Stuffed Chicken Cutlets

Ingredients:
1. Chicken cutlets
2. Mozzarella
3. Salt
4. Bread crumbs
5. Parsley flakes
6. Roaster cubes
7. Cooking wire

Instructions:
1. Mix 1/2 cup of bread crumbs and sprinkle over chicken. Roll cutlets and secure ends with toothpicks. Dip cutlets in egg (seasoned if desired), then roll in bread crumbs mixed with parsley flakes.

Fry cutlets until lightly browned on each side in hot oil. Reserve from pan. Line cutlets in another pan.

Dissolve roaster cube in a cup of water. Pour over cutlets and add 1/4 cups of white cooking wine. Before serving, hit with oven over low flame for about 5 to 10 minutes or until hot.
Macroni Pie

1 lb. of Linguine
4 eggs to 1 pound
1/2 stick butter
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
1 1/2 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.
Asparagus Puffs

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

3 zucchini
1/2 cup oil
2 tbs. chopped parsley
2 ozs. grated cheese
Salt & pepper to taste
Select 3 firm zucchini. Wash & scrape lightly. Cut crosswise into $\frac{1}{2}''$ 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.
Dipped Strawberries

Driscoll's®

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.

½ cup finely chopped almonds, optional
Driscoll's stemmed or regular strawberries

8 ounces white or milk chocolate, cut into small pieces
STRAWBERRY

1/2 cup semi sweet chocolate chips for 1 quart strawberries
1 1/2 teaspoons light corn syrup, 1 1/2 teaspoons milk
1 1/2 cups of margarine

Mix all ingredients in double boiler when all melted then dip...
Tif.
201-4280570
INGREDIENTS:
STRAWBERRIES
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!

CUT PINEAPPLE INTO STAR SHAPES FOR A FESTIVE LOOK!
ENVOGUE

Apron

100% COTTON

WITH TIES FOR CUSTOMIZED FIT

COMPARE AT $14.00

OUR PRICE

$9.99
EASY GARDEN VEGETABLE PIE

2 cups chopped fresh broccoli
or sliced fresh cauliflowerets*

1/2 cup chopped onion

1/2 cup chopped green pepper

1 cup shredded Cheddar cheese (about 4 ounces)

1 1/2 cups milk

3/4 cup Bisquick® baking mix

3 eggs

1 teaspoon salt

1/4 teaspoon pepper

Heat oven to 400°. Lightly grease pie plate, 10x1 1/2 inches. Heat 1 inch salted water
(1/2 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

1 1/2 pounds hot Italian sausage, casings removed
1 large onion, chopped (1 cup)
1 package (8 ounces) mozzarella cheese, shredded
1/4 cup freshly grated Parmesan cheese
1/4 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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6. Remove loaves to a serving platter, and cut into 1½-inch slices to serve.
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 ¼ 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.

1/3 cup plus 1 tablespoon sugar
3/4 cup sweet marsala wine
1 1/2 teaspoons unflavored gelatin
4 large egg yolks
3 squares semisweet chocolate, melted
1 teaspoon vanilla
2 egg whites
Pinch salt
1/8 teaspoon cream of tartar
1 1/2 cups heavy cream, whipped
2 squares semisweet chocolate, coarsely chopped

1. Combine the 1/3 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.

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

1 pound sweet Italian sausage or ground round
5 medium-size onions, chopped (2 1/2 cups)
1/2 pound fresh mushrooms, thinly sliced
2 packages (10 ounces each) frozen chopped spinach, thawed and drained
1 package (12 ounces) fettuccine noodles
1 package (8 ounces) spinach noodles

1/2 cup (1 stick) butter or margarine
1/2 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
1/4 teaspoon ground nutmeg
1/4 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 fettuccine 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.

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 1/2 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°F) 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.

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.
**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 olive oil. Place some of the mixture on each slice of filet and then roll slices up. Heat oil in frying pan and place 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 1 3/4 pounds
Salt and freshly ground pepper
2 eggs
1/4 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.
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
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

$\frac{2}{3}$ 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
$\frac{1}{2}$ cup warm milk
$\frac{1}{4}$ cup warm 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
$25.00

Classified

Really Works!

Only in your local Suburban Newspaper!
1/2 cup each of grated swiss and grated parmesan

Bake 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.
Jaco to allowed for a

2 pk. Crisco 100° F

8 pk. Crisco

4 T. Butter or Margarine

1/2 T. Juice 1/2 C. Water

5 pk. in a cup and sift together

2 T. Water

4 eggs

6 egg whites

1/2 cup

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1/4 cu
2 chickens or parts
1 onion cut up small
pepper
oregano
1 lb can mushroom
1 can of tomato
(34 oz can)
in a little water
2 or 3 vinegar pepper
and add some of the
chicken stock

A little oil.

With onions - add tomato
ger in a little water - salt, pepper
& oregano - after a while
add the mushrooms - for
about the last 10 min add
the pepper & juice.
About 1 hour.
Grocery List PIE

or

3 cups #2 med-rancini
1/2 cup oil or
1/3 cup chopped onion
1/2 cup grated cheese
4 eggs beaten
tablespoon
1 cup bisquick
pepper to taste

grease pan
350° for 40 min
SAUSAGE PIE

19 in pie crust - deep dish
3 1/4 lb. sausage
3 eggs (beaten)
1 cup provolone or mozzarella (shredded)
1 cup half and half
Salt + pepper

350° 30-35 min
Bread Pudding

6 cups Breadcrums
6 oz. Melted Shortening
1/2 tsp Salt
1/2 tsp Ground Nutmeg
Beaten Eggs

Beat eggs slightly
Add salt
Stir in warm milk

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) 3.5
1 lb onions (sliced)
1 can of whole tomatoes 1.49
3/4 can water
1 lb mushrooms
2 green peppers
3/4 teaspoon pepper
2 teaspoons 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
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 $1\frac{1}{2}$ cups:
1 cup sifted flour
1 teaspoon baking powder
$\frac{1}{2}$ 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
\(\frac{1}{2}\) cup flour
Pinch of salt
Pinch of pepper
cheese
mozzarella cheese (1 slice)
Proscuitto Ham (1 slice)
\(\frac{1}{2}\) cup of oil

\(\frac{1}{2}\) cup mushrooms
1 onion chopped
1 cup chicken broth
3 oz. Marsala Wine
\(\frac{1}{4}\) lb. butter
Flatten chicken breasts, add cheese, pepper, salt, mozzarella cheese, prosciutto 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

\frac{1}{2} \text{ cup margarine or melted butter} \\
\frac{1}{2} \text{ cup olive oil} \\
4 \text{ cloves garlic minced} \\
\textit{Saute: 4 minutes} \\
\frac{1}{4} \text{ cup parsley, fresh and finely chopped} \\
\frac{1}{2} \text{ teaspoon basil, dried} \\
\frac{1}{2} \text{ teaspoon salt} \\
\text{Dash pepper} \\
\text{One pound spaghetti, cooked} \\
\text{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 cauiflower instead of beans. After washing cauiflower: place in sauce and let cook together. To clean cauiflower - 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. Place 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 absorbent 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  4 tbs. olive oil
1 tb. oregano        Salt & Pepper to 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

\[
\begin{align*}
\frac{1}{2} \text{ cup olive oil} & \quad & 1 \text{ clove garlic, halved} \\
\frac{1}{4} \text{ tsp. salt} & \quad & \frac{1}{2} \text{ tsp. dry mustard} \\
& & 4 \text{ tbs. wine vinegar}
\end{align*}
\]

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
1/2 cup Flour

1/2 cup Marsala
1/8 lb. butter
Salt & pepper to taste
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.
<table>
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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

\( \frac{1}{4} \) 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
\( \frac{1}{4} \) 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. 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.
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 teaspoon Ground 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.
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 4 tbs. olive oil
1 clove garlic 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
Breadcrumb
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 \( \frac{1}{4} \) 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
$\frac{1}{2}$ cup breadcrumbs

1 cup hot water
Salt & pepper to taste

2 tbs. tomato paste
$\frac{1}{2}$ cup cooked chopped meat
$\frac{1}{2}$ 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  1 clove garlic
4 tbs. olive oil      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 \( \frac{1}{4} \) cup of hot water.
Veal with Peppers

Veal Cutlets  Salt, pepper
Butter  Oregano
Olive Oil  Cooking Wine
Onion  Peppers
Have veal cut into 1 1/2" 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 1/2 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 \( \frac{1}{2} \) 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

1 1/2 pounds small, red, waxy new potatoes  
Salt to taste if desired  
1/4 cup corn, peanut or vegetable oil  
1/2 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 1/4-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 \( \frac{1}{2}'' \) 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

1\(\frac{1}{2}\) lbs. mushrooms
2 tbs. chopped parsley
2 cloves garlic, chopped
4 tbs. grated cheese

\(\frac{1}{4}\) cup olive oil
\(\frac{1}{2}\) 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 bread crumbs and grated cheese. Add salt & pepper to taste. Pour balance of oil over this; sprinkle with balance of bread crumbs. 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 cover 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.
Spreader

Made in China
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
Pepperoni Pasta Salad

tortellini
sliced pepperoni
crisp romaine
olives

salad dressing
Zucchini et Carottes Sautés

(Sautéed Zucchini with Carrots)

Yield: 4 servings

Serve hot.

Crisp tender. Sprinkle with basil and
mince the onion and garlic, then add salt and pepper.
Cover and continue cooking about four
minutes or until the vegetables are
tender. Stir and shake the skillet
about once minute. Add the dishes, stir, and cook
about one minute. Add the zucchini and
saucenpan and add the carrots. Cook
stirring occasionally, about four
minutes. Stir the butter into a small but wide
Cups.

1. Cut the zucchini into very thin
rounds. There should be about three
cups. There should be about one
and one-half cups.

2. Cut the onion into very thin
disk to do this. There should be
use a food processor outfitted with a
and cut them into very thin rounds. Or
Put the carrots on a flat surface
Taste
Salt and freshly ground pepper to

Horns

1 1/2 cups thinly sliced small white
onions or the white part of scallions

Trimmed at each end

Trimmed and scraped

2 zucchini, about 1/2 pound,
5 or 6 carrots, about 1/2 pound,
Seriously, a tin or, better yet, always a housegift in extremely

- Duché Nut Company is one of the processors of California Almonds. Each year a small portion of our almond crop goes to a special processing. These are one-half pound (8 oz.) tins with attractive gift boxes, and offered for mail.

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Baked Rice

2 1/2 tablespoons butter
2 tablespoons minced onion
1/2 teaspoon minced garlic
1 cup raw rice
1 1/2 cups chicken broth
3 sprigs parsley
1 sprig fresh or 1/4 teaspoon dried thyme
1/2 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.
Phone (212) 579-3529 for The Food Emporium nearest you.

only $12.99 (sold elsewhere for $19.99)

Sorry, no mail or phone orders, please.
HERE has never been a time when Americans were more conscious of the many uses of herbs and spices. One sweet rib that has found a place lately in any kitchens is basil, which 15 years ago was a rarity in the home. A leaf of fresh basil can change the flavor of a taken-for-granted recipe. I served this sausage meat mixture affectionately to family and friends. Then I prepared paupites 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, closed the slices 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

1. Thin veal scaloppine of uniform size, about 1/4 pounds total
   Salt to taste if desired
   Freshly ground pepper to taste
   16 fresh basil leaves
   1/2 pound bulk sausage meat (see note)
 4 tablespoons chopped parsley
 1/4 pound fresh mushrooms
 3 tablespoons butter
 1/4 cup finely chopped onion
 1/2 cup dry white wine
 1/2 cup fresh or canned chicken broth.
 1. Place the veal slices on a flat surface and pound lightly with a flat mallet, taking care not to make holes in the meat.
 2. Put the pieces of veal in 1 layer and sprinkle with salt and pepper.
 3. Place 2 basil leaves in the center of each piece of veal.
 4. Put the sausage meat in a bowl and add 2 tablespoons of the parsley, salt and pepper. Mix well. Divide the mixture into 8 equal portions and place 1 portion on top of each piece of veal.
 5. Fold the sides of each piece of veal 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 3/4 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 tablespoons 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 a half pound of sausage links.

Spaghetti With Broccoli

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

1. Cut away and discard the tough stems of the broccoli. Cut the tops and 1-inch pieces, leaving the small items 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 1 1/2 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 caserole 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 flake mixture, 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.
In 1882, Sam Breakstone earned a reputation for making the finest sour cream. People loved Breakstone's dairy products because they had such a unique and texture.

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

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

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

**TANGY CHIVE POTATOES**

- 6 medium baked potatoes
- 1 cup (8 oz.) BREAKSTONE'S Sour Cream
- ½ teaspoon salt
- Dash of pepper

Slice tops from baked potatoes; scoop out insides. Combine potato shells, sour cream, bacon, and chives. Return potato shells to baking dish. Bake at 400°F for 15 minutes. Garnish with paprika and chives. Serve with sour cream.

**LAYER**

- 2 cups (16 oz.) BREAKSTONE's and Creamy Style Cottage Cheese
- 1 8 oz. can crushed pineapple, drained
- ¾ cup toasted coconut

Mix all ingredients together. Place in a 9-inch baking dish. Bake at 350°F for 20 minutes. Serve warm with sour cream.
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 2 1/4 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

- 1/2 pound green beans
- 1/4 pounds fresh shrimp, about 36
- 1/2 pound ziti No. 2
- 3 cups (one 28-ounce can) tomatoes
- 4 tablespoons olive oil
- 1/2 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
- 1/4 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.
Salsa Intravalle
(A meat and wild mushroom sauce)

1 1/2 cups dried Italian mushrooms, preferably porcini
6 tablespoons butter
5 tablespoons olive oil
1/4 cup finely chopped onion
2 teaspoons finely minced garlic
2 tablespoons finely chopped celery
2 tablespoons finely chopped carrot
3 tablespoons ground beef
1/4 cup ground lean pork
3 tablespoons ground prosciutto
Salt to taste if desired
Freshly ground pepper to taste
1 bay leaf
1/4 cup dry red wine
1/2 cup peeled, seeded, finely chopped ripe tomatoes
1/4 cup dry white wine
1 cup heavy cream
2 tablespoons finely chopped parsley
1/4 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 1/2 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.
Fettucine with Broccoli and Chicken
(Mark David/Woods)

1 pound white fettucine
1/2 cup sesame oil
1 cup diced chicken breast
2 teaspoons minced garlic
2 teaspoons slivered ginger
3 cups broccoli flowerets, packed
1/2 cup sherry
1/2 cup soy sauce
3 tablespoons butter
1/2 cup Reggio parmesan, freshly grated
1/2 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.
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Progresso Olive Oil
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Seafood Sauces®
Season Brand Sardines

Carolina Rice
O&C French Fried Corn
Herb-Ox Bouillon Cubes
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 2 3/4 cups canned imported tomatoes and 1/4 cup tomato paste
1/2 cup olive oil
1/2 pound mushrooms cut into 1/4-inch-thick slices, about 4 cups
1 teaspoon finely minced garlic
1/2 teaspoon chopped fresh rosemary or half the amount dried
1/2 teaspoon dried oregano
Salt to taste if desired
Freshly ground pepper to taste
1 1/4 pounds fresh chicken livers
1/2 cup flour
1/3 cup corn, peanut or vegetable oil
4 tablespoons butter
3/4 pound spaghetti, spaghetti or capellini
1/2 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 puree. 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.
A special 'Thank You' to all our customers for giving us a great year! We hope '83 is just as good for you.

Happy News! The results are in for The Mezzanine's First Anniversary Giveaway.

For those who didn't win, just remember: with the great buys at The Mezzanine you can feel like a winner throughout the whole year! At Zabar's. A real Broadway experience.

Our New Year's Resolution: To continue offering the best caviar at the best prices all year long!

**Beluga Malossol** 7 1/2 lbs. 14 oz.
**Sevruga** 7 1/2 oz. Salmon Roe 15 oz. per lb.
Scotch Smoked Salmon 15 oz. per lb.
whole side, pre-sliced

---

The Mezzanine's 1st Anniversary Giveaway!
The Lucky Winners!

$1,000 Gift Certificate
Julie Megna, Brooklyn
2 Kilos Fresh Beluga Caviar
M. Garvey, Manhattan
Olympia Espresso Machine
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180 lb. Wheel Swiss Cheese
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Joyce Munro, New Jersey
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Sanyo Microwave Oven
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Robot Coupe Food Processor
Robin Goodstein, Manhattan
Catering for 20 People
Kathleen Kellaigh, Manhattan
Plus 24 others, winners of Zabar's accessories.

---

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We honor American Express, Diners Club, Master Charge, and VISA cards. Gift Certificates and Free Catalogs are available.

Not responsible for typographical errors.
ITALIAN ZITI MEDLEY

1/2 pound Italian sausage, sliced into coins
1/2 cup butter or margarine
1 cup sliced mushrooms
1 cup green pepper strips
1/3 cup chopped onion
1/3 cup all-purpose flour
2 1/4 cups milk
2 cups (8 ounces) shredded Cheddar cheese
1/2 cup grated Parmesan cheese
1/2 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 1 1/2 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 1/2 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
1/4 cup chopped fresh parsley
1 egg, slightly beaten
1 teaspoon oregano
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1 tablespoon grated Parmesan cheese

Cook Cut Ziti according to package directions for 10 minutes; drain. In large bowl, combine cooked Ziti, 1 1/2 cups spaghetti sauce, ricotta cheese, mozzarella cheese, parsley, egg, oregano, garlic powder and pepper. In 3-quart casserole pour 1/2 cup spaghetti sauce; spread Ziti mixture evenly over sauce. Top with remaining 1 1/2 cups spaghetti sauce; sprinkle with Parmesan cheese. Bake, covered, at 375° for 30-35 minutes or until hot and bubbly. Makes about 8 servings.
Ravioli Vegetable "Lasagna"

Prep Time: 15 min  
Inactive Prep Time: 1 hr 15 min  
Cook Time: 15 min  
Level: Easy  
Serves: 4 to 6 servings

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 grated provolone or 4 cheese blend. Brown cheese 8 inches from broiler, 5 minutes.
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 tsp. dry mustard
1/2 cup dry vermouth or sherry
1 pkg. turkey cutlets
1/4 cup vegetable oil

Mix ingredients and pour over cutlets. Marinate at least 1 hour. Sprinkle with slivered toasted almonds.

Serve with Chinese or bake in microwave oven.
Boneless

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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.

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
1/2 cup water
1/2 cup sugar
2 tablespoons lemon juice
4 medium pears
10-ounce package frozen raspberries, thawed
1/4 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.
SHRIMP WITH PEPPERS

1/2 cup chopped green pepper
1 can (14.5 oz) diced tomatoes
1 can (16 oz) whole kernel corn, drained
1/2 cup chopped onion
1/2 cup chopped green pepper
2 cloves garlic, minced
1 tsp. dried basil
1 tsp. oregano
1/2 tsp. dried thyme
1/2 tsp. salt
1/4 tsp. black pepper
1/4 tsp. cayenne pepper
1/4 tsp. sugar

Instructions:

1. In a large skillet, combine all ingredients except the shrimp. Bring to a boil.
2. Reduce heat to medium and simmer for 10 minutes or until the shrimp are pink.
3. Serve over pasta or rice.
PORK LOIN WITH VEGETABLE SAUCE

1 2-to-2 1/2-pound pork loin roast, backbone loosened
1/3 cup finely chopped celery
1 tablespoon cooking oil
3 medium leeks, sliced (1 cup)
1/4 cup dry white wine
1/4 cup finely chopped carrot
1/2 teaspoon pepper

Trim fat from pork roast. In a Dutch oven cook leeks, celery, and carrot 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 1 1/2 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
1/2 cup dry white wine
1/2 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 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 1/2-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

1 1/4 pounds meaty chicken pieces, skinned
1 medium onion, sliced
2 cloves garlic, minced
1 tablespoon cooking oil
1 1/4 cups Italian style tomatoes, cut up
1 1/4 cups chicken stock
1/2 cup of a 6-ounce can (1/2 cup) tomato paste
1 2 1/2-ounce jar sliced mushrooms, drained
1 tablespoon dried basil, crushed
1/2 cup dry red wine
1 or 2 bay leaves

Place chicken and onion in a large saucepan. Cook over medium heat till chicken is browned. Add garlic, oil, tomatoes, chicken stock, tomato paste, mushrooms, basil, red wine, and bay leaves. Simmer, covered, for 1 1/2 hours, stirring occasionally.
Brisket of Beef

1. Preheat oven to 350°
2. Brown on both sides in hot skillet (S+P)
3. Carve up "vegetables for soup"
   - turnip
   - celery (leaves)
   - parsley (stems)
   - carrots (I added whole pkg of carrots)
4. Put brisket in roaster pan - throw in vegetables
5. Mix together 2 pkg. Lipton Onion- Mushroom soup with water, add water to cover roast
   - Pour over roast
   - Tightly cover with alum. foil or lid
6. 8 hours - at least!
FESTIVE PEACH GLAZED ROASTER

1 PERDUE Oven Stuffer Roaster
Salt and freshly ground pepper
3 tablespoons melted butter or margarine
2 stalks celery, chopped
1 1/4 cup peach preserves
2 carrots, sliced
2 tablespoons water
1 medium onion, chopped

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 2 1/2 cups chicken broth 15 minutes until tender. Add 1 cup diced cooked chicken and 1/2 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.

<table>
<thead>
<tr>
<th>Oven Stuffer Roaster Weight</th>
<th>Oven Temperature</th>
<th>Approximate Cooking Time</th>
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<tr>
<td>5-6 lbs.</td>
<td>350° F.</td>
<td>2-2 1/2 hrs.*</td>
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<tr>
<td>6-7 lbs.</td>
<td>350° F.</td>
<td>2 1/4-2 3/4 hrs.*</td>
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*Add 20-25 minutes cooking time for stuffed roaster.

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

1/2 cup sliced celery
1/3 cup chopped onion
1/2 cup chopped green or red pepper
1/4 cup (1/2 stick) butter or margarine
1 1/2 cups water or chicken broth

3 cups cubed rye bread
1 egg, slightly beaten
1/4 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.

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<td>350°F</td>
<td>1¾-2½ hrs.*</td>
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<td>6-7 lbs.</td>
<td>350°F</td>
<td>2-2½ hrs.*</td>
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*Add 20-25 minutes cooking time for stuffed roaster.

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

**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.

**MICROWAVE OVENS:** Follow manufacturer’s instructions.

**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 1 1/2 pounds or slightly more
1/4 cup olive oil
1/4 cup lemon juice
Salt to taste, if desired
Freshly ground pepper to taste
1 teaspoon finely minced garlic
1/2 teaspoon ground coriander
1/8 teaspoon dried hot red pepper flakes
1 teaspoon dried oregano
1/4 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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TO RETAILER: This coupon will be redeemed for face value plus 7¢ handling if used in accordance with terms of offer. Void where prohibited by law.
### Chicken alla Nanni

<table>
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<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>chicken</td>
<td>1 three-and-one-half-pound chicken</td>
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<tr>
<td>vegetable oil</td>
<td>3 tablespoons</td>
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<tr>
<td>salt</td>
<td>2 tablespoons</td>
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<tr>
<td>garlic</td>
<td>1 tablespoon finely minced garlic</td>
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<tr>
<td>wine</td>
<td>1 cup dry white wine</td>
</tr>
<tr>
<td>parsely</td>
<td>1/4 cup finely chopped parsley</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1/4 lemon</td>
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</table>

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 minutes. Turn the pieces and cook about three to five minutes.
3. Pour off the fat. 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 parsely and serve.

Yield: Four servings.
Edwards Kennedy, whom the South Relations, Mark B. Schmieder, an aide to Senator B. R. I. P., is a specialist in "North-South relations." He is also appointed as a member for Latin American affairs, and Guy P. Erp, theChief of the National Security Council, was subsequently appointed to positions in the Ad Hoc Working Group of the seven members of the Group of 77.

Two of the seven members, chiefly "an anti-Guerrillas" and movements, chiefly in the struggle against what was described as a "second cold war."
Chicken, Diced Pepper

On 1/2 stick of butter 3/4 cup flour
Cut chicken into chunks, dip in egg and
then flour. Brown in skillet. Add 1/2 cup
1 cup of chicken broth, can or cream.
11/2 cup of green pepper cut in strips
Summer 15 minutes
Summer 10 minutes
Chicken Cutlets
butter
Garlic
1 onion (lg)
1 tomato (lg)
Chicken broth

Onion, can mushrooms
2 green peppers
Made in Taiwan

All-Purpose Spreader

This tool gives professional results when icing cakes and makes spreading sandwich fillings extra easy.

USE AND CARE

- Wide stainless steel blade will not rust
- Serrated edge for cutting and making fancy designs
- Easy-to-hold handle
- Dishwasher-safe

#1641
All-Purpose Spreader

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

©The Pampered Chef, Ltd., 2000
Italian Stuffed Tomatoes

4 large round tomatoes
1/2 cup arborio rice
1/4 cup chopped fresh basil leaves
1/2 teaspoon sugar
1/4 teaspoon oregano
Coarse salt and freshly ground pepper to taste
1 1/2 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 1 1/2 cups puréed pulp. Mix with the rice, basil leaves, sugar,
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<td>Laid Plume de Veal</td>
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<td>Rices</td>
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Tomato Sauce

and P. Rice is a short-

room tempera-

1. Bake for 45

in Italian rice available

est the rice. It

out still firm (al

with their

peppers. Stuff the

if there is room.

rice for soup or
VINoGAR 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 flav red 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. 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 1 cup. Add liquid accumulated around meat. Add basil. Spoon sauce over pork, sprinkle with parsley and serve.

**Yield:** 4 servings.
If you think decaffeinated coffee tastes different from regular coffee, taste new Martinson® Decaffeinated Coffee.

And say goodbye to your old brand of decaffeinated coffee.

You see, we now have the technology to decaf-
Coles de Porc

1 cup fresh or canned chicken

2 tablespoons Red Wine Vinegar

2 tablespoons peanut, vegetable or canola oil

Salt and freshly ground pepper to taste

1 teaspoon curry powder

1 teaspoon curry powder

1 cup chopped onions

1 cup chopped carrots

1 cup chopped potatoes

1 cup chopped celery

1/2 cup chopped parsley

1/4 cup white wine

1/2 cup crumbled bacon

4 pork chops, each about one cup

with curry powder

Fonds en Kartel
California Almonds — the world’s best. Their distinctive flavor and crisp texture make them “bowl winners” every time. You’ll love them, too! And since they’re available all year round, you can enjoy the taste of California Almonds whenever you want.

To order your “Gourmet” Almonds, simply call our toll-free number or fill out the coupon below. We’ll send you a free sample pack of our delicious almonds, along with a money-saving coupon. There’s no obligation, and you can return the sample pack if you’re not completely satisfied.

Our satisfaction is unconditionally guaranteed. So why wait? Try California Almonds today! And while you’re at it, consider including a special gift pack of our famous almonds in your next gift basket. It’s the perfect way to show someone how much you care.

Order Now!

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<td>Large Gift Pack</td>
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Please send order to:
T.M. Duché NUT CO.
P.O. Box 65E
Orland, Calif. 95963
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.

FOR A FREE DELUXE BOOKLET OF RECIPES FOR DESSERTS, ENTREES, HORS D'OEUVRES, SNACKS, DRINKS AND PUNCHES, WRITE TO: BACARDI IMPORTS, INC., BACARDI BLDG., DEPT. CCC, MIAMI, FL. 33137. RUM 80 PROOF.

BACARDI AND THE BAT DEVICE ARE REGISTERED TRADEMARKS OF BACARDI & COMPANY LIMITED. WESSON IS A REGISTERED TRADEMARK OF HUNT WESSON FOODS, INC. JELL-O AND DREAM WHIP ARE REGISTERED TRADEMARKS OF GENERAL FOODS CORPORATION.
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.

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<tbody>
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<td>2-2½ hrs.*</td>
</tr>
<tr>
<td>6-7 lbs.</td>
<td>350°F</td>
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</tr>
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*Add 20-25 minutes cooking time for stuffed roaster.

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

*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.
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.

MICROWAVE OVENS: Follow manufacturer’s instructions.

*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
3/4 cup dry white wine
3/4 cup chicken broth
1/2 teaspoon thyme
1/2 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, 1/2 cup milk and 1 cup chicken broth. Stir in 2 cups cooked roasted meats, 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.
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.
SIMPLE RECIPES FOR

LOIN, RIB, OR SHOULDER CHOPS

Season with salt, pepper, lemon juice, and rosemary. Place very thin slices of lemon on chops during the last minutes of cooking. Be careful not to overcook! Allow to rest before slicing. Serve on toasted plates with dairy of choice, slices of bread, and small berries.
**SUMMER RECIPES**
***SERIES #3***

**COOKING INFORMATION**
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<tr>
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<td>2 1/4-2 3/4 hrs. *</td>
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*Add 20-25 minutes cooking time for stuffed roaster.

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

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

**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 1½ 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 ½ teaspoon (seasoned) pepper. Toss lightly; cover and chill to blend flavors.

**Meal 3: Nutted Sandwich Spread:** Combine 1 cup finely diced cooked chicken with ½ 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:
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 under-bake. 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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*Add 20-25 minutes cooking time for stuffed roaster.

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

**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.
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.

**MICROWAVE OVENS:** Follow manufacturer's instructions.

**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
3/4 cup dry white wine
3/4 cup chicken broth
1/2 teaspoon thyme
1/2 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, 1/2 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.
COOKING INFORMATION

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

<table>
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<tr>
<td>325°F</td>
<td>21-22 hrs *</td>
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NOTE: This is a fresh carcass cooking time for slabs.

**SUMMER RECIPES SERIES #3**

**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.
5. Place bird, breast side up, in roasting pan. cranberry sauce between breast & legs. Fig. B.

**CRUMB STUFFING:** Follow manufacturer's instructions and should be used immediately after purchase to insure freshness.

**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 or cheeses during the last 5 minutes of cooking. Be careful not to burn.
Meal 1: Oriental Roaster:

1 PERDUE Oven Stuffer Roaster
(5-7 pounds)
2 tablespoons butter or margarine, softened
Salt and freshly ground pepper

1/4 cup fresh lime juice
2 tablespoons soy sauce
2 tablespoons honey
1/2 tablespoon ground ginger
1/4 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 1 1/4 hours of cooking time, baste roast with lime-honey mixture. Continue roasting, basting every 15 to 20 minutes, until roast 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, 1 1/2 cups diced cooked chicken and 1 ripe avocado, peeled and cut into chunks, 1 cup sliced fresh mushrooms, 1 cup diced fresh tomato and 3 tablespoons sliced green onion. Drizzle 1/2 cup creamy Italian salad dressing over all; sprinkle with 1 teaspoon paprika and 1/8 teaspoon (seasoned) pepper. Toss lightly; cover and chill to blend flavors.

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

PREHEAT OVEN TO 350°

METHOD: Thoroughly drain spinach, using hands to squeeze out as much moisture as possible. Then, add spinach and stir until most of the moisture is gone. Remove from heat. In large bowl, add all the other ingredients. Mix well. While is is baking, prepare filling.

METHOD: While is is baking, prepare filling.

While is is baking, prepare filling.
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 own striped espadrille that ties 'round your ankle. See these and more in our beautiful new store.
Bonked 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® Combread 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 1 1/2 cups. Place chicken breasts between sheets of waxed paper and pound until 1/4-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

\[\frac{1}{2}\text{ c. LAND O LAKES Sweet Cream Butter}\]
\[1\text{ tbsp. dried parsley flakes}\]
\[2\text{ tsp. instant minced onion}\]
\[1\frac{1}{2}\text{ tsp. dill weed}\]
\[\frac{1}{2}\text{ tsp. salt}\]
\[10\text{-oz. pkg. frozen chopped broccoli, thawed and drained}\]
\[2\text{ tbsp. sliced pimiento, drained}\]
\[1\text{ c. croutons}\]

Yield: 4 (\frac{1}{2} \text{ 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.
Dill Buttered Carrots

\[ \frac{1}{4} \text{ c. LAND O LAKES Sweet Cream Butter} \]
\[ 3 \text{ c. carrot strips (2x1/4x1/4")} \]
\[ 1 \text{ tsp. instant chicken-flavor bouillon} \]
\[ \frac{1}{2} \text{ tsp. dill weed} \]
\[ \frac{1}{4} \text{ tsp. salt} \]

Yield: 4 (1/2 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.
Zesty Buttered Peas

\[ \frac{1}{3} \text{ c. LAND O LAKES Sweet Cream Butter} \]
10-oz. pkg. frozen peas, thawed and drained
1 c. diagonally sliced (\(\frac{1}{4}\)”) celery
\(\frac{1}{2}\) c. chopped onion
1 tsp. each salt and summer savory
2 tbsp. sliced pimiento, drained

Yield: 4 (\(\frac{1}{2}\) 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

Lightly Salted

Sweet Cream

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

BUTTER
Savory Buttered Vegetables

\[ \frac{1}{3} \text{ c. LAND O LAKES Sweet Cream Butter} \]
\[ 10\text{-oz. pkg. frozen mixed vegetables, thawed and drained} \]
\[ 1 \text{ c. sliced (\scriptsize{\frac{1}{4}}'')} \text{ celery} \]
\[ 1 \text{ tsp. basil leaves} \]
\[ \frac{1}{2} \text{ tsp. salt} \]
\[ 1 \text{ tsp. prepared mustard} \]

Yield: 4 (\frac{1}{2} \text{ 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.
SPICY RICE STUFFED ROASTER

1 PERDUE Oven Stuffer Roaster
2 tablespoons butter or margarine
\frac{1}{4} cup slivered almonds
\frac{1}{3} cup uncooked rice
\frac{1}{3} cup chopped onion
\frac{1}{3} cup dry white wine
\frac{3}{8} cup water or chicken broth
\frac{1}{2} teaspoon salt
\frac{1}{4} teaspoon cinnamon
\frac{1}{6} teaspoon nutmeg
1 tablespoon parsley
\frac{1}{3} 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 \frac{1}{4} teaspoon celery seed. Toss with bottled Italian salad dressing; add salt and pepper to taste.
SPICY RICE STUFFED ROASTER*

COOKING INFORMATION

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<td>2 1/4 - 2 3/4 hrs.*</td>
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*Add 20-25 minutes cooking time for stuffed roaster.

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**SPECIAL FALL RECIPE ON THE OTHER SIDE.

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

MICROWAVE OVENS: Follow manufacturer’s instructions.
NESTLE® TOLL HOUSE® COOKIES

2-1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup Land O Lakes® Sweet Cream Butter, softened  
3/4 cup sugar  

3/4 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.
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Zucchini</td>
<td>1/3 pound</td>
</tr>
<tr>
<td>Carrots</td>
<td>1/3 pound</td>
</tr>
<tr>
<td>Squash</td>
<td>1/4 pound</td>
</tr>
<tr>
<td>Turnips</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Butter</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Scallions</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
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Yield: 4 servings.

1. Cut vegetables into 1/4-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.
CHICKEN SALAD "RITZ"
Serves 6

1 PERDUE Oven Stuffer Roaster Boneless Breast
1/2 cup no-fat mayonnaise
1/4 cup sour cream alternative or light sour cream
1/4 cup snipped fresh or frozen chives
1 tablespoon lemon juice
1/2 to 1 teaspoon curry powder
Salt and ground pepper to taste
1 large Red Delicious apple, diced
1 cup diced celery (2 ribs)
1/2 cup coarsely chopped pecans or walnuts
3 cups shredded red cabbage (1 small head)
1 1/2 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 1/2 teaspoon lite margarine and sprinkle with 1/8 teaspoon caraway seeds, 1/8 teaspoon grated Parmesan cheese and 1/8 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, 1/2 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.
CHICKEN SALAD "RITZ"

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.

Sauté: Cut large breast pieces into large strips 1 1/2 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, 1 1/4 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

- 1/2 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
- 1 1/4 cups canned pumpkin
- 1 5-ounce can evaporated milk
- 1/2 cup sugar
- 1 beaten egg
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup chopped pecans
- 1/4 cup ice cream topping

*Note: Tupperware® products are not shown in the image.*
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.
CREAMY BEEF AND RICE SOUP

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

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

In large saucepan combine water, Wild Rice Mix, and salt. Bring to boiling; reduce heat. Cover and
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.
TWO-TONE CRISPY CEREAL TREATS

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

\[ \frac{1}{2} \text{ cup light corn syrup} \]

\[ 3 \text{ tablespoons margarine or butter} \]

\[ \frac{3}{4} \text{ cup butterscotch pieces} \]

\[ \frac{3}{4} \text{ cup semisweet chocolate pieces} \]

\[ 4 \text{ cups crisp rice cereal} \]

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
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 Wiggles™ set. Top with butterscotch-cereal mixture.

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

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 (1 1/3 cups) flaked coconut
3 cups tiny marshmallows
4 8-ounce containers lemon-flavored yogurt

\( \frac{1}{4} \) cup lime juice

\( \frac{1}{4} \) cup honey

In the 26-oz. One Touch™ serving bowl toss bananas in the 2 tablespoons 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 \( \frac{1}{4} \) 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.
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.
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.
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.
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 1/2 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.
6 medium baking potatoes
  (about 2 pounds)
\(\frac{3}{4}\) cup canned refried beans
3 tablespoons bottled salsa
\(\frac{1}{2}\) cup dairy sour cream
4 teaspoons taco seasoning mix
\(\frac{1}{2}\) of a 6-ounce container frozen avocado dip, thawed
\(\frac{3}{4}\) pound ground beef
Assorted toppers (chopped tomato, sliced chile peppers, sliced pitted ripe olives, sliced green onions, and shredded cheddar or Monterey Jack cheese)
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.
SWEETHEART WAFFLE SUNDAES

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

1 1/4 cups packaged biscuit mix
1/2 cup sugar
1/4 cup unsweetened cocoa powder
1 cup milk
1 egg, beaten
2 tablespoons cooking oil
1 1/2 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

Tupperware®
Combine biscuit mix, sugar, and cocoa powder; add milk, egg, and oil. Beat with an electric mixer until nearly smooth. Pour about \( \frac{3}{4} \) 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 1 \( \frac{1}{4} \) 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\textsuperscript{®} 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\textsuperscript{™} serving bowl. Top with scoop of ice cream. Add desired toppings from Tier Dish. Makes 10 to 12 servings.
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 🟢
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.
BRAIDED DATE AND NUT BREAD

\( \frac{1}{4} \) cup orange marmalade
\( \frac{3}{4} \) cup ground pecans
\( \frac{1}{2} \) 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 ➞
lengthwise into three 15x3-inch strips. Spoon \( \frac{1}{4} \text{ cup} \) 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.


**Orange Glaze:** Combine \( \frac{1}{2} \text{ cup} \) sifted powdered sugar and enough orange juice (about 2 teaspoons) to give the glaze a consistency for drizzling.
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
1/2 cup water
2 tablespoons lime-flavored gelatin
1/2 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 1 1/4-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.
For True Chocolate Lovers’ Brownie Mixes That Will Satisfy Any Chocolate Craving
Bake at 350 ° for 30 minutes. Makes 8 servings at 77¢ each.

<table>
<thead>
<tr>
<th>1 quart pistachio ice cream</th>
<th>1 package (15½ ounces) double fudge brownie mix</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint vanilla ice cream</td>
<td>2 cups heavy cream, whipped</td>
</tr>
<tr>
<td>½ cup chopped drained</td>
<td></td>
</tr>
<tr>
<td>maraschino cherries</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons grenadine</td>
<td></td>
</tr>
<tr>
<td>syrup</td>
<td></td>
</tr>
</tbody>
</table>

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.
Bake at 300° for 2 hours and 10 minutes.

Makes 12 servings at 87¢ each.

1 1/2 cups raisins
2 cups mixed candied fruits
1/3 cup bourbon
3 1/2 cups sifted all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon ground nutmeg

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.
Bake at 350° for 35 minutes.

Makes 8 servings at 47¢ each.

| 1/2 package piecrust mix |

| 4 packages (3 ounces each) cream cheese, softened |

| 3/4 cup firmly packed brown sugar |

| 2 eggs |

| 1 teaspoon ground cinnamon |

| 1/4 teaspoon ground nutmeg |

| 1 teaspoon grated orange rind |

| 1 cup (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 Glaceed Orange Slices; sprinkle with pistachio nuts.

**GLACEED ORANGE SLICES:** Combine 1/2 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 minutes. Cool on wire rack.
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
1 ½ cups sifted all-purpose flour
½ teaspoon baking soda
2 ½ 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.

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
1 ¼ cups sifted all-purpose flour
2/3 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.
Bake at 350° for 15 minutes.

5 eggs, separated
2/3 cup granulated sugar
3 tablespoons unsweetened cocoa powder
2 tablespoons flour

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 1/4-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 frosting pistachio nuts. Garnish with marzipan "mushrooms" and a dusting of 10X sugar, if you wish.

Makes 8 servings at 45c each.

1 tub milk chocolate ready-to-spread frosting
1 tablespoon instant coffee powder
1 cup heavy cream, whipped
2 tablespoons chopped pistachio nuts
### Italian Rum Cake

Makes 12 servings at 80¢ each.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baker’s 8- or 9x3-inch sponge cake</td>
<td>1</td>
</tr>
<tr>
<td>Cups ricotta cheese</td>
<td>2</td>
</tr>
<tr>
<td>Package (3 ounces) cream cheese</td>
<td>1</td>
</tr>
<tr>
<td>Tablespoons granulated sugar</td>
<td>3</td>
</tr>
<tr>
<td>Squares semisweet chocolate</td>
<td>8</td>
</tr>
<tr>
<td>1/2 cup mixed candied fruits, chopped</td>
<td>1/2</td>
</tr>
<tr>
<td>1/2 cup pineapple juice</td>
<td>1/2</td>
</tr>
<tr>
<td>1/2 cup rum</td>
<td>1/2</td>
</tr>
<tr>
<td>1/2 cup (1 stick) butter</td>
<td>1/2</td>
</tr>
<tr>
<td>Teaspoons instant espresso coffee</td>
<td>2</td>
</tr>
<tr>
<td>1/2 cup hot water</td>
<td>1/2</td>
</tr>
<tr>
<td>Cups 10X (confectioners’) sugar</td>
<td>3</td>
</tr>
</tbody>
</table>

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 1/4 cup of the rum syrup. Spread each with 1/3 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.
Sprinkle yeast and 1 teaspoon of the sugar over very warm water. Stir to dissolve. Let stand until bubbly, about 10 minutes.


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

3 envelopes unflavored gelatin
1/3 cup sugar
2 cups water
2 tablespoons lemon juice
1 bottle (3 1/4 cups or 750 ml.) rosé wine

Makes 8 servings at 81¢ each.
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 1/4 teaspoon ground ginger in a small bowl. Chill well.
### Double-Lemon Cheesecake Bars

**Prep Time:** 35 min.  
**Total Time:** 7 hours 15 min.  
**Serves:** 16 servings

**Ingredients:**
- 3 Tbsp. flour
- 1 Tbsp. cornstarch
- 1/3 cup juice from 2 lemons, divided
- 1/2 cup water

**Instructions:**
1. Preheat oven to 350°F.
2. In a medium saucepan, combine flour and cornstarch. Add lemon juice and water; bring to a boil over medium-high heat. Cook 1 minute, stirring constantly. Cool slightly.
3. Spread crust evenly over bottom of greased 9-inch springform pan. Bake 10 minutes.
4. In a large bowl, combine cream cheese, sugar, and eggs; blend well. Add cooled lemon mixture. Blend well. Pour over crust.
5. Bake at 350°F for 45 minutes. Cool completely on a wire rack.

### Philadelphia Classic Cheesecake

**Prep Time:** 20 min.  
**Total Time:** 5 hours 45 min.  
**Serves:** 16 servings

**Ingredients:**
- 1 cup sugar
- 1 tsp. vanilla
- 4 eggs

**Instructions:**
1. Beat cream cheese, 1 cup sugar, and vanilla with mixer until smooth. Add eggs, 1 at a time, mixing well after each addition.
2. Pour into a 9-inch springform pan.
3. Bake at 325°F for 60 minutes.
4. Cool completely on a wire rack.

### Tips
- Use 1/2 cup sugar in dessert recipes.
- PHILADELPHIA Cream Cheese is moisture rich with a creamier texture than other cream cheeses.
- Let cream cheese sit at room temperature before using.
- In a mixing bowl, beat cream cheese and sugar until smooth. Add eggs, 1 at a time, beating well after each addition.
- Depending on altitude, baking time may need to be adjusted.

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*Note: The image is rotated and requires manual alignment for readability.*
Quick Chilli

For the following chilli recipe

- Start by heating oil in a heavy-bottomed pan.
- Add finely chopped onions and sauté until softened.
- Add minced garlic and sauté for 1 minute.
- Add diced tomatoes and chopped green chilies.
- Season with salt, black pepper, and coriander.
- Allow the mixture to simmer for 10 minutes or until the flavors combine.
- Serve garnished with chopped fresh cilantro or lemon wedges.

For the following chilli recipe

- In a large bowl, mix the ground beef with the spices.
- Heat oil in a skillet over medium-high heat.
- Add the beef and cook until browned.
- Remove from heat and set aside.
- In a separate bowl, mix the sour cream, lime juice, and cilantro.
- Serve the beef with the sour cream sauce on top.

For the following chilli recipe

- Preheat the oven to 375°F.
- In a large bowl, mix the ground beef, spices, and eggs.
- Add the diced onions and bell peppers.
- Spread the mixture in a baking dish.
- Bake for 40 minutes, or until the beef is browned and the filling is hot.
- Serve garnished with sour cream and guacamole.
Veal Marsala with Perfect Pinks

1 4 boneless veal cutlets
1 lb. dome mushrooms, sliced thin
1/4 cup Marsala wine
1 tsp. Goya Adobo with Pepper
1 can Goya Pink Beans, drained & rinsed


beta carotene -- over 95 different antioxidants -- to fight what ails you.
More than 70 different research studies have verified that beta carotene lowers the risk of getting cancer and it boosts the body’s immune system.

When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

“The Vinegar Book” will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid to maintain health
- Skin rinses, athlete’s foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroys bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you’ll learn about.

You’ll know how grandma’s recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tendersizers, mild laxatives, mouth washes,

Micro-Rave Shrimp Provençal
1 stalk celery, thinly sliced
2 Tbsp chopped fresh parsley
1/4 tsp. dried thyme
2 Tbsp Goya Sazon
2 Tbsp tomato paste
1 tsp. black pepper
1 lb. large shrimp, peeled & deveined

Place oil and butter in 2 1/2 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 tomato paste and sherry. Cook 3 minutes, uncovered, until sauce thickens. Stir in shrimp and cook, covered, about 4-5 minutes until shrimp are done, stirring once. Do not overcook. Serve over warm white rice. Serves 4-6.

For Better Meals Turn To Goya 

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SPECIAL BONUS - Act promptly and you'll also receive Brain & Health Power Foods booklets absolutely FREE. It's yours to keep just for previewing “The Vinegar Book.” Supplies are limited. Order today.

c1995 TESCO ISBN: 2
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.

Find more recipes and how-to videos at goya.com
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 Small White 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.

FOR ADDITIONAL RECIPES VISIT US AT: www.goya.com

Bye Bye Bills! Game

No purchase necessary. For free game piece/rules, send SASE postmarked by 6/1/10 to: Bye Bye Bills! Request, P.O. Box 673, Ardsley, NY 10502. VT residents may omit return postage. Subject to Official Rules available at www.goya.com. Game ends 10/1/10. Void where prohibited. Must be 18 years or older and a legal U.S. resident to enter. Prize claims subject to verification. Sponsor: Goya Foods, Inc.

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Win $5,000 A Month

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Prizes
Find an Instant Win prize OR a Collect-and-Win piece on every specially marked GOYA® product.

1. INSTANT WIN
   50 $1,000 Cash Prizes
   9,950 $10 Cash Prizes

2. COLLECT-AND-WIN
   15 Grand Prizes of $5,000 - chance to win $5,000 a month
Minestrone Soup

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

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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Game Piece Behind Label
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50 $1,000 Cash Prizes
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2. COLLECT-AND-WIN

15 Grand Prizes of $5,000 — chance to win $5,000 a month.
Mincestrone Soup

4 cups water
2 cups beef bouillon cubes
1 cup plump black beans, drained and rinsed
1 cup peas
1/2 cup canned lima beans
1 clove garlic, minced
1/2 cup carrots, diced
1/2 cup onion, diced
8 slices bacon, chopped

For 10 minutes, sprinkle with bacon and Parmesan cheese, if desired. Serves 12.
How To Roast A Stew's Filet Mignon!

- 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
How To Roast A Stew's Filet Mignon!

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- 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*
Creamy Cheesecake with Fruit Topping

Prop 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 is set. Cool.
REFRIGERATE 3 hours. Serve topped with fruit.

Chocolate Pudding S'more Pie

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

What You Need
- 2 pkg. (3.9 oz. each) chocolate instant pudding mix
- 2 cups cold milk
- 1 HONEY MAID Graham Cracker Crust (6 oz.)
- 1 tub (8 oz.) 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.
Add pepper to taste and the oregano. Add the tomatoes with tomato paste. Cook to reduce the liquid by half, then simmer. Heat the oil in a large, heavy skillet. Wash the clams well and drain.ırlıc parcely, parsley, celery, and oregano. 1 tablespoon minced garlic
3 cups canned tomatoes with tomato paste 1 cup dry white wine
2 dried, hot, red peppers 1 tablespoon finely minced parsley
1/2 cup olive oil

48 littleneck or cherrystone clams

Claims Possilipo

Italian cookbooks. Italian cooks claim that they can't find them in cookbooks, either regional or classic. These dishes are claims Possilipo, clams Possilipo, clams Possilipo. They're bear Italian names but are real Italian creations. The names of Italian restaurants in the area of the most interesting dishes are claims Possilipo. Rarely, if ever, find recipes for these dishes in standard or traditional Italian cookbooks. We have written over the years to all those who have written about the clams. We dedicate them to all those who have written about the clams.
Cover and bring to the boil. Cook 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...

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

Send me your free state-of-excitement kit!

NAME
ADDRESS
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STATE
ZIP

The New York Times Magazine
PREHEAT OVEN TO 400°

PIE BROWNS TOO FAST.

METHOD: Combine Granulated Sugar and 3 Tablespoons Hermity packed Pecans

1/3 cup brown sugar

1/2 cup chopped pecans

1/2 cup lemon juice

1 1/2 cups sliced peaches

3 Tablespoons Brown Sugar

1/4 cup Brown Sugar

PREPARED ONIONGLY SHELL

PIE

PEACHY PRAILNE PICE

3 Tablespoons butter
PEACHY PRAIRIE PIE

PREHEAT OVEN TO 400°

ONE UNPACKED GROWNUP PIE SHELL

3/4 CUP RAW SUGAR
3 TEASPOONS TAUPE
1/2 CUP CHOPPED PEANUTS
3 TABLESPOONS BUTTER

METHOD: Combine granulated sugar and 3 tablespoons flour in a large bowl. Add
bitters and lemon juice. Combine brown sugar, 1/2 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 cheese mixture and sprinkle remaining nut
mixture over the cheese. Bake at 400° until cheese is tender. Lower oven to
bake prunes too fast.
PREHEAT OVEN TO 350°

ITALIAN SPINACH-RICOTTA PIE

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 except for the cheese and spinach. Mix well.

2 Eggs
1 15-oz. container ricotta cheese
1 15-oz. container frozen chopped spinach
1 cup minced onion
1 tablespoon butter or Margarine

Parmesan cheese
3/8 cup freshly grated
1/2 teaspoon ground nutmeg
1/4 teaspoon pepper
1/4 teaspoon salt

While is is baking, prepare filling.

FOLLOW DIRECTIONS FOR BAKING ONE ORNAGE PIE SHELL.
PREHEAT OVEN TO 350°

ITALIAN SPINACH-RICOTTA PIE

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

1 tablespoon butter or margarine
3/4 teaspoon salt
1 teaspoon pepper
1/2 teaspoon ground nutmeg
1/3 cup freshly grated Parmesan cheese
2/3 cup minced onion
1 10-oz. pkg. frozen chopped spinach, thawed
1 12-oz. container ricotta cheese
2 eggs

Sauté onion in butter until soft. Add spinach and stir until most of the moisture is gone. Remove from heat. In large bowl, add all the other ingredients except for the ricotta cheese. Mix together. Pour mixture gently into pie shell. Bake at 350° for about 40 minutes or until top is golden. Remove from oven. Serve hot.

Send in py Barbara Bernard
Hollyoke, Mass.
PEACHY PRALINE PIE

One unbaked Oronoque pie shell

3/4 cup granulated sugar
3 tablespoons flour
4 cups sliced peaches
1 1/2 teaspoons lemon juice

1/3 cup brown sugar, firmly packed
1/4 cup flour
1/2 cup chopped pecans
3 tablespoons butter

PREHEAT OVEN TO 400°

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.
GOLDEN CARM

PARTY TOMATO JUICE

HIGH JUIN

IN PAINER

GOLDEN BROTH

GOLDEN COOLER

KENTUCKY SPECIAL

SUNNY DAY

LOW CALORIE GAZAHAO

FISH CHOWDER

ICHOSISS

CORN OF RAKEECE

BROTH SOOTHER
**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 roundabout 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.

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**CUCUMBER-POTATO SOUP**
A different kind of soup... you will enjoy it hot or cold

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

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**TOPSY TURVEY SOUP**
Bowls you over in Minutes

2 cans (30 oz.) or (475 g) 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 (283 g) 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.

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**HOT CHEESE SOUP**
G. Washington's is the secret flavor in this delicious soup

3 tablespoons (45 mL) butter or margarine
1/2 cup (120 mL) finely chopped onion
1/2 cup (120 mL) finely chopped celery
1 tablespoon (15 mL) flour
3 packets G. Washington's® Golden Seasoning and Broth
3 cups (720 mL) hot water
3/4 cup (180 mL) shredded Cheddar cheese
1/8 teaspoon (0.5 mL) pepper
1/2 cup (120 mL) light cream

In large skillet, melt 2 tablespoons (30 mL) 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.

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**Egg Drop Soup**

Chinese Cuisine made Easy

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

Combine G. Washington's with 1/2 cups (1000 mL) water. Bring to boil. Mix 1/4 cup (120 mL) cold water with cornstarch. Add cornstarch to broth mixture. Cook until thickened, stir constantly. Add beaten egg slowly, stirring. Egg should firm, then shred. Stir in chopped scallions or chives. Makes 5 cups (1440 mL).

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**CHINESE VEGETABLE SOUP**
G. Washington's is the secret flavor in this tasty soup

2 tablespoons (30 mL) butter or margarine, melted

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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 and which add zip and sparkle to sandwiches, dips, spreads, vegetables and the whole spectrum of good foods.

KITCHEN TESTED
Recipes

PINEAPPLE-MARSHMALLOW SLAW
An attractive salad that is cool, crisp and satisfying
- 4 cups (960mL) finely shredded cabbage
- 1 cup (240mL) pineapple chunks
- 1/2 cup (120mL) marshmallows
- 1/2 cup (120mL) mayonnaise
- 1/4 cup (60mL) sugar
- 1/4 cup (60mL) lemon juice
- 1 teaspoon (5mL) salt

Combine cabbage, pineapple, marshmallows and dressing in a bowl. Toss until well coated. Serve chilled. Serves 8.

SEASONED POTATO SALAD
Surprise seasonings delight for the old favorite
- 4 cups (960mL) chopped potatoes
- 3 packets G. Washington’s® Rich Brown Seasoning and Broth
- 3 tablespoons (45mL) olive 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.

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 red onion
- 2 tomatoes, sliced
- 2 cucumbers, sliced
- 2 green peppers, sliced
- 2关 (30mL) olive oil
- 2 tablespoons (30mL) cider vinegar

Put greens in large bowl. Sprinkle G. Washington’s over greens. Add cheese, celery, tomatoes to greens. Arrange bell peppers, 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 cup (80mL) water
- 1 tablespoon (15mL) chopped onion
- 2 tablespoons (30mL) grated cheese
- 1/4 cup (60mL) mayonnaise
- 2 packets G. Washington’s® Rich Brown Seasoning and Broth
- 1/2 cup (120mL) chopped cabbage
- 1/4 cup (60mL) grated carrot
- 1/2 cup (120mL) chopped green pepper


GREAT CRIPPS KLASSIN’
### MACARONI SALAD
- Sour cream and G. Washington’s add new excitement to this popular dish.
- 1 cup (240mL) elbow pasta
- 1/4 cup (60mL) mayonnaise
- 1/4 cup (60mL) sour cream
- 1/2 cup (120mL) macaroni salad dressing
- 1/4 cup (60mL) chopped celery
- 1/4 cup (60mL) chopped onion
- 1/4 cup (60mL) salt and pepper
- 1 tablespoon (15mL) sugar
- 1 tablespoon (15mL) dill pickles (optional)

### ZINGY RED AND WHITE SLAW
- Tuna and G. Washington’s add new excitement to this popular dish.
- 1/2 cup (120mL) red bell pepper, chopped
- 1/2 cup (120mL) white bell pepper, chopped
- 1/2 cup (120mL) celery, chopped
- 1/2 cup (120mL) cucumber, chopped
- 1/2 cup (120mL) apple, chopped
- 1/2 cup (120mL) pineapple, chopped
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/4 cup (60mL) chopped onion
- 1/4 cup (60mL) chopped celery
- 1/4 cup (60mL) salt and pepper

### SEASONED STUFFED TOMATOES
- G. Washington’s adds new excitement to this popular dish.
- 1/4 cup (60mL) mayonnaise
- 1/4 cup (60mL) sour cream
- 1/4 cup (60mL) grated cheddar cheese
- 1/4 cup (60mL) chopped onion
- 1/4 cup (60mL) chopped celery
- 1/4 cup (60mL) salt and pepper

### TUNA SALAD MOLD
- Tuna and G. Washington’s add new excitement to this popular dish.
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/2 cup (120mL) chopped onion
- 1/2 cup (120mL) chopped celery
- 1/2 cup (120mL) salt and pepper

### BACON AND EGG BEAN SALAD
- Bacon and eggs enhance this popular dish.
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/2 cup (120mL) chopped onion
- 1/2 cup (120mL) chopped celery
- 1/2 cup (120mL) salt and pepper

### CREAMY SWISS SALAD
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/2 cup (120mL) chopped onion
- 1/2 cup (120mL) chopped celery
- 1/2 cup (120mL) salt and pepper

### CREAM OF SHRIMP SOUP
- A quick and easy soup with shrimp.
- 1/2 cup (120mL) shrimp
- 1/2 cup (120mL) onion
- 1/2 cup (120mL) celery
- 1/2 cup (120mL) green bell pepper
- 1/2 cup (120mL) mushroom
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/4 cup (60mL) milk
- 1/4 cup (60mL) water
- 1/4 cup (60mL) salt and pepper

### STAR SPANGLED ONION SALAD
- A quick and easy soup with onion.
- 1/2 cup (120mL) onion
- 1/2 cup (120mL) celery
- 1/2 cup (120mL) green bell pepper
- 1/2 cup (120mL) mushroom
- 1/2 cup (120mL) mayonnaise
- 1/2 cup (120mL) sour cream
- 1/4 cup (60mL) milk
- 1/4 cup (60mL) water
- 1/4 cup (60mL) salt and pepper
AS A SEASONER

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PINEAPPLE SHRIMP SURPRISE

G. Washington’s adds that special flavor

1 pineapple
1 1/2 cup (320mL) 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 juice. Add pineapple to your quar ters. Mix well. Serve 6 servings.

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 onions
1/4 cup (60mL) mayonnaise
2 teaspoons (10mL) Golden’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 (70g) 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 1/4 cup (60mL).

OVEN FRIED CHICKEN

Seasons as it bakes

1 (3 lb.) or (1.36kg) broiler-fryer chicken
1 1/2 cup (300mL) 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 teaspoons (10mL) 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 teaspoon (5mL) dried tarragon
2 tablespoons (30mL) dehydrated onion flakes
1 1/2 cups (360mL) 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) for 30 minutes. 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.

KITCHEN TESTED Recipes

ONION BARBECUE SAUCE
A homemade sauce delight
1/4 cup (60mL) butter or margarine
1 cup (240mL) finely chopped onion
2 tablespoons (15mL) flour
2 packages 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


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).

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. Serve with vegetables, tomato wedges, cauliflower, cucumber slices, green pepper cubes and ripe olives. Makes 2 1/2 cups (600mL).

CHIPS HEN 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) Goldens’ “Spicy Brown Mustard”

GIBLET GRAVY
Perfect gravy to accompany 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 10 minutes Skim off foam. Lower heat, cover and cook slowly for 1 hour. Strain. Measure. If not 2 1/2 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 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


SEASONED HOLLANDaise SAUCE

Looking for that special something to perk up the flavor of your cooking? Try our solution. Here are four simple, foot-proof enhancers, the famous family of G. Washington’s Seasonings and Broths...Rich Brown, Golden, Onion and Vegetable. With sheer magic these many and 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.

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

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 (60mL) milk
2 tablespoons (30mL) Golden’s® Spicy Brown Mustard
1 teaspoon (5mL) sugar

GIBLET GRAVY
Perfect gravy to accompany 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 2 1/2 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.

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 1 1/2 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 2 1/2 cups (650mL).

SEASONED CHEESE DIP
One basic recipe makes 5 delicious dips
2 packages (3 oz. each) or (170g) cream cheese
1/4 cup (60mL) seasoned vegetable broth
2 cups (480mL) dairy sour cream
3 packets G. Washington’s® Rich Brown Seasoning and Broth
1/4 cup (60mL) catsup
1 tablespoon (15mL) Worcestershire sauce
1 teaspoon (5mL) salt
1/4 teaspoon (1mL) pepper
TURKEY TETRAZZINI
1/2 cup (60 ml) chopped celery
1/2 cup (60 ml) chopped onion
1/4 cup (60 ml) chopped mushrooms
1/4 cup (60 ml) chopped green pepper
1/4 cup (60 ml) chopped carrots
3 cups (750 ml) water
1 1/2 cups (375 ml) dry white wine
2 1/2 cups (625 ml) milk
2 1/2 cups (625 ml) hot chicken stock
1/4 cup (60 ml) dry white wine
Salt, to taste
Add the turkey and 1/2 cup (60 ml) of the celery to the stock. Simmer for 10 minutes. Add the remaining celery, onion, mushrooms, green pepper, carrot, and wine. Simmer for 15 minutes. Strain the stock and add it back to the turkey. Mix well. Serve in a bowl and top with minced turkey.
AS A SEASONER

These magic packets... Rich Brown, Golden, Onion and Vegetable liven up and energize your cooking. Here are some delicious, interesting and tasty new recipes which will aid you in planning and serving meals. Adding these magic granules will: round out 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.

HAWAIIAN FISH FILLETS
G. Washington’s makes fish—a dish that’s delicious.
1-1/2 pounds (680g) 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

Fresh fish with 2 packets G. Washington’s®. Place in greased 1 1/2 quart (1.14L) baking dish. Bake in preheated 425°F (218°C) oven for 20 minutes. Combine remaining ingredients and add to fish. Bake 10 to 15 minutes more. Serves 4.

CHEDDAR TUNA BAKE
A simple tuna casserole becomes an elegant, 4-tiered entree.
2 1/2 cups (650mL) 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 (10 oz.; 283g) Cheddar cheese soup
1/2 cup (120mL) milk
1/2 cup (120mL) 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 in 1 cup (300mL) cooked rice in bottom of 1 quart (0.95L) casserole. Cover with 1/2 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 FLOORER
A zestful, easy-to-prepare fish dish.

HOME STYLE CHICKEN IN MUSTARD SAUCE
Flaunts chicken with G. Washington’s Golden Seasoning and Broth
5 packets G. Washington’s® Golden Seasoning and Broth
1/2 cup (120mL) flour
1 cup (240mL) milk (1.69g) 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) Golden’s® Spicy Brown Mustard
1 cup (240mL) half and half

Combine 3 packets 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.; 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 an 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 & green and tarragon
12 ozs. (340g) chicken breast, boned and skinned
3 packets G. Washington’s® Golden Seasoning and Broth

MEAT, FISH & POULTRY
NEW SEASONING AND BROTHS AN
Do not hallucinate.
**SWISS MEAT BALLS**

The secret to the traditional...

> Ingredients:
> - 1 lb ground beef
> - 1/2 cup Educator's Choice mix
> - 1/4 cup bread crumbs
> - 1 egg
> - 1/2 tsp dried parsley
> - 1/2 tsp dried thyme
> - 1/2 tsp salt
> - 1/4 tsp pepper
> - 1/4 tsp nutmeg
> - 1/4 tsp paprika
> - 1/4 tsp onion powder
> - 1/4 tsp garlic powder
> - 1/4 tsp basil

**Directions:**
1. Preheat oven to 350°F (175°C).
2. In a large bowl, combine all ingredients except for the egg. Mix well.
3. Add the egg and mix again.
4. Shape into small balls and place on a baking sheet.
5. Bake for 20-25 minutes or until done.

**INDIVIDUAL BEER LOAVES**

A quick and easy way to give dinner a boost...

> Ingredients:
> - 2 cups all-purpose flour
> - 1 1/2 teaspoons sugar
> - 1 1/2 teaspoons salt
> - 1 teaspoon baking powder
> - 1/2 cup warm water
> - 1/4 cup beer
> - 1 tablespoon vegetable oil
> - 1 egg

**Directions:**
1. In a large bowl, mix flour, sugar, salt, and baking powder.
2. Add warm water, beer, oil, and egg. Mix well.
3. Pour into individual loaf pans and bake at 375°F (190°C) for 30-35 minutes.

**SPICY SHRIMP CURRY**

A perfect lunch or dinner...

> Ingredients:
> - 1 lb shrimp
> - 1 onion
> - 2 cloves garlic
> - 1 tablespoon ginger
> - 1 tablespoon chili powder
> - 1 tablespoon curry powder
> - 1 tablespoon coriander
> - 1 tablespoon cumin
> - 1 teaspoon salt
> - 1/2 teaspoon black pepper
> - 1/2 teaspoon turmeric
> - 1 can (14 oz) coconut milk
> - 1/2 cup water
> - 1 lime

**Directions:**
1. In a large saucepan, sauté onion, garlic, and ginger until soft.
2. Add shrimp and spices, stirring well.
3. Pour in coconut milk and water. Bring to a boil.
4. Reduce heat and simmer for 10 minutes or until shrimp is done.
5. Squeeze lime over top and serve with rice.

**MUSHROOM CHICKEN ROAST**

A simple main course in a hurry...

> Ingredients:
> - 4 chicken breasts
> - 1 lb fresh mushrooms
> - 1 red onion
> - 1/2 cup chopped parsley
> - 1/2 cup chicken broth
> - 1/2 cup heavy cream
> - 1/4 cup white wine
> - 1/4 cup butter
> - 1/4 cup flour
> - 1 teaspoon salt
> - 1/2 teaspoon black pepper

**Directions:**
1. Preheat oven to 375°F (190°C).
2. In a large bowl, mix chicken, mushrooms, onion, parsley, broth, cream, wine, butter, flour, salt, and pepper.
3. Pour into a baking dish and bake for 30-40 minutes or until done.

**BEET CROPUY**

A tasty and nutritious side dish...

> Ingredients:
> - 1 pound beets
> - 1/2 cup sliced almonds
> - 1/2 cup slivered parsnips
> - 1/2 cup chopped parsley
> - 1/4 cup olive oil
> - 1/4 cup red wine vinegar
> - 1/2 teaspoon salt
> - 1/4 teaspoon black pepper

**Directions:**
1. Preheat oven to 375°F (190°C).
2. Bake beets for 45-60 minutes or until soft.
3. While beets are baking, toast almonds in a separate pan.
4. In a large bowl, mix parsnips, parsley, oil, vinegar, salt, and pepper.
5. Once beets are done, peel and dice. Add to bowl.
6. Toss and serve.
MEAT

OXTAIL RAGOUT
With great flavor

1 tablespoon (15mL) oil
4 pounds (.18kg) oxtails, disjointed
2 cups (480mL) chopped onion
6 packets G. Washington’s Rich Brown Seasoning and Broth
1 cup (240mL) 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) Golden’s Spicy Brown Mustard
1 tablespoon (15mL) fresh or dried chopped parsley
1 tablespoon (15mL) Worcestershire sauce
1/8 teaspoon (.5mL) pepper

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) Golden’s Spicy Brown Mustard
2 packets G. Washington’s Rich Brown Seasoning and Broth
2 cups (480mL) milk
1/2 cup (120mL) fresh or (113g) sliced mushrooms, drained

ADD DEVILED MEATBALLS

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 (340g) ground beef

Stir 1 packet G. Washington’s into hot mashed potatoes. Spoon half of potatoes into bottom of 9" (23cm) pie plate. Melt the tablespoon (15mL) butter. Add onions and beef. Cook for 5 minutes, stirring occasionally. Combine remaining packet G. Washington’s 2 packets 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. 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 done.
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KITCHEN TESTED Recipes

TWENTY MINUTE RAGOUT
Leftover beef is a huge, easy feast, with G. Washington’s flavor enhancers.

1/2 cup (120ml) oil
4 packets G. Washington’s Rich Brown Seasoning and Broth
1/2 cup (120ml) water
4 cups (950ml) cooked beef, cut in cubes
2 cups (480ml) tomato juice
2 cups (480ml) sliced cooked carrots, drained
1 cup (240ml) canned sliced mushrooms, drained
1 cup (240ml) cooked peas
1/2 cup (120ml) chopped onion
1/2 cup (120ml) chopped celery
1/2 cup (120ml) chopped green bell pepper
1/4 cup (60ml) chopped green onions
1/4 cup (60ml) chopped parsley
1/4 cup (60ml) chopped chives
1/2 tsp (2.5ml) dried thyme
Salt and pepper

Combine all ingredients in a large saucepan. Stir and bring to a boil. Simmer for 20 minutes, stirring occasionally. Serve 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 (340g) ground beef

1 cup (240ml) mashed potatoes. Spoon into pie plate and further 2 cups of mashed potatoes. Mix 1 tablespoon (15ml) water, 1 tablespoon (15ml) butter and 1/2 cup (120ml) beef broth. Add to pie. Bake in preheated 400°F (204°C) oven for 15 minutes. Serve 4

SEASONED HAMBURGERS
Delightfully seasoned.

1 pound (454g) ground chuck
2 tablespoons (30ml) minced onions
1 packet G. Washington’s Rich Brown Seasoning and Broth

1/4 teaspoon (1ml) salt
2 tablespoons (30ml) shortening

Combine meat, onion and seasoning in a bowl. Shape into 4 patties. Heat in 1/2 cup (120ml) hot shortening in a large skillet. Add the hamburgers and brown on one side. Turn and cook on second side until brown and cooked as desired. Serve 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 (680g) top round, cut into 1/2 inch (1cm) strips

1/4 cup (60ml) margarine
1/4 cup (60ml) flour
1 cup (240ml) milk
1/4 cup (60ml) heavy cream
1/2 cup (120ml) grated Parmesan cheese
1/2 cup (120ml) grated cheddar cheese
1/2 cup (120ml) chopped parsley

Cook beef in 1/4 cup (60ml) hot shortening. Place mixture in a large skillet. Stir in flour, milk, cream, cheeses and parsley. Simmer for 15 minutes. Serve over pasta. Serve 4

DEVILED MEATBALLS
Delicious flavor combination.

1/2 cup (120ml) milk
1 egg
1/2 cup (120ml) bread crumbs
1 pound (454g) ground beef

1/4 cup (60ml) onion
1/4 cup (60ml) celery
1/4 cup (60ml) green pepper
1/4 cup (60ml) chopped onions
1/4 cup (60ml) chopped celery
1/4 cup (60ml) chopped green pepper
1/4 cup (60ml) chopped parsley

Mix all ingredients well except cooking oil. Form balls about 1 inch (2.5cm) in diameter. Fry in hot cooking oil until done. Serve 4

OXTAIL RAGOUT
With great flavor.

1 tablespoon (15ml) oil
2 tablespoons (30ml) chopped onion
2 cups (480ml) chopped carrots
2 cups (480ml) chopped celery
2 cups (480ml) chopped mushrooms
1 cup (240ml) tomato puree
1/2 cup (120ml) red wine
1/2 cup (120ml) water
2 tablespoons (30ml) lemon juice
6 medium carrots, peeled and quartered

Sauté vegetables in oil until tender. Add remaining ingredients and simmer for 2 hours, stirring occasionally. Whisk off excess fat. Add vegetables and mushrooms to saucepan (adding a little water if necessary) until tender—about 1 hour longer. Serve 4

NEVILE'S
Family of flavor enhancers… Rich Brown, Golden, Onion and Vegetable… add zest, increase flavor, heighten your enjoyment of day to day meals.
THAI BAKE

BEE PROOF OFF

MUSHROOM CHICKEN ROLL

Saucy Shrimp Curry
Grapefruit Cheese Muffins

Ingredients:
- 2 1/4 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 3/4 cup unsalted butter, softened
- 3 eggs
- 1 1/2 cups milk
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups grated cheddar cheese
- 1/2 cup chopped fresh chives
- 1/4 cup chopped fresh parsley

Instructions:
1. Preheat oven to 375°F (190°C). Lightly grease a 12-cup muffin pan.
2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt.
3. In a separate bowl, beat butter until soft. Add eggs, milk, and cheese; beat well. Add dry ingredients to wet ingredients and stir gently just until combined.
4. Spoon batter into muffin cups three-fourths full. Bake for 20-25 minutes or until a toothpick inserted in center comes out clean. Cool in pan for 5 minutes before removing to wire racks to cool completely.

Enjoy these muffins for breakfast or a quick snack!
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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.

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 350°F (175°C) oven for 40 minutes. Cut in squares. Serve as a side dish or top with creamed chicken or tuna for main dish. Serves 6.

CHEDDAR 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 (10 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 seasonings. 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.

CHEESEY VEGETABLE CASSEROLES

Hearty and delightful
2 packages (10 oz. each) or (560g) frozen broccoli, thawed
1 package (10 oz.) or (283g) frozen peas, thawed
1 tablespoons (15ml) browned onion, sautéed
4 tablespoons (60ml) butter or margarine
2 tablespoons (30ml) all-purpose flour
1 cup (240ml) water
1/4 teaspoon (1.25ml) dried thyme
1/4 teaspoon (1.25ml) dried basil
1/4 teaspoon (1.25ml) dried marjoram
1/4 teaspoon (1.25ml) salt
1/4 teaspoon (1.25ml) pepper
1/4 cup (60ml) grated process American cheese
Combine vegetables and butter in a 2 qt. (2L) casserole. Cook, stirring occasionally, until vegetables are tender. Stir in flour until smooth; bring to a boil. Reduce heat and simmer, stirring constantly until thickened. Stir in seasonings, water and cheese; bring to a boil. Reduce heat and simmer, stirring occasionally until cheese has melted. Serves 6.
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 (900mL) 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) Golden’s® Spicy Brown Mustard
- 2 tablespoons (30mL) vinegar

Combine all ingredients, except egg, in large bowl; mix well. Garnish with sliced egg and pimientos. Cover and chill. Serve 6 to 8.

**CARAWAY CABBAGE SLAW**

Crispy, crunchy slow

- 3/4 cup (180mL) dairy sour cream
- 1/4 cup (60mL) mayonnaise
- 1 teaspoon (5mL) Golden’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


**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 1 1/2 quart (1.4L) casserole. Bake 40 minutes in moderate oven (350°F/175°C).

**SHRIMP EGG FU-YUNG**

A Chinese offering for a fabulous 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
- 1/4 cup (60mL) cooked or canned deviled shrimp, cut up
- 2 tablespoons (30mL) salt or peanut oil


**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 1 1/2 quart (1.4L) casserole. Bake in a preheated 350°F (175°C) oven for 35 to 40 minutes or until knife inserted in center comes out clean. Serves 4.

**YANKER 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
- 1 tablespoon (15mL) cornstarch

Cook noodles according to package directions, adding the 3 packets G. Washington’s to water. Drain well. Return noodles to saucepan; 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
- 1/2 cup (120mL) chopped onions
- 2 tablespoons (30mL) parsley
- 1/2 teaspoon (2mL) seasoned salt
- 1/2 teaspoon (2mL) pepper

Cut off stem end of tomatoes. Cut each tomato in half. Place cut side up on a baking dish. Sprinkle each tomato half with a half packet G. Washington’s and 1 teaspoon (5mL) parsley. Bake in a preheated 350°F (175°C) oven for 35 minutes. Serve immediately. Serves 4.

*G. Washington’s® Seasonings and Broths*