Stuffed Chicken Cutlets

1. Chicken cutlets
2. Mozzarella
3. Ham
4. Salt, Pepper
5. Eggs
6. Breadcrumbs
7. Parsley flakes
8. Boullon cubes
9. Cooking wine

Dice M + H – add a handful to each cutlet; sprinkle w/ pepper. Roll cutlet + secure ends w/ toothpick. Dip cutlet in egg (seasoned w/ S+P); then roll in breadcrumbs (mixed w/ parsley flakes).
Fry cutlets until lightly browned on each side in hot oil. Remove from pan + line cutlets in another pan. Dissolve boullon cube in a cup of water. Pour over cutlets + add 1/4 cups of white cooking wine. Before serving let simmer over low flame for about 5 to 10 minutes or until hot.

Macroni Pie

Bretts

1 lb. of Linguine
4 eggs to 1 pound
butter 1/2 STICK
Salt, pepper & cheese to taste

Cook macroni. After draining put back in pot with chunks of butter to melt in it. Beat eggs add to macroni, then add salt, pepper & cheese to taste. Butter pan and bake in moderate oven (350 degrees) for about 1 hour.

BRETTS

Corn Fritters

1 cup of sifted flour
1½ teaspoons of baking powder
1 teaspoon of salt
1 egg
1 can of creamed corn

Mix together and fry in hot oil by tablespoon full until lightly browned.

Aspargus Puffs

1 regular size can of aspargus
In bowl put 4 eggs, salt, pepper, cheese, garli
powder, 6 tablespoons of Bisquick Flour. Put
cut up aspargus, drain the water out of the can
If batter is to much liquid add more flour.
When oil is hot, drop tablespoon full in batter
Let fry until lightly browned.

~~Fried~~-Squash

3 zucchini
½ cup oil

2 tbs. chopped parsley
2 ozs. grated cheese
Salt & pepper to taste

Select 3 firm zucchini. Wash & scrape lightly. Cut crosswise into ½" slices. Fry in hot oil for about 3 minutes or until slightly brown and soft. Sprinkle with salt & pepper. When done, place on hot platter. Sprinkle each slice with chopped parsley and grated cheese.

Driscoll's®

Dipped Strawberries

8 ounces white or milk chocolate,
cut into small pieces

½ cup finely chopped almonds, optional

Driscoll's stemmed or regular strawberries

In a double boiler over hot water at 130°F, melt chocolate to temperature of 90° to 95°F. Dip strawberries into melted chocolate, then almonds, if desired. Place on waxed paper-lined baking sheet to allow coating to harden. For quicker setting, place tray of dipped strawberries in refrigerator. Makes 20 to 24 dipped strawberries.

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STRAWBERRY

1/2 Cup semi sweet chocolate bits for 1 quart strawberries 1-1/2 teaspoons light corn syrup 1 1/2 teaspoons milk - 1 tbs of margarine all ingredients in double broiler when all melted then dip.

T. F.

201-428 0570

INGREDIENTS:

STAWBERRIES
BLUEBERRIES
PINEAPPLE
2 BOTTLES OF WHITE WINE
1 CUP TRIPLE SEC
½ CUP BERRY FLAVORED VODKA
½ CUP LEMON JUICE
½ CUP SIMPLE SYRUP

Red, White & Booze Sangria

DIRECTIONS:

- COMBINE ALL INGREDIENTS IN A LARGE PITCHER - STIR, CHILL & SERVE!

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EASY GARDEN VEGETABLE PIE

2 cups chopped fresh broccoli or sliced fresh cauliflowerets*
½ cup chopped onion
½ cup chopped green pepper
1 cup shredded Cheddar cheese (about 4 ounces)
1½ cups milk
¾ cup Bisquick® baking mix
3 eggs
1 teaspoon salt
¼ teaspoon pepper

Heat oven to 400°. Lightly grease pie plate, 10x1½ inches. Heat 1 inch salted water (½ teaspoon salt to 1 cup water) to boiling. Add broccoli. Cover and heat to boiling. Cook until almost tender, about 5 minutes; drain thoroughly. Mix broccoli, onion, green pepper and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 35 to 40 minutes. Let stand 5 minutes before cutting. Garnish as desired. Refrigerate any remaining pie. 6 servings.

*1 package (10 ounces) frozen chopped broccoli or cauliflower, thawed and drained, can be substituted for the fresh broccoli or cauliflower. Do not cook.

High Altitude Directions (3500 to 6500 feet): Cook fresh broccoli or cauliflower about 7 minutes.

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HOT SAUSAGE AND MOZZARELLA ROLL

Sort of like a pinwheel pizza, this hearty meat-and-cheese-filled main dish bread can be partially baked early in the day and reheated just before serving.

Bake at 375° for 30 minutes.
Makes 8 servings at 68¢ each.

2 pieces (1 pound each) pizza or bread dough, thawed

1½ pounds hot Italian sausage, casings removed
1 large onion, chopped (1 cup)
1 package (8 ounces) mozzarella cheese, shredded
¼ cup freshly grated Parmesan cheese
¼ cup chopped fresh parsley
1 egg yolk beaten with 2 tablespoons water
2 tablespoons sesame seeds (optional)

1. Thaw dough in refrigerator overnight or at room temperature for about 1 hour, just until soft enough to yield to pressure of a fingerprint.
2. Meanwhile, prepare filling: Place sausage and onion in a large skillet; cook 10 minutes, stirring often, breaking meat up with the side of a spoon. Transfer sausage and onion to a plate with a slotted spoon; refrigerate.
3. Pat out 1 piece of dough to flatten on a lightly floured surface. Roll dough into a 14x9-inch rectangle; sprinkle with half the cooled sausage, cheeses and parsley. Roll up dough starting with 1 long side, enclosing filling like a jelly roll.
4. Transfer roll, seam-side down, to a lightly greased cookie sheet and tuck ends under. Brush with egg mixture. Repeat with remaining dough and filling; place second roll several inches from first on same cookie sheet. Brush with egg mixture; sprinkle with sesame seeds, if you wish.
5. Bake in a moderate oven (375°) for 30 minutes or until crust is golden brown.
6. Remove loaves to a serving platter and cut into 1½-inch slices to serve.

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AN OFFBEAT ITALIAN DINNER

($2.95 per person with 8 oz. jug wine)

*Clam-Stuffed Mushrooms**
*Hot Sausage and Mozzarella Roll**
*Straw & Hay Casserole** *Green Salad*
*Chocolate Zabaglione Mousse**
**Recipe given*

CLAM-STUFFED MUSHROOMS

Here's a delicious way to serve the fabulous garlic butter that usually accompanies snails.

Bake at 450° for 10 minutes.
Makes 8 servings at 97¢ each.

- 1 cup (2 sticks) unsalted butter, slightly softened
- 2 teaspoons minced garlic
- 2 tablespoons minced shallots or green onion
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup packaged bread crumbs
- 32 large fresh mushrooms
- 32 fresh shucked Little Neck clams, shells discarded
  OR: 2 cans (6½ ounces each) minced clams, drained
- 1 lemon, halved and sliced

1. Blend ¾ cup of the butter with the garlic, shallots, parsley, salt and pepper in a small bowl.
2. Melt remaining butter in a large skillet; add bread crumbs and toss in butter to coat; remove from heat.
3. Remove stems from mushrooms and reserve for a soup or salad at another meal. Arrange mushroom caps, cavities up, on buttered, ovenproof serving dishes. Place 1 fresh clam or some of the minced clams in each mushroom cavity and top with 1 teaspoon each of the garlic-butter and bread crumbs. Cover and refrigerate until final baking. Recipe can be prepared ahead to this point.
4. Bake in a hot oven (450°) for 10 minutes until crumbs are lightly browned. Serve hot with lemon slices, plenty of napkins and, if you wish, slices of Italian bread for all the buttery juices.

CHOCOLATE ZABAGLIONE MOUSSE

A little gelatin transforms this classic drinkable Italian dessert into a luscious make-ahead mousse.

Makes 8 servings at 53¢ each.

- ⅓ cup plus 1 tablespoon sugar
- ¾ cup sweet marsala wine
- 1½ teaspoons unflavored gelatin
- 4 large egg yolks
- 3 squares semisweet chocolate, melted
- 1 teaspoon vanilla
- 2 egg whites
- Pinch salt
- ⅛ teaspoon cream of tartar
- 1½ cups heavy cream, whipped
- 2 squares semisweet chocolate, coarsely chopped

1. Combine the ⅓ cup sugar, marsala, gelatin and egg yolks in a medium-size saucepan. Beat over low heat 2 to 3 minutes until mixture is foamy and hot and gelatin is dissolved. *Do not boil, or yolks will curdle.*
2. Remove from heat and continue beating 2 minutes to cool.
3. Stir in melted chocolate and vanilla. Set saucepan in bowl of water and ice to speed cooling.
4. Meanwhile, beat egg whites with the remaining tablespoon sugar, the salt and cream of tartar in a small bowl until soft peaks form.
5. Fold whites and all but 1 cup of the whipped cream into the chocolate mixture. Refrigerate remaining cream until later for garnish. Spoon mousse into 8 demitasse or teacups or small wine glasses. Cover and chill 2 hours.

To page 117

6. Just before serving, garnish each serving with the reserved whipped cream and the chopped chocolate.

Note: Dessert is best prepared up to, but no more than, 8 hours in advance.

STRAW AND HAY CASSEROLE

This do-ahead pasta dish is based on the classic Italian Paglia e Fieno.

Bake at 375° for 30 minutes.
Makes 12 servings at 70¢ each.

- 1 pound sweet Italian sausage or ground round
- 5 medium-size onions, chopped (2½ cups)
- ½ pound fresh mushrooms, thinly sliced
- 2 packages (10 ounces each) frozen chopped spinach, thawed and drained
- 1 package (12 ounces) fettucine noodles
- 1 package (8 ounces) spinach noodles
- ½ cup (1 stick) butter or margarine
- ½ cup flour
- 3 cups milk
- 2 cups water
- 3 chicken-flavored bouillon cubes
- 1 cup dry white wine
- 2 cups shredded sharp Cheddar cheese (8 ounces)
- 1 cup freshly grated Parmesan cheese
- ¼ teaspoon ground nutmeg
- ¼ teaspoon pepper

1. Remove sausage casings; crumble sausage into large skillet. Cook, breaking up with a spoon, 5 minutes. If beef is used, melt 1 tablespoon of butter in skillet before adding meat.
2. Add 2 cups of the onion to skillet; sauté 5 minutes or until onion is tender and meat loses its pink color. Add mushrooms and spinach and cook 5 minutes longer, stirring often, until mushrooms are lightly browned.
3. Heat a kettle or Dutch oven filled with salted water to boiling. Add fettucine noodles to pot first and cook 2 minutes. Add spinach noodles and cook 3 minutes longer. Drain noodles and rinse with cold water until cold; spoon into large bowl; reserve.

Note: Casserole can be assembled ahead of time, covered and refrigerated until the final baking. Increase baking time for a cold casserole to 50 to 60 minutes. ■

4. Rinse out kettle; dry. Add butter; melt. Stir in remaining onion; sauté 2 minutes. Sprinkle with flour and stir 1 minute. Stir in milk, water, bouillon cubes and wine and bring to boiling; lower heat. Cook, stirring constantly, until sauce is thickened and bubbly, about 5 minutes; turn off heat. Combine cheeses in a small bowl; stir in nutmeg, pepper and 1 cup of the cheese mixture.
5. Stir 1 cup of the sauce into the sausage or meat mixture.
6. Butter an 11x15x2-inch baking dish. Spoon a thin layer of sauce in bottom. Top with half the noodles. Spoon over sausage or meat mixture. Top with ⅓ of remaining sauce and sprinkle with 1 cup of cheese mixture. Finish with remaining noodles, sauce and cheese; cover with foil.
7. Bake in a moderate oven (375°) on center shelf for 30 minutes or until bubbly-hot. Turn on broiler and place baking dish 6 inches from heat to brown top lightly.

Stuffed Filet of Sole

Place Filet in pot with cold water and a little salt for a few minutes. Wash slices of filet and let drain. In dish mix breadcrumbs, salt, pepper, grating cheese, garlic powder, oregano and wet mixture with oilve oil. Place some of the mixture on each slice of filet and then roll slices up. Heat oil in frying pan and plac rolled filet in pan - sprinkle filet with parsley flakes. Cover pan and let steam for about 10 minutes. You can also add a little tomato sauce over it if you like.

Celery Sticks

One bunch of celery, cut into six-inch lengths and trim it. Boil in water until it is tender- just test it with a fork- and after it's done, let drain and cool in a colander. Meanwhile, beat eggs and put them in a shallow plate, & put two cups of seasoned breadcrumbs in another dish. Roll the celery sticks first in the egg, then in the breadcrumbs. Put them on an oiled pan and let bake for 30 minutes in a 350 degree oven.

Scaloppine alla francese
(Batter-fried scaloppine)

12 veal scaloppine, about 1¾ pounds
Salt and freshly ground pepper
2 eggs
¼ cup water
Flour for dredging
6 tablespoons butter
3 tablespoons peanut, vegetable or corn oil
Juice of half a lemon
4 lemon slices for garnish
1 tablespoon finely chopped parsley.

1. Place each scaloppine between sheets of clear plastic wrap and pound lightly with a flat mallet or the bottom of a clean skillet. Sprinkle the pieces with salt and pepper to taste.

2. Beat together the eggs, salt and pepper to taste in a flat dish. Beat in the water.

3. Put the flour in another flat dish.

4. Heat half of the butter and the oil in a large skillet. The butter and oil must be quite hot, but not brown.

5. Dip the veal pieces first in flour and then in the egg mixture, one piece at a time.

6. Hold the egg dish over the skillet and add the veal pieces one at a time. The number of pieces to be cooked at once will depend on the size of the skillet. You may cook up to four slices at a time. Cook until golden brown — about one minute — on one side and turn. As the pieces are cooked, remove them to a warm platter, arranging them symmetrically, edges overlapping. Continue until all the pieces are cooked. If the pieces stick to the bottom of the skillet, it will be necessary to clean the skillet before cooking a second or third batch. If you start with a clean skillet, you will need to add and heat more butter and oil.

7. When all of the pieces are cooked and arranged on the platter, sprinkle them with the lemon juice.

8. Heat the remaining three tablespoons of butter in a clean skillet, swirling it around. When it is foaming and starts to turn hazelnut brown, pour it over the veal. Garnish the veal with lemon slices. Serve sprinkled with chopped parsley.

Yield: Four servings.

Deputy Assistant Secretary of State for Human Rights.

□

I.P.S. has also played a role in the Congressional effort to restrict the operations of American intelligence agencies. In 1974, it created the Center for National Security Studies, which worked to outlaw all human espionage and

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YOU ASKED FOR IT

Do you have?

Lucille Scanna of Yonkers seeks Horn & Hardart's warm apple pie recipe with vanilla sauce.

If you have the recipe or know where we can find it, let us know. If you've lost a favorite recipe, write and we'll see if we can find it for you. Write to You Asked for It, Lifestyles, Gannett Suburban Newspapers, 1 Gannett Drive, White Plains, N.Y. 10604.

Natalie Migliaccio of the Bronx requested recipes for Zeppoli and Focaccia. Many thanks to Joseph Miele of New City for his Zeppoli recipe and a Hartsdale reader for the Focaccia recipe.

Zeppoli

2¼ cups all purpose flour
3 teaspoons baking powder
3 tablespoons sugar
3 eggs
1 pound potatoes, cooked, peeled and mashed
Oil

Blend eggs, sugar and potatoes in a bowl. Add baking powder and flour. Mix well. Drop by tablespoons into hot oil. Cook until light to medium brown. (Ricotta cheese may be substituted for potatoes.)

Focaccia

4 cups flour
1 package yeast
½ cup warm milk
¾ cup warn water
1 teaspoon salt
2 medium potatoes, boiled, peeled and mashed (about 1 cup)
Olive oil and salt

Heat oven to 450 degrees. Mix yeast with warm water and set aside. Add salt to flour, then add mashed potatoes, rubbing them into the flour until evenly distributed. Add yeast mixture and warm milk to the flour. Knead thoroughly. Let rise till doubled (about 2 hours). Punch down. Press into one or two oiled, flat baking sheets. Drizzle top with olive oil and sprinkle with salt. Bake for 20 minutes or until browned on the bottom.

— Sue Ann Johnson

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1/2 cup each of grated swiss and grated parmesan

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Blend in 3/4 of the cheese

=

Pour into pie shell Add the rest of cheese on top

=

Drizzle w butter

Cook 30 to 35 min on upper middle level for @ 375°

PRICK BOTTOM of crust

on Cook sheet

~~Bake on~~

This is doubled for a deep dish

2 pk spinach 10 oz ea

4T Butter in fry pan melt - add spinach w/ 2 T sliced scallions Saute altogether

Season with salt, pepper and a dash of nutmeg

Let cool

6 eggs stir w wisk

In bowl - add eggs to spinach mixture and about 1 Pt of heavy cream

Season again w salt & pepper

2 chickes or parts

1 onion cut up small
salt
pepper
oregano
1 lb can mushroom
sm can of tomato (Italian style tomatoes)
(the size between 8 & 16 oz)
2 or 3 vinegar peppers
and add some of the Union

A little oil - brute chicken
w the onions - add tomato
w/a little water - salt pepper
& oregano - after a while
add the mushrooms - for
about the last 10 min add
the peppers & juice
About 1 hour

Grocery List

Zucchini Pie

3 cups or ~~1/2~~ med zucchini
1/4 cup oil or
1/4 cup chopped onion
1/2 cup grated cheese
4 eggs beaten
1 cup bisquick
pepper to taste

grease pan
350° for 40 min

SAUSAGE PIE

350° 30-35 MIN

1 9in PIE CRUST - DEEP DISH

3/4 Lb. SAUSAGE
3 eggs (BEATIN)
1 cup PROVO. OR MUTZI (shreaded)
1 cup HALF + HALF
SALT + PEPPER

Bread Pudd

6 cups Bread cubs
6 c^{u} Milk
9 T Butter
3/4 cup Sugar
8 or 9 eggs
dash salt
1 1/2 t Vanilla
Butter Baking dish

Bring to Boil M B Sugar
Bring to Boil & COOL!

Beat eggs slightly
add salt
Stir in warm milk
Vanilla
Sprinkle nutmeg
Set DISH in warm water
350° 1 hr.

Spinach Pie

2 pkgs. chopped spinach
1 lb. of ricotta
3 eggs
Salt, pepper, grating cheese
1 cup of breadcrumbs

Brown breadcrumbs with butter; mix all the ingredients together. Grease pan. Cook for about 45 minutes. Let cool for a while before serving.

2 chickens (cut up & skinned) 35

1 sm ~~onion~~ (sliced) 8

1 can of whole tomatoes 14 oz 4

3/4 can water

~~1~~ 1 lb mushroom

2 vinegar peppers

salt

~~pepper~~

~~oregano~~

Spinach Balls

Take one box of frozen spinach or one pkg. of fresh- if you use fresh, cook it for about 3 minutes and chop it up. Drain out the liquid. Mix it with 2 cups of seasoned breadcrumbs and 2 eggs. Get a tablespoon of the mixture and roll it in your hand into a little ball. Fry in hot oil until lightly browned (about 12 min.)

Broccoli Sicilian

1 bunch broccoli
1 clove garlic
Olive Oil

1 lemon
Salt, pepper to taste

Clean & wash broccoli. Cut into medium sized pieces. Cook in rapidly boiling salted water for 10 minutes. Drain. Put olive oil & garlic in saucepan. Heat - add broccoli & ¼ cup of warm water. Simmer for about 10 minutes or until tende Flavor with lemon juice and serve very hot.

Asparagus Parmesan

1 bunch fresh asparagus (about 2 lbs.)
1/8 lb. butter
Salt & Pepper to taste
2 ozs. grated cheese

Wash asparagus. Cut off tough ends; remove scales
Scrub stalks thoroughly or peel off outer skin.
Cook in rapidly boiling water about 20 minutes or
until partially tender. Place in baking dish.
Melt butter; pour over asparagus; pepper lightly.
Sprinkle generously with grated cheese. Place in
hot oven for about 10 minutes or until cheese
turns slightly brown.

Basic Batter for Fried Foods

An all purpose batter that can be used for almost any foods to be fried: chicken, fish, shellfish, vegetables.

Makes about 1½ cups:

1 cup sifted flour
1 teaspoon baking powder
½ teaspoon salt
1 egg, lightly beaten
1 cup of milk
2 tablespoons cooking oil

Sift flour with baking powder and salt. Mix egg, milk & oil, slowly add to dry ingredients, and beat until smooth. Pat food to be fried very dry and, if you like dredge lightly in flour. Dip pieces, one at a time in batter, then fry in hot oil as individual recipes direct.

Deep-Fried Mozzarella Sticks

1 lb. mozzarella
Flour
1 beaten egg
breadcrumbs
vegetable oil for deep frying

Cut mozzarella into 2" squares. Roll mozzarella in flour, then in egg, then in breadcrumbs. Roll a second time in egg & breadcrumbs. In hot oil fry for 2 min. or until golden brown. Serve hot.

Zucchini Pie

3 zucchini cut thin
1 onion chopped fine
1 bar cheddar cheese shredded
3 eggs
Salt, pepper, cheese
1 1/3 cup of bisquick
1/3 cup of oil

Mix all the ingredients together. Butter pan. Cook for about 45 minutes. Oven - 350 degrees.

Mozzarella in Carozza

4 thin slices of mozzarella
4 eggs
Salt & pepper to taste
8 slices of bread
4 tbs. of butter
minced fresh parsley

In a shallow dish, beat eggs well with salt & pepper. Dip bread slices in egg. Heat butter in a large skillet. Saute slices on one side until golden. Turn slices over. Place a mozzarella slice on each side of the 4 slices of bread, sprinkle with some parsley. Top with the other slice of bread, cooked sides down. When golden turn & cook other side of sandwich.

Stuffed Chicken Cutlets

Chicken Cutlets
Mozzarella
Ham
Salt, pepper
Eggs
Breadcrumbs
Parsley Flakes
Bouillon Cubes
Cooking Wine

Dice mozzarella & Ham - add a handful to each cutlet; sprinkle with pepper. Roll cutlet & secure ends with toothpick. Dip cutlet in egg (seasoned with salt & pepper); then roll in breadcrumbs (mixed with parsley flakes). Fry cutlets until lightly browned on each side in hot oil. Remove from pan and line cutlets in another pan. Dissolve bouillon cube in a cup of water. Pour over cutlets and add ¼ cup of white cooking wine. Before serving let simmer over low flame for about 5 to 10 minutes or until hot.

Chicken Rollantini

1 chicken breast
½ cup flour
Pinch of salt
Pinch of pepper
cheese
mozzarella cheese (1 slice)
Proscuitto Ham (1 slice)
½ cup of oil

½ cup mushrooms
1 onion chopped
1 cup chicken broth
3 oz. Marsala Wine
¼ lb. butter

Flatten chicken breasts, add cheese, pepper, salt, mozzarella cheese, proscuitto ham. Roll breasts & secure with toothpicks. Roll in flour & saute in oil, low flame until golden brown.

To make sauce:

In another pan saute mushrooms and onions until golden brown. Drain oil & add ¼ lb. butter, 1 cup chicken broth and 3 oz. marsala wine. Combine both chicken breasts with the sauce & simmer for 15 minutes.

Spaghetti with Garlic Sauce

½ cup margarine or melted butter
½ cup olive oil
4 cloves garlic minced
Saute: 4 minutes

¼ cup parsley, fresh and finely chopped
½ teaspoon basil, dried
½ teaspoon salt
Dash pepper
One pound spaghetti, cooked
Grated cheese

Blend butter & oil, add garlic and saute 4 minutes or until lightly browned.
Stir in parsley, basil, salt & pepper. Toss sauce with drained spaghetti.
Serve hot, sprinkle with cheese.

Macroni with Chick Peas or Cannellini Beans

Prepare marinara sauce according to recipe. After sauce is cooked throw in a can of chick peas or cannellini beans (draining water from can). Cook macroni and add to tomato sauce.

Also may be done with cauilflower instead of beans. After washing cauilflower: place in sauce and let cook together. To clean cauil-flower - break apart pieces from head and wash a few times in cold water.

(Over)

May also be made with a can of peas; or broccol

Veal Spadina

Veal Cutlets
Breadcrumbs
Eggs
Salt, pepper
Garlic Powder
Oregano

Parsley Flakes
Olive Oil

Can also be made with Pork Cutlets

Have veal cutlets cut into 1½" cubes. Season breadcrumbs with salt, pepper, garlic powder, oregano and then wet mixture with olive oil. Put a small amount of mixture with a little butter or margarine on each cutlet. Roll & secure cutlet with toothpicks. Dip in egg and then in breadcrumbs (mixed with parsley flakes). Fry in hot oil until browned.

String Bean Salad

1 lb. string beans
1 clove garlic
2 qts. water

4 tbs. olive oil
2 tbs. vinegar
Salt & pepper to taste

Cut off tips of beans. Wash thoroughly. Place in rapidly boiling salted water. Cook about 20 minutes or until tender. Drain. Cut in half. Plac in wooden salad bowl. Add oil, vinegar, garlic, Salt & pepper to taste. Mix thoroughly. May be served warm; otherwise chill in refrigerator 15 minutes.

Dandelion Salad

1 lb. dandelion greens
4 tbs. olive oil
12 ripe olives
1 clove garlic
2 tbs. wine vinegar
Salt & pepper to taste

Remove undesirable leaves. Cut dandelion into 2" pieces; wash thoroughly in cold water. Drain; dry with absorbent paper. Chill in refrigerator about 10 minutes. Rub wooden salad bowl with garlic; place dandelion in bowl. Pour olive oil and vinegar over leaves. Add salt and pepper to taste; add olives. Mix & toss thoroughly.

Escarole Salad

1 medium head escarole
2 tbs. wine vinegar
6 tbs. olive oil
4 leaves fresh sweet basil, chopped
Salt & pepper to taste

Remove outside leaves. Wash thoroughly. Crisp in cold water for about 15 minutes. Cut into 1" pieces. Drain; dry with absordent paper. Place escarole in salad bowl. Mix oil, vinegar, basil, salt and pepper separately. pour over salad. Toss & mix well.

Tomato Salad with Oregano Dressing

4 large firm tomatoes
1 tb. oregano

4 tbs. olive oil
Salt & Pepper to t
taste

Wash, dry, and slice tomatoes; arrange on platter
Sprinkle with salt, pepper & oregano. Pour olive
oil over all. Chill in refrigerator.

Italian Salad Dressing

½ cup olive oil
¼ tsp. salt
1 clove garlic, halved
½ tsp. dry mustard
4 tbs. wine vinegar

Mix mustard, salt, and garlic thoroughly. Add vinegar; stir. Add oil; stir vigorously until all ingredients are well blended. Keep in jar in cold place. Use as needed. This may also be used as basic recipe for other salad dressings.

Veal with Marsala

1 lb. thin veal cutlets
1 sliced lemon
½ cup Flour
½ cup Marsala
1/8 lb. butter
Salt & pepper to tast

Have veal flattened and cut into 4" pieces. Roll veal in flour. Heat skillet with butter - brown cutlet quickly. Add marsala. Cover; simmer over low flame about 5 minutes or until meat is tender. Sprinkle with salt & pepper. Serve very hot with lemon slices.

Veal Cutlets with Spinach & Mozzarella

Veal Cutlets
Breadcrumbs
Eggs
Flour
Salt, Pepper
Parsley Flakes

Spinach
Mozzarella
Bouillon Cubes

May be used with pork or chicken cutlets

ut veal cutlets in flour, then dip cutlet in egg (seasoned with salt, pepper), then in breadcrumbs (mixed with parsley flakes). Fry cutlet until lightly browned in hot oil. Line cutlets in pan; put some spinach on each cutlet (if using frozen spinach use leaf spinach). Then put a slice of mozzarella on each cutlet. Melt bouillon cube in a cup of water & pour over cutlets. Place in medium oven - bake until mozzarella is melted.

Eggplant Sicilian Style

Veal cutlets
Eggplant (hard)
Breadcrumbs
eggs
flour
Grating cheese
Salt, pepper to taste
parsley flakes
mozzarella
tomato sauce

Prepare veal cutlets - Flour, then dip in egg (seasoned with salt & pepper); then in bread-crumbs (mixed with parsley flakes). Fry veal cutlets and drain on paper toweling then place in pan. Prepare eggplant, peel eggplant & slice in round slices, put eggplant in flour then dip in egg (seasoned with salt & pepper). Fry in hot oil until lightly browned. Drain on paper. Place a slice of mozzarella on each cutlet & then place a slice of eggplant over the mozzarella. Sprinkle some grating cheese over top and then put some tomato sauce over patties Also place some sauce on the bottom of the pan before you put in the veal cutlets. Bake in med. oven for about 15 min. until mozzarella melts

Pepper Steak

¼ cup salad oil
Pepper
1½ lbs. flank steak
1/3 cup finely chopped onion
1 clove of garlic, minced
6 green peppers
1½ cups sliced celery
1 can condensed bouillon
3 tablespoons of cornstarch
¼ cup water
1 tablespoon soy sauce

Heat salad oil: add pepper. Slice meat in diagonal strips, 1/8 inch thick, add to oil; cook over high heat, stirring constantly until brown. Add onion & garlic. Cut green peppers in 1 inch pieces; add with celery and bouillon to steak. Cover pan; cook over moderate heat until meat and vegetables are tender - about 10 minutes. Blend cornstarch, water and soy sauce; add to steak and cook, stirring constantly until sauce thickens. Serve on rice.

Medaillons de Porc Grillé aux Herbes
(Pork medallions grilled with herbs)

1 boneless loin of pork, 1½ pounds
¼ cup olive oil
2 tablespoons red wine vinegar
Salt to taste, if desired
Freshly ground pepper to taste
1 teaspoon chopped dried or fresh rosemary
1 teaspoon dried cumin
¼ cup hot melted butter.

1. Preheat a charcoal or gas grill to a desired degree of heat for grilling.

2. Cut the pork into eight slices of approximately the same thickness. Put each slice on a flat surface and flatten slightly with a flat mallet.

3. Put the oil, vinegar, salt and pepper in a flat dish and stir to blend. Add the rosemary and cumin and stir.

4. Add the slices of pork and turn them in the marinade. Cover with foil and set aside until ready to cook.

5. Add the medallions to the grill and cook three or four minutes on one side. Turn and cook two or three minutes on the second side. Continue cooking, turning often, for a total of about 10 minutes. Transfer the meat to a warm serving dish. Brush with butter. Serve with rice and a quickly cooked vegetable such as asparagus or corn on the cob.

Yield: 4 servings.

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13¢ **13¢**

STORE COUPON

1 1/2 pounds Ground Beef
2 Beaten Eggs
3/4 cup milk
1/2 cup fine dry Bread Crumbs
1/4 cup finely chopped Onions
2 Tablespoons snipped Parsley
1 Teaspoon Salt
1/8 ~~Ground~~ Teaspoon Pepper
1/4 cup catsup
2 Tablespoons Brown Sugar
1 Teaspoon Dry Mustard

Combine all ingredients,
Bake about 50 minutes

Combine last 3 ingredients, spread over meatloaf.

Return to oven for 10 minutes

350°

Meatloaf or Meatballs

1 lb. of chopped ground chuck
1 egg
Salt, pepper
Parsley Flakes
Grating cheese
Garlic powder
Breadcrumbs
Milk

Season chopped meat with above ingredients. Mix until meat stays together. Use 1 egg for every pound of chopped meat.

For meatloaf: Coat pan with oil and cook in moderate oven for about 45 minutes to 1 hour.

For meatballs: Fry in hot oil until browned on both sides.

Frittura Piccata (Veal with Proscuitto)

1 lb. Veal Cutlets - cut very thin into 4" pieces
¼ cup of butter
2 tablespoons of Flour
½ teaspoon of salt
½ teaspoon pepper
1/8 lb. proscuitto, sliced & slivered
½ cup of stock
1 teaspoon chopped parsley
2 teaspoons of lemon juice

Heat butter in frying pan. Dredge meat in flour salt & pepper, place in pan and cook over medium high flame 2 minutes on each side. Remove meat. Place proscuitto in frying pan, cook 3 minutes, remove from pan and place over veal. Add stock & parsley to pan gravy, scrape pan well, cook 2 minutes and add lemon juice. Pour sauce over meat & serve immediately.

Serves 4

String Beans

2 lbs. fresh string beans
Breadcrumbs
Salt, pepper to taste
3 cloves garlic
grating cheese
Olive Oil

Trim off ends of string beans. Put in pot with cold water & salt. Then rinse a few times - put string beans in a pot & bring to a boil- drain. Heat olive oil in pan - add garlic; then add string beans, salt, pepper, grating cheese & breadcrumbs. Cook over medium flame until string beans are tender.

Fried Artichokes

12 artichoke hearts
(frozen or canned)
2 eggs
Olive oil

Breadcrumbs
1 tablespoon chopped
parsley
Salt, pepper to taste

Sprinkle artichoke hearts with salt & pepper.
Mix parsley with breadcrumbs. Beat eggs slightly.
Dip artichoke hearts in egg; roll in breadcrumbs
Fry in hot oil about 3 minutes on each side or
until golden brown. Serve very hot.

Sauteed Escarole

2 lbs. escarole
1 clove garlic
4 tbs. olive oil
Salt & pepper to taste

Remove tough or faded outer leaves. Separate well Wash thoroughly. Drain. Cut leaves in half. Heat oil in large saucepan; brown garlic, then remove. Add escarole and cook over medium flame for about 20 minutes or until tender. Salt & pepper to taste.

Potato Pie

Potatoes
Salt, pepper to taste
grating cheese
2 eggs
onion powder
Milk
Butter
Ham
Breadcrumbs
Mozzarella

Peel potatoes - rinse with water and cut into cubes. Put potatoes in pot with cold water & add salt. Let potatoes cook until soft. Drain water. Put potatoes in large mixing bowl & add chunks of butter, add salt, pepper, grating cheese, onion powder, & a little milk, bread-crumbs and 2 beaten eggs. Mash potatoes mixing with these ingredients: then put in small pieces of mozzarella & Ham. Place mixture in pan coated with oil and bake in medium oven (350 degrees) until top is browned. Approx. 45 minutes to 1 hour.

Dandelion Sauteed with Garlic

2 lbs. fresh dandelion
Olive Oil
2 cloves garlic, chopped
Salt, pepper to taste

Clean & wash dandelion thoroughly; cut in half. Heat olive oil and garlic in saucepan. Add dandelion, salt, pepper to taste. Cook about 12 minutes or until tender. If too dry add ¼ cup of hot water. Usually sufficient water is retained in vegetable; additional water is not necessary. Serve very hot.

Fried Peppers

8 large firm green peppers
6 tbs. olive oil
1 clove garlic, halved
Salt & Pepper to taste

Wash & dry peppers. Remove stems and seeds. Cut lengthwise into 1½" strips. Use large frying pan. Heat oil and garlic slightly. Add peppers, salt & pepper to taste. Fry over high flame for about 5 minutes. Watch carefully to prevent burning. Stir occasionally. When slightly brown, lower flame; cover; cook for about 15 minutes or until soft.

Stuffed Peppers

6 large firm green peppers
5 tbs. olive oil
3 tbs. grated cheese
1 tb. parsley flakes
½ cup breadcrumbs

1 cup hot water
Satl & pepper to taste

2 tbs. tomato paste
½ cup cooked choppe
meat
½ cup boiled rice
1 small onion,
chopped
1 egg

Blend tomato paste in hot water. Wash peppers; remove stems & seeds. Combine all other ingredients except oil and tomato paste. Mix thoroughly. Stuff peppers. Arrange in baking dish; pour oil over them. Bake in hot oven 15 minutes. Add blended tomato paste; continue baking for 15 minutes or until peppers are tender.

Steamed Spinach

2 lbs. fresh spinach
4 tbs. olive oil
1 clove garlic
Salt & pepper to taste

Clean & wash spinach thoroughly. Heat olive oil & garlic in saucepan; add spinach, salt & pepper to taste. Cook about 12 minutes or until tender. If too dry, add ¼ cup of hot water.

Veal with Peppers

Veal Cutlets
Butter
Olive Oil
Onion

Salt, pepper
Oregano
Cooking Wine
Peppers

Have veal cut into 1½" cubes. Clean, stem & seed peppers; cut lengthwise into 1" strips. Melt butter in pan; brown veal cutlets - add salt, pepper & oregano. Fry peppers & onion in hot oil for about 15 minutes or until tender. Stir to prevent burning. When done, mix with veal. Add ½ to 3/4 cup cooking wine; cover & simmer about 10 to 15 minutes.

Eggs

To Fry: In a medium skillet, melt a tablespoon of butter or margarine. Add a drop of water. If it sizzles, break in eggs. Reduce heat & cook slowly 3 to 4 minutes until desired doneness. Lift out with a broad spatula to a warm plate.

For a fried-eggs over effect without the effort or risk of breaking the yolk, spoon hot butter over eggs or cover tightly the last minute or two.

To Poach: The fresher the egg the easier it is to poach. Heat 2" of water in a skillet. Bring to a boil; turn down to a simmer, Break egg into a cup and hold close to water. Then let egg slip out. Repeat for each egg. Simmer 3 to 5 minutes, then remove with slotted spoon or pancake turner.

A secret: Shaggy whites may be trimmed with kitchen shears, Eggs may be made a few hours ahead; lift out with slotted spoon & place in cool water. Reheat over low flame.

To Scramble: To fix an omelet

1. For 3 eggs use an 8" skillet - pan size is important. Heat 1 tablespoon butter in it until hot enough to sizzle a drop of water. Beat 3 eggs in a bowl, with fork or wire whisk, with ½ teaspoon salt & a bit of pepper.Pour mixture into skillet.
2. Cook over medium heat until mixture sets a bit. With broad spatula or fork, draw mixture to center & let uncooked mixture flow into pan.

3. Cook until thickened throughout but still moist. For scrambled eggs, run spatula through center & serve.
4. For a French omelet, slide pan rapidly back & forth over heat to keep mixture in motion & sliding easily. When eggs are set & center still moist, increase heat to brown bottom quickly. Add a filling if you wish. Slide broad spatula under omelet & fold over. Tilt pan to serving plate & with help of spatula let omelet roll out.

Italian Style Potatoes

Potatoes
salt, pepper
grating cheese
parsley flakes
garlic powder

Peel potatoes and wipe with paper toweling. (Do not put potato in water) Cut potatoes the size you like. In pan place oil: heat oil in oven for a few minutes. Then remove and place potatoes in pan. Sprinkle potatoes with salt, pepper, grating cheese, garlic powder & parsley flakes. Bake for about 45 minutes. Potatoes should be a little browned and you should be able to place a fork through potato when it is done.

Potatoes Sautéed With Onions

1½ pounds small, red, waxy new potatoes
Salt to taste if desired
¼ cup corn, peanut or vegetable oil
½ cup thinly sliced onions
Freshly ground pepper to taste
1 teaspoon finely minced garlic
1 tablespoon butter
2 tablespoons finely chopped parsley.

1. Put unpeeled potatoes into kettle with water to cover and salt to taste. Cook until tender, about 20 minutes.

2. Cut potatoes into ¼-inch slices or slightly larger.

3. Heat oil in skillet and when hot add potatoes. Cook, shaking skillet and stirring gently. Turn potatoes with spatula, taking care to keep slices whole. Cook 6 to 8 minutes.

4. Add onion, salt and pepper. Continue cooking, turning potatoes gently, until nicely browned, about 5 minutes. Add garlic. Dot with butter and heat through. Sprinkle with parsley and serve.

Yield: 4 servings.

Fried Eggplant

1 large eggplant
2 ozs. grated cheese
3/4 cup oil
2 tbs. chopped parsley
Salt & pepper to taste

Peel & cut eggplant crosswise into ½" slices. Place in bowl; cover with hot water & let stand for 5 minutes. Drain; dry with absorbent paper. Fry in hot oil about 3 minutes on each side or until soft and light brown. Sprinkle with salt & pepper to taste. Remove from frying pan. Arrange on heated platter; sprinkle with chopped parsley and grated cheese.

Mushrooms Parmesan

1½ lbs. mushrooms
2 tbs. chopped parsley
2 cloves garlic, chopped
4 tbs. grated cheese
¼ cup olive oil
½ tsp. oregano
3/4 cup breadcrumbs
Salt & pepper to taste

Clean mushrooms. Place in baking dish which has been brushed with 1 tb. of olive oil. Sprinkle with parsley, garlic, oregano, half of breadcrumbs and grated cheese. Add salt & pepper to taste. Pour balance of oil over this; sprinkle with balance of breadcrumbs. Bake in moderate oven about 25 minutes or until mushrooms are tender. Add ¼ cup of hot water if mushrooms become too dry; bake 5 minutes longer.

Tomato Sauce

1 Large can of peeled tomatoes
1 can of tomato paste (6 or 7 oz. can)
1 Onion
1 tablespoon salt
1 teaspoon sugar
Basil Leaves

In blender puree half a can of tomato with half of the onion. Pour into pot: then repeat with remaining tomato & onion: add 1 can of tomato paste - rinse with water and add to pot. Then put in salt, sugar & basil leaves. Stir in and tilt cover on pot. Cook over low flame for approx. 1½ to 2 hours.

Use one can of tomatoes and 1 can of paste for 1 pound of macroni.

Meat Sauce

Prepare your tomato sauce according to recipe. Also prepare your chopped meat as you would for meatballs. Fry chopped meat in hot oil; spreading it around with pan with a fork until it is all browned, (all the pink color should be out). Pick up with slotted spoon and place in tomato sauce after the sauce has cooked for about 1 hour . Let cook together for the remaining hour over low flame. Always keep cove on pot tilted.

Marinara Sauce

2 cans of DelMonte Sauce - 8 oz. can or 1 15 oz. can
Olive Oil
Oregano, Garlic, Salt, Pepper

Cover bottom of pot with olive oil: put in a few cloves of garlic: add tomato sauce-fill cans with water and add to pot. Season with salt, pepper & oregano. Let cook over low flame for about 20 minutes .

Enough for a pound of macroni.

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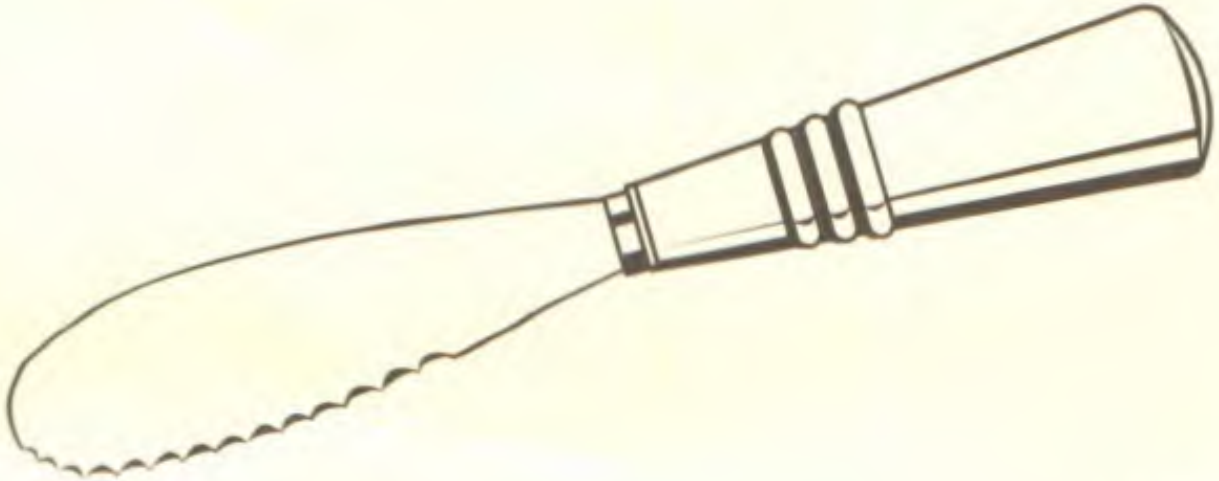
Spreader



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Three-Cheese Walnut Spread

1. Preheat oven to 350°F. Place walnuts in Small Oval Baker. Bake 18-20 minutes or until lightly toasted.
2. Meanwhile, in Classic Batter Bowl, microwave cream cheese on HIGH 1 minute or until softened. Add blue cheese, mozzarella cheese and black pepper; mix well.
3. Remove baker from oven to Stackable Cooling Rack. Carefully pour walnuts into cheese mixture; mix well. Spoon cheese mixture back into baker, spreading evenly.
4. Bake 8-10 minutes or until cheese is slightly melted. Garnish with parsley. Place baker on serving platter; surround with apple or pear wedges or assorted crackers, if desired. Serve spread using **Spreader**.

Yield: 16 servings

Nutrients per serving (2 tablespoons spread): Calories 90, Total Fat 9 g, Saturated Fat 4 g, Cholesterol 20 mg, Carbohydrate 1 g, Protein 3 g, Sodium 115 mg, Fiber 0 g

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Pepperoni Pasta Salad

tortellini
sliced pepperoni
crisp romaine
olives

salad dressing

Zucchini et Carottes Sautés
(Sautéed zucchini with carrots)

- 5 or 6 carrots, about ¾ pound, trimmed and scraped
- 2 zucchini, about ¾ pound, trimmed at each end
- 2 tablespoons butter
- ¼ cup thinly sliced small white onions or the white part of scallions
- Salt and freshly ground pepper to taste
- 3 tablespoons chopped fresh basil.

1. Put the carrots on a flat surface and cut them into very thin rounds. Or use a food processor outfited with a slicing disk to do this. There should be about one and one-half cups.

2. Cut the zucchini into very thin rounds. There should be about three cups.

3. Heat the butter in a small but wide saucepan and add the carrots. Cook, stirring occasionally, about four minutes. Add the onion and stir. Cook about one minute. Add the zucchini and cook, stirring and shaking the skillet, about one minute. Add salt and pepper. Cover and continue cooking about four minutes or until the vegetables are crisp tender. Sprinkle with basil and serve hot.

Yield: 4 servings.

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Pasta

Baked Rice

2½ tablespoons butter
2 tablespoons minced onion
½ teaspoon minced garlic
1 cup raw rice
1½ cups chicken broth
3 sprigs parsley
1 sprig fresh or ¼ teaspoon dried thyme
½ bay leaf
Salt to taste if desired
Freshly ground pepper to taste.

1. Preheat oven to 400 degrees.
2. Melt half of butter in heavy saucepan and cook onion and garlic, stirring, until onion is translucent. Add rice and stir briefly over low heat until grains are coated with butter.
3. Stir in broth, making sure there are no lumps in rice. Add parsley, thyme, bay leaf. Add salt and pepper. Cover with close-fitting lid and place in the oven.
4. Bake exactly 17 minutes. Remove from oven and discard parsley and thyme sprigs and bay leaf. Using two-pronged fork, stir in remaining butter and serve.

Yield: 4 servings.

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50-Minute Gourmet

y Pierre Franey

THERE has never been a time when Americans were more conscious of the many uses of herbs and spices. One sweet rb that has found a place lately in any kitchens is basil, which 15 ars ago was a rarity in the home.

A leaf [illegible] two of fresh basil can ange the na[illegible] of a taken-for-anted [illegible] as sausage meat, meth[illegible] [illegible]d recently to family d fric[illegible] When I prepared paupi-tes or roulades of veal, stuffed with good store-bought sausage mixture.

Before rolling the thin veal slices, I garnished the centers with basil out of my garden, added the sausage filling, rolled the mixture and tied the pieces lightly with string. I braised the dish and served it with a sauce of sliced mushrooms, wine and chicken broth.

With the veal I served spaghetti primavera. I used only broccoli (a vegetable that goes particularly well with pasta) and tomatoes, a bit of cream, a touch more basil and some hot dried red pepper.

Veal Rolls With Basil

8 thin veal scaloppine of uniform size, about 1½ pounds total
Salt to taste if desired
Freshly ground pepper to taste
16 fresh basil leaves
½ pound bulk sausage meat (see note)
4 tablespoons chopped parsley
¼ pound fresh mushrooms
3 tablespoons butter
⅓ cup finely chopped onion
⅓ cup dry white wine
½ cup fresh or canned chicken broth.

1. Place the veal slices on a flat urface and pound lightly with a flat nallet, taking care not to make holes n the meat.

2. Put the pieces of veal in 1 layer nd sprinkle with salt and pepper.

3. Place 2 basil leaves in the center f each piece of veal.

4. Put the sausage meat in a bowl nd add 2 tablespoons of the parsley. Blend well. Divide the mixture into 8 qual portions and place 1 portion on op of and in the center of each piece f veal.

5. Fold the sides of each piece of eal toward the center. Fold over the top and bottom of each piece to enclose the filling. Tie each bundle with a length of string.

6. Slice the mushrooms thinly. There should be about 2½ to 3 cups. Set aside.

7. Heat 2 tablespoons of the butter in a skillet and add the meat rolls. Cook about 15 minutes, turning often so that they brown evenly all over. Transfer the meat rolls to a platter. Cut off and discard the strings.

8. Pour off all the fat from the skillet and add the onion. Cook, stirring, until wilted. Add the mushrooms and cook, stirring, until wilted.

9. Add the wine and cook until reduced by half. Add the broth and cook, stirring, about 3 minutes. Add the remaining tablespoon of butter and stir until dissolved. Add the meat rolls and spoon the sauce over all. Heat briefly and sprinkle with remaining chopped parsley.

Yield: 4 servings.

NOTE: If bulk sausage is not available, you may remove and use the meat from the casings of half a pound of sausage links.

Spaghetti With Broccoli

1 bunch broccoli
Salt to taste if desired
4 small red ripe tomatoes, about ½ pound
½ pound spaghetti or spaghettini
2 tablespoons olive oil
1 tablespoon finely minced garlic
Freshly ground pepper to taste
¼ teaspoon dried hot red pepper flakes
½ cup heavy cream
½ cup finely chopped fresh basil
1 tablespoon butter
⅓ cup freshly grated Parmesan cheese.

1. Cut away and discard the tough stems of the broccoli. Cut the tops nto 1-inch pieces, leaving the small stems intact. There should be about 4 cups. Set aside.

2. Cut away and discard the core of each tomato. Cut the tomatoes into quarter-inch cubes. There should be about 1½ cups. Set aside.

3. Bring enough water to a boil to cover the broccoli pieces when added. Add the broccoli and salt to taste and cook about 2 minutes. Drain.

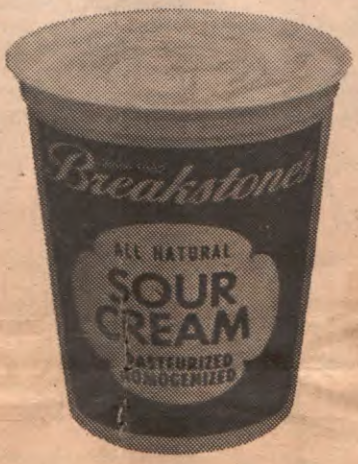
4. Cook the spaghetti to the desired degree of doneness in boiling water to cover and salt to taste.

5. Meanwhile, heat the oil in a casserole and add the garlic. Cook until wilted. Add the tomatoes and cook, stirring, about 1 minute. Add the broccoli pieces, salt and pepper.

6. Drain the spaghetti and add it to the broccoli mixture. Add the hot pepper flakes, cream, basil and butter and toss while bringing the mixture barely to a boil. Remove from the heat and sprinkle with cheese. Toss briefly and serve.

Yield: 4 servings.

If Sam Breakstone ha so demanding 101 ye Breakstone's cottage and sour crea wouldn't taste so goo



In 1882, Sam Breakstone earned a reputation for making the fin cream. People loved Breakstone's dairy products because they had suc and texture.

And the reason they were so distinctively delicious was that Sam He demanded that only the very best ingredients be used in everything name. He demanded that everything be 100% fresh and 100% natura

That's still true of Breakstone's dairy products today. So when yo cottage cheese and sour cream you'll be getting the fresh, creamy, all na 101 years ago. And that you should demand today.

Here are two of Sam's favorite recipes and two coupons delicious way.

TANGY CHIVE POTATOES

6 medium baked potatoes
1 cup (8 ozs.) BREAKSTONE'S Sour Cream
½ teaspoon salt
Dash of pepper
6 crisply cooked bacon slices, crumbled
¼ cup (1 oz.) grated parmesan cheese
¼ cup chopped chives

Slice tops from baked potatoes; scoop out insides.

LAYE

2 cup (16 ozs.) BREAKSTONE and Creamy Sty Cottage Cheese
1 8¼ oz. can crush pineapple, drain
½ cup toasted coc

Rice

In a heavy 2 or 3 qt. saucepan, bring to boil:

2 cups of water
1 tablespoon butter or margarine
1 teaspoon salt

Stir in 1 cup rice: cover lower heat to simmer & let cook for 20 minutes.

For drier rice, use 1 3/4 cups water
For more moist rice, use 2¼ cups water
For less rice, use a smaller saucepan & half all ingredients.

For more rice, use a larger saucepan & double all ingredients.

Ziti With Shrimp and Green Beans

½ pound green beans
1¼ pounds fresh shrimp, about 36
½ pound ziti No. 2
3 cups (one 28-ounce can) tomatoes
4 tablespoons olive oil
½ teaspoon plus 1 tablespoon minced garlic
3 tablespoons tomato paste
Salt to taste, if desired
Freshly ground pepper to taste
1 red hot chili pepper
¼ cup heavy cream.

1. Pluck off the ends of the green beans and cut them into one-inch lengths. Drop them into boiling water to cover and let simmer eight or 10 minutes, depending on size, until crisp-tender. Drain immediately.

2. Peel and devein the shrimp and set aside.

3. Bring the water to a boil for the ziti. Do not add the ziti.

4. Crush the tomatoes or blend them in a food processor.

5. Heat two tablespoons of the oil in a saucepan and add one-half teaspoon of minced garlic. Cook briefly and add the tomatoes and tomato paste. Add salt and pepper. Cook down, stirring, about 20 minutes or until reduced to about two and one-half cups.

6. Meanwhile, drop the ziti into the boiling water and cook about 14 minutes.

7. As the ziti cooks, heat the remaining two tablespoons of oil in a large, heavy skillet and add the shrimp, chili pepper and remaining tablespoon minced garlic and cook, stirring, about one minute. Add the green beans and tomatoes. Bring to a boil and let simmer about one minute.

8. Drain the ziti and add it to the shrimp mixture. Add the cream. Bring to the boil and serve.

Yield: 4 servings.

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Salsa Intravaia
(A meat and wild mushroom sauce)

1½ cups dried Italian mushrooms, preferably porcini
6 tablespoons butter
5 tablespoons olive oil
¼ cup finely chopped onion
2 teaspoons finely minced garlic
2 tablespoons finely chopped celery
2 tablespoons finely chopped carrot
3 tablespoons ground beef
¼ cup ground lean pork
3 tablespoons ground prosciutto
Salt to taste if desired
Freshly ground pepper to taste
1 bay leaf
¼ cup dry red wine
½ cup peeled, seeded, finely chopped ripe tomatoes
¼ cup dry white wine
1 cup heavy cream
2 tablespoons finely chopped parsley
¼ cup freshly grated Parmesan cheese.

1. Place the mushrooms in a mixing bowl, and add warm water to cover. Let stand 30 minutes.

2. Heat half of the butter and the oil in a skillet, and add the onion, garlic, celery and carrot. Cook, stirring, about 3 minutes.

3. Add the ground meats and cook, stirring and chopping with the side of a kitchen spoon to break up any lumps. Sprinkle with salt and pepper, and cook 3 minutes. Add the bay leaf and red wine. Cook over moderately high heat, stirring, for 3 minutes. Add tomatoes and cook 3 minutes more.

4. Drain the mushrooms. Squeeze and chop them. There should be about ½ cup. Add them to the meat mixture. Stir. Add the white wine, and continue cooking 10 minutes.

5. When ready to serve, heat the remaining 3 tablespoons of butter in a large, heavy skillet, and when it starts to brown, add the meat mixture. Add the cream and parsley and blend. Add the pasta, toss, and sprinkle with cheese. Serve with more cheese on the side.

Yield: sauce for 4 to 6 portions of pasta.

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Fettucine with Broccoli and Chicken
(Mark David/Woods)

1 pound white fettucine
½ cup sesame oil
1 cup diced chicken breast
2 teaspoons minced garlic
2 teaspoons slivered ginger
3 cups broccoli flowerets, packed
½ cup sherry
½ cup soy sauce
3 tablespooons butter
½ cup Reggio parmesan, freshly grated
½ cup toasted almond slices.

1. Cook the fettucine in boiling salted water.

2. Meanwhile, heat the oil in a wok until it is smoking hot. Stir fry the chicken 30 seconds. Add garlic, ginger and broccoli. Stir fry one minute. Add sherry and soy sauce, simmer one minute.

3. When fettucine is al dente, drain. Shock with one cup cold water.

4. Add fettucine and butter to wok. Toss. Add parmesan and toss again.

5. Garnish with toasted almonds.

6. Serve with more cheese if desired.

Yield: 4 servings as a main course or 8 as a first course.

Hunt's Sauce

LENTIL OR MINESTRONE

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Progresso Olive Oi

Progresso Bread C

Seafood Sauces PRO WHI

Season Brand Sard

Carolina Rice LONG GRAIN

O&C French Fried C

Herb-Ox Bouillon

60-Minute Gourmet

By Pierre Franey

WHEN I first encountered a dish called spaghetti Caruso, on arriving in this country many years ago, I was told it was an American creation. I didn't wonder about it further until a friend recently asked me about it.

I found one account of it in a book called "Spaghetti Dinner" by Giuseppe Prezzolini, published nearly 30 years ago. According to the author, spaghetti Caruso was first cooked by the great Italian tenor himself, in the kitchen of the York Hotel.

"Caruso went into the kitchen to supervise the preparation of spaghetti for many friends," Mr. Prezzolini wrote. "He made a sauce with tomatoes, basil, parsley, red pepper and olive oil in which garlic had been fried. He gold-dusted the macaroni with Parmesan cheese and decorated it with coins of fried zucchini squash."

This account especially interested me, because almost every recipe for the dish I have ever encountered had chicken livers as an ingredient.

A short while ago I prepared my version of the dish, using chicken livers, and tomato and mushroom sauce as a base. The results, authentic or not, were much to my liking. I cooked the lightly floured livers in hot oil until quite crisp and used them as a garnish for the spaghetti, which was tossed with the tomato and mushroom sauce. The dish is easily made in less than an hour.

Spaghetti Caruso goes well with a simple tossed salad and a crusty loaf of French bread that has been lightly oiled and sprinkled with Parmesan cheese, chopped parsley and garlic before baking.

Spaghetti Caruso

3 cups canned imported tomatoes with tomato paste or 2¾ cups canned imported tomatoes and ¼ cup tomato paste
¼ cup olive oil
½ pound mushrooms cut into ¼-inch-thick slices, about 4 cups
1 teaspoon finely minced garlic
½ teaspoon chopped fresh rosemary or half the amount dried
½ teaspoon dried oregano
Salt to taste if desired
Freshly ground pepper to taste
1¼ pounds fresh chicken livers
½ cup flour
⅓ cup corn, peanut or vegetable oil
4 tablespoons butter
¾ pound spaghetti, spaghettini or capellini
½ cup freshly grated Parmesan cheese or more to taste.

1. Put the tomatoes and tomato paste into the container of a food processor or blender and blend to a fine purée. Set aside.

2. Heat the olive oil in a skillet and add the mushrooms and cook, stirring, about 5 minutes. Sprinkle with garlic and stir. Add the tomato mixture and bring to a boil. Stir in the rosemary, oregano, salt and pepper. Cook about 15 minutes, stirring occasionally.

3. Meanwhile, pick over the livers, cutting away dark spots and fibers. Cut each liver in half. Line a mixing bowl with a sieve and set aside.

4. Bring a large amount of water to a boil to cook the spaghetti.

5. Season the flour with salt and pepper. Dredge the livers in the flour, shaking off the excess.

6. Heat the corn oil in a heavy skillet and add half of the livers at a time. Cook over high heat, stirring the livers until browned and crisp, about 3 minutes per batch. As the livers are browned, transfer them to the sieve. Continue cooking until all the livers are cooked and drained.

7. Pour the fat from the skillet and wipe it clean. Add half of the butter to the skillet and cook until butter is melted and foamy. Add the livers and cook about one minute, tossing them in the hot butter.

8. As the livers are cooked add the spaghetti to the boiling water. Cook, stirring, 5 minutes or longer until tender. Drain.

9. Empty the spaghetti into a mixing bowl and add the remaining two tablespoons of butter and toss. Pour the mushroom and tomato sauce over the spaghetti and toss. Arrange the livers on top. Sprinkle with cheese and serve hot.

Yield: 4 servings.

THE MEZZANINE

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Happy New Year!

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Not responsible for typographical errors.

GRAND RE-OPENING SPECIAL
Starts Dec. 22nd
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BAGELS EAST

ITALIAN ZITI MEDLEY

½ pound Italian sausage, sliced into coins
½ cup butter or margarine
1 cup sliced mushrooms
1 cup green pepper strips
⅓ cup chopped onion
⅓ cup all-purpose flour
2¼ cups milk
2 cups (8 ounces) shredded Cheddar cheese
½ cup grated Parmesan cheese
½ teaspoon pepper
3 cups (8 ounces) SAN GIORGIO Cut Ziti, uncooked

In 4-quart saucepan, brown sausage; remove from pan and drain off fat. Melt butter and cook mushrooms, pepper and onion until tender but not brown. Blend flour into vegetable mixture; gradually stir in milk. Cook, stirring constantly, over medium–low heat until mixture begins to boil. Boil and stir 1 minute. Blend in 1½ cups Cheddar cheese, Parmesan cheese and pepper until cheeses are melted and mixture is smooth. Cook Ziti according to package directions; drain. Stir hot cooked Ziti and sausage into vegetable cheese mixture. Pour into a buttered 2-quart casserole. Sprinkle with remaining ½ cup Cheddar cheese. Bake, covered, at 350° 30 minutes or until hot and bubbly. Makes about 6 servings.

SERVING SUGGESTION

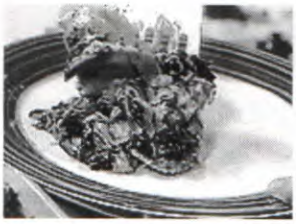
BAKED ZITI

- 6 cups (16 ounces) SAN GIORGIO Cut Ziti, uncooked
- 3½ cups (32 ounce jar) spaghetti sauce
- 2 cups (16 ounces) ricotta cheese
- 2 cups (8 ounces) shredded mozzarella cheese
- ¼ cup chopped fresh parsley
- 1 egg, slightly beaten
- 1 teaspoon oregano
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 tablespoon grated Parmesan cheese

Cook Cut Ziti according to package directions for 10 minutes; drain. In large bowl, combine cooked Ziti, 1½ cups spaghetti sauce, ricotta cheese, mozzarella cheese, parsley, egg, oregano, garlic powder and pepper. In 3-quart casserole pour ½ cup spaghetti sauce; spread Ziti mixture evenly over sauce. Top with remaining 1½ cups spaghetti sauce; sprinkle with Parmesan cheese. Bake, covered, at 375° 30–35 minutes or until hot and bubbly. Makes about 8 servings.

Ravioli Vegetable "Lasagna"

Prep Time:	15 min	**Level:**	**Serves:**
Inactive Prep Time:	hr min	Easy	4 to 6 servings
Cook Time:	15 min		



2 packages chopped frozen spinach, defrosted in microwave
2 tablespoons extra-virgin olive oil, 2 turns of the pan
4-6 cloves garlic, finely chopped
2 cans quartered artichokes in water, drained well
Salt and pepper

White Sauce:

2 tablespoons butter

2 tablespoons all-purpose flour

2 cups vegetable or chicken stock

1/2 cup cream or half-and-half

1/2 cup grated Parmigiano-Reggiano, a couple of handfuls

1/4 teaspoon nutmeg, freshly grated

Salt and black pepper

1 sack, 2 cups grated provolone or Italian 4 Cheese Blend, from dairy aisle, 10 ounces

1 large package (marked "Family Size") fresh ravioli, such as Contadina brand, 24 to 28 ounces, or choose your favorite filling, such as wild mushroom or 4 cheese

1 pound thin asparagus spears, trimmed of tough ends

Bring a pot of water to boil for ravioli.
While water comes to a boil, drain defrosted frozen chopped spinach by wringing it dry in a kitchen towel, working over a garbage bowl or your sink. Heat a medium skillet over medium heat. Add extra-virgin olive oil, 2 tablespoons or 2 turns of the pan, and the garlic. Saute garlic in oil 1 minute, then sprinkle spinach into the garlic oil. Add artichoke heart pieces to the pan and turn to combine and heat through. Season vegetables with and remove from heat to a bowl. Place skillet back on the heat and melt butter. Whisk flour into butter and cook 1 to 2 minutes. Whisk stock into flour and butter and let it bubble. Whisk in cream and Parmesan. Season sauce with nutmeg, salt and pepper and thicken 1 to 2 minutes.

Preheat broiler to high. Set rack between middle of oven groove and top rack groove, about 8 inches from heat.

When water boils, salt water, add ravioli and cook 4 to 5 minutes. Ravioli should be less than al dente, still a bit chewy -- it will continue cooking when combined with sauce and vegetables. Place a colander over ravioli as it cooks and add asparagus to it. Cut thin, trimmed asparagus into 2-inch pieces on an angle. Steam the chopped asparagus while pasta cooks, 2 to 3 minutes, until just fork-tender, but still green. Remove asparagus and add to bowl with spinach and artichokes. Place colander in your sink and drain ravioli.

Drizzle a touch of extra virgin olive oil onto the bottom of a medium oval casserole or a rectangular baking dish and brush pan to coat evenly. Arrange a layer using 1/2 of cooked ravioli in the dish. Layer 1/2 of the cooked vegetables over the ravioli. Next, add a few ladles of sauce, then vegetables, then top casserole with the last of the ravioli. Dot top of "lasagna" with any remaining sauce and cover liberally with gratedprovolone or 4 cheese blend. Brown cheese 8 inches from broiler, 5 minutes.

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ITALIAN BREADED TURKEY CUTLETS

Dip cutlets in milk or egg or combination of both. Coat with breading or seasoned flour. Pan fry on medium in hot butter or margarine in heavy skillet until tender (about 3 min. on each side). Serve with tomato sauce and parmesan cheese if desired.

Variation: Prepare as for frying. Place in flat pan. Pour in tomato sauce, add cheese if desired. Bake at 325° approx. 30-40 minutes.

CUTLETS ORIENTAL

1 pkg. turkey cutlets
cup vegetable oil
up soy sauce
1 tsp. dry mustard
½ cup dry vermouth or dry sherry

ne ingredients and pour over cutlets. Marinate at least 1 hour. tlets (approx. 3 min. each side) or bake in microwave oven ½ min. on each side on high roast. Serve with Chinese les and rice. Sprinkle with slivered toasted almonds.

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vinegar, lemon juice, and red pepper into the skillet. Cover and cook over medium heat 4 to 6 minutes or till shrimp turn pink. Serve with lemon. Makes 4 servings.

Nutrition information per serving: 167 calories, 22 g protein, 6 g carbohydrate, 5 g fat (1 g saturated), 174 mg cholesterol, 382 mg sodium, 364 mg potassium.

BETTER HOMES AND GARDENS TEST KITCHEN ®

Our seal assures you that every **Better Homes and Gardens ®** recipe in **Cooking Italian Recipe Sampler** has been tested in the Better Homes and Gardens Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

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GORGONZOLA-SAUCED PASTA

- 4 ounces packaged vermicelli, gemelli, or other pasta
- 1 tablespoon margarine or butter
- 1/2 cup crumbled Gorgonzola or blue cheese (2 ounces)
- 1/4 cup light cream or milk
- 1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
- Dash white pepper
- 1/4 cup grated Parmesan cheese
- 2 tablespoons toasted pine nuts or toasted, chopped pecans or walnuts

Cook pasta. Immediately drain. Return pasta to the warm saucepan.

Meanwhile, in a small saucepan melt margarine or butter. Add the Gorgonzola or blue cheese, light cream or milk, basil, and white pepper. Cook and stir over medium heat just till mixture is smooth and heated through.

Stir in Parmesan cheese. Pour sauce over pasta. Gently toss till pasta is coated. Transfer to a warm serving dish. Sprinkle with nuts. Serve immediately. Makes 4 side dish servings.

Nutrition information per serving: 256 calories, 11 g protein, 24 g carbohydrate, 14 g fat (6 g saturated), 22 mg cholesterol, 392 mg sodium, 106 mg potassium.

PEARS WITH RASPBERRY SAUCE

- 2 cups dry red wine
- 3/4 cup water
- 1/2 cup sugar
- 2 tablespoons lemon juice
- 4 medium pears
- 1 10-ounce package frozen raspberries, thawed
- 1/4 cup sugar
- 1 teaspoon cornstarch
- 2 tablespoons lemon juice
- Chocolate leaves (optional)
- Sweetened whipped cream

In a large saucepan combine wine, water, sugar, and lemon juice. Bring to boiling. Meanwhile, peel and core pears, leaving stem attached. Carefully add pears to wine mixture.

Return to boiling. Simmer, covered, for 10 to 15 minutes or till pears pierce easily with a fork. Turn pears occasionally for even color. Cool in wine mixture, turning occasionally.

Press undrained berries through a sieve. Discard seeds. In a small saucepan stir together sugar and cornstarch. Stir in berries and lemon juice. Cook and stir till thickened and bubbly.

Cook and stir 2 minutes more. Pour into a bowl. Cover surface with plastic wrap. Chill.

Drain pears; discard syrup. Place pears in individual dessert dishes. Spoon raspberry sauce over pears. If desired, garnish with chocolate leaves. Serve with whipped cream. Serves 4.

Nutrition information per serving: 490 calories, 2 g protein, 86 g carbohydrate, 12 g fat (7 g saturated), 41 mg cholesterol, 19 mg sodium, 429 mg potassium.

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cut into 1-inch pieces

¼ teaspoon dried rosemary, crushed

Rinse chicken; pat dry. In a large skillet cook onion and garlic in hot oil till tender. With a slotted spoon, remove onion and garlic from the skillet. In the same skillet cook chicken over medium-high heat about 15 minutes or till lightly browned, turning to brown evenly. Drain off fat. Return onion and garlic to the skillet.

For sauce, in a medium mixing bowl stir together the *undrained* tomatoes, green pepper, tomato paste, mushrooms, wine, bay leaves, basil, sugar, rosemary, ½ teaspoon *salt*, and ¼ teaspoon *pepper*.

Pour sauce over chicken pieces in the skillet. Bring to boiling. Reduce heat. Cover and simmer for 30 to 35 minutes or till chicken is tender and no pink remains. Skim off fat. Discard bay leaves. Makes 4 servings.

Nutrition information per serving: 302 calories, 36 g protein, 13 g carbohydrate, 11 g fat (2 g saturated), 101 mg cholesterol, 604 mg sodium, 828 mg potassium.

SHRIMP WITH PEPPERS

- 1½ cups chopped green, sweet red, or yellow peppers
- 1 cup chopped onion
- 1 teaspoon dried basil, crushed
- 1 tablespoon olive oil or cooking oil
- 2 ounces prosciutto or fully cooked ham, finely chopped
- 1 pound fresh shrimp, peeled and deveined
- 2 tablespoons dry marsala or other white wine
- 1 tablespoon white wine vinegar
- 1 teaspoon finely shredded lemon peel
- ⅛ teaspoon crushed red pepper
- Lemon slices

In a large skillet cook peppers, onion, and basil in hot olive oil or cooking oil till tender but not brown. Stir in prosciutto or ham and cook for 1 minute or more.

Stir shrimp, marsala, vinegar, lemon peel, and red pepper into the skillet. Cover and cook over medium heat 4 to 6 minutes or till shrimp turn pink. Serve with lemon. Makes 4 servings.

Nutrition information per serving: 167 calories, 22 g protein, 6 g carbohydrate, 5 g fat (1 g saturated), 174 mg cholesterol, 382 mg sodium, 364 mg potassium.

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PORK LOIN WITH VEGETABLE SAUCE

- 1 2- to 2½-pound pork loin roast, backbone loosened
- 3 medium leeks, sliced (1 cup)
- ½ cup finely chopped carrot
- ½ cup finely chopped celery
- 1 tablespoon cooking oil
- ½ cup dry white wine or water
- ½ teaspoon pepper

Trim fat from pork roast. In a Dutch oven cook leeks, carrot, and celery in hot oil till vegetables are tender. Push vegetables to the side of the pan. Add roast to the pan. Brown well on all sides.

Add white wine or water, salt, and pepper to the Dutch oven. Bring to boiling. Reduce heat. Cover and simmer about 1½ hours or till roast is tender and no pink remains.

Transfer roast to a warm serving platter. Skim off any fat from pan juices. Pour pan juices and vegetables into a serving bowl. Serve with pork roast. Makes 6 servings.

Nutrition information per serving: 256 calories, 23 g protein, 4 g carbohydrate, 14 g fat (4 g saturated), 77 mg cholesterol, 259 mg sodium, 415 mg potassium.

LEMON-BASIL GRILLED SWORDFISH

- 1 pound fresh or frozen swordfish, salmon, or halibut steaks or fillets
- ½ cup dry white wine
- ½ teaspoon finely shredded lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons olive oil or cooking oil
- 1 tablespoon snipped parsley
- 1 tablespoon snipped fresh basil or oregano, or 1 teaspoon dried basil or oregano, crushed
- 3 or 4 sprigs fresh basil or oregano
- Lemon wedges

Thaw fish, if frozen. Cut fish into 4 serving-size portions. Place in a shallow baking dish. For marinade, in a small bowl stir together wine, lemon peel, lemon juice, olive oil or cooking oil, parsley, and basil or oregano. Pour marinade over fish. Cover and marinate in the refrigerator for 1 to 2 hours, turning fish over occasionally.

Drain fish, reserving marinade. Measure thickness of fish. Place herb sprigs directly on *medium-hot* coals. Place fish in a greased grill basket or on a grill rack. Grill on an uncovered grill directly over the coals for 4 to 6 minutes per ½-inch thickness or till fish flakes easily, turning once and brushing with marinade 2 or 3 times. Serve with lemon. Makes 4 servings.

Nutrition information per serving: 211 calories, 22 g protein, 2 g carbohydrate, 11 g fat (2 g saturated), 43 mg cholesterol, 100 mg sodium, 370 mg potassium.

CHICKEN CACCIATORE

- 1½ pounds meaty chicken pieces, skinned
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon cooking oil
- 1 14½-ounce can whole Italian style tomatoes, cut up
- ½ of a 6-ounce can (⅔ cup) tomato paste
- 1 2½-ounce jar sliced mushrooms, drained
- ½ cup dry red wine
- 1 or 2 bay leaves
- 1½ teaspoons dried basil, crushed

Brisket of Beef

1- preheat oven to 350°

2- brown on both sides in hot skillet (S+P)

3- cut up "vegetables for soup"

turnip — celery (+leaves)
parsley (Jt.) — carrots (I add whole pkg of carrots)
parsnips

4- put brisket in roaster pan - throw in vegetables

5- mix together 2 pkgs Lipton Onion-Mushroom soup with water = pour over roast
add water to cover roast

6- tightly cover with alum. foil (or lid)

7- 3 hours - at least!

FESTIVE PEACH GLAZED ROASTER

1 PERDUE Oven Stuffer Roaster
Salt and freshly ground pepper
2 stalks celery, chopped
2 carrots, sliced
1 medium onion, chopped
3 tablespoons melted butter or margarine
1¼ cup peach preserves
2 tablespoons water

Remove giblets. Wash roaster inside and out; pat dry. Season roaster inside and out with salt and pepper. Stuff roaster with celery, carrots and onion. Tie legs together and fold wings back. Place in roasting pan just large enough to hold roaster comfortably. Roast according to directions on reverse side of card, basting occasionally during cooking time with pan juices. Remove roaster from oven. Heat peach preserves and water in small saucepan and bring to a boil. Simmer 5 minutes. Brush liberally over warm roaster.

Soup Suggestion: "Creamy Chicken and Celery Soup" Cook 2 diced celery stalks in 2½ cups chicken broth 15 minutes until tender. Add 1 cup diced cooked chicken and ½ cup heavy cream. Season to taste with salt and pepper. Heat thoroughly. Garnish with chopped fresh parsley and croutons.

Dessert Idea: "Double Coffee Ice Cream" Roll scoops of coffee ice cream in toasted coconut. Place in dessert glasses. At serving time, add a favorite coffee liqueur over top.

Decorating Idea: Line a wicker bread basket with a green cloth napkin. Add polished red apples and accent with candy canes and assorted nuts.

FESTIVE PEACH GLAZED ROASTER**

COOKING INFORMATION

This roasting guide is based on a perfectly calibrated 350° F. oven. But since oven temperatures can vary from thermostat settings by as much as 75° F.—changing the exact roasting time—rely on the Bird-Watcher Thermometer instead. It pops up when the internal breast temperature indicates optimum doneness.

Oven Stuffer Roaster Weight	Oven Temperature	Approximate Cooking Time
5-6 lbs.	350° F.	2-2 1/2 hrs.*
6-7 lbs.	350° F.	2 1/4-2 3/4 hrs.*

*Add 20-25 minutes cooking time for stuffed roaster.

BASIC ROASTING GUIDE

1. Preheat oven to 350° F.
2. Remove giblets. Season inside and out with salt & pepper.
3. Stuff roaster, if desired. Tie legs together and fold wings back.
4. Check to see that Bird-Watcher Thermometer is flush against breast. Fig. A.

Fig. A

5. Place bird, breast side up, in roasting pan.
6. Roast in oven, basting with pan juices. Remove when Bird-Watcher Thermometer pops. Fig. B.

Fig. B

7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

MICROWAVE OVENS: Follow manufacturer's instructions.

NOTE: *This is a fresh vacuum-packaged product and should be used immediately after purchase to insure freshness.*

**THIS SPECIAL HOLIDAY RECIPE ON OTHER SIDE.

NEW ENGLAND STUFFED ROASTER

½ cup sliced celery
⅓ cup chopped onion
⅓ cup chopped green or red pepper
¼ cup (½ stick) butter or margarine
1½ cups water or chicken broth
3 cups cubed rye bread
1 egg, slightly beaten
¼ cup chopped fresh parsley
1 PERDUE Oven Stuffer Roaster (5-7 pounds)
Salt & pepper

In saucepan, sauté celery, onion and pepper in butter until tender. Add water, bring to boil. Remove from heat. Blend in bread, egg and parsley. Follow directions for stuffing and roasting on reverse side.

Side Dish Suggestion: Place 2 halved acorn squash, cut side up, in baking dish. (Be sure to scoop out seeds and filament from squash.) Place 1 tablespoon butter and maple syrup in each half. Sprinkle each with salt and ground cinnamon. Pour 1 inch boiling water around squash. Bake in oven with roaster at 350° F. for 1 hour or until tender. Serve with roaster.

Kitchen Tip: Parsley right from the garden or green grocer adds a fresh taste to any recipe. Here's a hint on how to keep it fresh longer: wash bunch and shake so parsley is not dripping but still slightly damp. Wrap in paper towel and place in plastic bag. Seal. Parsley will keep fresh for weeks.

NEW ENGLAND STUFFED ROASTER

COOKING INFORMATION

This roasting guide is based on a perfectly calibrated 350° F. oven. But since oven temperatures can vary from thermostat settings by as much as 75° F.—changing the exact roasting time—rely on the Bird-Watcher Thermometer instead. It pops up when the internal breast temperature indicates optimum doneness.

Oven Stuffer Roaster Weight	Oven Temperature	Approximate Cooking Time
5-6 lbs.	350° F.	1¾-2¼ hrs.*
6-7 lbs.	350° F.	2-2½ hrs.*

*Add 20-25 minutes cooking time for stuffed roaster.

BASIC ROASTING GUIDE

1. Preheat oven to 350° F.
2. Remove giblets. (Recipe on giblet wrap.) Season inside and out with salt & pepper.
3. Stuff roaster, if desired. Tie legs together and fold wings back.
4. Check to see that Bird-Watcher Thermometer is flush against breast. Fig. A.
5. Place bird, breast side up, in roasting pan.
6. Roast in oven, basting with pan juices. Remove when Bird-Watcher Thermometer pops. Fig. B.
7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

Fig. A

Fig. B

MICROWAVE OVENS: Follow manufacturer's instructions.

NOTE: *This is a fresh vacuum-packaged product and should be used immediately after purchase to insure freshness.*

SPECIAL FALL RECIPE ON THE OTHER SIDE.

Suprêmes de Volaille Grillé aux Herbes
(Chicken breasts grilled with herbs)

- 4 whole skinless, boneless chicken breasts, about 1½ pounds or slightly more
- ¼ cup olive oil
- ¼ cup lemon juice
- Salt to taste, if desired
- Freshly ground pepper to taste
- 1 teaspoon finely minced garlic
- ½ teaspoon ground coriander
- ⅛ teaspoon dried hot red pepper flakes
- 1 teaspoon dried oregano
- ¼ cup hot melted butter.

1. Preheat a charcoal or gas grill to a desired degree of heat for grilling.

2. Cut each chicken breast down the middle in half. Cut away and discard any extraneous membranes or cartilage.

3. Put the oil, lemon juice, salt and pepper in a flat dish and stir to blend. Add the garlic, coriander, pepper flakes and oregano. Stir to blend.

4. Add the chicken pieces and turn them in the marinade. Cover with foil and set aside until ready to cook.

5. Add the chicken pieces to the grill and cook three or four minutes on one side. Turn and cook two or three minutes on the other side. Continue cooking, turning often, for a total of about 10 minutes. Transfer the chicken to a warm serving dish. Brush with butter. Serve with rice and a quickly cooked vegetable such as asparagus or corn on the cob.

Yield: 4 servings.

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Chicken scarpariello alla Nanni

1 three-and-one-half-pound chicken, cut into serving pieces
Salt and freshly ground pepper
3 tablespoons peanut, vegetable or corn oil
2 tablespoons butter
1 tablespoon finely minced garlic
Juice of half a lemon
¾ cup dry white wine
¼ cup finely chopped parsley.

1. Sprinkle the chicken with salt and pepper to taste.

2. Heat the oil in a skillet and add the chicken pieces skin side down. Cook over moderately high heat about five

aig Claiborne with Pierre Franey

minutes. Turn the pieces and cook about three to five minutes.

3. Pour off the fat. Add the butter. Add the garlic and stir to coat the chicken pieces. Sprinkle with lemon juice.

4. Add the wine and cover. Cook about five minutes or until chicken is done. Uncover and cook until the liquid almost evaporates.

5. Sprinkle with parsley and serve.

Yield: Four servings.

s aid that was being
n "the struggle against
nal movements, chiefly
an guerrillas."

Two of the seven members of the Ad Hoc Working Group were subsequently appointed to positions in President Carter's National Security Council: Robert Pastor, as the chief staff member for Latin American affairs, and Guy F. Erb, as a specialist in "North-South" relations. Mark B. Schneider, an aide to Senator Edward Kennedy, whom the report thanked in its acknowledgements, was appointed

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Chicken, Onion Pepper

In 1/2 stick of butter saute garlic
Cut chicken in chunks, dip in egg and
then flour. Brown on med heat. Stew
1 lg tomato, cut in 8th's. Add 1 lg onion,
1 cup of chicken broth, 1 can drained
mushrooms.
Simmer 15 min
Add 2 green peppers cut in strips
Simmer 10 min more

Chicken Cutlets
butter
garlic
1 onion (lg)
1 tomato (lg)
chicken broth

Sm. can mushrooms
2 green peppers

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HOT ARTICHOKE DIP

- 2 jars (6 ounces each) marinated artichoke hearts, chopped
- 1 package (10 ounces) frozen chopped spinach, thawed and drained thoroughly
- 1 garlic clove, pressed
- ½ cup sour cream
- ½ cup mayonnaise
- ¾ cup grated Parmesan cheese

Preheat oven to 375°F. Drain and coarsely chop artichoke hearts with Food Chopper. Mix artichoke hearts with remaining ingredients in Classic Batter Bowl. Spoon into Mini-Baker. Bake 20-25 minutes or until heated through. Spread on cocktail bread slices or fresh vegetables using **All-Purpose Spreader**.

Yield: 10-15 appetizer servings

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Italian Stuffed Tomatoes

4 large round tomatoes
½ cup arborio rice
¼ cup chopped fresh basil leaves
½ teaspoon sugar
¼ teaspoon oregano
Coarse salt and freshly ground pepper to taste
1½ tablespoons olive oil.

1. Preheat oven to 400 degrees. Cut a lid off each tomato at the stalk end. With a spoon, remove the pulp and put it into a bowl. Purée the pulp in a blender or food mill.

2. Measure 1½ cups puréed pulp. Mix with the rice, basil leaves, sugar,

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in food specialty shops.

Tomato Sauce

60-Minute Gourmet

By Pierre Franey

VINEGAR is not often thought of as a principal ingredient in cooking. Most people probably view it as something to put in a salad. Yet there are many dishes in which vinegar — red, white or flavored — plays an important role: the sweet-and-sour dishes of the world, from Germany to China; steamed mussels, sautées of chicken.

Today, with so many flavored versions available — raspberry, pear, green peppercorn, tarragon — the range of dishes employing vinegar is expanding.

Recently I bought a center cut of pork loin and decided to convert it into a quick sauté by trimming off the fat and bones (a task the butcher will perform), then slicing it into medallions. The whole loin, when cut into thin slices, could be the basis for a host of excellent dishes; I decided to cook it with a few mushrooms, using a quarter of a cup of red-wine vinegar to deglaze the pan and adding fresh tomatoes and chopped fresh basil.

As accompaniments I chose carrots, zucchini, squash and turnips cut into cubes and cooked briefly until tender, and potatoes sautéed with onions.

Pork Cutlets With Vinegar

- 1 boneless center-cut pork loin, trimmed of fat, 1¼ pounds trimmed weight
- Salt, if desired, and freshly ground pepper to taste
- 2 tablespoons corn, peanut or vegetable oil
- ¼ cup finely chopped onion
- 1 teaspoon finely minced garlic
- ¼ pound mushrooms, sliced thin, about 2 cups
- ¼ cup red-wine vinegar
- 1 cup peeled, seeded finely chopped tomatoes
- ¼ cup fresh or canned chicken broth
- 2 tablespoons chopped fresh basil
- 2 tablespoons finely chopped parsley.

1. Cut loin into 12 slices of approximately the same thickness.

2. Sprinkle meat on both sides with salt and pepper.

3. Heat oil in skillet until hot and almost smoking and add pork. Cook over high heat 2 minutes and turn. Continue cooking 2 minutes.

4. Transfer meat to serving dish.

5. Add onion and garlic to skillet and cook, stirring, until wilted. Add mushrooms and cook until wilted. Add the vinegar and cook over high heat 15 seconds. Add tomatoes and chicken broth and cook down to about 1¾ cups. Add liquid accumulated around meat. Add basil. Spoon sauce over pork, sprinkle with parsley and serve.

Yield: 4 servings.

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Côtes de Porc Farcis au Karvi

(Pork chops stuffed with caraway rye)

- 4 loin pork chops, each about one inch thick
- 1 cup rye bread with caraway seeds cut into quarter-inch dice
- ¼ cup butter
- 1½ cups finely chopped onions
- ½ teaspoon finely minced garlic
- ¼ pound mushrooms, cut into quarter-inch dice, about one cup
- ½ cup finely minced parsley
- 1 teaspoon caraway seeds
- 1 egg, lightly beaten
- Salt and freshly ground pepper to taste
- 2 tablespoons peanut, vegetable or corn oil
- 2 tablespoons red wine vinegar
- ¾ cup fresh or canned chicken broth.

1. Preheat the oven to 300 degrees.

2. Cut each pork chop lengthwise rom the outside to the bone. Holding he knife parallel to the surface of the neat, split each chop in half to the one, top to bottom, but do not cut enirely through. Set aside.

3. Put the bread cubes into a baking lish and place in the oven. Bake about ive minutes or until lightly browned.

4. Heat the one-quarter cup of butter n a saucepan and add one cup of the hopped onion, the garlic and mushooms. Cook, stirring, until wilted. poon the mixture into a mixing bowl nd add the parsley, caraway seeds nd egg and stir. Add salt and pepper to aste. Place the flaps of each chop on a lat surface and pound with a flat malet. Do not break the flesh or the stuffng will ooze out.

5. Stuff each pork chop with equal ortions of stuffing. Fold the flaps toether to enclose the stuffing. Secure he openings with two or more toothicks for each chop. Sprinkle the chops n both sides with salt and pepper.

6. Heat the oil in a heavy skillet large nough to hold the chops in one layer vithout crowding.

7. Add the chops and cook over modrately high heat until well browned on

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me:

BACARDI® rum chocolate cake

1 18½-oz. pkg. chocolate cake mix
1 pkg. (4-serving size) Jell-O® Chocolate Instant Pudding and Pie Filling
4 eggs
½ cup Bacardi dark rum (80 proof)
½ cup cold water
½ cup Wesson® oil
½ cup slivered almonds (optional)

Filling:
1½ cups cold milk
½ cup Bacardi dark rum (80 proof)
1 pkg. (4-serving size) Jell-O® Chocolate Instant Pudding and Pie Filling
1 envelope Dream Whip® Whipped Topping Mix

Preheat oven to 350°F. Grease and flour two 9" layer cake pans. Combine all cake ingredients together in large bowl. Blend well, then beat at medium mixer speed 2 minutes. Turn into prepared pans. Bake 30 minutes or until cake tests done. *Do not underbake*. Cool in pans 10 minutes. Remove from pans, finish cooling on racks. Split layers in half horizontally. Stack. Spread 1 cup filling between each layer and over top of cake. Keep cake chilled. Serve cold.

Optional: garnish with chocolate curls.

For filling, combine milk, rum, pudding mix and topping mix in deep narrow-bottom bowl. Blend well at high speed for 4 minutes, until light and fluffy. Makes 4 cups.

BACARDI® rum. The mixable one. Made in Puerto Rico.

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COOKING INFORMATION

This roasting guide is based on a perfectly calibrated 350° F. oven. But since oven temperatures can vary from thermostat settings by as much as 75° F.—changing the exact roasting time—rely on the Bird-Watcher Thermometer instead. It pops up when the internal breast temperature indicates optimum doneness.

Oven Stuffer Roaster Weight	Oven Temperature	Approximate Cooking Time
5-6 lbs.	350° F.	2-2 1/2 hrs.*
6-7 lbs.	350° F.	2 1/4-2 3/4 hrs.*

*Add 20-25 minutes cooking time for stuffed roaster.

BASIC ROASTING GUIDE

1. Preheat oven to 350° F.
2. Remove giblets. Season inside and out with salt & pepper.
3. Stuff roaster, if desired. Tie legs together and fold wings back.
4. Check to see that Bird-Watcher Thermometer is flush against breast. Fig. A.

Fig. A

5. Place bird, breast side up, in roasting pan.
6. Roast in oven, basting with pan juices. Remove when Bird-Watcher Thermometer pops. Fig. B.

Fig. B

7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

MICROWAVE OVENS: Follow manufacturer's instructions.

NOTE: *This is a fresh vacuum-packaged product and should be used immediately after purchase to insure freshness.*

*SPECIAL WINTER RECIPES ON THE OTHER SIDE

Meal 1: Roaster En Cocotte

1 PERDUE Oven Stuffer Roaster
Salt and freshly ground pepper
2 tablespoons butter
2 carrots, peeled and sliced
1 garlic clove, minced
2 medium onions, quartered
2 stalks celery, sliced
1 bay leaf
4 sprigs parsley
¾ cup dry white wine
¾ cup chicken broth
½ teaspoon thyme
½ cup heavy cream

Remove giblets. Wash roaster inside and out; pat dry. Season inside and out with salt and pepper. Truss roaster. In oven-proof 5-quart casserole heat butter and brown breast of roaster over medium heat for 5 minutes. Turn and add remaining ingredients, except heavy cream. Cover and bake in preheated 350°F oven for about 2 hours or until chicken is tender. Transfer roaster to serving platter. Discard vegetables and herbs. Strain liquid into a saucepan and reduce to half the amount. Add cream and boil for 3 minutes. Season to taste with salt and pepper. Serve sauce with carved roaster meat. (If thicker sauce is desired, dissolve 1 tablespoon cornstarch in a little water and whisk into boiling sauce.)

Meal 2: Chicken Vegetable Stew: In large saucepan heat 2 10-ounce cans potato soup, ½ cup milk and 1 cup chicken broth. Stir in 2 cups cubed cooked roaster meat, 1 10-ounce package cooked chopped broccoli and 1 tablespoon fresh chopped parsley. Heat thoroughly and season to taste with salt and pepper. (For extra flavor add 1 teaspoon curry powder.) Serve over hot cooked rice.

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Plume De Veau

SIMPLE RECIPES FOR *Fancy Veal*

LOIN, RIB, OR SHOULDER CHOPS

1. Sprinkle salt, pepper, lemon juice to taste on chops.
2. Broil or grill in hot oven or over hot coals. Place very thin slices of lemon on chops during the last minute of cooking. Be careful not to overcook.
3. Serve on heated platters with garnish of lemon slices and parsley potatoes.

"Plume de Veau"® is an unique development of Berliner & Marx Inc.

**SUMMER RECIPES
SERIES #3

COOKING INFORMATION

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6-7 lbs.	350° F.	2¼-2¾ hrs.*

*Add 20-25 minutes cooking time for stuffed roaster.

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2. Remove giblets. Season inside and out with salt & pepper.
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Fig. A

5. Place bird, breast side up, in roasting pan.
6. Roast in oven, basting with pan juices. Remove when Bird-Watcher Thermometer pops. Fig. B.

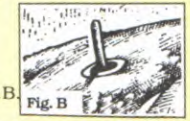
Fig. B

7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

MICROWAVE OVENS: Follow manufacturer's instructions.

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**SEE REVERSE SIDE FOR SPECIAL SUMMER OVEN STUFFER ROASTER RECIPES.

Meal 1: Oriental Roaster:

1 PERDUE Oven Stuffer Roaster (5-7 pounds)
2 tablespoons butter or margarine, softened
Salt and freshly ground pepper
¼ cup fresh lime juice
2 tablespoons soy sauce
2 tablespoons honey
½ tablespoon ground ginger
¼ teaspoon garlic powder

Remove giblets. Wash roaster inside and out; pat dry. Brush softened butter over entire roaster. Season inside and out with salt and pepper. Tie legs together and fold wings back. Roast according to directions on reverse side of card. Meanwhile, combine remaining ingredients. After 1¼ hours of cooking time, baste roaster with lime-honey mixture. Continue roasting, basting every 15 to 20 minutes, until roaster is done.

Meal 2: Chicken Macaroni Salad: Cook 1 cup elbow macaroni according to package directions; drain and cool. In medium-size bowl, combine macaroni with 1½ cups diced cooked chicken and 1 ripe avocado, peeled and cut into chunks. Add 1 cup sliced fresh mushrooms, 1 cup diced fresh tomato and 3 tablespoons sliced green onion. Drizzle ½ cup creamy Italian salad dressing over all; sprinkle with ½ teaspoon paprika and ⅛ teaspoon (seasoned) pepper. Toss lightly; cover and chill to blend flavors.

Meal 3: Nutted Sandwich Spread: Combine 1 cup finely diced cooked chicken with ⅓ cup minced celery, ¼ cup minced apple and 2 tablespoons finely chopped toasted almonds. Add 2 tablespoons chopped pitted ripe olives and ½ cup mayonnaise. Toss lightly. Spread mixture over 4 slices whole wheat or rye bread. Top sandwich with fresh lettuce and additional bread.

Fish

BACARDI® rum chocolate cake

1 18½-oz. pkg. chocolate cake mix
1 pkg. (4-serving size) Jell-O® Chocolate Instant Pudding and Pie Filling
4 eggs
½ cup Bacardi dark rum (80 proof)
½ cup cold water
½ cup Wesson® oil
½ cup slivered almonds (optional)

Filling:
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½ cup Bacardi dark rum (80 proof)
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Optional: garnish with chocolate curls.

For filling, combine milk, rum, pudding mix and topping mix in deep narrow-bottom bowl. Blend well at high speed for 4 minutes, until light and fluffy. Makes 4 cups.

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Fig. A

5. Place bird, breast side up, in roasting pan.
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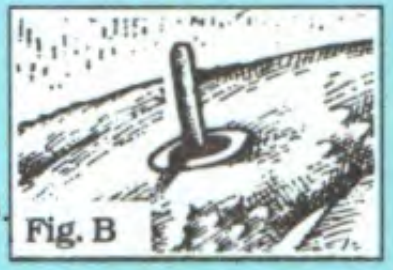
Fig. B

7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

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*SPECIAL WINTER RECIPES ON THE OTHER SIDE

RECIPES FOR WINTER

ROASTER EN COCOTTE/ CHICKEN VEGETABLE STEW

Meal 1: Roaster En Cocotte

1 PERDUE **Oven Stuffer Roaster**
Salt and freshly ground pepper
2 tablespoons butter
2 carrots, peeled and sliced
1 garlic clove, minced
2 medium onions, quartered
2 stalks celery, sliced
1 bay leaf
4 sprigs parsley
¾ cup dry white wine
¾ cup chicken broth
½ teaspoon thyme
½ cup heavy cream

Remove giblets. Wash roaster inside and out; pat dry. Season inside and out with salt and pepper. Truss roaster. In oven-proof 5-quart casserole heat butter and brown breast of roaster over medium heat for 5 minutes. Turn and add remaining ingredients, except heavy cream. Cover and bake in preheated 350°F oven for about 2 hours or until chicken is tender. Transfer roaster to serving platter. Discard vegetables and herbs. Strain liquid into a saucepan and reduce to half the amount. Add cream and boil for 3 minutes. Season to taste with salt and pepper. Serve sauce with carved roaster meat. (If thicker sauce is desired, dissolve 1 tablespoon cornstarch in a little water and whisk into boiling sauce.)

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***SEE REVERSE SID...**

**SUMMER RECIPES SERIES #3

BASIC ROASTING GUIDE

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7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

MICROWAVE OVENS: Follow manufacturer's instructions.

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...EN STUFFER ROASTER RECIPES.

SUMMER RECIPES
SERIES #3

Meal 1: Oriental Roaster:

- 1 PERDUE Oven Stuffer Roaster (5-7 pounds)
- 2 tablespoons butter or margarine, softened
- Salt and freshly ground pepper
- ¼ cup fresh lime juice
- 2 tablespoons soy sauce
- 2 tablespoons honey
- ½ tablespoon ground ginger
- ¼ teaspoon garlic powder

Remove giblets. Wash roaster inside and out; pat dry. Brush softened butter entire roaster. Season inside and out with salt and pepper. Tie legs together fold wings back. Roast according to directions on reverse side of card. Meanw combine remaining ingredients. After 1¼ hours of cooking time, baste roa with lime-honey mixture. Continue roasting, basting every 15 to 20 minutes, roaster is done.

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Meal 3: Nutted Sandwich Spread: Combine 1 cup finely diced cooked chi with ⅓ cup minced celery, ¼ cup minced apple and 2 tablespoons finely cho toasted almonds. Add 2 tablespoons chopped pitted ripe olives and ½ mayonnaise. Toss lightly. Spread mixture over 4 slices whole wheat or rye brea sandwich with fresh lettuce and additional bread.

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PAN ROASTED HERBED BABY RED POTATOES

Wash, but do not peel baby red potatoes and place into a heavy medium size fry pan with 3 tablespoons of olive oil. Cook for 25 minutes on low heat, occasionally rolling the pan to evenly brown the potatoes. Now add 1 peeled, crushed clove of garlic, 1 teaspoon of coarse salt and 1 tablespoon each of fresh, chopped rosemary and thyme (if fresh herbs are not available, substitute 1 teaspoon each of dried). Cover pan and cook until done, about 10 minutes more. Serve with grilled or roasted meats and poultry.
SERVES 4.

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RECIPE

ITALIAN SPINACH-RICOTTA PIE

PREHEAT OVEN TO 350°

Follow directions for baking one Oronoque pie shell.
While is is baking, prepare filling.

- 1 tablespoon butter or margarine
- 1 cup minced onion
- 1 10-oz. pkg. frozen chopped spinach, thawed
- 1 15-oz. container ricotta cheese
- 2 eggs
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ground nutmeg
- 3/8 cup freshly grated Parmesan cheese

METHOD: Thoroughly drain spinach, using hands to squeeze out as much moisture as possible. Melt butter and fry onion until soft. Add spinach and stir until most of the moisture is gone. Remove from heat. In large bowl add all the other ingredients to the spinach and stir until mixture looks like green and white marble. Pour into baked pie shell. Bake at 350° for about 40 minutes or until top is golden and filling set.

Sent in by Barbara Bernard
Holyoke, Mass.

Vegetables

Sauces

Sausage: Pleasant to Both the Pocketbook and the Taste Buds

By FLORENCE FABRICANT

THINK of fresh pork sausage for savory meals that do not ruin the food budget for the week. The rich spiciness of well-made sausage is so satisfying that relatively small portions of the meat, mixed with other ingredients, can be calculated when planning the cooking.

Most markets sell both sweet and hot Italian sausage, often scented with fennel. Thinner links of breakfast sausage are more finely ground and sometimes seasoned with sage. French sausage is another type of the thin links. Sausage made with parsley and cheese has a mellow, savory flavor. Other seasonings including red wine and garlic are occasionally used in sausage making. Fresh sausages that are not meant to be stored for periods of time should be made without the additives normally found in cured meats.

Instead of links you can also buy bulk sausage meat to use in sauces, stuffings and casseroles. Bulk sausage meat may have been seasoned with black pepper but you can add other flavors to taste such as herbs and spices. Fennel, ginger, rosemary, chili pepper or coriander are all good. But remember to cook a little sausage in a pan before tasting; do not nibble sausage meat raw.

When cooking sausage links, start them in a little water, pricking the links with a sharp fork or the tip of a knife as they begin to heat. Using water at first helps the sausages begin to render the fat and by the time the water has evaporated, the sausages are heated through and will not stick. If you are planning to fry sausage rounds it is easier to simmer the whole links in water first, then slice and fry them. To fry sausage patties made with bulk meat, it is better to use a little bit of oil or grease in the pan.

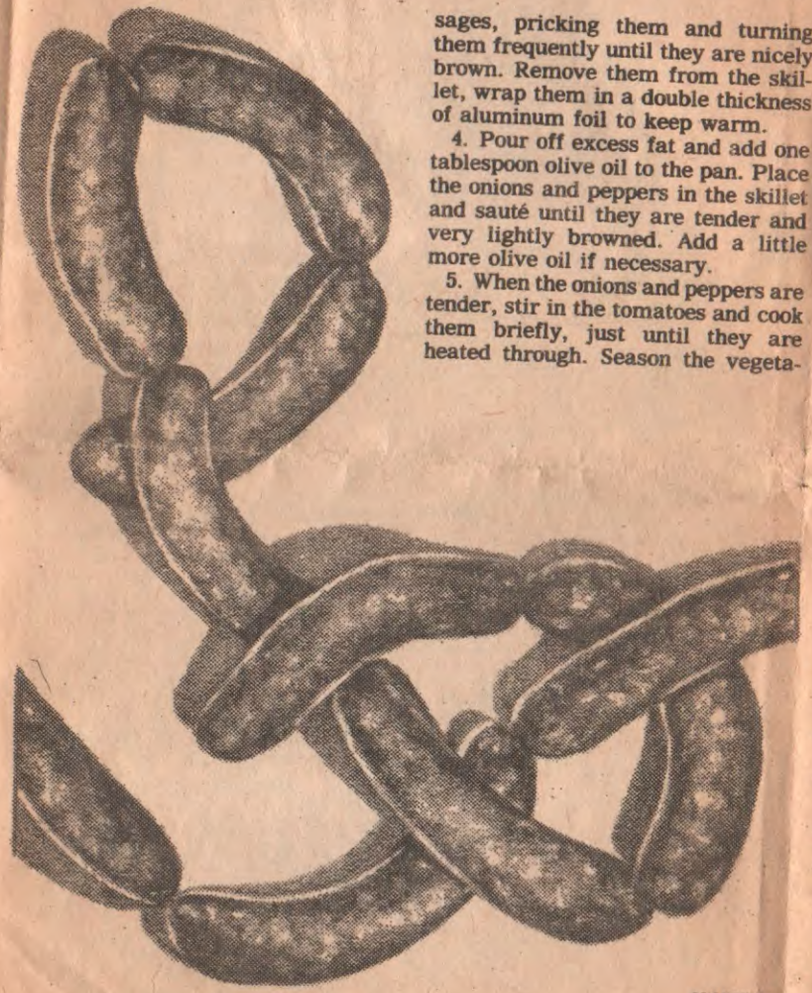
For plain fried sausage links, pour off the excess fat after the cooking is complete, then deglaze the pan with a little vinegar or wine to make a bit of sauce. The acid in the vinegar or wine is a good counterpoint for the fattiness of the meat.

Classic Sausage Hero

1 long loaf Italian bread
2 pounds Italian sweet sausages or a mixture of sweet and hot sausages.
Olive oil
3 medium onions, sliced
2 green peppers, seeded and sliced
2 cups sliced ripe plum tomatoes
Salt and pepper
1½ cups shredded mozzarella cheese.

1. Preheat oven to 400 degrees.
2. Split the bread in half lengthwise and pull out the soft insides, creating two shells. Set aside.
3. Heat the sausages in a little water in a large heavy skillet over medium heat. When the water has evaporated, continue cooking the sausages, pricking them and turning them frequently until they are nicely brown. Remove them from the skillet, wrap them in a double thickness of aluminum foil to keep warm.
4. Pour off excess fat and add one tablespoon olive oil to the pan. Place the onions and peppers in the skillet and sauté until they are tender and very lightly browned. Add a little more olive oil if necessary.
5. When the onions and peppers are tender, stir in the tomatoes and cook them briefly, just until they are heated through. Season the vegetables to taste with salt and pepper.
6. Arrange the sausages in the bread shells. Spread vegetable mixture over and around the sausages. Top with shredded cheese. Place the sandwiches in the oven until the cheese melts and then serve at once.

Yield: 4 servings



Mel Williges

Baked Hot Sausage

1 pound Italian hot sausage
¼ cup dry white wine
1 tablespoon minced scallions, including the green part.

1. Preheat oven to 400 degrees.
2. Cut sausages into separate links and remove any string. Slice each link at one-half-inch intervals but cutting only about three-quarters of the way through so the link is still in one piece.
3. Place the links in a shallow baking pan. Bake until crisp, about 40 minutes.
4. Pour wine over sausages and sprinkle with scallions. Return to the oven for five minutes. Serve at once.

Yield: 4 to 6 servings, as a first course.

Ziti With Sausages

1½ pounds Italian sweet sausages
1 cup water
1 cup chopped onion
2 cloves garlic, minced
4 cups finely chopped canned tomatoes (about 2 pounds)
1 teaspoon oregano
1½ tablespoons salt
Freshly ground black pepper
1 pound ziti
2 tablespoons olive oil
1 pound ricotta cheese, at room temperature
½ cup freshly grated Parmesan cheese.

1. Prick sausages, place in a large saucepan in a single layer and add the water. Place over moderate heat. Simmer, uncovered, until the water has evaporated, about 30 minutes. Turn and prick the sausages once or twice during cooking. After the water has evaporated, continue cooking the sausages until they are brown. Remove from the pan.
2. Preheat oven to 350 degrees.
3. Add onion and garlic to the fat in the pan and sauté over low heat until they are tender. Add tomatoes, oregano, one-and-a-half teaspoons of the salt and freshly ground pepper to taste. Simmer for 10 minutes.
4. While the tomatoes are cooking, boil ziti according to package directions until tender. Do not overcook. Drain thoroughly and mix with olive oil, ricotta and one tablespoon of salt.
5. Lightly oil a large baking pan or lasagna pan. Spread half the ziti mixture in the pan. Slice the sausages on the diagonal and distribute them over the ziti. Cover with half the tomato sauce, another layer of ziti and the remaining tomato sauce. Sprinkle with Parmesan cheese.
6. Bake at 350 degrees for 30 minutes.

Yield: 8 servings.

It's worth a trip...

just to set foot in the new Charles Jourdan salon at Stamford Town Center. Here you'll see the height of shoe fashion for Spring... à la our high-heeled sculptural pump in an array of brilliant colors. And our awning striped espadrille that ties 'round your ankle. See these and more in our beautiful new store.

Boned chicken breasts, stuffed with savory STOVE TOP® Stuffing, are coated and fried to a crispy brown texture.

Fried Stuffed Chicken Breasts

1 package (6 oz.) STOVE TOP® Cornbread Stuffing Mix
6 small whole chicken breasts, halved, skinned and boned
1 egg, beaten
Fat for frying

Finely crush 1 cup of the Stuffing Crumbs; set aside. Prepare stuffing mix as directed on package, using remaining crumbs and reducing water to 1½ cups. Place chicken breasts between sheets of waxed paper and pound until ¼-inch thick. Spread each chicken piece with stuffing, dividing mixture evenly. Roll up and tuck in ends. Dip rolls in egg, then in reserved crumbs. Fry in hot shallow fat in large skillet until golden brown on all sides, about 15 minutes. Makes 6 servings.

Note: Coated chicken rolls may be refrigerated; fry shortly before serving.

Butter Crumb Broccoli

- ½ c. LAND O LAKES Sweet Cream Butter
- 1 tbsp. dried parsley flakes
- 2 tsp. instant minced onion
- 1½ tsp. dill weed
- ½ tsp. salt
- 10-oz. pkg. frozen chopped broccoli, thawed and drained
- 2 tbsp. sliced pimiento, drained
- 1 c. croutons

Yield: 4 (½ c.) servings

In 2-qt. saucepan melt butter over med. heat; add parsley, onion, dill, salt and broccoli. Cover; cook over med. heat until tender (5 to 6 min.). Remove cover; add pimiento and croutons, toss to coat and serve immediately.

LAND O LAKES
Sweet Cream
Lightly Salted
LAND O LAKES
NET WT. 16 OZ. (1 LB.) 454
BUTTER

Dill Buttered Carrots

¼ c. LAND O LAKES Sweet Cream Butter
3 c. carrot strips (2x¼x¼")
1 tsp. instant chicken-flavor bouillon
½ tsp. dill weed
¼ tsp. salt

Yield: 4 (½ c.) servings

In heavy 2-qt. saucepan melt butter over med. heat. Add remaining ingredients. Cover; cook over med. heat for 12 to 15 min. or until carrots are tender. Serve immediately.

LAND O LAKES
Sweet Cream
Lightly Salted
LAND O LAKES
NET WT. 16 OZ. (1 LB.)
BUTTER

Zesty Buttered Peas

⅓ c. LAND O LAKES Sweet Cream Butter
10-oz. pkg. frozen peas, thawed and drained
1 c. diagonally sliced (¼") celery
½ c. chopped onion
1 tsp. *each* salt and summer savory
2 tbsp. sliced pimiento, drained

Yield: 4 (½ c.) servings

In heavy 2-qt. saucepan melt butter over med. heat. Add remaining ingredients *except* pimiento. Cover; cook over med. heat for 6 to 8 min. or until vegetables are tender. Stir in pimiento. Serve immediately.

LAND O LAKES

Sweet Cream *Lightly Salted*

NET WT. 16 OZ. (1 LB.) 454

BUTTE

Savory Buttered Vegetables

- ⅓ c. LAND O LAKES Sweet Cream Butter
- 10-oz. pkg. frozen mixed vegetables, thawed and drained
- 1 c. sliced (¼") celery
- 1 tsp. basil leaves
- ½ tsp. salt
- 1 tsp. prepared mustard

Yield: 4 (½ c.) servings

In heavy 2-qt. saucepan melt butter over med. heat. Add remaining ingredients. Cover; cook over med. heat for 6 to 8 min. or until vegetables are tender. Serve immediately.

Better with butte

When the flavor really counts, make the butter LAND O LAKES®

See inside carton for this "Savory Buttered Vegetables" recipe . . . made better with Land O Lakes Butter.

LAND O LAKES BUTTER

1 PROOF OF

SPICY RICE STUFFED ROASTER

- 1 PERDUE Oven Stuffer Roaster
- 2 tablespoons butter or margarine
- ¼ cup slivered almonds
- ⅓ cup uncooked rice
- ⅓ cup chopped onion
- ⅓ cup dry white wine
- ⅔ cup water or chicken broth
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 tablespoon parsley
- ⅓ cup raisins or currants

Remove giblets. Wash roaster inside and out; pat dry. Heat butter in medium-sized saucepan. Add almonds, rice and onion; sauté over medium heat, stirring constantly, 4 to 5 minutes or until rice is golden-brown. Gradually stir in wine and water or broth; add salt, cinnamon, nutmeg and parsley. Simmer, covered, 15 minutes; add raisins or currants and simmer 4 to 5 minutes longer or until rice is almost tender. Cool rice mixture. Stuff roaster; tie legs together and fold wings back. Place in roasting pan just large enough to hold roaster comfortably. Roast according to directions on reverse side of card, basting twice during cooking time.

Side Dish Suggestion: "Calico Coleslaw" Combine 2 cups finely-shredded crisp green cabbage, 1 cup finely-shredded crisp red cabbage, 1 green pepper (seeded and diced), 1 fresh tomato (cut in chunks), 1 cup chilled cooked peas and ¼ teaspoon celery seed. Toss with bottled Italian salad dressing; add salt and pepper to taste.

SPICY RICE STUFFED ROASTER*

COOKING INFORMATION

This roasting guide is based on a perfectly calibrated 350° F. oven. But since oven temperatures can vary from thermostat settings by as much as 75° F.—changing the exact roasting time—rely on the Bird-Watcher Thermometer instead. It pops up when the internal breast temperature indicates optimum doneness.

Oven Stuffer Roaster Weight	Oven Temperature	Approximate Cooking Time
5-6 lbs.	350° F.	2-2½ hrs.*
6-7 lbs.	350° F.	2¼-2¾ hrs.*

*Add 20-25 minutes cooking time for stuffed roaster.

BASIC ROASTING GUIDE

1. Preheat oven to 350° F.
2. Remove giblets. (Recipe on giblet wrap.) Season inside and out with salt & pepper.
3. Stuff roaster, if desired. Tie legs together and fold wings back.
4. Check to see that Bird-Watcher Thermometer is flush against breast. Fig. A.
5. Place bird, breast side up, in roasting pan.
6. Roast in oven, basting with pan juices. Remove when Bird-Watcher Thermometer pops. Fig. B.
7. Remove Bird-Watcher Thermometer. Allow bird to stand 10-15 min. before carving.

Fig. A

Fig. B

MICROWAVE OVENS: Follow manufacturer's instructions.

NOTE: *This is a fresh vacuum-packaged product and should be used immediately after purchase to insure freshness.*

**SPECIAL FALL RECIPE ON THE OTHER SIDE.

NESTLE® TOLL HOUSE® COOKIES

2-¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup Land O Lakes® Sweet Cream Butter, softened
¾ cup sugar
¾ cup firmly packed brown sugar
1 teaspoon vanilla extract
2 eggs
One 12-oz. pkg. (2 cups) Nestle® Toll House® Semi-Sweet Chocolate Morsels
1 cup chopped nuts

Preheat oven to 375° F. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine Land O Lakes® Sweet Cream Butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in Nestle® Toll House® Semi-Sweet Chocolate Morsels and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets.

BAKE at: 375° F.

Time: 8-10 minutes
Makes: One hundred 2-inch cookies

TOLL HOUSE® PAN COOKIE

Spread Toll House Cookie Dough into greased 15 x 10 x 1-inch baking pan. Bake at 375° F. for 20 minutes. Cool; cut into thirty-five 2-inch squares.

LAND O LAKES

Sweet Cream *Lightly Salted*

SAVE 15¢ on NESTLÉ® MORSELS
Coupon & Recipes Inside

K

NET WT. 16 OZ. (1 LB.) 454

FOUR QUARTERS

BUTT

TOPS®

Tupperware®

Mixed Vegetables

- ⅓ pound zucchini, trimmed
- ⅓ pound carrots, trimmed and scraped
- ¼ pound yellow squash
- ⅓ pound white turnips, trimmed and scraped
- 2 tablespoons butter
- ¼ cup finely chopped scallions
- Salt, if desired, and freshly ground pepper to taste.

1. Cut vegetables into ¼-inch cubes. There should be about 2 cups of zucchini and 1 cup each of carrots, squash and turnips.

2. Boil water to cover vegetables. Cook carrots and turnips 4 minutes. Add zucchini and squash and cook 1 minute longer. Drain.

3. Heat butter in skillet and add scallions. Cook briefly and add mixed vegetables. Add salt and pepper. Cook, stirring, until vegetables are heated, about 2 minutes.

Yield: 4 servings.

CHICKEN SALAD "RITZ"

Serves 6

1 PERDUE Oven Stuffer Roaster Boneless Breast
½ cup no-fat mayonnaise
¼ cup sour cream alternative or light sour cream
¼ cup snipped fresh or frozen chives
1 tablespoon lemon juice
½ to 1 teaspoon curry powder
Salt and ground pepper to taste
1 large Red Delicious apple, diced
1 cup diced celery (2 ribs)
½ cup coarsely chopped pecans or walnuts
3 cups shredded red cabbage (1 small head)
1½ tablespoons minced fresh parsley

Poach breast following Basic Cooking Guide. Let cool and shred. In a large mixing bowl combine mayonnaise, sour cream, chives, lemon juice, curry, salt and pepper. Add chicken, apple, celery and nuts. Toss gently. Divide the shredded cabbage among 6 individual salad plates. Serve salad mounded on a bed of cabbage. Garnish with parsley.

Nutritional figures per serving: Calories 259•Protein 28 grams•Carbohydrates 14 grams•Fat 10 grams•Cholesterol 66 mg•Sodium (does not include salt to taste) 363 mg.

Side dish suggestions: "Caraway Pitas" Preheat oven to 350 degrees F. Split four individual pita pockets in half. Spread each half with ½ teaspoon lite margarine and sprinkle with ⅛ teaspoon caraway seeds, ½ teaspoon grated Parmesan cheese and ⅛ teaspoon ground red pepper. Toast in oven for 8 to 10 minutes, until golden.

Dessert idea: "Lemon Ice" In a saucepan combine 2 cups water, ½ cup sugar and the finely grated zest of 1 lemon. Bring to a boil over medium heat, stirring, until sugar has dissolved. Let cool. Add the juice of 3 lemons and pour liquid into a shallow metal container. Place in the freezer and freeze until almost solid. Using a spoon or fork. break up the frozen pieces and refreeze firm.

PERDUE FRESH FIT 'n EASY

BASIC COOKING GUIDE
ROASTER BONELESS BREAST

Bake: Preheat oven to 375° F. Coat chicken lightly with vegetable oil or melted margarine. Sprinkle with seasoning. Bake for 25 to 35 minutes, until cooked through.

Saute: Cut large breast pieces into large strips 1½ inches thick. In a large, lightly oiled, non-stick skillet over medium-high heat, brown breast pieces for about 2 minutes per side. Add remaining ingredients. Cover and simmer over medium-low heat for 6 to 12 minutes until cooked through, turning 2 to 3 times.

Braise: Brown breast in a small amount of oil over medium-high heat, 8 to 10 minutes. Discard oil and add enough braising liquid (i.e., broth, wine, tomato sauce) to cover. Cover and simmer on stove or in preheated 325° F. oven for 20 to 30 minutes until cooked through.

Grill or Broil: Place larger pieces between sheets of plastic wrap and pound to flatten slightly. Season and grill breast pieces over hot coals or broil 6 to 8 inches from heat source for 5 to 10 minutes on each side, until cooked through.

Healthy Oven-Fry: Preheat oven to 425° F. Cut large pieces into long strips, 1½ inches thick. Coat chicken lightly with melted margarine and dredge in seasoned dry bread crumbs (preferably made from low-calorie bread). Place in an ungreased shallow baking pan and "oven-fry" for 6 to 10 minutes per side until golden brown and cooked through. For crisper chicken: coat pan with 1 tablespoon melted margarine or vegetable oil and preheat in oven for 5 minutes before adding chicken.

Poach: Place chicken in enough simmering broth or water to cover. Immediately reduce heat to low and poach, uncovered, for 30 to 40 minutes until cooked through. Allow chicken to cool in liquid if time permits.

Are you hungry for more health and nutrition facts? Send for our *Perdue Guide to Nutrition* booklets by writing to me at Perdue Farms, Post Office Box 2417-GN, Salisbury, MD 21802.

Frank Perdue

CARAMEL PUMPKIN TART

- ½ of a 15-ounce package folded refrigerated unbaked piecrust (1 crust)
- 1 8-ounce package cream cheese, softened
- 1 egg
- 3 tablespoons sugar
- 1 teaspoon vanilla
- 1¼ cups canned pumpkin
- 1 5-ounce can evaporated milk
- ⅓ cup sugar
- 1 beaten egg
- 1½ teaspoons pumpkin pie spice
- ½ cup chopped pecans
- ¼ cup ice cream topping ➤

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Let piecrust come to room temperature according to package directions. Using the Rolling Pin, roll piecrust to a 12-inch circle. Ease crust into 10- or 11-inch tart pan (measure diameter from fluted edge). Press edges of crust against edges of pan. Trim edges, if necessary. Line unpricked crust with a double thickness of heavy foil. Bake at 450° for 5 minutes. Remove foil. Bake 5 to 7 minutes more or until crust is nearly done. Remove from oven; cool. Reduce oven temperature to 375°. Meanwhile, as crust is baking, combine cream cheese, egg, 3 tablespoons sugar, and the vanilla until smooth. Spoon into cooled crust. Bake at 375° for 10 minutes. Combine next 5 ingredients until smooth. Carefully spoon over baked cream cheese layer. Bake at 375° for 30 to 35 minutes or until a knife inserted near center comes out clean. Cool. Sprinkle with pecans, then drizzle ice cream topping over. Store in refrigerator in the 12" Pie Taker. Serves 10.

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CREAMY BEEF AND RICE SOUP

The Quick Shake® container makes mixing ingredients easy—and fun.

- **3 cups water**
- **½ cup Wild Rice Mix (see recipe on card at left)**
- **½ teaspoon salt**
- **1 cup frozen mixed vegetables**
- **2 cups milk**
- **3 tablespoons all-purpose flour**
- **1½ cups cooked beef *or* chicken**

In large saucepan combine water, Wild Rice Mix, and salt. Bring to boiling; reduce heat. Cover and ➤

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simmer 45 minutes or until rice is tender. Stir in frozen mixed vegetables during the last 5 minutes of cooking. In the Quick Shake® container measure the milk, then add the flour. Apply seal and cap; shake until well combined. Stir into rice mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in beef or chicken. Heat through. Serve in the Cereal Bowls. Makes 4 servings.

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TWO-TONE CRISPY CEREAL TREATS

Kids will love to help decorate these animal-shaped cereal bars.

- **⅓ cup light corn syrup**
- **3 tablespoons margarine *or* butter**
- **⅔ cup butterscotch pieces**
- **⅔ cup semisweet chocolate pieces**
- **4 cups crisp rice cereal**
- **Nonstick spray coating**
- **Decorator icing (optional)**
- **Assorted decorative candies (optional)**

In a small saucepan combine corn syrup and margarine. Heat and stir until melted. Divide mixture in ➤

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half; transfer to 12-cup Wonderlier® bowl and 13-cup Serving Bowl. Quickly stir butterscotch pieces into one of the margarine mixtures until melted. Quickly stir chocolate pieces into remaining margarine mixture until melted. Working quickly, stir 2 *cups* cereal into *each* mixture. Press chocolate-cereal mixture evenly into tray of the Animal Wigglers™ set. Top with butterscotch-cereal mixture.

Spray cutter of Animal Wigglers set with nonstick coating. Press cutter into cereal mixture in tray. Chill in refrigerator 15 minutes.

Remove cutter from tray. Carefully remove shapes. Decorate with icing and assorted candies, if desired. Makes 7.

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POTLUCK MELON SALAD

A colorful medley of fresh fruits, tossed with a tangy lemon-yogurt dressing, creates this crowd-pleasing side dish.

- **3 medium bananas, sliced**
- **2 tablespoons lime *or* lemon juice**
- **12 cups fresh melon balls (cantaloupe, honeydew, *and/or* watermelon)**
- **4 cups cubed fresh pineapple**
- **2 cups seedless red *and/or* green grapes**
- **2 cups sliced strawberries**
- **1 3-ounce can (1⅓ cups) flaked coconut**
- **3 cups tiny marshmallows ➤**

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4 8-ounce containers lemon-flavored yogurt
¼ cup lime juice
¼ cup honey

n the 26-oz. One Touch™ serving bowl toss bananas in the 2 ablespoons lime juice.

In the Thatsa™ bowl combine melon balls, pineapple, grapes, bananas, strawberries, and coconut. Layer marshmallows on top. Apply seal and chill in refrigerator up to 4 hours.

In the 6½-cup Serving Bowl stir together yogurt, the ¼ cup lime juice, and the honey. Apply the seal to bowl and chill in refrigerator up to 4 hours.

Just before serving, drain fruit. Stir in yogurt mixture; toss to coat well. Serve immediately. Makes 30 servings.

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SAVORY HERB BISCUITS

Freeze this large batch of tender biscuits in the Jumbo Bread Server to reheat and enjoy at a brunch, soup or salad lunch, or dinner.

- **6 cups all-purpose flour**
- **3 tablespoons baking powder**
- **2 tablespoons sugar**
- **1 teaspoon dried basil, crushed**
- **1½ cups margarine *or* butter**
- **3 8-ounce containers sour cream dip with chives**

In the 12-cup Mixing Bowl stir together the flour, baking powder, sugar, and basil. ➤

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Cut in margarine until mixture resembles coarse crumbs. Make a well in the center; add sour cream dip. Stir just until dough clings together. On a well-floured surface knead dough gently for 10 to 12 strokes. Using the Rolling Pin, roll dough so it's ½ inch thick. Cut with a 2½-inch biscuit cutter, dipping cutter into flour between cuts. Reroll remaining dough as necessary.

Transfer biscuits to a baking sheet. Bake in a 450° oven for 10 to 12 minutes or until golden. Cool on a wire rack. Transfer biscuits to the Jumbo Bread Server. Seal and freeze biscuits for up to 3 months.

To reheat, remove number of biscuits desired from Jumbo Bread Server and place on baking sheet; let stand at room temperature for 10 to 15 minutes. Bake in a 400° oven for 5 to 10 minutes or until biscuits are warm. Makes 30.

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WILD RICE MIX and RICE PILAF

Keep this convenient mix on hand for easy-to-fix Rice Pilaf (see recipe on back) or Creamy Beef and Rice Soup (see recipe on card at right).

- **1 cup wild rice**
- **2 cups brown rice**
- **1 cup broken dried mushrooms**
- **2 tablespoons instant beef bouillon granules**
- **1 tablespoon dried thyme, crushed**
- **1 teaspoon garlic powder**
- **½ teaspoon pepper**

Place wild rice in a strainer and rinse thoroughly with water. ➤

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Spread wild rice in a shallow baking pan; pat dry with paper towels. Bake in a 350° oven for 10 minutes or until dry. Cool.

In the 8-cup Mixing Bowl combine all ingredients. Transfer to the 5-cup One Touch™ canister. Seal; store at room temperature up to 3 months. Shake well before using. Makes 4 cups mix.

Rice Pilaf

In a medium saucepan combine 3 cups *water, 1 cup* of Wild Rice Mix, and ½ teaspoon *salt*. Bring to boiling; reduce heat. Cover and simmer 45 minutes or until rice is tender and liquid is nearly absorbed. Stir. Let stand, covered, for 5 to 10 minutes before serving. Makes 4 servings.

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TEX-MEX TATER BUFFET

- 6 medium baking potatoes (about 2 pounds)
- ¾ cup canned refried beans
- 3 tablespoons bottled salsa
- ⅓ cup dairy sour cream
- 4 teaspoons taco seasoning mix
- ½ of a 6-ounce container frozen avocado dip, thawed
- ¾ pound ground beef
- Assorted toppers (chopped tomato, sliced chile peppers, sliced pitted ripe olives, sliced green onions, *and* shredded cheddar *or* Monterey Jack cheese) ➤

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Scrub potatoes thoroughly; prick with a fork. Bake in a 425° oven about 40 minutes or until done.

Meanwhile, combine beans and salsa. Spoon into the center bowl of the Serving Center® set. Combine sour cream and *1 teaspoon* of the taco seasoning mix; spoon over bean layer. Spoon avocado dip on top of sour cream layer. Apply seal to bowl and chill until serving time.

In skillet cook ground beef until brown; drain. Stir in ½ cup *water* and the remaining 3 teaspoons taco seasoning mix. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

Just before serving, cut each potato lengthwise into quarters. Place potato quarters into Cover of Serving Center set. Insert bowl of dip in the center of the Serving Center set; remove seal. Place ground beef mixture and assorted toppers in the compartments of the Serving Center set. To serve, spoon layered dip over potato wedges and sprinkle with assorted toppings. Serves 6 to 8.

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SWEETHEART WAFFLE SUNDAES

Present this treat's toppings in the Watercolor® tier dish.

- **1¼ cups packaged biscuit mix**
- **½ cup sugar**
- **¼ cup unsweetened cocoa powder**
- **1 cup milk**
- **1 egg, beaten**
- **2 tablespoons cooking oil**
- **1½ cups toasted flaked coconut**
- **1 cup sliced almonds**
- **1 21-ounce can cherry pie filling**
- **2 cups broken chocolate chip cookies *or* cream-filled chocolate sandwich cookies**
- **1 quart vanilla ice cream ➤**

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Combine biscuit mix, sugar, and cocoa powder; add milk, egg, and oil. Beat with an electric mixer until nearly smooth. Pour about ⅔ *cup* batter onto grids of a preheated, lightly greased heart-shaped waffle baker. Close lid quickly; do not open during baking. Bake according to manufacturer's directions. (Or, bake in a 9-inch waffle baker using 1¼ cups batter for each 9-inch square.)

Using a fork, lift waffle off grids; separate to form smaller heart- or square-shaped waffles. Cut squares in half. Cool slightly on a wire rack.

Just before serving, combine coconut and almonds; transfer to one of the compartments of the Watercolor® tier dish. Fill remaining compartments with the cherry pie filling and broken cookies.

For each serving, place two waffle pieces in a 16-oz. One Touch™ serving bowl. Top with scoop of ice cream. Add desired toppings from Tier Dish. Makes 10 to 12 servings.

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AFTER-DINNER MINT SHAKES

For special occasions, dress up these rich-tasting dessert drinks with chocolate-mint curls.

- **2 pints chocolate ice cream, softened**
- **1 cup milk**
- **2 teaspoons vanilla**
- **Mint flavoring**
- **Chocolate-Mint Curls, optional (see directions on back)**

Place *1 cup* of the ice cream in the Quick Shake® container. Add *¼ cup* milk, *½ teaspoon* vanilla, and a *few drops* of mint flavoring. Apply seal and cap. Shake until well ➤

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combined. Pour into a 12-oz. Tumbler. Repeat, using same amounts of ice cream, milk, vanilla, and mint flavoring, to fill Tumbler. With remaining ice cream, milk, vanilla, and mint flavoring, prepare a second shake, following the same two-step procedure used to make first shake. Garnish shakes with chocolate-mint curls, if desired. Makes 2 shakes.

Chocolate-Mint Curls: Let layered mint candies come to room temperature. Carefully draw a vegetable peeler at an angle across chocolate candies to create curls.

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BRAIDED DATE AND NUT BREAD

- ¼ cup orange marmalade
- ⅔ cup ground pecans
- ½ cup pitted whole dates, snipped
- 2 teaspoons sugar
- 1 16-ounce loaf frozen white *or* whole wheat bread dough, thawed
- 1 beaten egg yolk
- Orange Glaze (see back)

For filling, in saucepan heat orange marmalade just until melted. Remove from heat; stir in pecans, dates, and sugar. Set aside. Grease a baking sheet. Using the Rolling Pin, on a lightly floured surface roll dough into a 15x9-inch rectangle. Cut ➤

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lengthwise into three 15x3-inch strips. Spoon *¼ cup* filling down center of each strip. Brush *water* on edges of strips. Fold long sides of dough over fillings; seal. Line up the three filled ropes, seam sides down, 1 inch apart on the baking sheet. Loosely braid ropes. Press ends together to seal; tuck under. Form braid into an 11x4-inch loaf. Combine egg yolk and 1 tablespoon *water*. Brush loaf with some egg mixture. Cover loosely; let rise in a warm place until nearly double (30 to 45 minutes). Brush loaf again with egg mixture. Bake in a 350° oven for 30 to 35 minutes or until done, covering with foil during the last 10 minutes of baking.

Cool on a rack. Drizzle with Orange Glaze. Store in the Fresh-N-Fancy® container. Serves 12.

Orange Glaze: Combine ½ cup sifted *powdered sugar* and enough *orange juice* (about 2 teaspoons) to give the glaze a consistency for drizzling.

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ST. PATRICK'S DAY DINNER

Simply stir together each four-ingredient recipe, then relax while your dinner stack cooks in your microwave oven unattended.

- **4 cups shredded cabbage**
- **¼ cup apple juice**
- **½ teaspoon caraway seed**
- **1 tablespoon margarine *or* butter**
- **1 pound deli corned beef *or* ham, cut into thin slices**
- **1 16-ounce can sliced potatoes, drained**
- **2 cups frozen loose-pack carrots**
- **½ cup honey-Dijon barbecue sauce ➤**

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- ⅓ **cup water**
- 2 **tablespoons lime-flavored gelatin**
- ½ **teaspoon finely shredded lime peel**
- 4 **pears, peeled, halved, and cored (5 to 6 ounces each)**

In the 3-qt. Casserole of the TupperWave® stack cooker set, combine cabbage, apple juice, and caraway seed. Dot with margarine.

Place corned beef, potatoes, and carrots in the 1¾-qt. Casserole. Add honey-Dijon barbecue sauce; stir to coat.

In the Cover combine water, lime-flavored gelatin, and lime peel. Place pears, cut side down, in lime sauce. Spoon the lime sauce over each pear half.

Assemble the Stack Cooker. Cook, covered with waxed paper, on 100% power (high) for 25 to 30 minutes. Let stand 5 minutes before serving. Makes 4 servings.

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Milk Chocolate Chunk Brownie

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Double Fudge Brownie

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HOLIDAY ICE CREAM CAKE ● DESSERT

Bake at 350° for 30 minutes. **Makes 8 servings at 77¢ each.**

- 1 quart pistachio ice cream
- 1 pint vanilla ice cream
- ½ cup chopped drained maraschino cherries
- 2 tablespoons grenadine syrup
- 1 package (15½ ounces) double fudge brownie mix
- 2 cups heavy cream, whipped

1. Line a 6-cup mold or bowl with foil; chill in freezer. Soften pistachio ice cream slightly in a large bowl; spoon into chilled bowl, lining the side and leaving the center hollow; cover with plastic wrap; freeze.

2. Soften vanilla ice cream in a medium-size bowl; quickly stir in cherries and syrup; spoon into hollow in mold; smooth top; cover with plastic wrap; return to freezer several hours or overnight.

3. Prepare, bake and cool brownie mix with nuts, following label directions, in a greased 8x1½-inch layer cake pan.

4. Put brownie layer on a serving plate. Unmold ice cream onto brownie layer.

5. Frost with part of the whipped cream. Pipe with remaining cream in a design. Decorate with candied fruits, if you wish.

BOURBON POUND CAKE ● DESSERT

BOURBON POUND CAKE

Bake at 300° for 2 hours and 10 minutes. **Makes 12 servings at 87¢ each.**

- 1½ cups raisins
- 2 cups mixed candied fruits
- ⅓ cup bourbon
- 3½ cups *sifted* all-purpose flour
- 1½ teaspoons baking powder
- ¾ teaspoon ground nutmeg
- 1½ cups (3 sticks) butter, softened
- 1¾ cups sugar
- 6 eggs
- ⅓ cup milk
- 1½ cups chopped pecans

1. Combine raisins, fruits and bourbon in a medium-size bowl. Let soak several hours.

2. Grease and flour a 10-inch angel cake tube pan. Sift flour, baking powder and nutmeg onto wax paper.

3. Beat butter and sugar in a large bowl with electric mixer until smooth. Beat in eggs until light and fluffy.

4. Stir in flour mixture alternately with milk, beating until smooth after each addition. Stir in fruits, bourbon and nuts. Turn into prepared pan.

5. Bake in preheated slow oven (300°) for 2 hours and 10 minutes or until top springs back when lightly pressed with fingertip. Cool in pan on wire rack 20 minutes. Remove from pan; cool completely.

6. Wrap cake in bourbon-soaked cheesecloth; overwrap in foil. Store in refrigerator 3 to 4 weeks, resoaking cloth as necessary. Decorate with marzipan rolled to fit top; garnish with chocolate leaves and marzipan oranges, if you wish.

PUMPKIN ORANGE CHEESE PIE

Bake at 350° for 35 minutes. **Makes 8 servings at 47¢ each.**

- ½ package piecrust mix
- 4 packages (3 ounces each) cream cheese, softened
- ¾ cup firmly packed brown sugar
- 2 eggs
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon grated orange rind
- 1 can (1 pound) pumpkin
- Dairy sour cream
- Glaceed Orange Slices (*recipe follows*)
- Chopped pistachio nuts

1. Prepare piecrust mix following label directions for a 9-inch pastry shell with a high fluted edge.

2. Beat cream cheese and sugar in a large bowl with electric mixer, until light and fluffy. Beat in eggs, one at a time. Stir in cinnamon, nutmeg, orange rind and pumpkin until smooth. Pour mixture into prepared pastry shell.

3. Place in a preheated hot oven (425°); lower temperature to moderate (350°). Bake for 35 minutes or until center is almost set. Cool completely on wire rack. Just before serving, top with sour cream and halved Glacéed Orange Slices; sprinkle with pistachio nuts.

GLACÉED ORANGE SLICES: Combine ½ cup sugar and 2 tablespoons water in a small skillet; boil 1 minute. Add 4 thin orange slices; cook over low heat, turning slices several times, until they are almost translucent, about 5 mintues. Cool on wire rack.

LONDON FRUIT BARS

Bake at 350° for 35 minutes.

Makes 4 dozen for $7.61.

- **2 containers (8 ounces each) candied fruits**
- **2 cups raisins, chopped**
- **¾ cup port, sherry or Madeira**
- **1½ cups *sifted* all-purpose flour**
- **½ teaspoon baking soda**
- **2½ teaspoons apple pie spice**
- **6 tablespoons butter, softened**
- **1 cup firmly packed light brown sugar**
- **2 eggs**

1. Combine fruits, raisins and wine; cover; let stand overnight.

2. Sift flour, soda and spice onto wax paper. Beat butter, sugar and eggs until fluffy. Stir in flour and fruit mixtures. Spread batter in a greased and floured 15x10x1-inch jelly roll pan.

3. Bake at 350° for 35 minutes. Cool on rack; cut into bars. Decorate as "packages" with prepared frostings.

AUSTRIAN JAM COOKIES

Bake at 300° for 20 minutes.

Makes 2 dozen cookies for $2.39.

- **½ cup (1 stick) butter, softened**
- **½ cup sugar**
- **1 teaspoon vanilla**
- **1 egg, separated**
- **1¼ cups *sifted* all-purpose flour**
- **⅔ cup chopped almonds**
- **Raspberry jam**

1. Beat butter, sugar, vanilla and egg yolk in a medium-size bowl until fluffy. Stir in flour; gather dough into a ball; chill several hours.

2. Roll level teaspoonful of dough into balls. Dip into slightly beaten egg white; roll in almonds. Place on ungreased cookie sheets 1 inch apart. Press an indentation with finger in each; fill with jam.

3. Bake in a slow oven (300°) for 20 minutes or until lightly golden. Cool on wire racks.

BUCHE DE NOEL ● DESSERT

BUCHE DE NOEL

Bake at 350° for 15 minutes. **Makes 8 servings at 45¢ each.**

- 5 eggs, separated
- ⅔ cup granulated sugar
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons flour
- 1 tub milk chocolate ready-to-spread frosting
- 1 tablespoon instant coffee powder
- 1 cup heavy cream, whipped
- 2 tablespoons chopped pistachio nuts

1. Grease a 15x10x1-inch jelly roll pan; line bottom with wax paper; grease and flour paper. Preheat oven to moderate (350°).

2. Beat egg yolks in a large bowl until fluffy; gradually beat in granulated sugar until light and thick. Beat in cocoa and flour at low speed.

3. Beat egg whites until soft peaks form; fold into yolk mixture until smooth; spoon batter evenly into prepared pan.

4. Bake at 350° for 15 minutes or until top springs back when lightly pressed. Turn out onto cloth sprinkled with 10X sugar. Cut a ¼-inch strip from one short side. Roll up cake and towel together; cool on wire rack. Combine frosting with coffee. Unroll cooled cake; spread with 3 tablespoons of the frosting; spread with whipped cream; reroll.

5. Frost roll with remaining chocolate frosting. Roll up the trimmed edge; press onto log to form a "knot." Draw fork down frosting for bark effect. Sprinkle with pistachio nuts. Garnish with marzipan "mushrooms" and a dusting of 10X sugar, if you wish.

ITALIAN RUM CAKE ● DESSERT

ITALIAN RUM CAKE

Makes 12 servings at 80¢ each.

- 1 baker's 8- or 9x3-inch sponge cake
- 2 cups ricotta cheese
- 1 package (3 ounces) cream cheese
- 3 tablespoons granulated sugar
- 8 squares semisweet chocolate
- ½ cup mixed candied fruits, chopped
- ½ cup pineapple juice
- ½ cup rum
- ½ cup (1 stick) butter
- 2 teaspoons instant espresso coffee
- ½ cup hot water
- 3 cups 10X (confectioners') sugar

1. Split cake into 4 thin layers. Beat ricotta, cream cheese and granulated sugar until smooth. Finely chop 2 squares of the chocolate; stir into cheese along with the candied fruits. Combine pineapple juice and rum in a cup.

2. Drizzle each of 3 layers with ¼ cup of the rum syrup. Spread each with ⅓ of the cheese filling. Assemble cake with plain layer on top. Brush top and side with remaining rum syrup.

3. Melt remaining 6 squares chocolate with butter in a medium-size bowl over hot, not boiling, water; remove from heat. Dissolve coffee in hot water; add to chocolate. Stir in 10X sugar until smooth. Chill until thick enough to spread. Frost top and side of cake. Decorate with candied fruits and nuts, if you wish.

ALMOND KRINGLE ● DESSERT

ALMOND KRINGLE

Bake at 350° for 30 minutes. **Makes 3 coffeecakes for $6.23.**

- **2 envelopes active dry yeast**
- **½ cup sugar**
- **½ cup very warm water**
- **½ cup milk**
- **1 teaspoon salt**
- **½ cup (1 stick) butter**
- **2 eggs, slightly beaten**
- **4 cups all-purpose flour**
- **Almond Filling (*recipe follows*)**
- **1 egg white beaten with**
- **1 teaspoon water**
- **3 tablespoons sliced blanched almonds**

1. Sprinkle yeast and 1 teaspoon of the sugar over very warm water. Stir to dissolve. Let stand until bubbly, about 10 minutes.

2. Heat milk, sugar, salt and butter just until butter melts. Cool to lukewarm. Stir in yeast, eggs and 2 cups of flour; beat until smooth. Stir in enough flour to make a soft dough. Knead until elastic.

3. Press into greased large bowl; turn dough over. Cover; let rise in a warm place, until double in volume.

4. Punch dough down; divide in thirds. Roll each to 30x4-inches. Spread each with ⅓ of the filling; roll up, pinching edges; twist each into pretzel shape. Place on cookie sheets; brush with egg white mixture; sprinkle with nuts. Let rise until double in volume.

5. Bake in preheated moderate oven (350°) for 30 minutes; cool.

ALMOND FILLING: Blend 1 cup almond paste, 1 stick softened butter, ½ cup sugar and ½ cup chopped glacéed citron.

FRUITED WINE MOLD ● DESSERT

FRUITED WINE MOLD

Makes 8 servings at 81¢ each.

- **3 envelopes unflavored gelatin**
- **⅓ cup sugar**
- **2 cups water**
- **2 tablespoons lemon juice**
- **1 bottle (3¼ cups or 750 ml.) rosé wine**
- **1 cup halved green grapes**
- **1 cup halved strawberries**
- **1 large orange, pared, sectioned and cut into small pieces**
- **Orange Sour Cream Dressing (*recipe follows*)**

1. Combine gelatin and sugar in a small saucepan; stir in 1 cup of the water. Heat and stir over low heat until gelatin is dissolved. Remove from heat; stir in remaining water and lemon juice. Pour into a large bowl; add wine. Chill until partially set, about 1 hour.

2. Fold in grapes, strawberries and orange. Pour into a 7-cup mold. Chill about 4 hours or until firm.

3. Dip mold quickly into warm water; invert onto serving platter; shake gently to unmold. Serve with Orange Sour Cream Dressing.

ORANGE SOUR CREAM DRESSING: Combine 1 teaspoon grated orange rind, 2 tablespoons orange juice, 1 cup dairy sour cream, 2 tablespoons honey and ¼ teaspoon ground ginger in a small bowl. Chill well.

DOUBLE-LEMON CHEESECAKE BARS

PREP TIME: 35 min. | **TOTAL TIME:** 7 hours 15 min. (incl. refrigerating) | **MAKES:** 16 servings

- 52 vanilla wafers, finely crushed (about 2 cups)
- 3 Tbsp. butter or margarine, melted
- 4 eggs, divided
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1-3/4 cups sugar, divided
- 3 Tbsp. flour
- 1 Tbsp. zest and 1/3 cup juice from 2 lemons, divided
- 1/2 tsp. vanilla
- 2 Tbsp. cornstarch
- 1/2 cup water

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Mix wafer crumbs and butter until blended; press onto bottom of prepared pan. Bake 10 min.

SEPARATE 1 egg; refrigerate yolk until ready to use. Beat cream cheese, 1 cup sugar, flour, lemon zest, 2 Tbsp. lemon juice and vanilla in large bowl with mixer until blended. Add egg white and remaining 3 whole eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 40 min. or until center is almost set. Cool 1 hour. Refrigerate 4 hours.

MIX cornstarch and remaining sugar in medium saucepan; gradually stir in water and remaining lemon juice until blended. Bring just to boil on medium heat, stirring constantly; cook and stir until clear and thickened. Lightly beat reserved egg yolk in small bowl with fork until blended; stir in 2 Tbsp. of the hot cornstarch mixture. Return to remaining cornstarch mixture in saucepan; stir until blended. Cook 1 min. or until thickened, stirring constantly. Cool slightly.

SPOON lemon glaze over cheesecake. Refrigerate 1 hour or until firm. Using foil handles to remove cheesecake from pan before cutting to serve.

TIPS

1. **Blending Cream Cheese in Dessert Recipes:**
When blending cream cheese in dessert recipes, make sure the cream cheese and sugar are completely blended, free of lumps and smooth before adding any other ingredients. If the cream cheese is too cold, it will not blend easily.

2. **How to Soften CreamCheese:**
Place completely unwrapped package of cream cheese in microwaveable bowl. Microwave on HIGH 10 sec. or just until softened. Add 15 sec. for each additional package of cream cheese.

PHILADELPHIA CLASSIC CHEESECAKE

PREP TIME: 20 min. | **TOTAL TIME:** 5 hours 45 min. (incl. refrigerating) | **MAKES:** 16 servings

- 1-1/2 cups graham cracker crumbs
- 3 Tbsp. sugar
- 1/3 cup butter or margarine, melted
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1 cup sugar
- 1 tsp. vanilla
- 4 eggs

HEAT oven to 325°F.

MIX graham crumbs, 3 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.

BEAT cream cheese, 1 cup sugar and vanilla with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 55 min. or until center is almost set. Loosen cake from rim of pan; cool before removing rim. Refrigerate 4 hours.

Nutrition Facts

Serving Size 1 oz (28g), 1/8 package
Servings 8

Calories 100		
Fat Cal 80		
Total Fat 9g	14%	
Sat Fat 6g	30%	
Trans Fat 0g		
Cholest 35mg	12%	
Sodium 105mg	4%	
Total Carb 2g	1%	
Fiber 0g	0%	
Sugars <1g		
Protein 2g		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 6% • Vitamin C 0% • Calcium 2% • Iron 0%

INGREDIENTS: PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE

CONTAINS: MILK.

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For delicious chili, the secret's in the simmer

By Sarah Fritschner
Gannett News Service

Good chili con carne is typically American: a little aggressive, a melting pot of influences.

That's why even reluctant cooks like to make chili. To put it bluntly, there's little you can do to ruin a pot of chili. Make it with chicken and white beans, pour it over spaghetti, add tequila, make it vegetarian.

Authentic chili uses tough meats cooked a long time at low temperature in broth or other liquid. The long, slow simmering tenderizes the meat and adds flavor to the delicious chili.

But they aren't always practical. Fortunately, putting tough meat through a grinder tenderizes it, which makes ground beef a handy substitute for the more traditional chunks.

For the following chili recipe,

FAST LANE

keep these points in mind:

► The wider the pan, the faster the beef will brown. Use a 12-inch skillet or Dutch oven.

► Using the leanest beef saves calories and a time-consuming step: no messy draining.

► You can substitute ground turkey for the beef, but, if you're doing it to reduce fat, use only white meat. Dark meat greatly increases the fat content.

► Fresh bell pepper can be substituted for the green chilies.

► Substitute pinto or black beans for the red beans in the recipe, if desired.

► Add Tabasco, cayenne or other hot pepper to add "fire" to the chili. Chipotle chilies, smoked jalapeno peppers, add incredible flavor to this dish. They are available at specialty food stores.

► Serve the chili with sides of cubed avocado, salsa, chips, sour cream or grated Colby cheese.

Grocery list: lean ground beef, onion, canned green chilies, garlic, chili hot beans or red kidney beans, crushed tomatoes, cumin, chili powder, tortilla chips, carrots.

The Fast Lane column describes menus for busy cooks, using a minimum of ingredients and allowing express checkout at the supermarket. Flour, sugar, salt, pepper and oil or butter are presumed to be staple ingredients.

Quick Chili

1 pound lean ground beef
2 teaspoons ground cumin
2 teaspoons chili powder
1 medium onion, chopped
2 large cloves garlic, minced
1 4-ounce can chopped green chilies
1 16-ounce can chili hot beans or kidney beans
1 28-ounce can crushed tomatoes, packed in puree
Salt and pepper to taste

Put beef, cumin and chili powder in a wide, deep skillet or Dutch oven over medium-high heat and cook, breaking up beef with a wooden spoon as it cooks.

Peel and chop onion and garlic, adding them to the beef as you do. Cook mixture until onions are softened, about 10 minutes, then add chilies, beans (with can liquid) and crushed tomatoes. Add salt and pepper. Simmer about 15 minutes to let flavors blend. Serves 6. Serve with tortilla chips and carrot sticks.

Leftover chili can be spooned over baked potatoes or wrapped into flour or corn tortillas along with grated cheese and heated for burritos. Or combine extra filling with scrambled eggs and stuff that mixture into tortillas.

Veal Marsala with Perfect Pinks

4 boneless veal cutlets
1 lb. domestic mushrooms, sliced thin
½ cup Marsala wine
1 can Goya Pink Beans, drained & rinsed
½ cup flour
2 TB each Goya Olive Oil & butter
1 tsp. Goya Adobo with Pepper
1 packet Goya Sazón sin Achiote

Lay veal between two pieces of wax paper. Flatten with rolling pin until very thin. Dust lightly with flour, set aside. Melt butter in skillet, add mushrooms and sauté over medium heat until nicely browned, about 15 minutes. Remove mushrooms, set aside. Add oil to skillet and heat until very hot. Sauté veal over high heat, about 1 minute per side. Remove to serving platter and keep warm. Add wine to skillet, simmer until thickened. Add mushrooms, Adobo, Sazón and beans. Heat through. Pour over veal and serve. Serves 4-6.

Micro-Rave Shrimp Provençal

1 stalk celery, thinly sliced
2 TB chopped fresh parsley
½ tsp. sugar
2 TB Goya Sofrito
2 TB tomato paste
1 tsp. black pepper
1 lb. large shrimp, peeled & deveined
1 small onion, diced
1 TB each Goya Olive Oil & butter
1 28 oz. can plum tomatoes, drained & chopped
½ cup Goya Nonpareil Capers, drained
1 can Goya Small White Beans
1 packet Goya Sazón sin Achiote

Place oil and butter in 2½ quart microwave casserole with lid. Cook on high power (650-700 watts) for 2 minutes. Add celery, onions & parsley and cook, covered, for 3 minutes. Stir in sugar, tomatoes, capers, Sofrito and Sazón. Cook covered for 3 minutes more. Add tomato paste and black pepper. Cook 3 minutes, uncovered, until sauce thickens. Stir in shrimp and beans and cook, covered, about 4-5 minutes until shrimp are done, stirring once. Do not overcook. Serve over warm white rice. Serves 4-6.

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Cannellini
Alubias

Minestrone Soup

- **4** slices bacon, chopped
- **1/4** cup onion, chopped
- **1/2** cup carrots, diced
- **1** cup zucchini, diced
- **1** clove garlic, minced
- **1** 15.5 oz. can Goya Cannellini Beans
- **1** 15.5 oz. can Goya Chick Peas
- **1/2** cup fresh peas or string beans
- **1** cup plum tomatoes, diced
- **2** beef bouillon cubes
- **7-8** cups water

In a large pot, sauté bacon until crisp, then reserve for topping. Drain the bacon drippings, leaving about 1 Tbsp. in the pan and lightly sauté the onion, carrots, zucchini and garlic. Add beans, peas, tomatoes, bouillon and water. Bring to a boil, reduce heat and simmer for 10 minutes. Sprinkle with bacon and Parmesan cheese, if desired. *Serves 6.*

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INGREDIENTS: CANNELLINI BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), CALCIUM DISODIUM EDTA (FOR COLOR RETENTION).
INGREDIENTES: ALUBIAS, AGUA, SAL, CLORURO DE CALCIO (AGENTE REAFIRMANTE), CALCIO DISÓDICO EDTA (PARA RETENCIÓN DE COLOR).
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Small White Beans
Habichuelas Blancos

Minestrone Soup

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- **1/4** cup onion, chopped
- **1/2** cup carrots, diced
- **1** cup zucchini, diced
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- **7-8** cups water

In a large pot, sauté bacon until crisp, then reserve for topping. Drain the bacon drippings, leaving about 1 Tbsp. in the pan and lightly sauté the onion, carrots, zucchini and garlic. Add beans, peas, tomatoes, bouillon and water. Bring to a boil, reduce heat and simmer for 10 minutes. Sprinkle with bacon and Parmesan cheese, if desired. *Serves 6.*

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Small White Beans
Habichuelas Blancos

Minestrone Soup

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- **1** cup plum tomatoes, diced
- **2** beef bouillon cubes
- **7-8** cups water

In a large pot, sauté bacon until crisp, then reserve for topping. Drain the bacon drippings, leaving about 1 Tbsp. in the pan and lightly sauté the onion, carrots, zucchini and garlic. Add beans, peas, tomatoes, bouillon and water. Bring to a boil, reduce heat and simmer for 10 minutes. Sprinkle with bacon and Parmesan cheese, if desired. *Serves 6.*

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Cannellini Alubias

Minestrone Soup

- **8** slices bacon, chopped
- **1/2** cup onion, chopped
- **1** cup carrots, diced
- **2** cups zucchini, diced
- **2** cloves garlic, minced
- **2** 1 lb. 13 oz. can Goya Cannellini Beans
- **2** 1 lb. 13 oz. can Goya Chick Peas
- **1** cup fresh peas or string beans
- **2** cups plum tomatoes, diced
- **4** beef bouillon cubes
- **14-16** cups water

In a large pot, sauté bacon until crisp, then reserve for topping. Drain the bacon drippings leaving about 2 Tbsp. in the pan and lightly sauté the onion, carrots, zucchini and garlic. Add beans, peas, tomatoes, bouillon and water. Bring to a boil, reduce heat and simmer for 10 minutes. Sprinkle with bacon and Parmesan cheese, if desired. *Serves 12.*

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- PLACE FILET IN PAN.
- FINELY CHOP A HANDFUL OF FRESH PEELED GARLIC.
- MIX PURE OLIVE OIL WITH THE GARLIC AND GENEROUSLY BRUSH ALL OVER YOUR FILET (TOP AND BOTTOM).
- PEPPER TO TASTE.
- PLACE ENTIRE FILET IN OVEN FOR 35-40 MINUTES FOR MEDIUM RARE.

– Enjoy Your Tender Filet!
– Stew

- PRE-HEAT OVEN TO 450°.
- PLACE FILET IN PAN.
- FINELY CHOP A HANDFUL OF FRESH PEELED GARLIC.
- MIX PURE OLIVE OIL WITH THE GARLIC AND GENEROUSLY BRUSH ALL OVER YOUR FILET (TOP AND BOTTOM).
- PEPPER TO TASTE.
- PLACE ENTIRE FILET IN OVEN FOR 35-40 MINUTES FOR MEDIUM RARE.

– Enjoy Your Tender Filet!
– Stew

OUR FAMOUS HOLIDAY

FILET MIGNON ROAST

- 1 beef tenderloin — fully trimmed by our butchers
- 4 cloves of chopped garlic
- 3 tablespoons olive oil
- Salt and freshly ground black pepper to taste

Chop the garlic and mix it with the olive oil. Make small slits around the filet and generously rub the garlic oil all over. Cover the tenderloin with plastic wrap and refrigerate for 2 hours or overnight.

Preheat the oven to 500 degrees. Remove the plastic wrap and season the meat with salt and pepper. Place the filet in a roasting pan and cook for 15 minutes. (This gives you a nice crust on the outside.)

Reduce the heat to 450 degrees. Continue cooking for another 15 to 20 minutes. Slice into the steak to check for desired doneness, or use a cooking thermometer (140 to 150 degrees is medium-rare).

Let the beef rest for 10 minutes before slicing.

Makes 8 to 10 servings

Delicious and Easy Recipes

Honey Maid

Graham Cracker Crust

Creamy Cheesecake with Fruit Topping

Prep Time: 15 min. | Total Time: 4 hours 25 min. (incl. refrigerating)
Makes: 8 servings

What You Need

- 2 pkg. (8 oz. each) cream cheese, softened
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 2 eggs
- 1 tsp. lemon zest
- 1 HONEY MAID Graham Cracker Crust (6 oz.)
- 1/2 cup mixed fresh blueberries, raspberries, sliced kiwi and strawberries

Make It

HEAT oven to 325°F.

BEAT cream cheese, sugar and vanilla with mixer until blended. Add eggs and lemon zest; beat just until blended.

POUR into crust.

BAKE 40 min. or until center [illegible]st set. Cool.

REFRIGERATE 3 hours. Serve topp[illegible]th fruit.

Chocolate Pudding S'more Pie

Prep Time: 15 min. plus refrigerating | Makes: 8 servings

What You Need

- 2 [illegible]g. (3.9 oz. each) chocolate instant pudding mix
- 2 c[illegible]s cold milk
- 1 HONEY MAID Graham Cracker Crust (6 oz.)
- 1 tub (8 [illegible]z.) frozen whipped topping, thawed, divided
- 1 cup marshmallow cream

Make It

BEAT pudding mixes and milk with whisk 2 min. (Pudding will be thick.)

SPREAD 1-1/2 cups pudding onto bottom of crust. Stir half the whipped topping into remaining pudding; spread over layer in crust. Mix marshmallow cream and remaining whipped topping; spread over pie.

REFRIGERATE 3 hours or until firm.

Substitute: 2 cups miniature marshmallows for the marshmallow cream.

Quick and Easy Pie Fillings:

Start with 3 cups of softened ice cream, frozen yogurt, sherbet or prepared instant pudding. Stir in 1 cup of one of the following: fruit pieces, cookie pieces, or a combination of raisins and nuts.
Fill crust and refrigerate or freeze until firm.

Honey Maid

Graham Cracker Crust

Serving Suggestion
Made with Honey Maid Graham Cracker Crumbs

PER 1/8 PIE CRUST

110 CALORIES	2.5g SAT FAT 13% DV	85mg SODIUM 4% DV	6g TOTAL SUGARS

See Best When Used By information on bottom of package.

Nutrition Facts

about 8 servings per container

Serv size 1/8 serving (21g)

Calories per serving 110

Amount/serving	% DV	Amount/serving	% DV
Total Fat 5g	**6%**	**Total Carb** 14g	**5%**
Sat Fat 2.5g	**13%**	Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 6g	
Cholest 0mg	**0%**	Incl 6g Added Sugars	**12%**
Sodium 85mg	**4%**	**Protein** less than 1g	

Vit D 0% • Calcium 0% • Iron 2% • Potas 0%

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM OIL, GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), CANOLA OIL, HIGH FRUCTOSE CORN SYRUP, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, CORNSTARCH, ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

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Delicious Recipes Under Label

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NET WT 6 OZ (170g)

ome of the most interesting dishes the menus of Italian restaurants in merica are of uncertain or dubious rigin. They bear Italian names but are commonly supposed to have been created in this country. Three of these dishes are clams Posillipo, chicken scarpariello and veal francese. One will rarely, if ever, find recipes for these dishes in standard or traditional Italian cookbooks, either regional or classic.

The clam dish is named for the waters of the Posillipo Cape near Naples. The clams are cooked and served, more often than not, in a marinara sauce, although some Italian-American cooks say that they could be cooked in a white-wine sauce with garlic and parsley. We prefer the marinara approach. "Scarpariello" literally means shoemaker-style. Chicken scarpariello is sometimes attributed to ily and Calabria and is made by eing chicken pieces in oil and add- ite wine, lemon, garlic and pars- rancese" means French-style, nost Italian-American restaurants, veal francese is batter-fried.

Outlined here are recipes for these dishes. We dedicate them to all those who have written over the years to complain that they can't find them in Italian cookbooks.

Clams Posillipo

48 littleneck or cherrystone clams
½ cup olive oil
1 tablespoon finely minced garlic
2 dried, hot, red peppers
½ cup dry white wine
3 cups canned tomatoes with tomato paste
Freshly ground pepper
1 tablespoon dried oregano
¼ cup finely chopped parsley.

1. Wash the clams well and drain.

2. Heat the oil in a large, heavy skillet or casserole and add the garlic and hot pepper. Cook briefly and add the wine. Cook to reduce the liquid by half, then add the tomatoes with tomato paste. Add pepper to taste and the oregano.

Cover and bring to the boil. Cook 2
15 minutes.

3. Add the clams and cover closely. Cook until the clams open, five to 10 minutes. Sprinkle with chopped parsley and serve.

Yield: Four servings.

Maryland

Maryland steamed crabs...!

Maryland Tourism, Dept. NY-04, Annapolis, Maryland 21401

n incredible week! The morning
e Chesapeake Bay, me against the
sh and the blues. The day trip to an
lector's paradise called New Market.
on the boardwalk in Ocean City. The
across a countryside that looks like all
erica in miniature. And, of course, the steamed crabs. Oooh, those

Send me your free
state-of-excitement kit!

NAME

ADDRESS

CITY

STATE

ZIP

RECIPE

PEACHY PRALINE PIE

PREHEAT OVEN TO 400°

One unbaked Oronoque pie shell

¾ cup granulated sugar
3 tablespoons flour
4 cups sliced peaches
1½ teaspoons lemon juice

1/3 cup brown sugar, firmly packed
¼ cup flour
½ cup chopped pecans
3 tablespoons butter

METHOD: Combine granulated sugar and 3 tablespoons flour in large bowl. Add peaches and lemon juice. Combine brown sugar, ¼ cup flour and pecans in small bowl. Cut in butter until mixture is crumbly. Sprinkle 1/3 of the nut mixture over bottom of pie shell; cover with the peach mixture and sprinkle remaining nut mixture over the peaches. Bake at 400° until peaches are tender. Lower oven if pie browns too fast.

PEACHY PRALINE PIE

PREHEAT OVEN TO 400°

RECIPE

One unbaked Orondue pie shell

- 1 cup brown sugar, packed firmly
- 1/3 cup butter
- 3 tablespoons chopped pecans
- 1/4 cup flour
- 1/2 cup chopped pecans
- 3 tablespoons butter
- 1/2 teaspoon lemon juice
- 4 cups sliced peaches
- 3 tablespoons flour
- 3/4 cup granulated sugar
- 1/2 teaspoon nutmeg

METHOD: Combine granulated sugar and 3 tablespoons flour in large bowl. Add peaches and lemon juice. Combine brown sugar, 1/4 cup flour and pecans in small bowl. Cut in butter until mixture is crumbly. Sprinkle 1/3 of the nut mixture over bottom of pie shell; cover with the peach mixture and sprinkle remaining nut mixture over the peaches. Bake at 400° until peaches are tender. Lower oven if pie browns too fast.

RECIPE

ITALIAN SPINACH-RICOTTA PIE

PREHEAT OVEN TO 350°

Follow directions for baking one Oronoque pie shell.
While is is baking, prepare filling.

- 1 tablespoon butter or margarine
- 1 cup minced onion
- 1 10-oz. pkg. frozen chopped spinach, thawed
- 1 15-oz. container ricotta cheese
- 2 eggs
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ground nutmeg
- 3/8 cup freshly grated Parmesan cheese

METHOD: Thoroughly drain spinach, using hands to squeeze out as much moisture as possible. Melt butter and fry onion until soft. Add spinach and stir until most of the moisture is gone. Remove from heat. In large bowl add all the other ingredients to the spinach and stir until mixture looks like green and white marble. Pour into baked pie shell. Bake at 350° for about 40 minutes or until top is golden and filling set.

Sent in by Barbara Bernard
Holyoke, Mass.

RECIPE

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Holyoke, Mass.

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¼ cup flour
½ cup chopped pecans
3 tablespoons butter

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1 can (4 oz.) or (113g) sliced mushrooms, drained
6 cups (1,440mL) shredded cabbage
7 packets G. Washington's® Vegetable Seasoning and Broth
6 cups (1,440mL) water
1 can (8½ oz.) or (241g) water chestnuts, thinly sliced
1/2 teaspoon (2mL) soy sauce
2-1/2 cups (600mL) cooked chicken, cut into strips

Sauté celery and mushrooms in melted butter until tender; add cabbage and sauté 3 minutes. Stir in G. Washington's, water, water chestnuts, soy sauce and chicken. Bring mixture to a boil; reduce heat and simmer uncovered for 15 minutes. Serves 6 to 8.

BROTH SOOTHER

Warm relaxer with zest

1 packet G. Washington's® Rich Brown Seasoning and Broth
2/3 cup (160mL) hot water
dash Tabasco

Mix G. Washington's with water. Add tabasco. Serve hot. Serves 1.

CREAM OF TURKEY SOUP

Full of flavor and calorie-thrifty, too

3 packets G. Washington's® Golden Seasoning and Broth
1 pound (.454kg) diced cooked turkey
1 cup (240mL) chopped celery
1/2 teaspoon (2mL) sage
2 bay leaves
1 teaspoon (5mL) onion powder
3 cups (720mL) water
1-1/3 cups (320mL) nonfat dry milk

Combine G. Washington's, turkey, celery, sage, bay leaves and onion powder with 2 cups (480mL) water in large saucepan. Bring to a boil; reduce heat and simmer 15 minutes. Remove bay leaves. Mix nonfat dry milk with remaining cup water. Add to soup and bring just to a boil. Serves 4.

VICHYSSOISE

A seasoned, creamy French delight

1/4 cup (60mL) butter or margarine
1 cup (240mL) thinly sliced onions
4 cups (960mL) water
7 packets G. Washington's® Golden Seasoning and Broth
4 cups (960mL) thinly sliced raw potatoes
1/2 teaspoon (2mL) salt
1 cup (240mL) heavy cream

Melt butter. Add onions and cook until tender but not browned. Add water, G. Washington's, potatoes and salt and cook until potatoes are tender. Press mixture through a sieve or puree in electric blender. Chill several hours. Just before serving, stir in cream. Serve cold. Serves 7.

DILLY FISH CHOWDER

Zesty G. Washington's peps up this new version of a hearty favorite

4 packets G. Washington's® Golden Seasoning and Broth
2 cups (480mL) water
2/3 cups (160mL) chopped celery
1/2 cup (120mL) chopped onion
1/2 cup (120mL) chopped green pepper
1-1/2 pounds (.680kg) halibut or cod filet, cut into 1 inch (2.5cm) cubes
1/4 cup (60mL) chopped pimento
1 cup (240mL) milk
1/8 teaspoon (.5mL) dill weed (optional)

Combine G. Washington's, water, celery, onion and green pepper in large saucepan. Cover; bring to a boil. Add fish and pimento; cover and simmer 5 to 10 minutes, stirring occasionally. Add milk and dill; heat thoroughly. Serves 4.

LOW CALORIE GAZPACHO

Chilled salad soup

3 cups (720mL) canned tomato juice
1 cup (240mL) cold water
4 packets G. Washington's® Rich Brown Seasoning and Broth
2 tablespoons (30mL) lemon juice
1/2 cup (120mL) finely chopped cucumber
1/2 cup (120mL) finely chopped celery
1/2 cup (120mL) finely chopped carrot
1/3 cup (80mL) finely chopped green pepper
1/4 cup (60mL) minced onion
few drops Worcestershire sauce

Mix together tomato juice, water, G. Washington's and lemom juice. Add the vegetables to the tomato juice. Stir in Worcestershire sauce. Chill for at least two hours. Serves 5.

DRINKS

SHERRY DELIGHT

Flavor that warms as it relaxes

3 packets G. Washington's® Rich Brown Seasoning and Broth
3-1/2 cups (840mL) water
1/2 cup (120mL) sherry wine

Mix together G. Washington's and water. Bring to boil. Stir in sherry and heat thoroughly. Serve hot. Serves 4.

KENTUCKY SPECIAL

As stimulating as the blue grass country

1 packet G. Washington's® Rich Brown Seasoning and Broth
1 ounce (28.3g) bourbon
3/4 cup (180mL) hot water
dash bitters

Mix G. Washington's with bourbon. Stir in hot water. Add bitters. Mix and serve hot. Serves 1.

GOLDEN COOLER

Flavor, as gently cooling as a summer breeze

1 packet G. Washington's® Golden Seasoning and Broth
1/2 cup (120mL) water
1 cup (240mL) white wine

Mix together G. Washington's, water and wine. Stir very well. Serve over ice. Serves 1.

GOLDEN BROTH

Light, relaxing – an appetite stimulator

1 envelope G. Washington's® Golden Seasoning and Broth
2/3 cup (160mL) water
1/4 teaspoon (1mL) Worcestershire sauce

Mix together G. Washington's and water. Add worcestershire sauce. Serve hot. Serves 1.

HI RISER

Smooth relaxer for a cold day

1 envelope G. Washington's® Rich Brown Seasoning and Broth
1 ounce (28.3g) light rum
1 teaspoon (5mL) lemon juice
2/3 cup (160mL) hot water

Mix together G. Washington's, rum, lemon juice. Stir in hot water. Serve hot. Serves 1.

HIGH SUN

Blazes with flavor

1 envelope G. Washington's® Rich Brown Seasoning and Broth
1 ounce (28.3g) brandy
3/4 cup (180mL) water
2 teaspoons (10mL) cointreau
ice

Mix G. Washington's with brandy. Stir in water. Add cointreau and ice. Stir and serve. Serves 1.

PARTY TOMATO JUICE

A zesty flavor for a ruby favorite

1 envelope G. Washington's® Rich Brown Seasoning and Broth
1 cup (240mL) canned tomato juice
Few drops Worcestershire sauce

Add G. Washington's to tomato juice and mix well. Stir in worcestershire sauce. Serve cold. Serves 1.

GOLDEN CLAM

Perk up that clam

1 envelope G. Washington's® Golden Seasoning and Broth
1 cup (240mL) clam juice
3/4 teaspoon (4mL) lemon juice

Mix together G. Washington's and clam juice. Add lemon juice. Serve cold. Serves 1.

SERIES 3 SALADS, SOUPS & DRINKS

G. Washington's SEASONING AND BROTH EXCITING NEW RECIPES

AS A SEASONER

These magic packets . . . Rich Brown, Golden, Onion and Vegetable liven up and energize your cooking. Here are some delightful, interesting and tasty new recipes which will aid you in planning and serving meals. Adding these magic granules will: roundout the flavor of meat, fish and poultry dishes; add zip to salads, soups and drinks; strengthen the subtle flavor in vegetables, eggs and cheese dishes; increase the goodness in dips, sauces and spreads.

AS A BROTH

This famous family . . . Rich Brown, Golden, Onion and Vegetable offer a variety of energizing, low-calorie broths. Just add a packet for each 6 oz. (170 g) of boiling or cold water; stir and then enjoy a full-bodied, nourishing, delicious and refreshing drink. These broths offer weight-watchers and low fat dieters a quick pick-up instead of a calorie-laden snack.

CUCUMBER-POTATO SOUP

A different kind of soup . . . you will enjoy it hot or cold

1/4 cup (60mL) butter or margarine
3/4 cup (180mL) thinly sliced leeks or onion
2 medium cucumbers, pared and finely chopped
3 cups (720mL) water
6 packets G. Washington's® Vegetable Seasoning and Broth
2 cups (480mL) raw potatoes, thinly sliced

Melt butter in a large saucepan and cook leeks or onion until tender, but not brown. Add cucumbers, water, G. Washington's and potatoes. Bring to a boil; reduce heat and simmer about 20 minutes or until potatoes are tender. Press mixture through a sieve or put into electric blender. Serve hot or chilled. Serves 6 to 8.

HOT CHEESE SOUP

G. Washington's is the secret flavor in this delicious soup

3 tablespoons (45mL) butter or margarine
1/2 cup (120mL) finely chopped onion
1/2 cup (120mL) finely chopped celery
1 tablespoon (15mL) flour
3 packets G. Washington's® Golden Seasoning and Broth
3 cups (720mL) hot water
3/4 cup (180mL) shredded Cheddar cheese
1/8 teaspoon (.5mL) pepper
1/2 cup (120mL) light cream

In large skillet, melt 2 tablespoons (30mL) butter. Add onion and celery and cook until tender, but not browned; remove from skillet. Melt remaining butter; stir in flour and G. Washington's. Gradually stir in hot water and cook stirring constantly, until mixture comes to full boil. Reduce heat; add cheese and continue to stir until cheese melts. Add onion, celery and pepper. Stir in cream; heat thoroughly. Serve immediately. Serves 4.

CHINESE VEGETABLE SOUP

G. Washington's is the secret flavor in this tasty soup

2 tablespoons (30mL) butter or margarine, melted

TOPSY TURVEY SOUP

Bowls you over in Minutes

2 cans (30 oz.) or (425g) Chef Boyardee® Roller Coasters® (wavy macaroni product and little meatballs in tomato sauce)
3 packets G. Washington's® Rich Brown Seasoning and Broth
2 cans water
1 package (10 oz.) or (283g) frozen mixed vegetables
1 medium onion, chopped
1 medium pepper, chopped

Empty Roller Coasters into a large saucepan. Add the G. Washington's plus 2 cans water. Stir in frozen mixed vegetables, chopped onion, and chopped pepper. Simmer for 10 minutes. Remove from heat and allow to sit for 10 more minutes before serving. Serves 6-8.

EGG DROP SOUP

Chinese Cuisine made Easy

7 packets G. Washington's® Golden Seasoning and Broth
5 cups (1200mL) water
1 egg, beaten thoroughly
2 tablespoons (30mL) chopped scallion or chopped chives

Combine G. Washington's with 4 1/2 cups (1080mL) water. Bring to boil. Mix 1/2 cup (120mL) cold water with cornstarch. Add cornstarch to broth mixture. Cook until thickened, stir constantly. Add beaten egg slowly, stirring. Egg should form, then shred. Stir in chopped scallions or chives. Makes 6 cups (1440mL).

G Washington's®

Family of flavor enhancers... Rich Brown, Golden, Onion and Vegetable... add zest, increase flavor, heighten your enjoyment of day to day meals.

Looking for that special something to perk up the flavor of your cooking? Try our solution. Here are four simple, fool-proof enhancers, the famous family of G. Washington's Seasonings and Broths . . . Rich Brown, Golden, Onion and Vegetable. With sheer magic these mini but mighty packets improve recipes from salads to soups to main dishes. What a quartet of cooking aids! Rich Brown adds a hearty beef-like flavor; Golden amplifies the chicken goodness but adds no chicken fat; Onion and Vegetable have their own distinctive qualities which add zip and sparkle to sandwiches, dips, spreads, vegetables and the whole spectrum of good foods.

KITCHEN TESTED Recipes

SALADS

SEASONED POTATO SALAD

Surprise seasoning delight for an old favorite

4 cups (960mL) diced hot cooked potatoes
3 packets G. Washington's® Rich Brown Seasoning and Broth
3 tablespoons (45mL) salad oil
1-1/2 tablespoons (23mL) cider vinegar
1 cup (240mL) diced celery
2 hard-cooked eggs, chopped
3 tablespoons (45mL) minced onion
3/4 cup (180mL) mayonnaise

Sprinkle G. Washington's, oil and vinegar over hot potatoes; set aside to cool. Combine remaining ingredients; add to potatoes and mix until potatoes are well coated. Cover and chill. Serves 4.

TOSSED SALAD

Bacon, cheese and G. Washington's toss new flavor into simple salad

1/2 head lettuce
1/2 green pepper, coarsely chopped
1 ripe tomato, cut up
4 strips crisp bacon
1/4 cup (60mL) oil
3 tablespoons (45mL) wine vinegar
2 packets G. Washington's® Onion Flavored Seasoning and Broth
2 tablespoons (30mL) Parmesan cheese
1/4 teaspoon (1mL) garlic powder
dash pepper

Tear lettuce into bite-size pieces; toss with green pepper, tomato and bacon. Combine remaining ingredients; mix well. Just before serving, toss salad with dressing. Serves 4.

TOMATO ASPIC

A quick, full-flavored version of a classic dish

2 packets G. Washington's® Vegetable Seasoning and Broth

PINEAPPLE-MARSHMALLOW SLAW

An attractive salad that is cool, crisp and satisfying

4 cups (960mL) finely shredded or chopped cabbage (about 1/2 medium head)
1 can (1 lb. 4 oz.) or (567g) crushed pineapple, drained
1 cup (240mL) miniature marshmallows
1/2 cup (120mL) dairy sour cream
1/4 cup (60mL) mayonnaise
1 tablespoon (15mL) lemon juice
1 teaspoon (5mL) Gulden's® Spicy Brown Mustard
2 packets G. Washington's® Golden Seasoning and Broth

Combine cabbage, pineapple, marshmallows in large bowl. Blend remaining ingredients; pour over cabbage and toss. If desired, sprinkle with paprika. Serves 6 to 8.

SEASONED CHEF'S SALAD

A meal salad with sparkling flavor

1-1/2 quarts (1.4L) chilled mixed salad greens
2 packets G. Washington's® Rich Brown Seasoning and Broth
1/4 cup (60mL) grated Cheddar cheese
1/4 cup (60mL) chopped celery
2 tomatoes, cut into wedges
2 slices beef bologna, cut into strips
2 slices Swiss cheese, cut into strips
2 tablespoons (30mL) olive or salad oil
2 tablespoons (30mL) cider vinegar

Put greens in large bowl. Sprinkle G. Washington's over greens. Add grated cheese, celery, tomatoes to greens. Arrange bologna, cheese strips on top. Mix oil and vinegar and pour over salad mixture. Toss all together so mixture is well coated with dressing. Serves 4.

VEGETABLE TOMATO ASPIC

Secret ingredients are G. Washington's and lemon juice

1 tablespoon (15mL) unflavored gelatin
1-3/4 cups (420mL) tomato juice
2 tablespoons (30mL) lemon juice
1 tablespoon (15mL) grated onion
2 packets G. Washington's® Rich Brown Seasoning and Broth
1/2 cup (120mL) shredded cabbage
1/2 cup (120mL) grated carrot
1/2 cup (120mL) chopped green pepper
sliced black olives

Combine gelatin, tomato juice, lemon juice, onion and G. Washington's in a saucepan. Heat stirring constantly until gelatin is dissolved; pour into mold. Chill until mixture thickens slightly. Fold in remaining vegetables. Chill until firm. Unmold. Serve on bed of lettuce. Serves 4.

1-3/4 cups (420mL) tomato juice
1/4 cup (60mL) lemon juice
3 tablespoons (45mL) finely chopped onion
1/4 teaspoon (1mL) Tabasco sauce
1/2 cup (120mL) shredded cabbage
1/2 cup (120mL) grated carrot
1/2 cup (120mL) chopped green pepper

Combine G. Washington's gelatin, tomato juice, lemon juice, onion and Tabasco in a saucepan. Place over medium heat stirring constantly until gelatin is dissolved; pour into 1 quart (.94L) mold. Chill until mixture thickens slightly. Fold in remaining vegetables; chill until firm. Unmold; serve on bed of lettuce. Serves 6.

SEASONED STUFFED TOMATOES

G. Washington's adds new excitement to this popular dish

2 cups (480mL) diced cooked chicken
1/2 cup (120mL) chopped celery
1/2 cup (120mL) mayonnaise
2 packets G. Washington's® Vegetable Seasoning and Broth
4 large ripe tomatoes

Combine chicken, celery, mayonnaise and G. Washington's; chill. Meanwhile, cut off stem end of tomatoes and scoop out pulp (save pulp for sauce, stewed tomatoes, etc.) Before serving fill tomatoes with chicken mixture. Serves 4.

TUNA SALAD MOLD

Tuna and G. Washington's give this salad a special character

1 envelope unflavored gelatin
1/2 cup (120mL) cold water
1/2 cup (120mL) hot water
2 tablespoons (30mL) lemon juice
2 packets G. Washington's® Golden Seasoning and Broth
1 can (7 oz.) or (198g) tuna, drained and flaked
3/4 cup (180mL) finely chopped celery
1/2 cup (120mL) dairy sour cream
1/4 cup (60mL) mayonnaise

Soften gelatin in cold water; add to hot water, stirring until completely dissolved. Add lemon juice, G. Washington's and mix well. Chill until mixture is consistency of unbeaten egg whites. Mix together tuna, celery, sour cream and mayonnaise. Stir into gelatin mixture. Pour into quart mold. Chill until firm. Unmold. Serves 4 to 6.

BACON-AND-EGG BEAN SALAD

Bacon and eggs enhanced with flavor for a quick lunch

2 cans (1 pound each) or (.907kg) whole green beans, drained
1/3 cup (80mL) chopped onion
1/3 cup (80mL) salad oil
1/4 cup (60mL) vinegar
1 packet G. Washington's® Golden Seasoning and Broth
4 hard-cooked eggs, chopped
1/4 cup (60mL) mayonnaise
1 teaspoon (5mL) Gulden's® Spicy Brown Mustard
2 teaspoons (10mL) vinegar
1 packet G. Washington's® Golden Seasoning and Broth
4 slices bacon, crisply fried and crumbled

Combine beans, onion, oil, 1/4 cup (60mL) vinegar and 1 packet G. Washington's; toss. Cover and chill. Mix eggs, mayonnaise, mustard, 2 teaspoons (10mL) vinegar and 1 packet G. Washington's. Cover and chill.

Just before serving, drain bean mixture thoroughly; toss with bacon. Serve on lettuce; top with a spoonful of egg-mayonnaise mixture. Serves 6.

CREAMY SWISS SALAD

A meal salad with sparkling flavor

4 cups (960mL) bite-size pieces salad greens, chilled
1 cup (240mL) shredded Swiss cheese
1/4 cup (60mL) sliced pimento-stuffed olives
2 hard-cooked eggs, chopped
1/2 cup (120mL) mayonnaise
2 tablespoons (30mL) light cream
1 teaspoon (5mL) Gulden's® Spicy Brown Mustard
1 packet G. Washington's® Golden Seasoning and Broth
tomato wedges

Combine salad greens, cheese, olives and eggs in large bowl. Blend mayonnaise, cream, mustard and G. Washington's; pour over greens and toss. Garnish with tomato wedges. Serves 6 to 8.

Sour cream and G. Washington's add new excitement to this popular salad

4 cups (960mL) shredded cabbage
1 cup (240mL) dairy sour cream
3 packets G. Washington's® Onion Flavored Seasoning and Broth
1/4 cup (60mL) chopped pimento (optional)
3 tablespoons (45mL) wine vinegar
2 tablespoons (30mL) chopped green pepper
1 tablespoon (15mL) sugar
1 teaspoon (5mL) salt
1/2 teaspoon (2mL) pepper

Combine all ingredients; mix well. Chill 30 minutes to 1 hour. Serves 6.

MACARONI SALAD

Sour cream and G. Washington's add new excitement to this popular salad

4 cups (960mL) cooked elbow macaroni
3/4 cup (180mL) chopped celery
1/2 cup (120mL) chopped green pepper
1/4 cup (60mL) minced onion
4 packets G. Washington's® Rich Brown Seasoning and Broth
1/3 cup (80mL) dairy sour cream
1/3 cup (80mL) mayonnaise
2 tablespoons (30mL) vinegar
1 large tomato, cut up

Combine all ingredients in large bowl; mix well. Cover and chill. Serves 6 to 8.

ZINGY RED AND WHITE SLAW

Exciting new flavor for an old favorite

1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
2 packets G. Washington's® Rich Brown Seasoning and Broth
2 tablespoons (30mL) wine vinegar
1 tablespoon (15mL) sugar
1/2 teaspoon (2mL) salt
3 cups (720mL) shredded white cabbage
3 cups (720mL) shredded red cabbage

Combine mustard, G. Washington's, vinegar and sugar. Stir well; chill. Toss with shredded red and white cabbage. Dressing by itself keeps well in the refrigerator and may be used on salads also. Serves 6 to 8.

SOUPS

CREAM OF SHRIMP SOUP

Canned soup becomes a gourmet's delight

1 can (10 3/4 oz.) or (305g) tomato soup
2 packets G. Washington's® Onion Flavored Seasoning and Broth
1 soup can (305g) milk
1 can (4 1/2 oz.) or (128g) shrimp, cut up
2 tablespoons (30mL) cooking sherry (optional)
chopped parsley

Blend tomato soup and G. Washington's. Gradually stir in 1 can of milk; add shrimp. Bring soup just to a boil; reduce heat; simmer 5 minutes. Add sherry, if desired. Garnish soup with chopped parsley. Serves 4.

STAR SPANGLED ONION SOUP

A quick and easy soup with subtle seasoning

1/4 cup (60mL) butter or margarine, melted
2 cups (480mL) thinly sliced onions
4 cups (960mL) water
6 packets G. Washington's® Rich Brown Seasoning and Broth

Cook onions in melted butter until tender and golden. Add water and G. Washington's. Bring to boil. Reduce heat; cover and simmer for 30 minutes. Serve topped with toasted bread and grated Parmesan cheese. Serves 4.

G. Washington's

SEASONING AND BROTH

EXCITING NEW RECIPES

SERIES 4 DIPS, SAUCES, SPREADS & POULTRY

AS A SEASONER

These magic packets... Rich Brown, Golden, Onion and Vegetable liven up and energize your cooking. Here are some delightful, interesting and tasty new recipes which will aid you in planning and serving meals. Adding these magic granules will: roundout the flavor of meat, fish and poultry dishes; add zip to salads, soups and drinks; strengthen the subtle flavor in vegetables, eggs and cheese dishes; increase the goodness in dips, sauces and spreads.

AS A BROTH

This famous family... Rich Brown, Golden, Onion and Vegetable offer a variety of energizing, low-calorie broths. Just add a packet for each 6 oz. (170g) of boiling or cold water; stir and then enjoy a full-bodied, nourishing, delicious and refreshing drink. These broths offer weight-watchers and low fat dieters a quick pick-up instead of a calorie-laden snack.

PINEAPPLE SHRIMP SURPRISE

G. Washington's adds that special flavor

1 pineapple
1/2 cup (120mL) cider vinegar
1/2 pound (227g) shrimp
2 packets G. Washington's® Vegetable Seasoning and Broth
1/4 cup (60mL) lemon juice
1 medium sized zucchini, sliced
1 small bunch grapes (approximately 24)

Cut pineapple in half lengthwise and then in quarters. Remove pineapple meat by cutting with serrated knife; remove core. Cut fruit into 1" (2.54cm) pieces; place in bowl along with any excess juice. Add vinegar to two quarts (1.9L) of water. Boil shrimp for 10 minutes. Remove, peel and devein. Add to pineapple. Add remaining ingredients. Place in refrigerator for at least one hour. Fill pineapple shells. Serves 4.

EGG AND OLIVE SANDWICH FILLING

A pleasing combination

1 cup (240mL) chopped hard-cooked eggs
1/2 cup (120mL) minced celery
1/4 cup (60mL) chopped olives
1/4 cup (60mL) mayonnaise
2 teaspoons (10mL) Gulden's® Spicy Brown Mustard
1 packet G. Washington's® Golden Seasoning and Broth

Combine all ingredients. Makes 2 cups (480mL).

SEASONED CREAM CHEESE FILLING

Delicate and delicious

2 packages (3 oz. each) or (170g) cream cheese, softened
1 tablespoon (15mL) milk
1 tablespoon (15mL) minced chives
1 packet G. Washington's® Golden Seasoning and Broth

Combine all ingredients. Makes 3/4 cup (180mL).

OVEN FRIED CHICKEN

Seasons as it bakes

1 (3 lb.) or (1.36kg) broiler-fryer chicken, cut into quarters
1/3 cup (80mL) flour
2 packets G. Washington's® Golden Seasoning and Broth
4 tablespoons (60mL) milk
6 tablespoons (90mL) melted butter or margarine

Mix flour and 1 packet G. Washington's. Dip chicken in milk and then in seasoned flour. Add remaining packets G. Washington's to butter. Put 2 tablespoons (30mL) butter in bottom of shallow baking dish. Place chicken skin side down in pan. Brush chicken with 2 tablespoons (30mL) seasoned butter. Bake in preheated 425°F (218°C) oven for 30 minutes. Turn chicken. Brush with remaining butter and bake 25 minutes longer or until tender. Serves 4.

CHICKEN CORNWALLIS

Here's a delightful, lemon sauce that gives the chicken you're serving more flavor

4 (10 oz.) or (1134g) chicken breasts, skinned
1 can (8 oz.) or (227g) artichoke hearts, drained
4 packets G. Washington's® Golden Seasoning and Broth
2 tablespoons (30mL) lemon juice
1 tablespoon (15mL) lemon rind
1 teaspoon (5mL) dried tarragon
2 tablespoons (30mL) dehydrated onion flakes
1 cup (240mL) hot water
1/4 cup (60mL) chopped parsley

Arrange chicken and artichoke hearts in 2 quart (1.9L) baking dish. Sprinkle with one packet G. Washington's. Bake in preheated 400°F (204°C) oven for 15 minutes, reduce heat to 350°F (176°C). Stir 3 packets G. Washington's, lemon juice, lemon rind, tarragon and onion flakes into hot water. Pour over chicken. Continue baking for 30 minutes. Garnish with chopped parsley. Serves 4.

SEASONED TUNA FILLING

Try tuna with a G. Washington's touch

2 cans (7 oz. each) or (397g) tuna fish, drained and flaked
1 cup (240mL) minced celery
3/4 cup (180mL) mayonnaise
1 tablespoon (15mL) lemon juice
1 packet G. Washington's® Golden Seasoning and Broth

Combine all ingredients. Makes 3 cups (720mL).

EGG AND MUSHROOM SANDWICH FILLING

Sandwich filling with a new twist

1 cup (240mL) chopped hard-cooked eggs
1/4 cup (60mL) minced canned mushrooms
1/4 cup (60mL) mayonnaise
1 packet G. Washington's® Rich Brown Seasoning and Broth

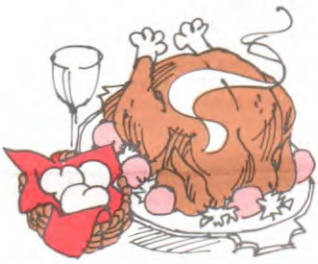
Combine all ingredients. Makes 1 1/2 cups (360mL).

CHICKEN SANDWICH FILLING

Glamorized chicken

1 cup (240mL) minced cooked chicken
1/2 cup (120mL) minced celery
1/4 cup (60mL) mayonnaise
2 teaspoons (10mL) minced onion
2 teaspoons (10mL) minced pimento
1 packet G. Washington's® Golden Seasoning and Broth

Combine all ingredients. Makes 1 3/4 cups (420mL).



POULTRY

GLAZED CHICKEN BREASTS

Surprise seasoning delight for an old favorite

3 large chicken breasts, split
4 tablespoons (60mL) flour
3 packets G. Washington's® Golden Seasoning and Broth
1/4 cup (60mL) butter or margarine, melted
1 cup (240mL) water
1/2 cup (120mL) chutney

Remove skin from chicken breasts. Mix flour with G. Washington's; reserve 1 tablespoon (15mL). Coat chicken pieces with seasoned flour and brown until golden in melted butter. Place in 2 quart (1.9L) oblong baking dish. Stir reserved flour into drippings in skillet. Slowly add water and stir until slightly thickened. Add chutney and stir until blended. Pour sauce over chicken. Cover with aluminum foil and bake in preheated 325°F (163°C) oven for 45 minutes; remove cover and bake for 15 minutes. Serves 6.

CONTINENTAL CHICKEN

Turns chicken into a hearty taste treat the whole family will enjoy

3 packets G. Washington's® Rich Brown Seasoning and Broth
1 can (8 oz.) or (227g) tomatoes
1/2 medium green pepper, chopped
2 tablespoons (30mL) onion flakes
1/2 teaspoon (2mL) oregano
2 whole chicken breasts, split and skinned
2 cups (480mL) sliced zucchini

Combine G. Washington's, tomatoes, green pepper, onion and oregano in large skillet. Add chicken; cover and simmer 25 minutes. Add zucchini; simmer additional 20 minutes or until chicken and zucchini are tender. Serves 4.

HOME STYLE CHICKEN IN MUSTARD SAUCE

Flavor up chicken with G. Washington's

5 packets G. Washington's® Golden Seasoning and Broth
1/2 cup (120mL) flour
1 (3 lb.) or (1.36kg) broiler-fryer chicken, cut up
1/4 cup (60mL) butter or margarine
1 cup (240mL) water
1 tablespoon (15mL) chopped scallions
1 teaspoon (5mL) tarragon
3 tablespoons (45mL) Gulden's® Spicy Brown Mustard
1 cup (240mL) half and half

Combine 3 packets of G. Washington's with flour; coat chicken pieces. Brown chicken pieces in butter until golden. Dissolve remaining 2 packets of G. Washington's in 1 cup (240mL) water. Add to skillet along with scallions and tarragon. Cover; continue cooking over low heat until sauce begins to thicken and chicken is fork tender. Mix mustard with half and half. Pour over simmered chicken; stir gently; cover. Allow to simmer 10 more minutes. Serves 4.

CHICKEN MONTICELLO

An easy and deliciously different way to serve chicken; just top it off with red 'n green and tarragon

12 ozs. (340g) chicken breast, boned and skinned
3 packets G. Washington's® Golden Seasoning and Broth
paprika
2 tablespoons (30mL) water
1 cup (240mL) sliced fresh mushrooms
1/2 cup (120mL) water
1/2 medium green pepper, cut into strips
1/4 cup (60mL) chopped pimiento
1/4 cup (60mL) sliced scallions
1/4 teaspoon (1mL) tarragon

Sprinkle chicken with 1 packet G. Washington's and paprika. Place in baking dish with 2 tablespoons (30mL) water. Bake in preheated 375°F (190°C) oven for 10 minutes. Combine remaining ingredients. Simmer 10 minutes; pour over chicken. Bake 10 minutes longer, basting occasionally with broth. Serves 2.

POLYNESIAN CHICKEN

Delightful, different and delicious

1 (2 1/2 to 3 lb.) or (1.13-1.36kg) broiler-fryer chicken, cut up
1 clove garlic, crushed
2/3 cup (160mL) water
1/4 cup (60mL) salad oil
2 tablespoons (30mL) lemon juice
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
3 packets G. Washington's® Golden Seasoning and Broth
1/2 teaspoon (2mL) chili powder
1/2 teaspoon (2mL) sugar

Combine crushed garlic, water, salad oil, lemon juice, mustard, G. Washington's, chili powder and sugar. Pour over chicken pieces in large bowl and refrigerate for several hours or overnight, turning chicken once or twice. Drain and reserve marinade. Preheat broiler for 10 minutes. Place chicken, skin side down in broiler pan. Place 8 to 9 inches (20cm-23cm) from heat. Brush chicken with marinade and broil 20 minutes on one side, basting with marinade every 5 minutes. Turn; brush with marinade and broil 15 to 20 minutes on second side, basting every 5 minutes. Serve over cooked rice or spaghetti. Makes 4 servings.

CHICKEN DELUXE

Different and delicious

3 tablespoons (45mL) butter or margarine, melted
3 cups (720mL) cubed, cooked chicken
1/2 cup (120mL) sliced mushrooms
1/2 cup (120mL) chopped celery
1/4 cup (60mL) chopped onion
1 can (10 3/4 oz.) or (305g) condensed cream of celery soup
1 cup (240mL) milk
1 cup (240mL) shredded Cheddar cheese
1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
1 packet G. Washington's® Golden Seasoning and Broth

Sauté chicken, mushrooms, celery and onion in butter lightly. Stir in remaining ingredients; heat and simmer 10 minutes; stirring frequently. Serve over rice. Serves 6.

raw vegetables, potato chips. Makes 2 cups (480mL).

VARIATION:
Add either 1/3 cup (80mL) minced pimento stuffed olives or 1/3 cup (80mL) drained, chopped canned mushrooms or 1/2 cup (120mL) chopped canned anchovies or sardines.

SEASONED CHEESE DIP

One basic recipe makes 5 delicious dips

1 cup (240mL) creamed cottage cheese
2 packages (3 oz.) or (170mL) cream cheese
3/4 cup (180mL) dairy sour cream
2 packets G. Washington's® Golden Seasoning and Broth

Stir cottage cheese or cream cheese with sour cream. Stir in G. Washington's. Mix well. Chill several hours. Serve with crackers, raw vegetables, potato chips. Makes 2 cups (480mL).

OLIVE PIMENTO DIP

To basic recipe, add 1/3 cup (80mL) minced pimento stuffed olives.

MUSHROOM DIP

To basic recipe, add 1/3 cup (80mL) drained, chopped canned mushrooms.

LIVER PATE

To basic recipe, add 2 tablespoons (30mL) canned liver pate.

ANCHOVY DIP

To basic recipe, add 1/2 cup (120mL) chopped canned anchovies. (Sardines, canned herrings or minced clams can be used, too.)

SAUCES

SNAPPY CHEESE SAUCE

A sauce to perk up vegetables

1/2 pound (227g) American cheese
1/2 cup (120mL) water
1 packet G. Washington's® Rich Brown Seasoning and Broth
1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
1 teaspoon (5mL) Worcestershire sauce

Mix together cheese, water, G. Washington's. Cook over hot water until cheese melts. Stir in mustard, Worcestershire sauce. Serve hot with cauliflower, green beans, asparagus, peas, onions. Makes 1 cup (240mL).

STEAK SAUCE

Delicious flavor combination

1 large clove garlic, chopped
1 teaspoon (5mL) olive oil
1 can (15 oz.) or (425g) Chef Boyardee® Spaghetti Sauce with Meat
1/2 cup (120mL) water
1/4 cup (60mL) orange juice concentrate
1/4 cup (60mL) raisins
2 packets G. Washington's® Onion Flavored Seasoning and Broth
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
2 tablespoons (30mL) wine vinegar
2 tablespoons (30mL) Worcestershire sauce
1 tablespoon (15mL) dark molasses
2 teaspoons (10mL) sugar
1/8 teaspoon (.5mL) allspice

Sauté garlic lightly in oil. Add remaining ingredients. Cover; simmer for 1 hour. Pour into blender. Blend for 3 minutes until smooth. Makes 1 1/2 pints (750mL).

3 egg yolks
1/2 cup (120mL) melted butter or margarine
3 tablespoons(45mL) boiling water
1 packet G. Washington's® Golden Seasoning and Broth
2 tablespoons(30mL) lemon juice

Place egg yolks in pan over hot but not boiling water. Beat with fork until fluffy. Add butter gradually, beating constantly. Beat in hot water, continuing to beat until mixture has thickened. Remove from heat. Beat in G. Washington's and lemon juice. Serve warm with vegetables. Makes 2/3 cup (160mL).

CUCUMBER SAUCE

A new delicacy for cucumber lovers

3 tablespoons (45mL) butter or margarine
3 tablespoons (45mL) flour
1/4 cup (60mL) water
1 cup (240mL) milk
2 packets G. Washington's® Golden Seasoning and Broth
1/4 cup (60mL) cream
1/4 cup (60mL) finely chopped cucumber

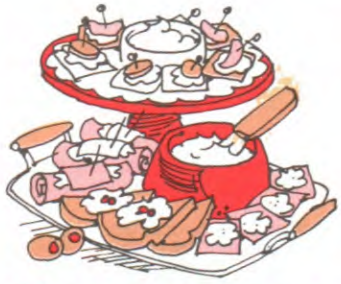
Melt butter. Stir in flour. Remove from heat. Stir in water and milk until smooth. Return to heat. Cook, stirring constantly, until mixture thickens. Stir in G. Washington's. Remove from heat. Add cream and cucumber and mix well. Serve hot with fish or chicken. Makes 1 1/2 cups (360mL).

BECHAMEL SAUCE

A delicious broth of a sauce for chicken.

2 tablespoons (30mL) butter or margarine
2 tablespoons (30mL) flour
1 packet G. Washington's® Golden Seasoning and Broth
1/2 cup (120mL) water
1/2 cup (120mL) milk
1/8 teaspoon (.5mL) paprika

Melt butter and stir in flour and G. Washington's. Remove from heat. Stir in water and milk until smooth. Return to heat. Cook, stirring constantly, until mixture thickens. Add paprika. Serve hot with chicken, fish or veal. Makes 1 cup (240mL).



SPREADS

BOLOGNA SANDWICH FILLING

With great flavor

1 cup (240mL) finely minced or ground bologna
1/2 cup (120mL) minced green pepper
1/4 cup (60mL) mayonnaise
1 packet G. Washington's® Rich Brown Seasoning and Broth

Combine all ingredients. Makes 1 3/4 cups (420mL).

PECAN STUFFING

Perk up flavor with G. Washington's

1-1/4 cups (300mL) butter or margarine, melted
2 cups (480mL) chopped onion
2 cups (480mL) sliced celery
3 quarts (2.84L) cubed day old bread
2 cups (480mL) chopped pecans
5 packets G. Washington's® Golden Seasoning and Broth
1/2 teaspoon (2mL) dried thyme
1/2 teaspoon (2mL) dried marjoram
1/2 teaspoon (2mL) dried savory

Sauté onion and celery in butter until tender. Mix with bread cubes. Add remaining ingredients and mix thoroughly. Makes enough stuffing for 12 pound (5.448kg) turkey.

G Washington's®

Family of flavor enhancers...
Rich Brown, Golden, Onion and Vegetable...add zest, increase flavor, heighten your enjoyment of day to day meals.

Looking for that special something to perk up the flavor of your cooking? Try our solution. Here are four simple, fool-proof enhancers, the famous family of G. Washington's Seasonings and Broths... Rich Brown, Golden, Onion and Vegetable. With sheer magic these mini but mighty packets improve recipes from salads to soups to main dishes. What a quartet of cooking aids! Rich Brown adds a hearty beef-like flavor; Golden amplifies the chicken goodness but adds no chicken fat; Onion and Vegetable have their own distinctive qualities which add zip and sparkle to sandwiches, dips, spreads, vegetables and the whole spectrum of good foods.

KITCHEN TESTED Recipes

DIPS

ONION DIP

Exciting new flavor for an old favorite

1 cup (240mL) dairy sour cream
2 packets G. Washington's® Onion Flavored Seasoning and Broth
chopped chives (optional)

Combine all ingredients; chill well. Serve with crackers and chips. Makes 1 cup (240mL).

Soften cream cheese. Combine with G. Washington's and beat well. Stir in cucumber; chill. Makes 1½ cups (360mL).

A VEGETABLE DIP

Savor the flavor

1 pint (480mL) dairy sour cream
1/2 cup (120mL) catsup
1/4 pound (113g) blue cheese, crumbled
6 packets G. Washington's® Rich Brown Seasoning and Broth

Mix all ingredients together in a bowl. Blend well and serve with bite size fresh vegetables: carrot sticks, tomato wedges, cauliflowerettes, cucumber slices, green pepper cubes and ripe olives. Makes 2½ cups (600mL).

SEASONED CHEESE DIP

One basic recipe makes 5 delicious dips

2 packages (3 oz. each) or (170g) cream cheese, softened
3/4 cup (180mL) dairy sour cream
2 packets G. Washington's® Rich Brown Seasoning and Broth

Blend cream cheese and sour cream. Stir in G. Washington's mix well. Stir in

ONION BARBECUE SAUCE

A homemade sauce delight

1/4 cup (60mL) butter or margarine
1 cup (240mL) finely chopped onion
1 tablespoon (15mL) flour
2 packets G. Washington's® Rich Brown Seasoning and Broth
2/3 cup (160mL) catsup
2 tablespoons (30mL) Worcestershire sauce
1 tablespoon (15mL) vinegar
1 tablespoon (15mL) sugar
1 cup (240mL) water

Melt butter in large skillet. Add onion and cook until tender. Stir in remaining ingredients. Cook gently for 30 minutes. Baste chicken, beef, lamb, pork with sauce during barbecuing. Makes 2 cups (480mL).

CHOP HOUSE MUSTARD SAUCE

Perfect sauce to accompany meat

3 tablespoons (45mL) butter or margarine
3 tablespoons (45mL) flour
3 packets G. Washington's® Rich Brown Seasoning and Broth
1 cup (240mL) water
1/3 cup (80mL) milk
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
[illegible] sugar

GIBLET GRAVY

Perfect gravy to accompany turkey

Giblets and neck of turkey
1-1/2 cups (360mL) dry white wine
1/2 cup (120mL) water
3 packets G. Washington's® Golden Seasoning and Broth
3 or 4 whole peppercorns
1 onion stuck with whole cloves
1 scraped carrot, cut in half
2 sprigs parsley
3 tablespoons (45mL) flour

Put giblets and neck in saucepan. Add the next seven ingredients. Bring to boil. Boil 1 minute. Skim off foam. Lower heat; cover and cook slowly for 1 hour. Strain. Measure. If not 2½ cups (600mL) add water. Chop giblets; set aside. When turkey is cooked, remove from pan and pour off fat. Return 3 tablespoons (45mL) fat to pan. Stir in flour and cook to brown, scraping all brown bits from pan. Slowly add the cooked giblet-wine liquid, stirring constantly until very hot, smooth and somewhat thickened. Add the giblets. Makes about 3 cups (720mL) of gravy.

SEASONED HOLLANDAISE SAUCE

G Washington's®

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Rich Brown, Golden, Onion and Vegetable...add zest, increase flavor, heighten your enjoyment of day to day meals.

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KITCHEN TESTED Recipes

DIPS

ONION DIP

Exciting new flavor for an old favorite

1 cup (240mL) dairy sour cream
2 packets G. Washington's® Onion Flavored Seasoning and Broth
chopped chives (optional)

Combine all ingredients; chill well. Serve with crackers and chips. Makes 1 cup (240mL).

CREAMY CUCUMBER DIP

Crisp chips of cucumber make this the perfect hot-weather dip

1 package (8 oz.) or (227g) cream cheese
1 packet G. Washington's® Onion Flavored Seasoning and Broth
1 cucumber, peeled and chopped

Soften cream cheese. Combine with G. Washington's and beat well. Stir in cucumber; chill. Makes 1½ cups (360mL).

A VEGETABLE DIP

Savor the flavor

1 pint (480mL) dairy sour cream
1/2 cup (120mL) catsup
1/4 pound (113g) blue cheese, crumbled
6 packets G. Washington's® Rich Brown Seasoning and Broth

Mix all ingredients together in a bowl. Blend well and serve with bite size fresh vegetables: carrot sticks, tomato wedges, cauliflowerettes, cucumber slices, green pepper cubes and ripe olives. Makes 2½ cups (600mL).

SEASONED CHEESE DIP

One basic recipe makes 5 delicious dips

2 packages (3 oz. each) or (170g) cream cheese, softened

ONION BARBECUE SAUCE

A homemade sauce delight

1/4 cup (60mL) butter or margarine
1 cup (240mL) finely chopped onion
1 tablespoon (15mL) flour
2 packets G. Washington's® Rich Brown Seasoning and Broth
2/3 cup (160mL) catsup
2 tablespoons (30mL) Worcestershire sauce
1 tablespoon (15mL) vinegar
1 tablespoon (15mL) sugar
1 cup (240mL) water

Melt butter in large skillet. Add onion and cook until tender. Stir in remaining ingredients. Cook gently for 30 minutes. Baste chicken, beef, lamb, pork with sauce during barbecuing. Makes 2 cups (480mL).

CHOP HOUSE MUSTARD SAUCE

Perfect sauce to accompany meat

3 tablespoons (45mL) butter or margarine
3 tablespoons (45mL) flour
3 packets G. Washington's® Rich Brown Seasoning and Broth
1 cup (240mL) water
1/3 cup (80mL) milk
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
1 teaspoon (5mL) sugar

Melt butter. Stir in flour, G. Washington's. Stir in gradually water and milk. Add mustard and sugar. Cook, stirring constantly, until mixture thickens. Serve hot with chicken, beef or lamb. Makes 1½ cups (360mL).

GIBLET GRAVY

Perfect gravy to accompany turkey

Giblets and neck of turkey
1-1/2 cups (360mL) dry white wine
1/2 cup (120mL) water
3 packets G. Washington's® Golden Seasoning and Broth
3 or 4 whole peppercorns
1 onion stuck with whole cloves
1 scraped carrot, cut in half
2 sprigs parsley
3 tablespoons (45mL) flour

Put giblets and neck in saucepan. Add the next seven ingredients. Bring to boil. Boil 1 minute. Skim off foam. Lower heat; cover and cook slowly for 1 hour. Strain. Measure. If not 2½ cups (600mL) add water. Chop giblets; set aside. When turkey is cooked, remove from pan and pour off fat. Return 3 tablespoons (45mL) fat to pan. Stir in flour and cook to brown, scraping all brown bits from pan. Slowly add the cooked giblet-wine liquid, stirring constantly until very hot, smooth and somewhat thickened. Add the giblets. Makes about 3 cups (720mL) of gravy.

3/4 cup (180mL) dairy sour cream
2 packets G. Washington's® Rich Brown Seasoning and Broth

Blend cream cheese and sour cream. Stir in G. Washington's; mix well. Chill. Serve with crackers, raw vegetables, potato chips. Makes 2 cups (480mL).

VARIATION:
Add either 1/3 cup (80mL) minced pimento stuffed olives or 1/3 cup (80mL) drained, chopped canned mushrooms or 1/2 cup (120mL) chopped canned anchovies or sardines.

SEASONED CHEESE DIP

One basic recipe makes 5 delicious dips

1 cup (240mL) creamed cottage cheese
2 packages (3 oz.) or (170mL) cream cheese
3/4 cup (180mL) dairy sour cream
2 packets G. Washington's® Golden Seasoning and Broth

Stir cottage cheese or cream cheese with sour cream. Stir in G. Washington's. Mix well. Chill several hours. Serve with crackers, raw vegetables, potato chips. Makes 2 cups (480mL).

OLIVE PIMENTO DIP

To basic recipe, add 1/3 cup (80mL) minced pimento stuffed olives.

MUSHROOM DIP

To basic recipe, add 1/3 cup (80mL) drained, chopped canned mushrooms.

LIVER PATE

To basic recipe, add 2 tablespoons (30mL) canned liver pate.

ANCHOVY DIP

To basic recipe, add 1/2 cup (120mL) chopped canned anchovies. (Sardines, canned herrings or minced clams can be used, too.)

SAUCES

SNAPPY CHEESE SAUCE

A sauce to perk up vegetables

1/2 pound (227g) American cheese
1/2 cup (120mL) water
1 packet G. Washington's® Rich Brown Seasoning and Broth
1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
1 teaspoon (5mL) Worcestershire sauce

Mix together cheese, water, G. Washington's. Cook over hot water until cheese melts. Stir in mustard, Worcestershire sauce. Serve hot with cauliflower, green beans, asparagus, peas, onions. Makes 1 cup (240mL).

STEAK SAUCE

Delicious flavor combination

1 large clove garlic, chopped
1 teaspoon (5mL) olive oil
1 can (15 oz.) or (425g) Chef Boyardee® Spaghetti Sauce with Meat
1/2 cup (120mL) water
1/4 cup (60mL) orange juice concentrate
1/4 cup (60mL) raisins
2 packets G. Washington's® Onion Flavored Seasoning and Broth
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
2 tablespoons (30mL) wine vinegar
2 tablespoons (30mL) Worcestershire sauce
1 tablespoon (15mL) dark molasses
2 teaspoons (10mL) sugar
1/8 teaspoon (.5mL) allspice

Sauté garlic lightly in oil. Add remaining ingredients. Cover; simmer for 1 hour. Pour into blender. Blend for 3 minutes until smooth. Makes 1 1/2 pints (750mL).

SEASONED HOLLANDAISE SAUCE

Perfection on vegetables

3 egg yolks
1/2 cup (120mL) melted butter or margarine
3 tablespoons(45mL) boiling water
1 packet G. Washington's® Golden Seasoning and Broth
2 tablespoons(30mL) lemon juice

Place egg yolks in pan over hot but not boiling water. Beat with fork until fluffy. Add butter gradually, beating constantly. Beat in hot water, continuing to beat until mixture has thickened. Remove from heat. Beat in G. Washington's and lemon juice. Serve warm with vegetables. Makes 2/3 cup (160mL).

CUCUMBER SAUCE

A new delicacy for cucumber lovers

3 tablespoons (45mL) butter or margarine
3 tablespoons (45mL) flour
1/4 cup (60mL) water
1 cup (240mL) milk
2 packets G. Washington's® Golden Seasoning and Broth
1/4 cup (60mL) cream
1/4 cup (60mL) finely chopped cucumber

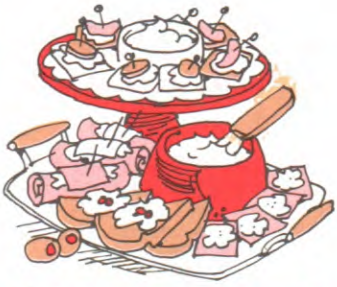
Melt butter. Stir in flour. Remove from heat. Stir in water and milk until smooth. Return to heat. Cook, stirring constantly, until mixture thickens. Stir in G. Washington's. Remove from heat. Add cream and cucumber and mix well. Serve hot with fish or chicken. Makes 1 1/2 cups (360mL).

BECHAMEL SAUCE

A delicious broth of a sauce for chicken.

2 tablespoons (30mL) butter or margarine
2 tablespoons (30mL) flour
1 packet G. Washington's® Golden Seasoning and Broth
1/2 cup (120mL) water
1/2 cup (120mL) milk
1/8 teaspoon (.5mL) paprika

Melt butter and stir in flour and G. Washington's. Remove from heat. Stir in water and milk until smooth. Return to heat. Cook, stirring constantly, until mixture thickens. Add paprika. Serve hot with chicken, fish or veal. Makes 1 cup (240mL).



SPREADS

BOLOGNA SANDWICH FILLING

With great flavor

1 cup (240mL) finely minced or ground bologna
1/2 cup (120mL) minced green pepper
1/4 cup (60mL) mayonnaise
1 packet G. Washington's® Rich Brown Seasoning and Broth

Combine all ingredients. Makes 1 3/4 cups (420mL).

PECAN STUFFING

Perk up flavor with G. Washington's

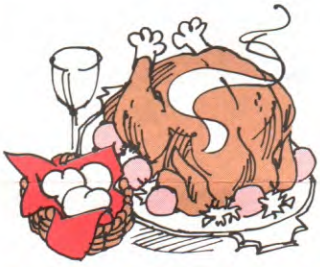
1-1/4 cups (300mL) butter or margarine, melted
2 cups (480mL) chopped onion
2 cups (480mL) sliced celery
3 quarts (2.84L) cubed day old bread
2 cups (480mL) chopped pecans
5 packets G. Washington's® Golden Seasoning and Broth
1/2 teaspoon (2mL) dried thyme
1/2 teaspoon (2mL) dried marjoram
1/2 teaspoon (2mL) dried savory

Sauté onion and celery in butter until tender. Mix with bread cubes. Add remaining ingredients and mix thoroughly. Makes enough stuffing for 12 pound (5.448kg) turkey.

G. Washington's

- 1 cup (240mL) tomato juice
- 1 cup (240mL) chopped celery
- 1/2 medium green pepper, chopped
- 1 tablespoon (15mL) dried onion flakes
- 1/8 teaspoon (.5mL) ground coriander (optional)
- 3 packets G. Washington's® Golden Seasoning and Broth
- dash of ginger
- 2 pounds (.907kg) filet of flounder

Combine all ingredients except flounder. Simmer gently for 10 minutes. Place flounder in 2 quart (1.9L) baking dish. Pour sauce over fish. Bake in preheated 400°F (204°C) oven for 25 minutes or until fish flakes with fork. Serves 4.



POULTRY

GLAZED CHICKEN BREASTS

Surprise seasoning delight for an old favorite

- 3 large chicken breasts, split
- 4 tablespoons (60mL) flour
- 3 packets G. Washington's® Golden Seasoning and Broth
- 1/4 cup (60mL) butter or margarine, melted
- 1 cup (240mL) water
- 1/2 cup (120mL) chutney

Remove skin from chicken breasts. Mix flour with G. Washington's; reserve 1 tablespoon (15mL). Coat chicken pieces with seasoned flour and brown until golden in melted butter. Place in 2 quart (1.9L) oblong baking dish. Stir reserved flour into drippings in skillet. Slowly add water and stir until slightly thickened. Add chutney and stir until blended. Pour sauce over chicken. Cover with aluminum foil and bake in preheated 325°F (163°C) oven for 45 minutes; remove cover and bake for 15 minutes. Serves 6.

CHICKEN CORNWALLIS

Here's a delightful, lemon sauce that gives the chicken you're serving more flavor

- 4 (10 oz.) or (113 4g) chicken breasts, skinned
- 1 can (8 oz.) or (227g) artichoke hearts, drained
- 4 packets G. Washington's® Golden Seasoning and Broth
- 2 tablespoons (30mL) lemon juice
- 1 tablespoon (15mL) lemon rind
- 1 teaspoon (5mL) dried tarragon
- 2 tablespoons (30mL) dehydrated onion flakes
- 1 cup (240mL) hot water
- 1/4 cup (60mL) chopped parsley

Arrange chicken and artichoke hearts in 2 quart (1.9L) baking dish. Sprinkle with one packet G. Washington's. Bake in preheated 400°F (204°C) oven for 15 minutes, reduce heat to 350°F (176°C). Stir 3 packets G. Washington's, lemon juice, lemon rind, tarragon and onion flakes into hot water. Pour over chicken. Continue baking for 30 minutes. Garnish with chopped parsley. Serves 4.

OVEN FRIED CHICKEN

Seasons as it bakes

- 1 (3 lb.) or (1.36kg) broiler-fryer chicken, cut into quarters
- 1/3 cup (80mL) flour
- 2 packets G. Washington's® Golden Seasoning and Broth
- 4 tablespoons (60mL) milk
- 6 tablespoons (90mL) melted butter or margarine

Mix flour and 1 packet G. Washington's. Dip chicken in milk and then in seasoned flour. Add remaining packets G. Washington's to butter. Put 2 tablespoons (30mL) butter in bottom of shallow baking dish. Place chicken skin side down in pan. Brush chicken with 2 tablespoons (30mL) seasoned butter. Bake in preheated 425°F (218°C) oven for 30 minutes. Turn chicken. Brush with remaining butter and bake 25 minutes longer or until tender. Serves 4.

- 1 cup (240mL) sliced fresh mushrooms
- 1/2 cup (120mL) water
- 1/2 medium green pepper, cut into strips
- 1/4 cup (60mL) chopped pimiento
- 1/4 cup (60mL) sliced scallions
- 1/4 teaspoon (1mL) tarragon

Sprinkle chicken with 1 packet G. Washington's and paprika. Place in baking dish with 2 tablespoons (30mL) water. Bake in preheated 375°F (190°C) oven for 10 minutes. Combine remaining ingredients. Simmer 10 minutes; pour over chicken. Bake 10 minutes longer, basting occasionally with broth. Serves 2.

TURKEY TETRAZZINI

Turns Turkey into a hearty entree

- 1/2 cup (120mL) chopped onion
- 1 cup (240mL) chopped celery
- 6 tablespoons (90mL) butter or margarine
- 6 tablespoons (90mL) flour
- 3 cups (720mL) milk
- 3 packets G. Washington's® Vegetable Seasoning and Broth
- 2 cups (480mL) diced cooked turkey
- 1 can (4 oz.) or (113g) sliced mushrooms, drained
- 3/4 cup (180mL) sliced, pitted ripe olives
- 3 tablespoons (45mL) grated Parmesan cheese

Sauté onion and celery in butter until tender, but not browned. Remove from heat; stir in flour and gradually stir in milk. Continue cooking, stirring constantly until sauce has thickened. Stir in remaining ingredients; cover and simmer gently about 20 minutes, stirring occasionally. Serve over cooked spaghetti. Serves 4 to 6.

POLYNESIAN CHICKEN

Delightful, different and delicious

- 1 (2½ to 3 lb.) or (1.13-1.36kg) broiler-fryer chicken, cut up
- 1 clove garlic, crushed
- 2/3 cup (160mL) water
- 1/4 cup (60mL) salad oil
- 2 tablespoons (30mL) lemon juice
- 2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
- 3 packets G. Washington's® Golden Seasoning and Broth
- 1/2 teaspoon (2mL) chili powder
- 1/2 teaspoon (2mL) sugar

Combine crushed garlic, water, salad oil, lemon juice, mustard, G. Washington's, chili powder and sugar. Pour over chicken pieces in large bowl and refrigerate for several hours or overnight, turning chicken once or twice. Drain and reserve marinade. Preheat broiler for 10 minutes. Place chicken, skin side down in broiler pan. Place 8 to 9 inches (20cm-23cm) from heat. Brush chicken with marinade and broil 20 minutes on one side, basting with marinade every 5 minutes. Turn; brush with marinade and broil 15 to 20 minutes on second side, basting every 5 minutes. Serve over cooked rice or spaghetti. Makes 4 servings.

CHICKEN DELUXE

Different and delicious

- 3 tablespoons (45mL) butter or margarine, melted
- 3 cups (720mL) cubed, cooked chicken
- 1/2 cup (120mL) sliced mushrooms
- 1/2 cup (120mL) chopped celery
- 1/4 cup (60mL) chopped onion
- 1 can (10¾ oz.) or (305g) condensed cream of celery soup
- 1 cup (240mL) milk
- 1 cup (240mL) shredded Cheddar cheese
- 1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
- 1 packet G. Washington's® Golden Seasoning and Broth

Sauté chicken, mushrooms, celery and onion in butter lightly. Stir in remaining ingredients; heat and simmer 10 minutes; stirring frequently. Serve over rice. Serves 6.

CHICKEN WITH PINEAPPLE

G. Washington's and pineapple add that special flavor to chicken

- 1 pound (.454kg) boned chicken breasts, cut into bite-size pieces
- 1 tablespoon (15mL) butter or margarine
- 1/2 cup (120mL) water
- 4 packets G. Washington's® Vegetable Seasoning and Broth
- 2 teaspoons (10mL) soy sauce
- 2 tablespoons (30mL) sugar
- 1/4 teaspoon (1mL) ground ginger
- 1 package (10 oz.) or (283g) frozen chopped spinach, thawed and drained
- 1/2 cup (120mL) pineapple chunks, drained

Sauté chicken in butter until lightly browned. Stir in water, G. Washington's, soy sauce, sugar and ginger; bring to a boil. Place spinach and pineapple on top of chicken. Cover; simmer for 5 to 10 minutes or until tender. Serves 4.

G. Washington's

SEASONING AND BROTH

EXCITING NEW RECIPES

SERIES 1 MEAT, FISH & POULTRY

AS A SEASONER

These magic packets . . . Rich Brown, Golden, Onion and Vegetable liven up and energize your cooking. Here are some delightful, interesting and tasty new recipes which will aid you in planning and serving meals. Adding these magic granules will: roundout the flavor of meat, fish and poultry dishes; add zip to salads, soups and drinks; strengthen the subtle flavor in vegetables, eggs and cheese dishes; increase the goodness in dips, sauces and spreads.

AS A BROTH

This famous family . . . Rich Brown, Golden, Onion and Vegetable offer a variety of energizing, low-calorie broths. Just add a packet for each 6 oz. (170 g) of boiling or cold water; stir and then enjoy a full-bodied, nourishing, delicious and refreshing drink. These broths offer weight-watchers and low fat dieters a quick pick-up instead of a calorie-laden snack.

HAWAIIAN FISH FILLETS

G. Washington's makes fish a dish that's delish

1-1/2 pounds (.680kg) haddock, flounder or any white fish fillets
3 packets G. Washington's® Golden Seasoning and Broth
1 large green pepper, cut into strips
1 cup (240mL) pineapple chunks
1/2 cup (120mL) unsweetened pineapple juice
1 tablespoon (15mL) lemon juice

Sprinkle fish with 2 packets G. Washington's. Place in greased 1½ quart (1.4L) oblong baking dish. Bake in preheated 425°F (218°C) oven for 20 minutes. Combine remaining ingredients and 1 packet G. Washington's. Bring to a boil; simmer 5 minutes. Pour over fish. Bake an additional 5 to 10 minutes. Serves 4.

CHEDDARY TUNA BAKE

A simple tuna casserole becomes an elegant, 4-tiered entree

2-1/2 cups (600mL) cooked rice
4 packets G. Washington's® Onion Flavored Seasoning and Broth
1/4 cup (60mL) chopped green pepper
2 tablespoons (30mL) butter or margarine
1 can (10½ oz.) or (298g) Cheddar cheese soup
1/2 cup (120mL) milk
1 can (7 oz.) or (198g) tuna, drained and flaked
1/4 cup (60mL) dry bread crumbs

Cook rice according to package directions, but add 2 packets G. Washington's to the water. Sauté green pepper in 1 tablespoon (15mL) butter. Add soup; blend in milk. Add tuna and 2 packets G. Washington's. Place 1¼ cups (300mL) cooked rice in bottom of 1½ quart (1.4L) casserole. Cover with ½ of tuna mixture. Repeat layers. Melt remaining tablespoon butter; stir in bread crumbs. Sprinkle crumbs over casserole. Bake in preheated 400°F (204°C) oven for 20 minutes. Serves 4.

BUNKER HILL FLOUNDER

A zesty, easy-to-prepare fish dish enhanced by the flavor of

HOME STYLE CHICKEN IN MUSTARD SAUCE

Flavor up chicken with G. Washington's

5 packets G. Washington's® Golden Seasoning and Broth
1/2 cup (120mL) flour
1 (3 lb.) or (1.36kg) broiler-fryer chicken, cut up
1/4 cup (60mL) butter or margarine
1 cup (240mL) water
1 tablespoon (15mL) chopped scallions
1 teaspoon (5mL) tarragon
3 tablespoons (45mL) Gulden's® Spicy Brown Mustard
1 cup (240mL) half and half

Combine 3 packets of G. Washington's with flour; coat chicken pieces. Brown chicken pieces in butter until golden. Dissolve remaining 2 packets of G. Washington's in 1 cup (240mL) water. Add to skillet along with scallions and tarragon. Cover; continue cooking over low heat until sauce begins to thicken and chicken is fork tender. Mix mustard with half and half. Pour over simmered chicken; stir gently; cover. Allow to simmer 10 more minutes. Serves 4.

CONTINENTAL CHICKEN

Turns chicken into a hearty taste treat the whole family will enjoy

3 packets G. Washington's® Rich Brown Seasoning and Broth
1 can (8 oz.) or (227g) tomatoes
1/2 medium green pepper, chopped
2 tablespoons (30mL) onion flakes
1/2 teaspoon (2mL) oregano
2 whole chicken breasts, split and skinned
2 cups (480mL) sliced zucchini

Combine G. Washington's, tomatoes, green pepper, onion and oregano in large skillet. Add chicken; cover and simmer 25 minutes. Add zucchini; simmer additional 20 minutes or until chicken and zucchini are tender. Serves 4.

CHICKEN MONTICELLO

An easy and deliciously different way to serve chicken; just top it off with red 'n green and tarragon

12 ozs. (340g) chicken breast, boned and skinned
3 packets G. Washington's® Golden Seasoning and Broth
paprika

u hour to drippings and stir until slightly brown. duce heat; add half and half, water, red wine, ustard and G. Washington's. Stir well until thick- ed. Place meatballs in sauce, cover; simmer for minutes. Serve over noodles. Serves 4 to 6.

BEEF CHOP SUEY

Beef-up flavor with G. Washington's

- 3 tablespoons (45mL) cooking oil
- 1 pound (.454kg) round steak, cut into ½ inch (1cm) pieces
- 2 cups (480mL) sliced celery
- /2 cups (360mL) water
- /3 cup (80mL) chopped onion
- 3 packets G. Washington's® Rich Brown Seasoning and Broth
- 1 tablespoon (15mL) soy sauce
- 1 can (1 lb.) or (.454kg) bean sprouts, drained
- /2 tablespoons (23mL) cornstarch

large skillet, brown meat in hot oil; add celery, ater, onion, G. Washington's and soy sauce. Bring boil; reduce heat, cover and simmer 10 minutes. d bean sprouts; simmer 3 minutes longer. Mix rnstarch with water to make thin paste; stir into xture, stirring constantly, until thickened. Serve th cooked rice. Serves 4.

BEEF STROGANOFF

Hearty, rich and delicious

- /2 pounds (.680kg) beef sirloin, cut into strips
- /4 cup (60mL) flour
- /2 cup (120mL) butter or margarine
- 1 cup (240mL) sliced onion
- /2 cups (360mL) fresh or canned sliced mushrooms
- /2 cups (360mL) water
- 3 packets G. Washington's® Rich Brown Seasoning and Broth
- /2 cup (120mL) dairy sour cream

at meat with flour and brown in 2 tablespoons 0mL) melted butter; remove from pan. Melt maining butter in pan. Sauté onions and mush- oms. Add meat, water, G. Washington's to vege- bles. Bring to boil. Reduce heat; cover and sim- er gently for 25 minutes. Stir in sour cream. Serve er cooked rice. Serves 4.

INDIVIDUAL BEEF LOAVES

aste secret – mixing G. Washington's with meat

- ound (.454kg) ground chuck
- packets G. Washington's® Rich Brown Seasoning and Broth
- ablespoon (15mL) minced onion
- gg, beaten
- ablespoons (45mL) bread crumbs
- ablespoon (15mL) tomato juice or milk
- lices bacon

: together meat and G. Washington's. Stir in on, egg, bread crumbs, tomato juice and mix tly but thoroughly. Shape into 4 patties. Circle h patty with bacon slice. Bake in preheated ° F (190°C) oven for 20 minutes. Serves 4.

SWEDISH MEAT BALLS

The secret's in the traditional, cream-like gravy

- 1 cup (240mL) soft bread crumbs
- 3 cups (320mL) milk
- 1 pound (.454kg) ground chuck
- 1 egg beaten
- 3 packets G. Washington's® Onion Flavored Seasoning and Broth
- 1 tablespoon (15mL) parsley flakes
- 3 teaspoon (.5mL) nutmeg
- dash pepper
- 4 tablespoons (60mL) butter or margarine
- 2 tablespoons (30mL) flour
- 1 cup (120mL) water

en bread crumbs in ⅓ cup (80mL) milk. Add t, egg, 2 packets G. Washington's, parsley, nut- and pepper; blend well. Beat 2-3 minutes at um speed on electric mixer, or beat thorough- hand. Form into balls with wet hands. Brown balls in 2 tablespoons (30mL) butter; remove pan. Melt remaining butter in skillet; stir in and 1 packet G. Washington's. Add 1 cup nL) milk and ½ cup (120mL) water. While stir- bring to boil. When gravy thickens, reduce add meat balls; cover and simmer for 20-30 tes. Garnish with additional parsley. Serves 4

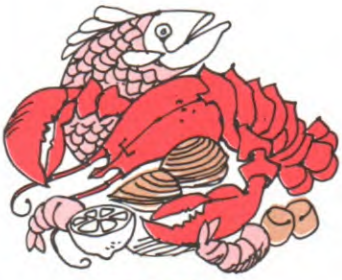
Serves 6.

MUSHROOM CHUCK ROAST

An easy-fixin' recipe for economical chuck

- 1 2 pound (.907kg) chuck steak
- 1 can (10½ oz.) or (297g) condensed cream of mushroom soup
- 1/4 cup (60mL) water
- 3 packets G. Washington's® Onion Flavored Seasoning and Broth
- 3 carrots, cut in 2" (5cm) pieces
- 2 stalks celery, sliced
- 3 medium potatoes, peeled and quartered

Brown steak over high heat in a Dutch oven or very large skillet. Pour soup and water over steak. Sprinkle with 2 packets G. Washington's. Cover and simmer 45 minutes. Add vegetables and remaining packet G. Washington's. Cover and simmer 45 minutes or more, until vegetables and meat are tender. Serves 4.



FISH

SAVORY SHRIMP CURRY

A quick 'n easy way to give shrimp a tropical touch

- 1 green pepper, cut into 1" (2.54cm) strips
- 2 tablespoons (30mL) butter or margarine
- 1 tablespoon (15mL) cornstarch
- 1 can (1 lb.) or (454g) whole tomatoes
- 3 packets G. Washington's® Onion Flavored Seasoning and Broth
- 4-6 teaspoons (20-30mL) curry powder
- 1 tablespoon (15mL) lemon juice
- 1 pound (454g) frozen peeled shrimp
- 3 cups (720mL) cooked rice
- Assorted condiments: nuts, raisins, chopped apple, chutney coconut

Sauté green pepper in butter. Blend in cornstarch. Add tomatoes; heat and stir until mixture thickens. Add G. Washington's, curry powder and lemon juice; cover; simmer 15 minutes. Add frozen shrimp, bring to a boil, cooking just until shrimp turn pink and are tender (5 minutes). Serve curry over rice and top with assorted condiments. Serves 4.

TUNA BAKE

A simple tuna casserole becomes an elegant, 4-tiered entree

- 2-1/2 cups (600mL) cooked rice
- 3 packets G. Washington's® Vegetable Seasoning and Broth
- 1/4 cup (60mL) chopped green pepper
- 2 tablespoons (30mL) butter or margarine, melted
- 1 can (10¾ oz.) or (305g) condensed cream of mushroom soup
- 1/2 cup (120mL) milk
- 1/2 cup (120mL) grated Cheddar cheese
- 1 can (7 oz.) or (198g) tuna, drained and flaked
- 1/4 cup (60mL) dry bread crumbs

Cook rice according to package directions, but add 1 packet G. Washington's to the water. Sauté green pepper in one tablespoon (15mL) butter; blend in soup, milk and cheese. Add tuna and remaining 2 packets G. Washington's. Place half of cooked rice in bottom of greased 1½ quart (1.4L) casserole. Cover with half of tuna mixture; repeat layers. Toss bread crumbs with remaining tablespoon butter; sprinkle over casserole. Bake in preheated 400°F (204°C) oven for 20 minutes. Serves 4.

G Washington's®

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Rich Brown, Golden, Onion and Vegetable...add zest, increase flavor, heighten your enjoyment of day to day meals.

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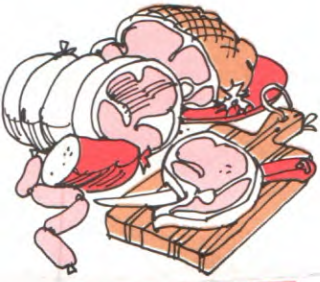
KITCHEN TESTED Recipes



MEAT

OXTAIL RAGOUT

With great flavor

- 1 tablespoon (15mL) oil
- 4 pounds (1.81kg) oxtails, disjointed
- 2 cups (480mL) chopped onion
- 6 packets G. Washington's® Rich Brown Seasoning and Broth
- 1 can (8 oz.) or (227g) tomato puree
- 1/2 cup (120mL) sherry

DEVILED MEATBALLS

Delicious flavor combination

- 1 slice day old bread, cubed
- 1 egg
- 1/3 cup (80mL) milk
- 1 pound (.454kg) ground beef
- 1 packet G. Washington's® Rich Brown Seasoning and Broth
- 1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
- 1 tablespoon (15mL) fresh or dried chopped parsley
- 1 tablespoon (15mL) Worcestershire sauce
- 1/8 teaspoon (.5mL) pepper
- 2 tablespoons (30mL) cooking oil

Mix all ingredients well except cooking oil. Form into balls about 1 inch (2.54cm) in diameter. Fry in oil, turning gently until brown. Pour off all except about 2 tablespoons (30mL) of drippings. Makes about 40 meatballs.

SAUCE FOR DEVILED MEATBALLS:

- 2 tablespoons (30mL) flour
- 1 cup (240mL) half and half or evaporated milk
- 1/2 cup (120mL) water
- 1/4 cup (60mL) dry red wine (optional)
- 2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
- 2 packets G. Washington's® Rich Brown

TWENTY MINUTE RAGOUT

Leftover beef's a quick 'n easy feast, with G. Washington's flavor flair

- 4 packets G. Washington's® Rich Brown Seasoning and Broth
- 4 cups (960mL) cooked beef, cut in cubes
- 1 quart (960mL) tomato juice
- 2 cups (480mL) sliced cooked carrots
- 1 cup (240mL) canned sliced mushrooms, drained
- 1 cup (240mL) cooked peas

Combine all ingredients in a large saucepan. Stir and bring to a boil; simmer for 20 minutes, stirring occasionally. Serves 4.

BEEF AND POTATO PIE

Simple pie is a seasoned delight

- 2 packets G. Washington's® Rich Brown Seasoning and Broth
- 2 cups (480mL) hot prepared mashed potatoes
- 2 tablespoons (30mL) butter or margarine
- 3 tablespoons (45mL) minced onions
- 3/4 pound (.34kg) ground beef

Stir 1 packet G. Washington's into hot mashed potatoes. Spoon half of potatoes into bottom of 9" (23cm) pie plate. Melt 1 tablespoon (15mL) butter. Add onions and beef; cook for 5 minutes, stirring [illegible] remaining packet G. Washing-

- 1 packet G. Washington's® Rich Brown Seasoning and Broth
- 1/4 teaspoon (1mL) salt
- 2 tablespoons (30mL) shortening

Combine meat, onion, G. Washington's and salt. Shape into four patties. Heat shortening in skillet. Add the hamburgers and brown on one side. Turn and cook on second side until brown and cooked as desired. Serves 4.

BEEF ALFREDO

A tasty, hearty dish with new richness

- 2 tablespoons (30mL) flour
- 3 packets G. Washington's® Rich Brown Seasoning and Broth
- 1-1/2 pounds (.680kg) top round, cut into 1/2 inch (1cm) strips
- 3 tablespoons (45mL) butter or margarine, melted
- 1 cup (240mL) sliced onion
- 1 can (4 oz.) or (113g) sliced mushrooms, drained
- 1-1/2 cups (360mL) water
- 1/2 cup (120mL) sliced stuffed olives (optional)

Mix flour with 1 packet G. Washington's. Coat meat with flour mixture and brown in melted butter. Add onion and mushrooms; cook until tender. Add water and remaining 2 packets G. Washington's. Bring to boil. Reduce heat; cover and simmer, stirring occasionally about 30 minutes or until meat is

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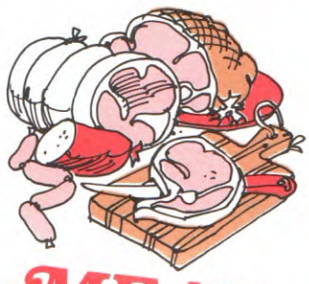


MEAT

OXTAIL RAGOUT
With great flavor

1 tablespoon (15mL) oil
4 pounds (1.81kg) oxtails, disjointed
2 cups (480mL) chopped onion
6 packets G. Washington's® Rich Brown Seasoning and Broth
1 can (8 oz.) or (227g) tomato puree
1/2 cup (120mL) sherry
1/2 cup (120mL) water
2 teaspoons (10mL) lemon juice
6 medium carrots, pared and quartered lengthwise
2 cups (480mL) sliced mushrooms

In a large saucepan brown oxtails and onion in hot oil. Add G. Washington's, tomato puree, sherry, water and lemon juice. Mix well. Bring to a boil; simmer covered, for 2 hours, stirring occasionally. Skim off excess fat. Add carrots and mushrooms; simmer (adding a little water if necessary) until tender – about 1 hour longer. Serves 4.

DEVILED MEATBALLS
Delicious flavor combination

1 slice day old bread, cubed
1 egg
1/3 cup (80mL) milk
1 pound (.454kg) ground beef
1 packet G. Washington's® Rich Brown Seasoning and Broth
1 tablespoon (15mL) Gulden's® Spicy Brown Mustard
1 tablespoon (15mL) fresh or dried chopped parsley
1 tablespoon (15mL) Worcestershire sauce
1/8 teaspoon (.5mL) pepper
2 tablespoons (30mL) cooking oil

Mix all ingredients well except cooking oil. Form into balls about 1 inch (2.54cm) in diameter. Fry in oil, turning gently until brown. Pour off all excess

TWENTY MINUTE RAGOUT
Leftover beef's a quick 'n easy feast, with G. Washington's flavor flair

4 packets G. Washington's® Rich Brown Seasoning and Broth
4 cups (960mL) cooked beef, cut in cubes
1 quart (960mL) tomato juice
2 cups (480mL) sliced cooked carrots
1 cup (240mL) canned sliced mushrooms, drained
1 cup (240mL) cooked peas

Combine all ingredients in a large saucepan. Stir and bring to a boil; simmer for 20 minutes, stirring occasionally. Serves 4.

BEEF AND POTATO PIE
Simple pie is a seasoned delight

2 packets G. Washington's® Rich Brown Seasoning and Broth
2 cups (480mL) hot prepared mashed potatoes
2 tablespoons (30mL) butter or margarine
3 tablespoons (45mL) minced onions
3/4 pound (.34kg) ground beef

Stir 1 packet G. Washington's into hot mashed potatoes. Spoon half of potatoes into bottom of 9" (23cm) pie plate. Melt 1 tablespoon (15mL) butter. Add onions and beef; cook for 5 minutes, stirring occasionally. Stir in remaining packet G. Washington's. Put beef mixture over potatoes in pie plate. Top with remaining potatoes. Dot with remaining tablespoon butter. Bake in preheated 400°F (204°C) oven for 15 minutes. Serves 4.

SEASONED HAMBURGERS
Delightfully seasoned

1 pound (.454kg) ground chuck
2 tablespoons (30mL) minced onion
1 packet G. Washington's® Rich Brown Seasoning and Broth
1/4 teaspoon (1mL) salt
2 tablespoons (30mL) shortening

Combine meat, onion, G. Washington's and salt. Shape into four patties. Heat shortening in skillet. Add the hamburgers and brown on one side. Turn and cook on second side until brown and cooked as desired. Serves 4.

BEEF ALFREDO
A tasty, hearty dish with new richness

2 tablespoons (30mL) flour
3 packets G. Washington's® Rich Brown Seasoning and Broth
1-1/2 pounds (.680kg) top round, cut into 1/2 inch (1cm) strips

-2 tablespoons (30mL) of drippings. Makes 40 meatballs.

UCE FOR DEVILED ATBALLS:

- blespoons (30mL) flour
- up (240mL) half and half or evaporated ilk
- up (120mL) water
- up (60mL) dry red wine (optional)
- blespoons (30mL) Gulden's® Spicy rown Mustard
- ackets G. Washington's® Rich Brown easoning and Broth

our to drippings and stir until slightly brown. ce heat; add half and half, water, red wine, rd and G. Washington's. Stir well until thick- Place meatballs in sauce, cover; simmer for utes. Serve over noodles. Serves 4 to 6.

BEEF CHOP SUEY

ef-up flavor with G. Washington's

- tablespoons (45mL) cooking oil
- pound (.454kg) round steak, cut into 1/2 inch (1cm) pieces
- cups (480mL) sliced celery
- cups (360mL) water
- cup (80mL) chopped onion
- packets G. Washington's® Rich Brown Seasoning and Broth
- tablespoon (15mL) soy sauce
- can (1 lb.) or (.454kg) bean sprouts, drained
- tablespoons (23mL) cornstarch

ge skillet, brown meat in hot oil; add celery, onion, G. Washington's and soy sauce. Bring l; reduce heat, cover and simmer 10 minutes. ean sprouts; simmer 3 minutes longer. Mix tarch with water to make thin paste; stir into re, stirring constantly, until thickened. Serve cooked rice. Serves 4.

BEEF STROGANOFF

Hearty, rich and delicious

- pounds (.680kg) beef sirloin, cut into strips
- cup (60mL) flour
- cup (120mL) butter or margarine
- cup (240mL) sliced onion
- cups (360mL) fresh or canned sliced mushrooms
- cups (360mL) water
- packets G. Washington's® Rich Brown Seasoning and Broth
- cup (120mL) dairy sour cream

meat with flour and brown in 2 tablespoons .) melted butter; remove from pan. Melt ning butter in pan. Sauté onions and mush- Add meat; water, G. Washington's to vege- Bring to boil. Reduce heat; cover and sim- ntly for 25 minutes. Stir in sour cream. Serve cooked rice. Serves 4.

DIVIDUAL BEEF LOAVES

secret – mixing G. Washington's with meat

- d (.454kg) ground chuck
- ets G. Washington's® Rich Brown oning and Broth
- spoon (15mL) minced onion beaten
- spoons (45mL) bread crumbs
- spoon (15mL) tomato juice or milk
- bacon

ether meat and G. Washington's. Stir in gg, bread crumbs, tomato juice and mix it thoroughly. Shape into 4 patties. Circle

y with bacon slice. Bake in preheated 90°C) oven for 20 minutes. Serves 4.

EDISH MEAT BALLS

e secret's in the traditional, cream-like gravy

- (240mL) soft bread crumbs
- s (320mL) milk
- d (.454kg) ground chuck beaten
- ets G. Washington's® Onion red Seasoning and Broth
- spoon (15mL) parsley flakes
- oon (.5mL) nutmeg
- pepper
- spoons (60mL) butter or margarine
- spoons (30mL) flour
- 120mL) water

d crumbs in 1/3 cup (80mL) milk. Add packets G. Washington's, parsley, nut- pper; blend well. Beat 2-3 minutes at ed on electric mixer, or beat thorough- form into balls with wet hands. Brown 2 tablespoons (30mL) butter; remove lelt remaining butter in skillet; stir in packet G. Washington's. Add 1 cup t and 1/2 cup (120mL) water. While stir- o boil. When gravy thickens, reduce at balls; cover and simmer for 20-30 nish with additional parsley. Serves 4

melted
- 1 cup (240mL) sliced onion
- 1 can (4 oz.) or (113g) sliced mushrooms, drained
- 1-1/2 cups (360mL) water
- 1/2 cup (120mL) sliced stuffed olives (optional)

Mix flour with 1 packet G. Washington's. Coat meat with flour mixture and brown in melted butter. Add onion and mushrooms; cook until tender. Add water and remaining 2 packets G. Washington's. Bring to boil. Reduce heat; cover and simmer, stirring occasionally about 30 minutes or until meat is tender. Stir in olives. Serve with rice or noodles. Serves 6.

MUSHROOM CHUCK ROAST

An easy-fixin' recipe for economical chuck

- 1 2 pound (.907kg) chuck steak
- 1 can (10 1/2 oz.) or (297g) condensed cream of mushroom soup
- 1/4 cup (60mL) water
- 3 packets G. Washington's® Onion Flavored Seasoning and Broth
- 3 carrots, cut in 2" (5cm) pieces
- 2 stalks celery, sliced
- 3 medium potatoes, peeled and quartered

Brown steak over high heat in a Dutch oven or very large skillet. Pour soup and water over steak. Sprinkle with 2 packets G. Washington's. Cover and simmer 45 minutes. Add vegetables and remaining packet G. Washington's. Cover and simmer 45 minutes or more, until vegetables and meat are tender. Serves 4.

FISH

SAVORY SHRIMP CURRY

A quick 'n easy way to give shrimp a tropical touch

- 1 green pepper, cut into 1" (2.54cm) strips
- 2 tablespoons (30mL) butter or margarine
- 1 tablespoon (15mL) cornstarch
- 1 can (1 lb.) or (454g) whole tomatoes
- 3 packets G. Washington's® Onion Flavored Seasoning and Broth
- 4-6 teaspoons (20-30mL) curry powder
- 1 tablespoon (15mL) lemon juice
- 1 pound (454g) frozen peeled shrimp
- 3 cups (720mL) cooked rice
- Assorted condiments: nuts, raisins, chopped apple, chutney coconut

Sauté green pepper in butter. Blend in cornstarch. Add tomatoes; heat and stir until mixture thickens. Add G. Washington's, curry powder and lemon juice; cover; simmer 15 minutes. Add frozen shrimp, bring to a boil, cooking just until shrimp turn pink and are tender (5 minutes). Serve curry over rice and top with assorted condiments. Serves 4.

TUNA BAKE

A simple tuna casserole becomes an elegant, 4-tiered entree

- 2-1/2 cups (600mL) cooked rice
- 3 packets G. Washington's® Vegetable Seasoning and Broth
- 1/4 cup (60mL) chopped green pepper
- 2 tablespoons (30mL) butter or margarine, melted
- 1 can (10 3/4 oz.) or (305g) condensed cream of mushroom soup
- 1/2 cup (120mL) milk
- 1/2 cup (120mL) grated Cheddar cheese
- 1 can (7 oz.) or (198g) tuna, drained and flaked
- 1/4 cup (60mL) dry bread crumbs

Cook rice according to package directions, but add 1 packet G. Washington's to the water. Sauté green pepper in one tablespoon (15mL) butter; blend in soup, milk and cheese. Add tuna and remaining 2 packets G. Washington's. Place half of cooked rice in bottom of greased 1 1/2 quart (1.4L) casserole. Cover with half of tuna mixture; repeat layers. Toss bread crumbs with remaining tablespoon butter; sprinkle over casserole. Bake in preheated 400°F (204°C) oven for 20 minutes. Serves 4.

Seasoning and Broth
3 tablespoons (45mL) flour
1 cup (240mL) milk
4 eggs
1/4 cup (60mL) grated Parmesan cheese
2 tablespoons (30mL) dry bread crumbs

Melt 3 tablespoons (45mL) butter. Stir in 1 packet G. Washington's, and flour. Stir in milk gradually and cook, stirring constantly until sauce thickens. Pour sauce into shallow baking pan. Break in eggs, one at a time. Mix together cheese, bread crumbs, remaining G. Washington's. Sprinkle seasoned crumbs over eggs and dot with remaining 2 tablespoons (30mL) butter. Bake in preheated 400°F (204°C) oven for 12 minutes or until eggs are set. Serves 4.

MUSHROOM QUICHE

G. Washington's and mushrooms add new flair to a French classic

1 9 inch (23cm) unbaked pie crust
2 cups (480mL) shredded natural Swiss cheese (about 8 ounces or 227g)
1 can (4 oz.) or (113g) mushrooms, drained and chopped
1 cup (240mL) light cream
1/2 cup (120mL) milk
3 eggs, beaten slightly
3 packets G. Washington's® Onion Flavored Seasoning and Broth
dash pepper
dash nutmeg

Sprinkle cheese in pastry-lined pie pan; top with chopped mushrooms. Combine remaining ingredients; blend. Pour into shell. Bake in preheated 350°F (176°C) oven 40 to 45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting. Serves 6.

CHEESE

POTATOES AU GRATIN

A quick, full-flavored version of a classic dish

1 cup (240mL) mild Cheddar cheese, cubed
2/3 cup (160mL) milk
3 cups (720mL) potatoes, thinly sliced
2 tablespoons (30mL) butter or margarine
4 packets G. Washington's® Onion Flavored Seasoning and Broth
paprika

Melt cheese with milk and one packet G. Washington's. Grease bottom of baking dish with butter. Arrange potatoes in layers sprinkling each layer with G. Washington's and paprika. Pour cheese mixture over potatoes. Bake in preheated 375°F (190°C) oven for 1 hour. Remove cover, bake 30 minutes longer. Serves 4 to 6.

FLUFFY CHEESE OMELET

G. Washington's sparks new flavor for an old favorite

4 eggs
3 tablespoons (45mL) water
2 packets G. Washington's® Golden Seasoning and Broth
1/8 teaspoon (.5mL) pepper
1 tablespoon (15mL) butter or margarine
1/4 cup (60mL) shredded Cheddar cheese

In small bowl, beat eggs, water, G. Washington's and pepper. In small skillet, over medium-low heat, melt butter, tilting skillet to grease sides; pour egg mixture into skillet. As eggs set on edges, gently lift edge to allow uncooked mixture to spread over bottom of pan. Continue to do this until all egg mixture is cooked through and has creamy appearance. Loosen edges of omelet with spatula and slide spatula under to loosen bottom of omelet. Sprinkle shredded cheese on one half. Tilt skillet and, with spatula, fold omelet in half; slide out of pan. Makes 2 servings.

thawed (optional)
1 cup (240mL) frozen sliced carrots, thawed
3 packets G. Washington's® Golden Seasoning and Broth
2/3 cup (160mL) water
1 package instant mashed potatoes
1 cup (240mL) grated Cheddar cheese

In a greased 2 quart (1.9L) casserole, alternate layers of broccoli, peas, onions and carrots. Mix G. Washington's with ⅔ cup (160mL) water; pour over vegetables. Cover; bake in preheated 350°F (176°C) oven for 30 minutes. Prepare potatoes according to package directions. Mix grated cheese with potatoes. Mound potatoes around top of casserole. Heat in oven until potatoes brown slightly. Serves 6.

CHEESE AND MACARONI

A longtime favorite with G. Washington's zest

1 package (8 oz) or (227g) elbow macaroni
2 cups (480mL) grated Cheddar cheese
1-1/4 cups (300mL) milk
3 packets G. Washington's® Golden Seasoning and Broth
2 tablespoons (30mL) minced onion
few drops Worcestershire sauce

Cook macaroni according to package directions. Drain. Place half of macaroni in medium casserole. Sprinkle over 1 cup (240mL) cheese. Cover with remaining macaroni and top with rest of cheese. Mix together milk, G. Washington's, onion and Worcestershire sauce. Pour over macaroni-cheese mixture. Bake in preheated 350°F (176°C) oven for 45 minutes. Serve hot. Serves 4.

CREAMED EGGS

Eggs enhanced with flavor for a quick lunch

3 tablespoons (45mL) butter or margarine
3 tablespoons (45mL) flour
2 cups (480mL) milk
2 envelopes G. Washington's® Golden Seasoning and Broth
1/2 teaspoon (2mL) Worcestershire sauce
1/8 teaspoon (.5mL) pepper
6 hard cooked eggs, sliced

Melt butter. Stir in flour, remove from heat. Stir in milk until smooth. Return to heat. Cook, stirring constantly, until thickened. Stir in G. Washington's, worcestershire sauce, and pepper. Add egg slices. Serve hot on toast. Serves 4.

HUNGARIAN NOODLE CASSEROLE

An easy way to add new richness to ordinary noodles

4 cups (960mL) dry egg noodles
1-1/3 cups (320mL) sour cream
1/3 cup (80mL) milk
2 packets G. Washington's® Onion Flavored Seasoning and Broth
1/2 teaspoon (2mL) garlic powder
1 teaspoon (5mL) Worcestershire sauce
2 teaspoons (10mL) poppy seeds
1/2 teaspoon (2mL) salt
Paprika

Cook noodles until tender; drain. Combine with remaining ingredients except paprika, mix well. Pour into casserole; sprinkle with paprika. Bake 350°F (176°C) for 20 minutes. Serves 4-6.

G. WASHINGTON'S MUSHROOM QUICHE

Mushrooms add new flair to a French classic

1 9 inch (23cm) unbaked pie shell
6 ounce (170g) Swiss cheese, grated
1 can (3 oz.) or (85g) mushrooms, drained and chopped
3 eggs, beaten slightly
1 cup (240mL) light cream
1/2 cup (120mL) milk
3 packets G. Washington's® Onion Flavored Seasoning and Broth
dash Pepper
dash Nutmeg

Place cheese in bottom of pie shell; top with mushrooms. Combine remaining ingredients; mix together. Pour into shell. Bake 350°F (176°C),35-40 minutes. Let stand 5-10 minutes before serving. Serves 6.

G. Washington's

SEASONING AND BROTH EXCITING NEW RECIPES

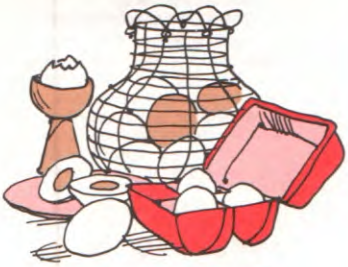
SERIES 2 VEGETABLES, EGGS & CHEESE

AS A SEASONER

These magic packets . . . Rich Brown, Golden, Onion and Vegetable liven up and energize your cooking. Here are some delightful, interesting and tasty new recipes which will aid you in planning and serving meals. Adding these magic granules will: roundout the flavor of meat, fish and poultry dishes; add zip to salads, soups and drinks; strengthen the subtle flavor in vegetables, eggs and cheese dishes; increase the goodness in dips, sauces and spreads.

AS A BROTH

This famous family . . . Rich Brown, Golden, Onion and Vegetable offer a variety of energizing, low-calorie broths. Just add a packet for each 6 oz. (170 g) of boiling or cold water; stir and then enjoy a full-bodied, nourishing, delicious and refreshing drink. These broths offer weight-watchers and low fat dieters a quick pick-up instead of a calorie-laden snack.



EGGS

HUEVOS RANCHEROS

Eggs baked in a seasoned basket of mashed potatoes

1/4 cup (60mL) butter or margarine
2-1/2 cups (600mL) water
4 packets G. Washington's® Golden Seasoning and Broth
3/4 cup (180mL) milk
2-2/3 cups (640mL) instant mashed potatoes
6 eggs, small to medium size
6 1/4" (6mm) slices of pimento

Place margarine in water and bring to boil. Remove from heat. Add 3 packets G. Washington's, milk and instant potatoes. When liquid has been absorbed by potatoes, stir lightly with fork. Allow to stand for 15 minutes. Place in cookie press or cake decorator. Form 6 potato nests on greased cookie sheet. Bake in preheated 450°F (232°C) oven for 15 minutes. Remove; reduce temperature to 350°F (176°C). Break eggs individually in custard cup, then place in baked potato nest. Sprinkle eggs with remaining packet of G. Washington's. Return to oven and bake for 10 to 15 minutes or until eggs are desired doneness. Garnish with pimento slices. Serve immediately with tomato sauce. Serves 6.

SEASONED EGGS, AU GRATIN

Sensationally seasoned brunch dish

5 tablespoons (75mL) butter or margarine

CHEESE-RICE SQUARES

Cheese sparks new flavor for plain rice

3 cups (720mL) cooked rice
4 ounces (113g) sharp process American cheese
1/3 cup (80mL) chopped parsley
2 packets G. Washington's® Rich Brown Seasoning and Broth
3 eggs, beaten
1-1/2 cups (360mL) milk
1 teaspoon (5mL) Worcestershire sauce

Combine rice, cheese, parsley and G. Washington's; mix well. Add remaining ingredients; blend together. Pour into a greased 8" (20cm) square pan. Bake in preheated 325°F (163°C) oven for 40 to 45 minutes. Cut in squares. Serve as a side dish or top with creamed chicken or tuna for a hearty main dish. Serves 6.

CHEDDARY TOMATO GRILL

Turn a cheese 'n tomato sandwich into a hot 'n hearty meal

8 slices French bread
2 tablespoons (30mL) butter or margarine
1 can (10¾ oz) or (305g) condensed Cheddar cheese soup
2 packets G. Washington's® Rich Brown Seasoning and Broth
2 tomatoes, sliced
chopped parsley

Toast bread lightly under broiler; spread with butter. Combine soup and G. Washington's. Heat and stir to form a smooth sauce. Spread Cheddar sauce over each slice of toast. Top with tomato slices and additional sauce. Sprinkle with chopped parsley. Place under broiler for several minutes until cheese starts to bubble. Serves 4.

CHEESY VEGETABLE CASSEROLE

Hearty and delightful

2 packages (10 oz. each) or (566g) frozen broccoli, thawed
1 package (10 oz.) or (283g) frozen peas, thawed
1 cup (240mL) frozen small white onions

Cover and bake in preheated [illegible] for 45 minutes. Stir and serve. Serves 4.

FRENCH FRIED ONION RINGS

Gourmet touch with a sprinkling of seasoning

1 package (5 oz.) or (142g) frozen French Fried onion rings
1 packet G. Washington's® Rich Brown Seasoning and Broth

Place frozen French Fried onion rings on baking sheet. Sprinkle with G. Washington's. Cook according to package directions. Serve immediately. Serves 3 to 4.

SEASONED FRENCH FRIES

Salty and crispy with a surprising new flavor

1 package (9 oz.) or (255g) frozen French Fries
1 packet G. Washington's® Rich Brown Seasoning and Broth

Place frozen French Fries on cookie sheet. Do not salt. Sprinkle with G. Washington's. Cook according to package directions. Serve immediately. Serves 3 to 4.

TOMATOES-RONI

Hot and Tasty

6 large, firm tomatoes
2 tablespoons (30mL) butter or margarine, melted
1/2 cup (120mL) chopped celery
1/4 cup (60mL) chopped green pepper
1/4 cup (60mL) chopped onion
1 packet G. Washington's® Rich Brown Seasoning and Broth
1 can (15 oz.) or (425g) Chef Boyardee® Beefaroni®
1 cup (240mL) crushed corn chips
1/4 cup (60mL) shredded Cheddar cheese

Scoop out tomatoes. Save pulp. Sauté celery, onion and green pepper in butter. Add tomato pulp to sautéed vegetables. Drain off excess liquid. Add G. Washington's, Beefaroni and corn chips. Stuff tomatoes with Beefaroni mixture. Top with cheese. Bake in preheated 375°F (190°C) oven for 20 minutes. Serves 4 to 6.

SUNSHINE RICE

A basic favorite takes on new color and flavor

3 packets G. Washington's® Vegetable Seasoning and Broth
2-1/2 cups (600mL) water
1/2 cup (120mL) orange juice
1 tablespoon (15mL) grated orange rind
1 teaspoon (5mL) butter or margarine
2 tablespoons (30mL) minced onion
1 cup (240mL) uncooked converted rice
3 tablespoons (45mL) chopped parsley

Combine G. Washington's, water, orange juice, orange rind and butter in a 2 quart (1.9L) saucepan. Bring to a boil; add onion and rice. Cover; reduce heat and simmer for 25 minutes or until liquid is absorbed. Toss with parsley before serving. Serves 4.

HOT PENNSYLVANIA DUTCH POTATO SALAD WITH FRANKS

Old-fashioned favorite salad

3 slices bacon
1 green pepper, cut in strips
6 frankfurters, cut diagonally
1/2 cup (120mL) minced onion
2 tablespoons (30mL) flour
1 cup (240mL) cold water
4 cups (960mL) diced cooked potatoes
1/4 cup (60mL) vinegar
2 tablespoons (30mL) chopped parsley (optional)
1 tablespoon (15mL) sugar
4 packets G. Washington's® Rich Brown Seasoning and Broth
1 tablespoon (15mL) Gulden's® Spicy Brown Mustard

Fry bacon; drain on absorbent towels, crumble; set aside. Sauté pepper, franks and onion in bacon fat. Combine flour and water; add to skillet. Stir, cooking over medium heat until mixture thickens. Add remaining ingredients; stir gently. Cover; simmer ten minutes. Garnish with crumbled bacon and chopped parsley. Serves 4 to 6.

Dot each half with [illegible] in preheated 400°F (204°C) oven for 20 to 25 minutes. Serves 6.

SEASONING VEGETABLES

Instant seasoning makes ordinary vegetables taste special

Two packaged (10 to 12 oz.) or (283-340g) frozen vegetables such as peas, green beans, peas and carrots, squash and other delicate flavored vegetables, add 1 packet G. Washington's Golden Seasoning and Broth to each 1/2 cup (120mL) water used in cooking.

For canned vegetables of the delicately flavored variety, add 1 packet G. Washington's to each pound can (.454kg) vegetable heated.

For fresh delicately flavored vegetables, use 1 packet G. Washington's to each 1/2 cup (120mL) water used.

ZUCCHINI ITALIANO

It's easy to turn this unusual vegetable into a family favorite

2 large zucchini, sliced
2 tablespoons (30mL) butter or margarine
3 packets G. Washington's® Onion Flavored Seasoning and Broth
1/4 teaspoon (1mL) garlic powder
1 can (1 lb.) or (.454kg) tomatoes
1 teaspoon (5mL) oregano
2 tablespoons (30mL) Parmesan cheese (optional)

Sauté zucchini in butter until slices become limp and translucent. Sprinkle with G. Washington's and garlic powder; mix well. Add tomatoes and oregano. Bring to a boil; reduce heat; simmer 15 minutes until zucchini is tender and tomatoes slightly thickened. Sprinkle with Parmesan cheese, if desired. Serves 4.

CREAMY GREEN BEAN CASSEROLE

Ordinary green beans become a fancy, flavorful treat

1 can (3 oz.) or (85g) sliced mushrooms, drained
3 tablespoons (45mL) butter or margarine
2 packages (10 oz. each) or (566g) frozen green beans, cooked and drained
3 packets G. Washington's® Onion Flavored Seasoning and Broth
2 tablespoons (30mL) flour
1 cup (240mL) dairy sour cream
1/2 cup (120mL) dry bread crumbs

Sauté mushrooms in 1 1/2 tablespoons (23mL) butter. Add cooked beans and G. Washington's. Blend flour and sour cream; add to bean mixture. Cook over low heat 2 to 3 minutes, pour into casserole. Melt remaining 1 1/2 tablespoons (23mL) butter; mix with bread crumbs. Sprinkle crumbs over casserole. Bake in preheated 350°F (176°C) oven for 20 minutes. Serves 6.

SEASONED SPAGHETTI

Adds rich, hearty flavor to spaghetti

1 package (8 oz.) or (227g) spaghetti
5 tablespoons (75mL) butter or margarine
5 tablespoons (75mL) Parmesan cheese
3 packets G. Washington's® Rich Brown Seasoning and Broth

Cook spaghetti according to package directions. Drain well. Melt butter. Add cheese and G. Washington's. Mix drained hot spaghetti with seasoned butter. Serve plain or topped with sauce. Serves 2 to 3.

VEGETABLE CASSEROLE

An easy way to a tasty vegetable main dish

1 package (10 oz.) or (283g) frozen peas, cooked and drained
2 packages (10 oz. each) or (566g) frozen broccoli spears, cooked and drained
1-1/2 cups (360mL) grated Cheddar cheese
3 packets G. Washington's® Vegetable Seasoning and Broth
1/4 cup (60mL) dry bread crumbs
3 tablespoons (45mL) butter or margarine

Alternate layers of peas, broccoli, cheese, G. Washington's and bread crumbs in a greased 1 1/2 quart (1.4L) casserole. Dot with butter. Bake in preheated 350°F (176°C) oven for 30 to 35 minutes. Serves 6.

SEA[illegible]

NEW RECIPES

SERIES 2

VEGETABLES, EGGS & CHEESE

G. Washington's®

Family of flavor enhancers...
Rich Brown, Golden, Onion and Vegetable...add zest, increase flavor, heighten your enjoyment of day to day meals.

Looking for that special something to perk up the flavor of your cooking? Try our solution. Here are four simple, fool-proof enhancers, the famous family of G. Washington's Seasonings and Broths . . . Rich Brown, Golden, Onion and Vegetable. With sheer magic these mini but mighty packets improve recipes from salads to soups to main dishes. What a quartet of cooking aids! Rich Brown adds a hearty beef-like flavor; Golden amplifies the chicken goodness but adds no chicken fat; Onion and Vegetable have their own distinctive qualities which add zip and sparkle to sandwiches, dips, spreads, vegetables and the whole spectrum of good foods.

KITCHEN TESTED Recipes

VEGETABLES

ZINGY MACARONI SALAD

Be a macaroni salad expert

4 cups (960mL) cooked elbow macaroni
3/4 cup (180mL) chopped celery
1/2 cup (120mL) chopped green pepper
1/4 cup (60mL) minced onion
4 packets G. Washington's® Rich Brown Seasoning and Broth
1/3 cup (80mL) dairy sour cream
1/3 cup (80mL) mayonnaise
2 tablespoons (30mL) Gulden's® Spicy Brown Mustard
2 tablespoons (30mL) vinegar
1 large tomato, cut up
1 sliced egg, for garnishing
sliced pimento

Combine all ingredients, except egg, in large bowl; mix well. Garnish with sliced egg and pimento. Cover and chill. Serves 6 to 8.

CARAWAY CABBAGE SLAW

Crispy, crunchy slaw

3/4 cup (180mL) dairy sour cream
1/4 cup (60mL) mayonnaise
1 teaspoon (5mL) Gulden's® Spicy Brown Mustard
1 teaspoon (5mL) sugar
1/2 teaspoon (2mL) caraway seeds
2 packets G. Washington's® Rich Brown Seasoning and Broth
1 small head firm cabbage, shredded

Combine all ingredients except cabbage in medium-sized bowl. Stir in shredded cabbage. Cover; chill. Serve while still crisp. Serves 4.

SEASONED RICE PILAF

Perfect as accompaniment to chicken, beef, lamb

1/3 cup (80mL) butter or margarine, melted
1/4 cup (60mL) finely chopped onion
1 clove garlic, minced
1 cup (240mL) long grain rice
1 cup (240mL) tomato juice
1 cup (240mL) water
3 packets G. Washington's® Rich Brown Seasoning and Broth

Cook onion, garlic and rice in butter until rice is golden. Stir in tomato juice, water and G. Washington's. Place in 1½ quart (1.4L) casserole. [illegible] 350°F (176°C) oven

SHRIMP EGG FU-YUNG

A Chinese offering for a flavorsome supper dish

2 tablespoons (30mL) butter or margarine
1-1/2 cups (360mL) sliced fresh or canned mushrooms
2 tablespoons (30mL) minced onion
1/2 cup (120mL) diced celery
6 eggs
3 packets G. Washington's® Golden Seasoning and Broth
3/4 cup (180mL) drained canned bean sprouts
3/4 cup (180mL) cooked or canned deveined, shrimp, cut up
2 tablespoons (30mL) salad or peanut oil

Melt butter. Sauté mushrooms for 1 minute. Add onion, celery and cook for 5 minutes longer. Remove from skillet. Beat eggs until bubbly and stir in G. Washington's. Stir sautéed vegetables, bean sprouts, shrimp into egg seasoning mixture. Heat oil in skillet. Drop mixture by tablespoonfuls into hot oil. Cook until firm and browned on one side. Turn and cook on second side. Serve immediately. Serves 4.

EASY SPINACH BAKE

A family-pleasing superb spinach dish

1 package (10 oz.) or (283g) frozen chopped spinach, thawed and drained
1-1/2 cups (360mL) cooked rice
1 cup (240mL) grated Cheddar cheese
2 eggs, slightly beaten
4 packets G. Washington's® Vegetable Seasoning and Broth

Combine spinach, cooked rice, cheese, eggs and G. Washington's in a greased 1½ quart (1.4L) casserole. Bake in a preheated 350°F (176°C) oven for 35 to 40 minutes or until knife inserted in center comes out clean. Serves 4.

YANKEE DOODLE NOODLES

Gourmet touch with a sprinkling of seasoning

1 package (8 oz.) or (227g) medium-size noodles
3 packets G. Washington's® Golden Seasoning and Broth
3 tablespoons (45mL) butter or margarine
1/4 cup (60mL) grated Parmesan cheese
3 tablespoons (45mL) light cream

Cook noodles according to package directions, adding the 3 packets G. Washington's to water. Drain well. Return noodles to sacuepan; stir in butter, cheese and cream. Serves 6.

BAKED TOMATO HALVES

Bright, seasoned vegetable to serve with fish, meat, poultry

3 large tomatoes
3 packets G. Washington's® Golden Seasoning and Broth
4 tablespoons (60mL) Parmesan cheese
1 tablespoon (15mL) butter or margarine

Cut off stem end of tomatoes. Cut each tomato in half. Place cut side up in a baking dish. Sprinkle each tomato half with a half packet of G. Washington's and 2 teaspoons (10mL) Parmesan cheese. [illegible] teaspoon (2mL) butter. Bake