



Volume 2



Alma's
ALMANAC



People are always asking me what is Almanac? Maybe I forgot to tell you. It is a monthly menu and recipe service designed to give you the best possible food with the least amount of effort. Everything in it has been made by me and the foods published are what we enjoy eating on a day to day basis. But Almanac is more than just menus and recipes—it is something, or someone you can turn to when the souffle falls, the meringue weeps, or when you can't find Aunt Tillie's recipe for doughnuts. And remember, all recipes are designed to serve six unless otherwise stated. Happy cooking.



Simple Supper

Dry Roasted Nuts

Beef-Beer Stew

Rice

Wilted Lettuce

French Bread

Banana Whipped Cream Cone

MEAL PLAN

Cocktails at 7—supper at 8

Dinner for six

DAY BEFORE:

Make all the recipes except for the wilted lettuce. Freeze the bread, not that it is necessary, but it seems to have a better crust when frozen and reheated.

DAY OF THE PARTY—MORNING:

1. Put the house in order. Take out ice cubes and make more.
2. Set up the bar and if you want cocktail foods, other than nuts, plan and make them. Put nuts into serving dishes and place on tables.

AFTERNOON:

Set the table.

- 4:00 p.m.—Unmold the dessert, step 3. Dilute creme ready to use.
- 4:30—Fry the bacon for the salad. Set aside.
- 5:00—Relax, have a drink and get dressed.
- 6:30—Back to kitchen. Cover the stew and put into a 350-degree oven to heat.
- 7:15—Reduce oven heat to 325-degrees. Cover casserole of rice with foil and put into the oven (with the stew) to heat.
- 7:50—Put bread in oven to heat.
 Reheat bacon and finish salad. Cut bread and put on table.
 Toss salad and place on buffet. Serve with the dinner.
 Put stew and rice on the table and serve supper.
 When ready for dessert, slice ripe bananas into moat of cream and serve.

BANANA WHIPPED CREAM CONE

This has nothing to do with ice cream cones.

½ pint whipping cream
 2 egg whites
 Creme fraiche or whipping cream
 Bananas
 Confectioners' sugar

1. Whip the cream until stiff. Beat the egg whites until creamy and stiff. Fold egg whites into the whipped cream.
 2. Line a strainer with a 12" square of cheesecloth. Set the strainer over a bowl and fill the cheesecloth with the whipped mixture. (You can buy special porcelain molds with holes in the bottom for the liquid to drain out, but it is not necessary.) Fold cheesecloth over the mixture. Refrigerate until the next day.
 3. Peel back the cheesecloth and invert the strainer onto a chilled, shallow serving dish.
 4. If using creme fraiche dilute it with a bit of whipping cream. Spoon this around the mound of cream and garnish with sliced bananas. (Berries are also very good.) Serve with plenty of confectioners' sugar.
- Note: If using strawberries, cut them into quarters.

DRY ROASTED NUTS

Raw pecans, cashews or almonds

Water

Coarse salt (Kosher)

Put raw nuts, as many as you wish to make, into a large mixing bowl. Add warm water and let stand 1 minute. Lift out and place on a cooky sheet. Sprinkle with lots of coarse salt. Overdo the salting because coarse salt tends to fall off after the nuts are roasted.

Put nuts into a 250-degree oven. Roast pecans about 25 minutes; cashews and almonds about 40 minutes. do not let them brown or they taste funny. Also, do not let them dry out. Eat a nut after about 20 minutes and judge its doneness. If it seems wet and raw inside, roast longer. Cool, and then store in tight containers.

BEEF-BEER STEW

(*Beef Beerguignonne*)

- 3 lbs. lean chuck beef, cubed
- ½ cup flour
- 2 t salt
- ¼ t pepper
- 4 T peanut oil
- 1 clove garlic, minced
- 1 bay leaf
- 3 T catsup
- 1 T sugar
- ⅛ t thyme
- 6 sprigs parsley, chopped
- 2 cans beer
- 3 large onions, peeled and quartered
- 14 carrots (about), peeled and chunked

1. Be sure meat is lean. Trim any tough skin from the pieces. Combine flour, salt and pepper in a plastic or paper bag. Add the meat pieces and shake to coat them with flour.
2. Put oil into a large kettle. Heat and then add the meat. Brown meat on all sides. Add balance of ingredients to the vegetables. As soon as it boils, reduce the heat to a simmer. Cook about 1½ hours. Remove the bay leaf.
3. While stew cooks prepare the onions and carrots. Add them and cook another hour. Taste and adjust the seasonings. Thicken the sauce with *beurre manie* if it seems too thin. Serve with rice, or cool and refrigerate until the next day.



FRENCH BREAD

This is a very easy method and there is no rising and punching down.

Cornmeal
3½ cups unsifted flour
1 t sugar
1 T salt
2 pkgs. dry yeast
1¼ cups very warm tap water
peanut oil
1 egg white
2 T water

1. Sprinkle cornmeal on a cooky sheet to completely cover it.
2. Put 1 cup of flour into a mixing bowl. Add balance of ingredients, down to the peanut oil. Beat 2 minutes. Add another cup of flour. Gradually turn the mixer on so that you do not force the flour out of the bowl. Beat another 2 or 3 minutes. Add rest of the flour (gradually turn on the mixer), or enough flour to make a stiff dough.
3. Put dough on the counter and knead until it feels smooth and workable. Roll dough into a very long loaf. Cut in half. Pinch cut ends together. Roll each half into a long loaf and cut in half again. Roll each piece and pinch cut ends together. Thus you have 4 loaves about 16-inches long.
4. Place loaves on the cornmeal-coated sheet. Brush with peanut oil. Make lengthwise cuts in the top of each loaf. This is not easy. The best everyday kitchen tool I have is a sharp, thin fillet knife. Lay it on the surface of the bread, then tip it up about 10-degrees and make a long gash into the top surface. You do not cut down into the dough—just slash the top. Let the bread rise to double in size.
4. Beat the egg white to a light froth and then beat in the 2 T of cold water. Brush the loaves with this mixture and bake at 425 degrees for about 30 minutes. Cool on cake racks. Serve or freeze. Thaw bread before reheating, then put into a 350 degree oven for about 5 minutes. I actually believe this bread is improved with freezing and reheating—the crust gets better. I don't know why.

RICE

Here's an easy way to cook rice.

Put 2 cups of rice into a pan. Cover with cold water to 1-inch above the rice. Bring to a boil. Drain rice and wash in cold water. Cover again with cold water and bring to a boil. Drain again, wash and drain. Do not add any more water. Set over high heat until it starts to cook and then reduce the heat, cover and cook about 15 minutes. Do not remove the lid and do not let it burn.

WILTED LETTUCE

6 slices lean bacon
 Lettuce for six
 1 small onion, diced
 ½ t salt
 Freshly-ground pepper
 2 T vinegar
 6 T whipping cream

1. Cut the bacon into ½-inch pieces. Stir-fry until crisp and the fat is rendered. Observe how much fat is in the skillet. If more than 4 tablespoons, spoon some out, leaving approximately 4 T. Set aside until ready to serve the salad.
2. Break the lettuce up into small pieces and put into a wooden salad bowl. Put the diced onions on top. Season with salt and pepper.
3. When ready to serve the salad, reheat the bacon and fat. Measure the vinegar into a glass so it can be added all at once. Have a lid in one hand. Pour the vinegar into the hot skillet and cover with the lid. It pops a lot. Lift off the heat and pour over the onions. Turn the hot skillet upside down over the salad. Leave for a minute or so. Remove, add the cream and toss. Taste and adjust the seasonings.

Country Meal

Mom's Fried Chicken

Souffled Whipped Potatoes

Green Beans

Tomato Salad

Rich Coconut Pie

SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.

Example: as + lad = salad.

- | | |
|---------------------|-----------------------|
| 1. Salmon + d = | 6. Wind + has + c = |
| 2. Story + e = | 7. Nap + smear = |
| 3. Era + nog = | 8. Lab + one + a = |
| 4. Eating + l = | 9. Eating + l = |
| 5. Ruin + gem + e = | 10. Thick + roe + a = |

MEAL PLAN

Cocktails at 7—supper at 8

Dinner for six

DAY OF THE PARTY—MORNING:

1. Make the pie. While it bakes, put the house in order. Set the table.
2. Make the salad dressing. Keep at room temperature. Remove tomatoes from the refrigerator.
3. String and cut the beans ready to cook. Dice the onion, put into a plastic glass, or small container. Cover and refrigerate ready to use. Mix together the creams for the beans. Take out ice cubes and make more.

AFTERNOON:

- 5:00—Cook and prepare the potato casserole.
 Marinate chicken pieces in milk-water solution.
 Cook the green beans, cool. Have salted water in a pan ready to heat.
- 5:30—Relax and dress.
- 6:30—Fry chicken pieces.
- 7:00—Serve drinks.
- 7:20—Put potatoes into preheated oven. Put chicken into oven.
- 7:30—Make the gravy, cover and set off the heat.
 Heat water for beans over low flame.
 Make salads and place on table.
- 7:50—Reheat beans and finish while the gravy reheats.
- 8:00—Serve the dinner.

MOM'S FRIED CHICKEN

- 2 fryers, cut up
- ½ cup cream
- ½ cup water
- 1 t salt
- 1 cup flour
- 1 t paprika
- Freshly-ground pepper
- 1 t salt
- Dash sugar
- 1 cup of lard (guess at it)

1. Cut-up the fryers if your butcher has not done so. This is actually fun and you ought to try your hand at it if you have never done so. Also you'll save a bit of money, since cut-up chickens cost more per pound.
2. Combine the cream, water and 1 t salt. Add the chicken pieces, and let marinate about 2 hours.
3. Drain off liquids. Combine the flour, paprika, pepper, 1 t salt and sugar in a plastic or paper bag. Add the chicken pieces and shake the bag to coat the chicken evenly with the flour mixture.
4. Heat the lard in a big skillet. (Lard is the secret to good fried chicken.) Add the chicken and brown the pieces all over. Cover a cooky sheet with foil. Set a cake rack on it. When the chicken pieces are brown, put them on the rack and place in a preheated 325-degree oven for about another half hour. Serve on a hot platter.



COUNTRY GRAVY

Drippings from the pan
 3 Ts flour
 2 cups milk
 Salt and pepper
 ½ cup water

Spoon as much fat as you can from the pan, leaving only the brown bits. Add the flour, stir and cook about 1 minute. Add the milk, salt and pepper. Stir until it thickens. Add a bit of water to make a smooth, rather thin gravy. Taste and adjust the seasonings. Serve separately.

SOUFFLEED WHIPPED POTATOES

6 potatoes
 Salt
 Butter
 Cream
 3 egg whites
 Grated Parmesan cheese

1. Peel and then boil the potatoes in salted water. (1 t per quart of water.) When done mash in a mixer. Add butter and cream to make them like mashed potatoes.
2. Add ½ t salt to the whites. Beat until stiff. Add a "gob" to the potatoes and mix. Fold in the rest of the whites. Taste and adjust the seasonings.
3. Grease a souffle dish, or casserole, with butter and sprinkle with Parmesan or flour. Fill with the potatoes to within 1-inch of the top. Sprinkle with Parmesan. Bake in a 350-degree oven, on the lowest shelf, for about 30 minutes.

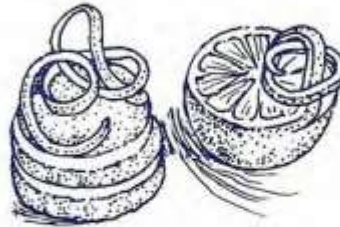
TOMATO SALAD

When tomatoes are lacking in taste, jazz-up the dressing.

6 small tomatoes

Dressing:

½ clove garlic
 Freshly-ground pepper
 1 t anchovy paste
 ⅛ t Coleman's mustard
 1 T vinegar
 3 T olive oil
 1 T mayonnaise
 1 T minced parsley
 1 t chervil if you have it



1. Core tomatoes, do not peel. Place each on a salad plate. Mash garlic to a pulp in a wooden salad bowl with the spoon. Add pepper and continue to mash. Do not add salt now, anchovy paste is salty. Add balance of ingredients. Mix well.
2. When ready to serve, cut the tomatoes down, in thin slices. Push the tomato over so the slices lean one upon the other. Spoon over the dressing and serve.

GREEN BEANS

- 1 lb. green beans
- Salt
- 1 small onion, diced
- Pepper
- 1 T vinegar
- 3 T sour cream
- 1 T whipping cream

1. String beans. Cut into diagonal pieces. Drop into boiling salted water. Cook about 7 minutes. Keep them green and crisp — yet done. If you are not ready to eat, run cold water on the beans to stop their cooking, drain again and set aside. When ready to eat, drop the cooked beans into boiling salted water to reheat, drain well and proceed.
2. Add the onions, pepper and vinegar. Mix the creams together. Pour over the beans and toss with two forks. Taste and adjust the seasonings. Heat, but do not boil or the creams may separate. Serve immediately.

RICH COCONUT PIE

- 1 unbaked (9-inch) pie shell
- 1 cup sugar
- 1 T flour
- 3 whole eggs
- ½ t salt
- ¾ stick (6 T) butter, melted
- 1 t vanilla
- 1 cup canned milk (or half and half)
- ¼ cup water
- 1 (7 oz.) package angel flake coconut



1. Make pie shell, recipe below. Mix together the sugar and flour. Beat eggs with the salt until light. Add the sugar-flour mixture. Mix, pour in the butter, vanilla, milk and water. Last add the coconut.
2. Pour mixture into the pie shell. If you are using a pyrex pie plate, bake the pie at 325-degrees for 35 minutes. If using a metal pie tin, bake at 350-degrees for 30 minutes. The reason — heavy glass or even heavy enameled ware absorbs and holds the heat while thin metal does not, it reflects heat.

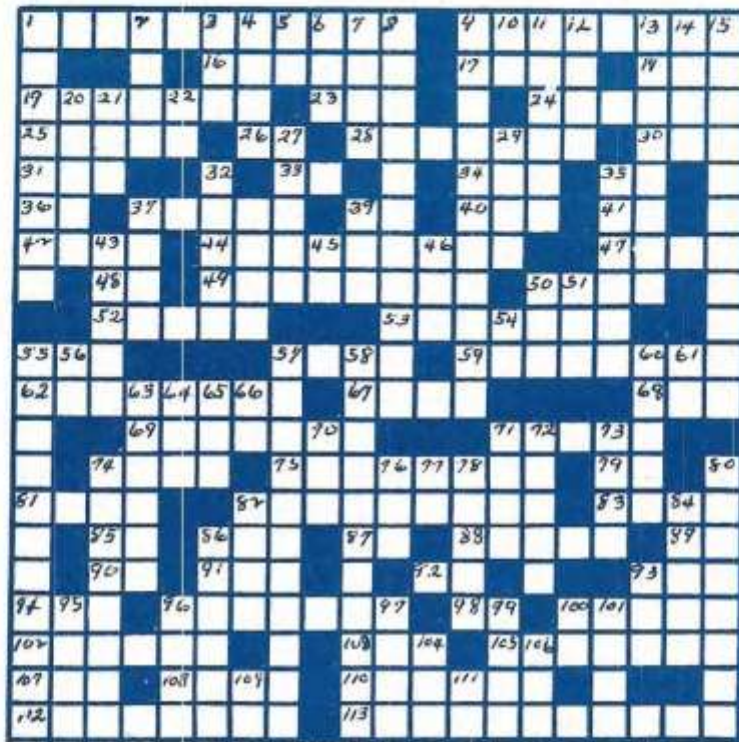
PIE CRUST

- ¼ lb. butter, softened
- 2 cups flour
- 2 T confectioners' sugar
- 1 t salt
- 3 T creme fraiche or whipping cream

Put ingredients into a mixing bowl. Mix well and then place on floured counter. Cut dough in half, making one piece slightly larger. Roll the larger piece into a circle to fit the pie pan. Grease and flour the pie pan and then line with the rolled pastry. Crimp the edges of the crust. Fill and bake. Wrap remaining piece of dough and refrigerate or freeze.

Culinary

Crossword



by sandy arlinghaus

ACROSS

- 1) Mushrooms (Fr.)
- 9) Kohlrabi (Fr.)
- 16) Well-known race horse that raced against Swaps
- 17) Form of address (Ger.)
- 18) Chinese food often contains this vegetable and its seed pod as well
- 19) Kidneys (Fr.)
- 23) Southern Illinois University (abbr.)
- 24) This meat is often served curried (Fr.)
- 25) Turkey (Fr.)
- 26) Patrol Torpedo boat (abbr.)
- 28) Meat pie served in earthenware container that it was cooked in
- 30) Liquors distilled from cane
- 31) University located in Ames, Iowa (abbr.)
- 33) Conjunction
- 34) Tooth of a gear
- 35) Gastrointestinal (abbr.)
- 36) Negative

DOWN

- 1) A lobster sauce
- 2) That part of a human that reasons
- 3) British tavern
- 4) Pant
- 5) Nova Scotia (abbr.)
- 6) Expression of amazement (pl.)
- 7) Night (Fr.)
- 8) Sour pot roast (Ger.)
- 9) French delicatessen
- 10) Pronoun
- 11) Sauce for duck often has this flavor
- 12) Demand strongly
- 13) A pre-dinner drink
- 14) Veal (Fr.)
- 15) Vittel and Vichy are examples of this
- 20) Gosling (Fr.)
- 21) Variety of African antelope
- 22) Old English (abbr.)
- 27) "_____ is human; to forgive divine" wrote A. Pope (2 wds.)

ACROSS

- 37) Form
 39) Tuberculosis (abbr.)
 40) Shoshoneans of Colorado, Utah and New Mexico
 41) Pronoun
 42) Afresh
 44) Tequila drink served with salt on the rim of the glass
 47) Incisors are used to do this
 48) _____ Barker
 49) Souse
 50) I am thirsty; J'ai _____ (Fr.)
 52) Loose robe for women (variation)
 53) Sauce often served with fried fish
 55) Common American dessert
 57) Chop (Fr.)
 59) Type of gallon used in Canada
 62) Russian olive is example of this kind of plant
 67) Princess _____ of England
 68) Pronoun
 69) Dutch painter, 1632-1675
 71) Small island
 74) Lots
 75) Rump or chuck is often used in making this common American family dinner
 79) League to which the Pirates belong (abbr.)
 81) Israel's airline
 82) Ananas (Eng.)
 83) Demonstrator (slang—as for a car)
 85) Company (abbr.)
 86) A long _____ is 2240 pounds
 87) Alfred, _____ wrote "Crossing the Bar" (abbr.)
 88) This fruit is often served "Belle Helene" (pl.)
 89) Overhead railway (abbr.)
 90) Indefinite article
 91) Caviar is this
 92) The Tigers are in this league (abbr.)
 93) American Retailers Association (abbr.)
 94) Sir Edward Denison Ross (abbr.)
 96) Divided into a specified number of parts
 98) Author of "The Owl and the Pussycat" (abbr.)
 100) Stuffed (Fr.)
 102) Sardonic
 103) Tender loving care (abbr.)
 105) A knife, fork or spoon is one of these
 107) French for no
 108) Sown or dotted are synonyms for this word of French derivation
 110) The Fourth _____
 112) Spinach (Fr.)
 113) Cake made famous by Austrian restaurant keeper, Frau Sacher

DOWN

- 29) Very, very small quantity, or a Greek letter
 32) Greek letter
 35) Game (Fr.)
 37) An oscillating motion
 38) Jack _____, a talk show host
 39) Shade of light brown
 43) Bill Cullen, Garry Moore and Larry Blyden are examples of this
 45) Nickname for soldier (abbr.)
 46) She's "sweet as apple cider"
 50) Maple syrup is refined from this
 51) The Mesabi range produces iron _____
 54) Vice pres. of U.S.A. 1913-1921 (initials)
 55) Tender, fat chicken (Fr.)
 56) Nikolai _____, Russian mathematician, 1793-1856 (abbr.)
 57) Flat pork sausages with truffles in them (Fr.)
 58) Small tarts (Fr.)
 60) Fiber obtained from a variety of tropical plants
 61) Exclamation
 63) _____-Hill; a manufacturer of adult board games
 64) In Japan, 100 _____ = 1 yen
 65) Attempt
 66) PICA
 70) Period of time of indefinite length
 71) Small island
 72) Vaporized water
 73) Beginnings and _____ (opposite)
 74) This noodle is usually elbow shaped
 76) A rodent
 77) Out of print (abbr.)
 78) We eat the juice, butter and sauce of this fruit
 80) Poultry (Fr.)
 82) Opposite of rich
 84) "La Belle Dame Sans _____"
 86) Person who copies a picture by superimposing a sheet of thin paper and following the lines of the original
 93) Art (Latin)
 95) Chocolate chip cookies are an example of _____ cookies rather than of shaped cookies
 96) The leaning tower is there
 97) _____ Maxwell or Lanchester
 99) Stringed instrument with a pear shaped body
 100) Iron (chem)
 101) _____ Domini 1973
 104) Centralized traffic control (abbr.)
 106) Terrace (abbr.)
 109) Medical doctor (abbr.)
 111) Exclamation



Alma's ALMANAC

The meal plans that I have been giving you are detailed and designed to make entertaining of guests at home easier. But it is not necessary, or practical, to follow

such a detailed plan when making the menus for the family.

The menu that follows should take you no longer than one hour. I suggest you have the shoestring potatoes made in advance, or buy them. The reason I say this is that when you cook with deep fat your attention should be concentrated on that job, so it is best not to have other foods cooking that might need your attention.

Buy the chicken breasts deboned, have your butcher do the job, or plan to do it yourself. Remove the little fillet and take out the tendon. Now the chicken breasts are ready to cook. Wrap and refrigerate them, or if not using them within a day, freeze them. Make stock from the bones and skin. Cool and freeze the stock in one-cup quantities. Remove the fat before using the stock.

Two hours before you plan to start cooking, remove the chicken from the refrigerator. If the chicken is frozen, remove it from the freezer at noon.

One hour before you want to eat, start the cooking. And let me add, once you have made this meal and know your way through it, you will prepare it in less and less time, eventually in 30 minutes, or maybe even 20.

MENU

Chicken Breasts in Cream Sauce

Shoestring Potatoes

Buttered Peas

Tomato Salad

Souffleed Apple Pancake

FAMILY MEAL PLAN

1. Saute apples for the dessert, step 1. Let cool.
 2. Wash mushrooms, step 2 of chicken. Put butter into skillet. Dice and slice the mushrooms directly into the skillet. When mushrooms are done, do the apples, step 3.
 3. Saute chicken breasts at the same time, if you feel comfortable doing so, if not do after the apples are done. Finish the chicken dish through the $\frac{1}{2}$ cup of cream. Keep warm over low heat. Do not cover tight, set lid ajar. To cover a dish that uses cream causes the water to be pulled from the cream and the dish is likely to curdle, or separate.
 4. Measure dry ingredients for the dessert, step 2, and prepare the milk and yolks ready to add. Put whites into bowl ready to beat.
 5. Make the salads and put on the table.
 6. Cook the peas, drain, add butter and a bit of chervil or parsley. Toss and keep warm.
 7. Finish the chicken and make it with the yolks so you'll learn the technique of using a liaison (a thickener of egg yolks and cream). Serve the supper.
 8. Finish the dessert and put into a preheated oven when you are through supper, or before you have your salad.
- P.S. I usually have one drink with my husband and then drink and cook in the kitchen.

SHOESTRING POTATOES

6 red potatoes
 Water
 1 t Fruit Fresh (ascorbic acid)
 Peanut oil
 Salt

1. Peel potatoes. Drop them into cold water to which you have added the Fruit Fresh which will keep the potatoes snow white.
2. Cut the potatoes into match-stick size strips. There are gadgets that will do this, or do it with a sharp knife. Cut the potatoes into slices less than $\frac{1}{8}$ -inch thick, then stack 3 or 4 slices and cut them into strips the same width as the slice is thick. Dry the pieces on a terry towel. Fry, and then cut the next potato and fry it.
3. Have the oil heated to 320 degrees. Add the potatoes. Cook about 3 minutes (do not let them brown) to blanch the potatoes and volatilize the moisture. Lift out and drain on paper towels. Treat each potato in the same way.
4. When all potatoes have been fried once, heat the oil to 360 degrees. Add small batches of the potatoes and fry them crisp. Drain on paper towels and sprinkle with salt. Put into a pilot-heated oven, or dry place. Serve in a paper-napkin lined basket. Let everyone serve himself.

CHICKEN BREASTS IN CREAM SAUCE

8 chicken breasts
 2 cups sliced mushrooms
 3 cooking apples
 Butter
 ½ t sugar
 2 Ts Calvados or brandy
 1 cup whipping cream
 Salt and pepper to season
 2 egg yolks
 2 ts lemon juice
 Mince parsley



1. Buy deboned chicken breasts, or do it yourself. Remove the fillet from each breast and then take out the tough tendon. Remove the skin. Cook the bones and skin to make broth. Add some parsley, a carrot and an onion to the water, and whatever else you have in the vegetable bin that will give flavor.
2. Wash the mushrooms and cut the stems off even with the caps. Slice the caps to make 2 cups. Mince the tender part of the stems. Put a chunk of butter into a skillet. Add the mushroom stems and the sliced caps. Saute about 3 minutes. Lift out and put on a plate.
3. While mushrooms cook, peel, core and dice the apples. When mushrooms are done add another chunk of butter to the skillet and saute the apples. Sprinkle with sugar and let them caramelize. Add mushrooms to apples and set aside.
4. In a clean skillet put a chunk of butter. Add the chicken breasts. Saute 5 minutes. Add the little fillets, turn the chicken breasts and saute until the meat turns white. Total cooking time should be about 15 minutes.
5. Pour the Calvados over the chicken and set aflame. This really flames, so stand back. When flame dies, add the mushroom-apple mixture and half the cream. Bring to a boil. Season the sauce with salt and pepper. Taste.
6. Put the remaining ½ cup of cream into a bowl with the egg yolks and lemon juice. Beat to mix. Spoon some of the hot cream from the skillet into the egg-cream mixture. Mix well. Stir this back into the skillet. Heat, but do not boil. Once thickened, pour onto serving platter and sprinkle with parsley.

Note: If you are making this for the first time for dinner guests and you are worried it might curdle, you can leave the yolks out and thicken the sauce with a mixture of 1 T flour and a piece (1 T) of butter. However, know that the sauce will not be as elegant, and promise yourself you'll do it with yolks sometime soon.

TOMATO SALAD

- 6 small tomatoes
- 1 small clove garlic
- 2 Ts vinegar
- 2 Ts water
- 1 T minced shallots, or green onions
- ¼ t salt
- Pepper
- ½ t sugar
- Minced parsley, lots



Core tomatoes. Do not peel. Put them on salad plates. Slice them down, and then push the slices over to lean one against the other. Put garlic clove in salad bowl. Crush with the salad spoon to release its juices. Add balance of ingredients. Mix, taste and remove the garlic. Spoon over the tomatoes. There is no oil in this dressing.

SOUFFLEED APPLE PANCAKE

- | | |
|------------------------|---------------------|
| 3 apples | <i>Batter:</i> |
| Chunk butter | 3 Ts unsifted flour |
| Dash salt | ¼ t baking powder |
| 3 Ts sugar | Dash salt |
| ¼ t vanilla | 3 Ts milk |
| Dash cinnamon | 2 egg yolks |
| 1 T Calvados or brandy | 2 egg whites |
| | 2 Ts sugar |
| | 1 t lemon juice |
| | 1 cup sour cream |

1. Peel apples. Cut the apples off their cores in wedge-like slices. Put a chunk of butter into a 10-inch iron, enamel or ovenware skillet that is also flame-proof. Add apple slices and saute about 10 minutes on top the range. Sprinkle with salt and 3 Ts of sugar. Remove from heat. Add vanilla, and cinnamon to the Calvados. Pour over the apples. Set aside to cool.
2. Preheat the oven to 400-degrees. Fifteen minutes before serving the dessert, mix the batter. Put flour, baking powder and salt into a small mixing bowl. Pour milk into a measuring cup. Add the yolks and beat together.
3. Beat the whites until starting to stiffen. Gradually add the 2 tablespoons of sugar and beat until stiff.
4. Stir the milk-yolk combination into the flour. Beat out the lumps. Stir in the stiffly-beaten egg whites. Mix well. Pour over the cooled apples in the skillet. Sprinkle with sugar and bake about 12 minutes, or until lightly browned and puffed to the top of the skillet.
5. Stir the lemon juice into the sour cream. Pour into a dish and serve. When the pancake is done, remove it from the oven and invert it onto a serving plate. The apples are on the top and the cake on the bottom. Sprinkle with granulated sugar, cut into wedges and serve with the sour cream.

Note: This should serve eight, but four people will eat the whole pancake.

EASY SUPPER

Moussaka

Caesar Salad

Buttered Apples

This is a very simple meal. The moussaka can be made the day before, or in the morning. Even the custard sauce for the moussaka can be made, but add the eggs just before putting it into the oven. Make the apples in advance and refrigerate them. Toast the bread cubes for the salad and make the dressing early in the day.

The finishing of the moussaka should not take longer than 5 minutes, the baking 45 minutes. If serving this meal to friends you might like to serve some crisp cookies with the apples.

BUTTERED APPLES

Once you have eaten apples cooked in butter (no water), you will eat them no other way.

6 apples
 ¼ lb. butter
 1 cup sugar
 1 t vanilla
 1 T Kirsch

1. Peel apples. Slice them off the core into thin slices. Melt butter in a saucepan. Add the apple slices, cover and cook until mushy. Add the sugar and cook a few minutes, or until done. Remove from the heat, add the vanilla and Kirsch. Mix. Cool and then pour into a serving dish. Refrigerate, but serve at room temperature.
2. Serve as applesauce with cream or sour cream. These apples are also very good served with a crème Anglaise, or Sabayon sauce (Almanac Vol. I, p. 58).

MOUSSAKA MARIA

The Moussaka of Greece is traditionally made with beef. However, if you have leftover lamb grind it up and use it in this recipe. This Moussaka is unlike others you have eaten. It is a divine dish.

- 3 or 4 eggplants (about 20 slices)
- Salted water
- Flour
- Oils (peanut and olive)
- 1 large onion, diced (1 cup)
- 2 tomatoes, peeled and diced (2 cups)
or use canned plum tomatoes
- 1½ lbs. ground lean beef
- 1 t salt and some pepper

Custard Topping:

- ½ lb. butter
- 5 Ts flour
- ½ cup whipping cream
- 1 cup water
- Dash nutmeg
- ½ t salt
- Dash pepper
- Parmesan cheese, grated
- 2 whole eggs
- 2 ts lemon juice



1. Cut eggplants into ¾-inch slices. Peel and soak in salt water for 15 minutes. Drain and blot on paper towels. Coat with flour.
2. Cover a cookie sheet with heavy foil. Coat foil with peanut oil, lots. Add floured slices. Turn to coat with oil. Bake the eggplant for about 20 minutes in a 450-degree oven. Turn off the oven and leave for 30 minutes.
3. Put olive oil into a skillet. Add onions and saute 1 minute. Add tomatoes and cook another minute. Add beef and cook until done. Add salt and pepper to taste. Pull the meat to one side of the skillet and then prop the skillet up so that the oil will drain out of the meat. Spoon out the oil and pour it over the eggplant slices in the oven. Let meat cool. Make the custard.
4. Melt butter in a skillet. Stir in the flour. Cook 1 minute. Add the cream, water and seasonings. Cook until very thick. Remove from heat, cover and set aside.
5. Arrange eggplant slices and meat mixture alternately in one large greased casserole, or two 8 x 8 foil cake pans. Sprinkle each layer with grated Parmesan. Fill casseroles to 1-inch of the top, ending with cheese. The casseroles can be made well in advance and even frozen. If frozen, thaw before finishing the recipe.
6. When ready to make the casserole, beat the eggs with a whisk to mix them thoroughly and to blend the yolks and whites, but do not make them light. Stir the eggs into the cooled cream sauce, add the lemon juice, mix and spoon over the top of the casserole.
7. Bake at 350 degrees on the bottom shelf of the oven for about 45 minutes, or until hot, browned and puffed. Cut into squares if in a square pan, or into wedges if in a round casserole.

Note: If any is left, serve it cold the next day. It is delicious.

CAESAR SALAD

- 4 slices firm-type bread
- ¼ cup olive oil
- 1 clove garlic, cut in half
- 1 head Romaine to serve six

Dressing:

- 6 flat anchovies
- ¼ t dry mustard
- 6 Ts olive oil
- ⅛ t freshly-ground pepper
- 1 t lemon juice
- 1 T mild vinegar
- 1 T Worcestershire sauce
- 2 coddled eggs
- ½ cup grated Parmesan cheese



1. Cut crusts from bread slices and then cut into small cubes. Heat the olive oil in a skillet with the garlic. Remove the garlic once it becomes brown. This should take about 5 minutes. Do not burn the oil over high heat.
2. Add the bread cubes. Stir-cook until they are toasted and brown on all sides. Set aside ready to use.
3. Clean the Romaine and dry each leaf. Break the leaves into the salad bowl. Cover with damp paper towels and a piece of Saran.
4. Mash the anchovies in a mixing bowl. Add the mustard and mash to a paste. Add rest of ingredients down to the eggs. Mix well. Set aside ready to use.
5. When ready to serve the salad, have a pan of water boiling and into it put the eggs. Remove from the heat and let stand 1½ minutes. When the eggs are about ready, pour over the anchovy sauce. Now, cut the eggs in half and drop the yolks onto the salad greens. Toss the whole together. (The egg whites are not used, but don't worry that some gets into the salad.)
6. Sprinkle with Parmesan, add the bread cubes and toss again. If there are a few anchovies left, cut into thin strips and lay over the top of the salad. Serve promptly.

Note: The anchovies and the Parmesan are both salty, so let guests do their own salting at the table if they think it is necessary.

CHERRY CAKE

1 lb. butter
 2 cups sugar
 7 egg yolks
 1 lb. candied cherries
 6 cups broken pecans
 3 cups cake flour
 2 Ts lemon extract
 1 T orange extract
 8 egg whites
 Cherry halves to garnish

1. Cream together the butter and sugar. When fluffy add the yolks and beat for about 10 minutes.
2. Put the cherries and pecans into a large bowl. Sift the flour over them. Mix well. Add to the creamed mixture. Add extracts and mix well.
3. Beat whites until stiff. Fold-stir into the mixture. Pour into an oiled and floured 10-inch tube pan (angel food cake pan). Bake in a 300-degree oven for about 2 hours. When done set the pan on a wire cake rack for about 15 minutes, and then invert the cake onto the rack and let it cool.
4. When cool, decorate with cherry halves around the outside, top edge. Set the cake on a large towel, or napkin and then set the towel on a sheet of foil. Soak the towel with Grand Marnier and wrap around the cake. Close the foil tight around the cake. Refrigerate for a week or so to age. Serve at room temperature with the fluffy hard sauce, or serve plain.

FLUFFY HARD SAUCE

$\frac{1}{4}$ lb. butter
 $\frac{1}{8}$ t salt
 1 lb. confectioners' sugar
 1 egg yolk
 1 T Grand Marnier
 1 T Benedictine
 2 Ts Cognac
 1 egg white, stiffly beaten



Cream together the butter, salt and sugar. Add the egg yolk and beat. Add the liqueurs. Beat in the stiffly beaten egg white on low speed. Pour into a serving dish, cover and refrigerate. Let sauce ripen for at least 24 hours before serving. Serve at room temperature, otherwise it is too hard and it does not have the fluffy quality.

Note: This is great on hot plum puddings and you'll like eating it by the spoonful.



STRAWBERRY PRESERVES

The strawberries that come to market at this time of year make the best preserves. Providing, of course, their price does not prohibit their purchase. Here's another recipe to add to those I gave you in Volume I of Almanac.

2 cups stemmed berries
3 cups sugar

1. Wash berries and drain. Put into enamel-ware pan, add sugar and heat. Boil 9 minutes.
2. Remove from heat, skim suds from top, cool, stir and let stand 24 hours. Do not cover.
3. Wash jelly glasses. Put them into a large kettle of cold water. Bring to a boil and boil 10 minutes. Remove with tongs, drain upside-down on a rack and let them dry. Never dry sterilized jars or glasses with a towel.
4. Fill with the preserves. Melt paraffin in a coffee can over very low heat, or in the oven at 250-degrees. If melting the paraffin over direct heat keep the heat very low and be careful. If paraffin gets too hot, it tends to ignite itself.
5. When paraffin is melted, pour it over the top of the preserves to completely cover them. Cap the glasses with a lid, or foil to keep out the dust. Store in a cool, dark cupboard.

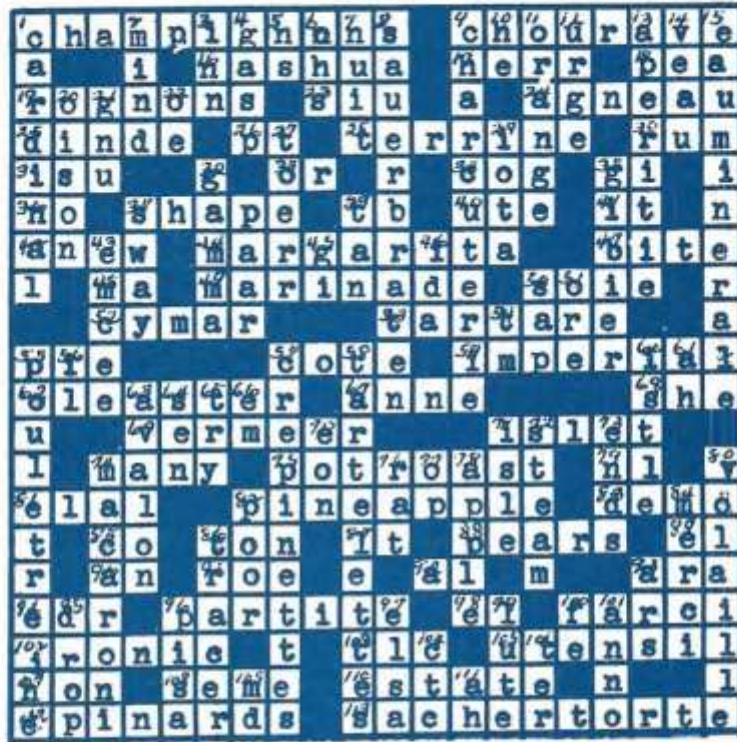
EGGSTRA ANSWERS

- | | |
|-------------|---------------|
| 1. Almonds | 6. Sandwich |
| 2. Oysters | 7. Parmesan |
| 3. Orange | 8. Abalone |
| 4. Gelatin | 9. Gelatin |
| 5. Meringue | 10. Artichoke |

Culinary

20

Crossword



by sandy arlinghaus

QUICK CHILI

- Chunk butter
- 1 T chili powder
- 1 cup port or Madeira wine
- 1 cup catsup
- 1 large can (40 oz.) bought chili (with beans)
- Salt and pepper to taste

1. Melt butter in a large skillet. Add chili powder. Stir-cook 1 minute. Add port and catsup. Mix and bring to a boil.
2. Add the canned chili. Stir into the sauce and bring to a boil. Simmer about 30 minutes to blend the flavors. Season to taste with salt and pepper and maybe a bit of sugar. Serve with crackers and a glass of Madeira wine for the adults.



Alma's ALMANAC

Much has been written and said about the scarcity and high cost of French wines. And much more will be, because the great wines are now so expensive that it is hard to

enjoy drinking them when they cost twenty or thirty dollars a bottle. So what is the solution?

Recently I have been experimenting with the regional wines of France. In many ways these lesser wines go better with our everyday foods and are very good buys — as of now. One of the best white wines I have had in a long time is a Beaujolais Blanc Marquisat (Dasquier-Desvignes and imported by Munson Shaw Co. 13%). It is full of flavor and has excellent color. The other wine we have enjoyed is a light, crisp Corbières from Bordeaux (Maison Dourthe Frères and imported by Paterno Imports 12.5%). Both are 1970 vintage and I can recommend them to you.

INDIAN MENU

Curried Lamb

Lentils with Rice
(Kedigree)

Green Salad

Orange Custard

Cookies

MEAL PLAN

This whole meal, except for the salad, can be made a day in advance, or the morning of the day you plan to serve it. One hour before you plan to serve the dinner, cover the lamb and the kedigree with foil, not tight, and put into a 325-degree oven and let it heat. Prepare the salad and its dressing. Toss just before serving. Unmold the dessert and refrigerate it.



CURRIED LAMB (AK-NI-KORMA)

Having lived in India for a year I am very fond of curried foods but do not like them spicy hot. This will please your palate, as it does mine.

3 lbs. lean lamb	<i>Sauce:</i>
4 cups water	3 onions
¼ t fennel seeds	¾ stick butter
2 whole cloves	½ t powdered coriander
2 cardamom pods	½ t powdered cumin
¼ t coriander seeds	1 (1-inch) piece ginger, minced
1 (2-inch) piece fresh ginger	3 cloves garlic, minced
3 cloves garlic, minced	1 (2-inch) piece cinnamon
2 onions, diced	1 t sugar
1 (2-inch) piece cinnamon stick	1½ cups yoghurt
¾ t salt	Pinch saffron threads
	1 T boiling water

1. Cut the lamb into bite-sized pieces, not chunks. Put into a saucepan with 4 cups of water. Bring to a boil. Skim suds from the top and reduce the heat to a simmer.
2. Tie the fennel, cloves, cardamom and coriander seeds in a piece of cheese-cloth. Add to the pan. Add the ginger, garlic, onions and cinnamon stick. Set lid ajar and simmer lamb for about 1 hour, or until meat is tender. Liquids should reduce to 1 cup, or less. If they have not, remove lid and let liquids evaporate. Discard the seasoning bag and fish out the other seasonings. Add the salt. Make the sauce.
3. Clean onions and cut down into thin wedges. Brown in the butter. Add the powdered coriander and cumin. Stir in the ginger, garlic and cinnamon. Cook 5 minutes. Add the sugar and yoghurt. Simmer 10 minutes. Soak a pinch of saffron threads in the tablespoon of water.
4. Add the lamb and its cooking liquids to the sauce. Bring to a boil. Strain the saffron water off the threads and into the pan. Taste and adjust the saltiness. Serve with Kedigree and yoghurt.

Note: Indians use practically no salt in their cooking. You may wish to add more, but do not ruin the flavor with salt. If you wish the curry to become firey hot, add a minced green chili pepper, or two. Tabasco will also do the trick, but masalas (curries) are not normally burning hot when the basic foods are of good quality. When the ingredients are of an inferior quality, it is wise to have the tongue burning to the point it cannot taste.

ORANGE CARAMELIZED CUSTARD

- 4 Ts sugar
- 4 Ts water
- 1½ cups whipping cream
- 4 whole eggs
- 2 egg yolks
- ¾ cup sugar
- Dash salt
- ½ cup concentrated frozen orange juice
- Grated rind from 1 orange and 1 lemon
- ½ t orange flavoring

1. Put 4 Ts. of sugar and of water into a 4-cup Charlotte mold, or pan. Heat until sugar caramelizes and turns a dark brown. Remove pan from heat. Set into cold water to stop its cooking. Lift from water and twist pan around to coat the sides. If syrup hardens, reheat.
2. Heat cream to a boil. Beat eggs and yolks with a whisk. Add ¾ cup sugar and salt. Gradually add the hot cream. Add the orange juice, rinds and flavoring. Mix well and pour into the Charlotte mold. Set into a hot-water bath. Bake on the lowest shelf of a pre-heated 325-degree oven for about 1 hour. To test for doneness, shake the pan, but gently. If the custard has a flabby wiggle, cook a bit longer, if a firm wiggle, it is done. You can tell.
3. When done, remove from the oven and cool on a cake rack. Cover with Saran and refrigerate until very cold. When ready to serve, unmold. Run a knife around the top of the custard, place the serving dish over the custard and invert the mold. The custard should drop out. Heat the mold to dissolve the caramel and pour it around the custard. Serve with some of the sauce. Do not unmold before it is ready to serve. Too often custards crack if they must stand on their own.

OLD-FASHIONED DROP SUGAR COOKIES

- ½ lb. butter
- ¾ cups sugar
- 2 eggs
- 1 t vanilla
- 2 cups sifted all-purpose flour
- 1 t baking powder
- ¼ t salt

1. Cream together the butter and sugar. When light and fluffy, add the eggs, one at a time. Beat each until it is incorporated into the creamed mixture. Add the vanilla and beat. (Also add a bit of grated lemon rind if you like its flavor in cookies.)
2. Sift together the flour, baking powder and salt. Incorporate this into the creamed mixture.
3. Coat two cooky sheets with butter. Drop the dough, by teaspoonfuls onto the cooky sheets. Bake in a preheated 375-degree oven for about 12 minutes. Lift from the cooky sheet to a wire cake rack. Sprinkle cookies with granulated sugar and let cool. Makes about 4 dozen.

KEDIGREE**(KHICHIRI)**

- ½ cup lentils
- 2 cups water
- 4 onions
- Chunk butter
- 2 Ts peanut oil
- 1½ cups rice
- 1 cup water
- 1 (1-inch) piece fresh ginger
- 1 bay leaf
- 1 (3-inch) cinnamon stick
- 8 peppercorns
- 6 whole cloves
- 1 cardamom pod



1. Soak the lentils in 2 cups of water for about 2 hours. They should soak until they are tender enough to bite through.
2. While these soak, cook the onions. Cut the onions into thin wedges. Melt the butter in a large skillet. Stir-cook the onions until brown, crisp and caramelized. It will take about 20 minutes. Set aside.
3. When lentils are ready to cook, heat peanut oil in a saucepan. Add the rice (do not wash it). Stir-cook over high heat for about 3 minutes, or until the grains of rice turn white. Add the soaked lentils and the soaking water. Add another cup of water.
4. To the saucepan add the ginger (leave in the piece), the bay leaf and cinnamon stick. Make a spice bag with the peppercorns, cloves and cardamom pod. Add to the pan. Bring to a boil, then reduce the heat. Cover and simmer about 20 minutes, or until both lentils and rice are done.
5. Discard spice bag, ginger, bay leaf and cinnamon stick. Serve garnished with the caramelized onions. Good with meat dishes and it is always served with yoghurt.

*MENU**Veal Marsala**Noodles**Green Salad**Seasoned Olives**Frozen Orange Mousse*

MEAL PLAN

This menu is very simple and quick. Make the dessert several days in advance of serving it. The olives you can make any time and have them on hand. The actual cooking of the veal and the noodles will not be more than 30 minutes, providing you have everything sliced, cut and ready to use in the recipe. Prepare the ingredients for these recipes early in the afternoon and have each recipe organized and the cooking plan in your head.

FROZEN ORANGE MOUSSE

6 egg yolks
 Grated rind from 1 orange
 1 cup sugar
 ½ cup water
 ½ t white corn sirup
 Dash salt
 ¼ lb. cold butter
 3 Ts Grand Marnier
 1½ cups whipping cream, whipped
 4 Ts confectioners' sugar
 Ladyfingers
 Kirsch
 Whipped cream to garnish

1. Put yolks and rind into a small mixer bowl.
2. Put sugar, water, sirup and salt into a small pan. Stir until it starts to boil. Stop stirring and cook until the sirup registers 242 degrees on a candy thermometer, or to a firm-soft ball.
3. When sirup reaches 200 degrees, start beating the yolks. When sirup is done, pour it into the yolks while beating. Add the cold butter in small chunks and continue to beat. Turn off the mixer and set the bowl into ice water. Beat with a whisk. Stir in Grand Marnier. Cool.
4. Beat the cream until it starts to stiffen. Add conf. sugar and beat until stiff. Fold into the cooled yolk mixture.
5. Put a waxed-paper collar around a 3-cup mold so that it extends about 3-inches above the mold.
6. Separate the ladyfingers and open them in half. Lay cut side up on a cooky sheet. Sprinkle with Kirsch, but do not soak them to the point they dissolve.
7. Spoon about 2-inches of souffle into the mold. Add a layer of ladyfingers. Repeat layers, ending with souffle. Put into the freezer and let freeze. Once frozen, wrap. To serve, unwrap, remove the collar and decorate with stars of whipped cream. Serve frozen.

VEAL MARSALA

- 1½ lbs. sliced veal
- Butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- Salt and pepper
- ¼ cup Marsala wine
- 1½ cups whipping cream
- 2 ts lemon juice
- 2 Ts flour
- 2 Ts butter, softened
- Minced parsley

1. Cut the veal into 2-inch strips about ½-inch wide. Saute them in a large chunk of butter for about 5 minutes. Add the mushrooms, garlic, and salt and pepper to season. Cook about 5 minutes. Add the Marsala and cook a minute.
2. Combine the cream and lemon juice. Mash the flour and butter together to make a paste. Pour in the cream. Bring to a boil and then stir in the butter-flour mixture. Simmer until thickened. Taste and adjust the seasonings. Sprinkle with parsley and serve.

NOODLES IN SAUCE

Sometime when you have time, drive down to the Conti de Savoie. This Italian grocery store is located in the Roosevelt Road shopping center just off the Dan Ryan and is easy to get to. Here you will learn about noodles and pastas, as well as spices, herbs and olives. Plan to spend some time there and I wish you luck on not spending money.

- ½ lb. (tagliatelle #62) noodles (the name tells you what type of noodle and the number what size).
- ⅛ lb. prociutto ham
- Chunk butter
- 2 tablespoons flour
- 1½ cups milk
- ½ t salt
- Dash pepper and nutmeg
- Grated Parmesan cheese

1. Put two quarts of water into a large kettle. Add 1 T of salt and bring to a boil. Add the noodles and bring the water back to a boil. Stir and boil for 2 minutes. Remove from heat, cover with foil and top with a lid. Let noodles stand, off the heat, for 10 minutes, or for the time required to cook them. Usually the box suggests a time.
2. Trim fat from the ham. Cut into shreds. Melt butter in a skillet. Saute the ham. Stir in the flour. Add the milk, salt, pepper and nutmeg. Stir until thickened, and glossy. When noodles are done, drain well and then stir into the sauce. Pour into a serving dish and sprinkle with Parmesan cheese. Set under a broiler for a minute to brown. Serve.

SEASONED OLIVES

- 1 lb. Italian black olives
- 3 Ts olive oil
- Freshly-ground pepper
- ½ t oregano
- 2 cloves garlic, split
- ½ t thyme, or a branch of thyme

In Italian stores, especially at the Conti, you can buy a variety of olives. Buy the medium-sized olives, in olive oil, then drain off this olive oil, which is of an inferior quality, and add fresh oil along with pepper, oregano, garlic and thyme. Let these olives age for a week at room temperature and then refrigerate them. They keep indefinitely. Serve at room temperature.

PECAN-CRUSTED CAKE

- ½ cup chopped pecans
- ½ cup melted butter
- ½ cup sugar
- ¼ cup fine dry bread crumbs
- ¼ t salt
- ¼ lb. butter, plus 2 T
- 1¼ cups sugar
- 2 whole eggs
- 1 t vanilla
- 2 cups sifted cake flour
- 2 ts baking powder
- ¾ t salt
- ½ cup milk

Glaze:

- ½ cup confectioners' sugar
- 2 Ts milk
- ½ t vanilla

1. Butter bottom and sides of a 2-quart fluted tube pan. Combine pecans, melted butter, ½ cup sugar, crumbs and salt. Press onto the bottom and up the sides about an inch.
2. Cream together the butter and sugar. Add eggs and beat until light and fluffy. Add vanilla. Sift together the flour, baking powder and salt. Add to the creamed mixture alternately with the milk. Pour into the prepared pan.
3. Bake in a 350-degree oven for about 60 minutes, or until done. Cool on rack 15 minutes, then invert pan onto another cake rack and cool.
4. Combine glaze ingredients and beat until smooth. Spoon over top of cake and let run down the sides unevenly. Serves 8-10.

BREAD-CHEESE CASSEROLE

Kids love this. Serve it as you would macaroni and cheese.

- 6 slices of bread
- ¼ lb. butter
- ½ lb. grated Swiss cheese
- 4 eggs
- 2 cups milk
- 1 t dry mustard
- 1 t salt
- ⅛ t pepper

1. Butter slices of bread. Stack them and cut into cubes. Put them into a shallow, buttered casserole. Sprinkle with cheese. Beat eggs to mix them together. Stir a bit of milk into the mustard, salt and pepper and then add the rest of the milk. Pour into the eggs and beat to mix. Pour over the bread cubes. Sprinkle with more cheese. Refrigerate overnight. I make this one evening and serve it the next.
2. Remove from refrigerator 2 hours before baking. Bake at 350 degrees for about 30 minutes, or until hot and lightly browned.

For a flavor change, stir ½ teaspoon sweet basil into the mixture.

BAKED BEANS

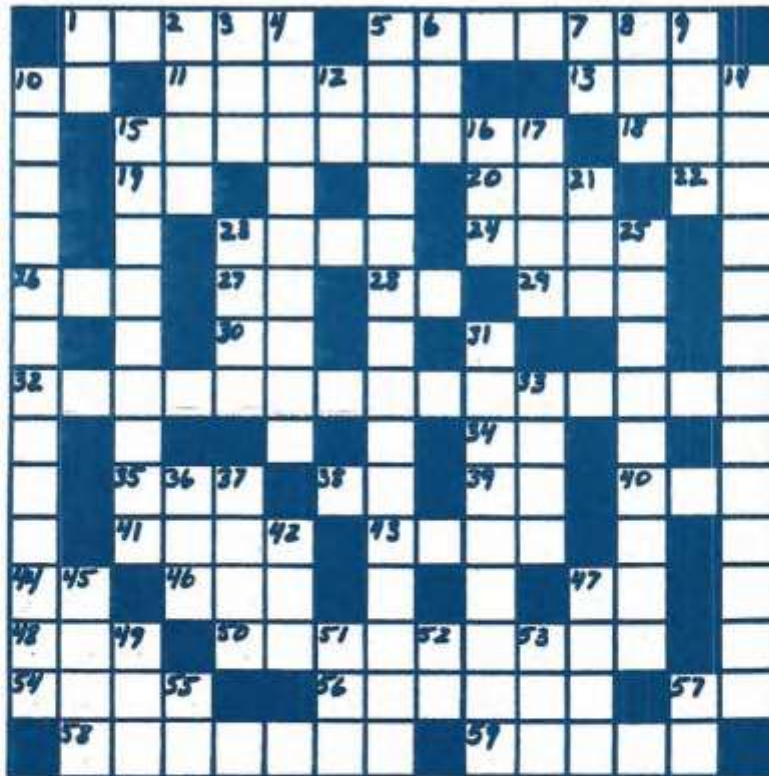
- 2 cups dried beans (Great Northern whites)
- ½ t soda
- ¼ lb. bacon, chunked
- 1 clove garlic, minced
- 2 T catsup
- 2 onions, cut into wedges
- 1 t paprika
- 1½ cups brown sugar
- ½ t dry mustard
- 1 T vinegar
- 1 t salt

1. Soak beans overnight. Drain. Cover with water, add the soda and cook ½ hour. Drain. Put into a bean pot or casserole.
2. Put bacon, garlic, catsup and onions in the beans and stir. Put paprika, sugar, mustard, vinegar and salt into a bowl. Add water to make a paste and then add about a cup of water. Mix well and pour into the bean pot. Add water to cover the beans. Put into a 325-degree oven. Bake about 8 hours. Add water as it is needed, but when the beans are done the water should be evaporated and the beans moist and delicious, but not soupy. These are the best baked beans I have ever eaten.

Culinary

29

Crossword



by sandy arlinghaus

ACROSS

- 1) Vin— is generally served with poultry or fish
- 5) Creme Renversee has this kind of sauce on it
- 10) This (Fr.)
- 11) Crade (Fr.)
- 13) Dutch cheese
- 15) Russe and Portugaise are two varieties of this hat-shaped dessert
- 18) Parent Teacher Association (abbr.)
- 19) Almost everywhere (abbr.)
- 20) Fairy tale creature
- 22) Erbium (chem.) (abbr.)
- 23) Egg (Fr.)
- 24) Ingredient that gives a dish the name "gumbo"
- 26) "— and downs"

DOWN

- 1) Common verb
- 2) A dull pain
- 3) National Recovery Act (abbr.)
- 4) Brains (Fr.)
- 5) Cauliflower dish with a white sauce and Parmesan cheese (Fr. 3 words)
- 6) Of age (Lat. abbr.)
- 7) Pronoun
- 8) Electronic data processing (abbr.)
- 9) The White Rabbit was this for a very important date
- 10) Cream Puff Tree (Fr.)
- 12) Chlorine (abbr.)
- 14) Checkerboard Bavarois dessert cake (Fr.)
- 15) Lamb and bean stew (Fr.)
- 16) French for Theo
- 17) Moose-like European deer (pl.)

ACROSS

- 27) Right fielder for Detroit Tigers has this first name
 28) Definite article (Fr.)
 29) Possible relation of my husband's brothers nephew, to me
 30) Thallium (abbr.)
 32) Whipped, molded peach dessert (Fr.) (3 words)
 34) Titanium (abbr.)
 35) He invented the cotton gin (first name)
 38) Amplitude modulation (abbr.)
 39) Opposite of out
 40) By way of (Latin)
 41) Most cars have five of these, but only need four of them at a time (sing.)
 43) Exactly one time
 44) Candlepower (abbr.)
 46) Noise sheep make
 47) Quality common to both stove and onion
 48) Souffleed dumplings (Fr.)
 54) God of love in Greek mythology
 56) Saddle (Fr. pl.) as in saddle of hare
 57) Id est (abbr.)
 58) Indian relish made from mangoes and other tropical fruit
 59) Ingredient in bread that causes it to rise

DOWN

- 21) To and ———; back and forth
 23) Cereal grass often used in hot breakfast cereal (pl.)
 25) Small fish often used to add flavor to salads or sauces (pl.)
 31) Adv. relating to vision
 33) Indefinite article (Ger.)
 36) "Women's ———"
 37) Country in South West Asia
 42) ——— Minerale (Fr.)
 45) Meat about which Charles Lamb wrote (Fr.)
 47) City in Arizona east of Phoenix
 49) (48) across spelled backwards
 51) Before
 52) ——— ——— White (initials)
 53) Side of a ship protected from the wind
 55) Southern University (abbr.)
 57) Pronoun

SOUFFLEED PANCAKES

These are delicious and light as feathers.

3 egg whites
 3 egg yolks
 ½ t salt
 ¼ cup flour
 ¾ cup cottage cheese
 2 T sour cream
 Peanut oil
 Softened butter
 Sugar

1. Beat whites stiff. Then, using the same beaters (don't wash them), beat the yolks until light. Add salt, flour and cottage cheese to yolks and beat until well blended.
2. Mix in the sour cream and then fold in the beaten whites. Gently mix.
3. Heat a heavy griddle, or skillet to hot. Lightly coat with peanut oil. Spoon and spread mixture onto the hot griddle to make a 4-inch pancake. Mixture is thick and airy so will not spread by itself. Let one side brown and then turn pancake over and brown the other side. Lift an edge to see when the pancake is brown.
4. Put each pancake on a serving plate, spread with softened butter and sprinkle with sugar. Serve hot. Makes about 8 four-inch pancakes.



Alma's ALMANAC

Let every performance of leftovers on your dinner table be a new tableau!

The appearance of leftover meat on your dinner table should be such that no one recognizes them as yesterday's meal. The theme is the same — that is beef, pork, chicken or ham, but when Act II is presented it must be different from Act I and if there is to be an Act III, cloak the meat in an exciting sauce.

The cardinal rule to follow when serving leftover meats is that they never appear in their original presentation, or show-up in a role they have played before.

MENU

Leftover Meat Souffle

Creamed Peas

Salad

Bleu Cheese Dressing

Chocolate Pecans

MEAL PLAN

I hope I am correct in assuming you no longer need detailed meal plans. If I am wrong, correct me.

Make the pecans anytime you wish. Keep refrigerated and they will keep for a long time. Be sure to bring them to room temperature before serving.

Make the salad dressing the day before and let it age in the refrigerator. Cook the peas early in the afternoon and have them ready to finish. Prepare the casserole late in the afternoon and have it ready to put into the oven. Combine the sauce ingredients for the peas shortly before using.

LEFTOVER MEAT SOUFFLE

You must try this dish. Served with a sauce of creamed peas it becomes better than the original meat dish. Use ham, chicken, pork, veal or best of all is a combination of these meats. You don't have to have all four meats, but do put some ham with the chicken, pork or veal. These meats lack character once they become leftovers.

- 8 slices of bread; 4 hamburger, or hot dog buns; or an 8-inch piece of French bread
- 2 cups half and half cream
- 1 onion, minced
- 1 shallot, minced
- Chunk butter
- ¼ teaspoon salt
- Freshly-ground pepper
- 3 cups diced, cooked meat
- 1 whole egg
- 3 egg yolks
- 1 tablespoon minced parsley
- ½ cup grated Parmesan

1. Put bread into mixer bowl. Add cream, turn on mixer and beat to cut up the bread. Let it soak.
2. Saute onions and shallots in a chunk of butter. Season with salt and pepper.
3. Cut the leftover meats into very small cubes, or pieces. *Do not grind them in a food chopper.*
4. Add egg and yolks to the bread mixture. Beat about two minutes. If the mixture seems dry, add a bit of cream, or milk. Remove from beaters. Add the sauteed vegetables, diced meats, parsley and parmesan. Mix well with a fork.
5. Butter a round casserole. Pour in mixture and bake in a 350-degree oven for about 45 minutes, or until puffed and brown. Invert the casserole into a round serving dish and pour over a recipe of creamed peas, or serve from the casserole and spoon over the creamed peas.

SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.
Example: as + lad = salad.

- | | |
|-----------------------------------|--|
| 1. Noon + i = | 6. Print + u = <i>fruit + pie</i> |
| 2. Bilge + t = <i>bit + leg</i> | 7. Trout + b = <i>out + part</i> |
| 3. Veil + r = | 8. Ship + can = |
| 4. Prism + h = | 9. Sugar + sap + a = |
| 5. Berets + h = <i>herb + set</i> | 10. Beet + veal + g = <i>fat + be + meal</i> |

CREAMED PEAS

- 2 cups frozen peas, or 2 (10 oz.) packages
- 1 quart water
- 2 teaspoons salt
- 2 egg yolks
- 1¼ cups whipping cream
- Dash salt, pepper and sugar

1. Cook peas about 5 minutes, or until tender, in water seasoned with salt. Drain and dry-off peas over low heat. Set aside until ready to serve.
2. Combine yolks and whipping cream. Add salt, pepper and sugar to season (guess at it). When ready to serve the peas, whisk these ingredients together.
3. Set the peas over low heat, toss and heat until they are hot. Take peas from the burner. Gradually pour in the egg mixture while shaking the pan. Set back over very low heat. Stir-cook with a wooden spoon just until thickened. *Do not* cook over high heat, *do not* cook fast, and *do not* let mixture boil. Immediately pour over the soufflé; into a dish; or serve as a vegetable.

SALAD WITH

BLEU CHEESE DRESSING

- ½ head lettuce, or to serve 6
- 1 clove garlic, crushed
- ⅛ teaspoon salt
- Freshly-ground pepper
- 2 tablespoons wine vinegar
- ½ teaspoon chervil
- 1 teaspoon sherry
- ½ cup whipping cream
- ¼ cup Bleu cheese
- 2 tablespoons sour cream
- 2 tablespoons mayonnaise

1. Have lettuce washed, dried and ready to use. Mash garlic in salad bowl with the spoon. Add salt and pepper and continue to mash to a pulp. Add vinegar, chervil, and sherry. Mix well.
2. Put cream into a measuring cup. Add bleu cheese until the cream measures ¾ cup, thus you have measured ¼ cup of cheese.
3. Add the sour cream and mayonnaise to the salad bowl. Mix well. Pour in the cream and cheese. Mash the cheese, or break it into small pieces, as you prefer.
4. Cut lettuce into slices, put slices on salad plates and spoon over the dressing.



CHOCOLATE PECANS

4 ozs. German-sweet chocolate
 1 tablespoon cream
 1 tablespoon rum
 1 egg yolk
 $\frac{1}{8}$ lb. butter
 $\frac{1}{2}$ teaspoon vanilla
 Dash salt
 Pecan halves
 Confectioners' sugar

1. Put chocolate, cream and rum into the top part of a double boiler. Fill the lower part of the boiler with very hot tap water. Set top part into lower part, cover and let stand until chocolate has softened.
2. Once chocolate is soft, reduce water in lower part of boiler to just below the top part. Warm over very low heat. Add yolk and stir into chocolate mixture. When chocolate begins to stiffen, remove and beat in the butter, vanilla and salt. If salted butter has been used, omit the salt.
3. Butter a small dish and pour chocolate mixture into it. Cover with Saran and refrigerate. Once it is cold and has set, cut it into squares. Butter your fingers and mold the chocolate around a pecan half and then roll in confectioners' sugar. Shake off surplus sugar. Also put pieces of chocolate between two pecan halves and coat the edge of the chocolate with sugar. Refrigerate candies, but serve at room temperature. Makes about 3 dozens.

HAM PATTIES

4 soda crackers
 3 tablespoons cream
 3 cups finely-diced ham
 1 onion, minced
 3 tablespoons minced parsley
 1 egg
 1 yolk
 Freshly-ground pepper
 Flour
 Butter



1. Break crackers into a small bowl. Add cream. Let soak. There should be sufficient cream to moisten crackers, but they should not be wet.
2. Put ham, onions, parsley, egg, yolk and pepper into mixing bowl. Mix well. Stir the crackers to be sure they are totally moistened. Add a bit more cream if necessary, or if too much cream, drain the surplus from the crackers. Add crackers to the ingredients and mix well.
3. Shape mixture into 6 patties. Coat with flour and fry in butter. Brown both sides. Serve with creamed peas, whipped potatoes and a salad.

MIROTON

(LEFTOVER BOILED BEEF)

Leftover roast beef may also be used in this recipe. The sauce is sufficient for 8 or so slices. If you have less, adjust the recipe to accommodate the quantity that you have.

Chunk butter	Salt and pepper
1 clove garlic, minced	¼ cup Madeira
4 onions, minced	¼ teaspoon baking soda
1 tablespoon curry powder	½ cup cream
2 tablespoons flour	8 slices beef, or whatever is leftover
1 tablespoon Cognac	Bread crumbs
1 tablespoon wine vinegar	Grated Parmesan cheese
1 cup beef broth	Butter
2 tablespoons catsup	

1. Melt butter. Saute garlic and onions until lightly browned. Add curry powder and flour. Stir-cook 1 minute. Add Cognac, vinegar, broth and catsup. Stir-cook until thickened. Add salt and pepper to season. Stir-in Madeira, soda and cream.
2. Spoon half the sauce into a shallow casserole. Top with slices of beef. Add balance of sauce. Combine crumbs and Parmesan. Sprinkle over sauce. Dot with butter. Bake in a 400-degree oven for about 30 minutes, or until hot. Serve with a salad, French bread and a dessert.

LEFTOVER LAMB LOAVES

Butter
½ lb. sausage
2 slices white bread
Milk
3 cups diced, cooked lamb
1 shallot, minced
1 small onion, minced
1 tablespoon minced parsley
¼ teaspoon chervil or basil
Salt and pepper to season
1 egg
1 yolk



1. Mash and saute sausage in butter until it turns white. Remove from heat. Put into mixing bowl.
2. Soak fresh bread in milk. Squeeze milk from bread, but leave the bread moist. Add to the bowl. Add the lamb, shallots, onions, parsley and chervil. Season with salt and pepper. Mix well.
3. Add egg and yolk to bind the ingredients. Mix well. Butter a muffin pan. Fill each cup about ¾ full. Bake in a preheated 350-degree oven for about 25 minutes. Serve with tomato sauce. Serves 4, or 6 for supper.

CHICKEN CROQUETTES

- ¼ lb. butter
- ¾ cup minced ham
- 1 cup minced mushrooms
- 6 tablespoons flour
- 1½ cups light cream
- Salt and pepper to season
- Dash sugar
- 1 cup chopped, cooked chicken
- 3 eggs
- 2 tablespoons sherry
- ½ cup flour
- 2 egg whites
- Fine, dry bread crumbs
- Peanut oil for French-frying



1. Saute ham and mushrooms in butter for 1 minute. Add flour and stir into a paste. Add cream and stir-cook until very thick. Season with salt, pepper and sugar. Stir in chicken.
2. Beat eggs. Add some hot sauce to eggs and mix. Gradually add eggs to the sauce. Add sherry. Heat, but do not boil. Pour into a buttered, square pan, and cover with a buttered piece of foil. Refrigerate until very cold.
3. Cut mold mixture into 1 by 2-inch bars. Roll in flour and shape into cylinders. Beat egg whites to a froth. Roll floured cylinders in egg whites and then in crumbs. Put on plate ready to fry.
4. While making these cylinders have the oil heating to a temperature of 360-degrees. Fry croquettes until totally brown and hot. Drain on paper towels and keep warm in a pre-heated 350-degree oven. Make the following sauce, or a sauce, before frying the croquettes. Croquettes must have a sauce of some kind. Mushroom, curry or hollandaise are all good, but I prefer a tomato sauce.

TOMATO SAUCE

- | | |
|--------------------------------------|------------------------------|
| 3 cups canned, Italian plum tomatoes | Dash pepper |
| 1 green pepper, minced | ¼ teaspoon soda |
| 1 onion, minced | 2 tablespoons Madeira wine |
| 1½ teaspoons salt | 3 tablespoons minced parsley |
| 2 teaspoons sugar | 2 cups sliced mushrooms |
| 2 cloves garlic, minced | Butter |

1. Put tomatoes into a saucepan. Crush with a potato masher. Add remaining ingredients, down to the mushrooms. Boil about 1 hour. Grind through a food mill. Put back into pan. If the sauce seems to have water in it, boil hard to reduce the sauce to a thick pulp. Saute mushrooms in a chunk of butter. Add to the sauce.
2. Remove from heat and whisk in pieces of butter to make the sauce turn creamy. Sauce should absorb about 6 tablespoons of butter, depending upon thickness of the sauce. Add the butter to the sauce after the croquettes are fried. Once butter is added the sauce should be served immediately.

MUSHROOM SAUCE

Chunk Butter
 2 cups diced mushrooms
 3 tablespoons flour
 1 cup milk
 1 cup cream
 ½ teaspoon salt
 Freshly-ground pepper
 Dash nutmeg
 Dash sugar
 2 tablespoons Madeira
 Butter



Melt butter in skillet. Add mushrooms. Saute 1 minute. Add flour, stir-cook a minute. Add milk and cream. Stir-cook until thickened. Season with salt, pepper, nutmeg and sugar. Taste. Add Madeira. Swirl a piece of butter into the sauce. Sauce should be the thickness of whipping cream. Adjust with more cream if necessary. This sauce is also good on croquettes.

CHOCOLATE MOUSSE

1 envelope gelatin
 ¼ cup cold coffee
 1 cup brown sugar
 6 oz. German sweet chocolate
 6 egg yolks
 3 Ts Grand Marnier
 2 Ts Kirsch
 6 egg whites
 ¼ t salt
 1 cup whipping cream

1. Put a 2-inch collar of waxed paper around a 4-cup souffle dish. To do this fold a sheet of waxed paper in half and then fold in half again. Be sure the paper is long enough to reach around the dish. Put the paper around the top of the dish, paper clip it together and then tie it in place around the top of the casserole. Coat the dish and the collar with oil, then wipe the dish with paper towels to remove any surplus oil.
2. Put gelatin and coffee into the top part of a double boiler. Stir until dissolved. Add ¾ cup of sugar and the chocolate. Stir-cook over simmering water until chocolate melts.
3. Add yolks and liqueurs and beat with a whisk until light and fluffy. Remove from boiler. Cool in ice water.
4. Beat whites with salt until starting to stiffen. Gradually add remaining ¼ cup sugar and beat until stiff. Fold the cooled chocolate mixture into egg whites. Beat cream until stiff. Fold into mixture.
5. Pour into prepared mold. Cover top with Saran and refrigerate overnight or until cold and set. Remove collar and serve plain, or with whipped cream. Serves 8.

MENU

Potted Shrimp
Meatballs in Sauce
Rice
Tossed Salad
Old Cake Dessert

**POTTED SHRIMP**

This recipe tastes very much like the potted shrimp one enjoys in Merry Old England.

½ lb. tiny, cooked shrimp
¼ lb. butter, plus a chunk
⅛ t ground mace
⅛ t cayenne pepper
⅛ t paprika
Bit of freshly-ground nutmeg

1. Check the shrimp to be sure the black vein is removed. In small shrimp the vein seems blacker, bigger and distracts from the dish.
2. Put butter and balance of ingredients into a small enameled saucepan. Melt over low heat. Do not burn the butter, but get it hot. When hot, add the shrimp, stir, cover and turn off the heat. Let it cool.
3. Pack into small containers, muffin-pan size, for individual servings, or small souffle dishes if planning to serve as cocktail foods. There should be enough butter to make the shrimp like a pate. Press the shrimp down in the container, cover with Saran and refrigerate. Serve cold with French bread.

MEATBALLS IN SAUCE

1½ lbs. ground, lean beef	<i>Sauce:</i>
½ cup bread crumbs	Chunk butter
1 small onion, minced	3 T flour
½ cup milk	1 t dry mustard
1 t salt	2 cups buttermilk
Pepper	½ t salt
1 T minced parsley	1 t paprika
Butter	2 Ts sugar
	Pepper

1. Combine beef, crumbs, onion, milk, salt, pepper and parsley. Mix well and shape into golf-ball size meatballs. Brown in a chunk of butter. Put into a casserole.
2. While meat browns, make the sauce. Melt a chunk of butter in a skillet. Add the flour and mustard. Stir-cook about a minute. Add the buttermilk, salt, paprika, sugar and pepper. Stir-cook until thick. Pour over the meatballs. Bake in a 350-degree oven for about 20 minutes. Serve on rice or Kasha (Almanac I, p. 4).

OLD CAKE DESSERT

When you have leftover cake, give it this treatment and you'll have a new dessert. If you have no "old" cake, buy some lady-fingers or a pound cake and give it the treatment.

3 bananas
1 t Fruit Fresh
3 Ts flaked coconut
½ cup confectioners' sugar
1 T whipping cream
½ t vanilla
Grated lemon rind
1 T Kirsch or Grand Marnier
Cake
Whipped Cream

1. Mash the bananas with the FF which will keep them from turning dark. Add the coconut, sugar, cream, vanilla, rind and Kirsch. Mix well.
2. Put six, or more, slices of cake on a cooky sheet, or foil pan, and divide the mixture among them. Mixture should be about ½-inch thick. Size of the cake slices will determine whether you will use six or eight slices of cake.
3. Once the cake is covered with the banana mixture, broil it under direct heat for about 3 minutes, or until lightly browned. Serve with whipped cream, or plain cream.

culinary crossword



by sandy arlinghaus

BAKED APPLE OMELETTE

6 apples
 ¼ lb. butter
 ½ cup sugar
 Grated lemon rind
 Dash cinnamon and of nutmeg
 Butter
 Bread crumbs
 4 egg yolks

1. Peel and core apples. Slice into a saucepan with the butter. Cook until tender. Add sugar, rind, and spices. Stir and let cool.
2. Butter a pie pan and sprinkle with lots of bread crumbs. Beat yolks and stir into the apple mixture. Pour into pie pan and sprinkle with more crumbs. Dot with butter and bake in a 325-degree oven for about 1 hour. Serve with whipped cream or ice cream.



Alma's ALMANAC

I have had many requests for a real Italian tomato sauce and ravioli. And lucky we are, for one of our readers has sent in her favorite recipes to share with you.

The sauce is good on spaghetti or other pasta. I put the ground meat into the sauce, rather than making meat balls, but both ways are good.

If you have an Italian pasta machine, one that rolls out pastry, life is less difficult. But you can master the dough with strength and a good rolling pin. For your eating pleasure, here is an Italian menu.

ITALIAN MENU

Ravioli with Ricotta Filling

Italian Tomato Sauce

Salad

Italian Cheese Pie

MEAL PLAN

There is no exact meal plan for this menu. The tomato sauce can be made any time and frozen ready to use, or made the day it is eaten. The meat can be cooked in it, or meat balls added to it, then frozen ready to reheat and use.

Make the pie early in the day and the salad dressing. Prepare salad greens and ingredients early in the afternoon, cover with damp paper towels and refrigerate. Make the ravioli in the afternoon, cover with a towel and Saran and leave until ready to cook them. This is a very easy meal because it can be prepared in advance.



RAVIOLI DOUGH

- 2 teaspoons melted lard
- ½ teaspoon salt
- 1 large egg yolk, beaten
- ¾ cup lukewarm water
- 2 cups all-purpose flour (about)
- 1 egg white
- ¼ teaspoon salt

1. Make filling first and then the dough. To melted lard, add the salt and stir to dissolve. Beat yolk, gradually add the water and stir in the lard. Put the flour into mixer bowl, make a hole in the flour and add the liquids. Beat to blend. Add flour to make a firm dough that does not stick to your hands.
2. Put dough onto floured counter. Knead until smooth. Mold into a ball, cover with Saran. Rinse a mixing bowl with hot water, dry and invert over the dough. Let dough rest for about an hour. This rest period lets the dough relax and it is easier to work.
3. If using a pasta machine, roll pieces of dough into strips a little more than 1/16-inch thick. Make as many as you have dough for. If using a rolling pin, roll the ball of dough into a rectangle about 20 by 22-inches. Cut dough in half.
4. Combine egg white with ¼ teaspoon salt. Brush half the dough with egg white mixture. Put 1 rounded teaspoon of filling, every 1¼ inches, across the egg-white coated dough. Cover with the other half of dough. Press dough down between the filling, beginning at the center and working the air out to the sides. Cut between the rows of ravioli, using a ravioli wheel, or fluted pastry wheel. Pick each ravioli up and press the edges together with your fingers to be sure they are sealed. Put ravioli on floured towel and let dry for about 1 hour. Turn occasionally. Makes about 24.

To cook: Heat about 3 quarts of water with 1 tablespoon of salt and of lard. When water is boiling, add the ravioli, cover with a damp towel, reduce heat, but keep the water boiling. Cook at a low boil for about 15 to 20 minutes, depending upon the size of the ravioli. Do not overcook.

When done, add two cups of cold water to the pan to stop their cooking and then carefully lift ravioli from the water with a large perforated ladle. Blot on paper towels and then put onto a large platter. Sprinkle with lots of freshly-grated Parmesan cheese and spoon over Italian tomato sauce (no meat in it). Make the sauce before making the Ravioli.

RICOTTA FILLING FOR RAVIOLI

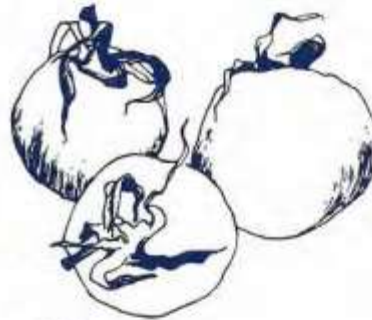
- 1 lb. fresh ricotta
- 1 egg yolk
- 3 tablespoons minced parsley
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 3 tablespoons Grated Parmesan cheese

Drain the ricotta. Add the remaining ingredients. Beat in a mixer until well blended and like custard. Do not have the filling soft. Filling for about 24 ravioli.



ITALIAN TOMATO SAUCE

- $\frac{1}{4}$ cup olive oil
- 1 large onion, minced
- 2 cloves garlic, minced
- 1 branch celery, minced
- 3 cups Italian plum tomatoes (canned)
- 2 (6 oz.) cans tomato paste
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 bay leaf
- dash nutmeg
- $\frac{1}{2}$ teaspoon oregano
- Freshly-ground pepper
- 4 tablespoons minced parsley
- 4 tablespoons Parmesan cheese
- $\frac{1}{2}$ teaspoon soda
- Butter



Saute onions, garlic and celery in the olive oil for about 10 minutes. Add the tomatoes. Mash with a potato masher. Add the tomato paste and balance of ingredients down to the soda. Simmer for about 1 hour. Add soda and cook another 20 minutes. Just before serving whisk in about 4 tablespoons of butter, bit by bit, until sauce becomes creamy. Spoon over ravioli, sprinkle with Parmesan cheese and serve. Have a dish of grated Parmesan cheese on the table for those who like to eat cheese.

ITALIAN MEAT SAUCE

- ½ lb. ground veal
- ½ lb. ground pork
- 1 lb. ground beef
- 2 tablespoons olive oil
- 1 small clove garlic, minced
- 1 tablespoon minced parsley
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt
- Freshly-ground pepper

Saute veal, pork and beef in olive oil for about 5 minutes. Add garlic, parsley, Parmesan, salt and pepper. Stir-cook about 3 minutes. Add to the tomato sauce after 40 minutes of cooking the sauce. Proceed with the tomato sauce recipe. Serve over spaghetti or other pasta.

ITALIAN SALAD BOWL

- ½ head iceberg lettuce
- 3 tomatoes, cut into wedges
- 2 carrots, shredded fine
- 1 cucumber
- 6 green onions
- 3 hard-cooked eggs
- 4 anchovy filets
- 4 tablespoons grated Parmesan

Dressing:

- 2 cloves garlic
- ¼ teaspoon dry mustard
- Freshly-ground pepper
- ½ teaspoon salt
- ½ teaspoon sweet basil
- ⅛ teaspoon oregano
- ½ cup Italian olive oil
- 3 tablespoons wine vinegar
- 1 teaspoon sugar
- 1 teaspoon Marsala wine



1. Break lettuce into a salad bowl. Place tomato wedges around the edge. Sprinkle center of lettuce with carrots. Peel cucumber, remove seeds and dice meat of the cucumber onto the carrot shreds. Cut the onions into 1-inch, diagonal pieces, using some of the green tops. Place in a ring around the carrot shreds. Cut eggs into four wedges. Place in between the tomato wedges. Chop anchovy filets into pieces, place between the onions and the wedges of eggs and tomatoes. Sprinkle the salad with grated Parmesan. Mix the dressing.
2. Mash the garlic in a salad bowl, or with mortar and pestel. Add the mustard, pepper, salt, basil and oregano. Continue to mash. Add the oil and vinegar and blend. Stir in the sugar and wine. Taste and adjust the seasonings.
3. Present the salad at the table, pour over the dressing, toss and serve. It always seems a shame to destroy the beauty of this salad — but one must.

ITALIAN MEAT BALLS

- 1 lb. ground beef
- ½ lb. ground pork
- ½ lb. ground veal
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt
- Freshly-ground pepper
- 1 small garlic clove, minced
- 1 large egg
- ¼ cup milk
- 4 tablespoons dry bread crumbs
- olive oil

Put meats, cheese, salt, pepper, and garlic into a large mixing bowl. Mix together. Put egg and milk into a small bowl. Beat together. Add crumbs to meat mixture and pour in egg-milk combination. Mix together. Shape into about 12 meat balls. Saute in olive oil until brown all over. Add to the tomato sauce after 30 minutes of cooking the sauce. Serve with spaghetti or other pasta.

ITALIAN CHEESE PIE

- 1 (9-inch) pie crust (bought or homemade)

Filling:

- 2 cups Ricotta cheese (about 1 lb.), or 1 (8 oz.) pkg. Cream cheese and
 1 cup drained Cottage cheese
- ¾ cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon salt
- 1 tablespoon lemon juice
- Grated lemon rind from ½ lemon
- 2 teaspoons vanilla
- 2 whole eggs
- 1 yolk
- ¼ cup milk
- Dash nutmeg

1. Prepare the pie crust, or have it bought ready to use.
2. Put cheeses into mixer bowl. Beat. Combine sugar, cornstarch and salt. Add to the cheese and beat until smooth. Add the juice, rind and vanilla. Mix well. Add the eggs one at a time, beating well after each, and then the yolk. Beat in the milk.
3. Pour mixture into prepared pie crust. Sprinkle with nutmeg. Bake in a 375-degree oven for about 45 minutes or until puffed and brown. Cool on a wire rack when done.

Note: If using a bought pie shell, place on a cooky sheet and bake. Also, you will have some filling left. Butter a small souffle dish, or small pie pan (3-inch) size, sprinkle with sugar, and fill about ¾ full. Set on cooky sheet and bake. I'm not sure I don't prefer this mixture baked as a souffle better than I do as a pie. Try it and see.

EGGSTRA ANSWERS

- | | |
|------------|---------------|
| 1. Onion | 6. Turnip |
| 2. Giblet | 7. Turbot |
| 3. Liver | 8. Spinach |
| 4. Shrimp | 9. Asparagus |
| 5. Sherbet | 10. Vegetable |

HOMEMADE SAUSAGE

If you love sausage, as I do, and have yet to find one that is good, let me suggest that you make your own. You will need an electric meat grinder, or a good hand grinder, that is all.

4 lbs. pork loin end or fresh pork shoulder
 1 lb. pork fat
 Freshly-ground pepper
 Salt
 Dried sage leaves
 Ice water

1. Debone the pork. Weigh the meat. There should be about 2½ lbs. of deboned meat. The pork will be well marbled with fat, but for sausage you need at least equal amounts of meat and fat and it is better to have more fat than meat. Therefore buy 1 lb. of pork fat that is cut from the loin. Do not substitute bacon or salt pork for the natural fat from the pig.
2. Cut the pork into strips that will fit into the meat grinder. Sprinkle these with salt and pepper to season (guess at it). Crush the sage leaves and sprinkle over the meat. Use about 2 teaspoons of crushed sage. Sage is very difficult to measure, so guess at it.
3. Cut the fat into strips and lightly season with salt and pepper.
4. Grind a strip of meat with a strip of fat so that the two get blended together. Once all are ground (through the finest blade of the grinder) mix well and add ice water to lighten the mixture. If the mixture weighs about 3½ lbs. it will absorb about 12 tablespoons of water, or ¾ cup.
5. Once mixed, put through the meat grinder again. This is not easy to do. Use the wooden pusher that comes with the electric grinder, but even then the ground mixture will push up around the pusher. However, a second grinding really blends the flavors, so cope with the problem.
6. Once the sausage is made, fry a small amount and taste. Adjust the seasonings if necessary. Shape into patties and freeze. Thaw before cooking. Fry sausage in lard. Saute over very low heat, cooking each side about 15 minutes. It is not necessary to add water if you will just cook the sausage over low heat. Makes about 16 patties.

Note 1: Do not add too much water, or the sausage will have a tough exterior when fried. It is better to add too little water, than too much.

Note 2: If you have a sausage-stuffer attachment for your mixer, and can get casings, make some sausage links — it's fun.

MOTHER'S KUCHEN

- ¼ cup warm milk
- 1 (0.6 oz.) cake yeast
- 4 cups sifted flour
- 1 t salt
- ½ cup sugar
- 3 eggs, beaten light
- ½ cup milk, warmed
- ½ t vanilla
- Grated lemond rind
- Grated nutmeg
- ¼ t cinnamon
- ¼ lb. butter, melted
- Apples, peaches or plums

Topping:

- Sugar
- ¼ t cinnamon
- ½ t cornstarch or tapioca flour
- 1 whole egg
- ½ cup cream



1. Soak yeast in milk until foamy.
2. Put flour, salt and sugar into mixing bowl. Make a well in the center. Add the yeast. Sprinkle flour from the bowl over the top. When the flour cracks (as the yeast rises it cracks the flour) add the following.
3. Beat the eggs until light. Add warm milk, vanilla, rind and spices to the milk. Mix and add to the flour and yeast. Beat with the mixer, or by hand. Add the butter and let it rise until doubled in size.
4. Punch down and turn out onto a floured board. Knead a couple of times and then cut into three pieces. Work one piece at a time and then press out flat into a 9-inch circle. Fit into a 9-inch round cake pan. Press the dough into the pan, making the edges thicker than the center.
5. Let the three cakes rise for 10 minutes in the pans. Cut the apples into quarters, core, peel and cut each quarter in half. Arrange the fruit over the dough, pushing the cut edge into the dough, and forcing a bit of dough up between each piece of fruit. Begin at the outside edge of the pan and push the dough up the side of the pan. It is important to have the dough pushed up above the fruit so that the dough will contain the topping.
6. Make each cake a different fruit, or combine the fruits on one cake. Sprinkle some sugar over the fruit on each cake. Let rise until doubled in size.
7. Bake at 375 degrees for 30 minutes. Combine ½ cup sugar, the cinnamon and cornstarch. Combine the egg and cream. Sprinkle fruit with sugar-cinnamon mixture and then spoon the egg-cream combination over the cake. Bake another 10 minutes. Cool on wire racks when done. Eat or freeze. Thaw and reheat before serving.

CHINESE MINCED PORK

Traditionally this dish should be made with squabs. Pork and dark meat of chicken are equally good and much easier to come by.

- 3 dried, black mushrooms, soaked and diced
- 3 Ts chopped bamboo, minced
- 1 (4 oz.) can waterchestnuts, minced
- $\frac{3}{4}$ lb. lean pork, minced
- 3 Ts peanut oil
- 1 t sesame oil

Sauce:

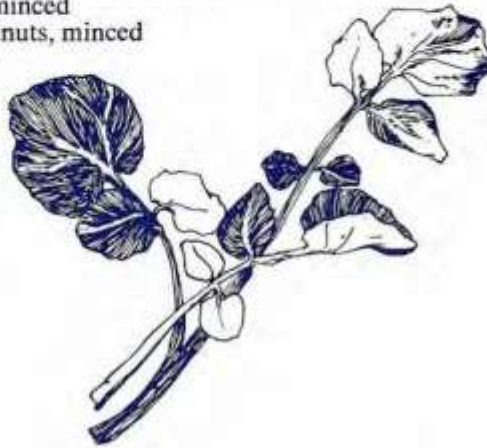
- $\frac{1}{4}$ t salt
- 2 ts soy sauce
- Pinch 5-seasonings
- $\frac{1}{2}$ cup chicken stock

Thickener:

- 1 T cornstarch
- 3 T water

Garnish:

- Leaf lettuce
- Green onion shreds

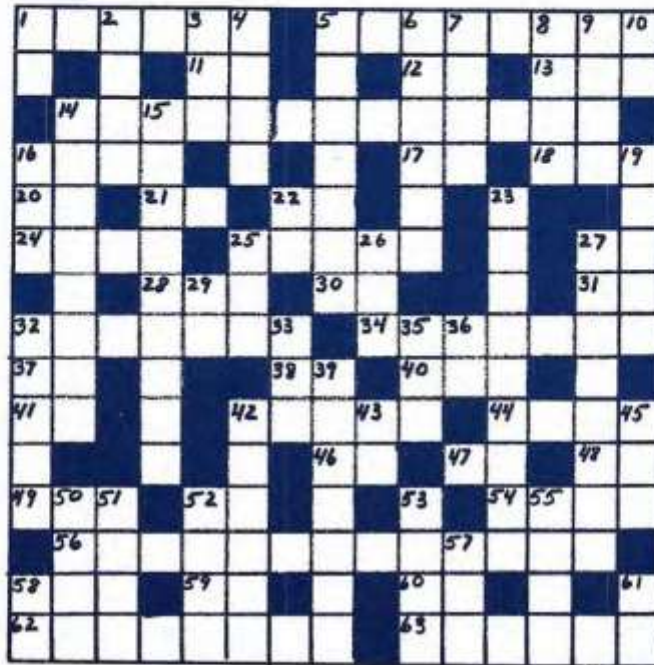


1. Put the mushrooms into very hot tap water and let them soak while preparing the rest of the recipe. It is best to hand mince everything, but if that seems like too much work, grind the foods through the coarse blade of a meat grinder.
2. Combine the sauce ingredients ready to use. If you do not have 5-seasonings (Chinese spice) add a dash of cinnamon and cloves. Combine the thickener ingredients ready to use.
3. Break the leafy part from each lettuce leaf. Do not use the stem end. Cut green onions lengthwise in shreds and then cut across in 1-inch lengths. Set aside ready to use.
4. Chop the soaked mushrooms and put all minced foods into a mixing bowl and mix together.
5. Heat peanut oil in a wok. Add the minced foods. Stir-toss about 10 minutes, adding more oil if it needs it. Add the sesame oil and toss. Add the sauce ingredients. Toss and cover with a lid. Simmer for 3 minutes.
6. Add thickening and stir-toss about 2 minutes. Spoon into a dish and sprinkle the shredded onions over the top. Serve with the lettuce leaves.

To eat this dish one takes a lettuce leaf on his plate, tops it with a spoonful of meat mixture and a few onion shreds and then rolls the leaf around the mixture and eats it with his fingers. The lettuce leaf acts like a Chinese pancake, or doily. This dish will serve 2, or 4 along with another dish.

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Cooked demi-glace added to shallots cooked in white wine and vinegar and finished with lemon juice, cognac and madeira
- 5) Onion-like vegetable with garlic-onion flavor (pl.)
- 11) Egg (prefix)
- 12) This univ. is a football power (abbr.)
- 13) Bowl-like oriental pot for cooking
- 14) Sauce derived from demi-glace as well as name for a cut of beef
- 16) At that time (adv.)
- 17) Old Testament (abbr.)
- 18) Grass farms sell this
- 20) Enemy aircraft (abbr.)
- 21) First note of musical scale

DOWN

- 1) To bring to pass
- 2) Pain
- 3) Stretch of land a house is built on
- 4) 2, 4, 6, 8, . . . are this kind of number
- 5) Bechamel made with onions and finished with butter and creme fraiche
- 6) Bechamel with sherry and tomato puree added
- 7) Milk (Fr.)
- 8) Possesses
- 9) Infinitive form of (1) down
- 10) Sack (abbr.)
- 14) Shallots and mushrooms cooked in butter and wine with cooked demi-glace added and finished with butter and parsley gives this sauce

ACROSS

- 22) Third note of musical scale
 24) Continent from which chrysanthemum tea comes
 25) Exact (Fr.)
 27) Author's alterations (abbr.)
 28) Last name of mathematician whose first name was Sophus
 30) Eastern Airlines (abbr.)
 31) Tin (chem.)
 32) Substitution of chicken or fish stock for milk in bechamel yields this sauce
 34) Mayonnaise sauce with tarragon, chives, pimientos and tomato paste
 37) Ohio University (abbr.)
 38) Audio frequency (abbr.)
 40) First name of baseball player Brock
 41) Drachma (abbr.)
 42) Mashed up fruit, for example
 44) We eat this from shad and sturgeon (pl.)
 46) Elementary particle (suffix)
 47) Anno Domini
 48) Preposition
 49) Prefix: self (greek)
 52) Ruthenium (chem.)
 54) Ingests
 56) Fish soup from Provencal
 58) Small turkey is usually this type
 59) Cerium (chem.)
 60) Short ton (abbr.)
 62) Shrimp (sing. Fr.)
 63) Club and Porterhouse are varieties of these

DOWN

- 15) Mayonnaise sauce with green and red peppers added
 16) This beverage, iced, is a favorite American summer drink
 19) "Hot" sauce made from demi-glace, finished with truffles and hard cooked egg white
 22) Greek letter
 23) Famous New England soup is made from these (Fr. pl.)
 25) Method of propulsion
 26) Color of skin acquired in summer
 27) Plate (Fr.)
 29) Indiana University (abbr.)
 32) A screwdriver has this in it (drink)
 33) Water (Fr.)
 35) There are at least three of these in Paris: Cite, St. Louis, and Cygnes (sing. Fr.)
 36) Cobalt (chem.)
 39) Coulommiers is a variety of this (Fr.)
 42) Meat sometimes served "a la Docteur" (Fr.)
 43) Jambon — croute
 45) Distress signal
 50) Deutschland, Deutschland — alles
 51) Sound quality
 52) Often used as a base on which to serve curried foods
 53) Small mouth and black are types of this fish
 55) A continent from which chop suey does not come
 57) International Telephone and Telegraph (abbr.)
 58) House of Commons (abbr.)
 61) "Tears such — angels weep." J. Milton

JENNY'S CORNBREAD

- 1 egg, beaten
 1 t soda
 ½ t salt
 2 cups yellow cornmeal
 Buttermilk
 4 T melted butter or peanut oil

- Put a muffin pan (with 8 muffin cups) into the oven. When oven reaches 450 degrees, mix the batter. (Do not oil the pan when you put it into the oven or the house will get filled with smoke and the oil will burn onto the pan.)
- Put egg into smaller mixer bowl. Beat until light. Stir soda and salt into the cornmeal. Add cornmeal to the egg alternately with the buttermilk. Add enough buttermilk to make a batter as thin as pancake batter.
- Remove muffin pan. Add about ½ teaspoon of oil to each cup and coat it with oil. Pour in the batter, filling each cup about ¾ full. Put into the oven, reduce heat to 425 degrees and bake about 25 minutes, or until brown and done. Serve with plenty of butter. Makes 8 muffins.



Alma's ALMANAC

Before the weather changes let's have a really nice dinner. The following menu is full of flavor and with lots of texture. The homely red cabbage is a much neglected vegetable, so I have done something about it. You will like being able to make this red salad well in advance of serving. If the souffléed potatoes seem like too much work, make French fries, or whole browned potatoes. And be sure to start the meal off with the eggplant — it is really delicious with tomato sauce.



MENU

Consommé

Eggplant Soufflé

Steak

Souffléed Potatoes

Sweet and Sour Red Cabbage

Brie Cheese

Homemade Bread

Strawberries with Grand Marnier

Wine: Château Timberly

EGGPLANT SOUFFLE

2 small, or 1 large eggplant

Salt

Olive oil

3 tablespoons milk

2 large eggs

1 egg white

Tomato sauce (Vol. II, p. 36)

1. Cut eggplant into ½-inch slices. Peel, sprinkle each slice with salt and stack in even piles. Put a pan of water on top to press the water out of the slices. Leave for 1 hour.
2. Wash slices in cold water, dry on terry or paper towels and fry in olive oil until slices are soft, and browned. About 10 minutes. Whirl slices in blender on mix speed, or if slices are very well done, and soft, beat in small mixer bowl to crush slices into a puree.
3. Add milk, eggs and egg white. Blend, or beat. Oil a 3 or 4 cup mold with olive oil. Add mixture. Set into boiling water (water bath) and put into a preheated 350-degree oven. Bake about 45 minutes. Test as you would a custard, that is insert a table knife into the center. If it comes out clean, the custard is done.
4. Run a knife around the top, cover with a serving plate and invert the mold. Pour tomato sauce (made in advance) around the mold, cut into wedges and serve.



STEAKS

6 (1-inch) delmonicos or strip steaks

Oil

Toast to fit under steaks

Watercress

Have broiler, or grill hot. Coat steaks with oil. Broil 3 inches from heat if broiling under heat. Cook first side 5 minutes, turn and cook the second side 3 minutes. If cooking steaks over heat, cook about 1 inch from heat. Cook the first side 5 minutes, turn and cook the second side 5 minutes and then turn back to the first side and cook 2 minutes. Season steaks after they are cooked. These times are for a rare steak. Add 1 minute to cooking time for medium-rare.

SOUFFLEED POTATOES

These potatoes are not difficult to make, but they require careful preparation. Idaho potatoes are best, and unlike humans, the old ones, are the best performers.

6 old, Idaho potatoes
Peanut oil for French frying
Salt

1. Peel potatoes. Cut into 1/8-inch slices, lengthwise of the potato and with the grain. The slices must be uniform in thickness. This is somewhat difficult to do with a knife, so I suggest you use a slicer. Once sliced, trim each one into an oval or oblong. If oblong, round the corners. Soak slices for 2 hours in ice water, changing the water every 40 minutes, or so.
2. Drain and dry the slices. Have oil heated to 280 degrees. Cook slices in three or four batches (depending upon the size of your French-fryer), and for about 7 minutes. Do not crowd the pan and do not let the oil heat higher than 280. Drain slices on paper towels. Cook all slices and let them cool, in a single layer, on paper towels.
3. When ready to serve, heat oil to 375 degrees. Fry potatoes in 4 batches. Add slices to hot oil and then shake pan (gently) to agitate the slices and keep them moving. They should puff. When puffed, drain on paper towels and sprinkle with salt. About 10 percent will not puff — eat them as French fries.

SWEET-SOUR RED CABBAGE SALAD

1 (1 lb.) head red cabbage
4 tablespoons sugar
2 tablespoons cider vinegar
2 tablespoons olive oil
1/2 teaspoon salt
Freshly ground pepper to season



1. Cut cabbage in half. Shred very fine on a slicer, or by hand.
2. Put sugar, vinegar, oil, salt, and pepper into a non-metal bowl. Stir to dissolve sugar. Add cabbage. Toss, cover, refrigerate and let marinate for at least 8 hours. Overnight if you wish. Toss occasionally.
3. Put into a bowl and serve as is, or spoon it into dark green Bibb lettuce leaves. Serve on individual salad plates. The juice runs red and is not very attractive when it runs into other foods. Keep it to itself.

STRAWBERRIES WITH GRAND MARNIER

The strawberries that come to market now have excellent flavor and Grand Marnier is the perfect complement for them. After the berries are eaten, be sure to drink the "juice."

Strawberries for six
Grand Marnier
Sugar

1. Allow about six big berries for each person. Wash the berries and leave the stems on. They will be used as handles to lift and dunk the berries. In the event the berries are not large, then it is best to slice them, and serve in individual bowls. Let the strawberries determine how they will be served.
2. Put the berries into a dish, spoon about 2 tablespoons of Grand Marnier into the dish, set on a serving plate, and serve with sugar on the side. Guests dunk a berry into the liqueur, then into sugar, takes a bite, and then re-dunks the berry. Crisp cookies are good with these.



MENU

Green Pea Soup

Cod Fillets in Cider Sauce

French Bread

Tomato Salad on Lettuce Leaves

Caramelized Pears

Shortbread Cookies

GREEN PEA SOUP

6 leaves lettuce (green outside leaves)	3 tablespoons minced parsley
2 pkgs. frozen peas	Chunk butter
4 cups chicken stock	1 cup whipping cream
1 small onion, minced	Minced parsley

1. Cut lettuce into shreds. Put into kettle. Add peas, stock, onions and 3 tablespoons of minced parsley. Cook about 15 minutes, or until peas are soft. Strain peas and lettuce from the stock and put into a blender. Add 2 cups of stock, cover and grind on the lowest speed. Increase the speed of the blender and blend smooth. (Hold the cover on the blender. Heat of the vegetables will often force it off the top.)
2. Pour puree into a clean pan. Rinse container with some cooking stock. Strain rest of stock into the clean pan. Add butter and cream. Heat to a boil. Serve sprinkled with parsley.

COD FILLETS IN CIDER SAUCE

$\frac{1}{8}$ lb. butter	1 lemon
4 shallots, minced	Butter
3 tablespoons minced parsley	1 cup hard cider
1 cup sliced mushrooms	Beurre manié
1½ lbs. cod fillets (about)	2 yolks
Salt and pepper	$\frac{1}{4}$ cup whipping cream

1. Preheat oven to 425-degrees. Coat a shallow flameproof casserole with butter. Sprinkle with shallots, parsley and mushrooms. Lay fillets on this bed of vegetables. Season with salt and pepper.
2. Peel the lemon, cutting off the white membrane. Cut into thin slices. Lay these over the fillets. Dot lemon slices with butter. Pour cider into the pan.
3. Bring to a boil on top the range. Lay a sheet of buttered foil on top the fillets (cut the foil to fit down in the casserole, but not tight, just lay it on top the fillets. Put into the oven and bake about 20 minutes, or until fillets turn pearly white and are done. Baste two or three times during its cooking.
4. Lift fillets to a platter and keep warm in the turned-off oven. Set liquids in pan over direct heat. Boil a minute. Thicken the sauce with a bit of beurre manié (equal portions of flour and butter mashed into a paste).
5. Combine yolks and cream. Add some hot liquids from the pan, mix well and then pour into the pan liquids. Remove from heat, stir and then cook over very low heat until thickened. Do not boil. Taste and adjust seasonings. A bit of sugar might be needed, depending upon the sharpness of the cider. Spoon sauce over the fillets and sprinkle with minced parsley.

Note: Hard cider is not the cider you buy at your grocers, but at your liquor store. It is bubbly like champagne and is a very good summertime drink. It is inexpensive — cheaper than beer.

SHORTBREAD COOKIES

These cookies are not much to look at, but the taste is great.

- 3 hard-cooked egg yolks
- 2 cups sifted flour
- ½ cup sugar
- Grated rind of 1 orange
- ½ lb. butter, cool, but soft
- ¼ teaspoon salt

1. Cook eggs and cool. Put flour in mixer bowl. Add sugar, rind, butter and salt. Sieve the yolks into these ingredients. Mix into a dough. Chill dough 1 hour. Preheat oven to 450 degrees.
2. Sprinkle work area with flour. Roll dough ⅛-inch thick. Cut into 4-inch circles with a fluted cookie cutter. Cut each cookie into fourths. Score cookies with criss cross lines with a fork. Moisten a cookie sheet with water (use plastic spray bottle), place cookies on cookie sheet. Bake in 450 degree oven for about 7 minutes. Remove from cookie sheet and cool on wire racks. Makes about 4 dozen.

CARAMELIZED PEARS

- 3 ripe pears
- Sugar
- Butter
- 3 tablespoons Kirsch
- ½ cup whipping cream



1. Coat a 9 by 9-inch baking pan, or one just large enough to hold a layer of sliced pears, with butter and sprinkle with sugar.
2. Peel and core pears. Slice. Lay slices in rows in the baking dish. Sprinkle with more sugar and dot with butter. Bake in a preheated 400-degree oven until caramelized.
3. Remove from oven, sprinkle with Kirsch and pour over cream. Bake another 20 minutes, or until cream is reduced and thickened. Cool, cover and then refrigerate. Serve from the dish with the sauce and pass the cookies!

MENU

Pork with Prunes

Potatoes Anna in their Jackets

Celery Root Salad

Caramelized Bread Pudding

PORK WITH PRUNES

12 very large prunes
 1 cup white wine
 2 pork tenderloins, about 2½ lbs.
 Salt and pepper to season
 Flour
 Chunk butter
 2 tablespoons Cognac
 2 tablespoons currant jelly
 ½ cup crème fraîche, or whipping cream
 Lemon juice

1. Soak the prunes in the wine overnight. Bake in a 325-degree oven for at least an hour, or until tender. Do not let the wine boil away, though it will reduce some.
2. Cut the tenderloins into ½-inch slices. Season each with salt and pepper. Coat with flour and brown in butter in a shallow oven-proof pan. Add the Cognac and set aflame. Cover and bake in a 325-degree oven for about 40 minutes.
3. Lift prunes from the wine and put on a hot serving platter. Remove pork from oven and set over direct heat. Pour prune liquid over the pork. Bring to a boil. Cook 5 minutes. Transfer meat to platter with prunes, placing pork down the center of the platter.
4. Stir jelly into the liquid. Add about half the crème. Blend and then add more until mixture thickens. How much cream is used will depend upon how much juice was left from the prunes. Add lemon juice to flavor. Spoon sauce over meat, not the prunes, and serve.

POTATOES ANNA WITH SKINS ON

½ lb. very fat pork shoulder
 4 California white potatoes
 Salt and pepper

1. Mince the pork very fine, but do not grind it. Put a layer into a heavy, 9-inch, cast-iron skillet.
2. Scrub the potatoes and do not peel. Slice them very thin. Put a thick layer of potatoes over the pork. Season with salt and pepper. Repeat potato, salt and pepper layers until all are used. Cover and cook over very low heat for about 2 hours.
3. When done, run a knife around the inside of the skillet to loosen the potatoes. Invert skillet onto serving plate. Cut into wedges to serve.

Note: Once the potatoes are browned on the bottom, the casserole can finish cooking in a 300-degree oven. Then it does not require constant checking to be sure the potatoes are not burning.

CELERY ROOT SALAD

2 celery roots

Dressing:

2 hard-cooked egg yolks
 2 raw egg yolks
 1 teaspoon dry mustard
 ½ teaspoon salt
 Dash Freshly-ground pepper
 3 tablespoons tarragon vinegar
 ¾ cup olive oil
 2 tablespoons boiling water
 2 tablespoons mayonnaise
 1 tablespoon minced parsley
 1 teaspoon dried chervil
 1 teaspoon minced chives, or green onion tops
 6 Lettuce leaves



1. Peel the fibrous skin from the roots. Shred on a very fine shredder. Use electric shredder attachment if you have one.
2. Put yolks, mustard, salt, pepper and vinegar into a blender container, or into a bowl and mash the hard-cooked egg yolks fine. Turn blender on and whirl.
3. Add oil, drop by drop, and then in a fine stream. Beat continuously. When thick, add water and the mayonnaise and herbs. Pour over the shredded celery root and toss.
4. Put lettuce leaves onto salad plates. Divide salad among them and serve.

CARAMELIZED BREAD PUDDING

2 cups milk
 4 tablespoons sugar
 Dash salt
 ½ teaspoon vanilla
 Stale bread, about half a loaf, or 8 to 10 slices
 4 tablespoons sugar
 4 tablespoons water
 ¼ cup candied fruits, optional
 3 eggs, well beaten
 Whipping cream

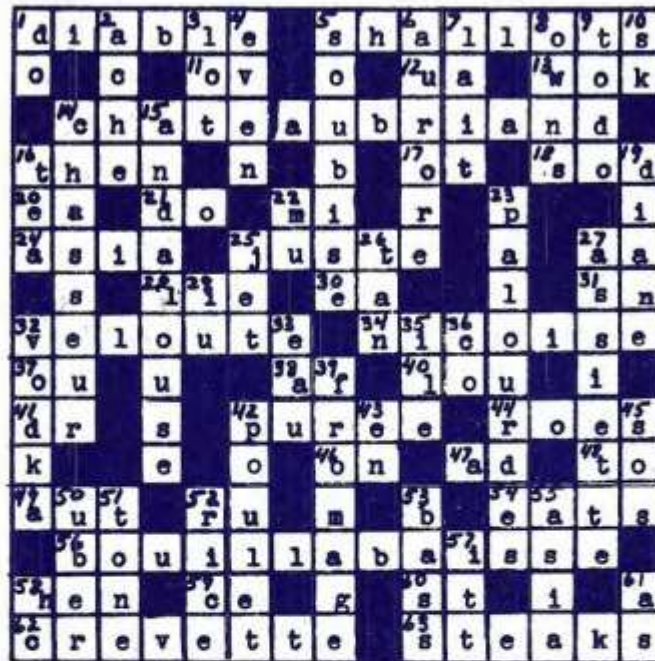
1. Put milk, 4 tablespoons sugar and salt into saucepan. Bring to a boil. Remove, add vanilla. Put 8 slices of bread into a large bowl. Pour over hot milk. Let soak.
2. Put 4 tablespoons sugar and water into a 5-cup Charlotte mold, or similar container. Heat and caramelize mixture. When sirup is brown, remove from heat, twist pan around to coat with sirup and then set into cold water to harden sirup.
3. Mash the bread into the milk to make a thick paste. Add more bread if necessary, but be sure all the bread has softened. Add candied fruits if you have some on hand. Add eggs, mix and pour into prepared mold. Set into a waterbath and bake in a 350-degree oven for about 1 hour.
4. When done set on wire rack to cool and settle. Invert into serving dish and serve with whipping cream and sugar for those who like the texture of granulated sugar on desserts.

CARROTS IN CREAM

8 carrots, diced	Nutmeg
Water	1 cup whipping cream
1 teaspoon salt	1 yolk
1 teaspoon sugar	½ cup whipping cream
2 tablespoons butter	Minced parsley
1 tablespoon flour	

1. Peel carrots and dice. Cook in water seasoned with salt and sugar. Drain when done. Eat a piece to test.
2. Melt butter in a skillet. Add flour and nutmeg. Stir-cook 1 minute. Add the cream. Stir-cook until thickened. Add carrots and heat.
3. Combine yolk and cream. Stir a bit of sauce and carrots into the cream and then add to the carrots. Heat-stir until hot, but do not boil. Serve decorated with minced parsley.

culinary crossword



by sandy arlinghaus

ALL-FAMILY FRENCH DRESSING

This is a French-style dressing children like!

- | | |
|---------------------------------|------------------------------------|
| 1 cup olive or peanut oil | 1 teaspoon salt |
| 1 can undiluted tomato soup | 2 tablespoons Worcestershire sauce |
| 1 cup sugar | 1 teaspoon paprika |
| $\frac{3}{4}$ cup white vinegar | 1 onion, minced very fine |
| 2 tablespoons catsup | 1 green pepper, minced very fine |

Put all ingredients into a quart jar. Shake to mix and then refrigerate. Let age several days before using. Shake it before spooning it onto salads.



Alma's
ALMANAC

Sunday brunch is a nice way to entertain. Plan the food in such a way that if the weather is cooperative it could be served out of doors.

The following menu is such a brunch. Just be sure the friends you choose to share it with, will appreciate it. All too often we serve a menu like this to friends who would be happier with a hamburger on a bun.

To make life easy for you, the scallops, salad dressing and dessert can all be prepared the day before. I would also suggest that you buy green avocados several days, or one week before you plan to use them and ripen them yourself. Just put them into a brown paper bag and leave at room temperature, or place them on a shady window sill. Check them every other day and when they feel ripe, that is a bit soft at the stem end, refrigerate them until ready to use.

SUNDAY BRUNCH

Scallops with Onions

Avocado-Grapefruit Salad

with

Herbed Dressing

French Bread

Apple Foam

Wine: Chilled Riesling or Moselle

The *scallops* and *apple foam* will give you a taste of the many new recipes to be found in the revised and enlarged edition of my forthcoming book. The new title is *Hows and Whys of French Cooking* and it is being published by The University of Chicago Press. To my knowledge this is the first time a scholarly press has published a French cookbook and I consider myself most fortunate to have had my book selected for this honor.

The book will be out in the fall.

SCALLOPS WITH ONIONS

2 large onions, chopped
 1/8 lb. butter
 1 bay leaf
 2 sprigs parsley
 1 branch thyme, or omit
 2 cloves garlic, minced
 1/2 teaspoon salt
 Freshly-ground pepper
 1 1/2 lbs. sea scallops
 3/4 cup white wine
 4 slices bread
 1/4 lb. butter
 Parsley
 Bread crumbs
 Butter



1. Saute onions in 1/8 lb. butter for about 20 minutes. Tie bay leaf, parsley and thyme branch into a bundle and add to the skillet. Add the garlic, salt and pepper. Cook 10 minutes. Discard herb bundle.
2. Cut scallops in half, making 2 scallops from each one and about 1/8-inch thick. The bigger the scallop the better. Poach scallops in wine for about 2 minutes. Pour into onions and simmer 10 minutes. Remove from heat.
3. Cut crusts from bread and then cut into cubes. Add the 1/4 lb. butter to the scallops. Remove from heat and stir until butter melts into the mixture. Stir in the bread cubes.
4. Mash enough parsley to make 1 tablespoon of pureed parsley. Mash in a mortar with a pestle. The parsley must be a liquid pulp. Stir into the scallops and mix well. Spoon scallops into buttered coquille shells, or into small au gratin dishes. Sprinkle with lots of crumbs and dot with butter. When ready to serve, brown in a 450-degree oven for about 10 minutes.



APPLE FOAM

- 8 Jonathan apples (or to make 2 cups cooked apples)
- Dash salt
- 1 cup white wine
- 4 teaspoons unflavored gelatin
- 5 tablespoons cold water
- 1 cup sugar, or to sweeten apples
- 2 tablespoons Kirsch
- ½ teaspoon vanilla
- Lady fingers (bought)
- 1 cup whipping cream
- Dash salt
- 2 tablespoons confectioners' sugar
- ¼ teaspoon vanilla
- 2 tablespoons Kirsch



1. Peel, core and slice apples into saucepan. Add salt and wine. Cover and cook until mushy and very well done. Put mixer bowl and beaters into freezer or refrigerator.
2. Soak gelatin in water until soft. When apples are done, add sugar and cook 10 minutes. Grind through a food mill. Add soaked gelatin to the hot apples. Stir until dissolved. Add 2 tablespoons Kirsch and ½ teaspoon vanilla. Cool mixture and refrigerate until starting to set.
3. Line the bottom of a 6-cup charlotte mold with waxed paper. Do not butter the mold. Separate the bought lady fingers and line the sides of the mold. Put the round side to the mold.
4. When apple mixture is very cold and starting to set, put mixture into cold mixing bowl and beat until fluffy and the mixture turns white and thick. It may take as long as 15 minutes. Pour into the lined mold. Cover and refrigerate at least 8 hours, or overnight.
5. When ready to serve, invert mold onto a shallow serving dish and remove the waxed paper.
6. Whip the cream to which has been added a dash of salt. When it is whipped add the confectioners' sugar and flavor with ¼ teaspoon vanilla and 2 tablespoons of Kirsch. Put some whipped cream into a pouch with a star nozzle and squeeze stars of cream over the top of the apple mold. Serve balance of whipped cream separately. Cut into wedges to serve.

AVOCADO-GRAPEFRUIT SALAD

with

HERBED DRESSING

1½ cups bought mayonnaise	1 tablespoon minced parsley
2 teaspoons minced green onions	½ teaspoon dried chervil
1 tablespoon whipping cream	¼ teaspoon sweet basil
1 tablespoon sour cream	¼ teaspoon dry mustard
1 teaspoon lemon juice	2 pink grapefruits
1 teaspoon sugar	2 ripe avocados
1 teaspoon cream sherry	Lettuce leaves
2 teaspoons Cognac	

1. Put all ingredients, through the basil, into a small bowl. Mix well. Blend the mustard into a small amount of the dressing (to make a paste), and then stir it into the dressing. Be sure to mash out any lumps in the mustard before adding it to the dressing. Let dressing age for several hours, or overnight in the refrigerator.
2. Peel grapefruits, removing the outside skin as well as the inside white membrane that covers the sections. Then cut the meat from the white membrane sections. Peel the avocados. Cut into lengthwise slices. Alternate grapefruit and avocado slices on lettuce and spoon over dressing. Make salads at the last minute, or cut the avocados last.

LEFTOVER ROAST BEEF-POTATO CASSEROLE

3 cups mashed potatoes (leftover or fresh)
2 tablespoons minced parsley
1 clove garlic
Chunk butter
2 to 3 cups diced beef
Salt and pepper to season
2 eggs
Parmesan cheese or bread crumbs

1. Make a recipe of mashed potatoes if not using leftover mashed potatoes. When potatoes are mashed and cool, proceed with the recipe.
2. Saute parsley and garlic in butter. Add beef and remove from heat.
3. Add salt and pepper to eggs to season (guess at it). Beat eggs until well mixed and frothy, but do not whip until light. Stir eggs and meat mixture into the potatoes. Mix well.
4. Butter a round casserole. Pour mixture into it and sprinkle with Parmesan. Bake in a 350-degree oven for about 40 minutes, or until puffed and lightly browned. Serve with mushroom sauce.

BEEF-VEGETABLE SOUP

The secret to making a really good soup is to never let it boil, just leisurely simmer. This soup is a staple in my freezer.

3 lbs. chine bones with meat	2 onions, leave whole
1 lb. marrow bones	2 carrots, cut in half
1 lb. pork backbones	Top part of 4 branches of celery, no leaves
2 qts. chicken broth	6 sprigs parsley, tied in a bundle
2 qts. water	1 tablespoon salt
1 whole clove	1 bay leaf
6 peppercorns	2 (10-oz.) packages frozen mixed vegetables
¼ teaspoon thyme	2 cups canned plum tomatoes, no juice

1. Put meat, bones and liquids into a large kettle. Bring to a boil, cover and reduce heat. Simmer 1 hour. Carefully skim the impurities from the broth as they rise to the top. Discard.
2. Tie the clove, peppercorns and thyme into a small piece of cloth, or several layers of cheesecloth so that the thyme does not slip through the cheesecloth and into the pot. Add spice bag to the kettle along with the rest of the ingredients down to the frozen vegetables. Simmer 3 hours.
3. Lift out meat and bones. Remove the marrow (soft inside) from the bones. Sometimes the marrow cooks out of the bones and it will float on top the soup. Carefully lift these little dark pieces from the soup and place on a plate. Marrow is treated with as much deference as caviar. Remove the meat from the bones. Discard all bones. Do not use the pork meat from its bones in the soup. Add some chopped celery and a bit of onion and mayonnaise to it and turn it into a bit of salad for lunch. Skim the surface of the soup to remove all fat.
4. Lift out the vegetables, bay leaf, parsley bundle, and spice bag and discard. Pour the liquids through a cheesecloth-lined strainer and into a clean bowl. Wash the pot. Return the liquids and meat to the kettle, not the marrow. Add the frozen vegetables and tomatoes. Simmer another hour. Serve in a soup tureen and float the marrow on top. Spread the marrow on a slice of French bread and eat with the soup. Have plenty of French bread. This dish is a complete meal.

Note: To turn this into a company dish, add 6 deboned chicken breasts at the time the meat goes back into the pot, simmer for 30 minutes and then add the frozen vegetables and tomatoes and proceed with the recipe. When ready to serve, separate the little fillet from the breast meat. Cut the breast meat into chunks and return them to the kettle. Add the fillets. Be sure each person gets a fillet and his share of the marrow.

MENU

Duck with Orange Sauce

Creamed-Grated Potatoes

Stuffed-Baked Tomatoes

Salad

Chocolate Custard

Wine: Tavel Rosé

DUCK WITH ORANGE SAUCE

This is a simple version of the real thing!

1 (5-6 lb.) duck
 Oranges
 1 lemon
 3 tablespoons white vinegar
 3 tablespoons sugar
 2 tablespoons Grand Marnier

1. Roast duck for about 2½ hours in a 325-degree oven, or put on a spit and roast for about 3 hours. Prick the skin all over so the fat will drain out as the duck cooks.
2. Cut rinds (no white membrane) from 1 orange and the lemon and then cut into Julienne strips. Put rinds into salted, cold water and bring to a boil. Once boiling, drain, rinse, and drain again ready to use.
3. Squeeze juice from 1 orange. There should be about ½ cup. If not, squeeze another orange. Squeeze juice from ½ of the lemon. Combine juices ready to use.
4. Simmer vinegar and sugar until it caramelizes in the pan. Remove from the heat and add the fruit juices and the rinds. Cook a few minutes.
5. Put duck on platter when done. Cut orange sections from an orange (no white membrane on the sections). Decorate platter with sections. Stir Grand Marnier into sauce. Glaze duck with a bit of sauce and then serve the rest in a small dish. Sauce and duck for 2 or 3.

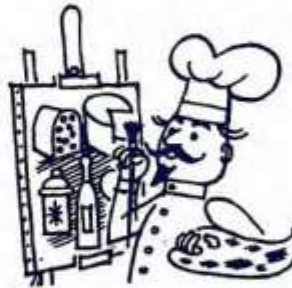
CREAMED-GRATED POTATOES

- 4 medium-sized potatoes, grated
- 1 small onion, grated
- Salt and pepper to season
- 4 tablespoons clarified butter, or lard
- ½ cup whipping cream, or more

1. Peel potatoes and shred on the finest disc of an electric shredder, or by hand. There should be about 3 cups of potatoes. Shred the onion and mix together. Season with salt and pepper.
2. Heat butter in an 8-inch skillet. When hot, add potatoes. Reduce heat and brown. Once browned on the bottom, add the cream and cook until cream evaporates. Brush top with melted butter, or dot with butter and set under a broiler to brown top. Serve from the pan, or invert onto a serving plate without destroying the browned pancake.

CHOCOLATE CUSTARD

- ¾ cup sugar
- 2 whole eggs
- 3 yolks
- ½ teaspoon salt
- 2 cups milk
- 3 (1 oz.) squares bitter chocolate
- 1 (1 oz.) square German sweet chocolate
- 1 teaspoon vanilla



1. Put sugar, eggs, yolks and salt into small mixer bowl. Mix. Do not beat. Put milk and chocolates into a saucepan. Bring to a boil. Cover and set aside until chocolates melt.
2. Gradually pour hot chocolate-milk into the eggs. Continue to mix. Strain into a buttered 5-cup Charlotte mold, or baking dish. Set into a hot-water bath and put into a 325-degree oven. Bake about 1¼ hours, or until set. Carefully shake the pan and observe the wiggle of the custard. If it wiggles firm, it is done, if a soft wiggle, bake another 5 minutes and test again. It will go on cooking once it is removed from the oven, so do not overcook. Cool on a wire rack, cover and refrigerate at least 6 hours, or overnight.
3. When ready to serve, run a knife around the top edge of the custard and invert onto serving dish. Serve with cream, whipped cream, Crème Anglaise, or plain.

STUFFED-BAKED TOMATOES

- 3 tomatoes
- Salt and pepper
- ½ cup bread crumbs
- 2 large cloves garlic, minced
- 3 tablespoons minced parsley
- Olive oil
- Butter

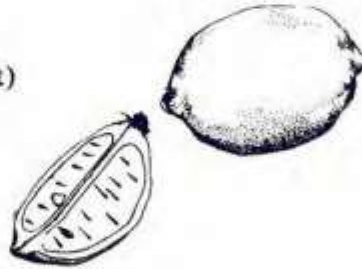
1. Cut tomatoes in half. Do not peel. With a spoon remove the seeds and juice. Put into a bowl. Sprinkle the tomato halves with salt and pepper.
2. Add crumbs, garlic and parsley to tomato pulp. Season with salt and pepper. Taste. Add about a tablespoon of olive oil. Mix and stuff into the tomato halves. Sprinkle with crumbs and dot with butter.
3. Twenty minutes before serving, put the tomatoes into a 350-degree oven to bake.

SOLE NORMANDY

- 1 shallot, minced
- ½ cup hard cider
- 1½ lbs. sole fillets

Sauce:

- 2 tablespoons butter (guess at it)
- ¼ teaspoon salt
- Pepper
- Dash sugar
- 1 tablespoon flour
- 1 cup whipping cream
- 3 egg yolks
- 2 teaspoons lemon juice



1. Put shallots and cider into an oval fish skillet, or long, metal casserole. Boil 5 minutes. Add fillets. Lay a sheet of buttered foil down on top the fillets. Bring to a boil, reduce heat to a simmer, cover and poach 5 minutes.
2. Lift fish to a hot platter. Set into a preheated 325-degree oven and then make the sauce.
3. Melt butter in a clean skillet. Add salt, pepper, and sugar. Stir in flour. Remove from heat.
4. Combine cream, yolks and lemon juice. Mix well. Strain poaching liquids from fillets into the cream mixture. Stir into the butter-flour mixture. Stir-cook over low heat until thickened. Taste and adjust seasonings and thickness with *beurre manié*. Spoon sauce over the fillets, sprinkle with parsley and serve.

ICE CREAM PIE

Crust:

- 25 cream filled chocolate cookies
- ¼ lb. butter, melted
- Dash of salt

Filling:

- 1 quart mint, chocolate, or coffee ice cream

Topping:

- 2 squares unsweetened chocolate
- ¼ cup sugar
- 2 tablespoons butter
- ½ cup evaporated milk

Garnish:

- 1 cup whipping cream, whipped
- Chocolate curls

1. Put cookies into blender container (or crush fine by hand) and whirl to crush. Put crumbs into mixing bowl. Add butter and salt. Toss to coat all crumbs. Press into bottom and up the sides of a 9-inch buttered pie plate. Refrigerate 1 hour.
2. Soften the ice cream and then pack into the pie shell and freeze. Once solid, make the topping.
3. Melt chocolate over hot water. Stir in sugar and butter. Add evaporated milk, very slowly so it blends. Stir-cook over hot water until thickened. Be sure bottom of container does not touch water.
4. Once thickened, stir until cool. Spread cooled topping over ice cream and return to the freezer until ready to serve.
5. Whip the cream, spread over the chocolate and shave chocolate off a square of sweet chocolate using a vegetable peeler or sharp knife. Chocolate shot may be used instead of the shaved chocolate. Serve.

Note: Take the pie from the freezer and let it stand at room temperature while whipping the cream. The pie needs to soften before cutting.

SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.

Example: as + lad = salad.

Gear + scot =

Hear + grub + m =

Gnome + taper + a =

Yam + in + a + nose =

PARSLIED RACK OF LAMB

- 1 double rack of lamb (about 4 lbs.)
- Salt
- Pepper
- ½ cup minced parsley (packed)
- 1 cup dry bread crumbs
- Chunk butter, melted

1. A double rack of lamb is the total back with the chops on both sides. Have the butcher cut the bones off at the ends of the chops.
2. Broil bone side about 6-inches from heat for about 40 minutes. Turn and broil the top side 20 minutes. Turn off heat and leave lamb in, or on the broiler for 20 minutes.
3. Score the fat on the top side of the lamb. Sprinkle with salt and pepper. Combine parsley and crumbs. Press mixture into the fat. Drizzle with melted butter. Turn heat on, and the flame low. Broil under low heat for another 30 minutes. Do not let the coating burn. Lamb should be served pink.
4. To serve, cut the loin off each side, and then cut the loin into medallions and serve. This is very easy, let your knife follow lengthwise down the spine and then follow the ribs out to the end, thus the loin is removed. Leave the second side attached and it will keep warm until it is served.

CHERRY SURPRISE

Crust:

- 2 cups graham cracker crumbs
- ¼ cup sifted confectioners' sugar
- ¼ lb. butter, melted

Filling:

- 1 (8 oz.) package cream cheese
- ½ cup sugar, plus 2 Ts
- ½ cup chopped pecans
- 2 cups whipped cream, or package of whipped topping
- 1 can cherry pie filling

1. Combine crust ingredients. Cover bottom of an 8-inch square cake pan with crumbs.
2. Whip cream cheese and sugar. Put cheese over crumb crust. Sprinkle with nuts. Spread with half the whipped cream (topping is better since it does not weep). Cover with cherry pie filling and cover with the remaining whipped cream, or whipped topping. Refrigerate. Cut into squares and serve.



Alma's ALMANAC

Sunday brunch is an easy way to entertain, especially when children are included in the invitation. This month I bring you several brunch menus and I hope at least one will be just what you are looking for.

The Chinese minced pork (p. 48) is something kids love since it is a do-it-yourself food. It can become a bit of a mess if the children are not well coordinated so maybe you would like to consider serving it in a Chinese picnic along with rice, fried wontons (Almanac, Vol. I, p. 90) and barbecued pork (Almanac, Vol. I, p. 93). Of course these last two foods can be bought at any carry-out Chinese restaurant. Almond and fortune cookies for dessert.

MENU

Crunchy Chicken Legs

with

Creamy-Chili Sauce

Potato Pie

Salad

Cocoanut Chiffon Pie

EGGSTRA ANSWERS

- | | |
|----------------|---------------|
| 1. Escargot | 3. Hamburger |
| 2. Pomegranate | 4. Mayonnaise |

CRUNCHY CHICKEN LEGS

- 2 lbs. chicken legs
- 1 egg yolk
- ½ cup buttermilk
- 1 cup fine bread crumbs
- ½ cup flour
- 1 teaspoon salt
- Dash cayenne pepper
- 1 teaspoon paprika
- Peanut oil for French-frying

1. Arrange chicken legs in a single layer in a shallow casserole. Cover with foil and bake in a 350-degree oven for 30 minutes. Remove from oven, place legs on wire rack and let cool.
2. Beat yolk, add buttermilk and mix. Combine crumbs, flour, salt, cayenne and paprika.
3. Dip cooled legs into yolk-mixture and then coat with crumb mixture. Place on wire rack to dry for 30 minutes.
4. Heat oil in French-frying pan to 360 degrees. Fry a few legs at a time so that temperature of oil remains constant. Cook until crisp and done.
5. Lift out legs with tongs and drain on paper towels. Place back on wire rack, set on a cooky sheet, and keep warm in a 250-degree oven. Serve with the following sauce.

CREAMY-CHILI SAUCE

- 1 cup chili sauce
- 1 teaspoon hot mustard
- 1 teaspoon horseradish sauce
- 1 teaspoon Worcestershire sauce
- Dash Tabasco (optional)
- 1 cup whipping cream

Put chili sauce into a bowl. Using a whisk, stir in seasonings and then gradually add the whipping cream. Refrigerate until used and serve refrigerator cold with the chicken.



POTATO PIE

Pastry:

2 cups flour
 2/3 cups lard
 1/4 teaspoon salt
 Milk

Filling:

Potatoes
 Salt and Pepper
 Minced parsley
 Whipping cream
 Butter

1. Put flour, lard and salt into mixing bowl. Blend together with mixer, or by hand. Add milk to make a dough. Divide dough, making one piece larger than the other. Roll the larger piece into a 1/8-inch thick circle to fit a 9-inch pie pan. Grease and flour the pan. Line with the dough.
2. Peel potatoes, about 6, depending upon their size and slice paper thin. Layer potatoes in the pie crust, sprinkle each layer with salt, pepper and parsley. Mound the potatoes in the pan. As the potatoes cook, they will shrink.
3. Fill crust with cream and dot with butter. Roll out remaining dough to fit the top of the pan. Dip your fingers into the cream in the pan and moisten the edge of the bottom crust. Cover with the top crust and press it onto the bottom crust. Cut off dough even with the pan. Crimp the edges between index finger and thumb. Make fancy cuts in top of crust for steam to escape, but not too many. Bake in a 450-degree oven for 10 minutes. Reduce heat to 325-degrees and bake about 1 hour.
4. When done, take from oven, set on wire rack and let rest about 10 minutes. Serve from the pan. Cut into pie-shaped pieces to serve.

SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.

Example: as + lad = salad.

or + flint + ene =
 que + is + b =
 rand + by =
 shelf + his + l =
 toe + let + me =
 ache + pod =
 is + par =
 dust + car =

out + tr =
 oil + red + b =
 off + strong + a =
 led + girl =
 kion + ten + red =
 ades + car + bonn =
 gin + on + champs =
 al + lions + me + d =

MOM'S COCONUT CHIFFON PIE

- 1 (9-inch) baked pie shell
- 2 teaspoons unflavored gelatin
- ¼ cup cold water
- 3 egg yolks
- 1 cup heavy cream
- ½ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- ½ cup shredded coconut
- 3 egg whites, beaten stiff
- Toasted coconut

1. Prepare pie shell (Vol. I, p. 43), or use your own recipe.
2. Put gelatin into water. Stir and let soak. Combine yolks, cream, sugar and salt. Cook over low heat, or in double boiler until thickened. Add soaked gelatin and stir until dissolved. Add vanilla and coconut. Mix well. Set into ice water and stir until starting to thicken.
3. Fold in the beaten egg whites. Mix and pour into the baked pie shell, and sprinkle with toasted coconut. Refrigerate several hours before serving.

To toast coconut — Put coconut onto cookie sheet and toast in a 400-degree oven for about 15 minutes. Toss it occasionally so it browns throughout. It can also be toasted under a broiler, but don't leave it because it burns very quickly.

SUNDAY BRUNCH

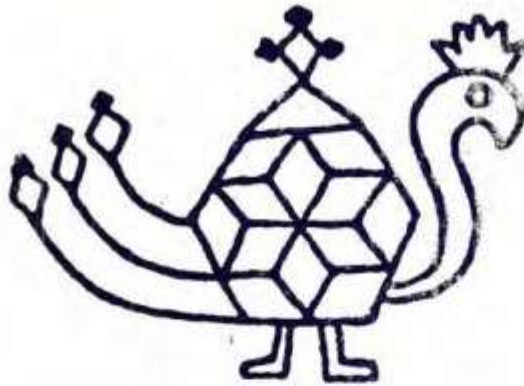
Shrimp Loaf

with

Seasoned Mayonnaise

Refrigerator Rolls

Hannah's Chocolate Cake



SHRIMP LOAF

- 2 envelopes unflavored gelatin
- 4 cups tomato juice
- Dash Tabasco
- ½ teaspoon chili powder
- 1 teaspoon paprika
- 3 tablespoons lime juice
- 8 ozs. cream cheese
- ½ cup mayonnaise
- 1 cup sliced celery
- 3 cups cooked, chopped shrimp
- ½ cup sliced, pimento-stuffed olives
- Watercress

1. Soak gelatin in 1 cup tomato juice. Once softened, heat until gelatin dissolves. Pour into rest of the tomato juice.
2. Stir-in Tabasco, chili powder, paprika and lime juice.
3. Cream the cheese and stir in mayonnaise. Using a whisk, gradually blend the tomato mixture into the cheese. Cool and refrigerate until starting to set.
4. With a vegetable peeler, remove strings, or ribs, from celery branches and then slice the branches paper thin. Add celery, shrimp and olives to the tomato-cheese mixture.
5. Oil a 2½-quart oblong mold, or 2 bread pans. Add mixture, cover and refrigerate until set.
6. When ready to serve, run a knife around top of mold, dip mold into warm water and invert onto serving plate. Decorate with whole shrimp, some sliced olives and watercress. Serves 8-10.

To serve—Slice and serve on Bibb lettuce leaves. To make Seasoned Mayonnaise, thin it with whipping cream and flavor with lime juice, about 1 tablespoon per cup of mayonnaise.

REFRIGERATOR ROLLS

Make the dough, refrigerate it and have it ready to turn into rolls whenever you want them.

2 cups hot potato water
½ cup sugar
½ cup lard, or butter
1 teaspoon salt
1 cake yeast
½ teaspoon sugar
2 tablespoons warm water
2 eggs, beaten light
5 cups flour, approximately

1. To make potato water, dice 2 or 3 potatoes, depending upon their size, into cold water and bring to a boil. Cook until potatoes are tender. Drain-off water and use. Fry potato cubes for dinner.
2. Put hot potato water, sugar, lard and salt into mixing bowl. Stir until lard melts. Cool to lukewarm.
3. Soften yeast with ½ teaspoon sugar and the water. Add to potato-water mixture. Add eggs and stir in 2 cups of flour. Mix well. Add another 2 cups of flour and beat. Add flour to make a dough. It should take a total of 5 cups, maybe more. Mix well, but do not knead.
4. Once mixed put into a bowl, cover and refrigerate until needed. Dough must be refrigerated at least 24 hours before using.
5. When needed, remove from refrigerator, squeeze-off what dough you think you will need, work the dough and shape it into cloverleaf rolls (3 or 4 small balls of dough in one muffin pan). Put rolls into buttered muffin pans, or in a cake pan. Coat with melted butter and let double in size.
6. Bake at 425 degrees for about 20 minutes. Refrigerate remaining dough until needed again.

CHOCOLATE FROSTING

2 (1-ounce) square chocolate
½ lb. butter
2 cups confectioners' sugar
5 tablespoons hot milk
Dash salt
1 teaspoon vanilla

1. Melt chocolate in small pan in hot water. Cream butter. Gradually add sugar, hot milk and salt. Add vanilla and chocolate.
2. Spread over one layer and top with the next. Repeat until all layers are used. Spread icing over top layer and decorate with nuts or shaved chocolate.

To make a Torte Cake—Make two batches of cake, or, if you have a heavy mixer and 4 (8-inch) square pans, double the recipe, however, I think two batches of batter are easier to handle than one big batch. Once cakes are baked, cool them, wrap and refrigerate over night. Next day cut each layer in half, making 8 layers. Make a triple batch of frosting, coat the layers and stack into an 8-layered torte.

HANNAH'S CHOCOLATE CAKE

This recipe has been sent to Almanac from the Mother of one of our readers. It is the family birthday cake and is usually made into the torte for birthday parties.

- 2 (1-ounce) squares chocolate
- Butter and flour for cake pans
- ¼ lb. butter
- 1¼ cups sugar
- 1¾ cups sifted cake flour
- 1 teaspoon soda
- 2 eggs
- 1 cup milk
- 1 teaspoon vanilla



1. Preheat oven to 375 degrees. Put chocolate into small pan. Set it into a pan of water and heat to melt the chocolate. Do not let the water boil, just get hot. Cover chocolate and remove from heat. Once chocolate has melted, let it cool.
2. Butter and flour 2 (8-inch square) cake pans.
3. Cream together the butter and sugar. While it beats, sift together the flour and soda.
4. Add eggs, one at a time, to the creamed butter and sugar. Beat well after the addition of each.
5. Add the flour alternately with the milk. Add vanilla and chocolate. Pour into prepared pans. Bake about 30 minutes, or until cake leaves sides of pan. Cool cake on wire racks. When cool, remove from pans and frost.

BRUNCH.*Curried Fillets of Sole**Salad**Jenny's Cornbread Muffins, p. 50**Blueberry Tarts**Iced Coffee***BLUEBERRY TART***Crumb crust:*

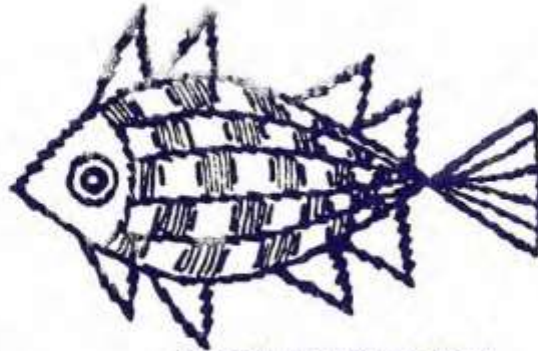
¼ lb. butter
 1 tablespoon vinegar
 1 tablespoon sugar
 1 cup flour

Filling:

1 pint blueberries
 1 cup sugar
 2 tablespoons flour
 1 cup fresh blueberries
 Whipped cream



1. Put crust ingredients into small mixer bowl. Blend together. Press dough into the bottom and up the sides (about ½-inch) of a 9-inch square cake pan. Bake 10 minutes in a 350-degree oven.
2. Put blueberries into a small bowl. Combine sugar and flour. Sprinkle over berries and toss. Pour over baked crust and then bake for 1 hour (middle shelf of oven) at 400 degrees. Check after 30 minutes. If crust is getting too brown, reduce the heat to 350 degrees. When done, top with fresh berries, and sprinkle with some sugar. Serve with a bowl of whipped cream, or sour cream and sugar.



CURRIED FILLETS OF SOLE

6 sole fillets
 1 tablespoon curry powder
 Chunk butter
 2 shallots, minced
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup white wine
 $\frac{1}{2}$ cup sherry
 $\frac{1}{2}$ cup white port
 $\frac{1}{2}$ lb. sea scallops
 1 small lobster tail
 2 egg yolks
 1 cup whipping cream
 2 teaspoons lemon juice
 Salt and pepper to season
 Parsley buds

1. Fillets should be free of skin. Sprinkle sole with the curry powder.
2. Sauté shallots in butter for 3 minutes. Add salt, water and wines. Boil 5 minutes. Cut scallops across in half. Add fillets, scallops and lobster tail to liquids. Bring to a boil, cover and turn off heat. Let stand for 10 minutes. Heat oven to 250 degrees.
3. Place fillets on serving platter. Arrange scallops on fillets. Remove lobster tail. Boil liquids hard, reducing them to 1 cup or less. Remove shell from lobster tail. Take out vein down the back, it may or may not be black. Cut meat into round slices about the same size as the scallops. Cover seafoods with foil and put into preheated oven.
4. Combine yolks, cream and lemon juice. Add salt and pepper to season. Gradually stir into pan liquids. Stir-cook over very low heat until thickened. Do not let it boil or it may separate. Taste and adjust seasonings. If sauce seems lacking in something, add some Madeira and a dash of sugar. Taste again. Lift off lobster slices and spoon sauce over scallops and sole. Garnish with lobster and parsley.

MUSHROOM ROLL NORICE

This recipe comes from an Almanac reader who says this is one of her favorites. After making it I can see why, but it is tricky to remove from the paper and to roll. It tends to crack in the rolling process, so don't worry about it.

- Peanut oil
- 6 egg yolks
- 1½ lbs. mushrooms, minced
- ¼ lb. butter, melted
- ½ teaspoon salt
- ¼ teaspoon freshly-ground pepper
- 2 tablespoons lemon juice
- 6 egg whites
- ¼ lb. butter, melted
- 2 tablespoons minced parsley



1. Coat a jelly-roll pan with oil, and then line it with waxed paper. Let the paper extend several inches at each end. Brush the paper with oil and set aside ready to use.
2. Put egg yolks into mixer bowl. Beat until light and fluffy. While these beat, chop the mushrooms very fine. Put handfuls at a time into a towel and wring them out dry. The moisture must be removed from the mushrooms for this recipe to be successful.
3. When yolks are fluffy, add yolks to the mushrooms along with the melted butter, salt, pepper and lemon juice.
4. Beat egg whites until they form soft peaks (not to the dry stage). Fold into the mushroom mixture. Pour over the waxed paper-lined pan. Spread evenly and bake in a preheated 350-degree oven for about 15 minutes, or until mixture pulls away from the sides of the pan. Do not over-cook.
5. Invert pan onto 2 sheets of waxed paper and remove the waxed paper from the bottom of the mushroom cake. Then, using the waxed paper, roll the cake up in jelly-roll fashion. Leave for a few minutes and then unroll and then roll up tight without the waxed paper. Put roll on serving platter and pour over about ¼ lb. melted butter. Sprinkle with minced parsley and cut into 6 or 8 diagonal pieces. Serve as a first course.

Crab Filled—This roll is best when adorned with crab. Combine 1 lb. crab meat with 1 cup of sour cream and 2 tablespoons of mayonnaise. Spread over the cake, roll up, slice and serve as a first course, or as a main course along with a salad, French bread and a heavy dessert.



Alma's ALMANAC

The wonders of pasta! There are as many shapes as there are types of cooking in Italy and every shape has its own name.

One often wonders how these shapely pieces of dough got such funny names as Tagliarini, Bucatini, Fidelini, Fettucelle, Linguine, Lasagna and Spaghetti.

The word macaroni, according to an Italian friend of mine is the superlative of the word Macari, which means fine, excellent. It seems, and my friend swears this is a true story, there once lived a very wealthy Italian gourmet whose chef presented him with a new pasta dish. Upon tasting the creation the gourmet cried out "Macari," threw his arms around the chef and exclaimed "Macaroni," and demanded of the chef "What is the name of this?" "You, master, have just named it," replied the chef, "it is called Macaroni!"

The menu that follows has no macaroni or other pasta in it, but when the Italians give the same treatment that they would give to pasta, to rice, it becomes known as Risotto. I give you two recipes — one from the south and one from the north of Italy. And as my Italian friend said "paste makes waist."

ITALIAN DINNER

Risotto

Marinated Lamb Chops

Green Salad

Peaches Royal

with

Zabaglione



RISOTTO ALLA NAPOLI
(RICE WITH TOMATO SAUCE)

In the south of Italy tomatoes and garlic are a way of life. In the north one finds the cooking more sophisticated and seldom does one find tomatoes and garlic used in or on foods.

- 8 dried mushrooms
- 2 cloves garlic, minced
- 1 tablespoon minced parsley
- 3 tablespoons olive oil
- 1½ cups Italian plum tomatoes (canned)

To cook the rice:

- 2 cups rice
- 2 tablespoons olive oil
- Chicken broth (at least 3 cups), boiling hot
- Salt to taste
- Grated Parmesan cheese

1. Put mushrooms into boiling water and let soak. Mince the garlic and parsley while mushrooms soak. Dice the mushrooms.
2. Put 3 tablespoons of oil into a saucepan and heat. Add mushrooms, garlic and parsley. Cook-stir a minute and then add the tomatoes. Crush them in the pan and let simmer 30 minutes.
3. When vegetables are done cook the rice. Put rice into saucepan with 2 tablespoons of oil. Stir-cook over high heat for about 2 minutes or until the rice turns white. Begin adding broth, ½ cup at a time. As the broth is absorbed, add more. Stir-cook about 10 minutes. The rice should take about 3 cups of broth.
4. After broth has been added, stir in the tomato mixture. Cook-stir for about 15 minutes, or until rice is tender and creamy, but not soupy. When done, season with salt and stir in some Parmesan. Serve with more cheese.

RISOTTO ALLA MILANESE

(RICE WITH PARMESAN)

- ¼ lb. butter
- 1 onion, minced
- 2 cups long-grain rice
- 2 tablespoons Marsala wine
- Boiling chicken broth, about 3 cups
- Pinch of saffron threads
- ½ cup grated Parmesan cheese

1. Put half the butter into a saucepan. Add the onion and stir-cook until soft. Do not brown. Add the rice (do not wash) and stir-cook until rice turns white.
2. Add Marsala and ½ cup broth. Stir-cook until dry. Add more broth, evaporate and keep repeating the process until the broth is used. If the rice is not creamy and tender, add more broth and continue to stir-cook. This stirring and adding of broth will take about 20 minutes.
3. After 10 minutes of cooking, soak the saffron in ½ cup of hot broth. Let steep 5 minutes and then strain into the rice and let it cook into the rice the last 5 minutes of cooking.
4. When rice is done, stir in the remaining ¼ lb. of butter in small pieces at a time. Once butter is added, stir in ½ cup Parmesan and serve with more grated Parmesan.

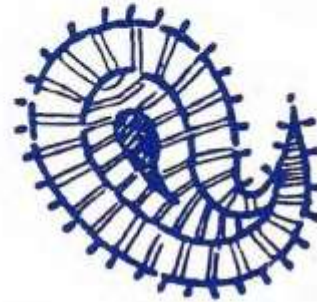
Note: If the risotto must wait, leave the butter and cheese (step 4) until ready to serve.

EGGSTRA ANSWERS

- | | |
|--------------|---------------------------------|
| 1. Flortine | 9. Trout |
| 2. Bisque | 10. Broiled |
| 3. Brandy | 11. Stroganoff |
| 4. Shellfish | 12. Grilled |
| 5. Omelette | 13. Tenderloin (lion, not kion) |
| 6. Poached | 14. Carbonnades |
| 7. Paris | 15. Champignons |
| 8. Custard | 16. Medallions |

MARINATED LAMP CHOPS

6 lamb chops
 3 tablespoons olive oil
 1 tablespoon tarragon vinegar
 1 onion, diced
 1 clove garlic, mashed
 1 bay leaf
 8 peppercorns
 3 cloves
 ½ teaspoon salt
 ½ teaspoon dried thyme
 3 strips of lemon peel
 1 teaspoon minced parsley
 Olive oil



1. Trim chops of most of their fat. Put balance of ingredients into a non-metal flat dish. Add chops, turn, cover and refrigerate from one night to the next.
2. Remove chops about 3 hours before broiling. Heat broiler to hot, dry chops on paper towels and coat with olive oil. Broil each side about 5 minutes, depending upon the thickness of the chops. Allow about 5 minutes for each side of 1-inch chops. Lamb should be served pink. If, however, you prefer chops well-done, cook longer.

ZABAGLIONE

(WINE SAUCE)

4 eggs
 4 tablespoons confectioners' sugar
 2 tablespoons Marsala wine
 2 tablespoons Maraschino brandy or Kirsch

1. Put eggs and sugar into top part of a double boiler. Set over simmering water. Beat with a whisk or electric hand beater until very thick. As thick as beaten egg whites.
2. Gradually add the wine and brandy while continuing to beat. Remove from heat. Spoon over peaches and serve.

Note: This may be served hot in champagne glasses with crisp cookies, or removed from the heat, set into cold water, beaten until cold, and then poured into serving goblets. Cover and refrigerate. Serve cold.

PEACHES ROYAL

7 ripe, but not too ripe, peaches
 ¼ teaspoon Fruit Fresh
 6 coconut macaroons
 1 egg yolk
 2 tablespoons sugar
 White wine
 2 tablespoons sugar
 ¼ teaspoon Fruit Fresh

1. Peel 1 peach. Dice it into a small bowl. Add FF and stir. Break macaroons, or cut them into bowl with the peaches. Mix.
2. Put yolk and 2 tablespoons sugar into a bowl. Mix well. Pour into peach mixture. Add wine to soften mixture, about ¼ cup.
3. Wash peaches, cut in half, remove seeds and do not peel. Put on a cooky sheet. Fill seed cavities with peach mixture.
4. Combine 2 tablespoons sugar and ¼ teaspoon FF. Sprinkle over filled peaches. Broil 6 inches from heat for about 15 minutes. Do not let them burn. Serve with hot Zabaglione.



SUNDAY BRUNCH

Crazy Mint Juleps

Blue Cheese Spread

French-Fried Poached Eggs

with

Mushroom Sauce

Tomato Salad (Vol. I, p. 53)

Chocolate Mold

CRAZY MINT JULEP

Mint leaves
 Sugar
 Crushed ice
 Bourbon
 Rum
 Mint sprigs
 Confectioners' sugar

For each julep do the following: Crush three or four mint leaves in an old-fashioned glass with about 1 teaspoon of sugar. Pack the glass with crushed ice. Fill with bourbon to $\frac{1}{4}$ inch of the top. Let stand on serving tray in the refrigerator for 15 minutes. Add about 1 teaspoon of rum to the glass, garnish with mint sprigs and sprinkle with confectioners' sugar. Serve with short straws.

FRENCH-FRIED POACHED EGGS

$\frac{1}{4}$ cup vinegar
 4 eggs
 $\frac{1}{2}$ cup white wine
 1 teaspoon minced parsley
 $\frac{1}{4}$ teaspoon dried basil
 Fat for French-frying
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup beer



1. To poach eggs. Bring a pan of water to a boil, then reduce heat to a simmer, add $\frac{1}{4}$ cup vinegar to the water, stir the water around, making a whirlpool in the water and into this break the eggs. The motion of the water will wrap the white around the yolk while the vinegar coagulates the white and keeps it from stringing. (I have much more to say about poaching eggs in my book, p. 56.)
2. Once eggs are poached, lift out and put into ice water to stop their cooking and wash off the vinegar-flavored water. Leave them until they are cold.
3. Combine wine and herbs. Add eggs to mixture and let them marinate 1 hour. Heat the oil to 365-degrees.
4. When oil is hot, lift eggs from marinade and blot on paper towels. Leave whatever herbs that stick to the eggs. Combine flour and beer to make a batter. Dip each egg into the batter and French-fry. Serve on toast and spoon over mushroom sauce.

BLUE CHEESE SPREAD

- ¼ lb. blue cheese
- ¼ lb. unsalted butter
- ½ teaspoon Worcestershire sauce
- Dash paprika
- ¼ cup sherry

Put cheese and butter on a plate. With a fork mash and work to a paste. Blend in balance of ingredients. Serve with toast triangles.



GRILLED MUSHROOMS IN SAUCE

- ½ lb. fresh mushrooms
- Pepper
- Salt
- Olive oil

Sauce:

- Piece of butter
- Minced mushroom stems
- 1 small onion, minced
- 1 tablespoon minced parsley
- 1 tablespoon lemon juice
- 1 egg yolk
- ½ cup cream

1. Cut stems off mushrooms even with the caps. Wash and dry mushrooms. Put into a small bowl. Add freshly-ground pepper, salt and oil to moisten the mushrooms. Marinate 1 hour. Broil over coals or on a cal-rod broiler. Slice mushrooms once browned and done.
2. Melt a piece of butter in a skillet. Add minced mushroom stems, onions, and parsley. Stir-cook until stems are soft and onions done.
3. Combine lemon juice, yolk and cream. Add to above mixture. Stir-cook until thickened, but do not boil. Add the sliced mushrooms and spoon over the eggs.

Note: The sauce is equally good on steaks and chops.

CHOCOLATE MOLD

½ cup light cream	½ pound sweet butter
6 tablespoons sugar	3 whole eggs
½ teaspoon salt	½ teaspoon vanilla
1 (4-ounce) bar German sweet chocolate	Butter
1 (1-ounce) square bitter chocolate	Vanilla wafer or graham cracker crumbs
2 tablespoons Cognac	

1. Put water into bottom part of a double boiler. Bring to a simmer and be sure the water does not touch the bottom of the top part. Let the top part heat.
2. Put cream, sugar, and salt into a saucepan. Stir-cook until sugar dissolves and cream is hot. Turn off heat.
3. Put chocolate (both) and Cognac into a small enameled pan. Bring to a boil, remove, cover, and set into a pilot heated oven, or into very hot water. Let chocolate soften. Do not stir.
4. Take butter from the refrigerator. Cut it into pats. Put butter into a mixer bowl and beat until it is fluffy and white. This will take about 15 minutes. The butter must be cold when it is beaten, or it tends to melt and not whip.
5. Put eggs into a bowl and beat with a whisk. Mix well, but do not whip to a froth. Gradually pour in the hot cream and continue to mix. Pour this into the hot double boiler. Stir-cook with a wooden spoon until mixture thickens to the consistency of whipping cream. Stir-cool in cold water, and then in ice water. Strain sauce into a clean pan. Add the vanilla.
6. When the butter is whipped and the cream sauce is cold, combine the recipe. Stir chocolate and Cognac together. Cool slightly, quickly blend half of the chocolate into the butter, and add the rest before the chocolate hardens. Mix well. Scrape down sides of the bowl. Very slowly pour the very cold custard into the chocolate-butter mixture while beating. The mixture will become creamy and smooth in about 5 minutes of constant beating.
7. Butter an oblong mold (I use a 2-cup pâté mold) and sprinkle with crumbs. Spoon mixture into mold. Smooth the top, cover with more crumbs, cover with transparent wrap and refrigerate.
8. To serve, dip the mold into warm water, dry it off and then invert the mold onto a serving plate. Cut into slices and serve with crisp cookies. Cigarette cookies (p. 327) are perfect with this dessert. Make them in advance, freeze, and serve them frozen.

Note: For a refreshing treat, mix 1 teaspoon of peppermint flavoring into the cream when it is finished and then pour into the mold.

This dessert can be frozen. Refrigerate it over night and then the next day unmold onto foil, wrap, and freeze. Slice and serve in its frozen state.

BRUNCH*Gazpacho**Potato Omelet**Sauteed Pears with Sauce**Butter and Preserves***GAZPACHO**

- 4 ripe tomatoes
- 1 cucumber
- 1 green pepper
- 1 onion
- 1 garlic clove, crushed
- 1 tablespoon parsley buds
- 1½ cups tomato juice
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1 teaspoon vinegar
- ¼ teaspoon paprika
- Dash Tabasco
- Salt and pepper to season



1. Peel tomatoes and squeeze out the seeds. Dice 1 tomato very fine and set aside. Cut remaining tomatoes into blender container. Peel cucumber, remove seeds, cut into chunks and add to blender. Core green pepper and remove seeds. Cut into pieces and add to blender. Peel onion, cut into quarters and add to blender along with garlic and parsley. Whirl to blend. Pour into a non-metal bowl, stir in remaining ingredients and season with salt.
2. Add the diced tomatoes, cover and refrigerate until very cold. Stir and then pour into chilled soup cups. Serves 6.

POTATO OMELET

- 4 slices bacon, diced
- 1 onion, minced
- 1 cup coarsely grated raw potatoes
- 5 eggs
- ½ teaspoon salt
- Dash pepper
- 2 tablespoons minced parsley
- 1 tablespoon minced chives

1. Fry bacon crisp. Remove and drain on paper towels. Spoon all but 3 tablespoons of fat from the skillet. Add onions and saute until soft. Add potatoes and cook until lightly browned.
2. Beat eggs to mix together. Add salt and pepper. Mix well and pour into skillet. Gently lift potatoes and let eggs run to bottom of skillet.
3. When still moist on top and not set, sprinkle with parsley, chives and the bacon. Fold omelet in half and place on serving patter. Serves 4.

SAUTEED PEARS WITH SAUCE

Sauce:

- ¼ cup ground almonds
- ½ cup milk
- 3 egg yolks
- ¾ cup whipping cream
- ¼ cup Marsala
- ¼ teaspoon almond extract

Pears:

- 6 ripe pears
- Fruit Fresh
- ¼ lb. butter
- Dash salt
- Sugar to sweeten
- 2 tablespoons Grand Marnier
- 1 tablespoon Kirsch

1. Combine sauce ingredients down to the extract in the top part of a double-boiler. Stir-cook over boiling water (do not let top part touch water) until thickened. Add extract and stir. If mixture seems too thick, dilute with a bit of cream, but remember it will thicken as it cools. Once cool, cover and refrigerate. Serve cold with hot sauteed pears, or other fresh fruit, such as peaches.
2. Peel and core pears. Put them into cold water to which has been added 1 teaspoon of Fruit Fresh.
3. Heat butter and add ½ teaspoon Fruit Fresh. Add pears and saute until tender. Sprinkle with salt and sugar. Pour over liqueurs and set aflame. Serve with the cold sauce.



Alma's ALMANAC

Sponge cakes are one of my favorites because they are so versatile and practical. They readily become the basis for a whole array of gay desserts and they freeze well.

Tall and elegant in their first appearance at the table, frosted sponge cakes continue for a long time to tempt those with a sweet tooth. Once we have eaten away at the cake for a few days I start using the remainder as a base for sugared fresh fruits and cream. When we get down to the last few slices, I often fry them in butter and caramelize them for serving with a cream sauce.

Basic cakes though they are, sponge cakes are not always easy to make. Most of our recipes are given in terms of *volume*. They therefore need to be checked before using them against certain standard rules which are expressed in terms of *weight*. The fundamental rules are that the sugar in the cake is equal in weight to the eggs, and that the flour weighs half as much as the sugar.

Since most of us do not work with gram scales in our kitchens, I have prepared the following recipe in terms of cup measurement or by *volume*. In other words the following recipe should take the weight off your minds.

SPONGE CAKE

- 1 cup sugar, plus 2 tablespoons (approx. 240 grs.)
- ½ teaspoon salt
- 5 large yolks, or 6 small (approx. 80 grs.)
- 1½ cups sifted cake flour (approx. 120 grs.)
- 5 large egg whites, or 6 small (approx. 160 grs.)
- 1 teaspoon vanilla or grated lemon rind

1. Put sugar, salt and yolks into mixer bowl. Beat until very light and also light in color. Gradually add cake flour.
2. Beat whites very stiff, but do not let them break down. Fold into mixture and flavor with vanilla or lemon rind. Pour into a 9-inch angel food cake pan and bake in a 325-degree oven for about 1 hour, or until cake has risen and pulls away from the sides of the pan.
3. When cake is done, remove from oven, insert the neck of a quart soft drink bottle into the tube of the cake pan and invert the cake. Let the cake cool in this upside-down position.
4. When cool, cut around the cake, remove tube part from pan and remove cake from the tube part. Invert onto cake plate and frost, or sprinkle with confectioners' sugar.

SUNDAY BRUNCH

Tasty Welsh Rarebit

Canadian Bacon

Niçoise Salad

Fried Cream

Coffee

CANADIAN BACON

Canadian bacon in the piece

Olive oil

Garlic granules

Cut bacon into $\frac{3}{8}$ -inch slices. Coat each slice with olive oil and sprinkle with granulated garlic (available in most spice departments), not garlic salt, there is a big difference. If you do not have granules, omit the garlic. Broil over charcoal, a cal-rod grill, or broil in the oven. Broiling over heat gives better flavor than broiling under heat. Brown both sides. Have bacon ready to serve before starting the rarebit.

TASTY WELSH RAREBIT

½ lb. American cheese
 1 cup stale beer
 1 tablespoon Kirsch
 Toast
 Tomato slices

1. Put cheese and cold beer into a heavy saucepan or skillet. Heat-stir over very low heat until melted and smooth. Do not rush the melting of cheese or it becomes rubbery.
2. Once melted, stir in Kirsch and spoon over toasted bread slices. Top with a peeled tomato slice and serve with grilled Canadian bacon. Serves 4.

Note: Cook the Canadian bacon, and peel the tomato before starting to make the rarebit. Make the toast while the rarebit cooks.

NICOISE SALAD

Lettuce to line the bowl
 3 tomatoes, peeled and quartered
 1 cup cooked, cut green beans
 2 small, cooked red potatoes, diced
 3 hard-cooked eggs, quartered
 1 onion, thinly sliced
 1 green pepper, sliced in thin rounds
 12 small, Italian black olives
 1 small can white tuna (optional)
 Minced fresh chervil (lots), or parsley

Dressing

1 large clove garlic
 6 anchovy fillets
 ¼ teaspoon salt
 Freshly ground pepper
 Dash sugar
 1 teaspoon dried chervil
 ¼ teaspoon basil
 1 tablespoon vinegar
 7 tablespoons olive oil

1. In making this salad one tries to arrange the vegetables in the salad bowl as attractively as possible. The dressing is then poured over the "pretty as a picture" salad and it is then destroyed in tossing.
2. Begin the salad by lining the bowl with crisp leaves of lettuce and then arrange the vegetables in circles, in pie-shaped wedges like a wheel, or in bunches of the same thing.
3. Make the dressing. Mash garlic in mortar with pestle. Add anchovies, salt, pepper, sugar, chervil, and basil. Continue to mash. Add vinegar and oil. Mix well. Let age several hours. Spoon over the salad, toss at the table, and serve.

FRIED CREAM

1 cup whipping cream
 1 teaspoon rum
 Dash salt
 2 tablespoons sugar
 Piece cinnamon stick
 2 tablespoons cornstarch
 1 tablespoon milk, or more
 3 egg yolks
 Oil for French-frying
 1 whole egg
 2 tablespoons water
 Soda crackers, crushed fine
 Ground almonds
 Rum, warmed



1. Scald cream and then remove from heat. Add rum, salt, sugar and about a 1-inch piece of cinnamon stick. Let stand.
2. Combine cornstarch and enough milk to make a paste. Pour into the hot cream and stir, then stir-cook until thickened.
3. Beat yolks to mix and then add some of the hot sauce to them and mix. Once they are quite warm with sauce, pour into the custard. Heat-stir over very low heat, or set the pan on an asbestos mat. Cook until very thick. Discard cinnamon.
4. Butter a pan (about 6 x 6 inches) one large enough so that the depth of the custard will be 1-inch. Pour in the hot custard, cover with foil, but not tight, and set the pan into cold water to cool. If the pan is covered tight the steam cannot escape. Once custard is cool, cover tight and refrigerate until the next day.
5. When ready to serve, heat oil to 340-degrees. Combine egg and water and mix well. Cut cold custard into 1-inch squares. Roll in fine cracker crumbs. Coat all squares and place them on waxed paper ready to fry.
6. Place a square on a fork, dip into the beaten egg and water and then roll in ground almonds. Fry in the hot oil. Brown, then drain on paper towels. Put 2 on each serving plate.
7. Have about $\frac{3}{4}$ cup of rum warmed and ready to use. Do not let it get hot or it will ignite itself. Put a spoonful or two over the browned squares and ignite at the table. Once flame dies, eat them.

Note: These may also be served with the almond cream recipe that follows.
 If the sauce seems too thick, thin it with cream and a bit of Kirsch or Grand Marnier.

ALMOND CREAM

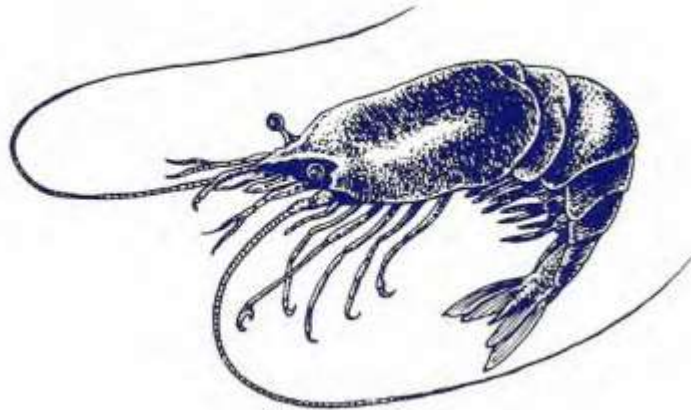
3 yolks
½ cup milk
¾ cup whipping cream
¼ cup ground, blanched almonds
4 tablespoons sherry
Almond extract

1. Beat yolks in top part of double boiler. Add milk, cream, almonds and sherry. Stir-cook in double boiler over simmering water until thickened. Do not let top part of boiler touch the water in the lower part.
2. When thick, remove from heat. Stir in extract and spoon over Fried Cream, poached fruit, or stale cake.

*SUNDAY SUPPER**Creole Gumbo Soup**French Bread**Green Salad**Hot Caramel Sundaes***HOT CARAMEL SUNDAES**

Piece butter
2 squares bitter chocolate
2 cups brown sugar
½ cup half and half cream
½ teaspoon vanilla

Melt butter in saucepan. Coat sides. Add chocolate. Set pan into hot water and let chocolate melt. When melted add sugar and cream. Stir-cook until it forms a soft ball when dropped into cold water, or about 236 degrees on candy thermometer. Remove from heat and spoon over vanilla ice cream.



CREOLE GUMBO SOUP

Okra is a slimy vegetable, especially when cut. But it is the slickness of okra that makes a gumbo a gumbo. If you do not care for this texture, then don't make Gumbo because you cannot leave out the okra!

2 chickens, cut-up	3 quarts water
Flour	2 large onions, sliced
Chunk butter	Chunk butter
2 tablespoons peanut oil	5 cups sliced okra
1 ham bone—no meat	1 small red pepper pod
½ teaspoon thyme	3 cups Italian canned tomatoes
1 teaspoon Rosemary	2 cups cooked shrimp
2 bay leaves	1 cup cooked rice
½ teaspoon tarragon	

1. Flour the meaty pieces of the chicken and brown in butter and oil. Once browned, put into a large kettle. Add giblets and boney pieces.
2. Add the ham bone. Tie the herbs into a piece of cloth (not cheesecloth), so that the herbs will not fall out and into the broth. Add herbs to kettle. Add water and bring to a boil.
3. Brown onions in butter and then add to kettle. Cook about 40 minutes over low heat.
4. Add okra and pepper pod. Cook until okra wilts, then add the tomatoes and simmer 30 minutes.
5. With a fork, pull the cooked shrimp into shreds. Add these the last 5 minutes of cooking. Discard pepper pod. Taste and adjust seasonings.
6. When ready to serve, put about 2 tablespoons of cooked rice into each soup plate and then add the gumbo. Serve with plenty of French bread. Leave giblets and boney pieces for a second meal.

HOW TO COOK DRIED NAVY BEANS

Dried navy beans (Great Northerns) do not have to be soaked *at all*. As a matter of fact they are much better when not soaked and cooked by the following method.

Wash the beans in warm water (not cold), pick them over and then tie them in a large piece of cheesecloth, or if you have a cloth sack (rice sometimes comes in 10 lb. cloth bags), put the beans into that and tie shut. The cheesecloth has to be very large so that the beans can expand in cooking.

Once beans are washed and tied in cloth, drop them into a kettle of boiling water to which has been added some salt. Boil 1 hour. Drain and cover with fresh, salted, boiling water. Never put beans into cold water. After 2 hours of cooking, stick a fork into 1 bean, right through the cheesecloth, to test for doneness. If beans are done, set pan into the sink and run cold water into the pan to displace the boiling water. When beans are cool, drain (while still in the cheesecloth), and turn them into one of the following recipes.

Beans in tomato sauce:

- Chunk butter
- 2 shallots, minced
- 2 onions, diced
- 1 small clove garlic, minced
- 1 large fresh tomato

Melt butter in skillet. Add shallots, onions and garlic. Stir-cook until soft. Do not brown. Peel tomato, remove seeds and mash with a fork. Add to skillet. Simmer about 20 minutes. Add beans and heat. Serve around pork or lamb. Sauce for 2 cups beans.

Creamed beans:

- 1 teaspoon flour
- ½ cup whipping cream
- 1 egg yolk
- Dash nutmeg
- 2 cups cooked beans
- Minced parsley

Put flour in small saucepan and blend in cream to make a paste and then add rest of cream. Beat in yolk and nutmeg. Add beans and warm over very low heat, or use a double boiler. Mixture must not boil. When hot, serve sprinkled with parsley.

STRAWBERRY-MACAROON DESSERT

Into a flameproof casserole arrange a layer of broken macaroon cookies and then a layer of quartered strawberries. Sprinkle with sugar and repeat the layers, depending upon how many you wish to serve. When ready to serve, heat some rum (about ¾ cup for 6) and pour over the casserole. Set aflame and serve when flame dies. Delicious with zabaglione (August Almanac).

PEACHES PICKLED IN BRANDY

Peeled peaches

To:

1 lb. peeled peaches

$\frac{3}{4}$ lb. sugar

Water

Sirup:

2 cups brandy

2 cups sirup peaches were cooked in

1. Peel peaches by dipping them into boiling water for a few seconds, then put into cold water, peel and put into cold water to which has been added about 1 teaspoon of Fruit Fresh, or more, depending upon the amount of water.
2. For each pound of peaches put $\frac{3}{4}$ cup of sugar and then add $\frac{1}{2}$ cup of water. Boil this until sugar dissolves. Add the peeled peaches and cook them until tender. How long this will take, depends upon the ripeness of the peaches. Put the peaches into sterilized jars.
3. Combine the brandy and sirup. Bring to a boil and pour over the peaches in the jar, filling the jars to the top. Seal tight with lids. Turn jars upside down so that the heat of the sirup softens the rubber around the top of the lid and the jar then becomes air tight. Wipe the jars when cool and store in a cool, dark place.

SIMPLE SHRIMP

Chunk butter

1 tablespoon flour

$\frac{1}{2}$ cup cream

1 tablespoon catsup

Paprika

Chili powder

$\frac{1}{4}$ cup sherry

2 cups shelled, deveined, and cooked shrimp

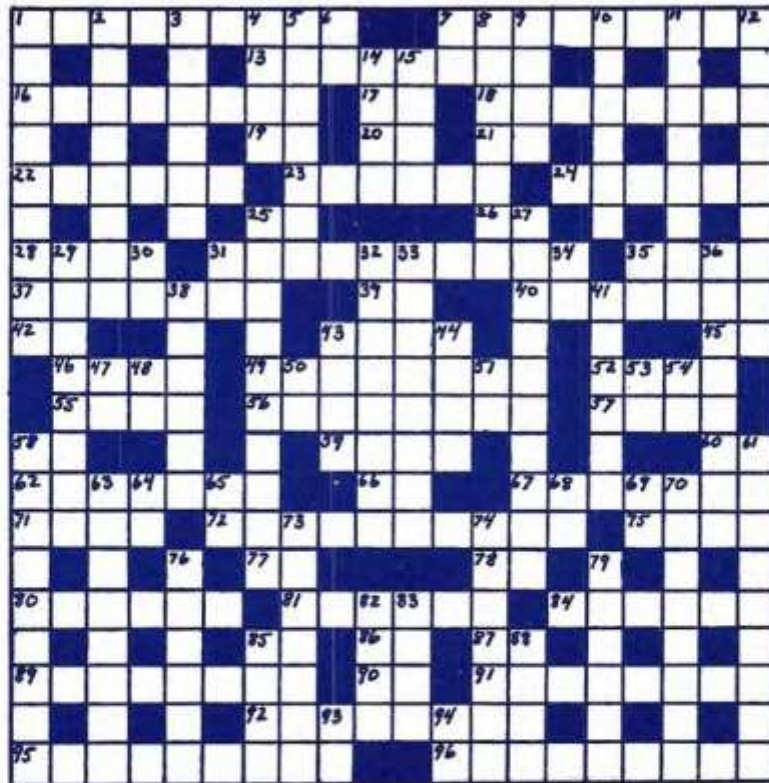
Minced parsley



Melt butter and stir in flour. Cook about 1 minute. Add cream and stir until thickened. Color with the catsup, paprika and chili. Stir in sherry. Add shrimp, heat and serve on toast. Sprinkle with parsley. Serves 4.

culinary

crossword



by sandy arlinghaus

ACROSS

- 1) Sirloin steak (Fr.)
- 7) Large Vol-au-vent
- 13) Sweet wine made from muscat grapes
- 16) Clos des —: a red burgundy
- 17) Ohio University (abbr.)
- 18) Flounder (Fr.)
- 19) Columbia is the capital of this state (abbr.)
- 20) Route (abbr.)
- 21) Preposition
- 22) The one of these worth the most is from British Guiana

DOWN

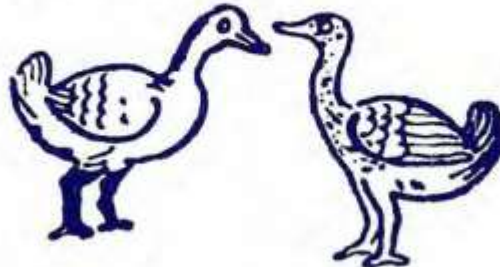
- 1) Robert Burns worked in this Scottish village in 1789 as an exciseman
- 2) Bulgarian dessert wine
- 3) Continent
- 4) Exclamation (2 wds., pl.)
- 5) Wine district in Italy
- 6) Austrian physicist: 1887-1961 (init.)
- 7) Count (abbr.)
- 8) Vintage (Fr.)
- 9) King of Norway, 995-1000
- 10) White wine from the Saar

ACROSS

- 23) Arabic term from which the word "alcohol" was probably derived
 24) Reflecting device
 25) Tin (chem.)
 26) Artist who painted "Blue Boy" (initials)
 28) Requests
 31) Alsatian white wine
 35) Cheveux d'—; top grade vermicelli
 37) American grape—primarily used for sweet wines
 39) Why did the soldier salute the refrigerator? Because it was a — (2 wds. abbr.)
 40) Wine from Chios
 42) Down (abbr.)
 43) Prefix: less than normal
 45) Footnote (abbr.)
 46) Polynesian intoxicant
 49) Dionysus might be called this (2 wds.)
 52) Rheinhessen wine estate
 55) Swiss wine measure
 56) What the knave of hearts might do (2 wds.)
 57) Metric unit of mass and weight approx. equal to one cubic centimeter of water at its maximum density
 58) You (Fr.)
 59) Space of ground on which a building is to be built
 60) Almost everywhere (abbr.)
 62) Bas-Rhin wine area
 66) Physicist, 1879-1955 (initials)
 67) Welcome symbol in English countryside (2 wds.)
 71) United States Military Academy (abbr.)
 72) Treatment of wine (Ger.)
 75) Leave out
 77) Teaching assistant (abbr.)
 78) High school (abbr.)
 80) "It's not nice to fool Mother —!"
 81) This legume is generally sold dried
 84) Puccini wrote the opera "La —"
 85) — — White: author of "Stuart Little" among others (initials)
 86) Exclamation
 87) Bachelor of Arts
 89) Wine or whisky container
 90) Pronoun
 91) Portuguese unit of wine measure
 92) Rhine wine from Rudesheim
 95) Les —: group of Cote d'Or vineyards
 96) In German, this grape is named butedel

DOWN

- 11) Chicken or turkey wing bones
 12) Sturgeon (Fr.)
 14) Bottle stopper
 15) Car
 25) Saar region
 27) Wine from great vineyards (Fr. 2 wds.)
 29) Object of depth charges
 30) British born American labor leader, 1850-1924 (initials)
 31) Krone (abbr.)
 32) Ra is an — god
 33) Said over again
 34) Greece (abbr.)
 35) In the meantime (Lat. 2 wds. abbr.)
 36) O'Henry short story: "— of the —"
 38) Common red grape of Algeria and Southern France
 41) — Islands: produce lots of rum
 43) Chapeaux (Eng.)
 44) Fairy tale giant that eats people
 47) Antiaircraft (abbr.)
 48) Volume unit (abbr.)
 50) Discoverer of south pole (initials)
 51) Old Testament (abbr.)
 53) — of the Chaldees
 54) South Africa (abbr.)
 58) Part of beef tenderloin — often served Rossini
 61) Last course before dessert
 63) Left over after having eaten tuna (2 wds.)
 64) Right ascension (abbr.)
 65) Airborne (abbr.)
 68) National guard (abbr.)
 69) Conjunction
 70) An American gallon is 5/6 of an — gallon
 73) Swiss Schillerwein
 74) Wurttemberg wine center
 76) — a la Cyrano
 79) Cockles (Fr.)
 82) Tributary of Rhine on whose banks are produced Winzenheim and Norheim
 83) If $a = b$ and $b = c$, — $a = c$
 85) — Saarinen
 88) — Seltzer
 93) Steamship (abbr.)
 94) Amer. novelist, born 1903 (initials)





Alma's ALMANAC

"Indian Summer" is the name our forefathers gave to this time of the year when the weather cannot make up its mind whether to be hot or cold. But why this name?

One story as to how the name came into being is that the early pioneers welcomed the first cold days knowing it meant that the coming of ice and deep snow would keep the Indians from attacking. But then when the weather turned warm for a few days these rugged settlers again had to worry about the Indians. Thus they named this uncertain period of the year, "Indian Summer." The other theory is that the russet and tawny hues of the countryside reminded our forefathers of the Indians' coloring.

"Indian Summer" holds no threat for us, except that of overeating. And like the Indians and our forefathers we continue in the traditions of the past to serve turkey and pumpkin pie.

But to make a good turkey is far more difficult than to make a good pie. Dark meat is tough and must be cooked a long time. White meat is tender and to cook it a long time makes it dry and crumbly.

Therefore, this year let me suggest cutting the bird up, just as we do chickens, and then braising the pieces in a wine sauce. If the thought of destroying the traditional whole bird is shocking — look at it this way. The bird will be better tasting and Father will be spared his annual carving job. And this year let's have American wines.

ALL AMERICAN MENU FOR EIGHT

Hen Turkey in Wine Sauce (Dinde au Vin)
California Cabernet Sauvignon (Sterling Vineyards, 1969)
Whole Boiled Potatoes
Buttered Green Beans
Baked Cranberries
Pumpkin Chiffon Pie
with
Whipped Cream
California Black Muscat (Novitiate)

HEN TURKEY IN WINE SAUCE

(*Dinde au Vin*)

- 1 (12-14 lb.) turkey, cut-up
- $\frac{3}{4}$ cup peanut oil

Sauce:

- | | |
|---------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup Cognac | $\frac{1}{8}$ teaspoon pepper |
| 6 tablespoons flour | 2 tablespoons sugar |
| 4 onions, quartered | 2 tablespoons tomato paste or catsup |
| 2 cloves garlic, minced | 1 lb. small boiling onions |
| $1\frac{1}{2}$ bottles red wine | Chunk butter |
| $\frac{1}{8}$ teaspoon thyme | 1 teaspoon sugar |
| 4 sprigs parsley | $\frac{1}{4}$ cup Cognac |
| 2 bay leaves | 2 tablespoons Madeira |
| 2 teaspoons salt | Minced parsley |

1. Cut turkey into pieces, just as you would a chicken. Cut legs and thighs apart, but leave the breast whole.
2. Brown the legs, thighs and breast in peanut oil. Lift out. Add wings (cut into 3 pieces) back (cut in half) ribs, neck and giblets. Brown these pieces.
3. Spoon all but about 4 tablespoons of oil from skillet. Add Cognac and set aflame. When flame dies stir in the flour. Stir-cook a few minutes.
4. Add quartered onions and balance of ingredients down to the boiling onions. Stir until mixture starts to boil and then add legs and thighs, set lid ajar and simmer 1 hour.
5. Clean onions (there is no easy way). Put into cold water and bring to a boil. Drain and rinse in cold water. Put into a skillet with a chunk of butter. Lightly brown and then sprinkle with 1 teaspoon of sugar and let caramelize. Set aside ready to use.
6. After 1 hour of cooking add the whole breast of turkey. (Trim off the rib bones so it will stand up and have a nice shape.) Push down into the liquids. Simmer for about $1\frac{1}{2}$ hours longer, or until the legs and thighs stick tender.
7. When done, arrange whole breast in center of platter. Surround with the legs, thighs and the large wing pieces. Put other pieces onto a separate plate to be eaten later.
8. Strain the sauce into a clean pan. Add the caramelized onions. Heat the sauce, then lift out the onions and place on the turkey.
9. Taste sauce and adjust seasonings. Thicken sauce with *beurre manié* if it seems thin. It should be a bit thick because the liqueurs will thin the sauce. Add the Cognac and Madeira. Bring to a boil. Spoon some sauce over the turkey pieces to glaze them and then pour balance of sauce into a gravy boat. Sprinkle turkey with minced parsley and serve. Slice the breast meat and cut the dark meat off the bones, giving each person some of each. Serves 8 or more.

PUMPKIN CHIFFON PIE

In Vol. I of Almanac there is a delicious, rich pumpkin pie with a glazed pecan topping. And if any of you wish to have Vol. I, please order it before they are gone.

1 (9-inch) baked pie crust	½ teaspoon salt
1 envelope gelatin	½ teaspoon cinnamon
¼ cup cold water	¼ teaspoon nutmeg
3 (large) egg yolks	Grated rind of ½ lemon
½ cup sugar	3 egg whites
1¼ cups canned pumpkin	¼ teaspoon salt
½ cup half and half cream	½ cup sugar

1. Make pie crust according to recipe on p. 8, Vol. II. Once pie plate is lined with the crust, with a table fork stick holes into the bottom of the crust to allow air to escape and the crust will not bubble. Line the pastry with a 10-inch circle of foil. Bake in a preheated 450-degree oven for 10 minutes. Remove foil and bake at 400 degrees until browned. Set on wire rack to cool.
2. Carefully remove the shell from the pan and place on serving plate. Put a band of foil or Saran around the crust to give it support. Fasten the band with a paper clip. Leave the band on until ready to serve the pie. Too often a crust will break with the weight of the filling.
3. Put gelatin into cold water to soften. Put yolks, ½ cup sugar, pumpkin, cream, ½ teaspoon salt and spices into a saucepan. Cook-stir over low heat until mixture is hot and thickened, or about 5 minutes. Add soaked gelatin. Stir until dissolved. Add rind. Set into cold water and stir until cool. Refrigerate until starting to set.
4. Beat whites with ¼ teaspoon salt. When soft peaks start to form, begin to add the ½ cup sugar and beat until stiff. Fold into pumpkin mixture and then pour into baked pie shell. Refrigerate at least 6 hours.
5. Serve garnished with whipped cream and cheese pumpkins.

CHEESE PUMPKINS

Buy a soft processed cheese, like Velveeta. Have it at room temperature as it is easier to mold. Scrub your hands with cleanser and then wash them well and dry. This is a must because the cheese will lift every particle of dirt from your hands and then the pumpkins will be marbled black and yellow. Cut 6 (1-inch) cubes of cheese. Roll each into a ball and then flatten them into a pumpkin shape. With a wooden pick press ridges into the cheese balls to make them look like pumpkins.

To make the stems, cut pieces from parsley stems and insert into the top of the pumpkins. Add a watercress leaf if you wish along with the stem.

Whip ½ pint of whipping cream and season it with confectioners' sugar and ½ teaspoon vanilla. Spread over pie and top with cheese pumpkins.

BAKED CRANBERRIES

- 1 quart cranberries
- 1½ cups sugar
- Dash salt
- ¼ cup water
- ¼ cup Grand Marnier
- 2 tablespoons Kirsch



1. Wash berries and discard bad ones. Put into a casserole. Sprinkle with sugar and salt and toss. Combine water and liqueurs. Add to casserole. Cover with a lid and bake at 300 degrees for 40 minutes.
2. Remove casserole and carefully toss berries. If there seems to be a lot of liquids, remove the lid and bake another 15 minutes. Cool, pour into serving dish, cover and refrigerate until ready to serve. Make these several days before serving.

PORK SAUCE FOR NOODLES OR BEAN CURD

- ¼ lb. ground pork
- 2 tablespoons peanut oil
- 1 green onion, minced
- 2 tablespoons wine
- 2 tablespoons Hoisin sauce (Chinese catsup)
- 1 teaspoon sugar
- ¼ teaspoon cornstarch
- ¼ cup water
- Green onions shredded

1. Saute pork in oil. Add minced green onions. Combine wine and brown sauce. Add to pork and stir-cook until oil separates from ingredients.
2. Add sugar and cornstarch to water. Stir into pork and cook-toss until water evaporates.
3. Toss with cooked noodles and garnish with shredded onions. This sauce may also be served on bean cake squares. Add the bean cake (curd) at the time the water is added. Toss together, cover and turn off heat. Let stand for a few minutes then reheat, toss together and serve garnished with shredded onions.

*HEARTY SUPPER**Stuffed Pork Chops**Broccoli**Tomato Salad**Apple Layer Torte***STUFFED PORK CHOPS**

6 (1½-inch thick) pork chops	1 cup diced, unpeeled apples
1 cup dry bread crumbs	Flour
1 teaspoon salt	2 tablespoons peanut oil
Pepper to season	½ cup orange juice
½ teaspoon sweet basil	¼ cup water
⅛ lb. butter	½ teaspoon sugar
1 small onion, minced	Orange slices
1 cup diced mushrooms	Parsley

1. Cut each pork chop down the middle and to the bone, thus making a pocket. Do not cut through the bones.
2. Put crumbs, salt, pepper and basil into a bowl. Melt butter. Add onion and stir-cook about 5 minutes. Add mushrooms and apples. Stir-cook a few minutes. Add to crumbs and mix. Mixture should be moist, yet dry. If not, add a tablespoon or so of cream, sherry or chicken broth to make it so.
3. Stuff mixture into pockets in each pork chop. Coat chops with flour. Heat peanut oil in a large skillet. Add chops and brown each side.
4. When nicely browned, spoon off oil. Combine orange juice, water and sugar. Add to skillet, bring to a boil and then reduce heat to a simmer, set lid ajar, and simmer about 1 hour. Turn chops after 30 minutes. The juice will reduce itself, but do not let it boil away and the chops burn. Chops should become glazed and delicious. Serve garnished with orange slices and parsley.



APPLE LAYER TORTE

As has been said, "whenever I feel frenzy moving on me, I seek relaxation in this holiday season from old, reliable friends. I take out my anguish on an apple."

- 1 cup granulated sugar
- 2 tablespoons cornstarch
- 1 teaspoon cinnamon
- Dash salt
- 1 teaspoon Fruit Fresh
- $\frac{3}{4}$ cup water
- Piece of butter
- 1 teaspoon vanilla
- 1 tablespoon Kirsch
- 1½ sticks butter or margarine ($\frac{3}{4}$ cup)
- 1 cup brown sugar
- 1 cup sifted flour
- $\frac{1}{2}$ cup oatmeal (quick cooking)
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{2}$ teaspoon salt
- 5 apples, or more

1. Stir together sugar, cornstarch, cinnamon, salt, and FF. Gradually add water. Mix and then stir-cook until thick. Remove from heat. Add a pat of butter, vanilla and kirsch. Set aside ready to use.
2. Put butter into mixing bowl and let soften. Add sugar, flour, oatmeal, crumbs and salt. Blend to a pie crust consistency.
3. Grease and flour an 8-inch square cake pan. With your hands flatten half the dough mixture over the bottom of the pan.
4. Peel apples and slice off the core and into the pan. Pour sauce over the apples. Roll the remaining dough and cover the apples. Bake 10 minutes at 400 degrees and then reduce heat to 350 and bake about 40 minutes, or until brown and done. Cool on a cake rack, or serve hot with cream or vanilla ice cream. If served cold, top with whipped cream or a slice of cheddar cheese. Makes 16 (2-inch) pieces.

BROCCOLI WITH ALMONDS

2 lbs. broccoli, about

4 quarts water

Salt

1 tablespoon sugar

Butter

¼ cup slivered almonds

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 and 2 tablespoons salt to a boil. Add broccoli bundles and blanch for 2 minutes after water returns to a boil. Cool by letting cold water run gently down the inside of the pan to displace the hot water. Lift broccoli from cold water, drain, blot on layers of paper towels, and set aside. Use in other recipes, or reheat when ready to serve.
4. When ready to serve, put into kettle of boiling water (about 3 quarts), seasoned with 1 teaspoon salt, sugar, and a chunk of butter. As soon as the water returns to a boil cook 1 to 2 minutes or until just tender. Lift out the broccoli by the string, and drain on layers of paper towels. Once it has drained, place on serving plate. Remove strings.
5. Heat butter and nuts together while broccoli reheats. Brown, but do not burn. Spoon over broccoli and serve.

SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.

Example: as + lad = salad.

1. Stem + bail =

2. Mole + n =

3. Lush + ago =

4. Relic + as =

5. Creole + as =

6. Ache + dial + n =

7. Me + glue =

8. Peel + m =

9. Dame + rain =

10. Late + gin + an =

11. Ago + camel + u =

12. Snore + time + n =



CHINESE SAUSAGES AND CHICKEN

Chinese sausages are available in almost every grocery store in our Chinatowns. These sausages are cured, and when refrigerated keep almost indefinitely. The best ones come from Canada and arrive here in a kind of plastic bag. These sausages are much different from ours and are absolutely delicious. They are ready to heat and eat and are best when steamed.

- 1 tablespoon peanut oil
- ½ teaspoon sesame oil
- 1 teaspoon light soy
 - Dash monosodium glutamate
 - Dash sugar
- 2 chicken breasts
 - Dash salt
- 2 sausages

1. Into a shallow casserole that will fit into your steamer, put the oils, soy sauce, monosodium glutamate and sugar. Stir.
2. Debone chicken breasts and remove the skin. Remove fillets from the breast meat and take out the tough tendon. Place fillets in casserole. Cut the breast meat, across the grain, and into ½-inch thick slices. Arrange in casserole in one layer. Sprinkle with salt.
3. Cut sausages on the bias and into ½-inch slices. Place these over the chicken pieces and then lay the bones from the chicken breasts over the top of these meats.
4. Set the casserole into a steamer (have the water boiling), and steam for about 15 minutes. After 15 minutes remove lid, take out a piece of chicken and cut it in half. If it is white all the way through it is done. Eat the piece to see if it is tender. If not steam another 5 minutes, but *do not* over cook.
5. Remove bones, pick the meat from them later on and then add the meat to the juice that is left in the dish the chicken and sausages were steamed in. Serve as soup the next day. It will be enough for you, but not for two.
6. Serve the chicken along with a dish of Chinese vegetables and rice. Dinner for two.



CHINESE SAUSAGES WITH BEAN CURD

4 sausages
 1 lb. bean cake, or curd
 Salt
 4 green onions

Sauce:

2 tablespoons light soy
 ½ teaspoon sesame oil
 Dash sugar
 ¼ teaspoon cornstarch
 4 tablespoons peanut oil

1. Steam sausages 15 minutes and then cut them diagonally into ¼-inch slices. Put on plate ready to use.
2. Cut bean cake into 1-inch squares ½-inch thick. Put on a plate and sprinkle lightly with salt.
3. Cut onions diagonally into 1-inch sections ready to use. Combine sauce ingredients ready to use (down to peanut oil).
4. When rice is cooked and you are ready to eat, cook the dish. Heat wok. Add oil, then the sliced, steamed sausages. Stir-cook a few seconds. Add the onions. Stir-cook about 1 minute. Add bean curd. Cover and heat for 1 minute. Add sauce. Stir-cook (carefully so that the bean curd does not break) about 1 minute. Serve with rice.

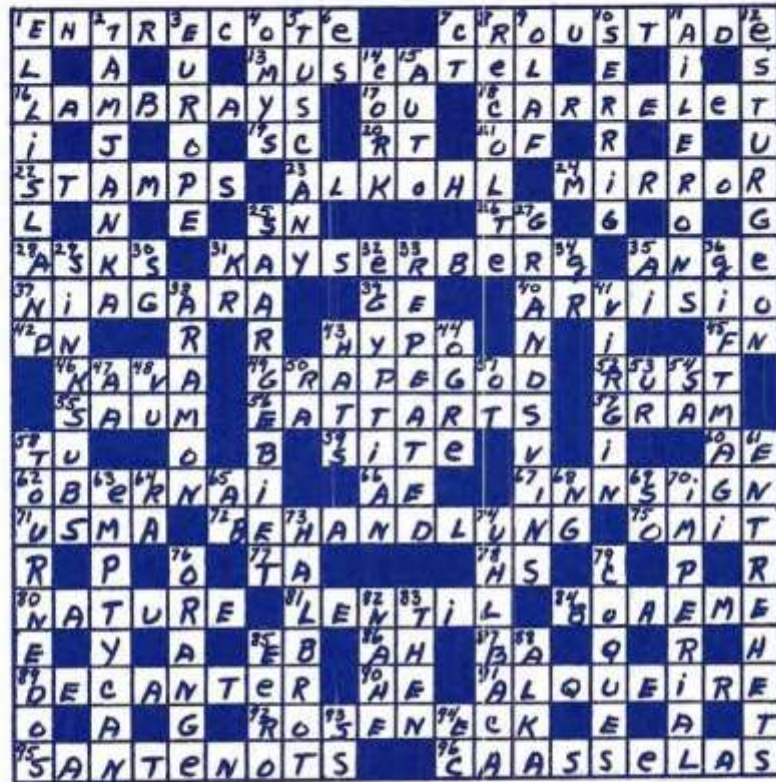
SPICY PORK TENDERLOIN

3 pork tenderloins	¼ cup peanut oil
4 large cloves garlic	3 onions, sliced
Freshly ground pepper	1½ cups buttermilk, heated
½ teaspoon salt	2 cardamom pods
1 cup yoghurt	4 whole cloves

1. Cut tail ends from tenderloins to make the meat of uniform thickness.
2. Crush garlic in mortar with pestle. Add pepper and salt. Continue to mash. Add yoghurt and mix.
3. Spread yoghurt mixture over tenderloins and let marinate 3 hours.
4. Heat oil in a skillet. Add tenderloins and brown on all sides. Add onions to skillet and saute for about 5 minutes.
5. Add buttermilk, cardamom and cloves. Bring to a boil. Reduce heat, set lid ajar and simmer 30 minutes. Remove spices and discard. Turn occasionally and simmer about 1½ hours. Buttermilk should reduce itself to about ¾ cup. Add water if necessary. Taste and adjust seasonings in sauce. Serve sauce with the pork.

culinary

crossword



by sandy arlinghaus





Alma's ALMANAC

A lot of good-natured bickering goes on in families at this time of year.

First there is the decision as to whether we will have turkey for Xmas and ham for New Years, or will it be the reverse. Then, of course, the question of goose always arises as the children remind us of Tiny Tim and Merry Old England.

Then once the decision of what to eat is solved we are faced with who should be invited to share the goose, ham or turkey. Shall we have all the family, grandparents as well as children — and their children? Or will that be more than we can cope with in an era of no help.

Frankly I solve the problem by having the children and my grandson for Xmas and the grandparents for New Years. I like this arrangement because having the parents with us keeps us at home and then we are not out drinking and driving on New Year's eve.

I can't help you make your guest list, but once you have it, here are a few menus and recipes to make Xmas Merry and the New Year happy.

MENU

<i>Ratatouille</i>	<i>Cranberry Sauce</i>
<i>Roast Goose</i>	<i>Olives and Relishes</i>
<i>Chestnut Stuffing</i>	<i>Homemade Bread</i>
<i>Brussels Sprouts</i>	<i>Pumpkin Pudding</i>
<i>Whipped Cream</i>	

EGGSTRA ANSWERS

- | | |
|-------------------|----------------|
| 1. Timbales | 7. Legume |
| 2. Lemon or Melon | 8. Maple |
| 3. Goulash | 9. Marinade |
| 4. Eclairs | 10. Galantine |
| 5. Escarole | 11. Guacamole |
| 6. Enchilada | 12. Minestrone |

ROAST GOOSE

1 (8-9 lb.) cleaned goose

Stuffing:

Goose liver, diced
 Chunk butter
 2 onions, chopped
 1 lb. ground pork
 ¼ lb. salt pork, ground
 4 apples, diced
 1 lb. cooked chestnuts, diced
 ¼ cup chopped hazelnuts
 1 teaspoon salt
 Freshly-ground pepper
 Dash nutmeg
 ¼ teaspoon allspice
 ¼ cup Cognac
 2 eggs, lightly beaten



1. Clean goose and be sure lungs are out. Remove the giblets and neck from the cavity of the bird. Wash and put into pan of cold water. Add some parsley, celery, and a diced carrot to the giblets and simmer for 2 hours, or until tender. Dice the liver into a large mixing bowl.
2. Saute onions in a chunk of butter for about 2 minutes. Add pork, salt pork and diced liver. Cook about 3 minutes. Put into mixing bowl. Add unpeeled, diced apples.
3. Use fresh chestnuts and cook them (instructions in my book), or use canned chestnuts. Add to bowl along with the hazelnuts. Season, add the Cognac and eggs. Mix well.
4. Fry a small amount of the stuffing in a piece of butter. Taste, and then adjust the seasonings. Stuffing should be moist and it should hold together. If not, add another egg.
5. Stuff cavity of bird and put some stuffing into the neck skin. Sew openings closed, using a kitchen needle and string. Put goose on greased broiler rack. Stick the goose all over so that the fat can cook out. Score the area around the tail where there is a heavy layer of fat.
6. Spoon boiling water over the goose and let it drain into the pan. Brush bird with Cognac. Put into a 450-degree oven. Roast 20 minutes, then reduce heat to 350 degrees. Roast for about 4½ hours. Add boiling water to pan about every 30 minutes. Make giblet sauce (Almanac I, p. 68). When goose is done, put onto a hot platter, garnish and serve to 8.

PUMPKIN PUDDING

2 cups cooked pumpkin	2 teaspoons cinnamon
3 whole eggs	½ teaspoon ginger
1 cup sugar	½ teaspoon nutmeg
½ cup brown sugar	⅛ teaspoon cloves
1½ cups flour	¼ lb. butter, melted and cool
1 teaspoon baking powder	1½ cups milk
1 teaspoon soda	1 cup light cream
½ teaspoon salt	

1. Preheat oven to 350 degrees. Grease a 9-inch square cake pan.
2. Put pumpkin into mixer bowl. Add eggs, one at a time and beat after adding each. Add sugars and beat.
3. Sift together flour, baking powder, soda, salt and spices. Add to pumpkin alternately with the butter, milk and cream. Pour into pan, reduce oven to 325 and bake about 1½ hours, or until set and done. Put on wire rack to cool. Serve at room temperature with sweetened whipped cream. Serves 8, or more.

HOMEMADE BREAD

1 yeast cake
2 cups milk
2 tablespoons sugar
1 tablespoon salt
5 cups flour, about
2 tablespoons melted butter

1. Crumble yeast into large mixing bowl. Put milk, sugar and salt into saucepan. Warm to dissolve the sugar. Cool milk to lukewarm. Pour over yeast. Stir to dissolve. (Note: if using dry yeast, follow instructions on package to dissolve it, then add to lukewarm liquids and proceed.)
2. Add half the flour and beat until smooth. Add the melted butter. Beat. Add remaining flour, or to make a stiff dough. Put on counter and let rest 10 minutes. Knead until smooth and the dough fights back. Put into greased bowl, turn dough to coat all sides, cover and let double.
3. Punch dough down and let rise again. Second rising will take about 1 hour. Pour dough onto counter, divide in half and let dough rest 10 minutes. Heat oven to 450 degrees.
4. Mold each piece of dough into a loaf. Put into greased pans. Let rise until not quite doubled in size.
5. Bake at 450 for 15 minutes, then reduce heat to 375 and bake bread about 30 minutes, or until done. When done, turn loaves out of pan and onto wire racks to cool. When completely cold, wrap and freeze, or eat.



RATATOUILLE

Make this a day or so in advance of serving so that it can age. However, serve at room temperature.

- 6 tablespoons olive oil
- 2 small eggplants
- 4 green peppers
- 1 red bell pepper
- 4 fresh tomatoes - 2 canned plus
- 4 zucchini
- 2 large onions
- 2 cloves garlic, minced
- Salt and pepper
- 1 branch thyme, or 1/8 teaspoon
- 2 bay leaves
- 3 sprigs parsley
- 1 tablespoon sugar
- Juice of 1/2 lemon, or to taste

1 lb. Minion Chiu Chaud

*red pepper
1/2 sherry
chicken bones*

1. Put oil into a large enameled pan. Peel eggplants and cut into large diced pieces. Add to skillet and heat. Cut cores from peppers, quarter and remove seeds. Cut into lengthwise strips about 1/2 inch wide. Add. Peel, discard seeds, and dice tomatoes into the pan. Scrub zucchini, cut off ends, and cut lengthwise into quarters, or eighths, depending upon thickness of squash. Cut into 1-inch lengths. Add. Clean onions. Cut each into 8 wedge-shaped pieces. Add onions, garlic, about a teaspoon of salt and some pepper. Cook, uncovered, for about 30 minutes.
2. Add thyme, bay leaves, parsley, sugar and lemon juice. Boil hard for about 20 minutes. Liquids should have reduced themselves to a thickness, but if not, lift the vegetables out and boil the liquids hard until the sauce becomes thick. You could thicken this with *beurre manié* but that would give the sauce a milky cast. Once sauce is reduced, return vegetables to pan, heat, taste, and adjust seasonings. Discard herbs and parsley. Cool and then refrigerate. Serve at room temperature as a first course, or serve hot as a vegetable.

PINEAPPLE SHERBET

- $\frac{3}{4}$ cup sugar
- $1\frac{3}{4}$ cups water
- 2 teaspoons gelatin
- $1\frac{1}{2}$ cups crushed pineapple
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup orange juice
- 1 cup whipping cream
- $\frac{1}{8}$ teaspoon salt

1. Boil sugar and $\frac{1}{2}$ cup water to make a sirup. Soak gelatin in $\frac{1}{4}$ cup cold water and then dissolve it in the hot sugar sirup.
2. Put pineapple into a strainer to drain off the juice. Add to the remaining cup of water. Add lemon and orange juice. Stir into the sirup mixture and then pour into an ice cube tray and freeze until mushy.
3. Whip cream to which has been added the salt. Once whipped, stir into the mushy pineapple mixture. Put mixture into two trays and freeze. Stir occasionally.

Note: This is nice to serve with heavy meals to refresh the palate, or for dessert.

SUNDAY DO-AHEAD SUPPER

Creamy Onion Soup

Spanish Chicken Casserole

Salad

Cake-Pudding

CREAMY ONION SOUP

- 6 large onions
- ¼ lb. butter
- Salt and pepper to season
- ½ cup chicken stock
- ½ cup milk
- 2 cups stock
- 2 cups milk
- 6 slices French bread
- Parmesan cheese
- 4 egg yolks
- ½ cup soup



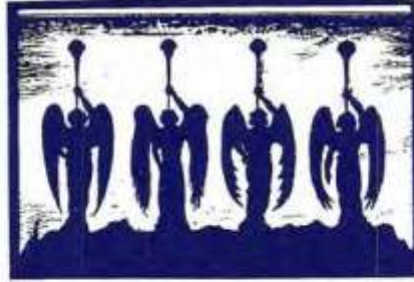
1. Slice onions into a large saucepan. Add butter, salt and pepper. Stir-cook until butter melts. Cover and let simmer about 30 minutes.
2. Add ½ cup stock and milk and stir-cook for about 1 hour. Add remaining 2 cups of stock and milk. Let simmer for 1 hour.
3. Put bread into soup tureen and sprinkle with cheese. Beat yolks, mixing them well. Add ½ cup soup, and pour over bread in tureen. Let soak about 5 minutes. Add rest of soup, sprinkle with minced parsley or chives and serve with additional grated Parmesan.

SPANISH CHICKEN CASSEROLE

- 2 chickens, cut up
- 2 onions, sliced
- 1 large green pepper, sliced fine
- Chunk butter
- 2 tablespoons flour
- 2 cups plum tomatoes, mashed
- ½ cup Italian ripe olives
- 1 clove garlic, mashed
- 6 ears of corn
- Salt and pepper to season



1. Simmer chicken in water seasoned with a carrot, celery stalk, onion, salt and pepper. Cook until tender.
2. Saute onions and green pepper in a chunk of butter until soft. Stir in flour. Add tomatoes, olives and garlic. Simmer 20 minutes.
3. Cut corn from cobs and scrape corn juice off each cob with a knife.
4. Butter a shallow casserole. Cover the bottom with half the corn. Sprinkle with salt and pepper. Debone chicken. Add layer of chicken meat. Cover with corn. Season. Pour over tomato mixture. Add about 1 cup of broth. Bake in a 400-degree oven for about 40 minutes, or until corn is tender and flavors blended.



SCRAMBLED EGGSTRAS

Rearrange the letters of each equation to obtain a new food word.
Example: as + lad = salad.

- | | |
|------------------------|------------------|
| 1. dart + sum = | 6. envies + d = |
| 2. timber + chan = | 7. meal + car = |
| 3. tour + la = | 8. met + enter = |
| 4. ache + mount + tr = | 9. nut + chest = |
| 5. in + we = | 10. rat + bet = |

CAKE PUDDING

Turn leftover cake, or inexpensive bought cake into this pudding. How much cake is added makes very little difference. If a lot of cake, then there is less custard and the dessert turns out to be a pudding. If very little cake, then you end up with a baked custard. Serve it hot with ice cream, or cool, and then serve the next day with cream or Zabaglione.

Leftover cake, or bought pound cake

3 whole eggs

2 cups milk, or half cream and half milk

Dash salt

$\frac{1}{4}$ cup sugar if the cake is not very sweet

$\frac{1}{2}$ teaspoon vanilla if using bought cake

1. Break cake into small pieces, or cut into cubes. There should be anywhere from 2 to 6 cups.
2. Beat eggs to mix. Add milk and salt. Blend. Add cake and let it stand 10 minutes. Sugar and vanilla if necessary.
3. Butter and flour a 6-cup charlotte mold, or casserole. Add mixture and bake at 325-degrees for about 2 hours or until puffed and knife inserted into the center comes out clean. Remove from oven, place on wire rack and let stand 10 minutes. Turn out onto serving dish and serve, or let cool completely in the pan, cover and refrigerate until serving time. Unmold and serve.

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DATE-WALNUT CAKE

½ lb. butter, softened
 1 cup sugar
 3 medium-sized eggs
 2¼ cups sifted cake flour
 ¼ cup cornstarch
 1 teaspoon baking powder
 ½ teaspoon salt
 ½ lb. dates, chopped



1 cup chopped walnuts
 1 teaspoon soda
 1 cup buttermilk
 1 teaspoon vanilla
 1 tablespoon grated orange rind
 Juice of 2 oranges or 1 cup
 1 cup sugar
 2 tablespoons Grand Marnier

1. Preheat oven to 325. Grease a 9-inch solid-bottomed tube pan with clarified butter, or oil.
2. Cream together butter and 1 cup sugar until light. Add 1 egg at a time and beat well after each.
3. While this beats, sift the flour, cornstarch, baking powder and salt together.
4. Put dates into a mixing bowl. Sprinkle with 3 tablespoons of flour mixture and toss. Add the nuts and another tablespoon of flour and toss.
5. Stir soda into the buttermilk. Add to the creamed butter mixture alternately with the flour mixture. Add vanilla and rind.
6. Remove from beaters. Stir in date-nut mixture and mix well. Pour into greased tube pan. Put into oven and reduce heat to 300 degrees. Bake about 1½ hours.
7. When cake is done, place on cooling rack. Put orange juice and 1 cup of sugar into a small saucepan. Bring to a boil. When sugar is dissolved, remove from heat and add Grand Marnier. Pour over the cake. Let stand until cool.
8. Invert pan onto cake plate. Cover and refrigerate. This cake will keep for a week or so. Serve with sweetened whipped cream that is flavored with Grand Marnier, or grated orange rind. Keep cake refrigerated.