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.

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.

TIMETABLE FOR BRAISING

<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>
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<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>
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TIMETABLE FOR COOKING MEAT IN LIQUID

<table>
<thead>
<tr>
<th>Cut</th>
<th>Approx. Weight</th>
<th>Cooking Time</th>
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</thead>
<tbody>
<tr>
<td>BEEF:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corned Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brisket</td>
<td>3 lbs.</td>
<td>3 - 3 3/4 hours</td>
</tr>
<tr>
<td>Beef Shanks</td>
<td>4 lbs</td>
<td>3 - 4 hours</td>
</tr>
<tr>
<td>Stew Meat</td>
<td>1 - 2” pieces</td>
<td>2 1/2 - 3 hours</td>
</tr>
<tr>
<td>VEAL:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stew Meat</td>
<td>1 - 2” pieces</td>
<td>1 1/2 - 2 hours</td>
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</tbody>
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TIMETABLE FOR ROASTING MEATS IN 325°F OVEN

<table>
<thead>
<tr>
<th>Cut</th>
<th>Approx. Wt. In Pounds</th>
<th>Internal Temp.</th>
<th>Cooking Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing Ribs</td>
<td>6</td>
<td>140°F - R</td>
<td>2 1/2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>170°F - W</td>
<td>3 1/2</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>
</tr>
<tr>
<td></td>
<td></td>
<td>170°F - W</td>
<td>3</td>
</tr>
<tr>
<td>Rolled Rump</td>
<td>5</td>
<td>140°F - R</td>
<td>2 1/4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>170°F - W</td>
<td>3 1/4</td>
</tr>
<tr>
<td>Sirloin Tip</td>
<td>3</td>
<td>140°F - R</td>
<td>1 1/2</td>
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<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>170°F - W</td>
<td>2 1/4</td>
</tr>
<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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<tr>
<td></td>
<td></td>
<td>160°F - M</td>
<td>1 3/4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>170°F - W</td>
<td>2</td>
</tr>
<tr>
<td>Tenderloin (425°F)</td>
<td>4-6</td>
<td>140°F - R</td>
<td>45-60 min.</td>
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VEAL:

<table>
<thead>
<tr>
<th>Cut</th>
<th>Approx. Wt.</th>
<th>Internal Temp.</th>
<th>Cooking Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg</td>
<td>5</td>
<td>170°F - M</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Loin</td>
<td>5</td>
<td>170°F - M</td>
<td>3</td>
</tr>
<tr>
<td>Shoulder</td>
<td>6</td>
<td>170°F - M</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Cushion Shoulder</td>
<td>3</td>
<td>170°F - M</td>
<td>3</td>
</tr>
</tbody>
</table>
| LAMB:
| Leg              | 6-7         | 180°F - W      | 3 3/4                |
| Cushion shoulder | 5           | 180°F - W      | 3                    |
| Rolled shoulder  | 3           | 180°F - W      | 2 3/4                |
| Crown Roast      | 5           | 180°F - W      | 3 3/4                |
| R = Rare         | M = Medium  | W = Well Done  |                      |
**STUFFED ARTICHOKES**

- 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

**Ingredients:**
- 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

**Ingredients:**
- 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
- 1 1/2 tablespoons vinegar
- 2 tablespoons horseradish

**Ingredients:**

**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 MOULD 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

**Ingredients:**
- 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.

**SMOTHERED CABBAGE**

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

**Ingredients:**
- 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.
COOKING WITH ENTERGY

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

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
1 1/2 cups grated cheese

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.

CELERI AND ALMONDS AU GRATIN

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

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 cups fresh grated corn

1 1/4 teaspoons salt
Pepper
2 egg yolks, beaten
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 teaspoon salt
1/2 cup water 1/4 cup (1/2 stick) butter
2 tablespoons sugar 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 1 cup strained canned tomatoes
2 cups cut corn Salt
1/4 cup chopped onion Pepper
1/4 cup minced green 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 1/4 cup chopped pimiento
1/2 cup chopped green pepper 1/4 cup flour
1/2 cup chopped onion 2 cups milk
4 cups cut corn 1 cup grated American cheese
1/4 cup chopped ripe olives 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 green onions, minced
2 strips crisp bacon and drippings 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 2 cups cut corn
or bacon 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 1/2 cup sliced green onions and tops
4 cups cut corn

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

1 cup canned tomatoes, drained
1 teaspoon salt
1/8 teaspoon pepper
1 cup bread crumbs


EGGPLANT PARMESAN

2 tablespoons tomato catsup
1 can (1 pound 4 ounces) tomatoes
1 tablespoon minced onion
1 clove garlic, minced
1/4 teaspoon pepper
3/4 teaspoon salt
1 large eggplant, peeled

1/2 cup cooking oil
2 cups bread crumbs
1/2 cup Parmesan cheese
1 tablespoon chopped parsley
1/2 pound Mozzarella cheese, thinly sliced

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 Mozzarella cheese. Bake in 350° F. oven for 30 minutes. Yield: 6 servings.

EGGPLANT FRITTERS

1 eggplant
1/2 cup flour
2 eggs
1/2 cup milk
1 teaspoon baking powder
1 teaspoon salt
1 cup bread crumbs

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 can (16 ounces) whole tomatoes
1 teaspoon salt
1/8 teaspoon pepper

1 cup rice
1 teaspoon salt

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.

EGGPLANT WITH CREOLE SAUCE

1 medium eggplant
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 can (16 ounces) tomatoes
1 bay leaf
1 sprig thyme
1 teaspoon salt
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.
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 cups tomatoes
2 onions, minced 1/2 cup ham pieces
1 tablespoon shortening 2 cloves garlic, minced
Salt and pepper

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 Dash black pepper
1 cup soft bread crumbs 1 egg, well beaten
1 large onion, finely chopped 1 teaspoon chopped parsley
1 clove garlic, minced 1 sprig thyme
3 tablespoons butter 1/2 cup buttered bread crumbs
1/2 teaspoon salt

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 2 pounds fresh green beans, cut in pieces
1 onion, chopped 1 1/2 cups water
1 clove garlic, minced Salt and pepper

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 (4 ounces) mushrooms and liquid
1 can (16 ounces) bean sprouts, drained 1 can (10 1/2 ounces) cream of mushroom soup
1 teaspoon salt 1 can French fried onions
1/4 teaspoon pepper


GREEN BEAN-ARTICHOKE CASSEROLE

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

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: 6 servings.

GREEN BEANS AMANDINE

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

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 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 tablespoon chopped onion
- 1/3 cup chopped green 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

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.

PAN-FRIED MIRLITON

- 1/4 cup grated Swiss cheese
- 1/4 cup (1/2 stick) butter
- 1 1/4 teaspoons salt
- 1/8 teaspoon cayenne
- 1/2 teaspoon Worcestershire sauce

Peel and cube mirliton; sauté with onion in sizzling butter over low heat until tender, about 20 minutes. Do not add water. Season with salt and pepper. Yield: 4 servings.

STUFFED MIRLITONS

- 1/2 cup soft bread crumbs
- 1 egg, well beaten
- 1 teaspoon chopped parsley
- 1 teaspoon chopped thyme
- 1/2 cup buttered bread crumbs

Simmer mirlitons in salted water until tender. Cut in half; remove seeds and carefully spoon out pulp. Chop pulp and add bread crumbs. Sauté onions, 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 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 Meat: Add 1/2 pound ground meat, drain excess drippings.

CREOLE OKRA

- 2 pounds okra, sliced
- 1 green pepper, chopped
- 1 onion, chopped
- 1 banana pepper, chopped
- 1 carrot, grated
- 1 cup sour cream
- 1/2 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.
COOKING WITH ENTERGY

OKRA AND TOMATOES

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

SCALLOPED ONIONS

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


FRENCH FRIED ONIONS

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

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.

Puffy 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.

STUFFED ONIONS

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

Variation: Use baked beans as stuffing for onions.

ONION PIE

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

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 30 minutes or until a silver knife inserted into side of filling comes out clean. Yield: 8 servings.
FRESH GREEN PEAS
2 pounds (2 1/4 cups) green peas 2 tablespoons butter
1 cup water 1/4 teaspoon salt
3 green onions, sliced
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 teaspoon salt
3 tablespoons butter 1/4 teaspoon pepper
1 large onion, minced 1 cup bread cubes or cooked rice
1 clove garlic, minced 1/2 cup fine buttered bread crumbs
1 pound ground beef 1 teaspoon Worcestershire sauce
3 fresh or 1 cup canned tomatoes
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 | 1/4 pound sharp Cheddar cheese, grated
2 tablespoons flour | 1 1/2 pounds boiled potatoes, sliced
1/2 teaspoon salt | 1 1/2 cups milk
1 1/2 cups milk | 1/4 cup bread crumbs

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. Four 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: 4 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 | 1/4 cup (1/2 stick) butter
1 cup warm milk | 1 1/2 teaspoons salt
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 | 1 tablespoon chopped parsley
2 tablespoons shortening | Salt and pepper
1 tablespoon butter | 
1 teaspoon vinegar | 

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 | 1/8 teaspoon thyme
1/2 clove garlic, cut in half | 1/2 teaspoon lemon juice
1/8 teaspoon rosemary | 1/8 teaspoon dry mustard
1/8 teaspoon tarragon | 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 PANCACKES**

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

2 tablespoons flour  
1 1/2 teaspoons salt  
Dash pepper  
2 eggs, beaten  
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.

**SCALLOPED POTATOES**

4 potatoes  
3 tablespoons butter  
2 cups milk

4 1/2 teaspoons flour  
1 1/2 teaspoons salt  
1/8 teaspoon pepper

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.

**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.

**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.
**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.

*Sugar:* Combine 3/4 cup brown sugar, 1/2 cup water, 1/2 teaspoon salt, 1/4 stick butter and 1/8 teaspoon cinnamon. Pour over sliced potatoes. Bake, uncovered, in 350°F oven for 30 minutes. Baste occasionally. Turn once.


*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, firmly packed | 1/4 cup pecan halves
1/4 teaspoon salt | 2 cans (1 pound 7 ounces) sweet potatoes, drained
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°C 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
cinnamon, cloves and nutmeg
2 eggs, well beaten
3 cups grated raw potatoes
1/2 cup grated coconut, 1/2 cup crushed pineapple
2/3 cup evaporated milk
Grated peel of 1 lemon
1/2 teaspoon salt
Grated peel of 1/2 orange

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°C oven for 50 to 60 minutes. Yield: 6 servings.

SWEET POTATO SOUFFLÉ

1/4 cup sugar 2 eggs, separated
1/2 teaspoon salt 1/2 cup raisins
1 cup scalded milk 1/2 cup chopped pecans
2 tablespoons butter 1 teaspoon nutmeg
2 cups mashed potatoes Marshmallows


PUMPKIN

Baked: Wash and cut pumpkin in half. Rub cut surface with shortening. Place cut side down on baking sheet. Bake in 400°C 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 1/2 cup olive oil
2 zucchini 3 medium tomatoes, coarsely chopped
2 cloves garlic, minced 2 medium onions, thinly sliced
2 medium green peppers, cut in thin strips

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 cured, 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.

SPINACH CASSEROLE

2 packages (10 ounces each) frozen chopped spinach
1/2 cup (1/2 stick) butter
2 tablespoons flour
2 tablespoons chopped onion
1/2 cup evaporated milk
1/2 cup spinach liquid
1/4 cup bread crumbs
1/2 teaspoon pepper
3/4 teaspoon garlic salt
3/4 teaspoon celery salt
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 roll (6 ounces) Jalapeno cheese, cut in pieces

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.

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.

SQUASH CASSEROLE

2 cups cooked yellow squash
1 small onion, chopped
2 teaspoons sugar
2 eggs, well beaten
1 can (10 1/2 ounces) condensed mushroom soup
1 cup seasoned bread crumbs
1 cup grated mild cheese
1 teaspoon salt
1/4 teaspoon pepper
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.

SCALLOPED SQUASH

8 medium summer squash
1 large onion, sliced
1 egg, slightly beaten
1/4 teaspoon pepper
Dash red pepper
1/2 cup milk
2 tablespoons butter
1 teaspoon salt
1 cup fresh bread crumbs
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 eggs, 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

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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

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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 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 Meat: Add 1/2 pound ground meat, drain excess drippings.

YELLOW SQUASH MOLD

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<tr>
<td>Salt</td>
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<td>Pepper</td>
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<td>3 tablespoons melted butter</td>
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Soak crumbs in milk; add remaining ingredients. Pour into a greased 1 1/2-quart mold; set in pan and add hot water, about 1-inch deep. Bake in 350° F. oven until firm, about 1 1/2 hour. Yield: 6 servings.

SUCCOTASH

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<th>Ingredient</th>
<th>Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>ears corn</td>
<td>1/2 onion, minced</td>
</tr>
<tr>
<td>2 cups</td>
<td>cooked lima beans</td>
<td>1 tablespoon butter</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>liquid</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/8</td>
<td>teaspoon pepper</td>
<td></td>
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</tbody>
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Cut corn from cob and scrape to remove liquid. Drain beans and combine liquid with corn and onion. Cook over low heat until tender, about 5 to 7 minutes. Add beans, butter, salt and pepper; cook 5 minutes. Yield: 4 servings.

BAKED TOMATOES

Place tomato halves in a greased shallow baking dish; brush with melted butter. Sprinkle with salt and pepper. Top with buttered cracker crumbs. Bake in 375° F. oven for 20 minutes or until tender. For green tomatoes, cover bottom of baking dish with hot water and cook 45 minutes or until tender.

FRIED GREEN TOMATOES

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Variation</th>
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<tbody>
<tr>
<td>4</td>
<td>large green tomatoes</td>
<td>1/2 teaspoon sugar</td>
</tr>
<tr>
<td>1/2</td>
<td>teaspoon salt</td>
<td>1/2 cup cornmeal</td>
</tr>
<tr>
<td>1/8</td>
<td>teaspoon pepper</td>
<td>1/2 cup oil</td>
</tr>
</tbody>
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Slice tomatoes crosswise in 1/4-inch slices. Sprinkle with salt, pepper and sugar. Coat with cornmeal. Fry slices, a few at a time, in a small amount of oil until brown on both sides, about 10 minutes. Yield: 4 servings.

Ripe tomatoes: Cut ripe tomatoes in 1/2-inch thick slices. Combine 1/2 cup dry bread crumbs or flour, 1/2 teaspoon salt and 1/8 teaspoon pepper; coat slices with crumb mixture. Fry as above.
GREEN TOMATO PIE

8 medium-size green tomatoes, sliced 1 recipe plain pastry
2 tablespoons lemon juice 1/2 teaspoon salt
1 teaspoon grated lemon peel 3/4 cup sugar
2 tablespoons cornstarch

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 1 tablespoon minced parsley
6 tablespoons grated Parmesan cheese 3 tablespoons bread crumbs
Salt and pepper


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 1/8 teaspoon pepper
1 small onion, minced 1/2 teaspoon sugar, if desired
2 tablespoons minced green pepper 2 cups soft bread crumbs
1 teaspoon salt 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 1/4 cup seasoned bread crumbs
1 1/2 teaspoons oil 1/4 pound ham seasoning Salt and pepper
6 peeled tomatoes, diced 1 sprig parsley, minced
1/2 teaspoon sugar 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 (1 stick) butter
1/2 cup chopped green onions 3 cups French bread cubes Salt and Pepper
2 cloves garlic, minced 1/3 cup bread crumbs
1/2 pound finely chopped ham, shrimp or crab meat 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 1/2 teaspoon sugar
1 large onion, chopped 1 can (16 to 17 ounces) tomatoes
2 stalks celery, chopped 1 bay leaf
1 clove garlic, minced 1 sprig thyme
3 tablespoons butter 1 teaspoon salt
1 teaspoon chili powder 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 1/4 cup cooking oil
3 stalks celery, chopped 1 can (1 pound 13 ounces) tomatoes
1 small green pepper, chopped 1 small bay leaf
1 clove garlic, minced 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 2 tablespoons olive oil
1/2 pound ground beef 1 can (10 3/4 ounces) condensed tomato soup
1/2 cup chopped onion 1 clove garlic, minced
1 can (16 to 17 ounces) tomatoes 3/4 cup grated Parmesan cheese
1/2 cup minced green pepper 1/2 cup seasoned bread crumbs
2 teaspoons oregano

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.