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>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Roast, bone-in</td>
<td></td>
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<tr>
<td>Loin, Boston Shoulder,</td>
<td></td>
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<tr>
<td>Picnic Shoulder, Leg</td>
<td>2 - 3</td>
</tr>
<tr>
<td>Pork Roast, without bone</td>
<td></td>
</tr>
<tr>
<td>Loin, Leg, Rolled Shoulder</td>
<td>3 - 4</td>
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<tr>
<td>and Tenderloin</td>
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<tr>
<td>Spareribs</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>

TIMETABLE FOR ROASTING PORK
IN A 325°F OVEN

<table>
<thead>
<tr>
<th>Fresh Pork</th>
<th>Pounds</th>
<th>Hours to Cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston Shoulder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>4 - 6</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Picnic Shoulder</td>
<td>5 - 8</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Loin</td>
<td>3 - 5</td>
<td>2 1/2 - 3</td>
</tr>
<tr>
<td>Loin, half</td>
<td>5 - 7</td>
<td>3 1/2 - 4 1/2</td>
</tr>
<tr>
<td>Leg, fresh ham</td>
<td>10 - 16</td>
<td>4 1/2 - 6</td>
</tr>
<tr>
<td>Leg, half fresh ham</td>
<td>5 - 7</td>
<td>3 1/2 - 4 1/2</td>
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<tr>
<td>Spareribs</td>
<td>3</td>
<td>1 1/2</td>
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<tr>
<td>Pork Chops</td>
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<td>45 minutes</td>
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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.

CRAWFISH ETOUFEE

1 pound peeled crawfish  1 cup chopped onions
1 cup chopped celery  1/2 bell pepper, minced
1/2 cup chopped green onions  1/4 cup chopped parsley
1/2 cup unsifted plain flour  1/3 cup cracker crumbs
1 1/2 cups milk  2 tablespoons melted butter
1 pound prepared shrimp (see instructions on page 128) 1 tablespoon melted butter
2 tablespoons minced parsley

In a 2 1/2-3 quart casserole melt butter. Stir in onions, celery and bell pepper. Sauté on high 10 minutes. Add green onions and parsley. Sauté 5 minutes. Add crawfish, flour, dash of paprika and seasonings. Cover, cook 10 minutes. To Serve: Place a mound of rice in center of plate and pour etouffee around.

CRAB MEAT AU GRATIN

1/3 cup butter  1 cup onion, chopped fine
1/2 cup celery, chopped fine  3 tablespoons flour
2 rolls (6 ounces each) Kraft garlic cheese  1 can (4 ounces) mushrooms, drained
1 teaspoon salt  1/2 teaspoon cayenne
1/4 teaspoon Tabasco  1 pound claw crab meat, thawed and drained
Buttered or seasoned bread crumbs  Slivered almonds Paprika

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.

CRAB OR SHRIMP NOODLE CASSEROLE

1 package (8 ounces) fine egg noodles  3 tablespoons butter
1 clove garlic, minced  1/2 cup finely chopped green onions
1/2 teaspoon salt Cayenne pepper to taste
1/4 cup unsifted plain flour  1 1/2 cups milk
1 pound crab meat, drained  1 1/2 cups cracker crumbs
or 1 pound prepared shrimp (see instructions on page 128) 2 tablespoons melted butter
2 tablespoons minced parsley

Approximate total microwave time 31 to 36 minutes. Microwave noodles according to your microwave instruction, except cook 10 minutes. In 3-quart casserole place butter, garlic, onion, salt and pepper. Microwave at High 2 to 3 minutes, stirring after 1 minute, until onion is softened. Stir in flour until smooth. Gradually stir in milk. Microwave at High 4 to 6 minutes, stirring every 2 minutes, until smooth and thickened. Gently stir crab meat or prepared shrimp and noodles into sauce. Cover. Microwave at High 15 to 17 minutes, stirring after 8 minutes until hot. In small bowl, mix together crumbs, parsley and butter. Sprinkle over casserole before serving. Yield: 6 to 8 servings.
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.

MOIST CHOCOLATE CAKE IN MICROWAVE OVEN

1/4 cup (1/2 stick) butter
1/2 cup flour
1/2 cup sugar
2 eggs
1 cup chocolate syrup
1/2 teaspoon baking powder
1/2 cup 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 1/2 cup Parmesan cheese
2 tablespoons flour 2/3 cup fish stock, oyster
1/3 cup drained 1 egg yolk
mushrooms, 1/4 teaspoon salt
finely chopped
1/3 cup dry white wine 2 dozen raw oysters, drained
1/4 teaspoon white pepper
2 tablespoons flour 24 oyster shells
6 soup plates filled with 1/2 cup seasoned bread
rock salt or 6 plates with crumbs
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 1/4 cup green onion tops, chopped fine
1 can (4 ounces) sliced mushrooms 1 teaspoon dry mustard
1/4 teaspoon cayenne pepper 3/4 cup flour
2 cups warm milk 1/2 cup dry sherry
1/2 teaspoon salt 2 egg yolks, beaten
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.

FILLETS 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
cup green onion tops, sauce
1/2 cup chopped celery 2 teaspoon lemon juice
1/2 cup chopped green onions 1/2 teaspoon salt
1/2 cup chopped parsley 1/4 teaspoon cayenne
1 lemon, sliced thin
1 whole clove garlic, chopped
5 cans water
tomato paste
1/2 teaspoon pepper
4 pounds redfish
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
depens 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

Fat 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 enclose 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

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 filé. 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
1/4 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
1/4 cup green onion, chopped Juice of 1 lemon
1/8 teaspoon cayenne 1/4 teaspoon pepper
1/8 teaspoon Worcestershire sauce 1/8 teaspoon Tabasco
1/4 cup water 2/3 cup bread crumbs

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
2 tablespoons tomato paste 1/4 teaspoon salt
1 can (1 pound) tomatoes 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) 2 tablespoons minced green pepper
1 1/2 teaspoons salt 1 clove garlic, chopped
1/4 teaspoon pepper 1 tablespoon chopped parsley
1/2 cup flour 2 tablespoons shortening
2 tablespoons shortening 2 cans (8 ounces each) tomato sauce
1 medium onion, minced 1/4 teaspoon pepper
1 stalk celery, minced 1/2 cup flour
Salt and pepper 2 tablespoons catsup

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 1 tablespoon vinegar
2 1/2 to 3-pound chicken, cut 1 1/4 cups water
2 tablespoons Worcestershire sauce 1 tablespoon sugar
1 tablespoon bottled thick meat sauce 1/4 cup catsup

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 1/2 cups water
1 teaspoon salt 1 onion, sliced
1/4 teaspoon pepper 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 Salt and pepper
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.
Notes: