

BEVERLY PEPPER proves, once and for all, that every good cook is an artist. She is an extremely talented painter and sculptress and has had several one-man shows in New York City and Paris. She has worked as advertising art director for a number of American companies, has written and illustrated articles on cooking for such publications as *McCall's*, *Glamour Magazine*, and *House Beautiful*, and has designed costumes for a motion picture. Mrs. Pepper, her husband (chief of *News-week's* Rome Bureau), and their two children live in a charming villa in Monte Mario, Italy.

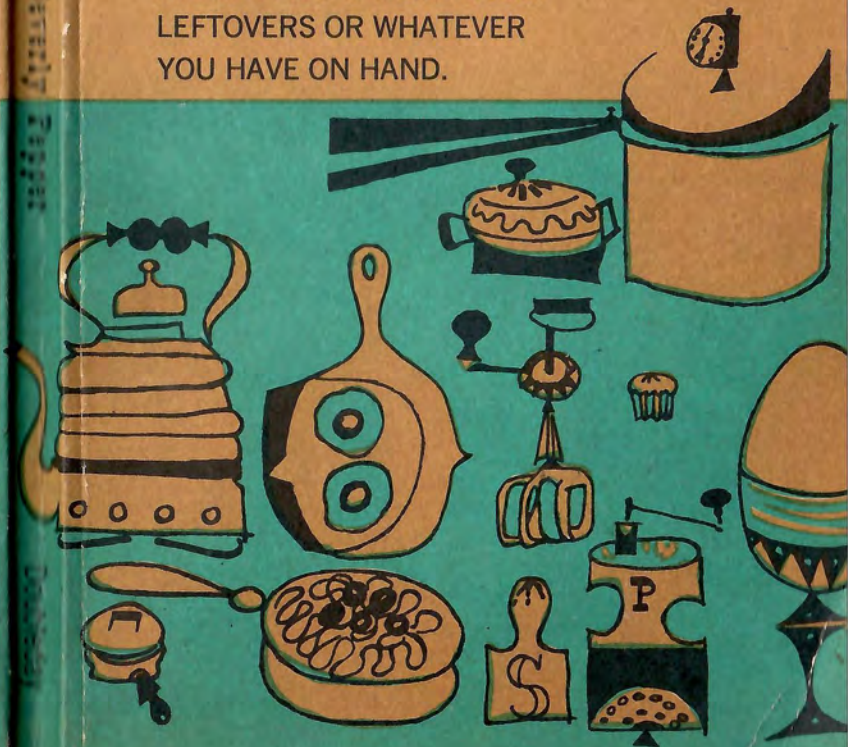
Potluck Cookery

Potluck Cookery Beverly Pepper

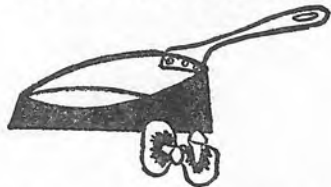
Potluck Cookery

BEVERLY PEPPER

DELIGHTFUL WAYS TO
MAKE A ROYAL MEAL FROM
LEFTOVERS OR WHATEVER
YOU HAVE ON HAND.



POTTUCK COOKERY



320 answers to the problems of "leftovers"—
answers to "nothing-in-the-house" puzzle—
money-saving—
time-saving—
easy-to-follow—
royal roads to original cooking with—
what you have on hand in the cupboard
or refrigerator



Written, illustrated and slightly abridged by Beverly Pepper

DOUBLEDAY & COMPANY, INC.
GARDEN CITY, NEW YORK

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"NOTHING IN THE HOUSE BUT——"

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Note

Recipes for items followed by the letter *R* may be located by consulting the Index. The letter *S* after an item refers the reader to the "Substitute" that appears just below the ingredients.

INTRODUCTION

This is not a cookbook to shove any others off the shelf. It's not a rival to other cookbooks. It's a companion book to them—to all cookbooks in the world. It is written for people who can't bear to part with leftovers remaining from a previous meal, and for those who are tired of leftover hash and want to add to their cooking repertoire.

It is a book which starts out differently than any other cookbook. It begins with what you happen to have on hand and goes out from there—to satisfying and often magical solutions.

To put it in common terms, it is the answer to the age-old and frightened cry of "What'll we do now?" when you supposedly have nothing more in the house than a gang of hungry people piling in the front door.

When anybody tells me they hate leftovers, I recall a wonderful Chinese dinner I had some years ago. We were eight and were served *forty-three* different dishes at one sitting. Naturally, it was merely a small taste of each one. Then we were asked to determine the basis of all the various plates. No one agreed. At the end our hostess triumphantly announced she had served us only one thing—chicken cooked forty-three different ways.

That's leftovers for you.

It isn't a *problem* as much as the know-how of passing food from one form to the other.

It's both an exciting and economical passage. You have first of all the glamour of serving dull leftovers which have been magically transformed to bring you cheers

and table-top kudos. And you have an amazing economy, too, of money and time.

It comes by itself, whenever you happen to have some leftovers and know how to use them. It comes even more when you *plan* on leftovers, both in buying and cooking.

It's a royal road to table romance. And as happens with romance, it changes everything. Once you start setting aside a little bit one day to create a leftover special for the next, you cease being a mere cook in the kitchen. You become, instead, a magician in the house—a priceless creator of table-top magic.

It sounds impossible? Actually it's very simple. Just tuck odds and ends back into the refrigerator, keep on hand a good supply of basic staples—and, suddenly, you're off!

Want an example?

Let's say you serve a pork roast, carefully putting aside a bit for later. To this bit you add green pepper, celery, and soy sauce and—presto!—it becomes pork chop suey! Or set aside some vegetables, say broccoli, and you find you can have a soufflé suitable as a main luncheon dish or perhaps an opening entree into a gourmet's evening.

Leftover recipes, like old friends, have another advantage. They're flexible to your needs. Proportions may vary with what's on hand. A little more or less meat, or vegetables, still achieves a comparable result. Frozen or fresh foods may also be substituted as long as you adjust for cooking time and liquid.

One last word on pantry staples. They are your tools and gadgets for kitchen magic. They are essential in the planned use of leftovers—or the emergency problem of “nothing in the house.”

Staples mean sugar, salt, flour, onions, rice, potatoes, bouillon cubes, and a careful choice of canned items. For an ideal supply, note the Staple List. You save money and time if you keep it up to date.

With these and such free-wheeling ingenuity as we

have imprisoned between the covers of this book, there's no limit to what you can achieve on man or beast.

So that's it—whether you have one or a hundred cook-books, this is a happy friend made to embrace a hundred books, a thousand leftovers, and a million moments of urgent necessity before the shifting tides of appetite which, like the sea itself, can at times call forth something of beauty and delight for man's pleasure, some incredibly tempting dish other than naked Venus on the half shell.

B. P.



When buying staples, keep in mind you're setting up an emergency army. You're drafting accomplices and accessories for kitchen magic. Far from an unnecessary expense, they are the items which will save you three times their cost.

Most everyone has the below-listed items at one time or another. The trick is to keep them on hand all at one time. Check 'em once weekly, order what's lacking—and you're all set.

Remember to buy brands and sizes which fit your family and storage space. Large sizes, of course, are often more economical.

Include frozen foods if you've a freezer compartment in your refrigerator or a home freezer.

- | | |
|--|---|
| Almonds | Cheeses |
| Baking powder | Chocolate, unsweetened |
| Baking soda | Coffee, cocoa |
| Bouillon cubes or concentrates, beef and chicken | Cooking wines, red, white, sherry |
| Canned foods: Breads; Fish: anchovies, crab meat, salmon, sardines, shrimp, tuna, etc.; Fruits; Juices; Meats and poultry; Sauces; Soups; Vegetables | Condiments: Capers, horseradish, pickles, pimentos, red peppers, relishes |
| Cereals and pastes: Macaroni, noodles, rice, spaghetti | Corn meal |
| | Cornstarch |
| | Crackers |
| | Desserts, gelatin and prepared |
| | Dried beans, peas, and lentils |

Dried fruits
Dried mushrooms

Flour

Herbs; dried: Basil, bay leaves, chives, garlic, marjoram, mint, parsley, saffron, sage, savory, tarragon, thyme

Jams, jellies, marmalades

Milk, evaporated and powdered

Mixes: Biscuit, cake, muffin, piecrust, etc.

Molasses, honey

Oil: Cooking, olive, salad

Olives, black, green, and stuffed

Peanut butter

Perishables: Bacon, butter, eggs, fat, lard, margarine

Salad dressing: French dressing, mayonnaise, etc.

Sauces: Catsup, chili, cocktail, soy, Tabasco, Worcestershire, etc.

Shortenings

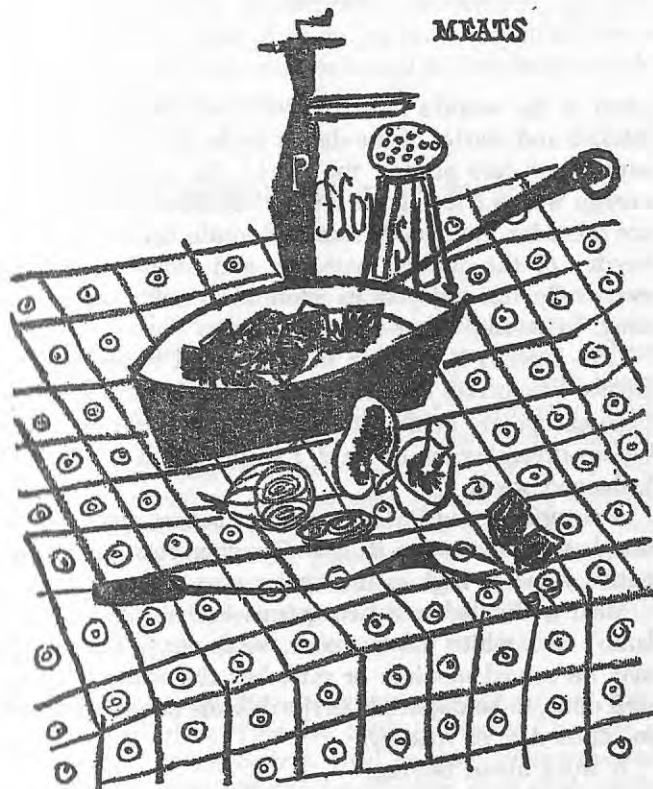
Spices: Allspice, black pepper, cayenne pepper, celery salt, celery seed, chili powder, cinnamon, cloves, curry, garlic salt, ginger, mace, mustard, nutmeg, onion salt, paprika, poultry seasoning, sage, etc.

Sugar, brown, confectioner's

Tomato paste

Vinegar, herb, wine-flavored

MEATS



MEATS

Meat is the world's most desired food. Mistress of the kitchen and master of the dinner table, it's loved without caution or care around the world. Its proteins zip up energy without laying on fat. Its vitamins and minerals are great for the outside skin and inside heart. Since the heyday of the clumsy mastodon and lonely cave man, everybody has enjoyed its glorious benefits, as in the song, by eating "what comes naturally."

Like Proteus it pops up in a thousand forms and varieties. This makes for a simple solution for most anyone's taste except my mother-in-law, who's an old-time vegetarian—dreaming, on off days, I suspect, of a 3-inch, old-fashioned steak.

A surprising and little-known fact is that *meat's nutrition has no relation to its cost*. Tougher cuts have a nutritive value as high as the tender ones.

Meat is divided into two groups—red meats (beef or lamb) and white meats (pork, veal, etc.). Red meats may be served medium or rare, but the white must be well done, to be digestible in the delicate stomachs of our so-called Age of Anxiety.

A word about buying:

Buy by brand name when possible. And take a good look at the government stamp for wholesome quality. It says *U.S. Insp. and PSD*—meaning *U.S. Inspected and Passed*. This is done by the meat packers and your government to protect you.

The cost of meat, basic factor in most any family's budget, makes it an ideal leftover target.

Buying long-cooking meats and planning for tomorrow, you save both fuel and meat costs. But do not buy such meats if you haven't time to do them justice—like the classic Frenchman, they simply won't be rushed.

The following leftovers are planned for your convenience. Wonderfully flexible, their proportions can vary with what's on hand. More or less meat or vegetables—or frozen or fresh foods—may be tossed in. Just make sure to adjust for cooking time and liquid.

Basic Cooking Instructions for Meat

BEEF

Beef Roast Wipe with damp cloth. Roast in shallow open pan. Rib roasts require no rack. Place rolled roasts on rack. Roast in slow 300° oven, fat side up, uncovered, without water. Do not baste. Cooking at low heat insures juicier meat and less shrinkage. If using meat thermometer, insert into center, through fat side; do not touch bone. Roasting time for standing *rib roasts* (6–8 lbs.): rare, 18–20 minutes per pound or 140° on meat thermometer; medium, 22–25 minutes per pound or 160° on thermometer; well done, 27–30 minutes per pound or 170° on thermometer. *Rolled rib roasts*: rare, 32 minutes per pound; medium, 38 min. per pound; well done, 48 minutes per pound. Or use thermometer as above. Season after roasting.

Beef Steak Broiling Have meat at room temperature. Wipe with damp cloth. Trim fat. Slash remaining fat every 2 inches to prevent curling when broiling. Rub preheated broiler rack with trimmed fat. For rare, cook thick steaks 3 inches below heat, 1-inch steaks 2 inches below. For well done, cook slower and further away. Turn with tongs; fork pierces meat, causes loss of juice. Season after broiling.

Beef Pot Roast Wipe with damp cloth. Brown slowly thoroughly on all sides in heavy kettle in little fat. For seasoning, add 1 each onion, carrot, potato—all finely diced, 2 or

3 peppercorns, salt and pepper, and $\frac{1}{2}$ cup water (just enough to form steam). Simmer very slowly on rack, tightly covered. Turn meat twice. Cook until fork-tender (3-4 hours for 3-5 pound roast). Whole or quartered major vegetables, may be added $\frac{3}{4}$ hour before roast is done. If more water is needed, add $\frac{1}{4}$ cup boiling water at a time.

Beef Stew Coat pieces with seasoned flour. Brown in fat in deep kettle, well and quickly on all sides. Add 1 cup boiling water; 1 each onion, carrot, potato—all finely diced; 2 or 3 peppercorns, bay leaf, sprig parsley, chopped celery stalk, dash of thyme, rosemary, and Worcestershire. Cover tightly. Cook very slowly until fork-tender, about 2 hours. Remove meat. Rub vegetables and stock through strainer, returning with meat to kettle. Add 1 cup boiling water and whole or quartered major vegetables. Cook very slowly until vegetables are tender, 30-45 minutes more.

LAMB

Lamb Roasts Prepare as in Beef Roast instructions. Do not remove fell (thin paper-like covering)—it keeps meat in shape. Bone-in roasts take about 35 minutes per pound, or 175° - 180° on the meat thermometer. Boned and rolled, (if stuffed, fill loosely) about 45 minutes per pound. See Beef Pot Roast instructions for pot roast (braised lamb), adding a bay leaf and 1 cup canned or cooked tomatoes, if you wish.

Lamb Crown Rib Roast Be sure backbone is off or carving will be impossible. Remove ground meat, if any, and season well. Cover each rib bone with cubes of stale bread or salt pork to prevent burning. Replace seasoned ground meat or fill with stuffing. Add slivers of garlic if liked. Roast on rack in shallow pan in 300° oven about 30-35 minutes per pound.

Lamb Steaks and Chops Thick meat is best broiled. Thin chops and steaks should be pan-broiled. Fell (paper-like covering) should be removed. To broil 2-inch chops, allow

about 12 minutes each side. Chops 1 inch thick take about 8 minutes each side. Do not overcook. Should be juicy inside and brown outside. Breading makes small chops appear larger. Grease broiler rack with fat from meat. Turn with tongs.

Lamb Stew Follow Beef Stew instructions, substituting juice and grated rind of 1 lemon for the Worcestershire. Curry goes well. So do peas and potatoes.

PORK AND HAM

Pork Roasts Prepare as in Beef Roast instructions. Slivers of garlic may be inserted. Roast in 325° - 350° oven. Pork must be thoroughly cooked with not a trace of pink left— 185° on meat thermometer. Roast fresh ham with rind on, removing when done. You may score surface in squares. Rub with cloves, sprinkle with brown sugar or honey, and brown in 400° oven 15 minutes.

Roast 8-10 pound fresh ham about 33 minutes per pound; 3-4 pound loin about 37 minutes per pound; 4-6 pound rolled shoulder roasts 45 minutes per pound; if stuffed, about 40 minutes.

Pork Crown Roast Prepare like Lamb Crown Rib Roast. Roast in 350° oven, allowing 30-45 minutes per pound.

Pork Chops and Steaks May be pan-fried or braised. Must be thoroughly cooked with no trace of pink. Remove excess fat, use to grease hot pan. Brown chops. Season. Cook covered or uncovered over low heat until well done, about 50 minutes. Turn occasionally.

Pork, Braised Trim bit of fat and melt in heavy skillet. Sprinkle meat with salt, pepper, and flour. Brown well on both sides, about 10 minutes. Add boiling water or tomato juice, bouillon, sour cream, canned tomatoes, etc. Cook covered, simmering very slowly until tender and well done, about 50 minutes. Taste and season again if necessary.

To Bake Cured and Smoked Hams Follow directions on wrapper. Bake in 300° oven. Ham, whole, 10-12 pounds,

25 minutes per pound, 170° on meat thermometer; 10-12 pounds tenderized, 15 minutes per pound or 160° on meat thermometer. Half ham, 6 pounds, 30 minutes per pound, 170° on meat thermometer. Tenderized, 15 minutes per pound, 160° on meat thermometer. Picnic hams, 3-10 pounds, 35 minutes per pound, 170° on meat thermometer. Remove rind after baking. Cut fat in squares. Dot with cloves, glaze with brown sugar or honey or apricot marmalade, etc. Brown in hot oven, 425° for 20 minutes.

Smithfield and Country Style Hams Require a thorough scrubbing and rinsing before soaking overnight in cold water to cover. Rinse, then add fresh cold water to cover. Simmer, allowing 30 minutes per pound. Remove rind, cut fat in squares, dot with cloves. Glaze and brown as above.

VEAL

Veal Roasts Roast veal in 300° oven. Leg, 7-8 pounds, 25-30 minutes per pound; shoulder, 7 pounds, 25-30 minutes per pound; shoulder, rolled, 5 pounds, 40-45 minutes per pound. All veal roasts should be well rubbed with fat or coated with strips of salt pork or bacon. Rub with flour, salt, and pepper if desired. Breast of veal requires 1 cup water in baking pan. All veal should be well done, 170° on meat thermometer.

Veal Pot Roasts Follow Beef Pot Roast instructions, but coat meat with flour before browning and add bay leaf and thyme to pot.

Veal Chops and Steaks Veal should never be broiled. Always add extra fat—butter, bacon, or fat salt pork. Rub meat with salt, pepper, and paprika. Good idea to give it a protective coating of either flour, bread crumbs, corn meal, etc., and/or dip into beaten egg and again into flour, etc. Brown slowly in butter, bacon drippings, or oil. Or braise in tomato juice, broth, water, etc. Always cook slowly. See Braised Pork for instructions. Undiluted cream soups make good sauces. Sliced lemon good with sautéed meat.

Veal Stew Follow Beef Stew, adding paprika and a can of tomato sauce. Cook 1½ hours or until fork-tender, then continue Beef Stew directions.

Leftover Meat

BEEF AND BROWN CELERY SAUCE

Leftover

BEEF STEW or ROAST, at least 1½ cups or 4 slices

and

beef or bacon drippings,
¼ cup

Prepared horseradish, 1
tbsp.

Condensed celery soup, 1
cup

Buttered bread crumbs, 2
tbsp.

Heat drippings in shallow casserole. Stir in celery soup until bubbly. Remove from heat. Add horseradish and beef slices. Top with buttered crumbs. Brown under broiler. MAKES 4 SERVINGS.

Suggested: Serve with noodles, Minted Peas in Onions^R, plus a salad of sliced radishes, fennel, and romaine lettuce with Piquante Dressing^R—and Russian black bread.

BEEF BARBECUE

Leftover

BEEF ROAST, at least 2 cups in 1-inch cubes

and

Worcestershire sauce, ½
cup

Hamburger buns, 2-4
Thinly sliced onion, 1
large

Catsup, ¼ cup

Dry mustard, ¼ tsp.

Arrange beef in small, shallow baking dish. Combine Worcestershire, catsup, and mustard. Pour over meat. Make sure each piece is covered. Bake in moderate 375° oven about 45 minutes. Turn meat once or twice. Serve

on split buns garnished with sliced onion. **MAKES 4 SERVINGS.**

Suggested: Serve with Delmonico Potatoes[®], pickles and relishes—wonderful with beer.

BEEF MIRONTON

Leftover

BEEF STEW or **ROAST**, at least 4 slices or 1½ cups cut in small dice

and

Butter or margarine, 2
tbsp.

Thinly sliced yellow
onions, 4

Flour, 2 tbsp.

Bouillon, 1 cup or
1 cup meat stock

Red wine, ½ cup

Salt and pepper to taste

Brown onions in butter. Blend in flour. Slowly pour in bouillon, stirring constantly, until thick and smooth. Add wine, salt, and pepper. Add the meat. Cover and simmer gently for 10 minutes. **SERVES 2-3.**

Suggested: Serve with boiled rice, Deep Fry Cauliflower[®], and head lettuce with French Dressing[®]—plus English muffins.

BEEF POTATO PIE

Leftover

BEEF STEW or **ROAST**, at least 1½ cups, finely diced

Drippings, 3 tbsp.
Diced onion, 1 large
Chopped green pepper, 2
tbsp.

Quick-frozen peas, 1
package or at least 1
cup cooked

Sliced mushrooms (op-
tional), 1 4-ounce can
Worcestershire sauce, 1
tbsp.

Mashed potatoes, 1½ cups
Butter or margarine, 1
tbsp.

Milk, 2 tbsp.

Heat drippings in skillet. Add beef, onions, and green pepper. Cook until onions are soft. Add peas, mushrooms, and Worcestershire. Cook 5 minutes. Cover bottom of shallow casserole with half the mashed potatoes. (Add warm milk to potatoes if necessary to make them fluffy.) Pour on meat and vegetables. Cover with remaining mashed potatoes. Dot with butter, sprinkle with milk. Bake in medium hot 400° oven until golden brown, about 15 minutes. **SERVES 3-4.**

Suggested: Serve with Vegetable Macedoine Salad[®]—and rye bread.

BEEF STROGANOFF

Leftover

STEAK or **ROAST**, at least 1½ cups cut into thin strips

and

Butter or margarine, 2
tbsp.

Sliced onions, 2 medium
Sliced mushrooms, 1 can,
drained

Mincéd garlic, 1 clove

Flour, 1 tbsp.

Bouillon or consommé, ½
can condensed (do not
dilute)

Sherry, 3 tbsp.

Sour cream, ½-¾ cup

Salt and pepper to taste
Worcestershire sauce, ½
tsp.

Cooked, canned, or frozen
vegetables (optional),
any kind, 1 cup

Sauté onions and mushrooms with garlic in butter, until brown. Add lightly floured meat. Cook 1 minute. Remove meat and mushrooms. Blend flour into drippings. Pour in bouillon and sherry. Stir until smooth and thickened. Add sour cream, salt, pepper, and Worcestershire. Put before serving, add vegetables and return meat and mushrooms to pan.

Heat thoroughly. **SERVES 2-3.**

Suggested: Serve with Lima Bean Salad[®]—and pumper-

CHINESE BEEF AND GREEN BEANS*Leftover*

COOKED BEEF, cut into thin oblongs $1\frac{1}{2} \times 1 \times \frac{1}{4}$ inches, at least $1\frac{1}{2}$ cups

and

| | |
|---------------------------------|---|
| Cornstarch, 2 tbsp. | Green pepper, cut in thin strips, 1 small |
| Salt, $\frac{1}{2}$ tsp. | Cooked French string beans, 2 cups |
| Soy sauce, $1\frac{1}{2}$ tbsp. | Sugar, 2 tbsp. |
| Fat, 2 tbsp. | Water, $\frac{2}{3}$ cup |
| Sliced white onion, 1 medium | Vinegar, 1 tablespoon |

Combine $\frac{1}{2}$ tbsp. cornstarch, salt, and 1 tbsp. soy sauce. Pour over meat. Sauté meat in fat for 5 minutes. Add onion and green pepper. Cook a few minutes. Add string beans. Combine remaining cornstarch, soy sauce, sugar, water, and vinegar. Pour over meat and vegetables. Cook, stirring constantly until thickened. SERVES 3-4.

Variation: Add 4 sliced tomatoes to onion and green pepper.

Suggested: Serve with boiled rice and fruit salad of grapefruit slices, cut up strawberries, fresh mint on lettuce with lemon French Dressing^R.

CRUSTADE EGGS*Leftover*

COOKED BEEF, finely chopped, at least 1 cup

and

| | |
|---------------------|---|
| Hard rolls, 4 | Salt and pepper to taste |
| Hard-boiled eggs, 2 | Tabasco, dash |
| Beaten egg, 1 | Swiss cheese slivers, $\frac{1}{4}$ cup |

Cut top off rolls. Scoop out all the crumbs. Chop eggs finely with meat. Mix with beaten egg. Season with salt

LEFTOVER MEAT

and pepper. Add Tabasco. Fill scooped out rolls with the mixture. Top with cheese slivers. Cook under broiler until cheese has melted, about 6 minutes. MAKES 4 SERVINGS.

Suggested: Serve with Mixed Vegetable Scallop^R—and iceberg lettuce wedges with Russian Dressing^R.

NEW ORLEANS GRILLADES*Leftover*

ROAST, at least 2 slices $\frac{1}{2}$ inch thick

and

| | |
|---------------------------------|---|
| Butter or margarine, 1 tbsp. | Salt and pepper to taste |
| Chopped onion, 1 large | Cayenne, dash |
| Chopped tomatoes, 1 cup | Bouillon or boiling water, $\frac{1}{3}$ cup |

Brown onion in hot butter. Add tomatoes, salt, pepper, and cayenne. Cook about 10 minutes. Add bouillon. Simmer another 10 minutes. Add meat slices and heat about 10 minutes more. SERVES 2.

Suggested: Serve with Vegetable Puffs^R and individual Green Bean Salad Bowl^R—and hot corn muffins.

SOUR CREAM BEEF RAGOUT*Leftover*

BEEF STEW or ROAST, at least 2 cups into 1-inch cubes

and

| | |
|--------------------------|--------------------------|
| Beef drippings, 3 tbsp. | Sour cream, 2 cups |
| Flour, 3 tbsp. | Dill seed, 1 tsp. |
| Water, $\frac{1}{2}$ cup | Salt, $\frac{1}{4}$ tsp. |

Heat drippings in skillet. Add meat; blend in flour. Add water; stir until thick and smooth. Add sour cream, dill seed, and salt. Heat 1 minute more. SERVES 3-4.

Suggested: Serve with boiled noodles, Lyonnaise String Beans^R—and toast triangles.

SOUTHERN SUCCOTASH AND BEEF CHUNKS

Leftover

STEAK or ROAST, cut in chunks, at least 2 cups
and

| | |
|---|--------------------------|
| Oil, 1 tbsp. | Tomatoes, 1 cup |
| Chopped onion, 1 | Caraway seeds, ½ tsp. |
| Succotash, 1 box frozen or 1 No. 2 can—or 1 cup kernel corn and 1 cup Lima beans | Salt and pepper to taste |

Sauté onion in oil until lightly brown. Add meat, succotash, tomatoes, caraway seeds, salt, and pepper. Cover. Simmer slowly 25 minutes. SERVES 4.

Variation: Turn into buttered casserole, top with ¼ cup shredded cheese mixed with ¼ cup cracker crumbs. Bake in moderate 325° oven 30 minutes.

Suggested: Serve with a salad of endive, chopped celery, chopped apples, and French Dressing^R—and hot biscuits.

STUFFED MEAT SLICES

Leftover

ROAST, 4 slices ½ inch thick
and

| | |
|--|--|
| Thinly sliced ham and/or Swiss cheese, 4 each | Flour, 1 tbsp. |
| Lightly beaten egg, 1 | Bouillon, ½ cup—1 cube in ½ cup boiling water |
| Bread crumbs, ½ cup | Salt and pepper to taste |
| Butter or margarine, 3 tbsp. | Grated cheese (optional), 2 tbsp. |

Cut a pocket into each meat slice. Place 1 slice ham and/or 1 slice cheese in each pocket. Close tightly and pin with toothpick. Dip into egg, then roll in bread

crumbs. Fry in 2 tbsp. butter until brown. Remove. Add 1 tbsp. butter and flour to pan. Blend thoroughly. Add bouillon. Stir sauce until thickened. Season to taste. Return meat to pan. Sprinkle with cheese. Heat through and serve. SERVES 3-4.

Suggested: Serve with kidney beans, lettuce salad—and poppy-seed rolls.

SWISS STEAK AND KIDNEY BEANS

Leftover

BEEF ROAST, 2 slices 1½ inches thick
and

| | |
|---------------------------|---------------------------|
| Flour, 4 tbsp. | Whole cloves, 2 |
| Fat, 2 tbsp. | Salt to taste |
| Kidney beans, 1 No. 1 can | Red wine, or water, ¼ cup |
| Sliced onions, 2 medium | |

Pound flour into both sides of meat slices. Brown in fat. Remove from skillet. Add kidney beans, onions, cloves, and salt. Cook until onions soften. Add meat and wine. Simmer *very gently* for 30 minutes. Do not boil or the meat will get tough. SERVES 2.

Suggested: Serve with Carrot Ramekins^R and a mixed greens salad—with corn bread.



TAMALE PIE*Leftover*

COOKED BEEF, chopped, at least 1 cup
and

| | |
|--|---------------------------------|
| Corn meal, 1 cup | Tomatoes, 1 cup |
| Salt, 1½ tsp. | Thyme, ¼ tsp. |
| Boiling water, 4 cups | Chopped pimento, 2 tbsp. |
| Fat (drippings or shortening), 2 tbsp. | Chili powder, 3 tsp. |
| Minced green pepper, 1 large | Dry mustard, ½ tsp. |
| Chopped onions, 2 small | Chopped pimento olives, 2 tbsp. |
| Corn kernels, 1 cup | Salt and pepper to taste |
| | Butter, 2 tbsp. |

In top of double boiler, stir corn meal and salt slowly into boiling water. Continue stirring until thick. Place over boiling water, cook 20 minutes. Brown green pepper and onions in fat. Add corn, tomatoes, thyme, meat, pimento, chili powder, mustard, olives, salt, and pepper. Cook 5 minutes. Line shallow pan with half the corn meal. Pour in meat mixture. Cover with remaining cornmeal mixture. Dot with butter. Brown quickly in hot 425° oven 10 minutes. SERVES 2-3.

Suggested: Serve with sliced orange, thinly sliced onion, and endive salad—French Dressing^R—and Italian bread sticks.

HAMBURGER SOUP*Leftover*

COOKED BEEF, ground, at least 1 cup
and

| | |
|---------------------------|--|
| Grated onion, 1 tsp. | Slightly beaten egg white, 1, use just enough to moisten |
| Grated lemon rind, ½ tsp. | |
| Dried marjoram, ¼ tsp. | |
| Salt and pepper to taste | |
| Nutmeg, dash | |
| Cracker crumbs, 2 tbsp. | Cream of chicken soup, bouillon, or what-have-you, at least 2 cups |

Mix meat (put through food chopper) with onion, lemon rind, marjoram, salt, pepper, nutmeg, and cracker crumbs moistened with egg white. Mix well, roll into walnut size balls. Cook 10 minutes in boiling soup. SERVES 2-3.

Suggested: Serve with Broccoli Soufflé Gourmet^R, crisp greens salad, and mayonnaise mixed with chopped olives—plus French bread.

KOFTA CURRY*Leftover*

COOKED MEAT^R, put through the food chopper, at least 2 cups
and

| | |
|------------------------------------|------------------------------|
| Salt, ½ tsp. | Chili powder, pinch |
| Pepper, ¼ tsp. | Turmeric (optional), pinch |
| Grated onion, 2 tbsp. | Ginger, pinch |
| Mixed herbs, ½ tsp. | Minced garlic, ¼ tbsp. |
| Bread crumbs, 4 tbsp. | Water, 1 tbsp. |
| Lightly beaten egg, 1 | Bouillon or hot water, 1 cup |
| Butter or margarine or fat, ¼ tsp. | |

Substitute: Fish or chicken.

Regrind meat with salt, pepper, grated onion, mixed herbs, and 1 tbsp. bread crumbs. Bind with egg. Shape into walnut-size balls and roll in remaining bread crumbs. Melt fat or butter in hot skillet. Add chili powder, turmeric, ginger, garlic, and 1 tbsp. water. Cook until slightly brown. Add meat balls and stir until evenly browned. Cover with bouillon or water and simmer gently for 45 minutes. SERVES 4.

Suggested: Serve with boiled rice, and a salad of sliced apples, oranges, onions marinated in French Dressing^R—and rye bread.

MEAT-STUFFED PEPPERS*Leftover*

COOKED MEAT, diced finely, $1\frac{1}{4}$ cups
and

Firm green peppers, 4

Beaten eggs, 2

Milk, 1 cup

Salt, 1 tsp.

Pepper to taste

Grated onion, 1 small

Minced parsley, 1 tsp.

Dry mustard, $\frac{1}{2}$ tsp.

Cayenne, dash

Chili powder (optional),
1 tbsp.

Buttered bread crumbs,
4 tbsp.

Boiling water, 1 cup

Cut tops from stem end of green peppers. Remove seeds and fibers. Parboil for 5 minutes. Drain. Prepare filling: mix eggs with milk, salt, pepper, onion, parsley, mustard, cayenne, and chili powder. Add meat. Fill peppers to within $\frac{1}{2}$ inch of top. Sprinkle with bread crumbs. Place in baking dish filled with boiling water. Bake in moderate 350° oven until peppers are tender and filling is firm, about 40 minutes. **MAKES 4 SERVINGS.**

Suggested: Serve with Corn Chowder^R—and hot buttered biscuits.

MULLIGATAWNY SOUP*Leftover*

COOKED MEAT, at least 2 cups, diced
and

Drippings, 3 tbsp.

Finely chopped onion, $\frac{1}{4}$
cup

Finely diced carrot, $\frac{1}{4}$ cup

Finely diced turnip, $\frac{1}{4}$ cup

Peeled, diced green apples,
2 medium

Flour, 2 tbsp., mixed with

salt, pepper and curry
powder, 1 tbsp.

Boiling water, 5 cups

Chopped parsley, 1 tbsp.

Bay leaf, 1

Thyme, $\frac{1}{4}$ tsp.

Lemon juice, 1 tbsp.

Saut  onion, carrot, turnip and apples in drippings until almost tender—about 12 minutes. Add meat. Sprinkle with flour and curry mixture. Add water, parsley, bay leaf, and thyme. Simmer slowly, about 10 minutes. Add more pepper if desired. Add lemon juice just before serving. **SERVES 4.**

Suggested: Serve in hot soup bowls with a side dish of boiled rice—and Baked-Bean Burgers^R—and soft rolls.

SWISS MEAT PIE*Leftover*

COOKED MEAT, put through food chopper, at least $1\frac{1}{2}$
cups
and

Milk, $\frac{3}{8}$ cup

Biscuit mix, 2 cups

Bacon drippings, 2 tbsp.

Chopped onion, 1 small

Salt, $\frac{1}{2}$ tsp.

Dry mustard, $\frac{1}{2}$ tsp.

Worcestershire sauce,
1 tsp.

Condensed mushroom
soup, $\frac{1}{2}$ can

Canned tomatoes, $\frac{2}{3}$ cup,
drained

Swiss or American cheese,
cut in slivers, $\frac{1}{2}$ cup

Prepare milk and biscuit mix for rolling as directed on package. Knead a few times. Set aside. Brown meat and onion in bacon drippings. Add salt, mustard, Worcestershire, soup, and tomatoes. Cook 10 minutes. Roll out biscuit dough and line 8-inch piepan. Fill with meat mixture. Cover with cheese. Bake in hot 450° oven 25 minutes until crust is done. **SERVES 2-3.**

Suggested: Serve with Asparagus and Olive Salad^R.



ZUCCHINI AND MEAT SAUCE

Leftover

COOKED HAMBURGER, at least 2 patties
and

| | |
|----------------------------------|---------------------------------------|
| Butter or margarine, 2 tbsp. | Bay leaf, 1 |
| Flour, 2 tbsp. | Broth, bouillon, or stock, 2 tbsp. |
| Tomatoes, 1 cup | Salt and pepper to taste |
| Chopped green pepper, 2 tbsp. | Thinly sliced zucchini, 4 small |
| Chopped onion, 2 tbsp. | Grated cheese, 1 tbsp. |
| Basil, ¼ tsp. | |

Chop hamburger finely. Melt butter. Blend in flour. Add tomatoes, green pepper, onion, basil, bay leaf, meat, and broth. Salt and pepper to taste. Simmer slowly about 10 minutes. Place sliced zucchini in shallow buttered baking dish. Cover with sauce, sprinkle with cheese. Bake in moderate 350° oven about 45 minutes. SERVES 2.

Suggested: Serve with Sweet-Potato Pie^R—and toasted English muffins.

MEAT AND POTATO LATKES

Leftover

COOKED MEAT, ground, 2 cups
and

| | |
|---------------------------------|---|
| Grated raw potatoes, 2 cups | Eggs, 1 whole and 1 yolk |
| Minced onion, 1 tbsp. | Fat (shortening, lard, or salad oil) ¼ cup |
| Salt, ½ tsp. | Sour cream (optional), 1 cup |
| Pepper to taste | Tomato Sauce ^R or Cheese Sauce ^R |
| Worcestershire sauce, 1 tsp. | |

Mix meat, potatoes, onion, salt, pepper, Worcestershire, and eggs. Form into flat round pancakes about ½ inch

thick. Fry in fat until golden brown. Drain and serve with sour cream, Tomato or Cheese Sauce. SERVES 3-4.

Suggested: Serve with Cheese, Tomatoes, and Lima Beans^R.

NEAPOLITAN MEAT MACARONI

Leftover

COOKED MEAT, finely chopped, at least 1½ cups
and

| | |
|-----------------------------------|--|
| Macaroni ^R , ½ pound | Gravy, drippings, or strong bouillon, ½ cup |
| Boiling salted water, 2 quarts | Grated cheese, ¼ cup |
| Canned tomato sauce, 1 cup | |

Substitute: Leftover spaghetti or macaroni. Rinse first with hot water. Drain; proceed as directed.

Boil macaroni in salted water until *al dente* (firm, not too soft). Mix the meat into the sauce and gravy. Sprinkle bottom of greased shallow casserole with 1 tbsp. grated cheese. Add layer of meat, then macaroni. Repeat cheese, meat, macaroni, etc., until used up. Top with cheese. Bake in hot 425° oven 7 minutes or until bubbling and browned. SERVES 3-4.

Variation: Slice 3 tomatoes ½ inch thick; sauté in 2 tbsp. butter and ¼ tsp. dried basil. Place on top of final macaroni layer. Top with cheese.

Suggested: Serve with salad of cooked string beans, broken romaine lettuce, crumbled bacon, and lemon French Dressing^R plus—hot Italian garlic buttered bread.



SOUR-APPLE CASSEROLE*Leftover*

COOKED MEAT, diced, at least 1½ cups, or cut in 4-5 slices

and

Butter or margarine,
3 tbsp.

Sliced onion, 1 large

Peeled and sliced sour
apples, 2

Sliced or diced, boiled
potatoes, 4-5

Bouillon (cube and water)
or meat stock, 1½ cups

Salt and pepper to taste
Nutmeg, 1 pinch

Sauté onion and apples in butter until light brown. Place alternate layers of onion, apples, meat, and potatoes in shallow baking dish. Pour stock over all. Season with salt, pepper, nutmeg. Sprinkle with butter remaining in pan. Bake in moderate 350° oven 15-20 minutes. SERVES 3-4.

Suggested: Serve with a salad of canned or cooked diced beets, minced onions, minced green peppers, and Vinai-grette Dressing^R—plus hot buttermilk biscuits.

STUFFED CABBAGE LEAVES*Leftover*

COOKED MEAT, any kind, put through the food grinder, about 1 cup

and

Finely chopped onion, 1

Parsley, 1 tbsp.

Bread crumbs, 2 tbsp.

Thyme, pinch

Marjoram, pinch

Caraway seeds, ¼ tsp.

Salt and pepper to taste

Beaten egg, 1

Cabbage leaves, 8

Boiling salted water to
cover

Bacon strips, 3

White wine^R, ½ cup

Substitute: Chicken broth.

Mix meat with onion, parsley, bread crumbs, thyme, marjoram, caraway seeds, salt, and pepper. Blend in beaten egg. Choose perfect leaves from outside of cabbage. Par-boil 5 minutes in salted water to cover. Drain and dry. Place a heaping spoonful of the mixture on each leaf. Fold two sides into mixture, flap one end over the other. Place bacon in bottom of shallow pan. Add the cabbage rolls. Cover with wine or broth; simmer gently 25 minutes. SERVES 4.

Suggested: Serve with boiled rice; cover with Tomato Sauce^R—add a light salad—and Russian black bread.

VELOUTÉ MEAT TIMBALES*Leftover*

COOKED MEAT, at least 1 cup, finely chopped or ground

and

Fat (shortening, lard, or
drippings), 2 tbsp.

Flour, 2 tbsp.

Salt, 1 tsp.

Concentrated beef or

chicken stock, ½ cup

Milk, ½ cup

Well-beaten eggs, 2

Sliced mushrooms
(optional), 1 3-ounce
can, drained

Worcestershire sauce,
1 tsp.

Finely chopped parsley,
1 tbsp.

Melt fat, stir in flour and salt. Blend well. Add liquids gradually, stirring until thick and smooth. Remove from heat. Add eggs, mushrooms, Worcestershire, parsley, and meat. Mix well. Fill buttered custard cups ¾ full. Place in pan of water. Bake in moderate 375° oven 25 minutes until set. Unmold. Serve with your favorite sauce. MAKES 4-5 TIMBALES.

Suggested: Serve with Macaroni Salad^R—and hot buttered white toast.

SOUFFLÉ*Leftover*

COOKED MEAT, at least 1 cup, cut in small dice or chopped
and

Butter or margarine, 3
tbsp.

Flour, 3 tbsp.

Salt, ½ tsp.

Pepper, ¼ tsp.

Milk, 1 cup

Parmesan cheese, 3 tbsp.

Eggs, 3 yolks

Stiffly beaten egg whites, 3

Melt butter in a saucepan. Blend flour, salt, and pepper. Add milk. Simmer, stirring constantly until thick and smooth. Do not boil. Add meat and cheese. Remove from heat. Stir in beaten egg yolks. Mix well. Fold in stiffly beaten egg whites. Pour into buttered soufflé dish. Bake in moderate 375° oven 25 minutes. Serve at once. **SERVES 3-4.**

Suggested: Serve with Minted Carrot and Chicory Salad²—and popovers.

EGG CROQUETTES*Leftover*

COOKED MEAT, or **FISH**, or **POULTRY**, at least ½ cup, finely chopped
and

Butter or margarine,
1 tbsp.

Eggs, 3

Salt, ½ tsp.

Pepper, dash

Milk or cream, ¼ cup

Grated onion, 1 tsp.

Chopped parsley, 1 tsp.

Flour, ½ cup

Bread crumbs, ½ cup

Oil or fat, ¼ cup

White sauce (Béchamel
Medium²)

Melt butter in skillet. Beat 2 eggs with salt, pepper, and milk until frothy. Pour into skillet. Stir constantly until

just beginning to set. Stir in chopped meat, fish, or chicken. Add onion and parsley. Mix well. Remove from heat. Cool. Shape into 4 croquettes. Beat remaining egg. Roll mixture in egg, then in flour, again in the egg, then in bread crumbs. Fry in fat or oil, turning until evenly browned. Drain on absorbent paper. Serve with white sauce. **MAKES 4 CROQUETTES.**

Variation: Rolled into small walnut-size balls, fried, and served on toothpicks, you have a fine hors d'oeuvre.

STUFFED ZUCCHINI*Leftover*

COOKED MEAT, at least ¾ cup, very finely chopped
and

Zucchini, 8 small

Parsley (optional), 2 tsp.

Lightly beaten egg, 1

Grated cheese (optional),
2 tbsp.

Nutmeg, dash

Salt and pepper to taste

Bread crumbs, 1½ tbsp.

Olive oil, 1 tbsp.

Butter or margarine,
1 tbsp.

Lard, 1 tbsp.

Chopped onion, 1 small

Minced garlic, 1 clove

Tomato paste, 2 tbsp.

Water or bouillon, 1 cup

Halve zucchini lengthwise. Remove insides carefully with an apple corer or a small paring knife. Take care not to break the skin. Mix together the meat, parsley, egg, cheese, nutmeg, salt, and pepper. Add bread crumbs. Mix again. Stuff zucchini halves with the mixture. Melt the oil, butter, and lard in a large skillet. Brown the onion and garlic in this mixture. Add tomato paste diluted with the water or bouillon. Cook a few minutes. Add the stuffed zucchini. Cook tightly covered over low heat, until tender, about 25 minutes. Add a little hot water if necessary. **MAKES 16 STUFFED ZUCCHINI HALVES.**

Suggested: Serve with buttered sweet corn—and hot cross buns.

BIDDLEFORD PIE*Leftover*

BAKED HAM, at least 2 cups, diced
and

Butter or margarine, 2
tbsp.

Flour, 2 tbsp.

Milk, ½ cup

White wine, ½ cup

Salt and pepper to taste

Drained oysters, 1½ cups

Diced, cooked or canned
potatoes, 1 cup

Cooked or defrosted frozen
peas, 1 cup

Thyme, ½ tsp.

Biscuit mix, 2 cups

Milk, 1 cup

Melt butter; stir in flour. Blend well. Add milk and wine gradually, stirring until thick and smooth. Add salt, pepper, oysters, ham, potatoes, peas, and thyme. Pour into shallow buttered baking dish. Mix biscuit mix with milk. Spread over ham and oyster mixture. Bake in moderate 350° oven 30 minutes. SERVES 4.

Suggested: Serve with chicory and tomato salad with Mustard Dressing^B.

HAM AND GREEN NOODLES*Leftover*

COOKED HAM, at least 1½ cups, cut in long, narrow strips

and

Olive oil, 1 tbsp.

Minced onion, 3 tbsp.

Minced garlic, 1 clove

Minced parsley, 1 tsp.

Minced carrot, 2 tbsp.

Tomato paste, 1 tbsp.

Bouillon, 1½ cups

Salt and pepper to taste

Green noodles, ½ pound

Boiling water, 3 quarts

Grated Parmesan cheese,

4 tbsp.

Brown ham, onion, garlic, parsley, and carrot in oil. Add tomato paste mixed with bouillon. Simmer gently 10 minutes. Taste for seasoning. Cook noodles in salted water

until *al dente* (firm, not too soft). Serve on hot platter, ham in center, sauce poured over all. Sprinkle with grated cheese. SERVES 3-4.

Suggested: Serve with cottage cheese salad, Cucumber Dressing^B, red wine—and hot rolls.

HAM AND LIMA CASSEROLE*Leftover*

COOKED HAM, ground, at least 1 cup
and

Cooked, frozen, or de-
frosted Lima beans, 1½
cups

Bread crumbs, ½ cup

Prepared mustard, ¾ tsp.

Horseradish, ½ tsp.

Salt and pepper to taste

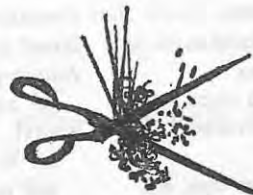
Milk, 1 cup

Sliced tomatoes, 2 medium

Melted butter or
margarine, 3 tsp.

Combine Lima beans, bread crumbs, mustard, horseradish, salt, pepper, and milk. Place ham in bottom of buttered baking dish. Spread Lima mixture over it. Top with layer of sliced tomatoes. Sprinkle with melted butter. Bake in moderate 350° oven 40 minutes. SERVES 2-3.

Suggested: Serve with a salad of sliced avocado, marinated in French Dressing^B, on salad greens garnished with sliced olives—and hot buttered rolls.



HAM AND SCALLOPED SWEETS

Leftover

COOKED HAM, at least 1½ cups, diced

and

Thinly sliced cooked sweet potatoes^s, 4

Flour, 2 tbsp., mixed with 1 tsp. salt and pepper to taste

Butter or margarine, 1½ tbsp.

Milk, 1½ cups

Substitute: Raw potatoes. Follow same directions, but bake in moderate 375° oven 1 hour until potatoes are done.

Place a layer (about 1 cup) of potatoes in small buttered casserole. Sprinkle with 1 tbsp. seasoned flour. Top with ¾ cup ham. Cover with another cup sliced potatoes, repeat ham, and then remaining potatoes. Sprinkle with remaining tablespoon flour. Dot with butter. Pour milk over all. Bake in medium hot 400° oven 30 minutes—until top is well browned. SERVES 2-3.

Suggested: Serve with Curried Pea Spoon-Fritters[®]—omit curry if desired—and French bread.

JELLIED HAM SALAD

Leftover

COOKED HAM^s, diced, at least 1½ cups

and

Unflavored gelatin, 1 envelope softened in ¼ cup cold water

Mayonnaise, 1½ cups

Chopped hard-cooked eggs, 2

Cooked asparagus tips, cut in 1-inch lengths, 1 cup

Chopped chives, 1 tbsp.

Substitute: Cooked chicken.

Romaine lettuce

Pared sliced avocado, 1

American cheese slivers, ⅓ cup

French dressing (2 parts oil to one part vinegar, salt and pepper to taste)

Place gelatin and cold water in top of double boiler. Heat over boiling water until gelatin dissolves. Remove from heat. Stir in mayonnaise. Add eggs, asparagus tips, chopped chives, and ham. Pour into ring mold. Chill until set. Unmold on bed of crisp romaine lettuce. Fill center with sliced avocado and American cheese. Serve with French dressing. MAKES A MAIN-COURSE SALAD FOR 4.

Suggested: Serve with either corn fritters or squash soufflé—and hot buttermilk biscuits.

MACARONI MILANESE

Leftover

COOKED HAM and/or TONGUE, cut in thin strips, enough to make at least 1 cup

and

Macaroni, ½ pound

Boiling salted water, 3 quarts

Red wine, 1 cup

Tomato sauce, 1 cup

Tomato juice^s, 1 cup

Sliced mushrooms

(optional), 1 4-ounce can

Salt and pepper to taste

Butter, 1 tbsp.

Grated cheese, 4 tbsp.

Substitute: Bouillon cube and water.

Boil macaroni in salted water until almost cooked, about 10 minutes. It should be soft but underdone. Place wine, tomato sauce, tomato juice, ham, and/or tongue, mushrooms, salt and pepper, in a saucepan. Simmer 10 minutes. Add drained macaroni. Cook another 10 minutes. Correct seasoning. Serve topped with butter sprinkled with cheese. SERVES 2-3.

Suggested: Serve with Green Bean Salad Bowl[®]—and Italian garlic bread.



BAGDAD CASSEROLE*Leftover*

COOKED LAMB, at least 1½ cups cut in small dice
and

| | |
|--|---|
| Diced, cooked or raw eggplant, at least 1 cup | Cooked rice, 2 cups |
| Oil, ¼ cup | Tomatoes, 1 No. 1 can, drained, or 1 cup fresh |
| Minced onion, ½ cup | Red wine, ½ cup |
| Chopped green pepper, ¼ cup | Grated cheese, ½ cup |
| Garlic, 1 clove | Salt and pepper to taste |

If using raw eggplant, cook until tender. Drain well. Sauté onion, green pepper, and garlic in oil. Remove garlic. Add lamb, rice, eggplant, tomatoes, wine, ¼ cup cheese, salt, and pepper to taste. Turn into earthenware casserole. Top with remaining cheese. Bake in medium hot 400° oven about ¾ hour. SERVES 2-3.

Suggested: Serve with a salad of grated raw carrots, seedless raisins, raw celery on curly endive with French Dressing[®]—and hot drop biscuits.

INDIAN PILAF*Leftover*

COOKED LAMB or BEEF or CHICKEN, cut in 1½-inch lengths, about 1½ cups
and

| | |
|-----------------------------------|-----------------------------------|
| Butter or margarine, 2 tbsp. | Mace, pinch |
| Coarsely chopped onions, 1 cup | Cloves, 2 or 3 |
| Crushed garlic, 1 clove | Ginger, pinch |
| Raw rice, 1 cup | Salt and pepper to taste |
| Chopped almonds, 1 tbsp. | Saffron, pinch |
| Raisins, 2 tbsp. | Hot chicken stock, 2 cups |
| Cinnamon, ¼ tsp. | Hard-boiled eggs (optional), 2 |

Sauté onions and garlic in butter until golden brown. Remove garlic. Add meat, rice, almonds, raisins, cinnamon, mace, cloves, ginger, salt, and pepper. Stir in saffron and chicken stock. Cook covered with heavy lid very slowly until rice is tender and each grain is separated from the other—about 18 minutes. Garnish with sliced hard-boiled eggs if liked. SERVES 3-4.

Suggested: Serve with Almond Spinach Croquettes[®] plus one half recipe for Mixed Beet Ring Mold[®]—and French bread.

LAMB ROLL*Leftover*

COOKED LAMB, at least 1½ cups, ground
and

| | |
|----------------------------------|------------------------------------|
| Biscuit mix, 1 cup | Chopped parsley, 1 sprig |
| Milk, ⅓ cup | Chopped pimento olives, 2 tbsp. |
| Butter or margarine, 1 tbsp. | Dry mustard, ½ tsp. |
| Minced onion, 1 small | Relish, 2 tbsp. |
| Cream of mushroom soup, 1 can | Salt and pepper to taste |

Prepare biscuit mix with milk as directed for rolled biscuits on package. Set aside on waxed paper. Brown onion in butter. Add ½ can mushroom soup, lamb, parsley, olives, mustard, relish, salt, and pepper. Cook slowly 10 minutes. Roll out biscuit dough to 8 × 4-inch rectangle. Spread with mixture. Roll like jelly roll. Seal edges with dampened fingers. Brush with milk. Bake in hot 425° oven 30 minutes, or until done. Cut in four slices with sharp knife. Serve with remaining hot soup or hot leftover gravy and mint jelly. SERVES 4.

Variation: Try substituting ½ cup cooked dried apricots for the olives, relish, parsley, and mustard.

Suggested: Serve with buttered broccoli, plus individual salads of cottage cheese, watercress, and sliced tomatoes.

CHINESE PORK AND PEPPERS

Leftover

COOKED PORK SHOULDER or ROAST PORK, cut into strips $1\frac{1}{2}$ inch long, $\frac{1}{4}$ inch wide, at least $1\frac{1}{2}$ cups and

Salad oil or fat, 2 tbsp.

Salt, $\frac{1}{2}$ tsp.

Chicken bouillon cube, 1 dissolved in $1\frac{1}{2}$ cups boiling water

Soy sauce, 2 tbsp.

Diced green peppers, 3 medium

Slivered celery, 1 cup

Cornstarch, 2 tbsp.

Cold water, $\frac{1}{4}$ cup

Black molasses or honey, 2 tbsp.

Brown meat in hot oil. Sprinkle with salt; add bouillon and soy sauce. Bring to boil. Reduce heat; simmer 5 minutes. Add peppers and celery; mix well. Bring to boil. Reduce heat; cook 10 minutes. Mix cornstarch with water. Add molasses. Stir until smooth. Add to pork and vegetables. Stir for another few minutes until thickened. SERVES 2-3.

Suggested: Serve with fried rice, crisp canned Chinese noodles, and a salad of diced pineapple chunks and grated raw cranberries with lemon French Dressing^R on lettuce cups.

DANISH PANCAKE

Leftover

ROAST PORK, 4-8 thin slices and

Fat or oil, 2 tbsp.

Well-beaten eggs, 3

Flour, 2 tbsp.

Milk, $\frac{1}{2}$ cup

Salt and pepper to taste

Chopped chives, 2 tbsp.

Heat fat in skillet. Add pork slices, brown quickly. Remove from pan. Drain off excess fat, leaving only a thin

surface coating. Mix eggs, flour, and milk. Season with salt and pepper. Pour mixture into skillet. Cook over low heat until bottom is set and top still creamy. Add pork slices. Sprinkle with chives. Cover. Cook a few minutes until set. SERVES 3-4.

Suggested: Serve with Mashed Potato Cheese Balls^R and a salad of canned pear halves and diced orange on watercress with French Dressing^R—plus hot cross buns.

FANTASTIC BELGIAN MEAT BALLS

Leftover

COOKED PORK, put through meat grinder, at least $1\frac{1}{2}$ cups and

Butter or margarine, 1 tbsp.

Chopped shallot, 1

Bread slices, 2 soaked in $\frac{1}{2}$ cup milk seasoned with: salt, pepper, and nutmeg to taste

White wine, 3 tbsp.

Egg yolk, 1

Stiffly beaten egg white, 1

Flour, $\frac{1}{2}$ cup

Butter or margarine, 3 tbsp.

Tiny onions, 12

Scraped new potatoes, 12

Chopped parsley, 1 tsp.

Thyme, $\frac{1}{4}$ tsp.

Bay leaf, 1

Stock, white wine, or light beer, 1 cup

Brown shallots in butter. Mix with meat, soaked bread, wine, egg yolk. Blend well. Fold in egg white. Shape into small balls. Roll in flour. Heat butter in skillet. Add meat balls; brown quickly. Add onions and potatoes. Sprinkle with parsley. Add thyme and bay leaf. Cover with wine, beer, or stock. Simmer covered about 35 minutes until potatoes are done. SERVES 3-4.

Suggested: Serve with tomato and watercress salad, French Dressing^R—and French bread.

FESTA PORK AND RICE

Leftover

ROAST PORK, at least 4 ¼-inch-thick slices
and

Oil, 2 tbsp.

Sliced onions, 2 medium

Crushed garlic, 1 clove

Sliced green pepper
(optional), 1

Gravy, 1 cup—or ½ can
beef gravy

Tomato sauce, 1 8-ounce
can

Sliced mushrooms
(optional), 1 3-ounce
can, undrained

Minced parsley, 1 tsp.

Salt and pepper to taste

Raw rice, 1 cup

Brown onions, garlic, and green pepper in oil in heavy skillet. Add gravy, tomato sauce, mushrooms, parsley, and seasonings. Simmer uncovered 15 minutes. Measure sauce. If necessary add boiling water or bouillon to make 2¼ cups. Check seasoning. Reserve 2 tbsp. sauce. Mix in rice. Place half the meat slices on bottom of earthenware casserole. Top with half the rice and sauce combination. Add remaining pork slices, then the rest of the rice and sauce. Spread with reserved sauce. Bake covered in 400° oven about 1 hour until rice is tender. SERVES 4.

Suggested: Serve with hot buttered peas, heart of lettuce salad, Blue Cheese Dressing^R—and poppy-seed rolls.



PORK CHOP SUEY

Leftover

COOKED PORK, at least 1½ cups cut into thin strips
and

Dried mushrooms, 4-5
tbsp. (1 ounce)

Hot water, 2 cups

Salad oil, 1 tbsp.

Soy sauce, 3 tbsp.

Green pepper, cut in

strips, ½ cup

Bean sprouts (optional), 1
can

Finely diced celery, 1 cup

Bouillon, 1 cube dissolved
in ¾ cup water

Flour or cornstarch, 2
tbsp.

Egg, 1

Soak mushrooms in hot water 15 minutes. Drain. Heat oil with 1 tbsp. soy sauce. Add green pepper, bean sprouts, mushrooms, celery. Cook another minute. Add bouillon. Simmer 10 minutes. Blend flour or cornstarch with 2 tbsp. soy sauce. Stir into above. Heat until thickened. Beat egg; fry in lightly oiled pan. Cut into strips. Serve as garnish for chop suey. SERVES 3-4.

Suggested: Serve with boiled rice, canned crisp Chinese noodles, and canned litchi nuts.

PORK WITH HORSERADISH

Leftover

COOKED PORK, cut in 2-inch slivers, at least 2 cups
and

Sliced onions, 3 medium

Fat or salad oil, 2 tbsp.

Stock or bouillon, ½ cup

Wine vinegar, ¼ cup

Bay leaf, 1

Salt and pepper to taste

Horseradish, 2 tbsp.

Croutons

Sauté onions in fat. Add pork. Cover with stock and vinegar. Add bay leaf, salt, and pepper. Simmer uncov-

ered 20 minutes. Serve sprinkled with horseradish and garnished with croutons. **SERVES 4.**

Suggested: Serve on mashed potatoes and Mushroom Croquettes^R plus a lettuce and sour grass salad with lemon French Dressing^R—and pumpernickel bread.

PORK AND YAM POT

Leftover

COOKED PORK or **HAM**, at least 1½ cups, cut in cubes
and

Sliced apples, ¾ cup

Cooked peas, or defrosted
frozen, 1 cup

Pared and sliced, cooked
sweet potatoes, 4
medium

Salt and pepper to taste

Gravy or brown sauce, 1
cup

Cinnamon, ¼ tsp.

Bread crumbs, 2 tbsp.

Butter or margarine, 3
tsp.

Arrange pork, apples, peas, and potatoes in alternate layers in earthenware casserole. Season with salt and pepper. Pour over gravy. Sprinkle with cinnamon mixed with bread crumbs. Dot with butter. Bake in moderate 350° oven about 40 minutes. **SERVES 2-3.**

Suggested: Serve with a salad of sliced oranges and raw onions marinated in French Dressing^R and tossed with Boston lettuce—plus Parker House rolls.



SWEET AND SOUR SPARERIBS

Leftover

BOILED SPARERIBS, at least 2 cups, cut into 2-inch
pieces

and

Butter, margarine, or salad
oil, 2 tbsp.

Sliced onion, 1 large

Brown sugar, 3 tbsp.

Vinegar, ¼ cup

Soy sauce, 1 tsp.

Pineapple juice, ½ cup

Water, 3 tbsp.

Salt, ¼ tsp.

Pepper to taste

Cornstarch, 1 tsp.

Water, 1 tsp.

Sauté onion in butter, margarine, or salad oil. Add sugar, vinegar, soy sauce, pineapple juice, water, salt, pepper, and spareribs. Simmer slowly 20 minutes. Mix cornstarch with cold water, add to sauce, stir until boiling. Simmer slowly 10 minutes. **SERVES 2.**

Variation: Add pineapple chunks.

Suggested: Serve with boiled rice mixed with handful of chopped parsley—plus torn iceberg lettuce salad with French Dressing^R and Italian bread sticks.

HUNGARIAN GOULASH

Leftover

COOKED VEAL or **BEEF**, cut in 1-inch cubes, at least
1½ cups

and

Paprika, 2 tbsp.

Olive oil, or very good
salad oil, 2 tbsp.

Finely chopped onions, 4
medium

Garlic, 1 clove

Tomato paste, 1 tbsp.

Consommé, 1 can—or 2
chicken bouillon cubes
in 2 cups water

Caraway seeds, ¼ cup

Salt and pepper to taste

Remove any bone and fat from meat. Rub each piece thoroughly with paprika. Sauté the onions and garlic in

the oil until golden brown. Add the meat and cook 5 minutes. Add tomato paste, consommé, caraway seeds, salt, and pepper. Simmer slowly 20 minutes. This is wonderful with black bread. **SERVES 2-3.**

Suggested: Serve with broad egg noodles and a salad of cucumber, escarole, and mustard greens with French Dressing^R.

ROSSINI VEAL BIRDS

Leftover

COOKED VEAL, 2-4 slices, cut in thin slices 4 inches square
and

Bread crumbs, 1 cup—
soaked in ½ cup red
wine

Anchovy fillets, 2—or
anchovy paste, ½ tsp.
Finely chopped parsley,
onion, capers, 1 tsp.
each

Basil, ⅓ tsp.
Well-beaten egg, 1
Salt and pepper to taste
Olive oil, butter, or
margarine, 1 tbsp.
Dry red wine, ½ cup
Pitted black olives
(optional), ½ cup

Squeeze wine from bread crumbs. Mix crumbs with anchovies, parsley, onion, capers, basil, egg, salt, and pepper. Spread some of the mixture on each slice of veal. Roll each and tie with string or secure with toothpick. Heat oil or butter, add veal "birds." Pour on wine. Cook covered over low heat until wine evaporates. Serve garnished with black olives. **SERVES 2.**

Suggested: Serve with polenta (corn-meal mush), raw spinach and bacon salad with French Dressing^R—plus Italian bread.



SPANISH VEAL CUTLETS

Leftover

COOKED VEAL, at least 2 slices

and

Fat or oil, 1 tbsp.
Chopped onion, 1 small
White wine, ½ cup
Tomato purée, 3 tbsp.
Stock, 3 tbsp.
Canned sliced mushrooms,
2 tbsp.

Pounded almonds or
mixed nuts, 1 tbsp.
Grated chocolate, ½ tsp.
Saffron, pinch
Salt and pepper to taste
Boiled ham, size of veal
pieces, 2 slices

In skillet, sauté onion in fat until golden. Drain off fat; add wine, tomato purée, and stock. Simmer gently for 5 minutes. Add the mushrooms, nuts, chocolate, saffron, salt, and pepper. Simmer another few minutes. Add the cutlets and ham. Heat thoroughly. Place the cutlets on heated serving dish. Top with the ham and sauce. **SERVES 2.**

Suggested: Serve with brown rice and salad of dandelion greens with French Dressing^R pepped up with a few dashes of Tabasco—plus Italian bread.

VEAL PAPRIKA

Leftover

COOKED VEAL, 4 slices, or cut in chunks, at least 1 cup
and

Fat, 2 tbsp.
Sliced onions, 2
Paprika, 1 tbsp.

Flour, ¼ cup
Salt and pepper to taste
Sour cream, 1 cup

Sauté onions in hot fat until brown. Sprinkle with paprika. Coat veal with flour. Add to onions. Cook 5 minutes over low heat. Add salt, pepper, and sour cream. Cook another few minutes. **SERVES 2.**

Suggested: Serve with elbow macaroni and mixed field

salad, sour grass, and iceberg lettuce—caraway seeds in French Dressing^R—plus rye bread.

BEHAR RICE AND KIDNEYS

Leftover

COOKED KIDNEYS, thinly sliced, at least 1½ cups
and

Butter or margarine, 5
tbsp.

Raw rice, 1 cup

Boiling bouillon or stock, 2
cups

Salt, ½ tsp.

Fat, 2 tbsp.

Sliced onions, 2 medium

Tomato paste, 2 tbsp.

Parsley, 2 tbsp.

Boiling water or bouillon,
1¼ cups

Salt and pepper to taste

Melt 2 tbsp. butter in heavy skillet. Stir in rice and keep stirring over low heat 5 minutes. Add 2 cups bouillon and salt. Cover very tightly. Simmer gently for about 20 minutes, until done. Remove to deep casserole. Top with remaining 3 tbsp. butter. Bake in moderate oven until top is brown. Brown onions in fat. Add kidneys, tomato paste, parsley, water, salt, and pepper. Simmer slowly for 10 minutes. **SERVES 3.**

Suggested: Serve with carrot fritters, torn spinach and bacon salad with garlic French Dressing^R—plus hot buttered biscuits.



EGGS POULETTE

Leftover

COOKED LIVER, diced, at least 1 cup

and

Butter or margarine, 2
tbsp.

Sherry, 1 tbsp.

Buttered bread crumbs, 3
tbsp.

Eggs, 4-8

Salt, ½ tsp.

Pepper, ¼ tsp.

Brown liver in butter. Add sherry. Cook 5 minutes. Sprinkle 1 tsp. buttered bread crumbs in bottom of each of 4 shirred-egg dishes (or ramekins or custard cups). Break 1 or 2 eggs into each dish and sprinkle with salt and pepper. Circle with livers, finely chopped; top with remaining buttered bread crumbs. Bake in moderate 325° oven 15 minutes or until eggs are set. **MAKES 4 SERVINGS.**

Suggested: Serve with hashed brown potatoes, cauliflower in Mustard Sauce^R—and tiny hard rolls.

VARIETY MEAT BARBECUE

Leftover

COOKED LIVER or KIDNEY or HEART or SWEET-BREAD, enough of any one or a combination to make at least 1½ cups, cut in 1-inch pieces

and

Butter or margarine, 1
tbsp.

Flour, 1½ tbsp.

Stock, 1 cup

Capers, 1 tbsp.

Chopped anchovies, 1
tbsp.

Vinegar, 1 tbsp.

Parsley, ½ tsp.

Thyme, pinch

Chopped onion, 1

Grated rind of 1 lemon

Lemon juice, 1 lemon

Lump sugar, 2 lumps

Salt and pepper to taste

Parker House rolls, 3-4

Melt butter in saucepan. Blend flour gradually, stirring until light brown. Add stock slowly, stirring constantly

until thick and smooth. Mix in capers, anchovies, vinegar, parsley, thyme, onion, lemon rind, lemon juice, sugar, salt, and pepper. Mix well. Add meat. Simmer a few minutes. Serve on hot scooped out Parker House rolls.

SERVES 3-4.

Suggested: Serve with Vegetable Macedoine Salad^R.

TONGUE CASSEROLE

Leftover

COOKED TONGUE, at least 8 slices cut $\frac{1}{4}$ inch thick and

Tomatoes, $\frac{1}{2}$ cup
Sliced white onion, 1
medium
Vinegar, $\frac{1}{4}$ cup
Tongue stock (or
bouillon), $\frac{1}{2}$ cup

Sugar, $\frac{1}{3}$ cup
Butter or margarine, 2
tbsp.
Cinnamon, $\frac{1}{4}$ tsp.
Cloves, $\frac{1}{8}$ tsp.
Salt, $\frac{1}{2}$ tsp.

Mix all ingredients together in saucepan. Simmer 15 minutes. Place tongue in shallow casserole. Cover with sauce. Bake 35-40 minutes in moderate 350° oven. SERVES 2-3.

Suggested: Serve over fluffy boiled rice or with tiny new potatoes. Add mixed greens and green bean salad with French Dressing^R—and Russian black bread.



ZUPPA DI PAPA'

Leftover

SAUSAGE, at least 2, cut in 1-inch pieces
and

Lard, 1 tbsp.
Finely chopped onion, 1
Finely chopped celery, 1
tsp.
Finely chopped parsley,
1 tsp.
Tomato paste, 1 tbsp.
Salt, $\frac{1}{4}$ tsp.
Tiny red pepper, 1 pod—
or coarse black pepper
to taste

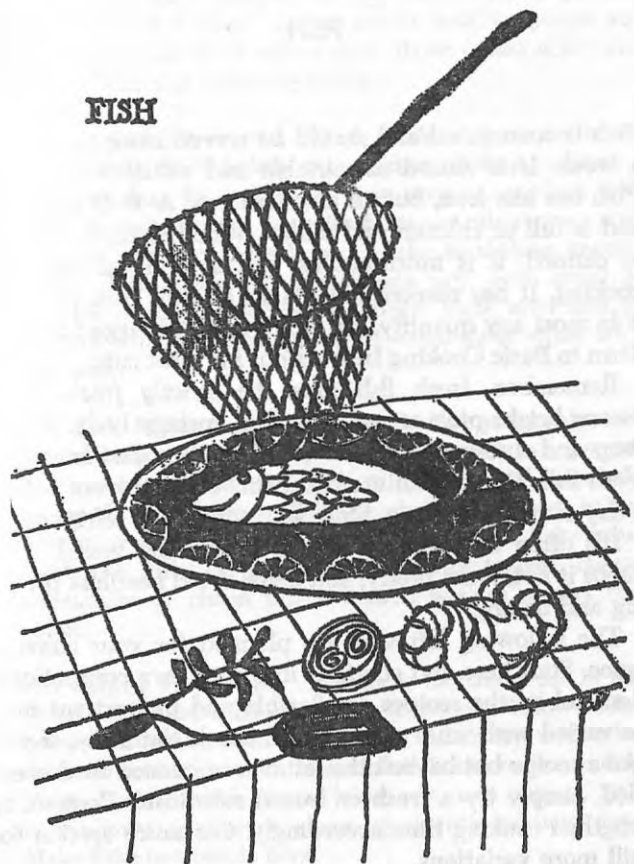
Well-beaten eggs
(optional), 2
Bouillon cubes or
concentrate, 2-3
dissolved in 5 cups
boiling water
Stale or toasted bread, 4
slices—rubbed with cut
garlic

Brown onion, celery, and parsley with sausage in lard. Add tomato paste, salt, and pepper. Remove from heat. Stir in eggs. Pour bouillon over all. Boil covered 10 minutes. Place 1 slice of bread in each soup plate. Pour soup over bread slices. SERVES 3-4.

Suggested: Serve with Eggplant Parmesan^R and mixed greens salad with French Dressing^R—and toasted rye bread.



FISH



FISH

Fish is economical and should be served more than once a week. It is almost as variable and valuable as meat. Fish has less iron, but an abundance of A-B-D vitamins and is full of calcium and iodine. Whether fresh, frozen, or canned, it is nutritious as well as conveniently fast cooking. It has market advantages as well. You can buy it in most any quantity, for either small or large families. Turn to Basic Cooking Instructions for short cuts.

Remember, fresh fish must be *strictly fresh*. That means bright pink or red gills, firm springy body. Avoid limp and dull-eyed fish. A "fishy" smell comes from unfresh fish. Frozen fish are excellent. Use leftovers within a day or two—not more. Store well covered in refrigerator.

It's often best to cook fish in its serving vessel. This keeps it hot, looks pretty, and helps avoid needless breaking and flaking.

The following leftovers are planned for your convenience. Start here and continue into your own concoctions. Remember, the recipes are flexible and proportions may be varied with what you have on hand. Naturally, if you like a recipe but haven't the leftover or canned food specified, simply try a fresh or frozen substitute. Precook or lengthen cooking time accordingly. See sauce section for still more variations.

Basic Cooking Instructions for Fish

Baked Split Whole Fish Buy fish with scales and viscera removed. Save head for fish stock, chowder, or gravy.

Have fish split. Brush all sides with melted butter, oil, or fat. Season with salt and pepper and paprika. Squeeze over a little lemon juice or tarragon vinegar. Bake skin side down on greased shallow baking dish in moderate 325° oven until done, about 45 minutes for a 4-pound fish. The fish is done as soon as the flesh is opaque and will flake when tried with a fork. Baste occasionally with melted butter or vegetable liquid.

Baked Stuffed Whole Fish Dust inside and out with salt and pepper. Stuff lightly with desired stuffing, making it no more than ½ inch thick. Sew opening or close with toothpicks and string. Dot with butter or oil or cover with strips of bacon or fat salt pork. Bake in shallow greased baking dish, uncovered, in moderate 325° oven about 45 minutes or until done, test as above. Baste after first 10 minutes with vegetable juices, or equal parts white wine and water.

Baked Fish Fillets and Steaks Brush fish generously with melted butter, oil, or savory fat. Sprinkle with salt, pepper, and lemon juice; and/or dip in salted milk, roll in crumbs seasoned with pepper. Bake in shallow greased baking dish in moderate 325° oven until flesh will flake when tried with fork. Do not turn. Good with tomato, cheese, hollandaise or cream sauce. Lemon wedges always welcome.

Baked Stuffed Fish Steaks If steak is too thick, cut in half lengthwise. Dust each with salt and pepper. Place stuffing between 2 steaks, sandwich fashion. Brush top with oil or dot with butter or bacon bits, melted butter or bacon drippings. Sprinkle with lemon juice, salt, and pepper. Bake in moderate 325° oven about 45 minutes or until done. Make flake test beside bone.

Planked Fish Rub plank with oil and heat in moderate 375° oven 10 minutes. Prepare as indicated for Baked Split Whole or Fillets and Steaks. Bake in moderate 350° oven allowing about 15 minutes to the pound, or broil in preheated broiler 20 minutes—make flake test for doneness.

Surround with Duchess potatoes (mashed with beaten egg). Brush potatoes with melted butter or milk or egg yolk. Brown under broiler. Add other vegetables if desired.

Boiled and Steamed Fish Wrap fish in a piece of cheesecloth. Simmer very gently in water to cover. Season with $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tbsp. lemon juice or vinegar. Cover. Simmer fillets about 8 minutes, whole fish about 15 minutes according to thickness. Test as for baked fish. Fish should not be pink near bones. To steam: Season and place in steamer or colander over boiling water. Cover. Allow 6-15 minutes according to thickness. Test with fork. Good cold, creamed, or as is.

Poached Fish Same as for boiled. To poach: use greased, deep frying pan, cover with equal parts milk and water or dry white wine and water. Simmer tightly covered, about 5-10 minutes per pound. Test as for baked fish. Use liquid as base for sauce. Good cold, creamed, or as is.

Sautéed (Pan-fried) Fish Remove heads, tails from tiny whole fish; cut larger ones into serving pieces. Dry well. Dip in beaten egg, roll in seasoned crumbs, flour, or corn meal. Melt fat or oil about $\frac{1}{2}$ inch deep in heavy skillet. If not skinned, place skin side down. Brown slowly 4-5 minutes. Turn once with spatula. Cook until fish flakes when tried with fork. Drain on absorbent paper.

Deep-fried Fish Prepare as above. It's a good idea to dip in egg and crumb mixture twice. Arrange only one layer in frying basket. Immerse in deep fat or oil heated to 375° or hot enough to brown a bread cube in 60 seconds. Fry until nicely browned. Drain on absorbent paper.

Broiled Fish Sprinkle fish with salt and pepper. Brush non-fatty fish with melted butter, oil, or bacon drippings. Place split fish or thick steaks on greased broiler rack, skin side up; fillets and thin steaks on greased pan. Cook in preheated broiler 3 inches below heat. Turn once. Do not turn thin fillets. Allow about 20-30 minutes for whole,

15-20 for split fish, 10-15 minutes for 1-1½-inch-thick steaks. Test as for baked fish. Brush frequently with melted butter or oil.

Frozen Fish Keep frozen packages in freezer tray until needed. If less than the whole package is needed, divide it by chopping with ice pick. Keep the rest rewrapped and solidly frozen until required. In some instances defrosting is unnecessary. However, pieces frozen together that require coating or are to be cooked separately must be at least partially defrosted. Defrost slowly in refrigerator or at room temperature. Cook as soon as defrosted and still cold. Never cook hard-frozen fish at high heat—the outside scorches before the inside is cooked. Use the same cooking methods as for fresh fish.

Leftover Fish

ANNA'S FISH AND CHIPS

Leftover

COOKED FISH, flaked, at least 1 cup

or

TUNA, 1 7-ounce can

and

Cream cheese, 2 packages

Mayonnaise, 1 tbsp.

Sherry, $\frac{1}{4}$ cup

Capers, 2 tbsp.

Chopped parsley, 2 tbsp.

Worcestershire sauce, $\frac{1}{2}$ tsp.

Minced onion, $\frac{1}{2}$ tsp.

Garlic salt, $\frac{1}{4}$ tsp.

Potato chips, 2 cups

In top of double boiler, blend cheese with mayonnaise and sherry until smooth. Add fish, capers, parsley, Worcestershire, onion, and garlic salt. Heat over boiling water a few minutes. Do not boil. Serve surrounded by potato chips. SERVES 2-3.

Variation: Mix all the ingredients. Do not heat. Chill in refrigerator. Garnish with paprika. Serve as appetizer on potato chips or with crackers.

Suggested: Serve with torn iceberg lettuce and green

pepper salad, Mustard Dressing^R—and buttered pumpernickel slices.

CURRIED RICE AND FISH FLAKE SALAD

Leftover

COOKED FISH^S, at least 1½ cups, boned and flaked
and

| | |
|---|------------------------|
| Cooked rice, 2½ cups | Lemon juice, 1 tbsp. |
| French dressing (2 tbsp. salad oil and 1 tbsp. vinegar) | Curry powder, 1½ tsp. |
| Parsley, ½ cup | Peas (optional), ½ cup |
| Mayonnaise, ½ cup | Chopped celery, ½ cup |
| | Chutney, ½ tbsp. |

Substitute: Cooked chicken cut into small dice, or flaked, canned tuna.

Chill rice in French dressing with 2 tbsp. parsley. Blend mayonnaise with lemon juice, curry powder, and rest of parsley. Add fish, peas, and celery. Chill. Just before serving, place rice on serving platter; top with fish mixture; garnish with chutney. THIS IS AN APPETIZER OR SIDE DISH FOR 4—AS A MAIN COURSE SERVES 2.

Suggested: As a main course, serve with hot buttermilk biscuits and a variety of cheeses.

FAVORITE FISH SALAD

Leftover

COOKED FISH, boned, at least 1½ cups
and

| | |
|-------------------------------|-----------------------------|
| Mayonnaise, ¼ cup | Diced celery, 2 tbsp. |
| French dressing, ¼ cup | Diced, peeled avocado, 1 |
| Paper-thin onion rings, ¼ cup | Salt and pepper to taste |
| Diced, pared cucumber, ½ cup | Mixed salad greens |
| Chopped tomato, ½ cup | Chopped hard-cooked eggs, 2 |

Combine mayonnaise, French dressing, onion rings, cucumber, tomato, celery, avocado, salt, pepper, and fish. Chill well. Serve on mixed greens. Garnish with eggs. Wonderful with hot buttermilk biscuits. THIS IS A MAIN COURSE FOR 2-3.

Suggested: Serve with individual bowls of German Bread Soup^R.

FISH FRITTERS

Leftover

COOKED FISH, at least 1½ cups
and

| | |
|--------------------------|------------------------------|
| Well-beaten egg yolks, 3 | Minced parsley, 1 tbsp. |
| Flour, 3 tbsp. | Stiffly beaten egg whites, 3 |
| Salt and pepper to taste | Deep fat |
| Onion juice, 1 tbsp. | |

Free fish of skin and bones. Mash well. Blend with egg yolks, flour, salt, pepper, onion juice, and parsley. Fold in egg whites. Drop by spoonfuls in hot fat (375°-385°) and fry until golden. Drain. SERVES 3-4.

Suggested: Serve with Corn Kernel Pie^R, sliced cucumber and relishes salad—plus poppy-seed rolls.



FISH 'N CHEESE CASSEROLE*Leftover*

COOKED FISH, flaked and boned, at least 1½ cups
and

| | |
|----------------------------------|-------------------------------------|
| Milk, 1 cup | Chopped parsley, 1 tbsp. |
| Butter or margarine, 1½ tbsp. | Minced onion, 1½ tbsp. |
| Bread crumbs, ¾ cup | Salt and pepper to taste |
| Grated Cheddar cheese, 1 cup | Well-beaten eggs, 2 |
| Chopped pimento, 3 tbsp. | Diced boiled potatoes, 1-1½ cups |

Warm milk, add butter, stir until melted. Pour into bowl. Stir in bread crumbs, cheese, pimento, parsley, onion, salt, and pepper; mix well. Stir in eggs. Arrange fish and potatoes on bottom of buttered casserole. Pour cheese mixture over all. Place casserole in pan of water. Bake in moderate 325° (preheated) oven about 1 hour. SERVES 3-4.

Suggested: Serve with buttered Frenched green beans, tossed salad with Russian Dressing[®]—and Parker House rolls.

FRENCH FISH PUFF*Leftover*

COOKED FISH, boned and mashed to paste, at least 1½ cups

and

| | |
|---|------------------------------------|
| Salt and pepper to taste | Grated American Cheese, 1½ cups |
| Onion juice, 1 tbsp. | Slightly beaten eggs, 2 |
| Tabasco (optional), 2 drops | Milk, 1 cup |
| Minced parsley, 1 tsp. | Sherry, ½ cup |
| Buttered bread, cut into cubes, 6 slices | Worcestershire sauce, dash |

Mash fish with salt, pepper, onion juice, Tabasco, and parsley. Arrange bread cubes, cheese, and fish in alternate layers in shallow buttered baking dish. Top with layer of bread cubes. Mix eggs, milk, sherry, and Worcestershire. Season to taste. Pour over mixture in baking dish. Bake in moderate 325° oven 1 hour. SERVES 3-4.

Suggested: Serve with Ever-Welcome Potato Salad[®].

GLOUCESTER SNACK*Leftover*

COOKED FISH, boned and chopped, at least 2 cups
and

| | |
|---------------------------------|----------------------------------|
| Butter or margarine, 2 tbsp. | Chopped green pepper, 1 tbsp. |
| Cream of celery soup, 1 can | Worcestershire sauce, 1 tsp. |
| Milk, ½ cup | Rusks or toasted rye bread |

Melt butter in chafing dish. Add fish and soup, milk, and green pepper. Heat slowly and thoroughly. Remove from heat and add Worcestershire. Serve at once on rusks or toasted rye bread. SERVES 3-4.

Suggested: Serve with baked potatoes and cabbage slaw.



ISLAND LOAF*Leftover*

COOKED HALIBUT^s, flaked, at least 1 cup
and

| | |
|--|----------------------------------|
| Melted butter or margarine, 3 tbsp. | Soft bread crumbs, ¼ cup |
| Worcestershire sauce, 1 tbsp. | Milk and/or fish stock, ¼ cup |
| Slightly beaten egg, 1 | Cooked rice, 2½ cups |
| Salt and pepper to taste | Sliced hard-cooked egg, 1 |
| | Butter, 2 tbsp. |

Substitute: Chicken, salmon, or tuna.

Combine fish with butter, Worcestershire, egg, salt, pepper, bread crumbs, and milk. Line buttered loaf pan with 2 cups rice. Add fish mixture. Top with layer of sliced egg. Cover with remaining rice. Dot generously with butter. Place in shallow pan of hot water. Bake in moderate 350° oven 40 minutes. SERVES 2-3.

Suggested: Serve with buttered peas and carrots, olives, celery, and relishes—plus hot cross buns.

INDIAN KEDGEREE*Leftover*

COOKED FISH, boned and flaked, at least 1½ cups
and

| | |
|---|------------------------------------|
| Butter or margarine, ½ cup (¼ pound) | Salt, 1 tsp. |
| Cooked rice, 2½ cups | Pepper, ¼ tsp. |
| Chopped hard-boiled eggs, 2-3 | Curry powder (optional), ½ tsp. |

Melt butter until bubbling. Mix in fish, rice, eggs, salt, pepper, and curry powder. Stir with wooden fork, to keep from sticking to pan. Cook slowly until thoroughly heated. SERVES 3-4.

Suggested: Serve with Almond Spinach Croquettes[®], head lettuce with Roquefort Dressing[®]—and rye bread.

FISH PUFF SPECIALE*Leftover*

COOKED FISH, 1½ cups boned and coarsely chopped
and

| | |
|--------------------------|-----------------------------------|
| Butter, 6 tbsp. | Salt and pepper to taste |
| Chopped celery, 2 stalks | Milk, ½ cup |
| Chopped onion, 1 medium | Rich chicken broth, ¼ cup |
| Chopped carrot, 1 | Beaten egg yolks, 3 |
| Cognac, 2 tbsp. | Stiffly beaten egg whites, 4-5 |
| White wine, ¼ cup | |
| Cream, ½ cup | |
| Flour, 2½ tbsp. | |

Melt 3 tbsp. butter in saucepan. Cook celery, onion, and carrot until onion is soft. Add fish and cognac. Heat. Set aflame. Add the wine and simmer uncovered until wine is halved. Add cream. Heat. Pour into buttered soufflé dish. Melt remaining butter. Stir in flour, salt, and pepper. Gradually add milk and chicken broth. Stir until thick and smooth. Remove from heat. Stir in egg yolks. Fold in egg whites. Pour over fish mixture. Place in hot 425° oven for 20 minutes or until golden brown and puffy. SERVES 3-4.

Suggested: Serve with Quick 'n Easy Potatoes[®]—and buttered rye toast slices.



MONSEIGNEUR EGGS*Leftover*

COOKED FISH, boned and finely chopped, at least 1½ cups

and

Piecrust mix, ½ package

Butter or margarine, 1
tbsp.

Flour, 1 tbsp.

Salt, ½ tsp.

Milk, ½ cup

Salt and pepper to taste

Worcestershire sauce to
taste

Well-beaten eggs, 3

Finely chopped hard-

boiled egg, 1

Butter, 1 tbsp.

Prepare and bake 8-inch pie shell as directed on package. Melt butter in saucepan. Blend in flour and salt. Add milk. Stir until thick and smooth. Do not boil. Add fish. Season with salt, pepper, and Worcestershire; stir in eggs. Pour into baked pastry shell. Top with chopped egg and dot with butter. Bake in moderate 350° oven until set, about 15 minutes. SERVES 3-4.

Suggested: Serve with Green Bean Salad Bowl[®], pilot crackers—and mixed cheeses.

PAWTUCKET FISH*Leftover*

COOKED FISH^s, flaked and boned, at least 1½ cups

and

Butter or margarine, 2
tbsp.

Flour, 3 tbsp.

Milk plus fish liquid, 1½
cups

Salt, ½ tsp.

Worcestershire sauce, 1
tsp.

Well-beaten egg yolk, 1

Grated cheese, ¼ cup

Buttered bread crumbs,
¼ cup

Substitute: Canned crab meat, tuna, or salmon.

Melt butter in saucepan. Blend in flour; add milk and fish liquid. Simmer, stirring, until thick and smooth. Add salt and Worcestershire; remove from heat. Stir in egg yolk; fold in fish flakes. Fill 4 individual buttered baking dishes or 1 shallow one. Sprinkle with grated cheese. Top with buttered crumbs. Bake in moderate 375° oven about 20 minutes until top is brown. SERVES 3-4.

Suggested: Serve with Cheese, Tomatoes, and Lima Beans[®]—plus poppy-seed rolls.

POSITANESE FISH SOUP*Leftover*

BOILED or STEAMED or BROILED FISH, at least 1 cup, plus fish liquid or pan drippings

and

Oil, 3 tbsp.

Chopped onions, 2 small

Sliced leek, 1

Minced garlic clove, 1

Tiny red pepper pod

(optional), 1

Salt and pepper to taste

Saffron, ¼ tsp.

Bay leaf, 1

Chopped parsley, 1 tbsp.

Chopped tomatoes, 3

Diced potatoes, 3 large

Water, 1½ cups

Garlic-rubbed toast

Heat oil. Add onions, leek, garlic, and red pepper. Cook until onions soften. Add salt, pepper, saffron, bay leaf, parsley, and tomatoes. Bring to boil; simmer 5 minutes. Add potatoes, fish liquid and/or drippings, if any, and water. Simmer until potatoes are tender—about 20 minutes. Remove red pepper. Add boned and flaked fish. Bring to boil. Serve with garlic-rubbed toast. SERVES 2-3.



SALEM FISH 'N CHUTNEY TARTS

Leftover

COOKED FISH, 1 cup, boned and flaked

or

TUNA, 1 7-ounce can

and

Piecrust mix

Chopped chutney, ¼ cup

Finely chopped green
pepper, 1 tbsp.

Finely chopped onion, 1
tbsp.

Mayonnaise, ⅓ cup

Beaten egg, 1

Prepare dough as directed on package. Roll to 12 × 12 inches, about ⅛ inch thick. Cut into 4 squares. Mix chutney, green pepper, onion, and mayonnaise with flaked fish. Put a heaping of mixture in center of each square. Bring all points of dough to center. Pinch seams together with wet fingers or seal with beaten egg. Brush tops with beaten egg. Bake in hot 425° oven about 10 minutes—until golden brown. **MAKES 4 SERVINGS.**

Suggested: Bake an all-in-the-oven meal. Serve with broccoli—and hot baked potatoes.

CLAM AND CORN CASSEROLE

Leftover

CLAMS, at least 1 cup minced, or 1 8-ounce can with liquid

and

Butter or margarine, 2
tbsp.

Flour, 2 tbsp.

Milk plus clam liquid,
¾ cup

Eggs, 1 whole, 1 yolk

Corn, 1 cup—or 1 8-oz. can

Pimento (optional), 1
tbsp.

Onion, 2 tbsp.

Finely chopped parsley, 1
tbsp.

Dry mustard, ½ tsp.

Salt, ½ tsp.

Lemon juice, 1 tsp.

Melt butter in saucepan. Blend in flour. Add milk and clam liquid. Simmer, stirring, until thick and smooth. Beat eggs, add clams, corn, pimento, onion, parsley, mustard, salt, and lemon juice. Stir in white sauce. Turn into buttered casserole. Bake in moderate 350° oven 45 minutes. **SERVES 2.**

Suggested: Serve with potato chips, Asparagus and Olive Salad^B—and hot buttered biscuits.

CLAM CHOWDER

Leftover

CLAMS, minced, at least 1 cup

and

Diced salt pork or bacon,
3 tbsp.

Chopped onion, 3 tbsp.

Thinly sliced potatoes, 1½
cups

Salt, ¾ tsp.

Pepper, ¼ tsp.

Water and/or clam
liquid, ½ cup

Milk, 3 cups

Butter or margarine, 1
tbsp.

Paprika

Cook salt pork or bacon in kettle until golden brown. Add onion and stir frequently until onion is tender but not brown. Add potatoes, salt, pepper, and water and/or clam liquid. Simmer covered until potatoes are tender, about 15 minutes. Add clams and milk; bring to boiling point. Just before serving, add butter. Serve garnished with paprika. **SERVES 4.**

Suggested: Serve with macaroni and cheese, iceberg lettuce, chopped scallions, and grated carrot salad and Horseradish Dressing^B.



SEAFOOD TOSSED SALAD*Leftover*

COOKED SHRIMP or LOBSTER or CRAB MEAT, shelled and diced, at least $\frac{3}{4}$ cup

and

| | |
|-----------------------------------|--|
| Salad oil, 4 tbsp. | Sour cream, $\frac{1}{4}$ cup |
| Lemon juice, $1\frac{1}{2}$ tbsp. | Sliced pimento-stuffed olives, $\frac{1}{2}$ cup |
| Salt, 1 tsp. | Chopped tomato, 1 medium |
| Pepper to taste | Shredded lettuce, 3 cups |
| Grated onion, $\frac{1}{2}$ tsp. | |
| Dry mustard, pinch | |

Combine oil, lemon juice, salt, and pepper with onion, mustard, and sour cream. Beat well. Place fish (if using shrimp, devein), olives, tomato, and lettuce in salad bowl. Toss with dressing. THIS IS AN APPETIZER OR ACCOMPANYING SALAD—SERVES 4.

Suggested: Serve with Broccoli Soufflé Gourmet[®]—plus toasted English muffins.

SHRIMPS AMEN*Leftover*

COOKED SHRIMP, shelled and deveined, at least $1\frac{1}{2}$ cups

and

| | |
|-----------------------------------|--|
| Salad oil, $\frac{1}{4}$ cup | Minced green pepper, 1 tbsp. |
| Lemon juice, $1\frac{1}{2}$ tbsp. | Diced tomato, 1 |
| Salt, 1 tsp. | Sliced stuffed olives, $\frac{1}{2}$ cup |
| Pepper to taste | Coarsely chunked lettuce |
| Dry mustard, $\frac{1}{8}$ tsp. | |
| Curry powder, 1 tsp. | |
| Minced pearl onion, 1 small | |

Beat salad oil with lemon juice, salt, pepper, mustard, curry powder, onion, and green pepper. Toss with to-

mato, olives, shrimp. Chill well. Toss with lettuce. SERVES 4 AS AN APPETIZER OR ACCOMPANYING SALAD.

Variation: If you have any leftover cooked rice, toss it in too.

Suggested: Serve as an appetizer followed by Florentine Ramekin Eggs[®]—plus hot French bread.

CAROLINA SHRIMP AND CUCUMBER*Leftover*

COOKED SHRIMP, shelled and deveined, at least $\frac{3}{4}$ cup

and

| | |
|---|--|
| Fat, 2 tbsp. | Salt to taste |
| Sliced onion, 1 | Paprika, $\frac{1}{8}$ tsp. |
| Flour, 2 tbsp. | Cooked rice, 2 cups |
| Milk, 1 cup | Crushed corn flakes, $\frac{1}{4}$ cup |
| Peeled and chopped, parboiled cucumber ^s , 1 cup | Butter, 1 tbsp. |

Substitute: Boiled eggplant or green beans.

Brown onion in fat. Blend in flour, stir in milk. Simmer, stirring constantly until thick and smooth. Add cucumber, shrimp, salt, paprika, and rice. Heat thoroughly. Turn into oven-proof serving dish, sprinkle with corn flakes, dot with butter. Brown quickly under broiler. SERVES 2-3.

Suggested: Serve with Quick 'n Easys Beets and Celery[®]—and hot corn pones.



SHRIMP CREOLE*Leftover*

COOKED SHRIMP, shelled and deveined, at least 1 cup
and

| | |
|---|--|
| Fat, 1 tbsp. | Tomatoes, 1 No. 1 can |
| Chopped celery, ¼ cup | Vinegar, 1 tsp. |
| Sliced onion, 1 | Chili powder, 1 tsp. or more to taste |
| Flour, 1 tbsp. | Cooked or frozen peas, 1 cup |
| Sugar, pinch | |
| Salt, ½ tsp. | |
| Water, pea liquid and/or bouillon, ¾ cup | |

Sauté celery and onion in fat until brown. Blend in flour, sugar, and salt. Add liquids. Simmer, stirring, until thick and smooth. Add tomatoes, vinegar, and chili powder. Simmer very slowly 25 minutes. Add shrimp and peas. Cook another 5 minutes. (If frozen peas are used, cook until tender—about 7 minutes.) **SERVES 2-3.**

Suggested: Serve on split baked potatoes plus Chinese cabbage tossed salad with Sour Cream Dressing[®]—piping hot toast triangles.

CHICOPEE*Leftover*

COOKED LOBSTER MEAT[®], at least ¾ cup, shelled and diced

and

| | |
|---------------------------------|----------------------------------|
| Hard-cooked eggs, 2 | Salt and pepper to taste |
| Butter or margarine, 1 tbsp. | Paprika, few grains |
| Flour, 1 tbsp. | Chopped parsley, 1 tbsp. |
| Milk, 1¼ cups | Worcestershire sauce, 1 tbsp. |

Substitute: Shrimp, deveined, or crab meat.

Shell eggs, separate whites from yolks. Mash yolks. Melt butter in saucepan. Blend in flour. Add yolks. Stir in milk. Keep stirring until thick and smooth. Add lobster meat, chopped egg whites, salt, pepper, paprika, parsley, and Worcestershire. Cook slowly 10 minutes. Pour into patty shells or serve over toast. **SERVES 2-3.**

Suggested: Serve with Vegetable Puffs[®], tomato and watercress salad—and hot buttered rolls.

COQUILLE ST. JACQUES*Leftover*

BOILED SCALLOPS, cut up, at least 1½ cups
and

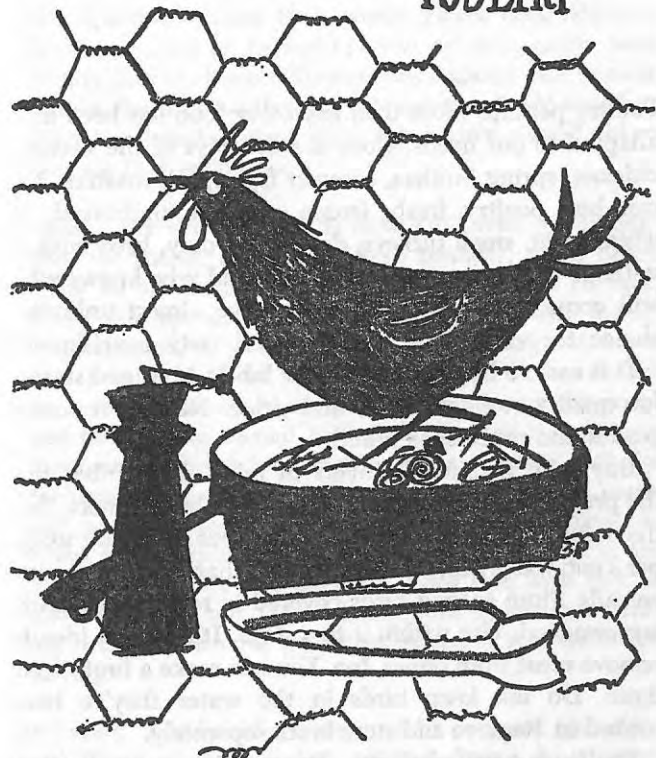
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|---------------------------------|--|
| Butter or margarine, 3 tbsp. | Worcestershire sauce, 1 tsp. |
| Chopped onion, 2 tbsp. | Grated Parmesan, ¼ cup plus 2 tbsp. |
| Flour, 3 tbsp. | Chopped, cooked or canned shrimp—or other cooked shellfish—½ cup |
| Prepared mustard, ½ tsp. | Chopped parsley, 1 tbsp. |
| Salt, ½ tsp. | |
| Cayenne, few specks | |
| Milk, 1¼ cups | |
| White wine, 2 tbsp. | |

Brown onion in butter. Blend in flour. Add mustard, salt, and cayenne. Add milk and wine, stirring constantly until thick and smooth; remove from heat. Add Worcestershire, ¼ cup grated cheese, scallops, shellfish, and parsley. Turn into 4 large scallop shells or ramekins. Top with remaining grated cheese. Place under broiler until piping hot and nicely browned. **MAKES 4 SERVINGS.**

Suggested: Serve with French fried potatoes, Mixed Beet Ring Mold[®]—and clover leaf rolls.



POULTRY



POULTRY

Poultry perhaps more than any other food has been most adapted to our needs. Gone are the days of the seasonal chicken, spring broilers, summer fryers, fall roasters. You can buy poultry fresh, frozen, dressed, undressed, all white meat, small turkeys, drumsticks only, bred with or without wings, more or less breast—and who knows what will come next. This means we have almost unlimited choice for variety, imagination, and tasty nourishment.

It is easy to buy poultry. Check labels, tags, and stamps for quality, weight, style, and price. Note government grades and processor's brand.

Buy with planned leftovers in mind. Remember that the price per pound for a ready-to-cook bird is more than the same quality for "dressed" one—but count on 25–30 per cent waste since a dressed bird has head, feet, and entrails. Store cooked birds covered in refrigerator, stuffing removed. Use within 4 to 5 days. It's a good idea to remove meat from bones, too. You can make a broth from these. Do not keep birds in the water they've been cooked in. Remove and store broth separately.

Poultry is a real challenge. Its variations are unlimited. The following leftovers, as always, are wonderfully flexible and proportions may vary with what you have on hand. More or less poultry or vegetables may be used. Frozen, fresh, or canned foods may be substituted. Adjust cooking time accordingly. See sauce section for still more variations.

Basic Cooking Instructions for Poultry

Stuffing and Trussing Stuffing may be prepared in advance, but do not stuff until roasting time. Allow 1–1¼ cups stuffing per ready-to-cook pound. Rub body cavity with salt. Spoon in stuffing. Pack loosely. Fasten neck skin onto back with pins or toothpicks. Sew or close cavity with poultry pins or skewers. Skewer wings against side or twist against the back so they lie flat and tie closely together. Press legs together at tip ends, tying down around tail so they are held against body.

Roasting For chicken, roast in slow 300° oven, 30–45 minutes per pound; for turkey (8–10 pounds), duck, capon allow 20–30 minutes per pound at 325°. Place on rack, breast side up, uncovered. Rub skin all over with butter, margarine, oil, or melted fat or cover with strips of bacon or salt pork. Add no water. Baste a few times, do not turn. (Or, if you've a V-shaped rack, roast breast side down and turn for the second half of the cooking.) If using a thermometer, insert into thigh near body. Roast until the thermometer reads 190° or until drumstick moves easily and meat feels very soft around thickest part of drumstick. Insert fork or knife; juice should be colorless. (Ducks are very fatty; do not add more fat. Prick skin with fork to allow fat to run out. Do not baste. Pour off excess fat during roasting.) Remove toothpicks, string, or skewers before serving.

Pan Frying Chickens for frying may be prepared two ways: (1) Wash pieces and dust, without drying, in seasoned flour or corn meal mixed with flour or (2) Dip pieces in fine cracker or bread crumbs, flour, or corn meal, then in beaten egg mixed with 2 tbsp. milk or water, and again in the crumbs, etc. Heat oil or fat in skillet to a depth of about ½ inch. Place pieces in hot fat and brown on all sides. Reduce heat and cook until tender, about 30–40 minutes, covered or uncovered.

Deep Frying Small broilers may be disjointed and deep fried. Follow method No. 2 above or dip pieces in this batter: Stir 1 cup flour into 1 beaten egg mixed with $\frac{3}{4}$ cup milk. Add 1 tsp. salt and $\frac{1}{8}$ tsp. pepper. Stir in 1 tsp. melted butter. Heat fat or oil to 375° or until hot enough to brown a bread cube in about 60 seconds. Lower in only a few pieces at a time. Fry about 15-20 minutes until tender.

Broiling Large birds should be cut in quarters, smaller ones in halves lengthwise; neck and backbone removed. Snap and break cartilage at joints, do not cut. Brush with melted butter, fat, or oil. Sprinkle with salt and pepper. Broil skin side down in broiler (preheated or not, according to manufacturer's directions) about 4-5 inches from heat. Broil under medium heat until brown, about 10 minutes. Turn and brush. After 15 minutes turn again. Keep turning and brushing every 10 minutes until done (25-40 minutes). To test for doneness insert fork or knife into drumstick. Juice should be colorless, meat not pink.

Frozen Poultry Frozen chickens may be roasted without thawing. Remove giblets from cavity, allow approximately double the cooking period indicated above. Or defrost slowly in refrigerator to prevent shrinkage and loss of juice, allowing 3-6 hours per pound. Or defrost at room temperature allowing 1 hour per pound. Cook birds as soon as defrosted and still cold. Disjointed birds should be completely defrosted before frying. Never defrost even a stewing chicken under running water.

Leftover Poultry

QUICK 'N EASYS

Leftover

HAM or CHICKEN or TURKEY or WHAT-HAVE-YOU MEATS, cut into bite sizes

Make a sauce using any one of the condensed creamed soups—mushroom, celery, potato, chicken, asparagus,

pea, etc. Dilute with $\frac{1}{3}$ cup milk—or refer to sauce section. Add the leftover and some diced pimento. Serve on quick-cooking rice.

Variations:

Add $\frac{1}{4}$ cup blanched, then sautéed, chopped almonds.

Add $\frac{1}{2}$ cup chopped parsley.

Serve in scooped out avocados.

Add chopped celery.

Add chopped hard-cooked eggs.

Place in buttered casserole, top with biscuit dough, and bake in oven until dough is done.

Soup Garnish: Almost any poultry, cut in julienne style—that is, in thin matchstick strips, may be used as a soup garnish.

ASPARAGUS HOLLANDA

Leftover

COOKED CHICKEN or TURKEY^s, chopped, at least 1 cup

and

Quick-frozen or cooked asparagus, 1 box Butter or margarine, 6 tbsps.

Quick-frozen or cooked Flour, 2 tbsps.

peas, $1\frac{1}{2}$ cups Milk, 1 cup

Bread, 8 half slices Lemon juice, 1 tbsps.

Well-beaten egg, 1, mixed Salt and pepper to taste
with $\frac{1}{2}$ cup milk Pimento slivers

Substitute: Cooked or canned crab meat.

If frozen, prepare asparagus and peas as directed on box; keep hot. Dip bread into egg-milk mixture. Sauté in 3 tbsps. butter until golden on both sides. Keep warm. Heat 3 tbsps. butter, blend in flour; stir in milk, stirring until smooth and thickened. Add chicken, lemon juice, salt, and pepper. Heat. Arrange hot asparagus on French

toast. Circle with hot peas and pour creamed chicken over all. Garnish with pimento. **SERVES 3-4.**

Suggested: Serve with tossed greens salad, French Dressing^R—and assorted cheese tray.

BARCELONA LOAF

Leftover

COOKED or **CANNED CHICKEN**, cut into small pieces, at least 1 cup

and

| | |
|------------------------|---------------------------|
| Cooked rice, 1 cup | Paprika, ¼ tsp. |
| Slightly beaten egg, 1 | Diced pimento, 2 tsp. |
| Bread crumbs, ¼ cup | Minced onion, 1 tsp. |
| Tomato juice, ½ cup | Diced celery, ¼ cup |
| Salt, ¼ tsp. | Diced green pepper, ¼ cup |

Blend rice, egg, bread crumbs, tomato juice, salt, paprika, pimento, onion, celery, and green pepper with chicken. Pour into small well-greased loaf pan. Bake in moderate 375° oven until firm—about 35 minutes. Loosen from sides and unmold on serving dish. **SERVES 2-3.**

Suggested: Serve with sliced tomatoes, paper-thin onion rings, French Dressing^R—and soft rolls.

CHICKEN AND ALMOND MOUSSE

Leftover

COOKED or **CANNED CHICKEN**, finely diced, boned, at least 1 cup

and

| | |
|---|---------------------------------|
| Unflavored gelatin, 1 envelope, plus ¼ cup water | Chopped blanched almonds, ¼ cup |
| Chicken broth or cube dissolved in water, 1½ cups | Chutney, 1½ tbsp. |
| Cooked peas, 1 cup | Mayonnaise, ½ cup |
| | Avocado or pineapple |
| | Lettuce leaves, 4 |

Soften gelatin in cold water 5 minutes. Add to broth, stir until dissolved. Cool until slightly thickened. Add chicken, peas, almonds, chutney, and mayonnaise; mix well. Pour into ring mold. Chill until set. Serve with sliced avocado or pineapple chunks on perfect crisp lettuce leaves. **SERVES 2-3.**

Suggested: Serve with buttered corn on the cob—and toasted rolls.

CHICKEN BRUNSWICK

Leftover

COOKED CHICKEN, at least 1 cup cut in dice, or 1 7-ounce can

and

| | |
|---|-----------------------------|
| Condensed mushroom or celery soup | Chopped hard-boiled eggs, 2 |
| White wine, ¼ cup | Salt and pepper to taste |
| Crushed corn flakes or potato chips, ½ cup plus 2 tbsp. | |

Blend soup and wine together. Add chicken, ½ cup corn flakes or potato-chip crumbs, eggs, salt, and pepper; mix well. Turn into shallow buttered casserole. Sprinkle with remaining 2 tbsp. corn flakes or potato-chip crumbs. Bake in moderate 375° oven 20 minutes. **SERVES 2-3.**

Suggested: Serve with Corn Chowder^R—and hot buttered popovers.



CHICKEN CORN MEAL*Leftover*

COOKED or CANNED CHICKEN^R, finely diced, at least 1 cup
and

| | |
|---|--|
| Corn meal, 1 cup | basil, 1 tbsp. chopped |
| Boiling water, 4 cups | celery, salt and pepper to taste |
| Salt, 1½ tsp. | |
| Gravy, at least 1 cup or 3 finely diced tomatoes, ½ cup water, ½ tsp. | Grated cheese, ¼ cup Butter or margarine, 1 tbsp. |

Substitute (or mix with): Cooked or canned diced ham.

Make a corn-meal mush by stirring corn meal slowly into boiling salted water. Cook and stir over low heat until thick. Reheat chicken and gravy—or heat tomatoes with ½ cup water, basil, celery, salt, and pepper. Simmer covered ½ hour. Add chicken. Cook another 5 minutes. Line shallow pan with half the corn-meal mush. Pour chicken and sauce (or hot gravy), less 2 tbsp., over mush. Add rest of mush. Cover with remaining sauce. Sprinkle with cheese, dot with butter; brown quickly in hot 425° oven 10 minutes. SERVES 2-3.

Suggested: Serve with sliced cucumbers in Sour Cream Dressing^R—and rye bread.

CHICKEN LEMON MADRILÈNE*Leftover*

COOKED CHICKEN, at least 1 cup
and

| | |
|----------------------------|---|
| Consommé Madrilène, 2 cans | Whole cloves, 2 Paper-thin lemon slices, 8 |
|----------------------------|---|

Heat soup with whole cloves. Add chicken; bring to boil. Add half the lemon slices; simmer very slowly 5 minutes.

Discard lemon. Serve immediately—add fresh lemon slices just before serving. Overcooking makes soup bitter. SERVES 4.

Suggested: Serve with Ham and Scalloped Sweet^R, mixed Boston lettuce and chicory salad with Cucumber Dressing^R—and rye bread.

CHICKEN MEXICAINE*Leftover*

COOKED CHICKEN, at least 2 cups, cut in large pieces
and

| | |
|--|------------------------------------|
| Butter or margarine, 1 tbsp. | Tomatoes, 8-ounce can |
| Finely chopped onion, ¼ cup | Button mushrooms, 1 4-ounce can |
| Finely chopped green pepper, 1 | Chopped parsley, 2 tbsp. |
| Minced garlic clove, 1 | Sugar, ½ tsp. |
| Flour, 2 tbsp. | Fresh ground black pepper to taste |
| Chicken broth or 2 cubes and water to make 1 cup | Chili powder, 1 tsp. or more |
| | Orégano, ¼ tsp. |
| | Salt to taste |

Melt butter in skillet. Add onion, green pepper, and garlic; cook until onion is soft. Blend in flour. Add chicken broth, tomatoes, mushrooms, parsley, sugar, black pepper, chili powder, orégano, and salt, stirring until slightly thick and smooth. Place chicken in shallow casserole. Pour sauce over. Bake in medium hot 400° oven 30 minutes. SERVES 3-4.

Suggested: Serve on hot corn bread—plus a salad of sliced green peppers, diced cucumbers, and lettuce with garlic French Dressing^R.

CHICKEN PAPRIKA*Leftover*

COOKED CHICKEN, at least 4 slices, or 1½ cups
and

Fat, 2 tbsp.

Sliced onion, 1 large

Paprika, 1 tbsp.

Egg yolk, 1 beaten with 1
cup sour cream

Salt and pepper to taste

Sauté onion in hot fat until golden brown. Add chicken and paprika. Cook 5 minutes. Add egg yolk-sour cream mixture, salt, and pepper. Simmer very slowly 10 minutes. SERVES 3-4.

Suggested: Serve on buttered noodles with Mushroom Croquettes^B—and buttered rye bread slices.

CHICKEN YORKSHIRE*Leftover*

COOKED or CANNED CHICKEN, at least 2 cups, diced
and

Melted butter or
margarine, 2 tbsp.

Flour, 1 cup

Baking powder, ¼ tsp.

Salt, ½ tsp.

Well-beaten eggs, 2,

combined with 2 tbsp.
chicken drippings and 1
cup milk

Leftover gravy, 1 cup—or
canned cream of
chicken soup

Place chicken in greased baking dish; brush with butter. Sift flour, baking powder, and salt together. Gradually stir in combined eggs, drippings, and milk. Beat until smooth and free of lumps. The batter should be quite thin. Pour over chicken. Bake in moderate 350° oven 25-30 minutes. Serve from baking dish with gravy or cream of chicken soup. SERVES 3-4.

Suggested: Serve with buttered asparagus, mustard greens, and Boston lettuce salad—plus bread sticks.

CORN-PONE MOLD*Leftover*

COOKED CHICKEN or TURKEY, cut into strips, at least
1½ cups

and

Cream-style corn, 1 No. 1
picnic can

Tomato juice, ¾ cup

Grated American cheese,
½ cup

Salt, ½ tsp.

Pepper to taste

Tabasco, 3 drops

Chopped onion, ¼ cup

Minced green pepper, 2
tbsp.

Corn meal, ½ cup

Well-beaten eggs, 2

Milk, ¾ cup

Condensed cream of
chicken soup, 1 can

Chopped pimento, 2 tbsp.

Grated American cheese,
2 tbsp.

Mix creamed corn with tomato juice, cheese, salt, pepper, Tabasco, onion, green pepper, and corn meal; add eggs and ½ cup milk. Pour into well-buttered ring mold. Place in pan of hot water. Bake in slow 300° oven until firm—about 1 hour. Loosen edges with spatula. Meanwhile, mix chicken soup with remaining milk. Heat. Add chicken and pimento. To serve: Reverse corn-pone mold onto oven-proof platter. Fill center and top with chicken sauce. Top with 2 tbsp. grated cheese. Brown quickly under broiler. SERVES 4-5.

Suggested: Serve with buttered hot beets and tomato-endive salad with French Dressing^B.



CREAMED CHICKEN CANTONESE*Leftover.*

COOKED or CANNED CHICKEN, diced, at least 1½ cups

and

| | |
|---|---|
| Cream of mushroom soup, 1 can | Sliced water chestnuts, 1 can, drained |
| Sliced mushrooms, 1 4-ounce can, plus liquid | Marjoram, pinch |
| Milk, 1½ cups | Cornstarch, 3 tbsp. |
| Sautéed chopped almonds, ¼ cup | Milk, 2 tbsp. |
| | Soy sauce, 2 tbsp. |
| | Salt and pepper to taste |
| | Boiled noodles ^s , ½ pound |

Substitute: Canned Chinese fried noodles.

Heat mushroom soup in saucepan with mushrooms and liquid, milk, almonds, water chestnuts, marjoram, and chicken. Blend cornstarch with 2 tbsp. cold milk and soy sauce. Add to sauce. Add salt and pepper to taste. Simmer slowly for 10 minutes. Stir in drained noodles. Cook 1 minute more. **SERVES 3-4.**

Suggested: Serve with orange, onion rings, and endive salad marinated in French Dressing^R—and toast triangles.

**CREOLE CHICKEN***Leftover*

COOKED CHICKEN, at least 1 cup or 1 7-ounce can, diced

and

| | |
|---|--|
| Chicken fat or bacon drippings, 2 tbsp. | Water, 2 cups |
| Uncooked white rice, 1 cup | Salt, 1 tsp. |
| Chopped green pepper, 2 tbsp. | Sage, ¼ tsp. |
| Chopped onion, 1 | Condensed cream of chicken soup, 1 can—or 1 cup white sauce plus 1 chicken cube dissolved in 2 tbsp. boiling water |
| Tomatoes, 5, cut into strips —or No. 2 can (and only one cup water) | Milk, ¾ cup |

Melt chicken fat or bacon drippings in skillet. Add rice, green pepper, and onion. Stir until browned (about 5 minutes). Add tomatoes, water, salt, and sage. Cover tightly. Cook over very low heat 20 minutes or until rice is tender. Meanwhile, combine chicken, soup, and milk in saucepan. Stir until smooth and heat thoroughly. Heap rice on serving platter. Make a deep well in center and fill with the chicken. **SERVES 3-4.**

Variation: Add 1 can drained okra to chicken mixture.

Suggested: Serve with Lima Bean Bacon Pot^R, tossed Boston lettuce salad with lemon French Dressing^R—and buttermilk biscuits.



EDWINA'S CHICKEN ROLL

Leftover

COOKED or CANNED CHICKEN, at least 1½ cups,
chopped

and

Flour, 2 cups
Baking powder, 4 tsp.
Salt, ¾ tsp.
Shortening, margarine, or
butter, 3 tbsp.
Milk, ⅔ cup
Melted butter, 2 tbsp.
Finely chopped stuffed
olives, ¼ cup

Minced green pepper, 1
tbsp.
Chicken broth, 2 tbsp.
Sherry, 1 tbsp.
Milk, 2 tbsp.
Condensed tomato or
mushroom soup, or
leftover chicken gravy,
plus sherry (optional),
1 tbsp.

Sift flour with baking powder and salt; cut in shortening. Gradually add milk to make a soft dough. Roll lightly in 11 × 4-inch rectangle, ½ inch thick. Brush with melted butter. Mix chicken, olives, green pepper, chicken broth, and sherry. Spread on dough. Roll like jelly roll. Seal edges with dampened fingers. Brush with milk. Bake on greased shallow pan in hot 425° oven 25 minutes or until done. Serve with condensed tomato or mushroom soup or leftover chicken gravy as sauce, plus 1 tbsp. sherry if liked. SERVES 3-4.

Suggested: Serve with Spinach Gnocchi[®], mixed greens salad with French Dressing[®]—and hot buttered biscuits.



POULTRY-STUFFED PEPPERS

Leftover

COOKED CHICKEN or TURKEY, finely diced, 1½ cups
and

| | |
|-----------------------|-------------------------------------|
| Firm green peppers, 4 | Minced parsley, 1 tsp. |
| Beaten eggs, 2 | Chutney, 1 tsp. |
| Milk, 1 cup | Curry powder, ½ tsp. |
| Salt, 1 tsp. | American cheese slivers, 4 tbsp. |
| Pepper to taste | Boiling water, 1 cup |
| Grated onion, 1 small | |

Cut tops from stem end of green peppers. Remove seeds and fibers. Parboil for 5 minutes. Drain. Prepare filling: mix eggs with milk, salt, pepper, onion, parsley, chutney, and curry powder. Add chicken or turkey. Fill peppers to within ½ inch of top. Sprinkle with cheese. Place in baking dish filled with 1 cup boiling water. Bake in moderate 350° oven until peppers are tender and filling is set, about 35 minutes. MAKES 4 SERVINGS.

Suggested: Serve with Carrot Baked Ring[®], lettuce-to-mato salad with lemon French Dressing[®]—and buttered corn muffins.

MUSHROOM CHICKEN

Leftover

COOKED CHICKEN, at least 1 cup cut in slivers—or 1
8-ounce can

and

| | |
|-----------------------------------|--|
| Bacon strips, 2, cut in bits | Pepper, ¼ tsp. |
| Broad noodles, 4 ounces | Condensed cream of mushroom soup, 1 can |
| Minced onion, 1 tsp. | Water or milk, ½ soup can |
| Boiling salted water, 2 quarts | Grated cheese, ¼ cup |
| Salt, ½ tsp. | Chopped parsley, 1 tsp. |

Fry bacon until crisp. Drain and set aside. Cook noodles and onion in boiling water until tender. Drain. Transfer

to saucepan. Add salt, pepper, mushroom soup, water, cheese, parsley, and chicken. Cook covered 7 minutes until thoroughly heated. Serve on heated platter. Sprinkle with grated cheese and bacon bits. **SERVES 2-3.**

Variation: Mix in any leftover peas, carrots, or string beans.

Suggested: Serve with Turnip-Tomato Patty Casserole^R, Asparagus and Olive Salad^R—and popovers.

SPECIAL BOMBAY CURRY

Leftover

COOKED or CANNED CHICKEN or TURKEY, cut in large pieces, at least 2 cups

and

Butter or margarine, 2
tbsp.

Curry powder, 1 tsp.

Dry mustard (optional),
¼ tsp.

Cayenne pepper, few
grains

Salt, ½ tsp.

Sugar, ¼ tsp.

Finely chopped onions, 2
medium

Flour, 2 tbsp.

Chicken broth, or cubes
and boiling water, 1 cup

Lemon juice, 1 tbsp.

Melt butter in saucepan. Add curry powder (more, if you prefer), mustard, cayenne, salt, sugar, and onions. Blend well. Cook slowly until onions are soft. Add chicken. Sprinkle with flour. Cook 10 minutes over high heat until brown. Stir in chicken broth. Cover and simmer lightly another 10 minutes. Just before serving, add the lemon juice. **SERVES 4.**

Suggested: Serve with fluffy cooked rice. Surround with minced almonds, grated lemon peel, minced hard-cooked egg, pickle, relish, and chutney.

SUPER CHICKEN SALAD

Leftover

COOKED CHICKEN, at least 2 cups; bone, cut in bite-size chunks

and

Sliced celery, ½ cup

Carrot slivers, ½ cup

Minced green pepper, ¼
cup

Grated onion, 1 tsp.

Mayonnaise, ⅓ cup

Cream, 2 tbsp.

Salt, ½ tsp.

Pepper, ⅛ tsp.

Vinegar, 1 tbsp.

Lettuce chunks, 2 cups

Toss together all ingredients but lettuce. Chill about 30 minutes. Toss with crisp cold lettuce chunks immediately before serving. **SERVES 3-4.**

Suggested: Serve with squash soufflé—and toasted corn bread.

FESTA TURKEY-NUT LOGS

Leftover

COOKED TURKEY, at least 1½ cups, finely diced

and

Butter or margarine, 3
tbsp.

Flour, 3 tbsp.

Milk, ¾ cup

Salt and pepper to taste

Chopped onion, 2 tbsp.

Cracker crumbs, 1 cup
mixed with ½ cup finely
chopped nuts

Beaten egg, 1, mixed with
2 tbsp. cold water

Deep fat

Melt butter in saucepan. Blend in flour. Gradually add milk, stirring constantly until thick and smooth. Add salt, pepper, onion, and turkey. Chill several hours or overnight. Shape into 8 1½-inch-thick logs. Roll in crumbs,

then in egg, and again in crumbs. Fry in fat 375° until golden. SERVES 3-4.

Variation: Tuck a tsp. of loganberry jam (or any other you prefer) in the center of each log.

Suggested: Serve with Lyonnaise String Beans^R and tomato-watercress salad with French Dressing^R—and buttered black bread slices.

LAND O' COTTON POTPIE

Leftover

COOKED TURKEY, at least 1 cup, diced
and

| | |
|---|--|
| Butter or margarine, 2 tbsp. | Diced, boiled or leftover ham, ½ cup |
| Flour, 2 tbsp. | Salt and pepper to taste |
| Turkey stock, 2 cups or canned chicken broth | Corn-bread mix, 1½ cups, prepared as directed |

Melt butter in saucepan. Blend in flour. Gradually add stock, stirring constantly until thick and smooth. Add turkey, ham, salt, and pepper. Pour into shallow casserole. Top with prepared corn-bread mix. Bake in medium 375° oven 20-25 minutes until crispy brown. SERVES 2-3.

Suggested: Serve with Kidney Bean Salad^R and fruit sherbet.



PAT'S STRING BEAN AND BACON SALAD

Leftover

COOKED TURKEY or CHICKEN, diced, at least 2 cups
and

| | |
|-------------------|---------------------------------------|
| Bacon, 5 slices | Cooked French string beans, 2 cups |
| Catsup, 4 tbsp. | Diced tomatoes, 4 medium |
| Mayonnaise, ½ cup | Chunked lettuce, 1 head |
| Vinegar, 2 tbsp. | Slivered Swiss cheese, 1 cup |
| Salt, ½ tsp. | |
| Pepper, ⅛ tsp. | |

Fry bacon until crisp. Set aside. Mix catsup, mayonnaise, vinegar, salt, and pepper. Add beans, turkey, tomatoes, and lettuce and toss lightly. Chill until serving time. Serve garnished with Swiss cheese and crumbled bacon. SERVES 4.

Variation: Other garnishes: chopped hard-cooked egg, sliced pimentos, chopped olives, or diced pickled peaches.

Suggested: Serve with Baked Bean-Burgers^R—and hamburger buns.



VERY SPECIAL TURKEY*Leftover*

COOKED TURKEY, diced, at least 1½ cups

and

Cooked broccoli, 1½ cups
or 1 package quick-frozen, prepared as directed

Melted butter or margarine, 1 tbsp.

Grated cheese, 3 tbsp.

Sherry, ¼ cup

Condensed cream of chicken soup, 1 can

Salt and pepper to taste

Place broccoli in shallow buttered casserole. Sprinkle with butter, 1 tbsp. cheese, and 1 tbsp. wine. Spread turkey over broccoli. Sprinkle with 1 tbsp. cheese and 1 tbsp. wine. Pour chicken soup, salt, and pepper over all. Top with remaining cheese and wine. Bake in moderate 350° oven until piping hot, golden brown, about 15 minutes. **SERVES 4.**

Suggested: Serve with boiled rice or on hot toast with tossed greens salad and Chive Dressing^R—plus poppyseed rolls.

YAMMY TURKEY*Leftover*

ROAST TURKEY, at least 1½–2 cups, chunked

and

Butter or margarine, 3
tbsp.

Sliced onions, ½ cup

Turkey gravy or thickened bouillon, 1½ cups

Boiled sweet potatoes, 4–5

large, or leftover mashed sweet potatoes

Hot milk, ½ cup

Salt and pepper to taste

Sherry^S, 2 tbsp.

Substitute: 1 tsp. grated orange rind and 2 tbsp. hot orange juice.

Sauté onions in 1 tbsp. butter until tender. Add turkey and gravy. Turn into shallow baking dish. Peel and mash potatoes with milk, remaining butter, salt, pepper, and sherry. Spoon onto turkey mixture. Bake in medium 400° oven 25 minutes until piping hot. **SERVES 3–4.**

Variation: Add chunked pineapple to onions.

Suggestion: Serve with a crisp cold mixed greens salad with French Dressing^R—and French bread.



VEGETABLES



VEGETABLES

Vegetables are the most hated and loved, the most necessary and most mishandled of all foods. It's not their fault. Trouble often begins in childhood when badly cooked, tasteless carrots or overcooked greens are mercilessly shoved between clamped teeth as a parent mutters, "Eat it (you little monster)—it's good for you, darling."

The result is that vegetables play the big role of a "heavy" in childhood, yet often don't get even a "walk-on" in later stages of life.

Of course they're good for you—and they can be delicious, too. Everyone should have at least one and preferably two vegetables daily for necessary God-given vitamins.

In our day of waterless cookers and modern markets which provide all varieties of vegetables throughout the year, this is not actually hard. It requires only a little thought and interest.

Remember also that appearances win half the battle. Interesting colors and textures awaken interest at the table.

For economy, buy fresh vegetables in season, and clean them before storing. Discard wilted and discolored leaves. Store wrapped in waxed paper or in food bags or vegetable crisper in refrigerator. Keep canned vegetables in the pantry shelf. If you've a home freezer or a freezing section in your refrigerator, include frozen vegetables in your staple list.

Throw nothing away. There is a use for even the small-

est bit as an addition to soup, salad, or sauce. Check your refrigerator daily.

The following recipes are flexible—more or less vegetables may be used. Substitute fresh, canned, or frozen ones, adjusting cooking time and liquids accordingly.

Basic Cooking Instructions for Vegetables

Fresh Vegetables Wash thoroughly. When possible, cook with skins on. Never overcook. Steaming generally better than boiling—thus, cook tightly covered over low heat in a minimum of water—one inch deep or less if possible. This shortens cooking time, minimizes vitamin loss. Use any leftover liquid to make sauce for vegetables—or use it in canned soups, gravies, and sauces in place of water. Always add vegetables when water is boiling—and keep it boiling. Some like adding monosodium glutamate with seasoning.

Frozen Vegetables Prepare as directed on package. Store in freezing compartment of refrigerator. If less than the whole package is needed, divide it by chopping with ice pick. Keep the rest rewrapped and solidly frozen until required, and use as soon as possible.

Canned Vegetables Buy by brands and quantity needed. Often large sizes are more economical and enable you to plan leftovers. They are ready-cooked, require only heating before serving. Do not waste liquid from can—it is high in food value. Boil liquid down over high heat, then add vegetables, lower heat, add butter and seasoning, and gently reheat—do not recook. Or use liquid as sauce for vegetables. If only part of a can is needed, refrigerate remainder in can, cover tightly, and use as soon as possible.



Leftover Vegetables

QUICK 'N EASYS

VEGETABLE MACEDOINES can be made easily by combining bits of leftover cooked vegetables. They are tasty, economical food stretchers. Keep in mind contrasting colors, textures, flavors, and shapes. All vegetables taste better when seasoned with melted butter.

Try These Combinations:

| | |
|------------------------------------|--|
| Peas and carrots | Peas and mushrooms |
| Lima beans and corn (succotash) | Baked potato—pinched open and garnished with peas or mushrooms |
| Corn and tomatoes | Spinach and potatoes |
| Beets and celery | Spinach and tomatoes |
| Eggplant and diced tomatoes | Cauliflower, peas, and carrots |
| Diced potatoes and carrots | Beets and broccoli |
| Asparagus and tiny pearl onions | |
| Cauliflower and string beans | |

Soup Garnish: Any combination of cooked vegetables, cut julienne style—that is, in thin matchstick strips—may be used as a soup garnish.

ASPARAGUS AND OLIVE SALAD

Leftover

COOKED ASPARAGUS, at least 1½ cups, cut in ½-inch lengths

and

| | |
|---|------------------------------------|
| Mayonnaise, ½ cup | Salt and pepper to taste |
| Chopped black olives, 1 tsp. | Finely shredded lettuce, 3 cups |
| Chopped pimento-stuffed olives, 1 tsp. | |

Combine mayonnaise, black and stuffed olives with salt and pepper. Arrange asparagus in lettuce nests, topped with salad dressing. THIS MAKES AN ACCOMPANYING SALAD FOR 4.

ASPARAGUS BAKED RING

Leftover

COOKED ASPARAGUS, finely chopped, at least 1 cup
and

| | |
|---------------------------------|------------------------------|
| Cream, ¼ cup | Salt, ½ tsp. |
| Cracker crumbs, ¼ cup | Pepper to taste |
| Butter or margarine, 2 tbsp. | Chopped olives, 2 tbsp. |
| Beaten egg yolks, 3 | Stiffly beaten egg whites, 3 |

Mix cream, crumbs, butter, egg yolks, salt, pepper, and olives with asparagus. Fold in egg whites. Turn into buttered ring mold. Set mold in pan of water. Bake in preheated 350° oven 30 minutes. Turn onto flat plate and fill center with rice or contrasting colored vegetable, if liked. THIS AS A MAIN DISH SERVES 2—AS A SIDE DISH, 4.

ASPARAGUS SOUFFLÉ

Leftover

COOKED ASPARAGUS, diced or cut in 3-inch pieces,
1½ cups

and

| | |
|---------------------------------------|------------------------------|
| Butter or margarine, 3 tbsp. | Whole clove, 1 |
| Sliced onion, ¼ cup | Well-beaten egg yolks, 3 |
| Flour, 3 tbsp. | Salt and pepper to taste |
| Canned chicken soup or milk, 1 cup | Paprika, dash |
| Bay leaf, 1 | Nutmeg, dash |
| | Grated Parmesan, 2 tbsp. |
| | Stiffly beaten egg whites, 3 |

Melt butter, brown onion, blend in flour. Blend well. Gradually add soup or milk, bay leaf, and clove, stirring

constantly until thick and smooth. Remove from heat. Add egg yolks, seasoned with salt, pepper, paprika, nutmeg, Parmesan cheese, and asparagus. Fold in egg whites. Pour into buttered soufflé dish. Bake in moderate 375° oven 40 minutes. SERVES 4.

Suggested: This plus Lamb Roll^B makes a hearty meal.

BAKED BEAN-BURGERS

Leftover

BAKED BEANS, mashed to purée, at least 1½ cups
and

| | |
|------------------------------|---------------------------------------|
| Grated onion, 1 medium | 2 tbsp. water and 1 tbsp. catsup |
| Salt, ½ tsp. | Bread or cracker crumbs, 1 cup |
| Pepper, ¼ tsp. | Shortening, lard, or drippings, 1 cup |
| Tabasco (optional), 2 dashes | |
| Flour, 1 cup | |
| Beaten egg, 1—mixed with | |

Mash beans with onion, salt, pepper, and Tabasco. Shape into burgers. Dip first into flour, then egg mixture, and then in crumbs. Fry in fat or drippings until brown. Drain on absorbent paper before serving. SERVES 3-4.

Suggested: This plus salad of meat slivers, peas, sliced pineapple, and onion shavings with French Dressing^B makes a good menu.

MAIN-LINE BEET SALAD

Leftover

COOKED BEETS, diced, 1 cup
and

| | |
|--------------------------------|---------------------------|
| Diced cooked potatoes, 1½ cups | Minced celery, ¼ cup |
| Chopped onions, ½ cup | Pared and diced apples, 2 |
| | Boston lettuce leaves, 4 |

SOUR CREAM DRESSING:

| |
|-------------------|
| Mayonnaise, ¼ cup |
| Sour cream, ½ cup |
| Salt, ¼ tsp. |

| |
|--------------------------|
| Sugar, ¼ tsp. |
| Prepared mustard, ½ tsp. |
| Vinegar, 1 tsp. |

Combine beets, potatoes, onions, celery, and apples. Prepare the Sour Cream Dressing. Toss with beet-potato combination; chill well. Serve in lettuce cups. MAKES 4 SERVINGS.

Variation: Garnish with hard-cooked egg slices.

Suggested: Serve with Fish Puff Speciale^B—and buttered pumpernickel slices.

MIXED BEET RING MOLD

Leftover

COOKED BEETS, drained and diced, about 1 cup
and

| | |
|------------------------------------|----------------------------------|
| Lemon gelatin, 1 package | Pared diced apples, 1 cup |
| Hot water and/or beet juice, 1 cup | Chopped nuts (optional), 2 tbsp. |
| Wine vinegar, 2 tbsp. | Chopped chives, 2 tbsp. |
| Orange juice, ¾ cup | Crisp chicory lettuce |
| Salt and pepper to taste | Mayonnaise |
| Diced celery, ¾ cup | |

Dissolve gelatin in water or beet juice. Add vinegar, orange juice, salt, and pepper. Mix thoroughly. Chill. When beginning to set, fold in beets, celery, apples, nuts, and chives. Turn into wet ring mold. Chill until set. Unmold and serve, center filled with crisp curly chicory lettuce dressed with mayonnaise. THIS MAKES A FINE SUMMER-DAY MAIN-DISH SALAD FOR 4.



BISBEE BROCCOLI*Leftover*

COOKED BROCCOLI, cut in 1½-2-inch lengths—about
15
and

Butter or margarine, 3
tbsp.

Flour, 3 tbsp.

Milk, 1½ cups

Sherry, 3 tbsp.

Salt and pepper to taste

Grated Swiss cheese, ½
cup

Melt butter; stir in flour. Blend well. Add milk and sherry gradually, stirring until thick and smooth. Add salt and pepper. Arrange a layer of broccoli in well-buttered small casserole; cover with hot white sauce; sprinkle with cheese. Repeat until casserole is full. Top with cheese. Brown under broiler until bubbly. **SERVES 3-4.**

Variation: Cover each layer with cooked, diced, leftover chicken or ham.

GREEN BEAN SALAD BOWL*Leftover*

COOKED GREEN BEANS, at least 1½ cups, drained
and

Anchovy fillets, 4-5

Salad oil, ½ cup

Salt, ½ tsp.

Pepper to taste

Wine vinegar, 1½ tbsp.

Grated cheese, ½ cup

Tabasco, dash

Shredded lettuce, 2 cups

Mash anchovies in oil; add salt, pepper, vinegar, grated cheese, and Tabasco. Add green beans. Chill slightly. Toss with lettuce before serving. **THIS MAKES AN APPETIZER OR ACCOMPANYING SALAD FOR 2-3.**

BROCCOLI SOUFFLÉ GOURMET*Leftover*

COOKED BROCCOLI, at least 1 cup, chopped
and

Butter or margarine, 3
tbsp.

Flour, 3 tbsp.

Cream, ½ cup

Rich chicken bouillon,
canned or cubes, ½ cup

Well-beaten egg yolks, 3

Grated onion, 1 tsp.

Minced parsley, 1 tsp.

Worcestershire sauce, 1
tsp.

Salt and pepper to taste

Nutmeg, pinch

Grated cheese, 4 tbsp.

Stiffly beaten egg whites, 4

Melt butter in a saucepan. Blend with flour until smooth. Gradually stir in cream and chicken bouillon, stirring constantly until thick and smooth. Do not boil. Remove from heat. Stir in egg yolks that have been beaten with the onion, parsley, Worcestershire, salt, pepper, and nutmeg. Add chopped broccoli and grated cheese. Carefully fold egg whites into mixture. Pour into buttered soufflé dish. Bake in medium hot 400° oven 25 minutes. Serve at once. **SERVES 3-4.**

Suggested: This plus a salad of fennel, sliced potatoes, romaine lettuce, crumbled bacon with French Dressing[®] makes a good luncheon or supper.

MINTED CARROT AND CHICORY SALAD*Leftover*

COOKED CARROTS, cut in thin slices, 2 cups
and

Vinegar, ½ cup

Water or carrot liquid, 3
tbsp.

Chopped fresh mint, 1 tsp.

Salt and pepper to taste

Chopped chicory, 2 cups

Salad oil, 1½ tbsp.

Marinate carrots in vinegar, water, mint, and seasoning 2 hours or longer. Wash and dry chicory. Sprinkle with

oil; toss with well-drained carrots. Taste and add seasoning if necessary. **SERVES 4.**

CARROT BAKED RING

Leftover

COOKED CARROTS, chopped or finely diced, at least 1½ cups

and

| | |
|-----------------------|---------------------------|
| Mayonnaise, ½ cup | Cream, ½ cup |
| Melted butter, 2 tsp. | Salt, ½ tsp. |
| Flour, 1 tbsp. | Pepper to taste |
| Well-beaten eggs, 3 | Grated lemon rind, 1 tsp. |

Mix mayonnaise, butter, and flour. Add eggs, cream, salt, pepper, and grated lemon rind. Butter ring mold generously. Place carrots around it. Pour in egg mixture. Set mold in pan of water. Bake in preheated 350° oven 30 minutes or until set. Turn onto flat plate and fill center with rice or contrasting colored vegetable, if liked. **THIS AS A MAIN DISH SERVES 2—AS A SIDE DISH, 4.**

CARROT RAMEKINS

Leftover

COOKED CARROTS, mashed, at least 1½ cups

and

| | |
|-------------------------------------|-------------------------------------|
| Salt and pepper to taste | Lightly beaten eggs, 1-2 |
| Minced onion, 1 tbsp. | Celery soup, ½ can |
| Caraway seeds (optional), 1 tsp. | Milk or carrot water, ¼ soup can |
| Milk or cream, 3 tbsp. | Cayenne, 2 specks |

Mix carrots with salt, pepper, onion, caraway seeds, and milk. Stir in eggs. Pour into individual buttered ramekins; place in pan containing hot water. Bake in moderate 350° oven about 30 minutes, or until knife inserted in custard comes out clean. Meanwhile heat celery soup with milk.

Season with cayenne. Invert custards onto hot platter; serve with celery sauce. **THIS IS A SIDE DISH—MAKES 3-4 SERVINGS.**

Variation: Add a spoonful chopped raw celery or green pepper to sauce.

OVEN CASSEROLE

Leftover

COOKED CARROTS, drained and mashed, at least 1½ cups

and

| | |
|-----------------------|---------------------------------|
| Cooked rice, 1½ cups | Salt, ½ tsp. |
| Grated onion, 1 tbsp. | Pepper to taste |
| Grated cheese, 1 cup | Butter or margarine, 3 tbsp. |
| Beaten egg, 1 | |

Mix together carrots, rice, onion, grated cheese, egg, salt, and pepper. Turn into shallow buttered casserole. Dot with butter. Bake in moderate 375° oven 35 minutes. **THIS AS A MAIN DISH SERVES 2.**

Variation: Mix in any leftover peas, mushrooms, or any finely diced meat.

CAULIFLOWER SALAD

Leftover

COOKED CAULIFLOWER, broken into pieces, 1½ cups

and

| | |
|---------------------------|---|
| Salad oil, 4 tbsp. | Paprika, ½ tsp. |
| Tarragon vinegar, 1 tbsp. | Pepper to taste |
| Salt, ½ tsp. | Cooked green beans, cut up (optional) ^s , 1 cup |
| Sugar, pinch | Tom lettuce, 2 cups |
| Dry mustard, ¼ tsp. | |
| Minced onion, 1 tbsp. | |

Substitute: Cooked peas.

Mix salad oil with vinegar, salt, sugar, mustard, onion, paprika, and pepper. Toss in cauliflower and beans. Mari-

nate at least 1 hour. Drain. Serve on torn lettuce leaves.
SERVES 4.

Variation: Serve with avocado dressing.

Suggested: Serve with Corn Chowder^R—and hot butter-milk biscuits.

DEEP-FRY CAULIFLOWER

Leftover

COOKED CAULIFLOWER, cut in flowerets, about 1½ cups
and

| | |
|-----------------------|----------------------|
| Flour, ½ cup | Milk, ⅓ cup |
| Baking powder, 1 tsp. | Lemon juice, 2 tbsp. |
| Salt, ¼ tsp. | Deep-frying fat |
| Nutmeg, few grains | Lemon quarters, 4 |
| Beaten egg, 1 | |

Sift flour with baking powder, salt, and nutmeg. Beat egg into milk; blend with flour mixture. Beat with rotary beater until smooth and free of lumps. Just before serving, dip well-drained cauliflower into lemon juice, then into batter, and fry in hot deep fat 375° until golden brown. Drain and serve with lemon quarters. THIS IS A SIDE DISH—MAKES 3-4 SERVINGS.

Suggested: Odd bits of leftover cold cooked fish, meat, poultry, or vegetables dipped into the batter and fried make an Italian *fritto misto*. Add a mixed greens salad, your favorite dressing, and you have a gourmet special.



CURRIED CAULIFLOWER

Leftover

COOKED CAULIFLOWER, at least 1½ cups
and

| | |
|---------------------------------|--------------------------------|
| Butter or margarine, 2 tbsp. | Milk, ¾ cup |
| Chopped onions, 2 small | Ground ginger, ⅓ tsp. |
| Flour, 2 tbsp. | Cayenne, 2 specks |
| Salt and pepper to taste | Parsley, 1 tbsp. |
| Curry powder, 1 tbsp. | Chutney (optional), 2 tbsp. |

Melt butter in saucepan. Cook onions until soft and transparent. Stir in flour, salt, pepper, curry powder; blend well. Add milk gradually, stirring until thick and smooth. Add ginger and cayenne. Add well-drained cauliflower—be careful not to crumble. Simmer gently to reheat cauliflower, about 5 minutes. Serve garnished with parsley and chutney. SERVES 3-4.

Suggested: This served on boiled rice plus a salad of lettuce, tomatoes, and tossed greens—with celery seed and French Dressing^R—makes a good luncheon snack or Sunday-night supper.



CHICK-PEA SOUP*Leftover*

COOKED or CANNED CHICK-PEAS, at least 1½ cups,
plus 1 cup liquid

and

| | |
|---|---|
| Oil, ½ cup | Anchovy paste, 1 tsp. |
| Minced garlic, 2 cloves | Red pepper (optional), 1 tiny pod |
| Rosemary (optional), ½ tsp. | Salt and pepper to taste |
| Bouillon cubes, 2 dissolved in 1 quart boiling water | Elbow macaroni or vermicelli, broken into pieces, 1 cup |
| Tomato paste, 1 tbsp. | |

Place oil, garlic, and rosemary in soup kettle. Brown well. Stir 2 cups bouillon gradually into tomato and anchovy pastes. Add to soup kettle. Simmer slowly 20 minutes. Add red pepper, chick-peas with liquid, and remaining bouillon, salt, and pepper. Boil 5 minutes. Add macaroni and cook until tender, about 10 minutes. Taste and add more pepper if necessary. SERVES 3-4.

Suggested: This plus a salad of greens, okra, green pepper—with French Dressing^R—makes a good soup and salad meal.

BLUE MOUNTAIN EGGS*Leftover*

COOKED CORN KERNELS, 1 cup

and

| | |
|---------------------------------|----------------------------------|
| Bacon, 6 strips | Chopped pimentos, 2 tbsp. |
| Butter or margarine, 1 tbsp. | Chopped green pepper, 1 small |
| Chopped onion, 1 tbsp. | Eggs, 4 |
| Chopped parsley, 1 tbsp. | Salt and pepper to taste |

Brown bacon until crisp. Remove and keep warm. Add corn and butter to bacon drippings. Add onion, parsley, pimentos, and green pepper. Stir continuously until brown. Drop in eggs, one at a time. Scramble each until egg is set but not dry. Season. Serve with bacon strips. MAKES 3-4 SERVINGS.

CORN CHOWDER*Leftover*

COOKED CORN KERNELS, about 2 cups, plus liquid
and

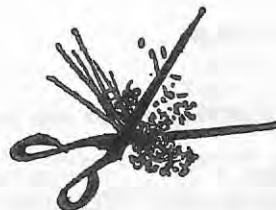
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|---|-----------------------|
| Finely diced bacon or salt pork, ¼ cup | Boiling water, 2 cups |
| Diced onions, 1 cup | Salt, 1 tsp. |
| Flour, 1 tbsp. | Pepper, ¼ tsp. |
| Diced raw potatoes ^S , 1 cup | Milk, 2 cups |

Substitute: Cooked potatoes, add to chowder same time as corn.

Sauté bacon with onions until bacon is crisp. Sprinkle with flour; blend well. Add potatoes, water, salt, and pepper. Bring to boil. Simmer until potatoes are tender. Add corn and milk; heat thoroughly. SERVES 4.

Variation: Add ¼ cup chopped green pepper with bacon and onions.

Suggested: Serve with Mushroom Chicken^R—and hot buttered Parker House rolls.



CORN KERNEL PIE*Leftover*

COOKED or CANNED CORN KERNELS, at least 1½ cups

and

| | |
|---------------------------------|---|
| Butter or margarine, 2 tbsp. | 3, with 1 tbsp. chopped parsley, 1 tsp. Worces- tershire sauce, Tabasco, drop, salt and pepper to taste |
| Grated onion, 1 tbsp. | |
| Grated green pepper, 1 tbsp. | Stiffly beaten egg whites, 3 |
| Flour, 2 tbsp. | Buttered bread crumbs, 2 tbsp. |
| Bay leaf, 1 | |
| Milk or bouillon, ¾ cup | |
| Slightly beaten egg yolks, | |

Melt butter in a saucepan. Sauté onion and green pepper 1 minute. Add flour. Blend until smooth. Add bay leaf. Gradually stir in milk, stirring constantly until thick and smooth. Do not boil. Remove from heat. Remove bay leaf. Stir in egg yolks that have been mixed with the parsley, Worcestershire, Tabasco, salt, and pepper. Add corn kernels, then fold in stiffly beaten egg whites. Turn into buttered baking dish; top with bread crumbs. Bake in medium hot 400° oven 25 minutes. Serve at once. SERVES 3-4.

Suggested: This plus salad of sliced oranges, endive, and onion shavings with French Dressing^B makes a nice light supper.

EGGPLANT SALAD*Leftover*

COOKED EGGPLANT, at least 1 cup, peeled and mashed

and

| | |
|--------------------------|--------------------------|
| Mincéd garlic clove, 1 | Lemon juice, 2 tsp. |
| Salt and pepper to taste | Chopped parsley, 1 tbsp. |
| Olive oil, 2 tsp. | Lettuce cups, 2 |

Mash eggplant thoroughly. Mix in garlic, salt, pepper, oil, lemon juice, and parsley. Chill thoroughly. Serve in lettuce cups. SERVES 2.

Suggested: This plus Eggs all'Alfredo^B and garlic bread makes a good Sunday-night supper.

EGGPLANT PARMESAN*Leftover*

COOKED EGGPLANT, sliced thin, boiled or fried, at least 2 cups

and

| | |
|---|--|
| Canned tomato sauce ^B , 1¼ cups | Mozzarella, Münster, or Swiss cheese, ½ cup |
| Parmesan cheese, 3 tbsp. | |

Substitute: Tomato Sauce^B.

Sprinkle 2 tbsp. tomato sauce on bottom of shallow casserole. Cover with 1 layer eggplant. Add more sauce, Parmesan, then mozzarella or other cheese. Repeat until all eggplant is used—ending with mozzarella. Bake in medium hot 400° oven 15 minutes. THIS AS A MAIN DISH SERVES 2-3.

Suggested: This as a side dish plus stuffed peppers makes a fine supper menu for 4.

NINO'S WHITE BEAN SOUP*Leftover*

COOKED WHITE BEANS, with liquid^B, 2½ cups

and

| | |
|--------------------|---|
| Garlic clove, 1 | Coarsely ground black pepper to taste |
| Olive oil, 2 tbsp. | |
| Parsley, 2 tbsp. | Toast, 4 slices, rubbed with 2 slices garlic |
| Salt to taste | |

Substitute: If not enough liquid to cover, add bouillon.

Heat beans with garlic, olive oil, parsley, salt, pepper, and liquid (and/or bouillon) to cover. Place 2 slices gar-

lic-rubbed toast in each soup plate. Cover with beans and be prepared for a delightful gourmet soup meal. **THIS MAKES AN APPETIZER SOUP FOR 4 OR A MAIN DISH PLUS SALAD MEAL FOR 2.**

KIDNEY BEAN SALAD

Leftover

COOKED KIDNEY BEANS, at least 1½ cups
and

Mashed garlic clove, 1
Salad oil, 4 tbsp.

Minced onion, 1 tbsp.
Salt, 1 tsp.

Coarsely ground black
pepper to taste

Paprika, ½ tsp.

Dry mustard, ⅛ tsp.

Sugar, ⅛ tsp.

Lemon juice, 2 tbsp.

Chopped green pepper, 3
tbsp.

Lettuce cups, 4

Crumbled crisp bacon, 4
slices

Combine garlic, oil, onion, salt, pepper, paprika, mustard, sugar, and lemon juice. Mix well. Add kidney beans and green pepper. Chill several hours. Serve on lettuce cups garnished with bacon. **THIS AS AN ACCOMPANYING SALAD SERVES 4—AS A MAIN DISH, 2.**

Variation: Add thin slices of cooked frankfurters.

CONCORDIA BEANS AND TUNA FISH

Leftover

COOKED WHITE BEANS, at least 2 cups
and

Coarsely chopped tuna
fish, 1 cup

Minced onion, 1 small
Oil, ¼ cup olive or very
good salad oil

Vinegar, 3 tbsp.

Basil, ½ tsp.

Minced celery (optional),
1 stalk

Minced garlic, 1 clove
Chopped parsley, 1 tsp.

Salt, ½ tsp.

Pepper, ½ tsp.

Mix all the ingredients well. Taste for seasoning. Add more salt, pepper, vinegar, and/or oil to suit your taste. Allow to stand covered in cool place at least an hour before serving. Stir occasionally. **THIS AS A LUNCHEON MAIN DISH SERVES 2—AS A SIDE DISH MAKES 4 SERVINGS.**

Variation: Try salmon instead of tuna.

LENTIL CHEESE CASSOULETS

Leftover

COOKED LENTILS, drained, about 1½ cups,
and

Sliced onion, 1 large

Diced bacon, 3 strips

Salt and pepper to taste

Lemon juice to taste

American cheese cut into
slices, ¼ cup

Tomato sauce, 1 cup

Sauté onion with bacon until bacon is crisp. Add lentils, salt, pepper, and lemon juice. Heat thoroughly. Turn into 3-4 individual casseroles. Top each with American cheese. Brown under broiler until cheese is melted. Serve with tomato sauce. **THIS MAKES EXCELLENT SIDE DISH FOR 3-4.**

Variation: Top each casserole with 1 slice of tomato; season highly with salt and pepper. Brown under broiler.



LENTIL BROCHETTES*Leftover*COOKED LENTILS, mashed, 1½ cups
*and*Butter or margarine, 3
tbsp.

Flour, 4 tbsp.

Milk, 1 cup

Salt, ½ tsp.

Pepper to taste

Worcestershire sauce, 1
tsp.

Cayenne, dash

Grated bread slice, 1

Flour

Beaten egg, 1, with 1 tbsp.

water

Bread crumbs

Deep fat

Melt butter, stir in flour. Blend well. Add milk gradually, stirring until thick and smooth. Do not boil. Add salt and pepper, lentils, Worcestershire, cayenne, and grated bread. Cool until easy to handle. Shape into 4-inch cones on brochettes. Roll in flour, then in egg mixture, and finally in bread crumbs. Fry in hot fat, 375°, until golden brown. Drain on absorbent paper before serving. **MAKES ABOUT 4 BROCHETTES.**

Variation: Shape into round balls—alternate with 1-inch pieces of frankfurters and/or bacon on skewers. Roll in melted butter. Cook under hot broiler 10 minutes.

Suggested: These served with your favorite tomato sauce plus a salad of lettuce cups with cole slaw make a light Sunday-night supper.

**SQUASH PIE***Leftover*COOKED SQUASH, mashed, at least 1 cup
*and*Toasted bread, soaked in
milk until soft, 2 slices

Slightly beaten eggs, 2

Butter or margarine, 2
tbsp.Finely chopped onion, 1
Salt, ½ tsp.

Pepper to taste

Cream, 2 tbsp.

Mix bread with squash. Mash until smooth. Add eggs and blend with melted butter, onion, salt, and pepper. Pour into shallow buttered casserole. Sprinkle cream over all. Bake in medium 350° oven 25 minutes until golden brown. **SERVES 2-3.**

CANADIAN LIMA BEANS*Leftover*COOKED LIMA BEANS, at least 2 cups
*and*Chicken stock or bean
liquid, ½ cup

Paprika, ½ tsp.

Worcestershire sauce, 1
tsp.Cheddar cheese slivers, 1
cupCanadian bacon slivers^S,
½ cup*Substitute:* Bacon strips.

Mix chicken stock with paprika, Worcestershire, and beans. Place in buttered baking dish alternating with layers of cheese. Top with bacon. Bake in moderate 350° oven until bacon is crisp and cheese has melted. **SERVES 4.**

Variation: Add mushrooms.

Suggested: Serve with cucumbers, chopped spring onions, peas and escarole salad with Blue Cheese Dressing^R—and hot rolls.

CHEESE, TOMATOES, AND LIMA BEANS*Leftover*

COOKED LIMA BEANS, at least 1½ cups

and

| | |
|----------------------------|-------------------------|
| Sliced tomatoes, 4 | Diced rattrap cheese, 2 |
| Basil, ½ tsp. | cups |
| Thinly sliced sweet yellow | Butter or margarine, 1 |
| onion, 1 medium | tbsp. |
| Salt and pepper to taste | |

Arrange alternate layers of tomatoes, sprinkling of basil, Lima beans, onion, salt, pepper, and cheese in small, deep, buttered casserole. Repeat until all the ingredients are used, topping with cheese. Dot with butter; cover. Bake in moderate 350° oven 40 minutes. SERVES 3-4.

Suggested: This plus Coquille St. Jacques^R makes savory fare.

LIMA BEAN BACON POT*Leftover*

COOKED LIMA BEANS, at least 1 cup

and

| | |
|-------------------------|---------------------|
| Diced bacon, 2 slices | Salt, ½ tsp. |
| Diced onion, ¼ cup | Pepper to taste |
| Diced pimentos, 2 tbsp. | Chicken soup, ½ cup |

Fry bacon with onion until crisp. Add pimentos, Lima beans, salt, and pepper. Pour into buttered baking dish. Cover with chicken soup. Bake in moderate 350° oven 20 minutes. SERVES 2.

Variation: Add cooked corn kernels.

LIMA BEAN SALAD*Leftover*

COOKED LIMA BEANS, at least 1 cup, drained

and

| | |
|--------------------|--------------------------|
| Anchovy fillets, 4 | Wine vinegar, 1½ tbsp. |
| Salad oil, ⅓ cup | Tabasco, dash |
| Salt, ½ tsp. | Boston lettuce cups, 4 |
| Pepper to taste | Crumbled bacon, 4 strips |

Mash anchovies in oil; add salt, pepper, vinegar, and Tabasco. Toss in Lima beans. Chill. Serve in lettuce cups garnished with crumbled bacon. THIS MAKES AN ACCOMPANYING SALAD—SERVES 3-4.

Variation: Add 2 sliced hard-cooked eggs just before serving.

MUSHROOM CROQUETTES*Leftover*

COOKED MUSHROOMS, sliced, at least 1 cup

and

| | |
|-------------------------------------|-----------------------------|
| Butter or margarine, 3 | Crumbled crisp bacon, 2 |
| tbsp. | strips |
| Flour, 4 tbsp. | Flour |
| Milk, 1 cup | Beaten egg, 1, with 1 tbsp. |
| Salt, ½ tsp. | water |
| Pepper to taste | Bread crumbs |
| Worcestershire sauce ^S , | Deep fat |
| 1 tsp. | |

Substitute: Sherry, 1 tbsp.

Melt butter, stir in flour. Blend well. Add milk gradually, stirring until thick and smooth. Do not boil. Add salt, pepper, mushrooms, Worcestershire, and crumbled bacon. Cool until easy to handle. Shape into patties, cones, or what pleases you. Dip in flour, then in egg mixture,

and finally in bread crumbs. Fry in hot fat, 375°. (A cube of bread will turn brown in 60 seconds.) Drain on paper before serving. **MAKES ABOUT 4 CROQUETTES.**

Suggested: These served with celery sauce or canned condensed celery soup plus a salad of romaine lettuce, carrot strips, diced green pepper, and French Dressing^B—make a light meal.

CURRIED PEA SPOON-FRITTERS

Leftover.

COOKED PEAS, at least 1½ cups
and

| | |
|-----------------------|--------------------|
| Flour, 1 cup | Well-beaten egg, 1 |
| Baking powder, 1 tsp. | Milk, ¾ cup |
| Salt, ½ tsp. | Fat |
| Curry powder, 1 tbsp. | Lemon quarters, 4 |

Sift flour with baking powder, salt, and curry powder. Beat egg into milk; blend into flour mixture. Beat with rotary beater until smooth and free of lumps. Add peas. Drop by spoonfuls into ½-inch fat in shallow frying pan. Fry until golden brown. Drain on absorbent paper. Serve with lemon quarters. **THIS IS A SIDE DISH—MAKES 4 SERVINGS.**

MINTED PEAS IN ONIONS

Leftover

COOKED GREEN PEAS, 1 cup
and

| | |
|------------------------|-------------------------------------|
| Large onions, 4 | Fresh chopped mint ^s , ½ |
| Water, ½ cup | tsp. |
| Butter or margarine, 2 | Milk, ½ cup |
| tbsp. | Finely chopped parsley, |
| Flour, 1 tbsp. | ½ tsp. |

Substitute: Curry powder.

Parboil onions for 20 minutes. Remove centers, leaving bottom ends intact. Place in shallow casserole with ½ cup water. Brush with 1 tbsp. melted butter, bake until tender and lightly browned in moderate 350° oven about 45 minutes. Melt 1 tbsp. butter in saucepan. Blend in flour until smooth. Add mint; gradually stir in milk, stirring constantly until thick and smooth. Add peas; cook another minute. Fill baked onion shells with creamed peas; dust with parsley. Serve hot. **THIS IS A SIDE DISH—MAKES 4 SERVINGS.**

Variation: Eliminate mint, chop onion centers, and mix with peas.

QUICK 'N EASY POTATOES

Leftover

BOILED POTATOES

A

Dress up boiled potatoes with a sauce by blending 1 can condensed cream of mushroom soup with ⅓ cup milk. Heat thoroughly.

B

Or mix potatoes with leftover peas; place in shallow casserole. Pour over 1 can condensed cream of celery soup, mixed with ⅓ cup milk. Sprinkle with American cheese slivers—and pop under broiler till cheese bubbles, potatoes are thoroughly reheated.

C

Slice boiled potatoes; mix with cooked peas, cooked carrots, cooked beets, or what-have-you. Add a little chopped pickle relish and moisten with condensed cream of celery soup, plus lemon juice, salt, pepper to taste. Chill thoroughly. Serve on lettuce leaves.

DELMONICO POTATOES*Leftover*

BOILED POTATOES, peeled and sliced, at least 1½ cups
and

| | |
|-----------------------------------|----------------------------------|
| Butter or margarine, 2 tbsp. | Cheddar cheese slivers, ¼ cup |
| Chopped onion, 1 tbsp. | Sliced hard-cooked eggs, 1-2 |
| Flour, 2 tbsp. | Buttered bread crumbs, ¼ cup |
| Salt and white pepper to taste | |
| Milk, ¾ cup | |

Melt butter in a saucepan. Sauté onion. Blend with flour until smooth. Season with salt and pepper. Gradually add milk, stirring constantly until thick and smooth. Arrange potatoes, cheese, hard-cooked eggs and white sauce in alternate layers in well-buttered baking dish. Top with buttered crumbs. Bake in moderate 350° oven until well browned. THIS IS A SIDE DISH—MAKES 2-3 SERVINGS.

Variation: Sautéed mushrooms and/or sliced cooked meat may be added to make a hearty main dish.

EVER-WELCOME POTATO SALAD*Leftover*

BOILED POTATOES, peeled and diced, at least 2 cups
and

| | |
|---------------------------------|--|
| Salad oil, 2 tbsp. | Chopped scallion, 1 |
| Vinegar, 1 tbsp. | Diced hard-cooked egg, 1 |
| Salt, ½ tsp. | Chopped fresh parsley, 2 tbsp. |
| Pepper to taste | Chopped pimento-stuffed olives, ½ cup |
| Chopped celery, ½ cup | Mayonnaise, 4 tbsp. |
| Chopped dill pickle, 3 tbsp. | |

Mix potatoes with oil, vinegar, salt, and pepper. Chill for ½ hour. Add celery, pickle, scallion, egg, parsley, olives,

and mayonnaise. Blend well. Chill thoroughly. THIS MAKES ACCOMPANYING SALAD FOR 4.

MASHED POTATO CHEESE BALLS*Leftover*

MASHED POTATOES (WHITE or SWEET), at least 1½
cups

and

| | |
|--------------------------|--------------------------------------|
| Milk, ¼ cup, about | Egg, 1, beaten with 1 tbsp. water |
| Grated cheese, ½ cup | Bread crumbs, 1 cup |
| Salt and pepper to taste | Deep fat |
| Nutmeg, pinch | |
| Cayenne, few grains | |

Heat mashed potatoes, milk to moisten, and grated cheese. Add salt, pepper, nutmeg, and cayenne. Mix well. Cool. Roll in walnut-sized balls. Dip in egg, then roll in bread crumbs. Fry in hot deep fat 375° (a cube of bread will brown in about 60 seconds) until golden brown. Drain on absorbent paper before serving. THIS IS A SIDE DISH—MAKES 2-3 SERVINGS.

Variation: Shape into patties. Place on buttered baking dish. Sprinkle with milk. Bake in moderately hot oven until golden.

REAL HASHED BROWN POTATOES*Leftover*

BOILED POTATOES, peeled and cut in small dice, at
least 2½ cups

and

| | |
|-----------------------|----------------------------------|
| Flour, 2½ tbsp. | Pepper to taste |
| Mincéd onion, 1 tbsp. | Butter or margarine, 2½ tbsp. |
| Milk, 3 tbsp. | |
| Salt, ½ tsp. | |

Mix potatoes with flour, onion, milk, salt, and pepper. Heat 2 tbsp. butter in skillet. Turn potato mixture into

skillet; press down with spatula. Cook over medium heat, shaking pan to prevent sticking. Keep pressing down to form brown crusty underside. Remove from pan. Clean out any bits of crust. Melt remaining butter in pan. Return potatoes to pan, crust side up. Continue cooking, shaking pan and pressing down with spatula until crusty brown on both sides. **SERVES 4.**

SPANISH HASH

Leftover

BOILED POTATOES and **ONIONS**, diced, enough to make at least 1½ cups

and

| | |
|------------------------------------|--|
| Gravy or thickened stock, ¾ cup | Worcestershire sauce, 1 tsp. |
| Tomato purée, ¼ cup | Cooked meat, cut in small dice (optional), 1¼ cups |
| Butter or margarine, 1 tsp. | Bread crumbs, 3 tbsp. |
| Diced pimentos, 2 tbsp. | Butter or margarine, 1 tbsp. |
| Chopped green pepper, ¼ cup | |
| Red pepper, 1 tiny pod | |
| Salt to taste | |

Heat gravy with tomato purée and butter. Add pimentos, green pepper, potatoes, onions, red pepper, salt, Worcestershire, and meat. Heat thoroughly. Pour into shallow earthenware casserole. Sprinkle with bread crumbs. Dot with butter. Brown under broiler. **SERVES 2.**

Suggested: This is good with a tossed greens salad.



SWEET-POTATO PIE

Leftover

BOILED SWEET POTATOES, mashed, at least 1 cup
and

| | |
|---|---|
| Toasted bread, soaked in milk until soft, 2 slices | Finely chopped onion, 1 Salt, ½ tsp. |
| Slightly beaten eggs, 2 | Pepper to taste |
| Butter or margarine, 2 tbsp. | Sherry, 1 tbsp. Cream, 2 tbsp. |

Mix bread with sweet potatoes. Mash until smooth. Add eggs and blend with melted butter, onion, salt, pepper, and sherry. Pour into shallow buttered casserole. Sprinkle cream over all. Bake in medium 350° oven 25 minutes until golden brown. **SERVES 2-3.**

Suggested: For a luncheon treat, serve with Sweet and Sour Spareribs^B.

TWICE-BAKED POTATOES

Leftover

BAKED POTATOES, cold, unpeeled, 2
and

| | |
|----------------------------------|---------------------------------|
| Minced garlic, 1 clove | Grated cheese, 1 tbsp. |
| Salt, ¼ tsp. | Worcestershire sauce, 1 tsp. |
| Butter or margarine, 1½ tbsp. | |

Mash garlic with salt, butter, cheese, and Worcester-shire. Slice potatoes almost through in a series of ½-inch-thick diagonals. Spread each section with garlic butter. Bake in shallow pan in moderate 350° oven 25 minutes. **SERVES 2.**

VEGETABLE PUFFS*Leftover*

MASHED SWEET or WHITE POTATOES, at least 1 cup
and

| | |
|-----------------------|--------------------------|
| Well-beaten eggs, 2 | Cooked corn kernels, or |
| Flour, ½ cup | peas or carrots, 1 cup— |
| Baking powder, 1 tsp. | mixed with 1 tbsp. |
| Salt, ¾ tsp. | grated onion and 1 tbsp. |
| Pepper to taste | chopped parsley |
| Nutmeg, dash | Deep fat |

Combine potatoes with eggs and blend thoroughly. Sift flour, baking powder, salt, pepper, and nutmeg over the potatoes. Blend well; add vegetable mixture. Drop by spoonfuls into hot 375° deep fat and (a cube of bread will turn brown in 60 seconds) fry until golden brown. THIS IS A SIDE DISH—MAKES ABOUT 8 PUFFS.

Variation: Add either curry or chili powder to taste to the flour mixture before blending with potatoes.

ALMOND SPINACH CROQUETTES*Leftover*

COOKED SPINACH, chopped and drained, at least 1½ cups
and

| | |
|------------------------------------|--------------------------------------|
| Butter or margarine, 3 tbsp. | Worcestershire sauce, 1 tbsp. |
| Flour, 4 tbsp. | Flour |
| Milk, 1 cup | Beaten egg, 1, with 1 tbsp. water |
| Salt, ½ tsp. | Bread crumbs |
| Pepper to taste | Fat |
| Minced toasted almonds, 2 tbsp. | |

Melt butter, stir in flour. Blend well. Add milk gradually, stirring until thick and smooth. Do not boil. Add salt,

pepper, spinach, almonds, and Worcestershire. Cool until easy to handle. Shape into patties or cones. Dip in flour, then in egg mixture, and finally in bread crumbs. Fry in deep 375° fat (a cube of bread will turn brown in 60 seconds) until golden brown. Drain on absorbent paper before serving. MAKES 4 GOOD-SIZED CROQUETTES.

Variation: Add mashed potatoes.

Suggested: These served with Cheese Sauce^B plus potato salad and watercress make a satisfactory supper menu.

CURRIED SPINACH SOUFFLÉ*Leftover*

COOKED SPINACH, chopped, 1 cup
and

| | |
|-------------------------------------|--------------------------|
| Butter or margarine, 2 tbsp. | Pepper to taste |
| Flour, 2 tbsp. | Milk, ¾ cup |
| Curry powder ^S , 1 tbsp. | Beaten egg yolks, 3 |
| Salt, ½ tsp. | Stiffly beaten whites, 3 |

Substitute: 2 tbsp. minced almonds plus 1 tsp. Worcestershire for the curry.

Melt butter in a saucepan. Blend flour, curry powder, salt, and pepper; add milk; simmer, stirring constantly until thick and smooth. Do not boil. Remove from heat. Stir in egg yolks. Mix well. Add spinach. Carefully fold egg whites into mixture. Pour into buttered soufflé dish. Bake in medium hot 400° oven 25 minutes. Serve at once. SERVES 4.

Suggested: This is good with Super Chicken Salad^B, on a hot summer day.

EGGS A LA TUSCANY*Leftover*

COOKED SPINACH or PEAS or STRING BEANS, at least 2 cups

and

Butter or margarine, 2
tbsp.

Finely chopped chives, 1/3
cup

Flour, 2 tbsp.

Curry powder, 1 1/2 tbsp.

Milk, 1 cup

Well-beaten eggs, 4

Salt, 1/2 tsp.

Pepper, 1/4 tsp.

Chopped black olives, 1/2
cup

Sauté chives in butter. Remove from heat. Add flour and curry powder. Stir into smooth paste. Return to heat. Add milk, gradually stirring until thick and smooth. Add eggs, stir until scrambled. Season with salt and pepper. Place eggs on heated spinach. Serve garnished with olives. **MAKES 4 SERVINGS.**

FLORENTINE RAMEKIN EGGS*Leftover*

COOKED SPINACH, chopped, about 1 1/2 cups

and

Eggs, 4-8

Heavy cream, 4 tbsp.

Salt and pepper to taste
Tabasco, dash

Line 4 buttered ramekins or custard cups with spinach. Break 1 or 2 eggs into each and add 1 tbsp. heavy cream. Season with salt, pepper, and Tabasco. Bake in moderate 350° oven 10 minutes or until eggs are set. **MAKES 4 SERVINGS.**

Suggested: Serve with Neapolitan Meat Macaroni[®] to make a delicious menu for 4.

SPINACH OMELET A LA ROMAINE*Leftover*

COOKED SPINACH, 1 cup

and

Beaten eggs, 5

Minced garlic, 1 clove

Cream or milk, 1 tbsp.

Salt, 1/2 tsp.

White pepper, speck

Butter or margarine, 1 1/2
tbsp.

Anchovy fillets, 8

Tomato sauce, 1/4 cup

Heat spinach thoroughly. Drain. Make an omelet: beat eggs briskly with garlic, milk, salt, and pepper. Melt butter in hot frying pan, tipping pan to make sure sides and bottom are greased. Pour in eggs. As eggs begin to set, keep lifting sides and tipping pan to allow uncooked mixture to run under. Continue until eggs are set. Shake pan occasionally to loosen omelet. When bottom is nicely browned and top is consistency of cream, add hot spinach. Fold. Garnish with anchovies. Serve with tomato sauce. **SERVES 3-4.**

SPINACH GNOCCHI, PRONOUNCED KNEE-OH'-KEY*Leftover*

COOKED SPINACH, drained and chopped fine, 1 cup

and

Pot or cottage cheese, 1/2
pound

Egg, 1

Salt and pepper to taste

Flour, 1/2 cup

Boiling water, 3 quarts
Butter or margarine, 4
tbsp.

Grated cheese (optional),
4 tbsp.

Mash spinach with cheese, egg, salt, and pepper. Shape into walnut-size balls. Roll in flour. Drop gently into boiling water. When they float to the surface remove with

perforated spoon. Drain and serve with melted butter and grated cheese. **MAKES 4 SERVINGS.**

Suggested: Serve with Ever-Welcome Potato Salad^B and you've a great meal.

SQUASH PANCAKES

Leftover

COOKED SQUASH, well drained and mashed, about 1½ cups

and

| | |
|--------------------------|---------------------------|
| Salt and pepper to taste | Seasoned flour, 1½ cups |
| Marjoram, ⅛ tsp. | Beaten egg, 1, mixed with |
| Grated cheese, 1 tsp. | 2 tbsp. water |
| Grated green pepper, 1 | Bread crumbs, 1½ cups |
| tbsp. | Bacon drippings, 4 tbsp. |

Mix squash with salt, pepper, marjoram, cheese and green pepper. Shape into small flat cakes. Roll in seasoned flour, then in egg, and finally in bread crumbs. Repeat, flour, egg, and crumbs. Fry in hot drippings until brown on both sides. **THIS IS A SIDE DISH—SERVES 2-3.**

TURNIP-TOMATO PATTY CASSEROLE

Leftover

COOKED WHITE TURNIPS, 1½ cups, drained and mashed

and

| | |
|---------------------------|-----------------------|
| Butter, 3 tbsp. | Condensed mushroom |
| Sliced tomatoes, 3 medium | soup, ⅔ can |
| Salt and pepper to taste | Bread crumbs, 2 tbsp. |
| Marjoram, ⅛ tsp. | mixed with 1 tbsp. |
| Grated cheese, 1 tbsp. | grated cheese |
| Beaten egg, 1 | Butter, 1 tbsp. |

Fry sliced tomatoes in butter. Remove. Mix turnips with salt, pepper, marjoram, and grated cheese. Shape

into very thin patties. Dip in egg. Fry in same butter as the tomatoes. Remove. Heat condensed mushroom soup in same pan. Into a baking dish, put one layer of tomatoes, one of turnip patties. Repeat until used up. Pour over mushroom soup. Sprinkle with bread crumbs and grated cheese. Dot with butter. Bake in moderate 375° oven 30 minutes. **SERVES 3-4.**

Variation: Omit tomatoes. Mash turnips with seasonings. Shape into thick patties. Dip in flour, then in egg, and finally in bread crumbs. Fry in hot bacon fat until brown on both sides.

GERMAN BREAD SOUP

Leftover

COOKED MIXED VEGETABLES, 1½ cups

and

| | |
|---------------------------|--------------------------|
| Butter or margarine, ¼ | dissolved in 5 cups |
| cup | boiling water |
| Soft rye bread chunks, 3 | Worcestershire sauce, 2 |
| cups | tbsp. |
| Grated onion, ¼ cup | Nutmeg, ¼ tsp. |
| Finely chopped parsley, 2 | Salt and pepper to taste |
| tbsp. | Beaten egg yolks, 2 |
| Bouillon cubes, 4- | |

Melt butter in soup pot. Add bread; mash and fry until brown. Add onion and parsley; stir constantly until onion browns. Pour in bouillon mixed with Worcestershire; add nutmeg. Simmer covered, slowly, about 40 minutes. Add vegetables. Bring to boil. Just before serving season with salt and pepper, then add beaten egg yolks. Stir 1 minute more. **SERVES 4-5.**

Suggested: Thinly sliced frankfurters make a meal out of this hearty peasant soup.

MIXED VEGETABLE SCALLOP*Leftover*

COOKED MIXED VEGETABLES, diced, about 2 cups
and

| | |
|---------------------------------|---|
| Butter or margarine, 2 tbsp. | Grated Cheddar cheese, 1/3 cup plus 2 tbsp. |
| Flour, 2 tbsp. | Worcestershire sauce, 1 tsp. |
| Salt, 1/4 tsp. | Buttered bread crumbs ^s , 1 1/2 tbsp. |
| Milk, 3/4 cup | |

Substitute: Crushed corn flakes.

Melt butter; blend in flour and salt. Add milk gradually, stirring constantly until thick and smooth. Add cheese, Worcestershire, and vegetables. Place in shallow buttered casserole. Dot with buttered bread crumbs. Sprinkle with 2 tbsp. grated cheese. Bake in moderate 350° oven 25 minutes until bubbly brown. SERVES 4.

Variation: Pour into individual ramekins.

VEGETABLE-STUFFED PEPPERS*Leftover*

COOKED MIXED VEGETABLES, diced, 1 1/2 cups
and

| | |
|-----------------------|-------------------------------------|
| Firm green peppers, 4 | Minced parsley, 1 tsp. |
| Beaten eggs, 2 | Worcestershire sauce, 1 tbsp. |
| Milk, 1 cup | American cheese slivers, 4 tbsp. |
| Salt, 1 tsp. | Boiling water, 1 cup |
| Pepper to taste | |
| Grated onion, 1 small | |

Cut tops from stem end of green peppers. Remove seeds and fibers. Parboil for 5 minutes. Drain. Prepare filling: mix eggs with milk, salt, pepper, onion, parsley, and Worcestershire. Add vegetables. Fill peppers to within

1/2 inch of top. Sprinkle with cheese. Place in baking dish filled with 1 cup boiling water. Bake in moderate 350° oven until peppers are tender and filling is set, about 35 minutes. MAKES 4 SERVINGS.

Suggested: Serve with Beef Mironton^R—and buttered toasted rye bread.

LYONNAISE STRING BEANS*Leftover*

COOKED STRING BEANS, drained, 1 cup
and

| | |
|---------------------------------|---|
| Butter or margarine, 2 tbsp. | Powdered cloves, dash |
| Minced onion, 1/4 cup | Bacon drippings, 2 tbsp. |
| Minced parsley, 1 tbsp. | Spanish onion, 1, sliced in thin rings |
| Salt and pepper to taste | |

Sauté minced onion in butter until lightly brown—stir frequently. Add string beans, parsley, salt, pepper, and cloves. Cover; simmer very gently 10 minutes. Shake occasionally to keep from burning. Meanwhile—sauté Spanish onion in drippings until brown, then mix with string beans. THIS IS A SIDE DISH—SERVES 2-3.



ODDS-AND-ENDS CASSEROLE

Leftovers

Any three or more of the following sliced, UNCOOKED VEGETABLES

1-2 turnips, white

½ cup peas

2 tomatoes

2 potatoes

1-2 carrots

½ cup celery

and

Raw rice, ½ cup

Finely sliced onion, 1

Salt, ½ tsp.

Pepper, ¼ tsp.

Allspice, 1 pinch

Chicken stock, 1½ cups—

use cube, concentrate,
or canned

Wash rice and place in alternate layers with vegetables in deep casserole. Add seasoning. Cover with chicken stock. Bake tightly covered in moderate 350° oven about 50 minutes, until vegetables and rice are tender. SERVES 2-3.

Variation: Mix in finely diced leftover meats, or add thinly sliced leftover roast—arranging layers of rice, vegetables, and meat slices. Sprinkle with grated cheese and bake as above.

Suggested: This plus a salad of chopped celery, mixed greens with French Dressing^B makes a meal.



VEGETABLE MACEDOINE SALAD

Leftover

COOKED MIXED VEGETABLES, at least 1½ cups,
drained

and

Mashed garlic clove, 1

Salad oil, 4 tbsp.

Salt, 1 tsp.

Pepper to taste

Paprika, ⅛ tsp.

Dry mustard, ⅛ tsp.

Sugar, ⅛ tsp.

Lemon juice, 2 tbsp.

Crumbled blue cheese,

¼ cup

Chopped green pepper, 3

tbsp.

Sliced celery, ½ cup

Broken or torn iceberg

lettuce, 2 cups

Combine garlic, oil, salt, pepper, paprika, mustard, sugar, lemon juice, and 3 tbsp. cheese; beat well. Add vegetables, green pepper, and celery. Chill several hours. Serve tossed with lettuce and garnished with remaining blue cheese. THIS AS AN ACCOMPANYING SALAD SERVES 4—AS A MAIN DISH, 2.





**CEREALS
AND PASTES**

Leftover Cereals and Pastes

DUTCH NOODLE RING

Leftover

COOKED NOODLES, 2 cups

and

| | |
|-------------------------------|------------------------------|
| Egg yolks, 2 | Worcestershire sauce, 1 |
| Milk, $\frac{3}{4}$ cup | tsp. |
| Butter, 1 tbsp. | Catsup, 1 tsp. |
| Salt, $\frac{1}{4}$ tsp. | Grated Cheddar cheese, |
| Paprika, $\frac{1}{8}$ tsp. | $\frac{1}{2}$ cup |
| Chopped cooked spinach | Stiffly beaten egg whites, 2 |
| (optional), $\frac{1}{2}$ cup | |

Rinse noodles with boiling water. Drain. Beat egg yolks, milk, butter, salt, and paprika with spinach. Combine with noodles. Mix in Worcestershire, catsup and cheese. Fold in egg whites. Turn into buttered ring mold. Set in pan of hot water. Bake in moderate 350° oven about 40 minutes until set. Serve with Egg Sauce^R, if liked.

SERVES 4 AS A MAIN DISH.

Suggested: Serve with a salad of Boston lettuce, chopped fennel, grated carrot with Mustard Dressing^R—and brown bread and butter.



SPAGHETTI OMELET ALLA MILANESE

Leftover

COOKED SPAGHETTI or MACARONI, 1 cup, cut into 1-inch pieces

and

| | |
|----------------------------|---------------------------------|
| Butter or margarine, 2 | Grated Swiss cheese, 1 |
| tbsp. | tbsp. |
| Salt, $\frac{1}{2}$ tsp. | Grated Parmesan, 1 tbsp. |
| Pepper, $\frac{1}{4}$ tsp. | Tomato sauce, $\frac{1}{4}$ cup |

OMELET INGREDIENTS:

| | |
|--------------------------|-------------------------|
| Beaten eggs, 5 | Butter or margarine, 1½ |
| Cream or milk, 1 tbsp. | tbsp. |
| Salt, $\frac{1}{2}$ tsp. | Grated cheese, 3 tbsp. |
| White pepper, speck | Tomato sauce, 1 8-ounce |
| | can |

Melt butter in saucepan. Mix in spaghetti. Season with salt and pepper. Add grated cheeses and tomato sauce. Heat thoroughly. Prepare an omelet: beat eggs briskly with cream, salt, pepper. Melt butter in hot frying pan, tipping pan to make sure sides and bottom are greased. Pour in eggs. As eggs begin to set, lift sides and allow uncooked eggs to run under. Repeat until eggs are set. Shake pan occasionally to loosen omelet. When bottom is nicely browned and top is consistency of cream, fill with spaghetti mixture. Fold. Top with grated cheese. Serve with tomato sauce. **SERVES 3-4.**



MACARONI SALAD*Leftover*

COOKED MACARONI, at least 2 cups
and

Mayonnaise, ¼ cup
Chili sauce, 1 tsp.
Finely chopped celery, 1
tsp.
Finely chopped red
pimento, 1 tsp.
Finely chopped green
pepper, 1 tsp.
Chopped hard-cooked egg,
1 tsp.

Salt and pepper to taste
Whipped cream, ½ cup
Sliced radishes, 5
Minced parsley, 1 tbsp.
Pared, chopped cucumber,
½ cup
Slivered American cheese,
½ cup
Chicory lettuce

Mix mayonnaise with chili sauce, celery, pimento, green pepper, egg, salt, and pepper. Carefully fold in whipped cream. Add macaroni, radishes, parsley, cucumber, and American cheese. Chill about 1 hour. Serve on lettuce leaves. **THIS MAKES A MAIN DISH SALAD FOR 3-4.**

Variation: Cut ½-inch slice from stem end of 4 extra-large firm tomatoes. Scoop out pulp with teaspoon, leaving tomato intact. Chill upside down about 15 minutes. Sprinkle inside with salt and fill with macaroni salad.

MARIA'S SPAGHETTI PIE*Leftover*

SPAGHETTI and MEAT BALLS, 3 cups, chopped coarsely
and

Olive oil, 1 tbsp.
Chopped onion, 1 small
Tomato sauce, ¾ cup
Grated Parmesan, 3 tbsp.

Piecrust mix, 1 package,
prepared as directed for
2-crust pie
Milk, 2 tbsp.

Sauté onion in oil until brown. Add tomato sauce, spaghetti, and meat balls. Heat 5 minutes. Sprinkle with

grated cheese. Add salt and pepper if needed. Line 8-inch piepan with pastry. Pour in spaghetti mixture. Cover with remaining pastry. Pinch edges together. Slash to allow steam to escape. Brush with cold milk. Bake in hot 425° oven 20 minutes or until brown. **THIS MAKES MAIN COURSE FOR 3-4.**

Variation: Add leftover peas or string beans to spaghetti mixture.

Suggested: Serve with tossed greens salad and you have a company meal.

MING SHRIMP FRIED RICE*Leftover*

COOKED RICE, at least 1½ cups
and

| | |
|-----------------------------------|---|
| Oil, 2 tbsp. | Shelled and deveined raw shrimp, ½ pound |
| Diced bacon, ¼ pound | Beaten egg ^s , 1 or 2 |
| Minced garlic clove, 1 | Soy sauce, 2 tbsp. |
| Minced onions, 2 medium | |
| Green pepper, cut in strips, ½ | |

Substitute: If you've only egg whites, these will do, too.

Brown bacon in oil. Add garlic and onions. Cook 2 minutes. Add green pepper. Cook 2 minutes more. Add shrimp. Cook until pink. Add rice. Stir in eggs until thoroughly blended. Add soy sauce. **SERVES 3-4.**



INDIAN RICE OMELET*Leftover*

COOKED RICE, 1 cup

and

Oil, 1 tbsp.

Chopped onion, 1 medium

Curry powder, 1½ tbsp.

Cream, 2 tbsp.

Well-beaten eggs, 5

Butter or margarine, 4

tbsp.

Cayenne, dash

Fry onion in oil until soft. Stir in curry powder and cream. Remove from pan and stir into eggs. Melt 2 tbsp. butter in omelet pan. Pour in egg mixture. As eggs begin to set, lift sides and allow uncooked eggs to run under. Repeat until eggs are set. Shake pan occasionally to loosen omelet. When bottom is nicely brown and top is consistency of cream, fill with rice that has been sautéed lightly in 2 tbsp. butter seasoned with a dash of cayenne. Fold over. Serve on warm platter. **SERVES 3-4.**

SPICY RICE SALAD*Leftover*

COOKED RICE, at least 1½ cups

and

Mayonnaise, ¼ cup

Thick sour cream, ¼ cup

Prepared mustard, ¼ tsp.

Horseradish, 1 tbsp.

Salt and pepper to taste

Diced and drained, cooked

or canned beets, 1 cup

Onion shavings, 2 tbsp.

Crisp torn lettuce, 2 cups

Mix mayonnaise with sour cream, prepared mustard, horseradish, salt, and pepper. Toss in rice, beets, and onion shavings. Chill. Serve with broken lettuce leaves. **THIS MAKES AN ACCOMPANYING SALAD FOR 4 OR A MAIN DISH FOR 2.**

SOUR CREAM EGGS*Leftover*

COOKED RICE, 1½ cups

*and*Butter or margarine, 1½
tbsp.Finely chopped onion, 1
small

Minced garlic, 1 clove

Tomato paste, 2 tsp.

Sour cream, ¾ cup

Salt, ½ tsp.

Pepper, dash

Paprika, ¼ tsp.

Finely chopped chives, 1
tsp.

Chopped parsley, 1 tsp.

Finely chopped capers, 1
tsp.

Eggs, 4

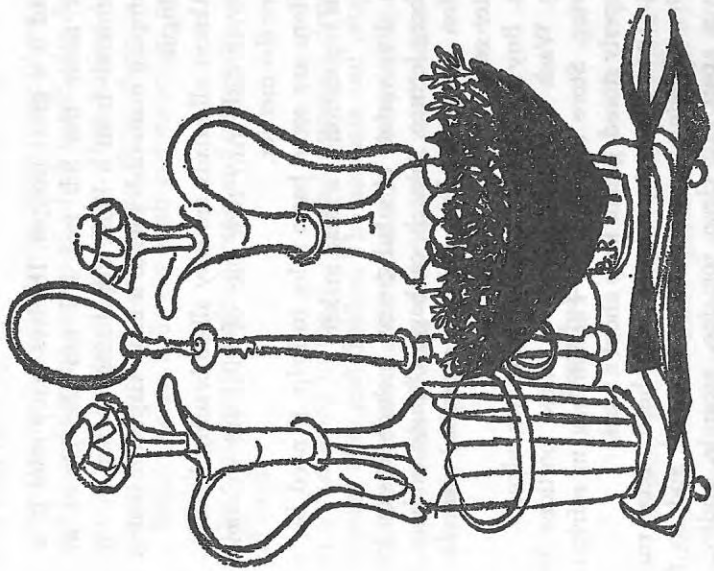
Grated cheese, ¼ cup

Butter, 2 tsp.

Milk, 2 tbsp.

Cook onion and garlic in butter until soft but not browned. Stir in tomato paste and sour cream. Cook until boiling and lower heat. Season with salt, pepper, and paprika. Stir in chives, parsley, capers, and cooked rice. Turn into buttered baking dish. With bottom of water glass make 4 deep depressions in the rice mixture. Break an egg into each, and sprinkle grated cheese over all. Dot with butter, and sprinkle with milk. Bake in moderate 375° oven 15 minutes or until eggs are set and cheese has melted. **SERVES 4.**





SALAD DRESSINGS

Salad is a great trouper. It plays many roles in a meal. Just name the job and it'll run the gamut at your command—from a light, appetizing opener through the thumping main-dish solo to a final wispish tossed or fruit epilogue.

Almost all salads are easy all-embracing friends of the leftover dish. Any new bits of food are welcome. The more the merrier.

Here are some basic rules to help, if need be, widen your reputation as a salad maker:

1. Buy variety of salad greens. Include Boston lettuce, iceberg lettuce, spinach, cabbage, Chinese cabbage, dandelion greens, endive, chicory, romaine, escarole, and watercress.

2. Buy fresh crisp greens—avoid brown edges.

3. Wash thoroughly; remove wilted portions before storing. Store in crisper or Pliofilm bag in refrigerator. Properly stored, greens keep about a week.

4. To wash, cut out core, hold head under running water allowing spray to enter core-end and so force leaves apart. To clean romaine, escarole, endive, and spinach, cut off cores and clean each leaf thoroughly.

5. Dry greens between towel or in French drier. Wet greens cannot hold dressing, taste flat.

6. Dress salad just before serving to avoid wilting.

7. Never drown salad—put extra dressing on table to allow for individual tastes.

8. Salad leaves must be thoroughly chilled and served on chilled plates.

9. Experiment with different color combinations; gayer salads make gayer appetites.

10. Salads are like swimming in a pool. Remove all obstacles: olive pits, bones, seeds, etc.

11. To insure crisp celery soak with lemon slice in ice water an hour or more.

12. Dressing up ingredients also helps: cucumbers may be fluted by pulling the prongs of a fork lengthwise down a young tender unpeeled cucumber, then slicing thin. Peel paper thin curls of raw carrots. Crisp them in ice water. Small cheese balls cut with potato scoop make tasty garnish.

13. Dip tomatoes in boiling water and out again; skins peel off easily.

And a last word to the wise—salad dressings depend on personal likes and dislikes. The amounts and proportions given here are standard but may be varied to suit your taste. Both French dressing and mayonnaise referred to may be home prepared or store bought.

French Dressings

French dressing is a great favorite in its pure form and an invaluable base for many delicious dressings. Salad-loving families often make up a pint at a time, though some gourmets insist it should be made only when needed, or at the table. However you do it, remember French dressing combines more easily when its ingredients are cold. If you mix directly in the bowl, add oil before vinegar—otherwise vinegar wets greens, causing oil to roll off.

Basic French Dressing I

| | For ½ cup | For ¾ cup | For 2 cups |
|------------------------|-----------|-----------|------------|
| Oil | ⅓ cup | ½ cup | 1½ cups |
| Vinegar or lemon juice | 2 tbsp. | 3 tbsp. | ½ cup |
| Salt | ½ tsp. | ¾ tsp. | 1½ tsp. |
| Pepper | ⅛ tsp. | ¼ tsp. | ½ tsp. |

Mix well. For storing, pour ingredients into jar. Shake vigorously until well blended. Store covered on lowest shelf of refrigerator. Shake before using. If desired, rub salad bowl with garlic. If mixing at the table, use 3 parts oil to 1 part vinegar (or lemon), this depending upon individual taste.

Basic French Dressing II

Add following ingredients to above.

| | For ½ cup | For ¾ cup | For 2 cups |
|-------------|------------|-----------|------------|
| Dry mustard | ¼ tsp. | ⅓ tsp. | 1 tsp. |
| Cayenne | 1-2 grains | 2 grains | 3 grains |
| Garlic | ½ clove | 1 clove | 2 cloves |

Allow garlic to stand in dressing for several hours or longer if possible.

American Cheese Dressing To ¾ cup French Dressing I, add 1½ tbsp. catsup, pinch sugar, 1½ tsp. Worcestershire, dash Tabasco, and ¼ cup grated American cheese. Salt and pepper to taste. Beat until creamy. MAKES ABOUT 1 CUP.

Blue Cheese or Roquefort Dressing To ¾ cup French Dressing II, add 3 tbsp. blue or Roquefort cheese. Beat until smooth. Add vinegar or lemon juice if more tartness is desired. (Optional: Rub bowl with cut garlic clove.) MAKES ABOUT 1 CUP.

Caesar Salad Dressing Prepare ½ cup French Dressing II using lemon juice instead of vinegar. Add 1 beaten raw egg, 4 tbsp. grated Parmesan cheese. Serve on tossed salad greens. Add 1 cup bread cubes that have been browned in garlic and oil. Season with freshly ground black pepper. MAKES ABOUT 1 CUP.

Chiffonade Dressing To ¾ cup French Dressing I, add 1 chopped hard-boiled egg, 1 tsp. grated onion, 1 tsp. finely chopped parsley or chervil, 1 tbsp. minced pimento, dash paprika. Mix thoroughly. MAKES ABOUT 1 CUP.

Chive Dressing To ¾ cup French Dressing II, using lemon juice instead of vinegar, add additional 1 tsp. lemon juice, 1 tbsp. chopped chives.

Cream Cheese Dressing Prepare 1 cup French Dressing I, using lemon juice. Beat ½ cup of the dressing into 2½ tbsp. cream cheese mixed with 1 tbsp. chopped chives. Beat until semi-liquid. Add other ½ cup dressing. Mix thoroughly. MAKES ABOUT 1¼ CUPS.

Mustard Dressing To ¾ cup French Dressing I, add 2 tbsp. prepared mustard, 1 tsp. grated cheese. Blend thoroughly. MAKES A LITTLE MORE THAN ¾ CUP.

Vinaigrette Dressing To ¾ cup French Dressing I, add 1 chopped hard-boiled egg, 1 tsp. chopped chives, and 1 tsp. chopped parsley. Serve very cold. MAKES ABOUT 1 CUP.

Cucumber Dressing Mash ½ cup peeled, seeded, grated cucumber with 1 3-ounce package cream cheese. Add 4½ tbsp. oil, 2 tbsp. lemon juice, ½ tsp. salt, dash cayenne, 1 tbsp. minced onion. Mix well. MAKES ABOUT 1 CUP.

Hot Bacon Dressing Fry 2 or 3 slices bacon until crisp. Remove. Crumble. Stir 1 tbsp. flour into fat. Add 2 tbsp. vinegar, ¼ cup boiling water, ½ tsp. dry mustard, ½ tsp. salt, dash cayenne, drop Tabasco, 1 tsp. Worcestershire. Bring

to boil. Add bacon. Serve hot over cold salad. MAKES ABOUT $\frac{1}{2}$ CUP.

Sour Cream Dressing Mix 1 cup thick sour cream with 2 tbsp. tarragon vinegar, 1 tsp. finely chopped chives, pinch sugar, salt, cayenne to taste. Serve very cold. MAKES A LITTLE MORE THAN 1 CUP.

Mayonnaise Dressings

Mayonnaise Dressing, like French, is a great favorite as it is—or as a base for countless other dressings. Here, too, many families find it saves trouble to make up one pint at a time. When mixed properly, mayonnaise (unlike French dressing) is not likely to separate. If separated, it can generally be returned to proper consistency by slowly beating in one egg yolk. Homemade or store-bought, *do not* keep it in the coldest part of refrigerator.

Basic Mayonnaise

| | For $\frac{1}{2}$ cup | For 1 cup | For 2 cups |
|---------------------------|-----------------------|--------------------|-----------------------|
| Dry mustard | $\frac{1}{4}$ tsp. | $\frac{1}{2}$ tsp. | 1 tsp. |
| Sugar (optional) | $\frac{1}{4}$ tsp. | $\frac{1}{2}$ tsp. | 1 tsp. |
| Cayenne | 1 grain | 2 grains | 4 grains |
| Salt | $\frac{1}{4}$ tsp. | $\frac{1}{2}$ tsp. | 1 tsp. |
| Egg | 1 yolk | 1 yolk | 1 whole or 2 yolks |
| Oil | 6 tbsp. | $\frac{3}{4}$ cup | $1\frac{1}{2}$ cups |
| Vinegar or Lemon juice | 1 tsp. | 1 tbsp. | 2 tbsp. |

Ingredients should be at room temperature. Mix mustard, sugar, cayenne, salt, and egg in deep bowl. Beat thoroughly. Add oil, 1 tbsp. at a time while beating briskly and constantly, until half the oil has been used. Add remaining oil 2 tbsp. at a time. Add lemon juice or vinegar last. *Note:* Eggs

must be strictly fresh and not cold. Adding oil too rapidly curdles mayonnaise. Remedy this by beating one egg yolk, then gradually adding curdled mixture until it returns to proper consistency. Then continue adding remaining oil and lastly, the vinegar.

Cucumber Dressing To $\frac{1}{2}$ cup mayonnaise, add 1 small peeled chopped—then drained—cucumber. Mix well. If desired add 1 tsp. tarragon vinegar for extra tartness. Chill thoroughly. MAKES ABOUT $\frac{2}{3}$ CUP.

Egg Dressing To 1 cup mayonnaise, add 1 tbsp. chopped pimento, 1 chopped hard-boiled egg, and 1 tbsp. India relish. MAKES ABOUT $1\frac{1}{4}$ CUPS.

Horseradish Dressing To 1 cup mayonnaise, add 3 tbsp. prepared horseradish plus 2 dashes Tabasco and fresh ground black pepper. MAKES A LITTLE MORE THAN 1 CUP.

Piquante Dressing To 1 cup mayonnaise, add 1 tsp. each finely chopped sour pickles, chives, onion, capers, and pitted green olives. Mix in 1 tsp. prepared mustard. MAKES ABOUT 1 CUP.

Russian Dressing

A

To 1 cup mayonnaise, add 3 tbsp. chili sauce, 1 tbsp. India relish. Makes about $1\frac{1}{4}$ cups.

B

To $\frac{1}{2}$ cup mayonnaise, add $2\frac{1}{2}$ tbsp. chili sauce, 1 tbsp. minced green pepper, 1 tbsp. chutney, 2 drops Tabasco, $\frac{1}{4}$ tsp. paprika, 1 finely chopped hard-boiled egg. Mix well. MAKES ABOUT $\frac{3}{4}$ CUP.

Seafood Dressing To $\frac{1}{2}$ cup mayonnaise, add 3 tbsp. cream, 2 tbsp. catsup, 1 tbsp. lemon juice, 5 drops Tabasco, pinch salt. Mix well. MAKES ABOUT $\frac{3}{4}$ CUP.

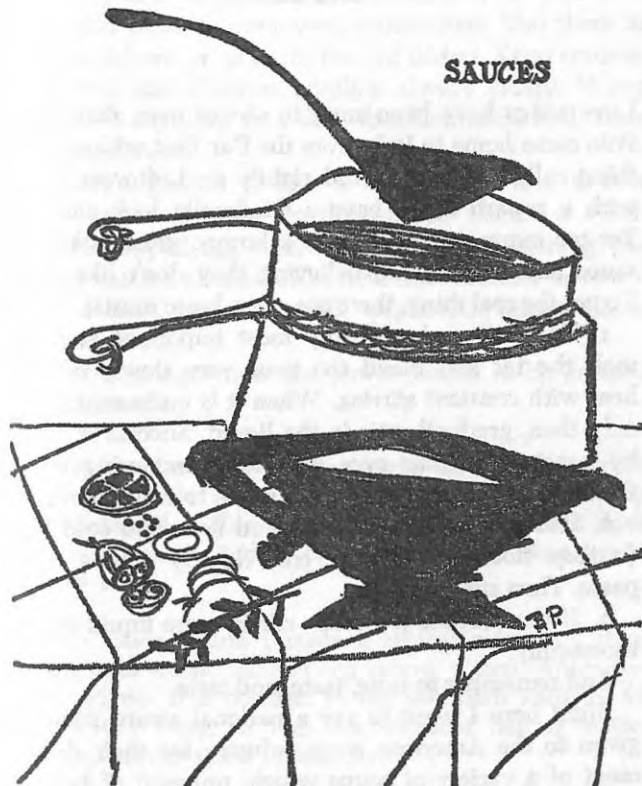
Sour Cream Dressing To $\frac{1}{2}$ cup mayonnaise, add 1 cup thick sour cream, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. sugar, 1 tsp. prepared

mustard, and 2 tsp. vinegar. Mix well. **MAKES ABOUT 1½ CUPS.**

Tartar Dressing (or Sauce) To 1 cup mayonnaise, add 2 tbsp. chopped gherkins, 1 tbsp. capers, 1 tbsp. chopped parsley, and 2 tbsp. chopped pimento-stuffed olives. (Optional: Add ¼ cup sherry wine.) **MAKES ABOUT 1½ CUPS.**

Cole Slaw Dressing Beat 1 egg lightly. Blend with ¼ cup vinegar, ¼ cup water, 1 tsp. honey, ½ tsp. salt, dash pepper, 1 tsp. prepared mustard. Stir constantly over low heat until thickened. Cool. **MAKES ABOUT ¾ CUP.**

SAUCES



SAUCES

Love songs have been sung to sauces ever since Marco Polo came home to Italy from the Far East with a curious thing called spaghetti. And rightly so. Leftovers dressed with a superb sauce have a Cinderella look and taste. Yet too many people mistake a lumpy, greasy glue for a sauce and so wind up believing they don't like sauces. To get the real thing, there are a few basic musts:

1. The first and probably most important step is to melt the fat and blend the flour very slowly over low heat with *constant stirring*. When it is quite smooth, and only then, gradually stir in the liquid. Success is insured by *constant stirring* over low heat—simmering until it thickens and then allowing the sauce to *cook thoroughly*.

2. If the sauce is too thin, blend flour and cold liquid (1 tbsp. flour to 1½ tbsp. cold liquid) until a smooth paste. Then stir into sauce.

3. If the sauce is too thick, stir in more liquid and mix thoroughly.

And remember to taste, taste, and taste.

Right here I want to say a national award should be given to the American soup industry for their development of a variety of soups which, unheard of before in history, can today be turned into wonderful sauces. There are the cream of chicken soups with and without rice to enhance ham bits, variety meats, eggs, etc. Cream of celery, black bean, mushroom, asparagus, pea, and tomato are good on rice, spaghetti, all kinds of meat, fish, and eggs. Beef consommé can be used for jellied leftover meats or sauce-extendors. Chowders, pepper

pots, beef and scotch broth will go wherever your imagination leads you.

And don't forget the canned tomato, spaghetti, barbecue, tartar, hot, cocktail, and bottled meat sauces.

Of course, use them. Better still, learn what wonderful allies they are. Experiment, combining with your leftovers. Add them to your own concoctions. Use them as sauce-stretchers, or as bases for egg dishes. Keep concentrated beef and chicken bouillon always handy. Water never adds anything to a dish—bouillon adds both taste and nourishment.

A sauce's garnish is like a boutonniere and a new spring bonnet. It perks up the wearer. There's a sprinkling of chopped egg yolk, croutons, grated nutmeg, paprika, or toasted almonds. For new taste touches there are bacon crumbs, caraway seeds, paper-thin lemon slices, mint, and so on.

Use your imagination and you're bound to be greeted with admiration.

Atoli Sauce Mash 3-5 or more garlic cloves very smooth with 1 egg yolk, ½ tsp. salt, ¼ tsp. pepper. Add ¾ cup good salad oil, 1 tbsp. at a time, beating well until thick like mayonnaise. Add 1 tbsp. lemon juice. Beat again. **MAKES 1 CUP.**

Barbecue Sauce Sauté 1 medium minced onion in 1 tbsp. butter until tender. Add ½ cup catsup, 2 tbsp. Worcestershire, ½ tsp. chili powder, ¼ tsp. salt, dash Tabasco, ½ cup water. Bring to boil. An excellent basting sauce. **MAKES A LITTLE MORE THAN 1 CUP.**

Béarnaise Sauce Boil rapidly ¾ cup dry white wine with ¼ cup tarragon vinegar, 1 tbsp. finely chopped shallots, 1 tsp. chopped parsley, ¼ tsp. tarragon, ¼ tsp. thyme, ⅓ tsp. black pepper—no salt, until reduced to half volume. Strain. Beat in 3 egg yolks, one at a time, alternating with as much slightly melted butter as necessary to keep sauce the consistency of mayonnaise. **MAKES ABOUT 1 CUP.**

Béchamel (White Sauce)

| <i>Thin</i> | <i>Medium</i> | <i>Thick</i> |
|----------------|----------------|----------------|
| 1 tbsp. butter | 2 tbsp. butter | 3 tbsp. butter |
| 1 tbsp. flour | 2 tbsp. flour | 3 tbsp. flour |
| Speck pepper | Speck pepper | Speck pepper |
| ½ tsp. salt | ½ tsp. salt | ½ tsp. salt |
| 1 cup milk | 1 cup milk | 1 cup milk |

Melt butter in double boiler. Stir in flour, pepper, salt, until well blended. Add milk gradually, stirring constantly until thickened. Continue stirring 10 minutes to allow flour to cook. **MAKES 1 CUP.**

Brown Butter (Beurre Noir) Cook ½ cup butter in saucepan until it foams and becomes light brown. Remove from heat. Add 2 tbsp. lemon juice, ¼ tsp. salt, speck pepper. (Optional: Add 2 tbsp. each chopped parsley, chives.) **MAKES ABOUT ½ CUP.**

Brown Sauce Simmer in 3 tbsp. butter in double boiler 1 tsp. minced parsley, 1 minced medium onion, until golden brown. Proceed as for Medium Béchamel, adding flour, pepper, salt—but substituting bouillon for milk. **MAKES 1 CUP.**

Cheese Sauce Make 1 cup Medium Béchamel. Stir in ½ cup grated processed cheese until melted. (Optional: Stir in 1 tbsp. prepared mustard, or 1 egg yolk, or 2 tbsp. chopped green pepper.) **MAKES ABOUT 1½ CUPS.**

Cocktail Sauce Mix ⅔ cup chili sauce with 1 tbsp. grated horseradish, 1 tbsp. lemon juice, ⅓ tsp. salt, few grains cayenne pepper, ½ tsp. Worcestershire, 2 drops Tabasco. Chill thoroughly. **MAKES ABOUT ¾ CUP.** (Optional: Mix with ½ cup mayonnaise.)

Cream Gravy, Poultry Blend 3 tbsp. poultry drippings with 3 tbsp. flour. Stir in 1 cup sweet cream. Stir until thickened and flour is cooked, about 10 minutes. **MAKES ABOUT 1 CUP.**

Deviled Sauce Place ½ cup wine vinegar with ½ tsp. black pepper, 5 red pepper seeds (optional) in saucepan. Simmer until vinegar is reduced to half quantity. Add 1 cup bouillon, 1 tsp. tomato paste. Simmer 10 minutes. Blend 1 tbsp. butter with 1 tbsp. flour. Add to sauce little by little. Stir and heat well. Do not boil. **MAKES ABOUT 1 CUP.**

Drawn Butter Blend 3 tbsp. butter with 3 tbsp. flour over low heat. Season with ½ tsp. salt, ⅓ tsp. pepper. Stir in 1½ cups vegetable water. Boil 5 minutes. Add 1 tbsp. butter and 1 tsp. lemon juice. Stir constantly another 5 minutes. **MAKES A LITTLE MORE THAN 1½ CUPS.**

Egg Sauce To 1 cup Medium Béchamel or Drawn Butter, add 2 chopped hard-boiled eggs and 1 tsp. finely chopped parsley. **MAKES ABOUT 1¼ CUPS.**

Hollandaise Sauce Place 2 egg yolks in a bowl with 1 tbsp. cream, 2 tbsp. tarragon vinegar, dash salt, cayenne pepper. Put the bowl over a deep pan of warm water—do not allow bowl to touch water. Stir constantly over low heat—do not allow water to boil, otherwise sauce cooks too rapidly and may curdle. Stir until yolks just begin to thicken. Add about ½ cup butter very slowly, beating constantly until thick. Stir in 1 tbsp. lemon juice.

Mustard Sauce To 1 cup either Drawn Butter Sauce or Medium Béchamel, add—just before serving—1 tbsp. prepared mustard. Blend thoroughly. Heat but do not boil. Serve at once.

Tomato Sauce Heat 2 tbsp. olive oil, butter, or lard in a saucepan. Add 1 finely chopped garlic clove, 1 chopped large onion, 1 tbsp. chopped celery, ½ tsp. minced parsley, 1 tbsp. finely chopped carrot. Cook a few minutes, stirring constantly until light brown. Add 1 No. 2½ can tomatoes or 3 cups fresh tomatoes cut in pieces, 1 bay leaf, ½ tsp. basil, ¼ tsp. oregano, ½ tsp. salt, and ½ tsp. pepper. Bring to a boil. Lower heat and simmer for 40 minutes

"NOTHING IN THE HOUSE BUT——"

When Old Mother Hubbard had a bare cupboard, she really had a bare cupboard and nothing could help her but a shopping expedition.

Because a *bare* cupboard means just that. Yet if your shelf has some stale bread and onions, or maybe a few potatoes and cooking lard, it's far from bare.

True, it can be a problem, as anyone knows who has turned about from what seems to be nothing on the shelf to face a gang of hungry people piling in the front door.

This is what we call the "nothing-in-the-house-but" problem. It's a sort of first cousin to the leftover problem—perhaps more urgent since leftovers can be leisurely scheduled for clever uses. Here, instead, you are asked to meet a sudden demand with what seems to be nothing but unconnectable odds and ends on a pantry shelf.

In short it is "emergency" cooking complicated by what seems to be nothing on hand. Turned to victory, such a challenge very often is more successful and draws greater applause than a carefully prepared dinner.

The main idea is not to be timid. There is no need to be. There are hundreds of ways to prepare emergency dishes out of "nothing"—granting always that a well-stocked pantry averts a serious problem.

For example, there are few odds and ends or leftovers which cannot be thrown together to make a hearty, peasant-type soup to save money and the impossible situation. Certainly the famous Gratinée[®] from the markets in Lyons, or French Onion Soup[®] with garlic-rubbed

day-old bread takes no special ingredients that couldn't be found in the barest of larders.

And why limit the imagination to soups?—from Piñon Rice[®] to Potato Latkes[®] there are countless variations. Some are simple as well as real gourmet specialties.

Nothing in the House but Bread

BOUILLON WITH CRUMB BALLS

Nothing in the house but

BREAD CRUMBS, ½ cup
and

Bacon or meat drippings,
2 tbsp.

Grated lemon rind, 1 tbsp.
Salt and pepper to taste
Fine chopped parsley, 1
tbsp.

Grated onion, 1 tbsp.
Egg white, 1
Bouillon cubes[®], 2,
dissolved in 2 cups
boiling water

Substitute: Any soup or broth or stew.

Mix bread crumbs with drippings, lemon rind, salt, pepper, parsley, onion, and egg white. Form into tiny marble-sized balls. Just before serving, drop into hot soup. SERVES 2.



GRATINÉE LYON

Nothing in the house but

BREAD, 6 stale hard rolls, or 6-8 or more thick pieces of stale bread

and

Butter or margarine, 2
tbsp.

Bouillon, cubes, canned, or
concentrate, 6 cups

Bay leaf, 1

Chopped parsley, 1 tbsp.

Salt and pepper to taste

Nutmeg, few grains

Grated cheese, ½ cup

Eggs (optional), 1-4

Cognac, rum, red wine,
sherry, etc. (optional)

4 tbsp.

Break bread into small pieces. Melt butter in saucepan. Add bread and fry until golden. Pour in hot bouillon. Add bay leaf, parsley, salt, pepper, and nutmeg. Cover and simmer gently 25 minutes. Discard bay leaf. Season to taste. Pour into 4 individual casseroles. Sprinkle each with 2 or 3 tbsp. cheese. Brown under broiler about 8 minutes. If you've eggs, slip 1 well-beaten egg into each casserole just before serving. Add a good tbsp. cognac, rum, or sherry, etc., to each. THIS IS A GOOD LATE-WINTER-NIGHT WARMER FOR 4.

Variation: Pour into 1 large serving casserole. Add all the cheese. Brown under the broiler. Slip 1 beaten egg only into the soup just before serving. (Do not stir soup after the egg has been added.)

**NEAPOLITAN BROCHETTES**

Nothing in the house but

STALE BREAD, 12 thick slices, preferably French or Italian bread

and

CHEESE, Swiss, Edam, Münster, or Processed American,
½ pound

and

Tiny firm tomatoes

(optional), 4

Milk, ½ cup, seasoned

with salt and pepper

Flour, 1 cup

Lightly beaten egg, 1

Oil, lard, or fat, 1 cup

Cut bread (crusts removed) and cheese into 1 × ½-inch pieces. String on 8 skewers alternating bread, cheese, tomatoes—repeating until skewers are filled. Dip into milk, then flour, then egg. Fry in hot oil until golden brown on all sides. THIS CAN BE MAIN DISH FOR 4.

Variation: Eggplant, zucchini, leftover boiled or canned potatoes, parboiled onions, and/or bacon may be added.



Nothing in the House but Canned Fish

FISH AU GRATIN

Nothing in the
house but

TUNA or SALMON, 7-ounce can

and

AMERICAN CHEESE, ¼ cup, grated

and

Chopped onion, 2 slices
mixed with 3 tbsp. but-
ter or margarine and 1
tbsp. chopped green
pepper (optional)

Flour, 3 tbsp.

Salt and pepper to taste

Milk^s, 1½ cups

Mustard, ½ tsp.

Lemon juice, 1 tbsp.

Bread crumbs, 3 tbsp.

Butter, 1 tbsp.

Substitute: Evaporated milk and water—or chicken soup or bouillon cube and boiling water.

Cook onion, butter, and green pepper over very low heat 5 minutes. Stir in flour and salt and pepper. Add milk gradually, stirring constantly until thick and smooth. Flake fish if necessary. Add to mixture with mustard and lemon juice. Fill buttered ramekins or baking dish. Top with cheese mixed with bread crumbs. Dot with butter. Bake in moderate 350° oven 15 minutes until well browned. SERVES 4.



FISH FLAKE SPAGHETTI

Nothing in the
house but

CANNED TUNA or CRAB MEAT and/or SALMON^s,
1 or 2 cans

and

SPAGHETTI, 1 pound

and

Oil, ¼ cup

Chopped onion, ¾ cup

Minced garlic, 2 cloves

Minced parsley, 1 tsp.

Chopped celery

(optional), 1 tbsp.

Salt, ½ tsp.

Pepper, ¼ tsp.

Paprika, ¼ tsp.

Sherry (optional), ½ cup

Tomato sauce, 1 cup or

diced tomatoes, 6, and

water or bouillon, ½

cup

Boiling water, 4 quarts,

seasoned with 3 tbsp.

salt

Butter, 2 tbsp.

Substitute: Any leftover boiled or baked fish, boned and flaked.

Prepare sauce before cooking spaghetti. Brown onion, garlic, parsley, and celery in oil. Add salt, pepper, paprika, tomato sauce, fish (flaked and boned), and sherry. Simmer 5 minutes. (If using tomatoes, add with water or bouillon before adding fish flakes and sherry. Simmer 30 minutes, then add fish flakes and sherry and simmer 5 minutes.) Boil spaghetti in salted water until *al dente* (firm, not too soft). Serve sauce over well-drained hot spaghetti. Top with butter. THIS MAKES A FILLING MAIN COURSE FOR 4.



IRISH SCALLOPED TUNA CASSEROLE

Nothing in the
house but

CANNED TUNA or SALMON, 1 7-ounce can

and

UNCOOKED POTATOES, pared and thinly sliced, 2½ cups

and

| | |
|--|--|
| Butter or margarine st , 3 tbsp. | Pepper to taste |
| Flour, 3 tbsp. | Minced green pepper (optional), 1 tbsp. |
| Milk st , 1½ cups | Minced parsley (optional), 1 tbsp. |
| Minced onion, 1 medium | |
| Salt, ½ tsp. | |

Substitute¹: Fish oil or salad oil.

Substitute²: Evaporated milk and water.

Boil potatoes in salted water 10 minutes. Drain. Melt butter in saucepan; blend in flour. Add milk gradually, stirring constantly until thick and smooth. Add onion, salt, pepper, green pepper, and parsley. Arrange potatoes and fish (flaked and boned) in alternate layers in buttered casserole. Pour sauce over all. Bake in moderate 350° oven 40 minutes. THIS MAKES A FINE UNEXPECTED-COMPANY DISH FOR 4-5.

Variation: Add chopped stuffed olives to the white sauce.



NEWBURG ROLLS

Nothing in the
house but

CANNED FISH, 1 No. 2 can

and

HARD CRUST ROLLS, 4

and

| | |
|---|---------------------------------|
| Butter or margarine, 3 tbsp. | Worcestershire sauce, ½ tsp. |
| Flour, 4 tbsp. | Tabasco, dash |
| Milk, 1½ cups, or ¾ cup evaporated milk and ¾ cup water | Sherry (optional), 3 tbsp. |
| | Lemon juice, ½ tsp. |
| | Paprika |

Melt butter in saucepan; blend in flour. Add milk gradually, stirring constantly until thick and smooth. Add Worcestershire, Tabasco, sherry, lemon juice, and fish, flaked and boned. Cut off thin slice from top of each roll. Scoop out insides. Pile fish and sauce into each. Dust with paprika; brown quickly under broiler. SERVES 4.

Variation: Add mushrooms to sauce. This can be served on toast, rice, or noodles. Anyway you serve it, it makes savory fare.



PANTRY SHELF FISHBIT

Nothing in the house but

CANNED SARDINES or SALMON or CRAB MEAT or TUNA, about 1 cup

and

| | |
|---|---|
| Butter or margarine, 2 tbsp. | Grated cheese or cheese slivers, ½ cup |
| Flour, 2 tbsp. | Worcestershire sauce, ½ tsp. |
| Dry mustard, ½ tsp. | Toast, 3-4 slices |
| Salt and pepper to taste | |
| Milk, 1 cup, or ½ cup evaporated milk and ½ cup water | |

Melt butter in saucepan; blend in flour, mustard, salt, and pepper. Add milk gradually, stirring constantly until thick and smooth. Add cheese and Worcestershire. Stir until cheese melts. Add canned fish, flaked and boned. Heat thoroughly. Serve on toast. **MAKES 3-4 SERVINGS.**

PANTRY SHELF PANCAKE CASSEROLE

Nothing in the house but

CANNED TUNA or SALMON or CRAB MEAT, 1 7-ounce can

and

| | |
|---|--------------------|
| Canned cream of mushroom, celery, or | tomato soup, 1 can |
| | Milk, ¼ cup |

or

| | |
|---------------------------------|---------------------------|
| Butter or margarine, 2 tbsp. | Flour, 2 tbsp. |
| | Milk ^s , 1 cup |

and

| | |
|---------------------------------|--------------------------|
| Worcestershire sauce, ½ tsp. | Salt and pepper to taste |
| Chopped parsley, 1½ tbsp. | Grated cheese, ¾ cup |
| | Pancake mix, 1 cup |
| | Milk, 1 cup |

Substitute: ½ cup evaporated milk and ½ cup water.

If using canned soup, add ¼ cup milk, ½ tsp. Worcestershire, parsley, salt, pepper and half cup cheese. Add canned fish, flaked and boned. Heat. *Otherwise*, prepare a sauce by melting butter in saucepan; blend in flour. Add milk gradually, stirring constantly until thick and smooth. Add Worcestershire, parsley, salt, pepper, half cup grated cheese, and fish flakes. *Then:* Make the pancakes as directed on package. Follow basic recipe or add a beaten egg. Then place a layer of pancakes in shallow baking dish. Place a dab of fish sauce in center of each. Cover with remaining pancakes. Top with remaining sauce. Garnish with remaining grated cheese. Bake in medium hot 400° oven ten minutes. **THIS IS A WONDERFUL SUNDAY-NIGHT SNACK FOR 4.**

SARDINE CROQUETTES

Nothing in the house but

SARDINES, 1 3¼-ounce can

and

| | |
|---------------------------------|-------------------------------|
| Butter or margarine, 2 tbsp. | Minced parsley, 1 tbsp. |
| Flour, 2 tbsp. | Beaten egg, 1 |
| Milk, ½ cup | Crushed corn flakes, ½ cup |
| Bread crumbs, ¾ cup | Fat or shortening |
| Salt and pepper to taste | Lemon wedges, 4 |
| Worcestershire sauce, ½ tsp. | |

Melt butter in saucepan; blend in flour. Gradually add milk, stirring constantly until thick and smooth. Mash sardines into sauce; add 4 tbsp. bread crumbs, salt, pepper, Worcestershire, and parsley. Chill half hour or longer. Shape into croquettes. Roll in remaining bread crumbs, then in egg, and then in corn flakes. Fry in fat,

½ inch deep, until golden. Serve with lemon wedges. Good with Cocktail Sauce^R or Tartar Sauce^R. MAKES 4 GOOD-SIZED CROQUETTES.

SARDINE ENVELOPES

Nothing in the house but

SARDINES, 2 cans, 3¼ ounces
and

Piecrust mix, 1 package

Prepare piecrust as directed on package. Separate sardines. Drain. Lay sardines on pastry—allowing ¾ inch all around. Cut out each pastry square and fold like envelope over sardine. Pinch together with wet fingers and bake in hot 425° oven 15 minutes. Serve hot. THIS MAKES ABOUT 15-18 TIDBITS.

SEAFOOD BURGERS

Nothing in the house but

CLAMS, 1 8-ounce can, minced with liquid
and

EGGS, beaten, 2

and
Fine cracker crumbs^S, 1 cup
Salt, ¼ tsp.
Pepper to taste

Tabasco, 2 drops
Bacon drippings, 3 tbsp.
Burger buns, 6

Substitute: ½ cup cracker crumbs, ½ cup mashed potatoes.

Combine clams, eggs, cracker crumbs, salt, pepper, and Tabasco. Drop by large spoonfuls into hot bacon drippings, flattening slightly. Brown both sides. Serve on

burger buns spread with Cocktail Sauce^R or Tartar Sauce^R. MAKES 6 SERVINGS.

SPANISH TUNA AND OLIVES

Nothing in the house but

TUNA, 1 can
and

OLIVES, 1 can or jar
and

| | |
|---------------------------------|---------------------------------|
| Butter or margarine, ¾ tbsp. | Lemon juice, 2 tsp. |
| Flour, ¾ tbsp. | Pepper to taste |
| Sherry or white wine, ½ cup | Lemon rind, ½ tsp. |
| | Chopped parsley, 1 tbsp. cup |

Melt butter in a saucepan. Blend in flour. Add sherry, lemon juice, and pepper. Cook, stirring constantly until thick and smooth. Add tuna, lemon rind, and olives. Heat thoroughly. Garnish with parsley. MAKES 3-4 SERVINGS.

Suggested: Served with boiled rice it makes a good meal.



TUNA CHOWDER

Nothing in the house but

TUNA, 1 can solid pack plus oil

and
POTATOES, diced and pared, 1 cup

| | |
|------------------------|---|
| Diced bacon, 1½ slices | Canned tomatoes (optional) ^s , No. 1 can |
| Thyme, ¼ tsp. | Water and milk to make one quart |
| Diced onion, ¼ cup | Butter or margarine, 2 tsp. |
| Salt, 1 tsp. | Minced parsley, 1 tsp. |
| Pepper to taste | |

Substitute: 3 medium tomatoes cut in slivers, plus ½ cup water.

In deep kettle, sauté bacon until crisp. Add oil drained from tuna. Stir in thyme and onion. Cook until soft. Add potatoes, salt, pepper, and tomatoes. Cook covered 15 minutes until potatoes are tender. Add water and milk, then tuna, broken into pieces. Cook another 5 minutes. Serve topped with dabs of butter and minced parsley.
SERVES 3-4.

**Nothing in the House but
Cereals and Pastes**

GARLIC MACARONI

Nothing in the house but

MACARONI or SPAGHETTI, 1 pound

| | |
|--------------------------------|------------------|
| Boiling salted water, 4 quarts | Basil, ¼ tsp. |
| Garlic, 15-20 cloves | Parsley, 1 tbsp. |
| Olive oil, 4 tbsp. | Salt and pepper |

Boil macaroni in salted water until *al dente* (firm, not too soft). Now for the sauce: This is a recipe for the more adventurous. If you like garlic, you're in for a real treat. If you're the timid type, use only 15 garlic cloves—but not less. Cook the garlic in the oil with basil and parsley until they are fried golden brown and soft. Mash all together to make a smooth paste. Season to taste. Mix well. Toss with boiled, drained macaroni. Serve in preheated casserole—no cheese!

This is the kind of dish you must share with good friends or spend the evening alone. (And it may be worth it at that.) THIS CAN BE MAIN COURSE FOR 4—GOOD WITH CRISP, COLD SALAD.

Variation: Add 1½ cups canned, leftover, or prepared tomato sauce to garlic paste.

BLACK SPAGHETTI

Nothing in the house but

SPAGHETTI, 1 pound

and
BLACK OLIVES, 1-2 jars pitted

| | |
|---|---|
| Boiling salted water, 4 quarts | Bacon (optional), 4 slices cut into bits |
| Olive oil or very good salad oil, 3 tbsp. | Chopped anchovy fillets (optional), 5, or anchovy paste, 2-3 tsp. |
| Finely chopped onions, 2 medium | Chopped parsley, 3 tbsp. |
| Chopped garlic, 2 cloves | Grated cheese, 4 tbsp. |

Boil spaghetti until *al dente* (firm, not too soft). Sauté onions in 2 tbsp. oil. Add garlic, olives, bacon, anchovies or anchovy paste, and parsley. Cook until bacon is crisp. Place drained spaghetti in serving dish with remaining

oil. Mix well. Cover with sauce. Serve with grated cheese. SERVES 4.

Suggested: This plus a salad makes a good meal—wonderful with Gamay Rosé wine.

SPAGHETTI AND GREEN SAUCE

Nothing in the house but

SPAGHETTI, 1 pound
and

| | |
|----------------------------------|--|
| Boiling salted water, 4 quarts | Chopped fresh parsley ^s , ½ cup |
| Olive or good salad oil, 6 tbsp. | Black pepper, ¼ tsp. |
| Finely chopped garlic, 4 cloves | Butter or margarine, 2 tbsp. |
| | Grated cheese |

Substitute: Chopped spinach or dried parsley.

While spaghetti is boiling in salted water, sauté garlic in oil until golden. Add parsley and black pepper. Simmer a few minutes. When spaghetti is *al dente* (firm, not too soft), drain thoroughly and pour into a heated bowl with the butter. Add the sauce, mix thoroughly. Serve sprinkled with grated cheese. SERVES 4.

SPAGHETTI ALLA POMPIERI

Nothing in the house but

SPAGHETTI, 1 pound
and

| | |
|--|--------------------|
| Boiling salted water, 4 quarts | Tabasco, 2 drops |
| Chopped bacon, ½ cup | Olive oil, 1 tbsp. |
| Chopped onion, 2 tbsp. | Salt, ¼ tsp. |
| Chopped green pepper (optional), 3 tbsp. | Pepper to taste |
| | Grated cheese |

While spaghetti is boiling in salted water, fry bacon, onion, green pepper, and Tabasco together until golden brown. Add oil, salt, and pepper. Simmer a few minutes. When spaghetti is *al dente* (firm, not too soft), drain thoroughly and pour into a heated bowl. Add the sauce; mix thoroughly. Serve sprinkled with grated cheese. SERVES 4.

SPAGHETTI ALLA CARBONNARA

Nothing in the house but

SPAGHETTI, 1 pound
and

| | |
|---|--------------------------|
| BACON ^s , about 8–10 slices, cut in pieces | |
| Boiling salted water, 4 quarts | Beaten eggs, 1–2 |
| Olive oil, 1 tbsp. | Grated cheese, ½ cup |
| Tiny red pepper, 1 pod | Salt and pepper to taste |
| Orégano (optional), pinch | Melted butter, 4 tbsp. |

Substitute: If you've less bacon include leftover drippings.

While spaghetti is boiling in salted water, fry bacon with olive oil, red pepper, and orégano until bacon is rich brown (add drippings if to be used). Remove pepper pod. Place large serving bowl over hot water. Beat eggs in bowl until frothy. Add cheese, salt, and pepper. Mix well, then stir in butter and bacon plus oil. When spaghetti is *al dente* (firm, not too soft), drain well and add to bacon mixture. Toss well at table. Serve with additional grated cheese. SERVES 4.



GNOCCHI SEMOLINA, PRONOUNCED KNEE-OH'-KEY

Nothing in the house but

FARINA, 1½ cups quick cooking
and

| | |
|----------------------------------|------------------------|
| Water, ¾ cup | Grated cheese, ¾ cup |
| Milk ^s , 2 cups | Butter or margarine, 3 |
| Salt, 2 tsp. | tbsp. |
| Nutmeg, pinch | Milk, 2 tbsp. |
| Well-beaten egg ^s , 1 | |

Substitute¹: Use more water if you've not enough milk.

Substitute²: If you've no eggs, use ¼ cup more farina.

Bring water and milk to boil. Add salt. Stir in farina very gradually to avoid lumps, stirring constantly over low heat until mixture is quite thick and smooth. Remove from heat. Stir in nutmeg, egg, and ½ cup grated cheese. Mix thoroughly. Pour onto lightly floured breadboard. Spread into sheet ½ inch thick. Cool. Cut into squares. Arrange in layers in shallow buttered casserole. Sprinkle each layer with 2 tbsp. grated cheese. Top with dots of butter. Sprinkle with milk. Bake in moderate 375° oven 15 minutes. This can be prepared in advance. The baking can wait for the last minute. There is no fixed tradition about sauces—tomato, cheese, or mushroom, as you like it. (See Sauces.) THIS CAN BE A MAIN DISH FOR 2 OR AN APPETIZER OR SIDE DISH FOR 4.

**PIÑON RICE**

Nothing in the house but

RAW WHITE RICE, 1½ cups
and

MIXED NUTS, chopped, ½ cup
and

| | |
|------------------------|-------------------------|
| Butter or margarine, 3 | White pepper, dash |
| tbsp. | Canned chicken broth or |
| Salt, 1½ tsp. | bouillon, 3 cups |

Melt butter in heavy skillet. Stir in rice; cook very slowly until golden; stir occasionally. Season with salt and pepper. Add boiling chicken broth and chopped nuts. Place clean cloth over skillet. Cover tightly—place weights on pot cover. Cook, simmering, very very slowly until rice is tender, about 20 minutes. SERVES 4.

Variation: Add sautéed-in-butter, canned, dried, or fresh mushrooms.

SPANISH RICE MOLDS

Nothing in the house but

RAW WHITE RICE, 1 cup
and

CANNED TOMATO SAUCE^s, 1½ cups
and

| | |
|-------------------------|-----------------------|
| Boiling salted water, 2 | Sliced black olives |
| quarts | (optional), ½ cup |
| Fat, 2 tbsp. | Chili powder to taste |
| Sliced onion, 1 large | Salt to taste |
| Diced green pepper | Sliced green olives |
| (optional), 3 tbsp. | (optional), 8 |

Substitute: Tomato Sauce^R.

Pick over rice, wash and boil rapidly, in 2 quarts salted water until tender. Drain. Press into 4 buttered rame-

kins. Set in shallow pan of hot water. Cook 10 minutes on top of stove. Meanwhile, heat fat; sauté onion until golden. Add green pepper, black olives, tomato sauce, chili powder, and salt. Heat 5 minutes. Unmold rice on serving plate. Top with sauce and garnish with green olives. **MAKES 4 SERVINGS.**

Nothing in the House but Cheese

CHEESE CROQUETTES

Nothing in the house but

POT CHEESE or COTTAGE CHEESE, 1 cup
and

| | |
|------------------------|-----------------------------|
| Grated cheese, 2 tbsp. | Salt, ¼ tsp. |
| Slightly beaten egg, 1 | Pepper, ⅛ tsp. |
| Flour, 3 tbsp. | Oil, lard, or butter, ½ cup |

Mix cheeses, egg, flour, salt, and pepper. Knead on floured pastry board until firm and holds its shape. Form into walnut-sized balls. Fry in hot oil until golden brown on all sides. Drain on absorbent paper. Serve on gaily colored toothpicks. **MAKES ABOUT 20. THIS CAN MAKE A MAIN COURSE FOR 2.**

Suggested: For a luncheon main dish serve with sauce.

CHEESE BLINTZES

Nothing in the house but

COTTAGE or POT CHEESE, 2 cups
and

| | |
|------------------------------------|-----------------------------|
| Beaten egg yolk, 1 | Milk, 1½ cups |
| Salt, ¼ tsp. | Flour, 1 cup |
| Sugar, ¼ tsp. | Stiffly beaten egg white, 1 |
| Melted butter or margarine, ½ tsp. | |

FILLING:

| | |
|---------------------------------|---------------------------------|
| Butter or margarine, 1 tbsp. | Beaten egg, 1 Sugar, 1 tbsp. |
|---------------------------------|---------------------------------|

Beat egg yolk with salt, sugar, butter, and milk. Add flour; stir briskly until batter is smooth. Fold in egg white. Butter 6-inch skillet very lightly. Pour in a very thin layer of batter—just enough to cover bottom of pan. Cook on one side only until golden brown. Turn onto wax paper. Repeat until batter is used up.

Prepare filling: Mix cheese, butter, egg, and sugar. Spoon a heaping tbsp. of filling onto the fried side of each blintz. Fold two sides into filling, then one end over other. Fry in butter until brown. **SERVES 4 AS A MAIN DISH.**
Suggested: Serve with sour cream.

GOLDEN WELSH RAREBIT

Nothing in the house but

AMERICAN CHEESE^s, 1 cup grated, ¼ pound
and

| | |
|--|---|
| Butter or margarine, 1 tbsp. | Paprika, ¼ tsp. |
| Milk, ½ cup, or ¼ cup plus ¼ cup white wine | Worcestershire sauce, ½ tsp. |
| Salt, ½ tsp. | Slightly beaten eggs (optional), 1-2 |
| Dry mustard, ½ tsp. | Bread, 6 slices |

Substitute: Any sharp cheese.

Beat butter, milk, salt, mustard, paprika, Worcestershire, and egg together until well mixed. Stir in grated cheese. Butter bread slices. Cut in half to form triangles. Arrange around edge of shallow pie plate—point side out. Place remaining slices on bottom of plate, butter side down. Pour cheese mixture over all. Bake in moderately hot 400° oven 25 minutes. **THIS CAN BE SUPPER MAIN COURSE FOR 2. OR AN APPETIZER OR SIDE DISH FOR 4.**

Suggested: Wonderful with cold dry white wine.

POT CHEESE PANCAKES

Nothing in the house but

POT CHEESE or COTTAGE CHEESE, ½ cup
and

| | |
|-----------------------|---------------------------|
| Flour, ¾ cup | Slightly beaten eggs, 2 |
| Baking powder, 1 tsp. | Milk, ¾ cup |
| Baking soda, ¼ tsp. | Lemon juice, 2 tsp. |
| Sugar, 1 tbsp. | Grated lemon rind, 2 tsp. |
| Salt, ½ tsp. | |

Sift flour, baking powder, soda, sugar, and salt together. Mix eggs with cheese, milk, lemon juice and rind. Stir into flour mixture—do not overmix. Pour from small soup ladle onto lightly greased griddle. Bake until bubbles begin to form on surface and pancakes become dry looking. Turn with broad spatula—do not turn more than once. Good with fried apple slices. **MAKES ABOUT 10 PANCAKES.**

Nothing in the House but Eggs**BREAD CRUMB OMELET**

Nothing in the house but

EGGS, 4 or 5 separated
and

SOFT BREAD CRUMBS, 1½ cups
and

| | |
|-----------------------|--------------------------|
| Boiling milk, 1¾ cups | Chopped chives or onion, |
| Salt, ½ tsp. | 2 tbsp. |
| Pepper, ¼ tsp. | Butter or margarine, 2 |
| Cayenne, dash | tbsp. |
| Powdered clove, dash | |

Beat bread crumbs with boiling milk. Add well-beaten egg yolks. Season with salt, pepper, cayenne, and clove.

Beat until smooth. Stir in chopped chives. Fold in stiffly beaten egg whites. Melt butter in heavy skillet. Add egg mixture. Cook over low heat until bottom and edges of omelet are delicate golden brown and top is puffy—about 7 minutes. Finish cooking in moderate 325° oven 15 minutes or until top is dry. **MAKES 3-4 SERVINGS.**

Variation: This is wonderful topped with cold cottage cheese, folded over, and served on a hot platter.

EGGS ALL'ALFREDO

Nothing in the house but

EGGS, 2-4
and

| | |
|--------------------------------|---|
| Olive oil, ½ cup | Tabasco, 3 dashes |
| Salt and white pepper to taste | Sliced Cheddar cheese, or any processed cheese, 2-4 thin slices |
| Rosemary or tarragon, pinch | Bacon (optional), 2 slices |
| Catsup, 2 tbsp. | |

In 2 cup-sized, heat-proof casseroles, place 4 tbsp. olive oil. Warm lightly. Drop in each casserole one or two un-beaten eggs, salt, pepper, rosemary or tarragon, 1 tbsp. of catsup, 3 dashes Tabasco, and the cheese. Cover. Cook over very low heat until done. If using bacon, sauté until crisp. Just before serving, pour off extra oil from each casserole and sprinkle with crumbled bacon. **SERVES 2.**

Variation: Use one small heat-proof casserole. Top with any leftover bits of meat or poultry.



EGGS A LA SUISSE

Nothing in the house but

EGGS, 4
and

SWISS CHEESE, ½ cup, cut in thin slivers
and

| | |
|---------------------------------|---------------------------------|
| Grated Swiss cheese, 2 tbsp. | Chopped chives, 1 tbsp. |
| Salt, ½ tsp. | Minced onion, 1 tbsp. |
| White pepper, ¼ tsp. | Butter or margarine, 2 tbsp. |
| Chopped parsley, 1 tbsp. | |

Sprinkle grated cheese over bottom of shallow buttered casserole. Add eggs; take care not to break yolks. Season with salt and pepper. Carefully cover with cheese slivers, parsley, chives, and onion. Dot with butter. Bake in moderate 350° oven until browned, about 15 minutes. **MAKES 4 SERVINGS.**

EGGS A LA TRIPE

Nothing in the house but

EGGS, 3, hard-boiled, peeled, and sliced
and

ONIONS, 3, large, sliced
and

| | |
|----------------------------------|-----------------------------|
| Butter or margarine, 2½ tbsp. | Cayenne, speck |
| Flour, 1½ tbsp. | Nutmeg, dash |
| Milk, ¾ cup | Grated cheese, 1 tbsp. |
| Salt, ¼ tsp. | Bread crumbs, ½ tbsp. |
| Pepper, pinch | Butter or margarine, 1 tsp. |

Cook onions in 1 tbsp. butter over low heat until soft. In another pan melt 1½ tbsp. butter. Blend in flour. Add milk and stir until thick and smooth. Season with

salt, pepper, cayenne, nutmeg. Place alternate layers of onions, sliced eggs, and sauce in small greased baking dish. Top with grated cheese, a sprinkling of bread crumbs. Dot with butter. Brown under broiler. **THIS CAN BE MAIN COURSE FOR 2. OR SIDE DISH FOR 4.**

Variation: Any leftovers—meat, fish, chicken, or vegetables—may be added. After stirring milk until thick and smooth, add leftovers and continue as directed.

EGG CURRY

Nothing in the house but

EGGS, 4, hard cooked and sliced
and

CANNED TOMATOES^s, 1 No. 2 can
and

| | |
|---------------------------------|-----------------------|
| Butter or margarine, 1 tbsp. | Curry powder, 1 tbsp. |
| Chopped onion, 1 small | Salt, 1 tsp. |
| Chopped green pepper, ¼ cup | Sugar, pinch |
| Minced parsley, 1 tbsp. | Dry mustard, ¼ tsp. |
| | Boiling water, ½ cup |

Substitute: 5 medium fresh tomatoes, cut in slivers, plus extra ½ cup boiling bouillon or water—or

If you've no tomatoes: Blend in 2 tbsp. flour when adding curry. Gradually stir in 1 cup milk, bouillon, or water, stirring constantly until thick and smooth. Add eggs. Cook as directed.

Sauté onion, green pepper, and parsley in butter. Blend in curry powder, salt, sugar, dry mustard. Add tomatoes and boiling water. Stir until well blended and very smooth. Reduce heat. Add eggs. Cover. Simmer very gently—about 15 minutes. **SERVES 3-4 AS A MAIN COURSE.**

Variation: Add cooked peas or mushrooms, and serve on toast.

Suggested: Served on boiled rice this makes a meal.

EGGS PARMENTIER

Nothing in the house but

EGGS, 4

and

BOILED POTATOES, 6 medium

and

Butter or margarine, 4
tbsp.

Salt, ½ tsp.

Paprika, ¼ tsp.

Milk^s, ¾ cup plus

hot milk for potatoes

Substitute: Cream or evaporated milk.

Mash boiled peeled potatoes with 3 tbsp. butter and enough hot milk to make smooth and creamy. Arrange in a shallow greased baking dish. With bottom of water glass, make 4 deep depressions in potato. Break an egg in each depression. Pour milk over all. Season with salt, paprika, and dot with remaining butter. Bake in moderate 375° oven until lightly browned and eggs are set, about 15 minutes. **MAKES 4 SERVINGS.**

Variation: Place a slice of fried ham in each potato depression, then add egg. Sprinkle with grated cheese before placing in oven.

**PIPERADE**

Nothing in the house but

EGGS, lightly beaten, 3-4

and

TOMATOES, 1 No. 2 can or 4-6 chopped fresh

and

Bacon drippings, 2 tbsp.
(or lard, oil, or other
drippings)

Salt, ½ tsp.

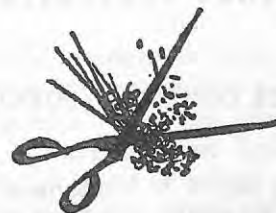
Coarsely ground black
pepper, ½ tsp.—less if
you can't take it

Sliced onions, 2 large

Pimento (optional), 1
small can

Sauté onions in drippings until soft. Add pimento, tomatoes, and salt. Cook covered until purée consistency—about 30 minutes. Add coarsely ground black pepper. Stir in beaten eggs and cook, stirring until eggs scramble. **MAKES 3-4 SERVINGS.**

Suggested: This is a meal in itself when served with rice and bacon strips.



Nothing in the House but Miscellaneous Vegetables

LIMA BEAN BAKE

*Nothing in the
house but*

DRIED LIMA BEANS^s, 2 cups

and

| | |
|-------------------------------------|---------------------------------------|
| Water, 1½ quarts | Brown sugar, 1 tbsp. |
| Bacon or meat drippings, 3 tbsp. | Dry mustard, 1 tsp. |
| Chopped onions, 3 medium | Salt, ½ tsp. |
| Diced celery (optional), ¼ cup | Chicken stock, 1 cup |
| | Bacon or pork (optional), 6 slices |

Substitute: 2 No. 2 cans Lima beans. Bake 30 minutes.

Pick over and wash beans. Place in pot with water. Bring to boil. Boil about 3-4 minutes. Remove and allow to stand 1 hour. This is a good quick-tenderizing method. Then mix bacon drippings, onions, celery, sugar, mustard, salt, and chicken stock. Pour over beans. If using bacon, top beans with bacon strips. Bake covered in 350° oven for 2½ hours. SERVES 4 HUNGRY PEOPLE.

ODDS-AND-ENDS VEGETABLE SOUP

*Nothing in the
house but*

RAW CARROTS, ONIONS, and POTATOES, grated, 1 or 2 each

and

| | |
|---|--------------------------------------|
| Boiling water, 5 cups | Butter or margarine, 1 tbsp. |
| Bouillon cubes, 2 (or concentrate) | Well-beaten eggs, 2 |
| Peeled pitted and chopped tomatoes (optional), 2 | Grated cheese (optional), 4 tbsp. |
| Salt and pepper to taste | |

Dissolve bouillon cubes in boiling water. Add potatoes, carrots, onions, tomatoes; season with salt and pepper. Add butter; cover. Simmer 15-20 minutes until vegetables are cooked. Taste and correct seasoning. Stir eggs slowly into broth; continue stirring another 3 minutes. Serve with grated cheese at the table. MAKES 3-4 SERVINGS.

Variation: Omit eggs, add 2 tbsp. rice or ½ cup broken vermicelli at same time as vegetables.

ROMAN CORN-MEAL SQUARES

*Nothing in the
house but*

CANNED TOMATOES^s, 1 No. 2 can

and

CORN MEAL, ½ cup

and

| | |
|--------------------------------------|--|
| Milk, 1¼ cups | Garlic clove, 1 |
| Egg, 1 | Chopped onion, ½ cup |
| Grated cheese, ¾ cup | Tomato paste (optional), half 3-ounce can |
| Salt, ¾ tsp. | Salt and pepper to taste |
| Pepper to taste | Basil, ¼ tsp. |
| Salad oil or melted butter, ½ cup | |

Substitute: 5 fresh-cut in slivers—plus 1 cup water or bouillon.

Gradually stir milk into corn meal. Cook very slowly, stirring constantly until mixture comes to a boil. Boil 5 minutes. Remove from heat; beat in egg. Add half the cheese, salt, and pepper. Stir in half the oil. Spread in 1½-inch-thick layer on floured board or baking sheet. Cool. Cut into squares. Place in shallow baking dish. Make a sauce by heating remaining oil in saucepan. Add garlic. Cook until brown. Remove garlic; add onion, tomatoes, and tomato paste. Season with salt, pepper, and basil. Simmer 10 minutes. Pour over corn meal. Top with remain-

ing cheese. Bake in medium hot 400° oven 30 minutes.

SERVES 3-4 AS A MAIN COURSE.

Variation: Add cooked green vegetable to sauce.

SALEM SPLIT PEA SOUP

Nothing in the house but

DRIED YELLOW SPLIT PEAS, 1 cup
and

| | |
|----------------------------|------------------------|
| Chopped onion, 3 tbsp. | Pepper to taste |
| Chopped carrot, 1 tbsp. | Ham or soup bones |
| Bouillon or stock, 1 quart | (optional) |
| Bay leaf, 1 | Garlic toast, 4 slices |
| Salt, 1 tsp. | |

Place split peas, onion, carrot, bouillon, bay leaf, salt, pepper, and bones in soup pot. Bring to a boil. Lower heat and simmer about 1 hour until peas are tender. Serve with toast slices floating in soup. **SERVES 4.**

Variation: Sliced frankfurters or diced ham may be added.

TOMATO PIE

Nothing in the house but

TOMATOES, 6 large, cut in ½-inch-thick slices
and

PIECRUST MIX, ½ package
and

| | |
|---------------------------------|------------------------|
| Salt and pepper to taste | Sugar, 1 tsp. |
| Corn meal ^s , ½ cup | Grated cheese, ½ cup |
| Butter or margarine, 4 tbsp. | Melted butter, 1 tbsp. |

Substitute: Bread or cracker crumbs.

Prepare pie dough as directed on package for 1 crust. Season tomatoes with salt and pepper. Coat with corn

meal. Fry in butter. Turn with spatula to brown both sides. Sprinkle each slice with pinch sugar. Line a piepan with pastry dough. Place a layer of tomatoes on the bottom. Sprinkle with grated cheese. Repeat a layer of tomatoes, then cheese. Continue until tomatoes are used up. Top with cheese. Sprinkle with melted butter. Bake in hot 425° oven 10 minutes. Lower heat, bake 15 minutes more. Serve piping hot. **THIS CAN BE MAIN DISH FOR 2, OR SIDE DISH FOR 4.**

Variation: Add slices of Swiss or Münster cheese and/or pot cheese to each layer.

Nothing in the House but Onions

FRENCH ONION SOUP

Nothing in the house but

ONIONS, sliced thin, 4-5 or more
and

| | |
|--|--|
| Oil, olive or good salad oil, 3 tbsp. | Salt and pepper to taste |
| Butter or margarine, 1 tbsp. | Sugar, ½ tsp. |
| Flour, 1 tbsp. | Toast, 4 slices, rubbed with garlic |
| Bouillon, cubes, canned, or concentrate, 6 cups | Grated cheese, 4 tbsp. |

Sauté onions in oil very slowly until soft. Add butter. When melted, sprinkle with flour. Stir until golden. Mix bouillon, salt, pepper, and sugar. Stir into onions. Simmer 10 minutes. Pour into 1 large or 4 individual small casseroles. Float toast on top. Sprinkle with cheese. Heat in moderate 375° oven 12 minutes. Serve piping hot. Sprinkle with more cheese at table. **SERVES 4.**

Suggested: This plus a vegetable salad makes a good meal—wonderful with ham sandwiches.

ONION PIE

Nothing in the house but

ONIONS, finely chopped, 2 cups
and

| | |
|-------------------------|-----------------------------|
| Hot roll mix, ½ package | Pitted black olives |
| Oil, 3 tbsp. | (optional), 12 |
| Salt, ⅛ tsp. | Anchovy fillets (optional), |
| Pepper, ⅛ tsp. | cut in half lengthwise, |
| | about 6 |

Prepare dough as directed. Cover and let rise in warm place until doubled in bulk. Meanwhile, cook onions, seasoned with salt and pepper, in oil over low heat for 20 minutes until puréed. Take care not to burn. Spread dough on oiled baking dish. Brush with oil. Spread with onion purée. Dot with pitted olives. Decorate with criss-cross anchovy fillets. Bake in hot oven about 20 minutes. Serve warm. **SERVES 4.**

ONION RAGOUT

Nothing in the house but

ONIONS, coarsely chopped, 1½ cups
and

| | |
|--------------------------|--------------------------|
| Bacon, ham, or meat | Bouillon, ¼ cup |
| drippings, 3 tbsp. | Bay leaf, 1 |
| Chopped green peppers, 2 | Chopped parsley, ½ tsp. |
| Tomatoes (optional), 1½ | Thyme, ¼ tsp. |
| cups | Salt and pepper to taste |

Sauté onions with green peppers in drippings until soft. Stir in tomatoes, bouillon, bay leaf, parsley, thyme, salt and pepper. Bring slowly to a boil. Simmer very gently about 15 minutes, stirring occasionally. Good sprinkled with grated cheese. **SERVES 2-3.**

POTATOES

Variation No. 1: Drop in bread crumb balls and cook covered about 15 minutes.

Variation No. 2: Add peeled diced potatoes before adding tomatoes.

Nothing in the House but Potatoes**HOT BAKED POTATO SNACKS**

Nothing in the house but

BAKING POTATOES, 4 large
and

| | |
|--------------------------|-----------------------|
| Salad oil, about 3 tbsp. | Salt, 1½ tsp. |
| Bacon, 4-8 strips and/or | Pepper, ¼ tsp. |
| bacon drippings | Sugar, 2 tbsp. |
| Mirced onion, ½ cup | Vinegar, ¼ cup plus 2 |
| Minced green pepper or | tblsp. |
| pimento, ¼ cup | |

Rub potatoes with oil. Bake about 50 minutes or until done. Meanwhile, cook bacon until crisp. Remove and crumble. Measure drippings—if less than ⅔ cup, add salad oil. (If you lack bacon use meat drippings.) Cook onion, green pepper, salt, pepper, sugar, and vinegar in drippings, until onion is soft. When potatoes are done, cut thin slice from top. Scoop out insides, keeping shell intact. Mix with onion mixture and stuff back in shells. **MAKES 4 SERVINGS.**

Variation: Add 2-3 tbsp. of any finely chopped leftover meat, fish, fowl, hard-boiled egg, cooked spinach, cheese, etc.



POTATO CAKE TURNOVER

Nothing in the house but

POTATOES, 4 medium
and

Butter or margarine, 2
tbsp.

Flour, ¼ cup

Milk, ½-¾ cup

Salt and pepper to taste

Eggs, 2

Grated cheese, 2 tbsp.

Olive oil, 2 tbsp.

Boil potatoes until tender. Peel and put through ricer. Melt 1 tbsp. butter; blend in flour. Add milk gradually, stirring constantly until thick and smooth. Add potatoes and remaining butter, salt, and pepper. If mixture seems too dry, add a little milk. Cool slightly; beat in eggs and grated cheese. Heat olive oil in frying pan, making sure to cover bottom and sides. Add potato mixture. Cook about 15-20 minutes over medium heat, shaking pan occasionally to prevent sticking. When crisp and brown, invert onto a platter. **SERVES 4.**

PIEDMONT GNOCCHI, PRONOUNCED KNEE-OH'-KEY

Nothing in the house but

POTATOES, boiled and peeled, 10-12

and

Butter or margarine, 4
tbsp.

Beaten eggs (optional),
1-2

Salt, ½ tbsp.

Pepper, ½ tsp.

Nutmeg, ¼ tsp.

Flour, 1¼ cups

Grated cheese, ½ cup

Boiling water, 5 quarts

seasoned with 3 tbsp.
salt

Butter, 1 tbsp.

Mushroom or tomato
sauce

Mash potatoes with butter. Add eggs, salt, pepper, nutmeg. Work flour into potatoes, kneading thoroughly. Add

more flour if necessary. Cut "dough" into 4-inch pieces. Roll into long ropes ½ inch thick. Cut into 1-inch lengths. Cook no more than 15 at a time. Boil about 6 minutes. Gnocchi will rise to surface. Remove with strainer, or slotted spoon. Keep water boiling. Repeat until all the gnocchi are cooked. Arrange in layers in baking dish. Sprinkle each layer with grated cheese. Top with dots of butter. Pop under broiler to brown. Many eat this piled high like spaghetti, covered with a thick mushroom or tomato sauce. **THIS CAN BE MAIN DISH FOR 2. OR A SIDE DISH FOR 4.**

POTATO BLINTZES

Nothing in the house but

POTATOES, 4-5 medium
and

Beaten egg yolk, 1

Salt, ¼ tsp.

Sugar, ¼ tsp.

Melted butter or

margarine, ½ tsp.

Milk^s, 1½ cups

Flour, 1 cup

Stiffly beaten egg white, 1

FILLING:

Chopped onion, ½ cup

Meat drippings, fat, or oil,
3 tbsp.

Bouillon or potato water,

5 tbsp.

Salt, ⅛ tsp.

Pepper, ¼ tsp.

Substitute: ¾ cup milk and ¾ cup water.

Boil potatoes until tender. Meanwhile, beat egg yolk with salt, sugar, butter, and milk. Add flour; stir briskly until batter is smooth. Fold in egg white. Butter 6-inch skillet very lightly. Pour in a very thin layer of batter—just enough to cover bottom of pan. Cook on one side only until golden brown. Turn onto wax paper. Repeat until batter is used up.

Prepare filling: Peel potatoes. Sauté onion in drippings.

Mix in potatoes, mashing them in frying pan. Moisten with bouillon. Season with salt and pepper. Spoon a heaping tbsp. of filling onto the fried side of each blintz. Fold two sides into filling, fold one end over other. Fry in butter until brown. SERVES 4 AS A MAIN DISH.

POTATO LATKES

Nothing in the house but

POTATOES, 8 large, peeled and grated

and

EGGS, 1 or 2 separated

and

Flour, 1 tbsp.

Butter or shortening, 3-5
tbsp.

Grated onion (optional),
1 small

Applesauce or sour cream

Salt and pepper to taste

Mix grated, then well-drained potatoes with egg yolks, flour, onion, salt, and pepper. Fold in stiffly beaten egg whites. Heat butter or shortening in frying pan. Drop in potato mixture from a spoon. Flatten. Fry until golden brown on both sides. Drain on absorbent paper. Serve hot with either applesauce or sour cream, sugared or not as preferred. SERVES 4.

Suggested: Add bacon and coffee and you have a wonderful lunch or late supper menu. We say 8 large potatoes—but even 10 would not be too many.



POTATOES GRATIN

Nothing in the house but

POTATOES, 8 large, peeled and sliced crossways

and

GRATED SWISS CHEESE, ¼ pound

and

Beaten egg, 1

Nutmeg, dash

Milk^s, 1½ cups

Garlic, 1 clove

Salt and pepper to taste

Butter, 2 tbsp.

Substitute: Evaporated milk and water, or chicken soup, or cube and boiling water.

Mix egg with milk, salt, pepper, nutmeg, and sliced potatoes. Add half the cheese. Mix well. Pour into buttered baking dish that has first been rubbed with cut garlic. Dot with butter. Top with remaining cheese. Bake in moderate 350° oven for 1 hour. SERVES 4.





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