



Volume 1



Alma's ALMANAC



Here is Alma's Almanac, a guide to the way I think about food and meal planning.

This beginning month we start with a summer party menu that is both simple and different. I have provided you with a detailed meal plan that will show you how I arrange my time when preparing this kind of dinner. Your requirements may be slightly different, so adjust your planning accordingly. I do think, however, that my plan will give you an approximate schedule of time required and an order to follow in getting ready for the occasion. An organized plan will allow you to enjoy your party.

The recipes for the menu follow the preparation plan. They are designed to complement and supplement one another. They have all been tested in my kitchen and should likewise work in yours. Whenever I do not give a recipe, I assume that you know how to make the desired dish, and occasionally I might refer you to my book, *Cooking a la Cordon Bleu*.

Cook with enthusiasm and confidence. It is difficult to ruin food when cooking with the best ingredients in the world. It is, however, possible that a particular taste does not please you. When that happens change the taste through the use of liqueurs (Cognac, Marsala, Sherry, Madeira), or through the use of sugar or salt, or by the addition of cream or butter, or a combination of these.

Alma

SUMMER PARTY MENU

<i>Jellied Consomme</i>	WINES
<i>with</i>	
<i>Creme Fraiche, Red Caviar and Chives</i>	Moselle
<i>Chinese Sbasblik</i>	
<i>Grilled Tomatoes</i>	
<i>Kasha (Buckwheat Groats)</i>	Rose d'Anjou
<i>Green Salad</i>	
<i>Sherry Dressing</i>	
<i>Herbed Bread Bits</i>	
<i>French Chocolate Cake</i>	Barsac

MEAL PLAN

Cocktails at 7—dinner at 8

Dinner for six

Day before:

1. Make consommé, page 41 of *Cooking a la Cordon Bleu*. Cool and pour into serving cups. Cover with Saran and refrigerate. For a simple outdoor supper, omit consommé.
2. Make salad dressing. Let stand at room temperature to age.
3. Cook Kasha, cool and refrigerate.
4. Wash lettuce, drain, wrap in towel and refrigerate in plastic bag.
5. Make crème fraîche, or buy sour cream.
6. Chop parsley. Put into small plastic bowl. Add a damp, *not wet*, paper towel. Cover tight and refrigerate ready to use. Try to keep this on hand, it will keep about a week.
7. Take out ice cubes and put into plastic bags as a reserve.
8. Make chocolate cake. Cool, frost and refrigerate. This cake freezes perfectly. Freeze it and then wrap it so that the frosting will not be damaged. Then when ready to use, unwrap and let thaw. Do not let it thaw in the wrapping or the frosting might stick to the wrapping when it is removed.

Day of the party—Morning:

1. Put the house in order and then set the table.
Even though you have a beautiful buffet or table, it is essential to cover it with a cloth to show the food off. Put salad and dessert serving plates and silver on the buffet ready to use.
2. Remove ice cubes and make more. Be sure to have enough.
3. Set up the bar. Have everything there, bottle opener, napkins, coasters, soda, tonic, sherry, whiskey, gin, etc., glasses and a pitcher of martinis.
4. Make martinis and let them age—my recipe follows.
5. Serve whatever cocktail foods you like. With this menu, I would keep them as simple as seaweed crackers, nuts and olives.

Afternoon:

- 2 p.m.—Marinate lamb, step 1 of shashlik recipe. Clean onions for shashlik and put into plastic bag ready to use. Do not refrigerate them, or they will be so crisp they will break when run onto skewers.
Line bread basket with a cloth napkin ready to use.
Cut 4 hamburger buns into 1-inch slices down through the buns. This makes about 8 pieces per bun.
Melt butter in small skillet. Coat bun pieces and then sprinkle some with poppy seeds and coarse salt (Kosher), others with sesame seeds and salt. Cover with Saran, ready for broiling.
Coat large serving dish (oven proof) with melted butter. Add Kasha, cover with foil (leave ends open), and let stand at room temperature.
- 4 p.m.—Put lamb pieces and onions on skewers, step 2 of shashlik recipe. Place them on a shallow platter and pour marinade over and continue to soak. Turn occasionally. Cover with Saran.
- 4:30 p.m.—Your time, but be dressed and back in the kitchen at 6:30.
- 6:30—Make yourself a drink. Sip and work.
Put lettuce into salad bowl on top of salad fork and spoon and cover with damp, *not wet*, paper towels. Leave at room temperature. Cold greens would coagulate the oil in the dressing. Toss when ready to serve.
Put cake on serving plate ready to serve. Leave at room temperature.
If you are using ice cups, crush the ice and fill them. Refrigerate until needed.
Fill ice bucket with ice cubes and put on the bar.
Open red caviar.

The Dinner Hour:

- 7:00 p.m.—Guests arrive and you drink for 30 minutes, then to the kitchen. If guests are not on time, allow 1 hour from the time of their arrival until dinner. You know your friends better than I do. At this point you can be flexible, nothing will be ruined. Adjust the times from here on to your guests' arrival.
- 7:30—Turn oven on and set at 375 degrees. Add Kasha (leave covered).
Broil lamb, step 3 of shashlik.
- 7:50—Broil tomatoes.
Broil bread pieces on all sides and then put into basket.
- 8:00—Serve consomme. With a fork, break up the consomme, add a teaspoon of Creme, or sour cream, top with caviar and chives.
Arrange shashlik over top of Kasha and add tomatoes. Put back into oven and turn off heat. Do not cover dish.
If you have a second oven, put serving plates into it and set at 175 degrees. Otherwise alternate plates in the sink in such a way that hot water will run over all of them.
- 8:05—Light the candles and announce dinner. Pass the bread pieces and have your husband, or a male guest, pour the wine. If you have no help, have a friend help clear the table when the consomme is finished. Dry the hot plates.
Present the Shashlik platter and serve the plates at the table.
Salad is a separate course, unless you like it with dinner.
Serve the cake at the table. Coffee and Cognac in the living room.

**MARTINIS**

- | | |
|----------------|------------------------------|
| 3 cups gin | 1 tablespoon Benedictine |
| ¼ cup vermouth | 12 lemon peels, ½ x 2-inches |
1. Pour 1 cup of gin from a full quart and put it into an unfinished bottle of gin. Add rest of ingredients to the remaining 3 cups. Cap and tip back and forth twice. Let age. Label the bottle "Martinis." Periodically tip the bottle back and forth, but do not bruise the gin. Serve on the rocks. Tip back and forth each time before pouring a drink.

Note: I put the recipe into a fancy wine decanter and try to keep it sufficiently full at all times. The longer this stands the better are the martinis. Nothing happens to the lemon peel.

SHERRY SALAD DRESSING

- | | |
|-------------------------|--------------------------------|
| ¼ clove garlic | 1 tablespoon wine vinegar |
| ½ teaspoon salt | (use Rice wine if you have it) |
| Pepper | 2 tablespoons sherry |
| ⅓ teaspoon sugar | 1 teaspoon dried chervil |
| 4 tablespoons olive oil | |
- Mash garlic to a pulp in the salad bowl. Add salt, pepper and sugar and continue to mash. Add oil, vinegar, sherry and chervil. Mix well and let stand at room temperature to age.
Add salad greens and toss at the moment of serving.

KASHA

2 cups Kasha (medium grind)	4 cups water
2 eggs, mixed well	2 teaspoons salt
2 onions, diced	$\frac{1}{8}$ teaspoon dried thyme
Chunk butter	1 taespoon minced parsley
4 tablespoons oil	

1. Put eggs into saucepan and beat together. Add Kasha. Mix.
2. Saute onions in butter and oil until browned. Add egg-coated Kasha and stir-cook until the mixture becomes dry and light.
3. Add water, salt and thyme. Bring to a boil, reduce heat to simmer, cover and cook on low heat for about 15 minutes. Water should be absorbed and Kasha fluffy and done. Add parsley and serve, or pour onto a large flat dish so it will cool quickly and not go on cooking. When cool, cover and refrigerate.

FRENCH CHOCOLATE CAKE

In class last fall for the Alliance Francaise, I developed a very rich chocolate cake that everyone liked. Here is one that is even richer and I think better.

$\frac{1}{2}$ lb. semi-sweet chocolate	4 egg yolks
1 tablespoon Cognac	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ lb. plus 2 tablespoons butter	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon ground almonds	4 egg whites
1 tablespoon flour	4 tablespoons sugar
4 tablespoons sugar	Almond halves

1. Butter and flour a 9-inch cake pan with removable bottom.
2. Put chocolate in top part of double boiler with the Cognac. Melt over warm water, but do not let water touch the bottom of the top part. Remove from heat. Stir until cool. Set into cold water to hasten process. While still warm, add butter in four pieces. Blend each piece into the chocolate before adding the next piece.
3. Combine ground almonds, flour and sugar. Add to Chocolate.
4. Beat yolks with salt until light and thick. Add chocolate mixture very gradually, while beating, so that the mixture blends and does not separate. Add vanilla.
5. Beat whites stiff and then add sugar and continue beating until very stiff. On lowest speed mix whites into the batter. Pour into prepared cake pan. Bake just 18 minutes at 425 degrees. No longer. It firms as it cools. Place cake on wire cake rack to cool. When cold remove from pan. Glaze with the following frosting, or sprinkle with confectioners' sugar and serve with whipped cream.

CHOCOLATE GLAZE

$\frac{1}{8}$ lb. butter	3 tablespoons white corn syrup
1 tablespoon rum	1 teaspoon instant espresso coffee
1 tablespoon Cognac	Dash salt
1 tablespoon water	4 oz. German sweet chocolate

1. Bring butter, liquids, syrup, powdered coffee and salt to a boil. Remove, add chocolate, cover and let stand, about 5 minutes, or until chocolate is soft. Stir until cool and thickened. Set into cold water to hasten, but if it gets too firm, reheat and cool.
2. Put cake on wire cake rack, set on a cooky sheet and pour all of the frosting on the cake. With a rubber spatula push frosting over the sides to cover the cake completely. Work quickly or the glaze will not be smooth.
3. This cake sinks in the middle, that is the way it should be, so you have to help the frosting down over the sides.
4. Place almond halves around the edge of the cake, one every inch, and you will have a very traditional French chocolate cake.

CHINESE SHASHLIK

4 lbs. lean lamb, cubed
2 large white onions
Cooked Kasha or rice
Chopped parsley

MARINADE:

1 teaspoon cornstarch
1 tablespoon soy sauce
1 clove garlic, minced
 $\frac{1}{4}$ -inch fresh ginger, minced
2 tablespoons peanut oil
3 tablespoons Mirin* or masala
 $\frac{1}{2}$ teaspoon dried fennel leaves
Freshly-ground black pepper

*Mirin—see question box.

1. Put cubed lamb into a non-metal bowl. Combine marinade ingredients. Mix well and pour over lamb. Toss and let marinate 2-3 hours. Toss often, so all pieces are coated. Peel onions and set aside.
2. When ready to broil lamb, cut onions into fourths from top to bottom. Separate sections. When ready to cook, alternate lamb chunks and onion sections on bamboo skewers. Do not pack close together, you will want the meat to cook on all sides.
3. Place skewers over live heat, charcoal, or a cal-rod, or lacking one of these, use your range broiler. Turn often and baste with remaining marinade. If meat absorbs all the marinade, then make a mixture of soy, oil and Mirin and coat the meat as it cooks.
4. Spread hot-cooked Kasha on serving platter. Arrange lamb down center of Kasha. Pour any remaining marinade over both lamb and Kasha and garnish with tomato halves. Sprinkle with chopped parsley.

GRILLED TOMATOES

Wash and cut 6 tomatoes in half. Do not peel. Grill cut side down for 5 minutes. Turn and coat with a mixture of melted butter, 1 minced garlic, some chopped parsley and other herbs, salt and pepper. Anything you have on hand that will give good flavor may be added.

Cook's Cupboard



Mrs. K of Chicago would like to share her quarry tile place with you. It is Miracle Tile Co., Inc., 2737 West Touhy. You use these tiles when baking French bread. Simply put the tile on the wire shelf, heat the oven, then carefully slide the raised bread to the hot tile. Use a lot of cornmeal on a cooky sheet and place the molded bread on it to rise. Then when ready to bake, push bread and meal onto the tile. This is a bit tricky, but Mrs. K. does it successfully, so can you. Be sure to have the tile cut at least 2 inches smaller than your oven, so that it does not interfere with the distribution of heat.

The Grape Vine

If you have been promising yourself to lay away some wines, now is the time. The 1970 Medocs are reportedly comparable to those of 1961, and some experts predict the Pomerols will be as great as the 1947. Time will tell. These wines will not be ready to drink for about 20 years, and then you will not be able to buy them.

Another reason to buy wines now is that all experts are predicting that wine prices will double by next year. There simply isn't enough good wines to go around. The collectors are buying the bulk of the classified growths.

Knowledgeable wine men are looking for lesser known wines so that we can continue to enjoy wines on a day-to-day basis. Two lesser known ones to look for are Chateau Gloria, though it is no longer lesser known, or inexpensive; and Chateau Cissac (Medoc). It is strange to have a wine named Gloria since that is the French name for coffee laced with brandy or calvados.

The Question Box

Mrs. K asks—"My bread rises beautifully and then it seems to collapse, like instant old age setting in, why?"

Ans.—You've let it rise too long. When bread overexpands, it falls because the yeast can no longer sustain the volume. As it falls, it wrinkles. Let bread rise just under double, then it will go on rising in the oven.

Mrs. S. asks—"Where can I buy Mirin?"

Ans.—From any Japanese grocer. Look them up in the yellow pages. You can substitute Marsala, Sherry or Madeira for it, but it is not as good. Mirin is Sweet Sake.

Mrs. F. wants the name of the place in Detroit that has the crinkly rolling pin for making puff pastry.

Ans.—Kitchen Glamor, 26770 Grand River, Detroit, Mich. 48240. They cost about \$20.

Kitchen News

To make summer picnics easier, Watts Mfg. Co. presents a refrigerated salad bowl. It is made of glass with a lid that acts like an ice pack. Simply fill the hollow metal lid with water, put in your freezer, then cover the salad with the ice-filled lid and your salad remains refrigerated. Especially good for potato salad. The lid can also be filled with crushed ice, or ice water. The bowls vary in price from about \$14. to \$20, depending upon the size. Available in household departments.

Soon to be on the market is a mushroom-flavored soy sauce. It is coming to us from Communist China, so already we are profiting from Nixon's visit. I am testing a bottle now, so you will soon have the recipes to which it adds most.

CBS-TV—Alma will be a guest on the Lee Philip Show, May 31.

Market Talk

Broiler-Fryers will tend to be larger so plan to use them in sauced recipes rather than for broiling. Eggs are expected to advance in price, with shortages in the medium and small sizes. Large sizes are not affected.

Melons are arriving from Mexico—but be selective. It is better to buy a half or fourth watermelon than a whole—then you can see what it looks like. If you like it, then buy two halves rather than one whole. Strawberries come mostly from California and are very good. Artichokes are in season and delectable.

Restaurants

One of my favorite restaurants right now is *China Tea Garden*, 6246 North Ave. (237-3073). Closed Tuesdays. No decor, just food. It is about 20 minutes from the loop. I take Eisenhower to Austin then north to North Ave. and left about 3 blocks. It is a tiny place, so reservations are a must if you want to get in. Peking Duck, Shark's Fin Soup, Whole Fish, Sea Cucumber, Mongolian Stew Pot (they serve a Chrysanthemum pot, everything already in it and all you do is take it out), and Precious Rice Pudding must be ordered a day in advance. I've been there quite often recently, but think the most successful dinner was with a group of six. Of course we drank Wan Fu Chinese wine which isn't Chinese but a Bordeaux wine created by Peter Sichel and distributed in this country by Schieffelin & Co. Ask your local liquor store to order it for you. It is seldom stocked. Here is what we ate: Boiled Dumplings and Onion Cakes with drinks (take your own, they will give you ice), Shark's Fin Soup, Eight Delicious Diced Chicken in bean sauce, Peking Duck, Shrimp Saute, Moo Shu Pork with Mandarin Pancakes, Shredded Pork with Green Onions, Sweet and Sour Whole Fish and Steak with Pea Pods and mushrooms. Dessert was the assorted candied fritters that you dunk into ice water to make their caramel glaze harden and crack. Dinners like this cost about \$13 per person.

Steak, Peapods and Mushrooms

1 lb. beef tenderloin (tail piece)	Sauce:	4 T oyster sauce
¼ lb. peapods		½ t salt
1 cup sliced mushrooms		1 t sugar
2 cups shredded celery cabbage		Pepper
4 green onions		½ cup chicken stock
3 tablespoons oil	Thickening:	2 t cornstarch
		1 t soy sauce
		2 T water

1. Cut beef into ½ inch slices. Put on plate ready to use. Clean peapods and string (just as you do green beans). Put on plate. Add mushrooms to plate. (Peapods are available in Chinatown stores and in some supermarkets.)
2. Shred cabbage very fine. Place a bed of straw-like, raw cabbage in a serving dish.
3. Cut the onions into 1-inch diagonal pieces. Set aside.
4. Combine sauce ingredients ready to use. Combine thickening ingredients ready to use.
5. When ready to eat, put wok, or large skillet on to heat. Once very hot, add the oil. When hot add the peapods and stir-cook a few seconds. Add the meat. Stir-cook until the pieces turn grey. Keep the steak rare. Add the mushrooms. Toss.
6. Add the sauce. Stir-toss about a half minute. Add the thickening. Heat, toss and cook until clear and hot. About 1 minute. Pour steak mixture over the raw cabbage in the serving dish. Garnish with the cut onions. Serve with cooked rice.

Note: Have the rice cooked and ready to serve before starting to cook the steak dish. It will take no longer than 3-5 minutes to cook.

Sauteed Shrimp with Peas

1 cup frozen peas (or 1 box)	Sauce:
4 cups water	½ cup chicken stock
1 T salt	2 T sherry
Marinade:	1 t heavy* soy sauce
1 T cornstarch	½ t sugar
½ t salt	1 t Sesame oil
1 T Mirin or water	3 T peanut oil
1 egg white	4 green onions, cut in 1-inch lengths
¼-inch fresh ginger, minced	
1 lb. small, raw shrimp, thawed	

1. Cook peas for 3 minutes in water seasoned with 1 T salt. Drain and run cold water over them to stop their cooking. Drain again and set aside ready to use.
2. Make a paste of cornstarch, salt and Mirin. Add the egg white and mix well. Add the ginger and mix.
3. Cut each shrimp down its back (that is through the thick part) and almost in half, but not through. You do this to make the depth of the shrimp the same so no part will be overcooked. Add shrimp to marinade and toss.
4. Combine sauce ingredients (down to the peanut oil) ready to use.

Note: Prepare this recipe to this point in advance.

5. Have the rice cooked and ready to eat before starting to cook this dish. When ready to eat, heat the wok (Chinese half moon shaped skillet) or skillet to very hot. Pour the peanut oil in around the sides of the wok and let it run to the bottom. Thus the sides are oiled. Add the shrimp and marinade and stir-toss about 1 minute. Add the peas and stir-toss another minute. Add the sauce ingredients. Stir-toss about 1 minute. The cornstarch in the shrimp marinade is sufficient to thicken the sauce ingredients. Add the onions, toss and spoon into a serving dish. Serve with rice to two. My Chinese recipes are designed to serve two, unless otherwise stated.

Chinese Cooking Information

*Soy Sauce comes either thin or thick. You should have a bottle of each. It also comes in fish and mushroom flavors.

Ginger Root is found in almost all grocery stores in Chinatown, and in some supermarkets. Once bought, put it into a small plastic bag with a damp paper towel in the bottom of the bag. Then place this in a square plastic container and refrigerate. I place the container on a shelf on the refrigerator door where it is handy. Do not close the plastic bag tight—the ginger must breathe.

When you need ginger, simply peel the skin from ¼-inch of the root, or whatever the recipe requires, and then mince the ginger right off the whole root. Replace the root in its plastic-bag. Ginger will keep about a month, or longer.

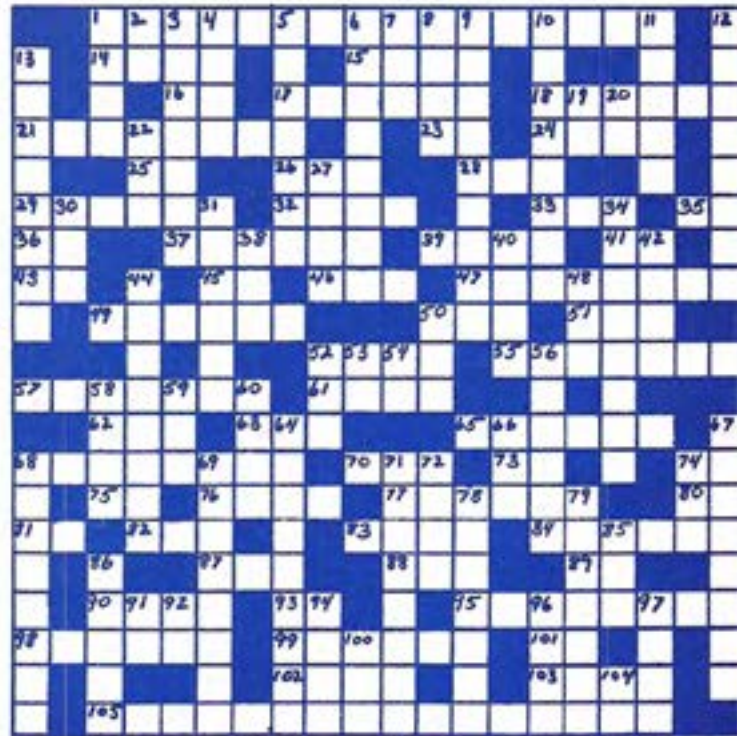
If it is necessary for you to drive to Chinatown to buy ginger, then buy a surplus and grow your own this summer. Also buy some Mung peas, or beans, and grow your own bean sprouts. Next month I will give you the instructions for doing this.

Chinatown stores are open evenings, some as late as 9 p.m., and on Sundays. Children are always welcome in Chinese restaurants so you might make shopping in Chinatown a family affair and end up having lunch or dinner there.

Chiam Restaurant is good and has an adjoining parking lot. If you want to eat Dim Sum (Chinese luncheon), which is served only on Sundays between 11 and 1 (except in the tiny restaurants) then try King Wab. Their selection of goodies is somewhat greater than Chiam, although Chiam serves them hot, which I prefer. Both restaurants are on Wentworth Ave. More later on Chinatown restaurants.

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Sauerkraut Dish with Boiled Potatoes, Meat and Sausage (Fr. 2 Wds.)
- 14) Mister (Ger.)
- 15) Paris Nightclub
- 16) Silver (Chem.)
- 17) Pate A Genoise and Pain De Genes are basic varieties of this dessert (Fr.)
- 18) Belgian and French varieties of this lettuce are about six inches long, elongated and have pale yellow leaves and a bitter flavor
- 21) Rossini is one way to serve this cut of beef tenderloin (Singular)
- 23) Medical Doctor (Abbr.)
- 24) Club — is often used as a mix
- 25) Silver (Chem.)
- 26) West German City on the Danube
- 28) Garlic (Fr.)
- 29) Red Mullet (Fr.)

DOWN

- 1) Cabbage (Fr.)
- 2) Pronoun (Masc.)
- 3) Fruit often used in sauce for duck (Pl.)
- 4) Demand earnestly
- 5) Stew with very rich sauce (Pl.)
- 6) Incapable of further separation
- 7) Cravat
- 8) A Dutch cheese
- 9) Red protective coating of Dutch cheese larger than 8 down
- 10) Famous wine from the Mosel
- 11) A brand of bottled French mineral water
- 12) Well done, as for steak (Fr. 2 Wds.)
- 13) Bouillabaisse of Flanders
- 19) Negative
- 20) Delivered (Abbr.)
- 22) Used for dusting
- 27) Fat version of green onion that traps grit and requires careful cleaning

ACROSS

- 32) Darjeeling and Jasmine are among these
 33) Interstate Commerce Commission (Abbr.)
 35) Letter following MU
 36) Zinc (Chem.)
 37) Apparent descent of sun below horizon
 39) Sieva and Fava are types of this legume
 41) Electrocardiogram: — — G
 43) Oven Temperature (Abbr.)
 45) Second note of musical scale
 46) Cask with capacity of 30 gallons or less
 47) Purple vegetable
 49) Sheep over 18 months (Fr.)
 50) Fermented liquor brewed by rapid fermentation from malt and hops
 51) Fish spawned in Sargasso Sea that travels to fresh water rivers in Europe and U.S.A.
 52) Pig Meat (Fr.)
 55) Add whipping cream and creme fraiche to veloute and the result is this sauce
 57) What Hercule Poirot raises in his garden (Fr. Pl.)
 61) Barley (Fr.)
 62) Sharp piece of metal used to fasten separate articles together
 63) Ingest food
 65) Small savarin flavored with rum is — — rum (Fr. 2 Wds.)
 68) Thick French soup of beef and vegetables boiled together
 70) Michigan State University (Abbr.)
 73) Prefix meaning within
 74) Alcoholics Anonymous (Abbr.)
 75) Oculus Dexter (Abbr.)
 76) To the inside of
 77) In French, a potato is described as being this kind of fruit of the earth (Pl.)
 80) Common Transcendental number
 81) Sixth note of musical scale
 82) Main ingredient of snow cones (German)
 83) Seize food with teeth
 84) Mace, tumeric and cardamom are among these
 87) Main ingredient of Jambon en Croute
 88) Nixon's party
 89) University of Chicago (Abbr.)
 90) This is "palpable and mute, as a globed fruit" according to A. MacLeish
 93) Atlantic and Pacific (Abbr.)
 95) Romano is often passed off as this kind of Italian cheese
 98) This part of the lamb is often served farcie (Fr.)
 99) Seasoned ground meat rolled in cornmeal dough and steamed in cornhusks
 101) University of Oklahoma (Abbr.)
 102) Choice: "Would you care for an apple — — orange?" (2 Wds.)
 103) Hexagonal crystals
 105) This Bordeaux Chateau produces fine second growths (2 Wds.)

DOWN

- 30) York University is in this Canadian Province (Abbr.)
 31) Green and mock are soups made from this animal
 34) Thick edible root of some kinds of celery
 38) Prefix meaning new
 40) Ripen (3rd person, sing. Pres.)
 42) Cabbage with curly leaves that do not form a dense head
 44) Bouillabaisse of Brittany
 48) Brisk energy
 50) Card evaluated at four high card points in a bridge hand
 52) Round metal container for cooking in
 53) Conjunction
 54) Rainbird, George (Initials)
 56) Entrails of an animal when used as food
 58) To or in fulfillment of
 59) Large African antelope
 60) See (Past part)
 64) Self-operating mechanism
 66) Suffer ill health
 67) Gamey (Fr.)
 68) Palm shaped pastries
 69) Edible part of underwater animals with fins and gills
 71) Underdone, as for meat (Fr.)
 72) Same as 58 down
 74) Any member of family of large semierect primates
 78) Both white and black varieties of this come from the berry of Piper Nigrum
 79) Ice cream made in layers of different colors, flavors and textures.
 85) Frozen water
 86) Involuntary, abnormal muscular contraction
 91) Ohio University (Abbr.)
 92) Nickname for elevated train
 94) Sixth wife of Henry VIII was Catherine —
 96) Hurry
 97) Stitch'd
 100) — Tse Tung
 104) Suffix: chem. compound containing hydroxy



For most of us July is a month of fireworks, sentimental oratory and blistering heat. We have nothing to anticipate but the "dog days" of summer.

And because our summers are long and hot, we have become a nation of picnickers and outdoor cooks. We spend our time either in a bathing suit or a chef's hat. Picnics are normally casual, but that does not mean that outdoor menus should be limited to hot dogs and ice cream cones, or to fried chicken and baked potatoes.

What I suggest is to take the ordinary foods of summer and adapt them to other cuisines. In other words create new foods to spark weary, summer appetites.

The menu this month is designed to be cooked out-of-doors. If, however, you are an apartment dweller, as I am, use a cal-rod grill or the broiler in your range. However, foods taste best cooked over heat, rather than under it. This is true because the fats and basting liquids drip down onto the heat, burn back up and, give the food that charcoal flavor we love. It makes little difference what you use for fuel, it is the fat burning back up as it hits the fire that gives flavor, and not what the fire is made of. It is unnecessary to buy expensive hickory chips or brickettes to use in an out door grill. Simple charcoal or wood will give the same results.

*BACK YARD INDEPENDENCE
DAY COOKOUT*

*Chicken Livers Chinese
Plum Sauce*

*Tandoori Cornish Hens
Grilled Potato Slices
Peeled Cherry Tomatoes*

My Mother's Cole Slaw

Strawberry Party Pie

To drink: Beer packed in a tub of ice

MEAL PLAN

Cocktails at 7—dinner at 8

Dinner for six

Day before:

1. Do the shopping.
2. Cut chicken livers according to recipe instructions and refrigerate.
3. Put Cornish hens into refrigerator to start thawing.
4. Make crust for pie and fill (step 1 and 2 of recipe).
5. Take out ice cubes.

**Day of the party—Morning:**

1. Take out ice cubes and make more.
2. Remove Cornish hens from refrigerator so they will completely thaw at room temperature.
3. Do steps 3, 4 and 5 of pie recipe.
4. Make plum sauce.
5. Scrub potatoes and let them dry.
6. Get the tub, or a container ready for the ice and beer.
7. Chop some parsley.

Afternoon:

- 1 p.m.—Put oil into French-fryer. Attach the thermometer.
- 2 p.m.—Set up the out door bar, dining area and the kitchen.
Do step 1 of Cornish hen recipe.
Mix marinade for Cornish hens.
Lay the charcoal fire. Do not plan to use lighter fluid to start the charcoal. It not only pollutes the air, but the food. Build a fire with newspapers, twigs and charcoal, or use an electric cal-rod to start things burning.
- 3 p.m.—Finish the pie and refrigerate.
Scald tomatoes, peel and refrigerate.
Mix marinade for livers and set aside ready to use.
Prepare vegetables for cole slaw and put into ice water.
Make dressing for the slaw.
- 4 p.m.—Your time, but first add marinade to hens and let marinate, step 5.

The Picnic Hour:

- 6:15—Light the fire. When charcoal is red inside with white ash all over the outside, it is ready for cooking. It should take about 40 minutes of burning to reach that stage.
- 6:45—Fill the container with ice and stud with beer.
- 7:15—Put Cornish hens on to cook. If they are cooking too fast adjust either the fire or the location of the hens on the grill.
- 7:20—Heat oil to 360-degrees.
- 7:30—Combine livers and the marinade. Cook (step 3). Serve with the plum sauce.
- 7:35—Turn hens and baste.
- 7:40—Put potato slices on to cook, step 1.
- 8:15—When hens are done, drain cole slaw vegetables. Combine with the dressing. Serve at the table.
Serve hens and garnish the platter with cherry tomatoes, parsley and the potato slices. Suggest everyone help himself to beer.

CHICKEN LIVERS CHINESE

½ lb. chicken livers

Marinade:

1 egg white

2 T cornstarch

1 T Mirin, Marsala or Cognac

1 t heavy soy sauce

Dash MSG, salt, pepper and sugar

Peanut oil for French-frying

1. Divide livers in half, and then cut the halves into halves again. Put into a small bowl. Cover ready to combine with marinade. Refrigerate until ready to cook.
2. With a whisk beat egg white to a froth. Add balance of ingredients, down to the oil, and mix well, mashing out all lumps. Set aside until guests arrive.
3. Once drinks are served, toss livers and marinade together. Let stand while oil heats to 360 degrees. Drop 6 liver pieces into the oil and fry about 1 minute, or until brown. (Livers will snap and pop. If you have one of those screen-type lids, set it over the pan. But do not cover with a tight fitting lid.) Lift livers out with a long-handled strainer, or with chop sticks. Do not pierce livers with a fork while they are in the oil, or they will pop more. Drain on paper towels. Serve livers on a paper napkin on a plate. Let guests spear their own with wooden picks. Dunk livers into the following sauce.

PLUM SAUCE

In Chinatown you buy plum sauce canned. To the contents of a one pound can, add 1 cup of sugar and ½ cup of distilled vinegar (white). Mix well and let sugar dissolve. This is the sweet and sour sauce that ordinarily should be served with egg rolls and other French-fried Chinese foods. However most Chinese restaurants use apricot preserves, sugar and vinegar.

To make the sauce for the chicken livers, add 1 teaspoon of heavy soy sauce to ½ cup of plum sauce and mix.

GRILLED POTATO SLICES

1 California white potato per person

Peanut Oil

Salt and pepper

Scrub potatoes. Do not peel. Cut into ⅛-inch slices (just under ½-inch, guess at it). Coat with oil and place about 3-inches above hot coals. Grill about 30 minutes. Coat with melted butter while grilling. When ready to serve sprinkle with coarse salt and freshly ground pepper.

Note: Do not let the potato slices get too brown before they are done. Fantastic with beer and drinks. You may wish to make them to go with drinks too.

TO PEEL CHERRY TOMATOES drop them into boiling water and leave them to a count of 20 if they are very ripe, and to 30 if firm and not too ripe. (Their skins are harder to remove than those of large tomatoes.) Drain and run cold water over them. With a sharp knife stick the point in under the skin at the stem and peel, leaving the green star-pointed stem in place. Use as a garnish to foods.

MY MOTHER'S COLE SLAW

1 small head new green cabbage (about 6 cups shredded cabbage)	Dressing:
2 carrots	1½ cups Hellman's Blue Ribbon mayonnaise
½ large green pepper	¾ cup sugar, plus 2 T
10 red radishes	1 T salt (about)
1 large white onion	⅛ t pepper

1. Shred cabbage very fine into a large mixing bowl.
2. Peel carrots. Grate on a fine shredder into the cabbage.
3. Wash the pepper and cut in half. Remove stem, seeds and white membrane. Place on cutting board and chop very fine with a sharp knife. (Do not try to use a grater, it will only tear the peppers.)
4. Clean radishes and slice paper thin round slices. Add to the rest of the vegetables.
5. Cover with cold water and add a tray of ice cubes. Let stand at least 1 hour to get icy cold and crisp. When ready to eat, lift out any remaining ice cubes and pour vegetables into a colander to drain. Shake off all the water or it will dilute the dressing.
6. Mix the salad dressing ingredients. Put the drained vegetables into a large salad bowl. Pour over the dressing and toss. Taste and adjust the seasonings. This is the best cole slaw I have ever eaten.

STRAWBERRY PARTY PIE

- 1 (10¾ oz.) package cheesecake mix
- 1 qt. strawberries
- 1 cup sugar
- 2 T cornstarch
- 1 (3-oz.) package orange flavored gelatin
- 1 T melted butter
- 1 T lemon juice
- 2 T Grand Marnier

1. Prepare the crumb crust from the cheesecake mix, make a pastry crust, or buy a crumb crust ready to fill.
2. Prepare cheesecake according to package instructions, but substitute buttermilk for the milk that is called for in the recipe. Pour into the prepared crust and chill for 2 hours, or overnight.
3. Stem and wash berries. Measure 1 cup of berries in a 2 cup measuring cup and fill with water. Pour into a blender and whirl, or mash berries with a fork.
4. Mix together sugar and cornstarch in a saucepan. Add the 2 cups of berries and water. Cook-stir over medium heat until the mixture boils and becomes clear.
5. Strain the sauce into a bowl. Add the orange gelatin, butter, lemon juice and Grand Marnier. Mix well. Cool in cold water until starting to thicken. Spoon about a cupful (guess at it) over the chilled cheesecake. Chill cake until glaze sets.
6. Stand the remaining whole berries over the top of the pie and glaze with the remaining strawberry mixture. Refrigerate.

Note: If you wish, add stars of whipped cream between each strawberry when ready to serve.

TANDOORI CORNISH HENS

3 (1 lb. 6 oz.) Cornish hens

Marinade:

2 cloves garlic	1/2 t turmeric
1 t salt	1/4 c lime juice
1/8 t pepper	1/2 c buttermilk
2 t sugar	Oil
1/2 t cumin	Melted butter
1/2 t coriander	Chopped parsley

1. Cut Cornish hens open along one side of the breast bone, thus laying the hen open. Cut to one side of the backbone, cutting the hen in half. Cut the backbone from the other half and remove the main breast bone. Cut the first two sections from the wings. Leave the leg wing-bone attached to the breast.
2. Add the livers from the Cornish hens to the chicken livers in the previous recipe and turn them into Chinese livers too.
3. Boil the backs, wing pieces, and gizzards in 1 1/2 cups of water. When done, chop the gizzards and whatever meat you can get from the bones. Combine meats with some mayonnaise and minced celery and onion to make a small dish of chicken salad. Serve it with crackers—with drinks. Freeze the stock to use later.
4. Mash the garlic in a mortar and pestle, or in a salad bowl with a wooden spoon. Add salt, pepper and sugar and continue to mash. Add the spices, lime juice and buttermilk. Blend.
5. Pour marinade over Cornish hen halves and toss to completely coat with the marinade. Marinate at room temperature for about 2 hours. If longer than 3 hours, then refrigerate, but remove from the refrigerator 2 hours before cooking. Meat should be at room temperature at the time it is to be cooked.
6. If cooking out-of-doors allow about an hour and a quarter to cook the hens. The circulation of air around the birds retards cooking. In the house, they should be done in less than an hour.
7. Oil the grill with paper towels dipped in vegetable oil and then toss the towels into the fire. Lay hen pieces skin side down on the grill. Cook 20 minutes, baste top side with melted butter and turn. Baste skin side with butter and marinade. Cook 20 minutes. Then baste with both butter and marinade and turn every 10 minutes until hens are done. When done, serve from the grill, or put on a platter and garnish with cherry tomatoes and parsley.

Cook's Cupboard

Mrs. S of Chicago wonders if I have an old-fashioned strawberry sun preserve recipe. Indeed I have—it is my grandmother's. I can give you the recipe, but to make them successfully you will have to find a nice clean spot where the preserves can sit in the bright sunlight and cook. My grandmother used the top of the clothesline post which was a sawed-off telephone pole. Atop the post the preserves were safe from animals and children. The plate glass that covered the deep meat platter magnified the sun rays. Thus the preserves cooked to a burgundy red while berries plumped themselves. Grandmother cooked both strawberry and cherry preserves by sun rays.

Living in a city apartment, as I do, I make sun preserves in my sunny windows, moving the preserves from window sill to window sill with the sun. It takes longer, and especially so in air-conditioning, but the results are worth the effort.

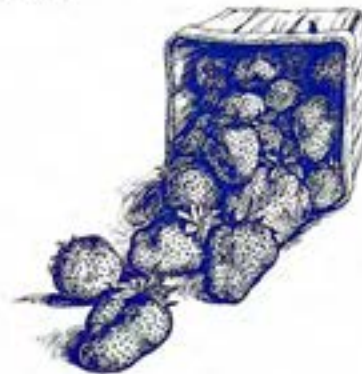
GRANDMOTHER'S SUN PRESERVES

- 1 lb. sugar
- $\frac{1}{2}$ cup water
- 1 lb. strawberries or red pie cherries
- Dash salt

1. Dissolve sugar in water and cook until sirup threads, or to about 240 degrees.
2. Add the washed and cleaned fruit. Bring to a boil and then turn off the heat. Let stand until the next day. If the juice is thin, then lift the berries to the platter and boil the juice down until it thickens slightly. Add the berries, heat and pour back onto the platter. Cover with a plate glass and set in the sun for two or three days, or until the juice has thickened and berries plump.
3. Spoon into sterile glasses and cover with a layer of melted paraffin. Cover with lids and store in a cool place.

Note: Do not cover the platter tight with glass. Moisture from the juice must be allowed to evaporate for the juice to thicken.

And now I give you the best strawberry recipe I know. It came to me from an 80 year old lady living in Chattanooga, Tennessee. I've been making these for over 10 years, so do not be "turned off" by the "Epsom salts" in them. The "salts" cause the strawberries to absorb and hold the liquids so that the berries end up in their cooked state, actually bigger than they were when fresh. Why, I do not know, and I wish some one could explain it to me.



CHATTANOOGA BERRIES

- 4 cups strawberries
- 4 cups sugar
- 2 T water
- 2 t Epsom salts

1. Wash and stem berries. Put into a large kettle. Add sugar and water. Bring gradually to a boil, and then boil for 5 minutes.
2. Add the Epsom salts, stir and boil another 5 minutes. Pour into a shallow meat platter and let stand (uncovered) over night.
3. Next day if there seems to be a lot of juice, and that depends upon the berries, lift the berries out and boil the juice down for about 3-5 minutes. Add the berries and heat. Pour onto the platter again and let stand until cool. Check to see if they have thickened. If so, spoon into sterile jelly glasses and cover with melted paraffin. Store in a cool place.

Note: I would suggest you tell no one about the "salts," at least not until they have eaten the berries.

The Question Box

Mrs. E. of Madison, Wisconsin writes—"Is there a way to tell if yeast is good before you use it?"

Ans.—Yes, and it is very simple. Dissolve the yeast in warm water, just as you normally do, only add $\frac{1}{2}$ teaspoon of sugar to the mixture. If the yeast is good, the mixture will be bubbling and working in about 10 or 15 minutes. If nothing is happening in that length of time, discard the yeast because it is dead.

Yeast is a living organism, so if it is dead it cannot possibly raise dough.

Mrs. P. of Chicago writes—"My mandoline potato cutter, bought from Kitchen Glamor in Detroit, does not cut waffled potato slices like yours did in class. Am I doing something wrong, or doesn't it work?"

Ans.—I have had complaints about their Mandoline potato slicer so checked it out when I was lecturing at Kitchen Glamor. Indeed it is not the same machine. Those of you who have purchased it need only return it to Kitchen Glamor (even though it has been used) and Mrs. Krause will replace it with the right one. There may be an additional charge, since the French slicer is more expensive than the English one she has been selling. She did not realize there was such a great difference between the two, and she is most anxious to have you return them for exchange.

Market News

The Soviet Union has again reduced Japan's catch of king crab off the West Coast of the Kamchatka Peninsula by 12.5 percent for 1972. Undoubtedly this will reflect in higher king crab prices, but who knows. Maybe Mr. Nixon will make a king crab deal with Russia. In 1958 Japan was allowed to catch 320,000 cases—now only 105,000.

Regardless of the ban imposed by the Soviet Union on herring fishing in the Okhotsk Sea, Japanese fishermen reportedly caught 47,000 tons in 1971. But because of the ban and the shortage, herring prices have increased.

Tuna and Salmon catches have both declined by large percentages and undoubtedly prices will advance even more.

Shrimp prices are not expected to be lower, although supplies are now adequate.

The apples and pears you are now buying are from last fall—so be very selective. California strawberries are not the quality they were last month, but Michigan berries will soon be plentiful.

Kitchen Talk

The new plastic roasting bags and wraps must be used properly. Some brands have been known to explode in the oven causing grease fires, while others have exploded causing burns to the individual.

Manufacturers have been working on the problem and believe exploding is caused by a collection of meat juices beneath a layer of fat in a tightly closed bag. When juices collect under the liquid fat they cannot boil and release their steam, so build up pressure until the liquids finally burst through the fat layer and explode the bag.

Manufacturers urge you to follow the instructions on the box: that is punch exactly the number of holes in the bag that they recommend. To avoid the collection of watery juices, the manufacturers now ask that you sprinkle a tablespoon of flour into the bag before adding the meat. The flour will thicken the juices and you will have a thickened sauce ready to serve when the roast is done.

Some manufacturers are packaging a seasoned mix with their bags which is to be scattered in the bag—but flour works just as well.

The Grape Vine

This past week I received a letter from our good vintner friend Richard Richter in Germany. Mr. Richter owns vineyards along the Mosel at Winnigen. He writes that he has again won the Gold Medal for his 1971 Ice wine (Eiswein).

Ice wines are perhaps one of the rarest of all wines. The wine is made from grapes that have been carefully selected to remain on the vines to ripen and to then freeze. In their frozen state they are picked and processed into wine. Very little wine is made each year and in some years none. It is frightfully expensive. We usually manage to carry some bottles home when we visit Germany, and so can you.

Mr. Richter also informed us that now all German wines, as well as the wines from other countries in the Common Market, will have to measure up to French wines. That is they will be controlled by the same high standards.

Wine labels, then, become even more important, so perhaps we should look at a few labels. Some bottles say Grand Vin, which when translated means a great wine, but the French Government has not given a standard to those words so they are meaningless. Grand Cru does mean something. It means that the wine is made from a great growth, and the French government decides which wines may carry those words. Therefore look for Grand Cru and *not* Gran Vin on labels.

Premiers Crus, found on Bordeaux wines, means First Growth. Chateaux wines that carry those words are usually some of the best wines in the world.

And when you buy a simple Beaujolais, buy a Beaujolais Macon and not a bottle that reads just "Beaujolais." The wine chapter in my book *Cooking a la Cordon Bleu* was written by Dr. George Rezek. He lists seven wines in the Beaujolais group.

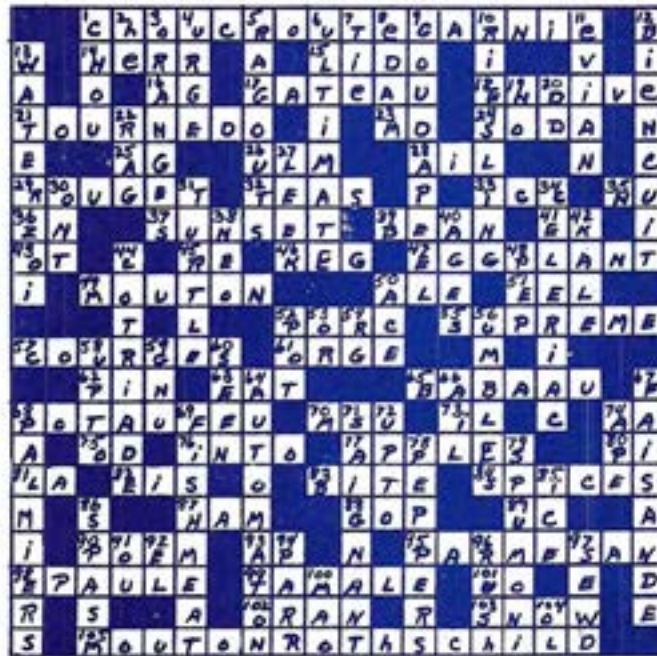
• *How to grow bean sprouts.* First buy Mung peas in any grocery store in Chinatown. Soak them overnight. Next day put a single layer of wet paper towels on a sheet of Saran. Sprinkle the peas on the towel. Cover with another layer of wet towels and cover with Saran. Place in a dark oven that has no pilot light, or in a dark cupboard. Unwrap and water each day and then wrap again and put away. After 4 days you will have 2-inch sprouts, after a week almost 4-inch sprouts. When ready to use, wash the sprouts and break off the little roots and the top, or eat them, they won't hurt you, but they are not choice sprouts with the ends left on.

There are other more involved methods, but this is the simple way. Two tablespoons of Mung peas will give you about 1 cup of sprouts.

Note: I also start my morning glory seeds the same way. Soak them overnight and then wrap in damp paper towels and Saran until they have sprouted, which usually takes two days. Then I plant them.

• *How to grow fresh ginger:* First buy ginger root in Chinatown or in your supermarket. You can plant the whole thing in dirt and let it grow, or you can break off the little knobs and have many pots. I do the latter. Be sure the soil is loose and keep the ginger quite moist. In India they grow ginger like rice, under water. You might try growing it both ways.

culinary crossword



by sandy arlinghaus

Restaurants

June in Paris can be hot. Long walks through narrow, winding streets, or expeditions scaling the heights of Montmartre produce happy steaminess in adventurous tourists to this ancient city. And unfortunately, there are practically no public drinking fountains. The only recourse is to seek the friendly shade of a cafe umbrella and the welcome chill of a cold drink.

Refreshed you will enjoy your cafe-eye's view of the passing throng. You will be amused by the casual lover who halts the lane of traffic jamming the small street while he makes love. And you will be equally tickled by the extravagant but ineffectual gestures of the policeman who tries to keep traffic moving. Then soothed by the cool drink, and amused by the high comedy of real life drama before you, it will not be long before your mind fondly turns to thoughts of food and where to dine.

There are hundreds of restaurants waiting to serve you, but here is my own personal list. It is arranged in the way I usually do them.

Lucas Carton, 9 Place de la Madeleine. Anj. 22-90

Everything is good. To my way of thinking this is one of the best restaurants in Paris. I think no closing day. Ask when you call for a reservation.

Flamberge, 12 Ave. Rapp. Sol. 91-37

This is my favorite restaurant. Perhaps because the chef comes out and discusses with you what your stomach feels like eating and then he departs and cooks the meal. Very small restaurant, reservations are essential and only French is spoken, but you will get by, I know.

Marce (La), 1, Rue Daru. Wag. 52-42 (Closed Sundays and Aug.)

One of the best foods to eat here is duck with green peppercorns and the grilled baby lobsters. With anything drink the Lynch Boges (a little Bordeaux).

Chez Allard, 41, Rue Saint-Andre-des Arts. Dan. 48-23 (Closed Sundays and August)

This is an expensive but plain bistro. The food is usually superb. I like their Grenouilles (frog's legs). The Escargots de Bourgogne are well done, but their specialty is Canard aux Olives and Lentilles. If Champignons (mushrooms) are in season, by all means order them. Do have their mocha cake. Regional wines are at their best here. Order a Sancerre, Moulin-a-Vent, Morgon, and here you can get the rare Vergelesses. Try it.

Reservations are essential, but will not mean much. Allard's livelihood is dependent upon the "regulars" and not upon you. I find it is best to make my reservation at either 11:45 a.m., or 6:45 p.m. That gets me a table before the regulars arrive, and then I sit and sip on a vermouth cassis and eat at my leisure.

Le Vivarois, 192 Ave. Victor Hugo. 504-04-31 (Closed Mondays and from July 15 to Sept. 1).

Run by a former chef from the Pyramid restaurant. Excellent food and prices.

• *A steady diet of rich French food can be fatiguing. If you get hungry for Chinese food, try one of these. Call to be sure they are open and that they still exist.*

China-Flor, 38, Rue Saint-Severin. Ode. 70-53 (Closed Mondays)

Elysees Shanghai, 5, Rue du Colisee. Bal. 49-73

Jardin de Ming, 30, Rue Saint-Sulpice. Dan. 02-34

Kin Long Opera, 12, Rue Gomboust, Ope, 82-66

Lotus d'Or, 50, Rue Saint-Andre-des Arts. Dan. 47-10 (Closed Mondays).

Quemoy, 11, Rue Richer. Pro. 89-10

FRENCH CHOCOLATE MOUSSE

2 T creme de menthe	½ t peppermint extract
4 oz. semisweet chocolate	4 egg whites
4 egg yolks	4 T sugar
Chunk butter	½ cup whipping cream, whipped
1 t vanilla	2 T confectioners' sugar

- Put creme de menthe and chocolate into a heavy sauce pan. Warm until chocolate melts. Remove from the heat. Mix well and beat in yolks and butter. Stir until cool and thickened. Add vanilla and peppermint. Set in cold water for about a minute to cool the pan. Continue to stir.
- Beat the egg whites. Start adding sugar when big bubbles give way to little ones and then continue to beat until very stiff. Fold half into the chocolate.
- Beat whipping cream stiff. Add confectioners' sugar and mix. Stir into the chocolate mixture. Fold in the balance of the egg whites. Pour into individual stemmed goblets, or into a 3-cup souffle dish with a 3-inch collar around the top. Be sure to butter the inside of the collar so the mousse does not stick. Cover the goblets or the souffle dish with Saran, making sure it does not touch the top of the mousse or it will damage the top when you remove the Saran. Refrigerate for at least 6 hours. Remove the collar from the souffle dish before serving. Serves 6.

There is much I would like to bring you this month in the way of recipes. Therefore, I shall keep the chatter to a minimum. Suffice it to say when the weather is hot we do not feel like cooking, so the menus that follow should help to make your summertime entertaining enjoyable.

SUMMER BRUNCH

Pate and Crackers

Grand Oranges

Spanish Crepes

Parmesan Toast

Avocado Ice Cream

Coffee

MEAL PLAN

Eye Openers at 11 a.m.

Brunch at noon for six

AFTERNOON BEFORE:

1. Make the avocado ice cream and freeze. Make pate (my book), or buy some.
2. Cook the vegetables for the Spanish pancakes, step 1. Refrigerate.
3. Grate a chunk of Parmesan cheese and put it into the serving dish. Cover with Saran and refrigerate. Clarify $\frac{1}{4}$ lb. butter.
4. Peel the required number of oranges, step 1. Put them into a plastic bag. Add 2 T of Cognac and toss the oranges around so all will be flavored (an extra bonus of booze). Refrigerate over night.
5. Set the table.

NEXT MORNING:

1. Finish oranges ready to serve. Cover and refrigerate.
2. Unmold ice cream. Put back into the freezer.
3. Melt $\frac{1}{4}$ lb. of butter for the toast. Put bread slices on a cooky sheet. Brush with butter ready to broil.
4. Break required number of eggs (12) into a large mixing bowl. Add 6 T of water. *Do not beat* them until ready to cook the pancakes.
5. Put Parmesan cheese on the table along with the cream and sugar.
6. Whip cream and garnish ice cream. Put back into freezer until ready to serve. Whipped cream freezes well.
7. Prepare coffee ready to brew.
Your time. Get dressed.

When guests arrive:

1. Serve eye-openers, pate and crackers. Since oranges are on the menu I would offer "something" in tomato juice, consomme or something frosty like a Daiquiri. (If you plan to serve Daiquiris then make a syrup of 1 cup of sugar and ½ cup of water during the morning. It is difficult to dissolve sugar in an icy liquid.) Brew the coffee.
2. Put oranges on the table when ready to eat.
3. Ask someone to clear the table while you make the egg pancakes.
4. Broil the toast. Cut into triangles.
5. Beat eggs and start making the pancakes. Serve them individually with toast triangles.
6. Clear the table.
7. Serve the dessert. Garnish with berries or serve as it is.

GRAND ORANGES

1 Navel orange per person
 1 T sugar
 1 T Grand Marnier

1. Cut peeling and inside white membrane from oranges. Peel as you would a potato, cutting into the meat of the orange to remove all of the orange skin, and the white inside covering of the orange.
2. Place each peeled orange on a salad plate. Cut into paper-thin round slices, keeping the orange in shape, then push the orange over so that each slice leans on the other.
3. Sprinkle with 1 T sugar and spoon over the tablespoon of Grand Marnier. Make 1 per person, cover with Saran and refrigerate until ready to serve.

AVOCADO ICE CREAM*(Coupé Camargo)*

2 very ripe avocados
 ½ t Fruit Fresh
 3 T sugar
 1 t Kirsch
 1 pint rich vanilla ice cream, softened

1. Peel avocados. Cut in half and remove seeds. Sprinkle with Fruit Fresh* and mash with a fork. Add sugar and Kirsch. Blend in the softened ice cream. Pack in a fancy mold and put into the freezer to get hard.
2. When ready to serve, dip mold into warm water, dry off, place serving plate over the top of the mold and invert. Slip a knife down one side, between the mold and the ice cream, to break the suction and the mold should drop out. If not, repeat the performance, but do not melt the ice cream.
3. Set the mold back into the freezer to firm the surface. When ready to serve it may be garnished with vertically sliced strawberries, or rosettes of whipped cream and whole berries.

*Fruit Fresh is ascorbic acid. It keeps fruits and foods from turning dark without altering the flavor. Available in drug stores and some supermarkets. It is manufactured by Merck and Co.

SPANISH CREPES

2 Cs peeled, diced fresh tomatoes	1/8 t pepper
1/2 green pepper, minced	1/2 t sugar
1 small onion, minced	12 eggs (2 per person)
3 T minced celery tops	6 T ice water
(guess at it)	Clarified butter
1 t salt	Grated Parmesan cheese

1. Put tomatoes into an enameled saucepan. Add vegetables, salt, pepper and sugar. Stew until liquids evaporate and the mixture is a thick pulp.
2. Break eggs into mixing bowl. Add water. Beat 60 strokes, using a fork. Do not make them fluffy, just mix well.
3. Melt a piece of butter in an 8-inch skillet (teflon coated works best). Pour about 1/2 cup of egg mixture into the skillet. Tip the skillet to evenly distribute the liquid eggs. Scatter 2 T of the tomato mixture over the liquid eggs. Cover with a lid and cook over very low heat for about 2 minutes, or until eggs are just set.
4. Run a rubber spatula around the edges of the skillet and turn the egg pancake out onto a waiting hot plate. (If you have trouble doing this, then just fold the pancake in half and turn out.) Serve with broiled toast triangles and let guests sprinkle the Parmesan on the toast and/or pancake.

SUMMER SUPPER

*Curried-Chutnied-Crustaceans**Ritz Crackers**Nuts, Olives and Relishes**Ham Salad Loaf**Harlequin Dressing**Hard Rolls and Butter**No-bake Frozen Key Lime Pie**Wine: Chilled Moselle*

MEAL PLAN

Cocktails at 7 — supper at 8

Supper for six

DAY BEFORE:

1. Make the ham loaf. Cover and refrigerate.
2. Make the dressing. Refrigerate.
3. Make the pie and freeze.

DAY OF PARTY:

Afternoon:

- 1 p.m.—Set the table.
- 2 p.m.—Unmold the ham loaf onto the serving platter. Garnish ready to serve. To prevent the garnish from wilting, take a Scott paper towel (they are, to my way of thinking, the best) and dampen one half. Fold in half, lengthwise, letting the dry half absorb the surplus moisture. Lay over the vegetables and cover the whole dish with Saran. With this type of humidity vegetables will remain fresh for a day or so. Refrigerate until ready to serve.
- 3 p.m.—Put dressing into a serving dish and refrigerate. Make shrimp dip. Put into serving dish and refrigerate. Arrange crackers on serving plate or put into a wicker basket.
- 4 p.m.—Prepare butter pats or curls ready to place on bread and butter plates. Whip cream and garnish pie. Put back into freezer.

Your time.

Evening:

- 6:45 p.m.—Put olives, nuts and relishes into serving dishes and place in the cocktail area. Set oven at 400 degrees.
- 7:00 p.m.—Serve drinks to guests.
- 7:30 p.m.—Heat rolls in oven for a few minutes while fixing the dip and crackers. Remove before leaving the kitchen and let them get cool and crisp before serving. Serve dip with crackers.
- 8:00 p.m.—Serve the supper. Put butter on plates.



HAM SALAD MOLD

- 2 cups finely diced baked ham
 - 1 cup cooked peas
 - 4 hard-cooked eggs
 - ¼ cup minced parsley
- Dressing:*
- 1½ t gelatin
 - ¼ cup stock
 - 2 cups mayonnaise
 - 1 T catsup
 - 1 T Grand Marnier
 - 2 t lime juice
 - 1 large onion, minced
 - 1 cup minced celery
 - ¼ cup minced sweet pickles

1. Dice ham fine. Cook peas and cool. Cook eggs and slice. Mince parsley.
2. Soften gelatin in stock and then heat to dissolve. Cool in cold water and then stir into the mayonnaise. Add catsup, Grand Marnier, lime juice, minced onions, celery and pickles to the mayonnaise.
3. Put a layer of mayonnaise in the bottom of a 4 by 6 by 3 inch pyrex loaf pan. Add half the ham pieces. Sprinkle with some parsley. Coat with mayonnaise. Add half the peas. Cover with mayonnaise and press down with a spoon, being careful not to mash the peas.
4. Add a layer of center-cut egg slices and then more mayonnaise. (Make egg salad from the remaining egg pieces.) Sprinkle with some parsley. Add another layer of peas, then mayonnaise, and then the rest of the ham. Press down ingredients with a spoon. Cover with mayonnaise and sprinkle with parsley. Cover with Saran and refrigerate overnight, or at least 12 hours, to get firm.
5. When ready to serve, unmold on a long platter and garnish with parsley, radish roses and cucumber slices. Serve with dressing.

HARLEQUIN DRESSING

- | | |
|------------------|-------------------------|
| ¼ cup olive oil | ½ green pepper, chopped |
| 1 cup catsup | 1 teaspoon paprika |
| 1 onion, chopped | 1 teaspoon salt |

Put everything into a blender and whirl. Makes about 2 cups dressing. Also good on lettuce wedges and delicious on a half avocado filled with shrimp.

LIMEY LIMERICK

*There once was a lime from the Keys,
Who found himself caught in a squeeze
He flavored a pie
With meringue so high
And then ended up in the freeze.*

FROZEN

KEY LIME PIE

Crust:

- 1¼ C graham cracker crumbs
- ¼ C ground almonds
- 4 T confectioners' sugar
- ¼ lb. butter, plus a piece, melted

Filling:

- 4 yolks
- 1 (15 oz.) can condensed milk
(not evaporated)
- 1/3 C lime juice
- Blue and green food coloring
- 4 egg whites
- ¼ C confectioners' sugar
- Dash salt
- ½ t vanilla

1. Combine crust ingredients. Press mixture into a buttered 10-inch pie plate. Put into the freezer.
2. Beat yolks in electric mixer until thick. Add condensed milk and beat on highest speed. Reduce speed to medium and gradually add lime juice. Add enough blue coloring to turn the mixture green (blue and yellow make green). Then add green coloring to give the mixture a soft lime-green color.
3. Whip egg whites until they start to stiffen. Add green coloring and a bit of blue and yellow. Try to match the color of the yolk mixture so that the whites will not dilute the color of the yolk mixture when the two are combined. Add ¼ C confectioners' sugar, salt and vanilla. Whip until creamy and stiff, but not dry.
4. On medium speed beat some whites into the yolk mixture. Then fold in the remaining whites. Fill the chilled pie shell. Pour any remaining filling into a small dish and freeze for tasting tomorrow. Put pie into freezer for at least 12 hours, and 24 hours is better. Wrap after it is frozen.
5. Serve pie plain, or garnished with rosettes of whipped cream and whole strawberries or raspberries. Serve the pie while still frozen. To cut, dip a sharp knife into hot tap water, dry and cut. Repeat on each cutting. The pie does not freeze hard. It is too sweet to do so.

Note: Mixture is sufficient to fill two of the 8-inch crumb crusts commonly sold in supermarkets.

CURRIED-CHUTNIED-CRUSTACEANS

2 cups cooked, diced shrimp	$\frac{1}{2}$ cup chutney, cut fine
$\frac{1}{2}$ lb. cream cheese	$\frac{1}{2}$ cup sour cream
1 T curry powder	2 T milk
$\frac{1}{4}$ t garlic powder	

1. Cut shrimp into very small pieces.
2. Cream together cheese, curry, garlic powder and chutney. Add shrimp and sour cream. Stir in just enough milk to make the mixture soft enough to use as a dip. Cover and refrigerate for 2 hours to ripen.
3. Serve with crackers as a dip with drinks, or stuff into avocado halves as a first course and accompany it with a chilled Mcselle wine.

THE QUESTION BOX



Mrs. F. of Winnetka asks—When I add $\frac{1}{2}$ cup of sherry to a really thick cream sauce it turns to liquid, why?

Ans.—Do not add the whole $\frac{1}{2}$ cup of sherry at one time, but gradually stir the sherry into the sauce until you attain the desired consistency. One half cup seems like too much for any finished cream sauce to take. I usually think in terms of 2 to 4 tablespoons to flavor a sauce.

Mrs. P. of Lake Forest tells me that neither she nor her husband can successfully make my brown coloring.

Ans.—I'm not sure what the problem is—but here is another way. Maybe it will be easier for you. Do be careful when adding water to the caramelized sugar, it pops a lot. I hold a lid in my left hand while adding the water and very quickly cover the pot when things start popping.

BROWN COLORING

1 cup sugar
3 T water
1 cup very hot tap water
 $\frac{1}{8}$ t salt
4 drops red food coloring

1. Put sugar and 3 T water into a stainless steel saucepan, or iron, but not enameled iron (the heat might crack the enamel). Stir-cook over moderate heat. The mixture is slightly liquid, then becomes dry-like and gradually turns golden in color and finally the dry sugar converts to a liquid (in about 10 minutes). At that point "watch-it." Almost immediately it turns dark and boils up and over the rim of the pan if you are not attentive.
2. Lift the pan off the heat and set into warm water for a second to reduce the heat. Set back on burner. Holding a lid over the pan gradually add the cup of hot water and the salt. Simmer 10 minutes. Add red coloring, stir and set into cold water to cool. Pour into small sterile jars with caps. I use empty herb jars, the kind with the glass stoppers. This recipe makes about 2 cups of coloring, or enough for a year. Leave one bottle out to use; store the others in the refrigerator. Use to color stock, consommés, soups and sauces—even Easter eggs!

COOK'S CUPBOARD

Chinese Soy Chicken is a perfect summertime food since it is always served at room temperature. Once cooked, cut it into bite-sized pieces and serve as cocktail food, or serve it along with other Chinese dishes for an Oriental meal. If for a meal, present it first so your guests will have something to eat while you cook the remaining dishes. Do not attempt to feed more than four, at least not until you have had great experience with Chinese food and have acquired several "woks" in which to cook the food.

SOY CHICKEN

1 (4 lb.) chicken	1-inch fresh ginger, sliced
2 cups soy sauce (thick variety)	2 whole star anise
2 cups water	2 tablespoons brown sugar
¼ cup sherry wine	1 teaspoon sesame seed oil
2 tablespoons Mirin	

1. Dry chicken inside and out. Tie the legs and wings tight to the body with a heavy string that will not cut into the meat.
 2. In a heavy pot, that just holds the chicken, put everything but the sesame oil. Bring to a boil, add the chicken and reduce the heat to a simmer. The chicken *must never boil*. Cover and cook 30 minutes. The liquids should come half way up the chicken.
 3. After 30 minutes turn the chicken over (I use two wooden spoons for this job), being careful not to break the skin. Add the sugar to the liquids and cook another 30 minutes.
 4. After 1 hour of cooking turn off the heat and let the chicken stand for 2 hours in the pot. Turn every 30 minutes.
 5. After 2 hours, lift chicken to a chopping board. Heat the sesame oil and then brush the chicken with it. Cut the meat from the bones and place on a platter. Spoon over about ½ cup of the cooking liquids. Serve as a first course with dinner, or for brunch along with an omelette, or as cocktail food. It is never served hot, but warm. It is a great dish for summer.
- Note: Cool the liquids, freeze and use again to make Soy Chicken. Add ¼ cup of sherry each time you make a chicken.

THE GRAPE VINE

Paul Fromm of Geeting & Fromm, 1028 W. Van Buren, Chicago (60607) has a fine selection of 1970 wines. Some are available in half bottles which are nice to have when you are just two for dinner. Half bottles usually cost about \$3.00 a case more. A wine catalogue will be sent upon request.

R & S Liquors, 3401 S. Harlem, Berwyn, Ill., 60402 has some 1970, 1969 and 1967 German wines that are well priced. However, since 1971 is expected to be a really great year I would wait for these wines to appear on the market, which should be in early fall. They have some good buys on 1967 French wines, for example Chateau Lascombes (Margaux) at \$45.95 a case; and a 1964 Chateau Ausone at \$107.95. If you are interested in expensive wines R&S offers a selection from the Domaine of Romanece Conti. Two that I would recommend are: Echezeaux at \$102. and Richebourg at \$172. Both are 1969, and a 1969 Romanece Conti at \$450 a case. But buy a bottle and try it with the proper foods before investing in a case, knowing, of course, it isn't ready to drink.

Be sure to keep your wines cool during the heat of summer.

KITCHEN TALK

There are two types of seedless grapes on the market now. The round Beauty and the elongated Thompson. Both are delicious frozen and make good summertime snacks for children. Simply wash the grapes and then let them completely dry. Cut the grapes into serving-size bunches and freeze in individual plastic bags.

An attractive center piece for the buffet table can be made if you will freeze an assortment of grapes. Then when you want them, arrange them in their frozen state and when the air hits them they become frosted and beautiful. Grapes must be eaten in their frozen state. Thawed they become flabby and taste like wet raisins.

||| CBS-TV—Alma will be a guest on the Lee Phillip Show
July 25th at noon. Send in your questions. |||

In my cooking classes I usually do some extra dishes for which there are no written recipes. Homemade pimientos was such a recipe. Once you have eaten these you will not be happy with the commercial variety. I usually turn a peck or so of red bell peppers into pimientos and freeze them for wintertime enjoyment. Freezing is simpler than processing them in a water-bath to can.

CONSERVA DI PEPERONI

(Pimientos)

4 large red bell peppers	½ t dried chervil leaves
3 cloves garlic	½ cup Italian olive oil
½ t salt	2 T wine vinegar
½ t sugar	

1. Wash peppers and dry. Place over charcoal or a cal-rod grill. Char and cook the peppers on all sides. Use the stems to rotate the peppers.
2. Once the peppers are charred and cooked, lift one at a time, to a plate. Pull off the outside charred skin and discard. Cut the peppers in half. Remove the seeds and membrane. Cut the halves in half. Put the quartered peppers, and the liquids and oil from the peppers into a freezer container with a lid.
3. Mash the garlic to a pulp. Add salt, sugar and chervil and continue to crush. Add the oil and vinegar. Mix well and pour over the peppers. Let marinate at room temperature for a few hours. Serve at room temperature.
4. If not used the day they are made, pour a layer of olive oil over the top and refrigerate. Eat within a week. To keep indefinitely, freeze. Always bring to room temperature before serving.

MARKET NEWS

Vietnamese shrimp may soon appear on American markets since that country has expressed an interest in obtaining American contracts. To date Japan has been the major purchaser of Vietnamese shrimp.

Cameroon reports a great growth in its shrimp industry. In this country Shrimp du Cameroon are packaged and imported by Groton's of Gloucester.

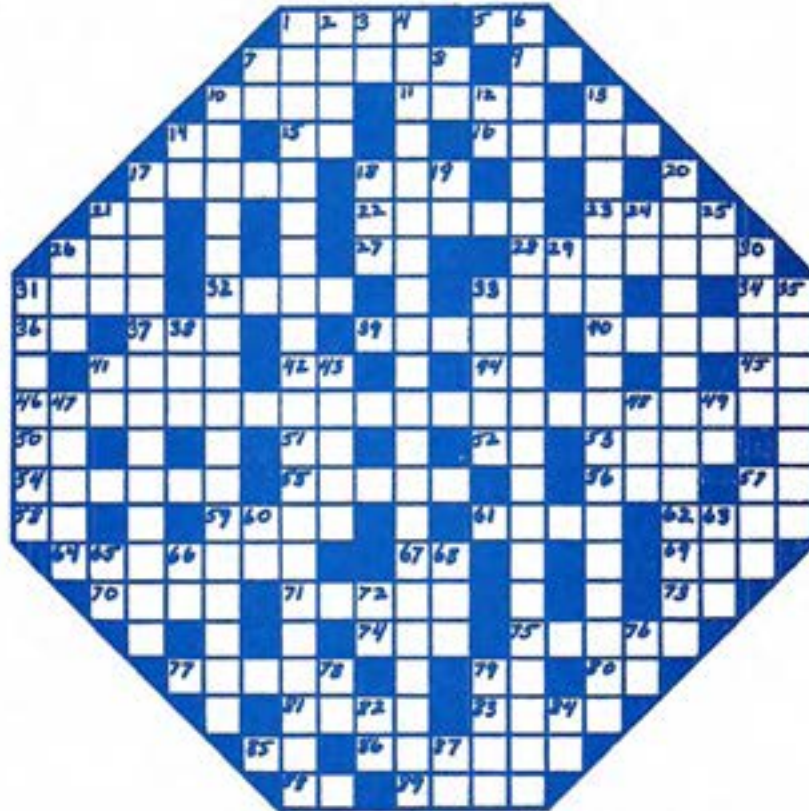
Australia is on the way to establishing itself as a top shrimp producing area, although Rock Lobster is still its number one crustacean. In 1971 Australia produced about 42.1 million pounds of shrimp. Japan was the major purchaser of the catch.

Could it be Japan will soon hold a corner on the shrimp market?

Liberia too has jumped onto the shrimp trawler in the last two years. Production has risen from 7,000 lbs. in 1968 to over 1½ million lbs. in 1970. With all these shrimp one would think prices would have to be lower eventually.

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Enclosed cultivated area (Fr.)
- 5) Appellation Controlee (abbr.)
- 7) A Medoc red wine
- 9) Preposition
- 10) Shipper of Port and Sherry established in 1729
- 11) Country in Southeast Asia; a republic since 1958
- 14) Fourth note of the musical scale
- 15) Informal form of address (Fr.)
- 16) Deidesheim white wine
- 17) A Sauterne sweet white table wine
- 18) Parent Teacher Association (abbr.)
- 21) Kaplan-Sheinwold system of bidding at bridge (abbr.)
- 22) In accordance with custom
- 23) Villain of Shakespeare's Othello
- 26) Exclamation (pl.)
- 27) To equal in meaning
- 28) Beatrice and Easter are two of these

DOWN

- 1) Basque table wine (3 words)
- 2) Hawaiian feast
- 3) Fabulous land created by Frank Baum
- 4) French commune of the Medoc whose red wines are sold under the name of the adjoining St. Estephe. (4 words)
- 6) Scallops (Fr. 3 words)
- 7) "Red" hens come from this state (abbr.)
- 8) Near (abbr.)
- 10) Fruit salad (Fr. 3 words)
- 12) I — —
- 13) Spanish white wine grape
- 14) French (abbr.)
- 17) Rheingan wine district on right bank of Rhine
- 18) Public house
- 19) Gold (chem.)
- 20) Dark dessert wine from Nemea
- 21) Chief vignero of Tutankhamen
- 24) American League (abbr.)

ACROSS

- 31) Cocktail made from rum, grenadine and lemon
 32) First name of poet who wrote:
 "And much as Wine has played the
 Infidel/And robb'd me of my
 Robe of Honour—well/I often
 wonder what the Vintness buy/
 One half so precious as the
 Goods they sell."
 33) The zest of an orange is part of this
 34) Tuberculosis (abbr.)
 35) Negative
 37) Friend (Masc. Fr.)
 39) University teacher (pl. abbr.)
 40) This mollusk is often served a la
 Florentine. (sing.)
 41) At once
 42) Human blood factor named after
 Rhesus monkey
 44) "Looks — — he had seen a ghost"
 S. T. Coleridge
 45) Smallest state in U.S.A. (abbr.)
 46) Red wine of Beaujolais (4 words)
 50) First name of ballplayer Kaline
 51) Virginia (abbr.)
 52) Zone of Interior (abbr.)
 53) Swiss wine center
 54) French term for addition of syrup
 to Brut Champagne
 55) Not regular (abbr.)
 56) A high craggy hill
 57) Almost everywhere (abbr.)
 58) Exclamation
 59) Chickens eat this
 61) Highly irregular French verb
 62) Beer allegedly flavored with ground
 ivy instead of hops
 64) One that assures
 67) Preposition
 69) Used to chill drinks
 70) Bill of fare
 71) To slip away
 73) On account (abbr.)
 74) A constrictor
 75) Celtic group in Scotland composed
 of households, the heads of which
 claim descent from a common
 ancestor (pl.)
 77) Volcano in Sicily (possessive form)
 79) Rhombus with right angles (abbr.)
 80) Negative
 81) English brewery established at
 Eastbourne in 1777
 83) A Greek gin flavored with anise
 85) Present third singular of to be
 86) Swiss spirit made from alpine plant
 88) And (Fr.)
 89) The most prized part of the duck
 to Chinese gourmets

DOWN

- 25) Old English (abbr.)
 26) "Much — — about Nothing."
 29) Id est
 30) Rear of boat
 31) Peruvian drink of aniseed liqueur
 and milk
 33) German name for the Palatinate
 35) German white wine whose vineyards
 include Weissenberg
 38) Word (Fr.)
 41) An Interim (abbr.)
 43) Listened
 47) Cocktail of rum, lime juice,
 pineapple juice and mint
 48) — Grande
 49) Notes (abbr.)
 57) Stone, Scotch, Scurvy grass and
 Audit are all varieties of this
 alcoholic beverage
 60) Electrical engineer (abbr.)
 63) Wine district in Peru that
 produces pisco
 65) Samarium (abbr.)
 66) Masculine article (Fr.) meaning "one"
 68) Beverage often drunk with
 Chinese food
 72) Bachelor of Arts (abbr.)
 76) Negative
 78) Street (abbr.)
 79) Silk (abbr.)
 82) Almost everywhere (abbr.)
 84) Zinc (abbr.)
 87) Last two letters of alphabet in
 inverted order

DIVIDEND MENU

Curried-Chutnied-Lobster
in
Avocado Halves (p. 26)

Tandoori Chicken Breasts (p. 15)
Grilled Tomatoes (p. 5)
Kasba (p. 4)

Coleslaw (p. 14)

Chocolate Mousse (p. 20)

Wine: Chilled Moselle

Along about now I've had it with summer foods and long for a French meal. The following menu has made my taste buds quite happy and I hope it does the same for you.

FRENCH SUMMER MENU

Madrilene

Cucumber Dressing

Supremes de Volaille a la Strasbourgeoise

Green Salad
Sherry Dressing

Coupe de Glace au Rhum
Lemon Sherbet
Simple Lace Cookies

Champagne throughout the meal

Cocktails at 7—Dinner at 8

Dinner for Six

DAY BEFORE:

1. Do the shopping.
2. Debone the chicken breasts, step 1. Make chicken stock for the Madrilene from the bones. Wrap breast meat and refrigerate.
3. Make tomato sauce, step 1 of Madrilene.
4. Make French bread. Freeze once it is baked.
5. Make Madrilene, cool and refrigerate.
6. Take out ice cubes and make more.
7. Make Sherry dressing, No. 1, p. 3. Do not refrigerate.
8. Wash greens and wrap in a towel to dry. Refrigerate.
9. Make sirup for Coupe de Glace. Cool and add rum.
10. Make mock pistachio nuts.
11. Make cookies—or buy a crisp cooky to go with dessert.

Day of Party:

MORNING:

1. Check Madrilene to be sure it has jelled, see step 3 if it has not jelled.
2. Take out ice cubes and make more. Crush ice for Madrilene cups. Put into plastic bag and into freezer.
3. Prepare fruit for Coupe de Glace and add to sirup, step 2.

AFTERNOON:

1:00—Set the table.

Prepare cocktail area for serving drinks and fix nuts etc. ready to serve.

3:00—Prepare the vegetables for the Cucumber Dressing, steps 1 & 2. Measure dressing seasonings into a cup ready to add. Put bowl and beaters for whipping cream into freezer (see step 3 under Coupe de Glace recipe).

3:30—Take bread from freezer and let thaw.

Your time.

5:30—Saute chicken breasts, step 2.

Make sauce for chicken, step 3.

Put chicken into sauce, and cube the pate, step 4.

Cut truffles and mince some parsley.

EVENING:

6:00—Whip 1 cup of whipping cream, step 3 Coupe de Glace. Use half for Cucumber Dressing, the other half to garnish the dessert. Season accordingly. Put dessert half into pastry bag with star nozzle. Refrigerate until needed.

6:15—Finish Cucumber dressing and refrigerate.

Fix yourself a drink.

Put ice cubes into bucket and place in cocktail area.

7:00—Serve drinks to guests and relax.

7:30—Put bread into a preheated 350-degree oven for about 7 minutes to heat. Take out and put on wire cake rack to cool.

7:45—Heat the supremes, step 5.

7:55—Put butter on table. Cut French bread and put into a wicker basket and place on table.

8:00—Turn off supremes. Leave lid ajar so they do not steam. Serve the Madrilene. When finished with soup course ask someone to clear the table. You warm the supremes over a high flame. Once hot, remove chicken to platter and add the cubed pate. Heat, and then pour over the supremes. Sprinkle with chervil and serve. Salad is a separate course.

Serve Coupe de Glace and cookies.

CUCUMBER DRESSING*Dressing:*

2 cucumbers, or enough to make 1 cup grated cucumbers	$\frac{1}{2}$ t salt
6 green onions, sliced thin	$\frac{1}{8}$ t white pepper
1 t Fruit Fresh	$\frac{1}{2}$ t sugar
$\frac{1}{2}$ cup chopped homemade pimientos	Dash red pepper
	1 T lemon juice
	1 T wine vinegar
	$\frac{1}{2}$ cup whipping cream, whipped
	Chervil

1. Peel 1 cucumber, cut into halves lengthwise and discard the seeds. Grate on coarse grater, or chop fine. Use second cucumber if needed to make 1 cup. Blot grated cucumbers with paper towels. Add onions and sprinkle with Fruit Fresh.
2. If you have made pimientos (Almanac No. 3, p. 28), add them. If not, omit. The canned variety is too soft and will mash. Toss and refrigerate.
3. When ready to serve, drain the cucumber mixture, blot with paper towels and add the seasonings (not the chervil) and whipped cream. Mix well. Serve with the Madrilene, cold poached salmon, roast pork or as a dressing on sliced tomatoes. Sprinkle with chervil.

Note: Dilute with milk, adjust seasonings and serve as a cold soup to four.

MADRILENE

Sauce de Tomato:

- 4 fresh tomatoes or 2 cups Italian plum tomatoes
- 2 shallots, or 1 onion, minced
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 cloves garlic, minced
- Dash pepper
- Chunk butter
- 2 T Madeira
- 3 T minced parsley

To make Madrilene:

- 5 cups homemade chicken stock
- 3 envelopes gelatin
- 6 egg whites
- 2 carrots, minced
- 1 onion, diced
- ¼ cup minced parsley
- 1 branch celery, diced
- 6 peppercorns

1. Prepare tomato sauce. Remove cores from tomatoes. Dice into an enameled pan. Add balance of sauce ingredients and simmer about 30 minutes. Mash through a food mill to remove seeds and skin. Taste and adjust seasonings. This is a basic tomato sauce. It can be frozen at this point.
2. Put 1 cup of homemade stock into a non-metal kettle. (Chicken broth when made with lots of bones has more natural gelatin than canned stock.) Add the gelatin and egg whites. Beat to a froth. Add balance of Madrilene ingredients, the remaining stock, and the tomato sauce. If using homemade stock add about 2 teaspoons of salt. If using bought stock, omit the salt since it is seasoned.
3. Stir-cook the stock over medium heat. When starting to boil, stop stirring and let it simmer for about 15 minutes to clarify itself. Strain through a damp cloth. Cool and refrigerate. If Madrilene is not as stiff as you like, add more gelatin; if too stiff add more stock; then heat, cool and refrigerate until set. Spoon into ice cups. Serve with a wedge of lime, a spoonful of cucumber dressing, or sour cream and caviar. Delicious soup for hot weather.

HAVREKAKOR

(Swedish Lace Oatmeal Cookies)

- ¼ lb. sweet butter
- Dash salt
- ½ cup sugar
- 1½ cups quick cooking oatmeal
- Butter

A word of caution. The oatmeal flakes should be whole, that is, do not use the oat dregs in the bottom of the box. To do so thickens the dough and the cookies will not spread and become lacy. If necessary sift the oatmeal and use only the whole flakes. I simply shake the box, letting the oat flour sift to the bottom.

1. Put ingredients into the mixer bowl and blend together. Grease two cooky sheets with melted butter. Fill a teaspoon about ½ full of dough and then push it out with a rubber spatula onto the cooky sheet. Place cookies about 2 inches apart. Bake in a preheated 375-degree oven for about 5 minutes, or until lightly browned around the edges.
2. Remove pan from oven and let cookies cool on the sheet for a minute, or until the edges are crisp enough to remove the cookies. Place them on cake racks to cool. (If cookies are not cool enough you will simply push them into a mass.) If cookies cool too much on the pan and you cannot get them off, simply set the pan back into the oven for a second and try again. There is a bit of a trick to remove the cookies from the pan, but once you experience the problem, it becomes easy. Once cookies are removed, wipe the pan with paper towels and coat again with butter. Prepare one pan while the other one bakes. Makes about 6 dozens. I believe this to be the simplest and best cooky I know.

COUPE DE GLACE AU RHUM

(Fruits in Rum Sirup)

The only requirement for this recipe is that you have an assortment of fruits. The amounts are not important, but I have given amounts as a guide. Use all of the ones listed, or the ones you have, but not citrus fruits.

Sirup:

- 1 cup sugar
- $\frac{1}{8}$ t salt
- $\frac{1}{2}$ cup water
- 6 T rum, or more
- 1 t Fruit Fresh

Whipped Cream:

- 1 cup whipping cream
- $\frac{1}{2}$ t vanilla
- 2 T confectioners' sugar



Fruits:

- 3 peaches
- 3 apricots
- 2 red plums
- 2 yellow plums
- 12 strawberries
- $\frac{1}{4}$ pt. red raspberries
- $\frac{1}{4}$ cup blueberries

1. Make sirup of sugar, salt and water. Cook only until the sugar dissolves. Remove from heat. Cool and then add the rum and Fruit Fresh. Taste. Add more rum if you wish. Pour into a 1 quart container with a lid.
2. Peel the fruits. As they are peeled, slice them into the cooled sirup. Wash the berries, blot on paper towels. Slice the strawberries in half lengthwise. Add along with the other whole berries. Once all fruits are in the sirup, crumple a sheet of Saran and place it on top the fruits, thus holding them beneath the sirup.* Cover and refrigerate at least 8 hours.
3. Whip the cream. Bowl should be tall and narrow so that the beaters are at least $\frac{1}{2}$ of the way into the cream. Beaters, bowl and cream should be icy cold. Whip cream on high speed and as quickly as possible. Add vanilla when cream is starting to thicken. Once thick and heavy, turn off mixer, add the sugar, turn onto low speed and then advance speed for a second to mix in the sugar. Put into a pastry bag with a star nozzle.
4. Fruits may be served plain in stem glasses and garnished with whipped cream, or spooned over lemon sherbet (homemade is best) garnished with whipped cream, or served plain. Sprinkle with mock pistachio nuts** if you have some made.

*Most fruits float, therefore it is necessary to hold them beneath the surface of the liquid so that they do not turn brown. Saran is easy to handle and imparts no unpleasant flavor to the fruits. Keep the crumpled Saran on top of the fruits in the container until all fruits are eaten. The fruits will remain fresh for days.

**Mock Pistachio Nuts—Chop blanched almonds to make 1 cup. Put into a container with a lid. Mix 2 drops of green food coloring with $\frac{1}{2}$ teaspoon water. Pour into container, cover and shake to color nuts. Pour onto cookie sheet. Sprinkle with a bit of sugar and salt. Toast in a 300-degree oven for about 15 minutes, or until lightly browned. Cool and store in a tight container. Try to keep on hand ready to use.

VARIATIONS:

HULA HAPPY—Cut one ripe pineapple lengthwise into quarters. Peel and cut core from each quarter. Slice paper thin. Combine pineapple (not more than 3 cups) with 1 cup fresh red raspberries and add to the rum sirup. (Serve any extra pineapple on wooden picks for breakfast.) Refrigerate at least 8 hours. Serve plain with whipped cream, or spoon over raspberry or lemon ice.

PEACH MELBA never tasted so good as when the peaches are marinated in this rum sirup. Peel peaches and cut them in half. Add them to the cooled sirup as they are peeled. Crumple Saran and push peaches down into the sirup, cover and refrigerate at least 8 hours. Make the glaze and the mock pistachio nuts, they are essential to Peach Melba.

Glaze—Put 1 glass of red (raspberry or strawberry) jelly into a small saucepan. Add 2 T Kirsch and 1 T rum. Heat to melt the jelly and then cool. Once used, refrigerate until needed again. Just reheat, cool and use again.

When ready to serve—Whip 1 cup of whipping cream according to above instructions. Put into pastry bag with star nozzle ready to use. Put a quart of rich vanilla ice cream into a crystal bowl. Place peaches, cavity down, over the ice cream. Drizzle peaches with glaze and place stars of whipped cream in the open spaces among the peaches. Sprinkle with mock pistachio nuts.

PAIN ORDINAIRE NO. 4

My book gives you three recipes for French bread. This is the fourth. It is different because of the whole wheat flour.

- 1 (3/5-ounce) cake compressed yeast
- 1/2 t sugar
- 1 cup warm water
- 3 1/4 cups flour
- 3/4 cup whole wheat flour
- 2 T lard or clarified butter
- 1/2 t salt

1. Mash the yeast and sugar together making a paste. Add the water and stir to dissolve the sugar. Sift the flours together and then gradually mix them into the liquids. Work the lard and salt into the dough. Mix well. Knead until the dough is satiny and smooth, about 15 minutes by hand, or 5 in an electric mixer with a dough hook.
2. Cover the dough with a cloth and let it rise for about an hour and one half. Do not force the rising process. The best bread is made if the dough rises slowly at about 75 degrees. Knock it down with your fist and let it rise again. Give it a real blow with your fist and do not knead, just hit it. Second rising will take about 40 minutes.
3. Turn the dough out onto a floured board and divide. Shape each piece into a longish loaf and then roll into a rectangle 8x16 and about 1/4-inch thick. Roll up, jelly-roll fashion and pinch the seam into the dough. With your hands roll the ends of the loaf to taper them. Sprinkle white cornmeal on a cooky sheet and place the loaves, seam down, on it. Make about 5 diagonal cuts, 1/4-inch deep across each loaf. Brush with cold water and let rise about 30 minutes. Bake in a preheated 425-degree oven for 20 minutes. Lower heat to 400 and bake another 15 minutes, or until done. If bread sounds hollow when tapped with a spoon, it is done. Try it, you can tell. Makes 2 loaves, or one real long one.

SUPREMES DE VOLAILLE A LA STRASBOURGEOISE

3 whole breasts of chicken	3 (2- $\frac{5}{8}$ oz.) cans foie gras
$\frac{1}{8}$ lb. butter	(no substitutes) with truffles
3 T Cognac	2 whole truffles, Julienne cut
Salt	Dried chervil or minced parsley
2 cups whipping cream	

1. Debone the chicken breasts, remove the skin and cut in half, making 6 supremes (no wing bones). Remove the little fillet from the breast meat and remove the tough white tendon (refer to my book if you do not know how, or write).
2. Saute the supremes in butter for about 3 minutes on each side. Do not let them brown. Add the little fillets and cook about 1 minute on each side, or until the meat turns white and is just tender. Pour the Cognac over, heat and set aflame. When the flame dies, sprinkle with salt, cover and set off the heat.
3. Put 2 cans of pate into an enameled skillet. Add enough cream to make a paste. Heat to blend and then add balance of the cream. Be sure the cream is fresh or it may curdle. If it looks as though it were going to curdle, a pinch of soda may stop it from doing so.
4. Add about $\frac{1}{2}$ cup of the pan juices from the supremes. Mix, and then add the supremes, but no more juice at this point. Set lid ajar and remove from heat. Cut the remaining can of pate into cubes.
5. When ready to serve, heat supremes, but do not boil. Cook for about 10 minutes. Taste and adjust the seasonings. If it doesn't seem quite right, add a dash or two of Madeira and a bit of sugar, salt, and pepper.
6. When supremes are done, lift them out of the sauce to a hot platter. To the sauce add the cubed pate and Julienne-cut truffles. Heat, and then pour over the supremes. Sprinkle with chervil and serve. This is a rich and delicate dish. Serve with a good French bread.

MARKET NEWS

Scientists report they have successfully pen-reared the sporty Coho Salmon. In its youth, when it is called a "smolt," it is taken from its fresh water pens and gradually adjusted to saline waters. Once adjusted to the briny solution they are then turned loose to proceed normally on their ocean migration.

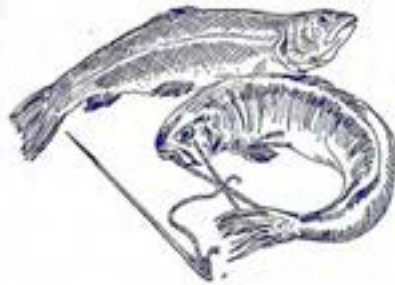
But what pleases the Scientists most is that the homing instincts of these pen-reared babies are the same as the "smolts" reared in the birthplace of their mothers.

That is to say, these pen-reared "smolts" return to their pen-reared locations as full-fledged adults weighing up to 14 pounds.

It is hoped that through this artificial rearing of Cohos it will be possible to start new colonies of Salmon in new, and depleted, fishing areas.

Strange how a Salmon can find his way back to his birthplace.

Scientists report also that they have developed an oyster with a relatively high resistance to disease. But, for the time being these bivalves are for hatchery use only and not for consumption.



THE QUESTION BOX

Mrs. S. of Barrington writes, "have you a really good peach pickle recipe?"

Ans.—Yes, I have. Simple and good. And for those of you who like outings—you can pick your own peaches in the orchards around New Haven and Holland, Michigan. The orchards usually open to the public in August and there is a small charge per bushel for picking. If you are interested, call the Michigan Dept. of Agriculture, 517-373-2628 for information.

PICKLED PEACHES

1 T whole cloves	11 cups sugar
6 cups white vinegar	8 cinnamon sticks
3 T Fruit Fresh	24 lbs. clingstone peaches

1. Wash 8 quart fruit jars. Put about 3 inches of water into a large kettle. Fill jars half full of water, cover with your hand and invert into the water. Water in the jar keeps jars from floating. Bring water to a boil and sterilize jars for about 15 minutes. Leave in water until ready to fill.
2. Remove round bud from bottom of each clove, it gives a bitter taste if left on. Tie cloves in a piece of cheesecloth. To stick the cloves into the peaches, causes the peach to turn dark where the clove is inserted.
3. Put clove bag, vinegar, Fruit Fresh, sugar and cinnamon sticks into a non-metal pan. Heat-stir until sugar dissolves and then boil 10 minutes.
4. Have a kettle of water boiling. Into it drop 8 peaches at a time. Count to 20. Lift the peaches out and drop into cold water. Slip the skins off. This is easy if the peaches are ripe. If difficult to do cook a bit longer. You will have to adjust the time to the ripeness of the peach.
5. As the peaches are peeled, drop them into a bowl of cold water to which has been added 1 T Fruit Fresh (keeps them from turning dark).
6. Once 8 peaches are peeled (should be enough to fill 1 jar) put them into the sirup and simmer until tender. Time will vary from 10 to 20 minutes, depending upon size and ripeness of fruit. Test one peach when you think it is done (stick with a fork, like testing potatoes). Try to do the same size fruit in each batch.
7. When done, carefully slide peaches down the side of a sterile jar. Arrange rather tight, but do not mash. Set lid on jar while you cook the remaining peaches. Peel the second batch of peaches while the preceding batch cooks.
8. When all peaches are cooked and jarred, heat the sirup for 5 minutes and then fill the jars to ½-inch of the top with the hot sirup. Seal very, very tight with lids and turn the jars upside down. The hot sirup melts the rubber bands on the lid, thus forming a tight seal. Let them stand on their heads until cold. Wash off the jars, dry, and store in a cool, dark place. You should have 8 quarts.

ALMANAC is mailed on, or before the fifteenth of each month. If you do not have your copy by the first of the month, please let me know and I will send another copy to you. Our Postal System leaves much to be desired.

COOK'S CUPBOARD

Mr. W. of Chicago writes—"The Almanac came this morning, and I spent a delightful time with it. Congratulations. I'm slightly shocked at Hellman's Mayonnaise in the Cole Slaw . . . anyone who will take the trouble to follow your recipes will also take the trouble to make her (or I hope his) own, probably in a blender. And it does taste better."

Ans.—I am happy Almanac delights you. So too will Hellman's mayonnaise in this particular recipe. The homemade variety does taste better but it does not hold up with all of the wet cabbage. The commercial varieties, with their stabilizers, prevent the dressing from becoming watery as quickly as when homemade mayonnaise is used. And of the commercial varieties I happen to prefer Hellman's. Try it my way or yours, but do make the Cole Slaw, it is really good. You could, of course, make homemade Salad Dressing (with flour), it would work better than homemade Mayonnaise.

Mrs. K. of Chicago says she is going to make the cheesecake pie, but wants to substitute her own recipe for the cheesecake mix. "Frankly," said she, "I was 'turned off' by the mix. But, will my recipe work? Also, I plan to use my own frozen berries."

Ans.—My answer is simple. If you use your cheesecake recipe and your frozen berries then you are not making my recipe. However, the cheesecake must be of the heavy type, that is not a chiffon type, or it will not support the weight of the berries. The cheesecake mix is really good when made with buttermilk so do try it. As to your strawberries, they will *not* work. There is just too much liquid from frozen berries and your cheesecake, whether my recipe or yours, will be a mess. The berries must be fresh and as dry as possible. Also when the fresh berries are cut the dessert is beautiful to see.

And let me add at this point! Almanac is a tool through which I can bring you the best foods I know how to create. The recipes are developed in my kitchen, and tested many times. Once the individual recipes have proven themselves worthy, by my standards, I then select a menu from them and present it to you. I know the problems you will encounter and try to anticipate the questions you would ask me if you were with me in my kitchen. And that is why I say "*Almanac is especially designed for your eating pleasure.*"

So, in the future I hope you will not be too shocked when I say Hellman's mayonnaise, or Cheesecake mix or even Jello, just know that those foods will, in my estimation, give you the best results under the circumstances.

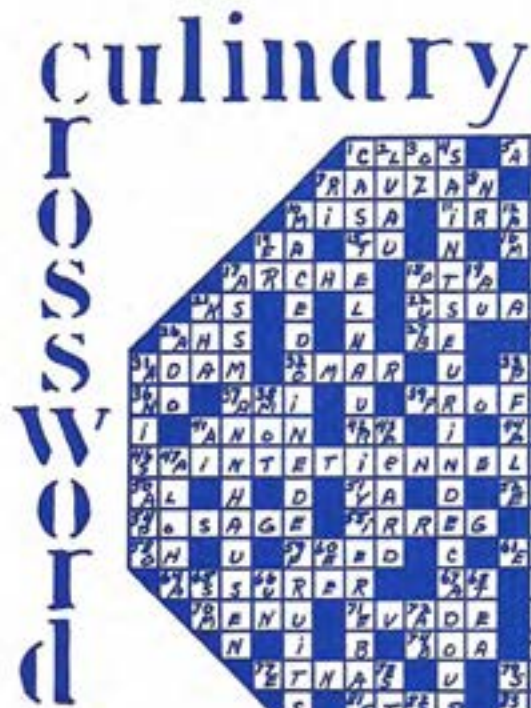
THE SCHOOL BELL RINGS

My cooking classes for the Alliance Francaise will begin on Oct. 2 and run for five consecutive Tuesdays. These two hour cooking-eating-drinking sessions will be held in the Gas Company Auditorium, 122 S. Michigan.

Our wines for sampling are again being donated through the kindness of Schiefelin & Co.

The series of 5 lessons costs \$50. Send your check to: Katherine Abler, 1825 Lincoln Plaza, Chicago, 60614. Tuition is a tax deductible item.

Get your name in the pot!



by sandy arlinghaus

Restaurants

MANDAR-INN, 2130 S. Wentworth Ave., 842-4014 is a new "Peking" restaurant in the heart of "Cantonese" Chinatown. This is the first time the north Chinese have attempted to invade Chinatown, the home of the southern Chinese. It will be interesting to see what happens.

The restaurant is high class, hopefully it will have a good affect on the rest of Chinatown. Certainly to succeed they will need the encouragement and support of non-Cantonese. I was there opening night and have been there several times since. Their chefs have still not arrived from Hong Kong, so their food is not what it should be. As of now, however, I would suggest the following.

Sizzling rice is a North Chinese specialty, so try either their soup or the chicken dish. The shrimp-sizzling rice is not well seasoned.

Moo-Shu pork is served with the finest Mandarin pancakes I have ever eaten, but the dish is crude. All ingredients in this dish should be cut in exactly the same Julienne size match-stick pieces, so that the diner detects the ingredients through taste and not by seeing chunks of egg and mushrooms. This is a magnificent dish at the China Tea Garden Restaurant.

The assorted seafood dish is good and includes the exotic sea cucumber.

Chicken chunks in garlic sauce is rich with oil, but very tasty. Be sure to order it "white meat only" and without bones. Otherwise you will get it Chinese style (which I prefer), with the bones, but it is difficult to cope with unless you are adept at chop stick eating.

There are many peppery, hot Szechuan dishes. Usually they are identified on the menu by the word "spiced" so you can avoid these if you wish to do so.

The vegetable dish of winter bamboo and mustard greens has an interesting hotness because of the mustard greens. If you are having a number of dishes it will give an interesting contrast to the meal.

Kwok-te (dumplings) are in no way right. The dough is tough and the filling too packed. The onion cake is not, as it should be, in many layers (like puff pastry) with onions between the layers. It is a one-layer job and it is tough.

The rice is good.

Eventually they will serve Mongolian hot pot and barbecue, but the equipment is not finished due to a strike.

Drinks are good and priced right. Chivas Regal (12 year old) is \$1.05. Martinis come with a colossal stuffed olive, displacing too much of the good stuff, but they promise to do something about that. The bartender is from the Savoy—maybe that's the way they do it in England. They do not at this writing have Wan Fu, the beautiful wine produced by Peter Sichel and distributed in this country by Schieffelin & Co.

This restaurant has great potential. It is not easy to be a minority in Chinatown so let us support them and hope their chefs arrive soon. I'll report again when they do.

CASBAH, 514 West Diversey, 935-7570.

This Near Eastern restaurant is open only for dinner and is a very pleasant place. The chairs are really comfortable, the silver shiny and the linens crisp and white. Unfortunately they preserve the cloth with paper doilies at each place. I asked that they be removed, and so should you. Service is excellent and the waiters helpful. The wine list is adequate but somewhat over-priced. They do not sell tobacco and cigarettes. I have eaten most of the foods on the menu and here is my report.

The appetizers are superior to the main course. A perfect meal, if they would serve it to you, would be the following. I have designed it for two.

Egg-Lemon Soup
Beorak (3 orders for two)
Hommos Bi Tabeni
Imam Bayel Di
Sbish-Kababs (one menu dinner for two)
Djadjic
Plate of sliced Tomatoes

Avoid their tossed salads—the dressing is pure vinegar, not diluted seasoned lemon juice, and no oil whatsoever. The salad takes your breath away.

However, when you do order the main courses, be sure to request a dish of yoghurt to eat with them. Near Eastern foods need yoghurt. Skip the Paklava dessert.

Autumn brings with it the return of the "R" months. The "R" in September means "readin', writin', and 'rithmetic," and most especially for me the long-awaited return of the oyster.

In late September and the "R" months that follow, I hope you will join me in putting the oyster through its paces. The versatile oyster is succulent when eaten raw, elegant and crisp when French-fried, and a homey companion when stewed.

MENU I

French-Fried Oysters
Cocktail Sauce

Mock Marmite
French Bread

Cole Slaw

Lemon Chiffon Pie

Cocktails at 7—Supper at 8

Supper for Six

DAY BEFORE:

1. Do the marketing. Check linens and silver.
2. Make French bread and freeze.
3. Make cocktail sauce for oysters and refrigerate.
4. Make pie shell ready to fill. Support it with a collar.
5. Make marmite and refrigerate.
6. Take out ice cubes and make more.
7. Crush crackers for crumbs.

Day of Party:

MORNING:

1. Make butter curls, or cut butter ready to serve. Refrigerate.
2. Make pie filling. Fill pie shell and refrigerate.
3. Take out ice cubes and make more.
4. Set up cocktail area.
5. Put the house in order.

AFTERNOON:

- 1:00—Set the table.
 3:00—Check oysters for shells and then refrigerate again. Combine mayonnaise and milk ready to use.
 4:00—Take marmite from refrigerator and let it come to room temperature. Remove French bread from freezer. Put cocktail sauce into serving dish. Cover with Saran and place on table.
 4:30—Your time.
 5:30—Shred vegetables for cole slaw and ice. Make dressing, p. 14.
 6:00—Make batter for oysters. Have crumbs on plate and the oil ready to heat.

EVENING:

- 7:00—Serve cocktails.
 7:30—To the kitchen. Heat marmite ready to serve. Do not let it boil. Heat bread in a 375-degree oven for 5 minutes. Remove to a wire cake rack to cool.
 7:50—Heat oil for oysters. Cut bread and put into a basket and on the table. Put butter on butter plates. Remove Saran from cocktail sauce.
 7:55—Drain cole slaw vegetables and let them drip dry while you fry the oysters.
 8:05—Serve oysters on individual plates. Guests serve themselves sauce.
 8:20—Combine cole slaw ingredients with dressing. Serve at the table.
 8:25—Serve marmite in tureen and sprinkle with parsley. Serve the pie at the table.

FRIED OYSTERS

24 fresh oysters

Batter:

- 2 eggs
- 3 T oyster juice
- Salt and pepper
- Lemon wedges
- Cocktail sauce

Sauce:

- ¼ cup Hellman's mayonnaise
- 6 T milk, about
- 3 cups Coarse cracker crumbs, about
- Oil for French-frying

1. Lift each oyster from the juice and feel for pieces of shell. Place on plate ready to use. Refrigerate until ready to fry.
2. Beat eggs to a froth, but do not beat them light. Add about 3 T oyster juice (add water to make 3 T if there is not enough juice), salt and pepper.
3. Stir mayonnaise and milk together to make a smooth, thin sauce.
4. Dip each oyster into the crumbs, then the mayonnaise, then the batter and again in crumbs. Put oysters on a plate ready to fry. Prepare all oysters before starting to fry them.
5. Heat oil to 360-degrees. Add about six oysters at a time. Cook until brown. Drain on paper towels and then place on a cooky sheet covered with paper towels. Keep warm in a preheated 325-degree oven while frying the rest of the oysters. Serve with lemon wedges and a cocktail sauce.

COCKTAIL SAUCE

- 2 T mayonnaise
- 1 T lime juice
- 1 t Masala or Madeira
- 1 t freshly-grated horseradish
- 1 cup chili sauce

Mix mayonnaise and lime juice together to make a thin sauce. Add balance of ingredients and blend. Refrigerate. Serve at room temperature.

MOCK MARMITE

4 beef shin bones (about 3 lbs.)	Salt
3 or so knuckle bones, cracked	2 whole chicken breasts
8 cups cold water	2 pkgs. frozen mixed vegetables, thawed
6 peppercorns	2 ts sugar
1 whole clove	Chopped parsley

1. Put shin and knuckle bones into a large kettle. Add cold water, peppercorns and clove. Bring to a boil and then reduce to less than a simmer. Never boil the cheaper cuts of meat with lots of connective tissue because that will harden the tissue rather than softening it. Cooked properly the cheaper meats are succulent and preferred by many to steak.
2. As the meat simmers, a dark foamy scum collects on top the liquid. Carefully skim this off and discard. After 2 hours of cooking, add 1 T of salt. Add the chicken breasts and cook another hour. Skim liquid whenever necessary.
3. Add vegetables, sugar and about 1 T of salt. Taste and add more salt if necessary. Cook about 20 minutes, or until vegetables are done. Eat a lima bean to test since they take the longest time to cook. Remove chicken breasts, skin them and pull the meat from the bones with a fork. Tear the meat into long strips rather than cutting into pieces. Put the chicken into a tureen, or divide among the soup plates.
4. Discard knuckle bones, peppercorns and clove. Skim liquids again and remove the fat that has collected on the surface. Lift out beef pieces. They should fall apart into many muscles. Discard the skin on the outside of these shin pieces and then place the muscle pieces into the tureen or plates. Pour broth and vegetables into tureen or ladle into plates. Sprinkle with parsley and serve with French bread.

FAVORITE PIE PASTRY

1 (3 oz.) pkg. cream cheese	1 t salt
$\frac{1}{4}$ lb. butter	2 T ice water
2 cups flour	Flour for board
2 T conf. sugar	

1. Cream together cheese and butter. Add the flour, sugar and salt. Blend in a mixer and add sufficient water to make a putty-like dough.
2. Put onto a floured board and roll to a thickness of a little more than $\frac{1}{8}$ -inch. Flour the bottom of a 9-inch pie pan or plate. Roll dough up around the rolling pin and then unroll on the pie pan. Press dough onto the edge, then cut off the surplus dough. Crimp the edges around the edge of the pan. With a fork, prick the dough in many places. The holes allow the moisture to evaporate and not make bubbles under the crust. Bake in a 450-degree oven for about 15 minutes, or until lightly browned.
3. When done, place cake rack over bottom of crust and invert. Lift the pie pan out and let the crust cool.
4. When ready to fill, put shell on serving plate. Make a collar of waxed paper or of foil. Pin it tight around the outside of the shell to give it support. Fill the shell, refrigerate and remove the collar at the time you are ready to serve the pie.

LEMON CHIFFON PIE

Prepared pie shell (9-inch)

4 egg yolks

Filling:

1 t Grated lemon rind

1 T gelatin

4 egg whites

 $\frac{1}{4}$ cup cold water $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup lemon juice

1 cup whipping cream

 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ t vanilla $\frac{1}{4}$ t salt

2 T conf. sugar

1. Soak gelatin in cold water. Grate the rind from the lemons before squeezing the juice. Squeeze the juice. Combine juice, sugar, salt and yolks in the top part of a double boiler. Heat over hot water, but do not allow the water to touch the bottom of the top part. Beat and whip until light and custard-like.
2. Remove from heat. Add rind and softened gelatin. Beat until gelatin dissolves. Cool.
3. When custard is cool, beat egg whites until they start to stiffen. Gradually add $\frac{1}{2}$ cup of sugar and beat stiff. Beat the cream. When cream is whipped, add the vanilla and conf. sugar. Beat.
4. Fold egg whites into the custard and then the whipped cream. Pour into the baked (and collared) pie shell. Refrigerate at least 6 hours before serving. Garnish with rosettes of whipped cream or serve plain.

MENU II

*Polynesian Lobster Tidbits**Chinese Sesame Chicken
Pilaf**Vegetables Vinaigrette**Broiled Peach Calypso*

Cocktails at 7—Supper at 8

Dinner for Six

DAY BEFORE:

1. Do the marketing.
2. Remove ice cubes and make more.
3. Skin and debone chicken breasts. Freeze fillets and pound supremes flat. Refrigerate, step 1.
4. Put sesame seeds etc. into plastic bag ready to use, step 2.

Day of the Party:**MORNING:**

1. Remove ice cubes and make more.
2. Set-up cocktail area.
3. Put house in order.
4. Put lobster tails out to thaw.

**AFTERNOON:**

- 1:00—Set the table.
- 2:00—Shell lobster tails, clean and cut, step 1.
- 2:30—Make pilaf. Cool and set aside. Put into oven-proof dish and cover with foil ready to reheat.
- 3:00—Make dressing for salad. Slice peppers and onions and mince the parsley. Put these vegetables into a plastic container and cover with a damp paper towel. Refrigerate.
Wash peaches and dry them.
Your time.
- 6:00—Mix stuffing for peaches, step 1.
- 6:30—Prepare mushrooms and tomatoes, steps 3 & 4 for salad. Add to dressing along with the peppers and onions. Toss and add parsley. Let marinate in the salad bowl.

EVENING:

- 7:00—Serve drinks to guests.
- 7:30—Coat chicken and saute, steps 3 & 4. Turn when brown. Do not cook over high heat. Put pilaf into a 350-degree oven to heat. Keep covered.
- 7:55—Complete lobster tidbits and fry. Remove wooden picks and eat with fish forks at the table along with plum sauce.
- 8:00—Cut peaches in half, remove seeds and fill with macaroon mixture ready to broil.
- 8:05—Serve lobster tidbits.
- 8:20—Arrange chicken over pilaf and serve sprinkled with minced parsley. Let the salad accompany this course. Put peaches in to broil when you start to clear the table.

POLYNESIAN LOBSTER TIDBITS

2 frozen lobster tails, thawed	Wooden picks
½ cup pancake mix	Flaked coconut
1 egg	Peanut oil for French-frying
¼ cup beer, more or less	

1. Shell lobster tails and remove veins. Cut in half lengthwise and then into bite-sized pieces.
2. Put pancake mix, egg and beer into a small bowl. Beat with a mixer or whisk to make a rather thin batter.
3. Insert wooden picks into the lobster pieces. Dip pieces into the batter and then roll in the coconut.
4. Have the oil heated to 375-degrees. Drop the lobster pieces, wooden picks and all, into the hot fat. When brown lift out and drain on paper towels. Serve with the sweet and sour plum sauce, (recipe p. 12 of Almanac). Serve as a first course, or with cocktails.

CHINESE SESAME CHICKEN

4 whole chicken breasts	$\frac{1}{8}$ t paprika
$\frac{1}{4}$ cup sesame seeds	1 egg
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup milk
1 t salt	$\frac{1}{4}$ lb. butter
$\frac{1}{8}$ t pepper	

1. Remove skin from chicken breasts. Cut meat from each side of the breast bone and remove the little fillet. Freeze fillets after removing the tendon. Flatten the supreme, or breast meat, with a wooden mallet, or the bottom of a heavy pan. Make the meat even in thickness.
2. Put sesame seeds, flour, salt, pepper and paprika into a plastic bag.
3. Beat egg until light. Add milk. Heat butter in a large skillet.
4. Dip the chicken pieces in the egg-milk mixture, then coat with the sesame-flour mixture. Shake bag to coat evenly. Fry to a crisp brown on all sides. The plum sauce is good with this. The breast meat can be cut into small pieces, inserted on wooden picks, coated and French-fried for tidbits.

PILAF

Chunk butter	2 cups unwashed rice
2 T peanut oil	3 cups boiling water
1 onion, diced	1 t salt
$\frac{1}{2}$ t cumin (powdered)	

1. Put butter and oil into a large saucepan. Add onion and cumin. Stir-cook until onion is lightly browned. Add rice, stir until rice turns white and then add the water. It should be about $\frac{1}{2}$ inch above the rice. Add the salt, stir and bring to a full boil. Cover and reduce heat to a low boil, but it must boil to evaporate the water and leave the rice dry. Cook 15 minutes. Remove lid and observe. There should be holes throughout the rice, if not leave the lid off and boil hard for a few minutes. When rice starts to crack the water has evaporated. Use, or pour into an oven-proof casserole and cool. Once cool, refrigerate.
2. To use, simply heat in a 350-degree oven for about 40 minutes. Keep covered with foil, but leave two ends open so moisture can evaporate.

VEGETABLES VINAIGRETTE

Dressing:

2 large cloves garlic
1 t salt
$\frac{1}{4}$ t pepper
$\frac{1}{4}$ t sugar
$\frac{1}{2}$ t Fruit Fresh (FF)
5 T olive oil
1 T cider vinegar

Vegetables:

24 large white mushrooms
2 beefsteak tomatoes
3 sweet banana peppers, or 1 green bell
1 large flat sweet onion
4 T minced parsley

1. Place garlic in a wooden salad bowl. Mash with the salad spoon. Add the salt, pepper and sugar and continue to mash to a pulp.
2. Add the FF, oil and the dark variety of cider vinegar. Mix well and set aside to age for several hours. (I prefer dark vinegar on mixed vegetables, but use what you have.)
3. When ready to serve dinner, finish the salad. Wash mushrooms and dry on a terry-cloth towel. Cut stems off even with the cap (save to cook with). Slice caps down, and then cut these slices into $1/16$ -inch strips. Add to the dressing as they are cut and toss in the dressing. (Fruit Fresh keeps them white.)
4. Peel tomatoes. Cut in half (across) and remove the seeds and liquids. Blot on paper towels. Cut in half again and then in very thin slices. Add to bowl.
5. Cut peppers lengthwise, remove seeds and membrane. Cut across in very thin strips. Add to bowl. Clean onion. Cut in half and then slice paper thin. Add parsley and toss. Taste and adjust seasonings. Serve plain, or on a lettuce leaf.

BROILED PEACH CALYPSO

- 4 ripe freestone peaches
- 2 large coconut macaroons*
- 2 T whipping cream, about
- 1 t Grand Marnier
- 1 t Kirsch
- Dash salt

1. Wash peaches. Do not peel. Soak macaroons in cream, Grand Marnier, Kirsch and a bit of salt. Mash the macaroons and use sufficient cream to turn them into a heavy custard-like consistency. Spoon into peach cavities, place on a cooky sheet and broil for about 5 minutes, or until warm and coconut filling is browned. If peaches are large, a half is sufficient for each serving; if peaches are small, serve 2 halves.

* I buy fresh coconut macaroons at Kuhn's Delicatessen, 3053 North Lincoln Ave., Chicago, LA 5-4595. They usually have them on weekends. When I find them, I buy several packages and freeze them to have on hand. There are many uses for them. You will find them in among the breads since they are made by a local bread baker.

MARKET NEWS

Mariculture is a new word to add to your vocabulary. It means the artificial raising of sea life. Currently Marine Scientists are experimenting with Coho, Oysters, (reported on last month), Bay scallops, Mussels, and Clams. Lobsters and sablefish have successfully been raised, but artificial raising is prohibitive in terms of cost.

The 1972 stocking of the Great Lakes area will total over 18 million fish. It is reported that the overall balance is better now with the introduction of Atlantic Salmon and Chinooks which outnumber the Coho. About 5 million lake trout have also been turned loose.

Those of you who are concerned about marine life pollution will be happy to know that the Environment Protection Agency is building its own artificial ocean complete with wave making apparatus to test oil spill cleanup methods in the hopes of developing new methods of protection for marine life. In 1970 there were some 3,335 recorded oil spills and about 876 spills of dangerous substances.

The artificial ocean is located in New Jersey and is being built at a cost of \$1,828,000. It is the only one of its kind in the world and is scheduled for completion in 1973.

With retail fish prices higher it is not surprising that our per capita consumption is down by almost 1/2 lb. in 1971. But the Fish and Chips franchise operation is booming.

West Germany is hopeful that it can purchase 2 metric tons of our salmon roe every six months to turn into caviar. I wonder why we don't do it ourselves?

On a recent trip around the world we set ourselves an obstacle course of trying to find a Chinese restaurant in every city and every country that we visited. The only country in which we could not locate one was Greece. We even checked our findings with our Ambassador (a friend and former student of the Professors') and he did not know of any either. And the most beautiful Chinese restaurant we have ever been in was in Stockholm. Their seafood dishes were superb, but not as good as in Hong Kong or Taiwan.

COOK'S CUPBOARD

Mrs. B. of Michigan writes—"I would like to know of some good, not too expensive, restaurants in Boston. Also I am going to London alone in November and do not know my way around and would have to rely on taxis or the hotel concierge for some good ethnic food. Do you know some?"

Ans.—I know nothing about dining in Boston, but if you will call my good friend Dorothy Crandall, food editor of the Boston Globe (phone 288-8000) I am sure she can advise you on the beaneries of Boston.

As for "ethnic food" in London I try to avoid it and eat in the Chinese and French-type restaurants. But I do like certain English foods—their French-fried fish fillets for breakfast; the potted shrimp for appetizers; and the cress sandwiches that come along with the famous chicken sandwiches at Simpsons. Both are made on beautiful thin white bread with lots of good butter.

However, if you really want traditional fare, try the Connaught Grill for Steak-Kidney pie. For seafood I think Prunier's is even better than it is in Paris, or you might try the new La Napoule. I am told they have excellent seafood. The Guinea restaurant is more French than France and the Cordon Rouge is not only good, but open on Sundays and holidays. It is rare to find anything open, other than hotel restaurants, and willing to serve food on these days.

Some of my friends who live in London six months out of every year say that if your interest is food and not decor, be sure to dine at Au Jardin des Gourmets in Soho Square. There too you will find the best Chinese restaurants. Be sure you can get a taxi back to where you are staying before you dismiss the one that takes you there.

In general I think the name hotels do a better job in London than the restaurants, but I could be wrong. Perhaps they are just more French and that pleases me more. The Savoy Grill Room is excellent, but if you would like a view of the Thames, then head for the dining room. Be sure to have some smoked salmon for openers. Also the Westbury Hotel has a fine dining room.

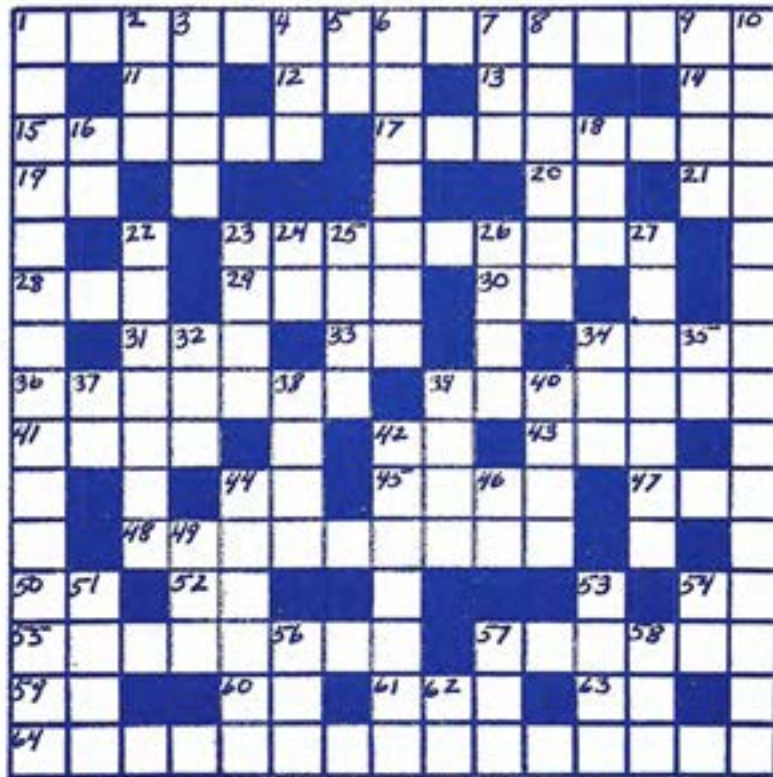
SOUR CREAM PEACH PIE

Pastry	Dash salt
1 t Fruit Fresh (FF)	Juice of 1 lime
$\frac{3}{4}$ cup brown sugar, light	$\frac{1}{2}$ cup creme fraiche, or
$1\frac{1}{2}$ Ts cornstarch	of sour cream
$\frac{1}{8}$ t cinnamon	8 fresh, ripe peaches
$\frac{1}{4}$ t nutmeg	

1. Make pastry (see p. 43). Line a 9-inch pie pan and crimp edges.
2. Combine FF, sugar, cornstarch, cinnamon, nutmeg and salt. Stir together. Add lime juice and creme fraiche. Mix.
3. Put peaches into a pan of boiling water to a count of 20. Drain and plunge into cold water. Peel and slice into the cream. Fold them in as they are peeled to prevent their turning dark. If the peaches are large, you may need only 6 to fill the pie pan, if small you may need more than 8.
4. Fill pastry with peach mixture. Bake in 450-degree oven for 15 minutes. Reduce heat to 375-degrees and bake about another 20 minutes more, or until crust is brown, the peaches cooked, and the liquids thickened. Remove from oven, set on a wire cake rack and let cool. Serve at room temperature. Top with sweetened whipped cream, ice cream or more sour cream.

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Filling for eclairs (Fr. 2 wds.)
- 11) Second note of musical scale
- 12) Friend (Fr.)
- 13) What?
- 14) Preposition
- 15) Edible "porcupine" of the sea (Fr.)
- 17) Bordeaux red wine
- 19) University of Arizona (abbr.)
- 20) Louisiana (abbr.)
- 21) Tons registered (abbr.)
- 23) Small yellow plum often used to make jam (Fr.)
- 28) _____minerale are Vichy, Selters among others
- 29) Eye (Fr.)
- 30) Long shot (abbr.)

DOWN

- 1) Nato cabbage (Fr. 3 wds.)
- 2) "To _____ is human, to forgive, is divine" A. Pope
- 3) Disarrange
- 4) Shallow container used for cooking
- 5) Auto meridian
- 6) Tall pie crust filled with food (Fr.)
- 7) Salt (Fr.)
- 8) Coquilles
- 9) A truffle attaches itself to this part of the oak tree
- 10) Thin sirloin steak (Fr. 2 wds.)
- 16) University of Alabama (abbr.)
- 18) _____ "the barber" Magile
- 22) We eat _____ de Grenouilles (Fr. Pl.)
- 23) _____ sodium glutamate

ACROSS

- 31) Group of atoms as an atom carrying a positive or negative electric charge resulting from loss or gain of one or more electrons (Sing.)
 33) Civil Engineer (abbr.)
 34) Last stage of mitosis in which nuclei are differentiated is _____ phase.
 36) Fried brown (Fr.)
 39) Species of Savoy and Swiss lake trout
 41) _____ Major and _____ Minor are greater and lesser bears respectively
 42) Comme-ci, comme _____
 43) Olive _____ and vinegar is a fine salad dressing
 44) Bachelor of Arts (abbr.)
 45) Detroit, Los Angeles and N.Y.C. each had a major one in recent years
 47) Limb of bouy containing ulna
 48) Summer savory
 50) Liggett and Meyers (abbr.)
 52) _____ Carton (Fr.)
 54) Manganese
 55) This seafood comes in a variety of sizes, from chicken to jumbo
 57) Lamb (Fr.)
 59) Pate _____ croute
 60) To (spelled backwards)
 61) Lummox
 63) Preposition
 64) Laubenheim white wine (2 wds.)

DOWN

- 24) Id est
 25) Annual cereal grass
 26) Napoleon was first exiled to this island
 27) Smelt (Fr.)
 32) Order of St. Augustine (abbr.)
 34) Mai _____ is a Tahitian drink
 35) Definite article (Fr.)
 37) Infrared (abbr.)
 38) Poet who coined "runcible" in child's poem
 39) Milk (Fr.)
 40) Guaranteed to U.S. citizens who are of age is the right to _____
 42) Watercress (Fr.)
 44) Native of Brittany
 46) Old Testament (abbr.)
 49) Gesundheit ist besser _____ krankheit
 51) Blanc and St. Michel are both preceded by this word
 53) Animal who lives upside down
 54) Master of Arts
 56) Season of the year (Fr.)
 57) Air Force Base (abbr.)
 58) Et cetera
 62) Almost everywhere (abbr.)

OYSTER STEW

- 1 pint oysters
 2 cups whipping cream
 2 cups milk
 Celery leaves from 3 branches
 1 carrot, coarsely shredded
 6 sprigs parsley
 1 onion, cut into eighths
 1 t salt
 ½ t sugar
 Crackers
 Butter curls

- Carefully lift each oyster from the liquids and feel for shells. If you find some, discard. Put oysters into a non-metal pan. Strain remaining juice through a double-layer of cheesecloth, to remove grit, and into the oysters. Add the cream and set aside.
- Put cold milk, and balance of ingredients, down to the crackers, into a saucepan and heat to a boil. Turn off heat, cover and let steep (for a few minutes) to flavor the milk.
- Slowly heat oysters and cream. When hot, *not boiling*, strain milk into the oyster-cream mixture. Pour into shallow soup plates. Serve with *crisp, fresh* soda crackers. Let guests break their own into the stew. (I prefer soda crackers to oyster crackers—but you decide what you want to serve.) Pass butter curls and let guests help themselves and season to taste with freshly-ground pepper and coarse salt.



September found me touring the Iberian peninsula in search of new foods.

Over the years I have spent a great deal of time in Portugal and am quite fond of its food and wine. Certainly the good brandies of Portugal are comparable to Remy Martin, but at no place could I find anything like a Delamain or Bras d'Or. Still wines are usually drunk young in Portugal and are light and enjoyable with food. I did not find a Chambertin or Montrachet, but then I did not expect to. But they do have many wines superior to Lancer's Rose, which is about the only Portuguese wine we seem to be exposed to in this country. I guess we think of it as an inexpensive pink champagne. But how does one set about to learn the foods of a foreign land?

If you are lucky, you have a friend living there and he or she takes you in hand and explains the cuisine to you. That's OK, providing he or she happens to be a great cook. Or you can go to a cooking school. But I had no friend, good or bad as a cook, and no knowledge of an existing school, so this is how I went about the business of getting stories.

First of all, we always try to stay in hotels represented by Robert F. Warner Inc. (Their headquarters is at 630 Fifth Ave., New York, and I would suggest you write to them for a brochure of the hotels they represent.) Their hotels are always the best in a particular country, though not the most expensive, and not the Ritz Ritz type. They are locally managed and one is immediately confronted with the foreign country of his choice. You do not have to go out of the hotel to know you are not at home. Their hotels are comfortable, the service excellent and the food served in them typical of the country and not the standard Continental-type food.

Before leaving I inform the Warner office that I will be at their hotels and would like some food stories. And they in turn warn their Chefs I am on my way. The Chefs are unbelievably helpful and cooperative. They invite me to come into their kitchens to observe and to learn. I take pages of notes, ask very few questions because they speak their language, not mine, and usually not French. Then when I get home I work out their recipes and try to duplicate the tastes I remember.

And you might ask, "Why do the Chefs so willingly let you into their kitchens?" The answer is simple—to them I am a mere woman, so what do I know about cooking! More often than not, they find the whole experience amusing.

In Lisbon I stayed at the comfortable Hotel Fenix that overlooks the Praca Marques de Pombal and that has a beautiful view of the Zoological gardens. From the chefs who presided over its Bodegon restaurant I learned to make the Portuguese foods which follow. You will find the green soup very much like a French potage and the pork unusual in its cumin flavor, one of the main spices in curry powder. The mushrooms are delicious with their white port bouquet and are good served with Portuguese cubed steaks. Desserts are invariably eggy and custard-like. You will not like them as much as French Creme Renversee, but you should experience them. I'll have Spanish recipes for you soon.



Green Soup
Spiced Pork
Herbed Potatoes, or Pilaf
Tomato Salad
Egg Custard a la Fenix

Cocktails at 7—Dinner at 8

Dinner for Six

DAY BEFORE:

1. Make the green soup, down to the addition of the greens.
2. Make dessert and refrigerate.

Day of Party:

MORNING:

1. Marinate pork.
2. Make salad dressing.
3. Set up bar, take out ice cubes, set table etc.

AFTERNOON:

- 4:00—Marinate onion rings and cucumbers in salad dressing.
 5:00—Make pork dish. When done, set lid ajar and off heat.
 Cut lemon slices and diced olives ready to add to pork.
 Make pilaf or boil potatoes, step 1, ready to saute.

EVENING:

- 7:00—Serve cocktails.
 7:30—If making herbed potatoes, do step 2 of recipe.
 Reheat pork over low heat.
 7:40—Make salads and place on table. They go well with the dinner.
 7:50—Add shredded greens to soup. Heat and serve.
 Serve pork and potatoes at the table.
 Serve dessert at the table.

ROJOES COMINO

(Spiced Pork)

3 lbs. lean pork shoulder, cubed	2 ts ground cumin
1½ cups dry white wine	3 Ts lard
Juice of 1 lemon	1 lemon
3 cloves garlic, minced	¼ cup sliced green olives
1 t salt	2 ts sugar
¼ t pepper	

1. Put pork and ingredients down to the lard into a non-metal bowl. Mix well and let marinate for several hours in the refrigerator. Stir periodically.
2. Heat lard in a large skillet. Add pork pieces and brown on all sides. Once browned, spoon off the lard and add the remaining marinade.
3. Cut lemon into thin slices, remove seeds, and cut each slice into fourths. Add to the pork along with the olives and sugar. Cover and simmer for about 1½ hours. Serve with rice pilaf (Almanac, p. 46), or with Herbed Potatoes.

BATATAS A PORTUGUESA*(Herbed Potatoes)*

12 small new potatoes	Chunk butter
Water	3 bay leaves
2 T salt	¼ t rosemary
2 T olive oil	Freshly-ground pepper

1. Scrub potatoes and do not peel. Put into cold water. Add salt and bring to a boil. Cook about 15 minutes, do not stick to see if they are done. They will be OK.
2. Heat oil, butter, bay leaves and rosemary in a skillet large enough to hold the potatoes. Add potatoes, shake around in the skillet to coat with the oils and then grind pepper over them. Saute until nicely browned on all sides. Serve.

CALDO VERDE*(Green Soup)*

3 large red potatoes
6 cups cold water, or chicken stock
1 T salt
Freshly-ground pepper
6 T olive oil
1 lb. kale, or greens
Smoked garlic sausage (chorizo)
Butter



1. Peel and slice potatoes into a large kettle. Add water, salt and pepper. Cook about 30 minutes. Grind through a food mill. Put back into kettle.
2. Add olive oil and heat. Cut kale, spinach, lettuce or the green tops of Chinese cabbage into very fine shreds. Cut sausage into paper-thin slices and saute in a chunk of butter. Allow two or three slices per serving. Put sauteed sausages into soup tureen, or soup bowls.
3. Add the shredded greens to the soup, stir and cook about 2 minutes. Greens should be slightly crisp. Serve with croutons or crusty bread or, in the tradition of Portugal, with cornbread.

Note: The greens are the trick in this recipe. If you can find collard greens, they give a good taste. The combination of collard and kale gives the best flavor.

SALADA PORTUGUESA*(Tomato Salad)*

1 small onion, grated	1 T red wine vinegar
1 t dry mustard	1 large red onion
½ t salt	1 small cucumber
Pepper	3 ripe tomatoes
¼ t sugar	Small, pitted black olives
4 T olive oil	

1. In a salad bowl, mash together the grated onion and mustard, salt, pepper and sugar. Add oil and vinegar. Mix.
2. Peel red onion. Slice paper thin. Wash onion rings in ice water. Drain well and blot on paper towels. Add to the dressing. Peel cucumbers, remove seeds and slice into the onion rings.
3. Wash tomatoes, do not peel. Slice thin. Arrange on lettuce leaves. Top with marinated onion rings and cucumbers. Garnish with black olives.

OVOS MOLES A LA FENIX*(Egg Dessert)*

- 6 egg yolks
- 1 t grated orange rind
- $\frac{1}{4}$ t salt
- 1 $\frac{1}{4}$ cups sugar
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup ground almonds
- Cinnamon

1. Put yolks, rind and salt into a mixer bowl. Beat until thick and lemon colored and until sirup is ready to use.
2. Put sugar and water into saucepan. Stir-cook until it boils and then stop stirring and let it boil for about 1 minute.
3. Gradually pour sirup over yolks while beating. Pour yolk mixture back into sirup saucepan and cook over very low heat until it thickens a bit more. Do not let it boil.
4. Set into cold water and stir until cool. Pour into a shallow serving dish. Sprinkle with nuts and a light sprinkling of cinnamon. Refrigerate for about 3 hours before serving. Spoon into goblets and serve with a crisp cooky.

Mushrooms in Port
Portuguese Cubed Steaks
Garlic Potatoes
Green Bean Salad
Baked Custard

Cocktails at 7—Dinner at 8**Dinner for Six****DAY BEFORE:**

1. Make custard and refrigerate.
2. Make tomato sauce for salad and refrigerate.
3. Cook beans for the salad and refrigerate.
Take out ice cubes and make more.

Day of Party:**AFTERNOON:**

1. Dice garlic requirements for the potatoes and the steak.
2. Dice onions and parsley for potatoes. Combine with the garlic, salt and pepper.
3. Put flour and crumbs on separate plates ready to use. Set up bar and table.

EVENING:

6:00—Unmold flan and refrigerate.

Make mushrooms and put into dishes under glass bells.

6:30—Brown potatoes, step 1. Set aside.

6:45—Coat steaks ready to fry, steps 1 and 2.

7:00—Serve drinks.

7:30—Finish potatoes and let them cook.

7:40—Put mushrooms into 350-degree oven to heat.

7:50—Salad goes well with the dinner—put on table.

8:00—Serve mushrooms.

Ask a guest to clear the table. You fry steaks. Serve garnished with the potatoes.

Serve dessert at the table.

FLAN

(*Baked Custard*)

3 cups light cream	1 T Anisette, or other liqueur
½ cup sugar, plus 2 T	Salt
10 egg yolks	

1. Heat cream to a boil. Heat sugar in a metal pan to a very light caramel color. Do not let it become burnt, or dark. Add hot cream to caramel and then heat until the sirup melts into the cream.
2. Beat the yolks together and then gradually pour the hot milk-caramel into the yolks while beating. Add anisette and salt. Taste and adjust seasonings and sweetness.
3. Strain into individual custard cups, or a 4-cup mold. Set into a water-bath and bake in a 350-degree oven for about 1 hour, or until set. Cool and chill in the refrigerator. Unmold and serve, or serve in individual cups.

A flan differs from a French *Crème Renversée* in that it uses egg yolks and not whole eggs. The caramel may be stirred into the mixture, or used to line the mold, in which case it is cooked to a dark caramel color and ½ cup of sugar is added to sweeten the custard. (When sugar is burnt, it loses its sweetness.)

JUDIAS VERDES SALADA

(*Green Bean Salad*)

Tomato sauce:

3 T olive oil	1 t salt
1 large onion, diced	Freshly-ground pepper
2 cloves garlic, minced	1 T port wine
4 large tomatoes, peeled, seeded and diced	1 t lemon juice
1 T minced parsley	1 lb. green beans
1 T sugar	Water
	1 T salt

1. Heat oil in skillet. Saute onions and garlic until transparent, or about 10 minutes. Add ingredients down to port. Simmer until liquids are evaporated and sauce is thick. Remove from heat. Add port and lemon juice. Cool and refrigerate.
2. Stem beans. Cut French-style. Drop into kettle of boiling water seasoned with salt. Boil about 5 minutes, or until just tender. Drain, cool and refrigerate.
3. When ready to serve, toss beans with tomato sauce. Taste and adjust seasonings. If mixture seems thick, dilute with bit of olive oil and port. Serve on lettuce leaves.

Note: This recipe may also be served hot, as a vegetable.

If you like garlic, this recipe is for you.

BATATAS A PORTUGUESA

(Garlic Potatoes)

8 small new potatoes	2 cloves garlic, minced
4 Ts olive oil	2 Ts minced fresh coriander, or parsley
Chunk butter	Coarse salt
2 onions, diced	Freshly-ground pepper
	1 cup boiling chicken stock, or water

1. Scrub potatoes, do not peel. Cut in half. Heat oil and butter. Brown potato halves on both sides then put rounded side to skillet.
2. Mix onions, garlic, coriander, salt and pepper together. Sprinkle over cut side of potatoes. Add stock or water, cover and simmer about 30 minutes. Serve potatoes with steaks. Taste and adjust seasonings of liquid from potatoes. Serve separately.

CHAMPIGNONS AU PORTO

(Mushrooms in Port)

1 lb. white mushrooms
$\frac{1}{4}$ lb. butter
$\frac{1}{2}$ t Fruit Fresh
1 cup white port wine
Dash salt
Pepper

Wash and slice mushrooms thin. Put into skillet with butter and Fruit Fresh. Saute about 2 minutes. Add port, salt and pepper. Cook to reduce liquids to nothing. Serve under glass bells as a first course (a tablespoon of warm creme fraiche or sour cream is good on this when served under bells), or with a Portuguese steak. Garnish with a bit of minced parsley if you wish.

BIFE A PORTUGUESE

(Portuguese Cubed Steaks)

2 cloves garlic, crushed	Bread crumbs
$\frac{1}{2}$ t salt	4 Ts olive oil
Freshly-ground pepper	Chunk butter
1 T lemon juice	2 cloves garlic, cut in half
2 egg whites	Minced parsley
6 cubed steaks	Lemon wedges
Flour	

1. Mash garlic in wooden salad bowl with a wooden spoon. Add salt and pepper and continue to crush. Add lemon juice and egg whites. Beat to a froth.
2. Dip each steak into flour, then into egg whites and then into fine crumbs. Place on sheet of foil ready to fry.
3. When all steaks are coated, heat oil, butter and garlic halves in a very large skillet. Let garlic pieces brown and then discard. Add two coated steaks and brown each side. Place browned steaks on a cooky sheet and put into a 350-degree oven to keep warm while cooking the remaining steaks.
4. Sprinkle steaks with parsley and serve with lemon wedges. Serve with garlic potatoes.

KITCHEN TALK

Mrs. S. of Arizona writes—"I had strawberries French fried and served with a sauce that reminded me of an Anglaise, but it wasn't. The menu called them Strawberries Romanoff. Would you have the recipe? Thank you."

Ans.—What you ate were not Strawberries Romanoff, but Beignets aux Fraises. Both recipes follow. It is a common mistake.

BERRIES A LA ROMANOFF

2 quarts strawberries or 1 quart red raspberries, sweetened	
1 pint French vanilla ice cream	1 T lime juice (fresh)
1 cup whipping cream	2 T Grand Marnier
3 T conf. sugar	1 T Kirsch
½ t vanilla	

1. Wash berries, hull if using strawberries, and blot on paper towels. Sweeten and refrigerate so they are icy cold.
2. Soften the ice cream, but do not let it melt. A good way to do this is to put it into the refrigerator for about an hour, but do not forget it.
3. Whip cream until stiff and then add sugar, vanilla, lime juice, Grand Marnier and Kirsch. Mix well.
4. Layer the ice cream, berries and whipped cream in a glass serving dish. Repeat layers until all are used, ending with berries on top.

Note: To be typically Russian you should somehow manage to blend the softened ice cream and the whipped cream together without doing damage to the whipped cream and then layer that mixture with the berries. However, I find my technique easier, and prefer the flavor and texture contrasts that I achieve to the Russian method.

BEIGNETS AUX FRAISES

(French-fried Strawberries)

Batter:

1 cup sifted cake flour	1 t Cognac
1 t baking powder	1 t sugar
1 egg yolk	Dash salt
¼ cup ice water or cold beer	

Large strawberries, washed, dried and with hulls left on

1. Combine flour and baking powder in a small bowl. Mix together with a whisk. Make a hole in the middle of the flour. Add yolk and water. Mix into a batter. (It will be lumpy.) Add Cognac, sugar and salt. Stir, but do not beat or the dough gets sticky. Leave it lumpy.
2. Pick up the berries by the hulls, or stems, dip into the batter and drop into peanut oil heated to 375 degrees. Lift out as soon as they are brown. Drain on paper towels and serve with Sabayon sauce which you have made prior to cooking the berries. The Sabayon will hold up better than the berries.

You really need to be two people when making this dessert. If you will remember back to when you ate these, no doubt the maitre d'hotel was making the Sabayon at your table while the chef was frying the berries in the kitchen.

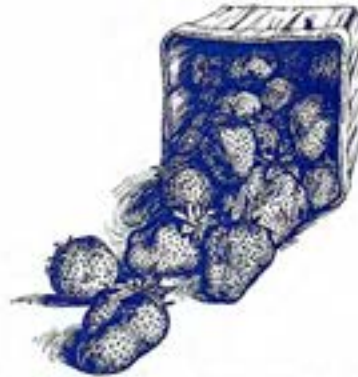
VARIATION:

Large black Ribiera grapes are ambrosia when French fried in this manner, but the seeds are something else again.

Note: A quick batter for French frying can be made from Aunt Jemima's Butter-milk pancake mix. Just add enough beer or soda water to make a thin batter and then dunk the berries and fry. When I use club soda, I always add a splash of Cognac for flavor.

SABAYON SAUCE

- 6 T sugar
- Dash salt
- 1 whole egg
- 2 egg yolks
- 2 T Vermouth
- 1 T Kirsch
- 1 T Grand Marnier



Put sugar, salt, egg, yolks and Vermouth into the top part of a double boiler. Do not let water in the bottom touch the top part. Heat to a boil, then reduce heat and let water simmer. Beat all the while with a hand mixer, or with a whisk. With the mixer the volume will triple, but then it will go down. Once thick, add Kirsch and Grand Marnier. Pour into a bowl and then French-fry the berries. Three or four berries to a serving. Guests remove the stems as they eat the berries.

COOK'S CUPBOARD

Mr. W. of Chicago writes—"I guess I don't really feel all that strongly about 'boughten' mayonnaise—it's bottled French dressings, with that strong, orange, chemical flavor, which sends me up the wall. My own favorite cole slaw dressing is a combination of mayonnaise and sour cream, with some vinegar, sugar, and dill thrown in—it's a bit watery, as cole slaw generally is—but tastes extremely good."

Ans.—The next time I have a green head—cabbage that is—around, I'll try your recipe using Hellman's for the mayonnaise. Thanks for sharing your favorite recipe with Almanac readers.

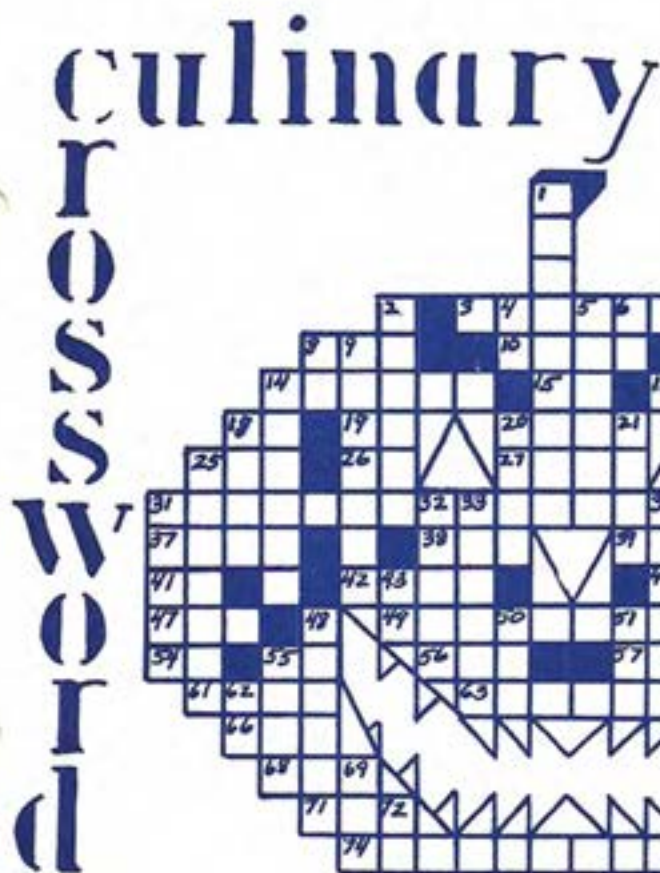
Mrs. L. from Michigan has sent me her favorite tomato preserve recipe to share with Almanac readers.

Ans.—We love to have recipes as delicious as this one. I have preserved some tomatoes for wintertime eating and hope you will too.

TOMATO PRESERVES

- | | |
|--------------------------------|-----------------------------|
| 6 cups peeled, sliced tomatoes | <i>Spice bag:</i> |
| 6 cups sugar | ½ t cloves |
| 1 t salt | ½ t allspice |
| 2 lemons, sliced thin | ½-inch fresh ginger, sliced |
| 1 orange, sliced thin | 2 sticks cinnamon |

1. Put all ingredients but the spices into a large bowl. Be sure to remove seeds from citrus slices. Stir together. Let stand at room temperature for about 6 hours and then refrigerate over night.
2. Next day drain liquids from the tomatoes and citrus fruits. Put into a large enameled kettle.
3. Remove buds from cloves. Tie cloves, allspice and ginger slices in a piece of cheesecloth. Add to liquids, along with the cinnamon sticks and bring to a boil. Cook until liquids thicken and then add the tomatoes and fruits. Cook until transparent and liquids thicken.
4. Pack in sterilized jars, or glasses. Cover with melted paraffin, cool and cover with lids. Store in a cool place. Makes about 10 half pints.



by sandy arlinghaus

ACROSS

- 3) City on Estuary of the Tagus
- 8) Wine from the high country of central Portugal
- 10) A wading bird
- 11) Piece of a circle
- 14) Large distillers of gin and whiskey not in Distillers Company Ltd.
- 15) Long ton (abbr.)
- 16) CH_3OH (type of alcohol)
- 18) District Attorney (abbr.)
- 19) Battalion (abbr.)
- 20) What the "M" in $E=MC^2$ stands for
- 22) French wine term to indicate that the wine price is for the wine alone — not for the container, etc.
- 23) Bachelor of Arts (abbr.)
- 25) _____ Tsau; Cantonese term for rice wine
- 26) Executive order (abbr.)
- 27) Unit of measure

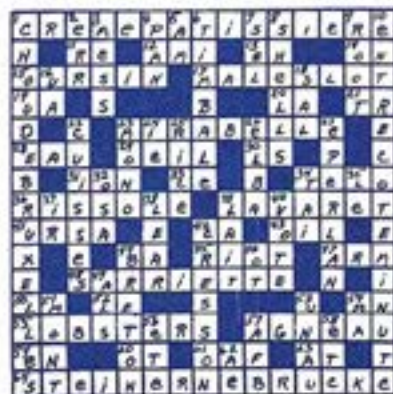
DOWN

- 1) Cote-D'or red wine (2 wds.)
- 2) Term that originally meant to drink together
- 4) _____ of Technology is in Chicago
- 5) Mulheim white wine
- 6) Osmium (abbr.)
- 7) Brief rest
- 8) Drill instructor (abbr.)
- 9) Blayais red wine
- 12) This is used mainly in pies, but wine may be made from it
- 13) _____ Young Award is for pitchers
- 14) Tuscan red wine
- 17) Italian province producing much fine table wine
- 18) Indian alcoholic beverage is _____ wine (type of fruit)
- 20) Often, we get coal from this
- 21) Slight structure used for storing things

ACROSS

- 28) Airborne (abbr.)
 29) Tie bar and tie _____
 31) White wine vineyard on island in the Gironde (4 wds.)
 37) Fine quality, as in wine (Ger.)
 38) Highest card in a bridge deck
 39) Term applied to harsh wines (fr.)
 40) Roman liquid measure equivalent to 1/2 amphora
 41) Nickel (chem.)
 42) A deep audible breath
 44) Gossip
 46) Conjunction
 47) To free from liquid
 49) 8 quart wine bottle
 53) Ribonucleic acid (abbr.)
 54) Each (abbr.)
 55) Senior (abbr.)
 56) Other car named after Olds
 57) Rhode Island, University of (abbr.)
 58) Definite article (fr.)
 60) Arithmetic progression (abbr.)
 61) Wine growing region of N. California
 63) Friedelsheim white wine
 64) Wine from Calabria
 66) A beer brewed in East Anglia
 67) Conjunction
 68) Dram of spirits
 70) Soul (fr.)
 71) Medoc red wine
 73) To and _____
 74) Little cream puffs made from pate a chou

Alliance classes every Tuesday 1-3 at the Gas Co., 122 S. Michigan Ave. Single admission \$10.



DOWN

- 24) Alsatian white wine
 25) Basque red wine
 30) Sardinian red wine
 31) Hessloch white wine
 32) Term applied to beer or ale stored for a long time in a cellar
 33) German & Austrian liquid measure equivalent to 1/2 eimer
 34) City at the mouth of Liffey R.
 35) Important Hungarian wine area
 36) Red wine from Turkey
 43) I am (abbr.)
 45) Exclamation
 48) Wine province of Spain producing mainly red wines
 50) Gardening tool
 51) Before (conj.)
 52) Sicilian white table wine
 55) Stain
 59) Senior (fr.)
 62) Indefinite article
 65) Road (abbr.)
 69) Summit
 70) Art (Latin)
 72) Suffix
 73) Iron (chem.)

Nov. 8 I will begin a series of 5 cooking demonstrations in Evanston for the North Shore Association for the Retarded. For information call Mrs. Hartman, 446-0284, or the school, UN 9-6610.

DIVIDEND MENU II

Oyster Stew (p. 50)

Portuguese Cubed Steaks (p. 56)

Conserva di Peperoni (p. 28)

Pain Ordinaire, (p. 35)

Coupe de Glace au Rhum (p. 34)
 (make with pineapple)

Of all our holidays I like Thanksgiving the best. For me it means a home filled with the good smells of food roasting and cooking, lots of family and commotion.

As a child my mother and grandmother would cook for days before Thanksgiving to be ready for the bountiful day. They made mincemeat pies from their own homemade mincemeat. Pumpkin pies were made from pumpkins they had grown and gathered from the corn fields. And because we had lived in the south, there was always one southern pecan pie. Homemade rolls and coffeecakes were in abundance and the butter was freshly churned.

Whether we had turkey, guinea hen, goose or chicken was largely dependent upon which bird was ready for the eating and on how many were still roaming in the barn yard. Stuffing included oysters, since that was the one tradition my father liked. Whole cranberry sauce, creamed onions, buttered squash and gravy played their part in stuffing everyone of the eaters.

Relishes were homemade and included piccalilli, corn relish, chow-chow and pickled peaches and beets. Olives were a luxury and it was a very special Thanksgiving when they appeared in their special cut glass dish.

So, in the tradition of Thanksgivings past, I offer you this old-fashioned menu with a French accent.

	<i>Sbrimp Cocktail</i>
<i>Champagne</i>	<i>Grilled Breads</i>
	<i>Sweet Potato Chips</i>
	<i>Turkey</i>
	<i>Giblet Sauce</i>
<i>Beaune</i>	<i>Oyster Casserole</i>
	<i>Buttered Butternut Squash</i>
	<i>Creamed Onions</i>
	<i>Cranberry Sauce</i>
	<i>Relishes</i>
<i>Rieussec</i>	<i>Pumpkin Pecan Pie</i>
	<i>Cafe Diablo</i>

Champagne at 7—Dinner at 8**DAY BEFORE:**

1. Cook giblets and make giblet sauce.
2. Cook shrimp and make the cocktail sauce.
3. Cook cranberries.
4. Cook squash.
5. Prepare relishes of radish roses, celery and carrot sticks and green onions. Refrigerate cans of olives.
6. Make pie crust ready to roll out and use.
7. Make orange rose ready to dye red.
8. Make grilled breads.
9. Make sweet potato chips.

Thanksgiving Day: MORNING:

1. Take turkey from the refrigerator and let come to room temperature.
2. Remove pie dough from refrigerator. Refrigerate Champagne and Rieussec.
3. Prepare the cocktail area. Set out grilled breads and sweet potato chips, but keep covered with Saran.
4. Start setting the table. When the pie dough is warm enough to roll without breaking, stop and make the pie.
5. Roll out crust and line the pie plates. Make the pumpkin filling and fill the shells. Bake. Finish setting the table.

AFTERNOON:

- 3:00—Prepare turkey for roasting.
- 3:30—Make creamed onions and set aside ready to reheat. Take squash from refrigerator so it will warm to room temperature. If giblet sauce is frozen, remove and let thaw in a saucepan. Put turkey into oven to roast.
- 4:00—Arrange shrimp on serving plate with sauce, cover and refrigerate ready to serve.
- 4:30—Dye rose and leave in dye water until needed. Turn turkey.
- 5:00—Put pie (in pie plate) on a cookie sheet. Arrange pecan halves over top, add glaze and broil. Set on cake rack to cool. When cool, set pie plate onto a serving plate ready to present at the table. Put with the dessert plates and serving utensils. Prepare cafe diablo ready to cook. Turn turkey.
- 5:30—Your time.
- 6:30—Prepare oyster casserole. Leave at room temperature. Heat giblet sauce, taste and adjust seasonings. Set aside. Heat squash, taste and adjust, then set aside. Put cranberry sauce on the table. Open the olives and put into serving dishes. Cover and refrigerate. Turn turkey.
- 7:00—Serve champagne and shrimp.
- 7:15—Put oyster casserole into the oven.
- 7:30—The turkey should be done. Take from the oven and place on turkey platter. Let stand. Reheat giblet sauce, squash and onions. Put relishes on the table.
- 7:50—Remove strings and garnish the turkey. Set on the table. Serve vegetables and sauce in its special dish. Light the candles and a "happy Thanksgiving." If you are serving hot rolls and butter, fit them into the schedule. Pass the oyster casserole after the turkey is carved and served.

GRILLED BREAD CHIPS

These salty, flavorful breads are better than nuts, pretzels or crackers, but finding the bread to make them is a problem. As of now, the only place I know in Chicago is Levinson's Bakery, 2856 W. Devon, RO 1-3174. Telephone and order small loaves of marbled bread called, "combination rye and pumpernickle." Ask them *not* to slice it, and insist that it not be sliced. However, you will probably get there and find it is sliced. If so, do not take the bread because you cannot make this recipe with thick sliced bread.

I buy six to 12 loaves at a time and freeze them. Thaw loaves before slicing them.

How to make Grilled Bread

With a very sharp cutting knife, slice the bread paper thin. You should be able to read the recipe through the slice. Once sliced, put the slices on a cooky sheet. Using a paint brush, coat heavily with melted, clarified butter and then sprinkle with coarse (Kosher) salt. (Clarified butter is best, but you may use regular butter, but be sure it is unsalted.)

Broil slices about 6 inches from the heat, or if closer, keep the heat lower. Once slices are bubbling and browned around the edges, remove from cooky sheet to wire cake racks to cool.

Once cool, put into plastic bags, or a metal can and keep air tight. Serve plain, with dips or cheese.

SHRIMP

COCKTAIL



- 1½ lbs. cleaned, raw shrimp
- Cold water
- ½ inch ginger, sliced
- 1 whole lemon
- 1 T salt
- 10 whole peppercorns

1. Put shrimp, in their frozen state, into a large kettle. Add water to a depth of 3-inches over the top of the shrimp.
2. Add ginger slices. Cut lemon in half and squeeze juice into the water and then add the rinds. Add salt and peppercorns. Bring to a boil. Stir and turn the heat off. Let shrimp stand in the hot water for 2 minutes.
3. Drain shrimp and wash under cold running water. Drain, cover and refrigerate. Serve with the following sauce.

Note: Ginger kills the fishy taste and smell of seafoods.

COCKTAIL SAUCE

- 2 cups mayonnaise
 - ½ cup catsup
 - Juice of ½ lime
 - ¼ t sugar
 - 1 t fresh dill weed, or dried
 - 1 t sherry
- Mix all ingredients together and refrigerate overnight to age.

SWEET POTATO CHIPS

If Thanksgiving is not Thanksgiving without sweet potatoes, then make some chips.

Select narrow, long sweet potatoes uniform in size. That is, do not select ones that are fat in the middle and thin on the ends. Wash and scrub the potatoes and then dry. Do not peel.

Slice paper thin. I use a vegetable slicer for this, one where I can regulate the thickness of the slice, but you can also slice them by hand with a sharp knife. Just be sure they are paper thin.

After the sweet potatoes are sliced, cook-stir the slices in peanut oil heated to 240-260 degrees. Cook about 2 minutes to volatilize the moisture from them. Then lift out. Fry all slices and drain on paper towels.

Once all slices are fried a first time, heat the oil to 320-degrees and fry a second time until they are dried out and crisp. Do not let them brown and do not cook them in oil hotter than 320 degrees or they will burn. (Because of the sugar in the potatoes they must be cooked at lower temperatures than white potatoes.) Drain on paper towels and sprinkle with Kosher salt.

STUFFING INFORMATION

If you wish to stuff the turkey, or fowl, do so just before putting it into the oven and be sure to remove all of the stuffing as soon as the bird returns to the kitchen. If possible, even before eating the pie.

Since we cook "birds" uncovered and at lower temperatures than did our parents, the stuffing never reaches a temperature hot enough to kill the bacteria, good and bad, that is found in bread stuffing and meat juices.

That you have had no illnesses in the past may be pure luck, or perhaps your oven was not accurate and so you cooked the stuffed bird at a temperature high enough to destroy the bad bacteria.

To be on the safe side, I never stuff a fowl with bread, rice or other pastas. I make the stuffing and put it into a casserole and bake it along with the turkey. I even prefer the crisp crust of the casserole stuffing to the moist variety found in the dark cavity of the bird.

SCALLOPED OYSTERS

1 pt. fresh oysters	¼ lb. butter
1 pt. ½ and ½ cream	Freshly-ground pepper
Soda crackers, broken	Salt

1. Feel each oyster for pieces of shell. Discard them. Add half the cream to the oysters. Wash and lift the oysters to a clean bowl. Pour oyster liquids through cheesecloth to remove grit. Add balance of cream.
2. Butter a quart casserole. Put a layer of broken crackers on the bottom. Add a layer of oysters. Dot with butter and grind pepper over the oysters. Salt lightly (crackers are salty). Repeat layers, ending with crackers. Fill to ½ inch of the top of the casserole.
3. Add the cream and let soak. Add more cream. It should take all of the cream, but the moisture in the crackers will determine the amount. The casserole should be moist when baked and it will taste like a thick oyster stew.
4. Cover casserole with a lid and bake in a 350-degree oven on the lowest shelf for about 40 minutes to 1 hour. Bottom of casserole should be browned. Remove lid the last 15 minutes of baking and let the top get brown. Increase heat if necessary and raise casserole to an upper shelf.

ROAST TURKEY



- 1 (12-14 lb.) hen turkey
- Oil
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t sugar
- Pepper
- $\frac{1}{2}$ lb. butter
- $\frac{1}{4}$ cup Cognac

1. If possible get a fresh turkey, that is, one that has not been frozen. (Hen turkeys have more breast meat and are not quite as tough as Tom turkeys.) Remove giblets from inside the bird and the neck, which is usually stuffed in the neck skin.
2. Put water into a large kettle and bring to a boil. Remove from the heat and set into the sink. Then, holding the bird by the legs, dunk it in and out of the boiling water twice. Let drain. This technique livens the skin, opens the pores, and allows the coatings to seep into the bird.
3. Coat broiler rack with oil. Set bird on rack. Combine salt, sugar and pepper. Sprinkle into cavity of bird. With a long handled fork reach into the cavity and punch it full of holes. Add $\frac{1}{4}$ lb. butter to cavity. Cross the legs and tie together.
4. Run your fingers down the neck skin and separate the skin from the breast meat. Cut long, thin slices of butter from the remaining $\frac{1}{4}$ lb. Insert these between the skin and meat. Pull neck skin to the back of the bird and sew, or fasten with a pick. Tuck wings behind the shoulders of the bird and over the neck skin to hold it tight.
5. Brush the bird with Cognac. Bake in a preheated 425-degree oven for 1 hour. Reduce heat to 325. Turn bird to one side. (Use many layers of paper towels for this job. They do not conduct heat and can be discarded after using.) Baste with Cognac. Bake 40 minutes. Put bird on its back (use paper towels), and then turn to the other side. Baste again with Cognac. Cook 1 hour. Turn the bird onto its back and leave it, breast up. Brush the bird with melted, unsalted butter (clarified is best) and roast another 30 minutes to one hour. The bird should be done. If using a thermometer, it will register 175-degrees. Insert thermometer between the breast and leg and into the thigh meat.
6. Put turkey onto large platter, breast down, and let rest 20 minutes. This position allows the butter and juices to permeate the breast meat. After 20 minutes, turn right side up and remove string from legs. Tuck a big bunch of parsley into the legs and add a few radish roses to the parsley, or an orange rose.

Orange rose: Cut the thin orange layer of skin from a thick skinned orange. Then cut the white layer of skin off, cutting into the orange to remove all the white from the orange. Cut this white layer off in one continuous spiral piece, beginning at the top and ending at the bottom. Once removed, put an end into the palm of your hand and wind the spiral of peel around to make a rose. Fasten the end piece into the skin with half a wooden pick.

Mix 1 t red food coloring with about 2 T warm water. Put rose, top down into dye water. Leave 10 minutes and turn over to dye the rest. Drain on paper towels and then set in a bed of parsley.

CREAMED ONIONS

16 whole, medium-sized white onions	1 t salt
Cold water	Pepper
Chunk butter	2 t sugar
1 t salt	Dash nutmeg
2 t sugar	2 cups $\frac{1}{2}$ & $\frac{1}{2}$ cream
1 t Fruit Fresh	1 cup milk
$\frac{1}{4}$ lb. butter	2 T Madeira
6 T flour	1 T Cognac

1. Peel onions. Into the root of each cut a cross. This allows the tight root ends to expand so the center of the onions will not push out the top.
2. Put onions into cold water. Bring to a boil. Drain, rinse and cover again with cold water. Add a chunk of butter, 1 t salt, 2 t sugar and Fruit Fresh. Bring to a boil and then simmer about 10 minutes, or until tender. Drain and rinse in cold water.
3. Melt $\frac{1}{4}$ lb. butter in a saucepan. Add flour and blend into the butter with a whisk. Add salt, pepper, sugar and nutmeg. Stir in cold cream and milk. Stir-cook with whisk until thickened. Taste and adjust seasonings. Add Madeira and Cognac. Add drained onions. Gently toss in the sauce. Cover and let stand until ready to reheat and serve.

BUTTERNUT SQUASH

2 butternut squash, or acorns
2 cups water
1 t salt
$\frac{1}{4}$ lb. butter
$\frac{1}{2}$ t salt
6 T sugar, or brown sugar
$\frac{1}{4}$ cup half and half cream
Minced fresh coriander, or ground



1. Cut squash in half and remove seeds. Put water and 1 t salt in a large skillet. Lay cut side of squash into the water. Cover and simmer about 40 minutes, or until pulp is tender.
2. Remove squash halves to a plate and let cool. With a spoon, scoop meat from the rinds. Put pulp into a saucepan. Add butter, $\frac{1}{2}$ t salt, sugar, cream and coriander. Mash and mix together. Simmer over very low heat for about 20 minutes. Do not let it burn. Add more cream if it needs moisture. Sprinkle with minced fresh coriander if you have it, or with ground coriander.

CRANBERRY SAUCE

1 pkg. fresh cranberries	$\frac{1}{4}$ t salt
$1\frac{1}{2}$ cups water	3 T Grand Marnier
2 cups sugar	1 T Cognac

1. Wash berries. Discard any soft ones and remove any remaining stems. Set aside.
2. Combine water, sugar and salt. Stir-cook to a boil and then let cook to a sirup, or 220-degrees. Add berries and stir-cook until all the berries "pop." Remove from heat, add liqueurs, stir, cool and pour into serving dish. Cover and refrigerate. Remove from refrigerator about 1 hour before serving, but leave covered.

PUMPKIN PIE

1 (9-inch) prepared pie crust	1 T Grand Marnier
1½ cups canned pumpkin (or prepare it yourself, just like cooking squash)	2 cups half & half cream
3 egg yolks	2 egg whites
½ cup brown sugar	½ t salt
½ t ground ginger	
½ t cinnamon	
Dash cloves	
¼ t salt	
Grated rind of 1 lemon	

Topping:

Pecan halves
1 cup brown sugar
¼ lb. butter, melted
2 T light cream

1. Make a pie crust (p. 43 of *Almanac*) and line a 9-inch pie plate and a smaller one with pastry. Preheat oven to 450-degrees.
2. Put pumpkin, yolks, brown sugar, ginger, cinnamon, cloves, salt, grated rind and Grand Marnier in a bowl and mix. Add cream and mix.
3. Add salt to whites and whip stiff. Blend whites into pumpkin mixture. Fill big pie crust first and then pour what remains into the smaller crust.
4. Bake to 450-degrees for 15 minutes. Reduce heat to 325 and bake another 30 minutes. Knife inserted into center comes out clean when pie is done. (Remember the pie will go on cooking after it is removed from the oven.) Set pie on a wire rack to cool.
5. Once cool, arrange pecan halves over top of pie in an orderly fashion. Blend together brown sugar, butter and cream. Spoon over pecans. Broil 3-5 minutes, or until bubbly and pecans are lightly browned. Do not leave the pie—it burns quickly once it is done. Set on cake rack to cool. If you wish, serve with whipped cream or vanilla ice cream.

Note: If broken pecans are used, simply add 1 cup of them to the topping ingredients, mix and spoon over the pie and broil. Not as pretty as halves, but just as good. (Eat a pecan to be sure they are not rancid before you use them on the pie.)

CAFE DIABLO

6 cups coffee	1½ cups sugar
6 ts instant espresso	1 lemon peel
20 espresso coffee beans, or regular ones	1 orange peel
20 juniper berries, or ¼ cup gin	Dash salt
2 (3-inch) sticks cinnamon	½ cup Cognac
4 whole cloves	¼ cup Grand Marnier

1. Put everything, down to the sugar into a diablo chafing dish, or simply cook over very low heat in an enamel pan. Add 1 cup of sugar now. Cut the peelings from the lemon and orange in a continuous spiral piece. Add to the pot. Add salt and simmer about 1 hour. Taste and add more sugar and half the liqueurs. Cook another 20 minutes. This should reduce to about 4 cups and be very thick and tasty.
2. When ready to serve, heat remaining Cognac and Grand Marnier in a small pan. Ignite the liqueurs. Lift one of the rinds from the brew with a fork and pour the flaming liqueurs down the spiral and let it float in flames over the coffee. Strain into diablo or demitasse cups, using a diablo ladle with its own strainer, or a tea strainer.

GIBLET SAUCE

Giblets and neck
 4 cups canned chicken broth
 1 carrot, chopped
 1 onion, chopped
 6 parsley sprigs
 1 branch celery, chopped

Sauce:

1/8 lb. butter	1 bay leaf
1 onion, diced	1/4 t dried thyme
1 carrot, diced	2 parsley sprigs
1 T sugar	1 T tomato paste
1 clove garlic, minced	1/8 t pepper
3 T flour	Brown coloring
3 cups stock	2 T Cognac
	1 T Madeira

- Put giblets and neck into saucepan with broth, chopped carrots, onions, parsley sprigs and celery. Cover and simmer for about 2 hours. Remove liver after about 20 minutes of cooking. Do not use the liver in the sauce, not unless everyone likes liver (kids usually do not like its texture, so don't ruin the sauce for them).
- When giblets are done, strip meat from the neck and dice. Dice gizzard and heart. Set aside ready to use.
- While giblets cook, make the sauce. Saute diced onions and carrots in butter for about 20 minutes. Add sugar and caramelize vegetables to a dark brown. Add garlic and flour and stir-cook for about 1 minute. Add stock, bay, thyme, parsley, tomato paste and pepper. Stir-cook to a boil and then reduce heat to a simmer. Set lid ajar and simmer about 40 minutes. Sauce will reduce itself and become glossy. Remove bay leaf and limp parsley sprigs. Add brown coloring (make some, p. 26 *Almanac*) to make a rich color. Strain sauce into a clean saucepan. Add diced giblets, neck meat and liqueurs. Taste and adjust seasonings. It will probably need about 1/2 teaspoon of sugar and a splash of Madeira.

Note: When you make the sauce a day in advance, do not add liqueurs. Add them when the sauce is reheated and ready to serve. The sauce can also be made in advance and frozen.

CULINARY CRYPTIC CONTEST

He who deciphers the quotation below will win a piece of Le Creuset's famous enameled cooking pots. The letter bearing the earliest postmark wins. Send your solutions to *Alma's Almanac*, 5750 Kenwood Ave., Chicago, 60637.

"Jhqe Pmyn Othm Pvai Hhdw Vbpi Bgub Onot Hmpv Ajbn Gpam"
 Rmne Ebpo Bub Mng

COOKS CUPBOARD

Mr. W. of Chicago asks—"When I encounter something I've never heard of before, I generally am grateful for some explanation. Perhaps you explained it in a previous installment, but my memory isn't all that strong. What is Fruit Fresh? I assume it's a spice of some sort, but it's new to me."

Ans.—See p. 22 of Almanac, bottom of page.

Mrs. B. of Michigan writes—"When making a Pate a Croute my crust is quite greasy and won't get brown. What am I doing wrong? I use veal and pork in the filling, and how do you make a Pate in a Brioche loaf of bread? I always look forward to Almanac."

Ans.—If the crust is greasy, your ratio of fat to flour is too much. Your filling has nothing to do with the crust not browning or its greasiness. (There is an excellent pastry recipe on p. 43 of Almanac.) However, try using $\frac{1}{2}$ cup of shortening to 4 cups of flour, 1 egg, 2 t sugar, $\frac{1}{2}$ t salt and enough cold water to hold it together. I think lard is best in this type of crust.

About filling brioche with pate, see my book, *Cooking a la Cordon Bleu*, p. 376. I do not approve of filling the dough and then baking it. The dough collects and holds the fat from the pork and there is always a hollow left from the shrinking of the meat that must be filled with gelee after it is baked and cooled. And I don't particularly like cold gelee on top of a layer of rendered fat. I prefer to bake the brioche, cut off the top, hollow it out, pack with pate, the top too, and then put back together. Try making it this way.

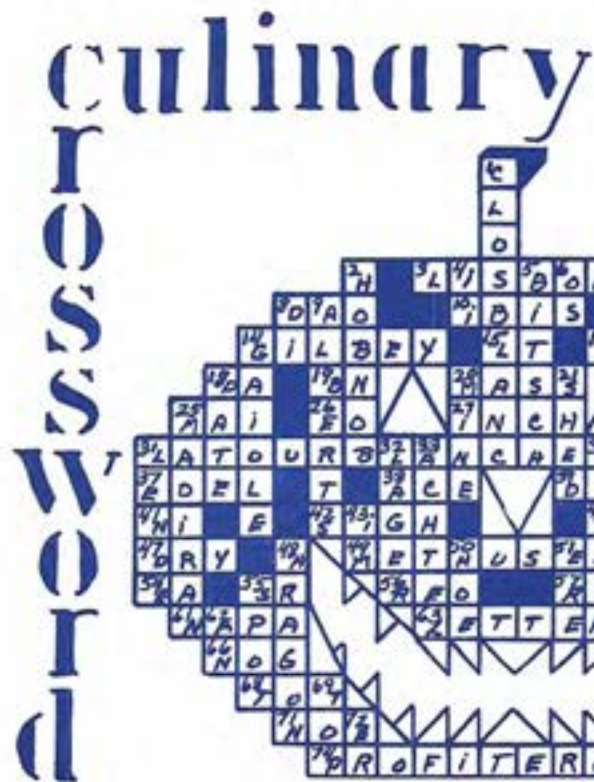
KITCHEN TALK

Many of you have been asking for a moussaka recipe. You can use freshly-ground lamb, or leftover turkey.

MOUSSAKA

3 cups diced, cooked turkey	1 T chopped parsley
3 small eggplants	1 T chervil
$\frac{1}{4}$ cup olive oil	$\frac{1}{4}$ t sweet basil
Chunk butter	Salt and pepper
2 onions, diced	3 small eggs, beaten
2 cloves garlic, minced	Cocktail sauce, p. 42 Almanac
2 tomatoes, peeled and diced	

1. Remove skin from turkey and dice meat. Cut eggplants in half. Saute in olive oil, fleshy side down, for about 20 minutes, or until pulp is tender and can be removed from the skins.
2. Saute onions and garlic in butter for a few minutes. Add diced turkey and scoop pulp from skins of eggplants. Do not damage the skins. Add tomatoes, parsley, chervil, basil, salt and pepper. Cook-stir until pulp is tender. Add eggs, mix and remove from heat.
3. Butter a 1-quart casserole. Place strips of eggplant shells, skin side down, into the casserole. Overlap skins in a spiral fashion from the center out and let the extra length of skin hang down over the casserole. Fill with turkey mixture. Fold the skins up over the filling. Cover and set casserole into a waterbath. Cook in a 400-degree oven for about 30 minutes. Reduce heat to 350-degrees and cook another half hour.
4. When done, cool on a wire rack for about 5 minutes, then invert in a deep platter. While moussaka cooks, prepare the sauce.
5. Make a double recipe of the cocktail sauce on p. 42. Cook-stir it until it is very warm, but do not let it boil. Pour around the moussaka and serve.



by sandy arlinghaus

The Question Box

Mrs. G. of Calif. writes—"My cream puffs do not seem to rise as they should, but are rather flat. What could I be doing wrong?"

Ans.—Probably one of two things. Maybe too much egg, or you add the eggs to the hot dough, which sets them. Assuming your recipe calls for four eggs, add just three and then if the dough seems too stiff, beat the fourth egg together to mix it and add just enough of the beaten egg to make the dough the right consistency, which is a firm-moist mixture that retains its shape on the cooky sheet and does not seem to "squat." Remember too, when using jumbo-size eggs you will need fewer than when using small-sized eggs.

And *be sure* to cool the hot water-butter-flour mixture to lukewarm before adding the eggs. If you do not do this, the heat will tend to cook the eggs and they will not raise the dough in the oven—they can't, because they are already cooked, or set.

A fact you may not know, is that moisture, as well as heat, makes pastries and cakes rise. Therefore, try to keep your doughs cool so that when put into a hot oven they will create moisture.

Christmas foods are not as traditional as the foods of Thanksgiving. What you eat and when you eat is often dependent upon if or when you participate in the religious celebration of Christmas. The foods of Christmas are a personal problem since they must fit into your own pattern of holiday celebration. Therefore, I shall concern myself with simple suppers and hope that they will complement your culinary offerings of the Yuletide season.

Certainly it would not be Christmas without special cookies. So these confections are my way of saying "Merry Christmas" to you. And for your husband I include a special "Syllabub-Eggnog" drink. Syllabub means something unsubstantial and frothy — but in a culinary sense syllabub means a dish that is like a drink and a drink that is like a dish. After a few of them — you'll write your own definition. Happy holidays!

XMAS EVE SUPPER

Onion Canapes

Broiled Lobster

Potato Chips

Three Salad

Pots de Creme au Chocolat

Listys

SYLLABUB-EGGNOG

1 qt. whipping cream	8 T confectioners' sugar
Peel from 2 lemons	1 cup sherry
6 egg yolks	1 cup bourbon, or to taste
8 T brown sugar	Dash nutmeg

- Put whipping cream into large mixing bowl. With a potato peeler, cut yellow skin from the lemon. Add to the cream and refrigerate overnight.
- Next day, when ready to serve, beat yolks in mixer bowl until thick and light. Add sugars, sherry and bourbon. Beat.
- Strain cream into a clean mixer bowl, thus removing rinds. Whip until starting to stiffen, then add yolk mixture. Mix well and pour into a serving bowl. Sprinkle with nutmeg and serve in stemmed wine glasses. Makes 2 quarts.

ONION CANAPES

These are unbelievably good. Be sure to make them.

- 6 slices firm-type bread
- 3 (1-inch size) white onions
- Mayonnaise (Hellmann's)

1. With a 1½-inch round cutter, stamp out rounds of bread. Put them on a cookie sheet.
2. Peel onions and cut into thin, round slices no thicker than 1/16-inch.
3. Coat bread rounds with mayonnaise, add onion slices and then coat them with mayonnaise.
4. Broil about 4-inches from heat, and until the mayonnaise bubbles and turns lightly brown. Serve hot.

Note to Mr. W.—Hellmann's will not curdle when broiled.

BROILED LOBSTERS

- 3 whole, live lobsters
- ¼ lb. butter
- 1 clove garlic, cut in half
- 1 t minced parsley

1. Kill the lobsters (see Paella recipe, p. 77). Once dead, split in half right down the middle, from head to tail. Remove the tomally and save. Discard the stomach. If you don't know where it is, just follow the tube leading from the mouth right down to the stomach and remove all of this. Everything is edible in a lobster, except for the stomach. The gills aren't good; you'll find that out if you try to eat them, but they won't hurt you. The stomach probably would not hurt you, but we don't normally eat the stomach of any animal.
2. Once lobsters are cut in half, crack the claws with a hammer. Cover a large cookie sheet with heavy foil and turn up all sides to make a shallow pan. Add lobster halves.
3. Melt butter with the garlic. Add the parsley. Spoon over the lobster tails and spoon butter into the cracked claws.
4. Broil six inches from heat for about 10 minutes. Lobster meat turns a pearly white when done. Do not overcook lobster and do not burn the meat. Put the claws in the center of the heat since they take longer to cook. Also eat them last since they will continue to cook after being removed from the broiler.
5. Mash the tomally into the remaining butter mixture and serve with the lobsters. Serve with a salad, assorted olives and homemade potato chips. Serve a half lobster per person.

THREE SALAD

The tomatoes of winter lack taste, but when combined with green peppers and sweet onions they turn into something reminiscent of summer.

- 3 ripe tomatoes
- ½ large green pepper
- 1 large, flat sweet onion
- 4 ts cider vinegar (not white)
- ½ t salt
- Dash pepper
- ¼ t sugar

1. Have vegetables at room temperature. Wash and clean. Do not peel the tomatoes. Cut them into a medium dice and into a salad bowl. Finely dice the pepper and onion and add.
2. When ready to serve, add the vinegar, salt, pepper and sugar. Gently toss, then taste and adjust seasonings. Spoon onto salad plates. If you need to "stretch" the salad to serve more, serve it on lettuce leaves.

POTS de CREME au CHOCOLAT

(Chocolate Cream)

- | | |
|------------------------------|----------------------|
| 4 oz. German sweet chocolate | $\frac{1}{8}$ t salt |
| 1 cup whipping cream | 8 small egg yolks |
| 2 T sugar | 1 T vanilla |

- Put chocolate on a plate and into a pilot-heated oven to soften. This will take about one hour. Or, soften chocolate by putting it into the top part of a double boiler and then set the top part into very warm water.
- Heat the cream, sugar and salt to a boil. Cool to lukewarm.
- Beat yolks in mixer until thick. Add softened chocolate and warm cream. Pour into top part of double boiler and set over hot water. Cook-stir until thick. Add vanilla and then strain into pots de creme containers, goblets or a fancy serving dish. Cover with Saran and refrigerate overnight. Serve plain, or topped with whipped cream and a sprinkling of nuts for a really rich dessert.

POTATO CHIPS

- 4 red potatoes of uniform size
- Peanut oil
- Coarse salt

- Peel potatoes and put into cold water. Slice as thin as possible. Put into cold water. I use a vegetable slicer, one whose blade can be regulated for thickness.
- Heat oil to 320-degrees. Dry the slices from about one potato on a terry towel. Add these to the oil. Stir-cook until the oil stops bubbling, which means the water has evaporated from the slices. Do not let them brown. Lift from the oil and drain on paper towels. Cook remaining slices in small batches.
- Then heat the oil to 350-degrees and cook the slices a second time, cooking them until they are light brown and crisp. Lift out, drain on paper towels and sprinkle with salt. Cool and keep in a pilot-heated oven, or in a tight container to retain crispness. Make in advance.

Note: If you have never made potato chips, you have a treat in store for you.

A word about French Frying

- Always use a large container. Most people use too small a vessel because they don't want to "waste" so much oil. This is wrong thinking. Small containers will invariably cause the oil to boil over and many times cause a grease fire. When the container is large, there is room for the volatilization to take place.
- Use between 2 and 3 inches of oil in the pan and the pan should be deep enough so that you will have about 4 inches of space above the oil level.
- Always dry wet foods, like potatoes, before adding them to the hot oil.
- A French-fryer is the perfect pan to use for French frying. It is large and has a basket and a cover. If you do not have one, put it on your Christmas list, but buy the right kind. It should be heavy gauge steel with enamel coating. They come in attractive colors, so state the color on your Christmas list. We offered these for sale in my cooking classes last fall. If you did not get one, and would like one, let me know.

During the winter months I do a lot of French-frying. I fill the fryer to a depth of about 3 inches with peanut oil, use it, and then when I am through cooking, cover the pan with its lid and set it out on my back porch until the next time it is needed. Oil does not freeze and the oil stays fresh for months. Pot and oil should always be brought to room temperature before placing over direct heat.

Note: If you do have a grease fire, either on top the range, or in the broiler, sprinkle the flames heavily with salt. Salt will smother the fire. Steaks and chops can be washed free of the salt and cooking can proceed in a skillet.

LISTY*(Bohemian French-Fried Pastry)*

- 1½ cups sifted all-purpose flour
- 3 egg yolks
- 1 T cream
- 1 t confectioners' sugar
- 1 T rum
- Peanut oil for frying
- Confectioners' sugar

1. Put 1 cup of flour into mixer bowl. Make a well in the flour. Add yolks, cream, sugar and rum. With a hand mixer, blend in flour. Add enough of the remaining ½ cup of flour to make a dough the consistency of noodle dough. Knead until smooth.
2. Cut dough in half. Roll each portion out paper thin. Cut into 4-inch squares and make 2 or 3 gashes in center of each piece about 3-inches long. Fry in 370-degree oil for about 3 minutes, or until lightly browned. Drain on paper towels. Sprinkle with sifted confectioners' sugar. Makes about 2 dozens.

Note: Put confectioners' sugar into a wire strainer and then sift sugar over the fried Listys.

SUPPER MENU*Chicken Kiev**Sicilian Noodles**Glazed Carrots**Green Salad**Caramelized Oranges**Kolacky***CARAMELIZED ORANGES**

- 6 navel oranges
- Peel from oranges
- 2 cups sugar
- 1 cup water
- Dash salt
- 3 T Grand Marnier
- 1 T Cognac

1. Peel orange skin (no white) from thick skinned oranges. Cut the skin into Julienne strips. Put into a saucepan. Cover with cold water, bring to a boil and simmer 3 minutes. This blanches the skin and removes the bitterness. Strain and cool in cold running water.
2. Carefully peel the white rind from the oranges without cutting into the meat. Break the oranges into their natural sections.
3. Bring sugar, water and salt to a boil. Cook 2 minutes. Add about 12 sections. Cook 10 minutes. Lift from sirup and arrange in spiral fashion on a plate. Cook the remaining slices.
4. When all slices are cooked, add the blanched rinds. Cook until skins turn a very dark orange. Remove from heat, add both liqueurs, stir and distribute peels over caramelized oranges. Pour sirup over oranges, cool and refrigerate until icy cold. Serves 8.

CHICKEN KIEV

- 6 chicken breasts (half ones)
- 2 cloves garlic
- Dash salt
- Freshly-ground pepper
- ¼ lb. butter, softened
- 2 shallots, minced
- 2 T minced parsley
- 1 T Madeira

To Fry:

- Flour
- 3 egg whites
- Fine crumbs
- Peanut oil

1. Debone, skin and separate fillet from breast meat. Pound the large piece of meat to an even thickness. Flatten the delicate fillet, but do not pound to pieces.
2. Mash garlic in a bowl. Add salt and pepper and continue to mash. Blend in butter, shallots and parsley. Mold butter mixture into cone shapes about the length of your finger. Wrap in Saran and freeze.
3. When ready to cook chicken, brush breast meat with Madeira and lay on a piece of butter. Lay a flattened fillet over the butter and fold the breast meat, ends and sides up over it, enclosing the fillet and the butter. Make a neat cone-shaped package.
4. Put flour on a plate. Beat whites to a froth. Put crumbs on a plate. Heat oil to 370-degrees. Roll breast pieces in flour, dip in whites and then in crumbs. Repeat the dipping into whites and crumbs. Fry in oil until browned. Cook about 5 minutes. Lift out and drain on paper towels. Do two pieces at a time. Serve as soon as they are fried.

SICILIAN FETTUCCINE

This is a divine dish—if you like noodles.

- 1 (8 oz) package noodles
- Salt
- Butter
- 1 medium-sized clove garlic, minced
- 2 shallots, minced
- 1 green onion, sliced
- ½ t salt
- Freshly-ground pepper
- 3 large eggs
- ½ cup grated Parmesan



1. Cook noodles in lots of water seasoned with salt and a chunk of butter.
2. Saute garlic, shallots, and onions in a chunk of butter for about 2 minutes. Remove from heat. Add salt and more pepper than you think you will like.
3. Break eggs into the largest mixing bowl you have. Whip with a whisk to make them light.
4. Drain noodles in a colander and run very hot tap water over them. Drain again. Pour back into pan. Dry-off over low heat for a few seconds.
5. Pour warm butter-garlic mixture into the eggs and mix. Add a few hot noodles and toss with a salad spoon and fork. Add more noodles and toss. Add balance of noodles and toss. The eggs should become creamy on the noodles. Add cheese and toss. Serve immediately.

Note: The trick of this recipe is that the eggs must not get cooked with the hot noodles. If they do you will have curdled eggs on noodles and neither taste nor looks will be right. Prepare the dish at the very last moment and serve promptly.

KOLACKY

*Crisp Bohemian cookies, refreshing with a tangy fruit filling.
They really melt in your mouth.*

Apricot filling:

- ½ lb. dried apricots
- Water
- 1 cup sugar
- Pinch cinnamon and of cloves

Dough:

- 1 cake yeast
- 4 T_s creme fraiche, or sour cream (have at room temperature)
- 2 cups flour, sifted
- 1 egg yolk
- ½ lb. salted butter, softened
- Confectioners' sugar

1. Soak apricots overnight in water to cover. Next morning, boil apricots, in the same water, until they are tender and liquids reduced. Add sugar, cinnamon and cloves. Boil until thickened. Grind through the coarse blade of a food mill, or chop by hand. Cool.
2. Combine yeast in mixing bowl with sour cream. Stir to blend and to dissolve. Add flour, yolk and butter. Mix well. Divide dough in half. Roll each portion on a floured board to ⅛-inch thick. Cut into 2-inch rounds. Place on an ungreased cooky sheet.
3. With your finger push a dent into the center of each round. Put about 1 teaspoon of apricot filling into each. Bake in a 425-degree oven for about 8 minutes, or until done. Cool on cake racks and then sprinkle with confectioners' sugar. Makes about 40 cookies.

HOME-ON-THE-RANGE MEAT PANCAKES

Try this on Junior some wintery school day morn!

- ½ cup leftover meat or poultry, diced
- ½ t cornstarch
- ½ cup shredded raw potatoes
- 2 T mayonnaise
- 1 green onion, minced
- Salt and pepper to season
- 1 t peanut oil
- Chunk butter

Combine meat with cornstarch. Toss. Add potatoes, mayonnaise, onions and seasonings. Heat oil and butter in a skillet. Make a big pattie out of the mixture. Fry each side until crisp and brown. Serve with applesauce, or if Junior insists on maple syrup, give in, it's easier, and it's important that he eats.

If you are looking for a one dish meal for New Year's eve, then make Paella. The basic recipe that follows is one which I acquired from our good friend Don Julian del Box, manager of the Fenix Hotel in Madrid. Even though I secretly think of this man as Spain's version of Napoleon, he is a Latin charmer. His penetrating black eyes could melt a baked Alaska.

On our recent trip to Spain we dined with Senor del Box and enjoyed a few of his choice dishes. The Paella is one, but his Bouillabaise is the best I have ever eaten. I'll try to have that recipe developed by next month. For now, content yourselves with the Paella, which is my version of his recipe. Let me explain.

A true Paella is made with the shells left on the shrimp and lobster. And this is fine in Spain where help, or a helpful waiter, does the de-shelling job for you. But I can't stand the mess of shelling all those sauce-coated shrimp at the table, or the struggle that takes place when trying to extract lobster meat from hard, slick shells—much less watch someone else do it! So my version is a non-shelly variety of Paella that possesses all of the flavor of the shells. Here's how I accomplish this.

FENIX PAELLA

77

24 raw shrimps with shells	¼ lb. Chorizo, or garlic flavored salami
1 (2 lb.) whole lobster	1 (½-inch thick) slice ham
8 clams	4 artichoke bottoms, quartered
12 mussels	
2 cups white wine	
2 whole chicken breasts	
Chunk of butter	

Sauce:

½ cup olive oil
2 large onions, minced
1½ ts minced garlic (about 4 large cloves)
1 green pepper, diced
½ sweet red bell pepper, diced
4 large tomatoes, peeled, seeded and diced, or 2 cups Italian plum tomatoes, seeded and chopped
½ t Saffron shreds, crushed
1 T salt
⅛ t pepper
3 cups raw rice
6 cups strained liquid from the shells
1 T lemon juice
½ cup sherry



1. Shell shrimp down to the tail segment. Leave it on. Put shells in a large saucepan. Devein shrimp and put on a large platter.
2. Kill lobster by inserting a sharp knife between the eyes (kills him instantly), or drop him into a pot of boiling water which will also kill him instantly, but remove him immediately. Once dead, separate body from the tail. Shell the tail. Add shells to pan. Remove little legs and add to shell pan. Remove vein from lobster tail, just like deveining shrimp. Cut tail meat into ten pieces. Put on platter with shrimp.
3. Break big claws from body. Crack claws with a wooden mallet, or hammer. Break off the big legs leading to the claws and also crack them. Cracking these pieces will let the juice go into the Paella. Add these pieces to the shrimp-lobster platter.
4. Cut the mouth area out of the lobster body and remove the stomach. Put the body shell and tomally in the shell pan. Add 7 cups of water to the shells and bring to a boil. Cook 5 minutes. Discard the large body shell. Put the rest of the shells into a blender. Add some of the liquid and grind. Do this in small batches. When all is ground, pour back into the big saucepan.
5. Put clams, mussels and 1 cup white wine into a smaller saucepan. Cover and bring to a boil. Simmer about 5 minutes, or until shells open. Remove from heat. Pour into a shallow pan and cool.
6. Pour another cup of wine into a small bowl. Rinse each shell, with its contents, through the wine and place on a plate ready to use. Combine the new wine with the cooking wine in the pan. Strain these liquids through about 4 layers of cheesecloth and then add these wines to the ground shells. Cook 10 minutes, then strain the liquids from the shells. Discard shells.
7. Skin the chicken breasts, debone, remove the fillet, and strip out the little tough tendon. Cut each breast, or supreme, into about 4 lengthwise pieces of meat. Saute in a chunk of butter for about 4 minutes. Add to the shrimp plate.

8. Cut Chorizo into $\frac{1}{8}$ -inch slices and then into $\frac{1}{8}$ -inch Julienne strips. Cut ham the same way. Add to shrimp platter. Add quartered artichokes to platter.
9. Heat olive oil in a large Paella pan, or skillet. (The pan should be about 16-inches in diameter and about 2-inches deep. It should be heavy, like copper, or enamel-coated iron.) Add onions, garlic and peppers. Sauté about 5 minutes. Add tomatoes. Stir-cook until all liquids seemingly disappear and the mixture is a pulp.
10. Crush dry saffron shreds in a mortar and pestle (shreds have more flavor than powdered saffron). Add to the vegetables in the skillet along with the salt, pepper and rice. Stir-cook for about 3 minutes.
11. Add 6 cups of the prepared, strained liquid, even the butter from the skillet in which the chicken was sautéed. Add the lemon juice and sherry. Stir-cook and bring to a boil. Boil 10 minutes. Do not cover, the liquids must evaporate some.
12. Bury the chicken, lobster, and shrimp in the rice. Reduce heat to a simmer and cook 10 minutes. Tuck the clams and mussels (still in their shells) into the rice. Add the meats and artichokes. Simmer another 5-10 minutes. Eat a piece of rice to see if it is tender; if not, lay a piece of foil over the top of the pan and cook another few minutes. Serve with a tossed salad and crisp French bread. Serves 10.

Note: This can be made the day before—but leave it in the pan (be sure to use enamel), cool, cover and refrigerate. To reheat, have the Paella at room temperature, then add $\frac{1}{2}$ cup white wine, cover with foil and put into a 350-degree oven for about 30 minutes, or until hot.

TIFFANY COOKIES

These are the best refrigerator cookies I know.

- 1 cup, plus 2 T brown sugar
- $\frac{1}{4}$ lb. butter (unsalted)
- $\frac{1}{2}$ t salt
- 1 egg
- $\frac{1}{2}$ t vanilla
- $1\frac{3}{4}$ cups flour
- $\frac{1}{2}$ t baking soda
- $\frac{1}{2}$ cup chopped pecans

1. Cream sugar, butter and salt together. Add egg and beat about 3 minutes with mixer. Add vanilla.
2. Combine flour and soda. Sift together three times. Beat into mixture on low speed. Once mixed, add nuts and blend.
3. Divide dough. Shape each piece into a 2-inch log-shaped roll. Wrap in Saran and refrigerate overnight.
4. Next day, with a very sharp knife, cut into $1/16$ -inch thick slices. Place on greased cookie sheets and bake about 8 minutes in a 400-degree oven. Cool on wire cake racks when done. Makes about 4 dozen cookies. Eat, or freeze until needed.





by sandy arlinghaus

ACROSS

- 1) Irish poet, first and middle initials
- 3) Name for yeast (antiquated)
- 5) Charlotte Portugaise is a variety of this
- 6) Loyal (Scot.)
- 7) Rose from Bresse
- 9) Orange _____ Cyrano (2 wds)
- 10) Scrape
- 12) Marrow from calf's spine (Fr.)
- 15) Osmium (abbr.)
- 16) Amplitude modulation (abbr.)
- 17) Most common bidding system used by duplicate bridge players (abbr.)
- 18) Baseball league (abbr.)
- 19) Night (Fr.)
- 21) United States (abbr.)
- 23) Amount (abbr.)
- 24) All (German)

DOWN

- 1) Medium in which blanching usually takes place
- 2) Brioche, croissants and croutons are varieties of this
- 3) St. Emilion red wine
- 4) Swedish name for shrub once used in flavoring absinthe
- 7) _____ de Vougeot
- 8) Bombe Doria has these in it
- 9) White wine region near Kaiserstuhl
- 11) _____ Sur-Layon
- 13) Oberemmel white wine
- 14) Wine region producing Sangiovese
- 18) A Center of Cote Rotie
- 19) Munster & Schloss are vineyards along this tributary of the Rhine
- 20) Roosevelt & Williams

ACROSS

- 25) Left hand opponent
 27) Reims champagne established in 1785
 28) _____ of the Chaldees
 29) Pitchers with low ones are much in demand
 30) Erbium
 31) The zest from an orange is part of this
 33) Heal
 35) To be (past)
 36) First course before the main dish
 39) Oral vote
 41) _____ Tsan; rice wine (Cantonese)
 42) Auto Company
 43) Midwest State (abbr.)
 44) Pronoun
 46) Garlic (Fr.)
 48) Cooked vegetables for salads or decoration
 49) Second note of musical scale
 50) Rhode Island
 51) Indefinite article

DOWN

- 22) Wine whose name is derived from the name of the town Jerez
 23) Empress of Russia, 1693-1740 (initials)
 26) Order of Cistercians
 31) Skate (Fr.)
 32) _____ Sec: relatively sweet champagne
 33) Sky (Fr.)
 34) _____ Brummel
 35) Lady in army
 37) _____ del Fuego
 38) Muden white wine
 40) To point a weapon
 41) Master of Arts
 42) Japanese game
 45) Am. inventor, 1847-1931 (initials)
 47) Definite article (Fr.)



KARAMELKY KORN

- $\frac{1}{4}$ lb. butter, plus 2 T
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup white sirup
 1 t vanilla
 6 cups popped corn

Combine butter, sugar and sirup in a heavy saucepan. Cook-stir over medium heat until it turns a light brown, or to a hard ball, or for about 7 minutes. The total cooking time is very quick. When done, remove from heat, stir in vanilla and pour over popped corn in a mixing bowl. Stir to coat corn. Pour onto buttered cooky sheet. Separate coated corn into one layer. Break apart when cold.

BRITISH BRITTLE

- 1 cup sugar
 $\frac{1}{2}$ lb. butter (unsalted)
 3 T cold water
 $\frac{1}{2}$ t salt
 1 t vanilla
 Semi-sweet chocolate bars,
 chopped
 Chopped pecans

Combine sugar, butter, water and salt. Cook-stir about 10 minutes, or until caramel color, or 285-degrees on a thermometer. Remove from heat and stir in vanilla. Pour into a buttered 9 by 9 square pan. Put chocolate over the hot candy. When melted, spread over the toffee and sprinkle with nuts. Push the nuts into the chocolate. Cool. When cold, break into irregular pieces.

January is normally a whole new world for me, with only tomorrows and no yesterdays. But on December 18, 1972, on the icy streets, things turned out differently. Now I am in good old Billings Hospital with a very pinched sciatica. So I can't forget last year just yet.

However, there are more tomorrows than yesterdays in this year of 1973, and next month we have Chinese New Year and the Year of the Ox to live with. So we'll follow the Ox as we plough through Chinese goodies galore during February.

SUNDAY SUPPER

Nuts, Olives & Relishes

*Sole Fenix
Pommes de Terre Gaufrettes*

Broccoli — Fines Herbes Dressing

*Pecan Puffs
with
Ice Cream and
Caramel Wafers*

MEAL PLAN

Cocktails at 7—Dinner at 8

Dinner for Six

DAY BEFORE:

This is the easiest of all meals. Make everything but the sole the day before.

1. Make gaufrettes and keep in a pilot-heated oven to keep fresh. Or, if no gas oven, leave in a warm room.
2. Make Pecan Puffs. When cool put into a container.
3. Make Caramel wafers, cool, wrap and freeze.
4. Buy the ice cream.
5. Cook broccoli. Drain, and place on clean paper towel. Cover with damp paper towels, not wet, and cover with Saran. Refrigerate.
6. Make Fines Herbes Dressing. Pour into serving dish. Cover with Saran and refrigerate.

DAY OF THE PARTY—MORNING:

1. Put the house in order and set the table.
2. Tablecloths are an essential backdrop to display food on.
3. Remove ice cubes and make more.
4. Set up drink area.
5. Arrange cocktail foods in their serving dishes, cover and refrigerate what needs to be chilled.
6. Make martinis and let them age, recipe p. 3.
7. Keep cocktail foods simple, or you could serve steak tartare with onions.

AFTERNOON:

Whatever you didn't do the day before, or in the morning, do it now.

- 3:00—Make sole. Sauté shallots in a chunk of butter for 5 minutes. Add mushrooms and cook another 5 minutes to evaporate liquid. Add pate, salt and pepper. Mix, taste and adjust. Set aside.
- 5:00—Put wine into steel-lined copper fish pan or an enamel-coated one. Add a chunk of butter and heat to melt butter. Cool.
- 5:30—Add 2 fish fillets. Cover with shallot mixture and cover with remaining two fillets. Cover with a sheet of buttered foil. Set aside to keep it cool.
- 6:00—Make hollandaise cream sauce for fish. Cover and set aside.
- 7:00—Serve drinks.
- 7:30—Put broccoli on salad plates. Put sauce on table.
- 7:35—Put French bread on table.
- 7:40—Heat broiler.
- 7:45—Poach fillets for seven minutes.
- 7:55—Remove fish, spoon off juice and spoon over hollandaise sauce. Broil a few seconds to brown the top. Serve from pan to four. Add gaufrettes to each plate and maybe a radish rose for color.

POMMES de TERRE GAUFRETTES

(*French-fried Waffled Chips*)

6 Idaho potatoes Vegetable oil

Salt

1. Peel potatoes and put into cold water as they are peeled. Cut the potatoes on a French mandoline cutter, or with a special knife that makes waffle slices. Cut one slice, then turn potato $\frac{1}{4}$ way around and cut another slice. Repeat to make checkerboard effect in each slice.
2. Put slices into ice water for 10 minutes. Dry on terrycloth towels and fry in oil heated to 320 degrees for four minutes. Drain on paper towels and then fry a second time in oil heated to 390 degrees. Brown on the second cooking. Drain on paper towels and sprinkle with salt.

FINES HERBES MAYONNAISE

(*Seasoned Mayonnaise*)

2 hard-cooked egg whites	1 t dried sweet basil, or fresh
2 sliced shallots	1 t lemon juice
1 t Dijon-type mustard	1 T freshly-grated fennel root, or
1 T washed capers	of Pernod liqueur, or sherry
1 cup mayonnaise	$\frac{1}{2}$ t sugar
6 sprigs parsley	$\frac{1}{8}$ t pepper
1 T dried tarragon, or fresh	2 T creme fraiche

Put egg whites, shallots, mustard, and capers into blender container. Whirl on "chop" speed. Add half the Mayonnaise and remainder of ingredients down to the creme. Whirl to blend. Add remainder of Mayonnaise and creme. Blend. Pour into dish, cover, and refrigerate until very cold and set. Makes about $1\frac{1}{2}$ cups. Use within 1 week.

SOLE FENIX

Butter

- ¼ cup minced shallots, or onions
- 1 cup minced mushrooms
- 2 T pate de foie gras
- Salt and pepper to season
- ½ cup white wine (Moselle is the perfect wine for this dish. If you use something else, add a bit of sugar.)

1. Saute shallots for 5 minutes in a chunk of butter. Add mushrooms and cook another three minutes or until soft and moisture is evaporated from skillet.
2. Add pate, salt and pepper. Mix, taste and adjust seasonings. If you have an enameled cast-iron oval serving dish, now is the time to use it.
3. Melt a chunk of butter in the oval casserole. Add wine. Lay two fillets into skillet. Spread each with the pate mixture. Cover with remaining two fillets. Make sauce.
4. Heat the broiler. Place a sheet of buttered foil down tight over the fillets. Set a lid on the skillet. Bring to a simmer and poach seven minutes. Do not overcook; ten minutes would be too long.
5. Remove lid and foil. Spoon off juices. Spoon over enough sauce to glaze the fillets. Broil to brown. Serve with the remaining sauce.

CREAM HOLLANDAISE

Sauce:

- ½ pound butter
- 3 small egg yolks
- ¼ t salt
- ¼ t sugar
- Dash red pepper
- ⅛ t dry mustard
- Dash nutmeg
- 4 T boiling water
- 2 T lemon juice
- 4 T heavy cream



1. Cream butter until fluffy in small mixer bowl. Add eggs, one at a time, and beat. Add salt, sugar, red pepper, mustard and nutmeg. Add boiling water and lemon juice.
2. Pour mixture into heavy, small pan. Using a whisk, cook over low heat until thickened to the consistency of heavy cream, or until sauce coats a spoon.
3. Add cream. Spoon over sole. Broil to brown the top—but do not let it curdle.

Note: This sauce is delicious served with poached sea bass. After adding the cream, heat the sauce and then serve separately. Spoon over the fish as it is served.

CHOUX BROCOLIS BOUILLIS

(Boiled Broccoli)

2 - 3 pounds broccoli
4 quarts water

Salt
1 tablespoon sugar

Butter

1. If possible select broccoli with stalks no bigger than your thumb; but if stalks are larger, cut them in halves or in quarters. Allow 2 thumb-size stalks per serving.
2. Wash broccoli, then peel. Beginning at the bottom of each stalk, insert paring knife under the skin and pull it off in strips down to the head. Discard the leaves and tiny buds that come off with the skin. They are strong in flavor. Make clean, neat peeled stalks with just the heads remaining on the stalks.
3. Tie in handful-size bundles. Bring water, 2 tablespoons salt, sugar and chunk butter to a boil. Add broccoli bundles and blanch for 4 minutes after water returns to a boil. Cool by letting water run down side of pan to displace the hot water. Lift out, drain and blot on layers of paper towels. Cover with Saran and refrigerate overnight. Next day serve 3 or 4 stalks on salad plate with Fine Herbes dressing.

CARAMEL WAFERS

Last month I gave you a recipe for Karamelly Korn. Make the same sirup, but instead of pouring it on popped corn, in its cooked condition put teaspoons full of the caramel onto buttered cooky sheets and set into a preheated 375 degree oven for about 5 minutes or until they run into thin round patties. Place far apart on the cooky sheet. Cool on cooky sheet slightly, and then lift off to a wire rack. This is tricky. If too cold they break, if too hot they jam up. You'll learn.

The ones you goof on use to sprinkle over ice cream. The perfect ones, stand in ice cream to serve. These freeze well. Wrap each one individually in Saran, so as not to break, then pack in a box ready to use. Make them a freezer staple.

COOK'S CUPBOARD

Since the Christmas issue many of you have requested candy and cooky recipes of me. Here are more, and don't forget that little children can very safely stuff dates with nuts after you have removed the pits. They love to roll them in colored sugars, so either buy them or make some. If you don't know how—write and I'll explain.

Many of you also called saying you didn't get the meal plan. I did not include the plan because I thought the meals too simple—I will not goof again. You'll have your meal plans.

CANDY SNOWBALLS

Fun for kids 8-10 to make, but with Mother around.

18 large-size marshmallows
18 English walnut halves
1 pkg. shredded cocoanut

1. Put marshmallows into top of double boiler. Fill bottom part of boiler with about two inches of water.
2. Set top into bottom, cover to heat until marshmallows are totally melted.
3. Put cocoanut into dish and fluff it with a fork until ready to use.
4. Drop one or two walnut halves into the melted marshmallows, and then lift out and place in the cocoanut. Roll around to completely cover. Place on cake rack and let cool. Makes about 20.

PECAN PUFFS

These little cookies are known to the Greeks as Kourabiethes; to the Mexicans as Polvorones and to the Germans as Halbmonde. Regardless of what they are called, they are delicate, delicious and they will drop their sugar all over you.

¼ lb. salted butter, plus 1 T	¼ t baking powder
¼ cup conf. sugar	1 cup flour, plus
1 small egg yolk	1 cup finely chopped pecans
¼ t vanilla	Rose or Orange water (optional)
2 t anisette or Cognac	Confectioners' sugar

1. In a mixer, cream butter until it is very light and fluffy. Add ¼ cup conf. sugar. Beat. Add yolk, vanilla and anisette.
2. Stir the baking powder into the 1 cup of measured flour. (It is not necessary to sift it.) Mix well and add the nuts. Add more flour to make it a soft, yet pliable, dough that will not stick to your hands.
3. Shape dough into 1-inch balls and place them about one inch apart on a teflon-coated, or lightly buttered cooky sheet.
4. Cover another cooky sheet, the same size, with foil. Set the cooky sheet with the cookies on this, and bake the cookies in a 325-degree oven for about 20 minutes. It is necessary to insulate the bottom of the cooky sheet with foil and another cooky sheet so that the cookies do not brown at all on the bottom, and do not let them brown on top.
5. Sift a ⅛-inch layer of confectioners' sugar on a sheet of foil. When the cookies are done, lift them off the cooky sheet and set them in the sugar. Sprinkle with rose water if you have it, then sift lots more sugar over the cookies and let them cool. When cool, place in crinkle paper candy cups (available in places like Kroch's party department where fancy paper plates, etc., are sold). Makes about three dozen.

THE BEST OF ALL POPOVERS

Peanut oil
2 large whole eggs
½ t salt
1 cup unsifted flour
1 cup milk

1. Preheat oven to 450 degrees and only then mix the popovers.
2. For 6-inch high popovers use 3-inch high muffin cups or you can buy metal bell pans used for making chocolate bells and they are perfect with their round bottoms. Grease these six cups well with peanut oil. *Do not* preheat.
3. Put eggs into a medium-sized mixing bowl. Add salt and with a wire whisk mix together, but do not beat light or fluffy. Just combine yolks and whites.
4. Add all the flour and a bit of milk to mix. At this point beat out all lumps. Then add balance of milk, mix well—do not beat.
5. Pour into cool, oiled cups to 2/3 full. Bake at 450 degrees for 25 minutes. Reduce heat and cook another 15 minutes. Serve hot with butter and strawberry preserves.

Note: These can be made in advance and frozen. To do so remove immediately from pans and punch full of holes with an ice pick to allow steam to escape and cool on cake racks. When cold, package and freeze. To rewarm, put frozen onto the wire rack of a 350-degree oven to heat for about 15 minutes. (Not as good as when fresh, but better than not having them.)

OLD FASHIONED FUDGE

2 cups sugar	1 cup milk
4 T Droste cocoa	1 T white corn sirup
$\frac{1}{8}$ t salt	Chunk butter
$\frac{1}{2}$ cup cream	1 t vanilla

1. Put sugar, cocoa and salt into saucepan. Mash together to break up lumps of cocoa.
2. Add bit of cream to make a paste. Continue to mash out lumps of cocoa. Add balance of cream.
3. Add milk, sirup and butter. Stir continuously until starting to boil. Once boiling, stop stirring. Reduce heat to a simmer and cook about 40 minutes.
4. While fudge cooks, butter a 9-inch square cake pan, or a platter.
5. To test for doneness, drop a few drops from a spoon into very cold water. If the ball is soft, cook a few minutes longer. The texture or the feel of the ball in the cold water should be soft within, but with a slightly firm exterior. Learn to make this by feel, and not with a thermometer.
6. Take from fire and add vanilla. (At this point add $\frac{1}{2}$ cup chopped pecans, if you wish). Set aside and let it cool down to warm. Then start beating until it is cool and creamy.
7. Just before the fudge is ready to pour, you will notice a change in color from dark to light. At this point pour into buttered pan.
8. When fudge has set, mark it with a knife into 1-inch squares. Cut squares apart when cool to serve. Makes about 80, 1-inch squares.

Note: If you overcook the fudge and it seems hard, fine—it will be even better. Once overcooked, take a fourth of it at a time, and work it with buttered hands with a few drops of water. Then roll into balls and place a pecan on top. Makes about 80 balls.

DILLY CASSEROLE BREAD

1 pkg. active dry yeast
$\frac{1}{4}$ cup warm water
1 cup creamed cottage cheese, heated to just warm
2 T sugar
1 T instant minced onion
1 T melted butter
1 T dill seeds
1 t salt
$\frac{1}{4}$ t soda
1 egg, unbeaten
$2\frac{1}{4}$ to $2\frac{1}{2}$ cups flour
Melted butter
Coarse salt

1. Soften yeast in warm water. Combine cottage cheese, sugar, onion, 1 T butter, dill seeds, 1 t salt, soda, egg and softened yeast in mixing bowl. Add flour to form a stiff dough. Beat well.
2. Cover dough. Let rise in warm spot until light and doubled in size, about 60 minutes. Stir down dough. Turn into well-greased 8-inch casserole. Let rise in warm spot until light, about 40 minutes.
3. Bake in 350-degree oven for about 40 minutes, or until browned. Brush with melted butter and sprinkle with salt. Makes 1 round loaf.

* * * *

I promised last month to have the exotic Bouillabaise of Madrid's Fenix Hotel ready for your eating pleasure. It seems, and is, lengthy in ingredients; but it is not difficult or too time-consuming for a total meal:

ZARZUELA CATALANA

16 mussels, cleaned	½ cup blanched almonds,
12 small clams, cleaned	pulverized in mortar & pestle
1 (1½ lb.) live lobster	¼ t saffron threads
16 large-sized raw shrimp	1 t sugar
4 T olive oil	1 t salt
2 large onions, minced	¼ t freshly ground pepper
4 large cloves garlic, minced	1 bay leaf
1 red pepper, minced	2 cups water
1 green pepper, minced	1½ cups dry Vermouth
2 T minced proscuito or ham	1 T fresh lemon juice
1 (1-lb. 12-oz.) can Italian plum tomatoes	½ lb. sea scallops
¼ t soda	King Crab legs
¼ cup Madeira	¼ cup Pernod

1. Scrub mussels and clams, removing all beards and barnacles. Put them into a pan of cold water with a handful of flour. Let them eat away which cleanses them until they are ready to be used.
2. Kill lobster (see page 77). Cut off tail section from body. Cut tail down the middle and lift out transparent vein. Cut into 1-inch pieces. Put on plate.
3. Cut, or break off, the claws. Crack each with a mallet. Pour any juice into the plate with the claws.
4. Cut body in half. Leave little legs attached. Discard stomach in the head and the vein that would continue into the tail. Leave the greenish liver (called tomalley in a lobster) and the roe, if there is any. Put onto plate.
5. Cut shrimp, in their shells, down the back and lift out the vein without shelling them. Put on plate.
6. Heat oil in large kettle, add onions, garlic, red and green peppers. Cook and stir about five minutes. Add proscuito and saute 1 minute.
7. Cut the tomatoes in half and try to remove as many seeds as possible. Mash rest of tomato up and add to pan. Add the juice from the can, too. Add the soda which kills the tartness of the tomatoes, and the Madeira. Stir and cook.
8. Mash almonds in mortar and pestle to a powder. Add saffron shreds and sugar, which will help to grind the whole together. (Almonds are the thickening agent in this recipe and make it most unusual.) Add the salt, pepper and bay leaf and cook about 30 minutes or until reduced and thick.
9. Add the water, vermouth (or white wine) and lemon juice. Cook ten minutes, add lobster and shrimps to kettle. Cook five minutes.
10. Drain mussels and clams and wash off flour. Pull off all beards. Put back into pan with ¼ cup vermouth and bring to a boil. Steam about six minutes. Add clams and mussels to kettle. Strain liquids through cheesecloth and add to kettle.
11. Cut scallops horizontally in half. Wash in water and add to kettle. Cook three minutes. At last moment add King Crab legs.
12. Pour over pernod and set afire. Serve from the cooking kettle. (The Marmite pan is perfect for this). Serve with French bread to about 8.

FUN WINE

The ingredients and idea for this recipe came to me through a conversation I once had with a German gardener while he was eating his lunch and drinking his bottle of home-made wine. With the recent craze for wine-making at home, I decided to see if my notes of long ago would work.

The results follow, but before I recommend that this become a family project, know that I don't know the potency of the brew. Some of my good friends at the University of Chicago are checking on its alcoholic content, and I shall report next month before drinking it. The wine is sweet, tasty, and my mother loves it.

Before you decide to make it, you will need a one-gallon jug and a very large-sized balloon. I bought a gallon of vinegar and poured the vinegar into empty quart soda bottles with screw caps. (It's not necessary to wash the vinegar bottle.) The balloon I found in the dime store, three large ones for twenty-nine cents. Be sure the balloons are big, or they will burst as the gas fermentation from the wine inflates them.

My German gardener's wine was made from grape juice from his own grapes, but I find Welch's unsweetened juice works the best of the varieties available on our markets.

- 1 qt. Welch's unsweetened grape juice
- 1 cup sherry
- Dash salt
- 4 cups sugar
- 3 cups water
- $\frac{1}{4}$ t dry yeast
- 2 T very warm water
- Water

1. Pour grape juice and sherry into a one-gallon jug. Combine salt, sugar and water in a saucepan. Heat and stir to dissolve the sugar. Cool.
2. Dissolve the yeast in very warm tap water (110 degrees). Add to jug. Add cooled sugar-water sirup and fill jug with water to $\frac{1}{2}$ -inch below the neck of the jug.
3. Stretch the mouth of the balloon over the top of the jug. Secure the balloon in place with freezer or plastic tape, making it air-tight. Set jug, with its balloon closure, in a warm place away from drafts. In about 12 hours the balloon will be inflated and will remain so as long as the fermentation of the wine continues.
4. After about 4 weeks, filter the wine through Chemex (coffee filters) papers and bottle in carbonated beverage bottles with screw caps. Leave about 4 inches of air-space in each bottle. Drink immediately, or let it age. Makes about 4 quarts.

CULINARY CRYPTIC CONTEST

No one has broken our code yet—please get busy. Page 68 is the original, which reads:

"Jhqe Pmyn Othm Pvai Hhdw Vbpi Bgub Onot Hmpv Ajbn Gpam"
Rmne Ebpo Bub Mng

Now here is solution number one. The words are now arranged in the same number of letters as they actually are. It is easy.

"Jhqepmy no thm pva ihld wvbp lbgubo no Thm pva Jbngpam"
Rmneebp Obubmng

POTATO VOL-A-VENTS

- 3 large red potatoes
- 1 qt. cold water
- 2 ts salt
- oil for frying

1. Peel potatoes. Cut into 1-inch thick slices. With a round cutter, make outside edges straight. Then, using a smaller cutter, make a center ring $\frac{3}{4}$ -inch deep, thus making an outside ring of about $\frac{1}{2}$ inch. Do not cut through the bottom of the potato slice. You are trying to create a vol-a-vent.
2. Put these into cold water seasoned with salt. Bring to a boil. Cook about three minutes, or until just tender. Stick the center to test for doneness and not the outside shell.
3. When done, lift from the water to a bowl of cold water to stop the cooking. Lift out and drain on paper towels. Carefully using a teaspoon, or melon baller, or a knife, cut out the center circle, leaving a potato shell.
4. Fry in oil heated to 375 degrees. Brown, and then drain on paper towels. Fill with any creamed vegetable, or fill with creamed turkey or other meats or seafoods. Make one potato shell per person.

CREAMED CUCUMBERS

- 4 large cucumbers
- 1 qt. water
- 2 ts salt
- 1 t sugar

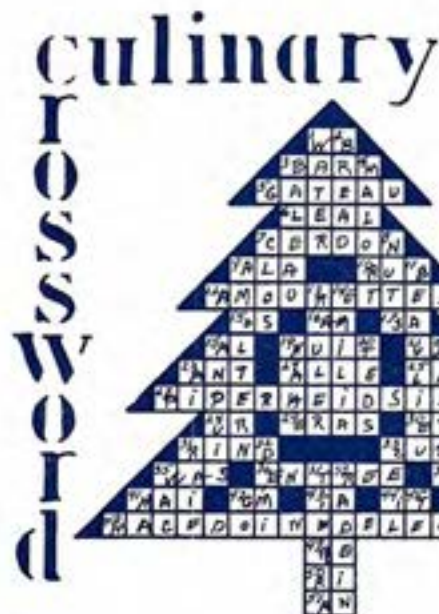
Sauce:

- Chunk butter
- 1 small onion, minced
- 3 Ts flour
- 1 cup milk
- $\frac{1}{4}$ cup cream
- Dash nutmeg
- Salt and pepper to taste
- 1 T sherry



1. Peel cucumbers and cut lengthwise into quarters. Cut off seeds and discard. Soak in ice water for 15 minutes.
2. Bring water, salt and sugar to a boil. Add cucumbers and cook about three minutes, or until just tender. Drain, cool in cold running water, and then cut into small cubes.
3. Melt a chunk of butter in a skillet. Add onions and saute until tender, but do not brown. Add flour and cook one minute. Add milk and cream. Stir until thickened. Season with nutmeg, salt and pepper.
4. Add cucumbers and sherry. Heat. Adjust thickness with *buerre manie*; if too thick, thin with cream and sherry. Adjust seasonings if necessary. Fill potato vol-au-vents and serve.

Idea: Serve Cucumber vol-a-vents with slice of broiled ham for brunch.



CHINESE FRIED WON TONS

- ¼ lb. ground pork
- 4 raw shrimp, cleaned and minced
- 3 water chestnuts, minced
- 2 dried black mushrooms, soaked and minced
- 1 T minced green onions
- ¼ t salt
- Dash pepper, sugar and MSG
- Drop of Sesame oil
- 1 t peanut butter
- Won Ton Wrappers (bought)
- Peanut oil for frying

1. Combine all ingredients down to won ton wrappers. (Buy wrappers in Chinatown and keep them frozen and on hand. They have many uses.) Let mixture age at least one hour.
2. Put a "dab" of mixture on a corner of the square wrapper. Fold to center, then fold corners back around your middle finger, overlapping dough. Seal with a mixture of ½ t cornstarch and 1 T water.
3. French fry in oil heated to 360-degrees until brown. Serve with plum sauce, p. 13 and hot mustard sauce. Makes about 4 dozens. Do not put too much stuffing in, or they will unwrap themselves as they cook.

Chinese New Year began on February 2. In Chinatowns across the nation, the celebration began with firecrackers, parades, and the awesome dragon dance ushered out the year of the Boar and welcomed the year of the Ox.

For the Chinese, February is the time of the year when the "kitchen god" comes out of his hiding place and sits in a place of honor. There he silently assesses the good and bad of individual family members and then reports to their ancestors when he ascends to heaven.

And the family, wanting his report to be good, presents him with fancy foods and lots of sweets made sticky with honey. The family hopes the sweets will keep the kitchen god's mouth sweet and shut, and that he tells only good things about their behavior.

And while you may not have a kitchen god to report on you, you will get a good report from your earth-bound family when you serve these Chinese recipes.

SIMPLE CHINESE MENU

Barbecued Pork
Plum Sauce
Hot Mustard

Stuffed Mushrooms
Vegetables No. 1
Chicken with Nuts
Rice

Won Ton Soup
Almond Cookies

MEAL PLAN

Cocktails at 7—Supper at 8

Four persons

DAY OF PARTY—MORNING

1. Make, or buy the barbecued pork in Chinatown. Try to keep it frozen and on hand. Thaw before slicing and serve at room temperature.
2. Set table with Chinese accessories, chopsticks, etc. if you have them.
3. Mix the plum sauce, p. 13. Make mustard sauce, cover and refrigerate ready to use.
4. Make rich stock, cool and refrigerate.
5. Make the cookies, or do the day before.

AFTERNOON

- 1:00—Soak dry mushrooms.
Prepare stuffing and fill mushrooms. Cover and refrigerate.
- 2:00—Make Won Ton. Remove fat from top of rich stock. Refrigerate again.
Prepare vegetable dish, cover and refrigerate.
Prepare all parts of chicken dish. Cover and refrigerate.
- 5:00—Slice barbecued pork and arrange on serving plate. Put sauces into serving dishes, cover and let come to room temperature.
- 5:30—Take vegetables, mushrooms and chicken plates from refrigerator.
- 7:00—Serve drinks and barbecued pork.
- 7:20—Put rice on to cook. Turn down before returning to cocktail area and let cook done over low heat.
- 7:30—Put mushrooms on to steam.
- 7:50—Stir-cook vegetables, check rice. Serve vegetables with mushrooms. Serve rice. Put broth on to heat.
Cook the chicken dish when you're ready for it—only takes about four minutes.
- 8:20—Add won tons to broth and cook about 10 minutes when you are ready for the soup. Simmer, do not boil. Serve when done, some people like to eat soup along with the meal—it's very Chinese.

CHINESE MEAL PLANNING

One large dish will normally serve two people, but you will not have contrast or texture in the meal.

Three large dishes will normally serve four persons. A dinner for six people should have a minimum of four or five dishes and a soup.

When planning a Chinese meal it will make life easier for you, providing you do not have help, if you will serve a French-fried cocktail food such as Shrimp Toast, or bought Barbecued Pork. Then while eating this let a dish steam cook which will be the first dish served—something like Pearly Meat Balls. Follow the steamed foods with poached foods, such as Soy Chicken, p. 27, and then make the stir-fried dishes. In Chinese fashion the soup is always served last, or during the meal and guests help themselves to it whenever they want it.

The cutting of all stir-fried dishes will be done in advance. Do not make a dinner of all stir-fried dishes or you will be cutting vegetables and meat for days before the party. And limit a Chinese meal to not more than six persons. For your information, Chinese restaurants have about four helpers for every Chef.

The Culinary Cryptic Contest has been won by:

Mrs. Joan Korach of Chicago. The answer to the puzzle was:

"Poultry is for the cook what canvas is for the painter."

Brillat Savarin

CHINESE MUSTARD

4 T's Coleman's dry mustard

2 T's cold water

1 t sherry

Put mustard in a cup and add cold water. Stir into a smooth paste. Add sherry and enough boiling water to thin down the sauce. Let guests help themselves to this. It is really hot!

BARBECUED PORK

2 lbs. lean shoulder pork, or pork tenderloin

Marinade:

4 Ts soy sauce	2 Ts Honey
2 Ts catsup	1 T peanut oil
1 T Hoisin sauce	1 T sugar
2 Ts white vinegar	2 cloves garlic, minced
1 T Mirin, or sherry	1/8 inch ginger, minced

1. Cut pork lengthwise into pieces that look like pork tenderloin, or about 2-inches in depth and the length of the piece of meat.
2. Combine marinade ingredients. Add pork strips. Marinate overnight in refrigerator, or 4 hours at room temperature.

To cook: Move 1 oven rack to the highest level in the oven. Remove the bottom rack. Set a large pan of water on the floor of the oven. Take two coat hangers and bend the hook 1/4 way around so they will hang on the upper rack in the oven. Now place the marinated pork on a wire cake rack and place the rack on the wires of the two hangers. Turn the oven on and set at 375-degrees. Roast for 45 minutes. Then increase heat to 450-degrees and roast about 15 minutes, or until browned. Slice thin and serve with plum and mustard sauces.

Note: I use a cake rack for the pork because it is easier to wash than the oven racks. If you have a self-cleaning oven, place the pork directly on the oven rack and then clean the oven.

YOK GOK GEE DING

(Chicken with Nuts)

2 whole chicken breasts	Peanut oil for deep frying nuts
1 T cornstarch	2 slices fresh ginger, minced
1/2 t salt	1 T Hoisin sauce
4 t gingered sherry*	1 T stock
1/2 t sugar	3 T peanut oil
8 waterchestnuts	Shredded green onions
2 T preserved ginger	
1 cup raw Cashews	

1. Skin, debone and cut chicken into slices 1 by 1/2-inches. Mix together cornstarch, salt, sherry and sugar. Add the chicken pieces and let marinate.
2. Cut waterchestnuts into thin slices and then into strips ready to use. Cut preserved ginger into Julienne strips. Add to plate ready to use.
3. Boil cashews in salted water for 1 minute. Lift out and dry on paper towels. Toast in peanut oil heated to 280 degrees for about 2 minutes. Lift out and drain on paper towels. Lightly toast under the broiler, letting a few nuts get really dark brown.
4. Mince the ginger and put on plate ready to use. Combine the Hoisin and stock in a cup.
5. Heat the wok. Add 3 T oil. Add fresh ginger and then the marinated chicken pieces. Stir-cook until chicken turns white, or about 3 minutes. Add preserved ginger and waterchestnuts. Stir-cook 1 minute. Add toasted nuts then Hoisin and stock mixture. Heat, toss and spoon into serving dish. Garnish with shredded onions.

*Gingered sherry—Put about 8 slices of peeled fresh ginger into 1 cup of sherry and let soak for 2 or 3 days. Refrigerate until needed.

STUFFED MUSHROOMS

12 large dry mushroom caps

Stuffing:

3 T minced waterchestnuts	½ cup diced raw chicken breast
3 T minced bamboo	½ t MSG
3 green onions, minced	2 T cornstarch
½ t salt	2 egg whites
2 t sherry	Sesame oil
½ lb. crab fingers or raw shrimp, diced	

1. Soak mushrooms in hot tap water for 30 minutes. Drain after 15 minutes and save the water to cook with, or freeze and use later. Soak mushrooms in very hot tap water another 15 minutes. When soft, cut out hard stem, leaving the cap whole.
2. Combine all ingredients up to sesame oil, and stuff into softened caps.
3. Coat a dish, one that can be used for steaming, with a bit of Sesame oil. Add the filled mushrooms. Steam for about 20 minutes. Serve from dish, and accompany with Vegetables No. 1. Recipe follows.

Note: If using fresh mushrooms, simply wash and then dice the stems into the filling. Stuff and simmer about 20 minutes.

HOW TO COOK RICE

2 cups rice
3 cups cold water
1 t salt, or not, as you like

1. Wash rice (Chinese long grain) repeatedly until water runs clear. Drain.
2. Cover with 3 cups cold water and let stand all afternoon, or a few hours before dinner.
3. Put rice on to cook. Add salt if you wish, though I never salt rice when it is served with Chinese foods. The rice tastes better when seasoned with the sauces from the foods.
4. Let the rice boil hard, uncovered, until little holes appear all over the top of the rice. Then cover, reduce heat to low and let rice steam-cook about fifteen minutes. Do not remove the lid. All the water should be evaporated and the rice dry. It will keep indefinitely over low heat. Fluff it with a fork and serve in individual bowls.

RICH CHICKEN BROTH

8 cups canned chicken broth	2 sprigs coriander or parsley
1 lb. chicken backs and wings	1 branch celery, whole
Pork and beef bones	1 large onion, whole
Water from soaking mushrooms	1 carrot, quartered
1 t sugar	4 green onions, diced
1 T soy sauce	

1. Put everything but green onions into a large kettle. Simmer for about 3 hours. Add water as it is necessary.
2. Remove all cooked meat from the bones. Discard the bones and skin. Strain broth and then pour it through several layers of cheesecloth to remove particles. Pour into a clean pan.
3. Add won tons and cook 10 minutes. Pour into a tureen and garnish with diced green onions.

Note: For a really simple soup, shred the cooked chicken into the broth and garnish with green onion.

WON TON SOUP

- Rich stock
- ¼ lb. ground pork
- 4 raw shrimp, cleaned and diced
- 3 waterchestnuts, minced
- 2 large dry black mushrooms, soaked and minced
- 1 T minced green onions
- ¼ t salt
- Dash pepper, sugar and MSG
- 1 t peanut butter
- ¼ t sesame oil
- ½ t cornstarch
- 1 T cold water
- 24 Won ton wrappers (bought)
- 3 T minced green onions

1. Make a rich chicken broth. Recipe page 94.
2. Combine ingredients, down to the cornstarch. Age the mixture several hours in the refrigerator. Combine cornstarch and water.
3. Stuff won ton wrappers. Put a small "dab" on one corner of a 2-inch square wrapper. Fold corner of dough over filling and then fold again to the middle. With your finger baste the kitty-cornered ends with the cornstarch mixture. Wrap these ends around your middle finger and seal.
4. Place won tons on a plate. Do not cover, let them dry a bit. Cook about ten minutes in the broth. Serve in tureen garnished with green onions. Let guests help themselves.

CHINESE VEGETABLES NO. 1

- ¼-inch ginger, minced
- 1 clove garlic, minced
- 2 cups bok choy (Chinese cabbage)
- 2 cups bean sprouts

Sauce:

- ½ t MSG
- 1 T cornstarch
- ½ cup chicken broth

To fry:

- 2 T peanut oil
- 1 t sesame seed oil
- 2 T heavy soy sauce
- 2 green onions, shredded

1. Mince the ginger and garlic and put it on a plate ready to use. Cut the bok choy into diagonal ½-inch slices. Add to the plate. Add the bean sprouts.
2. Mix the sauce ingredients in a cup ready to use.
3. Heat wok to very hot. Add the oils and heat. Add the ginger and garlic. Cook 30 seconds. Add the bok choy and bean sprouts. Stir-cook 2 minutes. Add the soy sauce and toss. Thicken with the sauce ingredients. Stir-cook until thick.
4. Spoon into a serving dish and garnish with shredded onions.



ALMOND COOKIES

1 cup lard (no substitutions)	1 egg
1½ cups sugar	1 yolk
¾ cups sifted flour	1 t almond extract
½ t salt	1 t vanilla extract
1 t baking powder	1 T water, if needed
	¼ cup bitter almond halves

1. Cream together lard and sugar. Sift together flour, salt and baking powder. Add egg, yolk and extracts. Add sifted dry ingredients. Mix well. Add a bit of water if mixture seems too heavy. It must be heavy enough so that the edges of the cookies crack when the ball of dough is flattened.
 2. Knead the dough with your hands a few times. Shape into 1-inch balls and place on teflon-coated cookie sheets or sheets that are lightly greased. Press cookies flat to a thickness of ⅜ inch. Top with a half almond. Bake at 350-degrees for about 15 minutes, or until lightly browned. Makes about 3 dozens.
- Note:* Bitter almonds are available at Chinese grocers, or fancy food stores.

SHRIMP TOAST

(French-Fried)

This recipe is seafood magic. For me, it is the best of all cocktail foods.

½ lb. raw jumbo shrimp, diced
¼ t salt
Dash pepper
1 t minced ginger
2 t sweet Masala wine, or Mirin
½ t soy sauce
2 t minced coriander or parsley
2 T minced waterchestnuts
¼ t MSG
2 t cornstarch
2 small egg whites
6 slices firm-type bread
Black sesame seeds
Peanut oil for French-frying



1. Cut shrimp into very small, minced pieces. Combine in a bowl with salt, pepper, ginger, wine, soy, parsley, waterchestnuts, MSG and cornstarch. Mix well.
2. Whip egg whites together just to combine them. Pour into shrimp mixture. Beat together and let set while preparing the bread. (This can be made early in the day, covered and refrigerated ready to use.)
3. Cut crusts from bread and cut each slice into 4 square pieces. Cover with Saran ready to use.
4. When ready to cook and serve, have shrimp mixture at room temperature; have sesame seeds on a small plate; have oil heated to 380 degrees and bread uncovered.
5. With a coffee teaspoon, spread shrimp mixture onto each square of bread then sprinkle with sesame seeds. (If you do not have, or cannot get, black sesame seeds, use the white which are readily available.) Place shrimp coated bread seed-side down in the hot oil. Cook about half a minute, turn them over and brown the bread. When nicely browned lift out and drain on paper towels. Makes 24. Serve with plum and mustard sauces.

PEARLY MEAT BALLS

(Steamed)

6 T glutinous rice	1 very small egg, or 1/2 of a large egg
1 t salt	2 t sherry
1 lb. pork shoulder, ground	1/2 t sugar
1 green onion, minced	1 T soy
3 dry black mushrooms, soaked and minced	1 T cornstarch
8 waterchestnuts, minced	1/2 t MSG
3 T minced bamboo	1 T water
1/2 t fresh minced ginger	Sesame oil
Pinch of 5-seasonings, or omit	

Sauce:

- 5 T soy sauce (heavy)
- 3 T white vinegar
- 2 T mirin or sherry

- Soak rice in 3 cups of water for 45 minutes. (Regular rice may be substituted, but it is not as good.) Drain and mix with the salt.
- Mix everything down to the sesame oil. Blend and shape into 1-inch balls. Roll the meat balls in the soaked rice. Coat a plate that can be steamed with sesame oil. Place rice-coated meat balls on the plate. Cover tight with foil and steam 30 minutes.
- Combine sauce ingredients. Serve meat balls with the sauce in a separate dish. Dunk the meat balls and then eat them.

Note: Meat mixture may also be stuffed into soaked black mushrooms and then steamed, or make both kinds. These are delicious.

SHRIMPS IN LOBSTER SAUCE

(Stir-fried)

- 1 lb. raw, medium-sized shrimp
- 2 eggs

Sauce:

- 1 t sugar
- 2 T cornstarch
- 1 t salty beans, washed and crushed
- 1 t MSG
- 1 T light soy sauce
- 1 T dark soy
- 1 cup chicken stock

To Fry:

- 1/4 t salt
- 2 T peanut oil
- 1/2-inch fresh ginger, minced
- 2 cloves garlic, minced
- 1/4 lb. ground pork
- 3 T sherry
- 6 green onions, cut in 1-inch lengths
- 2 green onions, shredded

- Shell, devein and cut shrimp down thick part of back and open flat. Do not cut through the tail, just to it. You are trying to make the thickness of the shrimp the same throughout. Break eggs into a bowl ready to beat and use.
- Mix together the sauce ingredients ready to use.
- When rice is cooked and you are ready to eat, cook the dish. Heat the wok, or skillet. Add salt, then oil, ginger and garlic. Cook 1/2 minute. Add the pork. Stir-fry 2 minutes. Add sherry, cover and cook 1 minute. Add the 6 green onions and the shrimp. Stir-cook 2 minutes. Add sauce ingredients. Stir-cook until thickened.
- Beat eggs 10 strokes with a fork. Pour over shrimp and stir into shrimp. Cover and turn off heat. Let set 2 minutes. Spoon into serving dish. Serve with rice to two, or it will serve more along with other dishes.

WHERE TO BUY CHINESE FOODS AND EQUIPMENT

The following stores, arranged by cities, say they will ship foods. I would query them first and get a price on the items you want. I would also appreciate your sending me any stores in your area that are good.

Chicago:

Star Market
3349 North Clark St.
Chicago, Ill. 60657
Open 7 days a week and Sunday until 3 o'clock. They deliver on the north side and to Evanston every day. (GR 2-2184).

Oriental Food Market*

7411 N. Clark
Chicago, 60626
Not open on Sundays and they do not deliver. They also have foods from the Philippines, Japan, Korea and Thailand. (274-2826). *They will not ship items, but have everything, which should be helpful to north siders.

Shiroma

1058 West Argyle St.
Chicago, 60640
Closed on Tuesdays and have a price list upon request. (LO 1-5794).

Kam Shing Co.

2246 S. Wentworth St.
Chicago, 60616
Closed on Tuesdays and will send a catalogue upon written request. (225-1115). They have equipment and food.

California:

Manley Produce
1101 Grant Ave.
San Francisco, Calif. 94133
(415 - 982-1490)

Shing Chong & Co.
800 Grant Ave.
San Francisco, Calif. 94108
(415 - YU 2-0949)

Gim Fat Co.
953 Grant Ave.
San Francisco, Calif. 94133
(415 - 982-1942)

Kwong On Lung Co.
686 North Spring St.
Los Angeles, Calif. 90012
(213 - 628-1069)

Wing Chong Jung Co
922 S. San Pedro St.
Los Angeles, Calif. 90015
(213 - 627-5935)

Houston:

Oriental Import-Export Co.
2009 Polk St.
Houston, Texas 77002
(713 - CA 3-5621)

New York:

Eastern Trading Co.
2801 Broadway
New York, N. Y. 10025
(212 - MO 6-6644)

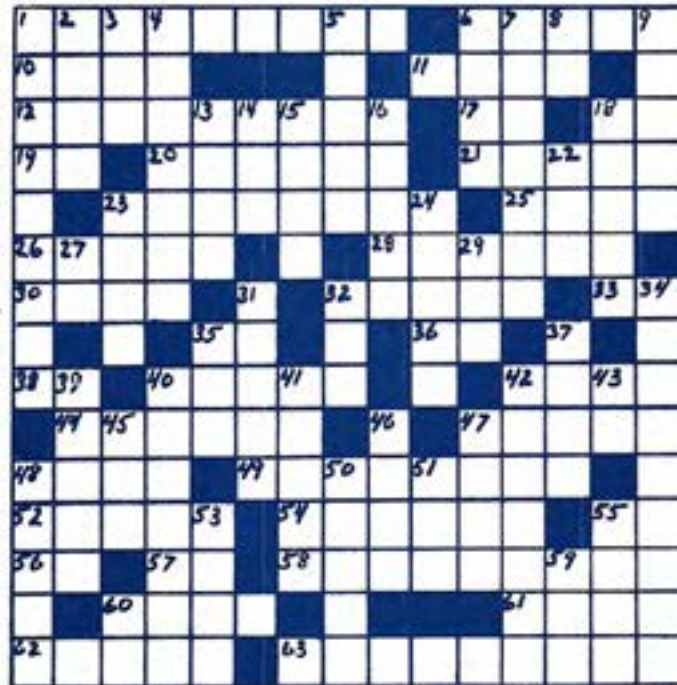
Wing Fat Co.
33-35 Mott St.
New York, N. Y. 10013
(212 - WO 2-0433)

Yuet Hing Market Inc.
23 Pell St.
New York, N. Y. 10013
(212 - WO 2-7436)

Mon Fong Wo Co.
36 Pell St.
New York, N. Y. 10013
(212 - WO 2-5418)

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Italian appetizer
- 6) Clear molded salad that often has vegetables in it
- 10) Presently
- 11) French wine which, when applied to Champagne indicates that it is dry
- 12) We eat jams, jellies and _____
- 17) Atlantic & Pacific Food Co. (abbr.)
- 18) _____ Tittle, a football player (abbr.)
- 19) Anno Domini (abbr.)
- 20) Trout, (Fr.)
- 21) The root of this plant is used in making pipes
- 23) Underdone, as for meat (Fr.)
- 25) Exclamation
- 26) Solitary

DOWN

- 1) This vegetable is good served with Hollandaise sauce
- 2) North (Fr.)
- 3) Part of foot
- 4) In the supermarket, one can find _____ coffee or _____ breakfast for hurried mornings
- 5) Greek letter
- 6) Arabic-speaking native
- 7) Veloute sauce plus whipping cream and creme fraiche
- 8) Patrol Torpedo boat (abbr.)
- 9) Swiss _____ is a spinach-like vegetable
- 13) A Great Lake
- 14) Floor covering
- 15) Wines (Fr.)

ACROSS

- 28) Ragout made from game (Fr.)
 30) Taste (Fr.)
 32) Gelatin coating (Fr.)
 33) Scottish historian and essayist, 1795-1881 initials
 35) American automobile manufacturer (initials)
 36) Conjunction (Fr.)
 38) Two letters preceding ships name
 40) Native of Burma, or China or Far East, or certain other countries is called this
 42) Money lent to a person is a _____
 44) Mexican food steamed in corn husks
 47) Castrated chicken
 48) _____ Lisa
 49) Veal steak; _____ de veau (Fr.)
 52) Part of stove used for baking and roasting in (PL)
 54) Bird for which Baltimore's baseball team is named
 55) Initials of "Alma's" husband
 56) Cerium (Chem.)
 57) District Attorney (abbr.)
 58) Ice cream flavored by this nut is usually green
 60) Coffee served after dinner is often _____ tasse (Fr.)
 61) Part of car that is used to warn others of your presence
 62) The flavor of the root and stalk of fennel is _____
 63) Italian dish made with long, thin noodles, and often tomato sauce, meat and cheese

DOWN

- 16) Each of hearing, seeing, touching, smelling and tasting is a _____
 18) The bacterial action of _____ makes bread rise
 22) Gaudeamus _____ Tur
 23) Sweet and _____ pork is a popular Chinese dish
 24) Coin issued in various parts of Germany during 15th-19th centuries
 27) "_____ and behold!"
 29) Allow
 31) Facial expression reflecting happiness
 32) Alcoholic beverage
 34) Hollow cylindrical Italian noodle
 35) Girl Scouts of America (abbr.)
 37) Thick, heavy string
 39) Major appliance
 40) Almonds (Fr.)
 41) Writer of fables
 42) Aller a _____; to go fishing (Fr. 2 words)
 43) Account of (abbr.)
 45) Donkey (Fr.)
 46) Raised platform
 47) Popular brown carbonated beverage
 48) Mixture of coffee and chocolate produces this flavor
 50) Bacon is usually cooked until it is _____
 51) A nephew of Abraham
 53) Identical
 55) Soil
 59) An onion and a stove may each be "_____"
 60) Drill instructor (abbr.)



WINE REPORT

My friends at the University of Chicago report that my "Fun Wine" carries a wallop of about 14% alcohol.

March is a hopeful month. As we walk through streets dirty with the dregs of winter we hopefully search the grass looking for our first white snow drop or purple crocus. And when we find it our spirits soar, for its appearance means another winter is behind us.

And just as signs of spring can lift our spirits, so too can a change in our food habits. Therefore, this month I bring you a quick supper and tasty foods from such warm countries as India, Malaysia and Indonesia. I hope you'll like them.

QUICK SUPPER

Cream of Tomato Soup

Frozen Steaks

Sauteed Mushrooms

Stuffed Zucchini

Hot Fudge Sundaes

MEAL PLAN

This is a last minute meal. Everything is cooked in the time it takes frozen steaks to cook, which is about 40 minutes. Serve everyone hefty drinks and depart to the kitchen. Produce some olives, crackers and nuts for your unexpected guests to nibble at and go back to the kitchen and prepare a meal that will make you look like a genius—providing you have everything on hand, especially frozen steaks.

1. Put steaks on to broil.
2. Prepare and stuff the zucchini ready to broil.
3. Make mushrooms. Remove from heat and then rewarm when steaks are done.
4. Make fudge sauce, cover and set aside. Set the table.
5. Make tomato soup. Serve in coffee cups and let guests drink their first course in the cocktail area. Put zucchini on to broil when you serve the soup, knowing the steaks will be done in about 10 minutes.
6. Seat guests at the table. Serve the plates in the kitchen and present each guest his plate. Ask your husband to select and pour the wine. You sit down and be with the guests. Make fudge sundaes when you have finished dinner. If you happen to have some frozen cookies on hand, now is the time to produce them. And let me add—a freezer stocked with homemade goodies makes you look good.

FROZEN STEAKS

The trick to cooking frozen steaks is to cook them in their frozen state so that the juices are seared within and do not thaw out.

But *first*, I always broil meats *over* heat and not *under* heat. Let me explain.

When you heat a broiler in a range the pan is usually under the flame. The solid metal broiler gets hot. You place a cold piece of meat on the hot pan and immediately the pan is cooled and condensation takes place. The meat is steam-cook on its underneath side. The top cooks, then the steamed side is turned up to cook brown. In such a steak there is no charcoaled flavor because to get such flavor the fat must drip down onto the heating element and burn back up. That is what gives a charcoal flavor to meats.

Therefore, I use a Farberware Grill to cook all steaks, chops, bacon and hamburgers, also chickens and any meat where I want a charcoaled flavor and the fat rendered from the meat. My grill occupies one burner space on my range—it is the small-size Farberware grill. It is so constructed that it never smokes and it is not necessary to clean it after every use. I line the drip pan with foil and simply discard foil and fat after each use and reline the pan. The grill is washed maybe twice a week. Without this grill I could not function in my kitchen. And now, *How to cook a frozen steak.*

Put the grill as close to the heating element as possible (the low level on a Farberware grill). Oil the grill *after* it is hot. I use a paper towel dipped into oil and then discard the towel. Lay 1-inch thick steaks, in their frozen state on the hot grill. Cook the first side 15 minutes. Turn the steaks and cook the second side 10 minutes. Unplug the grill, or remove steaks from the grill. Let them stand 10 minutes. Then cook each side another 5 minutes on each side for medium-rare. Salt and pepper after they are cooked.

STUFFED ZUCCHINI

- 3 large zucchini (1 lb.)
- Softened butter
- ½ cup grated cheddar cheese
- Freshly-ground pepper
- 2 T grated Parmesan
- 4 T mayonnaise, or to moisten
- Dash salt
- Fine dry bread crumbs



1. Scrub zucchini. Cut off the ends. Slice in half lengthwise. With a sharp knife, score the seed area and then spread with butter. Bake in a 450 oven for about 5 minutes.
2. Combine cheese, pepper and Parmesan. Add mayonnaise to make a soft paste.
3. Remove zucchini from oven. With a melon baller, or teaspoon, remove the seed area from each half. Put on a plate and mash fine with a fork. Add to cheese mixture. Mix well. Add more mayonnaise if it seems dry.
4. Sprinkle zucchini boats with salt and fill with cheese-zucchini mixture. Sprinkle with bread crumbs. Broil 6-inches from heat for about 10 minutes, or until lightly browned. Serves 6.

CREAM OF TOMATO SOUP

2 cups Italian plum tomatoes
 2 cups light cream
 1 cup milk
 $\frac{1}{4}$ t soda
 Salt and pepper to season
 $\frac{1}{2}$ t sugar
 Chunk butter
 Minced green onions

1. Put tomatoes into blender. Whiz, then strain into a saucepan and heat. If tomatoes are not seasoned with basil and bay you may wish to add some of each. Heat in the tomatoes and discard before adding the cream and milk.
2. Heat cream and milk just to a boil. Add soda to tomatoes and then pour in the hot milk. Season with salt, pepper and sugar. Stir in a chunk of butter. Pour into coffee cups and float minced onions on top. Serve to 4 or 6.

SAUTEED MUSHROOMS

$\frac{1}{2}$ lb. mushrooms
 Chunk butter, melted
 Juice of $\frac{1}{2}$ lemon
 1 cup creme fraiche, or sour cream
 1 T sherry
 2 T minced parsley

Wash mushrooms. Slice into skillet with butter. Stir-cook 1 minute. Add lemon juice. Stir-cook a second. Add cream, heat and stir. Add sherry and parsley. Heat and then spoon onto steaks. Serves 4 to 6.

FUDGE SAUCE

1 lb. semi-sweet chocolate, grated
 $\frac{1}{2}$ cup white sirup
 1 cup $\frac{1}{2}$ and $\frac{1}{2}$ cream
 Dash salt
 2 t vanilla

Put everything but vanilla into a heavy saucepan. Stir-cook over low heat until chocolate melts. Remove from heat and add vanilla. Serve hot over vanilla ice cream. Bottle remaining sauce for another occasion.

* * * * *

A few years ago we spent the academic year at the University of New Delhi. It was a year full of experiences and I learned a great deal about Indian cooking.

Most important perhaps is that curried foods do not have to be fiery hot to have a curry flavor. It is the blending of spices that gives the curry taste, and it is the addition of hot chili peppers that makes the curry fiery hot. As one of my teachers said, "curried foods are not normally burning hot when the basic foods are of good quality. But when the ingredients are of an inferior quality (as was true in India) it is wise to have the tongue burning to the point it cannot taste."

You will find my recipes full of curry flavor but lacking in hotness. But you can add hot chili peppers or Tabasco if you want a hot curry. Also Indians use practically no salt, so you may wish to add more, but do not ruin the curry seasonings with too much salt.

INDIAN DINNER

Spicy Lentils

Yoghurt

Curried Pork

Curried Peas

Green Pepper Chutney

Sliced Oranges



MEAL PLAN

Cocktails at 7—Supper at 8

Six Persons

FOUR DAYS BEFORE:

1. Make the green pepper chutney.
2. Make the yoghurt.
3. Peel the oranges. Refrigerate the peeled oranges in a plastic bag. Cut the rinds and soak for making Candied Orange Rind.

TWO DAYS BEFORE:

1. Soak lentils overnight.

DAY BEFORE:

1. Make Spicy Lentils, cool and refrigerate in the serving casserole.
2. Make Curried Pork, cool and refrigerate in the casserole you plan to use. Make the Curried Peas and do the same.
3. Remove ice cubes and make more.
4. Candy the orange peel. Cool overnight and freeze.

DAY OF PARTY—MORNING:

1. Put the house in order.
2. Remove ice cubes and make more.
3. Set up the bar area.

AFTERNOON:

- 1:00—Set the table.
 4:00 Remove casseroles of food from the refrigerator.
 5:30—If you have heating trays, plug them in on the buffet. If not, put hot pads on buffet for the hot casseroles.
 6:00—Slice the peeled oranges (one per person) and arrange on serving plates in a spiral pattern. Spoon over Grand Marnier and sprinkle with sugar. Wrap in Saran and refrigerate.
 6:55—Put casseroles into 350-degree oven and let heat.
 7:00—Greet guests and serve drinks. Serve cocktail foods of your choice.
 7:45—Return to the kitchen. Turn heating trays on if you plan to use them. Check casseroles to be sure they are hot and OK. Put bowls of yoghurt and the chutney on the table.
 8:00—Garnish the curried dishes. Place them on the heating trays and invite guests to serve themselves. Pour the wine or serve beer with curried foods. Serve oranges when you are ready for them.

GREEN PEPPER CHUTNEY*Garnish:*

- 2 onions, sliced
- 2-inch piece ginger, diced
- Butter

Peppers

- 2 sliced onions
- 2 T olive oil
- 1 t mustard seeds
- 2-inches ginger, minced
- 4 cloves garlic, minced
- 1 bay leaf
- 1 t salt
- 2 T sugar
- 2 T lemon juice
- 4 green peppers

1. Prepare garnish. Fry onions and ginger in butter until brown and crisp, about 20 minutes. Put on plate ready to use.
2. In the same frying pan prepare the peppers. Add onions and olive oil. Fry until lightly browned. Add mustard seeds, ginger, garlic, bay leaf, salt, sugar and lemon juice. Simmer for 5 minutes.
3. Clean peppers and slice them lengthwise. Add to the mixture, cover and cook until peppers are soft. Serve topped with the caramelized onions and ginger. Good with any meat.

YOGHURT*(Dahi)*

- 1 quart milk
- 4 T yoghurt

Bring the milk to a boil. Remove from heat, cool to lukewarm, lift off the skin that will form over the top and stir in the yoghurt. Pour the mixture into a crockery-type jar or non-metal container. Cover, set into pilot heated oven, or in very warm water for about 8 hours. Once set, refrigerate and it will become firm.

SPICY LENTILS

(*Dhall*)

- | | |
|-----------------------------|----------------------------|
| 1 lb. lentils | 2 whole cloves |
| 1 diced onion | 1 cardamom pod |
| 1 diced garlic clove | 3-inch piece cinnamon |
| 1 t salt | ½ t salt |
| ¼ lb. butter | Chunk butter |
| 1 large onion, diced | 3 sliced onions |
| 1 large garlic clove, diced | 2-inch piece ginger, diced |
| 1-inch fresh ginger, diced | 1 t sugar |

1. Soak lentils overnight. Drain the next day and cover with fresh water to a depth of 2 inches above the lentils. Add 1 diced onion, 1 clove garlic, diced and 1 teaspoon salt. Boil 40 minutes, or until tender and no water remains.
2. Melt ¼ lb. butter. Add 1 large onion, diced, 1 large clove garlic, diced, 1 inch diced ginger, cloves, cardamom, cinnamon and ½ t salt. Cook 10 minutes then add the drained lentils. Cover and cook 30 minutes.
3. Saute 3 sliced onions and 2 inches diced ginger in a chunk of butter. Cook about 20 minutes, or until crisp. Sprinkle with sugar and caramelize. Use to garnish lentils.

LENTIL CUTLETS

Leftover lentils are delicious fried. Mash the lentils into a paste. If it seems moist, stir-cook the lentils over heat to dry the mixture out, then cool and proceed with the recipe. To the mashed lentils add 1 small minced onion, 2 tablespoons minced parsley and ½ teaspoon minced fresh ginger. Shape into patties with a spoon, put on floured board and coat with flour. Brown in a mixture of butter and peanut oil. Serve with yoghurt.

CURRIED PEAS

(*Mutter Masala*)

- 4 sliced onions
- ¼ lb. butter
- 4 tomatoes, peeled and diced
- 2-inches ginger, diced
- 4-inch piece cinnamon
- ½ t each of turmeric, cumin and coriander
- ½ t salt
- 1 T sugar
- Dash pepper
- 3 cups water
- 4 T lemon juice
- 3 pkgs. frozen peas



1. Saute onions in skillet with butter. Add tomatoes, ginger, cinnamon, turmeric, cumin and coriander. Stir-cook about 15 minutes. Add salt, sugar and pepper. Cook-stir 10 minutes.
2. Add water, lemon juice and peas. Cover and cook about 30 minutes. Garnish with caramelized onions and ginger (see lentil recipe), and serve with yoghurt.

CURRIED PORK*(Soovar Ka Gosht Masala)*

3 lbs. lean pork	½ t each of cumin, turmeric, and
4 onions, sliced	coriander
5 garlic cloves, diced	⅛ t pepper
3 T peanut oil	6 tomatoes, or 1 large can
4 inch piece cinnamon	2 cups water
1 bay leaf (large)	1 T sugar
8 whole cloves	1½ t salt
3 cardamom pods	

1. Cut pork into bite-sized pieces which would be less than a 1-inch cube.
2. Brown onions and garlic in oil. Add seasonings and stir-cook about 5 minutes. Add 6 peeled and diced tomatoes. Heat-stir 10 minutes. Add pieces of pork, water and sugar. Cover and simmer for about 1 hour. Add the salt and cook another ½ hour. Serve with rice or lentils and yoghurt.

Note: The liquids should be reduced and thick, if not boil the mixture hard to reduce them.

CANDIED ORANGE PEEL

6 navel oranges
Water
Sugar

1. Cut the skin of each orange into fourths. Peel off the skin without breaking it. Once off, cut the skin into ⅛-inch strips. Put into cold water. Place a piece of crushed Saran on top of the strips to keep them submerged in the water and cover the pan. Change the water morning and night for 3 days. Put the peeled oranges into a plastic bag until ready to use. See p. 22 for Sliced Orange recipe.
2. After 3 days of soaking the rinds in cold water, drain the peel. Weigh them and add an equal amount of sugar and a dash of salt. Cover with cold water and bring to a boil. Simmer until the peel is translucent and the sirup is thick.
3. Lift peel from the sirup and drain them on paper towels. Roll them in granulated sugar. Let dry overnight, or for about eight hours. Serve, or freeze. They are good frozen.

Market News

Reportedly the 1973 catch of shrimp is expected to wholesale at more than a billion dollars. It will set a world record. In 1972 the industry showed a 17% increase over 1971 and Texas led in Shrimp landings, displacing the leader, Louisiana.

In spite of increased landings of shrimp the price is expected to advance because of consumer demands for more and more shrimp. We ate 24 million pounds more shrimp in 1972 than we did in 1971, or on the average of 1 million pounds per day.

Hopefully Japan and Western Europe will get into the shrimp market and make the market competitive—which could lower prices.

Fresh sweet peas, okra, strawberries, pineapple and watermelons are arriving from Mexico and are delicious. Texas is supplying us with radishes, carrots, beets and parsley root. California contributes broccoli and Brussels sprouts, while Florida sends us beans and corn.

SATE AJAM (Malaysia)*(Marinated Chicken)*

4 whole chicken breasts	2 T heavy soy sauce
2 cloves garlic, minced	½ t minced ginger
¼ t ground pepper	¼ t ground coriander
1 t salt	3 T fresh lime juice
2 T brown sugar	2 T vegetable oil
2 T cold water	

1. Skin and debone chicken breasts. Remove the fillets and freeze to use later on. Cut each breast, or supreme, into 1-inch chunks.
2. Mix balance of ingredients to make a marinade. Add chicken pieces and let marinate all day in the refrigerator. Toss pieces occasionally during the day.
3. When ready to cook, thread the pieces onto bamboo skewers. Broil over heating element, or under broiler. Turn to brown all sides. Cook about 20 minutes, or until done. Serve with rice to six.

BAHMIE GORENG (Indonesia)*(Pork, Shrimp and Vegetables)*

2 lean pork chops	1 t sugar
¼ head Chinese cabbage	2 t cornstarch
1 zucchini	2 T water
8 medium-sized, raw, cleaned shrimp	6 green onions
1 cup broken egg noodles (thin)	1 clove garlic
1 egg	¼ inch fresh ginger
½ cup stock	½ t salt
1 t heavy soy	3 T peanut oil
1 t light soy	

1. Cut meat from bones and slice into thin strips. Blanch the meat in 2 cups of salted water for about 10 minutes. Simmer, do not boil. Remove pork with a strainer-spoon and put on plate ready to use.
2. Cut Chinese cabbage into shreds. Peel zucchini and cut lengthwise into 1/16-inch Julienne strips. Add to water after removing the pork pieces and blanch about 30 seconds. Lift out and put on plate ready to use.
3. Cut shrimp lengthwise in half. Add to plate.
4. Break noodles into small lengths to make 1 cup. Cook in fresh salted water for about 7 minutes, or until tender. Drain and add to plate.
5. Mix egg together with a whisk. Fry in thin crepe-like pancakes. One egg will make about three pancakes. Cut these into Julienne strips and put on plate ready to use.
6. Combine stock, heavy and light soy and sugar in a cup ready to use. Combine cornstarch and water.
7. Cut onions into 1-inch lengths. Mince garlic and ginger. Put on plate ready to use.
8. Heat wok. Add salt. Add oil and heat. Saute onions, garlic and ginger for 30 seconds. Add shrimp and pork. Stir-cook 2 minutes. Add cabbage and zucchini. Cook 1 minute. Add noodles and stock. Cook 1 minute. Add just enough cornstarch mixture to thicken sauce. Spoon into dish and garnish with egg shreds.

CHICKEN SUMATRA

- 1 (3½ lb.) chicken, cut up
- Salt (Kosher)
- 1 large onion, minced
- 4 T lard
- ½-inch fresh ginger, minced
- 1 garlic clove, minced
- ½ t freshly ground pepper
- ⅛ t ground cloves
- ½ t ground turmeric
- ½ t ground anise
- 1 (2-inch) piece cinnamon stick
- 1 cardamom pod
- 1½ cups coconut milk*
- 3 T white vinegar
- 1 T sugar

1. Sprinkle chicken pieces with salt. Saute the onion in lard until browned. Add the ginger and garlic and fry a minute. Add the spices and cook 2 minutes. Add the chicken pieces. Cover and simmer 20 minutes. Stir occasionally.
2. Add coconut milk. Cover and cook another 20 minutes. Add the vinegar and sugar. Increase heat and boil for 10 minutes without a lid. Reduce heat and simmer 15 minutes. Serve with rice.

*Coconut milk can be bought canned in Chinese and Japanese stores. Or, you can make it from fresh coconuts, here's how.

HOW TO MAKE COCONUT MILK

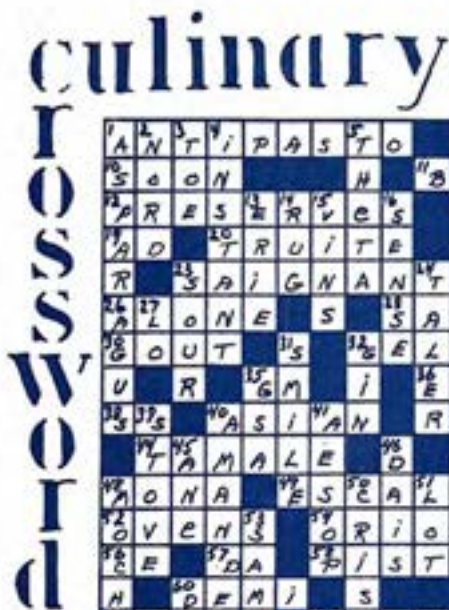
Buy a fresh coconut. Shake it before buying to be sure it has liquid within. When you get it home, puncture two of the three eyes that are in one end. Drain the water from the coconut and discard, or drink it, but we do not cook with it. It has very little flavor. Once the coconut is drained, give it a hard hit just below the eyes, with a hammer or the back of a cleaver. The coconut will start to crack. Keep hitting the coconut where it is cracking and the outside shell can be lifted off.

Once the hard shell is off, break the coconut in half and then grate the white meat from the inside. A coconut will give you about 3 cups of grated meat. To the grated coconut, add warm water and let stand about 5 minutes. Strain the liquid from the grated coconut and then squeeze the coconut with your hands to extract all of the milk. Soak the grated coconut again and repeat the process. If the milk still looks and feels like milk, soak it again and repeat the process. It is this milk we use in cooking. It will keep about a week in the refrigerator, or indefinitely when frozen.

SUGARED NUTS

- ½ cup sour cream
- 1½ cups sugar
- 1½ t vanilla
- 1½ cups whole pecans

Mix cream and sugar. Stir-cook over medium heat until it reaches a temperature of 223 degrees. Add vanilla. Stir and cool for about 10 minutes. Add nuts. Stir to coat nuts. Set a wire cake rack on a cooky sheet. With a fork lift out each nut and place on wire rack, flat side down. Put nuts into a preheated 425-degree oven for about 5 minutes, or until nuts are bubbly and hot. Remove and let cool. Eat or freeze.



by sandy arlinghaus

INDIAN CHIEFS

2 squares bitter chocolate	1 cup sugar
¼ lb. butter	½ cup flour
2 large eggs	½ t vanilla
Dash salt	½ cup chopped pecans (optional)

1. Melt chocolate and butter together. Cool. Beat eggs and salt until thick and light. Gradually add sugar. Beat. Add flour while beating on low speed. Add cooled chocolate-butter mixture, vanilla and nuts.
2. Grease an 8x8-inch square pan. Line bottom with a piece of waxed paper. Fit paper into pan and then turn it over so that the greased side is up. Pour batter into pan. Bake at 275-degrees for 30 minutes and then increase heat to 300 and bake another 20 minutes, or until cake leaves the sides of the pan. Do not overcook, cake is soft in the middle.
3. Set cake on wire rack to cool for 15 minutes. Cut around cake and invert on cake rack. The cake will drop out. Peel off the waxed paper and let the cake cool. The cake will fall as it cools. The top and bottom will be crisp with a soft fudge filling in the middle. It needs no frosting. Cut into bars and serve, or freeze. It is delicious served frozen.

Easter is a joyous occasion for children, but sometimes it is a puzzlement.

Why should the bunny that is a nuisance in the garden be such a pleasure in the house on Easter? And how can bunnies, who always seem to be afraid of you, have the courage to paint eggs, write your name on them, and hide them under your bed?

And though the child has many questions, the Bunny is nonetheless his symbol of Eastertide. So be the Bunny, hide the eggs, and then let the light-hearted spirit of happy children gladden the dinner table.

SUNDAY DINNER

Curried-Chutnied Shrimp

Lamb Farci

Okra

Whole Browned Potatoes

Tossed Salad

Vinaigrette Dressing

Alsacian Apple Tart

MEAL PLAN

Cocktails at 7—Dinner at 8

Dinner for Six

DAY BEFORE:

1. Make vinaigrette dressing.
2. Wash salad greens, wrap in a towel to dry and refrigerate.
3. Make pie crust and line the pan. Cover and refrigerate.
4. Debone lamb if your butcher has not done so and wrap the surplus lamb and freeze. Wrap and refrigerate deboned lamb.

MORNING OF PARTY:

1. Clean the house.
2. Remove ice cubes and make more.
3. Set up cocktail area.
4. Make curried-chutnied shrimp, p. 26. Put into serving dish, cover and refrigerate.

AFTERNOON OF PARTY:

- 1:00—Set the table.
 2:00—Prepare stuffing for lamb. Stuff lamb, tie and leave at room temperature.
 3:00—Remove pie crust from refrigerator.
 4:00—Peel potatoes and put into water ready to boil.
 4:30—Make filling for apple pie and bake.
 5:30—About time to put lamb into oven, depending upon its weight.
 6:00—Wash okra. Put on paper towels to dry.
 7:00—Serve drinks. Serve shrimp dip with crackers.
 7:15—Put potatoes on to cook. Put on to brown when done.
 7:20—Pour dressing into salad bowl. Put spoon and fork into dressing so they will hold the greens up out of the dressing. Add the greens, cover and let come to room temperature.
 7:30—Put water on to boil for okra.
 7:50—When lamb is done and while it rests, cook the okra.
 8:00—Put lamb on a large platter. Surround with browned potatoes and garnish. Butter the okra and serve.
 Toss and serve the salad as a separate course or with the meal, as you wish.
 Serve apple tart when ready.

LAMB FARCI

1 (3-6 lb.) leg-o-lamb

Stuffing:

- 2 cups minced mushrooms
 2 T peanut oil
 1 clove garlic, minced
 2 slices ginger, minced
 ½ t dried fennel, crushed
 ½ t Rosemary, crushed
 1 t minced parsley
 2 t cornstarch
 2 egg whites
 Salt and pepper to season
1. Debone (have your butcher do it) the leg of lamb and trim off some of the fat. Cut some of the meat from the inside of the leg so that the thickness of the meat is about the same throughout. Use the meat that you trim out to make curried lamb, or if the meat can be cut into cubes, make shashlik, p. 5. Use within a day or two, or freeze.
 2. Combine all of the stuffing ingredients and any meat that has been scraped from the bones. Spread over the deboned lamb, roll and tie. The mixture will ooze out, so put a sheet of foil over both ends and the open seam. Tie in place. Roast on a spit over charcoal, or in the oven. Allow about 30 minutes per lb. A thermometer is not much help on this piece of meat since the center is stuffing.
 3. When done, remove string and foil and place on platter to rest for 20 minutes. Garnish platter with browned potatoes and watercress.
- Wine: Hermitage

OKRA

I have recently devoted myself to okra and now have a real passion for its taste. Simply wash the okra and drop it into boiling, salted water and cook exactly 10 minutes. Lift out, pour over melted butter, or let guests dunk the okra spears into small bowls of melted butter, or serve with hollandaise. Pick up each okra by the stem, dunk and eat down to the stem and then discard that. Never cut or scrape okra, that is what causes it to become really slimy. Do not overcook, keep it crisp, but tender.

WHOLE BROWNED POTATOES

- 7 large Irish potatoes
- Water
- 2 ts salt
- 1 t sugar
- Chunk butter
- 2 T peanut oil

1. Select potatoes of uniform size. Peel, then cut into fourths. Trim each quarter into a small whole potato. Put carved potatoes into cold water. Put trimmings into another pan of water and turn them into a potage, or mash them and make potato cakes for dinner tomorrow.
2. When ready to cook potatoes bring them to a boil and cook about 7 minutes after they start to boil. Test just one potato to see if they are done. When done, drain and dry off the potatoes over low heat.
3. Heat butter and oil in a large skillet. Add the potatoes and brown. This will take about 15 minutes. Place potatoes around the lamb.

VINAIGRETTE DRESSING

- 1 small clove garlic
- $\frac{1}{4}$ t salt
- Freshly-ground pepper
- 4 Ts olive oil
- 4 t wine vinegar
- 3 T minced parsley

1. Mash garlic in salad bowl with salad spoon. Crush to a pulp. Add salt and pepper to give traction and continue to mash the garlic.
 2. Measure the oil and then the vinegar. Use the salad spoon as the measure. Stir to blend. When ready to serve, stir in the parsley. Add salad greens. Toss and serve.
- Salad Greens—Use an assortment of lettuces and after tossing with the dressing add a sliced avocado to the greens as a garnish.

ALSACIAN APPLE TART

- 1 prepared pie crust
- 6 green apples
- $\frac{3}{4}$ cup sugar
- Dash salt
- $\frac{1}{4}$ t cinnamon
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup heavy cream
- 1 t lemon juice

1. Prepare pie crust from pastry recipe, p. 43. Peel apples and drop them into water to which you have added 1 teaspoon of Fruit Fresh (ascorbic acid). Slice the apples off the core, or cut them into quarters and core, then slice each quarter. The first way is easier. Slice the apples into the Fruit Fresh water so they will not turn brown. Drain the slices.
2. Combine sugar, salt, cinnamon and flour. Pour half of mixture over apple slices. Toss and then arrange in the pie crust. Bake 20 minutes at 450 degrees.
3. Mix remaining sugar-flour mixture with the cream. Add the lemon juice, which will thicken the cream, and pour over the apples. Bake another 30 minutes at 425 degrees, or until done. Set on cake rack to cool. Serve at room temperature.

SUNDAY DINNER

Stuffed Chicken Breasts
Grilled Tomatoes
Brazilian Rice
Green Salad
Oil & Vinegar Dressing
Crazy Pie

MEAL PLAN

Cocktails at 7—Dinner at 8

Dinner for Six

DAY BEFORE:

1. Remove ice cubes and make more.
2. Make oil and vinegar dressing. Use vinaigrette recipe, p. 113, and omit the parsley.
3. Skin, debone and prepare chicken breasts for stuffing. Freeze the little fillets to use later on.
4. Cook the rice for Brazilian rice. Cool and refrigerate. Grate the cheese for the rice.
5. Make the Crazy Pie, cool, cover and leave at room temperature.

DAY OF PARTY—MORNING:

1. Clean the house.
2. Set up cocktail area and plan some cocktail foods.
3. Set the table.
4. Pour whipping cream into bowl, cover and refrigerate with the beaters.

AFTERNOON:

- 3:00—Prepare tomatoes ready to grill, p. 5.
- 3:30—Prepare rice casserole.
- 4:30—Prepare stuffing for chicken breasts. Cool and then stuff the chicken breasts. Refrigerate.
 Dice the garlic and shallots for the sauce. Put into skillet.
 Clean and wash strawberries. Set on paper towels to dry.
 Rest and get dressed.
- 6:00—Take chicken breasts from refrigerator.
- 6:30—Coat chicken breasts with flour, egg white and crumbs. Put on a sheet of waxed paper to dry.
- 6:40—Pour dressing into salad bowl. Put spoon and fork into dressing so they will hold the greens up out of the dressing. Add the greens, cover and let come to room temperature.
- 7:00—Serve drinks and some cocktail foods. Heat oven.
- 7:15—Put rice casserole into the oven to bake.
 Put chicken breasts on to cook. Reduce heat to medium and return to the cocktail area.
- 7:40—Turn chicken breasts.
 Sauté garlic and shallots for the sauce.
 Combine creme and yolk ready to use. Have Madeira and Cognac available.

7:50—Grill the tomatoes.

8:00—When chicken breasts are done, put them on a large platter. Finish the sauce. Spoon onto the chicken.

Garnish platter with tomatoes and some watercress. Serve.

Serve the rice.

Salad can be a separate course, or serve with the meal, as you wish.

Put whipping cream on to whip while you clear the table. When it is whipped, add sugar and vanilla. Spread over pie and decorate with strawberries. Serve.

STUFFED CHICKEN BREASTS

- 6 whole chicken breasts
- 1 onion, minced
- 1 pt. mushrooms, minced
- Chunk butter
- 2 T creme fraiche or sour cream
- 1 T Madeira
- Salt, pepper and sugar to season
- Beurre manie
- Flour
- 2 egg whites, lightly beaten
- Fine bread crumbs
- 3 T peanut oil
- ¼ lb. butter

Sauce:

- Chunk butter
- 1 clove garlic, minced
- 1 shallot, minced
- 2 T Madeira
- 1 T Cognac
- 3 T creme fraiche or whipping cream
- 1 egg yolk
- Salt, pepper and sugar to season
- Minced parsley



1. Skin and debone chicken breasts. Remove fillets and freeze to use later on. Pound the supremes with a mallet to flatten them and make them a uniform thickness.
2. Saute onions in a chunk of butter for a few minutes. Add mushrooms and cook 2 minutes. Add creme, Madeira and seasonings. Taste, and if necessary adjust seasonings. Thicken with a bit of beurre manie.
3. Divide the stuffing into six portions. Put stuffing on one side of each chicken breast and fold the other side over the stuffing. When all are stuffed, dip them into flour and then the egg whites and then into crumbs.
4. Heat 3 T oil and ¼ lb. butter in a large skillet. Brown the chicken breasts on each side. It should take about 25 minutes per side. While these cook, prepare the sauce.
5. Saute garlic and shallots in a chunk of butter. Add Madeira and Cognac. Remove from heat. Combine creme and yolk ready to use. When chicken is done, reheat the garlic and shallots and season with salt, pepper and sugar. Stir in the creme and yolk mixture and heat. Do not let it boil. Taste and adjust the seasonings. Put a tablespoon of sauce on the end of each chicken breast and sprinkle with minced parsley.

BRAZILIAN RICE

- 3 cups cooked rice
- ¼ lb. butter, melted
- 4 eggs, beaten
- 1 pkg. frozen chopped spinach, thawed
- 1 small onion, minced
- 1 lb. grated cheddar cheese
- 1 t salt
- Pepper
- 1 t sugar
- Dash nutmeg
- 1 t Worcestershire sauce
- ¼ t basil and of chervil
- Dash thyme

1. Combine rice with melted butter. Add the eggs and balance of the ingredients. Mix well. Pour into a flat baking dish and sprinkle some cheese on top.
 2. Bake in a 325 degree oven for about 40 minutes, or until hot and browned.
- Note:* Noodles may be substituted for the rice and you may also add some sauteed fresh mushrooms to the mixture.

CRAZY PIE

- ¼ cup crushed soda crackers
- ½ cup chopped dates
- ½ cup chopped pecans
- 1 t grated lemon peel
- 1 cup sugar
- ½ t baking powder
- 4 egg whites
- ¼ t cream tartar
- 2 T confectioners' sugar
- 1 t vanilla
- ½ pt. whipping cream
- 4 T conf. sugar
- ½ t vanilla
- Whole strawberries

1. Combine crackers, dates, pecans, peel, sugar and baking powder in a large bowl. Beat egg whites to a froth and then add cream of tartar and beat whites until they are stiff. Add 2 T conf. sugar and vanilla. Beat until very stiff. Fold into the cracker mixture. Pour into a buttered 9-inch pie plate. Bake in a 300-degree oven for about 50 minutes, or until lightly browned and dried out.
2. When done, cool on a cake rack. When ready to serve whip the cream. Add 4 T conf. sugar and vanilla. Mix. Spread attractively over pie and stand whole berries around the outside rim or over the whole pie. This is a delicious pie.

BOURBON-PUMPKIN CAKE

- 1 cup chopped pecans
- ¼ cup bourbon
- ¼ lb. butter, softened
- 1½ cups sugar
- 2 large eggs
- ¼ t grated lemon peel
- 1 t vanilla
- 2 cups sifted flour
- 1 t baking powder
- 1 t baking soda
- 1 t cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves
- Dash nutmeg
- 1 cup pumpkin (canned)
- Confectioners' sugar

1. Soak nuts in bourbon. Cream butter and sugar until fluffy. Add eggs, lemon peel and vanilla. Sift together flour, baking powder, soda and spices.
2. Add flour mixture alternately with pumpkin. Mix well. Add nut-bourbon mixture. Pour into a greased and floured bundt pan, or 10-inch tube pan. Bake about 1 hour and 15 minutes in a 325-degree oven. When done, cool on cake rack for 30 minutes and then invert on the rack. Sift confectioners' sugar over the cake and let it cool. Serve, or freeze until needed.

HONG KONG FRIED RICE

This is how Fried Rice should be made. Unto itself it is a great dish and resembles nothing you buy in restaurants. To make the bought variety, simply leave out the "foods," or reduce them to a token of goodies.

Always use *cooked, cold rice* when making Fried Rice.

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| <p>I. To cook rice:</p> <ul style="list-style-type: none"> 1½ cups raw rice 1 egg 3 T butter 1 T peanut oil 1 onion, minced 2 cups boiling water <p>II. Egg threads:</p> <ul style="list-style-type: none"> 2 eggs 4 T water 1 T oil <p>III. Sauce:</p> <ul style="list-style-type: none"> 2 T light soy 2 T heavy soy 2 T mirin or sherry 1 T brown bean sauce (Miso) 2 T Hoisin | <p>IV. Foods to add:</p> <ul style="list-style-type: none"> 6 large dried mushrooms 8 large raw shrimp, diced 2 cups Julienne-cut barbecued pork ½ cup Julienne-cut bamboo shoots 1 (8 oz.) can waterchestnuts, chopped 18 peapods, cut in ¼-inch diagonal strips 3 T oil <p>V. To make fried rice:</p> <ul style="list-style-type: none"> 3 T oil 3 green onions, sliced ¼-inch ginger, minced ½ t five-seasonings 1 t sesame oil 1 T peanut oil Shredded onions to garnish |
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1. Cook the rice (I) the day before making this recipe. Combine raw rice with egg and mix well. Let soak a few minutes.
2. Heat butter and oil. Add onions and saute until soft. Add soaked rice. Stir-cook until grains turn white and are separate and light. Do not let it burn. Add boiling water, bring back to a boil and cook two minutes. Stir, reduce heat, cover and simmer 15 minutes.
3. Remove rice from heat, toss with a fork and pour onto a platter to cool quickly. Once cool, refrigerate until needed.
4. Put mushrooms (IV) to soak in hot water, see p. 94. Make egg threads (II). Combine eggs and water. Lightly oil a skillet and heat over a low flame. Add a thin layer of egg mixture and let it set like custard. Once set, using a rubber spatula, roll the pancake into a tight jelly roll. Lift out onto a plate and make the next one. When cool, cut into 1/16-inch jelly-roll-like slices. Put on plate ready to use.
5. Combine the sauce (III) ingredients ready to use.
6. Prepare foods in IV. When mushrooms are soft, slice them thin. Saute these foods one minute in oil in a wok or skillet. Add to the shredded egg.
7. To make fried rice (V): Heat oil. Add onions, ginger, and the cold, cooked rice. Add the sauce ingredients, five-seasonings, sesame and 1 T peanut oil. Stir-toss. Add prepared vegetables and egg threads. Stir-toss, then spoon into serving dish and garnish with shredded onions. Makes about four pints.

Note: This freezes beautifully. Simply cool it quickly, omit onion garnish and lightly pack in containers and freeze. Adjust soy seasonings a bit when rewarming and garnish.

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