and lettuce in blender container. Blend thoroughly to puree. Add to butter and 1/4 cup bread crumbs. Add Worcestershire, anchovy paste, hot sauce, absinthe and salt; mix thoroughly. Place oysters on half shell; set in pan of rock salt that has been heated in 450°F oven 20 minutes. Spread 2 tablespoons sauce over each oyster. Top with 1 teaspoon combined cheese and remaining crumbs. Bake in 450°F oven 30 minutes. Broil, 3 inches from heat, until brown. Yield: 6 servings.

QUICK SHRIMP STICKS

Ingredients:
- 4 slices whole wheat bread
- 1/2 lb. shrimp, cooked
- 1/2 small onion
- 1 teaspoon sugar
- 2 egg whites

Instructions:
Cut each bread slice into 4 strips. Combine shrimp, onion and ginger in blender to chop. In medium-size bowl, mix shrimp with seasonings; add egg whites and beat until stiff. Spread on bread strips; sprinkle with bread crumbs. Fry in deep fat until golden brown. Yield: 16 appetizers.

SHRIMP BALLS

Ingredients:
- 1 cup raw diced shrimp
- 3 tablespoons minced onion
- 2 tablespoons butter
- 1/4 cup grated Parmesan cheese

Instructions:

SHRIMP NEWBURG

Ingredients:
- 1/4 cup (1/2 stick) butter, melted
- 2 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon cayenne
- 2 tablespoons sherry wine

Instructions:
Combine butter, flour and seasoning. Add cream gradually and cook until thick, stirring constantly. Stir small amount of hot sauce into yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve on toast points. Yield: 6 servings.

SHRIMP OR OYSTER PO BOY

Ingredients:
- 1 pound cleaned shrimp or oysters
- 1 package Po Boy buns

Instructions:
Dip shrimp or oysters in Fish Fry; fry in deep fat at 375°F until golden brown. Drain. Place on buns and enjoy.
**SHRIMP LOAF**

3 tablespoons lemon juice  
3 packages (3 ounces each) Philadelphia cream cheese  
1 1/2 cups fresh boiled shrimp, chopped fine  
3/4 cup finely chopped parsley or celery  
1 cup mayonnaise  
1 large can shrimp or fresh cooked shrimp  
1 can tomato soup  
2 envelopes unflavored gelatin  
Salt and pepper to taste  
3/4 cup finely chopped green onions

You may use both the fresh shrimp and 1 can shrimp or 2 1/2 cups of the fresh boiled shrimp.


**SHRIMP ROCKEFELLER**

2 packages (10 ounces each) frozen spinach  
1/2 cup (1 stick) butter, melted  
1 1/2 teaspoons Worcestershire sauce  
2 teaspoons anchovy paste  
1/2 teaspoon salt  
1/4 teaspoon hot sauce  
1 teaspoon celery salt  
2 cloves garlic  
12 green onions  
1/4 cup grated Parmesan cheese  
1/2 cup chopped parsley  
2/3 head lettuce, chopped  
3 slices white bread, crusts removed  
1 pound shrimp, cleaned  
3/4 cup water  
2 tablespoons butter, melted  
1/2 cup dry bread crumbs

Cook spinach according to package directions, reserving liquid. In blender container, blend 1 stick butter, spinach liquid and seasonings. Gradually add the greens. Add bread moistened in water. Place 4 shrimp in each of 6 greased ramekins, pour sauce over each. Mix butter with crumbs; sprinkle on shrimp. Top with cheese. Bake 15 minutes or until brown. Yield: 6 servings.

**SHRIMP REMOULADE**

2 lbs. boiled shrimp, peeled and deveined  
Lettuce  
Remoulade sauce

Let shrimp cool after boiling. Mix shrimp with Remoulade Sauce and place in small covered bowl; store in refrigerator at least 24 hours. When ready to serve, stir and use in salad bowl over chopped lettuce. Shrimp Remoulade prepared this way will last a week in the refrigerator. Sauce alone can be stored in refrigerator up to 2 months.

**Remoulade Sauce**

1 pint tomato catsup  
1/2 pint olive oil  
1/2 can tomato paste  
1/2 pint mayonnaise  
1 large dill pickle  
1 sprig parsley  
1 egg white  
1 sprig green onion  
1 bell pepper  
1 tablespoon powdered horseradish  
1 tablespoon Worcestershire sauce  
8 or 9 green olives  
1 tablespoon prepared mustard  
1/2 teaspoon salt  
1/2 teaspoon sugar

Grind very fine in food chopper the dill pickle, garlic, green onion, parsley, bell pepper and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A-1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart.

**BUYING GUIDE**

FOR 50 FULL-SIZED SANDWICHES:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measure</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 slice per sandwich)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham (canned)</td>
<td>1/8 inch slice</td>
<td>10 pounds</td>
</tr>
<tr>
<td>Roast beef or veal (bone-in weight)</td>
<td>1/8 inch slice</td>
<td>20-25 pounds</td>
</tr>
<tr>
<td>Turkey</td>
<td>1/8 inch slice</td>
<td>17 pounds</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/8 inch slice</td>
<td>3 pounds</td>
</tr>
<tr>
<td>Ready-to-serve sliced meats</td>
<td>1/16 inch slice</td>
<td>7-9 pounds</td>
</tr>
<tr>
<td>White sandwich loaf</td>
<td>8 pounds</td>
<td></td>
</tr>
<tr>
<td>Whole wheat</td>
<td>6 pounds</td>
<td></td>
</tr>
<tr>
<td>Rye</td>
<td>4 pounds</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>2 teaspoons per sandwich</td>
<td>1 1/2 pounds</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>2 teaspoons per sandwich</td>
<td>1 quart</td>
</tr>
</tbody>
</table>
FILLING FOR SANDWICHES

One cup of spread or finely chopped filling will make about 8 full-sized sandwiches. Allow 2 rounded tablespoons of filling per sandwich.

BUTTER SPREAD FOR SANDWICHES

Always spread both slices of bread to the edge with softened butter to keep soft fillings from soaking in, yet avoiding any dry bites. For a variation, add 2 teaspoons prepared mustard to 1/2 cup (1 stick) butter.

FREEZING SANDWICHES

Sandwiches can be prepared in advance and frozen. Any bread will freeze well, but some fillings do not. It is best to omit crisp salad-type vegetables, because they lose their crispness.

Hard-cooked egg whites should not be frozen, as they turn rubbery.

Salad dressings and mayonnaise should be used sparingly, since both tend to separate, making sandwiches soggy.

Bottled salad dressings, such as Russian, French and Italian, work well as binders and add flavor to fillings.

To check a filling, freeze a small amount in a custard cup, covered, overnight. Then, thaw and look for any separation or watering.

Storage Time: 1 to 2 months.

Thaw party sandwiches at room temperature for 30 minutes. Unwrap open-faced sandwiches for thawing.

Whole sandwiches should be individually wrapped. Allow 2 to 3 hours for thawing at room temperature.

Frosted sandwich loaf will thaw in about 3 hours, unwrapped.

AVOCADO FILLING

2 cups mashed avocado (about 3) 1/2 cup mayonnaise
1 tablespoon lemon juice 1/4 cup minced parsley

Combine ingredients and chill. Sufficient spread for two ribbon loaves or 48 finger sandwiches.

CHECKERBOARD SANDWICHES

Cut 3 slices each of whole wheat and white bread, 1/2-inch thick. Remove crusts. Spread a slice of white bread with softened butter or cream cheese and place a slice of whole wheat on it. Spread this with creamed mixture. Place on it a slice of white bread, making whole wheat bread the middle layer. Repeat this process beginning with a slice of whole wheat so that a slice of white bread is the middle layer this time. Trim each pile evenly, and cut each pile in 3 one-inch strips. Spread these strips with creamed mixture and put together in such a way that a white block will alternate with a whole wheat one, forming a checkerboard at ends. There will be two “checkered” loaves. Wrap each loaf in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

BANANA-PEANUT BUTTER SPREAD

1/2 cup peanut butter 1/4 cup orange juice
1/4 cup mashed banana

Combine ingredients until well blended. Yield: 8 sandwiches.

CHEESE FILLING

1 pound (4 cups) grated Cheddar cheese 1 tablespoon minced onion
1/2 cup mayonnaise or 1/4 cup prepared mustard
salad dressing 1/2 cup chopped stuffed olives


CHEESE-OLIVE SPREAD

1 cup stuffed olives 1/4 pound (1 cup) process cheese, cubed
4 strips bacon, cooked

Place all ingredients in blender or food processor, blend to smooth spread. Add cream or liquid from olives if mixture is too thick. Yield: 6 full-sized sandwiches.
COOKING WITH ENTERGY

CHICKEN OR HAM SALAD

4 1/2 cups finely chopped or ground cooked chicken* or ham
1 1/2 cups minced celery
1 cup mayonnaise
3/4 teaspoon salt
6 tablespoons chopped stuffed olives or pickle

Thoroughly combine all ingredients. Yield: filling for approximately 4 1/2 cups cooked meat.
*One 5-pound chicken yields approximately 4 cups cooked meat.

CUCUMBER SANDWICHES

1 large cucumber
3 tablespoons vinegar
1 tablespoon lemon juice
1 tablespoon sugar
1/4 teaspoon salt
Dash pepper
1 teaspoon grated onion
4 packages (3 ounces each) cream cheese
1 to 2 drops green food coloring

Peel cucumber, remove seeds and grate coarsely. Soak pulp 15 minutes in vinegar, lemon juice, sugar, salt and pepper. Drain. Blend onion with cream cheese; add drained cucumber and food coloring. Mix well. Spread 1 dozen open-faced sandwiches; cut into fingers or squares. Garnish with parsley.

EGG SALAD

4 hard-cooked eggs
1/2 stalk celery, minced
1/4 cup mayonnaise
1/4 teaspoon onion salt
1/2 teaspoon salt
1/8 teaspoon pepper

Combine yolks with celery, mayonnaise, salt and pepper. Stir in minced whites. Yield: 12 full-sized sandwiches.

EGG-OLIVE FILLING

1 cup pecans
2 hard-cooked eggs
1 bottle (7 ounces) stuffed olives
1/2 cup mayonnaise
1 medium onion, minced
Salt
Pepper

Put pecans, eggs, olives and onion through meat chopper or chop finely. Season to taste with salt and pepper. Add just enough mayonnaise for spreading consistency. Yield: 6 full-sized sandwiches.

MEAT SPREAD

Blend 1/4 cup mayonnaise, 1 teaspoon prepared horseradish, 1/2 teaspoon salt, 1/2 stalk celery cut into 1-inch pieces, 1 cup cubed cooked meat and 1 slice of onion. Yield: 1 cup.

ONION-BACON FILLING

4 bunches green onion
2 cups mayonnaise
1/2 to 1 pound cooked bacon

Chop tops and bottoms of onions very fine; stir in mayonnaise. Crumble bacon finely; add to onion mixture. Mix well. Spread on thin bread. Remove crust from sandwiches. Yield: 25 full-sized sandwiches.

PINWHEEL SANDWICHES

Remove crusts from all sides of a fresh, unsliced loaf of bread with the exception of the bottom crust. With a sharp knife, cut bread lengthwise in slices 1/8 to 1/4-inch thick. Spread the long slices with a cheese spread or any smooth filling. Beginning at one end, roll the bread as for a jelly roll. Spread melted butter on the last lap of the bread to seal it. Wrap the small rolls in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

RIBBON SANDWICHES

Put three or more slices of bread together with prepared filling. Wrap tightly in waxed paper. Chill. Cut in 1/4-inch slices just before serving. Use alternate slices of white and dark bread.

ROLLED SANDWICHES

Trim crusts from fresh bread. Put slices between 2 damp towels and roll lightly with rolling pin. Spread slices with desired filling. Roll up and seal edges with melted butter. Roll each sandwich in waxed paper; twist ends tightly. Store in refrigerator.
**Sandwich Loaf**

- 1 small loaf unsliced sandwich bread
- 3-4 tablespoons cream
- 3 packages (3 ounces each) cream cheese
- 3 recipes of fillings

Cut crust from the bread and slice lengthwise in 4 slices. Spread butter over each center slice. Spread the top of the bottom slice with one of the fillings. Place the next slice over and spread with another filling, pressing firmly. Spread last filling on third slice and top with fourth slice. Press firmly. Blend cheese and cream, adding a pinch of salt. Spread over top and sides of the loaf. Chill several hours. When ready to serve, slice into 3/4 to 1-inch slices.

**Shrimp Spread**

- 1 package (3 ounces) cream cheese
- 1 teaspoon prepared cheese mustard
- Dash garlic salt
- 2/3 cup minced shrimp
- 1 stalk celery, minced
- 2 tablespoons mayonnaise

Combine softened cheese and garlic salt. Stir in remaining ingredients. Yield: 8 full-sized sandwiches.

**Tuna Filling**

- 2 cans (7 ounces each) tuna, drained
- 3/4 cup minced celery
- 1/2 cup chopped sweet pickle chips
- 1/4 cup minced onion

Combine tuna, eggs, celery, pickle and onion. Add mayonnaise; mix well. Yield: 8 sandwiches or 4 generous salads.

**Candied Cushaw**

- 1 cushaw
- 1 1/2 cups sugar

Cut neck of cushaw into small rounds about 1/4-inch thick. Remove rind; place in large saucepan. Cover with water; add butter and sugar. Cook over low heat, carefully turning once, until syrup thickens and looks crystallized. The large end of the cushaw can be coarsely grated and prepared in the same manner. Yield: 6 servings.

**Artichoke Balls**

- 2 cans artichoke hearts
- 1/2 cup Italian bread crumbs
- 1 large clove garlic, minced
- 1/2 cup Parmesan cheese
- 2 to 4 tablespoons olive oil
- Salt and pepper

Drain artichoke hearts and mince finely. Combine with remaining ingredients until mixture can be molded into small balls. Bake in 350° F. oven for 15 minutes. Yield: about 4 dozen.

To Freeze: Arrange artichoke balls on a cookie sheet; freeze, and then transfer to freezer bags. To serve, place frozen balls on cookie sheet and bake in 350° F. oven for 15 minutes or until golden brown.

**Shrimp Spread**

- 1 package (3 ounces) cream cheese
- 1 teaspoon prepared cheese mustard
- Dash garlic salt
- 2/3 cup minced shrimp
- 1 stalk celery, minced
- 2 tablespoons mayonnaise

Combine softened cheese and garlic salt. Stir in remaining ingredients. Yield: 8 full-sized sandwiches.

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**Candied Cushaw**

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- 1 1/2 cups sugar

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**Party Sweet Potatoes**

- 6 yams, cooked and sliced
- 2 cups brown sugar
- 1/2 cup (1 stick) butter, melted
- 1 cup pecans
- 1 can (1 pound 4 ounces) crushed pineapple, well drained
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg

Layer yam slices in 2-quart greased casserole with other ingredients, ending with brown sugar. Bake in 375° F. oven until sauce thickens, about 1 hour. Yield: 8 servings.
COOKING WITH ENTERGY

STUFFED CELERY

1 celery heart
1 package (3 ounces) cream cheese
1/4 teaspoon chopped chives

Paprika
1/4 teaspoon
Worcestershire sauce
1/8 teaspoon salt
1/2 teaspoon mayonnaise

Wash and dry pieces of celery from the heart; leave on a bit of foliage. Fill grooves with remaining ingredients that have been blended thoroughly. Sprinkle lightly with paprika.

STUFFED MUSHROOMS

16 large mushrooms
1/2 cup (1 stick) butter
1/2 cup seasoned bread crumbs
1 egg, slightly beaten
1 tablespoon minced onion

1 tablespoon chopped parsley
1/2 teaspoon salt
Dash pepper
Parmesan cheese
1 cup beef bouillon

Remove stems of mushrooms. Sauté chopped stems in 3 tablespoons butter. Add crumbs, egg, onion, parsley, salt and pepper. Brush mushroom caps with butter and arrange, cup side up, in buttered baking dish. Fill each cap with stuffing, sprinkle with cheese and dot with butter. Add broth to pan. Bake in a 375° F. oven for 15 to 20 minutes or until tender when pierced with a fork. Baste mushrooms occasionally with additional butter to keep them moist. Yield: 4 servings.

Variation: Substitute crab meat or chopped shrimp for mushroom stems in stuffing.

Notes:
COOKING WITH ENTERGY

Beverages
COOKING WITH ENTERGY

SUBSTITUTIONS

FOR:

1 tablespoon cornstarch
1 square (1 ounce) unsweetened chocolate
1 cup milk
1 cup sour milk
Commercial sour cream
1/2 cup old fashioned molasses plus 1/4 teaspoon soda
1 cup brown sugar
1 cup sifted cake flour
2 teaspoons baking powder
1 whole egg
1 cup self-rising flour
1 package active dry yeast
1 small clove garlic

USE:

2 tablespoons flour or one tablespoon tapioca
3 tablespoons cocoa plus 1 tablespoon butter
1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted dry milk made by using 1/3 cup instant dry milk and 3/4 cup water
1 tablespoon lemon juice or vinegar plus enough whole milk to make 1 cup
No substitute
1/2 cup granulated sugar plus 1 teaspoon baking powder, plus 2 tablespoons water or milk
1/4 cup molasses plus 3/4 cup granulated sugar
1 cup sifted all-purpose flour minus 2 tablespoons
1 1/4 teaspoons cream of tartar plus 1/2 teaspoon baking soda
2 egg yolks, plus 1 tablespoon water (in cookies)
2 egg yolks (in puddings or similar mixtures)
1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
1 tablespoon instant minced onion
1/8 teaspoon garlic powder
CHERRY BOUNCE

To 1 gallon of wild cherries, add enough whiskey to just cover. Let stand 3 weeks. Drain off liquor; reserve. Drain juice from cherries through jelly bag, but do not break stones. Add strained cherry juice to reserved liquor. To each 1/2 gallon of cherry juice liquor, add a boiled syrup made of 2 1/4 cups sugar and 1/2 cup water. Stir; pour into bottles and cork securely.

PEACH BRANDY

Peel 2 gallons or 8 quarts ripe peaches. Weigh, measure an equal amount of sugar. Pack fruit and sugar in alternate layers in an earthen crock. Weight down peaches to keep under juice. Cover top of crock with cheesecloth and store in cool, dark place. Allow to stand 2 to 3 weeks, or until fermentation stops. Strain to remove sediment. Pour juice into bottles and cork tightly. If desired, peaches may be refrigerated and served later.

CAFE AU LAIT

Into a coffee cup pour together boiling milk and hot strong coffee (1/2 cup of each). This is the coffee that is so popular at the coffee stands in New Orleans.

CAFE BRULOT

40 whole cloves
2 sticks whole cinnamon, broken into pieces
Very thin peel of 1/2 orange
20 cubes of sugar plus 2 cubes per cup
Very thin peel of 1/2 lemon
1 quart hot coffee

Place spices, peel, sugar and brandy into brulot bowl. Fill the brulot ladle with brandy, ignite and lower into brulot bowl. Ladle the flaming mixture only a few minutes, so that it will not destroy all the flavor of the brandy. Pour coffee slowly into brulot bowl. (The quantity of sugar may seem excessive; it is essential as the brulot should taste like a very rich fruitcake.) Serves 12.

GOLDEN PUNCH

2 cans (6 ounces each) frozen orange juice concentrate
2 cans (12 ounces each) apricot nectar
2 cans (6 ounces each) frozen lemonade concentrate
2 cans (18 ounces each) pineapple juice

Add water to frozen concentrate as directed on cans. Combine with the apricot nectar and pineapple juice. Chill. Yield: 39 servings, 4 ounces each.

HAWAIIAN PUNCH

2 quarts Hawaiian Punch 1/2 cup lemon juice
3 quarts water 1 quart ginger ale

Combine punch, water and lemon juice. Pour over cracked ice. Just before serving, add ginger ale. Yield: 50 servings, 4 ounces each.

ICE CREAM SODA PUNCH

2 quarts cherry soda 1 quart cream soda
2 bottles cola-type beverage 1 pint vanilla ice cream

Chill beverages thoroughly. Just before serving, pour beverages into punch bowl. Add ice cream, dividing the pint into four large tablespoonfuls. Yield: 32 servings, 4 ounces each.

LEMONADE PUNCH

2 cups water 4 oranges, sliced
4 1/2 cups (2 pounds) 1 can (46 ounces)
sugar pineapple juice
3 3/4 cups lemon juice 2 gallons cold water

Boil 2 cups water with sugar; chill. Add lemon juice, oranges, pineapple juice and water. Yield: 90 servings, 4 ounces each.
**COOKING WITH ENTERGY**

**LUAU PUNCH**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (6 ounces)</td>
<td>1 can (46 ounces)</td>
</tr>
<tr>
<td>orange juice concentrate</td>
<td>pineapple juice</td>
</tr>
<tr>
<td>1 can (6 ounces)</td>
<td>2 tablespoons Maraschino cherry juice or</td>
</tr>
<tr>
<td>lemonade concentrate</td>
<td>1 tablespoon grenadine</td>
</tr>
<tr>
<td>2 cans (12 ounces each)</td>
<td>3/4 teaspoon almond extract</td>
</tr>
<tr>
<td>apricot nectar</td>
<td></td>
</tr>
<tr>
<td>1 bottle (28 ounces)</td>
<td></td>
</tr>
<tr>
<td>ginger ale</td>
<td></td>
</tr>
</tbody>
</table>

Dilute orange juice as label directs. Add concentrated lemonade, nectar, pineapple juice, cherry juice, and extract. Refrigerate. At serving time, add ginger ale. Yield: 34 servings, 4 ounces each.

**PENNY-WISE PUNCH**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 packages (3 ounces each)</td>
<td>2 oranges, thinly sliced</td>
</tr>
<tr>
<td>cherry-flavored gelatin</td>
<td>2 bottles (28 ounces each)</td>
</tr>
<tr>
<td>2 packages (3 ounces each)</td>
<td>ginger ale</td>
</tr>
<tr>
<td>lemon-flavored gelatin</td>
<td>1 quart hot water</td>
</tr>
<tr>
<td>1 quart cold water</td>
<td></td>
</tr>
</tbody>
</table>

Dissolve gelatin in hot water. Add cold water and orange slices. Chill. Add ginger ale and ice cubes just before serving. Yield 32 servings, 4 ounces each.

**SHERBET PUNCH**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart sherbet</td>
<td>5 quarts ginger ale, chilled</td>
</tr>
</tbody>
</table>

Place sherbet in punch bowl; add ginger ale. Yield 48 servings, 4 ounces each.

**TEA BASE FRUIT PUNCH**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart hot tea</td>
<td>1 cup grenadine</td>
</tr>
<tr>
<td>3 1/2 to 4 cups sugar</td>
<td>1 quart unsweetened pineapple juice, chilled</td>
</tr>
<tr>
<td>1 quart lemon juice, chilled</td>
<td></td>
</tr>
</tbody>
</table>

Stir tea and sugar until sugar dissolves; chill. Add grenadine and juices. Yield: 30 servings, 4 ounces each.

**Variations:**

- **Sparkling Punch:** Add 2 bottles (28 ounces each) chilled lemon-lime carbonated beverage. Yield: 48 servings, 4 ounces each.
- **Champagne Punch:** Add 2 fifths chilled champagne and 1/2 pint vodka. Yield: 55 servings, 4 ounces each.

*Amount to Serve:* The average punch cup holds about 1/2 cup (4 ounces) of punch. Allow 3 cups of punch per person. 4 1/2 gallons punch serves 50 people, 3 cups per person.

*Ice Ring:* Fill ring mold half full of water or fruit juice. Freeze firm as quickly as possible. Arrange fruit in decorative design over frozen ring. Anchor by pouring a small amount of water around them; freeze. Unmold and float in punch bowl.

*Frozen Fruit:* Place can of fruit cocktail in freezer overnight to freeze solid. Open can and place fruit in punch bowl with block of ice. Add punch. Float mint and lemon slices on top.
## FOOD SHOPPING GUIDE FOR 25 PEOPLE

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT TO PURCHASE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEVERAGES</strong></td>
<td></td>
</tr>
<tr>
<td>Coffee</td>
<td>1/2 to 3/4 pound</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>8 squares</td>
</tr>
<tr>
<td>Orange juice, frozen</td>
<td>24 ounce</td>
</tr>
<tr>
<td>Tea, hot</td>
<td>2 1/4 ounces</td>
</tr>
<tr>
<td>Tea, iced</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Punch</td>
<td>2 1/4 gallons</td>
</tr>
<tr>
<td><strong>BREADS</strong></td>
<td></td>
</tr>
<tr>
<td>Regular, sliced</td>
<td>3 loaves</td>
</tr>
<tr>
<td>Thin sliced</td>
<td>2 loaves</td>
</tr>
<tr>
<td>Rolls, pan</td>
<td>3 dozen</td>
</tr>
<tr>
<td>Rolls, hard</td>
<td>2 1/4 dozen</td>
</tr>
<tr>
<td>French</td>
<td>3 loaves</td>
</tr>
<tr>
<td><strong>CEREALS</strong></td>
<td></td>
</tr>
<tr>
<td>Grits</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Macaroni</td>
<td>3 1/2 pounds</td>
</tr>
<tr>
<td>Noodles</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Rice, long grain</td>
<td>2 1/2 pounds</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>6 pounds</td>
</tr>
<tr>
<td><strong>DAIRY PRODUCTS</strong></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Cheese for sandwiches</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Cream for coffee</td>
<td>1 pint</td>
</tr>
<tr>
<td>Eggs</td>
<td>3 1/2 dozen</td>
</tr>
<tr>
<td>Ice cream,</td>
<td>1 gallon</td>
</tr>
<tr>
<td>Milk</td>
<td>1 1/4 gallon</td>
</tr>
<tr>
<td><strong>FRUIT</strong></td>
<td></td>
</tr>
<tr>
<td>Canned fruit</td>
<td>No. 10 can</td>
</tr>
<tr>
<td>Frozen fruit</td>
<td>6 10-ounce packages</td>
</tr>
<tr>
<td><strong>MEAT, BEEF</strong></td>
<td></td>
</tr>
<tr>
<td>Beef Roast, bone in</td>
<td>10 to 13 pounds</td>
</tr>
<tr>
<td>Beef Roast, boneless</td>
<td>9 to 10 pounds</td>
</tr>
<tr>
<td>Steaks</td>
<td>12 pounds</td>
</tr>
<tr>
<td>Ground for meatballs</td>
<td>9 to 10 pounds</td>
</tr>
<tr>
<td>Ground for meat patties</td>
<td>6 pounds</td>
</tr>
<tr>
<td><strong>MEAT, PORK</strong></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>3 pounds</td>
</tr>
<tr>
<td>Ham, cooked, bone-in</td>
<td>13 pounds</td>
</tr>
<tr>
<td>Ham, cooked, boneless</td>
<td>8 pounds</td>
</tr>
<tr>
<td>Roast Loin</td>
<td>10 to 13 pounds</td>
</tr>
<tr>
<td>Sausage, patties or links</td>
<td>6 1/2 pounds</td>
</tr>
<tr>
<td><strong>MEAT, VEAL</strong></td>
<td></td>
</tr>
<tr>
<td>Breaded Veal Cutlets</td>
<td>6 1/2 pounds</td>
</tr>
<tr>
<td><strong>POULTRY, CHICKEN</strong></td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>15 to 18 pounds</td>
</tr>
<tr>
<td>Fried, quartered</td>
<td>7 fryers</td>
</tr>
<tr>
<td>For boned cooked meat,</td>
<td>10 to 12 pounds</td>
</tr>
<tr>
<td>casseroles or salads</td>
<td></td>
</tr>
<tr>
<td><strong>POULTRY, TURKEY</strong></td>
<td></td>
</tr>
<tr>
<td>For boned, cooked meat,</td>
<td>15 to 18 pounds</td>
</tr>
<tr>
<td>sliced</td>
<td></td>
</tr>
<tr>
<td>Boned, cooked meat for</td>
<td>8 to 10 pounds</td>
</tr>
<tr>
<td>casseroles or salads</td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>18 to 20 pounds</td>
</tr>
<tr>
<td><strong>SALADS</strong></td>
<td></td>
</tr>
<tr>
<td>Cabbage for cole slaw</td>
<td>4 heads</td>
</tr>
<tr>
<td>Chicken salad, prepared</td>
<td>5 quarts</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>4 quarts</td>
</tr>
<tr>
<td>Potato Salad, prepared</td>
<td>5 quarts</td>
</tr>
<tr>
<td>Salad Dressing</td>
<td>3/4 quart</td>
</tr>
<tr>
<td>Lettuce</td>
<td>5 heads</td>
</tr>
<tr>
<td>Tomatoes, sliced</td>
<td>6 pounds</td>
</tr>
<tr>
<td><strong>SEAFOODS</strong></td>
<td></td>
</tr>
<tr>
<td>Crabs, boiled</td>
<td>13 to 16 dozen</td>
</tr>
<tr>
<td>Crawfish, boiled</td>
<td></td>
</tr>
<tr>
<td>3 pounds per person</td>
<td>75 pounds</td>
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<tr>
<td>Shrimp, boiled</td>
<td>1 1/2 pounds per person</td>
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<tr>
<td><strong>SOUPS AND GRAVY</strong></td>
<td></td>
</tr>
<tr>
<td>Soups, appetizer</td>
<td>1 1/2 gallons</td>
</tr>
<tr>
<td>Gravy for hot sandwiches</td>
<td>3 quarts</td>
</tr>
<tr>
<td>Gumbo as main dish</td>
<td>3 gallons</td>
</tr>
<tr>
<td>Tomato gravy for spaghetti</td>
<td>1 1/2 gallons</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
</tr>
<tr>
<td>Canned</td>
<td>7 No. 303 cans or</td>
</tr>
<tr>
<td>Frozen</td>
<td>1 No. 10 cans</td>
</tr>
<tr>
<td>Potatoes, Boiled</td>
<td>6 pounds or</td>
</tr>
<tr>
<td>Mashed</td>
<td>9 10-ounce packages</td>
</tr>
<tr>
<td><strong>MISCELLANEOUS</strong></td>
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</tr>
<tr>
<td>Mustard</td>
<td>5 ounce jar</td>
</tr>
<tr>
<td>Pickles or Olives</td>
<td>1 quart</td>
</tr>
<tr>
<td>Potato chips</td>
<td>9 pounds</td>
</tr>
<tr>
<td>Sugar</td>
<td>7 pounds</td>
</tr>
</tbody>
</table>
**BREAD BASICS**

TO FREEZE BREADS: Breads freeze better baked. Bakery bread should be over-wrapped. Thaw in about 1 hour at room temperature - leave in freezer wrap until ready to serve.

TO HEAT: Wrap in foil and place in 350° F. oven for 10 to 15 minutes, depending on size.

STORAGE TIME: Baked - 2 -3 months; Unbaked - 1 month

**BASIC CREPES**

3 eggs
1/2 cup milk
1/2 cup water
3/4 cup flour
3 tablespoons melted butter
1/2 teaspoon salt

In electric blender, blend ingredients about 1 minute; scrape down sides of container and blend until smooth, about 30 seconds. Refrigerate batter 1 hour. Smaller pans will take about 2 to 3 tablespoons batter; larger pan 1/4 cup. On medium high heat, heat seasoned pan until just hot enough to sizzle a drop of water; brush lightly with butter. Add batter and tilt pan to coat bottom; cook until lightly browned on bottom and dry on top. If desired, turn and brown other side. Cool pan slightly between crepes. Yield: 2 cups batter.

To freeze: Layer crepes with waxed paper, foil or plastic wrap; place on paper plate and cover tightly with moisture-vapor-proof wrapping. Storage time: several weeks.

To thaw: Place in refrigerator overnight or unwrap crepes and thaw in 250° F. oven, carefully peeling crepes apart as they thaw. In microwave oven, thaw 1 to 2 minutes.

**BISCUITS**

1/4 cup shortening
2 cups sifted flour
3/4 to 1 cup milk
1 teaspoon salt
4 teaspoons baking powder


Variations:

Olive-Pimento Biscuits: Add 1/4 cup chopped stuffed olives to dry ingredients.

Cheese Biscuits: Add 1/2 cup grated cheese to dry ingredients.

Cinnamon Pinwheels: Roll dough to rectangular shape, 1/4 inch thick. Brush with 1/2 stick melted butter. Combine 1/4 cup sugar and 1/4 teaspoon cinnamon; sprinkle over dough. Roll jelly roll style and cut into 3/4-inch slices. Put each pinwheel in greased muffin pan.

Drop Biscuits: Increase milk to 1 1/4 cups and drop from tablespoon onto greased cookie sheet.

Southern Biscuits: Omit baking powder and add 1/2 teaspoon baking soda; use buttermilk instead of milk.

**BISCUIT MIX**

8 cups sifted flour
1/4 cup baking powder
1 cup shortening
4 teaspoons salt


To make rolled biscuits: Gradually add 2/3 cup milk to 2 cups biscuit mix to form a soft ball. Knead 1/2 minute on lightly floured board. Roll out to 1/2-inch thickness and cut with floured biscuit cutter. Bake on ungreased baking sheet in 450° F. oven for 12 to 15 minutes. Yield: 12 biscuits.
COOKING WITH ENTERGY

PIMENTO CHEESE BISCUITS

1 cup grated cheese 1 can (4 ounces) pimiento
2 cups biscuit mix Milk to moisten

Add cheese to biscuit mix; stir in pimiento. Add milk to moisten. Stir until dough leaves sides of bowl. Turn out on lightly floured board; knead lightly. Roll out dough to 1/2-inch thickness. Cut with small cutter. Bake in 425°F oven for 12 to 15 minutes. Yield: 18 biscuits.

BISHOP'S BREAD

2 cups brown sugar 3/4 cup sour milk
1/2 cup (1 stick) 2 cups sifted flour
melted butter 1 teaspoon cinnamon
1 egg 1/2 teaspoon salt
1 cup chopped raisins 1/2 teaspoon baking soda

Blend sugar and butter. Add egg; beat until smooth. Mix raisins with sifted dry ingredients. Add raisin-flour mixture and sour milk alternately to brown sugar mixture. Pour into a greased and waxed paper-lined 9 1/4 x 5 1/4 x 2 3/4-inch loaf pan. Bake in 350°F oven for 1 hour.

BUTTERMILK ROLLS

1 cup lukewarm buttermilk 1 teaspoon salt
1/4 teaspoon baking soda 1 package yeast
1 teaspoon sugar 3 tablespoons shortening
2 1/2 cups sifted flour

Combine buttermilk, soda, sugar and salt. Stir in yeast until dissolved. Add shortening and stir until melted. Blend in flour; add additional 1/4 cup flour if necessary to make dough easy to handle. Knead on lightly floured board until smooth and elastic. Shape dough into 1-inch balls and place 3 balls in each greased muffin pan. Cover and let rise until doubled in bulk, about 1 hour. Bake in 400°F oven 20 minutes. Yield: 18 rolls.

CAKE DOUGHNUTS

1 cup sugar 2 teaspoons baking powder
2 tablespoons shortening 1/2 teaspoon salt
2 eggs, beaten 1/4 teaspoon nutmeg
3/4 cup buttermilk 1/4 teaspoon cinnamon
3 1/2 cups sifted flour
1 teaspoon baking soda


BAKED DOUGHNUTS

1 package yeast 1/2 teaspoon salt
1/4 cup warm water 1 egg, beaten
6 tablespoons milk 2 1/2 cups sifted flour
2 tablespoons shortening (about)
4 tablespoons sugar


To Glaze Doughnuts: Blend 1/3 cup boiling water into 1 cup confectioners sugar. Dip warm doughnuts into warm glaze.
CHEESE BREAD

2 cups sifted flour 1 cup grated American cheese
3 teaspoons baking powder 1/2 cup chopped pecans
3/4 teaspoon salt 1 egg, lightly beaten
1 1/2 teaspoon sugar 3/4 cup milk
2 tablespoons melted butter

Into a mixing bowl, sift flour, baking powder, salt and sugar. Add cheese and pecans. Combine egg, milk and butter; pour liquid ingredients into dry ingredients. Stir only until dry ingredients are moistened. Batter should not be smooth. Pour batter into a greased 8-inch loaf pan. Let stand for 15 minutes. Bake in 350°F oven for 1 hour.

CORN PANCAKES

1 cup cut corn 1 tablespoon melted butter
1 egg, well beaten 1 tablespoon milk
1/2 teaspoon salt 3 tablespoons flour

Cut corn from cob by first cutting down through kernels, then scraping the pulp from the cob with back of knife; measure 1 cup. Add egg, salt and melted butter. Stir in milk and flour. Pour onto lightly greased griddle and cook until cakes are bubbly. Turn and brown. Yield: 8 pancakes.

CINNAMON BUNS

1 package active dry yeast 1 cup lukewarm mashed potatoes
1 1/2 cups warm water (105° F. to 115° F.) 7 to 7 1/2 cups flour
(105° F. to 115° F.) regular or instant blending
2/3 cup sugar 2 eggs
1 1/2 teaspoons salt
2/3 cup shortening Soft butter

In mixing bowl, dissolve yeast in warm water. Stir in sugar, salt, shortening, eggs, potatoes and half the flour. Mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand or spoon. Turn onto lightly floured board; knead until smooth and elastic. Place in ungreased bowl; turn greased side up. Cover bowl tightly with double thickness waxed paper, then with dampened clean cloth. Place in refrigerator until ready to use. (Dough can be kept up to 5 days in refrigerator. Keep well covered and dampen cloth when needed.)

30 large marshmallows 1 cup (2 sticks) butter, melted
2 cups sugar 2 cups corn meal
2 tablespoons cinnamon

Punch down dough. Roll to 1/4-inch thickness; cut into 3 1/2-inch circles. Mix sugar and cinnamon. Dip each marshmallow into butter, then into sugar mixture. Wrap each circle around marshmallow, pinching tightly at bottom. Dip bun into butter, then into sugar mixture. Place in greased muffin cups. Let rise 1 1/2 hours. Bake in 400°F oven for 20 to 25 minutes. Yield: about 2 1/2 dozen.

CONFECTIONERS SUGAR ICING

Moisten 1 cup sifted confectioners sugar with 1 teaspoon vanilla and 1 tablespoon hot water. Mix to spreading consistency.

CORN BREAD STUFFING FOR VEGETABLES

4 cups corn bread 1 onion, grated
4 cups boiling water 2 cups diced celery
1/2 cup diced salt pork fat 1/8 teaspoon red pepper
2 eggs, beaten

Break corn bread into chunks; add boiling water and squeeze out water while still hot. Render salt pork in a skillet to form cracklings. Remove cracklings, add onion and celery; sauté. Remove from heat; add moistened cornbread, cracklings, red pepper and eggs. Mix thoroughly. Use as stuffing for 6 parboiled green peppers, boiled onions, or tomatoes. Bake in 350°F oven for 25 minutes. Yield: 6 servings.

CORN MEAL TORTILLAS

3 cups yellow corn meal 1 to 1 1/4 cups lukewarm water
2 cups sifted flour 3 teaspoons salt
3 tablespoons flour 1/4 cup shortening

Combine corn meal, flour and salt. Cut in shortening until mixture resembles coarse corn meal. Make hole in center of corn meal mixture; fill with 1 cup water. Stir until ball forms (add more water if necessary). Turn onto bread board and knead. Form dough into small balls about 1 1/2 inches in diameter. Let stand 15 minutes. Roll each very thin, about 6 inches in diameter. Cook on hot ungreased griddle or in skillet about 2 minutes. Turn and cook about 1 minute longer. Yield: approximately 24 tortillas.
COOKING WITH ENTERGY

COOKING WITH ENTERGY

**CORN STICKS**

1 cup yellow cornmeal  
1 cup flour  
2 to 4 tablespoons sugar  
1/2 teaspoon salt

4 teaspoons baking powder  
1 egg  
1 cup milk  
1/4 cup cooking oil


**FREEZER WHITE BREAD**

12 1/2 to 13 1/2 cups unsifted flour  
1 cup sugar  
2 tablespoons salt  
2/3 cup instant nonfat dry milk solids

4 packages yeast  
1 1/4 cups (1/2 stick) softened butter  
4 cups very warm water (120°F to 130°F)

Thoroughly combine 4 cups flour, sugar, salt, dry milk solids, and undissolved yeast; add butter. Gradually add water and beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add 1 1/2 cups flour. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 15 minutes. Cover with a towel; let rest 15 minutes. Divide dough into 4 equal parts. Form each piece into a smooth round ball. Flatten each ball into a mound 6 inches in diameter. Place on greased baking sheets; cover with plastic wrap, and freeze until firm.

Transfer to plastic freezer bags. Freeze up to 4 weeks. Remove from freezer; place on ungreased baking sheets. Cover, let stand at room temperature until fully thawed, about 4 hours. *Roll each ball into rectangle 12 x 8 inches. Shape into loaves. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Let rise in warm place, free from draft, until doubled in bulk, about 1 1/2 hours. Bake in 350°F oven about 35 minutes, or until done. Remove from pans and cool on wire racks.

*For round loaves: Let thawed dough rise on ungreased baking sheets until doubled, about 1 hour. Bake as for loaves. Yield: 4 loaves.

**FRENCH BREAD**

1 package yeast  
1 1/4 cups warm water  
2 teaspoons salt  
1/4 cup yellow cornmeal

1 tablespoon shortening  
1 tablespoon sugar  
3 1/2 cups sifted flour

Dissolve yeast in water. Add salt, shortening and sugar. Stir in flour. Knead on lightly floured board until smooth. Place in greased bowl; brush lightly with shortening. Cover; let rise in warm place until doubled in bulk, about 30 minutes. Punch down and divide into 2 equal portions. Roll each half into an oblong 15 x 10 inches; roll up tightly from the wide side. Seal ends by pinching together. Roll dough back and forth to taper ends. Place shaped loaves, fold down, on greased baking sheets.

Sprinkle loaves with cornmeal. Brush with Cornstarch Glaze. Make 1/4-inch slashes in dough at 2-inch intervals. Place large pan of boiling water on lower rack of oven. Place bread on rack above and bake in 400°F oven 10 minutes. Remove from oven and brush again with Cornstarch Glaze; continue baking 20 to 30 minutes or until brown. Yield: 2 loaves.

Cornstarch Glaze: Combine 1 teaspoon cornstarch and 1 teaspoon cold water; gradually add 1/2 cup boiling water. Cook until smooth. Cool slightly.

**GARLIC QUICK BREAD**

3 1/2 cups flour  
3 tablespoons sugar  
1 tablespoon baking powder  
1 1/2 teaspoons salt

1/4 cup (1/2 stick) butter  
1 1/4 cups milk  
1 egg  
4 small cloves garlic, crushed

Into a large bowl, combine flour, sugar, baking powder and salt. With pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Add remaining ingredients; stir until moistened. Turn dough onto well-floured surface and knead until smooth and not sticky, about 5 minutes. Shape dough into a loaf and place in a greased 9 x 5-inch loaf pan. With knife make 6 diagonal slashes, 1/4-inch deep, across top of bread. Bake in a 375°F oven for 1 hour or until golden brown. Remove from pan immediately and cool 30 minutes on wire rack. Serve warm.
HASTY-TASTY ROLLS

1 cup warm water  1 egg
1/3 cup melted shortening  3 1/2 cups sifted flour
1 tablespoon sugar  3 tablespoons melted butter
2 teaspoons salt  1/4 cup lukewarm milk
2 packages dry yeast

In a bowl, combine water, shortening, sugar and salt. Add yeast; mix well. Blend in egg. Add flour gradually and mix until dough is well blended and soft. On a floured board, roll dough into rectangular shape. Fit dough into a greased 12 3/4 by 9 by 2-inch pan. With a knife, cut dough into 24 rectangles, each 1 by 4 inches. Brush cut sides with melted butter. Let rise in a warm place until doubled in bulk, about 30 minutes. Bake in a 425°F oven for 20 minutes. Yield: 24 rolls.

HOE CAKE

1/4 cup shortening  1/2 cup cornmeal
2 cups sifted flour  1 teaspoon sugar
3/4 to 1 cup milk  1 teaspoon salt

Cut shortening into sifted dry ingredients. Gradually add milk to make a soft dough. On lightly floured board, knead dough for 30 seconds. Form into a ball. Heat a small amount of shortening in a 10-inch skillet over medium heat. Place ball of dough in center of skillet; press dough to shape of skillet. Cook over medium heat until the center of the dough is dry, about 10 to 15 minutes. When turning cake, add a small amount of shortening to skillet; brown the other side over high heat, about 5 minutes.

HUSH PUPPIES

1/2 cup sifted flour  1 egg
1 cup cornmeal  1 teaspoon salt
1 onion, minced  1 teaspoon sugar
1 1/2 teaspoons baking powder  1/2 cup milk, approximately

Combine ingredients with just enough milk to make a rather stiff dough. Drop by teaspoonfuls into deep hot fat (350°F) and fry until brown about 3 to 4 minutes. Yield: 24 hush puppies.

ITALIAN BREAD STICKS

1 teaspoon dry yeast  1 teaspoon sugar
5 tablespoons warm water  1 teaspoon salt
2 cups sifted flour  1/4 cup lukewarm milk
3 tablespoons melted butter  Sesame seeds

Dissolve yeast in water. Stir into 1 cup flour and knead until smooth. Place in floured bowl; cover with damp cloth and let rise until doubled in bulk, about 1 hour. Mix remaining 1 cup flour, butter, sugar, salt and milk into smooth paste. Place on floured board and add dough; mix and knead until smooth. Place in floured bowl; cover and let double, about 45 minutes. Divide into 24 parts, rolling each into a rope 6 or 7 inches long. Brush with milk and roll in seeds. Place 1-inch apart on greased baking sheet. Bake in 425°F oven until brown, about 10 minutes.

JALAPENO CORNBREAD

3 cups cornbread mix  1/2 cup very finely chopped jalapeno peppers, remove seeds
2 1/2 cups milk  1 1/2 cups grated sharp cheddar cheese
1/2 cup salad oil  1 large onion, grated
3 eggs, beaten  2 tablespoons sugar
1 1/2 teaspoons baking powder  1/2 cup cream-style corn
1 cup 100% bran cereal  1/4 cup chopped pimiento

In a mixing bowl, combine cornbread mix and milk. Add other ingredients in order given. Bake in a large, greased iron skillet in a 375°F oven for 35 to 40 minutes. Or use three greased 8-inch square pans and bake in a 400°F oven for about 35 minutes. This freezes well and is excellent served with vegetables.

BRAN MUFFINS

1 cup shortening  5 cups sifted flour
3 cups sugar  5 teaspoons baking soda
2 cups boiling water  1 teaspoon salt
2 cups 100% bran cereal  4 cups all-bran cereal
4 eggs, beaten  1 quart buttermilk

Cream shortening and sugar. Add water, bran and eggs. Add sifted dry ingredients and all-bran to creamed mixture alternately with buttermilk. Fill greased muffin pans 2/3 full. Bake in 400°F oven 15 to 20 minutes. Yield: Approximately 90 muffins. (Batter can be stored in covered container in refrigerator for 6 weeks.)
COOKING WITH ENTERGY

FIG BRAN MUFFINS

1/2 cup shortening
3/4 sugar
1 egg
1/4 cup bran cereal
2/3 cup milk
1 teaspoon vanilla
1 cup sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
18 preserved figs, drained

Cream shortening and sugar; add egg and beat until light and fluffy. Soak bran in milk; add vanilla. Add sifted dry ingredients to creamed mixture alternately with bran and milk. Drop a teaspoon of batter in bottom of each greased muffin cup; top with one fig and fill cups 2/3 full of batter. Bake in 375° F. oven about 25 minutes. Yield: 18 muffins.

WHOLE WHEAT MUFFINS

2 1/2 cups whole wheat flour
1/2 cup sugar
1/8 teaspoon salt
2 tablespoons oil
1/2 teaspoon baking soda
1 cup buttermilk
1 egg, slightly beaten
2 tablespoons baking powder

Combine dry ingredients in a mixing bowl; make a well in center and add buttermilk, egg and oil. Stir just enough to moisten dry ingredients. Fill greased muffin tins 2/3 full. Bake in 425° F. oven for 20 minutes. Yield: 12 muffins.

Note: Stir through whole wheat flour before measuring it; do not sift, because the grains will clog the sifter and the flavorful and nutritious particles will sift out.

MUFFINS

1 egg, well-beaten
1 cup milk
1/4 cup cooking oil
1 teaspoon salt
2 cups sifted flour
1/4 cup sugar
1 tablespoon baking powder

Combine egg, milk and oil. Stir milk mixture into sifted dry ingredients, just enough to moisten. Do not overmix. Fill greased muffin pans 2/3 full; bake in 400° F. oven for 20 to 25 minutes. Yield: 12 muffins.

Variation:
Blueberry Muffins: Add 1 cup frozen blueberries (thawed and drained) to sifted dry ingredients.

NO KNEAD REFRIGERATOR ROLLS

3/4 cup hot water
1/2 cup sugar
1 tablespoon salt
3 tablespoons shortening
2 packages yeast
1 cup warm water
1 egg, beaten
About 6 cups sifted flour

Combine hot water, sugar, salt and shortening; cool to lukewarm. Dissolve yeast in warm water. Stir into lukewarm mixture. Add egg and 3 cups flour. Beat until smooth, about 2 minutes. Stir in remaining flour. Place dough in greased bowl; brush top with soft shortening; cover tightly with waxed paper or foil. Refrigerate until needed. To use, punch down and cut off dough as needed. Shape into rolls and place on greased baking sheet or in greased muffin pans. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Brush rolls lightly with melted butter; bake in 400° F. oven about 15 minutes or until brown. Yield: 3 dozen small rolls.

Variations for Refrigerator Rolls:
Cloverleaf: Roll bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup; brush with melted butter.
Dinner: Roll dough into cylindrical shapes, approximately 4-inches long, tapering at ends.
Crescent: Roll dough about 1/4-inch thick into a 12-inch circle. Spread with soft butter. Cut into 16 pie-shaped pieces. Roll up, beginning at rounded edge. Curve into crescents. Place on cookie sheet, point underneath.

ORANGE CEREAL MUFFINS

1 2/3 cups unsifted flour
1/2 cup sugar
3 teaspooons baking powder
3/4 teaspoon salt
1 cup grape-nuts cereal
2 eggs, well beaten
3/4 cup orange juice
1/2 cup (1 stick) butter, melted
1 tablespoon grated orange peel

Combine flour with sugar, baking powder and salt. Add cereal. Combine egg, orange juice, butter and peel. Add to flour mixture and mix only enough to dampen flour. Spoon batter into greased muffin pans, filling each to about 2/3 full. Bake in 425° F. oven for 15 to 20 minutes for large muffins or 12 to 14 minutes for medium muffins. Yield: 12 large or 16 medium muffins.
### PAIN PERDU
(LOST BREAD)

- 2 tablespoons sugar
- 1/2 cup milk
- 1/8 teaspoon salt
- 1/4 teaspoon brandy
- or vanilla
- 2 eggs, beaten
- 6 slices stale bread
- 2 tablespoons shortening
- 1 tablespoon butter or bacon drippings
- Confectioners sugar, or vanilla
- 1 cup milk
- 1/2 cup sugar
- 1/4 cup milk
- 1/4 cup brandy
- 1/8 teaspoon salt
- 1 tablespoon butter or bacon drippings
- 2 eggs, beaten

Combine sugar, milk, salt, flavoring and eggs. Soak bread in mixture. Cook in hot shortening and butter until well browned on both sides. Sprinkle with confectioners sugar and serve hot with syrup or honey. Yield: 6 servings.

### PANCAKES

- 1/2 cup milk
- 1/2 cup milk
- 2 tablespoons melted butter
- 1 egg, slightly beaten
- 1/2 teaspoon salt
- 1 cup sifted flour
- 2 tablespoons sugar
- 2 teaspoons baking powder

Add milk and butter to egg. Stir in sifted dry ingredients just enough to moisten flour. Add more milk if necessary to make batter thin enough to pour. Cook on hot, lightly greased griddle until cakes are full of bubbles. Turn. Serve immediately. Yield: 6 to 8 pancakes.

### PETAL BREAD

- 1 1/2 packages yeast
- 1/4 cup warm water
- 1 tablespoon sugar
- 1 cup milk, scalded
- 1/2 cup (1 stick) butter
- 1 1/2 teaspoons salt
- 3 eggs, beaten
- 4 cups sifted flour, approximately

Sprinkle yeast over water in 3-quart bowl; let dissolve. Blend in sugar. Scald milk and add butter; let melt as milk cools. When warm, stir into yeast mixture along with salt and eggs. Beat in flour gradually, using enough to make a soft dough. Transfer dough into greased bowl. Cover and let rise in warm place until doubled in bulk. Punch down dough. Turn onto lightly floured surface. Divide into 2 portions. Roll out each portion until 1/2-inch thick. Cut with floured biscuit cutter. Dip each piece in melted butter; arrange with edges overlapping, in buttered and floured 10-inch ring loaf pan. Fill only 3/4 full. Let rise until light, about 45 minutes. Bake in 400° F. oven until lightly browned, about 30 minutes. Yield: 1 ring loaf.

### POPOVERS

- 1 cup milk
- 2 eggs
- 1 cup sifted flour
- 1/4 teaspoon salt
- 1/4 teaspoon salt
- 1/4 cup melted butter
- Grease popover pans or custard cups thoroughly with shortening. Put all ingredients in blender container in order listed; cover and blend on high speed for 15 seconds. Fill pans 1/3 full. Bake in 450° F. oven for 20 minutes; reduce heat to 350° F. and bake 20 minutes longer. Serve hot. Yield: 10 popovers.

### QUICK RISING BREAD

- 3 cups warm water (110° F.)
- 4 packages active dry yeast
- 1 2/3 tablespoons salt
- 1 cup sifted flour
- 3/4 cup instant nonfat dry milk
- 2 eggs
- 1/2 cup soft shortening
- 3/4 cup instant nonfat dry milk
- 8 cups flour, unsifted

Combine water, yeast and sugar; let stand while assembling other ingredients. Stir in remaining ingredients and mix until thoroughly blended. Allow dough to stand in bowl five minutes. Turn out on lightly floured board; knead until dough is smooth and elastic, about 5 minutes. Divide dough into three parts; roll each portion into a rectangle or circle. Fold ends into the center or roll up jelly roll fashion, shaping into a long narrow loaf. Place loaves on greased baking sheets, open ends down. Let stand in warm place for 10 minutes. Bake in a 350° F. oven 30 to 40 minutes. Cool on wire rack. Yield: 3 loaves.

### SOUTHERN SPOON BREAD

- 2 cups white corn meal
- 3 tablespoons melted butter
- 2 cups boiling water
- 1 1/2 cups milk
- 1 teaspoon salt
- 3 eggs, separated

Sift corn meal three times and mix with boiling water, stirring until smooth and free of lumps. Add salt, butter, and milk. Stir in beaten yolks. Fold in stiffly beaten egg whites. Pour into a greased baking dish. Bake in 350° F. oven for 45 minutes. Serve in the dish in which it is baked. Yield: 8 servings.
COOKING WITH ENTERGY

SOURDOUGH BREAD

To make starter:
1 3/4 cups unsifted flour 1 tablespoon salt
1 tablespoon sugar 1 package yeast
2 1/2 cups warm water

Combine flour, sugar, salt and undissolved yeast in large bowl. Gradually add warm water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Cover; let stand at room temperature (78° - 80° F) 4 days. Stir down daily.

To make dough:
5 to 6 cups unsifted flour 1 package yeast
3 tablespoons sugar 1 cup milk
1 teaspoon salt 2 tablespoons butter
1 1/2 cups starter

Combine 1 cup flour, sugar, salt and undissolved yeast in large bowl. Combine milk and butter and heat until warm. Gradually add dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 1/2 cups starter and 1 cup flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise until doubled in bulk, about 1 hour. Punch dough down; turn out onto lightly floured board. Let rest 15 minutes. Divide dough in half. Shape each half loaf and place in greased 9 x 5 x 3 - inch loaf pan. Cover; leave in warm place until doubled in bulk, about 1 hour. Bake in 400° F oven 30 minutes or until done. Yield: 2 loaves.

To Re-use Starter:
Add 1 1/2 cups lukewarm water, 3/4 cup unsifted flour and 1 1/2 teaspoons sugar to unused starter. Beat for 1 minute at medium speed of electric mixer. Cover and let stand until ready to use. Stir down daily.

SWEET ROLLS

2 packages yeast 1 teaspoon grated lemon rind
1/4 cup warm water
1 cup milk, scalded
1/4 cup (1/2 stick) butter
1/2 cup sugar

Dissolve yeast in water. Combine milk, butter, sugar and salt. Cool to lukewarm. Add enough flour to make a thick batter. Add yeast mixture, eggs and rind. Beat well. Add remaining flour to make soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl; cover and let rise until doubled in bulk. Punch down, shape into rolls and let rise. Bake in 375° F oven for 20 to 25 minutes.

Variations:
Cinnamon Rolls: Use 1/2 of Sweet Dough; roll 1/3-inch thick into an oblong, 9 x 18 inches. Spread with 2 tablespoons butter; sprinkle with combined 1/2 cup sugar and 2 teaspoons cinnamon. Roll up tightly in a long roll and seal edges. Cut into 1-inch wide slices; place cut-side up in greased muffin pans. Cover and let rise until doubled in bulk, about 35 minutes. Bake in 375° F oven for 25 to 30 minutes. Yield: 18 rolls.
Swedish Tea Ring: Use 1/2 recipe of Sweet Dough. When dough has been punched down, roll out to rectangular sheet about 1/2-inch thick, and 3 times longer than wide. Brush with melted butter and spread with brown sugar, cinnamon, pecans and raisins. Roll up jelly roll style, sealing edge firmly. Shape into a ring on greased cookie sheet, sealing the ends. With scissors, cut through ring almost to center in slices about 1-inch thick. Turn each slice slightly on its side. Brush with melted butter. Let rise until doubled in bulk. Bake in 375° F oven 25 to 30 minutes. When cool, frost with Confectioners Sugar Icing and sprinkle with chopped pecans.
RAISIN BREAD

1 package yeast 1 teaspoon cinnamon
1/4 cup warm water 1 1/2 teaspoons salt
1 cup seedless raisins 1/2 cup buttermilk, scalded
1/2 stick butter, softened 3 3/4 cups sifted flour
1/2 cup sugar 2 eggs, beaten
Dissolve yeast in water. Combine raisins, butter, sugar, cinnamon, salt and buttermilk; stir to dissolve sugar. Cool to lukewarm. Add 1 1/2 cups flour; beat well. Add yeast and eggs; mix well. Add enough remaining flour to make a soft dough. Turn out on lightly floured board. Knead dough until smooth and elastic, 10 to 12 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise until doubled in bulk, 1 1/2 hours. Punch down; divide dough in half, rounding each into a ball. Cover; set aside 10 minutes. Shape into loaves. Place in 2 greased loaf pans; cover and let rise until almost doubled in bulk, about 45 to 60 minutes. Bake in 375° F. oven about 25 minutes; place foil over top last 10 minutes, if necessary. Yield: 2 loaves.

WHOLE WHEAT BREAD

3/4 cup milk 2 packages yeast
3 tablespoons sugar 1 1/2 cups warm water
4 teaspoons salt 4 1/2 cups whole wheat flour
1/3 cup shortening 1/3 cup molasses
1/3 cup molasses 2 cups sifted flour
Scald milk and stir in sugar, salt, shortening and molasses; cool to lukewarm. Dissolve yeast in warm water. Stir in lukewarm milk mixture. Combine flours and add 1/2 of the flour mixture. Beat until smooth; stir in remaining flour mixture. Knead dough on lightly floured board until smooth and elastic. Place dough in greased bowl; brush top with shortening. Cover and let rise in warm place until doubled in bulk, about 1 1/4 hours. Punch down and turn out onto lightly floured board. Divide dough in half; shape into loaves. Place in greased bread pans, 9 x 5 x 3 inches. Cover and let rise in warm place until center is slightly higher than edge of pan, about 1 hour. Bake in 400° F. oven about 50 minutes. Yield: 2 loaves.

WAFFLES

1 1/2 cups milk 1 tablespoon sugar
2 egg yolks, beaten 6 tablespoons melted shortening
2 cups sifted flour 2 egg whites, stiffly beaten
4 teaspoons baking powder 1/2 teaspoon salt

Variations
Bacon: Broil or fry 6 strips bacon crisp; drain. Cut into small pieces and stir into batter before folding in egg whites.
Cheese: Stir 1/2 cup grated cheese into batter.
Nuts: Sprinkle 2 tablespoons minced nuts over each waffle before baking.
Notes:
CONVERSIONS

SIMPLIFIED MEASURES:

3 teaspoons (t. or tsp.) .................................................. 1 tablespoon
1 ounce (oz.) .............................................................. 2 tablespoons
16 tablespoons (T. or Tbsp.) .......................................... 1 cup or 8 ounces
1/3 cup ...................................................................... 5 1/3 tablespoons
2/3 cup ...................................................................... 10 2/3 tablespoons
2 cups ........................................................................ 1 pint or 16 ounces
4 cups ................................................................. 1 quart or 32 ounces
4 quarts ........................................................... 1 gallon or 128 ounces
16 ounces .......................................................... 1 pound (lb.)

METRIC LIQUID MEASURE VOLUME EQUIVALENTS

1 teaspoon ................. 5 milliliters 1 gill .................. 0.118 liters
1 tablespoon ............. 14.8 milliliters 1 pint ............ 0.4732 liters
66 2/3 tablespoons .......... 1 liter 1 quart .................. 0.9464 liters
1 cup ...................... 1/4 liter, approximately, or 236.6 milliliters 1 gallon ............... 3.785 liters
1 liter ...................... 1000 milliliters

METRIC DRY MEASURE VOLUME EQUIVALENTS

1 pint ..................................... 0.551 liters 1 peck ..................... 8.81 liters
1 quart ......................... 1.101 liters 1 bushel .................. 35.24 liters

WEIGHT EQUIVALENTS IN GRAMS

1 ounce .................. 28.35 grams 1 kilogram .............. 2.21 lbs.
1 pound ............. 453.59 grams 1 microgram ......... 0.001 milligram
1 gram .................. 0.035 ounces 1 milligram ........ 1000 micrograms
1 gram .................. 1000 milligrams

TEMPERATURE CONVERSIONS

To convert Fahrenheit to Centigrade: Subtract 32, multiply by 5, divide by 9
To convert Centigrade to Fahrenheit: Multiply by 9, divide by 5, add 32
CABBAGE SALAD

1 large cabbage 1 cup sugar
1 small onion, minced 1 teaspoon celery seed
1 green pepper, minced 1 teaspoon mustard seed
1 cup vinegar 1/2 teaspoon turmeric
1 teaspoon salt

Finely shred cabbage; combine with onion and green pepper. In a saucepan, bring to a boil vinegar, sugar, seeds, turmeric and salt; cook until sugar dissolves. While hot, pour over vegetables and mix. Let stand overnight to crisp. Keeps well in refrigerator for two weeks.

CAESAR SALAD

1 clove garlic, chopped 1 teaspoon salt
1/2 cup salad oil 1/4 teaspoon pepper
2 cups croutons 2 quarts torn salad greens Worcestershire sauce
1/4 cup crumbled Roquefort cheese 1 egg
1/4 cup grated Parmesan cheese Anchovies for garnish

Place garlic in 1/4 cup oil; let stand 1 hour. To make croutons, cut bread in small cubes and toast in a 325° F. oven, about 15 minutes. Place salad greens in large bowl; sprinkle with cheeses, salt, pepper, Worcestershire and remaining 1/4 cup salad oil. Break egg into greens; add lemon juice and pulp. Toss lightly until egg is blended with greens. Remove garlic from oil; sprinkle oil over croutons. Add to salad mixture and toss lightly. Serve immediately. Yield: 6 servings.

CELEBRITY SALAD

2 cups crisp celery 2 hard-cooked eggs
1/2 cup French dressing

Cut celery into pieces about 1/4-inch. Coarsely chop eggs and combine with celery. Add French dressing. Yield: 4 servings

CHIEF’S SALAD

Line salad bowl with romaine lettuce; fill in center with bite-sized pieces of chicory or any combination of greens. Arrange strips of ham, bacon, turkey, and Swiss cheese in groups on top of greens. Garnish with tomato wedges, thinly sliced unpeeled cucumber and wedges of hard-cooked eggs. Serve with French dressing.

COLE SLAW

4 pounds cabbage, shredded 1/2 teaspoon salt
1/2 cup minced onion 1/4 teaspoon pepper
2 carrots, grated 1 cup mayonnaise or salad dressing

Combine vegetables; sprinkle with salt. Add mayonnaise just before serving. Toss lightly. Yield: 12 servings.

SLAW

1/2 small head cabbage 1/4 medium onion, cut in half
1/4 green pepper, sliced 1/2 carrot, sliced

Cut cabbage into chunks. Fill blender container loosely with vegetables. Add cold water to within one inch of top. Cover. Turn to low, then high, and off. Do not overblend. Drain. Mix with salad dressing. Yield: 4 servings.

Creamy Cole Slaw Dressing

1/2 cup mayonnaise 1/4 teaspoon salt
1 tablespoon lemon juice Pepper
1 teaspoon sugar 1/4 cup commercial
2 teaspoons celery seed sour cream

Blend all ingredients 30 seconds. Pour over slaw. Yield: 1 cup.
OLD-FASHIONED COLESLAW

4 cups shredded cabbage
2 tablespoons flour
2 tablespoons sugar
1 teaspoon dry mustard
1/2 teaspoon salt
Dash cayenne
2 egg yolks, slightly beaten
3/4 cup milk
1/4 cup vinegar
1 1/2 teaspoons butter

To crisp cabbage, place in a bowl of iced water for 30 minutes. In a small saucepan, combine flour, sugar, mustard, salt and cayenne. Add egg yolks and milk; cook, stirring constantly, over low heat until thick. Add vinegar and butter. Cool thoroughly. Pour over well-drained cabbage. Yield: 6 servings.

CUCUMBER SALAD

2 cucumbers
1/2 medium onion, sliced
2/3 cup salad oil
3 tablespoons tarragon vinegar
1/4 cup sugar
2 tablespoons lemon juice
1 1/2 teaspoons salt
1/2 teaspoon paprika
1 1/2 teaspoons dry mustard

Score cucumbers with a fork; slice thinly. Separate onion into rings. To make dressing, combine remaining ingredients; shake well and chill. Pour 1/2 cup of the dressing over the cucumbers and onions. Marinate in the refrigerator for 3 to 4 hours. Use the remaining salad dressing for other salads. Yield: 6 servings.

GERMAN POTATO SALAD

5 strips bacon
1/4 cup chopped onion
1 tablespoon flour
1 tablespoon sugar
3/4 teaspoon salt
1/2 teaspoon celery seed
Dash pepper
1/2 cup water
1/4 cup vinegar
3 cups sliced, cooked potatoes
1 hard-cooked egg, sliced parsley
1 tablespoon chopped pimiento

Cook bacon until crisp; drain and crumble bacon. Return 1/4 cup bacon drippings to skillet. Add onion. Blend in flour, sugar, salt, celery seed and pepper. Add water and vinegar; cook until mixture is thick and bubbly. Add bacon, potatoes and eggs; heat thoroughly while tossing lightly. Garnish with parsley, pimento and additional bacon curls, if desired. Yield: 4 servings.

GREEK SALAD

1/4 head of iceberg lettuce
1/4 head of romaine
18 medium-sized radishes
1/4 pound feta cheese, crumbled
1 can (2 ounces) anchovy fillets, minced
2 bunches green onions
Freshly ground black pepper

Several hours before serving, tear lettuce and romaine into a salad bowl. Add whole radishes, cheese, anchovies, tomatoes, parsley, oregano, and pepper. Toss gently; cover with a damp towel and refrigerate. When ready to serve, toss with Greek Salad Dressing. Arrange green onions straight up in center of salad. Yield: 6 to 8 servings.

Greek Salad Dressing

1/2 cup olive oil
2 tablespoons tarragon vinegar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons mixed fresh herbs (marjoram, rosemary, tarragon, savory, chives, chervil or parsley)

In a bottle, shake oil, vinegar, salt, pepper, and herbs.

GUACAMOLE SALAD

2 ripe avocados
2 tablespoons lemon juice
1 tomato, peeled and chopped
1 tablespoon minced onion
1 clove garlic, minced
1 tablespoon chopped green chilies
1 teaspoon salt
1/8 teaspoon black pepper
1 1/4 teaspoons cayenne
1 teaspoon coriander

Peel and mash avocados; stir in lemon juice. Add remaining ingredients. Mix well. Cover and chill. Serve on tomatoes or green salad. Yield: 6 servings.

Guacamole Dip: Quarter avocados; combine with remaining ingredients in blender container and blend on low speed until barely mixed. For a smoother texture, the mixture may be blended in two or three batches. Yield: 3 cups.
### ITALIAN SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 clove garlic, halved</td>
<td>1 jar (4 ounces) marinated artichoke hearts</td>
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<tr>
<td>1 head lettuce</td>
<td>1/4 cup olive oil</td>
</tr>
<tr>
<td>1 tomato, cut into wedges</td>
<td>1/4 cup wine vinegar</td>
</tr>
<tr>
<td>1 can (2 ounces) anchovy fillets, with capers</td>
<td>8 black olives, sliced</td>
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<tr>
<td>Salt and pepper</td>
<td>1 tablespoon oregano</td>
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### OLIVE SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>1/4 pound green Italian olives, pitted</td>
<td>1/2 cup celery, diced</td>
</tr>
<tr>
<td>1/4 pound black Italian olives, pitted</td>
<td>1/4 cup olive oil</td>
</tr>
<tr>
<td>5 pickled green peppers, cut in eights</td>
<td>1 large onion, sliced</td>
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<td>1 tablespoon oregano</td>
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<tr>
<td></td>
<td>1/4 cup wine vinegar</td>
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<td>Salt and pepper</td>
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</tbody>
</table>

Combine all ingredients and mix well. This may be used as a salad, antipasto or condiment with fish and pork. Keeps well in refrigerator. Yield: 6 servings.

### MIXED VEGETABLE SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 quarts (1 medium head) coarsely shredded cabbage</td>
<td>2 cups sliced celery</td>
</tr>
<tr>
<td>1 head lettuce, torn into bite-size pieces</td>
<td>2 cups sliced cucumbers</td>
</tr>
<tr>
<td>1 head chicory or endive, torn into bite-size pieces</td>
<td>1 cup diced green pepper</td>
</tr>
<tr>
<td>2 cups thinly sliced cauliflowerets</td>
<td>2 cups grated carrots</td>
</tr>
<tr>
<td></td>
<td>6 tomatoes, cut in small wedges</td>
</tr>
<tr>
<td></td>
<td>1 pint French dressing</td>
</tr>
</tbody>
</table>

Prepare greens; cover tightly until serving time. Just before serving, combine with remaining vegetables. Toss with dressing. Note: Recipe may be doubled and combination varied as desired. Yield: 24 servings.

### OKRA SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 pound young okra</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td>1/2 cup French dressing</td>
</tr>
</tbody>
</table>

Select young tender pods of okra. Cut off stems without cutting into seeds. Cook in boiling salted water until tender, about 6 to 8 minutes. Drain and rinse in hot water. Chill in refrigerator. Marinate okra in French dressing for 10 minutes or longer. Yield: 4 servings.

### PENNSYLVANIA DUTCH WILTED LETTUCE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad greens</td>
<td>2 egg yolks</td>
</tr>
<tr>
<td>4 slices bacon, cut into pieces</td>
<td>2 tablespoons water</td>
</tr>
<tr>
<td>6 tablespoons vinegar</td>
<td>2 teaspoons flour</td>
</tr>
<tr>
<td>1/4 cup sour cream</td>
<td>2 tablespoons sugar</td>
</tr>
<tr>
<td>2 hard-cooked eggs</td>
<td>1 teaspoon salt</td>
</tr>
</tbody>
</table>

Tear greens into large bowl. (Endive, spinach, Boston or Bibb lettuce or a combination of these may be used.) Fry bacon in skillet until crisp. Remove bacon and pour off all but 2 tablespoons drippings; stir in vinegar and sour cream. Combine egg yolks, water and flour; add to vinegar mixture. Cook over low heat, stirring constantly, until mixture thickens. Remove from heat and stir in sugar and salt. Pour hot mixture over greens and invert skillet over bowl long enough to wilt greens. Toss salad. Garnish with bacon and sliced hard-cooked eggs. Yield: 6 servings.

### POTATO SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 pounds (7 medium) potatoes</td>
<td>2 stalks celery, minced</td>
</tr>
<tr>
<td>2 stalks celery, minced</td>
<td>1 small onion, minced</td>
</tr>
<tr>
<td>2 tablespoons French dressing</td>
<td>1 large sweet pickle, minced</td>
</tr>
<tr>
<td>1/2 teaspoon black pepper</td>
<td>1 tablespoon minced parsley</td>
</tr>
<tr>
<td>Salt to taste</td>
<td>3 hard-cooked eggs, chopped</td>
</tr>
<tr>
<td></td>
<td>1/2 cup mayonnaise,</td>
</tr>
</tbody>
</table>

Follow directions for Boiled Whole Potatoes. Drain and peel when cool enough to handle. Slice potatoes into a bowl; sprinkle with French dressing, salt and pepper. Add eggs, celery, onion, pickle and parsley; mix lightly and evenly. Add mayonnaise and mix until ingredients are coated. Chill. Yield: 8 servings.
**SPINACH SALAD BOWL**

1 pound fresh spinach  
1 clove garlic, halved  
1/2 cup salad oil  
1/4 cup red wine vinegar  
1/4 cup lemon juice  
6 slices crisp bacon, crumbled  
1/4 teaspoon salt  
Dash pepper  
2 tablespoons grated Parmesan cheese  
2 hard-cooked eggs, chopped

Tear spinach into bite-size pieces; chill 2 hours. Combine garlic and oil; let stand 1 hour. Discard garlic. Just before serving, place vinegar, juice, salt, pepper, cheese and oil in blender container. Blend 2 seconds. Lightly toss spinach with dressing. Sprinkle with eggs and bacon. Yield: 6 servings.

**THREE BEAN SALAD**

1 can (1 pound) cut green beans  
1 can (1 pound) cut yellow wax beans  
1 can (1 pound) red kidney beans  
1 teaspoon salt  
1/2 cup chopped green pepper  
1 medium onion, sliced  
1/2 cup cider vinegar  
1/3 cup cooking oil  
1/2 cup sugar  
1 teaspoon pepper

Drain beans, rinse well, and drain again. Add green pepper and sliced onions to beans. Mix other ingredients and add to bean mixture. Mix well and marinate for about 12 hours in refrigerator. Yield: 12 to 14 servings.

**MARINATED GREEN BEANS**

2 cans (No. 303) whole green beans  
1 small onion, sliced  
1/4 cup vinegar  
1/8 teaspoon hot sauce  
1 teaspoon paprika  
1 teaspoon prepared horseradish  
1/2 cup salad oil  
1/4 cup grated onion  
1 1/2 teaspoons salt

In a bowl, place drained green beans and onion rings. Combine remaining ingredients and pour over beans. Marinate for several hours. Yield: 6 servings.

**FRENCH DRESSING**

1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon paprika  
1/3 cup vinegar  
2/3 cup olive or salad oil  
1 clove garlic, sliced

In a bowl, place salt, pepper, paprika and vinegar. Stir vigorously. Add oil and continue beating until thoroughly blended. Add garlic slices; cover and refrigerate.

**ITALIAN SALAD DRESSING**

1/2 cup olive oil  
1/4 teaspoon salt  
1 clove garlic


**RED BEANS WITH VINAIGRETTE SAUCE**

3 green onions  
1 teaspoon minced parsley  
2 tablespoons vinegar  
5 tablespoons oil  
Salt and pepper  
2 cups cold leftover beans

Chop green onions very fine, including tops. Stir in parsley. Add vinegar and oil. Season with salt and pepper. Pour over cold beans. Yield: 4 servings.

**POPPY SEED SALAD DRESSING**

1 1/2 cups sugar  
2 teaspoons dry mustard  
2 teaspoons salt  
2 cups salad oil  
2/3 cup vinegar  
3 teaspoons onion juice  
3 teaspoons poppy seed

Blend sugar, dry mustard, salt, vinegar, onion juice and poppy seed until thoroughly blended, about 5 seconds. Without stopping blender, remove cover and gradually pour oil into center of container. Refrigerate. Serve with fruit salads. Yield: 4 cups.
**ROQUEFORT CHEESE DRESSING**

2 ounces Roquefort cheese  
1/2 cup salad oil  
1 tablespoon lemon juice  

Blend cheese with oil. Add juice and vinegar. Yield: 1 cup.

**SOUR CREAM DRESSING**

1/2 cup commercial sour cream  
1/4 cup mayonnaise  
1/2 teaspoon lemon juice  

Blend all ingredients thoroughly.

**THOUSAND ISLAND DRESSING**

1 cup mayonnaise  
1 tablespoon chopped olives  
1 tablespoon chopped pimiento  
1 hard-cooked egg, chopped  
1 tablespoon chopped green pepper  

Mix all ingredients thoroughly. Serve with head lettuce salad. Yield: 2 cups.

**TOMATO FRENCH DRESSING**

1 can (10 1/2 ounces) condensed tomato soup  
1/2 soup-can vinegar  
1/2 soup-can salad oil  
1/2 teaspoon black pepper  
1 slice onion  
2 tablespoons sugar  
2 teaspoons dry mustard  
1 teaspoon salt  

Pour ingredients, in order listed, into blender container and blend 30 seconds. Yield: 2 2/3 cups dressing.

**TOMATO ASPIC**

2 envelopes unflavored gelatin  
1 small onion, chopped  
1/4 cup cold water  
1/8 teaspoon salt  
2 1/4 cups tomato juice  
1 teaspoon pepper  
3 tablespoons wine vinegar  
1 teaspoon Worcestershire sauce  
1 cup chopped celery  
Dash of hot sauce  
2 tablespoons sugar  

Soften gelatin in cold water. Combine remaining ingredients and heat to boiling; reduce heat and simmer for 3 minutes. Strain, then add gelatin and stir until dissolved. Pour into 1-quart mold and chill until firm. Yield: 6 servings.

**TOMATO ASPIC**

Variation: Pour a small portion into mold; arrange slices of hard-cooked eggs in bottom. Allow to jell. Add remaining mixture. Refrigerate until firm. Unmold on lettuce leaves.

**TURKEY MOUSSE**

1/2 package lemon gelatin  
1/2 teaspoon salt  
1 cup hot turkey stock  
1/8 teaspoon cayenne  
2 cups diced cooked turkey  
1/2 cup whipping cream, whipped  
1 teaspoon vinegar  
6 to 8 olives  

Dissolve gelatin in stock. Chill until slightly thickened; beat until consistency of whipped cream. Combine turkey, celery, pimiento, vinegar, salt and cayenne. Fold into gelatin; then fold in whipped cream. Turn into individual molds; chill until firm. Unmold onto lettuce and garnish with stuffed olives. Yield: 6 servings.

**MACARONI AND CHEESE SALAD**

1 cup mayonnaise  
1/4 cup milk  
2 cups cooked elbow macaroni  
2 cups (1/2 pound) cubed Cheddar cheese  
1 teaspoon salt  
2 large tomatoes, diced  
2 cups diced celery  
1 small onion, chopped  
1/2 green pepper, diced  
1/4 teaspoon garlic salt  

### MACARONI SALAD
- 2 cups elbow macaroni
- 1 envelope unflavored gelatin
- 1 can (13 ounces) evaporated milk
- 1 cup salad dressing
- 2 cups cooked mixed vegetables, drained
- 1 carton (12 ounces) creamed cottage cheese
- 1/4 cup chopped onion
- 2 tablespoons chopped pimiento
- 1/4 cup chopped black olives
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- Dash hot sauce

Cook macaroni in boiling salted water until tender. Drain and rinse with cold water. Soak gelatin in 1/4 cup milk about 5 minutes. Scald remaining milk and add gelatin mixture, stirring until gelatin dissolves. Blend into salad dressing. Chill until consistency of unbeaten egg white, about 30 minutes. Combine macaroni, vegetables, cottage cheese, onion, pimiento, olives, juice, salt, Worcestershire sauce and hot sauce. Chill. Fold gelatin mixture into macaroni mixture. Pour into 2-quart mold which has been greased with salad dressing. Chill until firm, about 2 hours. Unmold and garnish with sliced stuffed olives, green pepper rings, and pimiento strips. Yield: 8 servings.

### CHICKEN SALAD SUPREME
- 2 1/2 cups diced, cold chicken
- 1 cup minced celery
- 1 cup sliced white grapes
- 1/2 cup slivered, toasted almonds
- 2 tablespoons minced parsley
- 1 teaspoon salt
- 1 cup mayonnaise
- 1/2 cup whipping cream, whipped

Combine all ingredients, serve on lettuce. Yield: 8 servings.

### TURKEY SALAD
- 2 cups cubed cooked turkey
- 1 cup chopped celery
- 2 hard-cooked eggs, diced
- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/4 teaspoon pepper


### BAKED TURKEY SALAD
- 2 cups cubed, cooked turkey
- 1/2 cup toasted almond slivers
- 2 cups thinly sliced celery
- 1 cup mayonnaise
- 2 tablespoons lemon juice
- 2 teaspooms grated onion
- 1/2 cup grated cheese
- 1/2 teaspoon salt

Combine all ingredients, except cheese and 1 cup toasted bread cubes. Place in 6 individual baking dishes. Sprinkle with cheese and remaining 1 cup bread cubes. Bake in 450°F oven for 10 to 15 minutes or until bubbly. Yield: 6 servings.

**Toasted Almond Slivers:** Brush 1/2 teaspoon oil over almonds; roast in 300°F oven for 20 minutes, stirring often.

**Toasted Bread Cubes:** Cut 4 slices of bread into small cubes; toast in 225°F oven for 2 hours or until crispy.
**CRAB LOUIS**

1 pound crab meat
1 head lettuce
1/2 teaspoon salt
1 cup mayonnaise
3 tablespoons catsup
1 tablespoon lemon juice

2 tablespoons chopped sweet pickle
1 cucumber, sliced
4 tomatoes, sliced
3 hard-cooked eggs, sliced

Arrange crab meat, in large pieces, over shredded lettuce in shallow salad bowl. Sprinkle with salt. Combine mayonnaise, catsup, pickle and juice; spread over crab meat. Around border of salad, arrange alternate slices of cucumber, tomatoes and eggs. Yield: 6 servings.

**CRAB MEAT SALAD**

2 fresh pineapples, split in half lengthwise
1 cup of fresh pineapple chunks
1 1/2 cups crab meat
Salt and pepper

3/4 cup chopped celery
2 teaspoons pureed onion
Mayonnaise to moisten (about 1/2 cup)
1 tablespoon lemon juice

Remove meat of pineapple, leaving a wall of fruit about 1/2-inch thick on the shell. Combine remaining ingredients and mound in pineapple. Yield: 4 servings.

**CRAWFISH SALAD**

1 pound cooked crawfish meat
3 tablespoons catsup
2 tablespoons minced celery
1 teaspoon horseradish
1 tablespoon lemon juice
1 clove garlic, minced
1 teaspoon pepper sauce

1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1 teaspoon chopped parsley
1/4 teaspoon prepared mustard
1 teaspoon grated onion

Place crawfish in a bowl; combine remaining ingredients and pour over crawfish. Chill. To serve, place approximately 1/2 cup of crawfish on a lettuce leaf for each serving. Yield: 4 servings.

**MOCK CRAB MEAT SALAD**

3 quarts water
1 1/2 cups salt
1/2 cup salt
1 large onion, quartered
1 lemon, quartered
1 bag seafood boil

Cayenne
Redfish, red snapper or sheephead

Bring water to boil in deep saucepan. Add onion, lemon, seafood boil, salt and cayenne; boil 10 minutes. Clean, scale and remove head from fish. Wrap whole fish in cheesecloth and secure with food picks or string. Place in boiling seasoned water. Cover and simmer for 20 minutes or until fish is cooked. Lift fish out of liquid and place on flat pan. Remove cheesecloth. Allow to cool enough to handle. Remove skin and row of bones along top and bottom, and any dark meat of fish. Serve cold with salad dressing or sauce.

**WHITE REMOULADE SAUCE**

Combine 1 cup mayonnaise, 1 teaspoon lemon juice, 3 tablespoons minced onion, 3 tablespoons chopped parsley and 2 teaspoons brown mustard. Chill for 2 hours. Yield: 1 cup.

**SHRIMP SALAD**

1 pound cooked shrimp, cleaned
1 small clove garlic, crushed
1 cup capers
1 hard-cooked egg, finely chopped

Salt and cayenne
1 sweet pickle, finely
chopped or 1 teaspoon capers
chopped celery
2 tablespoons mayonnaise
chopped

Cut each shrimp into two or three pieces. Combine all ingredients. Serve on lettuce or as stuffing for avocado halves or tomatoes. Yield: 4 to 6 servings.
## 24-HOUR SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (20 1/2 ounces) pineapple tidbits</td>
<td>2 oranges, peeled, sectioned and drained</td>
</tr>
<tr>
<td>3 egg yolks, slightly beaten</td>
<td>1/4 cup Maraschino cherries, drained</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 cups miniature marshmallows</td>
</tr>
<tr>
<td>2 tablespoons vinegar</td>
<td>1 cup whipping cream, whipped</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>Dash of salt</td>
</tr>
<tr>
<td>1 can (16 ounces) pitted light sweet cherries, drained</td>
<td></td>
</tr>
</tbody>
</table>

Drain pineapple; combine 2 tablespoons pineapple syrup with egg yolks, sugar, vinegar, butter and salt. While stirring constantly, cook over hot, not boiling, water until mixture thickens and barely coats spoon, about 12 minutes. Cool. Pour cooled mixture over combined fruits and marshmallows, mixing gently. Fold in whipped cream. Pour into serving dish, cover, and refrigerate 24 hours. Yield: 8 servings.

## AMBROSIA

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup pitted halved Royal Ann cherries</td>
<td>2 tablespoons confectioners sugar</td>
</tr>
<tr>
<td>1/2 cup pitted halved Bing cherries</td>
<td>1/2 cup pineapple juice</td>
</tr>
<tr>
<td>1/2 cup diced pears</td>
<td>1/4 teaspoon grated lemon peel</td>
</tr>
<tr>
<td>1/2 cup diced peaches</td>
<td>1 cup whipping cream, whipped</td>
</tr>
<tr>
<td>1/2 cup diced pineapple</td>
<td>1/2 cup diced marshmallows</td>
</tr>
</tbody>
</table>

Combine fruits and drain. Stir sugar, pineapple juice, mayonnaise and lemon peel until sugar dissolves. Fold in whipped cream, fruit and marshmallows. Pour into greased 2-quart mold; freeze. Yield: 8 servings.

## BUFFET WATERMELON BOWL

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oblong watermelon</td>
<td>Orange slices</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Grapefruit slices</td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Fresh pineapple</td>
<td>Seedless grapes</td>
</tr>
<tr>
<td>Fresh cherries with stems</td>
<td></td>
</tr>
</tbody>
</table>

Using a sawtooth cut, remove top third of large, well chilled watermelon. Carefully scoop out melon meat and cut in 1-inch cubes. Fill cavity with suggested combination of fruits plus watermelon cubes. Decorate top with small clusters of grapes and cherries. Serve with Poppy Seed Dressing.

## FRESH FRUIT SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large oranges, peeled and sectioned</td>
<td>1 cup green seedless grapes</td>
</tr>
<tr>
<td>1 can (16 ounces) pineapple chunks, drained</td>
<td>1 apple, diced and unpeeled</td>
</tr>
<tr>
<td>2 fresh peaches, sliced</td>
<td>1/2 cups miniature marshmallows</td>
</tr>
<tr>
<td>Juice of 1 lemon</td>
<td>2 bananas, sliced</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 tablespoons sugar</td>
</tr>
</tbody>
</table>

Combine fruits and marshmallows, except bananas. Sprinkle with sugar; add lemon juice and chill several hours. Just before serving, add bananas. Yield: 6 servings.

## FRUIT-GINGER ALE SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 package (3 ounces) raspberry, cherry or lime flavor gelatin</td>
<td>1 bottle (7 ounces) ginger ale or lemon-lime carbonated beverage</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>1 can (29 ounces) peach or pear halves, drained</td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cold water</td>
<td></td>
</tr>
</tbody>
</table>

Dissolve gelatin and salt in boiling water; add ginger ale and cold water. Chill until slightly thickened. Arrange fruit, cut side down, in 8 or 9-inch square pan. Pour gelatin mixture over fruit. Chill until firm. Cut in squares. Using spatula, lift each square and turn over onto bed of lettuce, so that fruit is facing upward. Fill center with Cheese-Nut Balls. Yield: 6 servings.

*Cheese-Nut Balls:* Blend 1 package (3 ounces) cream cheese with 1/2 cup finely chopped nuts; moisten with 1/2 to 1 teaspoon mayonnaise. Shape into small balls. Roll in very finely chopped nuts, if desired.

## CHERRY JUBILEE SALAD MOLD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (17 ounces) pitted dark, sweet cherries</td>
<td>1/2 cup currant jelly</td>
</tr>
<tr>
<td>Water</td>
<td>1 package (10 ounces) frozen raspberries, partially thawed</td>
</tr>
<tr>
<td>2 packages (3 ounces each) raspberry flavor gelatin</td>
<td>1/2 cup sherry</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

Drain cherries; reserve liquid. Add enough water to liquid to make 2 cups. Heat to boiling; add gelatin and stir until dissolved. Stir in jelly until dissolved. Add raspberries, sherry, and juice; refrigerate until partially congealed. Add cherries and pour into greased 1 1/2-quart ring mold. Refrigerate until firm. Yield: 8 servings.
AMBROSIA MOLD

1 package (3 ounces) orange flavor gelatin
1 tablespoon sugar
1 cup boiling water
3/4 cup cold water
2/3 cup flaked coconut

1 cup whipping cream, orange flavor gelatin
1/2 cups seeded, halved
red grapes

Dissolve gelatin and sugar in boiling water. Add cold water. Chill until slightly thickened. Fold in whipped cream, then remaining ingredients. Spoon into 1 1/2-quart mold; chill until firm. Yield: 8 servings.

PINEAPPLE-CARROT SALAD

1 can (8 3/4 ounces) pineapple tidbits, drained
2 cups shredded carrots
1/2 cup seedless raisins

Mayonnaise


COKE SALAD

1 can (17 ounces) black Bing cherries
1 can (20 ounces) crushed pineapple
1 package (3 ounces) cherry flavor gelatin
1 1/2 cups chopped pecans

Drain juice from cherries and pineapple. Bring juices to boil and pour over gelatins; cool, add beverage and chill. Combine cherries, pineapple, cream cheese and pecans. Blend into gelatin mixture. Pour into 2-quart greased mold. Chill until firm. Yield: 8 servings.

MOLDED SOUR CREAM SALAD

2 cups boiling water
2 packages (3 ounces each) lime flavor gelatin
2 cups commercial sour cream

1 can (9 ounces) crushed pineapple, drained
8 Maraschino cherries, cut in fourths

Add water to gelatin; stir until gelatin dissolves. Chill until slightly thickened. Add sour cream, pineapple and cherries; mix well. Pour into lightly greased 5-cup ring mold. Chill until set. Yield: 6 servings.

HOLIDAY GELATIN SALAD

1 package pineapple gelatin
1/2 cup hot water
1/2 teaspoon salt
1/2 cup cold liquid (drained pineapple juice plus enough water to equal one cup)
1/2 cup chopped walnuts

Dissolve gelatin in hot water. Add salt and cold liquid. Chill until slightly thickened. Fold in remaining ingredients. Turn into a one-quart mold and chill until firm. Unmold on bed of crisp lettuce. Yield: 8 servings.

Salad Dressing: 3 ounces cream cheese, 1/4 cup sour cream, 1/4 teaspoon salt and 2 tablespoons honey whipped together.

PERFECTION SALAD

2 envelopes unflavored gelatin
1 cup chopped celery
1/2 cup sugar
1/2 cup chopped green pepper
1 1/2 cups boiling water
1/3 cup pimiento-stuffed olives, sliced
1 1/2 cups cold water
1/4 cup chopped pimiento

Combine gelatin, sugar and salt. Add boiling water; stir until ingredients are dissolved. Stir in cold water, vinegar and juice; chill until partially congealed. Fold in cabbage, celery, green pepper, olives and pimiento. Pour into 5 1/2-cup mold; chill until firm. Yield: 10 servings.

PINEAPPLE GELATIN RINGS

2 cups boiling water
2 cups pineapples
1 package (3 ounces) lime flavor gelatin

Drain syrup from pineapple, leaving slices in cans. Dissolve lime gelatin in 1 cup boiling water; dissolve strawberry gelatin with the other. Chill until set. To unmold, run warm water on can sides and bottom. Cut other end of can and push mold out. Cut between slices of pineapple. Alternate slices of red and green pineapple on bed of lettuce. Fill center with cottage cheese or serve with mayonnaise. Yield: 8 servings.
FREEZING FOODS

COOKED FOODS - Do not overcook. Chill promptly before freezing. Use seasonings sparingly as some will change during storage. It is best to add most seasonings when reheating. Thaw in refrigerator or reheat from frozen state. Do not refreeze after thawing or heating. Storage Time: 2 to 3 months.


FISH - Keep fish on ice from the time they are caught. Clean as for cooking. Cut in fillets, steaks or leave whole. Fish can be frozen covered with water in air-tight container. Storage Time: 9 months at 0° F. Thaw in refrigerator or under cold running water.

GROUND BEEF - Freeze in amounts suitable for cooking at one time. Storage Time: 4 to 6 months. Thaw in refrigerator.

PECANS - Pack shelled or unshelled in moisture-vapor-proof containers in desired quantities and freeze. Thaw at room temperature. Storage time: 12 months.

PIES - Baked pies: Cool completely, then package in freezer paper. Thaw 45 minutes at room temperature. Unbaked pies: These are flakier, more tender and have fresher flavor. Double crust pies (fruit or mince) are the very best. Do not cut vents in double crust pies until ready to bake. Bake pie in the frozen state in 425° F. oven 45 to 50 minutes. Storage time: 2 to 3 months.

SOFT-SHELL CRABS - Clean as for frying. Freeze. Storage Time: 1 to 2 months. Thaw in refrigerator.

SOUP - Chill promptly before freezing. Use seasonings sparingly as some change during storage. Do not freeze potatoes in soups; add potatoes during reheating. Thaw in refrigerator or reheat from frozen state. Freeze in family-size portions. Storage Time: 2 to 3 months.

STRAWBERRIES - Wash quickly and gently in iced water. Lift berries from water. Remove hulls. Slice or leave whole. Dry Sugar Pack: Add 3/4 cup sugar to each quart berries; mix thoroughly. Syrup Pack: Prepare syrup by combining 5 cups sugar and 4 cups boiling water. Chill. To each quart, add 4 teaspoons ascorbic acid mixture. Cover berries with cold syrup. Place into freezer container, leaving 1/2-inch headspace. Storage Time: 12 months. Unsweetened Dry Pack: This method may be desirable for special diets or for use in baking. Most fruits have better flavor, color and texture when packaged in sugar or syrup.

TOMATOES - Scald tomatoes in boiling water 1/2 minute. Dip in cold water, peel and quarter. Pack into freezer containers with 1/2 teaspoon salt per pint. Freeze and use in any recipe calling for cooked tomatoes. Storage Time: 1 year.

CRAWFISH - Immerse live, in brine bath (1 cup salt to 1 gallon water) for 20 seconds. Cook in seasoned water. Remove edible meat and pack. Freeze. Thaw in refrigerator.


FIGS - Sort, wash and cut off stems. Peel if desired. Slice or leave whole. For syrup pack, use 40% syrup (3 1/4 cups sugar to 4 cups boiling water) with 1/2 cup lemon juice or 4 teaspoons ascorbic acid mixture added to each quart of syrup. Pack into containers and cover with cold syrup, leaving 1/2-inch head space. Seal. For dry pack: add 2/3 cup sugar to each quart of figs. Mix thoroughly. Pack into containers, leaving 1/2-inch space. Seal. Storage Time: 1 year.
# Barbecue Sauce

1 medium onion, chopped  
1 clove garlic, minced  
2 tablespoons butter  
1/2 cup catsup  
1/4 cup water

Cook onion and garlic in butter until tender. Add remaining ingredients and bring to a boil. Use to brush chicken, ribs, frankfurters or hamburgers during baking, broiling or grilling. Yield: 1 1/4 cups.

# Basic Brown Sauce

1 tablespoon minced onion  
2 tablespoons flour  
2 tablespoons butter

Brown onion and flour in butter over low heat. Add stock; cook until smooth, about 3 to 5 minutes. Strain and add seasonings. Yield: 1 cup.

**Variations:**

**Jardiniere:** To 1 cup brown sauce, add 1 tablespoon each of finely minced cooked carrot, celery, onion, diced green beans and small green peas, and 1 teaspoon each minced parsley, chives and pimiento. Serve hot on grilled meat.

**Madeira:** To 1 cup brown sauce, add 1 1/2 tablespoons Madeira wine. For roast or smoked meats.

**Mushroom:** To 1 cup brown sauce, add 1/4 cup mushroom liquid, 1 teaspoon minced parsley and 1/4 cup sliced mushrooms sautéed in butter. For meats, poultry, and smoked meats.

**Piquant:** Sauté 1 teaspoon green onion in 2 tablespoons white wine and 1 tablespoon tarragon vinegar. Add to 1 cup brown sauce. Just before serving, stir in 1 tablespoon finely chopped sour pickle, 1 teaspoon each minced parsley and chives and pinch of chopped tarragon. For pork, smoked and leftover meats.

# Basic Mayonnaise

1 egg  
2 tablespoons vinegar or lemon juice  
1 cup salad oil

Blend egg, vinegar, mustard, salt, pepper and 1/4 cup of the oil until thoroughly blended, about 5 seconds. Without stopping blender, remove cover and gradually pour remaining oil into center of container. Stop blending when all of the oil has been added. If mayonnaise curdles or liquefies, empty contents from container; blend another egg for about 2 seconds and gradually add liquid mayonnaise, instead of oil, into center of container. Stop blending when all liquid mayonnaise has been added and mixture fluffs up smoothly. Do not overblend. Yield: 1 cup.

# Bechamel Sauce

2 tablespoons minced onion  
1/2 carrot, finely diced  
1/4 cup (1/2 stick) butter  
2 cups chicken stock  
1 bay leaf

Sauté onion and carrot in butter until onions are tender. Add stock, bay leaf, parsley and peppercorns. Bring to boil; simmer 30 minutes. Strain stock mixture and combine with white sauce. Season. Use as a base for croquettes, soufflés and creamed chicken. Yield: 4 cups.

# Chili Sauce

18 large tomatoes, chopped  
8 hot peppers, chopped  
6 onions, chopped  
3 tablespoons salt  
1 tablespoon pepper  
1 tablespoon mustard seed

Place all ingredients, spices tied in cheesecloth, in a heated saucepan. Cook gently for 2 hours, stirring frequently. Pour boiling hot into hot jars; process for 10 minutes. Yield: about 5 pints.
CHINESE MUSTARD

1/4 cup boiling water 1/2 teaspoon salt
1/4 cup dry mustard 2 teaspoons salad oil

Stir water into mustard until smooth. Add salt and oil; mix thoroughly. Yield: 1/3 cup.

CREAM SAUCE

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<th></th>
<th>Thin</th>
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<tr>
<td>Butter</td>
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<td>Flour</td>
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<td>Salt</td>
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<tr>
<td>Milk</td>
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Melt butter over low heat; blend in flour and salt. Gradually add milk, stirring constantly, and cook until thick and smooth. Yield: 1 cup.

Variations:

*Cheese:* Add 1/2 cup grated sharp cheese or 1/4 cup grated Swiss or Parmesan cheese just before serving. Then gradually add 1 tablespoon butter. For vegetables.

*Egg:* Add 1 chopped hard-cooked egg and 1 teaspoon minced parsley or chives. For boiled fish, asparagus, peas or carrots.

*Horseradish:* Add 3 tablespoons drained, prepared horseradish. Immediately before serving, gradually add 1 tablespoon butter. For boiled fish, meat or poultry.

*Mornay:* Add 1/4 cup strained fish, vegetable or chicken stock and 3 tablespoons grated Parmesan or Swiss cheese. Immediately before serving, add 1 tablespoon butter gradually.

*Mushroom:* Sauté 1 teaspoon minced onion in butter before blending in dry ingredients. Add 1/2 cup mushroom liquid and 1/4 cup cooked sliced mushrooms with the milk.

*Velouté:* Substitute fish or chicken broth for milk.

RICH CREAM SAUCE

2 tablespoons butter 1 cup milk, scalded
2 tablespoons flour 2 egg yolks, beaten
1/4 teaspoon salt

Melt butter, add flour and blend well. Add milk; cook over low heat until thick, stirring constantly. Remove from heat. Add yolks and salt; blend well. Yield: 1 cup.

HOLLANDAISE SAUCE

1/2 cup (1 stick) butter 1/4 teaspoon salt
4 egg yolks 1/8 teaspoon cayenne
2 tablespoons lemon juice 1/4 cup boiling water

Divide butter into 3 portions. Beat yolks and lemon juice; add 1 piece of butter and cook over low heat or in double boiler, stirring constantly until the mixture begins to thicken. Remove from heat, add second piece of butter and stir rapidly. Then add the remaining butter and ingredients. Return to heat; stir until sauce thickens. If sauce curdles, beat in 1 tablespoon cream. Yield: 1 cup.

Variations:

*Béarnaise:* Substitute 4 teaspoons tarragon vinegar for lemon juice. Add 1 tablespoon chopped parsley, 1 teaspoon chopped chives and 1/4 teaspoon freshly ground pepper. For steaks.

*Electric Blender Method:* Melt 1/2 cup (1 stick) butter over low heat. Place 3 egg yolks, 2 tablespoons lemon juice, 1/4 teaspoon salt, dash white pepper, and 1/4 teaspoon prepared mustard in blender container and blend on low speed for 5 seconds. While continuing to blend on same speed, add hot butter in a slow steady stream until blades are covered. Turn to high speed and add remaining butter slowly. Yield: Approximately 1 cup.

HOT PEPPER VINEGAR

Wash hot red or green peppers; prick with large needle. Pack into sterilized jars; cover with boiling hot vinegar. Seal at once.

HOT WHISKEY SAUCE

1/2 cup sugar 1 egg, beaten
1/4 cup (1/2 stick) butter 1/3 cup bourbon

 Combine sugar and butter; cook over low heat, stirring frequently, until sugar dissolves. Gradually add hot mixture to egg, while beating constantly. Return to heat and cook, stirring constantly, until thickened. Gradually stir in bourbon. Yield: 1 1/2 cups.
RED SAUCE

3 tablespoons catsup
3 tablespoons chili sauce
2 tablespoons horseradish
1 teaspoon lemon juice
Dash hot pepper sauce
Salt and pepper

Combine all ingredients. Yield: 1/2 cup.

REMOULADE SAUCE

4 tablespoons horseradish
1 clove garlic
mustard
1/2 cup tarragon vinegar
2 tablespoons tomato
catsup
1 tablespoon paprika
1/2 teaspoon cayenne
1 cup salad oil
1/2 cup chopped
green onion
1/2 cup chopped celery
1/2 teaspoon salt

Place all ingredients in blender container and blend thoroughly. To serve, allow boiled shrimp to marinate in sauce for about 4 hours. Yield: 2 cups.

SWEET AND SOUR SAUCE

1 cup sugar
1/2 cup vinegar
1/2 cup water
green pepper
1 teaspoon paprika
1/2 teaspoon salt
2 teaspoons cornstarch
1 tablespoon cold water

Simmer first 6 ingredients for 5 minutes. Combine cornstarch and water; stir into hot mixture; cook until thickened. Cool. Strain. Yield: 1 cup.

SEASONINGS FOR BROILED STEAK

Seasoned Butter: Whip 1/2 stick butter until soft. Add 2 tablespoons chopped parsley or green onions. Spread on hot steak.

Garlic Butter: Crush one clove of garlic. Blend with 1/2 stick butter. Spread on hot steak.

TOMATO SAUCE

6 medium onions, minced
6 cloves garlic, minced
tomato paste
1 tablespoon minced
1/4 teaspoon dry mustard
4 cups water
green pepper
1/4 cup olive oil
3 tablespoons parsley
1/8 teaspoon paprika
bay thyme
1 can (16 ounces) tomatoes
1/2 teaspoon pepper
1 bay leaf
1/2 teaspoon salt

Cook onions, garlic and green pepper in oil over medium heat until onions are tender, 7 to 10 minutes. Pour tomatoes into colander over bowl; press with spoon to remove liquid. Fill tomato can with water and pour over tomatoes. Add tomatoes to onion mixture; fry 10 minutes over low heat. Add tomato paste; mix thoroughly. Add tomato liquid from bowl, water, and remaining ingredients. Bring to boil; cook over low heat for 1 hour. Yield: 1 1/2-2 quarts.

BEER CHEESE SAUCE

1 cup beer, without foam
1/4 teaspoon dry mustard
1 tablespoon butter
1 teaspoon Worcestershire
2 tablespoons water
green pepper
1/4 cup diced onion
1/4 cup diced
Cheddar cheese
Dash hot sauce

In a saucepan, warm beer, mustard and Worcestershire. Add cheese; stir slowly until partially melted. Combine cornstarch with water; add to cheese-beer mixture. Stir until thickened. In butter, sauté onion, pepper, and pimiento; add to cheese-beer mixture. Add hot sauce. Serve sauce over baked fish; sprinkle with slivered almonds. Yield: 4 servings.

CHEESE SAUCE WITH MUSHROOMS

2 tablespoons butter
3 tablespoons flour
1 cup milk
1/4 teaspoon salt
1 can (4 ounces)
mushroom pieces
1/2 cup grated
Cheddar cheese


SAUCES & DIPS
COOKING WITH ENTERGY

**CREOLE SAUCE**

1 1/2 cups catsup 4 teaspoons prepared horseradish
1 1/2 teaspoons Worcestershire sauce 1 teaspoon hot sauce
1/4 cup lemon juice 1/2 teaspoon salt

Combine all ingredients; chill. Serve with cooked crawfish. Yield: 2 cups.

**SAUCE PIQUANT**

6 tablespoons flour 3 green peppers, minced
3/4 cup oil 3 tablespoons
3 large onions, minced Worcestershire sauce
4 stalks celery, minced 1 lemon, juice and rind
4 cloves garlic, minced Salt and red pepper
1 can (6 ounces) tomato paste 1 tablespoon prepared mustard

Brown flour in oil. Add remaining ingredients; cook over low heat for 30 minutes. The more red pepper, the more “piquant” the gravy will be. To use sauce with chicken, rabbit, squirrel or turtle, brown meat in oil. Remove meat and prepare sauce piquant. Return meat to sauce and continue cooking until tender. Add water, if necessary. Yield: 2 1/2 cups.

**AVOCADO DIP**

2 avocados, cubed 1 can (10 ounces) tomatoes and green chilies, well drained
1 package (8 ounces) cream cheese 2 tablespoons lemon juice
2 tablespoons Worcestershire sauce Salt

Place all ingredients in blender container. Cover and blend until smooth. Yield: about 3 cups.

**BLUE CHEESE DIP**

1 package (8 ounces) cream cheese 1/4 teaspoon Worcestershire sauce
1 package (3 ounces) blue cheese Dash Paprika
1 tablespoon wine vinegar Dash hot pepper sauce
1 tablespoon cream 1 teaspoon minced parsley

Cream cheeses with vinegar and cream. Add remaining ingredients and mix well. Yield: 1 1/4 cups.

**CHEESE-NUT DIP**

1 package (8 ounces) cream cheese 1/4 cup chopped onion
1 tablespoon catsup 3 tablespoons chopped pimiento
3/4 cup chopped walnuts 1/4 cup chopped green peppers
1/4 cup chopped Salt and Pepper

Combine all ingredients. Serve with assorted crackers. Yield: 2 cups.

**CHEESE-ONION DIP**

2 packages (8 ounces each) cream cheese 6 tablespoons hot water
3 chicken bouillon cubes 2 tablespoons minced onion flakes
1 tablespoon lemon juice

Blend cream cheese, bouillon cubes dissolved in hot water, onion flakes and lemon juice. Yield: 3 cups.

**DUNKY SAUCE**

1 can (8 ounces) tomato sauce 2 tablespoons water
1/2 cup catsup 2 tablespoons Worcestershire sauce
2 tablespoons brown sugar 1 tablespoon vinegar
2 tablespoons minced onion 2 tablespoons pickle relish
Dash pepper


**EGG DIP**

1 1/2 tablespoons lemon juice 1/4 teaspoon white pepper
1 tablespoon onion juice 1/2 cup mayonnaise
2 tablespoons prepared mustard 6 hard-cooked eggs
1 package (4 ounces) pimiento cream cheese, softened
1/2 teaspoon hot sauce
1/2 teaspoon seasoned salt

In a mixer or blender, combine juices, mustard, hot sauce, salt, pepper and mayonnaise. Add eggs, one by one, blending after each addition, until light and smooth. Beat in pimiento cream cheese. Yield: 2 cups.
FIESTA DIP

1 package (8 ounces) Dash hot pepper sauce cream cheese
2 tablespoons cream 1/3 cup catsup
3 tablespoons French dressing 1 1/2 tablespoons grated onion
dressing 1/2 teaspoon salt

Combine ingredients. Use as a dip for raw celery, cauliflower, carrots, cucumbers, cherry tomatoes and corn chips. Yield: 1 1/2 cups.

GARLIC DIP

1 package (8 ounces) cream cheese
2 teaspoons minced onion 1 clove garlic
1/4 teaspoon paprika 2 tablespoons cream
1/8 teaspoon cayenne pepper

Place all ingredients in blender container. Cover and blend 30 seconds. Yield: 1 1/4 cups.

HOT CRAB MEAT

2 tablespoons butter 1/8 teaspoon pepper
1 tablespoon chopped onion 1 1/2 cups milk
2 tablespoons flour 1 egg yolk, slightly beaten
1 1/2 teaspoons Worcestershire sauce 1 pound lump crab meat
1/2 teaspoon salt

Melt butter, add onion and cook 5 minutes. Blend in flour and seasonings. Add milk gradually, stirring constantly, and cook until thickened. Remove from heat and add to egg yolk. Cook 1 minute, stirring constantly. Gradually add wine and crab meat; simmer for 12 minutes. Serve hot from fondue or chafing dish. Yield: 2 cups.

HOT CRAB MEAT-CHEESE DIP

1 package (8 ounces) cream cheese
1/2 cup (1 stick) butter 1/8 teaspoon hot sauce
1 pound white crab meat 1/8 teaspoon garlic salt
1/8 teaspoon cayenne pepper 1 onion, minced

Over low heat, melt cheese and butter. Add crab meat and remaining ingredients. Serve in chafing dish or casserole with assorted crackers or crisp chips. Yield: 3 cups.

SAUCES & DIPS

HOT MEXICAN BEAN DIP

1 can (No. 2 1/2) pork and beans
1 teaspoon garlic salt 1/2 teaspoon liquid smoke
1 teaspoon chili powder 1/2 cup shredded sharp Cheddar cheese
2 teaspoons vinegar 1/2 teaspoon salt
4 slices bacon, crumbled

Place all ingredients, except cheese and bacon, in blender container. Blend until smooth. Add cheese and heat in electric skillet set at 150° F. until cheese is melted. Top with bacon and serve hot with crackers. Yield: 3 cups.

HOT MUSTARD DIP

1 can (2 ounces) dry mustard
4 eggs, beaten
1 cup white vinegar

Combine mustard and vinegar; refrigerate overnight. Add beaten eggs and sugar. Cook over low heat until thick, about 10 minutes. Chill. Serve as a dip for grilled hot sausage which has been cut into bite-size pieces. Yield: About 3 cups.

MOCK OYSTER DIP

3 stalks celery, minced 1 package (10 ounces)
1/2 large onion, minced frozen chopped broccoli, cooked
1 can (4 ounces) mushroom stems and pieces and drained
1 can (10 1/2 ounces) cream of mushroom cheese, cut in pieces
soup
1/2 cup (1 stick) butter

In electric skillet set at 250° F., sauté celery, onions and mushrooms in butter 5 minutes. Lower heat to 200° F.; add remaining ingredients. Simmer gently, stirring until mixture is smooth. Serve hot as a dip, or fill miniature patty shells and heat in 450° F. oven about 10 minutes or until hot. Yield: approximately 4 cups.
COOKING WITH ENTERGY

SHRIMP DIP
1 clove garlic
1 can (6 1/2 ounces) shrimp, drained
1 package (3 ounces) cream cheese
1 tablespoon lemon juice Paprika
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon hot pepper sauce

Place all ingredients in blender container. Cover and blend 30 seconds. Sprinkle with paprika. Chill. Yield 1 1/2 cups.

SHRIMP SPREAD MOLD
1 envelope unflavored gelatin
1/4 cup boiled shrimp water
1 package (8 ounces) cream cheese
1 can (10 1/2 ounces) tomato soup
1 cup mayonnaise
1/4 cup chopped green onion tops
1/4 cup chopped green onions
Dash hot sauce

Sprinkle gelatin over cold shrimp water; dissolve over boiling water. Cream softened cream cheese; add tomato soup. Stir in remaining ingredients. Pour into a 1 1/2-quart fancy mold. Refrigerate. When firm, unmold on serving dish lined with shredded lettuce. Serve with crackers.

SMOKY CHEESE DIP
1/4 cup pineapple juice
2 packages (3 ounces) cream cheese
1 roll (6 ounces) smoky cheese
1 clove garlic
1/4 teaspoon hot pepper sauce
1 teaspoon Worcestershire sauce

Place all ingredients in blender container. Cover and blend until smooth. Chill. Yield: 1 1/2 cups.

SPINACH DIP
2 packages frozen chopped spinach
1/3 cup green onions and tops
1/2 cup (1 stick) butter
1/2 teaspoon garlic powder
1 can (10 1/2 ounces) cream of mushroom soup
1/4 teaspoon hot pepper sauce
1 tablespoon Parmesan cheese

Cook spinach according to package directions; drain. In a saucepan, sauté onion in butter. Stir in spinach; simmer for 5 minutes. Add remaining ingredients; simmer for 10 to 15 minutes. Serve with crackers or chips. Yield: about 3 1/2 cups.

Leftover Dip: Use as dressing for green salad, topping for hot vegetables; freeze dips that do not contain sour cream no longer than 2 weeks.

SPRING VEGETABLE DIP
1 cup commercial sour cream
1/4 cup minced cucumber, drained
1/2 cup mayonnaise
1/4 cup minced green pepper
1 tablespoon sugar
1 teaspoon salt
Dash pepper
1/4 cup minced radishes
1/4 cup minced green onion


ORANGE BUTTER SAUCE
1/2 cup orange juice
2 tablespoons lemon juice
Peel of 1/2 orange
1/2 cup (1 stick) butter, softened
1 cup sugar

Blend juice and peel in blender 2 minutes. Add butter and sugar. Blend 2 minutes. Stop to stir down. Yield: 1 1/2 cups sauce.
CHICKEN GIBLETS STOCK

Place ingredients in a saucepan, add water to cover. Bring to a boil; cover and simmer 1 hour or until tender. Strain stock and reserve. Remove meat from neck; chop gizzards. Use in recipes for Giblet Bread Stuffing or Giblet Gravy.

GIBLET BREAD STUFFING

Cook onion in butter until tender. Add bread, seasonings and gizzards. Toss lightly with enough liquid to moisten. Yield: 3 cups stuffing, or enough for a 4-5 pound chicken.

GIBLET GRAVY

Into a skillet, pour 2 tablespoons chicken drippings from roasting pan. Stir in 2 tablespoons flour and cook until brown. Gradually add 2 cups of stock and gizzards. Cook, stirring constantly, until mixture thickens.

GRAVY

In a skillet, place 3 tablespoons of the drippings from roasting pan. Stir in flour and cook over low heat until brown. Slowly add turkey stock and cook until thick. Season to taste. Yield: 2 cups.

TURKEY STOCK

In a covered saucepan, barely cover neck and gizzard with water. Add 1 onion quartered, 1 stick celery sliced, salt and pepper. Bring to a boil; simmer for 1 1/2 to 2 hours or until gizzard is tender. Remove meat from neck bone and add to stock. Use ground gizzard in stuffing or leave whole for gravy.
TO MAKE GRAVY FROM TURKEY ROASTED IN FOIL OR COOKING BAG

In a skillet, stir 1/4 cup browned flour into Turkey Stock (page 45) which contains neck meat. Cook over medium heat while gradually adding 1 1/2 cups drippings which have been drained from cooking bag or foil. Add 2 chicken bouillon cubes and cook until desired thickness. If a larger quantity of gravy is needed, stir in additional browned flour and turkey drippings.

MARINADE AND BASTING SAUCE

2 bay leaves
6 whole black peppercorns, crushed
3/4 cup vinegar
1 clove garlic, minced
1 1/2 teaspoons sugar
1/3 cup water
3 tablespoons oil
1/2 cup chopped onions

Combine bay leaves, pepper, vinegar, sugar and water. Bring to boil and simmer for 4 minutes. Add to oil and shake well. Sprinkle with onions and garlic. Pour marinade over meat and stir well. Cover and refrigerate 3 to 4 hours, stirring occasionally. Prepare Shish Kabob (recipe page 81) as in recipe. Baste frequently with sauce while broiling.

MARINADE FOR VENISON AND WILD RABBIT

Marinate meat to tenderize meat fibers and to give a milder flavor. Small cuts of meat need to marinate 3 to 4 hours. Large cuts of meat need 10 to 12 hours. For marinade, use 1 part vinegar or lemon juice to three parts salad oil and season with spices such as dill seed, garlic, onion, thyme, bay leaves, peppercorns, cloves and celery seed. Cook as desired.

WINE BARBECUE MARINADE

1 cup red wine
1/2 cup vinegar
1 cup salad oil
2 onions, quartered
2 cloves garlic
1/2 tablespoons salt
1 teaspoon pepper
1/8 teaspoon cayenne
1/8 teaspoon thyme
1/8 teaspoon oregano

Blend all ingredients in blender container until smooth. Use to marinate and baste beef. Yield: 3 cups.

BORDELAISE SAUCE

1 tablespoon minced green onion
1 clove garlic, minced
2 tablespoons butter
1 tablespoon water
1/8 teaspoon hot pepper sauce
Salt and pepper
1 tablespoon minced parsley

Sauté onion and garlic in butter; do not brown. Add water, pepper sauce, salt and pepper. Serve immediately on broiled steak or chicken and sprinkle with parsley.

CHATEAUBRIAND SAUCE

1 can (10 3/4 ounces) beef gravy
1 cup white wine
Salt and pepper
1 tablespoon minced parsley
1/2 cup (1 stick) butter
3 tablespoons lemon juice

Cook gravy and wine until very thick. Add remaining ingredients. Beat well and serve when butter is melted. Use for steak and other grilled meats. Yield: 2 cups.

COTE D’OR SAUCE

2 tablespoons tarragon vinegar
4 egg yolks, well beaten
1/2 teaspoon salt
2 tablespoons water
Pepper
1/2 teaspoon lemon juice
1 cup (2 sticks) butter, melted

Combine vinegar, yolks, salt, pepper and juice. Cook over low heat, stirring constantly, until thick, about 10 minutes. Gradually stir in butter, add water, a tablespoon at a time. Remove from heat, beat well and serve. Yield: 1 1/2 cups.

MARCHAND DE VIN SAUCE

1/3 cup finely chopped mushrooms
1/2 cup minced ham
1/3 cup finely chopped green onion
1/2 cup finely chopped onion
3/4 cup (1 1/2 sticks) butter
2 tablespoons minced garlic
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon cayenne
3/4 cup beef stock
1/2 cup red wine

Sauté mushrooms, ham, green onion, onion and garlic in butter until onions is brown. Add flour, salt, pepper and cayenne. Brown well, about 7 to 10 minutes. Blend in stock and wine; simmer over low heat 35 to 40 minutes. Yield: 2 cups.
ROUND-UP BARBECUE SAUCE

2 cups water
1/2 teaspoon pepper
1/4 cup brown sugar
2 cloves garlic, minced
1 cup cider vinegar

1 bottle (5 ounces)
Worcestershire sauce
Juice of 4 lemons
1/4 cup (1/2 stick) butter
2 teaspoons salt

Bring water to boil; add pepper and simmer 5 minutes. Add brown sugar; stir until dissolved. Stir in garlic and vinegar. Add Worcestershire sauce and lemon juice. As sauce heats, add butter and salt.

MEAT SAUCE

1 large onion, minced
1 clove garlic, crushed
1 small green pepper, minced
1/4 cup shortening
3/4 pound ground beef

1 cup boiling water
3/4 teaspoon salt
3/4 teaspoon each of celery salt, garlic salt and chili powder
1 1/2 teaspoons each of Worcestershire sauce, chili sauce and meat sauce

Sauté onion, garlic and green pepper in shortening, about 10 to 15 minutes. Add meat; cook until red color disappears, about 10 minutes. Stir in tomato paste, tomato sauce, water and remaining ingredients. Mix thoroughly and cover. When liquid boils, turn heat low and cook 1 1/2 hours. Add additional water, if necessary. Sauce can be frozen. Use for hot dogs or over spaghetti. Yield: 1 quart.

TERIYAKI SAUCE

2/3 cup soy sauce
1/4 cup dry sherry
1 teaspoon ground ginger
1 clove garlic, sliced

Combine all ingredients and use as a marinade for steak, chicken, fish or shellfish.

Beef Teriyaki: Cut 2 pounds beef sirloin steak, 1/2-inch thick, in serving-size pieces. Marinate in Teriyaki Sauce for 30 minutes. Drain and broil beef 3 inches from source of heat for 5 to 7 minutes on each side, basting 3 times with marinade. Yield: 6 servings.

Chicken Teriyaki: Marinate chicken pieces in Teriyaki Sauce for 4 hours in refrigerator. Broil 6 inches from source of heat, basting with marinade, for 20 minutes on each side or until chicken is done.

CORN RELISH

18 ears corn
1 quart chopped cabbage
1/2 cup chopped sweet red peppers
1 cup chopped green peppers
1 clove garlic, minced
1 large onion, chopped
1 jalapeño pepper, minced

To prepare corn, remove husks and silk. Boil 5 minutes; drain and dip into cold water. Cut kernels from cobs; drain. Combine corn with remaining ingredients; bring to a boil, then simmer for 20 minutes. Pack, boiling hot, into sterilized jars, leaving 1/2 inch head space. Adjust caps. Process in water bath 15 minutes. Yield: about 6 pints.

CORN RELISH - REFRIGERATOR METHOD

6 ears corn
1 1/2 medium green pepper, chopped
2 1/2 tablespoons chopped pimiento
5 stalks celery, chopped
1 large onion, chopped
1 clove garlic, minced

Cook corn 6 to 10 minutes; cut kernels from cob. Add remaining ingredients and let stand several hours. Keep refrigerated. Excellent with barbecued foods.
**GREEN TOMATO CHUTNEY**

- 6 cups peeled, chopped green tomatoes
- 1 clove garlic, minced
- 2 tablespoons instant minced onion
- 3/4 cup crystallized ginger, chopped
- 1/2 teaspoon mace
- 1/2 teaspoon coriander seed
- 1 box (12 ounces) raisins, chopped
- 2 cups cider vinegar
- 3 cups brown sugar
- 1/4 cup salt
- 1/2 teaspoon cayenne

Combine all ingredients and cook slowly for 3 hours. Spoon into hot jars and seal. Process in boiling-water bath for 10 minutes. Yield: 3 quarts.

**RIPE TOMATO RELISH**

- 6 cups chopped ripe tomatoes
- 1 cup chopped celery
- 1/4 cup chopped red pepper
- 1/4 cup chopped onion
- 1/4 cup salt
- 2 cups vinegar
- 6 tablespoons sugar
- 6 tablespoons mustard seed
- 1 tablespoon grated nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves

Combine all ingredients and stir until thoroughly blended. Put in stone or glass jar and cover with cheesecloth. Let stand about 1 week before using. Fill sterilized jars with mixture and seal. Store in refrigerator. This uncooked mixture will keep about six (6) months. Yield: 4 pints.

**MIRLITON RELISH**

- 1 quart finely chopped mirliton
- 3/4 cup sugar
- 4 tablespoons salt
- 1 quart finely chopped onion
- 4 tablespoons mustard seed
- 1 quart vinegar
- 1 quart finely chopped green pepper
- 2 tablespoons celery seed

In a stone or enamel vessel, combine mirliton, onion and peppers. Add remaining ingredients. Cover and let stand overnight. Drain, reserve liquid, and pack mixture firmly into pint jars. Add reserved liquid. Seal; process in simmering water bath for 15 minutes.

**SAUERKRAUT RELISH**

- 1 large can sauerkraut, drained
- 1 cup chopped celery
- 1 small can pimiento, chopped
- 1 green pepper, chopped
- 1 teaspoon salt
- 1 1/2 cups sugar
- 1/4 cup salad oil

Combine ingredients and let stand for a couple of hours in the refrigerator. Serve with hot dogs.

**SPICED ORANGE SLICES**

- 4 oranges
- 1/4 cups water
- 1 1/2 teaspoons ginger
- 1/4 teaspoon salt
- 1 cup water
- 1/2 cup wine vinegar
- 12 whole cloves
- 3 pieces stick cinnamon

Put whole oranges in saucepan, add 1 quart water. Bring to a boil; lower heat and simmer 30 minutes or until peel is tender. Overcooking will cause skin to split. Drain and slice. Combine remaining ingredients and stir over low heat until sugar is dissolved. Bring to a boil, add orange slices and simmer about 20 minutes. Oranges may be spooned into hot sterilized jars and sealed for future use. Serve as a relish. Yield: about 6 cups.
### TARTAR SAUCE I

| 1 cup mayonnaise | 3 tablespoons chopped chives |
| 1 teaspoon lemon juice | 3 tablespoons chopped parsley |
| 1 to 2 teaspoons brown mustard |  |

Combine and chill 2 hours. Serve over shrimp or crab meat. Yield: 1 cup.

### TARTAR SAUCE II

| 1 cup mayonnaise | 1 tablespoon chopped parsley |
| 1/2 teaspoon dry mustard | 1/8 teaspoon cayenne |
| 2 tablespoons chopped pickles |  |

Combine all ingredients. Serve with seafood. Yield: 1 1/2 cups

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Notes:
TURKEY GUIDE

WHAT SIZE TO BUY - Allow 3/4 to 1 pound per serving when choosing a turkey under 12 pounds. For larger birds, allow 1/2 to 3/4 pound per serving.

THAWING A FROZEN TURKEY - Leave turkey in its original moisture-proof wrap and place in refrigerator.

<table>
<thead>
<tr>
<th>Ready to cook weight</th>
<th>Days in refrigerator</th>
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<tbody>
<tr>
<td>4 - 12 pounds</td>
<td>1 - 2 days</td>
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<tr>
<td>12 - 20 pounds</td>
<td>2 - 3 days</td>
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<tr>
<td>20 - 24 pounds</td>
<td>3 - 4 days</td>
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ROASTING A TURKEY

1. Salt inside of turkey (1/2 teaspoon per pound).
2. Stuff turkey just before roasting.
3. Fill neck cavity loosely with stuffing and fasten neck skin to back bone with skewer.
4. Fill body cavity lightly, because stuffing tends to expand. Allow 1 cup stuffing per pound.
5. Truss turkey and grease skin thoroughly with shortening or oil.
6. Place on rack in shallow pan, breast up. Do not add water or cover pan.
7. Place in preheated oven set at 325°F.
8. If desired, baste or brush occasionally with pan drippings.
9. Cover with loose tent of aluminum foil, or a fat-moistened cloth over legs and breast to prevent excessive browning.
10. When turkey is 2/3 done, cut the cord or band of skin at tail to release the legs and permit the heat to reach the heavy-meat part.

TO TEST FOR DONENESS

A thermometer is always recommended for accurate test for doneness. It should be placed in the center of inside of muscle, or the thickest part of the breast. Roast turkey until the thermometer registers 180 to 185°F.

If the bird is stuffed, the point of the thermometer should be placed in the center of the stuffing, and register 165°F.

If you do not have a thermometer, test for doneness by moving the drumstick up and down. Turkey is done if the leg joint gives readily or breaks. The fleshy part of the drumstick should feel soft when pressed between protected fingers.

COOKING TURKEY IN ALUMINUM FOIL

TO WRAP THE TURKEY - Place the trussed thawed turkey in center of the aluminum foil (18 inch heavy duty or 2 thicknesses of standard wrap). Brush with melted shortening or butter and season with salt and pepper. Bring one side of the foil down snugly at each end of the turkey. Then bring ends up, to prevent the drippings from escaping from the top and into the pan.

TO ROAST - Place the wrapped turkey, breast up, in bottom of a shallow pan. Place in a preheated 450°F oven and cook according to chart below. Add 20 to 30 minutes additional time for stuffed turkeys over 10 pounds.

TO BROWN - During last 15 to 30 minutes of cooking time, turn foil away from the turkey to the edge of the pan. Reserve drippings for gravy.

<table>
<thead>
<tr>
<th>ROASTING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>STUFFED TURKEY</td>
</tr>
<tr>
<td>Ready to cook weight</td>
</tr>
<tr>
<td>6 - 8 pounds</td>
</tr>
<tr>
<td>8 - 12 pounds</td>
</tr>
<tr>
<td>12 - 16 pounds</td>
</tr>
<tr>
<td>16 - 20 pounds</td>
</tr>
<tr>
<td>20 - 24 pounds</td>
</tr>
</tbody>
</table>

| ROASTING TIME IN ALUMINUM FOIL |
| UNSTUFFED TURKEY |
| Ready to cook weight | Oven Temperature | Cooking Time |
| 7 - 9 pounds       | 450°F            | 2 1/4 - 2 1/2 hours |
| 10 - 13 pounds     | 450°F            | 2 3/4 - 3 hours |
| 14 - 17 pounds     | 450°F            | 3 - 3 1/4 hours |
| 18 - 21 pounds     | 450°F            | 3 1/4 - 3 1/2 hours |
| 22 - 24 pounds     | 450°F            | 3 1/4 - 3 3/4 hours |
**FAVORITE STEW**

1 pound boneless beef or veal shoulder
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon paprika
1/4 cup flour
4 tablespoons shortening
1 cup water

1 tablespoon Worcestershire sauce
1 teaspoon liquid gravy base
1 tablespoon catsup
4 potatoes, peeled
4 carrots, peeled
4 onions, peeled

Cut meat into 4 to 6 pieces. Coat each piece with combined salt, pepper, paprika and flour. Brown meat in hot shortening on Controlled Surface Heat set at 300°F. Add water and seasonings. Cover tightly, turn to 200°F. and simmer about 2 hours. Add vegetables. Cover and cook 30 minutes longer or until vegetables are tender. Yield: 4 servings.

**DUCK GUMBO**

4 slices bacon, diced
1 cup chopped onion
4 tablespoons flour
1/4 teaspoon pepper
2 wild ducks, cut

2 cups cleaned shrimp
1 can (16 ounces) tomatoes
1 cup chopped green onion
1 cup chopped parsley
2 tablespoons filé

In a heavy saucepan, fry bacon until crisp. Add onion and flour; cook until lightly browned. Stir in water, salt and pepper. Add ducks, if necessary, add more water to cover ducks. Cover saucepan and simmer 1 1/2 hours. Cool; skim fat from top. Add shrimp and tomatoes; cook 20 minutes longer. Add green onions, parsley, and oysters; simmer 10 minutes. Remove from heat and stir in filé. Serve over rice. Yield: 8 servings.

**OVEN BEEF STEW**

1 pound beef stew meat
2 tablespoons shortening
3 1/2 cups tomatoes
2 cups diced celery
1/2 cup diced green pepper

3/4 cup sliced onion
1 clove garlic, minced
1 1/2 teaspoons salt
1 tablespoon sugar
1/2 cup rice

Brown meat in shortening; add remaining ingredients, except rice. Bring to a boil and pour into a 2-quart covered casserole. Stir in rice; cover and bake in 350°F. oven for 50 minutes, or until rice is tender. Yield: 6 servings.

**CHICKEN GUMBO FILÉ**

3-pound chicken, cut
1/2 pound ham, cubed
1 tablespoon shortening
2 quarts boiling water
1 bay leaf
1 large onion, chopped
1/8 teaspoon thyme

1/2 pound ham, cubed
2 quarts boiling water
1 quart oyster liquid
1/2 pod cayenne pepper
1 pint oysters

Season chicken with salt and pepper; brown slowly in shortening. Remove chicken. Make a roux with 2 tablespoons of drippings and flour. Add onion, parsley, thyme and sauté. Add next 5 ingredients in the order listed. (Add water to oyster liquid to equal 1 quart.) Simmer 1 hour or until chicken is tender. More water may be added if necessary. When ready to serve, add oysters and continue cooking 3-5 minutes longer. Remove gumbo from heat; add filé just before serving. Serve with cooked rice. Yield: 6 servings.

**IRISH STEW**

2 pounds lamb
4 cups water
3 carrots, sliced 1/2-inch thick
1 small turnip, diced
1 onion, sliced

2 teaspoons salt
1/4 teaspoon pepper
1 bay leaf
3 tablespoons chopped parsley
2 tablespoons flour

Cut meat into 2-inch pieces; simmer in water for 2 hours. Add remaining ingredients, except flour, and cook until vegetables are tender, about 30 minutes. Thicken the broth with the flour dissolved in 1/4 cup cold water. Yield: 6 servings.
COOKING WITH ENTERGY

TURKEY GUMBO

1 turkey carcass
1/4 pound pork sausage, cut in 2-inch slices
1 pound okra, sliced
2 onions, chopped
1 bunch green onions, chopped
1 teaspoon fileé, if desired
1/2 cup chopped celery
1 1/3 cups tomatoes
2 sprigs parsley, chopped
1 bay leaf
1 sprig thyme
Salt and pepper

Cover carcass with water. Cook over low heat until meat falls from bones. Remove bones; measure stock and meat. Add water, if necessary, to equal 2 quarts. Fry sausage over low heat 5 minutes; add okra and fry until it ceases to rope. Add onion, green onions and celery; cook 5 minutes or until soft. Add turkey meat and stock, tomatoes, parsley, bay leaf, thyme, salt and pepper. Simmer 30 minutes. Remove from heat. Stir in fileé just before serving. Never Cook Fileé. Gumbo is best cooked early and refrigerated for several hours. Serve with rice. Yield: 6 servings.

OYSTER GUMBO FILEÉ

1 tablespoon flour
2 tablespoons butter, melted
1 onion, chopped
1 clove garlic, minced
2 dozen oysters and liquid
1 teaspoon fileé
1/8 teaspoon pepper
1 bay leaf
3 cups hot water
1 teaspoon minced parsley
Salt


SEAFOOD GUMBO

1 pound okra, sliced
1/4 cup shortening
2 tablespoons flour
1 onion, chopped
1 bunch green onions, chopped
1/2 cup chopped celery
1 can (10 1/2 ounces) tomatoes
1 teaspoon fileé, if desired
2 sprigs parsley, chopped
1 bay leaf
1 sprig thyme
2 quarts water
Salt and pepper
1 pound shrimp, cleaned
1/2 pound crab meat or 1 dozen crabs*

Fry okra in 2 tablespoons shortening until it ceases to rope, about 30 to 45 minutes. In another saucepan, make a roux with remaining shortening and flour. Cook until dark brown. Add onions and celery, cook until soft, about 5 minutes. Add okra. Stir in tomatoes, parsley, bay leaf, thyme and water. Simmer for 30 minutes. Season. Add shrimp and crab meat (or crabs) and simmer for 30 minutes longer. Remove from heat. If desired, stir in fileé just before serving (never cook fileé). Gumbo is better if cooked early in the morning and refrigerated for several hours. Reheat and serve with cooked rice. *If crabs are used: Scald live hard-shell crabs and clean, removing the spongy substance and the “sand bag” on the underside. Break off and crack the claws, and cut the body in half. Yield: 6 servings.

SHRIMP AND OKRA GUMBO

2 lbs. peeled and deveined shrimp
1 tablespoon tomato paste
1 cup onion, chopped fine
1/2 cup bell pepper, chopped fine
4 cloves garlic, chopped fine
1/2 cup oil
3 quarts water
2 lbs. fresh okra, cut small
1/2 cup celery, chopped fine
1 fresh tomato, chopped fine
Salt and cayenne to taste

Season shrimp and set aside. Smother okra in oil for 35 minutes, then add tomato paste, fresh tomato, onions, garlic, celery and bell pepper. Cook for about 30 minutes. Add 3 quarts of water and season to taste. Cook for 45 minutes to an hour; then add shrimp. Cook another 20 minutes. Add green onion tops and parsley 5 minutes before serving. Serve over cooked rice. Yield: 6 servings.
SHRIMP AND OYSTER GUMBO

2 lbs. shrimp, fresh or frozen
1 cup chopped celery
1 gallon warm water
1/2 cup bell pepper, chopped
4 cloves garlic, minced
Salt, black pepper and cayenne to taste

1 pint oysters, fresh or canned
1/2 cup chopped onions
1/2 cup cooking oil
1/2 cup onion tops and parsley,

If using fresh shrimp, peel them and season generously
with salt, black pepper and cayenne. Set aside.

Make roux. Pour onion, celery, bell pepper and garlic into roux. Cook slowly in uncovered pot until onions are wilted. Add water and boil slowly in uncovered pot for 1 hour. Add shrimp and cook over medium heat in uncovered pot for 20 minutes. Add oysters with liquid and continue cooking for another 5 minutes. Add onion tops and parsley. Serve in soup plates over desired amount of cooked rice. Serves 6.

CHICKEN STOCK

5 pound stewing chicken, cut
3 quarts water
1/3 cup diced carrots

Place chicken in large saucepan; add water. Bring slowly to a boil over medium heat. Skim top of liquid. Add remaining ingredients; cover and simmer gently until meat falls from bone, about 3 hours. Strain. Yield: 2 quarts stock and 4 cups diced chicken.

Chicken Soup: Add 1 cup finely chopped chicken and 1/2 cup cooked rice to the strained chicken stock.

Chicken Croquettes: Combine 2 cups diced chicken, 1 cup cooked rice, 1/2 cup minced celery, 2 tablespoons minced onion, 1 teaspoon flour and 1/8 teaspoon salt. Add 1 beaten egg and 1/4 cup evaporated milk to moisten. Shape into 12 croquettes. Roll in 3/4 cup bread crumbs. Fry in deep hot fat for 2 to 5 minutes.

ALLIGATOR STEW

1/2 cup cooking oil
1/2 cup onions, chopped
1/2 cup bell peppers or banana peppers, chopped
2 tablespoons minced parsley
Salt and pepper to taste
1/2 cup all-purpose flour

Put cooking oil and alligator meat in cooking pot. Add chopped vegetables, tomatoes and season to taste with salt and pepper. Cover pot and cook over medium heat for 30 to 40 minutes.

LOUISIANA OYSTER STEW

2 dozen large shelled oysters
2 cups milk
2 pats butter
1/8 cup celery, chopped
Paprika very fine

Heat milk to boiling in saucepan, stirring constantly. Add celery and potatoes and cook for 5 minutes. Add oysters with liquid and season to taste with salt and red pepper. Bring to boil again and let simmer 3 to 4 minutes. Pour into soup plates. Place 1 pat of butter on each serving and sprinkle with paprika. Yield: 2 servings.

CRAWFISH STEW

3 tablespoons shortening
3 tablespoons flour
1 large onion, minced
1/4 cup minced celery
Salt and pepper

In a skillet, melt shortening and stir in flour. Cook, stirring constantly, until dark brown in color. Add onion, celery and green pepper; mix thoroughly. Gradually add water to make a gravy and continue cooking until onions are tender. Add crawfish, garlic, salt and pepper. Continue cooking about 20 minutes longer. Serve over cooked rice. Yield: 6 to 8 servings.
COOKING WITH ENTERGY

CRAWFISH BISQUE

To prepare crawfish:
4 dozen crawfish

Wash crawfish thoroughly and boil in water. Cool.
Remove meat and reserve two dozen cleaned heads for stuffing.

Bisque:
1 large onion, minced
4 green onions, minced
1 tablespoon shortening
1 tablespoon butter
2 tablespoons flour
1 can (10 1/2 ounces) tomatoes
1 can (6 ounces) tomato paste
Half of crawfish meat
2 quarts water

Brown onion and green onions in shortening. Add butter and flour and make a roux. Stir in tomatoes and paste; simmer 5 minutes. Add crawfish meat and remaining ingredients. Simmer one hour. (Bisque should be consistency of thick cream).

Stuffed Heads:
1 onion, chopped
1 tablespoon butter
1 cup bread cubes
Half of crawfish meat

Brown onion in butter. Stir in bread (that has been moistened with water and squeezed) and crawfish meat. Season with salt, pepper, parsley and thyme. Stuff the reserved crawfish heads with this mixture. Dot each head with butter and bake in 350°F oven until brown or dip in flour and fry until brown. Put stuffed heads in tureen, pour bisque over. Yield: 4 to 6 servings.

OYSTER SOUP

1/2 cup (1 stick) butter
1 cup diced celery
1 cup finely chopped green onions
1 tablespoon flour
1 clove garlic, minced

Melt butter in saucepan; sauté celery and onion until tender. Blend in flour and cook over low heat 5 minutes, stirring occasionally. Add remaining ingredients and simmer 25 to 35 minutes. Remove bay leaves and serve. Yield: 1 to 1 1/2 quarts.

OYSTER STEW

1 pint oysters, with liquid
1/4 cup (1/2 stick) butter, melted
1 cup breakfast cream, scalded


CLARIFYING STOCK FOR BOUILLON OR CONSOMMÉ

1 egg white
1 tablespoon cold water

Beat egg white in cold water; add shell. Stir in stock and bring to boil. Boil 2 minutes. Remove from heat and let stand 20 minutes. Strain through cheesecloth. Yield: 1 quart.

CORN CHOWDER

1/4 pound salt pork, diced
3 onions, chopped
3 potatoes, peeled and diced
1/2 cup water

Fry pork until almost crisp; add onions and cook until brown. Add potatoes and water; simmer 5 minutes. Add corn and continue cooking 15 minutes or until tender. Stir in milk, salt and pepper. Simmer until chowder is hot. Do not boil. Yield: 8 servings.
CREAM OF ARTICHOKE SOUP

6 medium artichokes 1 bay leaf
1/2 cup minced onion 1 teaspoon salt
1/2 cup minced celery 1/4 teaspoon pepper
6 tablespoons butter 1/4 teaspoon thyme
6 tablespoons flour 2 egg yolks, beaten
6 cups clear chicken broth 2 cups light cream
1/4 cup lemon juice 6 thin lemon slices

Place artichokes in large saucepan and steam in 2 inches water over low heat 1 hour or until leaves can be removed easily. Scrape leaves and finely chop bottoms. In a large saucepan, sauté onion and celery in butter. Stir in flour and make a roux. Blend in broth and lemon juice. Add bay leaf, salt, pepper, thyme, artichoke scrapings and bottoms. Cover and simmer 20 minutes or until slightly thickened. To make soup creamy, puree in blender. Heat to boiling point, and add combined egg yolks and cream. Garnish with lemon slices. Yield: 6 servings.

CREAMY TOMATO SOUP

4 tablespoons (1/2 stick) 2 teaspoons grated onion
butter 1 1/4 cups tomato puree
2 tablespoons flour 3/4 teaspoon salt
2 cups milk 1/8 teaspoon black pepper

In a heavy saucepan, melt butter. Blend in flour; remove from heat. Gradually add milk while stirring constantly. Return to medium heat and cook, stirring constantly, until slightly thickened. In a small saucepan, heat tomato puree until it is as hot as the white sauce. Vigorously stir tomato into white sauce. Add salt, pepper and onion. Serve at once. Yield: 4 servings.

FRENCH ONION SOUP

4 large onions, thinly sliced 1/2 teaspoon paprika
1/4 cup (1/2 stick) butter 1/8 teaspoon pepper
6 cups hot beef stock 1 teaspoon Worcestershire sauce
1/2 teaspoon salt 2 tablespoons Parmesan cheese
2 tablespoons Parmesan cheese 6 squares toasted French bread

Sauté onions in butter until golden brown (about 25 to 30 minutes). Add stock, salt, paprika and pepper. Bring to boil. Add Worcestershire sauce. Serve hot with French bread, topped with cheese, floating on each serving. Yield: 6 servings.

Old-Fashioned Vegetable Soup

2 pounds soup meat 1 lemon, thinly sliced
2 tablespoons shortening 3 bay leaves
2 onions, sliced 6 whole cloves
1/2 cup flour 1 sprig thyme
2 cans (1 pound each) tomatoes 1 cup sherry
2 quarts water 3 hard-cooked eggs, sliced

Brown meat in shortening; add onions and cook until tender. Remove meat and onions; add flour to make a roux. Chop meat and stir in with onions, tomatoes, water, spices, salt and pepper. Simmer 3 hours. Remove spices. Before serving, add sherry and garnish with egg and lemon slices. Yield: 8 servings.

Substitution: Instead of soup meat, use a combination of beef, pork and chicken.

OLD-FASHIONED VEGETABLE SOUP

2 pounds soup meat 2 carrots, sliced
3 quarts water 1 turnip, diced
4 cabbage leaves, shredded 1 medium potato, diced
5 sprigs parsley 1 cup whole kernel corn
2 onions, diced 1/2 cup diced celery
1 cup green beans 1 can (1 pound, 4 ounces)
Salt and pepper tomatoes

Place meat in water, add remaining ingredients. Cover; bring to boil, reduce heat and simmer about 3 hours. Skim off fat if necessary. Season to taste. Yield: 8 servings.

POTATO SOUP

4 medium potatoes, diced 1 quart hot milk
2 onions, sliced 1 tablespoon butter
2 stalks celery, minced 1 tablespoon minced parsley
2 cups boiling water
1 teaspoon salt

Cook potatoes, onions and celery in salted water, covered, over medium heat until potatoes are soft (about 20 minutes). Pour into blender container and blend or press through a colander. Add milk; reheat, but do not boil. To serve, dot with butter and sprinkle with parsley. Yield: 4 servings.
COOKING WITH ENTERGY

RED BEAN SOUP

1 cup dried red beans  2 cups croutons
1 1/2 quarts water  1 clove garlic, chopped
1 onion, chopped  1 stalk celery, diced
1/4 stick (2 tablespoons) butter  1 ham bone
6 tablespoons claret

Cover beans with water and boil 2 minutes. Remove from heat and soak 1 hour. In a heavy saucepan, sauté onion in butter until soft. Add beans with water, garlic, celery, ham, salt and pepper. Cover and bring to a boil; lower heat and cook for 2 hours or until beans can be mashed with a spoon. Puree beans in a blender or mash through a coarse strainer. Reheat bean mixture, and before serving put 1 tablespoon of wine in each cup before adding soup. Garnish with croutons or sieved hard-cooked egg and thin lemon slices. Yield: 8 servings.

Note: Leftover red beans can be made into red bean soup.

VICHYSSOISE

4 green onions, chopped (white part only)
1 onion, minced
1/4 cup (1/2 stick) butter
1 quart chicken stock
2 sprigs parsley, minced
2 small stalks celery, minced
2 cups thinly sliced potatoes
1 teaspoon salt
1/4 teaspoon nutmeg
1 cup whipping cream
Parsley or chives, finely chopped

Sauté green onions and onion in butter until tender but not brown. Stir in stock, parsley, celery, potatoes and salt. Cook slowly until potatoes are tender. Pour into blender container and blend until smooth. Return to saucepan; add nutmeg and cream. Bring to boil and serve hot or chilled; garnish with parsley or chives. Yield: 6 to 8 servings.

SPLIT PEA SOUP

2 cups dried split peas
3 quarts cold water
1 medium onion, minced
Salt and pepper
1 ham bone
2 stalks celery, chopped
1 sprig parsley

Combine all ingredients and simmer until peas are soft, about 3 hours. Remove ham bone. Pour soup mixture into blender and blend until soup is smooth. If necessary, add additional water or milk. Season to taste. Diced pieces of ham and croutons can be added. Yield: 6 servings.
# MEAT COOKERY GUIDE

## BRAISING MEAT

1. Brown meat slowly on all sides in heavy utensil. Pour off drippings after browning.
2. Season with salt, pepper, herbs and spices, if desired. Add small amount of liquid.
3. Cover tightly and cook at low temperature until tender on top of range or in 325°F oven. Refer to timetable for braising.
4. Make sauce or gravy from liquid in pan, if desired.

## BRAISING TIME TABLE

<table>
<thead>
<tr>
<th>Cut</th>
<th>Approx. Wt or Thickness</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pot Roast</td>
<td>3-5 lbs.</td>
<td>3 1/2 - 4 hours</td>
</tr>
<tr>
<td>Round or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck Steak</td>
<td>1 - 1 1/2 lbs.</td>
<td>2 - 2 1/2 hours</td>
</tr>
<tr>
<td>Flank Steak</td>
<td>1 1/2 - 2 lbs.</td>
<td>2 hours</td>
</tr>
<tr>
<td>Short Ribs</td>
<td>—</td>
<td>2 - 2 1/2 hours</td>
</tr>
<tr>
<td>VEAL:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast</td>
<td>3 - 5 lbs.</td>
<td>2 1/2 hours</td>
</tr>
<tr>
<td>Shoulder, rolled</td>
<td>3 lbs.</td>
<td>2 1/2 hours</td>
</tr>
<tr>
<td>Round steak</td>
<td>1/2 inch</td>
<td>45 minutes</td>
</tr>
<tr>
<td>LAMB:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder, rolled</td>
<td>3 lbs.</td>
<td>2 - 2 1/2 hours</td>
</tr>
<tr>
<td>Shoulder, chops</td>
<td>3/4 inches</td>
<td>40 minutes</td>
</tr>
<tr>
<td>Shanks</td>
<td>1 lb.</td>
<td>1 1/2 - 2 hours</td>
</tr>
</tbody>
</table>

## ROASTING METHOD

1. Place meat, fat side up, on rack in uncovered roasting pan. Season with salt and pepper, if desired.
2. Insert meat thermometer so bulb is in center of largest muscle. Bulb should not touch bone or rest in fat.
3. Add no water and do not cover. No basting is necessary. Roast in 325°F oven. Refer to Timetable for Roasting Meats.
4. Roast to desired degree of doneness. Allow meat to stand 10-15 minutes before carving.

## ROASTING TIME TABLE

<table>
<thead>
<tr>
<th>Cut</th>
<th>Approx. Wt (In Pounds)</th>
<th>Internal Temp. (°F)</th>
<th>Cooking Time (hours)</th>
</tr>
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<tbody>
<tr>
<td>BEEF:</td>
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<tr>
<td>Standing Ribs</td>
<td>6</td>
<td>140°F - R</td>
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<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>3</td>
</tr>
<tr>
<td>Rolled Ribs</td>
<td>4</td>
<td>140°F - R</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>2 1/2</td>
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<tr>
<td>Rolled Rump</td>
<td>5</td>
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<td></td>
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<td>3</td>
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<td>Sirloin Tip</td>
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<td>2</td>
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<tr>
<td>Rib-Eye (350°F)</td>
<td>4-6</td>
<td>140°F - R</td>
<td>2 1/2</td>
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<td>160°F - M</td>
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<td>Tenderloin (425°F)</td>
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<tr>
<td>Leg</td>
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<tr>
<td>Shoulder</td>
<td>6</td>
<td>170°F - M</td>
<td>3 1/2</td>
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<tr>
<td>Cushion Shoulder</td>
<td>3</td>
<td>170°F - M</td>
<td>3</td>
</tr>
<tr>
<td>LAMB:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>6-7</td>
<td>180°F - W</td>
<td>3 3/4</td>
</tr>
<tr>
<td>Cushion shoulder</td>
<td>5</td>
<td>180°F - W</td>
<td>3</td>
</tr>
<tr>
<td>Rolled shoulder</td>
<td>3</td>
<td>180°F - W</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Crown Roast</td>
<td>5</td>
<td>180°F - W</td>
<td>3 3/4</td>
</tr>
</tbody>
</table>

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**R = Rare**  
**M = Medium**  
**W = Well Done**
**STUFFED ARTICHOKE**

- 6 small artichokes
- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2 cups French bread crumbs
- 1/2 cup grated Parmesan cheese
- 3 tablespoons chopped parsley
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon hot sauce

Trim stem of each artichoke, leaving 1/2 inch. Remove any damaged or tough lower leaves and trim off upper edges of remaining leaves. With palm of hand, gently press down on artichoke to open up or separate leaves. Wash artichokes in cold running water. Heat oil over medium heat; add garlic and cook 2 minutes, stirring constantly. Remove from heat; stir in crumbs, cheese, parsley, salt, pepper and hot sauce. Stuff each leaf with crumb-cheese mixture. Place artichokes in large saucepan and steam in 2 inches water over low heat 1 hour or until leaves can be removed easily. During steaming period, occasionally baste artichokes with additional olive oil. Yield: 6 servings.

**BATTER FOR FRENCH FRIED VEGETABLES**

- 1/2 cup flour
- 1 1/4 teaspoons baking powder
- Salt and pepper
- 1 egg, well beaten
- 6 tablespoons milk
- 1 tablespoon melted butter

Into a small bowl, sift flour, baking powder, salt and pepper together. Combine egg, milk and butter; add all at once to dry ingredients. Beat until smooth.

**HORSERADISH BEETS**

- 1 can (No. 2) sliced beets
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 1 tablespoon butter
- 1/2 teaspoon salt
- 2 tablespoons vinegar
- 2 tablespoons horseradish


**BROCCOLI**

To prepare broccoli, wash; make 4 to 6 lengthwise slashes in stems that are more than 1-inch in diameter. Cook, covered, in a small amount of boiling salted water until just tender, about 10 to 15 minutes. Remove from water and serve with salt, pepper and butter.

**BROCCOLI MOLD WITH ALMONDS**

- 2 packages (10 ounces each)
- 1/2 cup grated Swiss cheese
- 1/4 cup chicken broth
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup commercial Green food coloring, if desired
- 1/4 cup chopped green onions

Cook broccoli according to package directions. Drain thoroughly. Add chicken broth. In a skillet, melt butter; blend in flour. Gradually add cream and onions, cook over low heat, stirring until thick, 3 to 4 minutes. Beat eggs slightly, add small amount of hot sauce to eggs, then add eggs to hot sauce. Cook over low heat 1 minute, stirring constantly. Stir in cheese, broccoli mixture and remaining ingredients. Spoon mixture into an oiled 1-quart ring mold. Set in pan with boiling water extending as high as the filling. Bake in 350° F. oven 35 minutes or until silver knife inserted in center comes out clean. Remove from water and let stand 3 to 4 minutes. Unmold. Yield: 8 servings.

To Freeze: Mix and freeze for later baking. When baking the frozen mold, add about 35 to 40 minutes additional baking time.

**SMOTHERED CABBAGE**

- 1 small onion, chopped
- 1/4 pound ham pieces or chopped pickled pork
- 1/2 teaspoon pepper
- 1 head cabbage, coarsely chopped
- 1 teaspoon salt

Sauté onion and meat. Use small amount of shortening, if necessary. Add cabbage, with water clinging to leaves from washing. Add salt and pepper; cover and cook over low heat for about 1 1/2 to 2 hours. Yield: 6 servings.
STUFFED CABBAGE ROLLS

1 egg
1/2 cup milk
1/4 cup minced onion
1 teaspoon salt
1 teaspoon Worcestershire sauce
Dash pepper
1 tablespoon lemon juice
1 pound ground beef
3/4 cup cooked rice
6 large cabbage leaves
1 can (10 3/4 ounces) condensed tomato soup
1 tablespoon brown sugar

Combine egg, milk, onion, salt, sauce and pepper. Stir in ground beef and rice. Immerse cabbage leaves in boiling water for 3 minutes or until limp; drain. Place 1/2 cup meat mixture on each leaf; fold in sides and roll ends over meat. Place cabbage rolls in single layer in a casserole dish. Combine soup, sugar and juice over cabbage rolls. Bake in 350° F. oven for 1 1/4 hours. Baste once or twice with tomato sauce. Yield: 6 servings.

WHOLE STUFFED CABBAGE

2 small heads cabbage 1/2 cup cooked rice
(about 2 pounds each) 2 tablespoons minced onion
3/4 pound ground beef 1 tablespoon vinegar
1/4 pound ground pork 1 tablespoon sugar
1 cup canned tomatoes 1 tablespoon salt
1/4 teaspoon pepper

Trim off outside leaves of cabbage. Cut a wedge out of each at stem end, removing core and forming a large cavity. Combine remaining ingredients and fill each cabbage; place a large outside leaf over top. Place in deep baking dish with 1/2 cup water; cover and bake in 350° F. oven for 1 1/2 to 2 hours or until cabbage is tender. Yield: 6 servings.

FESTIVE CARROTS

12 small carrots
2 tablespoons butter
1/4 cup sugar
1 tablespoon cornstarch
1 cup water
1/4 cup frozen orange juice concentrate
1/2 cup toasted shredded coconut
1/4 teaspoon salt

Cook carrots in salted water for 15 minutes. Drain. Remove skins. In a saucepan, melt butter; blend in sugar, cornstarch, and salt. Gradually stir in water, juice and 1/4 cup coconut. Bring to boil over moderate heat. Cook, stirring constantly, until thickened. Add carrots and cook over low heat for 15 minutes, or until carrots are tender. Sprinkle with remaining coconut. Yield: 6 servings.

GLAZED CARROTS

12 carrots
1/2 cup sugar
1/4 cup (1/2 stick) butter
1 tablespoon water

Remove skins from carrots; leave whole or slice lengthwise. Place in a saucepan which contains 1-inch boiling water. Cover saucepan and cook until tender, about 15 to 20 minutes. Drain. While carrots are hot, add sugar, butter and water; cook until glazed, about 5 to 10 minutes. If desired, sprinkle with 2 tablespoons chopped mint. Yield: 6 servings.

CAULIFLOWER

1 medium head cauliflower
1 1/2 cups medium white sauce
Dash cayenne
3/4 cup grated cheddar cheese
1/2 cup toasted almonds

Remove leaves and woody stem from cauliflower. Cook, covered in a small amount of boiling salted water until just tender when tested with a fork, about 20 to 25 minutes; flowerets 10 to 15 minutes. Drain. Add 1/2 cup cheese to white sauce. Place cauliflower in baking dish; pour sauce over cauliflower. Top with cheese and almonds. Before serving, place in a 350° F. oven for 10 minutes. Yield: 6 servings.

CELERY AND ALMONDS AU GRATIN

4 cups celery, cut in 1-inch bias pieces
1 cup grated Cheddar cheese
1 1/2 cups chopped, blanched almonds
1/2 cup cream
3 tablespoons butter
Salt
3 tablespoons flour
Pepper
1 1/2 cups soft bread crumbs
3/4 cup soft bread crumbs

Parboil celery in salted water to cover. Drain and place in 1 1/2-quart casserole with almonds. In a saucepan, melt butter. Stir in flour; add stock, cream, salt and pepper. Cook, stirring constantly, until thickened. Pour over celery and almonds; sprinkle with cheese and cover with crumbs. Bake in 350° F. oven for 45 minutes, or until crumbs are brown. Yield: 8 servings.
CREAMED CELERY WITH PECANS

1/4 cup (1/2 stick) butter, melted
2 tablespoons minced onion
1/4 cup flour
2 cups milk
1 teaspoon salt
1/8 teaspoon pepper
5 cups cut celery (1-inch pieces)
1/2 cup whipping cream
2/4 cup coarsely chopped pecans

In 2 tablespoons butter, sauté onions until tender. Add flour; cook over low heat, stirring constantly until brown. Gradually stir in milk; add salt and pepper. Bring to boil; reduce heat and simmer, stirring constantly, until thick. Cook celery in water until tender. Drain and pour into 1 1/2-quart casserole. Add cream to sauce. Pour over celery; mix well. Sprinkle with pecans. Add remaining butter to bread crumbs and sprinkle over top. Bake in 375° F. oven, uncovered, 15 minutes or until brown. Yield: 6 servings.

COLLARDS WITH OKRA

1/4 pound salt pork
2 bunches collards
1/2 cup water
8 tender pods okra

Slice salt pork; fry in large, heavy saucepan until fat is lightly browned. Wash collards thoroughly and place in saucepan with salt pork and drippings. Add water. Cover and cook over low heat until tender, about 45 minutes. Remove stems from okra; lay okra pods on top of collards and continue cooking until okra is tender, about 10 minutes. Serve okra on top of collards. Yield: 4 servings.

CORN FRITTERS

2 eggs, slightly beaten
1/2 cup milk
2 tablespoons cooking oil
1 1/2 cups cut corn
1 1/2 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt

Combine eggs, milk and oil. Add to sifted dry ingredients all at once, mixing only until all flour is dampened. Add corn. Drop from teaspoon into deep hot shortening (365° F.) and fry until golden brown, about 3 to 4 minutes. Yield: 2 dozen.

CORN PUDDING

4 ears corn
2 eggs, well beaten
1 tablespoon melted butter
1 tablespoon grated onion
2 cups milk, scalded
3/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup dry bread crumbs

Cut corn from cob. Combine with remaining ingredients. Divide into 4 individual greased baking dishes or pour into 1-quart greased casserole dish. Place in shallow pan; add 1 inch warm water. Bake in 350° F. oven for 30 to 45 minutes or until set. Yield: 4 servings.

CORN SOUFFLÉ

1 tablespoon butter
2 tablespoons flour
1 cup milk
2 egg yolks, beaten
1 1/4 teaspoons salt
2 cups fresh grated corn
Pepper
2 egg whites, stiffly beaten


CORN-ON-THE-COB

Husk corn and remove the silks. Remove blemishes. Drop ears into container with enough rapidly boiling unsalted water to cover. Boil 8 to 10 minutes, depending on size and tenderness of corn. Drain; serve immediately with Seasoned Butter.

Seasoned Butter: Combine 1/2 stick softened butter, 1/2 teaspoon salt and dash pepper.

BARBECUED CORN-ON-THE-COB

Place ears of corn on sheet of aluminum foil, 6 x 12 inches. Season each with 1/8 teaspoon garlic salt; spread with softened butter. Wrap securely in foil; place on cookie sheet and bake in 425° F. oven for 25 minutes or until tender.
COOKING WITH ENTERGY

ROAST CORN

Tear large outer husks from corn; turn back inner husks, being careful not to split them; remove silks. Spread corn with softened butter; sprinkle with salt and pepper. Roast in shallow baking pan in 400° F. oven for 25 to 30 minutes.

CREAMED CORN

6 ears corn
1/2 cup water
2 tablespoons sugar
1 teaspoon salt
1/4 cup (1/2 stick) butter
3/4 cup light cream

Cut corn from cobs by first cutting down through kernels, then scraping the pulp from the cob with back of knife. Combine corn, water, sugar and salt. Melt butter; add corn mixture and stir until hot. Turn heat very low; cover and cook slowly about 20 minutes, stirring occasionally. Stir in cream. Cook until heated thoroughly. Yield: 4 servings.

CREOLE CORN

3 tablespoons butter
2 cups cut corn
1/4 cup chopped onion
1/4 cup minced green pepper
1 cup strained canned tomatoes
Salt
Pepper

Melt butter over low heat; add corn, onion and green pepper. Cook over medium heat, stirring occasionally, 10 minutes or until corn is tender. Add tomatoes, salt and pepper. Cook 10 minutes. Yield: 6 servings.

FIESTA CORN

6 tablespoons butter
1/2 cup chopped green pepper
1/2 cup chopped onion
4 cups cut corn
1/4 cup chopped ripe olives
1/4 cup chopped pimiento
1/4 cup flour
2 cups milk
1 cup grated American cheese
Buttered dry bread crumbs

Melt butter; sauté vegetables until just tender. Add olives and pimiento. Stir in flour and gradually add milk. Stir until thick and smooth; add cheese. Pour into baking dish and top with buttered crumbs. Bake in 350° F. oven for 30 minutes, or until bubbly. Yield: 10 servings.

FRIED CORN

4 ears corn
2 strips crisp bacon and drippings
2 green onions, minced
1/4 teaspoon salt
Pepper

Cut corn from cob and add to bacon drippings. Add onions, salt and pepper. Cook over medium heat, stirring occasionally, until corn is tender, about 15 to 20 minutes. Crumble bacon over corn. Yield: 4 servings.

SAUTÉED CORN AND OKRA

1/2 cup diced salt pork or bacon
2 cups cut corn
2 cups sliced okra

Cook salt pork until crisp; remove pork. Add okra and fry, stirring frequently, until lightly browned, about 10 minutes. Add corn and cook about 5 minutes longer. Season and add pork. Yield: 4 servings.

SAUTÉED CORN WITH GREEN ONIONS

1/4 cup (1/2 stick) butter
4 cups cut corn
1/2 cup sliced green onions and tops

Melt butter in a skillet; add corn and green onions. Cover and continue cooking over medium heat for 5 minutes, shaking skillet occasionally. Season with salt and pepper. Yield: 6 servings.

STEWED CORN

2 tablespoons butter
2 tomatoes, peeled and diced
3 ears corn
1 bay leaf
1/4 cup minced parsley
1 teaspoon sugar
1 1/2 teaspoons salt
1/4 teaspoon pepper

In a skillet, melt butter over low heat. Stir in tomatoes and cook 10 minutes. Cut corn from cob and scrape cob to remove liquid. Add corn and remaining ingredients; cook 20 minutes or until corn is tender. Yield: 4 servings.
BAKED STUFFED CUCUMBERS

4 large cucumbers 1 cup canned tomatoes, 1/2 cup bread crumbs
2 tablespoons minced onion 2 tablespoons minced parsley
2 tablespoons minced 1/4 cup (1/2 stick) butter
parsley


EGGPLANT PARMESAN

2 tablespoons tomato catsup 1/2 cup cooking oil
1 can (1 pound 4 ounces) 1/2 cup Parmesan cheese
tomatoes
1 tablespoon minced onion 1 tablespoon chopped parsley
1 clove garlic, minced 1/2 pound Mozarella cheese
1/4 teaspoon pepper 3/4 teaspoon salt
3/4 teaspoon salt 1 large eggplant, peeled

Simmer catsup, tomatoes, onion, garlic, salt and pepper 30 minutes. Slice eggplant crosswise into 1/2-inch slices. Fry in hot oil until lightly browned. Mix crumbs, Parmesan cheese and parsley. Place one layer of eggplant in 2-quart casserole. Sprinkle with bread crumb mixture; cover with tomato mixture. Alternate layers until all ingredients are used. Top with Mozarella cheese. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

EGGPLANT WITH CREOLE SAUCE

1 medium eggplant 1 teaspoon chili powder
1/4 cup chopped green 1 can (16 ounces) tomatoes
pepper 1/2 teaspoon sugar
1 large onion, chopped 1 bay leaf
2 stalks celery, chopped 1 sprig thyme
1 clove garlic, minced 1 teaspoon salt
3 tablespoons butter 1/4 teaspoon pepper

Peel and dice eggplant; cook in boiling water for 10 minutes. Drain and place in greased baking dish. Sauté green pepper, onion, celery and garlic in butter, about 5 to 8 minutes. Stir in remaining ingredients. Cover and simmer for 40 minutes, stirring frequently. Pour over eggplant; bake in 325° F. oven for 20 minutes. Yield: 6 servings.

EGGPLANT FRITTERS

1 eggplant 1/2 cup flour
1 egg 1/2 cup milk
1/2 teaspoon salt 1 teaspoon salt
1 teaspoon baking powder

Boil whole eggplant until very soft. Remove pulp from shell; mash pulp until very fine. Make batter of eggs, baking powder, flour, milk and salt; add eggplant pulp. Mix well and drop by spoonfuls into deep hot fat, frying until brown. Remove. Sprinkle with sugar while hot. Yield: 2 dozen.

FRENCH FRIED EGGPLANT

1 eggplant 1 egg
1 cup flour 1 cup milk
1/2 teaspoon salt 1 tablespoon oil

Peel eggplant; cut into 1/2-inch slices, then into strips 1/2-inch wide. Combine flour, salt, egg, milk and oil; beat until smooth. Dip strips into batter. Fry in shallow or deep hot fat until browned. Drain. Sprinkle with salt. Yield: 6 servings.

Variation: Dip eggplant strips into 2 beaten eggs; coat with combined 2/3 cup dry bread crumbs and 1/2 cup Parmesan cheese. Fry strips in 2 tablespoons salad oil. Add oil as needed. Combine 3/4 cup catsup and 2 teaspoons Worcestershire sauce; serve as a dipping sauce with eggplant strips.

EGGPLANT JAMBALAYA

1 large eggplant 1 pound shrimp, cleaned
2 tablespoons shortening 1 cup rice
1 can (16 ounces) whole tomatoes 1 teaspoon salt
1/8 teaspoon pepper

Peel eggplant; cut into 4 wedge-shaped pieces. Remove seeds from each section; cut into cubes. Sauté eggplant in shortening until tender. Stir in tomatoes, rice, salt and pepper; cover and bring to a boil. Reduce heat and simmer until rice is tender, about 20 minutes. Add shrimp and continue cooking for 20 minutes longer. Yield: 6 servings.
COOKING WITH ENTERGY

PAN-FRIED EGGPLANT

Cut a medium-sized eggplant into 1/4-inch slices; soak slices for one hour in 2 cups water and 2 tablespoons salt. Drain and pat dry. Season with salt and pepper; coat with flour. Sauté slowly in a small amount of butter or salad oil until brown on both sides, turning only once. Use as an accompaniment to the main dish, a base for stuffed mushrooms or in a layered casserole with tomatoes.

STEWED EGGPLANT

3 small eggplants
2 onions, minced
1 tablespoon shortening
Salt and pepper

2 cups tomatoes
1/2 cup ham pieces
2 cloves garlic, minced

Peel eggplants; cut into 1/2-inch cubes. In a skillet, brown onion in shortening. Add tomatoes, ham, garlic, salt and pepper. Simmer 4 minutes. Add eggplant; cover and cook stirring often until tender, about 30 minutes.

Yield: 6 servings.

STUFFED EGGPLANTS

2 eggplants
1 cup soft bread crumbs
1 large onion, finely chopped
1 clove garlic, minced
3 tablespoons butter
1/2 teaspoon salt

Dash black pepper
1 egg, well beaten
1 teaspoon chopped parsley
1 sprig thyme
1/2 cup buttered bread crumbs

Simmer eggplants in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onion, garlic and one of the variations listed below in butter over medium heat until tender, about 10 to 15 minutes. Stir in pulp, salt and pepper; continue cooking for 5 minutes, stirring frequently. Cool. Add egg, parsley, and thyme; mix thoroughly. Fill eggplant shells and sprinkle top with buttered crumbs. Bake in 375° F. oven for 25 minutes. Yield: 8 servings.

Variations:
Shrimp Stuffing: Add 1/2 pound shrimp, coarsely chopped.
Ham Stuffing: Add 1/2 pound ham, coarsely chopped.
Ground Beef Stuffing: Add 1/2 pound ground beef, drain excess drippings.

CREOLE GREEN BEANS

1/4 pound ham, cubed
1 onion, chopped
1 clove garlic, minced
Salt and pepper

2 pounds fresh green beans, cut in pieces
1 1/2 cups water

Sauté ham in saucepan until light brown. Remove ham, reserving 2 tablespoons drippings. Sauté onion and garlic in drippings about 3 minutes or until tender. Add beans, ham water, salt and pepper. Simmer beans, covered, for about 1 1/2 hours, occasionally adding additional water. Yield: 6 servings.

GREEN BEAN CASSEROLE

1 package (9 ounces) frozen green beans, cooked and drained
1 can (16 ounces) bean sprouts, drained
1 teaspoon salt
1/4 teaspoon pepper

1 can (4 ounces) mushrooms and liquid
1 can (10 1/2 ounces) cream of mushroom soup
1 can French fried onions


GREEN BEAN-ARTICHOKE CASSEROLE

2 cans (16 ounces each) green beans, drained
1 can (14 ounces) artichoke hearts, drained
1 cup seasoned bread crumbs
1/2 cup Parmesan cheese
1/4 cup olive oil
Salt and pepper

In a mixing bowl, add ingredients in order listed. Toss together until well mixed. Place in a greased 1 1/2-quart casserole. Bake in 350° F. oven for 1 hour. Yield: 8 servings.

GREEN BEANS AMANDINE

1 pound green beans
3 tablespoons butter
1/2 cup slivered almonds

Remove ends and strings from beans; cut in one-inch pieces. Place beans in a small amount of boiling salted water; leave cover off until water returns to a boil. Cover and cook for 10 to 12 minutes. Sauté almonds in butter; add drained beans. Yield: 4 servings.
PARTY GREEN BEANS

3 packages (10 ounces each) frozen French-style green beans
1 can (1 pound) bean sprouts, drained and rinsed
1 can (8 ounces) water chestnuts, drained and sliced
1/4 cup grated Swiss cheese

1/4 cup grated Parmesan cheese

Cook beans in boiling salted water until tender; drain. Alternate layers of beans, bean sprouts, water chestnuts and combined cheeses. In a saucepan, melt 3 tablespoons butter. Blend in flour, salt, pepper, cayenne and Worcestershire. Gradually add cream and cook, stirring constantly, until thickened. Pour over vegetables, lifting vegetables gently with a fork so sauce will be distributed. Melt remaining 1 tablespoon butter; add almonds and stir to coat well. Sprinkle over casserole and bake in 375° F. oven for 20 minutes. Yield: 10 servings.

SPANISH SNAP BEANS

1 tablespoon shortening
1 tablepoon chopped onion
1/3 cup chopped green pepper

1 cup tomatoes
1 1/2 cups cooked snap beans
Salt and pepper

Place shortening in a saucepan and sauté onion and green pepper about 5 minutes. Add tomatoes and cook over low heat for 15 minutes. Add beans, salt and pepper. Heat thoroughly. If desired, place toasted bread cubes over beans in serving dish. Yield: 4 servings.

MIRLITON CASSEROLE

1 cup seasoned Italian bread crumbs
2 cups cooked, mashed mirliton, drained
1 can (10 1/2 ounces) cream of mushroom soup

1 teaspoon pepper
2 tablespoons minced onion
1 carrot, grated
1 cup sour cream
1 teaspoon salt

Grease 2-quart casserole; sprinkle with layer of crumbs. Combine remaining ingredients and pour into casserole. Top with a layer of remaining bread crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

CREOLE OKRA

2 pounds okra, sliced
1 onion, chopped
1/3 cup oil
1 banana pepper, chopped

1/4 teaspoon pepper
2 tablespoons minced onion
1 carrot, grated
1 cup sour cream
1 teaspoon salt

Fry okra and onion in oil, stirring occasionally, until it ceases to rope, about 30 to 45 minutes. Add remaining ingredients and continue to cook for 25 minutes. Yield: 6 servings.
OKRA AND TOMATOES

- 1 onion, chopped
- 1 pound okra, sliced
- 2 tablespoons bacon drippings
- 3 1/2 cups chopped tomatoes (4 tomatoes)
- 1 teaspoon salt
- 2 cloves garlic, minced
- 1 bay leaf
- 1 sprig thyme

In a heavy skillet, sauté onions and okra in hot drippings, stirring frequently, until okra ceases to rope, about 3 minutes. Add tomatoes; stir in remaining ingredients. Cover and simmer for 25 to 30 minutes. Yield: 4 servings.

FRENCH FRIED ONIONS

- 3 large white onions
- 1/2 cup milk
- 1/2 cup flour
- 1 egg yolk
- 1 teaspoon melted shortening
- 1/2 teaspoon salt

Cut onions into slices, 1/4 to 1/2-inch thick; separate slices into rings. Place rings in iced water until cold; remove rings from water and dry. Dip rings into a thin batter made from mixing the remaining ingredients. Fry in deep hot fat (360°F) until browned. Drain. Salt lightly before serving. Yield: 6 servings.

Stuffy Coated: For the batter, combine 2 egg yolks, 1 1/4 cups buttermilk, 1 1/2 tablespoons oil, 1 1/4 cups flour, 1 teaspoon salt and 1 1/4 teaspoons baking powder; fold in 2 stiffly beaten egg whites. Dip onion rings into batter; deep fat fry (375°F). Puffy onion rings can be frozen. To serve, place on cookie sheet in a 450°F oven for 5 minutes.

ONION PIE

- 1 1/2 cups seasoned bread crumbs
- 6 tablespoons melted butter
- 4 large onions
- 1/4 cup (1/2 stick) butter
- 1/2 pound bacon, cooked
- 3/4 cup milk
- 1 egg
- Salt and pepper
- 1 roll (6 ounces) Jalapeno cheese

Line a 9-inch pie plate with combined crumbs and melted butter; chill. Sauté thinly sliced onions in butter until golden in color, about 25 to 30 minutes. Arrange onions in crumb shell, sprinkle well-drained, crumbled bacon over onions. Combine milk, egg, salt and pepper; pour over bacon and onions. Top with thinly sliced cheese. Bake in 350°F oven until cheese is melted and golden brown, about 5 minutes. Yield: 6 servings.

Variation: Use baked beans as stuffing for onions.

SCALLOPED ONIONS

- 6 onions, sliced
- 5 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk
- 1 cup diced celery
- 1/2 cup pecan halves
- Parmesan cheese
- Paprika


STUFFED ONIONS

- 6 large onions
- 1/4 cup (1/2 stick) butter
- 2 cups cooked rice
- 1/2 cup chili sauce
- 1 cup grated cheese
- 1/2 teaspoon salt
- 1 tablespoon salad oil
- Paprika

Peel onions; cut thick slice from stem end and scoop out center of each onion. Pierce each onion through to the center in several places to keep whole during the boiling. Drop onions into boiling salted water (4 quarts water and 4 teaspoons salt). Boil gently, uncovered, until just tender, about 25 to 30 minutes. Drain. Remove more core from centers of onions to form cups; coarsely chop tops and centers. In a saucepan, cook chopped onion in butter; stir in rice, chili sauce and 3/4 cup cheese. Season to taste. Brush onion cups with salad oil and sprinkle with paprika; fill cups with rice mixture. Arrange onion in a buttered shallow casserole, top with remaining 1/4 cup cheese. Bake in a 425°F oven until cheese is melted and golden brown, about 5 minutes. Yield: 6 servings.
FRESH GREEN PEAS

2 pounds (2 1/4 cups) green peas  
1 cup water

Boil water; add salt and peas. Cover; cook 10 minutes. Add green onion; cook 1 minute longer. Add butter. Yield: 4 servings.

FRESH PEAS AND BEANS

2 cups field peas or beans 1 small onion, chopped
1/4 pound ham pieces 4 cups cold water

Shell and remove any faulty peas or beans; wash and drain. Sauté ham and onion for 5 minutes; add peas or beans and water. Cover and bring to a boil; turn heat to simmer and cook until tender, about 30 to 45 minutes. Yield: 4 servings.

STUFFED PEPPERS

6 green peppers 1/2 teaspoon allspice
3 tablespoons butter 1 teaspoon salt
1 large onion, minced 1/2 cup fine buttered bread crumbs
1 clove garlic, minced 1/2 cup cooked rice
1 pound ground beef 1 cup bread cubes or cooked rice
3 fresh or 1 cup canned tomatoes 1 teaspoon Worcestershire sauce
1/2 teaspoon allspice


POPULAR POTATO RECIPES

Basic Cooking Methods

Baked: Scrub potatoes. Dry potatoes and prick with a fork. Bake in 425° F. oven until soft, about 55 to 65 minutes.

Baked with a Meal: If other foods are to be cooked in a 350° F. or 375° F. oven, potatoes may be baked along with them. Medium-size potatoes will take 60 to 80 minutes.

Boiled Whole: Wash potatoes; leave skins on. For 4 medium-size potatoes, use 2 cups water and 1/2 teaspoon salt. Cover and boil gently until easily pierced with a fork, about 25 to 40 minutes.

Boiled Quartered: Pare potatoes; cut into quarters. Place potatoes in large saucepan; add 1 inch cold water. Bring to boil, cover and reduce heat; simmer until potatoes are fork-tender, about 20 to 25 minutes. Drain off cooking water; shake potatoes in pan over low heat for a few seconds. Add butter, salt and pepper.

French Fries: Cut potatoes into lengthwise strips less than 1/2-inch thick. Place potatoes in cold water until ready to fry. Drain and dry thoroughly between towels. Fry, a small amount at a time, in deep hot fat (380° F.) until golden brown, about 5 minutes. Drain on paper towels. Sprinkle with salt; keep hot in 250° F. oven.

For skillet method: Heat 1/3 cup salad oil in a large skillet. Cook potatoes, stirring occasionally, until golden brown, about 15 minutes.

BAKED STUFFED POTATOES

When baked, slice thin layer off top, scoop out center. Add 2 tablespoons hot milk and 1 tablespoon butter for each potato; whip until light and fluffy. Season to taste. Refill shells with whipped potatoes and return to 400° F. oven to brown lightly.

Variations for each potato:
2 tablespoons chopped cooked ham or tuna, 1 tablespoon minced parsley and 1 teaspoon minced onion.
2 tablespoons sour cream, 2 tablespoons chopped crisp bacon and 1 tablespoon minced onion or chives.

Sprinkle 2 teaspoons grated American cheese over top of each potato.
COOKING WITH ENTERGY

**POTATOES AU GRATIN**

- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1/4 cup bread crumbs
- 1/4 pound sharp Cheddar cheese, grated

Melt butter; blend in flour and salt. Stir until smooth. Turn heat low and slowly add milk, stirring constantly. Cook and stir until thick and smooth. Remove from heat. Add cheese and stir until cheese melts. Arrange potatoes in buttered 1 1/2-quart casserole. Pour cheese sauce over potatoes; top with crumbs. Dot with additional butter. Bake in a 350° F. oven for 15 to 20 minutes or until brown. Yield: 8 servings.

**LYONNAISE POTATOES**

Sauté 2 small sliced onions in 2 tablespoons oil for 2 minutes. Add 4 cups sliced cold boiled potatoes; season with salt and pepper. Continue cooking potatoes to a light yellow, stirring gently. Garnish with parsley. Yield: 8 servings.

**MASHED POTATOES**

- 4 large potatoes
- 1 cup warm milk
- 1 1/2 teaspoons salt
- 1/4 cup (1/2 stick) butter
- 1/4 teaspoon pepper

Pare potatoes and cut into quarters. Place in large saucepan and add 1 inch cold water. Bring to a boil, cover and simmer until potatoes are very tender, about 25 to 30 minutes. Drain. Beat potatoes until smooth. Add milk, butter, salt and pepper. Continue beating until potatoes are light and fluffy. Yield: 4 servings.

**BRABANT POTATOES**

- 3 boiled potatoes, diced
- 2 tablespoons shortening
- 1 tablespoon butter
- 1 teaspoon vinegar
- 1 tablespoon chopped parsley
- Salt and pepper

Fry potatoes in shortening until lightly browned. Remove and complete browning in butter. Add remaining ingredients. Yield: 6 servings.

**NEW POTATOES WITH SAVORY BUTTER**

- 12 small new potatoes
- 3/4 teaspoon minced parsley
- 1/4 cup (1/2 stick) butter
- 1/2 clove garlic, cut in half
- 1/8 teaspoon thyme
- 1/8 teaspoon rosemary
- 1/8 teaspoon tarragon
- 1/8 teaspoon lemon juice
- 1/8 teaspoon dry mustard
- 1/8 teaspoon pepper

Remove 1/2-inch strip of peel from center of each potato. Cook potatoes in enough boiling water to cover until just tender, about 20 to 30 minutes. Drain. Slip off rest of skin. Melt butter; add garlic. Sauté over low heat for 5 minutes; remove garlic. Add remaining ingredients. Place potatoes in hot butter mixture. Let stand 30 minutes. Just before serving, cook over low heat until butter bubbles. Yield: 6 servings.

**FRENCH FRIED POTATOES**

Cut 3 peeled potatoes into 1/2-inch sticks. Soak in iced water 1 to 2 hours. Dry thoroughly. Fry in deep hot fat (365° F.) until golden brown, about 3 to 5 minutes. Drain; sprinkle with sugar or salt. Yield: 4 cups.

**HASHED BROWN POTATOES**

- 2 cups diced potatoes
- 3 tablespoons bacon fat or butter
- Salt and pepper

Season potatoes with salt and pepper. Heat fat in a heavy skillet; add potatoes. Stir and lift until potatoes are well coated with fat. Reduce heat; add additional fat if necessary and cook until potatoes are tender and there is a crisp brown crust on bottom, about 30-35 minutes. If parboiled potatoes are used, cook for 20 minutes. To serve, fold like an omelet. Yield: 4 servings.
POTATO CASSEROLE

6 medium potatoes, peeled
4 green onions, minced
Bacon drippings
3 slices Swiss cheese
1 cup milk

4 slices crisp bacon
3 slices American cheese
1 teaspoon salt
1/8 teaspoon pepper

Cook potatoes, covered, in a small amount of salted water until just tender. Slice crosswise. Sauté onions in drippings. Arrange layer of potatoes in buttered casserole; top with Swiss cheese. Add second layer of potatoes and top with layer of crumbled bacon and onions. Add third layer of potatoes and top with American cheese. Add salt and pepper to milk and pour over potatoes. Bake in 375° F. oven 1 hour. Yield: 6 servings.

POTATO STRIPS WITH CHEESE

3 cups raw potato strips
1/2 cup milk
1 tablespoon butter
1 tablespoon finely cut parsley
1 teaspoon salt
Pepper
1/2 cup thinly shaved process cheese

Cut potato strips as for French fries. Put the strips into a greased baking dish and pour over the milk. Dot with butter and season with salt and pepper. Cover and bake in 425° F. oven for 40 minutes or until potatoes are tender. Sprinkle with cheese and parsley; bake, covered, for 5 minutes longer. Yield: 4 servings.

POTATO PANCAKES

6 medium potatoes
1 small onion, minced
4 strips crisp bacon
2 tablespoons minced parsley
2 eggs, beaten

2 tablespoons flour
1 1/2 teaspoons salt
Dash pepper
Butter

Pare potatoes and grate or shred. Soak shredded potatoes in cold water for 10 minutes. Drain and press out excess water. Blend with onion, crumbled bacon, parsley, flour and seasonings. Mix in eggs. Melt butter in large skillet to depth of 1/4-inch. Drop in 1/3 cup batter for each pancake, and flatten. When crisp on one side, turn and crisp on other side. Drain on paper towels. Yield: 12 pancakes.

POTATO PATTIES

Combine 2 cups seasoned mashed potatoes, 2 tablespoons grated onion and 1 egg yolk. Shape into patties; dip into slightly beaten egg white and roll in bread crumbs. Fry until brown. Yield: 6 servings.

SCALLOPED POTATOES

4 potatoes
4 1/2 teaspoons flour
1 1/2 teaspoons salt
1/8 teaspoon pepper
2 cups milk

Pare potatoes and cut into 1/8-inch crosswise slices. Place in buttered 1 1/2-quart baking dish. In a saucepan, melt butter; add onion and cook until tender. Blend in flour, salt and pepper. Stir in milk. Return to heat and cook until mixture thickens slightly and comes to a boil. Pour over potato slices. Bake covered, in a 350° F. oven for 30 minutes. Uncover and bake 1 hour longer or until potatoes are tender. Yield: 4 servings.

BAKED YAMS

Wash potatoes. Place, unpeeled, in shallow baking dish. Bake in 300° F. oven for 50 minutes or until soft. When done, immediately prick. To serve: cut cross on top and press ends of potato toward center to fluff. Top with butter.
COOKING WITH ENTERGY

BOILED SWEET POTATOES

Wash potatoes; leave whole and do not peel. Cover with cold water; boil until tender, about 35 minutes. Use in any recipe calling for cooked potatoes or to make the following casseroles, use 6 cooked, peeled potatoes.

Variations:

Orange: Combine 1/3 cup sugar, 1/3 cup brown sugar and 1 tablespoon cornstarch. Stir in 1 cup orange juice and 1 tablespoon grated orange peel. Cook over low heat until mixture begins to thicken. Pour over sliced potatoes. Dot with 2 tablespoons butter. Cover and bake in 350°F oven for 20 minutes. Baste occasionally. Uncover, turn potatoes and bake 15 minutes longer.


Sherry-Orange Pecan: Sprinkle yams with 1/2 cup brown sugar and 1/3 cup chopped pecans. Pour 1 cup orange juice, 1 tablespoon grated orange peel and 1/3 cup sherry over sliced potatoes. Dot with 1/4 stick butter. Cover and bake in 350°F oven about 35 minutes or until liquid is absorbed.

GLAZED SWEET POTATOES

2 tablespoons butter 1 tablespoon water
1/4 cup brown sugar 3 potatoes, cooked

In a heavy skillet, combine butter, sugar and water over low heat. Add potatoes which have been cut into strips or large pieces. Continue cooking over low heat, turning several times, until syrup is very thick and pieces are well coated, about 15 to 20 minutes. Yield: 6 servings.

ORANGE BAKED SWEET POTATOES

6 potatoes, cooked, peeled and halved 1 teaspoon shredded orange peel
1 peeled orange, thinly sliced 2/3 cup corn syrup
1/2 teaspoon salt 4 tablespoons (1/2 stick) butter

Layer potatoes and orange slices in buttered baking dish. Combine remaining ingredients; bring to boil and simmer, uncovered, for 5 minutes. Pour over potatoes and oranges. Bake in 375°F oven for 30 minutes, basting several times. Yield: 6 servings.

PAN-FRIED SWEET POTATOES

4 cooked potatoes 3 tablespoons butter

Cut potatoes lengthwise in thick slices. In a skillet, fry potato slices in butter until brown on both sides. Yield: 6 servings.

PECAN SWEET POTATOES

1 1/2 tablespoons cornstarch 1 1/2 cups orange juice
3/4 cup light brown sugar, 1/4 cup pecan halves, firmly packed 2 cans (1 pound 7 ounces) sweet potatoes, drained
1/4 teaspoon salt 1 1/3 cup butter

Combine cornstarch, sugar, salt, butter and orange juice; cook until thickened and clear. Arrange potatoes in a 1 1/2-quart casserole; top with pecans. Pour sauce over casserole; cover. Bake in a 375°F oven for 1 hour. Yield: 6 servings.

SCALLOPED SWEET POTATOES

2 large sweet potatoes, cooked 1 tablespoon grated orange peel
1 large orange, peeled and sliced 1/4 teaspoon salt
1/2 cup orange juice 3 tablespoons sugar
2 tablespoons butter

Peel and slice potatoes. Place a layer of potatoes in a greased baking dish; add a layer of orange slices. Sprinkle with orange peel, salt, and sugar; dot with butter. Repeat until all ingredients are used. Pour orange juice over top. Cover. Bake in 350°F oven for 45 minutes. Yield: 4 servings.
STUFFED SWEET POTATOES

Make a long slash in top of each baked potato. Scoop out potato, leaving skin unbroken. Mash well. Beat in 1 tablespoon hot milk and 1 tablespoon butter for each potato. Season. Return to shells and brown in 400° F. oven, about 5 to 7 minutes.

Variations: For each cup of mashed sweet potatoes, add one of the following:

- 1/4 cup raisins
- 1/4 cup shredded coconut
- 1/4 cup crushed pineapple
- 1/4 cup chopped pecans

SWEET POTATO PONE

1/3 cup butter
1/2 cup brown sugar
2 eggs, well beaten
3 cups grated raw potatoes
2/3 cup evaporated milk

1/2 teaspoon each:
- cinnamon
- cloves
- nutmeg

Cream butter and sugar; add eggs, potatoes, milk, salt and spices. Stir in syrup and peels. Beat mixture thoroughly. Pour into buttered casserole dish and bake in 350° F. oven for 50 to 60 minutes. Yield: 6 servings.

SWEET POTATO PUFF

2 cups mashed potatoes
3/4 cup hot milk
3 tablespoons butter
1/4 teaspoon salt

1/4 teaspoon allspice
1 tablespoon grated orange peel
2 eggs, separated

To the potatoes, add milk, butter, salt, allspice and peel. Mix well. Add beaten egg yolks. Beat egg whites until stiff; fold in potato mixture. Place in a baking dish and bake at 350° F. for 45 minutes. Yield: 6 servings.

SWEET POTATO SOUFFLÉ

1/4 cup sugar
1/2 teaspoon salt
1 cup scalded milk
2 tablespoons butter
2 cups mashed potatoes

2 eggs, separated
1/2 cup raisins
1/2 cup chopped pecans
1 teaspoon nutmeg
Marshmallows


PUMPKIN

Baked: Wash and cut pumpkin in half. Rub cut surface with shortening. Place cut side down on baking sheet. Bake in 400° F. oven until tender, about 1 hour. Remove fibers and seeds. Scoop out pulp and press through a potato ricer.

Pressure Saucepan: Cut pumpkin in large pieces. Place in pressure saucepan; add 3/4 cup water. Cook at 15 pounds pressure for 10 minutes. Cool pressure saucepan quickly under cold running water. Remove pumpkin and mash.

Steamed: Halve or quarter pumpkin. Remove seeds and stringy portions. Cut off rind and cut into small pieces. Cook, covered, in small amount slightly salted boiling water for 25 to 30 minutes. Drain; mash well. Place mashed pumpkin in strainer; let drain 30 minutes to remove excess liquid.

To serve as a vegetable: Reheat and add butter and spices.

RATATOUILLE

1 pound eggplant
2 zucchini
2 cloves garlic, minced
2 medium onions, thinly sliced
2 medium green peppers, cut in thin strips

1/2 cup olive oil
3 medium tomatoes, coarsely chopped
1 tablespoon minced parsley
1/4 teaspoon salt
1/4 teaspoon pepper

Cut unpeeled eggplant in 3/4-inch strips; cut unpeeled zucchini into thin slices. In a large skillet, sauté garlic, onions and green peppers in oil, about 15 minutes. Add remaining ingredients. Cook uncovered, gently stirring occasionally, until eggplant is tender and there is only a small amount of liquid. Yield: 8 servings.
COOKING WITH ENTERGY

SAUERKRAUT

Remove outside green leaves from 5 pounds of cabbage. Quarter the head and shred finely. Mix cabbage with 3 1/2 tablespoons salt. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. During the curing process, kraut requires daily attention. Remove scum as it forms, and wash and scald the cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 12 days. As soon as kraut is thoroughly packed, pack into sterilized jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within 1/2-inch of top. Seal; process in boiling-water bath for 15 minutes. Yield: 5 pint jars.

Note: For 40 pounds of cabbage, use 1 pound of salt.

BAKED SQUASH

Pattypan, Crookneck, Zucchini: Slice squash into 1/2-inch slices; place in a casserole. Dot with butter, sprinkle with salt and 1 tablespoon finely chopped onion. Add just enough water to cover bottom of casserole. Cover and bake in a 400° F. oven for 30 to 40 minutes. For 6 servings, use 3 pounds squash.

PAN-FRIED SQUASH

2 pounds summer squash 2 tablespoons butter
1 small onion, minced 1/2 teaspoon salt

Peel and cube squash; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt. Yield: 4 servings.

SPINACH CASSEROLE

2 packages (10 ounces each) frozen chopped spinach 1/2 teaspoon pepper
1/4 cup (1/2 stick) butter 3/4 teaspoon garlic salt
2 tablespoons flour 3/4 teaspoon celery salt
2 tablespoons chopped onion 1 teaspoon salt
1/2 cup evaporated milk 1 teaspoon Worcestershire sauce
1/2 cup spinach liquid 1 roll (6 ounces) Jalapeno cheese, cut in pieces
1/4 cup bread crumbs

Place thawed spinach in strainer and press with spoon to remove liquid. Reserve 1/2 cup liquid. Melt butter; blend in flour. Add onion and cook until soft but not brown. Add milk and liquid; cook until thick and smooth. Remove from heat; add seasonings and cheese; stir until melted. Combine with spinach and pour into greased 1 1/2-quart casserole. Sprinkle with crumbs and bake in 350° F. oven for 45 minutes. Yield: 6 servings.

SQUASH CASSEROLE

2 cups cooked yellow squash 1 cup seasoned bread crumbs
1 small onion, chopped 1 cup grated mild cheese
2 teaspoons sugar 1 teaspoon salt
2 eggs, well beaten 1/4 teaspoon pepper
1 can (10 1/2 ounces) condensed mushroom soup 2 teaspoons Worcestershire sauce

Combine squash, onion, sugar, eggs, soup, 1/2 cup crumbs, 1/2 cup cheese, salt pepper and sauce. Pour into 1 1/2 quart greased casserole. Top with remaining 1/2 cup cheese, and remaining 1/2 cup crumbs. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

BAKED ACORN SQUASH

Allow 1 squash per person, or if very large, 1/2 per person. Cut in half; scrape out seeds and fibers. Sprinkle with salt; brush with butter. Place, cut side down, on cookie sheet. Bake in 400° F. oven for 30 to 45 minutes. Turn cut side up and prick pulp with fork. Brush with butter; sprinkle with mixture of brown sugar and cinnamon. Bake 15 minutes longer.

SCALLOPED SQUASH

8 medium summer squash 1/2 cup milk
1 large onion, sliced 2 tablespoons butter
1 egg, slightly beaten 1 teaspoon salt
1/4 teaspoon pepper 1 cup fresh bread crumbs
Dash red pepper 2 cups grated sharp cheese

Cut squash in 2-inch pieces; cook with onion until tender, about 10 minutes. Drain and place in 2 1/2-quart greased casserole. Combine egg, pepper, milk, butter, salt, bread crumbs and 1 cup cheese; pour over squash. Top with remaining 1 cup cheese. Bake in 350° F. oven for 30 minutes. Yield: 8 servings.
SMOTHERED SQUASH

Cook whole or cut into slices or cubes. It is not necessary to peel tender squash. Cook squash in a covered saucepan over low heat in a small amount of water, about 1/4 cup for 6 servings, for 8 to 15 minutes. During cooking, add finely chopped onion, a tablespoon butter and a pinch of sugar. When tender, uncover saucepan and boil rapidly for a few minutes to evaporate excess liquid.

SQUASH CROQUETTES

4 squash, cubed 1/4 cup grated Parmesan cheese
1 small onion, chopped 1 cup cracker crumbs
Salt and pepper 2 tablespoons butter
1 egg, beaten

Cook squash and onion in small amount of salted water. Drain well; mash until smooth. Season. Add egg, cheese, 1/2 cup cracker crumbs and butter. Form into balls and roll in remaining crumbs. Fry in deep fat until brown. Yield: 6 servings.

STUFFED SQUASH

4 squash
1 cup soft bread crumbs
1 large onion, finely chopped
1 clove garlic, minced
3 tablespoons butter
1/2 teaspoon salt
Dash black pepper
1/4 cup grated Parmesan cheese
1 egg, well beaten
1 teaspoon chopped parsley
1 sprig thyme
1/2 cup buttered bread crumbs

Simmer squash in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onion, garlic, and one of the variations listed below in butter over medium heat until tender, about 10 to 15 minutes. Stir in pulp, salt and pepper; continue cooking for 5 minutes, stirring frequently. Cool. Add egg, parsley, and thyme; mix thoroughly. Fill vegetable shells and sprinkle top with buttered crumbs. Bake in 350° F. oven for 25 minutes. Yield: 8 servings.

Variations
Shrimp Stuffing: Add 1/2 pound shrimp, coarsely chopped.
Ham Stuffing: Add 1/2 pound ham, coarsely chopped.
Ground Meat: Add 1/2 pound ground meat, drain excess drippings.
GREEN TOMATO PIE

8 medium-size green tomatoes, sliced
2 tablespoons lemon juice
1 teaspoon grated lemon peel
2 tablespoons cornstarch

1 recipe plain pastry
1/2 teaspoon salt
1/4 teaspoon cinnamon
3/4 cup sugar
1 tablespoon butter

Cook tomatoes with lemon juice, peel, salt and cinnamon, stirring frequently for about 15 minutes. Combine sugar and cornstarch; add to tomato mixture and cook until clear, stirring constantly. Add butter; cook slightly and pour into unbaked pie shell. Cover with top pastry; seal edges and prick top. Bake in 425°F oven for 40 to 50 minutes.

GRILLED TOMATOES

3 tomatoes
6 tablespoons grated Parmesan cheese
Salt and pepper

1 tablespoon minced parsley
3 tablespoons bread crumbs


Variation: Combine 1/2 cup seasoned bread crumbs, 1/2 cup shredded sharp process American cheese, 1 tablespoon melted butter. Sprinkle over each tomato half; garnish with parsley. Broil 3 inches from source of heat for 5 minutes.

SCALLOPED TOMATOES

3 1/2 cups sliced tomatoes
1 small onion, minced
2 tablespoons minced green pepper
1 teaspoon salt

1/8 teaspoon pepper
1/2 teaspoon sugar, if desired
2 cups soft bread crumbs
2 tablespoons butter

Combine tomatoes, onion, green pepper, salt, pepper, and sugar. In a baking dish, alternate layers of tomato mixture and bread crumbs, ending with crumbs. For thinner mixture, use only 1 cup crumbs. Dot with butter. Bake in 375°F oven for 20 to 30 minutes for ripe tomatoes, 45 minutes for green. Yield: 6 servings.

STEWED TOMATOES

1 small onion, minced
1 1/2 teaspoons oil
1/4 pound ham seasoning
6 peeled tomatoes, diced
1/2 teaspoon sugar

1/4 cup seasoned bread crumbs
Salt and pepper
1 sprig parsley, minced
1 small bay leaf

Sauté onion in oil. Add ham, tomatoes and sugar; cook until lightly browned. During this cooking period, add bread crumbs slowly. Add remaining ingredients; simmer for 15 to 20 minutes or until desired consistency. Yield: 6 servings.

STUFFED TOMATOES

6 large tomatoes
1/2 cup chopped green onions
2 cloves garlic, minced
1/2 pound finely chopped ham, shrimp or crab meat

1/2 cup (1 stick) butter
3 cups French bread cubes
Salt and Pepper
1/3 cup bread crumbs
1 tablespoon butter

Slice tops off tomatoes; scoop out center and chop. Sauté onion, garlic, ham and tomato in butter for 5 to 7 minutes; add bread cubes. Season with salt and pepper; stuff into shells. Cover with bread crumbs; dot with butter. Place in a greased pan; bake in 350°F oven for 25 minutes. Yield: 6 servings.

TURNIP GREENS

2 bunches turnip greens
1/2 pound salt pork or bacon, sliced
1/2 cup water

Remove stems from turnip greens and wash thoroughly. In a covered saucepan, place greens, water and salt pork. Cook greens for 30 minutes. Add turnips, which have been peeled and quartered; continue cooking until greens and turnips are tender, about 30 minutes. Yield: 4 servings.
VEGETABLES WITH CREOLE SAUCE

1/4 cup chopped green pepper
1 large onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
3 tablespoons butter
1 teaspoon chili powder

1/2 teaspoon sugar
1 can (16 to 17 ounces) tomatoes
1 bay leaf
1 sprig thyme
1 teaspoon salt
1/4 teaspoon pepper

Sauté green pepper, onion, celery and garlic in butter, about 5 to 8 minutes. Stir in remaining ingredients. Cover and simmer about 40 minutes, stirring frequently. Place cooked vegetable into a baking dish; add sauce and bake in 325° F. oven for 20 minutes. Sauce can be frozen. Yield: 2 1/2 cups.

CREOLE ZUCCHINI

2 onions, chopped
3 stalks celery, chopped
1 small green pepper, chopped
1 clove garlic, minced

1/4 cup cooking oil
1 can (1 pound 13 ounces) tomatoes
1 small bay leaf
4 medium zucchini

Sauté onions, celery, green pepper and garlic in oil. Add tomatoes and bay leaf. Cover and simmer for 1 hour. Remove bay leaf. Add thinly sliced squash; simmer for 1 hour. Remove cover and cook to desired thickness. Yield: 6 servings.

STUFFED ZUCCHINI

3 zucchini
1/2 pound ground beef
1/2 cup chopped onion
1 clove garlic, minced
2 teaspoons oregano

2 tablespoons olive oil
1 can (10 3/4 ounces) condensed tomato soup
3/4 cup grated Parmesan cheese
1/2 cup seasoned bread crumbs

Cut zucchini in half lengthwise; scoop out seeds and pulp, leaving a 1/4-inch shell. Chop seeds and pulp; reserve. In a skillet, sauté meat, onion, garlic, pepper and oregano in oil. Add chopped pulp and seeds, 1/4 cup soup, 1/2 cup cheese and bread crumbs; blend well. Spoon mixture into zucchini shells. Arrange stuffed zucchini in 13 x 9 x 2-inch baking dish. Pour remaining soup over and around zucchini. Sprinkle with remaining cheese. Cover and bake in a 375° F. oven for 45 minutes or until tender. Uncover and bake 5 minutes longer. Yield: 6 servings.

ZUCCHINI OR CUCUZZA

Cut off ends; wash and cut into slices 1/4-inch thick. Cook in 1/2 cup boiling salted water until almost tender, about 10 minutes. Drain and use one of the variations below:

Buttered: Sauté 2 cloves garlic in 1/3 cup butter for 5 minutes; remove garlic and pour over zucchini. Season with salt and pepper; sprinkle with Parmesan cheese.

Casserole: Sauté 1 minced onion in 4 tablespoons olive oil; add 2 tablespoons minced parsley. Arrange alternate layers of zucchini, sliced tomatoes and onion-oil mixture. Sprinkle with salt, pepper and Parmesan cheese. Bake in 375° F. oven for 30 minutes.
HAM GUIDE - CURED AND COUNTRY STYLE

BAKING A HAM

1. Do not remove rind.
2. Place whole ham or ham pieces fat side up on a rack in a shallow pan.
3. Do not add water or cover the ham.
4. Bake in a 325°F oven. Refer to Timetable for Baking Ham for cooking hours, or the meat thermometer should register 130°F: for fully cooked hams, 160°F; for cook-before-eating ham (except shoulder cuts) should be 170°F.
5. To glaze ham, remove from oven 30 minutes before end of cooking time. Pour off drippings. Remove rind and score fat. Stud with cloves. Spread on glaze if desired and complete baking period.
6. For easier slicing, allow ham to stand 15 to 20 minutes after removing it from oven.

PURCHASE INFORMATION

Ham, bone-in ...................... 1/2 pound per person
Ham, boneless .................... 1/4 pound per person
Spareribs ........................ 3/4 - 1 pound per person
Bacon ................................ 2 - 3 slices per person

SIMMERING METHOD

1. Place ham in saucepan with water to cover.
2. Add sliced onions, if desired.
3. Bring to boiling point; reduce heat until water just simmers, but does not bubble.
4. Cover and simmer until tender. Refer to Timetable for Simmering Ham.
5. If ham is not to be served hot or glazed, let cool in cooking water.
6. To bake, remove ham from liquid, remove rind, score and sprinkle with brown sugar. Bake at 350°F oven for 30 minutes.

TIMETABLE FOR BAKING HAM IN A 325°F OVEN

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<tr>
<th>Type of Ham</th>
<th>Pounds</th>
<th>Hours to Cook</th>
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<tr>
<td>FULLY COOKED</td>
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<td>3 - 3 3/4</td>
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<td>COOK-BEFORE-EATING</td>
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<tr>
<td>Whole</td>
<td>12 - 16</td>
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<tr>
<td>Half</td>
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<tr>
<td>Shoulder (Picnic)</td>
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<tr>
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TIMETABLE FOR SIMMERING HAM IN A 325°F OVEN

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<td>Shoulder</td>
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<td>Pork Hocks</td>
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BARBECUED LIMAS AND FRANKS

1 medium onion, diced 1 1/2 teaspoons salt
1 clove garlic, minced 1 tablespoon Worcestershire sauce
3 tablespoons olive oil 3 tablespoons catsup
1 can (8 ounces) tomato sauce 4 cups cooked large dry limas
1/4 cup brown sugar 6 frankfurters
3 tablespoons lemon juice
1 teaspoon dry mustard

In a saucepan, sauté onion and garlic in olive oil until tender. Stir in tomato sauce, brown sugar, lemon juice, mustard, salt, Worcestershire and catsup. Heat to boiling. Pour over drained beans in baking dish. Cover; bake in a 350° F. oven for 1 1/2 hours, adding hot bean liquid if needed. Score frankfurters and press lightly into top of sauce. Bake an additional 30 minutes. Yield: 6 servings.

LIMA BEAN CASSEROLE

1 package (10 ounces) frozen green lima beans 3/4 cup sliced celery
1 can (10 1/2 ounces) condensed cheese soup 1/4 cup minced parsley
1/2 cup milk

Into a bowl, empty package of lima beans. Pour boiling water over beans and break beans apart. Drain. Combine cheese soup and milk; add beans, celery, parsley and half the onion rings. Bake in 350°F. oven for 30 minutes. Top casserole with remaining onion rings and continue baking for 10 minutes longer. Yield: 6 servings.

LIMA BEANS WITH SALT MEAT

1/2 pound salt meat 2 packages frozen lima beans
1 1/2 cups water
1 onion, minced

In a covered saucepan, bring water and salt meat to a boil and simmer until tender, about 1 hour. Remove meat; add lima beans to the cooking water. If needed, add additional water. Cover and cook beans until tender, about 20 to 30 minutes. Serve beans over rice with sliced salt meat. Yield: 4 servings.

NEW ORLEANS RED BEANS

2 cups dried red beans D ash cayenne
5 cups water 2 onions, chopped
2 tablespoons bacon 2 cloves garlic, chopped drippings
1/2 pound ham or 1 teaspoon salt pickled pork
1 1/2 teaspoon pepper

Wash beans and soak in water overnight. Heat drippings in pressure saucepan; add meat and brown slowly on both sides. Stir in onions and garlic; sauté for 6 minutes. Add remaining ingredients and bring to boil. Stir. Cover; cook at 15 pounds pressure for 40 minutes. When the pressure returns to zero (follow directions of manufacturer), remove cover. The beans will be cooked; however, there will be an excess amount of water. For thick, creamy beans, remove cover and cook 20 minutes longer over very low heat. Stir frequently and mash lightly with spoon. Yield: 6 servings.

PORK AND BEAN CASSEROLE

2 cans (1 pound each) pork and beans with 2 tablespoons cane syrup
tomato sauce 2 slices bacon
1/4 cup catsup

Combine beans, catsup, onion and syrup in 1 1/2-quart casserole; top with bacon slices. Bake in 350° F. oven for 1 hour. Yield: 6 servings.

RED BEANS A LA CREOLE

2 cups dried red beans Salt and pepper
1 1/2 quarts water 2 onions, chopped
Ham bone 2 cloves garlic, chopped

Wash and sort beans. Add water and boil 2 minutes. Remove from heat; soak 1 hour. Add ham bone and remaining ingredients. Cover and bring to boil. Reduce heat and simmer for 2 hours or until tender. During last 20 minutes of cooking, mash several spoons of beans and stir thoroughly. Yield: 6 servings.
COOKING WITH ENTERGY

GLAZED MEAT LOAF

1 1/2 pounds ground beef  2 tablespoons chopped parsley
3/4 cup quick-cooking oats, uncooked  1 can (6 ounces) tomato paste
2 eggs, slightly beaten  1/2 green pepper, cut in strips
1 onion, chopped  1 tablespoon garlic, minced
1 clove garlic, minced  1 tablespoon salt
1 tablespoon salt  1/2 teaspoon pepper


*B Glaze. Combine 1/2 cup chili sauce, 2 tablespoons brown sugar, 1/4 teaspoon dry mustard and 1/2 teaspoon liquid gravy seasoning.

BAKED SHORT RIBS

2 1/2 pounds short ribs  4 tablespoons soy sauce
4 cloves garlic, sliced  4 tablespoons water
4 tablespoons catsup  1 teaspoon salt

Pour 2 cups water into broiler pan; place ribs on broiler grid over water and cover with foil. Bake in 450°F oven for 10 minutes; reduce temperature to 350°F for 35 minutes. Combine remaining ingredients and pour over ribs in baking pan. Bake in 350°F oven, uncovered, until tender, about 45 minutes. Yield: 4 servings.

BEEF BRISKET WITH HORserADISH SAUCE

3-4 pounds beef brisket  1 tablespoon flour
3 1/2 teaspoons salt  1 cup milk
1/2 teaspoon pepper  1/2 cup horseradish
1 head cabbage  1 tablespoon lemon juice
1 tablespoon butter  1/4 teaspoon paprika

Cover brisket with water; add 3 teaspoons of the salt and pepper. Cover and bring to boil on Controlled Surface Heat set at 350°F. Turn temperature to 200°F and cook 4 hours, or until tender. Cut cabbage into 6 wedge-shaped pieces; add during last 30 minutes of cooking. 


BEEF POT ROAST

3 pound shoulder or chuck roast  1/4 teaspoon pepper
1/4 cup flour  3 tablespoons shortening
1 teaspoon salt  1 onion, minced
1/2 cup water  2 cloves garlic, minced

Coat meat with combined flour, salt and pepper. Brown shortening on Controlled Surface Heat set at 300°F about 20 minutes. Remove roast. Stir in 1 tablespoon seasoned flour used to coat meat. Cook until brown, about 3 minutes. Stir onion, garlic and water. Bring to boil. Return roast; turn to 225°F. Cover and cook about 3 hours or until tender. Yield: 6 servings.

BEEF BOURGUIGNONNE

1/8 pound salt pork, diced  1/4 teaspoon each of pepper, marjoram, thyme
12 small white onions  1 cup red wine
2 pounds round steak, cut into 2” cubes  1 cup beef bouillon
2 tablespoons flour  12 small potatoes, peeled
1/2 teaspoon salt  1 cup sliced mushrooms

Combine pork and onion; sauté until tender. Remove onions. Add beef and brown. Sprinkle with flour and seasonings. Stir in wine and bouillon. Bring to boil, cover and cook over very low heat about 2 hours or until tender. Add onion, potatoes and mushrooms. Cook 45 minutes or until vegetables are tender. Yield: 6 servings.

BEEF STROGANOFF

1 1/2-pound beef fillet or sirloin, cut into strips, 1 x 1/4-inch
1 1/2 tablespoons flour  1/2 teaspoon salt
2 tablespoons olive oil  1/2 teaspoon whole caraway seed
2 tablespoons butter  1 cup chopped onion
1 cup chopped onion  Dash nutmeg
1 1/2 cups sliced mushrooms  1 cup commercial sour cream

Trim all fat from meat. Quickly brown meat in oil and butter; remove meat. Reduce heat; add onion and mushrooms and sauté until soft. Add meat and continue cooking 10 minutes; add consommé and cook 30 minutes. Mix flour and seasonings with sour cream and add to meat mixture. Cook slowly until thick, but do not boil. Serve with buttered noodles or cooked rice. Yield: 4 servings.
BRACIUOLINI (Rolled Steak)

1 1/4-pound beef round steak, cut very thin
Salt and pepper
2 tablespoons bread crumbs
2 tablespoons grated
Italian cheese

1/2 cup olive oil
1 clove garlic, minced
1/8 teaspoon oregano
1 teaspoon minced parsley
2 hard-cooked eggs

Season steak with salt and pepper. Combine crumbs, cheese, garlic, oregano and parsley; sprinkle over one side of meat. Place eggs at one end of steak and roll up jelly roll fashion. Tie securely with string. Brown meat roll on all sides in hot oil over medium heat. Remove meat. Place meat in Tomato Sauce (recipe page 41). Cover and simmer over low heat 1 to 1 1/2 hours or until gravy is thick and meat is tender. Yield: 4 servings.

CHILI

2 pounds ground beef
4 teaspoons chopped garlic
1 tablespoon shortening
2 teaspoons ground cominos (cumin seed)

1/4 cup chili powder
2 tablespoons flour
1/4 teaspoon pepper
3 cups water

Put ground beef and garlic in hot shortening. Cover and cook over low heat for 15 minutes, or until cooked through. Combine cominos, chili powder, flour, salt and pepper; add to cooked meat and stir well. Add water and cook slowly 30 minutes. Yield: 6 servings.

CHILI CON CARNE

1 pound ground beef
2 tablespoons shortening
2 onions, chopped
1/2 cup chopped green pepper
1 can (1 pound, 12 ounces) tomatoes
1 can (8 ounces) tomato sauce

1 can (10 1/2 ounces) tomato puree
2 bay leaves
1/4 teaspoon pepper
1 tablespoon chili powder
1 can (15 ounces) chili beans

Brown beef in shortening. Add remaining ingredients, except beans. Simmer 1 1/2 hours. If thicker chili is desired, simmer 2 1/2 hours. Add chili beans and heat. Yield: 8 servings.

CHUCK ROAST IN FOIL

3 to 4-pound chuck roast
1 package dried onion
1 can (10 1/2 ounces) cream of mushroom soup mix
1 clove garlic, minced
1 teaspoon oregano
2 hard-cooked eggs

Place roast on large sheet of heavy aluminum foil. Pour mushroom soup on top and sprinkle with soup mix. Close foil tightly around roast. Place in roasting pan. Bake in 325° F. oven for 3 to 3 1/2 hours or until very tender. There will be a very thick gravy when roast is done. Yield: 6 servings.

DAUBE

1/4 pound salt pork
3 large onions
2 bay leaves
1 clove garlic
1 tablespoon shortening

2 tablespoons minced parsley
5 carrots, diced
1 cup sherry wine
5-pound beef round roast

Salt, pepper and cayenne
1 tablespoon shortening

Cut pork into thin shreds; rub with salt and pepper. Chop 1 onion, 1 bay leaf, garlic, thyme and cloves; mix thoroughly. Lard the beef round by making incisions about 3 or 4 inches in length. Insert pieces of salt pork and seasonings. Brown roast in shortening in heavy saucepan. Finely chop the remaining onions and add to the roast. Add remaining bay leaf, parsley, turnips and carrots. Cover tightly; simmer for 10 minutes. Cover with 1 quart boiling water; add sherry, salt, pepper and cayenne. Cover; simmer 3 hours or until tender. Yield: 10 servings.
DAUBE GLACE

- 4 veal knuckles
- 3-pound beef round roast
- Salt and pepper
- 1 tablespoon shortening
- 3 onions, quartered
- 1 cup minced celery
- 1/4 cup cold water
- 4 sprigs parsley, minced
- 1 green pepper, minced
- 1 sprig thyme
- 2 bay leaves
- Red pepper
- 1 tablespoon unflavored gelatin

Place veal knuckles in a covered saucepan; cover with water and bring to a rolling boil over full heat. Turn heat to medium. Season with salt and pepper. Place roast in another saucepan with shortening. Brown slowly over medium heat until dark brown on all sides (about 45 minutes). Place roast in saucepan with veal knuckles. Add onions, celery, parsley, green pepper, thyme, bay leaves and red pepper. Cover and cook until meat is fork tender and begins to fall from bone (about 2 hours). Remove veal knuckles and roast; shred meat. Strain meat liquid; add gelatin which has been softened in cold water. Combine shredded meat and strained liquid (4 cups shredded meat and 4 cups liquid). Season to taste. When liquid is cool, pour into a 2-quart casserole dish or mold. Chill several hours. Unmold and serve. Yield: 8 servings.

EGGPLANT AND BEEF SUPREME

- 1 medium eggplant
- 1/4 cup (1/2 stick) butter
- 1 pound ground beef
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon basil leaves
- 1/4 teaspoon oregano
- 1 can (8 ounces) tomato sauce
- 1/4 cup grated Parmesan cheese
- 1/2 pound Mozzarella cheese, sliced
- 1 teaspoon sugar

Cut eggplant into 1/2-inch slices. Lightly brown eggplant slices in butter, adding extra butter if needed. Place in shallow 2-quart baking dish. To drippings in skillet, add ground beef, onion, salt, pepper, sugar, basil leaves and oregano; mix well and cook until meat is lightly browned. Spoon meat mixture over eggplant; add tomato sauce and Parmesan cheese. Bake, uncovered, in 350° F. oven for 20 minutes. Place remaining cheese over top of casserole. Bake 10 minutes longer or until cheese is melted. Yield: 6 servings.

GRILLADES

- 1 beef round, 1/2 inch thick
- 2 tablespoons shortening
- 1 1/2 tablespoons flour
- 1 onion, sliced
- 1 can (1 pound 4 ounces) tomatoes
- 1/4 teaspoon pepper
- 1 green pepper, minced
- 1 tablespoon chopped parsley
- 1 clove garlic, minced
- 1 cup hot water
- 1/2 teaspoons salt

Cut beef into individual servings. Brown in shortening; remove and set aside. Brown flour in same shortening, add onion and cook until soft. Add remaining ingredients and meat. Simmer 1 1/2 hours or until tender. Yield: 4 servings.

HAMBURGERS

- 1 pound ground beef
- 1/8 teaspoon pepper
- 1 teaspoon salt

Combine ingredients with a fork. Shape into four patties. Broil 3 inches from source of heat for 6 minutes, turn and broil 6 minutes longer. Yield: 4 servings.

Variations: Add one of the following:
- 1 small onion, minced
- 1/2 cup chopped mushrooms
- 1 package (1 1/2 ounces) onion soup mix
- Top with slice of American cheese at the end of broiling time
- 1/4 cup barbecue sauce

Skillet Method: In a sizzling skillet lightly sprinkled with salt, cook 3/4-inch patties 5 minutes on each side.

HOW TO CORN BEEF

- 6 pounds beef brisket
- 8 cups water
- 1 cup salt
- 3 tablespoons sugar
- 1 teaspoon pepper
- 2 tablespoons boiling water
- 2 teaspoons mixed whole pickling spices
- 2 bay leaves
- 2 cloves garlic, minced
- 1/4 teaspoon saltpeter

Cover meat with water and bring to boil in large container. Let cool slightly; add salt, sugar, pepper, spices, bay leaves, garlic and saltpeter dissolved in water. When liquid is lukewarm, cover with three thicknesses of cheesecloth and weight so meat stays covered with brine. Let stand in cool place for 36 hours.
CORNED BEEF

Soak meat in cold water for an hour (longer if very salty). Cover with cold water. Add 1 teaspoon vinegar for each quart of water. For 6 pounds of meat, add a carrot and an onion. Simmer until tender, about 20 minutes per pound. If purchased seasoned in pliofil bag, follow packer’s directions for handling and cooking.

HOT TAMALE PIE

1 large onion, chopped 1/2 teaspoon pepper
1 pound ground beef 1 teaspoon ground cumin
2 tablespoons butter 1 can (10 1/2 ounces) tomato soup
3/4 cup chopped ripe olives 2/3 cup whole corn
1/3 cup diced celery 1 recipe Corn Meal Mush*
1 small green pepper, minced 1/2 cup grated American cheese
1 teaspoon salt 1/2 teaspoon paprika

Brown onion and beef in butter. Add remaining ingredients except Corn Meal Mush and cheese. Mix well. Pour into greased 2-quart casserole dish. Cover with Corn Meal Mush and sprinkle with cheese. Cover casserole and bake in 350°F oven for 1 1/2 hours. Yield: 6 servings.

HUNGARIAN GOULASH

2 1/2-pound beef rump or round, cut into 1-inch cubes
1/2 teaspoon dry mustard
1/2 teaspoon paprika
2 tablespoons brown sugar
1 tablespoon salt
1 teaspoon Worcestershire sauce
2 cups water
1 cup catsup

Brown meat in suet with onion and garlic. Add water, catsup and seasonings; cover and simmer until meat is tender, about 2 hours. Mix flour with 1/4 cup water; add to meat mixture while stirring constantly. Cook slowly until thick. Serve with buttered noodles. Yield: 4 servings.

MEAL-IN-A-DISH CASSEROLE

1 pound ground beef 1/2 medium onion, minced
1/2 green pepper, minced
2 cloves garlic, minced
2 stalks celery, minced
Salt and pepper to taste
1 tablespoon chili powder
Dash of cayenne
4 tablespoons shortening
1 cup tomato catsup
1 tablespoon Worcestershire sauce
2 bay leaves
2 medium tomatoes, sliced
1 can (1 pound 4 ounces) whole kernel corn
1/2 cup grated American cheese
1 cup bread crumbs

Combine first eight ingredients and brown in shortening over low heat. Add catsup, sauce and bay leaves; mix thoroughly. Line bottom of a 2-quart greased casserole with a layer of sliced tomatoes. Top with a layer of ground meat, then a layer of corn. Repeat layers. Top with cheese and bread crumbs. Bake in 350°F oven for 45 minutes. Yield: 6 servings.

MEATBALLS IN SPANISH RICE

1 pound ground beef 1 onion, chopped
1/4 cup fine dry bread crumbs 3/4 cup rice
1 can (1 pound 13 ounces) tomatoes
1/4 cup milk
1 teaspoon salt 1 1/2 teaspoons salt
1 tablespoon shortening 1 teaspoon chili powder, if desired
1/4 cup chopped green pepper 1 small bay leaf

Combine beef, bread crumbs, milk and 1 teaspoon salt. Shape into 20 balls. In large skillet, brown meatballs in shortening. Remove meatballs and drain off excess drippings. Stir in onion, green pepper and rice. Cook, stirring constantly, until onion is clear and rice is lightly browned, about 8 minutes. Add remaining ingredients and meatballs. Stir to blend. Cover and cook over low heat until rice is done, about 35 minutes. Yield: 6 servings.
MEAT BALLS AND TOMATO GRAVY

2 slices day-old bread 1 clove garlic, minced
1 pound ground beef 1 tablespoon chopped onion
3 tablespoons grated Romano or Parmesan cheese 1 teaspoon salt
2 tablespoons chopped parsley 1/8 teaspoon pepper
1 egg, slightly beaten 6 tablespoons olive oil

Soak bread in water 5 minutes; squeeze dry. Mix thoroughly with meat, cheese, parsley, egg, garlic, onion, salt and pepper. Shape into balls the size of a small egg. Roll in flour. Fry in hot oil for about 10 minutes, turning often. Remove meat balls and stir in flour. Add ingredients below, except spaghetti and cheese; stir until well blended. Cover and simmer for 1 hour, stirring occasionally. Sprinkle with grated Parmesan cheese. Yield: 6 servings.

Tomato Gravy

2 tablespoons flour 1 cup minced onion
2 cans (1 pound, 4 ounces each) tomatoes 2 small bay leaves
6 tablespoons minced parsley 1 clove garlic, minced
6 tablespoons minced green pepper 1/2 pound spaghetti, cooked and drained
2 1/2 teaspoons salt Parmesan cheese

MEAT LOAF

4 slices toasted bread 1 tablespoon salt
3/4 cup milk 1 clove garlic, minced
2 pounds ground beef 1/4 teaspoon pepper
1 medium onion, minced 2 eggs, slightly beaten

Crumble bread; add milk. Blend until of paste-like consistency. Add meat, onion, salt, garlic, pepper and eggs. Stir until mixture is stiff. Form into loaf in baking dish. Bake in 350°F oven 1 1/2 hours. Yield: 8 servings.

MOUSSAKA

1 large eggplant, peeled and sliced 1/3 cup grated Parmesan cheese
Juice of 1 lemon 1/2 teaspoon salt
Flour 1/8 teaspoon pepper
1/4 cup olive oil 1 cup tomato puree
3 medium onions, chopped 1 teaspoon oregano
1 pound ground lamb or beef 1/8 teaspoon nutmeg
1 cup Rich Cream Sauce


PEPPER STEAK

2 1/2 pound chuck steak 1/2 teaspoon pepper
Unseasoned meat tenderizer 1 can (1 pound, 12 ounces) tomatoes
1/4 cup shortening 4 green peppers, cut in strips
3 medium onions, sliced 1 can (8 ounces) tomato sauce
2 tablespoons chopped celery leaves 1/2 cup water
1 tablespoon minced parsley 1 beef bouillon cube
1/2 teaspoon salt 1/2 teaspoon thyme
2 bay leaves

Cut steak in strips about 1 inch wide and sprinkle with meat tenderizer. When tenderizing time is complete, heat shortening on Controlled Surface Heat set at 350°F. Brown meat on all sides; add vegetables and remaining ingredients. Bring to boil, cover, lower temperature to 300°F, and cook until meat is tender, about 1 1/4 hours. Yield: 6 servings.
PORCUPINES

1 pound ground beef  1/8 teaspoon cayenne
d 1 egg  1/4 cup rice
1 medium onion, minced  2 1/2 cups canned tomato
2 tablespoons minced parsley  juice
1 teaspoon salt  1 cup thinly sliced celery
1/8 teaspoon pepper  1/2 teaspoon chili powder
1/4 cup water  1/4 teaspoon salt

Combine ground beef, egg, onion, parsley, salt, pepper and cayenne; toss together lightly with fork. Shape into 12 small balls; pat rice on balls. In large saucepan combine tomato juice, celery, chili powder, salt and water. Bring to boil and add meat balls. Turn heat low, cover and simmer 35 to 40 minutes, or until rice is cooked. Yield: 4 servings.

SALISBURY STEAK

1 1/2 pounds ground beef  2 teaspoons grated onion
1 1/2 teaspoons salt  1 egg, beaten
1/8 teaspoon pepper  Melted butter

Combine all ingredients, except butter. In buttered, shallow baking pan, mold meat into shape of steaks, 1 1/2-inches thick. Brush top and sides with butter and bake in 450°F oven 10 minutes; heat to 325°F and cook 25 minutes. Brush with butter once or twice during cooking. Garnish with sautéed mushrooms. Yield: 6 servings.

SHISH KABOB

2 medium onions  3/4 pound fresh mushroom caps
2 green peppers  Cooking oil
2 pounds beef tenderloin  Salt and pepper

Peel and quarter onions and separate into layers. Cut tomatoes into 6 wedges each and pepper into 1 1/2-inch squares. Cut meat into cubes, 1 1/2 by 2 inches. Slide a piece of meat on skewer, then pieces of green pepper, a mushroom and a layer of onion. Continue to alternate meat and vegetables, ending with meat. (Since tomatoes cook quicker than other ingredients, they should be broiled separately. Thread on a skewer and broil only until lightly browned.) Brush meat and vegetables with oil. Broil until meat is of desired doneness, turning several times to brown evenly on all sides. Season with salt and pepper and push from skewers onto serving plates. Yield: 4 servings.

Variation: A less tender cut of beef, such as chuck, may be marinated and substituted for tenderloin.

SAUERBRATEN

4-pound beef rump  4 bay leaves
2 cups vinegar  6 whole peppercorns
2 cups water  2 tablespoons salt
2 onions, sliced  2 tablespoons sugar
1 lemon, sliced  1/2 cup flour
10 whole cloves  2 tablespoons shortening

Place meat in deep bowl. Combine next 9 ingredients and pour over meat; cover and refrigerate 24 to 36 hours. Turn meat 2 or 3 times to marinate evenly. Remove meat from marinade and rub surface lightly with flour. Brown meat on all sides in hot shortening. Add 1 cup of the marinade. Cover and simmer 3 hours or until very tender. During cooking time, add more marinade to keep 1/2-inch in pan. Yield: 8 servings. Serve with Spicy Gravy.

Spicy Gravy

6 gingersnaps, crumbled  2 cups strained Sauerbraten marinade
1/4 cup flour  Salt and pepper

Stir snaps and flour into marinade; simmer 10 minutes. Season and serve over sliced Sauerbraten.

Mushroom Sauce: Sauté 1 tablespoon chopped green onion and 1/4 pound sliced mushrooms in 3 tablespoons butter for 5 minutes. Add 1 teaspoon lemon juice and 1 can beef gravy. Yield: 2 cups.
SHORT RIBS, BAYOU STYLE

2 tablespoons shortening 1/4 cup chopped celery leaves
3 pounds short ribs, cut into pieces 1 tablespoon salt
Flour 1/4 teaspoon pepper
2 bay leaves 1 can (8 ounces) tomato sauce
8 whole cloves 1 cup water
1 clove garlic, minced 1/2 lemon, sliced
1/2 green pepper, chopped

Heat shortening in electric skillet set at 300° F. Coat meat lightly with flour. Brown in skillet 5 to 8 minutes. Add remaining ingredients and turn temperature to 200° F. Cover and cook 2 to 3 hours or until meat is very tender. Add more water, if necessary. Yield: 6 servings.

SLOPPY Joes

1 tablespoon oil 3 drops hot sauce
1 pound ground beef 1 teaspoon salt
1 1/2 cups chopped onion 1/2 teaspoon monosodium glutamate
1 1/2 cups chopped celery 1/4 teaspoon chili powder
1 can (8 ounces) seasoned tomato sauce 1/8 teaspoon pepper
1 can (10 1/2 ounces) condensed tomato soup 6 hamburger buns, split and toasted

Heat oil in a skillet. Add beef, onion and celery; cook until red color disappears. Add tomato sauce, soup and seasonings; simmer, uncovered, about 2 minutes. Spoon onto buns. Yield: 6 servings.

SKILLET MEAL

2 slices bacon, diced 1/4 teaspoon pepper
1/2 cup chopped onion 1 tablespoon sugar
1 clove garlic, minced 2 cups small shell macaroni, uncooked
1 pound ground beef 1 teaspoon garlic powder
1 teaspoon marjoram 1 can (16 ounces) tomatoes
1/2 teaspoon basil 1/4 cup water
1 1/2 teaspoons salt 1/4 cup Parmesan cheese

Preheat electric skillet to 300° F. Fry bacon until crisp; stir in onion and garlic. Add ground beef and seasonings; cook, stirring occasionally, until meat begins to brown. Add macaroni, tomatoes and water. Cover and cook for 5 minutes. Stir and reduce temperature to 200° F; cook for 30 minutes. Stir and reduce temperature to 200° F; cook for 30 minutes. Rub and reduce temperature to 200° F; cook for 30 minutes. Spread cheese on top before serving. Yield: 6 servings.

VEAL PANEES

6 thin veal cutlets 1/2 cup flour
1 teaspoon salt 1 egg, beaten
1/4 teaspoon pepper 1 cup dry bread crumbs

Coat cutlets with combined salt, pepper and flour. Dip cutlets in egg, then coat with bread crumbs. Heat 1/4 inch shortening in skillet over medium heat; add cutlets and sauté about 5 minutes on each side or until lightly browned. Yield: 6 servings.

STUFFED BREAST OF VEAL

Have pocket cut in breast of veal from large end. Season inside and out with salt and pepper. Fill pocket with Sausage Stuffing. Fasten edges together with skewers or sew with string. Place on rack in shallow roasting pan and roast, uncovered, in 325° F. oven until done, allowing 30 minutes per pound.

Sausage Stuffing

1/4 pound bulk pork 2 tablespoons butter
1/2 sausage 1/8 teaspoon salt
2/3 cup fine dry bread crumbs 1/8 teaspoon pepper
1/4 cup water 1/8 teaspoon nutmeg
1/3 cup grated onion 1 egg

Combine all ingredients.

VEAL CHOP DINNER

4 1/2-inch veal chops 4 cups thinly sliced potatoes
2 tablespoons flour 2 cups thinly sliced onions
3 tablespoons oil 3 beef bouillon cubes
1/3 cup grated Parmesan cheese 3/4 cup hot water
1 teaspoon salt 1 tablespoon lemon juice
1/4 teaspoon pepper

Coat veal chops with flour and brown slowly in hot oil. Combine cheese, salt and pepper; sprinkle 2 tablespoons of mixture over meat. Cover with potato slices; sprinkle with 2 more tablespoons of cheese. Add onion slices and sprinkle with remaining cheese. Dissolve bouillon cubes in hot water; add lemon juice and pour over meat. Cover; simmer about 4 minutes or until potatoes are tender. Garnish with parsley. Yield: 4 servings.
VEAL CORDON BLEU

4 veal cutlets, 1/4-inch thick 1 egg
Salt 1 cup milk
4 slices Gruyere cheese 1/2 cup bread crumbs
4 slices boiled ham 1/4 cup (1/2 stick) butter
1/4 cup flour 4 lemon wedges

Pound cutlets until thin; salt and slash edges to prevent curling. Place 1 slice cheese and ham on 1/2 of each cutlet; fold over second half and pound together. Trim edges. Coat cutlets on both sides with flour; dip in combined egg and milk, then bread crumbs. Pat crumbs firmly around cutlets. Sauté in butter about 10 minutes on each side or until lightly browned. Serve with lemon wedges. Yield: 4 servings.

VEAL SCALLOPINI

1 1/2-pound veal steak, 1/2-inch thick 1/4 cup shortening
1 teaspoon salt 1 medium onion, thinly sliced
1 teaspoon paprika 1 small green pepper, cut in strips
1/2 cup oil 4 tablespoons lemon juice
4 tablespoons lemon juice 1 1/4 cups canned bouillon
1 clove garlic, minced 1/4 pound mushrooms,
1 teaspoon dry mustard sliced
1/2 teaspoon sugar
1/4 cup flour

Slice veal into serving pieces and place in single layer in shallow dish. Combine salt, paprika, oil, juice, garlic, mustard and sugar; pour over veal. Chill at least 15 minutes. Remove veal from marinade; lightly coat with flour. Brown veal in hot shortening over medium heat about 15 minutes. Add onion and green pepper. Combine bouillon with veal marinade; pour over veal. Cover and cook over low heat until veal is very tender, about 40 minutes. Sauté mushrooms in butter over low heat until tender, about 10 minutes. Add to veal and cook 5 minutes longer. Yield: 4 servings.

VEAL PARMESAN

1 pound thin veal steak 1 medium onion, minced
Salt and pepper 2 tablespoons butter
1 egg 1 can (6 ounces) tomato paste
2 teaspoons water 2 cups hot water
1/3 cup grated Parmesan cheese 1 teaspoon salt
1/3 cup fine dry bread crumbs 1/2 teaspoon marjoram
1/2 cup cooking oil 1/2 pound mozzarella cheese

Cut veal into 6 to 8 pieces. Sprinkle with salt and pepper. Beat egg with 2 teaspoons water. Dip veal in egg; then roll in mixture of cheese and crumbs. Heat oil in large skillet; fry veal until golden brown on both sides. Place veal in shallow baking dish. Sauté onion in butter until soft. Add paste mixed with hot water, salt and marjoram. Simmer for 1 hour, stirring occasionally. Pour most of the sauce over veal. Top with thin slices of cheese, then pour remaining sauce over cheese. Bake in 350°F. oven for approximately 30 minutes. Yield: 4 servings.

BAKED CHEESE FONDUE

5 eggs, separated 3/4 teaspoon salt
1 1/4 cups milk 2 cups (1/2 pound)
2 cups soft bread crumbs shredded Cheddar cheese
1/2 teaspoon dry mustard

Beat egg yolks; add milk, crumbs, seasonings and cheese. Fold in stiffly beaten egg whites. Pour into greased custard cups and place in pan of hot water. Bake in 325°F. oven until firm, about 30 minutes. Unmold and serve with Spanish Sauce. Yield: 6 servings.

Spanish Sauce
1/2 green pepper, chopped 2 cups canned tomatoes
1 small onion, chopped 1/2 cup mushrooms
2 tablespoons butter Salt and pepper

Sauté green pepper and onion in butter for 5 minutes or until tender. Add tomatoes and simmer 15 minutes. Add mushrooms and seasonings. Simmer 5 minutes.
BAKED GRITS

1 cup grits
2 teaspoons salt
4 cups boiling water
1 small onion, grated
1 clove garlic, minced
1 egg, well-beaten plus milk to equal one cup
1/8 teaspoon hot sauce
3/4 of 6-ounce roll garlic cheese, cubed
1/4 of 6-ounce roll garlic cheese, grated
1/4 cup (1/2 stick) butter

Cook grits in salted water. Add ingredients in order listed, reserving grated cheese for topping. Stir until cheese melts. Bake in greased 1 1/2-quart casserole at 350°F oven for 30 minutes. Sprinkle with grated cheese. Yield: 8 servings.

Variation: Cook 1 cup grits according to package directions. Remove from heat. Fold in 1 cup grated American cheese and 1 teaspoon garlic powder. Yield: 6 servings.

CHEESE STRATA

12 slices day-old bread
1/2 pound sliced Cheddar cheese
4 eggs
2 1/2 cups milk
1/2 teaspoon prepared mustard
1 tablespoon chopped onion
1 1/2 teaspoons salt
1/8 teaspoon pepper

Arrange 6 slices of bread (crusts trimmed) in 12 x 7 x 2-inch baking dish. Cover with cheese, then remaining bread. Beat eggs; add milk, mustard, onion, salt and pepper. Pour over bread. Let stand 1 hour. Bake in 325°F oven for 1 hour. Yield: 6 servings.

CHILI CORN BAKE

2 eggs, beaten
1 cup cream-style corn
1 cup commercial sou cream or thick buttermilk
1 cup yellow cornmeal
3 teaspoons baking powder
1 1/2 teaspoons salt
1/4 cup melted bacon drippings
1 1/3 cups grated Cheddar cheese
1 small can green chilies
1 small can sliced ripe olives

Combine eggs, corn and cream. Stir in mixed dry ingredients and drippings. Spread half this batter in a greased 9-inch square pan. Cover with half the cheese. Rinse chilies; remove seeds. Cut into strips and lay over cheese. Drain olives; sprinkle over chilies. Cover with rest of batter and cheese. Bake in a 350°F oven for 1 hour or until lightly browned. Cut into squares; serve warm. Can be reheated. Yield: 8 servings.

BROILED VENISON STEAK

Marinate 1-inch thick steak for 3 to 4 hours. Remove from marinade and rub with garlic. Brush with butter; broil 3 inches from source of heat for 12 minutes. Turn, brush with butter and continue broiling 12 minutes. Season with salt and pepper. Yield: 4 servings.

BRUNSWICK STEW

3 squirrels, cut
3 quarts water
1/4 cup diced bacon
1/4 teaspoon cayenne
2 teaspoons salt
1/4 teaspoon pepper
1 cup chopped onion
2 cups diced potatoes
2 cups lima beans
2 cups cut corn

Place squirrels in large saucepan; add water. Bring slowly to a boil; reduce heat and simmer 1 1/2 to 2 hours, or until tender, skimming surface occasionally. Remove meat from bones and return to liquid. Add remaining ingredients, except corn. Cook 1 hour longer. Add corn and continue to cook 10 minutes. Yield: 8 servings.

FRANKFURTERS WITH MASHED POTATOES

8 frankfurters
1/2 cup grated American cheese
2 cups seasoned mashed potatoes

Slit frankfurters lengthwise almost through, spread open and place cut side up on a greased baking sheet. Place 1/4 cup potatoes in each frankfurter; sprinkle with cheese. Bake in a 400°F oven for 10 to 15 minutes. Yield: 4 servings.

FRIED RABBIT OR SQUIRREL

1 rabbit or squirrel, cut
1 egg
Salt and pepper
1/8 teaspoon crushed oregano
2 tablespoons milk
1/4 cup flour
1/2 cup fine dry bread crumbs

Season meat with salt, pepper and oregano. Combine milk and egg; beat slightly. Coat pieces with flour, dip in egg mixture and then roll in crumbs. Brown in 1/2-inch hot shortening; reduce heat and cook 30 minutes or until tender. Yield: 2 servings.
HASENPFEFFER

1 rabbit, cut
Vinegar 1 teaspoon salt
Water 1/8 teaspoon pepper
1 onion, sliced 1 cup commercial sour cream
12 whole cloves
3 bay leaves

Marinate meat in equal parts of vinegar and water. Add onion, cloves, bay leaves, salt and pepper. Marinate 2 days, turning meat frequently, but keeping it entirely covered. Remove meat and pat dry. Brown on all sides in hot shortening; drain off fat and add enough of marinade to cover meat. Cover and simmer 30 minutes. Add sour cream and bring to a boil. Remove bay leaves and serve. Yield: 6 servings.

ROAST VENISON

For a tender cut from the leg or saddle of venison, make small slits in venison with a sharp knife and fill slits with bits of pork or bacon. Season with salt and pepper. Roast in 325°F oven for 20 to 25 minutes per pound.

SHEPHERD'S PIE

2 cups coarsely chopped cooked roast beef, veal or lamb
1 tablespoon flour
2 tablespoons cooking oil
2 1/2 cups leftover gravy
6 small onions, cooked and drained
1 cup cooked, cubed carrots
1 cup cooked green peas, drained
1/2 teaspoon salt
1/4 teaspoon pepper
1 egg, beaten
2 1/2 cups mashed potatoes

Coat meat lightly with flour; sauté in oil for 5 minutes, stirring constantly. Add gravy, onions, carrots and peas. Stir until blended and thoroughly heated. Season. Pour into greased 1 1/2-quart casserole. Mix egg and potatoes; spoon into ring on top of meat mixture. Bake in 425° F oven for 15 minutes or until gravy bubbles and ring is brown. Yield: 4 servings.

SMOKED SAUSAGE IN BROWN GRAVY

1 8-inch link smoked sausage
2 tablespoons flour
2 tablespoons shortening


STEWED RABBIT

2 rabbits
Salt and pepper
2 onions, minced
1 tablespoon butter
1 tablespoon flour
1 cup red wine
1 cup boiling water
1 clove garlic, minced
1 bay leaf
2 sprigs thyme
2 sprigs parsley

Season rabbit with salt and pepper. Sauté onion in butter until lightly browned. Add rabbit and brown well on all sides. Stir in flour and brown. Add garlic and seasonings and wine; simmer 10 minutes, stirring constantly. Add water and simmer 30 minutes or until tender. Yield: 4 servings.

VENISON KABOB

Marinate cubes of venison loin in 1/2 cup lemon juice, 1 cup salad oil, 1 1/4 teaspoons crushed oregano and 3 cloves minced garlic for 4 to 6 hours in the refrigerator.

Alternate meat cubes and green pepper, onions and tomatoes on skewers. Brush kabob with marinade; broil 4 inches from source of heat, turning several times and brushing with butter, until evenly brown on all sides, about 15 minutes.
COOKING WITH ENTERGY

WIENER STEW

2 tablespoons oil
1 tablespoon flour
3 tablespoons chopped celery
1/4 cup chopped green onions
2 1/2 tablespoons chopped green pepper
1 clove garlic, minced

6 wiens
1 can (8 ounces) tomato sauce
2 cans water
1/8 teaspoon pepper
3/4 teaspoon salt
1 teaspoon sugar
1 teaspoon parsley

Heat oil in heavy skillet over medium heat. Stir in flour and continue stirring until brown, about 3 minutes. Add celery, onion and green pepper and cook 3 minutes. Stir in garlic; add tomato sauce, water, pepper, salt and sugar. Bring to boil; add parsley. Cover, turn heat low and simmer 45 minutes. Cut each wiener into thirds; add to gravy. Continue cooking for 15 minutes. Yield: 4 servings.

BAKED MACARONI AND CHEESE

1 package (8 ounces) macaroni
2 cups (1/2 pound) cubed Cheddar cheese
2 cups milk
1 teaspoon salt
1/4 teaspoon pepper

Slowly add macaroni to 3 quarts rapidly boiling salted water. Cook, uncovered, for 7 to 10 minutes or until tender. Drain quickly in colander. Rinse macaroni in hot water. Add 3 tablespoons butter to prevent macaroni from sticking together. Place cooked macaroni, cheese, salt and pepper in alternate layers in buttered 11 1/2 x 7 1/2 x 1 1/2-inch oblong baking dish, ending with a layer of cheese on top. Pour milk over all. If desired, sprinkle with paprika. Bake in 350° F. oven for 35 to 45 minutes or until brown on top. Yield: 6 servings.

QUICK MEAL

1 package macaroni and cheese dinner
Shrimp or crawfish

1 can crab meat or substitute

Prepare macaroni dinner as instructed on box. Add cheese mix; add more cheese if desired. When done, add seafood; mix. Heat thoroughly. Yield: 4-5 servings.

BAKED LASAGNA

1 onion, minced
1 clove garlic, minced
1 pound ground beef
2 tablespoons shortening
1 can (16 ounces) whole tomatoes
1 can (8 ounces) tomato sauce
1 teaspoon oregano
1 1/3 tablespoons salt
1/4 teaspoon pepper
1/2 pound lasagna noodles
2 1/2 quarts boiling water
1 cup creamed cottage cheese
1/2 pound sliced Mozzarella cheese
1/4 cup grated Parmesan cheese

Sauté onion, garlic and meat in shortening over medium heat until redness disappears, about 15 minutes. Add tomatoes, tomato sauce, oregano, 1 teaspoon salt and pepper. Simmer, stirring occasionally about 45 minutes. In another saucepan, cook lasagna in water with remaining 1 tablespoon salt for 15 to 20 minutes. Drain. Pour 1/3 hot tomato-meat sauce in baking dish; add layer lasagna, 1/2 the cottage cheese, 1/3 Mozzarella slices and 1/2 the Parmesan cheese. Repeat layers as above, ending with remaining tomato-meat sauce and Mozzarella cheese. Bake in 350° F. oven for 20 minutes or until bubbly. Yield: 6 servings.

CRAWFISH SPAGHETTI

1/4 cup shortening
1 large onion, chopped
1/2 cup chopped celery
1/2 cup chopped parsley
2 cloves garlic, minced
1 can (1 pound 3 ounces) whole tomatoes
1 1/2 cups water
1 can (8 ounces) tomato sauce
Salt and pepper
2 pounds crawfish meat
1/2 cup sherry wine
1 pound spaghetti, cooked Grated Italian cheese

In a saucepan, melt shortening; add onion, celery, parsley and garlic. Sauté until golden brown and transparent. Add tomatoes, tomato sauce and water; season. Cover and simmer for 3 hours, stirring occasionally. Add crawfish and wine; continue cooking for 30 minutes. Add cooked spaghetti to sauce; mix well. To serve, sprinkle generously with cheese. Yield: 8 servings.
EGGPLANT LASAGNA

1/2 pound lasagna noodles  
1 medium eggplant  
2 eggs  
2 tablespoons water  
1 cup Italian bread crumbs  
2 tablespoons salad oil

16 ounces Mozzarella cheese, thinly sliced  
1 jar (29 ounces) meatless spaghetti sauce  
1/4 cup grated Parmesan cheese

Cook lasagna in boiling water until tender, about 15 to 20 minutes. Drain. Peel eggplant and cut into 1/2-inch slices. Dip slices into combined eggs and water, then into bread crumbs. Heat oil in a skillet and cook eggplant slices until tender, adding more oil when necessary. Drain on paper towels. In a greased 13 by 9-inch baking dish, arrange in layers, half of the noodles, eggplant, Mozzarella cheese and spaghetti sauce; repeat layers. Sprinkle Parmesan cheese over sauce. Bake in a 350°F oven for 30 minutes. Yield: 8 servings.

ROMAN HOLIDAY

1/2 pound spaghetti  
2 slices bacon, diced  
1 pound ground beef  
1 can (10 1/2 ounces) tomato soup  
1 medium onion, sliced  
1/4 pound sharp Cheddar cheese  
2 eggs

1/4 pound mellow Cheddar cheese  
1/2 cup olive salad mix  
1 can (4 ounces) mushroom pieces  
1 tablespoon chopped parsley  
Grated Parmesan cheese

Cook spaghetti until tender; drain. In a skillet, fry bacon until crisp; add meat and cook until brown, stirring often. Drain excess drippings. Place soup, onion, garlic, cheese, 1/4 cup olive mix and 1/2 the mushrooms in blender container. Blend until smooth. Add to meat mixture with parsley, remainder of mushrooms and olive mix. Stir until blended and thoroughly heated. Combine with spaghetti. Place 1/2 the mixture in casserole; sprinkle generously with Parmesan cheese. Repeat and top with Parmesan cheese. Bake in a 325°F oven for 30 minutes. Yield: 6 servings.

RAVIOLI

Pasta:

3 cups flour  
1/4 teaspoon salt  
1 cup warm water

2 eggs  
2 tablespoons butter

Sift flour and salt together. Place on a board, drop eggs in center, add butter and mix. Gradually add enough water to make a rather stiff dough. Knead until smooth; cover and let stand about 10 minutes. Cut in half; roll on lightly floured board until very thin.

Filling:

1 cup minced cooked chicken  
1 cup chopped cooked spinach  
1/2 cup bread crumbs  
1/3 cup grated Parmesan cheese  
1/4 teaspoon pepper

Blend all ingredients, except eggs. Gradually add enough beaten egg to hold mixture firmly together. Drop teaspoonfuls of filling, about 2 inches apart, on one sheet of dough until filling is used. Then cover with other sheet. With finger tips, gently press around each mound of filling to form a little filled square. Cut squares apart with pastry cutter. Place 8 quarts of salted water into deep pot. When rapidly boiling, cook ravioli about 10 minutes or until dough is tender. Remove carefully with perforated soup skimmer. Place serving portions on individual heated plates; top with Tomato Sauce (see recipe page 41); sprinkle with grated Parmesan cheese. Yield: 6 servings.

FETTUCCINE VERDI

3 quarts water  
1 1/2 tablespoons salt  
8-ounces green noodles or egg noodles

1/2 cup (1 stick) butter  
1/2 cup freshly grated Parmesan cheese  
Freshly ground black pepper

In a large saucepan, bring water to boiling point. Add salt and noodles gradually while stirring constantly. Boil rapidly, stirring occasionally, until noodles are tender, about 8 minutes. Drain well. Place noodles in a skillet over low heat. Gradually stir in softened, not melted, butter and grated cheese alternately while lifting and turning noodles with a fork. Toss until noodles are evenly coated. Quickly remove to serving dish; sprinkle with pepper. Serve immediately. Yield: 4 servings.
STUFFED MANICOTTI

2 tablespoons oil
1 clove garlic, minced
3/4 cup minced onion
2 cans (8 ounces each)
tomato sauce
1 tablespoon flour
1 teaspoon salt
2 teaspoons oregano
1 teaspoon basil
1 teaspoon sugar
1/4 teaspoon pepper

2 1/2 cups water
1 can (4 ounces) mushroom pieces, drained
1 pound ground beef
1 pound ricotta cheese
1 teaspoon basil
12 manicotti shells, cooked
1 cup shredded Mozzarella cheese

In a skillet, heat oil and stir in garlic and 1/4 cup onion. Add tomato sauce. Combine flour and seasonings; stir into tomato mixture. Add water and mushrooms. Bring to a boil, reduce heat and simmer uncovered, 20 to 25 minutes. Brown ground beef and remaining 1/2 cup onions; pour off excess fat. Stir in ricotta cheese and basil. Stuff shells with meat mixture. Arrange in 9 x 13 x 2-inch casserole; pour sauce over manicotti, making sure all shells are covered. Cover casserole and bake in 400°F. oven for 45 to 60 minutes. Remove cover and sprinkle with Mozzarella cheese; continue baking for 5 minutes or until cheese melts. Yield: 6 servings.

STUFFED TUFOLI

Tomato Sauce:
1 cup chopped onion
2 cloves garlic, minced
1 1/2 tablespoons olive oil
1 can (16 to 17 ounces) Italian-style tomatoes
1/4 teaspoon oregano

1 cup beef stock or water
3 tablespoons tomato paste
1 bay leaf
1/4 teaspoon salt
1/8 teaspoon pepper

Sauté onions and garlic in olive oil until golden, stirring frequently. Add tomatoes, beef stock, tomato paste, bay leaf, salt and pepper. Simmer, uncovered, for 2 hours, adding water if necessary. Add oregano and simmer 15 minutes. Yield: 2 1/2 cups.

Stuffing:
1 large onion, minced
1 large green pepper, minced
1 stalk celery, minced
4 cloves garlic, minced
1/4 cup olive oil
1/2 pound ground beef
1/3 pound lean pork
1 package (10 ounces) frozen chopped spinach, thawed

1 cup grated Pecesan cheese
1/4 cup minced parsley
2 hard-cooked eggs, minced
1 cup bread crumbs
2 eggs, well beaten
1 1/2 teaspoons oregano

Salt and pepper

12 ounces Tufoli (size 29)

Sauté onion, pepper, celery and garlic in olive oil until tender; add ground beef and pork. Cook, stirring constantly, until red color disappears. Add spinach, cheese, parsley, and hard-cooked eggs. Continue cooking until mixture is well blended. Add bread crumbs, eggs and oregano. Season with salt and pepper. Cook until mixture is firm. Cook tufoli in boiling salted water, about 12 minutes or until tender, but firm; drain. Stuff with meat mixture and arrange in baking dish. Cover with Tomato Sauce and bake in 350°F. oven for 20 minutes. Yield: 42 stuffed Tufoli.

TURKEY TETRAZZINI

1/2 cup sliced mushrooms
1/2 cup thinly sliced onion
4 tablespoons (1/2 stick) butter
1/4 cup flour
2 cups chicken broth or bouillon
1 cup light cream
1 teaspoon salt

1/4 teaspoon pepper
1/2 cup shredded American cheese
1/2 teaspoon poultry seasoning
1 package (8 ounces) spaghetti, cooked and drained
3 cups diced cooked turkey

**CHEESE PIZZA**

1 can (8 ounces) tomato sauce
1/4 cup chopped onion
1 teaspoon garlic salt
1/2 teaspoon oregano
12-inch pizza crust, unbaked

1 cup shredded Mozzarella cheese
1/4 cup chopped onion
1/2 cup sliced stuffed olives
1/2 cup grated Parmesan cheese

Combine tomato sauce, onion, garlic salt and oregano. Spread over unbaked pizza crust. Cover sauce with Mozzarella. Sprinkle olives and mushrooms over top; cover with Parmesan. Bake in 425° F oven for 20 to 30 minutes or until crust is light brown and cheeses are melted. Yield: 6 servings.

**Variations:** Add pickled banana peppers, browned Italian sausage, salami bits or thin slices of pepperoni.

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**CHOP SUEY**

1/2 cup thinly sliced onion
1/2 cup diagonally-cut strips green pepper
1 teaspoon salt
3 tablespoons cooking oil
1 cup diagonally-cut strips celery
4 chicken bouillon cubes dissolved in 4 cups boiling water

2 tablespoons cornstarch
1 tablespoon cold water
1 can (16 ounces) bean sprouts, drained
2 tablespoons soy sauce
1 tablespoon sugar
2 cups cooked chicken, cut in narrow strips*

Sauté onion, green pepper and salt in oil 5 minutes. Add celery and bouillon and simmer 5 minutes longer. Mix cornstarch with cold water; add to onion mixture and bring to boil, stirring constantly. Stir in remaining ingredients. Cook until thoroughly heated. Yield: 4 servings.

*When using uncooked chicken or meat, use 1 pound, cut in strips and sauté in the oil.

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**EGGS BENEDICT**

2 English muffins, split or 4 slices ham
2 four 3-inch bread rounds, 4 poached eggs, toasted

Butter muffins. Broil or sauté ham slices. Place on muffins. Top with eggs and Hollandaise sauce (recipe page 40). Yield: 4 servings.

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**EGGS HUSSARDE**

2 thin slices ham, grilled
2 slices tomato, grilled
2 Holland rusks
2 eggs, poached
1/4 cup Marchand de vin Sauce
3/4 cup Hollandaise sauce

Place ham slice on rusk, cover with Marchand de vin Sauce (recipe page 46). Cover next with tomato, then egg. Top with Hollandaise Sauce (recipe page 40). Garnish with paprika. Yield: 1 serving.

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**EGGS SARDOU**

8 artichokes
8 rounds of buttered toast
2 tablespoons butter
8 eggs, poached
1/2 pound boiled ham, chopped
16 anchovies, Salt and pepper

Boil artichokes, cool and scrape tender part of leaves, remove hearts and mash. Season with butter, salt and pepper; heat and put on buttered toast. Place poached egg on top, cover with anchovies and ham. Top with Cote D’or Sauce (recipe page 46). Yield: 8 servings.
PLAIN OMELET

3 eggs
3 tablespoons iced water
1 tablespoon butter
1/4 teaspoon salt
Dash pepper

With a fork beat eggs, water, salt and pepper until blended, not frothy. Heat butter in an 8-inch skillet, with slanted sides, over medium high heat until butter sizzles. Pour in egg mixture and continuously shake skillet back and forth to keep mixture in motion, about 2 or 3 minutes. At the same time, with a fork (tines up and parallel to skillet) rapidly stir through top of uncooked egg, keeping omelet an even depth. When mixture is set, cook about one minute to brown the bottom slightly. Remove from heat and with a spatula make a shallow off-center cut and fold smaller side over lower half. Lift onto serving plate. Yield: 2 servings.

Variations:
Cheese: When omelet is almost set, place 1/2 cup grated Cheddar cheese down center. Let stand 1 minute. Fold omelet and top with 1 tablespoon Parmesan cheese and chopped parsley.
Herb: Add 1 tablespoon of each of the following: chopped parsley, olives and onion and 1 clove minced garlic, to hot butter, saute 1 minute. Add egg mixture. Follow directions above.

PUFFY OMELET

6 eggs, separated
6 tablespoons hot water
1 1/2 tablespoons butter
3/4 teaspoon salt
1/8 teaspoon pepper

Beat whites until stiff. Beat yolks until thick and lemon colored. Beat in water; add salt and pepper. Fold yolks into beaten white. Melt butter in omelet pan; grease sides of pan. Turn egg mixture into pan; cover and cook over low heat until puffy and light brown underneath. Place in 350° F. oven 10 to 15 minutes or until knife inserted in center comes out clean. Do not overcook. Loosen sides of omelet; cut through center. Fold 1/2 over the other; serve at once. Yield: 4 servings.

CHEESE OMELET

1/3 cup water
6 eggs
1 teaspoon salt
2 tablespoons shortening
1/4 teaspoon pepper

Put all ingredients, except shortening, in blender container; cover and blend until smooth. Melt shortening in omelet pan; pour in egg mixture. Cook over low heat until puffed and delicately browned underneath; then bake in 325° F. oven for 15 minutes or until top is browned. Turn onto heated serving platter. With a spatula make a shallow, off center cut and fold smaller side over lower half. Yield: 4 servings.

BLENDER TIPS

Curdled Sauce: Blend hot sauce about 30 seconds or until smooth and free of lumps.

Bread Crumbs: Tear 1 slice of bread into 5 pieces. Turn blender on and drop pieces of bread into container.

Grated Coconut: Cover blender blades with coconut milk. Add coconut pieces; switch blender on and off twice. Drain.

Chopped Nuts: Process about 1 cup shelled nuts at a time on low speed.

Grated Cheese: Turn blender on; drop 1-inch cubes of very cold, hard cheese into container. 4 ounces equal 1 cup.

Grated Onion: Cut onion into six wedges. Turn blender on; drop onion pieces, one at a time, into container.

Sour Cream: Blend on high speed until smooth 2 tablespoons milk, 1 tablespoon lemon juice and 1 cup creamed cottage cheese.

Grated Carrots: Split 4 to 6 carrots in half lengthwise; cut into 1-inch pieces. Place 1 1/2 cups water in blender container; add carrots. Flick blender on and off twice. Drain.
HAM-EGGS SCRAMBLE

1 small onion, minced
1/2 green pepper, minced
1/4 cup oil
1/4 pound chopped ham
Dash hot sauce

1 boiled potato, chopped
1 dozen eggs
3/4 cup milk
Salt and pepper

Sauté onion and green pepper in oil. Add ham and potatoes; cook until potatoes are browned. Beat eggs with milk and season with salt, pepper and sauce. Pour over potatoes; cook until eggs are soft-cooked. Yield: 8 servings.

SCRAMBLED EGGS AND RICE

1/4 cup (1/2 stick) butter
3 cups cold cooked rice
3 eggs
1/8 teaspoon pepper

In a skillet, melt butter over medium heat. Add rice; stir quickly so rice will not stick and is well-coated with butter. Beat together eggs, milk, salt and pepper; pour over rice. Using a pancake turner, turn rice mixture until eggs are thoroughly blended in and cooked, but still moist. If desired, add minced parsley, green onion or a strip of cooked bacon, crumbled, over rice. Yield: 4 servings.

POTATO AND EGG SCRAMBLE

2 slices bacon
2 cups thinly sliced raw potatoes
Dash pepper

1 teaspoon salt
4 eggs, beaten
1/4 cup milk

In a skillet, cook bacon until crisp. Remove bacon and add potatoes. As the potatoes begin to brown, sprinkle with salt. Continue frying potatoes until they are well browned. Cover skillet and cook over low heat until potatoes are tender. Combine eggs, milk and pepper. Pour over potatoes in the skillet and cook slowly, stirring occasionally, until eggs are set. Crumble bacon and add it just before taking the skillet from the heat. Serve at once. If desired, sliced boiled potatoes may be used instead of raw potatoes. Yield: 4 servings.

QUICHE LORRAINE

4 slices crisp bacon, chopped
4 thin slices onion, sautéed
8-inch pie shell, baked
8 thin slices ham, shredded

8 thin slices Swiss cheese
1/4 teaspoon dry mustard
3 eggs, beaten
1 cup light cream, heated
Nutmeg

Sprinkle bacon and onion in pie shell. Add half the ham; top with 4 slices cheese. Add remaining ham and cheese. Add mustard to eggs; slowly beat in cream. Pour over ham and cheese; let stand 10 minutes. Sprinkle with nutmeg. Bake in 350° F. oven 40 minutes. Yield: 6 servings.

HOT STUFFED EGGS IN CHEESE SAUCE

4 hard-cooked eggs
4 tablespoons finely minced ham or tongue
3 cups cooked rice
1 cup grated cheese

1/4 cup (1/2 stick) butter
4 tablespoons flour
Salt and pepper
2 cups milk

Cut eggs crosswise in halves; remove the yolks and mix with ham. Season to taste and refill halves. Place rice on serving dish and surround with stuffed eggs. Make a cheese sauce by melting the butter in a saucepan; stir in flour, salt and pepper. Gradually add milk and cook until sauce thickens. Stir in cheese. Pour sauce over the eggs. Pour a little melted butter over the rice and top with minced parsley and bits of ham or tongue. Yield: 4 servings.
SPANISH OMELET

1/2 green pepper, minced
1 tablespoon minced onion
2 tablespoons shortening
6 stuffed olives, sliced
1 3/4 cups cooked tomatoes
1 tablespoon capers

Sauté pepper and onion in shortening until tender but not brown. Add olives and tomatoes; cook until thick. Add remaining ingredients. Place 1/4 cup sauce on omelet before folding and pour remaining over top. Yield: 4 servings.

HASH

2 tablespoons butter
1 1/2 cups cooked meat, chopped
2 cups diced cooked potatoes
1/4 cup chopped parsley
1 tablespoon chopped onion
1/3 cup cream, milk or stock
Salt and pepper

In a heavy skillet, melt butter. Combine remaining ingredients and spread evenly in the skillet. Cook very slowly until browned on bottom, about 40 minutes. Fold like an omelet and turn out onto platter. If you like crisp brown bits throughout the hash, stir and scrape along the bottom from time to time. Yield: 4 servings.

KIDNEY STEW

1 1/4 pounds beef kidney
2 tablespoons flour
1/2 teaspoon salt
Dash pepper
4 carrots, diced
2 tablespoons oil
1 onion, diced
1 cup water
1 bouillon cube

Remove membrane and hard parts from kidney and cut into 1-inch pieces. Coat with flour seasoned with salt and pepper; brown in oil. Stir in onion. Add water and bouillon cubes; simmer 1 1/2 hours. Add carrots and cook until tender, about 15 minutes. Serve over rice. Yield: 6 servings.

ENCHILADAS

1 pound ground beef
1 clove garlic, minced
1 teaspoon chili powder
1 medium onion, minced
12 tortillas
1 recipe Enchilada Sauce*
1/2 pound sharp cheese, grated

Brown beef, garlic and chili powder. Dip tortillas in hot Enchilada Sauce and fill with cheese, onions, and ground beef mixture. Roll and place with folded edges down in baking dish. Pour hot sauce over rolls; sprinkle with remaining cheese. Bake in 350°F oven for 15 minutes or until cheese melts. Yield: 6 servings.

*Enchilada Sauce

1/4 cup oil
1 medium onion, minced
1 clove garlic, minced
1 can (8 ounces) tomato paste
2 cups water
2 teaspoons chili powder
1 teaspoon vinegar
1 teaspoon sugar
1/2 teaspoon oregano
1/2 teaspoon salt
1/8 teaspoon cayenne

Heat oil in saucepan; add onion, garlic and tomato paste; simmer 2 or 3 minutes. Add remaining ingredients and bring to a boil. Reduce heat and simmer 15 minutes. Yield: 2 cups.

TACOS

1 pound ground beef
1 clove garlic, minced
1/2 medium onion, grated
1/2 teaspoon Worcestershire sauce
8 tortillas, uncooked
1 tablespoon chili powder
1/8 teaspoon pepper
1/2 cup oil
2 teaspoons salt
Lettuce and tomatoes, chopped

Mix beef, garlic, onion, Worcestershire, salt, chili powder and pepper. Heat 2 teaspoons oil in skillet; add meat mixture and cook until brown. Keep hot. Heat remaining oil in separate skillet and fry one tortilla at a time. As tortilla is frying, fold it over in half (pocket book fashion) before it becomes brittle; fry until brown and drain. Fill pocket with small amount of beef mixture, top with lettuce and tomatoes. Serve at once. Yield: 4 servings.
HOT TAMALEs

- 3-pound beef round
- 1/2 pound pork shoulder
- 1/2 stalk celery
- 7 large onions
- 1 green pepper, halved
- Salt and pepper

Place meat, celery, onion, garlic and green pepper in enough water to cover. Cook until meat is tender. Strain. Reserve stock. Remove bones and excess fat. Grind meat and all the seasonings. Place meat mixture in large saucepan; add oil, 1/2 the chili powder, tomato paste, salt and pepper. Cook over medium heat 10 minutes, stirring constantly. To corn meal, add remaining chili powder, shortening, salt, pepper and boiling stock to form soft mush. Cook over very low heat until it is a moist, firm mush, about 1/2 hour. Soak corn shucks (which have been cleaned and cut) in hot water; drain. Spread mush on shucks or parchment paper squares, put meat in center of mush and roll loosely. Fold ends of shuck up along side of tamale. Place in large container with small amount of water to steam 2 hours. Let stand 1/2 hour. Yield: approximately 125 tamales.

To Freeze: Do Not Steam. Place chilled tamales in moisture-vapor-proof containers or bags.

To serve: Unwrap frozen tamales and steam according to directions above for 3 hours; let stand 30 minutes.

LIVER A LA LYONNAISE

- 2 large onions
- 2 tablespoons butter
- Salt and pepper

Slice onions into 1/8-inch slices. In skillet, sauté onions in butter until golden brown, about 10 to 15 minutes. Remove onions and add liver slices which have been coated with well seasoned flour; cook for 2 to 3 minutes. Turn and pile onions on cooked side; continue to cook until other side of liver is brown. Do not overcook as liver toughens easily. Yield: 4 servings.

Broiled Liver: Dip slices of liver into melted butter. Broil 3 inches from source of heat, 1 minute per side for thinner slices or 1 1/2 minutes per side for thicker slices. Season to taste. Sprinkle with minced parsley.

PANNED CABBAGE AND CORNED BEEF

- 3 tablespoons oil
- 3 quarts shredded cabbage
- 1 can (12 ounces) corned beef

Heat oil in a large saucepan; add cabbage which has been rinsed in cold water. Cook for 10 to 15 minutes, stirring thoroughly. Add corned beef which has been broken into small pieces. Continue cooking until corned beef is blended in and thoroughly heated, about 5 minutes. Season and stir in vinegar. Yield: 6 servings.

Variation: Cook 1 chopped onion with cabbage. Substitute 1 pound frankfurters for corned beef and continue cooking 10 minutes longer.

PIZZA DOUGH

- 2 1/2 to 3 cups unsifted flour
- 1 package yeast
- 1 1/2 teaspoons sugar
- 2 teaspoons salt

In a large bowl, mix 1 cup flour, sugar, salt and undissolved yeast. Gradually add hot water and oil to dry ingredients and beat one minute on low speed of electric mixer, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, until doubled in bulk, about 45 minutes. Punch down dough and divide in half. Press each piece of dough into a greased 12-inch pizza pan, forming a standing rim of dough. Yield: 2 pizza shells (12 inches each).
COOKING WITH ENTERGY

BACON FOR A CROWD

To cook bacon in the oven: Place separated slices on a rack in a shallow pan. Bake at 400° F. for 10 minutes or until crisp.

BARBECUED SPARERIBS

3 pounds spareribs
1 tablespoon shortening
1 onion, minced
6 tablespoons lemon juice
3 tablespoons vinegar
1/4 teaspoon pepper

1 tablespoons Worcestershire sauce
3 tablespoons brown sugar
1 cup chili sauce
1 1/2 teaspoons salt

Cut ribs into 6 servings. Heat shortening over medium heat. Add ribs and brown slowly on both sides. Remove ribs; stir in remaining ingredients. Mix thoroughly. Return ribs; bring to boil. Turn heat low; cover and cook 1 to 1 1/2 hours or until meat is tender. Yield: 6 servings.

BREADED PORK CHOPS

6 pork chops, 1-inch thick
1 teaspoon salt
2 eggs, slightly beaten

1 cup seasoned bread crumbs

Season chops with salt; dip into beaten eggs, then into seasoned bread crumbs. In a skillet, brown chops in 1/4-inch hot shortening until a rich golden brown on both sides. Arrange chops in a single layer in baking pan. Cover with foil. Bake in a 375° F. oven for 1 hour. Yield: 6 servings.

BROILED HAM STEAK

Ham steak, 3/4 to 1 inch thick
1/4 cup brown sugar

1 tablespoon prepared mustard

Slash fat of ham at intervals to prevent curling. Broil about 3 inches from heat, turning once. Broil 3/4-inch slice for 10 to 12 minutes; 1-inch slice for 14 to 16 minutes. To glaze ham steak, spread with mustard and sprinkle with brown sugar after turning.

CANADIAN BACON

To Pan Fry: Slice 1/8 inch thick. Remove casing. Fry slowly over low heat, turning frequently to brown.

To Broil: Slice 1/4 inch thick. Remove casing. Broil 3 inches from source of heat, about 5 minutes on each side. Turn to brown evenly.

To Bake: Remove casing. Place, fat side up, on rack in open pan. For 4 pounds, bake in a 325° F. oven for 2 hours, 170° F. on meat thermometer. After baking, score surface, stud with cloves, and cover with combination of brown sugar and orange or peach marmalade, or crushed pineapple. Return to 400° F. oven for 10-15 minutes.

COLA GLAZED HAM

Whole cloves
1 cup of brown sugar
2 1/2 cups cola beverage

1 tablespoon prepared mustard

One hour before end of baking period, remove rind of ham and fat; score top of ham. Insert a clove in each square. Combine sugar and mustard; spread over top of ham. Baste with 1/2 cup cola beverage. Continue baking, basting every 15 minutes with 1/2 cup of beverage.

HOW TO MAKE SAUSAGE

1 1/2 pounds lean pork
1/2 pound pork fat
2 teaspoons sage

1 tablespoon salt
2 teaspoons pepper

Chop pork coarsely. Grind to fine, medium or coarse grain according to taste. Add seasonings. Form into patties, about 4 ounces each, or loosely force into casings. Broil patties 5 inches from source of heat or sauté in oil until well done. Turn frequently to brown evenly. Drain well.

To Cook Link Sausage: Cook in about 1/2 inch boiling water for 4 to 6 minutes. Pour off water; add small amount of oil and sauté until well done. Turn frequently to brown evenly.
HEAD CHEESE

1/2 pig's head, 6 to 7 pounds
4 veal knuckles, 2 pounds
1 pig's tongue
4 teaspoons salt
2 large onions, quartered
3 green onions
6 celery tops
1 tablespoon minced parsley

4 whole cloves
1 small green pepper, sliced
4 sprigs parsley
1 carrot, sliced
15 peppercorns
1 teaspoon cayenne

Have butcher trim snout and crack head. Clean head by removing eyes and ears; singe head and remove excess hairs. Soak head and knuckles in salt water (1/2 cup salt to 1 gallon water) for 3 to 5 hours to draw out all blood. Drain from salt solution and rinse well in clear water. Place head, knuckles and tongue in large saucepan and cover with water. Add 3 teaspoons salt, onion, celery, cloves, green pepper, parsley, carrot, bay leaf, peppercorns and 1/2 teaspoon cayenne. Bring to a boil and simmer slowly until meat is tender and falls easily from bones, about 4 hours. (Remove tongue from water after it has cooked until tender, about 1 1/2 hours. Remove skin and excess tissue from root end of tongue.) Drain meat and reserve liquid. Remove rind and gristle from head and knuckles. Chop meat and place into bowl. Season with remaining 1 teaspoon salt and 1/2 teaspoon pepper; add minced parsley. Skim fat from cooled liquid in which head was cooked; heat to lukewarm temperature. Place meat into two 9-inch loaf pans and cover with lukewarm cooking liquid. Chill at least 48 hours. Yield: about 6 pounds.

MUSTARD GLAZED HAM

1 cup brown sugar
2 tablespoons flour
2 tablespoons prepared mustard
1 small green pepper, sliced
8 pineapple slices
8 maraschino cherries

Combine sugar, flour and mustard; add pineapple juice to make a smooth, thick paste. Spread over scored ham. Top with well-drained pineapple slices and cherries, secure with foodpicks. Continue baking ham for 30 minutes as directed.

ORANGE GLAZED HAM

1 cup orange juice
8 thin orange slices, peeled, sliced
3/4 cup brown sugar

Spread surface of scored ham with combined orange juice, peel, sugar and mustard. During baking period, baste frequently with pan juice. Garnish with orange slices.

ORIENTAL BARBECUED SPARERIBS

2 to 3 pounds spareribs
4 green onions, cut in 2-inch pieces
4 cloves garlic, sliced
2 tablespoons chili sauce
2 tablespoons tomato catsup
1 teaspoon salt

To steam ribs: pour 2 cups water in broiler pan, place ribs on broiler grid over water and cover with foil. Bake in 450° F. oven for 10 minutes; reduce temperature to 350° F. for 35 minutes. Combine all ingredients, except honey, and pour over steamed ribs in shallow dish. Marinate in refrigerator for 2 to 3 hours, turning often. Remove from marinade, brush both sides with honey and broil for 10 minutes. Turn and broil 5 minutes. Cut into serving pieces. Yield: 4 servings.

PICKLED PIG’S FEET

Pig’s feet
2 quarts vinegar
1 small red pepper
2 tablespoons grated horseradish
1 bay leaf

Scald, scrape and clean feet thoroughly; sprinkle lightly with salt and let stand 4 to 8 hours. Wash feet well in cool water. Place in hot water and cook until tender, but not until meat can be removed from bones. Pack into clean jars. Mix vinegar and spices; bring to a boil. Pour over feet to within 1/2 inch of top of jar. Adjust caps and process in boiling-water bath for 90 minutes.
PORK CHOP CASSEROLE

4 lean pork chops, 1 can (10 1/2 ounces) beef consomme
1/4 to 1/2 inch thick 1 can (10 1/2 ounces)
Salt and pepper onion soup
2 tablespoons shortening 1/4 cup (1 stick) butter
1/2 cup chopped parsley 1 cup rice
1/2 cup water sliced

Slash fat of pork chops; season with salt and pepper. In a skillet, brown chops in shortening on both sides over medium heat. Remove chops and pour off drippings. To the same skillet, add butter and rice; cook, stirring constantly, until rice is tan in color, about 10 minutes. Place rice in a 10-inch casserole dish; stir in consomme, onion soup and water. Arrange chops in single layer on top. Cover casserole and bake in a 350° F. oven for 1 hour. Remove from oven and sprinkle with parsley. Yield: 4 servings.

PORK CHOP DINNER

2 tablespoons shortening 4 pork chops, 1/2-Inch thick
Salt and pepper 1/2 cup chicken broth
4 teaspoons salt 4 medium carrots,
1/8 teaspoon pepper peeled and sliced

Heat pressure saucepan; add shortening. Season chops with salt and pepper. Brown chops in shortening on both sides. Add chicken broth. Place vegetables on top of chops on rack; sprinkle with additional salt and pepper. Cover and cook at 15 pounds pressure 10 minutes. Place saucepan under cold running water to reduce pressure. Yield: 4 servings.

SMOKED PORK CHOPS

To Pan Fry: Preheat electric skillet to 340° F. Add 1 tablespoon shortening and fry chops 5 minutes on each side, or until golden brown.

To Broil: Broil about 5 minutes on each side, 3 inches from source of heat.

ROAST SUCKLING PIG

Wash and dry a 10 to 16 pound suckling pig and rub inside and out with a mixture of 1 teaspoon each of monosodium glutamate, salt and 1/2 teaspoon pepper. Fill cavity with stuffing (below) and sew up the cavity. Cover ears and tail with foil and put a piece of wood 2 inches thick in the pig's mouth. Place in large roasting pan; brush with melted butter and roast in 350° F. oven for 3 1/2 to 4 hours, depending on size. Baste about every 30 minutes with melted butter or drippings. Remove the pig to heated platter and discard foil. Remove wooden block and replace with crabapple. Put cranberries in eyes.

Stuffing

1 cup chopped onion 3 anchovies, chopped
4 tablespoon (1 stick) butter 1 teaspoon thyme
6 cups bread crumbs 1 teaspoon salt
2 eggs, beaten 1/2 teaspoon pepper
1 cup dry white wine

Sauté onions in butter. Stir in remaining ingredients.

SKILLET HAM CASSEROLE

2 tablespoons butter 1/2 cup chopped green pepper
3 medium potatoes, thinly sliced 2 cups julienne strip ham
Salt or 1 can (12 ounces)
Pepper lunch meat
1/2 cup chopped onion 5 slices processed Swiss cheese

Melt butter in skillet over medium heat. Spread half the potato slices over bottom; sprinkle with salt and pepper. Top with half of onion, green pepper and meat. Repeat layers. Cover and cook over low heat until potatoes are tender, about 20 minutes. Top with cheese slices, cover and heat until cheese melts. Yield: 6 servings.
Spareribs and Sauerkraut

2 pounds pork spareribs
Salt and pepper
1 tablespoon shortening
1 cup water
3 tablespoons sugar
3 tablespoons chopped onion
1/2 teaspoon caraway seeds
1 can (16 ounces) sauerkraut
1 tablespoon shortening

Cut ribs into serving pieces; season with salt and pepper. In a heavy saucepan, brown ribs in shortening on both sides. Drain off excess fat. Add 1/4 cup water. Wash sauerkraut if very tart; add remaining 3/4 cup water and ingredients. Spoon sauerkraut over ribs. Simmer covered, until ribs are done, about 1 to 1 1/2 hours. Yield: 4 servings.

Spareribs with Sauerkraut

2 1/2 pounds spareribs
1 can (No. 2) sauerkraut
1 tablespoon shortening
1 tablespoon brown sugar
1 teaspoon salt
4 medium Irish potatoes
1/8 teaspoon pepper
2/3 cup water

Brown spareribs in hot shortening in pressure saucepan. Add salt and pepper. Put sauerkraut in bottom of pan and sprinkle with sugar. Place ribs and peeled potatoes over kraut. Add water. Cover and cook at 10 pounds pressure for 20 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under cold running water. Yield: 4 servings.

Stuffed Pork Chops

4 pork chops, 1 inch thick
Salt and pepper
1 tablespoon minced onion
1/2 cup minced celery
2 tablespoons shortening
1 cup bread crumbs
1/2 teaspoon salt
1/8 teaspoon pepper
1 bouillon cube dissolved
in 1 cup boiling water

Slit a pocket in each chop. Season; brown in Electric Skillet set 350° F. 8 to 10 minutes. Prepare stuffing by sautéing onion and celery in shortening. Stir in crumbs, salt, pepper and sage; mix thoroughly. Stuff each chop with 2 tablespoons of stuffing and place 2 tablespoons on top. Return chops to skillet; add bouillon. Cover and cook 30 minutes at 225° F. in Electric Skillet or until chops are well done. Yield: 4 servings.

Sweet-Sour Spareribs

4 pounds spareribs, cut in strips 4 inches wide and 8 or 10 ribs long
1 teaspoon salt
1/2 teaspoon powderd ginger
1/2 cup brown sugar
2 tablespoons soy sauce
1/2 cup vinegar
1/4 cup water
1 clove garlic, minced

Weave ribs on spit of rotisserie. Hold in place with end skewers. Place spit in position and rotiss 1 hour. Baste often with sauce made by blending remaining ingredients until smooth. Yield: 4 servings.

Barbecued Chicken

3 pound chicken, cut
3 tablespoons
2 tablespoons shortening
Worcestershire sauce
1 onion, chopped
1 cup catsup
2 tablespoons vinegar
1 1/2 teaspoons mustard
2 tablespoons brown sugar
1 1/2 teaspoons chopped celery
Salt and pepper

Season chicken with salt and pepper; brown in shortening. Remove chicken and place in casserole dish. Add onions to shortening and brown. Add remaining ingredients; simmer for 30 minutes. Pour over chicken. Bake, uncovered, in 350°F. oven for 45 minutes. Yield: 6 servings.

Braised Game Birds

Sprinkle birds with salt, pepper and flour. Brown in butter or bacon fat; add water or stock to depth of 1-inch; cover Dutch oven. Cook over low heat or in 325°F. oven for 35 minutes or until fork tender. Remove birds and thicken juice in pan with browned flour. Season to taste with salt, pepper and sherry. Allow 1 per person.

Broiled Game Birds

Split birds down the back to spread open. Sprinkle with salt and pepper; rub well with butter or oil. Place, skin side down, on broiler grill. Broil 4 inches from source of heat for 10 minutes; brush with butter, turn and brush with butter again. Broil 5 to 10 minutes or until done. Serve with drippings. Allow 1 per person.
BROILED CHICKEN

Place a broiler-fryer, split in half lengthwise, in broiler pan (not on grid). Squeeze 1 lemon over chicken; brush with melted butter. Combine 1 teaspoon salt, 1 teaspoon sugar, 1/8 teaspoon pepper and 1/4 teaspoon paprika; sprinkle over chicken. Turn chicken skin side down. Broil 6 to 8 inches from source of heat for 40 to 60 minutes, turning and brushing with butter two or three times. When done, the drumstick should twist out of the thigh joint readily without damage to skin.

*Basting Sauce for Poultry*: Combine 1/4 cup melted butter, juice of 1 lemon, 1 teaspoon garlic salt, 1 teaspoon seasoned salt, 1/4 teaspoon seasoned pepper and 2 tablespoons soy sauce. Yield: 1/2 cup.

CHICKEN BACKS AND WINGS FRICASSEE

- 4 chicken backs
- 8 chicken wings
- 1/2 cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup cooking oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 tablespoon chopped parsley

Coat chicken pieces with seasoned flour. In a heavy skillet, heat oil and arrange chicken pieces, skin side down. Brown on both sides. Add onion, garlic, water and parsley. Cover and cook over low heat until chicken is tender, about 1 1/2 hours. If necessary, add additional water. Yield: 4 servings.

*Variation*: Substitute turkey necks and wings for chicken.

CHICKEN CACCIATORE

- 2 1/2 pound chicken, cut
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 cup white wine
- 1 onion, thinly sliced
- 1 can (1 pound 13 ounces) tomatoes

Season chicken with half the combined salt and pepper. Brown on all sides in oil about 20 minutes. Remove chicken. Stir in onion and cook 5 minutes. Add tomatoes, garlic and remaining salt and pepper; mix thoroughly. Return chicken to tomato mixture; cover and cook over low heat until chicken is tender and sauce is thick, about 45 minutes. During last 15 minutes of cooking, stir in wine. Yield: 4 servings.

CHICKEN CLEMENCEAU

- 2 small chickens or 2 whole chicken breasts, split
- Salt and pepper
- 1/2 cup (1 stick) butter
- 2 tablespoons flour
- 1 tablespoon grated onion
- 1 can (8 ounces) petit pois peas
- 1 can (4 ounces) whole mushrooms
- 2 large potatoes, cubed
- 1 tablespoon chopped parsley
- 1 tablespoon Worcestershire sauce
- Dash hot sauce
- 1 cup warm water
- 1 chicken bouillon cube
- 1/2 cup dry wine

Season chicken; brown in butter and remove from skillet. Add flour and onion to drippings; brown over low heat. Add liquid from peas and mushrooms; stir thoroughly; add chicken. Cover and simmer until chicken is tender, about 30 minutes. Fry potatoes in deep hot shortening until brown. Drain. To cooked chicken, add potatoes, peas, mushrooms, parsley, Worcestershire sauce and hot sauce. Dissolve bouillon cube in water and add to chicken mixture. Simmer 10 minutes longer. Add wine and serve immediately. Yield: 4 servings.

CHICKEN CURRY

- 2 tablespoons chopped onion
- 2 tablespoons chopped celery
- 1/2 cup (1 stick) butter
- 1 tablespoon salt
- 1 tablespoon curry powder
- 1/2 cup flour
- 3 cups milk
- 1 cup breakfast cream
- 2 tablespoons sherry wine (optional)
- 3 cups cooked chicken, cut in large chunks

Sauté onion and celery in butter; remove from heat. Add salt and curry powder; mix thoroughly. Stir in flour; return to low heat; cook until bubbly. Add milk and cream; cook until thick, stirring constantly. Add sherry and chicken. Serve with curried rice. Yield: 8 servings.

*To Serve*: Select 5 accompaniments and place in individual bowls:
- Sliced bananas, sprinkled with lemon juice
- Finely chopped sweet pickles
- Mango chutney
- Seedless raisins
- Shredded fresh coconut
- Finely chopped salted peanuts
- Diced crisp bacon
- Finely diced hard-cooked eggs, whites and yolks served separately

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**CHICKEN FRICASSEE**

4-pound chicken, cut
Salt, pepper and flour
1 tablespoon shortening
1 onion, chopped
1 sprig thyme

Season chicken with salt and pepper; coat with flour. Brown in shortening; add onion and sauté. Add seasonings and water. Bring to boil; cover and reduce heat. Simmer until tender, about 1 hour. Add dumplings, see variations below. Yield: 6 servings.

Southern Dumpling: Into a bowl, sift 2 cups sifted flour, 1 teaspoon salt and 2 teaspoons baking powder. Cut in 1/3 cup shortening. Add 1/2 cup milk to make a stiff dough. Roll dough to 1/8-inch thickness; cut into 1 1/2-inch strips or diamonds. Sprinkle with flour. Drop into boiling Chicken Fricassee; cover and cook 30 to 40 minutes, without removing cover.

Dropped Dumpling: Combine 1 cup sifted flour, 2 teaspoons baking powder, 1/2 teaspoon salt and 1 sprig minced parsley. Add 1/2 cup milk and 2 tablespoons oil. Drop the thick batter by spoonfuls into boiling Chicken Fricassee; cover tightly and cook 20 minutes, without removing cover.

**CHICKEN HAWAIIAN**

3 chickens (1 1/2 pounds each)
Salt and pepper
4 tablespoons (1/2 stick) melted butter
1 1/2 cups fresh or frozen shredded coconut

Wash, split and dry chickens. Sprinkle with salt and pepper; brush with melted butter. Place in shallow roasting pan. Add consomé. Bake in 350°F. oven until brown and tender, about 45 to 60 minutes. Brush with soy sauce, cover with pineapple, green pepper, and coconut; place a tight-fitting cover on the pan and return to oven for 20 minutes. Yield: 6 servings.

**CHICKEN KIEV**

8 chicken breasts
1/2 cup (1 stick) butter
1 clove garlic, crushed
2 tablespoons minced chives
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon rosemary

Skin and bone chicken breasts. Cut each chicken breast in half lengthwise and place each half between two sheets of waxed paper. Flatten with meat pounder. Cream butter with garlic, chives, parsley, salt, pepper, rosemary and sauce until smooth. Chill until firm. Season each fillet with salt and pepper. Place 1 tablespoon of cold prepared butter on each. Tuck in ends and roll tightly. Secure with foodpicks. Beat egg and cream. Roll fillets in flour, in egg-cream mixture, then in cracker crumbs. Fry in deep hot fat (360° F.) until golden brown. Yield: 8 servings.

**CHICKEN MOLD**

3 envelopes (1 tablespoon each) unflavored gelatin
1 1/2 cups finely diced celery
1/2 cup cold water
1/2 cup pineapple tidbits
1 1/2 teaspoons Worcestershire sauce
2 1/2 cups chicken broth
1/4 teaspoon salt
1 cup mayonnaise
2 tablespoons minced parsley
1/2 cup cream

Dissolve gelatin in cold water. Combine soup, chicken broth, salt and pepper in a saucepan; cook until blended and hot. Dissolve gelatin in hot mixture; cool, then blend in mayonnaise. Add chicken, celery, sauce, onion, juice and parsley. Fold whipped cream into mixture. Spoon into a 3-quart mold after rinsing in cold water. Chill until set, about 4 to 5 hours or overnight. Unmold on crisp lettuce; serve with French dressing. Yield: 16 servings.
GOURMET OVEN-FRIED CHICKEN

1/4 cup (1/2 stick) butter 1 cup corn flake crumbs
1/2 pint commercial sour cream 1/2 teaspoon paprika
1/2 teaspoon tarragon 1/4 teaspoon garlic powder
1/2 teaspoon thyme 1 1/4 teaspoons salt

Melt butter in a 9-inch square pan. Combine sour cream with tarragon, thyme, paprika, garlic powder and salt. Dip chicken breasts into sour cream mixture and then roll in crumbs. Place in pan and bake in 325° F. oven for 1 hour. Yield: 4 servings.

CHICKEN PARMESAN

3 whole chicken breasts (about 12 ounces each), split, skinned and boned
2 eggs, slightly beaten
3/4 cup fine dry bread crumbs
1/2 cup cooking oil
2 cups tomato sauce
1/4 teaspoon basil
1/8 teaspoon garlic powder
1 tablespoon butter
8 ounces Mozzarella cheese, sliced and cut in triangles
1/2 cup grated Parmesan

Place chicken breasts on cutting board; pound lightly with side of heavy knife until about 1/4-inch thick. Combine eggs, salt and pepper. Dip chicken in egg mixture, then crumbs. In a skillet brown chicken on both sides in oil; remove to shallow baking pan. Pour excess oil from skillet; add tomato sauce, basil and garlic powder and bring to a boil over low heat; simmer until thickened, about 10 minutes. Stir in butter. Pour over chicken and sprinkle with Parmesan cheese. Cover and bake in 350°F. oven for 30 minutes; uncover. Place Mozzarella cheese over chicken and bake 10 minutes longer or until cheese melts. Yield: 6 servings.

CHICKEN MOMI

2 slices bread 1/4 teaspoon ginger
1/4 cup light cream Dash cayenne
1 small onion, minced Dash monosodium glutamate
1/4 cup water chestnuts, coarsely chopped 6 large chicken breasts, boned
1/4 pound ground veal 2 tablespoons cooking oil
1/4 pound ground pork 1/4 cup honey
1/4 pound ground beef Sesame seed
1 egg
1 tablespoon soy sauce

Soak bread in cream. Mash with fork and combine thoroughly with next 10 ingredients to make stuffing. Sprinkle chicken breasts with salt and pepper. Place about 1/3 cup stuffing on inside or flesh side of each chicken breast. Fold over, tuck in ends and secure with foodpicks or skewers. Arrange in baking dish, skin side up, and brush with oil. Bake in 325°F. oven for 1 hour. Remove from oven; brush with honey and pan drippings. Sprinkle with seeds and continue baking in 450°F. oven for 10 minutes. Chicken Momi is traditionally served on top of half or slice of fresh unpeeled pineapple. Yield: 6 servings.

LEMON BAKED CHICKEN

4 drum sticks 1/2 teaspoon crushed oregano
4 chicken breast halves 1/2 teaspoon grated lemon peel
1 teaspoon garlic salt
2 teaspoons paprika
1/3 cup lemon juice 1/2 cup water

Season chicken with garlic salt; place, skin side down, in shallow baking pan with larger pieces in the corners. Combine remaining ingredients; pour over chicken. Bake uncovered, at 400°F. oven for 30 minutes; turn and continue baking for 30 minutes or until fork tender, basting occasionally with pan drippings. Yield: 4 servings. Microwave Oven: Use glass baking pan. Cook, uncovered, for 5 minutes, turn and baste. Cook for 11 to 14 minutes longer. Let stand 3 minutes before serving.
SMOTHERED CHICKEN AND LIMA BEANS

3-pound chicken, cut
Salt and pepper
2 tablespoons cooking oil
3 tablespoons flour
1 large onion, minced
1/4 cup chopped celery
4 cups shelled green lima beans

1 clove garlic, minced
1 quart water
2 teaspoons salt
1 teaspoon white pepper
parsley
2 green onions, chopped

Season chicken with salt and pepper. In a Dutch oven, brown chicken on all sides in oil. Remove chicken; add flour and brown. Stir in onion, celery, and garlic; sauté for 5 minutes. Add water, salt, pepper, parsley, green onions, chicken and lima beans. Cover and reduce heat; simmer for 1 hour. Serve with rice. Yield: 6 servings.

MANDARIN DUCK (LONG ISLAND)

1 duckling, 5 to 6 pounds, cut
1 clove garlic
cut
2 cups water
1/4 cup soy sauce
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon ground ginger
1/4 cup salad oil

Marinate duck pieces in mixture of soy sauce, sugar, salt and ginger for 2 hours, turning occasionally. Heat oil with garlic. Remove garlic; sauté duckling in oil until browned. Add water and juice. Cover and simmer 1 1/2 to 2 hours or until tender. Remove duckling and keep warm in oven. Thicken sauce with cornstarch mixed with 1/4 cup water. Add orange sections and cook 5 minutes. Pour sauce over duckling. Yield: 6 servings.

COQ AU VIN

2 1/2 pound chicken, cut
Salt and pepper
1/4 cup (1/2 stick) butter
2 tablespoons flour
1 1/2 cups red wine
1/2 teaspoon salt
1 clove garlic, minced

1 carrot, sliced
1 tablespoon minced parsley
1 bay leaf
1/4 pound mushrooms,
sliced
2 tablespoons butter

Season chicken with salt and pepper. In a skillet, brown chicken on all sides in butter. Arrange chicken in casserole. In the same skillet, stir in flour and cook, stirring constantly, until brown. Gradually stir in wine. Continue cooking and stirring until mixture is slightly thickened and smooth. Add onions, garlic, carrots, parsley and bay leaf. Pour over chicken; cover and bake in 350°F oven for 1 hour. Sauté mushrooms in butter for 5 minutes; add to chicken casserole and continue baking for 30 minutes longer. Yield: 6 servings.

OVEN-BRAISED WILD DUCKS

2 wild ducks
Salt and pepper
2 medium onions
1 stalk celery
4 tablespoons oil

1 cup water
1 tablespoon flour
1/4 cup water
4 tablespoons minced parsley
1 cup cooking sherry

Season ducks with salt and pepper. In each cavity, place half an onion and 1/2 stalk celery cut into pieces. Brown ducks in oil in 400°F oven. Place remaining onion, sliced, in oil around duck. Add sherry and water; reduce heat to 350°F, cover, and continue cooking until done, about 1 hour. Baste during cooking period and add more liquid if necessary. Remove ducks and thicken gravy with combined flour and water. Add parsley and cook to desired thickness. Yield: 4 servings.

OVEN-FRIED CHICKEN

1 cup flour
2 teaspoons salt
1/4 teaspoon pepper
2 1/2 pound chicken, cut
2 teaspoons paprika
1/4 cup shortening
1/4 cup (1/2 stick) butter

Mix flour, salt, pepper and paprika in paper bag. Melt shortening and butter in 13 x 9 x 2-inch pan in oven. Shake 3 or 4 pieces chicken at a time in bag to coat thoroughly. Place chicken, skin side down, in single layer in hot shortening. Bake in 425°F oven 30 minutes; turn and bake another 30 minutes. Yield: 4 servings.
POULE D’EAU FRICASSEE

2 poule d’eau
2 onions, chopped
1/4 pound ham seasoning, minced
1 tablespoon oil
6 sliced turnips
Salt and pepper
1 tablespoon flour
1 clove garlic, minced
1 bay leaf
1 sprig thyme
1 sprig parsley

Skin poule d’eau. Parboil 1 minute in water containing 1 carrot and onion; remove and disjoint. Sauté onions and ham in oil. Add poule d’eau and turnips; stir in flour. Add garlic and seasonings; cook 15 minutes, stirring constantly. Add enough water to cover poule d’eau. Cover and simmer for 30 minutes or until tender. Yield: 4 servings.

PRESSSED CHICKEN LOAF

4 cups chopped cooked chicken
1/4 teaspoon pepper
4 hard-cooked eggs, chopped
2 sweet pickles, sliced
1/2 cup minced onion
1/2 cup finely diced celery
1 green pepper, minced
2 tablespoons unflavored gelatin
1/2 cup cold water
2 1/2 cups chicken stock
Salt and pepper
1/2 cup sliced stuffed olives

Combine chicken, pepper, eggs, pickles, onion, celery and green pepper. Soften gelatin in cold water for 5 minutes; stir into hot chicken stock until gelatin is dissolved. Add chicken mixture and season to taste. Pour into loaf pan that has been lined on the bottom with olive slices. Chill for several hours.

SUUKIYAKI

1 tablespoon salad oil
1 cup sliced onion
1 pound sliced chicken
1 tablespoon sugar
1/2 cup soy sauce
1/4 teaspoon monosodium glutamate
2 cans (5 ounces each) bamboo shoots
1/2 cup mushrooms, sliced
2 cups watercress, cut in 1 1/2-inch lengths
1 cup green onions, cut in 1 1/2-inch lengths
Salt and pepper
1 stalk celery, cut up


ROAST QUAIL

4 quail
1 tablespoon butter
Salt and pepper
1/4 cup lemon juice
4 slices bacon
1/2 cup hot water
1/3 cup chopped mushrooms

Season quail with salt and pepper; wrap bacon around each quail and secure with foodpick. Place in shallow, buttered pan; cover and bake in 350°F oven for 30 minutes. Baste with combined lemon juice and water. Remove quail and add mushrooms. Sauté for 5 minutes. Yield: 4 servings.

ROAST STUFFED CORNISH HEN

6 Cornish Hens, about 14 ounces each
1 stick butter, melted
Wild Rice Stuffing

Place stuffing lightly into body cavities of hens. Skewer or sew openings. Truss. Brush with butter and place, breast side up, on rack in shallow pan. Roast, uncovered, in 350°F oven about 1 1/4 hours; brush occasionally with butter. Yield: 8 servings.

ROAST WILD DUCK

Season duck with salt and pepper; stuff cavity with peeled apple, onion quarters and celery pieces. Cover breast with bacon and roast, uncovered, in 350°F oven for 1 to 1 1/2 hours. During last 15 minutes of roasting time, baste with 1/4 cup red wine. Allow 1/2 duck per serving.

ROASTING DUCK IN FOIL

1 wild duck
1 onion, quartered
1/4 cup (1/2 stick) butter
Salt and pepper

Place duck on piece of heavy duty aluminum foil; place onion and celery in cavity. Tie legs together. Season with salt and pepper; brush with butter. Bring up foil around duck and seal edges with a double fold. Place in shallow pan and roast in 425°F oven for 1 hour 45 minutes. Open foil and roast 10 to 15 minutes longer or until brown. Discard onion and celery.
SMOTHERED QUAIL

6 quail
6 tablespoons butter
3 tablespoons flour

2 cups chicken broth
1/2 cup sherry
Salt and pepper

Brown quail in heavy Dutch oven in butter. Place quail in baking dish; add flour to butter and stir until brown. Slowly add broth, sherry, salt and pepper; pour over quail. Cover baking dish and bake in 350°F oven for 1 hour. Yield: 6 servings.

SOUTHERN FRIED CHICKEN

1 1/2 to 2-pound chicken
1/2 cup flour

1 teaspoon salt
1/8 teaspoon pepper

Coat chicken with seasoned flour. In heavy skillet, heat at least 1/2 inch of shortening. Add chicken, placing thicker pieces first, skin side down, so that pieces do not touch. Cook, uncovered, for 15 to 25 minutes on each side, turning only once. Yield: 4 servings.

Variation: Batter Fried Chicken

In a bowl, combine 1 egg, 3/4 cup evaporated milk, 1 teaspoon salt, a dash of pepper and 1 cup flour. Dip chicken in batter and fry as above.

TURKEY A LA KING

1/4 cup chopped green pepper
1 cup sliced canned mushrooms, drained
1/2 cup (1 stick) butter
1/4 cup flour

Toast
1 teaspoon salt
2 cups milk
3 tablespoons chopped pimiento


TURKEY DIVAN

2 tablespoons butter, melted
4 stalks broccoli or 8 stalks asparagus, cooked
3 tablespoons grated Parmesan cheese
1 tablespoon whipped cream
1/2 cup sherry
4 thick slices cooked turkey
2 egg yolks, beaten
1 cup medium white sauce
Salt and pepper

Pour butter over broccoli in shallow baking dish. Sprinkle with 1 tablespoon cheese and 2 tablespoons sherry. Top with turkey. Sprinkle with 1 tablespoon cheese and 2 tablespoons sherry. Stir yolks into cream sauce; season. Fold in cream and pour over turkey. Sprinkle with remaining cheese and sherry. Bake in 350°F oven for 12 minutes or until brown. Yield: 6 servings.

TURKEY HASH

3/4 cup minced onion
2 tablespoons chopped green pepper
2 tablespoons butter
2 cups finely chopped cooked turkey
1 cup diced cooked potatoes

Salt and pepper
1/8 teaspoon pepper
1/2 cup turkey broth or turkey bouillon
2 cups diced boiled potatoes
2 cups diced cooked turkey

Sauté onion and green pepper in butter; add remaining ingredients. Cook over low heat, stirring occasionally, until heated thoroughly, about 30 minutes. Increase heat the last 10 minutes to brown bottom. Yield: 4 servings.

TURKEY POT PIE

3 tablespoons butter
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
2 cups turkey stock
1 cup diced cooked potatoes

1 cup canned green peas, drained
2 tablespoons minced onion
2 cups diced cooked turkey
1/2 recipe plain pastry

Melt butter over low heat; blend in flour, salt and pepper. Slowly add stock, stirring constantly until mixture thickens. Add potatoes, peas, onion and turkey; pour into a 2-quart baking dish. Make pastry; roll and cut about 1/2-inch larger than dish. Place pastry over turkey mixture; seal and prick with fork. Bake in 425°F oven for 25 to 30 minutes. Yield: 4 servings.
COOKING WITH ENTERGY

TURKEY MOLD

1/4 cup cider vinegar or lemon juice
1/3 cup cooking oil
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
3 cups chopped cooked turkey
2 tablespoons unflavored gelatin

1/2 cup finely chopped celery
1/2 cup cold water
2 1/2 cups hot broth or chicken bouillon
1/2 teaspoon salt
1/2 cup cooked green peas
6 stuffed olives, sliced
1 teaspoon pureed onion

Combine first 5 ingredients, pour over turkey. Marinate in refrigerator 2 hours, stirring occasionally. Soften gelatin in cold water, then dissolve in hot broth. Add salt and chill until thickened. Arrange design of eggs, peas and olives on bottom of 1 1/2-quart greased mold. Cover with thin layer of chilled broth. Chill until firm. Mix onion, celery and drained turkey with remaining broth. Pour mixture onto the layer in mold and chill until firm. Unmold to serve. Yield: 6 servings.

TURKEY POULETTE

4 large slices turkey breast
4 slices toast
6 strips crisp bacon
1 can (16 to 17 ounces) French-fried onion rings

Cheese Sauce with Mushrooms (page 41)
1/4 cup grated Cheddar cheese

Place turkey slices on toast, top with bacon and pour Cheese Sauce over the entire surface. Sprinkle with cheese and onion rings. Broil until cheese melts and browns slightly. Yield: 2 servings.

BREAD STUFFING FOR TURKEY

1 quart diced celery
1 cup finely chopped onion
1 cup (2 sticks) butter
4 quarts firmly packed bread cubes
1 teaspoon salt

2 teaspoons poultry seasoning
1/2 teaspoon pepper
1 1/2 to 2 cups broth, milk or water

Sauté celery and onion in butter over low heat; stirring occasionally, until onion is tender but not browned. Blend bread cubes and seasonings; add celery, onion and butter. Toss lightly to blend. Pour broth gradually over bread mixture, tossing lightly. Add more seasoning as desired. Yield: stuffing for a 14 to 18 pound turkey.

CORNBREAD STUFFING

6 cups cornbread crumbs
4 cups biscuit or white bread crumbs
3/4 quart stock, milk or water
1 1/2 cups chopped onion
1 cup chopped celery
6 tablespoons butter
4 eggs, well beaten
2 teaspoons salt
1 teaspoon pepper
1 teaspoon poultry seasoning
1 1/4 quarts stock or water, approximately

Soak cornbread and bread crumbs in stock. Sauté onion and celery in butter until golden brown. Combine crumbs and onion; mix with eggs and seasonings. Add approximately 1 1/4 quarts stock to thoroughly moisten. Mix well. Stuff turkey. If stuffing is baked in separate pan, bake in 325°F oven for 1 hour. Yield: stuffing for 12 pound turkey.

WILD DUCK WITH ORANGE

2-pound wild duck
1/4 cup (1/2 stick) butter, melted
1/4 teaspoon garlic salt
1 egg, well beaten
1/4 cup orange juice

Season duck with salt and pepper. Brush duck with 1 tablespoon butter. Place in covered roasting pan; bake in 325°F oven for 20 to 30 minutes per pound. Baste every ten minutes with combined orange juice and remaining butter. Remove cover last 15 minutes to brown duck. Yield: 2 servings.

HOW TO COOK RICE

1 cup long grain rice
2 cups cold water
1 teaspoon salt

Place rice, water and salt into a saucepan over full heat. Bring water to full rolling boil; cover and turn heat very low. Cook 15 to 20 minutes or until rice is tender and liquid is absorbed. Yield: 3 cups.
ALMOND RICE

1/2 cup (1 stick) butter 1/2 cup sliced almonds
2 cups rice 1/2 teaspoon soy sauce
3 1/2 cups water 1/2 teaspoon salt
1/4 cup chopped green onions

In a saucepan, melt butter and add rice. Cook and stir over medium heat until rice is tan in color, about 10 minutes. Add water, bring to full boil, cover, lower heat and cook for 20 minutes or until done. With a fork, stir in remaining ingredients. Yield: 8 servings.

ARROZ CON CAMERONES
(Delight of Shrimp and Rice)

5 green onions, chopped 10 ripe olives, chopped
1/4 cup cooking oil Salt, pepper and garlic salt
1 tablespoon soy sauce 1 1/2 pounds headless
3 chicken bouillon cubes shrimp, cooked and peeled
2 1/2 cups hot water 1/2 cup (1 stick) butter
2 1/3 cups rice 3 tablespoons soy sauce

In a skillet, sauté onions in oil and soy sauce for 2 minutes. Dissolve bouillon cubes in water; stir in with rice and olives. Season to taste. Turn heat low; cover and cook 30 minutes. Chop shrimp into 1/2-inch pieces; sauté in combined butter and soy sauce for 5 minutes. Add to rice mixture, which should be fairly dry; cover and let stand 10 minutes to blend flavors. Yield: 6 servings.

ARROZ CON POLLO
(CHICKEN WITH RICE)

3-pound chicken, cut
1/4 cup oil
1 1/2 cups rice
1 onion, chopped
2 cloves garlic, minced
2 tablespoons paprika
1 bay leaf
1 package (10 ounces) frozen peas
5 whole cloves
1/2 teaspoon oregano
Boiling water
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup sliced pimiento
6 green olives, cut into halves

Season chicken with salt and pepper; brown in oil. Remove chicken; add rice and brown. Return chicken to skillet with rice and add the next 6 ingredients. Pour just enough boiling water to cover chicken; add salt and pepper. Cover; simmer slowly for 30 minutes. Add pimientos, olives and peas; cover and simmer 15 minutes or until all liquid is absorbed. Yield: 6 servings.

BAKED RICE

1 cup rice 1 teaspoon salt
2 cups water 1 teaspoon cooking oil
3 1/2 cups water
1/2 teaspoon soy sauce
1/2 teaspoon salt
1/4 cup chopped green onions

Place ingredients into a covered greased 1 1/2-quart casserole. Bake in 350°F oven for 1 hour. Stir lightly with fork before serving. Yield: 3 cups.

CHICKEN RICE CASSEROLE

2 tablespoons chopped onions 3/4 cup seasoned chicken broth
1/2 cup minced green pepper 3 cups diced, cooked chicken
1/2 cup (1 stick) butter 3 cups cooked rice
1/2 pound mushrooms, sliced 6 tablespoons chopped pimiento
1/2 cup minced green pepper 1/2 cup toasted, slivered almonds
1/2 teaspoon celery salt 3/4 teaspoon
1/8 teaspoon paprika 1 can (10 1/2 ounces) cream of mushroom soup
1/2 cup (1 stick) butter

Sauté onion and green pepper in butter for 10 minutes. Add mushrooms and sauté 3 minutes; add seasonings and mix well. Mix soup and broth; add with chicken, rice and pimiento to mushroom mixture. Place in 2 1/2-quart casserole; sprinkle with almonds. Bake, uncovered, in 375°F oven for 30 minutes. Yield: 12 servings.

CHICKEN WITH RICE

2 1/2-pound chicken, cut
2 tablespoons chopped onion
1 tablespoon salt
1 teaspoon pepper
1 can (10 1/2 ounces) consommé or chicken broth
1/4 cup (1/2 stick) butter
1 cup uncooked rice

Season chicken with salt and pepper. In a skillet, brown chicken in butter. Add onion and cook 2 minutes. Drain off excess fat. In a 2-quart casserole, place rice; top with browned chicken, onion and skillet drippings. Add consommé. Place tight-fitting cover on casserole. Bake in 350°F oven for 1 hour. Yield: 6 servings.
COOKING WITH ENTERGY

CHILI RED BEANS

1 pound red beans
1 onion, chopped
1 can (8-ounces) tomato sauce
2 cloves garlic, minced
1/4 cup chopped parsley
1 teaspoon chili powder
1 tablespoon salt
1/4 teaspoon cayenne
3 quarts water
1 pound pickled meat
1/4 pound ground meat

Combine all ingredients, except ground meat and chili powder, in a heavy 4-quart saucepan. Bring to a boil, cover, turn heat low and simmer for 3 hours or until beans are tender. In a small skillet, cook meat until red color disappears; add chili powder. Stir into beans and continue cooking 30 minutes longer. Serve over rice. Yield: 6 servings.

CREOLE JAMBALAYA

1 tablespoon shortening
1 tablespoon flour
1/4 pound ham, cubed
1/4 cup minced green pepper
1 bay leaf
1 sprig thyme
1 sprig parsley, minced
1 onion, sliced
1 clove garlic, minced
Salt and pepper to taste
1 pound shrimp, peeled
2 cup tomatoes
1 1/4 cups tomato juice
1 cup uncooked rice


CHINESE FRIED RICE

2 eggs, beaten
1/4 cup cooking oil
1/4 cup green onions, cut in 1/4-inch pieces
4 cups cold cooked rice
2 tablespoons soy sauce
1/2 teaspoon sugar
1/4 teaspoon monosodium glutamate
1/2 cup diced cooked ham

Scramble eggs slightly, without adding milk or water, in 1 tablespoon oil. Set aside. Heat remaining oil over high heat; add green onions and stir. Add rice and stir quickly so rice will not stick and is well coated with oil. Add soy sauce, sugar and monosodium glutamate. Mix well. Add ham and scrambled eggs, mixing and breaking eggs in small pieces. Yield: 6 servings.

Note: Rice must be cold. Cold diced beef, veal, turkey or chicken may be substituted for ham.

CREOLE BAKED RICE AU GRATIN

2 cups medium white sauce
1/8 teaspoon thyme
1/8 teaspoon white pepper
1/8 teaspoon salt
1/2 teaspoon Worcestershire sauce
2 cups cooked rice
1 cup grated Cheddar cheese
1/4 cup buttered bread crumbs

Season white sauce with thyme, pepper, salt and Worcestershire sauce. Place 1 cup of rice in the bottom of a greased 1 1/2-quart casserole. Cover with 1/2 of the sauce; sprinkle with 1/2 the cheese. Repeat layers. Top with crumbs. Bake in 350° F. oven for 25 minutes or until cheese is melted and crumbs are evenly browned. Yield: 6 servings.
### CRAWFISH JAMBALAYA

<table>
<thead>
<tr>
<th>1 1/2 cups diced ham</th>
<th>2 cups rice</th>
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<tbody>
<tr>
<td>3 or 4 cups crawfish meat plus fat</td>
<td>1 quart consommé, heated</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td>4 small tomatoes or 1 can (16 to 17 ounces), finely chopped</td>
</tr>
<tr>
<td>1 1/2 tablespoons butter</td>
<td>1 green pepper, chopped</td>
</tr>
<tr>
<td>2 large onions, minced</td>
<td>Cayenne</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td>1/2 cup sherry wine</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>1/4 cup dry red wine</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
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</tbody>
</table>

Sauté ham and crawfish meat in oil. Add fat and cook slowly until heated. Add butter, onion, garlic, bay leaf, salt, pepper and rice. Sauté until rice is brown. Add consommé, tomatoes, green pepper and cayenne. Carefully stir mixture; cover and simmer until rice is tender, about 25 to 30 minutes. Add sherry and wine. Do Not Stir. Cook 5 to 10 minutes to heat thoroughly. Remove bay leaves. Yield: 8 servings.

### SAUSAGE-SHRIMP JAMBALAYA

<table>
<thead>
<tr>
<th>1 pound skinless pork link sausage</th>
<th>1 1/3 cups rice</th>
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</thead>
<tbody>
<tr>
<td>1/2 pound thick sliced bacon, cut into pieces</td>
<td>2 cloves garlic, minced</td>
</tr>
<tr>
<td>3 large onions, chopped</td>
<td>2 bay leaves</td>
</tr>
<tr>
<td>1 green pepper, chopped</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup minced parsley</td>
<td>1/4 teaspoon thyme</td>
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</tbody>
</table>

Fry sausage and bacon, stirring frequently. Remove and drain all but 2 tablespoons fat. Add onions and pepper; cook 8 to 10 minutes. Add parsley, bacon, sausage, garlic and seasonings; mix well. Place shrimp over mixture. Do not stir. Pour rice over shrimp. Add water to barely cover rice. Do not stir. Cover, bring to boil; reduce heat and cook 30 minutes. Remove cover, reduce heat and continue heating 15 minutes to dry jambalaya. Yield: 8 servings.

### PORK CHOP JAMBALAYA

<table>
<thead>
<tr>
<th>4 tablespoons shortening</th>
<th>1 1/2 cups uncooked rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lean pork chops, 1/4 to 1/2-inch thick</td>
<td>1 stalk celery, minced</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>1/2 green pepper, minced</td>
</tr>
<tr>
<td>1/2 teaspoon pepper</td>
<td>1/4 cup water</td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
<td>3 bouillon cubes dissolved in 3 cups hot water</td>
</tr>
<tr>
<td>1 onion, minced</td>
<td>1/2 teaspoon garlic salt</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>1 tablespoon minced parsley</td>
</tr>
<tr>
<td>4 green onion bottoms, minced</td>
<td>4 green onions tops, minced</td>
</tr>
</tbody>
</table>

Melt shortening in 10-inch skillet over medium heat. Season chops with combined 1 teaspoon salt, 1/4 teaspoon pepper and cayenne. Brown on both sides in shortening, about 10 minutes. Remove chops and stir in onion, garlic, green onion bottoms, celery, green pepper and 1/4 cup water. Continue cooking until seasonings are lightly browned, about 8 to 10 minutes. Slowly add bouillon, garlic salt, remaining 1 teaspoon salt and 1/4 teaspoon pepper. When water returns to boil, add parsley, onion tops and rice. Return chops to skillet; cover. Turn to low and continue cooking 30 minutes or until rice is done. Yield: 4 servings.

### SHRIMP JAMBALAYA

<table>
<thead>
<tr>
<th>1 lb. peeled and deveined shrimp</th>
<th>1/2 teaspoon cornstarch</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons tomato paste</td>
<td>1 teaspoon cooked rice</td>
</tr>
<tr>
<td>4 cloves garlic, minced</td>
<td>1 cup chopped onions</td>
</tr>
<tr>
<td>2 cups water</td>
<td>1/2 cup chopped celery</td>
</tr>
<tr>
<td>1/2 cup bell pepper, chopped</td>
<td>1/4 lb. oleo or 1 cup oil</td>
</tr>
<tr>
<td>Salt, black pepper and cayenne to taste</td>
<td>1/2 cup green onions and parsley, chopped fine</td>
</tr>
</tbody>
</table>

Chop shrimp and set aside. Melt oleo or oil and add onions, celery, bell pepper and garlic in a heavy pot. Cook uncovered over medium heat until onions are wilted. Add tomato paste and cook, stirring constantly, for about 15 minutes. Add 1 1/2 cups water. Season to taste with salt, black pepper and cayenne. Add sugar and cook uncovered over medium heat for about 40 minutes, stirring occasionally or until oil floats to the top. Add shrimp; continue cooking and stirring another 20 minutes. Dissolve cornstarch in 1/2 cup water and add; cook another 5 minutes. Mix ingredients with cooked rice; add green onion tops and parsley. Mix again. Serves 8 generous portions as a side dish.
COOKING WITH ENTERGY

TURKEY JAMBALAYA

1 cup chopped green pepper 3 cups water
1 cup chopped onion 1 1/2 cups uncooked rice
1 clove garlic, minced 1 to 2 cups cubed cooked turkey
2 tablespoons butter 2 teaspoons salt
2 teaspoons Worcestershire
  sauce 1 to 2 cups cubed cooked ham
1/4 teaspoon marjoram
  or thyme 1 can (7 ounces) mushroom pieces

Sauté green pepper, onion and garlic in butter until soft, about 6 to 8 minutes. Stir in seasonings and water; simmer 10 minutes. Add rice, turkey and ham. Cover and simmer over low heat until rice is tender and most of the liquid is absorbed, about 30 minutes. Add mushrooms with small amount of liquid; cook about 5 minutes longer. Yield: 6 servings.

CURRIED RICE

1 tablespoon minced onion 2 1/4 cups warm chicken
1/4 cup (1/2 stick) butter stock
1 1/2 cups rice 1 1/2 teaspoons salt
1 1/2 teaspoons curry 2 tablespoons toasted
  powder sesame seed

Sauté onion in butter about 1 minute. Add rice and curry powder; stir until rice is completely coated with butter. Add stock and salt. Cover tightly and simmer until all liquid is absorbed, about 25 to 30 minutes. Add seed and toss lightly with fork. Yield: 4 servings.

EGGPLANT DRESSING

1 eggplant 1/2 teaspoon seasoned salt
2 tablespoons butter Dash garlic salt
1 cup cooked rice

Peel eggplant and cut into 4 wedge-shaped pieces. Remove seeds from each section; cut eggplant into cubes. Sauté eggplant in butter in a covered skillet, stirring occasionally, until tender. Season; stir in rice. Yield: 6 servings. If desired, sauté onion, celery and green pepper in the butter before adding the eggplant.

FRIED RICE

1 cup rice 1/2 teaspoon salt
3 tablespoons butter 1/8 teaspoon pepper
3 tablespoons onion
  soup mix 2 cups water

In a saucepan, sauté rice in butter for 3 minutes. Stir in remaining ingredients; cover. Turn heat low and simmer 30 minutes. Yield: 6 servings.

GREEN RICE

3/4 cup minced green
  onions, including tops
3 tablespoons butter or
  olive oil
1/2 cup minced green
  pepper
1/4 cup minced parsley
1 cup rice
2 cups chicken bouillon
1 teaspoon salt
1/4 teaspoon pepper

In a skillet, sauté onions in butter until tender, but not brown. Add remaining ingredients. Pour into a 1 1/2-quart casserole. Cover and bake in a 325° F. oven for 1 hour. Yield: 4 servings.

HERBED RICE

1/4 cup (1/2 stick) butter 1/8 teaspoon oregano
1/4 cup chopped chives 1/8 teaspoon thyme
1 tablespoon chopped parsley 1/4 teaspoon pepper
1/2 teaspoon savory salt Paprika
2 cups cooked rice

Melt butter; add herbs and seasonings, except paprika; cook 3 minutes. Add rice; stir to blend. Cover; heat thoroughly and sprinkle with paprika just before serving. Yield: 4 servings.

ORIENTAL RICE

1 cup rice
1 can (6 ounces) water
  chestnuts, drained and sliced thin
1/2 cup (1 stick) butter

LOUISIANA RICE DRESSING
(DIRTY RICE)

3 sets chicken giblets, ground
2 large onions, ground
1 cup ground celery
6 tablespoons butter
1/4 cup oyster liquid
2 dozen oysters, ground
1/2 cup minced parsley
2 cloves garlic, minced
1/2 cup ground green onions
Salt, pepper and cayenne
6 tablespoons butter
1/4 cup oyster liquid
1/2 cup cooked rice

Sauté giblets, onions and celery in butter until onions and celery are soft and giblets are brown. Add remaining ingredients, except seasonings and rice. Stir, cover and simmer 10 minutes. Add seasonings; stir in cooked rice and heat thoroughly. Yields enough stuffing for 10-pound turkey or may be baked in greased casserole in 350° F. oven for 20 minutes. Yield: 8 servings.

Note: 1 1/2 cups ground beef, veal or pork may be substituted for giblets. The real secret is that the oysters, giblets and vegetables are ground, not chopped.

PAELLA

1/4 cup olive oil
3-pound chicken, cut
1/4 cup water
1 teaspoon oregano
1/2 cup chopped onion
1 clove garlic, minced
2 cups rice
1/8 teaspoon saffron
3 tablespoons butter
4 cups chicken broth
1 pound shrimp, cooked
12 thin slices Italian or Spanish sausage
24 canned clams (optional)

Heat oil; add chicken and brown on all sides. Add water and oregano; cover and cook until chicken is tender, about 30 minutes. Remove chicken and set aside. Sauté onion and garlic in pan drippings. In another skillet melt butter; add rice and saffron; sauté over low heat for 5 minutes. Add chicken broth; bring to a boil; cover and cook on low heat 17 minutes. Add onion and mix together. Arrange in layers in a 4-quart casserole the rice, chicken, shrimp, sausage and clams. Bake in 350° F. oven about 30 minutes; clams should be open. Yield: 8 servings.

RICE SUPERB

1 small onion, minced
3 tablespoons butter
2 cups rice
2 cups slivered almonds
1/2 teaspoon salt
1/2 teaspoon marjoram
1/2 cup water

Sauté onions in butter for 3 minutes. Stir in rice and almonds; cook 8 minutes, stirring occasionally. Add remaining ingredients. Cover and cook over low heat until rice is tender and liquid is absorbed, about 15 to 20 minutes. Yield: 4 servings.

SHRIMP FRIED RICE

1/4 cup (1/2 stick) butter
2 cups cooked shrimp, halved
2 teaspoons salt
5 cups cooked rice, chilled
1 egg, beaten
3 tablespoons soy sauce
3 green onions, chopped
1/4 cup mushroom slices
1/4 cup diced green pepper
1/4 cup sliced water chestnuts
1 cup bean sprouts, drained

Melt butter in a skillet over medium heat; add shrimp, salt and pepper. Cook until shrimp are lightly browned, stirring frequently. Add eggs; stirring until well mixed with shrimp. Stir in rice and cook until a golden color. Add remaining ingredients; cook until thoroughly heated. Serve at once. Yield: 6 servings.
COOKING WITH ENTERGY

SPANISH RICE

1 cup chopped onion
1/2 cup chopped green pepper
1 cup rice
2 tablespoons olive oil

2 cups canned tomatoes
1 cup water
Salt
1/2 teaspoons chili powder

Sauté onion, green pepper and rice in oil; stir until the rice is brown. Add tomatoes, water and seasonings. Cover and cook over low heat until done, about 30 minutes. Yield: 6 servings.

ASPARAGUS OR BROCCOLI WITH SHRIMP

1/4 cup chive cream cheese
1 cup medium white sauce
or 1 can frozen cream
of shrimp soup
1 can (5 ounces) shrimp
Toasted almonds
1/4 cup light cream

2 tablespoons lemon juice
2 cans asparagus spears,
drained, or 2 packages
frozen broccoli, split
stalks, cook 3 minutes,
drain

Over low heat blend chive cheese and cream. Add white sauce and blend. Remove from heat and add lemon juice. Pour hot sauce over your choice of drained vegetable and shrimp which have been arranged in casserole. Sprinkle with toasted almonds. Bake in 350° F. oven for 20 minutes. Yield: 6 servings.

BAKED CAULIFLOWER-SEAFOOD CASSEROLE

4 boxes frozen cauliflower
1 cup crawfish
1 can celery soup
Paprika
1/2 pound Cheddar cheese,
grated
3-4 cans crab meat

3 cans frozen cream of
shrimp soup
Cracker crumbs
Salt and cayenne pepper
to taste
Butter or margarine

Cook cauliflower for 3 minutes in water. Put layers of crab, crawfish, cauliflower and soups into buttered casserole. Sprinkle with cracker crumbs, seasonings and small amount of cheese. Repeat layers until casserole is filled; put remaining cracker crumbs and cheese on top with dabs of butter. Cook at 325° F. until bubbly and slightly browned. Yield: 14 servings.

BAKED FISH

3 to 4-pound fish
1 1/2 teaspoons salt
1/8 teaspoon pepper
1 teaspoon grated onion
1/2 cup (1 stick) butter,
melted
1 tablespoon lemon juice

Season fish with salt and pepper. Combine onion, butter and juice; pour over fish. Bake in 350° F. oven for 40 to 60 minutes or until fish flakes easily. For fillets, bake in 350° F. oven for 20 to 25 minutes. Yield: 4 servings.

Fried Fish: Dip fillets or steaks into 1 cup milk which has been seasoned with salt and pepper. Roll in yellow cornmeal or flour; pat the fish to coat with mixture. Pan-fry in 1/2-inch shortening or deep-fat-fry (365° F) for 3 to 5 minutes.

BAKED RED SNAPPER

4 to 6-pound red snapper,
cleaned
1/2 teaspoon pepper
1 teaspoon salt
1 tablespoon shortening

Rub snapper inside and out with combined shortening, salt and pepper. Fill cavity with Bread Stuffing and place in baking pan. Bake in 450° F. oven for 30 minutes. Pour Creole Sauce over snapper; reduce temperature to 350° F. and continue baking for 30 minutes or until easily flaked with a fork. Yield: 4 servings.

Bread Stuffing for Fish:
2 large onions, minced
1/4 cup (1/2 stick) butter
1 1/2 cups moistened bread
1/8 teaspoon pepper
2 tablespoons minced parsley
1/2 teaspoon salt

Sauté onion in butter until tender. Stir in moistened bread, salt, pepper and parsley. Continue cooking for 15 minutes, stirring occasionally. Cool.

Creole Sauce:
1/4 cup chopped green pepper
1/2 cup chopped onion
2 stalks celery, chopped
1 clove garlic, minced
2 tablespoons butter
1 teaspoon chili powder
1/2 teaspoon sugar
1 bay leaf
1 sprig thyme
1 can (1 pound 13 ounces)
tomatoes

Sauté green pepper, onion, celery, and garlic in butter. Add seasonings and tomatoes. Simmer for 40 minutes, stirring frequently. Yield: 2 1/2 cups.
BAKED REDFISH

1 5-pound redfish
1/2 cup chopped celery
1/2 cup cooking oil
1 lemon
1 can whole tomatoes
Salt, black pepper and cayenne

1 cup chopped onions
4 cloves garlic, minced
2 cups cold water
Green onion tops and parsley to taste

Season fish generously with salt, black pepper and cayenne. Put in baking dish. Set aside.

Put oil in heavy pot with chopped onions, celery and garlic. Cook over medium heat in uncovered pot, until onions are wilted, stirring constantly. Add whole tomatoes, and tomato sauce. Cook over medium heat in uncovered pot for 40 minutes, or until oil separates from tomatoes. Add 2 cups cold water, and season to taste with salt, black pepper and cayenne. Cook over medium heat in uncovered pot for 20 minutes.

Pour this mixture over fish. Bake in 325° F. oven for 30 or 40 minutes, basting several times with the sauce.

When fish is done, cut lemon into thin slices, and place on top. Sprinkle with green onion tops and parsley before serving. Serve with rice. Yield: 6 servings.

BAKED SEAFOOD CASSEROLE

3/4 cup (12 ounces) crab meat
2 cups (1 pound) cooked shrimp
1/2 green pepper, minced
1/2 cup minced onion
2 tablespoons chopped pimiento
1 can chopped celery

Combine crab meat, shrimp, green pepper, onion, pimiento, celery and mushrooms. In another bowl, combine dressing, cream, salt, pepper, sauce and rice. Fold seafood mixture into rice mixture. Place in a 2-quart greased casserole; sprinkle with bread crumbs. Bake in 375° F. oven for 30 minutes. Yield: 8 servings.

BAKED SEAFOOD SALAD

2 cups cooked crab meat, shrimp, tuna or a combination
3/4 cup chopped green pepper
2 tablespoons minced onion
1 cup diced celery
3/4 cup mayonnaise

Combine all ingredients, except potato chips and cheese. Mix thoroughly. Place in a greased baking dish; top with potato chips and grated cheese. Bake 350° F. oven for 30 minutes. Yield: 6 servings.

BAKED STUFFED FLOUNDER

1/2 cup chopped celery
1/2 pound cooked shrimp, chopped
1/2 cup chopped green onions (tops included)
1 clove garlic, minced
1/4 cup (1/2 stick) butter
1 1/2 cups moistened bread cubes

Sauté celery, onion and garlic in melted butter, over low heat. Add bread cubes, shrimp, crab meat, parsley and egg; mix well. Season with salt, pepper and cayenne. Split thick side of flounder, lengthwise and crosswise, and loosen meat from bone of fish to form a pocket for stuffing. Brush well with additional melted butter; salt and pepper, and stuff pocket.

To Bake: Melt 1/2 stick butter in a shallow baking pan. Place fish in pan; do not overlap. Cover and bake in 375° F. oven for 25 minutes, or until fish flakes very easily with a fork. Remove cover; bake another 5 minutes.

To Broil: Place fish on greased broiler grid. Broil 3 inches from heat until fish flakes very easily with a fork, about 10 to 15 minutes. Yield: 4 servings.
BAKED STUFFED OYSTERS

1 large onion, grated
2 cloves garlic, minced
1/4 cup minced celery
1 tablespoon shortening
6 dozen oysters
6 slices toasted bread
1 egg, slightly beaten
1 tablespoon minced parsley
1/2 cup (1 stick) butter
Salt and pepper
Dash hot sauce
1/2 cup seasoned bread crumbs

Sauté onion, garlic and celery in shortening. Drain oysters; reserve liquid. Chop oysters and add to sautéed seasonings; cook one minute over low heat. Remove from heat and add bread which has been soaked in oyster liquid and then squeezed to remove excess liquid. Use a chopping motion to mix in bread. Add egg; if mixture seems dry add oyster liquid. Stir in parsley, 3/4 stick butter, salt, pepper, and hot sauce. Butter ramekins and fill each with oyster mixture. Top with bread crumbs and dot with remaining butter. Bake in 400°F. oven for 20 minutes. Yield: 6 servings.

BARBECUED SHRIMP

5 pounds shrimp
1 onion, sliced
1 1/2 cups (3 sticks) butter
1 large bottle Italian dressing
Juice of 2 lemons
6 tablespoons black pepper

Remove heads from shrimp; do not peel. Place shrimp in large, shallow pan; top with onion slices. Cover with butter slices. Add dressing and lemon juice; sprinkle with pepper. Bake in 400°F. oven for 40 minutes, turning gently every 10 minutes. Serve with hot French bread for dunking sauce. Yield: 6 servings.

BOILED LOBSTER

Put lobster in 1 1/2 gallons of water in a heavy pot over high heat. Season the water with black pepper, and cayenne. (Do not use salt, as it will toughen the meat.) Bring to boil. Let boil in uncovered pot over medium heat for 20 minutes.

Note: When Acadians entertain at an old-fashioned “shrimp, crab or crawfish boil,” they buy from 15 to 20 pounds of shrimp, crabs or crawfish, build a fire in the back yard and boil them in large heavy pots in highly seasoned water.

BOILED CRAWFISH

15 pounds live crawfish
1 to 1 1/2 boxes salt
Cayenne
6 lemons, quartered
4 onions, quartered
3 heads garlic
Liquid or dry seafood boil

Wash crawfish several times. Then purge by placing crawfish in a strong salt water solution for five minutes. Wash again in plain water, making sure the water appears clean. Fill a large pot with enough water to cover crawfish after all the seasonings have been added. Add salt, cayenne, lemons, onions, garlic and commercial seafood boil (according to package instructions). Cover and bring mixture to a boil. Add crawfish; bring water to a second boil. Boil for 3-5 minutes depending on size of crawfish. Turn off heat and let soak about 20 to 30 minutes. Red or “new” potatoes may be added with seasonings before adding crawfish to water. Yield: 5 servings.

BOILED CRABS

Into a large container pour enough cold water to cover crabs. To each quart of water add 1/4 cup salt, 2 slices of lemon, 2 whole allspice, 1 sliced onion, 1 sprig thyme, 1 bay leaf, 1 red pepper pod, 3/4 teaspoon celery seed, 1/4 teaspoon black pepper. If commercial seasoning is available, use 2 tablespoons in place of seasonings listed above. Let salty seasoned water boil for 10 minutes, then add crabs, which are always placed into the boiling salted water alive. Boil 15 to 20 minutes, or until the shells are a bright red. Turn off heat; allow crabs to remain in water 10 minutes. Drain. Serve hot or cold. A large amount of salt added to water to make a brine is a must when boiling crabs.

BOILED SHRIMP

Into a large container pour enough cold water to cover shrimp. To each quart of water add 1/4 cup salt, 2 slices of lemon, 2 whole allspice, 1 onion sliced, 1 sprig thyme, 1 bay leaf, 1 red pepper pod, 3/4 teaspoon celery seed, 1/4 teaspoon black pepper. If commercial seasoning is available, use 2 tablespoons in place of seasonings listed above. Let salty seasoned water boil for 10 minutes, then add shrimp and boil for 10 to 15 minutes. Test for doneness. Allow about 1 pound in shell per person. For boiled shrimp that are peeled, allow 1/3 pound per person.
**BREADED FISH**

1 pound fish fillets, steaks or small fish  
1/2 cup milk  
1/8 teaspoon paprika  
1 teaspoon salt  
1/2 cup bread crumbs  
2 tablespoons butter  

Dip fish in combined milk and salt; coat with crumbs. Place in shallow baking dish; dot with butter and sprinkle with paprika. Bake in 500° F oven 10 to 12 minutes or until fish flakes easily. Yield: 2 servings.

**BROILED FISH**

1/4 cup (1/2 stick) butter  
1 tablespoon minced parsley  
1 tablespoon lemon juice  
2 pounds fish fillets  
1 tablespoon chopped chives or green onions  
1/2 teaspoon salt  
1/8 teaspoon pepper  

Combine butter, lemon juice, chives and parsley; chill 2 hours. Place fish, skin side down, on broiler rack; season with combined salt and pepper. Brush fish with butter mixture and broil 3 inches from heat for 10 to 15 minutes or until fish flakes easily. Yield: 4 servings.

**BUTTERFLY SHRIMP**

2 pounds raw shrimp, cleaned  
1/2 cup lemon juice  
1 teaspoon salt  
1 cup flour  
2 eggs, beaten  
2 tablespoons water  
1 tablespoon minced parsley  
1/2 teaspoon salt  


**CATFISH COURTBOUILLOON**

1 pound catfish fillets  
4 cups water  
Pinch thyme  
Cayenne pepper to taste (just a dash may be too hot with Ro-Tel)  
1 can Ro-Tel tomatoes  
2 bay leaves  
1 1/2 tablespoons bacon fat  
1 cup tomatoes  
1 clove garlic, minced  
1 green pepper, chopped  
1 1/2 tablespoons flour  
1 small onion, chopped  
1/2 lemon  
1/2 tablespoons garlic  

Make roux. Add onion, garlic, herbs, tomatoes. Simmer 5 minutes. Add remaining seasoning and water. Let simmer 5 minutes longer, then pour over sliced fish in baking dish. Bake in oven at 325° F for 45 minutes or place fillets in skillet with roux and cook over very low heat. Serve over hot rice or toast.

**CODFISH CAKES**

1 can (7 ounces) fish flakes  
1 tablespoon minced parsley  
1 egg  
1/2 cup flour  
1/8 teaspoon pepper  

Combine fish, potatoes, egg, pepper, parsley and onion. Mix well. Shape into small patties and coat with flour. Chill. Fry patties in butter about 5 minutes on each side or until brown. Yield: 4 servings.

**COQUILLES ST. JACQUES**

1/4 cup flour  
1 teaspoon prepared mustard  
1 teaspoon salt  
1/8 teaspoon cayenne  
1/4 cup (1/2 stick) butter, melted  
2 cups milk  
1 tablespoon Worcestershire sauce  
3/4 cup grated Parmesan cheese  
1 teaspoon minced green onion  
2 tablespoons butter  
1 cup cooked shrimp  
1 tablespoon minced parsley  

Stir flour, mustard, salt and cayenne into 1/4 cup butter. Add milk; cook until thick. Remove from heat; add Worcestershire and 1/2 cup grated cheese. Wilt onions in 2 tablespoons butter; add scallops, shrimp, parsley and cheese sauce. Spoon into scallop shells. Sprinkle with remaining cheese. Dot with butter and broil 3 inches from source of heat until browned. Yield: 6 servings.
COOKING WITH ENTERGY

COURTBOUILLON OF REDFISH

6-pound redfish
1/4 cup shortening
1/4 cup flour
2 large onions, sliced
1 can (1 pound 13 ounces) tomatoes
2 bay leaves
1/4 teaspoon allspice
1 cup claret wine
1 teaspoon salt
4 green peppers, chopped
4 green onions and tops, chopped
1 clove garlic, minced
1 cup water
2 thin slices lemon
1 teaspoon minced parsley

Slice redfish across the backbone in 3-inch wide slices. Make a roux by cooking shortening and flour until dark brown. Add onions and sauté until tender. Add tomatoes; cook for 5 minutes. Add remaining ingredients with the exception of the wine and fish; cook for 30 minutes at simmering temperature. Add fish and continue to simmer for 20 minutes. Add wine, bring to boil and serve. Yield: 8 servings.

CRAB FRICASSEE

8 large crabs
2 tablespoons butter
2 tablespoons flour
4 green onions, minced
3 cloves garlic, minced
2 green peppers, chopped
2 stalks celery, minced
1 1/4 pounds shrimp, cleaned
Salt and cayenne
3 tablespoons minced parsley
3 tablespoons sherry wine

Boil crabs 15 minutes without seasoning. Drain and reserve water. Make a dark roux with butter and flour. Add green onions, garlic, green pepper, and celery; cook 5 minutes. Add 4 crabs, cleaned and quartered, and 2 cups of crab water. Cover and cook 10 minutes. Add 2 more cups of water and shrimp. Season highly with salt and cayenne. Cook for 15 minutes. Add crab meat, which has been removed from remaining 4 crabs and claws, and parsley; cook 5 to 6 minutes. Remove from heat and add sherry. Serve with rice. Yield: 8 servings.

CRAB MEAT CASSEROLE IN A HURRY

1 can cream of mushroom
1 can English peas, drained
soup
1 can crab meat
2 cups potato chips, broken

Mix soup, peas and crab meat; place in casserole alternately with broken potato chips. Top with crushed potato chips. Bake in 350°F oven for 30 minutes. Yield: 6 servings.

CRAB MEAT A LA LANDRY

1 cup onions, chopped fine
1/3 cup celery, chopped fine
Pinch of sage
Pinch of thyme
1/4 lb. butter or oleo
1 can evaporated milk
1 cup Ritz Crackers, crumbled
2 cups cornflakes
1 lb. white crab meat
1 tablespoon flour

Sauté onions and celery in oleo or butter until onions are wilted. Add sage, thyme, nutmeg, evaporated milk and flour. Toast the cornflakes and crumble; then mix with crab meat. Mix well. Put into individual ramekins or casserole. Sprinkle crumbled Ritz crackers. Add a pat of butter and bake for 20 to 25 minutes at 375°F. Yield: 6 servings.

CRAB MEAT AND MUSHROOMS IN WINE SAUCE

1/4 pound fresh mushrooms, sliced or 1 can (7 ounces) stems and pieces
1/2 cup white wine
6 tablespoons butter
2 tablespoons flour
1/2 cup milk
3/4 cup bread crumbs
1/2 teaspoon dry mustard
1/4 teaspoon tarragon
Salt and pepper
1/8 teaspoon hot sauce
1 pound crab meat

Sauté fresh mushrooms in 2 tablespoons butter. In a saucepan, melt 2 tablespoons butter; blend in flour. Stir in milk, wine, mustard and seasonings. Cook until thickened; add crab meat and mushrooms. Place in casserole; sprinkle top with bread crumbs and dot with remaining butter. Bake, uncovered, in 350°F oven 30 minutes. Yield: 4 servings.
CRAB MEAT IMPERIAL

1 green pepper, diced 1/2 teaspoon salt
2 pimientos, diced 1/2 teaspoon white pepper
1 tablespoon English mustard 1 cup mayonnaise
3 pounds lump crab meat

Mix all ingredients, except crab meat. Stir in crab meat and mix lightly so lumps are not broken. Divide mixture into 8 crab shells. Top with thin coating of mayonnaise and sprinkle with paprika. Bake in 350°F oven 15 minutes. Yield: 8 servings.

CRAB MEAT AU GRATIN

1 stalk celery, chopped fine 1/2 lb. grated Cheddar cheese
1/4 lb. oleo or butter 1/2 cup all-purpose flour
1 can (13 ounces) evaporated milk 2 egg yolks
1 teaspoon salt 1/2 teaspoon red pepper
1/4 teaspoon black pepper 1 lb. white crab meat
1 cup onion, chopped fine

Sauté onions and celery in oleo or butter until onions are wilted. Blend flour in well with this mixture. Pour in the milk gradually, stirring constantly. Add egg yolks, salt, red and black pepper; cook for 5 minutes. Put crab meat in a bowl suitable for mixing and pour the cooked sauce over the crab meat. Blend well and then transfer into a lightly greased casserole and sprinkle with grated Cheddar cheese. Bake at 375°F for 10 to 15 minutes or until light brown. Yield: 6 servings.

CRAB MEAT OR SHRIMP THERMIDOR

1/4 cup butter or margarine 1 cup light cream or milk
1 cup chicken broth 1/2 teaspoon salt
1 teaspoon sherry 1 cup Cheddar cheese, grated
Cayenne pepper to taste 2 1/2 cups cooked crab meat or shrimp or crawfish
2 1/2 cups cooked crab meat or shrimp or crawfish
4 teaspoons flour

Melt butter; blend in flour gradually. Add chicken broth and cream. Stir and simmer about 3 minutes until mixture thickens. Add sherry, salt, cayenne pepper and Cheddar cheese. Stir until well mixed and cheese is melted. Arrange seafood in casserole; pour sauce over. Sprinkle with Parmesan cheese. Bake at 350°F for 20 minutes; serve on toast points or cooked rice. Yield: 4-6 servings.
CRAB MEAT-ARTICHOKE CASSEROLE

- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon dry mustard
- 1 1/2 cups milk
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon hot sauce
- 1/2 cup Parmesan cheese
- 4 hard-cooked eggs, sliced
- 1 can (14 to 15 ounces) artichoke hearts
- 3/4 pound (1 1/2 cups) crab meat

Melt butter; stir in flour, salt, pepper and mustard. Gradually add milk and cook until thickened, stirring constantly. Add sauce and 1/4 cup cheese. Fold in eggs, artichokes and crab meat. Pour into 1 1/2-quart casserole; top with remaining cheese. Bake in 350°F oven for 30 minutes. Yield: 4 servings.

CRABS, BARBECUE STYLE

- 1 1/2 dozen live crabs
- 1 cup sherry wine
- Salt and pepper
- 2/3 cup catsup
- 1/3 cup Worcestershire sauce
- 2 bay leaves
- 2 cloves
- 3 slices of lemon

Clean crabs, leaving body halves connected. Season with salt and pepper. Place crabs in a large, heavy saucepan. Combine remaining ingredients; pour over crabs. Cover, bring to a boil; turn heat low; simmer for 30 minutes until crabs are done. Arrange crab bodies on broiler pan and place a spoonful of sauce in each crab. Broil 3 inches from source of heat until crabs are brown, about 3 to 5 minutes. Yield: 6 servings.

CRAB QUICHE

- 1 cup shredded natural Swiss cheese
- 9-inch pie shell, unbaked
- 1 cup crab meat
- 2 green onions, chopped
- 3 eggs, beaten
- 1/4 cup sliced almonds
- 1 cup breakfast cream
- 1/2 teaspoon salt
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon dry mustard
- 1/8 teaspoon mace

Sprinkle cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with green onions. Combine eggs, cream, salt, peel, mustard and mace; pour over crab meat. Top with sliced almonds; then bake in 325°F oven until set, about 45 minutes. Remove from oven and let stand 10 minutes before slicing. Yield: 6 servings.

CRAWFISH PIE

- 2 cups cooked crawfish meat
- 2 cups cooked rice
- 1 can (10 1/2 ounces) cream of mushroom soup
- 1 cup water
- 1/4 cup chopped celery leaves
- 2 bay leaves
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 hard-cooked egg yolks
- 2 slices butter bread
- Paprika

Mix crawfish meat, rice, soup, water, celery, bay leaves, salt and pepper. Pour into greased baking dish. Crumble yolks over top. Remove crust from bread and cut each slice into four triangles. Arrange in a circle on top of mixture. Sprinkle with paprika. Bake uncovered in 350°F oven 30 minutes or until bread is toasted. Yield: 6 servings.

CRAB-STUFFED ARTICHOKE

- 2 cups crab meat
- 1/4 cup minced onion
- 1 cup process Swiss cheese, cubed
- 1/3 cup minced green pepper
- 2 teaspoons lemon juice
- 1 teaspoon salt
- 1/2 cup mayonnaise
- 5 medium artichokes, cooked

Break crab meat into chunks. Toss with cheese, green pepper, onion and salt. Add mayonnaise and lemon juice to crab mixture; toss lightly. Remove small center leaves and choke of each artichoke, leaving a cup. Fill artichokes with the crab meat mixture; place in a large casserole. Pour hot water around artichokes to depth of 1-inch; cover. Bake at 375°F for about 35 minutes. Yield: 5 servings.
**FLOUNDER WITH CRAB SAUCE**

1/2 lemon
2 pounds flounder fillets
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup dry white wine
1 small onion, grated
2 teaspoons melted butter
2 teaspoons flour

1 can (10 1/2 ounces) cream of mushroom soup
1/2 cup breakfast cream
1 cup crab meat
1 teaspoon lemon juice
cheese

Squeeze lemon over fillets; season with salt and pepper. Roll fillets and place in shallow baking dish. Add wine; cover loosely and bake in 400° F oven for 10 minutes. Sauté onion in butter over low heat. Stir in flour, soup and cream. Continue cooking, stirring constantly, until mixture is bubbly. Drain cooked fillets; add liquid to sauce mixture. Stir in crab meat and lemon juice. Pour sauce over fish rolls and sprinkle with cheese. Return to oven; bake until brown, about 5 minutes. Yield: 6 servings.

**FRENCH FRIED SHRIMP**

1 1/2 pounds shrimp, headless
2 eggs, beaten
1 teaspoon salt

1/2 cup seasoned bread crumbs or corn meal
1/2 cup flour

Peel shrimp, leaving the last section of the shell on if desired. Cut almost through lengthwise and remove sand veins. Wash. Combine egg and salt. Dip each shrimp in egg, and roll in combined flour and crumb mixture. Fry in deep hot fat (350°F.) for 2 to 3 minutes, or until golden brown. Serve plain or with a sauce. Yield: 6 servings.

**FRIED CRAWFISH**

4 dozen raw large crawfish tails
1 cup milk
1 cup flour

4 lemon wedges
1 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon cayenne

Dip crawfish tails in seasoned milk; then roll in seasoned flour. Fry in deep hot fat (350°F.) for 2 to 3 minutes or until golden brown. Drain, serve with lemon wedges.

**FRIED FROGS’ LEGS**

6 pairs of frogs’ legs
1/2 cup lemon juice
1 teaspoon salt

2 eggs, beaten
1 cup bread crumbs

In a large saucepan, scald frogs’ legs in boiling water with lemon juice and salt added, about 3 minutes. Drain and pat dry. Season with salt and pepper; dip in beaten eggs and then in bread crumbs. Fry in deep hot fat (375°F.) until golden brown, about 5 minutes. Drain, sprinkle with parsley and serve with lemon wedges. Yield: 4 servings.

**FRIED HARD-SHELL CRABS**

1 dozen crabs
1 tablespoon lemon juice
1 tablespoon soy sauce
Salt, pepper and cayenne
2 garlic pods, crushed

6 cups milk
(approximately)
1 teaspoon paprika
2 garlic pods, crushed as desired

Preparation: Scald crabs and drain. When cool, remove claws and outer shell. Clean thoroughly, leaving only that portion containing the meat. Place crabs in marinade made from remaining ingredients and leave for about two hours, turning occasionally. Remove from marinade, roll in flour and deep fry at 375° F. until crust is golden brown. This is an unusual method of preparation and gives the crab meat a distinctive and delicious flavor.

**FRIED LOUISIANA OYSTERS**

4 dozen large shelled oysters
Salt and red pepper to taste

Yellow corn meal

Season oysters individually to taste so that each one gets the proper amount. Heat deep fat or oil to 30° F. Roll oysters in corn meal, drop into hot fat and fry 2 to 3 minutes. Do not overcook; this causes toughness.
COOKING WITH ENTERGY

**FRIED SHRIMP-IN-PANTS**

- 2 lbs. fresh shrimp, peeled and deveined
- 1 cup all-purpose flour
- 3 cups cold water
- 1 egg

Salt, black pepper, cayenne to taste
1 cup evaporated milk
3 cups bread crumbs

Make egg batter by mixing egg, evaporated milk and cold water. Leave part of the shell on the end of each shrimp tail when peeling. Split each shrimp three-fourths of its length and season generously with salt, black pepper and cayenne. Dip each shrimp in egg batter and then in flour. Dip in egg batter again and roll in bread crumbs. Fry in deep fat at 375°F for 3 to 4 minutes. Yield: 4 servings.

**FRIED STUFFED SHRIMP**

- 2 dozen shrimp, cleaned
- 2 tablespoons minced onion
- 2 tablespoons chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons minced parsley
- 1 clove garlic, minced
- 2 tablespoons melted butter

1/4 cup milk
1/2 cup bread crumbs
1/2 cup crab meat
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 teaspoons
Worcestershire sauce

Split shrimp down the back, leaving tails on. Sauté onion, celery, green pepper, parsley and garlic in butter. Blend in flour; add milk, stirring until thick. Add remaining ingredients and mix thoroughly. Place small amount of crab stuffing in each shrimp, packing firmly to shape. Chill 1 hour. Dip into batter and fry in deep hot shortening (357°F) 5 minutes or until brown. Yield: 4 servings.

_Batter:_

- 1 egg
- 3/4 cup milk
- 1/8 teaspoon cayenne

Beat egg, add milk and remaining ingredients.

**FRIED SOFT-SHELL CRAB**

- 6 soft-shell crabs
- 1 egg
- 1 cup flour

Salt and pepper
1 cup milk

Clean crabs by cutting off the face and eyes. Lift up the shell at each point and clean out the gills. Rinse well; drain and dry. Soak crabs in mixture of egg, milk, salt and pepper for 15 minutes. Coat with flour and fry in deep hot shortening at 375°F until brown, about 15 minutes. Drain and garnish with sliced lemon and minced parsley. Serve with tartar sauce. Yield: 6 servings.

_To Broil:_ Clean crabs and follow directions for frying; except omit egg and use 1 tablespoon flour instead of 1 cup. Melt 1/2 stick butter and brush crabs thoroughly. Broil 3 inches from source of heat, top side down, for 7 to 8 minutes. Turn, brush top side with butter, and continue broiling for 8 minutes or until golden brown. Garnish with parsley and lemon wedges.

**MARINATED CRABS**

- 2 dozen boiled crabs
- 6 green onions, chopped
- 2 stalks celery, chopped
- 6 cloves garlic, minced
- 1/2 large green pepper, chopped
- 1 tablespoon Worcestershire sauce
- 2 1/2 cups salad oil
- 1/2 cup wine vinegar
- 3 tablespoons pepper sauce
- 1/4 cup white wine
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 1/4 teaspoon seafood seasoning

Clean boiled crabs and break each crab body in half. Crack and remove meat from claws. Place crab bodies and claw meat into a bowl. Combine remaining ingredients and pour over crabs. Marinate in refrigerator for several hours. For each serving, place 6 crab halves and sauce in individual serving bowls. Serve with hot garlic bread which can be used to dip into sauce. Yield: 8 servings.

*Variation:* Barbecue: Prepare shrimp as above, putting 2 shrimp together with stuffing and secure with foodpicks. Chill at least 1 hour. Brush shrimp with Barbecue Sauce (page 139), broil 5 inches from heat for 5 minutes on each side, basting occasionally with sauce.
MARINATED SHRIMP

Use 1 1/2 quart Pyrex dish. Melt 1 stick of butter in dish and add the following, stirring quite often:

1/3 cup Worcestershire sauce 1 teaspoon salt
1 teaspoon black pepper 1 teaspoon cayenne pepper
2 teaspoons garlic puree 1 teaspoon thyme
2 teaspoons rosemary 1/2 teaspoon celery salt
1 teaspoon olive oil

Cook slowly 10 to 15 minutes (taste for pepper seasoning and add if desired) but do not bring to a rapid boil. Allow to cool slightly, then add 50 to 60 headless shrimp, medium sized (wash shrimp after deheading). In order for seasoning to take effect, do not cook for at least 2 to 3 hours, or refrigerate overnight. (If cooked immediately they are very tasty but not as seasoned as when allowed to marinate for 2 to 3 hours or even better overnight.) When ready to cook, preheat oven at 400° F. and when oven is hot, place them in the oven for approximately 18 to 20 minutes, stirring several times. Cooking time depends on size of shrimp. After 12 minutes remove several and taste. Allow to cook further if necessary, but prevent overcooking as the shrimp are hard to peel if overcooked.

MARINATED SHRIMP BROIL

2 pounds shrimp, headless 1 tablespoon chopped parsley
1 tablespoon chopped chives 1/2 teaspoon garlic salt
2 teaspoons dried basil, if desired 2 teaspoons dry mustard
1 bottle or can (12 ounces) beer 1/2 teaspoon black pepper
1/2 teaspoon celery salt 1 teaspoon salt

Remove legs from shrimp but do not shell. In a bowl, combine remaining ingredients; add shrimp. Cover and refrigerate for at least 8 hours. Stirring frequently. Drain shrimp and place in broiler pan. Broil 3 inches from source of heat for about 5 minutes. Yield: 6 servings.

OYSTER PIE

1 onion, minced 1/4 cup minced parsley
1/2 cup minced celery 1 1/2 teaspoons
cayenne pepper
1 cup minced green pepper 1/8 teaspoon hot sauce
1/4 cup (1/2 stick) butter Worcestershire sauce
1 1/2 tablespoons flour 1/2 teaspoon salt
4 1/2 dozen oysters, drained, reserve liquid

Sauté onion, celery and pepper in 2 tablespoons butter until soft. Brown flour in remaining 2 tablespoons butter; stir in sautéed mixture. Add oysters and simmer 5 minutes. If mixture is too dry, add small amount oyster liquid. Add parsley, sauces and salt to taste. Pour into unbaked 9-inch pastry shell. Cover with top pastry and make several slits in top. Bake in 425°F. oven 20 minutes or until brown.

OYSTER-ARTICHOKE CASSEROLE

8 large artichokes 2 1/2 dozen oysters, cut in half, and liquid
2 teaspoons salt 1 can (7 ounces)
3 tablespoons flour mushroom butter
3/4 cup (1 1/2 sticks) pieces and liquid
mushroom butter
3 tablespoons minced green onions Salt and pepper
2 tablespoons butter
1/2 cup bread crumbs

Steam artichokes in 1-inch boiling salted water until tender, about 45 minutes. Drain; cool slightly. Scrape meat from leaves and cut hearts in half. Stir flour in heated skillet over low heat until lightly browned; set aside. Melt butter; add onion and sauté about 5 minutes. Add flour to butter mixture and stir until smooth. Mix in remaining ingredients, except artichoke hearts, bread crumbs and butter. Simmer 10 minutes. Place hearts in casserole and add oyster mixture; top with crumbs and dot with butter. Bake in 350°F. oven for 15 minutes. Yield: 6 servings.

OYSTER CASSEROLE

1/2 pound saltine crackers, 1 pint fresh oysters
crushed 4 tablespoons butter

Place a layer of crushed crackers in a buttered casserole. Alternate layers of oysters, crackers and dot with butter, ending with crackers and dotted butter. Bake at 350° F. for 20 to 30 minutes or until brown. Yield: 8 servings.
**COOKING WITH ENERGY**

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**OYSTERS BIENVILLE**

1 bunch green onions, chopped fine
3 tablespoons flour
1 can chopped mushrooms
1/8 teaspoon paprika
3 ounces white wine (dry dry sauterne or sherry)
Salt, black pepper and hot pepper sauce to taste

1 teaspoon oregano
1 pint chicken or fish bouillon or broth
1/4 cup Cheddar cheese
3 egg yolks
1/2 cup evaporated milk
1/2 lb. shrimp, chopped fine

Sauté onion and garlic in olive oil until slightly brown; add oysters and cook until the edges curl. Remove from heat; stir in bread crumbs, cheese, oyster liquid and bacon. Mix well. The mixture should be of a very moist consistency, similar to stuffing. If too dry, add water to the mixture. Bake in individual greased casseroles in 350°F oven for 30 minutes. Yield: 4 servings.

This recipe, used as a casserole dish, will serve for 4 to 6 persons. It can also be used as a sauce to cover approximately 4 dozen oysters on the half-shell.

Sauce:
Mix shrimp, mushrooms and 1 1/2 ounces wine together. Set aside. Brown onions in butter; add flour and stir over a low flame until mixture is a light brown. Add chicken or fish bouillon or broth, which has been heated, slowly - stirring all the while. Add shrimp, mushrooms and wine mixture until sauce is smooth and begins to thicken. Set aside to cool slightly. Beat egg yolk well, but not too long, with 1 1/2 ounces wine and the evaporated milk. Slowly pour the warm sauce into this egg-wine milk mixture, stirring constantly so it will stay smooth and not curdle. Add liquor from pre-baked oyster shells and season to taste. Replace the whole mixture on the fire and cook over low heat for 10 to 15 minutes until thick, stirring constantly to prevent lumping or scorching. If too thin, add flour or cornstarch to thicken. Pour into four separate casseroles or ramekins and place 10 to 12 oysters in the middle of the mixture; cover with more of the sauce. Sprinkle well with Cheddar cheese, place in 400°F oven and bake until golden brown. **CAUTION:** Make sure oysters are placed between layers of sauce, as they will get extremely hard if they are cooked on the bottom.

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**OYSTER STUFFING**

5 tablespoons minced onion
1 1/2 cups chopped celery
1/4 cup (1/2 stick) butter
3 quarts French bread cubes
4 teaspoons chopped parsley
2 eggs, slightly beaten

1/4 teaspoon salt
1/4 teaspoon pepper
2 dozen oysters, chopped
1 cup turkey stock and ground cooked gizzard

Sauté onion and celery in butter until tender, about 8 minutes. Add bread cubes which have been moistened in water, parsley, salt, pepper, chopped oysters and stock with ground gizzard. Mix and heat thoroughly. Remove from heat; add eggs and mix well. Place in greased 1 1/2-quart casserole; bake in 350°F oven for 30 minutes. Yield: 6 servings.

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**SCALLOPED OYSTERS**

2 cups dry bread crumbs
1/4 cup (1/2 stick) butter, melted
2 dozen oysters
1/4 cup oyster liquid
1/2 teaspoon salt

1/8 teaspoon pepper
2 tablespoons light cream
1 teaspoon Worcestershire sauce
1/8 teaspoon cayenne
2 tablespoons sherry wine

Combine crumbs and butter; cover bottom of greased 10 x 6 x 2-inch baking dish with 1/3 of mixture; arrange half of oysters on top. Combine oyster liquid with next 6 ingredients and spoon 1/2 the sauce over oysters. Sprinkle with 1/3 the crumbs; repeat. Bake in 400°F oven 20 to 30 minutes. Yield: 4 servings.

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**PICKLED CRAWFISH**

2 pounds cooked crawfish tails
2 onions, thinly sliced
3/4 cup mixed sweet pickle relish
3 tablespoons pickling spices tied in cheesecloth
2 teaspoons sugar

1 cup salad oil
1/2 cup lemon juice
1/2 cup vinegar
1 tablespoon Worcestershire sauce
1/8 teaspoon hot sauce
1 tablespoon salt

Toss together crawfish tails, onion slices and relish; add spice bag and combine remaining ingredients. Refrigerate 24 hours.
**POMPAO EN PAPILLOTE**

3 cups boiling salted water  
1 lemon, sliced  
1 bay leaf  
1 sprig thyme  
6 pompano fillets  
2 tablespoons butter  
3 tablespoons flour  
1 1/2 cups fish stock

To the boiling salted water, add lemon slices, bay leaf, thyme and fillets. Simmer for 15 minutes. Remove fillets, open flat and place each on individual sheet of parchment paper. Melt butter in another saucepan over medium heat. Add flour and onion, stir and brown lightly. Add fish stock. Cook until sauce thickens, about 5-6 minutes. Stir in shrimp, crab meat, mushrooms and salt. Remove from heat and stir in egg yolks. Spoon sauce over fillets. Fold paper to form a case around each fillet. Bake in 400° F oven for 10 minutes. To serve, split and fold back each casement. Yield: 6 servings.

**SALMON CROQUETTES**

1 can (2 cups) salmon  
1 cup soft fresh bread crumbs  
2 tablespoons grated onion  
1 tablespoon minced parsley crumbs  
1/2 cup cooked shrimp, chopped  
1/2 cup crab meat  
1 cup evaporated milk  
1/4 teaspoon salt  
2 eggs, well beaten  
1/8 teaspoon pepper  
1 cup seasoned bread crumbs

Drain salmon; flake fish coarsely and crush bones. Add bread crumbs, onion, parsley, salt, pepper and 1 beaten egg. Mix thoroughly; chill. Shape croquettes into cone, ball or barrel shape. Roll in seasoned bread crumbs, dip in remaining beaten egg, and then roll in crumbs again. Fry in deep hot fat (375°F.) until croquettes are golden brown. Bake croquettes in 350°F. oven for 20 minutes or until golden brown. Yield: 6 servings.

**RED SNAPPER AU GRATIN**

1/4 cup chopped celery  
1/2 cup chopped onions  
3 tablespoons oil  
3 tablespoons all-purpose flour  
2 ounces sauterne wine  
Salt, black pepper and cayenne

Mix oil with onions and celery and cook in heavy iron pot over medium heat until onions are wilted. Add flour and milk, stirring constantly for 10 minutes, or until thick. Add shrimp; cook another 5 minutes. Season with salt, black pepper and cayenne to taste. Add wine, stir and remove from fire. Set aside. Place each fillet of snapper in an individual buttered casserole dish. Cook in pre-heated oven at 350°F. for 10 minutes or until fish is cooked. Pour sauce over fish and sprinkle with bread crumbs. Bake for another 5 minutes, or until brown. Decorate each fish with 2 crisp slices of fried bacon and garnish with French fried potato, sliced round. Yield: 6 servings.

**SHRIMP A LA CREOLE**

1 1/2 lbs. peeled and deveined shrimp  
3 cups water  
1/2 cup bell pepper, chopped  
4 cloves garlic, minced  
1 can (4-6 ounces) tomato sauce  
1/2 cup oil or 1/4 lb. oleo sauce  
1 teaspoon sugar  
1 cup (6 ounces) tomato paste  
1 cup green onion tops and parsley  
Salt, black pepper and cayenne to taste

Split shrimp and season with salt, black pepper and cayenne. Set aside. Heat oil or oleo in heavy pot over medium heat; cook onions and celery in it until onions are wilted. Add tomato paste and fry another 5 minutes stirring constantly. Add tomato sauce and 2 cups of water. Cook about 40 minutes or until oil comes to top, stirring occasionally. Use more water if sauce gets too thick. Add shrimp, bell pepper, garlic, sugar, salt, black pepper and cayenne. Cook 30 minutes or until shrimp are tender. Serve over cooked rice. Sprinkle with chopped onion tops and parsley. Yield: 4 servings.
COOKING WITH ENTERGY

SHRIMP AND OYSTERS EN BROCHETTE

3 dozen oysters, shelled
1/4 lb. butter or oleo
1/2 slice bacon for each
shrimp
1 lemon

Melt butter or oleo and add two cloves of garlic which have been pressed and the juice of one lemon. Heat to boiling and stir. Then reduce heat. Split shrimp, if desired. Season each individually with salt and cayenne to taste. Wrap each shrimp with one-half slice of bacon secured with toothpick. Alternate shrimp with oysters on six skewers. Place skewers in shallow pan about 5 inches from flame of broiling oven and broil 15 to 20 minutes until bacon is crisp. Baste with butter sauce and turn frequently. Serve with tartar sauce. Yield: 6 servings.

SHRIMP CASSEROLE

1 can (4 ounces) mushrooms, drained, reserve liquid
1/4 cup (1/2 stick) butter
1/4 cup flour
1/4 teaspoon dry mustard
1 teaspoon salt
1/8 teaspoon pepper
1 can (16 ounces) green peas with onions

Cook mushrooms in butter until lightly browned. Stir in flour, mustard and seasonings. Combine mushroom liquid with liquid from peas; add cream to make 2 1/4 cups. Add to flour mixture and cook until thickened, stirring constantly. Stir in sauce. Place half the corn chips in bottom of 1 1/2-quart casserole. Mix with shrimp, peas and egg slices. Pour sauce over mixture and sprinkle remaining corn chips on top. Bake in 375° F. oven for 35 minutes. Yield: 6 servings.

SHRIMP CREOLE

2 tablespoons cooking oil
1 large onion, minced
1 clove garlic, minced
2 tablespoons minced green pepper
1 tablespoon flour
1 can (8 ounces) tomato sauce

Heat oil over medium heat; add onion and cook until soft (about 6 to 8 minutes). Stir in garlic and green pepper; sauté for 2 minutes. Blend in flour. Add sauce and simmer 5 minutes. Stir in water, thyme, parsley, shrimp, salt, pepper and cayenne. Cover and simmer 30 minutes. Serve over rice. Yield: 4 servings.

SHRIMP CREOLE

1/4 cup oil
2 cups chopped onion
3 cups chopped celery
2 cups chopped green pepper
1/2 cup minced parsley
3 tablespoons flour
3 1/4 quarts tomato juice

In oil, saute onion, celery and green pepper until tender. Add parsley. Add flour and cook over low heat to make a roux. Combine tomato juice and paste with lemon juice and seasonings. Add to mixture in skillet, and cook and stir until mixture boils. Allow to simmer over very low heat, stirring occasionally, for 30 minutes. Add shrimp and cook about 12 to 15 minutes longer, or until shrimp are cooked. Yield: 48 servings.

SHRIMP MEUNIERE

1 1/2 pounds shrimp, cleaned
1/4 cup (1/2 stick) butter

Remove sand veins, wash and drain on absorbent paper. Sauté shrimp in butter, turning frequently for about 10 minutes or until shrimp are pink. Remove shrimp to serving platter. To the butter, add lemon juice, salt and pepper. Pour over shrimp. Yield: 6 servings.

SHRIMP ETOUTEE

3 pounds shrimp, cleaned
Salt and pepper
1/2 cup chopped celery
1 cup chopped onion
1/2 cup cold water
1/4 teaspoon cornstarch

Season shrimp generously with salt, pepper and cayenne. Add onions, celery and paste to butter. Cook slowly until onions are soft. Dissolve cornstarch in water and add to mixture. Add shrimp and cook about 20 minutes. Serve with rice. Yield: 6 servings.
### SHRIMP de JONGHE

4 cups boiled shrimp, cleaned
3/4 cup (1 1/2 stick) butter
4 cloves garlic, sliced
1/2 teaspoon minced parsley
1/2 teaspoon minced green onion
1/4 cup Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup dry sherry
1 cup dry bread crumbs
1/4 cup (1/2 stick) melted butter


### SHRIMP PIE

2 lbs. fresh shrimp, peeled and deveined
1 cup chopped onions
2 teaspoons tomato paste
1 1/2 cups water
1/2 cup green onions and parsley, chopped
2 tablespoons cornstarch
Salt and cayenne

Season shrimp with salt and pepper and set aside. Mix cooking oil, onions, celery, garlic and bell pepper in heavy iron pot over medium heat; stirring constantly until onions are wilted. Add shrimp and cook 15 minutes. Add cornstarch which has been dissolved in 1 1/2 cups water. Cook until thick, stirring constantly. Add green onions and parsley, chopped fine. Prepare enough Flaky Pie Crust for six pies. Roll and divide to fit 6 individual 10-ounce overeware dishes. Fit rolled-out crusts into buttered overeware dishes and then pour shrimp mixture over bottom crusts. Cover with another layer of crust; cut two slits in the top of each pie. Bake at 350° F. for about 15 minutes. Reduce heat to 300° F. and bake for another 12 to 15 minutes until golden brown. Yield: 6 servings.

### SHRIMP IN LOBSTER SAUCE

2 tablespoons peanut oil
2 cloves garlic, crushed
1/2 teaspoon sugar
2 green onions, cut in 2-inch pieces
1/4 cup pound ground pork, cleaned
1 tablespoon soy sauce
1/2 cup water
1 tablespoon cornstarch
1/2 teaspoon salt
2 eggs, slightly beaten

Heat oil over medium heat. Stir in garlic; then add pork and continue stirring until pork turns white, about 3 minutes. Add shrimp; stir until they turn pink. Add soy sauce, salt, sugar and green onions; mix well. Add water and bring to boil. Cover and cook for 3 minutes. Dissolve cornstarch in water and add to mixture, stir until thickened. Stir in eggs. Turn off heat immediately and serve. Yield: 4 servings.

### SHRIMP SCAMPI

2 pounds large shrimp
1/4 cup (1/2 stick) butter, melted
3 cloves garlic, minced
1/4 teaspoon salt
1/8 teaspoon ground pepper
2 tablespoons chopped parsley
2 tablespoons lemon juice

Remove shells from shrimp, except portion that covers tail Cut down center of back and remove sand vein. Combine remaining ingredients; mix well. Dip shrimp in mixture; place in shallow pan in single layer. Pour remaining sauce over shrimp. Broil 3 inches from source of heat for 6 to 8 minutes. Serve with drippings from pan. Yield: 4 servings.

### SIZZLING SHRIMP

1 1/2 cups cooking oil
1 tablespoon salt
1/2 small onion, minced
1/2 cup catsup
1 teaspoon paprika
3 pounds shrimp
1/2 cup lemon juice

Combine all ingredients except shrimp. Peel and clean shrimp, leaving tails on. Marinate shrimp in sauce in refrigerator 1 hour. Arrange shrimp on skewers; place on broiler tray and brush with sauce. Broil 4 inches from heat 10 minutes. Turn and baste shrimp at least once during broiling time. Yield: 6 servings.
SHRIMP STUFFED PEPPERS

6 green peppers
3 tablespoons butter
1 large onion, minced
1 clove garlic, minced
1/2 pound cleaned shrimp
3 fresh or 1 cup canned tomatoes
1 teaspoon salt
1/4 teaspoon pepper
1 cup cooked rice
1 teaspoon Worcestershire sauce
1/2 cup fine buttered bread crumbs


SHRIMP TURNOVERS

1 cup onions, chopped fine
1/4 cup margarine
2 tablespoons cornstarch
2 teaspoons tomato paste
1/4 teaspoon cayenne
1/2 cup water
1/4 cup celery, chopped fine
1 lb. peeled shrimp, medium chopped
2 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon black pepper
1/4 cup parsley and green onions, chopped fine

Prepare Flaky Pie Crust (add parsley and green onions). Roll out dough 1/8-inch thick. Using a saucer about 5 1/2-inches in diameter, cut 4 circles of dough. Spoon 1/4 of filling into center of circle and fold pastry in half. Seal edges together by pressing with tines of fork. Dip tines of fork into flour. Fry in deep fat until golden brown or approximately 5 minutes. Yield: 4 servings.

STUFFED CRABS

1 lb. white crab meat
1/4 lb. oleo or 1/2 cup oil
3 eggs
1/2 cup bell pepper, chopped
2 cloves garlic, minced
1 cup evaporated milk
1 cup chopped onions
1/2 cup chopped celery
1/2 cup fine buttered bread crumbs
4 stale hamburger buns or 6 slices stale bread
1/2 cup chopped green onion tops and parsley
Salt, black pepper and cayenne to taste
1/2 teaspoon Worcestershire sauce

Sauté onions, celery, garlic and chopped bell pepper in a heavy pot in the oleo or oil until wilted. Add Worcestershire sauce, crab meat and season to taste with salt, red pepper and black pepper. Cook over medium heat about 15 minutes, stirring constantly. Add onion tops and parsley. Then add buns which have been soaked in the milk and eggs. Mix well. Stuff crab shells with mixture. Use artificial crab shells. Sprinkle tops of stuffed crabs with bread crumbs and bake in 375°F oven for 10 minutes or until well brown. Stuff 12 crab shells.

STUFFED LOBSTER

1 Maine lobster, fresh, frozen or canned
1/2 lb. of boiled shrimp, peeled and deveined
1 cup chopped onions
1/4 lb. butter or oleo
1 piece of pimiento
Salt, black pepper and cayenne
1/2 lb. crab meat, fresh, frozen or canned
1/2 cup chopped celery
2 hamburger buns, soaked in water
2 eggs
Parsley to taste, chopped fine
1 ounce dry sherry

If fresh lobster and shrimp are used, boil both. Remove meat from lobster and save shell. Put butter or oleo in a heavy pot with onions and celery. Cook over medium heat in uncovered pot until onions are wilted. Chop 1/2 of the lobster and cook in separate heavy uncovered pot with a little butter over medium heat for about 10 minutes. Add to this the soaked buns, 2 beaten eggs and chopped shrimp. Mix well. Then add cooked onion and celery mixture. Dice remaining lobster and add to mixture. Season generously with salt, black pepper and cayenne. Add parsley and pimiento. Stuff lobster shell (or casserole) with the mixture. Put into 325°F oven for 15 to 20 minutes. Baste occasionally with sherry wine, lemon juice and butter. Serve piping hot. Yield: 4 servings.
STUFFED OYSTERS

1/2 cup celery, chopped fine 20 large shelled oysters
2 tablespoons margarine 1 cup onions, chopped fine
2 hamburger buns 1 1/4 cups chopped oysters
1 heaping tablespoon flour 2 eggs
1 tablespoon parsley, chopped fine 1/4 cup bread crumbs

Moisten onions and celery with margarine until onions are wilted. Add the chopped oysters and sauté for 3 minutes. Soak buns in beaten eggs and add to mixture. Mix well. Form 20 croquettes with this filling and place one oyster in the center of each croquette. Roll in white flour, dip in light egg batter, and roll again in bread crumbs. Fry at 350° F. Yield: 5 servings.

STUFFED SHRIMP

1 lb. fresh shrimp, peeled and deveined
2 eggs
3/4 cup chopped celery
1/2 cup green onion tops and parsley, chopped
1/4 cup chopped bell pepper
Salt, black pepper and cayenne to taste
1 can lobster

Set fresh shrimp aside after peeling. Put oil or oleo, onions, and 1 cup of chopped celery into a heavy pot. Season to taste with salt, black pepper and cayenne. Cook slowly in uncovered pot until onions are wilted. Grind lobster and boiled shrimp in food chopper. Mix with onion mixture and cook 15 minutes over medium heat in uncovered pot. Add buns which have been soaked in eggs; mix well. Add bell pepper, remainder of celery, green onion tops, parsley, and cracker meal or bread crumbs. Mix well. Split each fresh shrimp lengthwise, almost to the end and flatten out. Stuff center of split shrimp with mixture, holding each shrimp in the hand and squeezing it together to form a croquette. Roll in all-purpose flour, then dip in heavy egg batter, and roll in bread crumbs. Fry rapidly for five minutes in deep fat at 375° F. Yield: 5 servings.

TROUT AMANDINE

4 trout fillets
1 cup milk
1/8 teaspoon pepper
1/2 cup flour
1 teaspoon salt
1/2 cup (1 stick) butter
1/2 cup chopped almonds

Dip fillets in milk; season with salt and pepper; coat with flour. Melt 1/2 stick of butter in electric skillet set at 375° F. Brown fillets on both sides. Remove fish from skillet; add remaining butter and sauté almonds. Serve over cooked fillets. Garnish with lemon slices and parsley. Yield: 4 servings.

TROUT DIVAN

1 pound trout fillets
1/2 cup Parmesan cheese
1/2 lemon
1/2 teaspoon pepper
2 green onions, chopped
1 package (10 ounces) frozen broccoli spears, cooked
2 tablespoons dry white wine
2 tablespoons butter
2 tablespoons flour
1/8 teaspoon pepper
1/2 cup breakfast cream
1/4 cup almonds, sliced
1 1/2 teaspoons salt

Rub fish with cut side of lemon. Combine onions and wine in shallow saucepan. Arrange fish fillets in onion mixture. Simmer over low heat, baste gently, until fillets flake easily, about 5 minutes. Melt butter over low heat; blend in flour. Stir in cream, 1/2 teaspoon salt and 1/2 cup liquid in which fish was cooked (add water if necessary). Continue cooking, stirring constantly, until sauce thickens, about 6 to 8 minutes. Add 1/4 cup cheese and lemon juice. Arrange broccoli in oblong casserole dish; season fish fillets with remaining salt and pepper; place on top of broccoli. Pour cheese sauce over fish; sprinkle remaining cheese and almonds over all. Bake in 350° F. oven for 20 minutes or until bubbly. Yield: 4 servings.
COOKING WITH ENERTGY

TROUT MARGUERIE

4 fillets of trout  
3 tablespoons olive oil  
2 egg yolks, beaten  
1 cup (2 sticks) butter, melted  
1 tablespoon lemon juice  
Salt and pepper

1 cup cooked shrimp, chopped  
1/2 cup crab meat  
1/2 cup sliced mushrooms  
1/4 cup dry white wine  
Paprika

Season fillets, place in baking pan and add olive oil. Bake in 375°F oven for about 25 minutes. As fish bakes, prepare sauce. To make sauce, place egg yolks in top of double boiler over hot (not boiling) water and gradually add melted butter, stirring constantly until mixture thickens. Add lemon juice, shrimp, crab meat, mushrooms, wine and season to taste. Stir and cook for 15 minutes longer to heat thoroughly. Place baked fish on oven-proof platter or individual dishes; cover with sauce and place in broiler to brown lightly. Yield: 4 servings.

TROUT VERONIQUE

2 pounds fish fillets  
2 tablespoons melted butter  
2 tablespoons lemon juice  
1 teaspoon salt  
1/2 teaspoon paprika

1/8 teaspoon pepper  
1/2 cup medium white sauce  
1 cup Hollandaise sauce  
1/2 cup white grapes

Place fish on greased grid of broiler. Combine butter, juice, salt, paprika and pepper; pour over fish. Broil 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily with a fork. Fold white sauce into Hollandaise; add grapes which have been cut in half. Spoon over fillets and brown in broiler. Yield: 4 servings.

TUNA-CASSEROLE

1 can (10 1/2 ounces) condensed cream of mushroom soup  
1 soup-can of liquid from peas and water  
1 cup cooked or canned peas, drained (reserve liquid)

8 ounces (about 4 cups) noodles, cooked and drained  
1 can (7 ounces) tuna, drained and flaked

1/4 cup grated cheese

Combine soup and liquid from peas; heat to boiling, stirring constantly until smooth. Combine with peas, noodles and tuna. Pour into 1 1/2-quart baking dish. Sprinkle cheese over top. Bake in 375°F oven 20 minutes or until thoroughly heated and top is brown. Yield: 6 servings.

TUNA-RICE CASSEROLE

3/4 cup raw rice  
1 1/2 cups water  
3/4 teaspoon salt  
2 tablespoons instant minced onion

1 cup commercial sour cream  
1/2 cup mayonnaise

1/2 cup ripe olive slices, if desired  
1 tablespoon lemon juice  
1/4 cup chopped parsley

2 cans (7 ounces each) tuna  
1/4 teaspoon black pepper  
1/4 cup grated Cheddar cheese

Combine rice, water and salt; bring to a full rolling boil. Cover immediately and turn heat very low. Cook until rice is tender, about 20 minutes. Allow rice to stand for 10 minutes. Gently mix rice and remaining ingredients, except cheese. Place in a greased 1 1/2-quart casserole dish. Sprinkle with cheese. Cover and bake in a 350°F oven for 30 minutes. Uncover during last 5 minutes of baking period. Yield: 4 servings.

TUNA-EGG CREPES

1 can (10 1/2 ounces) condensed cream of mushroom soup  
1 can (7 ounces) tuna, drained

1/4 teaspoon salt  
1/4 teaspoon pepper

5 hard-cooked eggs  
6 baked crepes

1 cup shredded Cheddar cheese

1/2 cup chopped celery  
1 tablespoon minced onion  
1 1/2 teaspoons prepared mustard

1 tablespoon seasoned bread crumbs

1 tomato, cut into wedges

Heat soup, tuna, celery, onion, mustard, salt and pepper until blended and very hot. Stir in chopped eggs. Spread 1/2 cup hot tuna mixture between each layer of stacked crepes. Sprinkle top of stack with cream cheese and crumb. Arrange tomato wedges on top. Bake in 350°F oven for 20 minutes or until cheese is bubbly. To serve, cut into wedges. Yield: 4 servings.
COOKING WITH ENTERGY
Microwave and Pressure Cooker
COOKING WITH ENTERGY

PORK GUIDE

ROASTING PORK

1. Place pork, fat side up, on rack in uncovered shallow roasting pan. The ribs of pork loin form a natural rack.
2. Season with salt and pepper, if desired.
3. Insert a meat thermometer so the bulb is in the center of the largest muscle. The bulb should not touch bone or rest in fat.
4. Add no water and do not cover.
5. Roast pork in a 325°F oven. Refer to timetable for cooking hours or 170°F for meat thermometer.
6. Allow cooked pork roast to stand 10 to 15 minutes before carving.

PURCHASE INFORMATION

<table>
<thead>
<tr>
<th>Cut</th>
<th>Servings Per Pound</th>
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<tr>
<td>Pork Roast, bone-in</td>
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<tr>
<td>Loin, Boston Shoulder</td>
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<tr>
<td>Picnic Shoulder, Leg</td>
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<tr>
<td>Pork Roast, without bone</td>
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<tr>
<td>Loin, Leg, Rolled Shoulder and Tenderloin</td>
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<tr>
<td>Spareribs</td>
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TIMETABLE FOR ROASTING PORK
IN A 325°F OVEN

<table>
<thead>
<tr>
<th>Fresh Pork</th>
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<tr>
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<td>Roast</td>
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<td>Picnic Shoulder</td>
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<td>Loin</td>
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<td>Leg, half fresh ham</td>
<td>5 - 7</td>
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<tr>
<td>Spareribs</td>
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<td>1 1/2</td>
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<tr>
<td>Pork Chops</td>
<td>—</td>
<td>45 minutes</td>
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</table>
BARBECUED SHRIMP ORLEANS

3 lbs. large shrimp, unpeeled  1 1/2 lbs. (6 sticks) butter
3 teaspoons black pepper  1 teaspoon cayenne pepper
1 teaspoon Accent  1/2 teaspoon paprika
1/8 teaspoon rosemary  1/8 teaspoon thyme
1/8 teaspoon oregano  Pinch of cinnamon
2 teaspoons salt

Wash and drain shrimp well. Place in a glass baking dish
(7 x 11-inches). Place all ingredients for the sauce in a 4-
cup measure. Heat on High 1 1/2 - 2 minutes or until
butter is melted. Pour over shrimp. Cover with waxed
paper. Cook on High 10-12 minutes. Stir shrimp once or
twice during cooking time until all shrimp are pink. Add
salt after cooking. Let stand 3 minutes. Test for doneness.
Yield: 4 to 6 servings. Serve with French bread - perfect
for dipping into butter sauce

To Reduce Recipe: Cooking time for 1 1/2 pounds of
shrimp will be approximately 7-8 minutes.

CRAB MEAT AU GRATIN

1/3 cup butter
1/2 cup celery, chopped fine
2 rolls (6 ounces each) Kraft garlic cheese
1 teaspoon salt
1/4 teaspoon Tabasco
Buttered or seasoned bread crumbs
Paprika

1 cup onion, chopped fine
3 tablespoons flour
1 can (4 ounces) mushrooms, drained
1/2 teaspoon cayenne
1 pound claw crab meat, thawed and drained
Slivered almonds

In an 8-cup measure, sauté butter, onion, and celery on
High 3 minutes. Stir once. Stir in flour. Add cheese and
mushrooms. Cook on High 2 or 3 minutes until cheese is
melted. Add seasonings and mix well. Fold in crab meat.
Spoon mixture into 8 sea shells or ramekins. Sprinkle
with bread crumbs, paprika and almonds. When ready to
serve, place 4 filled shells at a time in the microwave and
heat on High 2 minutes. Yield: 8 servings.
**COOKING WITH ENTERGY**

**CRAWFISH STEW**

- 2/3 cup oil
- 2 cups onion, chopped
- 1/2 cup green bell pepper, chopped
- 1/4 cup parsley, chopped
- 1 can (10 ounces) Ro-Tel tomatoes, pureed
- 1/4 teaspoon pepper
- 2/3 cup flour
- 1 pound peeled crawfish tails
- 1 cup celery, chopped
- 4 cloves garlic, minced
- 1/4 cup green onion tops, chopped
- 2 teaspoons salt
- 1/2 teaspoon garlic powder

Mix oil and flour together in a 4 cup measure. Put in microwave on High 6 to 7 minutes. Stir at 6 minutes. Roux will be a light brown at this time and will need to cook 30 seconds to 1 minute longer to reach the dark brown color so important in making Louisiana gumbos and stews. Stir and return to microwave. Sauté on High 3 minutes. Add garlic, parsley and green onion to roux, stir and return to microwave. Sauté on High 2 minutes. You should have about 3 3/4 cups of roux now. If any oil has risen to the top, pour this off. Slowly add enough hot tap water to bring roux to the 4 cup mark. Stir and you will have a smooth dark roux in only 12 minutes. Pour roux and vegetables into a 3-quart dish. Add tomatoes, salt, pepper and garlic pepper. Cover with plastic wrap. Microwave on High 12 minutes. Stir 1 or 2 times. Add crawfish, cover and cook on Medium 10 minutes, stirring one time. Serve with rice. Serves 4-6.

**MICROWAVE SEAFOOD COOKING**

Instructions for microwaving shrimp: Place shrimp with seasonings except salt in glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

**MOIST CHOCOLATE CAKE IN MICROVE OVEN**

- 1/4 cup (1/2 stick) butter
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 2 eggs
- 1 cup chocolate syrup
- 1/2 teaspoon vanilla

Cream butter and sugar; add eggs and beat until fluffy. Add sifted dry ingredients, vanilla and chocolate syrup. Beat until thoroughly blended. Pour into an 8-inch square or round glass baking dish. Cook, uncovered, 7 minutes in microwave oven.

_Frosting:_

While cake is still warm, spread 1 cup miniature marshmallows over the top. In microwave oven, melt 2 tablespoons butter for 30 seconds in glass mixing bowl. Add 1/2 cup sugar and 2 tablespoons evaporated milk; mix thoroughly. Cook, uncovered, for 2 minutes. Quickly mix in 1/4 cup chocolate chips and 1/2 teaspoon vanilla. Pour over cake and blend with marshmallows.

*MICROWAVE COOKING TIMES ARE APPROXIMATE. COOKING TIME VARIES WITH THE MODEL OF MICROWAVE OVEN.*
**OYSTERS BIENVILLE**

2 tablespoons butter  
2 tablespoons flour  
1/3 cup drained mushrooms, finely chopped  
1/3 cup dry white wine  
1/4 teaspoon white pepper  
6 soup plates filled with rock salt or 6 plates with terry towel placed on plate  
4 green onions, chop all of bulbs and 1/2 of tops

Melt butter in a 1 1/2 quart bowl. Sauté onion on High 3 minutes. Stir once. Stir in flour and cook on High 1 minute. Whisk in stock or juice, add mushrooms and cook on High 2 minutes until thickened. Stir once. Beat yolk, wine, salt and pepper together and add to sauce. Cook on High 4 minutes. Stir once. To help drain oysters, place them in a glass bowl and heat on High 1 1/2 minutes. Drain in a colander. Place 4 oyster shells on a plate (if rock salt is used, preheat bowl, rock salt and shells on High 1 minute). Place oysters on shells and pour sauce over. Sprinkle with bread crumbs, cheese and butter. Cover with waxed paper, place 2 plates at a time in microwave and cook on High 1 1/2 minutes.

**OYSTERS ORLEANS**

1/2 cup butter, melted  
1 can (4 ounces) sliced mushrooms  
1/4 teaspoon cayenne pepper  
2 cups warm milk  
1/2 teaspoon salt  
2 dozen raw oysters, drained

In a 2 quart bowl, melt butter and sauté onion, mushrooms, mustard and peppers on High 4 minutes. Stir in flour and add warm milk gradually. Cook on High 3 or 4 minutes until sauce thickens. Add sherry and salt. Stir in beaten egg yolks. Place room temperature raw oysters in oyster shells or larger shells and cover with sauce. Place 6 oyster shells or 4 large shells at a time in microwave. Cook on High 2 minutes or until heated through.

**FILLET OF FLOUNDER WITH SAUCE MEUNIERE**

4 fillets of flounder (2 pounds), bass, redfish, red snapper or trout may be substituted.

Sauce Meuniere:

1/4 cup butter  
1 tablespoon Worcestershire sauce  
1/4 cup green onion tops, chopped  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon cayenne

Dry fish on paper towels before placing in a glass baking dish. Combine ingredients for sauce in a 2-cup measure. Cook on High 1 minute. Pour sauce over fillets. Cover with waxed paper. Cook on High 5-6 minutes or until fish flakes easily with a fork. Turn dish once. Garnish with parsley and lemon slices. Yield: 4 servings.

**RED FISH WITH SAUCE PIQUANTE**

2 cups chopped onions  
1/2 cup chopped celery  
1/2 cup chopped green onions  
1 can and 2 tablespoons tomato paste  
1 lemon, sliced thin  
1 tablespoon salt  
1/2 teaspoon pepper  
1 chopped bell pepper

In a 2 1/2 or 3 quart casserole dish, sauté on high 10 minutes onion, bell pepper, celery in olive oil. Stir in green onions, parsley and garlic. Sauté 5 minutes. Stir in tomato paste. Cook on high 20 minutes until mixture deepens in color. Add water, lemon and seasonings. Cover, cook on high 15 minutes. Clean fish, remove head. Season fish with salt and pepper; place in a 3-quart baking dish, top with sauce. Cover with plastic wrap. Cook on high 20 minutes. Serve over rice.
COOKING WITH ENTERGY

**RED SNAPPER LOUISIANE WITH BUTTER AND WINE SAUCE**

3 1/2 pound whole red snapper, cleaned  
Cayenne pepper  
2 tablespoons parsley, finely chopped  
3 green onion tops, finely chopped  
Salt  
1 tomato, peeled and diced

2 tablespoons melted butter with 1 teaspoon grated lemon rind  
2 tablespoons parsley, finely chopped  
2 tablespoons green onion tops, chopped  
1/2 cup butter  
1/4 cup sauterne

Pat fish dry with paper towels. Season cavity of fish with salt and pepper. Brush fish with butter and lemon and place on a piece of waxed paper large enough to envelope it completely. Top fish with parsley, onion tops and tomato. Fold paper over and secure with toothpicks. Place fish diagonally in microwave on heavy brown paper or in a flat glass baking dish. Cook on High 9 minutes or until fish flakes easily with a fork. Turn fish half way through cooking time. Mix ingredients for butter wine sauce in a 2-cup measure. Cook on High 2 minutes. Sauce may be served in individual dishes or poured over the fish, before serving. Yield: 4 servings.

**SEAFOOD FILÉ GUMBO**

1/2 cup flour  
2 cups chopped onions  
1/2 cup chopped green onions  
6 cloves garlic, chopped  
1 tablespoon salt  
Cayenne to taste  
1 pound crab meat or 6 small seasoned boiled crabs, cleaned for gumbo  
1/2 cup oil  
1/2 cup chopped celery  
1/2 cup chopped parsley  
1 1/2 quarts water  
1 teaspoon black pepper  
2 pounds shrimp peeled and deveined  
1 dozen oysters with Juice  
1 tablespoon fileé

In a 4-quart casserole dish, make a roux with flour and oil (15 minutes for this size dish). Sauté onions and celery on high for 3 minutes, then add green onions, parsley, garlic and sauté 3 minutes. Stir in water and seasonings. Cover and cook on high 15 minutes. Add shrimp and crabs, reduce to medium speed, cook 25 minutes. Add oysters and juice, cook 10 minutes or until oysters curl. Sprinkle with fileé. Set aside until ready to serve. Reheat gently.

**SCALLOPED CRAB OR SHRIMP AND CHIPS**

1 can (10 1/2 ounces) condensed cream of celery soup  
1 tablespoon chopped parsley  
1 tablespoon lemon juice  
1 pound crab meat, drained or 1 pound shrimp peeled and deveined

1 can (7-8 ounces) mushrooms, stems and pieces  
1 teaspoon instant minced onion  
1 cup milk  
1 5-ounce package potato chips, crushed (3 cups)

Mix soup, undrained mushrooms, onion, parsley, milk and lemon juice. In 2-quart greased casserole, layer 1 cup crushed chips, 1/2 crab meat or shrimp, 1/2 of soup mixture. Repeat layers and top with potato chips. Microwave at High 15 to 17 minutes, until bubbly. Yield: 6 servings.

**SHRIMP AND CRAB MEAT CASSEROLE**

To cook shrimp:  
1 pound shrimp, fresh or frozen  
1/2 lemon sliced  
1 stalk celery, cut up  
1 teaspoon salt

1/2 teaspoon cayenne pepper  
1/2 onion, sliced  
NO WATER!

Place shrimp and all the seasonings except salt in a glass dish. Cover with waxed paper. Cook on High 7 minutes until all shrimp are pink. Stir after half of cooking time. Add salt. Let stand 3 minutes. Test for doneness - shrimp should be tender and pink.

1 pound cooked shrimp, peeled  
1 cup mayonnaise  
1/2 cup onion, chopped  
1 teaspoon Worcestershire sauce  
1/2 cup seasoned or buttered bread crumbs

1/2 teaspoon salt  
1 pound white lump crab meat  
1/2 cup green bell pepper, chopped  
1/2 cup celery, chopped  
1/4 teaspoon pepper  
1 teaspoon paprika

Cook shrimp. Place bell pepper, onion and celery in a 2 cup measure. Cover with waxed paper and cook on High 2 minutes until just wilted. Combine all ingredients in a 3-quart casserole. Sprinkle top with bread crumbs. When ready to serve, heat through on High 6-8 minutes. Turn dish once.
SHRIMP NEWBURG

1/4 cup butter 12 ounces frozen cooked shrimp, defrosted
1 jar (4 ounces) sliced mushrooms, drained 2 tablespoons flour
1/2 teaspoon salt 1 1/4 cup milk
1/4 cup sherry 2 egg yolks
1/4 cup green onion, chopped

Approximate total microwave time 16 to 21 minutes. In 2-quart casserole place butter, onion and mushrooms. Microwave at High 2 to 3 minutes, until bubbly. Stir in flour and salt. Microwave at High 1 minute, to blend. Stir in milk. Microwave at High 5 to 6 minutes, stirring after 3 minutes. Stir in sherry. Stir small amount of sauce into yolks. Add yolk mixture to sauce, stir well. Microwave at Low 2 to 3 minutes, stirring after 1 minute. Stir in shrimp, microwave at Medium 6 to 8 minutes, stirring after 3 minutes, until heated through. Yield: 4 servings.

SWEET AND SOUR SHRIMP OR CRAWFISH

1 favorite recipe Sweet and Sour Sauce, 1 pound cleaned and cooked shrimp
1 can (8 ounces) pineapple slices or crawfish

Approximate total microwave time 6 to 8 minutes. Stir together Sweet and Sour Sauce, shrimp or crawfish and drained pineapple slices. Microwave at High 6 to 8 minutes, stirring gently after 3 minutes. Yield: 4 to 5 servings.

STUFFED CRABS

1/2 cup butter 12 cleaned crab shells or ramekins
1/2 cup bell pepper, minced 1 cup onion, minced
1 clove garlic, minced 1/2 cup celery, minced
2 tablespoons parsley, chopped 1/4 cup green onion tops, chopped
1 teaspoon salt Juice of 1 lemon
1/8 teaspoon cayenne 1/4 teaspoon pepper
1/8 teaspoon Worcestershire sauce 1/8 teaspoon Tabasco
sauce 1/4 cup water
2/3 cup bread crumbs 1 pound crab meat, thawed

In microwave, melt butter in a 2-quart dish on High 1 minute. Sauté onion, bell pepper, celery and garlic on High 5 minutes. Stir once or twice. Add onion tops, parsley and lemon juice. Sauté on High 3 minutes. Add salt, pepper, Tabasco, Worcestershire sauce, water, bread crumbs and crab meat. Fill crab shells and sprinkle with more bread crumbs. Place 6 shells at a time on serving plate. Microwave on High 5 minutes. Turn dish one time during cooking time. Yield: 12 servings.

TURTLE SOUP

4 pounds turtle meat 1 1/2 gallons water
1 clove garlic, chopped 2 teaspoon lemon juice
1 cup flour 1 cup oil
1 cup chopped onions 1/2 cup chopped celery
2 heaping tablespoons 2 teaspoons salt
tomato paste 1/4 cup green onions
Cayenne to taste 4 slices lemon
1/4 cup chopped parsley 2 ounces sherry
6 hard-cooked eggs, chopped

Slowly boil turtle meat, garlic, lemon juice in 1 1/2 gallons water to make stock (about 2 hours). In a 4-quart casserole dish make roux with flour and oil (about 17 minutes), stir in onions and celery, sauté 5 minutes. Stir in tomato paste, green onions and parsley. Cook on high 5 minutes. Add stock and meat, lemon and seasonings. Cover, cook on high 10 minutes, medium speed 30 minutes. Stir in sherry and eggs. Reheat to serve.
GENERAL RULES OF PRESSURE COOKING

The pressure saucepan is an Energy Saver, since foods cook only 1/3 as long. Study the manufacturer’s instruction booklet thoroughly and follow the directions for best possible results. Most foods, such as meat, vegetables and stews, require only the amount of liquid you want in the finished product. Usually, 1/4 cup liquid is sufficient for foods requiring less than 10 minutes; 1/2 cup for food which take up to 20 minutes. Dried beans, peas, and rice require more liquid so follow instructions in manufacturer’s booklet.

FRENCH ONION SOUP

2 pounds beef marrow bone 4 large onions, thinly sliced
4 cups water 2 tablespoons bacon fat
4 bouillon cubes Parmesan cheese

Place beef marrow bones, water and bouillon cubes in pressure saucepan. Cover and cook at 15 pounds pressure; cook 30 minutes after control jiggles. Reduce pressure. While beef marrow bones are cooking, brown onions in fat, then add to soup stock. Cover and cook at 10 pounds pressure; cook 5 minutes after control jiggles. Reduce pressure. Remove soup bones. Top each serving with croutons sprinkled with Parmesan cheese. Yield: 4 servings.

HOPPIN’ JOHN ‘N’ HAM

1 pound dried black eye peas 1 1/4 pounds ham hock
6 cups water 2 teaspoons salt
1 medium onion, diced 1/4 teaspoon pepper
(1/2 cup) 3 cups water

To soak peas, cover generously with water (about 6 cups) and refrigerate overnight. Drain peas and place in a 4-quart pressure saucepan. Stir in onion, salt, pepper and 3 cups of water (be sure all peas are covered with water). Add ham hock. Secure cover and follow manufacturer’s directions. Cook at 15 pounds pressure for 35 minutes. Remove cooker from heat and place under cold running water until pressure has dropped. Serve peas with cooked rice. Yield: 8 servings.

BRAISED SHORT RIBS

4 pounds beef short ribs 1 onion, chopped
1 tablespoon salt 1 clove garlic, minced
1/4 teaspoon pepper 1/2 cup water

Season ribs with salt and pepper. Place ribs, fat side down, in pressure saucepan and brown on all sides. Remove ribs and pour off excess drippings. Place browned ribs, bone side down, or rack in pressure saucepan. Add onion, garlic and water. Cover and cook at 15 pounds pressure for 25 minutes. If desired, make gravy from liquid in pan. Yield: 6 servings.

CHILI BEEF SAUCE

1 pound ground beef 1 to 2 teaspoons chili powder
1/2 cup chopped onion 2 tablespoons butter
1 can (1 pound) tomatoes 1/4 teaspoon salt
Dash pepper

Brown ground beef and onions in butter in pressure saucepan. Add remaining ingredients. Cover and set control at 15 pounds pressure and cook 10 minutes after control jiggles. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Serve over spaghetti or rice. Yield: 4 servings.

Variation: Chili Con Carne - To the above ingredients, add 1 can (1 pound) tomatoes and 2 cans (1 pound each) kidney beans or Mexican chili beans. If thicker chili is desired, mash beans after cooking. Yield: 6 servings.
**SWISS STEAK**

2 1/2 pounds round steak (1/2-inch thick)  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1/2 cup flour  
2 tablespoons shortening  
1 medium onion, minced  
1 stalk celery, minced  
Salt and pepper

Trim steak; cut into serving pieces. Season with salt and pepper. Coat with flour and pound into meat. Place shortening in pressure saucepan and brown meat on both sides. Cover and cook at 15 pounds pressure 20 minutes. Reduce pressure normally for 5 minutes and then place saucepan under cold running water. Yield: 6 servings.

**PRESSURE BARBECUED CHICKEN**

1/4 cup cooking oil  
2 1/2 to 3-pound chicken, cut  
2 tablespoons Worcestershire sauce  
1 tablespoon bottled thick meat sauce  
1 tablespoon vinegar  
1 1/4 cups water  
1 tablespoon sugar  
Dash of hot sauce  
1/4 cup catsup  
1/2 cup water  
2 tablespoons cornstarch

Heat pressure saucepan and add oil. Brown chicken; pour off drippings. Combine Worcestershire sauce, vinegar, meat sauce, sugar, hot sauce, catsup and 1/2 cup water. Pour over browned chicken. Cover and set control at 15 pounds pressure; cook for 15 minutes after control jiggles. Reduce pressure normally for 5 minutes, then place pan under cold running water. To crisp chicken, place pieces in a pan and place under broiler for about 3 minutes. Dissolve cornstarch in 1/4 cup water; add to liquid in saucepan. Cook until thick and smooth, stirring constantly. Yield: 4 servings.

**STEAM-BOILED CHICKEN**

4-pound chicken  
1 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 cups water  
1 onion, sliced  
3 celery tops

Season chicken with salt and pepper. Place rack in pressure saucepan. Add water. Place chicken on rack. Add remaining ingredients. Cover and cook at 15 pounds pressure; cook for 30 minutes after control jiggles. Reduce pressure. Use for chicken salad or for any recipe using cooked chicken. Yield: 3 1/2 to 4 cups cooked meat.

**VEGETABLE PLATE**

1 small cauliflower  
4 small onions  
4 carrots  
1/2 pound green beans  
1/2 cup (1 stick) butter  
1/2 cup water

Soak cauliflower in salted water for 30 minutes. Drain, rinse and leave whole. Place each type of vegetable on a sheet of aluminum foil; season with salt and pepper; dot with butter. Seal each package. Pour water into saucepan and place foil-wrapped vegetables on rack, with cauliflower in the center. Cover and cook at 15 pounds pressure for 10 minutes. Place saucepan under cold running water to reduce pressure. Remove vegetables from foil and arrange on serving plate. Top cauliflower with cheese cream sauce. Yield: 4 servings.
# REFRIGERATOR STORAGE GUIDE

## BEEF:
- Steaks, Roasts .................................................. 3 to 5 days  
- Ground Beef, Stew Meat, Heart,  
  Liver, Brains, Tongue ........................................ 1 to 2 days

## VEAL:
- Chops, Roasts .................................................. 3 to 5 days  
- Liver (sliced), heart ........................................... 1 to 2 days

## PORK:
- Canadian Bacon .................................................. 2 weeks  
- Chops, Spareribs .................................................. 3 to 5 days  
- Roasts ............................................................. 3 to 5 days  
- Pork Sausage ..................................................... 1 to 2 days

## LAMB:
- Chops ............................................................. 3 to 5 days  
- Roasts ............................................................. 3 to 5 days  
- Ground ............................................................ 24 hours

## POULTRY:
- Chicken, Ducklings .............................................. 1 to 2 days  
- Turkey (ready to stuff - thawed or fresh) ......................... 1 to 2 days  
- Cooked Poultry ................................................... 1 to 2 days

## FRUITS AND VEGETABLES:
- Vegetables, salad greens (in crisper) ......................... 3 to 5 days  
- Berries (uncovered) ............................................. 2 days  
- Citrus fruits, apples .............................................. 7 days  
- Fruit juices ...................................................... 4 days  
- Root Vegetables (in crisper), carrots,  
  beets, radishes, turnips ..................................... 1 to 2 weeks  
- Cooked Vegetables, Fruits (covered) ......................... 2 to 4 days

## FISH:
- Fresh fish, shellfish ........................................... 24 hours  
- Cooked Fish ..................................................... 1 to 2 days

## EGGS:
- Eggs (in carton, covered dish or rack) ....................... 4 weeks  
- Eggs, hard cooked (in shells) ................................ 8 to 10 weeks  
- Egg Whites (in covered container) ......................... 2 to 4 days  
- Egg Yolks (covered with water) ............................ 4 days

## CURED AND SMOKED MEATS:
- Hams, picnic, whole .......................................... 7 days  
- Half .............................................................. 3 to 5 days  
- Slices ............................................................ 3 days  
- Dried Beef ....................................................... 10 to 12 days  
- Corned Beef, Tongue, Bacon ................................ 5 to 7 days

## COOKED MEATS:
- Roasts, Stew, etc .............................................. 1 to 2 days  
- Assorted Luncheon Meats .................................... 1 to 2 days

## MILK AND MILK PRODUCTS:
- Milk, cream ...................................................... 3 days  
- Evaporated Milk (in opened can) ............................ 3 to 5 days  
- Butter, Margarine (covered or wrapped) .................... 2 weeks  
- Cottage Cheese (in closed container) ...................... 3 to 5 days  
- Yogurt .......................................................... 7 days  
- Whipping Cream ............................................... 7 days  
- Commercial Sour Cream .................................... 14 days  
- Custards, custard sauces,  
  cream filled pies and cakes .................................. 2 to 3 days  
- Soft Cheese (in closed container) ......................... 2 weeks  
- Hard Cheese ................................................... 3 to 6 months
**ORANGE CREPES**

- 1 cup milk
- 1/2 cup sifted flour
- Peel of 1 orange
- 1 tablespoon sugar
- 3 eggs
- 1/4 teaspoon salt

Blend milk and peel for 2 minutes. Add remaining ingredients and blend until smooth, about 30 seconds. Grease electric skillet lightly with butter and pour about 1/4 cup batter for each crepe. Turn and brown other side. Add each is done, spread with Orange Butter Sauce and roll. Return crepes to skillet to heat for serving. Heat 1/2 cup sauce just to boiling; pour over crepes. Serve at once. Yield: Eight 5-inch crepes.

**7-UP CAKE**

- 1 1/2 cups (3 sticks) butter
- 2 tablespoons lemon extract
- 3 cups sugar
- 3 cups sifted flour
- 5 eggs
- 3/4 cup 7-Up

Cream butter and sugar for 20 minutes. Add eggs, one at a time, beating well after each addition. Add lemon extract. Add flour alternately with 7-Up to butter mixture, beginning and ending with flour. Pour batter in a greased 12-cup bundt pan. Bake in 325° F. oven for 1 to 1 1/4 hours.

**WHIPPED TOPPING**

- 1/2 cup instant nonfat dry milk solids
- 1/4 cup sugar
- 1/2 cup iced water
- 2 tablespoons lemon juice

Mix milk solids with water in a bowl. Whip until soft peaks form, about 3 to 4 minutes. Add lemon juice and continue whipping until stiff peaks form, 3 to 4 minutes longer. Gradually add sugar while beating. Chill until ready to serve. Yield: 2 1/2 cups whipped topping.

**1-2-3-4 CAKE**

- 1 cup (2 sticks) butter
- 1 tablespoon baking powder
- 2 cups sugar
- 3 cups sifted flour
- 1/2 teaspoon salt
- 4 eggs
- 1 cup milk
- 1 teaspoon lemon extract
- 1 teaspoon vanilla

Cream butter; gradually add sugar and beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients alternately with milk to creamed mixture. Add flavorings. Beat only until blended. Do not overmix. Pour into 3 greased and floured 8-inch pans. Bake in 375° F. oven for 25 to 30 minutes, or pour batter into 10-inch greased and floured tube pan; bake in 350° F. oven for 1 1/4 hours.

**ALMOND BUTTER COFFEE CAKE**

- 2 1/4-2 1/2 cups flour
- 1 1/2 cups (1 stick) butter
- 1 package dry yeast
- 3/4 cup 1/2 cup sliced almonds
- 3/4 cup milk
- 1/4 cup light corn syrup
- 1/4 cup 1/4 cup sugar
- 3/4 teaspoon salt
- 2 teaspoons almond extract
- 1 egg

In a large mixing bowl, combine 1 cup flour and yeast. In 1-quart saucepan combine milk, butter, sugar and salt, heat until warm (120° F. - 130° F.). Add to flour. Add egg. Beat 1/2 minute at low speed, scraping bowl constantly, then 3 more minutes at high speed. Add 1/2 cup flour and beat 1 minute longer. Stir in enough remaining flour to make a soft dough. Turn onto lightly floured surface; knead 5-10 minutes or until smooth and satiny. Place in buttered bowl, turning once to butter top. Cover bowl. Let rise on a rack over hot water until doubled, about 45 to 60 minutes. To prepare butter glaze, brown almonds in butter in a 1-quart saucepan over low heat, stirring occasionally, until amber color. Cool slightly. Stir in sugar, corn syrup and water. Bring to boil. Boil 1 to 2 minutes; stir in extract. Divide evenly in two 8-inch round cake pans. After dough has doubled in size, punch down and divide in half. Divide each half into 8 equal parts and shape into smooth balls. Place balls of dough on top of nut mixture. Cover and let rise in warm place until doubled, about 30 minutes. Bake in 350° F. oven for 25 to 30 minutes. Invert immediately onto wire rack to cool.
COOKING WITH ENTERGY

ALMOND-RAISIN CAKE

1/2 cup thinly sliced almonds
2 tablespoons sugar
1/4 cup chopped seedless raisins
1/2 cup (1 stick) butter
1/2 cup sugar
2 eggs
1 cup sifted flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon salt
6 tablespoons commercial sour cream
1/2 teaspoon vanilla

Generously butter an 8-inch ring mold and coat all over with 1/4 cup almonds. Combine remaining almonds with sugar, raisins, and cinnamon. Cream butter and sugar with electric mixer. Beat in eggs, one at a time. Alternately blend in sifted dry ingredients with combined sour cream and vanilla. Spread half the batter in mold, top with half the almond mixture. Repeat, alternating the batter and almonds. Bake in 350° F oven for 30 minutes or until brown. Turn out on cake rack.

BABY BOOTIE CUPCAKES

Tint frosting with 1 or 2 drops red or blue food coloring. Place one unfrosted cupcake on plate. Cut small portion from side of second cupcake to form toe; cut horizontally in half. Place on half top side up with cut edge next to whole cupcake. Use other half of cupcake for toe of second bootie. Decorate frosted booties with miniature marshmallows and bows made from rolled gumdrops.

ANGEL FOOD CAKE

1 cup sifted cake flour
1 1/2 cups sugar
12 egg whites
(1 1/2 cups)
1 1/2 teaspoons cream of tartar
1 1/2 teaspoons salt
1 1/2 teaspoons vanilla

Sift flour with 3/4 cup sugar 4 times; set aside. Beat egg whites, cream of tartar, salt and vanilla until stiff enough to form soft peaks, but still moist and glossy. Add remaining 3/4 cup sugar, 2 tablespoons at a time, and continue to beat until egg whites hold stiff peaks. Sift about 1/4 of flour mixture over whites; fold in. Repeat, folding in remaining flour by fourths. Pour batter into ungreased 10-inch tube pan and bake in 375° F oven for 35 to 40 minutes or until done. Invert cake in pan; cool. Remove from pan.

APPLESAUCE CAKE

1/2 cup shortening
1 cup sugar
1 egg
1 cup thick applesauce
2 cups sifted cake flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon allspice
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1 cup raisins
3/4 cup chopped pecans

Cream shortening and sugar until light and fluffy. Add egg and beat thoroughly. Blend in applesauce. Sprinkle 2 tablespoons of the sifted dry ingredients over the combined raisins and pecans. Gradually add remaining sifted dry ingredients to applesauce mixture; beat until smooth. Blend in floured raisins and pecans. Pour into greased 9-inch square baking pan. Bake in 350° F oven 50 to 60 minutes.

BANANA LAYER CAKE

1/2 cup (1 stick) butter
1 1/2 cups sugar
2 eggs
2 1/4 cups sifted flour
1/4 teaspoon salt
1 1/3 cups mashed bananas
(4 medium-sized)
1 1/4 cup milk
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together. Combine bananas, milk and vanilla; add alternately with dry ingredients, beginning and ending with flour, to creamed mixture. Pour into two greased and floured 9-inch layer cake pans or into a greased 13 x 9 x 2-inch baking pan. Bake in 350° F oven for 30 to 35 minutes. Cool 10 minutes, turn onto racks and cool completely. Spread bottom layer with frosting, cream pie filling or whipped cream. Cover with banana slices. Place second layer on top and spread top and sides of cake with frosting or whipped cream. Dip banana slices in lemon juice to prevent discoloration. Place slices upright around outer edge of cake.
BANANA NUT BREAD

1/2 cup (1 stick) butter 2 tablespoons boiling water
1 cup sugar 2 eggs, slightly beaten
1 cup mashed ripe bananas 1 teaspoon lemon juice
1 teaspoon baking soda 1/2 cup chopped nuts
2 cups sifted flour

Cream butter and sugar until light and fluffy. Add bananas and blend well. Add soda to boiling water. Add with eggs, lemon juice, nuts, and flour to creamed mixture. Mix just enough to combine ingredients. Pour batter into waxed paper-lined 9 x 5 x 3-inch loaf pan. Bake in 350° F. oven for 1 hour. Remove from pan; remove paper. Serve warm or cold.

Individual Loaves: Spoon batter into 5 well-greased cans (10 ounces each), about 2/3 full. Bake on cookie sheet at 350° F. for 35 minutes. Cool 5 minutes, then remove from cans.

BOURBON PECAN CAKE

2 cups whole red candied cherries
2 cups golden raisins
2 cups bourbon
2 cups (1 pound) butter
2 cups sugar
2 cups packed dark brown sugar

Combine cherries, raisins and bourbon; cover tightly. Refrigerate overnight. Drain fruits and reserve bourbon. Cream butter until light and fluffy. Add sugars gradually, beating well after each addition. Combine 1/2 cup of the flour with pecans. Sift the remaining flour with baking powder, salt and nutmeg. Thoroughly mix 2 cups of the flour mixture with the creamed mixture. Add the reserved bourbon and the remainder of the flour mixture alternately, ending with flour. Beat well after each addition. Beat egg whites until stiff but not dry; gently fold into cake batter. Blend in drained fruits and floured pecans. Grease a 10-inch tube pan; line bottom with waxed paper. Grease and lightly flour waxed paper. Pour batter into pan to within 1 inch of top. Bake remaining batter in small loaf pan, prepared in same manner as tube pan. In 275° F. oven, bake tube cake about 4 hours and loaf pan about 1 1/2 hours, or until done. Cool cakes in pans on cake rack about 2 to 3 hours. Remove cakes from pan; peel off waxed paper. Sprinkle cakes with bourbon, then wrap in aluminum foil or plastic wrap. Refrigerate in a tightly covered container.

CARROT CAKE

2 cups sugar 2 teaspoons baking soda
1 1/2 cups cooking oil 2 teaspoons baking powder
4 eggs 1 teaspoon salt
2 cups sifted flour 3 cups grated carrots
2 teaspoons cinnamon 1/2 cup chopped pecans

Beat sugar and oil until blended. Add eggs one at a time, beating after each addition. Sift dry ingredients into sugar-oil mixture. Add carrots and pecans; mix well. Pour batter into 3 greased 9-inch cake pans. Bake in 325° F. oven for 45 minutes. Cool. Frost with Cream Cheese Frosting.

Cream Cheese Frosting
1 box (1 pound) sifted confectioners sugar 1/4 cup (1/2 stick) butter, softened
1 package (8 ounces) cream cheese 2 teaspoons vanilla

Combine ingredients and beat until mixture is of spreading consistency. This filling will appear to be stiff at first, but after thorough mixing it will soften enough to spread over cake.
**CHEESE CAKE**

1 1/2 cups graham cracker crumbs
2 tablespoons butter, melted
1/2 cup plus 2 tablespoons sugar
1 package (8 ounces) cream cheese
1 teaspoon grated lemon peel
2 eggs, separated
1 cup commercial sour cream
1 teaspoon vanilla
1 teaspoon lemon juice

Blend crumbs and 2 tablespoons of sugar; stir in butter. Press firmly in bottom of greased 9-inch spring form pan. Blend cheese until soft and smooth. Gradually blend in remaining 1/2 cup sugar. Mix in unbeaten egg yolks. Add remaining ingredients. Fold in stiffly beaten egg whites. Pour over crumbs. Bake in 300° F. oven for 45 minutes. Turn off heat; open oven door. Allow cake to remain in oven 30 minutes. Chill several hours before serving.

**REFRIGERATOR CHEESE CAKE**

1 envelope unflavored gelatin
1/2 cup sugar
1/8 teaspoon salt
1 egg, separated
1/2 cup milk
1/2 teaspoon grated lemon rind
9-inch crumb shell


**CHEESECAKE WITH CHERRY TOPPING**

2 eggs
1/3 cup plus 2 tablespoons sugar
2 1/2 teaspoons vanilla
8-ounce plus 3-ounce package cream cheese
Peel of 1/2 lemon
1 graham cracker crust (recipe page 173)
1 cup commercial sour cream

Blend eggs, 1/3 cup sugar, 1 1/2 teaspoons vanilla and peel. Add cream cheese. Blend on high speed until smooth, about 3 seconds. Press Crumb Crust into foil-lined 10-inch electric skillet; pour in cream cheese mixture. Cover; close vent and bake at 300° F. for 20 minutes. Combine sour cream with remaining sugar and vanilla; spread over filling. Cover; bake 5 minutes longer. Remove cover. Cool in skillet. Spread with Cherry Topping.

Cherry Topping: Combine and heat 1 can (16 ounces) cherry pie filling with 1/4 teaspoon grated lemon peel, and few drops red food coloring. Cool.

**PARTY CHEESECAKES**

1 package (10 ounces) small vanilla wafers
2 packages (8 ounces each) cream cheese
2 eggs
3/4 cup sugar
1 tablespoon lemon juice
1 teaspoon vanilla
1 can (1 pound 6 ounces) cherry pie filling
48 2-inch paper baking cups


**CRAZY CHOCOLATE CAKE**

1 1/2 cups flour
1 cup sugar
3 tablespoons cocoa
1/2 teaspoon salt
1 cup water
1 teaspoon baking soda
6 tablespoons oil
1 teaspoon vinegar
1 teaspoon vanilla

Sift dry ingredients into 8 x 12-inch glass baking pan. Make three depressions. Pour the oil in one, vinegar in another and vanilla in another. Pour water over; blend batter thoroughly. Bake in 325° F. oven for 30 to 35 minutes. Allow cake to cool in pan on rack.
**CHOCOLATE ROLL-UP CAKE**

1/4 cup butter  
1 cup chopped pecans  
1 1/3 cups flaked coconut  
1 can (15 1/2 ounces) sweetened condensed milk  
3 eggs  
1 teaspoon vanilla

1 cup sugar  
1/3 cup cocoa  
2/3 cup flour  
1/4 teaspoon salt  
1/4 teaspoon baking soda  
1/3 cup water


**DOBERGE**

1/2 cup (1 stick) butter  
1/2 cup shortening  
2 cups sugar  
4 eggs, separated  
3 cups sifted flour

1 tablespoon baking powder  
1/2 cup milk  
1/2 cup water  
1 teaspoon vanilla

Cream butter, shortening, sugar and salt until smooth. Add egg and blend until smooth. Add sifted dry ingredients alternately with milk and water. Beat until blended. Add vanilla and fold in stiffly beaten egg whites. Grease 9-inch cake pans and line with waxed paper. Pour 3/4 cup batter into each pan, spreading evenly over bottom. Bake in 375° F. oven for 12 to 15 minutes. Repeat process until batter is entirely used. The result is 8 thin layers. When cool, put layers together with Chocolate Cream Filling (page 153), reserving top layer for frosting. Chill before frosting with Chocolate Frosting (page 152). Doberge may be refrigerated for several days.

**CHRISTMAS CAKE**

1 package (8 ounces) cream cheese  
1 cup (2 sticks) butter  
1 1/2 cups sugar  
4 eggs  
1 1/2 teaspoons baking powder

1/2 cup chopped candied cherries  
1/2 cup chopped candied pineapple  
1/2 cup finely chopped pecans  
2 1/4 cups sifted flour

In a large mixing bowl, blend cream cheese, butter, sugar, and vanilla for 20 minutes. Add eggs, one at a time, mixing well after each addition. Sift 2 cups flour with baking powder; add to batter gradually. Combine remaining 1/4 cup flour with cherries, pineapple and chopped pecans; fold into batter. Sprinkle a greased bundt pan with finely chopped pecans; fill pan with batter. Bake in 300°F. oven for 1 hour and 20 minutes. When cool, put layers together with Chocolate Cream Filling (page 153), reserving top layer for frosting. Chill before frosting with Chocolate Frosting (page 152). Christmas Cake may be refrigerated for several days.

**DATE CAKE**

1 pound pitted dates  
2 1/2 cups pecans  
4 eggs, separated  
1 cup sifted flour

1/4 teaspoon salt  
2 teaspoons baking powder  
1 teaspoon vanilla

Combine dates and pecans. Sift sugar, flour, salt and baking powder over dates and pecans; stir until thoroughly mixed. Beat egg yolks until foamy, add to date-nut mixture and blend thoroughly. Add vanilla and fold in stiffly beaten egg whites. Pack in greased and waxed paper-lined 9 x 5 x 3-inch loaf pan. Bake in 250°F. oven about 2 1/2 hours. Remove paper immediately after removing from oven. Yield: 3-pound cake.

**DUMP CAKE**

1 can (1 pound 4 ounces) crushed pineapple  
1 package (2-layer size) yellow cake mix

1 cup chopped pecans  
1 cup (2 sticks) butter, sliced evenly

Spread pineapple evenly in a 13 x 9-inch pan. Sprinkle cake mix over pineapple; then add a layer of pecans. Arrange butter slices evenly over top. Bake in 350° F. oven 50 to 55 minutes. Allow cake to cool; cut in squares.

Variations: Substitute 1 can apple or cherry pie filling for the crushed pineapple.
DELICATE CRUMB CAKE

1 2/3 cups cookie crumbs  1/2 teaspoon salt
2/3 cup sifted flour  1/2 cup shortening or
3/4 cup sugar  butter
2 1/2 teaspoons baking
powder  3/4 cup milk
2 eggs  1 teaspoon vanilla

Combine crumbs with sifted dry ingredients. Place shortening in bowl. Add dry ingredients, milk and vanilla; mix until dry ingredients are dampened. Beat 2 minutes with electric mixer. Add eggs and beat 1 minute. Pour into 2 greased waxed paper-lined 8-inch cake pans. Bake in 375°F. oven for about 25 minutes.

DEVIL'S FOOD CAKE

1/2 cup (1 stick) butter  2 cups sifted flour
2 1/2 cups brown sugar  2 teaspoons baking soda
3 eggs  1/2 teaspoon salt
3 squares unsweetened
chocolate, melted  1/2 cup buttermilk
1 cup boiling water  2 teaspoons vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add chocolate to butter mixture. Mix thoroughly. Add sifted dry ingredients alternately with milk. Add vanilla and boiling water. Pour into 3 greased and waxed paper-lined 8-inch pans. Bake in 375°F. oven for 25 to 30 minutes.

DOUBLE CHOCOLATE FUDGE CAKE

1/2 cup (1 stick) butter  2 cups sifted cake flour
2 cups brown sugar  1/2 teaspoon baking soda
2 eggs  2 teaspoons baking powder
1 teaspoon vanilla  1/2 teaspoon salt
4 squares (1 ounce each)  1 cup plus 2 tablespoons
unsweetened chocolate,  milk
melted

Cream butter until soft. Gradually add brown sugar, creaming well after each addition. Add eggs, one at a time, beating well after each addition; stir in vanilla and melted chocolate. Add sifted dry ingredients alternately with milk; blend until smooth after each addition. Pour batter into 2 greased and waxed paper-lined 8-inch cake pans. Bake in 350°F. oven for 30 minutes. Cool 5 minutes; remove from pans.

EGGLESS CHOCOLATE CAKE

3 tablespoons shortening,
melted  1 1/2 cups sifted flour
1 cup sugar  1 teaspoon baking soda
6 tablespoons cocoa  1 teaspoon salt
1 teaspoon vanilla  1 cup buttermilk

Place melted shortening in mixing bowl. Combine sugar and cocoa; add to shortening and mix thoroughly. Sift flour, soda and salt together and add to shortening-sugar mixture alternately with buttermilk. Blend in vanilla. Pour into a well greased and floured 8-inch square pan. Bake in a 350°F. oven for 30 minutes. Cool in pan for 5 minutes. Remove from pan and let cool on cake rack. If desired, top with Chocolate Glaze.

Chocolate Glaze
2 tablespoons cocoa  1 tablespoon butter
2 tablespoons water  1 tablespoon corn syrup
1 cup confectioners sugar

Combine all ingredients, except sugar. Cook over low heat, stirring until butter melts and mixture is smooth. Remove from heat, beat in sugar. Pour over cake.

EGGNOG CAKE

1 package angel food
cake mix  1/3 cup bourbon
1 cup (2 sticks) butter  2 tablespoons rum
1 3/4 cups confectioners
sugar  1/2 teaspoon almond
extract
5 egg yolks, beaten  1 dozen almond
3/4 cup chopped almonds,
lightly toasted
macaroons, toasted and crushed

Prepare cake mix according to package directions. Slice cake horizontally three times, yielding 4 layers. Cream butter and sugar thoroughly; add egg yolks. Stir in almonds, bourbon, rum, extract, and crushed macaroons. Spread filling between layers of cake; cover with plastic wrap and refrigerate overnight. Frost with Whipped Cream Frosting. Whip 1 cup whipping cream; fold in 2 tablespoons confectioners sugar; 1 tablespoon each of bourbon and rum. Frost cake and garnish with 1/2 cup toasted almonds.
FIESTA BANANA CAKE

1/2 cup sour cream 1/2 teaspoon baking soda
1 package white cake mix 1 cup mashed bananas
1/2 cup chopped nuts

Add sour cream to cake mix and beat for 1 minute. Combine baking soda with bananas; add to batter and continue beating for 1 1/2 minutes. Fold in nuts. Pour into 2 greased and waxed paper-lined 8-inch cake pans. Bake in 375° F. oven for 20 to 25 minutes. Cool and frost.

FRESH COCONUT CAKE

1/2 cup shortening 1/2 teaspoon salt
1 1/3 cups sugar 1/2 cup coconut milk
2 cups sifted flour 1/2 cup milk
4 teaspoons baking powder 3 egg whites, stiffly beaten

Cream shortening and sugar until fluffy. Add sifted dry ingredients alternately with both milks. Fold in egg whites. Pour into 2 greased 8-inch layer pans. Bake in 350° F. oven for 25 to 30 minutes. Cool and frost.

Coconut Frosting
2 cups sugar 2 egg whites, stiffly beaten
1/2 teaspoon cream of tartar 1 teaspoon vanilla
3/4 cup water Freshly grated coconut
4 tablespoons coconut milk

Combine sugar, cream of tartar, and water. Boil, covered, for 3 minutes. Uncover and cook to 240° F. or soft ball test. Pour syrup slowly into whites, beating constantly. Add vanilla and continue beating until of spreading consistency. Frost bottom cake layer, cover with coconut and sprinkle 2 tablespoons coconut milk over top. Follow the same directions for second layer.

CAKE MIX FRUITCAKE

1 pound (3 cups) whole red candied cherries 2 eggs
3/4 pound (2 1/4 cups) cubed candied pineapple 1/2 cup sifted flour
1/4 pound (1 cup) quartered dried apricots 1 teaspoon salt
3/4 pound (3 cups) pecan pieces 1 teaspoon vanilla

Mix fruits, pecans and flour, set aside. Add combined salt, flavorings and milk to cake mix. Beat on medium speed 2 minutes. Blend in eggs, one at a time; beat 2 minutes. Mix into fruit mixture. Pour into 10-inch tube spring-form pan lined with greased brown paper. Bake in 275° F. oven for 2 1/2 hours. Cool 15 minutes; remove cake from pan and cool. Yield: 4 pounds.

INDIVIDUAL FRUITCAKES

3 eggs, separated 1/4 cup flour (for fruits and nuts)
1/2 cup (1 stick) butter 1/4 pound lemon peel
2 cups sifted flour 1/4 pound orange peel
1/4 teaspoon salt 1/4 pound cinnamon
1 teaspoon allspice 1/4 pound nutmeg
1/4 pound citron 1/4 pound baking soda
1/4 pound dates 1 cup cane syrup
1 1/2 pounds mixed candied 1 3/4 cups fruit juice
3 cups pecans 1/2 cup fruit
1/4 pound seedless raisins

Cream yolks and butter. Sift flour, salt spices and soda; add alternately with syrup and fruit juice to butter mixture. Chop fruits, flour nuts and fruits. Add to batter. Fold in stiffly beaten egg whites. Place one tablespoon mixture into each greased muffin tin or paper soufflé cup. Bake in 250°F. oven for 45 minutes. Yield: approximately 85 cakes. For large cake, pour batter into greased 10-inch tube pan; bake in 275°F. oven 3 1/4 hours. Yield: 5-pound cake.
JAPANESE FRUITCAKE

1 cup (2 sticks) butter 1 cup milk
2 cups sugar 1 teaspoon vanilla
4 eggs 1/2 teaspoon cinnamon
3 1/4 cups sifted flour 1/2 teaspoon allspice
1 tablespoon baking powder 1/2 teaspoon cloves
1/2 teaspoon salt 1/2 cup chopped raisins
1/2 cup chopped nuts

Grease and line three 9-inch cake pans with waxed paper. Cream butter and sugar; add eggs one at a time, beating well after each addition. Add sifted dry ingredients alternately with combined milk and vanilla to creamed mixture. Divide batter, pouring 2/3 of the batter into 2 of the cake pans. In the remaining 1/3 batter, blend in spices, raisins and nuts; pour into layer pan. Bake in 350°F. oven for 30 to 40 minutes. Cool. Spread filling between layers.

REFRIGERATOR FRUITCAKE

1 pound vanilla wafers 1/2 pound candied red or green cherries
1 pound nuts 1 can (14 ounces) condensed milk
1 pound combined raisins and dates


WHITE FRUITCAKE

1 cup shredded coconut 8 egg whites, stiffly beaten
1 cup sliced citron 3 cups sifted flour
1 cup seedless raisins 1 teaspoon baking powder
1 cup chopped candied pineapple 1 cup shortening
1 cup candied cherries, sliced 2 cups sugar
2 cups blanched almonds, chopped 1 tablespoon vanilla

Combine first 6 ingredients with 1 cup flour. Sift remaining flour with baking powder. Cream shortening, sugar and vanilla until fluffy. Add sifted dry ingredients and syrup alternately, beating well after each addition. Add fruit mixture. Fold in egg whites. Pour into a greased 10-inch tube pan lined with greased brown paper. Bake in 275°F. oven 3 to 4 hours. Yield: 5-pound cake.

STORING FRUITCAKES

Store in foil or plastic wrap in airtight container in cool place. Let cake age 4 weeks for better flavor and texture. If desired, pour 1/2 cup rum, brandy, or sherry over cake once every 4 weeks. To Freeze: Wrap cakes in moisture-vapor-proof paper. Storage time: 1 year.

GLAZING AND DECORATING FRUITCAKES

To Glaze Fruitcake: Remove cake from oven 15 minutes before end of baking time. Brush top with slightly beaten egg white and quickly arrange pattern of candied fruits and nuts over the top. Return to oven and complete baking.

To Glaze Pineapple and Cherries: Drain canned fruit; add 3/4 cup sugar to each cup of fruit syrup and bring to a boil. Add desired vegetable coloring and fruit. Boil until fruit is transparent. Remove from syrup and place individual pieces of fruit on wire rack to drain and cool.

Simple Glaze for Baked Fruitcakes: Bring to a boil 1/2 cup light corn syrup and 1/4 cup water. Cool to lukewarm; pour over cold cake before storing. To decorate, dip underside of candied fruits in glaze and press lightly into top surface of cake.

FRUIT COCKTAIL CAKE

1 1/2 cups sugar 1 can fruit cocktail (16 to 17 ounces)
2 eggs drained, reserve liquid
2 cups flour 1/2 cup brown sugar
2 teaspoons soda 1/2 cup pecans, chopped
1/2 teaspoon salt
1 cup coconut

Cream sugar and eggs with electric mixer. Add sifted dry ingredients and fruit juice. Fold in fruit cocktail. Pour into greased and floured 13 x 9 x 2-inch pan. Mix brown sugar, pecans, and coconut; sprinkle over cake. Bake in 350°F. oven for 40 minutes. Add sauce.

Sauce: In a saucepan combine 1 can (14 1/2 ounces) evaporated milk, 1 cup sugar, 1/2 cup (1 stick) butter and 2 teaspoons vanilla. Boil 4 minutes. Pour over warm cake. Serve from pan.
FRUITCAKE CONFECTION

Mix all ingredients and let stand overnight. Pour into 10-inch greased and floured tube pan. Bake in 300°F. oven for 2 hours. Allow to cool before removing from pan. Wrap in foil and chill 24 hours before slicing. Yield: about 4 1/2-pound cake.

FUDGE PUDDING CAKE


FUDGE PUDDING CAKE

Prepare cake mix according to package directions. Pour batter into a greased 13 x 9-inch baking dish. In a bowl, combine sugar, cocoa and pecans; sprinkle over batter. Pour boiling water over mixture. Bake in 350° F. oven for 1 hour.

GELATIN CAKE

Combine all ingredients, except egg whites, and beat 5 minutes on medium speed with electric mixer. Fold in whites. Pour into greased 10-inch tube pan. (Flour bottom only). Bake in 350° F. oven 50 minutes. Remove and let stand 2 minutes. While still hot, pour on glaze. When cold remove from pan. Glaze: Combine 1 cup sifted confectioners sugar, juice of 2 lemons, 2 tablespoons butter and 1 teaspoon grated lemon peel. Pour over hot cake.

GERMAN CHOCOLATE CAKE

Melt chocolate in water; cool. Cream butter and sugar with electric mixer until light and fluffy. Add egg yolks, one at a time, and beat well after each addition. Add chocolate and vanilla; mix well. Add sifted dry ingredients alternately with buttermilk to butter mixture, beating after each addition until batter is smooth. Beat egg whites until soft peaks form; fold into cake batter. Bake in 3 waxed paper-lined 9-inch cake pans in 350° F. oven for 30 to 40 minutes. Cool. Frost with Coconut Pecan Frosting (page 153).

HOLIDAY CAKE WREATH

Bake 1 dozen cupcakes according to package directions. (Use remaining batter for 1 layer cake.) Cool cupcakes and arrange in circle on large plate. Prepare frosting according to package directions. Frost entire circle as wreath. Decorate with cherries, citron and coconut.
COOKING WITH ENTERGY

GINGERBREAD WITH ORANGE SAUCE

1/2 cup boiling water  1/2 teaspoon salt
1/2 cup shortening    1/2 teaspoon baking powder
1/2 cup brown sugar   1/2 teaspoon baking soda
1/2 cup cane syrup    3/4 teaspoon ginger
1 egg, beaten         3/4 teaspoon cinnamon
1 1/2 cups sifted flour 1 banana, sliced
1 cup whipped cream

Pour water over shortening; add sugar, syrup and egg. Beat well with electric mixer. Add sifted dry ingredients; beat until smooth. Pour into greased, waxed paper-lined 8-inch square pan. Bake in 350° F oven 35 minutes. Cool in pan. Top each serving with 3 banana slices, Orange Sauce and a small amount of whipped cream.

Orange Sauce
1 1/2 cup sugar        2 tablespoons butter
1 1/3 tablespoons      1 1/2 teaspoons grated cornstarch 
1 cup boiling water    3/4 teaspoon orange rind
1/4 teaspoon salt      1/2 cup orange juice
Dash cinnamon          1 1/2 teaspoons lemon juice

Combine dry ingredients, gradually add water. Bring to boil over medium heat; cook until thickened, stirring constantly. Add remaining ingredients. Bring to boil. Yield: 1 1/4 cups.

HEAVENLY HASH CAKE

1 cup (2 sticks) butter  1 1/2 teaspoons baking powder
2 cups sugar             1/4 cup cocoa
4 eggs, slightly beaten  2 cups chopped pecans
1 1/2 cups flour         2 teaspoons vanilla
3 cups miniature marshmallows

Cream butter and sugar; add eggs. Stir in sifted dry ingredients and mix well. Add pecans and vanilla. Bake in greased 13 x 9 x 2-inch pan in 350°F oven for 40 minutes. Immediately upon removing from oven, cover surface of cake with marshmallows. Pour icing over marshmallow-covered cake. Allow to cool in pan; cut into squares.

Icing: Combine 1 box (1 pound) sifted confectioners sugar, 1/4 cup cocoa, 1/2 cup cream or evaporated milk and 1/4 cup (1/2 stick) butter, melted. Beat until smooth. Pour over cake.

JELLY ROLL

3/4 teaspoon baking powder  1 teaspoon vanilla
1/4 teaspoon salt          3/4 cup sifted cake flour
4 eggs                     1 cup confectioners sugar
3/4 cup sugar             1 cup jelly

Beat baking powder, salt and eggs until mixture begins to thicken. Add sugar gradually and continue beating until mixture becomes thick and lemon colored. Add vanilla. Fold in flour; do not beat. Pour batter into a greased and waxed paper-lined 15 x 10 x 1 1/2-inch jelly roll pan. Bake in 400°F oven for 13 to 15 minutes. Sprinkle a tea towel with confectioners sugar. Turn cake out on towel, peel off waxed paper and roll towel and cake up tightly. Let cool about 10 minutes; unroll carefully and spread cake with jelly. Roll again, wrap in towel and cool.

KING’S CAKE

1 package yeast
1/4 cup warm water  1 cup (2 sticks) butter
6 tablespoons milk, scalded and cooled 3/4 cup sugar
4 cups sifted flour 1/4 teaspoon salt

In a bowl, dissolve yeast in warm water. Add milk and enough flour; about 1/2 cup, to make a soft dough. In another bowl, combine butter, sugar, salt and eggs with the electric mixer. Remove from mixer and add soft ball of yeast dough. Mix thoroughly. Gradually add 2 1/2 cups flour to make a medium dough that is neither too soft nor too stiff. Place in a greased bowl and brush top of dough with butter. Cover with a damp cloth and set aside to rise until doubled in bulk, about 3 hours. Use remaining 1 cup flour to knead dough into an oval shape. The center should be about 7 x 12 inches. Connect ends of dough by dampening with water. Cover with a damp cloth and let rise until doubled in bulk, about 1 hour. (A bean or one-inch plastic baby doll may be placed in cake if desired). Bake in 325°F oven for 35 to 45 minutes or until lightly browned. Decorate by brushing top of cake with corn syrup and alternating 3-inch bands of purple, green and gold colored granulated sugar. (To color sugar, add a few drops of food coloring to sugar, and shake in tightly covered jar until desired color is achieved).
**JIFFY CAKE**

- 1/4 cup shortening
- 1 cup sugar
- 1 egg
- 1/2 cup milk
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup grated sweet chocolate
- 1/2 teaspoon salt
- 1/2 cup chopped nuts
- 1 1/2 cups sifted flour

Place all ingredients, except chocolate and nuts, in bowl and beat 2 minutes with electric mixer. Pour into 8-inch greased and floured square pan. Cover evenly with chocolate and nuts. Bake in 350° F. oven for 35 to 40 minutes.

**LANE CAKE**

- 1 cup (2 sticks) butter
- 2 cups sugar
- 3 1/4 cups sifted cake flour
- 2 teaspoons baking powder
- 1/2 cup milk
- 1 teaspoon vanilla

Cream butter and sugar. Add sifted dry ingredients alternately with milk. Add vanilla; fold in whites. Pour into 3 greased and waxed paper-lined 9-inch pans. Bake in 375° F. oven 25 to 30 minutes. Cool 5 minutes; remove from pans.

**Filling**

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 8 egg yolks
- 1 cup brandy

Cream butter and sugar. Beat egg yolks until thick. Add to creamed mixture and cook over very low heat until thick, about 15 to 20 minutes. Add raisins, pecans and coconut. Cool. Add brandy. Spread between layers of cake.

**Frosting**

- 2 egg whites
- 2 1/2 cups sugar
- 1/8 teaspoon salt
- 1/3 cup dark corn syrup
- 2/3 cup water
- 1 teaspoon vanilla

Beat egg whites until foamy. Bring sugar, salt, syrup and water to a boil. Pour 3 tablespoons of the boiling syrup into the egg whites. Continue beating whites until stiff but not dry. Boil syrup mixture to 240° F. or soft ball test. Pour over egg whites, beating until the frosting begins to lose its gloss and holds its shape. Add vanilla. Spread over cake. If frosting becomes too stiff, add a drop or two of hot water to the mixture.

**LEMON CREAM CAKE**

- 2 eggs, separated
- 1 teaspoon lemon juice
- 3/4 cup plus 2 tablespoons sugar
- 1/2 cup cold water
- 1 1/2 teaspoons baking powder


**Cream Filling**

- 1/4 cup sugar
- 1/2 teaspoon salt
- 2 tablespoons flour
- 1 1/2 cups milk, scalded
- 1/4 teaspoon vanilla

Combine sugar, flour, cornstarch, salt and 1/4 cup milk. Gradually stir in remaining milk. Cook over medium heat, stirring constantly. Stir in a small amount of hot mixture into egg, combine two mixtures and stir until smooth. Cook 2 minutes, stirring constantly. Cool and stir in vanilla.

**LEMON DELIGHT CAKE**

- 1/2 cup cooking oil
- 1 package (3 3/4 ounces) lemon instant pudding mix
- 4 eggs
- 1 cup water

Beat oil into cake and pudding mixes with electric mixer. Add water; beat 2 minutes. Add eggs, one at a time, beating after each. Pour into 10-inch greased and floured tube pan. Bake in 350° F. oven for 45 to 50 minutes.

Glaze: Cream 1/4 stick butter, 1 box (1 pound) confectioners sugar and 1 can (6 ounces) lemonade concentrate, thawed. Make holes in top of warm cake with skewer. Spread over cake and broil 2 minutes.
LEMON EXTRACT CAKE

2 cups (1 pound) butter
2 1/3 cups sugar
6 eggs
1/4 cup lemon extract
4 cups sifted flour
1 1/2 teaspoons baking powder

1/2 teaspoon salt
1/2 pound candied cherries, chopped
1/4 pound candied pineapple, chopped
1/4 pound golden raisins
4 cups pecans

Cream butter and sugar. Add eggs and beat well. Blend in extract. Add sifted dry ingredients to creamed mixture. Add fruits and nuts. Pour into 2 greased 9 x 5 x 3-inch loaf pans. Bake in 300°F oven for 1 1/2 to 2 hours. Cool in pan. Flavor is improved by aging; wrap in foil or place in airtight container.

MIRLITON CAKE

3/4 cup cooking oil
2 cups sugar
2 eggs
1 teaspoon vanilla
2 1/2 cups flour
1 teaspoon salt

1 teaspoon baking soda
2 teaspoons baking powder
1 cup chopped pecans
3 cups ground or finely chopped mirliton

Cream oil, sugar and eggs; add vanilla. Gradually add sifted dry ingredients; blend thoroughly. Add pecans and mirliton. Pour into waxed paper-lined 13 x 9 inch pan. Bake in 350°F oven 55 to 60 minutes. If desired, insert knife into several places; pour Lemon Sauce over cake.

Lemon Sauce: Bring to a boil, 6 tablespoons sugar, 3 tablespoons sour milk, 1/4 teaspoon vanilla, 1 1/2 teaspoons light corn syrup, 2 tablespoons butter and 1 1/2 teaspoons grated lemon rind.

MARBLE CAKE

2 cups sifted flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup (1 stick) butter plus 2 tablespoons butter
3 eggs, separated

2/3 cup milk
1 teaspoon vanilla
1 1/2 squares unsweetened chocolate, melted
1 cup sugar

Sift together first three ingredients. Cream butter until soft. Gradually add sugar, creaming until light and fluffy. Mix in well-beaten egg yolks. Add dry ingredients alternately with milk, beating after each addition. Continue to beat at low speed for 2 minutes. Fold in the stiffly beaten egg whites and flavoring. Divide batter into two parts. To one part, stir in chocolate. Put the 2 batters into a greased 9-inch loaf pan by alternate tablespoonfuls. Pass a spatula through the batter to blend slightly. Bake in 350°F oven for 50 to 60 minutes.

THE NUTHING CAKE

1 package (2 1/4 cups) 1 can (3 1/2 ounces) Angel brown sugar Flake coconut
1 1/2 cups biscuit mix 1 cup chopped pecans
4 eggs

Mix ingredients together; place in a greased and floured 9 x 13 x 2-inch pan. Bake in 350°F oven for 45 minutes. The cake will rise and fall. Cool in pan 10 minutes. Cut into bars or squares when cold.

MASTER BUTTER CAKE

1/2 cup (1 stick) butter 4 teaspoons baking powder
1 1/2 cups sugar 1/2 teaspoon salt
2 eggs 1 cup milk
3 cups sifted flour 1 teaspoon vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating after each addition. Add sifted dry ingredients alternately with milk to creamed mixture. Add vanilla. Pour into 2 lightly greased 8-inch pans. Bake in a 375°F oven 25 minutes.

OLD-FASHIONED POUND CAKE

1 cup (2 sticks) butter 1 tablespoon lemon juice
2 cups sugar 1 teaspoon vanilla
5 eggs 2 cups sifted flour

Cream butter and sugar until light and fluffy. Add eggs, lemon juice and vanilla. Beat well. Add flour. Pour into a greased and floured 10-inch tube pan. Bake in 325°F oven for 1 1/4 hours. Cool thoroughly before removing from pan.
OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups sifted flour 1 egg, beaten
1 tablespoon sugar 2/3 cup milk
3 teaspoons baking powder 2 pints strawberries, sliced
1/2 teaspoon salt and sweetened
1/3 cup butter 1/2 pint cream

Sift dry ingredients into a bowl; cut in butter until mixture resembles coarse crumbs. Add combined egg and milk, stirring only to moisten. Turn out on lightly floured surface and roll out to 1/2-inch thickness. Cut into 6 biscuits with 2 1/2-inch cutter. Bake on ungreased baking sheet in 450° F oven for 20 minutes. Split shortcakes; butter bottom layer. Place sweetened berries between layers and on top. Serve warm, topped with plain or whipped cream. Yield: 6 servings.

PECAN POUND CAKE

1 cup (2 sticks) butter 1/4 teaspoon cinnamon
1 1/2 cups sugar 1/4 teaspoon ground cloves
2 tablespoons milk 1 teaspoon salt
5 eggs 3/4 cup pecans, toasted
2 cups sifted flour 2 teaspoons lemon juice
1 teaspoon grated lemon peel

Cream butter and sugar for 20 minutes. Add milk; mix well. Add eggs one at a time, beating well after each addition. Blend in sifted dry ingredients. Stir in pecans, juice and peel. Bake in greased tube pan in 325° F oven for 1 hour and 15 minutes. Cool 5 minutes in pan. Remove and cool.

PETIT FOURS

3 packages (2-layer size) white cake mix 1 cup warm water
3 boxes confectioners sugar 1 1/2 tablespoons white corn syrup
1 egg white

Prepare 1 package cake mix at a time according to directions on package. Pour into a greased and floured 13 x 9 x 2-inch pan. Bake and cool according to directions. Place on flat surface and cut into 1 1/2-inch squares. Place waxed paper under cake rack and arrange cakes in rows. Mix sugar, water, syrup and egg white in top of double boiler and stir until smooth and glossy. Place over boiling water until mixture is lukewarm, stirring constantly. Pour frosting over cakes. Scrape up excess on waxed paper, return to double boiler and reheat for second pouring. Yield: 12 dozen. (Food coloring may be added to frosting, if desired.)

POKE CAKE

1 package (2-layer size) white cake mix 1 cup water
1 package (3 ounces) vanilla instant pudding 1/4 cup oil
1 cup boiling water

Combine cake mix, pudding, eggs, 1 cup water and oil; blend well. Beat at medium speed for 4 minutes. Pour into greased and floured 13 x 9 x 2-inch baking pan. Bake in 350° F oven for 45 to 50 minutes. Cool in pan for 15 minutes. Dissolve gelatin in boiling water; add cold water. Poke holes in warm cake with utility fork at 1/2-inch intervals. Carefully pour gelatin over cake. Chill 3 hours. Cut into squares and top with whipped topping. Yield: 12 to 15 servings.

PINEAPPLE DELIGHT CAKE

1 package (2-layer size) yellow cake mix 1 can (13 1/2 ounces) crushed pineapple
1 package (3 ounces) vanilla instant pudding 1 can (2 ounces) dessert topping mix


Pineapple Filling

1/2 cup sugar 1 can crushed pineapple
1/2 teaspoon salt (1 pound, 4 ounces) 1 tablespoon cornstarch
3 tablespoons corn syrup drained, reserve liquid
3/4 cup pineapple juice 1 tablespoon butter
1 teaspoon lemon juice

Mix sugar, salt and cornstarch in a saucepan. Slowly stir in pineapple juice, then crushed pineapple. Cook over low heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Remove from heat. Blend in butter and lemon juice. Chill before filling cake.

Pineapple Frosting

Combine 1 cup crushed pineapple (not drained), 8 marshmallows, cut up and 1/2 cup brown sugar. Spread on baked spice or yellow cake; broil 1 to 2 minutes or until marshmallows are golden.
### PUMPKIN BREAD
- 2/3 cup shortening
- 2 2/3 cups sugar
- 4 eggs
- 2 cups cooked pumpkin
- 2/3 cup water
- 3 1/3 cups sifted flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 2/3 cup chopped nuts
- 2 teaspoons raisins

Cream shortening and sugar well. Add eggs, pumpkin and water. Blend in sifted dry ingredients. Add nuts and raisins. Pour into two greased loaf pans 9 1/4 x 5 1/4 x 2 3/4-inch. Bake in 350°F oven for 60 to 70 minutes.

### PUMPKIN CAKE
- 1/2 cup shortening
- 1 cup brown sugar, firmly packed
- 1 egg
- 2 cups sifted cake flour
- 1/4 teaspoon baking soda
- 2/3 cup chopped nuts
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- 3/4 cup cooked pumpkin
- 1/3 cup sour milk

Cream shortening for 2 minutes. Gradually add sugar and beat 2 minutes. Add egg and beat until blended. Add sifted dry ingredients alternately with pumpkin and sour milk. Add nuts. Pour into two well greased 8-inch layer pans. Bake in 350°F oven for 35 minutes.

### QUICK COKE CAKE
- 2 cups sugar
- 2 cups flour
- 1 1/2 cups chopped marshmallows
- 1/2 cup shortening
- 1/2 cup butter
- 3 tablespoons cocoa
- 1 cup cola beverage
- 1/2 cup buttermilk
- 1 teaspoon baking soda
- 2 eggs, beaten


### RED VELVET CAKE
- 1/2 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 2 teaspoons cocoa
- 1/4 cup red food coloring
- 1 tablespoon vinegar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 cup buttermilk
- 2 1/2 cups sifted flour

Cream shortening and sugar until fluffy. Add eggs, one at a time, beat for 1 minute. Mix cocoa and food coloring to paste-like consistency; add with salt to sugar mixture. Combine vanilla and buttermilk; add slowly to sugar mixture, alternately with flour. Combine soda and vinegar; stir into batter, do not beat. Pour into 2 greased and floured 9-inch cake pans. Bake in 350°F oven for 25 to 30 minutes. Cool and frost.

### SPICE CAKE
- 3/4 cup (1 1/2 sticks) butter
- 3/4 cup brown sugar
- 1 cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 2 1/4 cups sifted flour
- 1 cup buttermilk
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 teaspoon salt
- 3/4 teaspoon ground cloves
- 3/4 teaspoon cinnamon
- 1/8 teaspoon pepper

Cream butter and brown sugar until blended. Add sugar and vanilla; beat until mixture is very fluffy. Add eggs, one at a time, beating well after each addition. Sift 1/3 of the dry ingredients over batter and mix just until blended. Then add 1/2 of the buttermilk and mix until blended. Repeat these steps until all of the ingredients are added. Pour into 3 greased and floured 8-inch pans. Bake in 350°F oven for 30 to 35 minutes.
SPONGE CAKE

5 eggs, separated  1 tablespoon grated lemon peel
1 cup sugar        1 cup sifted cake flour
1 tablespoon lemon juice  1/4 teaspoon salt

Beat egg whites until stiff, but not dry; gradually add 5 tablespoons sugar. In another mixing bowl, add juice to yolks and beat until thick and lemon-colored. Add peel. Beat in remaining sugar. Pour yolks over whites; fold to mix thoroughly. Fold in sifted dry ingredients. Do not beat after adding flour to avoid breaking air bubbles. Pour into ungreased 10-inch tube pan. Cut through gently several times to break any large air bubbles. Bake in 325° F. oven for 1 hour. Remove from oven and turn pan upside down until cake is cold.

Note: Sponge, chiffon and angel food cakes should be baked in one pan used only for this purpose.

STRAWBERRY ANGEL SURPRISE

10-inch angel food cake     1 1/2 pints whipping cream, softend
1 pint strawberry ice cream, whipped          Fresh or frozen
3 tablespoons sugar       1 cup sliced strawberries

Cut 1-inch slice from top of cake. Cut out a ring 2-inches wide and 2-inches deep. Spoon in ice cream. Replace slice cut from top. Frost top and sides with whipped cream sweetened with sugar. Freeze until ready to serve. Ten minutes before serving, slice and garnish with strawberries.

STRAWBERRY CAKE

3 tablespoons sifted flour  4 eggs
1 box (3 ounces) strawberry flavor gelatin 1 package white cake mix
1/2 cup water     1/2 cup frozen or fresh crushed strawberries
3/4 cup cooking oil

Add flour, gelatin, water, oil and eggs to cake mix. Beat 2 minutes. Add strawberries and beat 1 minute or until thoroughly mixed. Pour into two greased and floured 9-inch layer pans. Bake in 350° F. oven for 30 to 35 minutes. Cool. Frost with Strawberry Frosting.

Strawberry Frosting: Cream 1/2 cup (1 stick) butter; gradually add 1 box confectioners sugar and dash salt. Add 1/2 cup crushed berries; blend until of spreading consistency.

DESSERTS
COOKING WITH ENTERGY

**TRAIN CAKE**

1 1/2 cups flour, sifted
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt

1 teaspoon vanilla
1/2 cup shortening (1/2 butter)
3/4 cup milk
2 eggs

Mix dry ingredients in large electric mixer bowl; blend in remaining ingredients and beat 3 minutes. Pour into greased and floured 9 x 5 x 3-inch loaf pan. Bake in 350° F. oven for 50 to 70 minutes or until foodpick inserted in center of cake comes out clean. Cool 10 minutes in pan; turn onto rack, cool completely. Cut and frost.

*To make train:*
Cut cake crosswise into 5 equal slices. Use middle slice for engine, removing a 3-inch by 1-inch section from top of slice so other end forms engine cab. Use the 3-inch piece on end to form coal car. Use other slices for freight car and caboose, cutting off some so they are flat and leaving others rounded. Use chocolate frosting for engine and one flat car. Frost others with red icing. Use peppermint candies for wheels, small square cookies for windows, and popcorn strung on florist’s wire for smoke.

**Frosting:**
Cream 1/4 cup (1/2 stick) butter; gradually add 1 cup confectioners sugar and 1 teaspoon vanilla. Add 2 cups confectioners sugar alternately with 1/4 cup milk to mixture, beating until smooth after each addition. Divide frosting in half; add red food coloring to one and 1 melted square of chocolate to the other. Spread thinly on little train.

**TUNNEL OF FUDGE**

1 1/2 cups (3 sticks) butter
6 eggs
1 1/2 cups sugar
2 cups flour

1 package chocolate butter frosting mix
2 cups chopped pecans

Cream butter; add eggs, one at a time, beating well after each addition. Gradually add sugar; continue creaming at high speed until light and fluffy. Stir in remaining ingredients. Pour batter into greased bundt pan. Bake in 350° F. oven for 60 to 65 minutes. Cool 2 hours; remove from pan.

**WINE CAKE**

6 eggs, separated
1 cup sugar
1 tablespoon lemon juice

1/2 teaspoon grated lemon rind
1 cup sifted cake flour
1/4 teaspoon salt

Beat egg whites to form soft peaks. Add half the sugar and continue beating until stiff. In another bowl, beat egg yolks until thick; add juice and rind while continuing to beat, add remaining sugar. Fold egg yolk mixture into whites. Sift a small amount of dry ingredients over the mixture; fold in gently. Repeat until all is used, gradually increasing the amount of flour used. Pour into 10 to 12 small custard cups. Bake in 325° F. oven for 30 minutes. Pour sauce over hot cakes; cool before removing from cups. *Sauce:* Cook 1/2 cup water and 1 cup sugar to 230° F. or thread test. Remove from heat; stir in 1/4 cup wine or rum

**WHITE CAKE (BRIDE’S CAKE)**

1/2 cup shortening
1 1/2 cups sugar
2 1/4 cups sifted flour
2 teaspoons baking powder

1 teaspoon salt
3/4 cup milk
1 teaspoon vanilla
4 egg whites


*Bride’s Cake:* For a three-tier cake, triple the above recipe but do not make more than double the recipe at one time. Bake in 325° F. oven for the following:

12-inch pan 2 inches deep 1 hour, 20 minutes
10-inch pan 2 inches deep 1 hour, 10 minutes
8-inch pan 2 inches deep 1 hour

**Ornamental Frosting**

4 egg whites
3 cups sifted confectioners sugar
1/4 teaspoon cream of tartar
1 teaspoon vanilla

Beat egg whites, cream of tartar and 2 tablespoons sugar with electric mixer for 3 minutes. While continuing to beat, gradually add remaining sugar, 2 tablespoons at a time, and beat thoroughly after each addition. Add vanilla. The success of this frosting depends entirely on the thorough beating after each addition.

150
**ZUCCHINI CAKE WITH LEMON FROSTING**

2 1/2 cups biscuit mix
2 cups finely shredded, unpared zucchini
1 1/4 cups sugar
1/4 cup milk
1/2 cup butter
2 eggs
1/4 cup (1/2 stick) butter
1/2 cup grated lemon peel
2 tablespoons lemon juice
1/4 cup milk
1/2 cup sugar
1 1/4 teaspoons cinnamon
3/4 teaspoon nutmeg
1/2 teaspoon cloves
2 cups raisins
2 cups confectioners sugar
1/2 teaspoon baking soda
1/8 teaspoon salt
1/2 teaspoon grated lemon
2 tablespoons lemon juice

Blend biscuit mix, zucchini, sugar, spices, butter, milk and eggs on low speed of mixer for 30 seconds. Beat on medium speed for two minutes. Stir in raisins. Pour batter into 9-inch greased square pan. Bake in 350° F. oven for 35 to 40 minutes. Cool on cake rack. Blend remaining ingredients for 1 minute on medium speed; frost cake.

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**YULE LOG**

This Yule Log is the traditional dessert served in French households on the stroke of midnight each Christmas Eve.

**Cake**

4 eggs
3/4 cup sugar
1/2 cup sifted cake flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
3 tablespoons cold water
1 teaspoon vanilla
2 squares unsweetened chocolate, melted
2 tablespoons sugar
1/4 cup breakfast cream
1/2 cup (2 sticks) butter
2 egg yolks, unbeaten
1/2 teaspoon salt
1/4 cup commercial sour cream
1 teaspoon vanilla
3 cups sifted flour

With electric mixer at high speed, beat eggs and 3/4 cup sugar until very thick and light. Then fold in sifted flour, baking powder, salt and vanilla, all at once. To melted chocolate, add 2 tablespoons sugar, baking soda and cold water; stir until thick and light; quickly fold into batter. Spread batter evenly in 15 x 10 x 1-inch jellyroll pan that has been greased, and the bottom lined with waxed paper. Bake in 375° F. oven 15 to 20 minutes, or until cake springs back when gently touched with finger. Place clean dish towel on flat surface; over it, sift thick layer of cocoa. When cake is done, loosen with spatula from sides of pan and invert on towel. Lift off pan; carefully pull off paper. With very sharp knife, cut crisp edges from cake to make rolling easier. Reserve pieces for later use. Then roll it up very gently from narrow end, rolling towel up in it. (This keeps cake from sticking). Gently lift rolled cake onto wire rack to finish cooling, about 1 hour.

**For Filling and Frosting**

1/2 cup (1 stick) butter
3 squares unsweetened chocolate, melted
1/8 teaspoon salt
3 1/2 cups sifted confectioners sugar
1 1/2 teaspoons vanilla
1/4 cup breakfast cream

With electric mixer at medium speed, cream butter with salt and 1 cup sifted sugar until light and fluffy. Add egg yolks and melted chocolate; then add 2 1/2 cups sugar, cream and vanilla, beating until smooth and of spreading consistency. Cover until ready to use.

To assemble cake

Unroll cooled cake; spread surface with 1 cup filling. Carefully re-roll, lifting towel higher and higher with one hand as you guide with the other. Place on serving plate, seam side down. Under each of log's long sides, tuck strip of waxed paper so it extends about 2 inches. About 2 inches from one end, and off center, lay two 1 1/2-inch strips of reserved cake, end to end, in oval knot. Secure with foodpicks. Thinly frost entire log with frosting. Next, with a little frosting, and tube No. 47 in cake decorating bag, make “bark”, covering entire surface of log, conforming to the shape and also filling in the knot. Remove waxed paper strips. Refrigerate cake. To serve, garnish with glazed fruit and fresh green leaves.

**SOUR CREAM POUND CAKE**

1 cup (2 sticks) butter
2 2/3 cups sugar
6 eggs
1 teaspoon vanilla
3 cups sifted flour
1/2 teaspoon baking soda
1 cup commercial sour cream

Cream butter and sugar for 20 minutes. Add eggs, one at a time, beating well after each addition. Add vanilla. Sift dry ingredients together and add alternately with sour cream to butter mixture, beginning and ending with flour. Pour butter into a 9-inch tube pan or two 9 1/2 x 5 1/2 x 3-inch loaf pans, which have been greased and the bottom lined with waxed paper. Bake tube pan 1 hour and 20 minutes, loaf pans 50 minutes, in a 350° F. oven. Cool cake on rack for 5 minutes. Remove from pan.

Tip: To substitute sour cream: Add 1 tablespoon lemon juice plus enough evaporated milk or light cream to equal 1 cup. Stir and let stand 5 minutes.
COOKING WITH ENTERGY

BASIC CAKE INFORMATION

To Freeze Unfrosted Cakes: Cool thoroughly. Package in moisture-vapor-proof wrapping and freeze. Thaw in wrapping at room temperature.

To Freeze Frosted Cakes: Place into freezer, unwrapped, until frosting is firm; then package in moisture-vapor-proof wrapping and return to freezer. To thaw, remove wrap immediately and thaw at room temperature for three hours.

Storage Time: 4 to 6 months.

Note: Do not freeze frostings that contain egg whites. Some other fillings made with eggs could separate during storage.

BANANA FROSTING

1/4 cup (1/2 stick) butter
1 pound sifted confectioners sugar
1/2 cup chopped pecans

1/2 cup mashed ripe bananas
1/2 teaspoon lemon juice

Cream butter; add half the sugar and beat until light and fluffy. Add bananas and lemon juice; blend in remaining sugar. Either add pecans to frosting or sprinkle over top of cake or cupcakes.

BUTTER FROSTING

6 tablespoons soft butter
3 cups sifted confectioners sugar
1 teaspoon vanilla
1/4 cup breakfast cream

Cream butter; gradually add 1 cup sugar and vanilla. Add remaining sugar alternately with cream, beating until smooth after each addition. Makes enough to frost top and sides of two 8-inch cake layers.

Variations:
Chocolate: Add 2 squares melted chocolate.
Lemon: Substitute 3 to 5 tablespoons lemon juice for cream. Omit vanilla.
Cream Cheese: Substitute 3 ounces cream cheese for butter.
Mocha: Substitute strong coffee for cream and 1/2 cup brown sugar for 1/2 cup confectioners sugar.

BUTTERSCOTCH FROSTING

1 cup brown sugar
1/4 cup (1/2 stick) butter
2 cups confectioners sugar
1/4 teaspoon salt
1/4 cup milk

Combine sugar, butter and salt; cook over low heat, stirring constantly, until sugar melts. Add milk gradually; simmer 3 minutes. Remove from heat and beat in sugar until smooth. Thin with cream, if necessary.

CHOCOLATE FROSTING

1/2 cup (1 stick) butter
8 squares unsweetened chocolate
1/2 cup boiling water
4 cups sifted confectioners sugar

Melt butter and chocolate over very low heat. Blend in sugar and water; beat until smooth. Frost top and sides of doberge.

DECORATOR'S FROSTING

1 box (1 pound) confectioners sugar
2 tablespoons cornstarch
1 teaspoon flavoring
1/2 cup shortening
2 egg whites
Pinch of salt

Sift sugar and cornstarch over shortening; mix thoroughly. Blend in egg whites, salt and flavoring. This should be the right consistency for a rose. The size of the eggs and damp weather may alter the mixture. For borders, thin out with hot water and beat with electric mixer. This frosting may be thinned even more for frosting a cake. Additional thinning and heating will make a glaze for pouring over petit fours or cookies.

RED VELVET CAKE FROSTING

3 tablespoons flour
1 cup milk
1 cup (2 sticks) butter
1/2 cup confectioners sugar
1 teaspoon vanilla

FLUFFY FROSTING

2 egg whites, unbeaten 1 1/2 cups sugar
Dash salt 1/3 cup water
1 teaspoon light corn syrup or 1/2 teaspoon cream of tartar
1/3 cup water
1/4 teaspoon vanilla

Combine all ingredients, except vanilla, in saucepan. Beat 1 minute with electric mixer to blend. Then place on low heat and beat at high speed for 3 minutes, or until stiff peaks form. (Stir frosting up from bottom and sides of pan occasionally.) Remove from heat and fold in vanilla. Yield: Enough to frost a 9-inch layer cake, 10-inch tube cake or 13 x 9 x 2-inch cake.

Sea Foam Frosting: Follow above recipe, except use brown sugar.

CHOCOLATE CREAM FILLING

2 cups sugar
10 tablespoons cornstarch
2 teaspoons salt
1 quart milk
2 teaspoons vanilla
4 squares unsweetened chocolate, cut into pieces
2 whole eggs and 4 yolks, slightly beaten

Mix sugar, cornstarch, salt, milk and chocolate. Bring to boil over medium heat, stirring constantly. Boil 1 1/2 minutes. Remove from heat and pour a small amount of mixture over eggs. Blend into mixture and cook over very low heat; add vanilla. Chill until set.

COCONUT FILLING

1 1/3 cups freshly grated coconut
2 cups sugar
2 tablespoons cornstarch
1 cup boiling water
1 orange, juice and grated rind
1 lemon, juice and grated rind

Combine all ingredients; bring to boiling and cook over medium heat until thick, stirring occasionally.

COCONUT-PECAN FROSTING

1 cup evaporated milk 1/2 cup (1 stick) butter
1 cup sugar 1 teaspoon vanilla
3 egg yolks 1 1/3 cups flaked coconut
1 cup chopped pecans

Combine milk, sugar, egg yolks, butter and vanilla. While stirring constantly, cook over medium heat until mixture thickens, about 12 minutes. Add coconut and pecans. Beat until cool and of spreading consistency.

FIG FILLING FOR LAYER CAKE

1/2 cup (1 stick) butter 1/3 cup nonfat dry milk
4 cups confectioners sugar 1 to 2 tablespoons water
3/4 cup finely chopped figs

Cream butter; gradually add sugar and dry milk. Beat until well blended. Stir in just enough water until mixture is of spreading consistency. Divide mixture in half. To one half, add figs and spread between layers of cake. Spread remaining plain mixture evenly over top of cake. Do not frost sides.

LEMON FILLING

3/4 cup sugar 1 egg, slightly beaten
3 tablespoons cornstarch 1 tablespoon butter
1/4 teaspoon salt 2 tablespoons lemon peel
3/4 cup water 1/3 cup lemon juice

Mix sugar, cornstarch and salt in a saucepan. Gradually stir in water. Bring to a boil while stirring constantly. Boil 1 minute. Stir half of hot mixture into egg. Blend into remaining mixture. Boil 1 minute. Remove from heat and add butter, lemon peel and juice. Chill before filling cake.
COOKING WITH ENTERGY

BUTTERMILK CANDY

2 cups sugar
1 cup buttermilk
1/4 cup (1/2 stick) butter
1 teaspoon vanilla
1/2 teaspoon baking soda
2 tablespoons light corn syrup
3/4 cup chopped pecans

Combine ingredients, except vanilla. Bring to a boil over medium heat; cook to 236°F, or soft ball test. Remove from heat, add vanilla and cool to lukewarm. Beat candy until creamy and thick. Pour into buttered pan. Yield: 4 1/2 pounds.

BUTTERMILK PRALINES

1 teaspoon baking soda
1 cup buttermilk
2 cups sugar
1 teaspoon vanilla
2 tablespoons butter
1 1/2 cups pecan pieces


CANDIED PEEL

Remove peel from 3 large oranges or grapefruit. Cut peel into long strips, 1/4 inch wide. Place in 2-quart saucepan; cover with water and bring to boil over full heat; drain. Cover with more cold water and repeat the cooking and draining process 3 more times. Cover again with water and cook peel for 15 minutes after water reaches boiling point. Drain thoroughly. Add 1 1/2 cups sugar and 1 1/2 cups water and cook over low heat until syrup almost evaporates, about 45 minutes. Watch continuously so that peel doesn't stick and scorch. Sprinkle 1/2 cup sugar on bread board. Lift peel out and place on sugared board. Mix until all sides are thickly coated with sugar. Dry on cake rack. Yield: 1 1/2 cups peel.

CARAMELS

1 cup (2 sticks) butter
1 pound (2 1/4 cups) brown sugar
1/8 teaspoon salt
1 teaspoon vanilla
1 cup light corn syrup
1 can (15 ounces) sweetened condensed milk

Melt butter in heavy 3-quart saucepan. Add brown sugar and salt; stir until thoroughly combined. Add corn syrup; mix well. Gradually add milk. Cook over medium heat, stirring constantly, to 245°F or firm ball test, about 12 to 15 minutes. Remove from heat; stir in vanilla. Pour into buttered 9-inch pan. Yield: 2 1/2 pounds.

CHOCOLATE DIPPING

Caramels, nuts, candied fruits or molded fondant can be chocolate-dipped. For best results chocolate-dip on a dry, cool day in a 85°F room. Melt 1 pound grated Dutch chocolate over hot water, 115°F to 120°F. Water should touch top pan. Exchange hot water for cold in bottom of double boiler; stir and cool chocolate to 83°F. Exchange cold water for warm (85°F). Working rapidly, drop centers into chocolate; roll to coat centers; remove with fork. Drop on waxed paper, bringing string of chocolate across top. Note: If chocolate becomes too stiff, heat as at first; continue dipping.

COCONUT CANDY

4 cups sugar
2 cups light corn syrup
1 teaspoon vanilla
1/8 teaspoon salt
1 can (14 1/2 ounces) evaporated milk
6 cups shredded coconut

Combine sugar, salt, syrup and milk. Bring to boil over medium heat. While stirring constantly, add coconut. Cool to 248°F or firm ball test. Remove from heat. Add vanilla. Spread in 10 x 15 1/2-inch shallow greased pan. When cool, cut into 1 x 3-inch slices. Yield: approximately 50 slices.

BLENDER ALMOND PASTE

1/2 cup orange juice
2 cups blanched almonds
1 cup sugar

Blend orange juice, 1 cup almonds and sugar until nuts are fine. Add remaining almonds. Blend until very fine. Store covered in refrigerator.
**DATE NUT LOAF**

- 3 cups sugar
- 2 tablespoons butter
- 1 cup milk
- 1 1/2 pounds halved dates

Cook sugar, butter and milk to 236°F, or soft ball test. Remove from heat; add dates, nuts, cherries and vanilla. Beat until smooth and stiff. Pour on wet thin cloth; roll and place in refrigerator. When firm, slice.

**COCONUT PRALINES**

- 3 cups sugar
- 1 cup coconut milk

Boil sugar and milk to 240°F on candy thermometer or soft ball test. Remove from heat and immediately stir in coconut. Return to heat and continue cooking, stirring constantly, until candy returns to soft ball test, about 3 minutes. Beat until slightly thickened, but not until it loses its gloss. Drop by tablespoonfuls onto double thickness of buttered waxed paper. Yield: 24 pralines.

**DIVINITY**

- 3 cups sugar
- 1/2 cup light corn syrup
- 2/3 cup water
- 1/2 teaspoon vanilla

Cook sugar, syrup and water over medium heat to 252°F or hard ball test. Beat whites at high speed for 3 minutes. Reduce speed to low and very slowly pour syrup into whites. Continue beating until glossy. Add pecans and vanilla. Continue beating until peaks are formed. Drop on waxed paper from teaspoon. Yield: 30 pieces.

**FUDGE**

- 4 cups sugar
- 4 tablespoons cocoa syrup
- 1/8 teaspoon salt
- 1/2 cup (1 stick) butter
- 1 cup milk
- 1 cup evaporated milk

Combine sugar, cocoa and salt. Stir in milk and syrup. Cook over medium heat, stirring constantly, until sugar dissolves. Cover; cook for 3 minutes. Remove cover, continue cooking without stirring, to 236°F or soft ball test. Remove from heat, add butter and cool to lukewarm. Add vanilla and, if desired, add the variation listed below. Beat candy until creamy and thick. Pour into buttered 9-inch square pan. When cold, cut into 1 1/2-inch squares. Yield: 36 pieces.

**MARSHMALLOW FUDGE**

- 1 can (6 ounces) evaporated milk
- 1 1/2 cups diced marshmallows
- 1 2/3 cups sugar
- 1 package (6 ounces) semi-sweet chocolate pieces
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 cup broken pecans

Combine milk, sugar, salt and butter. Bring to a boil over medium heat, stirring constantly. Cook for 5 minutes; remove from heat. Add marshmallows and chocolate; beat 1 to 2 minutes or until blended. Stir in vanilla and pecans. Pour into a buttered 9-inch pan. Yield: 36 pieces.

**MEXICAN ORANGE CANDY**

- 1 cup sugar
- 1 1/2 cups milk, scalded
- 2 cups sugar
- 1 cup chopped pecans
- Grated rind of 2 oranges
- Dash of salt
- 1/2 cup (1 stick) butter

In a large heavy saucepan over low heat, melt 1 cup sugar while stirring constantly. Add milk all at once, stirring constantly. This will boil up quickly. Add sugar, and stir until dissolved. Cook to 246°F or firm ball test. Remove from heat, add remaining ingredients. Beat until creamy and pour into greased platter. Yield: 36 pieces.
## MINT PATTIES
Softened Uncooked Fondant (page 157) in top of double boiler over hot water. Flavor with 1/4 teaspoon peppermint extract or 1/8 teaspoon almond extract. Add coloring. Drop from tip of teaspoon onto waxed paper.

## NUT CLUSTERS
1/2 pound sweet chocolate  
1 cup pecan pieces  
1/2 cup condensed milk

Melt chocolate over low heat. Remove from heat; add milk and pecans. Stir until mixture thickens. Drop from teaspoon onto buttered plate to cool. Chill thoroughly.

## PEANUT BRITTLE
3 1/2 cups sugar  
1 3/4 cups water  
1 cup light corn syrup  
3/4 teaspoon salt  
1 tablespoon baking soda  
1 pound raw Spanish peanuts  
4 tablespoons (1/2 stick) butter  
1 teaspoon vanilla


## PEANUT BUTTER FUDGE
2 cups sugar  
1/8 teaspoon salt  
1 cup milk  
2 tablespoons light corn syrup  
3/4 cup peanut butter  
1 teaspoon vanilla

Cook sugar, salt, milk and corn syrup to 234°F. or soft ball test. Cool slightly; add peanut butter and vanilla. Beat until creamy. Pour into lightly buttered pan and cut into squares. Yield: 1 1/2 pounds.

## PECAN BARS
2 tablespoons butter  
2 eggs, slightly beaten  
1 cup brown sugar  
5 tablespoons flour  
1/8 teaspoon baking soda  
1 cup chopped pecans  
1 teaspoon vanilla  
1/2 cup confectioners sugar

Melt butter in 9-inch square pan in 350°F. oven about 3 minutes. Blend eggs, sugar, flour, soda, pecans and vanilla. Pour over melted butter; do not stir. Bake in 350°F. oven 25 minutes. Allow to remain in pan 5 minutes before turning out to cool. Cut into 1 x 3-inch bars. Sift confectioners sugar over bars. Yield: 27 bars.

## PECAN BRITTLE
2 cups sugar  
1/8 teaspoon salt  
1 cup pecan pieces

Melt sugar in heavy skillet over low heat, stirring constantly until mixture is thick, about 8 to 10 minutes. Add pecans and salt. Stir until pecans are coated. Pour into greased baking pan. When cold, break into small pieces. Yield: 1 pound.

## PECAN DROPS
1 1/2 cups brown sugar, packed  
4 egg whites  
1 cup chopped pecans  
1 teaspoon vanilla

Heat sugar and egg whites in a saucepan over low heat until warm, beating constantly with electric mixer. Remove from heat and beat until mixture stands in peaks when beaters are lifted. Fold in remaining ingredients. Drop by teaspoonfuls onto greased cookie sheet and bake in 325°F. oven for 13 minutes. Yield: 4 dozen.

## PECAN KISSES
6 egg whites  
2 cups sugar  
2 cups chopped pecans  
1 teaspoon cream of tartar  
1 teaspoon vanilla

Mix whites and sugar without beating; let stand 1/2 hour. Add cream of tartar; beat until very stiff. Add vanilla and fold in pecans. Drop from tip of teaspoon onto waxed paper-lined cookie sheet. Bake in 275°F. oven 40 to 45 minutes. Yield: 100 to 125 kisses.
PECAN PRALINES

1 cup brown sugar 1/2 cup breakfast cream
1 cup sugar 2 tablespoons butter
1 cup pecan halves

Dissolve sugars in cream and boil to 228° F. or thread test, stirring occasionally. Add butter and pecans; cook until syrup reaches 236° F. or soft ball test. Cool; beat until somewhat thickened (but not until it loses its gloss) and drop by tablespoonfuls onto a greased marble slab or double thickness of waxed paper. Candy will flatten out into large cakes. Yield: 12 pralines.

PECAN TOFFEE

1 cup sugar 4 (1 1/8 ounces each) milk chocolate bars
1 cup (2 sticks) butter 1/2 cup finely chopped pecans
3 tablespoons water 1 teaspoon vanilla
1 teaspoon vanilla

Cook sugar, butter and water to 300° F. or hard crack test. Add vanilla. Pour into buttered 9-inch pan. Cool 5 minutes. Spread chocolate over top. Sprinkle with pecans.

PENUCHE

1 pound (2 1/4 cups) light brown sugar 2 1/2 tablespoons butter
3/4 cup milk 1 teaspoon vanilla
1/8 teaspoon salt 1/2 cup chopped pecans

In a 2-quart saucepan, combine sugar, milk and salt. Bring to a boil over medium heat, stirring constantly. Cook to 238° F. or soft ball test, stirring only if necessary. Remove from heat, add butter without stirring; cool to lukewarm (110° F.). Add vanilla; beat until mixture starts to thicken. Add nuts and beat until thick and creamy. Pour at once into a greased 9 x 5 x 3-inch loaf pan. (Do not scrape pan.) Yield: 1 1/4 pounds.

SPIRIT BALLS

2 1/2 cups vanilla wafer crumbs (about 50 wafers, or 1/2 pound)
2 tablespoons cocoa Confectioners sugar
2 tablespoons light corn syrup
1/4 cup bourbon or rum
1 cup chopped pecans

Mix crumbs with all ingredients except sugar. Chill about 20 minutes or until firm enough to roll into balls. Roll in sugar and wrap in waxed paper. Yield: about 3 dozen balls.

SUGARED PECANS

1 1/2 cups sugar 1/4 teaspoon salt
1/2 cup water 1 teaspoon vanilla
1 teaspoon light corn syrup 2 cups pecan halves

Cook first 4 ingredients to 236° F. or soft ball test. Remove from heat; add vanilla and pecans. Stir until creamy and pecans are coated. Turn onto foil; separate pecans.

Variations:
Orange: Substitute 1/2 cup orange juice and 1 1/2 teaspoons grated orange peel for water and vanilla.
Spiced: Add 1/2 teaspoon each of nutmeg and cloves, and 2 teaspoons cinnamon.

UNCOOKED FONDANT

1 egg white 1 teaspoon vanilla
1/4 cup (1/2 stick) butter 1 teaspoon cream of tartar
1/4 cup cold water 6 cups confectioners sugar

Mix ingredients in order listed. Knead thoroughly; mold to shape. To tint, add food coloring. Store in refrigerator for use for stuffed dates, mint patties, or dippings.
**WHITE NUT FUDGE**

4 cups sugar  
1/8 teaspoon salt  
1/4 cup light corn syrup  
4 tablespoons (1/2 stick) butter  
2 cups milk  
2 teaspoon vanilla  
1 1/2 cups pecan pieces  
1/2 cup minced cherries

Combine sugar, salt, syrup, butter and milk. Cook over low heat, stirring occasionally, to 234° F. or soft ball test. Remove from heat. Allow to stand, without stirring, until saucepan is lukewarm. Add vanilla, pecans, and cherries. Beat until creamy and almost holds shape. Pour into a buttered square baking pan. Cut into squares while warm. Yield: 2 pounds.

**ANISE DROPS**

3 eggs  
1 1/3 cups confectioners sugar  
2 cups sifted flour  
1 teaspoon anise seed

Using low speed on mixer, beat eggs and sugar for 30 minutes. Add flour and anise seed; blend well. Drop by teaspoonfuls on greased cookie sheets. Cover with waxed paper; do not press them down and let stand at room temperature for 8 hours or overnight. Bake at 300°F. for 20 minutes. The cookies will be very hard when they are made and should be stored in an airtight container, with an apple, for 2 to 3 weeks before using. They are like a macaroon with a delicate anise flavor and with luck, there will be a hollow bubble in the top of each. Yield: 3 dozen.

**BANANA OATMEAL COOKIES**

3/4 cup shortening  
1 cup sugar  
1 egg  
1 cup mashed bananas  
1 3/4 cups rolled oats  
3/4 teaspoon cinnamon  
1/2 cup chopped nuts  
1 1/2 cups sifted flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon salt

Cream shortening and sugar until light and fluffy. Add egg and beat well. Add bananas, oats and nuts; mix thoroughly. Add sifted dry ingredients. Drop from teaspoon, 1 1/2 inches apart, on greased baking sheet. Bake in 400° F. oven for 15 minutes. Remove cookies from sheet immediately. Yield: 3 1/2 dozen cookies.

**BROWN SUGAR COOKIES**

1/2 cup (1 stick) butter  
1 cup brown sugar  
1 egg  
1 teaspoon vanilla  
1/2 teaspoon baking soda  
2 cups sifted flour  
1/8 teaspoon salt


**BROWNIES**

2 eggs  
1 cup sugar  
2 1/2 squares unsweetened chocolate  
1/3 cup shortening  
1 cup chopped nuts  
1/2 cup sifted flour  
1/2 teaspoon baking powder  
1/8 teaspoon salt  
1/2 teaspoon vanilla


**CHINESE ALMOND COOKIES**

2 3/4 cups sifted flour  
1 cup sugar  
1/2 teaspoon soda  
1/2 teaspoon salt  
1 cup (2 sticks) butter  
1 egg, slightly beaten  
1 teaspoon almond extract  
1/3 cup blanched almonds, halved

Sift dry ingredients into a bowl; cut in butter until mixture resembles corn meal. Add egg and almond extract; mix well. Form into a ball. Roll to slightly less than 1/4-inch thickness; cut with 2-inch round cutter. Place on ungreased cookie sheet about 2 inches apart. Place an almond half on each cookie. Bake in 325°F. oven for 15 to 20 minutes. Yield: 4 dozen cookies.
CHINESE CHEWS

2 eggs 1 teaspoon baking powder
1 cup sugar 1/4 teaspoon salt
3/4 cup sifted flour 1 cup pitted dates, cut
1 cup pecan pieces

Beat eggs and sugar until light and fluffy. Sift dry ingredients over dates and nuts; fold into egg and sugar mixture. Spread in greased 8-inch pan. Bake in 325°F oven for 35 minutes. Cool. Cut in 1 x 2-inch bars.

Yield: 32 bars.

COCONUT MACAROONS

2 egg whites 1/4 teaspoon salt
2 tablespoons cake flour 1/2 teaspoon vanilla
1/2 cup sugar 2 cups shredded coconut


CHOCOLATE CHIP COOKIES

1/2 cup (1 stick) butter 1 1/4 cups sifted flour
1/2 cup sugar 1/4 teaspoon salt
1/4 cup brown sugar 1/2 teaspoon baking soda
1 egg 1 cup semi-sweet
1 tablespoon water chocolate pieces
1/2 teaspoon vanilla 1/2 cup chopped pecans


COCOONS

1 cup (2 sticks) butter 1 tablespoon water
1/2 cup confectioners sugar 2 cups sifted flour
2 teaspoons vanilla 1 cup chopped pecans


CINNAMON COOKIES

1 cup (2 sticks) butter 1/4 teaspoon salt
1 1/2 cups sugar 2 3/4 cups sifted flour
2 eggs 2 teaspoons cream of tartar
1 teaspoon baking soda 2 teaspoons cinnamon

Cream butter and sugar until light and fluffy. Add eggs; beat thoroughly. Add sifted dry ingredients. Form into 1-inch balls. Roll in mixture of 2 teaspoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased cookie sheet. Bake in 400°F oven for 8 to 10 minutes. (These cookies puff up at first, and then flatten out.) Yield: 6 dozen.

FIG BARS

1/2 cup (1 stick) butter 2 1/2 cups sifted flour
1 cup sugar 1/4 teaspoon baking soda
2 eggs 1/2 teaspoon salt
1 teaspoon vanilla 1 pint fig preserves

Cream butter and sugar until light and fluffy. Beat in eggs; add vanilla. Blend in sifted dry ingredients. Chill dough in refrigerator. Divide dough in half and roll one half between two sheets of waxed paper into a rectangular shape, 11 x 15-inches. Place dough on cookie sheet. Cover with preserves which have been lightly mashed with the syrup. Moisten edges of dough and cover with remaining half of dough rolled into rectangular shape; seal edges. Bake in 400°F oven for 20 minutes or until golden brown. Immediately cut into bars; cool bars on cake rack. Yield: 3 dozen.
**FROSTED PUMPKIN BARS**

1/2 cup (1 stick) butter  
1 cup brown sugar, firmly packed  
1 egg  
1/2 cup cooked pumpkin  
1 1/2 cups unsifted flour  
1/2 cup chopped pecans  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon allspice  
1/2 teaspoon baking soda  
1/2 cup chopped dates or raisins

Cream butter and sugar. Add egg and pumpkin; beat well. Blend flour with spices and soda; sift into creamed mixture. Add dates and nuts; mix well. Spread evenly in a greased 11 x 16-inch baking pan. Bake in 375°F oven until cake begins to pull away from sides of pan, about 16 to 18 minutes. Spread with Orange Glaze. Cool and cut into bars. Yield: 3 dozen 2-inch squares.

**Orange Glaze**

1 1/2 cups confectioners sugar  
1 1/2 teaspoons grated  
4 1/2 teaspoons orange juice  
orange peel

Combine above ingredients until of spreading consistency. Five teaspoons orange juice concentrate can be substituted for the juice and peel.

**FRUITCAKE COOKIES**

1/2 pound candied cherries, chopped  
1/2 pound candied pineapple, chopped  
1 package (15 ounces) golden raisins  
1 pound (4 cups) pecan pieces  
1/2 cup flour  
1/4 cup (1/2 stick) butter  
1/2 teaspoon cloves

1/3 cup orange juice  
1/2 cup brown sugar  
2 eggs  
1 teaspoon baking soda  
1 1/2 tablespoons milk  
1 cup sifted flour  
1/2 teaspoon allspice  
1 teaspoon cinnamon  
Candied cherries

Combine fruits and nuts; coat with 1/2 cup flour. Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Dissolve soda in milk; add to creamed mixture. Sift flour and spices together; add alternately with orange juice and blend well. Pour batter over floured fruit and nuts; mix well. Drop by teaspoonfuls on greased baking sheet. Place a piece of cherry on each cookie. Bake in 350°F oven for 12 to 15 minutes. Yield: 10 dozen. Will keep like fruitcake.

**GINGERBREAD MEN**

1/3 cup butter  
1/3 cup brown sugar  
2/3 cup molasses  
1 egg  
Currants, if desired  
3 cups sifted flour  
1 tablespoon baking powder  
1 1/2 teaspoons ginger  
1/2 teaspoon salt

Cream butter gradually; add brown sugar until well blended. Beat in molasses and egg. Blend in sifted dry ingredients. Cover bowl; chill dough 2 hours or until firm enough to roll. Roll out chilled dough, a small amount at a time, to 1/8 inch thickness on lightly floured pastry board. Cut cookies with floured gingerbread man cutter or round cookie cutter. Place on greased cookie sheet. Bake in 350°F oven about 8 minutes. Yield: 6 ten-inch gingerbread men or 4 dozen cookies.

**OATMEAL COOKIES**

1 cup boiling water  
1 cup seedless raisins  
3/4 cup (1 1/2 sticks) butter  
1 1/2 cups sugar  
1 teaspoon vanilla  
2 1/2 cups sifted flour  
1/2 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
2 cups rolled oats  
1/2 cup chopped pecans

Pour boiling water over raisins and let stand until cool and raisins are plump. Drain raisin liquid into measuring cup; add water to make 1/2 cup. Cream butter, sugar, eggs, and vanilla. Stir in raisin liquid. Sift dry ingredients and spices; blend into mixture. Add oats, nuts and raisins. Drop by teaspoonfuls onto ungreased cookie sheet. Bake in 400°F oven for 8 to 10 minutes. Yield: 6 to 7 dozen.
OLD-FASHIONED TEA CAKES

1/2 cup (1 stick) butter 1/2 cup buttermilk
1 cup sugar 3 cups sifted self-rising
1 egg flour
1 teaspoon vanilla 2 tablespoons sugar

Cream butter and sugar until light and fluffy. Add egg, vanilla and buttermilk; blend well. Add sifted flour and beat only until blended. Roll out dough on lightly self-rising floured board to 1/4-inch thickness. Cut with 3-inch floured cutter. Place cookies on greased cookie sheet. Sprinkle with remaining 2 tablespoons sugar. Bake in 425°F oven for 10 to 12 minutes. Yield: 2 dozen.

PEANUT BUTTER COOKIES

1/2 cup (1 stick) butter 1/2 cup crunchy peanut butter
1/2 cup butter 1 egg, well beaten
1/2 cup sugar 1 1/4 cups flour
1/2 cup brown sugar 3/4 teaspoon baking soda
1/4 teaspoon salt

Cream butter and peanut butter. Add sugars gradually and cream thoroughly. Add egg, then gradually add sifted dry ingredients. Chill dough well, then form into balls the size of a walnut. Place on greased cookie sheet and flatten with fork dipped in flour. Bake in 375°F oven for 10 to 12 minutes. Yield: 4 dozen.

PECAN COOKIES

2 teaspoons butter 1 teaspoon vanilla
1 cup brown sugar 1 1/2 cups sifted flour
1 cup sugar 1 teaspoon baking powder
2 eggs, beaten 1/8 teaspoon salt
1 1/4 cups chopped pecans

Cream butter and sugars. Add eggs and vanilla, mixing thoroughly. Add sifted dry ingredients and pecans. Drop from tip of teaspoon, 1 1/2 inches apart, on greased cookie sheet. Bake in 400°F oven for 10 to 12 minutes.

PECAN DROP COOKIES

1 cup (2 sticks) butter 2 1/2 cups sifted flour
2 cups brown sugar 1 teaspoon salt
1 teaspoon vanilla 2 teaspoons baking powder
2 eggs 1 cup chopped pecans


PUMPKIN SPRITZ

1 cup shortening 2 3/4 cups flour
3/4 cup sugar 1/4 teaspoon salt
1 egg yolk 1/2 teaspoon cinnamon
1/2 cup canned pumpkin 1/4 teaspoon cloves
1 teaspoon vanilla 1/4 teaspoon nutmeg


REFRIGERATOR COOKIES

1 cup (2 sticks) butter 2 eggs
1 1/2 cups brown sugar 1 1/2 teaspoons vanilla
1 cup sugar 4 cups sifted flour
4 teaspoons baking powder

Cream butter; gradually add sugars and beat until creamy. Beat in eggs and vanilla. Blend in sifted dry ingredients. Form into rolls 2-inches thick; wrap in waxed paper and chill. Slice 1/8-inch-thick and bake on ungreased cookie sheet in 400°F oven for 10 minutes. Yield: 8 dozen.
ROCKY ROAD SQUARES
1 roll refrigerated chocolate chip cookies
1/4 cup (1/2 stick) butter
1/4 cup water
1/4 cup walnuts

SESAME THINS
1 cup (2 sticks) butter
1 cup sugar
1 egg
1 teaspoon vanilla
2 cups sifted flour
1/2 teaspoon salt
1/2 teaspoon baking soda
2 packages (about 2 ounces each) sesame seeds
Cream butter and sugar until light and fluffy. Add egg and vanilla and beat well. Add sifted dry ingredients, one half at a time, blending well to make a soft dough. Wrap in waxed paper and refrigerate until firm enough to handle. Roll about a teaspoonful of dough at a time into small balls; then roll in seeds in flat dish to coat lightly. Place 2 inches apart on lightly greased cookie sheet. Bake in 350°F oven for 12 minutes. Remove and cool on wire rack. Yield: 5 dozen.

SEVEN-LAYER COOKIES
1/4 cup (1/2 stick) butter
1 cup graham cracker crumbs
1 can flaked coconut
1 package (6 ounces) chocolate chips
1 package (6 ounces) butterscotch chips
1 cup (15 ounces) sweetened condensed milk
1 cup chopped pecans
Melt butter in 13 x 9-inch baking pan. Add ingredients by layers, in order listed. Bake in 325°F oven about 30 minutes. Let cool in pan, then cut in 1 1/2-inch squares. Yield: 36 squares.

SKILLET CALAS
1 cup rice
3 cups boiling water
2 cups sifted flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup sugar
4 eggs, separated
1/2 cup milk
Add rice to water and cook until soft, about 18 to 20 minutes. Drain and cool. Sift dry ingredients together; add beaten yolks and milk. Add rice. Fold in stiffly beaten egg whites. Drop from tablespoon onto hot, lightly greased skillet. Brown on both sides. To serve, sprinkle with confectioners sugar. Yield: 8 servings.

SPRINGERLE
2 eggs
1 1/4 cups sugar
1/2 teaspoon salt
1 teaspoon anise seed
2 1/2 cups sifted flour
1/2 teaspoon baking powder
Grated peel of 1 lemon
Beat eggs until thick and lemon-colored. Gradually add sugar and continue beating on high speed 10 minutes or until mixture is like soft meringue. Add flavorings and sifted dry ingredients. Roll to 1/4-inch thickness. Let stand until dry on top. To emboss designs, press floured spritzerle rolling pin or board very hard on dough. Cut around designs and let dry on board overnight. Remove to greased cookie sheets. Bake in 300°F oven 25 to 30 minutes. Store in airtight container at least 1 week before using. Yield: 3 dozen.

SPRITZ COOKIES
1 1/2 cups (3 sticks) butter
1 cup sugar
1 egg
1 teaspoon vanilla
12 teaspoon almond extract
1 teaspoon baking powder
4 cups sifted flour
Colored sugar, optional
STRAWBERRY MERINGUE HEARTS

1 package fluffy white frosting mix
1/3 cup boiling water
1/3 cup confectioners sugar
1 pint sweetened strawberries

Cover baking sheet with aluminum foil or heavy brown paper. In a mixing bowl, blend frosting mix, water and sugar. With electric mixer on high speed, beat until mixture is thick and holds very stiff peaks, about 3 to 5 minutes. Drop meringue by 1/3 cupfuls onto prepared baking sheet. Shape into hearts, about 1-inch thick, with back of spoon building up sides. Bake in 275° F. oven 45 minutes. Turn off oven; leave meringues in oven, with door closed, for 45 minutes. To serve: fill meringues with ice cream and top with strawberries. Yield: 6 to 8 shells.

APPLE BROWN BETTY

1/3 cup melted butter
2 cups coarse bread crumbs
6 cups sliced tart apples
1/2 cup sugar
1/4 teaspoon cinnamon
1 tablespoon grated lemon peel
1/2 cup water
1/2 teaspoon nutmeg

Combine butter and crumbs; arrange 1/3 of this mixture in a greased 1 1/2-quart casserole. Cover with half of apple slices and half of combined sugar, nutmeg, cinnamon and lemon peel. Cover with one third of crumbs, remaining apples and sugar mixture. Pour combined juice and water over casserole; top with remaining crumbs. Bake, covered, 30 minutes in a 375° F. oven. Uncover and continue baking 30 minutes longer. Yield: 6 servings.

SUGAR COOKIES

1 cup sugar
1 cup confectioners sugar
1 cup (2 sticks) butter
1 cup salad oil
1 teaspoon cream of tartar
1 teaspoon baking soda
1/2 teaspoon vanilla
5 cups flour
1 teaspoon baking powder
5 egg whites

Cream sugars, butter and oil. Add eggs, beating well. Add sifted dry ingredients and vanilla. Mix well. Drop by teaspoon onto ungreased cookie sheet. Flatten with glass bottom that has been dipped in sugar. Bake in 350° F. oven for 12 minutes. Yield: about 7 dozen.

Cookie Icing: Combine 2 cups confectioners sugar, 1/2 teaspoon vanilla and 2 tablespoons cream. Tint with food color.

APPLE SNOW

5 apples
1/2 cup sugar
1/2 cup water
2 egg whites
1/2 cup cream

Peel and cut apples into eighths; remove core. Place apples and water into saucepan. Cover, cook until tender, about 20 minutes. Pour into blender container, add sugar and blend 2 seconds, or press through a sieve. Beat whites until soft peaks form. Fold apple mixture into whites. Chill. Spoon into sherbet glasses, top with whipped cream and a Maraschino cherry. Yield: 8 servings.

APPLE FRITTERS

1 egg, beaten
1/2 cup milk
1 tablespoon cooking oil
1 cup sifed flour
1/2 teaspoon salt
1 1/2 teaspoon baking powder
1 tablespoon sugar
1 cup thinly sliced apples

Combine egg, milk and oil. Add to sifted dry ingredients all at once and stir only enough to moisten. Stir in apples. Drop from spoon into deep hot shortening (350° F.) and cook until brown. Sprinkle with confectioners sugar. Yield: 8 small fritters.

BAKED APPLES

Wash and core apples but do not cut through to the blossom end. Peel a 1-inch strip around the top of each apple. Fill cavity with any of the following fillings: (1) combined sugar and cinnamon, 1 cup sugar and 1 teaspoon cinnamon for 6 apples; (2) combined raisins, almonds and brown sugar; (3) whole marshmallows, allowing one to extend above the top of apple; (4) crushed pineapple; (5) combined diced bananas, sugar and cinnamon. Place stuffed apples in baking pan, bake in 350° F. oven 1 hour.
APPLE TURNOVERS

2 1/2 cups canned apple slices
3/4 cup light brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon allspice
1 tablespoon flour
1/4 cup seedless raisins
2 cups sifted flour
2 teaspoons sugar
1/2 teaspoon salt
2/3 cup shortening
1/4 cup water.
approximately

Drain apples; chop. Combine apples, brown sugar, cinnamon, nutmeg, allspice, 1 tablespoon flour and raisins. Sift together 2 cups flour, sugar and salt. Cut in shortening. Add enough water to make a firm dough. Roll out dough to 1/8-inch thickness; cut into 5-inch circles. Place a small amount of the apple mixture on one half of each circle. Moisten edge of pastry with water; fold over and press edges firmly together with tines of fork. Pierce top of pastry; bake in 425°F. oven for 25 minutes. Yield: 10 to 12 pies. Note: If you prefer, fry in deep fat heated to 350°F. 3 1/2 to 4 minutes. Drain on paper towels. Dust with confectioners sugar.

APPLE DUMPLINGS

2/3 cup shortening
2 cups sifted flour
1 teaspoon salt
2 teaspoons baking powder
1/2 cup milk
3 tablespoons butter
6 apples, pared and cored
2 cups sugar
3/4 teaspoon cinnamon
1 1/2 cups water
1/4 teaspoon nutmeg

Cut shortening into sifted dry ingredients until the particles are the size of peas. Add milk and stir only until dampened. Roll dough on lightly floured board to 1/4 inch thickness. Cut into 6 squares. Place an apple in center of each square. Combine 1/2 cup sugar and 1/2 teaspoon cinnamon; fill center of each apple. Combine remaining 1 1/2 cups sugar, 1/4 teaspoon cinnamon, water and nutmeg; bring to a boil. Stir in butter. Pour syrup over apples. Bake in 375°F. oven 35 to 30 minutes. Yield: 6 servings.

BAKED BANANA SURPRISE

4 bananas, slightly underripe
16 miniature marshmallows
1 plain milk chocolate bar,
cut into 4 strips

Wash bananas; cut through skin and down into the banana on the inside curve and spread apart. Insert marshmallows and candy bar strips. Pull skin together. Wrap each banana in heavy foil square. Bake on cookie sheet in 400°F. oven for 10 minutes.
Yield: 4 servings.

BAKED PEACH HALVES

6 fresh peaches
1/2 cup brown sugar,
1/2 stick butter
1 1/2 teaspoons lemon packed
juice

Peel peaches, cut in halves, remove pits and place in baking pan. Cream sugar and butter. Add lemon juice. Spoon into peach halves. Cover; bake in 350°F. oven for 30 minutes or until peaches are tender. Yield: 6 servings.

BANANA-ORANGE CREPES

Use basic crepe recipe (page 19), except use 1 cup milk instead of half water and half milk and add 2 tablespoons sugar. For the filling, heat 1/3 cup butter and 1/2 cup orange marmalade, stirring constantly, until combined. Stir in 2 tablespoons sugar and 1 tablespoon cornstarch; cook until smooth and bubbly. Remove from heat and fold in 3 large sliced bananas. Fill 8 crepes and top with commercial sour cream.

BANANAS FOSTER

2 bananas, peeled
1 tablespoon lemon juice
1/4 cup brown sugar
2 tablespoons butter
1/8 teaspoon cinnamon
2 tablespoons banana
liqueur
1/4 cup white rum
1 pint vanilla ice cream

Slice bananas in half lengthwise; brush with lemon juice. Melt sugar and butter in flat chafing dish or 10-inch skillet. Add bananas and sauté until just tender. Sprinkle with cinnamon. Remove from heat; add liqueur and rum. Immediately ignite and baste bananas with warm liquid until flame burns out. Divide sauce and bananas over 4 servings of ice cream. Yield: 4 servings.
DESSERTS

BANANA FRITTERS

1 egg, beaten 1/4 cup sifted flour
1/3 cup milk 2 teaspoon baking powder
2 teaspoons melted shortening 1/4 cup sugar
1 cup sifted flour 4 firm bananas

Combine egg, milk and shortening. Add to sifted dry ingredients and blend until smooth. Peel and cut bananas into 1/2-inch pieces. Roll in 1/4 cup flour and dip into batter, coating banana pieces completely. Drop from spoon into deep hot fat (375° F.) and fry until evenly browned, 4 to 6 minutes. Drain and sprinkle with confectioners sugar. Yield: 8 servings.

BRANDED PEACHES

6 cups sugar 4 pounds peaches, peeled
1 1/2 cups water Brandy

Boil sugar and water 5 minutes. Add peaches and simmer until fruit is tender, but firm. Remove peaches and drain. Boil syrup rapidly until it thickens, about 10 minutes. Pour syrup over peaches and allow to stand until cool. Lift fruit from syrup and place in hot jars. Measure syrup and add an equal amount of brandy; pour over fruit. Seal. Yield: 2 quarts.

BANANAS IN WINE SAUCE

4 firm bananas, peeled 1/4 cup brown sugar
1 1/2 tablespoons butter 1/4 teaspoon cinnamon
1/8 teaspoon salt 3/4 cup white wine

Place peeled bananas in greased baking dish; brush with butter and sprinkle with salt. Combine sugar and cinnamon; sprinkle over bananas. Add wine. Bake in 375° F. oven for 15 to 18 minutes or until bananas are tender. Yield: 4 servings.

CANDIED APPLES

6 large red apples 1/2 cup light corn syrup
2 cups sugar 3/4 cup water
10 drops red food coloring

Wash apples and dry thoroughly. Insert wooden skewer into stem end of apples. Combine sugar, corn syrup and water. Cook slowly, stirring constantly, until sugar is dissolved. Add enough coloring to make syrup deep red. Continue cooking slowly, without stirring, to 300° F. or brittle test. Remove from heat, place over boiling water. Dip each apple into syrup, twirling as apple is removed. Cool on waxed paper. Yield: 6 apples.

BROILED APPLE CRUNCH

4 cups applesauce 1/3 cup graham cracker crumbs
1 tablespoon grated lemon rind 1/3 cup chopped nuts
1/3 cup brown sugar 2 tablespoons (1/4 stick) soft butter
Vanilla ice cream (optional)

Spread applesauce in a greased shallow 1 quart casserole; stir in lemon rind. Blend remaining ingredients and sprinkle evenly over applesauce. Broil about 5 minutes or until top is browned and applesauce is heated through. Serve very hot or very cold. If desired, serve over vanilla ice cream. Yield: 6 to 8 servings.

CHERRIES JUBILEE

1 can (1 pound, 13 ounces) 1 cup brandy
large black cherries (at least 84 proof)
1/4 cup sugar 6 large scoops vanilla ice cream
1 ladle of brandy

Place cherries with juice and sugar in a saucepan; cook over low heat until juice thickens slightly (about 6-8 minutes). Remove from heat and pour into a silver bowl. Stir in brandy. With a match, ignite ladle of brandy. Lower ladle of flaming brandy into mixture in bowl; ladle mixture as flame burns. Spoon cherry mixture over ice cream in serving dishes. Yield: 6 servings.
COOKING WITH ENTERGY

FIGS ROYALE
12 large fresh figs
1 1/2 cups water
1/2 cup finely chopped pecans
3 tablespoons honey
1/2 cup port wine
1/2 cup whipping cream
Simmer figs and water, covered, 30 minutes or until figs are very plump; drain and cool. Make slit in each fig and stuff with mixture of combined pecans and honey; place in shallow pan and pour wine over figs. Place in 325°F oven 8 minutes, basting often; do not allow liquid to boil. Serve hot with whipped cream. Yield: 4 servings.

FIGS IN SYRUP
1 cup ripe figs
1 cup sugar
1 tablespoon white corn syrup
1/8 teaspoon powdered mace
3/4 cup water
1 stick cinnamon
1/8 teaspoon whole cloves syrup
Wash figs, but do not stem. Boil sugar, corn syrup and water with spices 3 minutes. Drop in figs and simmer gently until figs are clear and transparent. Chill. Yield: 4 servings.

HOT FRUIT COMPOTE
1 can (16 ounces) pineapple slices
1 can (16 ounces) peach halves
1 jar (16 ounces) apple rings
1 can (16 ounces) pear halves
1 cup sherry
1 cup (16 ounces) apricot halves
2 tablespoons flour
1/2 cup brown sugar
1/2 cup (1 stick) butter

LUNCHEON FRUIT SALAD
1 medium pineapple
1 pint strawberries
1/2 cup sugar
1/4 cup kirsch
Cut off top of pineapple; scoop out all the flesh. Cut into bite-size pieces, eliminating the part that is tough and stringy. In a bowl, combine pineapple and strawberries. Sprinkle with sugar and kirsch. Refrigerate for 2 to 3 hours. At least one hour before serving, fill pineapple shell with strawberry mixture. Replace pineapple top and arrange on serving dish surrounded with ice cubes. Yield: 6 servings.

FROZEN CHOCOLATE BANANAS
4 ripe bananas
1 package (6 ounces) semisweet chocolate pieces
Peel bananas; cut in half crosswise and quickly dip in 1 cup cold water mixed with 1 teaspoon ascorbic acid. Freeze until firm, about 3 hours. Melt chocolate over hot, not boiling water; spread with knife over each banana half. Place on lightly greased baking sheet and return to freezer. When frozen, wrap individually in foil or place in freezer bags. Return to freezer.

Storage Time: 1 month. To serve, remove from freezer and let stand in refrigerator for 10 minutes; eat before completely thawed.

For Banana Pops: Insert sucker stick in each banana half. Add 3 tablespoons vegetable oil to melted chocolate. Dip frozen banana pops in chocolate, twirl banana before removing from pan to remove excess chocolate. If desired, roll coated bananas, while coating is still soft, in flaked coconut or chopped nuts. When coating congeals, package and freeze.

PLANTAINS IN CARAMEL SAUCE
2 large, ripe plantains
1/4 cup (1/2 stick) butter
2/3 cup sugar
2 cups water
1 tablespoon lemon juice
1/4 teaspoon salt
Peel plantains and cut in half lengthwise. Sauté in 2 tablespoons butter until brown. Remove from skillet and drain. Add remaining butter and sugar, simmer until light brown. Add water, plantains, lemon juice and salt. Simmer until syrup thickens and plantains are tender. Yield: 4 servings.
COMPOTE OF PLANTAINS

3 plantains 1 cup rum, Kirsch or Maraschino sauce
1/2 cup sugar

Cut off both ends and make a lengthwise slit through peel of each plantain. Bake in 350° F. oven for 25 to 30 minutes or until easily pierced with a fork. Remove peel and cut plantains into quarters. Sprinkle with sugar and return to oven for 10 minutes or until sugar melts. Add rum and serve hot. Yield: 6 servings.

PEACH DUMPLINGS

Roll or pat shortcake dough 1/4 inch thick. Cut into 4-inch squares. Peel and pit peaches, and place whole in center of dough. Fill peach cavity with sugar mixed with cinnamon or nutmeg. Dot with butter. Draw 4 corners of dough together on top of fruit. Pinch edges. Prick with fork. Bake in 350° F. oven 30 minutes. Serve with Peach Sauce.

*Peach Sauce
1 1/2 cups sliced, peeled peaches or tapioca
1/4 cup sugar
3/4 cup peach syrup

Sprinkle 1/4 cup sugar over peaches; cover and let stand about 1 hour. Drain; measure syrup. Add enough water to make 3/4 cup liquid. Cook all ingredients, except juice, over medium heat until mixture boils. Remove from heat; add juice. Yield: 1 1/2 cups.

PEACHES ROMANOFF

1 cup sugar
6 egg yolks, beaten
3/4 cup sherry
3/4 cup orange juice
1 cup whipping cream, whipped

2 1/2 pounds peaches
Lemon juice
Strawberries or Bing cherries
Confectioners sugar

Add sugar to yolks and beat until thick and lemon-colored. Stir in sherry and juice. Cook over low heat, stirring frequently, until thick and smooth. Chill. Fold cream into custard. Just before serving, peel peaches and dip in lemon juice mixed with a little water. Slice peaches; reserve a few for garnish. Fold in remaining peaches and strawberries or cherries which have been dipped in sugar. Yield: 8 servings.

PEACH TURNOVER

3 tablespoons shortening 2 1/2 cup milk
2 cups flour 1 cup sliced peaches
1/2 teaspoon salt 1/4 cup sugar

Cut shortening into sifted dry ingredients until mixture resembles coarse crumbs. Add milk gradually to make a soft dough. Roll to 1/4-inch thickness and cut with a 3-inch biscuit cutter. Place a mound of peaches on half of each round; sprinkle with sugar. Moisten edge of dough; cover peaches with other half of round. Seal edges with a fork. Place a dot of butter on each, if desired. Bake on a greased cookie sheet in a 425° F. oven 12 to 15 minutes. Yield: about 6 turnovers.

STRAWBERRY GLAZE FOR DESSERTS

In a saucepan, place 1 cup sliced strawberries, 1/2 cup sugar, 1/4 cup water and a dash of salt. Bring to a boil and cook for 3 minutes. Add 1/2 tablespoons cornstarch dissolved in 1/4 cup water; cook until thick and clear, stirring constantly. Remove from heat and add 1 tablespoon lemon juice.

STRAWBERRY ROMANOFF

1 pint vanilla ice cream 1/2 cup Cointreau liqueur
1 cup whipping cream, whipped 1 quart crushed strawberries
1/2 cup confectioners sugar

Whip ice cream until creamy; fold in whipped cream and 1/4 cup Cointreau. Combine berries, sugar and remaining Cointreau. Blend into ice cream mixture and serve in chilled parfait glasses. Yield: 6 servings.
## Sweet Potato-Pineapple Crisp

- **1 can (20 ounces)** pineapple chunks
- **2 1/2 cups thinly sliced, peeled cooked potatoes**
- **1 teaspoon cinnamon**
- **1/2 teaspoon salt**
- **2 tablespoons lemon juice**
- **1/2 cup flour**
- **1/2 cup brown sugar**
- **1/3 cup butter**

Drain pineapple; reserve 6 tablespoons liquid. Alternate layers of pineapple and potatoes in greased shallow baking dish. Sprinkle with mixture of the cinnamon and salt, then lemon juice and reserved liquid. Combine flour and sugar; cut in butter until mixture is crumbly. Sprinkle over top of pineapple and potatoes. Cover and bake in 350° F. oven 30 minutes; uncover and bake 15 minutes longer. Yield: 6 servings.

**Variation:** Substitute 1 can (1 pound, 4 ounces) sliced apples for pineapple chunks. If necessary, add enough water to make 6 tablespoons apple liquid.

## Charlotte Russe

- **6 lady fingers, split in half**
- **2 envelopes unflavored gelatin**
- **1/2 cup cold milk**
- **1 teaspoon vanilla**
- **1/2 cup sugar**
- **4 egg whites, beaten**
- **1 pint whipping cream, whipped**
- **Nuts**
- **Maraschino cherries**

Line a 10-inch spring form pan with lady fingers, curved side out. Soften gelatin in milk 5 minutes; then dissolve over hot water. Stir in vanilla and sugar. Fold whites in 3/4 of the cream; blend in gelatin mixture. Pour into pan and chill 6 hours. To serve, turn out on platter, top with remaining cream and garnish with nuts and cherries.

## Crown Jewel Dessert

- **1 package (3 ounces)** raspberry flavor gelatin
- **1 package (3 ounces)** lime flavor gelatin
- **1 package (3 ounces)** cherry flavor gelatin
- **3 cups hot water**
- **2 dozen lady fingers, split**
- **1 1/2 cups cold water**
- **1/4 cup sugar**
- **1 cup canned pineapple juice**
- **1 package (3 ounces)** strawberry flavor gelatin
- **1/2 cup cold water**
- **2 cups whipping cream**

Prepare the three packages of gelatin separately, dissolving each in 1 cup hot water, then adding 1/2 cup cold water to each. Pour into three 8-inch square pans and chill until firm. Cut into 1/2-inch cubes. In a saucepan, combine sugar and pineapple juice; bring to boil over medium heat. Dissolve strawberry gelatin in mixture; add 1/2 cup cold water. Chill until just syrupy. Whip cream until stiff; fold into strawberry gelatin mixture. Fold in chilled gelatin cubes. Line 10-inch spring form pan or two 9-inch pie pans with lady fingers; pour in gelatin mixture. Chill about 4 hours. Yield: 16 servings.

## Pineapple Whip

- **1 envelope unflavored gelatin**
- **1 3/4 cups pineapple juice**
- **1/3 cup sugar**
- **1/8 teaspoon salt**
- **1/2 teaspoon grated lemon peel**

Combine gelatin, sugar and salt in a small saucepan. Add 1/2 cup pineapple juice. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat and stir in remaining pineapple juice and lemon peel. Chill until slightly thicker than unbeaten egg white consistency. Beat with electric mixer until light and fluffy and doubled in volume. Spoon into dessert dishes and chill until firm. Yield: 4 servings.

## Molded Cheese Delight

- **1 envelope orange-flavored gelatin**
- **1 cup crushed pineapple**
- **1 cup pineapple juice**
- **20 large marshmallows**
- **1 cup (1/4 pound) shredded Cheddar cheese**
- **1 cup whipped cream, whipped**


## Biscuit Tortoni

- **1 cup macaroon crumbs**
- **1 cup whipping cream, whipped**
- **3/4 cup milk**
- **1/4 cup sugar**
- **1/8 teaspoon salt**
- **2 egg whites, stiffly beaten**
- **1/2 teaspoon vanilla**
- **1/2 teaspoon almond extract**

Mix 3/4 cup of crumbs, milk, sugar, salt and flavorings; let stand 1 hour. Fold whipped cream into beaten egg whites; add gradually to crumbs. Pour into individual paper cups and sprinkle with remaining crumbs. Freeze until firm. Yield: 6 servings.
BAKED ALASKA

9-inch cake layer 1 quart brick ice cream
2 tablespoons sugar 4 egg whites
3/4 cup confectioners sugar

Cover wooden cutting board with strip of heavy wrapping paper. Place cake on board and sprinkle with sugar. Cover with ice cream. Spread top and sides with meringue. To make meringue: beat whites until soft peaks form; gradually add confectioners sugar and continue beating until meringue stands in stiff peaks. Bake in preheated 450° F. oven until meringue is lightly browned, about 5 minutes. Slide from board to chilled platter. Serves 8.

To Freeze: Place unbaked alaska in freezer until meringue is firm, then wrap and return to freezer. Storage time: 1 week. To bake: Do Not Thaw. Follow above directions.

INDIVIDUAL BAKED ALASKAS

4 sponge shortcake cups 1 pint vanilla ice cream
1/4 cup chocolate sauce 2 egg whites
4 teaspoons chopped pecans 2 tablespoons sugar

Place shortcake cups on cookie sheet. In the center of each cup, place one tablespoon chocolate sauce; 1 teaspoon chopped pecans and a scoop of ice cream. Spread top and sides with meringue. To make meringue, beat whites until soft peaks form; gradually add sugar and continue beating until meringue stands in stiff peaks. Bake in 450° F. oven until meringue is lightly browned, about 3 to 5 minutes. Yield: 4 servings.

To Freeze: Place unbaked alaskas in freezer until meringue is firm, then wrap and return to freezer. Storage time: 1 week. To Bake: Do Not Thaw. Follow above directions.

CREAMY ICE (Frozen Passion)

Pour 2 cans sweetened condensed milk and two 28-ounce bottles (or four 12-ounce cans) of soda pop into freezer can. Use same procedure as freezing ice cream. Yield: 2 quarts.

FROZEN CREAM CHEESE

2 pints creamed Creole cheese 1 egg white, stiffly beaten
1 cup evaporated milk 1/2 teaspoon vanilla

Blend cheese with milk. Add sugar and vanilla, and fold in egg white. Freeze in ice cream freezer. Or, pour into refrigerator tray and freeze with control on coldest setting until firm. When frozen, return control to normal. Yield: 1/2 gallon ice cream.

FROZEN PUMPKIN MOUSSE

1 1/2 cups drained cooked pumpkin 3 tablespoons grated preserved ginger
1 cup sugar 1/4 teaspoon salt
1 teaspoon cinnamon 1 cup milk
1 teaspoon nutmeg 1/2 cup Cognac
1/2 teaspoon cloves 1 teaspoon vanilla
2 cups heavy cream, whipped

Combine pumpkin, sugar, spices, ginger, salt and milk. Blend in Cognac and vanilla. Fold in whipped cream. Put into a 2-quart mold and place in freezer for 2 1/2 to 3 hours.

FROZEN SUCKERS

1 package instant soft drink mix 1 quart water
2/3 cup sugar 2/3 cup sugar

Dissolve mix and sugar in water. Pour into refrigerator-freezer trays or sucker molds. Freeze until almost firm. Insert sucker stick in center of each cube for handle. Continue freezing until firm. Yield: approximately 20 suckers.

ICE CREAM PIE

12 egg whites 1 baked pie shell (10 inch)
2 quarts ice cream 1 cup sugar
2 different flavors Chocolate or fruit sauce

Beat egg whites until foamy. Pour sugar in gradually. Beat at high speed until meringue forms stiff peaks, about 15 to 18 minutes. Spread two layers of ice cream in pie shell. Return to freezer to harden. Spread meringue over ice cream. Bake in preheated 500° F. oven 1 1/2 minutes to brown meringue. Freeze for several hours. To serve, pour sauce over each wedge.
INDIVIDUAL WHIPPED CREAM MOUNDS

Freeze tablespoonfuls of whipped cream on baking sheet; remove and package in moisture-vapor-proof bags. Use in frozen state for dessert topping.

OLD-FASHIONED VANILLA ICE CREAM

6 egg yolks 1 1/2 cups sugar, approximately 1/2 teaspoon salt
6 egg whites, stiffly beaten 1 1/2 quarts milk, scalded 1 pint whipping cream 2 tablespoons vanilla

Combine egg yolks, sugar and salt; gradually stir in milk. Cook on low heat stirring constantly, until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Stir in ice cream and vanilla. Fold in egg whites. Freeze. Yield: 1 gallon ice cream.

For best results, always taste the mixture before freezing. Some sweetness will be lost in freezing, so the mixture should be sweeter than you want the ice cream.

PARFAITS

To make a parfait, fill freezer-proof glasses with alternate layers of any of the following: pineapple or vanilla ice cream and creme de menthe; vanilla ice cream and sweetened fruit; two flavors of ice cream; ice cream, chopped nuts and cherries; ice cream and chocolate sauce; ice cream and praline sauce. Top each parfait with whipped cream; freeze. Remove from freezer about 10 minutes before serving.

PEACH ICE CREAM

6 eggs 1 1/2 cups sugar
1/2 teaspoon salt 1 1/2 quarts milk, scalded
1 tablespoon vanilla 1 can (15 ounces) condensed milk
1 can (14 1/2 ounces) evaporated milk
3 packages (10 ounces each) frozen peaches or 4 cups mashed, fresh sweetened peaches

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook on low heat, stirring constantly, until mixture thickens or coats spoon (about 20 minutes). Chill thoroughly. Add vanilla, evaporated and condensed milk; mix well. Stir in peaches. Freeze in electric ice cream freezer (about 25 minutes). Yield: 1 gallon.

QUICK TORTONI

2 quarts vanilla ice cream 1 cup chopped toasted almonds
1 1/2 cups macaroon crumbs 1/2 cup diced candied cherries

Break ice cream into chunks and let soften slightly. Add crumbs, cherries and almonds; stir quickly. Pack in individual fluted paper cups or freezer containers; store in freezer. Serves 12 to 15.

SPUMONE

1 quart vanilla ice cream 1/4 cup slivered toasted almonds
1 bottle (4 ounces) maraschino cherries, chopped
2 tablespoons diced candied orange peel

Whip ice cream until smooth, but not melted. Fold in remaining ingredients. Pour into tray and freeze. Yield: 8 servings.

STRAWBERRY ICE CREAM

6 eggs 1 can (15 ounces) condensed milk
1 1/2 cups sugar 3 packages (10 ounces each)
1/2 teaspoon salt 1 1/2 quarts milk, scalded
1 tablespoon vanilla 1 can (14 1/2 ounces) evaporated milk
4 cups pureed fresh sweetened strawberries

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook over low heat, stirring constantly, until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Add vanilla, evaporated and condensed milk; mix well. Stir in strawberries. Freeze in electric ice cream freezer, about 25 minutes. Yield: 1 gallon ice cream or approximately 12 to 16 servings.
VANILLA ICE CREAM

6 eggs
1 1/2 cups sugar
1/2 teaspoon salt
1 1/2 quarts milk, scalded

1 can (14 1/2 ounces) evaporated milk
1/2 pint whipping cream

Combine eggs, sugar and salt; gradually stir in scalded milk. Cook on low heat, stirring constantly until mixture thickens or coats spoon, about 20 minutes. Chill thoroughly. Stir in remaining ingredients; mix well.

Yield: 1 gallon ice cream.

Variations for Vanilla Ice Cream

Fruit ice cream: Add to chilled milk mixture, 3 cups pureed or mashed bananas, blackberries, figs, peaches or strawberries which have been sweetened to taste. Or, add 3 packages (10 ounces each) frozen fruit which have been thawed.

Chocolate ice cream: Melt 2 squares unsweetened chocolate and add to eggs, sugar, salt and milk before cooking.

To mellow and harden ice cream in the ice cream freezer:
1. Clear away ice and salt to about 1 inch below the cover of the can. Remove motor drive unit. Wipe cover carefully and remove dasher.
2. Push ice cream down into can and cover with waxed paper or aluminum foil. Replace metal cover and cork hole. Drain water and repack with ice and salt. Cover can and lid completely with mixture and insulate with several thicknesses of newspaper. Allow to ripen for 2 or 3 hours depending on mixture.

BEIGNETS

1 cup boiling water
1/4 cup shortening
1/2 cup sugar
1 teaspoon salt
1 package yeast

Pour water over shortening, sugar and salt. Add milk and let stand until warm. Dissolve yeast in water and add to mixture with eggs. Stir in 4 cups flour. Beat. Add enough flour to make soft dough. Place in greased bowl, grease top of dough, cover with waxed paper and a cloth; chill until ready to use. Roll dough to 1/8-inch thickness; cut into squares and fry a few at a time in deep hot shortening (360° F.) Brown on one side, turn and brown on the other. Do not let dough rise before frying. Drain. Sprinkle with confectioners sugar. Yield: 5 dozen.

CANNOLI

For Shells:
4 cups sifted flour
1 tablespoon sugar
1 egg yolk, slightly beaten

1/4 teaspoon cinnamon
3/4 cup Italian red wine

For Filling:
1 cup sugar
2 tablespoons cinnamon
1 cup water
2 pounds ricotta nuts
1 tablespoon candied orange peel, chopped
1/2 cup grated sweet chocolate

Boil water and sugar for 10 minutes; skim and cool to room temperature. Beat ricotta until creamy, about 3 minutes. Add cooled syrup; beat 2 minutes. Add candied fruits, chocolate and cinnamon; stir until blended. Filling can be refrigerated for 3 days. Fill cannoli and dip ends of filling in nuts; sprinkle with confectioners sugar. Serve immediately.
# COOKING WITH ENTERGY

## CREAM PUFFS

<table>
<thead>
<tr>
<th>1/2 cup cooking oil</th>
<th>1/4 teaspoon salt</th>
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</thead>
<tbody>
<tr>
<td>1 cup water</td>
<td>1 cup sifted flour</td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
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</tbody>
</table>

Combine oil, water and salt; bring to boil. Reduce heat to medium. Add flour all at once and stirring constantly until mixture forms ball in center of pan (about 1 to 2 minutes). Remove from heat and stir until smooth. Cool slightly. Add eggs, one at a time, beat thoroughly with electric mixer after each addition. Using a tablespoon, drop mounds of batter (swirling top), 2 inches apart on greased cookie sheet. Bake in 425°F oven 30 minutes or until browned and puffed. Remove from oven and cut one or two slits in side of each puff to prevent sogginess. Return to oven for about 10 minutes or until dry on inside. Cool. Fill with Cream Filling, ice cream, or whipped cream. Yield: 10 large puffs.

### Miniature Puffs: Drop small mounds of batter (about 1 teaspoon) on greased cookie sheet and bake for 15 minutes.

### Cream Filling

<table>
<thead>
<tr>
<th>1/2 cup sugar</th>
<th>2 cups milk (half cream)</th>
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<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td>2 egg yolks, beaten</td>
</tr>
<tr>
<td>1/3 cup flour</td>
<td>1 tablespoon butter</td>
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<tr>
<td>1/2 teaspoon vanilla</td>
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</table>

Mix sugar, salt and flour. Gradually stir in 1/2 cup milk to make smooth paste. Scald remaining milk, add gradually to cold milk mixture. Cook over low heat until thick (about 10 to 15 minutes), stirring constantly. Stir small amount of hot mixture into beaten yolks. Pour back into remaining hot mixture. Continue cooking over low heat 2 minutes. Remove from heat, stir in butter and vanilla. Cool thoroughly.


## PLAIN PASTRY

<table>
<thead>
<tr>
<th>2/3 cup shortening</th>
<th>3/4 teaspoon salt</th>
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<tbody>
<tr>
<td>2 cups sifted flour</td>
<td>Iced water (about 1/4 cup)</td>
</tr>
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</table>

With a pastry blender, cut shortening into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened. Shape into a ball. Divide dough in half and shape into a flattened round on lightly floured board. Roll dough 2 inches larger than inverted pie pan. Fold pastry into quarters; unfold and ease into pan. Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll pastry under, evenly with rim of pan, then flute. Yield: Two 9-inch pastries or enough for a 2-crust pie.

For a baked pastry shell prick well and bake in 450°F oven 10 to 12 minutes or until golden brown.

## PUFF PASTRY

<table>
<thead>
<tr>
<th>2 cups sifted flour</th>
<th>1 cup (2 sticks) butter</th>
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<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/2 cup iced water</td>
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</table>

Cut sifted dry ingredients into 1/2 stick butter. Add water; toss lightly until mixture clings together. Chill 20 minutes. Roll out on lightly floured surface to 1/4-inch thickness (15 x 10-inch rectangle). Cut remaining butter into small pieces and arrange over entire surface of pastry. Fold both ends of rectangle over center, one over the other. Cover with waxed paper; chill 20 minutes. Roll out to 1/4-inch thick rectangle; fold and chill as above. Repeat rolling, folding and chilling 2 more times. Roll out 1/4-inch thickness and cut into desired shapes. Place on baking sheets which have been lined with heavy brown paper. Chill 5 minutes. Bake in 450°F oven 5 minutes; decrease to 375°F and bake 30 minutes longer.

## STIR-N-ROLL PASTRY

<table>
<thead>
<tr>
<th>1 1/3 cups flour</th>
<th>1/3 cup oil</th>
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<tbody>
<tr>
<td>1 teaspoon salt</td>
<td>3 tablespoons cold milk</td>
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</table>

Mix flour and salt. Combine oil and milk; DO NOT STIR. Add all at once to flour; stir until mixed. Press into smooth ball, flatten slightly. Roll out between 2 sheets of waxed paper. Fit into a 9-inch pie pan. Prick thoroughly with fork. Bake in 475°F oven 8 to 10 minutes. Yield: one (9-inch) pastry baked.

For Double crust pastry: Use 2 cups flour, 1 1/2 teaspoons salt, 1/2 cup oil, 1/4 cup cold milk. Mix as above. Press into smooth ball. Divide in half; flatten slightly. Roll as directed.
9-INCH CRUMB PIE SHELL

1 1/2 cups graham cracker crumbs (about 36)  1 1/2 cups graham cracker crumbs (about 36)
1/4 cup sugar  1/4 cup sugar

Mix together crumbs, sugar and butter. Press firmly into a 9-inch pie plate. Chill for 45 minutes or bake in a 325° F. oven until edges are browned, about 6 minutes.

CRUMB CRUST

20 graham crackers  1 stick butter, melted
1/3 cup sugar

Break crackers into blender container; cover and blend to medium fine crumbs. Combine with sugar and butter. Press mixture into electric skillet. Yield: 1 10-inch pie crust.

APPLE MERINGUE PIE

1/2 cup (1 stick) butter  1 can (1 pound 4 ounces) apple pie filling
1/4 cup confectioners sugar  2 egg whites
1/2 teaspoon vanilla  1/2 cup sifted flour
1 cup chopped nuts  1/4 cup sugar
1/2 cup strawberry preserves

Cream butter, confectioners sugar and vanilla thoroughly. Blend in combined flour and salt. Add nuts. Chill for 30 minutes. Spoon dough into ungreased 9-inch pan and press into shape. Prick bottom and sides with a fork; flute edge. Bake in 400° F. oven for 12 to 15 minutes. (This shell may be frozen baked or unbaked.) Spread preserves evenly over baked crust; spoon filling on top. Beat whites and cream of tartar until soft peaks form, about 2 to 3 minutes. Gradually add sugar while continuing to beat. Spread over apples. Bake in 350° F. oven for 15 to 18 minutes or until meringue is lightly browned.

APPLE PIE

6 medium size tart apples  1/4 teaspoon nutmeg
3/4 to 1 cup sugar  1/8 teaspoon salt
2 tablespoon flour  1 recipe pastry (page 172)
1 teaspoon cinnamon  1/4 stick butter

Pare, core and slice apples thinly. Combine sugar, flour, spices and salt; mix with apples. Pour into 9-inch pastry-lined pie pan. Dot with butter. Cover with top pastry and seal edges by fluting. Make several slits in top of pastry. Bake in 425° F. oven 40 to 50 minutes.

APPLE-NUT COBBLER

4 cups thinly sliced tart apples  1/2 cup evaporated milk
1 1/2 cups sugar  1/3 cup melted butter
1/4 teaspoon cinnamon  1 cup sifted flour
3/4 cup chopped nuts  1 teaspoon baking powder
1 egg, well beaten

Place apples in 8 1/4 x 1 3/4 inch round baking dish. Mix 1/2 cup sugar, cinnamon and 1/2 cup nuts; sprinkle over apples. Combine egg, milk and butter. Sift flour, remaining 1 cup sugar, baking powder and salt; and add all at once to egg mixture. Mix until smooth. Pour over apples and sprinkle with remaining nuts. Bake in 325° F. oven 50 minutes or until brown. Serve topped with whipped cream. Yield: 6 servings.

BANANA CREAM PIE

1/2 cup sugar  2 egg yolks, slightly beaten
5 tablespoons flour  1 tablespoon butter
1/4 teaspoon salt  1/2 teaspoon vanilla
9-inch pie shell, baked

Combine sugar, flour and salt. Add milk gradually, mix well. Cook over low heat until thick, stirring constantly. Stir in a small amount of hot mixture into egg yolks, then pour back into remaining hot mixture while stirring vigorously. Cook 3 minutes longer. Remove from heat; add butter and vanilla. Cool. Slice bananas into pie shell; cover immediately with filling. Top with sweetened whipped cream or use the 2 egg whites to make a meringue.
**BASIC PUMPKIN PIE**

1 1/2 cups cooked pumpkin
3/4 cup sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon cloves

Combine pumpkin, sugar, salt, cinnamon, ginger, nutmeg and cloves. Blend in eggs, milk and evaporated milk. Pour into pastry shell. Bake in a 400° F. oven until filling is set, about 50 minutes.

**CRANBERRY CRUNCH**

1 cup uncooked oats
1/2 cup flour
1 cup brown sugar
1 can (17 ounces) whole cranberry sauce
1/2 cup (1 stick) butter


**BLACK BOTTOM PIE**

1/2 cup sugar
1 tablespoon cornstarch
2 cups milk, scalded
4 egg yolks, beaten
1 package (6 ounces) semi-sweet chocolate pieces
1 teaspoon vanilla
9-inch pie shell, baked and cooled


**CREAM PIE**

3/4 cup sugar
1/4 cup cornstarch
Dash salt
2 cups milk, scalded

Blend sugar, cornstarch and salt until smooth. Add milk gradually. Cook over low heat, stirring constantly, until thick. Add small amount of hot mixture to yolks. Return yolk mixture to remaining filling and continue cooking 3 minutes. Add vanilla. Cool to lukewarm before adding to pie shell. Top with meringue, see recipe below.

**BLACKBERRY COBBLER**

Two-crust pastry
1/2 cup sugar
1 tablespoon flour
1 quart ripe berries, cleaned

Line 10-inch round shallow casserole or 7 x 11 x 2-inch baking pan with pastry. Mix sugar and flour, sprinkle half the mixture over bottom of pastry. Add berries. Sprinkle rest of sugar mixture over top of berries. Roll out pastry for top crust to fit dish; cut design for steam vents. Place over berries and trim edges. Let set 10 minutes. Bake in 400° F. oven 40 minutes or until brown. Serve warm. Yield: 6 servings.

**MERINGUE**

3 egg whites
6 tablespoons sugar
1/4 teaspoon cream of tartar

Beat whites and cream of tartar until soft peaks form. Gradually add sugar and beat at high speed until glossy and meringue stands in firm peaks. Spread over warm or hot filling, being careful to seal to edges of crust. Make decorative swirls on top. Bake in 350° F. oven 15 to 18 minutes or until golden brown.
CREOLE COCONUT PIE

3 eggs, separated 1/4 cup milk
1 cup sugar 1 teaspoon vanilla
1/2 cup (1 stick) butter 3 cups shredded coconut
9-inch pie shell, unbaked


CREOLE PECAN PIE

1 tablespoon butter 1 teaspoon vanilla
1 cup sugar 1 cup chopped pecans
3 eggs 1 cup pecan halves
1 cup Louisiana cane syrup 9-inch pie shell, unbaked

Cream butter, sugar and eggs. Add syrup, vanilla and chopped pecans. Pour into pie shell; arrange pecan halves in design on top. Bake in 350° F oven for 50 minutes.

PECAN TARTLETS

1/2 cup (1 stick) butter 1 cup chopped pecans
1 package (3 ounces) cream cheese 1 cup light brown sugar
1 cup sifted flour 2 tablespoons butter
2 eggs 1 teaspoon vanilla
1/8 teaspoon salt

Cream butter and cheese; blend in flour. Form dough into a ball and refrigerate 1 hour. Divide dough in half and form each half into 12 small balls. Place balls into ungreased 1 3/4-inch muffin pans; press into tartlets, using fingers, over bottom and sides of pan. In a bowl, beat eggs, sugar, butter, vanilla and salt until smooth. Place 2 teaspoons pecans in each tartlet; spoon egg mixture over pecans. Bake in 325° F oven for 25 minutes or until set. Cool; remove from pans. Yield: 24 tartlets.

DESSERT DUMPLINGS

1 quart berries 2 teaspoons baking powder
1 cup water 1/8 teaspoon salt
1 cup sugar 2 tablespoons sugar
2 cups flour 1 egg, beaten
3/4 cup milk

In a saucepan, combine berries, water and 1 cup sugar; bring to a boil. Sift together flour, baking powder, salt and 2 tablespoons sugar. Combine egg and milk. Stir into sifted dry ingredients. Drop from tip of spoon on top of berries. Cover and cook over medium heat 15 to 20 minutes. Serve immediately, topped with Hard Sauce (page 184), if desired. Yield: 6 servings.

DUTCH APPLE PIE

3 pounds tart apples 1/8 teaspoon salt
9-inch pastry shell, unbaked 1 cup cream
1/3 cup flour 1/4 teaspoon nutmeg
3/4 cup sugar 1/2 teaspoon cinnamon

Pare, core and slice apples into pastry shell. Combine flour, sugar and salt; stir in cream, nutmeg and cinnamon and beat until smooth and thick. Pour over sliced apples. Bake in 450° F oven until edge of custard begins to brown, about 20 to 25 minutes. Cover pie with foil; reduce heat to 350° F and continue to bake about 45 minutes or until filling thickens. Place pan beneath pie to catch drippings.

FIG COBBLER

2/3 cup sugar 3 cups peeled, quartered figs
1 tablespoon cornstarch 1 1/2 teaspoons butter
1 cup boiling water 1 recipe Shortcake Dough*
1 recipe Shortcake Dough* 1/2 teaspoon cinnamon

Mix sugar and cornstarch; stir in water. Bring to boil and continue cooking 1 minute. Add figs. Pour into 2-quiet baking dish. Dot with butter; sprinkle with cinnamon. Drop shortcake dough with spoon onto fruit. Bake in 400° F oven 30 minutes. Yield: 6 servings.

*Shortcake Dough

3 tablespoons shortening 1 tablespoon sugar
1 cup sifted flour 1 1/2 teaspoons baking powder
1/2 cup milk

Cut shortening into sifted dry ingredients. Stir in milk.
FRESH PEACH COBBLER

2/3 cup sugar 3 cups sliced, peeled peaches
1 tablespoon cornstarch
1 cup boiling water 1 1/2 teaspoons butter
1 recipe Shortcake Dough* 1/2 teaspoon cinnamon

Mix sugar and cornstarch; stir in water. Bring to boil and continue cooking 1 minute. Add fruit. Pour into 10 x 6 x 2-inch baking dish. Dot with butter; sprinkle with cinnamon. Top fruit with shortcake dough. Bake in 400° F. oven 30 minutes. Yield: 6 servings.

*Shortcake Dough
3 cups flour 1 1/2 teaspoons baking powder
1 cup sifted flour
1 tablespoon sugar 1/3 cup milk

Cut shortening into sifted dry ingredients. Stir in milk. Roll out to 1/2 inch thickness on floured board. Cut into desired shapes.

FRESH PEACH PIE

1 recipe plain pastry (recipe page 172) 2 teaspoons lemon juice
3/4 cup sugar 1/4 teaspoon almond extract
2 tablespoons cornstarch 4 cups sliced peaches
1/8 teaspoon salt 1 tablespoon butter

Line 9-inch pie pan with half the pastry rolled to 1/8-inch thickness. Blend sugar, cornstarch, salt, juice and extract. Add peaches; blend thoroughly. Pour into bottom pastry and dot with butter. Cover with top pastry rolled to 1/8-inch thickness. Seal edges and prick top pastry. Bake in 425° F. oven 45 to 50 minutes.

FRUIT COBBLER

1 cup self-rising flour 1 can (16 ounces) fruit and syrup
1 cup sugar
1 cup milk 1/4 cup (1/2 stick) butter
1 teaspoon vanilla

Mix flour and sugar; blend in milk slowly, stirring until smooth. Add vanilla. Place in bottom of 1 1/2-quart baking dish. Pour fruit into center of batter; do not stir. Slice butter over top of fruit. Bake in 350° F. oven for 50 minutes or until the top is brown. Yield: 6 servings.

GRASSHOPPER PIE

1 1/4 cups chocolate wafer crumbs
1/4 cup sugar
1/3 cup melted butter
1 envelope unflavored gelatin
1/2 cup sugar
1/8 teaspoon salt
1 cup whipping cream, whipped
1/2 cup cold water
3 eggs, separated
1/4 cup green cream de menthe
1/4 cup white creme de cacao

Mix together chocolate crumbs, 1/4 cup sugar and butter. Press against bottom and sides of 9-inch pie plate. Bake in 400° F. oven for 5 minutes. Cool. In a saucepan, combine gelatin, 1/4 cup sugar and salt. Add water and egg yolks, one at a time, stirring to blend well. Cook over low heat, stirring until gelatin dissolves and mixture thickens slightly, about 3 to 5 minutes. Remove from heat. Stir in liqueurs. Chill, stirring occasionally, until mixture is consistency of unbeaten egg white. Beat egg whites until stiff, but not dry. Gradually add remaining 1/4 cup sugar, beat until very stiff. Fold in gelatin mixture. Fold in whipped cream. Turn into crust shell. Chill 2 hours or overnight. If desired, garnish with additional whipped cream and shaved chocolate.

HASTY COBBLER

1/2 cup sugar 2 cups drained canned fruit
1/2 cup flour 1/2 cup juice from fruit
1 teaspoon baking powder 1/4 cup (1/2 stick) butter
1/2 cup milk 2 tablespoons sugar

In a mixing bowl, combine sugar, flour, baking powder and milk; do not overmix. Pour batter into a 9-inch shallow baking dish which has been greased with 1 tablespoon butter. Add fruit and juice; dot with butter. Sprinkle with sugar. Bake, uncovered, in a 375°F oven for 30 minutes. Serve warm with cream. Yield: 6 servings.
**IMPOSSIBLE PIE**

2 cups milk 4 eggs
3/4 cup sugar 1/4 cup (1/2 stick) butter
1/2 cup biscuit mix 1 1/2 teaspoon vanilla
1 cup flake coconut

Combine all ingredients, except coconut, in electric blender container. Cover and blend on low speed for 3 minutes. Pour into greased 9-inch pie pan. Let stand for 5 minutes; sprinkle with coconut. Bake in 350° F. oven for 40 minutes. Serve warm or cool.

**LEMON CHIFFON PIE**

1 can condensed milk 1 carton (8 ounces) frozen whipped topping, thawed
1 cup (6 ounces) frozen lemonade concentrate 1 (9-inch) graham cracker crumb shell

Combine condensed milk and lemonade concentrate; mix well. Gently fold in whipped topping. Pour into crumb shell; chill for 3 hours. Refrigerate or freeze any leftover pie. Yield: 1 (9-inch) pie.

**Lemon Meringue Pie**

7 tablespoons cornstarch 2 tablespoons grated lemon rind
1 1/2 cups sugar 1/2 cup lemon juice
1/4 teaspoon salt 3 tablespoons butter
1 1/2 cups of hot water 9-inch baked pie shell
3 eggs, separated

Cook cornstarch, sugar, salt, water over medium heat, stirring constantly for 6 minutes, or until mixture is thick and translucent. Remove from heat and add yolks. Return to low heat and cook, stirring constantly, for 6 minutes. Add rind, juice and butter; stir until well blended. Pour into pie shell, and top with meringue (recipe page 174).

**LEMON MILK PIE**

1 cup sugar 1 teaspoon grated lemon rind
1/4 teaspoon salt 1/2 cup whipping cream, whipped
3 tablespoons cornstarch 1 1/4 cups milk 9-inch baked pie shell
1 1/4 cups milk 2 eggs, separated
1/4 cup lemon juice

Mix 3/4 cup sugar, salt, and cornstarch; add milk gradually, mix well. Cook over moderate heat, stirring constantly, until mixture thickens and bubbles. Continue to cook 1 minute, stirring constantly. Remove from heat; gradually add small amount of hot mixture to egg yolks while beating vigorously. Slowly add yolk mixture to remaining hot mixture. Add juice and rind; stir until blended. Cook 2 minutes longer, stirring constantly. Cool. Fold cream into filling. Pour into pastry shell. Beat whites until soft peaks form. Add remaining sugar gradually. Continue beating until stiff. Spoon meringue over filling. Bake in 350° F. oven 15 to 18 minutes. Cool.

**MINCEMEAT-APPLE PIE**

1 1/2 cups prepared mincemeat 1 recipe pastry (page 172)
1 1/2 cups finely chopped tart apples
1 1/4 cups apple cider

Combine mincemeat, cider and apples. Pour into pastry-lined 9-inch pie pan. Cover filling with strips of pastry. Bake in 400° F. oven 30 to 40 minutes.

**MIRLITON PIE**

3/4 cup cooked, mashed mirliton, drained 1/2 cup evaporated milk
1/4 cup evaporated milk 1/4 teaspoon ginger
1/2 cup plus 2 tablespoons sugar 1/4 teaspoon nutmeg
1/2 cup sugar 1/4 teaspoon cinnamon
2 eggs, separated 9-inch unbaked pie shell
2 tablespoons butter, melted

Combine mirliton and sugar. Add well beaten yolks, butter, milk and spices. Beat egg whites until soft peaks form when beaters are lifted; fold into mirliton mixture. Pour into pie shell. Bake in 450° F. oven for 10 minutes; reduce temperature to 325° F. and continue baking for 30 minutes or until set.
COOKING WITH ENTERGY

PEACH KUCHEN

1/2 cup (1 stick) butter  1 teaspoon sugar
1 1/4 cups flour  1 egg yolk
1 teaspoon baking powder  2 tablespoons milk
1/2 teaspoon salt  3 cups sliced peaches

Cream butter; mix in sifted dry ingredients. Add combined yolk and milk. Press mixture on bottom of greased 11 x 7 x 1 1/2 inch baking pan. Press peach slices into dough so they overlap and sprinkle with topping. Bake in 375° F oven 50 minutes.

Topping: Combine 3/4 cup sugar, 1 1/2 tablespoons flour and 1/4 teaspoon cinnamon. Cut in 2 tablespoons butter until coarse crumbs are formed.

PECAN CRUST

2 cups pecans  1/3 cup sugar
3 tablespoons melted butter

In blender container, place half of the pecans; cover and blend until nuts are finely ground. Empty into small bowl. Repeat process with remaining pecans. Combine sugar and pecans; stir in melted butter. Press mixture evenly against bottom and sides of a 9-inch pie plate; chill 30 minutes. Bake in 350° F oven for 12 to 15 minutes, or until lightly browned around edges. Allow shell to cool on rack.

PERFECT CUSTARD PIE

4 eggs, slightly beaten  1/2 teaspoon vanilla
1/2 cup sugar  1/2 teaspoon almond extract
1/4 teaspoon salt  2 1/2 cups milk, scalded
9-inch pie shell, unbaked and chilled  Nutmeg

Blend eggs, sugar, salt, vanilla and extract. Gradually stir in milk. Pour into pie shell (to avoid any spills, add last cup of filling just before closing oven door). Bake in 400° F oven 25 to 30 minutes. Sprinkle with nutmeg.

POP-IT-IN-A-PAN FROZEN PEACH PIE

1 teaspoon commercial ascorbic acid mixture  3 1/2 cups sugar
1 gallon water  1/3 cup plus 2 tablespoons quick-cooking tapioca
4 quarts peeled, sliced peaches (about 9 pounds)  1/4 cup lemon juice
1 teaspoon salt

Dissolve acid mixture in water and pour over peaches in a large container. Drain. Combine peaches, sugar, tapioca, juice and salt. Line four 8-inch pie pans with heavy duty aluminum foil, letting it extend 5 inches beyond rim. Divide filling evenly between pans.

To freeze: Fold foil loosely over fillings; freeze. Remove from freezer, turn filling from pans and wrap snugly with foil. Label and date. Return to freezer.

To bake: Remove foil from frozen pie filling and place, unthawed, in pastry-lined 9-inch pie pan. Dot with butter; add top crust, seal and flute edge. Cut slits in top crust. Bake in 425° F oven 1 hour, 10 minutes.

SOUTHERN PECAN PIE

1 cup brown sugar  2 tablespoons butter
1 1/2 cups light corn syrup  1 teaspoon vanilla
4 eggs  1 1/2 cups pecan pieces
10-inch pie shell, unbaked

Boil sugar and syrup for 2 minutes. Beat eggs until lemon-colored and slowly pour hot syrup into eggs, continue mixing. Add butter, vanilla and pecans. Pour into pie shell; bake in 350° F oven for 45 minutes or until set.
**Praline Pumpkin Pie**

1/3 cup finely chopped pecans
1/3 cup brown sugar
3 tablespoons butter
9-inch pie shell, unbaked
3 eggs, slightly beaten
1/2 cup sugar
1/2 cup brown sugar
2 tablespoons flour

3/4 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon clove
1 teaspoon mace
1 1/2 cups cooked pumpkin
1/4 cup breakfast cream, heated

Combine pecans, 1/3 cup brown sugar and butter. Press into bottom of pie shell. Prick sides of shell. Bake in 450°F oven for 10 minutes; cool at least 2 minutes. Combine remaining ingredients and pour over pecan mixture in pie shell. Bake in 350°F oven for 50 to 60 minutes or until filling is set. Cool.

**Pumpkin Chiffon Pie**

1 envelope unflavored gelatin
3/4 cup sugar
1/2 teaspoon ginger
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
9-inch pie shell, baked

1/2 cup sugar
1/8 teaspoon cloves
1 small can (2/3 cup) evaporated milk
3 eggs, separated
1 can (16 ounces) pumpkin

Mix gelatin, 1/2 cup sugar, salt and spices. Stir in milk and egg yolks; blend well. Cook over low heat, stirring constantly, until slightly thick, about 3 minutes. Remove from heat, add pumpkin. Chill, stirring occasionally, until mixture mounds, about 30 minutes. Beat egg whites until soft peaks form when beaters are lifted; fold into pumpkin mixture. Pour into pastry shell; chill.

**Sweet Potato Pie**

1 1/2 cups mashed cooked potatoes
2/3 cup brown sugar
1 1/2 teaspoons salt

1/2 teaspoon allspice
9-inch pie shell, unbaked

Combine ingredients in order given. Pour into pie shell. Bake in 450°F oven 15 minutes, reduce heat to 325°F and bake 30 minutes longer. Decorate with pecan halves.

**Strawberry Pie**

1 1/2 quarts strawberries
3 tablespoons cornstarch
1 cup sugar
2 tablespoons lemon juice
9-inch pie shell, baked

Reserve half of berries. Mash remaining berries and add cornstarch and sugar. Cook over low heat until thick and clear. Remove from heat; stir in juice. Cool and add the remaining whole berries. Pour into pie shell; chill. Decorate with mounds of whipped cream. If desired, garnish with additional whole berries.

**Vanilla Wafer Shell**

1 1/2 cups fine vanilla wafer crumbs (about 36)
6 tablespoons melted butter

Mix together crumbs and butter. Press firmly into a 9-inch pie plate. Chill.

Graham Cracker Shell: Substitute graham cracker crumbs and add 1/4 cup sugar. Bake in a 375°F oven about 6 minutes or until edges are browned. If unbaked shell is desired, chill 45 minutes; fill.
COOKING WITH ENTERGY

BAZA AU RHUM

1/4 cup sugar    1/4 cup (1/2 stick) butter
1 package yeast  1/2 cup milk
2 1/4 cups flour 3 eggs

In a large mixing bowl, combine sugar, yeast and 2/3 cup flour. In a small saucepan, melt butter in milk (120 ° F. - 130° F.). Add eggs and 1/3 cup flour and continue beating at high speed for 2 minutes. Stir in remaining flour to make a stiff batter. Cover and let rise until doubled, about 1 hour. Stir down batter; spoon into 9 greased custard cups. Cover and let rise until cups are nearly full, about 35 minutes. Bake in 375° F. oven for 15 minutes. Remove from oven and pierce with fork. Spoon rum sauce over cakes. After sauce is absorbed, turn babas onto cake rack. Yield: 9 babas. For bundt pan, bake in 350° F. oven for 25 minutes.

Rum Sauce: In a saucepan, combine 1 1/2 cups sugar, 1/2 cup rum and 3/4 cup water. Bring to a full boil. Cool. Pour over babas.

BAKED CUSTARD

3 eggs    3 cups milk, scalded
1/2 cup sugar 1 teaspoon vanilla
1/4 teaspoon salt    Nutmeg


Variation:
Caramel: Stir 1 cup sugar over medium heat until sugar melts and caramelizes. Pour into 1-quart casserole or 6 custard cups. Pour egg-milk mixture over.

BREAD PUDDING

1 quart coarse bread cubes    1 teaspoon cinnamon or nutmeg
2 cups scalded milk 1/4 teaspoon salt
1/2 cup sugar    1 teaspoon vanilla
1/4 cup (1/2 stick) butter, melted 1/2 cup raisins
2 eggs, slightly beaten

Soak bread in milk, set aside until cool; add remaining ingredients. Pour into greased 1 1/2-quart baking dish. Bake in 350° F. oven 40 to 45 minutes. (Do not use crust in preparing bread cubes.) Serve with Vanilla Sauce (recipe page 180) or Hard Sauce (recipe page 184). Yield: 6 servings.

BANANA PUDDING

1 cup sugar    3 eggs, separated
1/3 cup cornstarch 1 1/2 teaspoons vanilla
3/4 teaspoon salt    24 small vanilla wafers
3 cups milk    3 large ripe bananas, sliced

Mix 2/3 cup sugar, cornstarch, and salt; add milk gradually. Cook over low heat, stirring constantly, until mixture thickens. Add small amount to egg yolks, stirring constantly. Pour egg yolk mixture back into hot mixture. Return to heat and cook 2 minutes. Add vanilla. Arrange alternate layers of wafers, banana slices and pudding, ending with pudding. Beat egg whites until soft peaks form; gradually add remaining 1/3 cup sugar and beat until meringue stands in firm peaks. Spread over pudding. Bake in 305° F. oven for 15 minutes. Yield: 6 servings.

VANILLA SAUCE

Cream 1/3 cup butter and 1 cup sugar; add 3 slightly beaten egg yolks. Add 1/3 cup boiling water and cook over low heat until thickened. Remove; add vanilla.

CARAMEL CUSTARD

Pour 1 can condensed milk into an 8-inch glass pie plate. Cover with foil; place in shallow pan of hot water. Bake in 425° F. oven for 1 hour or until thick and slightly caramel in color. Remove foil; chill and serve.
CHOCOLATE POTS DE CREME

1 package (6 ounces) semi-sweet chocolate pieces
1 1/4 cups light cream, heated to boiling
1 egg
1/8 teaspoon salt
1 teaspoon vanilla

Put chocolate pieces in blender container. Pour hot cream over chocolate; cover and blend about 30 seconds or until chocolate is liquefied. Add egg, salt and vanilla; cover and blend until smooth. Pour into 6 traditional cups, demitasse cups, sherbet glasses or custard cups. Chill at least 3 hours or until mixture is like pudding. Yield: 6 servings.

CREOLE BREAD PUDDING

3 cups French bread cubes, day-old bread
1/4 cup raisins
2 tablespoons butter
2 eggs, separated
1 1/4 cups milk
1 teaspoon vanilla
1/4 teaspoon cream of tartar
4 tablespoons sugar
6 tablespoons sugar

Moisten bread cubes with water; squeeze to remove excess water. Stir in raisins and softened butter; pour into greased 1-quart casserole. Beat egg yolks and 6 tablespoons sugar; add milk and vanilla. Pour over bread mixture. Bake in 350°F oven for 45 minutes. To make meringue, beat egg whites with cream of tartar until soft peaks form when beaters are lifted. While continuing to beat, gradually add 4 tablespoons sugar. Spoon meringue over pudding; return to oven for 15 minutes. Yield: 6 servings.

Variation: Before spooning meringue over pudding, quickly spread a thin layer of strawberry preserves or orange marmalade.

CUP CUSTARD

3/4 cup nonfat dry milk
6 tablespoons sugar
Dash of salt
3 cups water
3 eggs, slightly beaten
1 1/2 teaspoons vanilla

Combine milk, sugar and salt; slowly stir in water. Mix in eggs and vanilla. Pour mixture into 6 custard cups. Set in pan containing 1-inch hot water. Bake in a 350°F oven for 50 minutes or until knife inserted near edge of custard comes out clean. Yield: 6 servings.

CUSHAW PUDDING

1 quart mashed cushaw
2 eggs, beaten
1/3 cup brown sugar
1/2 cup (1 stick) butter
1 teaspoon vanilla

Combine ingredients; pour into a buttered 1 1/2 quart casserole. Bake in 400°F oven until pudding is set, about 25 minutes. Yield: 6 servings.

FLOATING ISLAND

3 egg yolks
1/4 cup sugar
1/8 teaspoon salt
3 egg whites
1/8 teaspoon salt
2 cups milk, scalded
6 tablespoons sugar

To make the custard, beat yolks slightly; add 1/4 cup sugar and salt. Gradually stir in milk. Cook over low heat, stirring constantly, until mixture coats spoon, about 6 to 8 minutes. Cool slightly; add vanilla and chill. To make meringue, beat egg whites with salt until soft peaks form. While continuing to beat, gradually add sugar. Drop 6 mounds of meringue, by tablespoonfuls, on simmering water. Cover and cook until set, about 10 to 15 minutes. Immediately remove from water. To serve, top each serving of custard with a meringue puff. Yield: 6 servings.

FLUFFY CHOCOLATE BLANC MANGE

2 cups milk
2 squares unsweetened chocolate, cut in pieces
1/3 cup sugar
2 tablespoons sugar
3 tablespoons cornstarch
2 eggs, separated
1 1/2 teaspoons vanilla

Put milk, chocolate, 1/3 cup sugar, cornstarch, egg yolks and salt in blender container; cover and blend on low, then on high until smooth. Empty into a saucepan and cook over low heat, stirring constantly, until thick. Remove from heat; add vanilla. Cool slightly. Beat egg whites with electric mixer until stiff, but not dry. Gradually beat in 2 tablespoons sugar; beat until egg whites stand in soft peaks. Fold egg whites into chocolate mixture. Pour into a 1-quart mold. Chill until firm. Yield: 6 servings.
FRENCH CHOCOLATE MOUSSE

2 cups milk
1/2 cup sugar
1/4 pound sweet cooking chocolate, grated
4 egg yolks, beaten
1 cup heavy cream, whipped
1 teaspoon vanilla
2 tablespoons brandy

In a saucepan, combine milk, sugar, and chocolate and cook over low heat until chocolate is melted. Add small amount of hot mixture to yolks; pour back into remaining hot mixture and continue cooking over low heat, stirring constantly, until custard thickens. Chill. Add vanilla and brandy to whipped cream; then fold the cold custard into whipped cream mixture until it is well blended. Fill custard cups with mousse. Chill thoroughly before serving. Yield: 6 servings.

HAUPIA
(Chili-Pineapple Pudding)

2 1/2 cups fresh coconut
1 cup water (use part coconut liquid)
1 cup milk
3 tablespoons cornstarch
4 tablespoons sugar
1/8 teaspoon salt
1/8 teaspoon vanilla

Add grated coconut to water and milk; let stand for 30 minutes. Strain through a very fine sieve, pressing down to squeeze out all liquid. Measure 3 cups of the coconut milk. In a saucepan, heat all but 1/4 cup coconut milk over low heat; do not boil. Stir in sugar, salt and vanilla. While stirring constantly, gradually add combined cornstarch and 1/4 cup coconut milk. Cook until mixture thickens. Pour into an oiled mold or square pan. Serve, cut in squares, topped with whipped cream and well-drained crushed pineapple or kumquats. Yield: 6 servings.

LEMON CAKE PUDDING

1 cup sugar
1/4 cup flour
1/8 teaspoon salt
2 tablespoons butter, melted
5 tablespoons lemon juice
1 1/2 cups milk, scalded

Combine first 6 ingredients. Beat egg yolks; add milk slowly, stirring constantly. Mix thoroughly into first mixture. Fold in stiffly beaten egg whites. Pour into 6 greased custard cups or 1 quart casserole. Arrange cups in baking pan, add 1 inch hot water. Bake in 325° F. oven 45 minutes. Each dessert will have custard on bottom and sponge cake on top. Yield: 6 servings.

MIRLITON PUDDING

1 1/2 cups cooked, mashed mirliton, drained
1/4 cup brown sugar
2 eggs
1/2 teaspoon vanilla
1/4 teaspoon cinnamon
1/4 cup raisins
1/4 teaspoon nutmeg
1/2 cup evaporated milk
1/2 cup sugar
1 tablespoon flour
2 tablespoons butter
1/2 cup melted butter
1/2 cup sifted flour
1 cup sugar
1 teaspoon cinnamon
Dash salt
1/2 cup chopped pecans

Combine mirliton, brown sugar, eggs, vanilla and spices. Stir in milk, sugar, flour and butter. Add raisins and pecans. Pour into buttered 1 1/2 quart casserole. Bake in 350° F. oven for 1 hour or until mixture is set. Yield: 6 servings.

PERSIMMON PUDDING

1 cup persimmon puree
2 teaspoons baking soda
1 egg, beaten
1/2 cup milk
1 teaspoon lemon juice
1/2 teaspoon vanilla
1/2 cup chopped pecans
1 tablespoon melted butter
1 cup sifted flour
1 cup sugar
1 teaspoon cinnamon
Dash salt
1/2 cup chopped pecans

Stir together persimmon puree and 1 teaspoon baking soda; reserve. In a large bowl, combine egg, milk, lemon juice, vanilla and butter. Sift flour, sugar, cinnamon, salt and remaining 1 teaspoon baking soda. Add to egg mixture alternately with persimmon puree, blending well after each addition. Add pecans and raisins. Pour batter into a greased and floured 8-inch square pan. Bake in 350° F. oven 55 minutes or until browned. Let cool in pan 5 minutes then cut in squares. Serve with Lemon Sauce.

Lemon Sauce
1/4 cup (1/2 stick) butter
1 1/2 tablespoons lemon juice
1 1/4 cups boiling water
1/2 teaspoon grated lemon peel

In a saucepan, combine butter, sugar and flour; gradually add boiling water. Stir in peel. Boil 3 minutes. Remove from heat and stir in lemon juice. Yield: 1 1/2 cups.
RICE PUDDING

3 eggs 1 cup cooked rice
1/2 cup sugar 1/4 cup raisins
1/4 teaspoon salt 2 teaspoons vanilla
2 cups scalded milk 1/4 teaspoon nutmeg
1 tablespoon butter

Combine beaten eggs, sugar and salt. Gradually add scalded milk, while stirring constantly. Add rice, raisins and vanilla. Pour into greased 1 1/2-quart casserole; set in pan of hot water. Bake in 350° F. oven for 30 minutes; stir. Sprinkle with nutmeg; dot with butter. Bake 30 to 40 minutes longer or until set. Yield: 6 servings.

PLUM PUDDING

2 1/3 cups dry bread crumbs 1/2 pound dark raisins
1 1/4 cups sifted flour 1/2 pound currant
1 cup plus 3 tablespoons 1/2 pound mixed orange
cinnamon brown sugar and lemon peel, chopped
2 teaspoons cinnamon 3 ounces blanched
1 1/4 teaspoons allspice almonds, chopped
1/2 teaspoon salt 1 carrot, grated
1/2 teaspoon nutmeg Grated peel and juice of
chopped 1 lemon
1/2 pound suet, finely chopped 2 tablespoons brandy, rum,
1/2 pound figs, chopped sherry, or molasses
1/2 pound white raisins

Combine crumbs, flour, sugar and spices. Stir in next 8 ingredients. Add eggs; beat 2 to 3 minutes. Blend in lemon peel, juice and brandy. Dough will be very stiff. Let stand overnight. Generously grease two 1-quart molds. Fill, leaving space at top to expand. Cover tightly. Steam over low heat for 3 hours. Cool, remove from molds, wrap and freeze or store in refrigerator. Before serving, steam until heated through. Serve hot with rum sauce (recipe page 184). Yield: 2 puddings.

SOFT CUSTARD

3 eggs, slightly beaten 1/8 teaspoon salt
1/4 cup sugar 2 cups milk, scalded
1 teaspoon vanilla

To eggs, add sugar and salt. Add milk gradually, stirring constantly. Cook on Controlled Surface Heat set at 150° F. or very low heat, stirring occasionally until mixture coats spoon. Add vanilla. Cool. Yield: 4 servings.

STRAWBERRY BAVARIAN CREAM

1 package (10 ounces) frozen 1/4 teaspoon red
strawberries, thawed food coloring
1/4 cup cold milk 2 egg yolks
2 envelopes unflavored 1 heaping cup crushed ice
gelatin 1 cup evaporated milk
1/4 cup sugar

Drain 1/2 cup strawberry juice into saucepan. Heat just to boiling. Place milk and gelatin into blender container; cover and blend. Add hot juice and blend 40 seconds. Add sugar, strawberries, food coloring and yolks and continue to blend 5 seconds. Add ice and milk, blend until dessert begins to thicken. Yield: 6 servings.
COOKING WITH ENTERGY

**SWEET POTATO FLUFF**

- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 24 miniature marshmallows


**HOT FUDGE SAUCE**

- 1 1/2 cups sugar
- 2/3 cup light corn syrup
- 1/2 stick butter
- 2 squares unsweetened chocolate
- 1 cup breakfast cream

In a saucepan combine sugar, corn syrup, butter and chocolate. Cook over low heat, stirring constantly, to 246° F. or hard ball test. Remove from heat and slowly add cream. Mix thoroughly. Return to heat and cook slowly for 5 minutes or to desired thickness. Serve hot or cold. Yield: 2 cups

**SWEET POTATOES IN ORANGE SHELLS**

- 6 small oranges
- 3 cups cooked potatoes
- 2 tablespoons butter
- 6 marshmallows

Slice off tops from oranges and remove pulp; reserve for use in other recipes. Cut tops of peels in zigzag pattern. Mash hot potatoes; add butter, cream, sugar and egg. Beat until fluffy; fill orange shells. Top with marshmallows. Place in shallow pan with a small amount of water. Bake in 400° F. oven for 15 to 20 minutes, or until lightly browned. Yield: 6 servings.

**PRALINE SAUCE**

- 1 1/2 cups dark brown sugar
- 1/2 stick butter
- 2/3 cups light corn syrup
- 1 cup evaporated milk
- 1 cup chopped pecans

Combine sugar, corn syrup and butter; cook to 246° F. or hard ball test. Remove from heat and blend in milk. Return to heat and cook 5 minutes longer, or to desired thickness. Add pecans. Serve hot or cold. Yield: 2 cups.

**BUTTERSCOTCH SAUCE**

Use recipe for Hot Fudge Sauce, (page 184) but make the following changes: substitute brown sugar for white sugar, omit chocolate, add 4 drops vinegar and use only 1/2 cup breakfast cream. Yield: 2 cups.

**RUM SAUCE**

- 1 cup sugar
- 1 1/2 tablespoons cornstarch
- 1/4 cup dark rum

Combine sugar and cornstarch; slowly add water. Cook until thick. Remove from heat; stir in rum. Yield: 2 1/2 cups.

**HARD SAUCE**

Cream 1/3 cup butter; gradually beat in 1 cup confectioners sugar or 3/4 cup granulated sugar. While continuing to beat, add 1/2 teaspoon vanilla or 1 teaspoon brandy; drop by drop. Yield: approximately 1 1/3 cups.

**CARAMEL POPCORN CRUNCH**

- 1/2 pound package dairy-fresh caramels (28 caramels)
- 2 tablespoons water
- 2 quarts popped corn, salted

Add water to caramels and melt in top of double boiler. Toss mixture with popcorn until every kernel is coated. Spread and dry on greased surface. Break apart.
CARAMEL POPCORN

2/3 cup dark corn syrup  1/8 teaspoon baking soda
1 1/4 cups cane syrup  4 quarts popped corn
1 tablespoon butter

Cook syrups and butter to hard ball test (260° F. on candy thermometer). Remove from heat; stir in soda. Pour over popped corn, stirring until the kernels are coated. Form into balls or spread and dry on a greased surface; break apart to separate kernels.

EASY POPCORN BALLS

Keep hands wet or lightly greased when shaping balls... and be careful not to burn hands with hot syrup.

LIGHT POPCORN BALLS  
(basic syrup recipe)

2 cups granulated sugar  1 cup light corn syrup
1 cup water  3 tablespoons butter

Cook to 260 ° F. or soft crack stage. Pour over 2 quarts salted popcorn. Mix thoroughly and mold into balls.

Variations of above basic recipe:
Pastel Popcorn Balls: Delicately tint cooked syrup with food coloring. Add peppermint, lemon, maple, wintergreen, or other flavoring.
Chocolate Popcorn Balls: Add 3 ounces unsweetened chocolate and 1 teaspoon vanilla or peppermint flavoring to cooked syrup.
Honey Popcorn Balls: Replace corn syrup with 1 cup honey. When syrup is cooked, add 1 teaspoon vanilla.
Cinnamon Popcorn Balls: Replace water with 1 cup strained orange juice. After syrup is cooked, add 4 tablespoons crushed red cinnamon candies and grated peel of 1 orange.
Fruit-'n-Spice Popcorn Balls: Cook 1 cup mince meat with syrup. Remove from heat and add 3/4 teaspoon vanilla.

HALLOWEEN JACK-O'-LANTERN

Make a double recipe of the basic syrup above and add orange food coloring to cooked syrup to desired shade. Mix well with four quarts popped corn and shape into pumpkin. Use a strip of green licorice or green jelly candy for stem, and raisins or small candy to outline face.

JOLLY SNOWMAN

You'll need 6 quarts of popped corn and three batches of the basic syrup recipe (see previous recipe) for a snowman 10 inches high. After mixing with syrup, shape popcorn into: one large ball for the snowman's body and one small ball for the head, plus two elongated hunks to serve as arms, if desired. Fasten popcorn balls together with toothpicks and press together firmly. Decorate with raisins, gumdrops and other candies for eyes, ears, nose, mouth, hands and buttons. Tie on a ribbon scarf and use a marshmallow on a cookie for the hat. For an added dash of glamour, put the snowman on "skis" made of black licorice strips and use candy canes for ski poles.

POPCORN CAKE
(Courtesy of The People's Gas Light & Coke Company, Chicago)

1 cup sugar  1 cup white corn syrup
1/2 cup cold water  2 tablespoons butter or margarine
Red food coloring
1 cup chopped peanuts  Popped corn or walnuts Cake candies


SUGARED POPCORN

1 cup sugar  2 cups popped corn
1/4 cup water

Cook sugar and water to thick syrup. Stir syrup with popped corn until dry. Separate coated kernels.

VALENTINE HEART

Use basic syrup recipe above. To cooked syrup add 1 teaspoon red food coloring (or as desired). Pour in fine stream over 2 quarts popped corn and mix well. Press firmly into buttered heart-shaped mold (eight inches wide). Cool and unmold onto waxed paper. Decorate as desired.
Notes:
CONSERVING ENERGY WITH OVEN MEALS

When using the oven, select three, four or five foods which can be cooked in the same oven at the same time.

In cooking an oven meal, the oven is generally on about one-third of the time and expends less energy than cooking the same length of time on the range top.

Depend on oven thermostat and timer instead of opening oven door and lifting covers.

When cooking several foods in the oven, stagger pans on the racks so heat can circulate.

When cooking meat or poultry, add one of the following to use the oven to capacity:

- Baked Irish Potatoes - 350°F. oven for 1 1/4 hours.
- Baked Sweet Potatoes - 350°F. oven for 1 hour.
- Oven-Cooked Rice - 350°F. oven for 45 minutes.
- Baked Apples - 350°F. oven for 45 minutes.
APPLLESAUCE

6 pounds green apples 2 cups water
1 1/4 cups sugar


SPICED PEACHES

1 teaspoon broken cinnamon sticks
1/2 teaspoon whole cloves
1/4 teaspoon whole allspice
1 cup sugar
1/2 cup peach juice
1 tablespoon lemon juice
1 pound peaches, peeled and sliced

Tie spices in cheesecloth bag. Combine all ingredients except peaches and bring to boil. Add peaches and continue boiling 5 minutes. Remove spice bag. Pack peaches in hot jars, pour syrup over, seal and process 10 minutes in water bath at simmering temperature. Yield: Approximately 2 pints.

BLACKBERRY JAM

Wash and crush berries. Add 1/4 cup water for each quart berries; cook until thoroughly heated. If desired, sieve to remove seeds. Add 3/4 cup sugar to each cup of berries; cook until thick, not over 20 minutes. Seal in hot, sterilized glasses. Process 10 minutes.

BLACKBERRY JELLY

Wash, stem and crush berries. If berries are not very juicy, add 1 to 4 tablespoons water to each quart of berries. Cook gently for 10 to 15 minutes. Drain juice from fruit through jelly bag or several thicknesses of cheesecloth. Bring 4 cups juice to boil; add 3 cups sugar. Stir until sugar is dissolved. Boil rapidly to jelly stage. Skim to remove foam. Pour, boiling hot, into hot sterilized jars and seal. Yield: 3 to 4 eight-ounce glasses.

FIG JAM

2 quarts chopped figs 6 cups of sugar
3/4 cup water 1/4 cup lemon juice

To prepare chopped figs, pour boiling water over about 5 pounds of figs. Let stand 10 minutes. Drain, stem and chop figs. Measure 2 quarts and add water and sugar. Slowly bring to boiling, stirring occasionally, until sugar dissolves. Cook rapidly until thick. Stir frequently to prevent sticking. Add lemon juice and cook 1 minute longer. Pour boiling hot into sterilized jars. Process 10 minutes at simmering temperature in hot water bath. Yield: 5 pints.

FIG PRESERVES

Pour six quarts boiling water over six quarts figs. Let stand 15 minutes. Drain and rinse figs in cold water. Prepare syrup by mixing 8 cups sugar with 3 quarts water. Bring to boil; boil 10 minutes and skim. Slowly drop figs into syrup, a few at a time, so as not to cool syrup. Cook rapidly until figs are transparent, about 30 to 45 minutes. Lift out and place in shallow pans; boil syrup down until thick, pour over figs and let stand overnight. Pack into clean jars. Process 20 minutes at simmering temperature in hot water bath. For alternate method: after figs have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Sliced lemon or preserved ginger may be added. Yield: 5 pints.

GUAVA JELLY

1 1/2 cups guava juice 1 1/2 cups sugar
1 tablespoon lemon juice

Cut guavas into small pieces without removing skins. Cover with water and boil 5 minutes. Strain juice through jelly bag. Strain second time, if necessary, to clear juice. Measure juice and bring to boil. Add sugar and juice. Boil rapidly to jelly stage. Pour into sterilized jelly glasses. Yield: 2 eight-ounce glasses.

Note: Preserves, jams, conserves and butters should be processed at simmering (180° F. - 185° F.) in water-bath canner. Use canning jars and tops; do not use paraffin.
COOKING WITH ENTERGY

HOT PEPPER JELLY

3 large green peppers, quartered
3 pods hot pepper (green or red)
1 bottle liquid pectin
1 1/2 cups cider vinegar
6 1/2 cups sugar
Green or red food coloring

Remove seeds from peppers. Put vinegar and peppers into blender jar. Cover and blend until finely chopped. Pour into saucepan and add sugar. Bring to a rolling boil and boil for 3 minutes, stirring occasionally. Remove from heat and let cool for 2 minutes. Remove foam. Add pectin and food coloring to desired shade of green or red. Stir for 2 minutes. Pour into hot, sterilized glasses and seal. Yield: 6 eight-ounce glasses.

KUMQUAT PRESERVES

2 pounds whole kumquats (after cooking) 1 quart water
1 quart water 4 cups sugar

Sprinkle fruit with baking soda (1 tablespoon to 1 quart fruit). Cover with boiling water and let stand until cool. Pour off soda water, and rinse fruit through 2 or 3 changes of cold water. Drain well and prick each kumquat to prevent bursting. Cover kumquats with boiling water and cook 10 to 15 minutes or until tender; drain. Boil sugar and water for 10 minutes. Add kumquats and cook until fruit is transparent. Carefully place fruit into trays; pour syrup over fruit and allow to remain overnight to plump. Pack into hot jars and seal. Process 10 minutes. Yield: 5 half-pints.

LOQUAT JAM

Wash and seed whole ripe fruit; remove blossom end and any imperfections. Put through food chopper. Barely cover with cold water and cook until tender. Measure and add equal amount of sugar. Cook until thick over low heat. Pour into sterilized jars and seal. Process 10 minutes.

LOQUAT PRESERVES (JAPANESE PLUMS)

Wash, scald and seed 1 quart loquats. Cook in a syrup of 1 1/2 cups sugar and 1 cup water until fruit is transparent. Pour into hot sterilized jars, seal and process 15 minutes.

MAYHAW JAM

2 pounds mayhaw pulp 3 1/3 cups sugar


MAYHAW JELLY

3 pounds mayhaws (4 cups juice) 3 1/2 cups sugar


MOCK STRAWBERRY JAM (FIGS)

6 cups ripe figs, peeled 2 packages (3 ounces each) strawberry flavored gelatin
3 cups sugar

Combine all ingredients in large saucepan. Cook, stirring constantly, until thick (about 40 minutes). Pour into sterilized jars and seal immediately. Yield: 4 to 5 pints.

PEACH PRESERVES

3 1/2 cups sugar 5 cups sliced, peeled, firm
2 cups water ripe peaches (about 5 large)

Cook sugar and water until sugar dissolves. Add peaches; cook rapidly until fruit becomes clear; stirring occasionally. Cover and let stand 12 to 18 hours in cool place. Drain fruit and pack in hot jars, leaving 1/4 inch head space. Cook syrup rapidly 2 to 3 minutes, or longer if too thin. Pour over fruit, leaving 1/4 inch head space. Adjust caps. Process half-pints and pints 20 minutes in water bath at simmering temperature. Yield: about 6 half-pints.
PLUM JAM
Wash 3 pints plums and remove pits. Add 4 cups sugar and cook until thick and clear. Pour immediately into hot, sterilized jars and seal. Process 15 minutes.

PLUM JELLY
Wash plums, cover with cold water and boil until soft. Press through jelly bag. Strain and measure juice. Bring juice to boil; add 1 cup sugar for each cup of juice and boil rapidly to jelly stage. Pour into sterilized jelly glasses.

PUMPKIN BUTTER
3 1/2 cups cooked pumpkin 1 box powdered pectin
1 tablespoon pumpkin pie spice 4 1/2 cups sugar

In a large saucepan, combine pumpkin, spice and pectin; mix well. Place over high heat and stir until mixture comes to a hard boil. Immediately add sugar and stir. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat; ladle quickly into glasses. Cover with 1/8-inch hot paraffin. Yield: 7 (6-ounce) glasses.

QUICK APPLE BUTTER
4 cups apple pulp 1/4 teaspoon cloves
1/4 cup vinegar 1/4 teaspoon allspice
3 cups sugar 1 teaspoon cinnamon

(To prepare apple pulp, remove stem and blossom ends; quarter apples, but do not pare or core. Cook using only enough water to prevent scorching. Then put through a food mill or colander.) Combine all ingredients and cook until thickened. Place in hot jars and seal.

SPICY GOURMET JELLY
1 cup water 3 cups sugar
1/3 cup lemon juice 3 ounces liquid pectin
2 teaspoons Tabasco pepper sauce Red or green food coloring

In a large saucepan, combine water, lemon juice, pepper sauce and sugar. Bring mixture to boil, stirring constantly. Add pectin and small amount of food coloring. Stir until mixture comes to full rolling boil. Boil hard, about 1/2 minute. Remove from heat; skim. Pour into hot sterilized glasses. Cover with 1/8-inch melted paraffin. Yield: 4 five-ounce glasses.

STRAWBERRY PRESERVES
2 quarts strawberries, stemmed 7 cups sugar

Berries with hollow cores should not be used. Combine strawberries and sugar; let stand 3 to 4 hours. Bring slowly to boiling, stirring occasionally, until sugar dissolves. Then cook rapidly until berries are clear and syrup thick, about 12 minutes. Pour into a shallow pan. Let stand, uncovered, 12 to 24 hours in cool place. Shake pan occasionally to distribute berries through syrup. Pack into hot jars, leaving 1/4-inch head space. Process half-pints and pints in hot-water bath 20 minutes at simmering temperature. For Alternate Method: After strawberries have been in syrup overnight, bring to boil, pack into sterilized jars and seal. Yield: 4 half-pints.

WATERMELON RIND PRESERVES
4 pounds rind (11 cups) 4 lemons, sliced
9 cups sugar 4 teaspoons stick cinnamon
8 cups water 4 teaspoons whole cloves

Select melons with thick rinds. Peel off all green portion using only white part of the rind; dice or cut into 2-inch strips. Soak in mild salt water overnight (1/2 cup salt to 1 gallon water). Drain and cook rind in clear water about 30 minutes or until tender. Drain well. Make syrup of sugar, water, lemons, and spices (tied in cheesecloth bag). Boil syrup and spices 5 minutes; add rind. Cook until transparent. If desired, a few minutes before removing from heat, add enough green or red food coloring to tint preserves. Remove spice bag; pour into sterilized jars and seal. Process 10 minutes. Yield: 12 half-pints.
COOKING WITH ENTERGY

WILD CHERRY JELLY

5 cups wild cherries  
1 1/2 cups water  
1 box powdered pectin  
3 cups sugar

Cook cherries in water 10 minutes. Strain through jelly bag. To 2 1/2 cups juice, add pectin. Stir over high heat until mixture boils hard. At once, stir in sugar. Bring to full rolling boil and boil 1 minute, stirring constantly. Pour immediately into hot sterilized jars and seal. Yield: 5 eight-ounce glasses.

WINE JELLY

2 cups wine  
(sherry, claret, Burgundy, sauterne, etc.)  
3 cups sugar  
1/2 bottle liquid pectin

Combine wine and sugar and mix well. Cook over low heat until sugar dissolves (do not boil). Remove from heat and immediately stir in pectin. Pour quickly into glasses. Add paraffin immediately. Yield: 5 eight-ounce glasses.

TEST FOR JELLYING POINT

Dip a cool metal spoon into the boiling jelly mixture. When two drops form together and sheet off the spoon, the jelly should be done. The temperature test, using a jelly, candy or deep-fat thermometer will be 220°F to 222°F.

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