

Main Dishes

Meats Seafood Casseroles



 CHICKEN IN WHITE WINE SAUCE

1 cut up chicken
 Flour, salt, pepper, oregano (to coat
 chicken)
 1/4 lb. butter
 Sliced tomatoes
 Sliced onion
 Sliced mushrooms

Melt butter in large flat pan. Cook coated
 chicken, skin side down, for 30 minutes at
 400. Turn and cover with sliced vegetables.
 Pour sauce over all and lower heat to 325.
 Bake 20 minutes.

SAUCE: 2 T butter
 2 T flour
 1 chicken bouillon cube dissolved
 in
 3/4 cup hot water and
 3/4 cup white wine

Melt butter. Add flour and cook 2 minutes.
 Add, stirring constantly, chicken bouillon
 mixture.

Pat Cope

 CHICKEN KIEV 

Herb Butter: 3/4 cup soft butter
dash salt
freshly ground pepper
1 T chopped parsley
pinch of rosemary
1 t tarragon
1/2 t garlic powder

6 whole chicken breasts, skinned and boned
1 cup flour (approximate)
3 well-beaten eggs
1 cup dry bread crumbs (or herb stuffing
run through a blender)
Oil and butter for frying

In a small bowl cream butter and spices to make herb butter. Place herb butter on wax paper and shape into a 6" square. Wrap and freeze until firm.

Wash and dry chicken pieces well. Cut each breast in half and flatten by placing each piece between 2 sheets of wax paper and pounding with a mallet until 1/4 inch thick. Try not to break up the meat.

Remove herb butter and cut into small pieces about 1 x 1/4 inches. Place 1 piece in the middle of each breast, bring sides of breast over, fold ends over and secure with toothpicks. Make sure no butter shows. Roll the breast in flour, then dip in beaten eggs, and roll in bread crumbs. When all the pieces are coated, refrigerate, covered, until chilled, about 1 hour.

In a heavy pan heat the shortening or oil and butter to 375. Add chicken and fry until golden brown. Drain well on paper towels. Do not pierce chicken so butter can get out.

(cont.)

 CHICKEN KIEV (cont.) 

To freeze, let chicken cool completely after cooking and then wrap individually in freezer wrap or foil. To serve, preheat oven to 350, remove desired number of servings, unwrap and place in shallow pan and bake uncovered for 35-40 minutes or until well heated. Serves 6.



Barbara Wingrove

 NOEL CHICKEN 

4 large or 6 medium chicken breasts
1 can condensed cream of mushroom soup
1 3-oz. can (2/3 cup) broiled mushroom
crowns
1 cup sour cream
1/2 cup Sherry

Place chicken breasts (skin side up) in a casserole in a single layer. Combine remaining ingredients (including mushroom liquid); pour over chicken. Sprinkle generously with paprika. Bake in moderate oven (350) 1-1 1/4 hours or until tender. Serve over rice. Boned chicken may be used.

Helen Wiese

 SAUSAGE AND WILD RICE CASSEROLE 

- 1 cup wild rice
- 1 lb. bulk sausage meat
- 2 3-oz. cans sliced mushrooms
- 1 can mushroom soup
- 1 medium onion

Cook rice until tender but not mushy. Drain. Cook sausage until crumbly. Pour off fat. Stir in drained mushrooms and soup. Add to rice. Put layer of rice mixture in buttered casserole. Top with thinly sliced onion. Put remainder of rice mixture over the top. Cover and bake at 350 for 60 minutes. May be made a day ahead or frozen. Serves 4.

Janet Marx

 CHICKEN PIE 

- Cooked chicken (or other meat)
- Potatoes
- Carrots
- Celery
- Peas (frozen)
- Onion
- Salt, pepper, other seasonings as desired

Dice or slice all of the above and cook until tender in flavored liquid (meat or vegetable stock, etc.) Drain well. Pour into an uncooked pastry-lined pan. Cover with pastry. Brown in 425 oven. Thicken the drained liquid and serve with the pie.

Pat Cope

 ELEGANT CHICKEN 

4 lbs. chicken pieces
1/2 cup butter
1/4 cup sifted flour
2 t salt
1/2 t ground ginger
2 T brown sugar
1/2 cup white wine
1 cup orange juice
1/2 cup chicken broth
2 oranges, sliced
1 cup Champagne
Pepper to taste

Melt butter in heavy skillet. Brown chicken slowly. Remove from pan. Blend flour, salt, pepper, ginger and brown sugar into drippings. Slowly stir in wine, orange juice and broth. Cook and stir until sauce boils and thickens. Remove from heat, add chicken and cool. Refrigerate until one hour before serving. Slowly reheat to simmering. Cook covered 25-30 min. Add orange slices and Champagne. Cook 10-15 minutes more.

Marilyn Clark

 CHICKEN IN CREAM 

4 chicken breasts
3 cloves garlic, minced
Salad oil
Salt and pepper
Thyme
1 cup heavy cream
4 T white wine

Cook chicken breasts in salad oil and garlic until tender. Remove chicken meat from bones when cool. Place in casserole and sprinkle with salt, pepper and generous amount of thyme. Add cream and white wine. Cover and bake for 25 minutes at 350. Serve with rice.

Marilyn Clark

 VEAL CORDON BLEU 

2 veal cutlets
2 slices boiled ham
2 slices Swiss cheese
Dip: flour, beaten egg with water, fresh
bread crumbs

Dry cutlets well and pound very flat. Place slice of ham and cheese on each. Fold over and seal edges. Dip first in flour, then in egg, then in bread crumbs. Refrigerate to "set" coating. Saute quickly in lots of butter and a little oil. (Try Marval turkey cutlets.)

Pat Cope



 MAHOGANY CHICKEN WINGS 

1 1/2 cups soy sauce
3/4 cup dry Sherry
1 1/8 cups Hoisin sauce *
3/4 cup Chinese plum sauce *
6-7 lbs. chicken wings
18 green onions, minced
6 large garlic cloves, minced
3/4 cup cider vinegar
1/2 cup honey

Combine all ingredients but wings. Bring to a boil. Simmer 5 minutes and cool. Disjoint wings (cut off wing tips and save for stock or soup). Pour cooled sauce over wings, cover and refrigerate at least 12 hours. Drain and reserve sauce. Place in oiled pans and bake 1-1 1/2 hours at 325-350. Baste and turn about every 20 minutes. Cool and wrap. Serve at room temperature. 20 servings.

* available at oriental food stores.

Don Cope



 CHINESE BEEF WITH CABBAGE 

3 T oil or fat
2 1/2 t salt
Dash of pepper
1 lb. flank or round steak
2 T chopped onion
1 clove garlic
1 cup tomato juice
1 lb. cabbage, chopped finely
2 green peppers, chopped
2 t soy sauce (we like more)
1/4 cup water
2 T cornstarch

Cut meat with scissors into 1/3-in. strips. Cook in a large skillet with the fat. Add salt, garlic, pepper, and onion. Use a moderate flame and stir constantly until meat is browned. Pour in tomato juice and simmer. Add chopped peppers and cabbage. Cover and cook over low flame for 10 minutes, or until cabbage is just tender. Blend cornstarch, soy sauce, and water; then pour over the cooked mixture. Stir until the juice is thickened. Serve at once over rice. Serves six.

Cabbage haters usually like this; they don't know what they're eating!

Bette Walker

 STEAK SKILLET 

- 1 lb. beef boneless round steak, cut into serving pieces
- 1/4 cup all-purpose flour
- 1 T vegetable oil
- 1 large onion, chopped (about 1 cup)
- 1 can (16 oz.) whole potatoes, drained (reserve liquid)
- 1/4 cup catsup
- 1 T Worcestershire sauce
- 2 t bell pepper flakes
- 1 t instant beef bouillon
- 1 t salt
- 1/2 t dried marjoram leaves
- 1/4 t pepper
- 1 pkg. (10 oz.) frozen Italian green beans
- 1 jar (2 oz.) sliced pimiento, drained

Coat beef pieces with flour; pound into beef. Brown beef in 10-in. skillet; push beef to side. Cook and stir onion in oil until tender; drain.

Add enough water to potato liquid to measure 1 cup. Mix liquid, catsup, Worcestershire sauce, pepper flakes, bouillon, salt, marjoram and pepper; pour on beef and onion. Heat to boiling; reduce heat. Cover and simmer until beef is tender, 1 1/4 to 1 1/2 hours.

Rinse beans under running cold water to separate. Add potatoes, beans and pimiento to skillet. Heat to boiling; reduce heat. Cover and simmer until beans are tender, 10 to 15 minutes. 4 servings.

Margaret Wyckoff

 STUFFED CABBAGE ROLLS 

1 small cabbage
1 lb. hamburger
1/2 cup cooked rice
1 onion, chopped
1 egg
Salt and pepper
1 large can tomato juice
1 can tomato soup
Few slices bacon

Steam cabbage, removing leaves as they become soft and pliable. Mix hamburger, rice, onion, egg, salt and pepper. Fill cabbage leaves 2/3 full; roll and tuck in ends.

Place cup of torn cabbage pieces in bottom of pan (roaster); add stuffed rolls, loosely packed. Pour over tomato juice and soup. Place a few bacon slices over the rolls and cook or bake on medium heat for one hour. DO NOT BOIL. Approximately 8 servings.

Julie King

 BUTTERFLIED LEG OF LAMB

5-7 lb. leg of lamb, butterflied by
butcher

1 crushed clove garlic
1/4 cup red wine vinegar
2 t Dijon mustard
1/2 t oregano
1/8 t pepper
3/4 cup oil
1/2 cup chopped onion
2 t salt
1/2 t basil
1 crushed bay leaf

Marinate lamb in remaining ingredients overnight. Bring to room temperature. Broil with the marinade 4 inches from heat for 10 minutes. Turn, broil 10 minutes more. Lower heat to 425. Close oven door and roast 15 minutes.

Pat Cope

 BEEF MARINADE

3 T chopped scallions
1 1/2 T Kikkoman soy sauce
2 T olive oil
2 T lemon juice
1/4 t thyme
6 crushed peppercorns

Mix together and pour over scored steak (flank, round, chuck), turning once. Makes enough for about 1 1/2-2 lbs. meat.

Pat Cope

 VEAL OTHMAR 

6-lb. loin of veal, boned and rolled
1/2 cup butter
Salt
1 bouquet garni: (Dry herbs may be used if
fresh unavailable)
1 stalk celery
3 sprigs parsley
1 sprig thyme and chervil
1 bay leaf
3/4 cup stock
4 slices bacon
1 cup sour cream
1/2 lb. mushrooms, sauteed
1 cup sweet cream
1/2 cup strong, cold beef stock

Rub veal with salt and butter. Place in roasting pan with bouquet garni. Add 3/4 cup stock and roast in moderate (350) oven for two hours, basting regularly with liquid in pan. Lay bacon over roast and return to oven for 15 minutes longer (or until bacon is crisp and golden). Add sour cream and continue to roast until meat is tender. Meat should be well done.

Arrange roast on heated platter and keep warm. Strain pan gravy and remove all fat. Add sauteed mushrooms, sweet cream and beef broth. Taste for seasoning; bring to boil and serve with roast. (An Austrian dish converted to U.S. measurements).

Doris Mair

**KOREAN BEEF KEBOBS**

3 lbs. lean beef (chuck or sirloin tip)
1 cup salad oil
1/4 cup sugar
2 T soy sauce
4 T finely chopped green onion
2 cloves garlic, minced
1/2 t salt
1/2 t pepper
4 T sesame seed

Cut beef in 1 inch or slightly larger cubes.
Mix all other ingredients and pour over beef.
Be sure meat is well-covered. Refrigerate
for at least 24 hours. Skewer meat and
broil over charcoal fire. Baste as necessary.
Serves 6.

Marilyn Clark

**FLANK STEAK**

1 1/2 lbs. flank steak
1 T Worcestershire sauce
2 T soy sauce
Meat tenderizer

Puncture meat and sprinkle with tenderizer.
Pour over it the sauces, mixed. Marinate
overnight. Baste and turn occasionally.
Broil 4 minutes on each side. Slice diagon-
ally. Great cooked on the charcoal grill.

Lois Rose

 BEEF BARBEQUE 

4 lbs. boneless chuck roast
1 cup meat juices (add water if necessary)
1 cup catsup
2 T Worcestershire sauce
2 T vinegar
1 t sugar
1 t onion salt or instant minced onion
1/2 t garlic salt
Salt and pepper to taste
2 T hot barbeque sauce

Cook beef until tender (I brown and then simmer in a little water in a Dutch oven). Refrigerate juice and meat. Discard fat. Cut meat into 1/4 x 1/2-inch bits (slice with knife, then use scissors). Combine with remaining ingredients in saucepan. Simmer 10-30 minutes. Serve over sesame seed buns. Can be frozen. Serves 12-15.

Dot Mason

 * BELGIAN BEEF STEW *

1/4 cup flour
 2 1/2 t salt
 1/2 t pepper
 2 lbs. cubed beef (round or rump)
 1/2 cup cooking oil
 4 onions, thinly sliced
 1 clove garlic, crushed
 1 12-oz. can light beer
 1 T soy sauce
 1 T Worcestershire sauce
 1 T steak sauce
 2 bay leaves
 1/2 t thyme
 2 T chopped parsley

Brown onions and garlic in hot oil. Coat meat with flour, salt and pepper. Remove onions and garlic and brown meat. Add onions, garlic and all other ingredients. Mix well in Dutch oven. Bring to boil. Reduce heat and simmer, covered, 1 1/2 - 2 hours. Serves six.

Marilyn Clark

 * RARE ROAST BEEF *

5 lb. rolled rib roast
 or
 8 lb. bone-in roast

Season as desired and place in 375 oven, uncovered, for one hour. Turn off oven. Do Not Open Door. Thirty minutes before serving, turn oven back on to 375.

Bette Walker

 ELEPHANT STEW 



1 elephant (medium size)
2 rabbits (optional)
1 freight car potatoes
Dash of tarragon
Salt and pepper to taste

Cut elephant into bite size pieces (this will take about 3 months), place it and the potatoes in a rather large pot and simmer gently for about 7 weeks.

This should feed approximately 4,682 people. Should it be necessary to stretch the recipe to feed more people, add the rabbits. However, one should do this only if the need is imperative as some people do not like hare in their stew.

Stolen and translated from Swahili by:


Lu Beale

 CRABMEAT SOUFFLE 

3 7-oz. pkgs. frozen crabmeat, thawed
8 slices white bread, crusts removed
8 squares American cheese slices
4 eggs, well beaten
2 1/2 cups milk
1/2 cup mayonnaise
1/2 cup chopped celery
1/4 cup chopped parsley
1 can mushroom soup (cream or golden)
Grated cheese
Lemon juice
White wine

Butter a 2-qt. rectangular baking dish. Line with bread and cheese slices on top. Combine eggs, crabmeat, milk, mayonnaise, celery and parsley. Pour over bread and cheese. Refrigerate overnight. Place in preheated 375 oven (350 if glass dish) for 15 minutes. Remove and cover with mushroom soup. Sprinkle with grated cheese, a little lemon juice and 2-3 T white wine. Return to oven and bake 1 hour and 15 minutes. Serve hot. May be refrigerated and reheated.

Marilyn Clark



 FISH FILLETS, CORSICAN STYLE 

4 good-sized fillets
4 T onion, chopped
2 T olive oil
2 T butter
2 T flour
1 cup white wine
1 tomato, sliced, unpeeled
1 or 2 cloves garlic, pressed
8 ripe olives, sliced
1/4 lb. mushrooms, sliced
1/2 green pepper, chopped
Parsley
Salt and pepper
Bread crumbs

Saute onion lightly in oil and butter; add flour, wine, salt and papper to make sauce.

Arrange fish in flat casserole; cover with bread crumbs, salt and pepper, tomatoes, garlic, olives, mushrooms and sauce. Surround with green pepper. Bake 20-25 minutes in medium oven. Sprinkle with parsley and serve.

Bette Walker

 CREOLE JAMBALAYA 

- 2 T butter
- 1 lb. raw smoked ham, coarsely' diced
- 2 large onions, chopped
- 2 garlic cloves, minced
- 1 medium green pepper, cut up
- 2 1-lb. cans tomatoes
- 2 chicken broth cubes and 3 cups water
- 1 bay leaf, crushed
- 1/2 t dried thyme
- 1/2 t chili powder
- 1/4 t pepper
- 2 cups long grain rice
- 1 lb. shrimp (fresh or frozen), cooked

Melt butter in flameproof casserole. Add ham, onion and garlic; cook until lightly browned. Add remaining ingredients except rice and shrimp. Bring to boil - stir in rice. Cover and simmer for 30 minutes or until rice is tender and liquid absorbed. Add shrimps. Makes 6 servings.

Gail Gell

 SHRIMP MADAGASCAR 

2 T butter
3/4 cup chopped scallions
2 T flour
1/2 cup dry white wine
1 cup plain yogurt
2 T chopped parsley
1 to 2 T green peppercorns, crushed
1/2 t salt
1 lb. raw shrimp, peeled and deveined
1 lb. fresh mushrooms, quartered

In a large skillet melt butter. Add scallions and saute 3 minutes. Stir in flour. Gradually stir in wine; cook 1 minute or until mixture is thick. Stir in yogurt, parsley, peppercorns and salt; blend well. Add shrimp and mushrooms. Cook, covered, over low heat, stirring occasionally, 8 to 10 minutes or until shrimp turn pink. Serve over cooked rice. Serves 4.

Bette Walker

* * *
SEAFOOD AND RICE
* * *

- 2 cups cooked wild rice
- 1 cup cooked white rice
- 1 cup crabmeat (flaked)
- 1 1/2 cups chopped celery
- 1 green pepper, chopped
- Butter
- 1 medium onion, chopped
- Small can pimiento, chopped
- 3 cans mushroom soup
- 1 cup shrimp (broken - I use the tiny cock-tails in bag)
- 1 lb. fresh mushrooms or 1 large can

Combine first seven ingredients. Add 1 1/2 cans mushroom soup and 1/2 cup shrimp. Place mixture in covered baking dish. Bake at 350 for 1 1/2 hours.

Sauce: Brown mushrooms in small amount of butter. Add remaining 1 1/2 cans of mushroom soup and remaining 1/2 cup of shrimp. Heat through. Serves 20.

One half of recipe fills 2 qt. casserole.
(I combine everything and do it without sauce.)

Janet Marx

 SHRIMP A LA ROCKEFELLER 

4 T butter or margarine
1 t celery seed
1 t Worcestershire sauce
1/2 t salt
1 cup chopped lettuce
1/4 cup chopped green onion
1 clove garlic, minced
2 (10-oz.) pkgs. frozen chopped spinach
(thawed and drained)
1/2 cup light cream
1 beaten egg
8 oz. can shrimp
2 T butter
1/4 cup bread crumbs
1/4 cup grated Parmesan cheese

In medium saucepan, combine butter, celery seed, Worcestershire sauce and salt. Stir in lettuce, green onion and garlic; simmer, covered, 2 to 3 min. Add spinach, cream and beaten egg. Cook and stir until mixture begins to simmer. Put half the shrimp in a casserole; add hot spinach mixture. Top with remaining shrimp. Combine 2 T melted butter, crumbs and cheese. Sprinkle over casserole. Bake at 375 for 15 minutes. Serves four.

. Marilyn Clark

 SALMON-SWISS PIE

- 1 can (about 8 oz.) salmon
- 2 cups shredded Swiss cheese (8 oz.)
- 2 t grated onion
- 1 T all-purpose flour
- 1/4 t salt
- 1 unbaked 9-in. pastry shell
- 3 eggs
- 1 cup milk

Drain salmon; remove skin or small bones; flake fish. Combine cheese, onion, flour and salt in medium bowl; fill pastry shell with alternate layers of salmon and cheese mixture. Beat eggs and milk in medium bowl; pour over layers in shell. Bake in 450 oven for 15 min. Reduce heat to 325 and bake 30 min. longer, or just until firm in center. Serves 6.

Janet Marx

 SALMON LOAF

- 1 can salmon
- 2 cups bread crumbs
- 1/2 cup minced green pepper
- 1 t lemon juice
- 2 slightly beaten eggs
- 1 can cream soup (celery is good)
- Crumbs
- Butter

Combine and mix lightly first 6 ingredients. Pack into small greased loaf pan. Sprinkle with crumbs and dot with butter. Bake one hour in 350 oven. Good served with a medium white sauce seasoned well with salt, pepper and with sliced or chopped hard-boiled egg.

Pat Cope

 SPINACH PIE 

8 eggs, beaten
1 lb. Feta cheese, drained and crumbled
2 cups Ricotta cheese
1 small onion (optional)
Melted butter
4 oz. pine nuts
3 pkgs. frozen spinach, thawed and pressed
dry
14 pastry sheets (Filo or Strudel)
Salt, pepper, dill and parsley to taste

Butter baking pan 13 x 9 x 2 inches. Place 7 pastry sheets, individually buttered, in pan. Mix all ingredients except butter together and place on top. Add 7 more pastry sheets, individually buttered. Be sure to score before baking. Bake at 375 for one hour. This may be served hot or cold, either as the main course or as an appetizer. It may also be frozen.

Alice Swalm

 SPINACH QUICHE 

1 10-oz. pkg. frozen spinach, thawed
1 9-in. pastry shell
1 cup chopped onion
1 T butter
15 oz. ricotta cheese
2 eggs
Salt and pepper to taste
Dash nutmeg
1/4 cup grated Parmesan cheese
4-6 mushrooms, sliced
4 slices bacon, fried (not crisp)

Saute onion in butter until soft. Squeeze spinach to remove as much moisture as possible. Add to onion and toss over low heat until all liquid has evaporated. Remove from heat. In large bowl combine ricotta, eggs, salt, pepper, nutmeg and Parmesan. Mix well. Add spinach and mix until it looks like green and white marble. Pour into pie shell. Top with ring of crumbled bacon and sauteed mushrooms in center. Bake 40-45 minutes at 350. Let cool 10 minutes before slicing. Good hot or cold.



Marilyn Clark

 OYSTER QUICHE 

1 9" frozen pie shell, deep
6 strips bacon
1 pint oysters
Cayenne pepper
3 eggs
3/4 cup oyster liquor
3/4 cup heavy cream
1/2 t salt
3 T Parmesan cheese

Preheat oven to 375. Thaw pie shell for 10 minutes. Prick sides and bottom with fork. Bake for 5 minutes. Cool for at least 10 minutes. Fry bacon very crisp. Drain on paper towel, then crumble. Pour oysters and oyster liquor into a saucepan. Bring to a boil, drain oysters and reserve 3/4 cup of liquor. Sprinkle 1 T Parmesan cheese in bottom of pie shell. Lay oysters on top in single layer, dust very lightly with cayenne. Beat eggs lightly with a fork, add cream, oyster liquor, salt. Pour over oysters and sprinkle with remaining Parmesan cheese. Place pie on cookie sheet and bake for 40 minutes, or until a knife comes out clean. Sprinkle bacon on top. Cool for 10 minutes before slicing. ENJOY!



Alice Swalm

 CRABMEAT QUICHE 

1 cup shredded Swiss cheese (4 oz.)
7 1/2 oz. crabmeat, flaked
2 green onions, sliced (with tops)
3 eggs, beaten
1 cup light cream
1/2 t salt
1/4 cup sliced almonds
1/2 t grated lemon peel
1/4 t dry mustard
Baked pastry shell

Sprinkle cheese evenly over bottom of pastry shell. Top with crab. Sprinkle with green onion. Combine eggs, cream, salt, lemon peel, and dry mustard. Pour over crab. Top with sliced almonds. Bake 45 minutes at 325. Let stand 10 minutes before serving. Serves 6.



Marilyn Clark

 CHEESE SOUFFLE 

- 4 T butter
- 2 T flour
- 1 cup scalded milk or tomato or
V-8 juice
- 1/2 t salt
- Few grains cayenne
- 1/2 cup grated cheese
- 4 egg yolks, beaten very light
- 4 egg whites, beaten stiff

Melt butter; add flour. Gradually add scalded liquid. Stir until thick and smooth. Add salt, cayenne, and cheese. Stir until smooth. Remove from heat. Add yolks. Cool and cut in egg whites. Pour into buttered souffle dish. Set in pan of hot water. For firm souffle, bake 30 to 45 minutes at 325. If French style is desired, bake for 20 min. at 375. The latter will be softer and creamier.

Alice Swalm

 CHEESE FONDUE 

- 1 lb. unprocessed Swiss cheese
- 1/2 lb. unprocessed Gruyere cheese
- 2 cups white wine
- 2 T cornstarch
- 2 cloves garlic
- 2 T Kirsch (optional)

Cut garlic and rub all over inside of fondue dish. Add wine (such as Almaden White Mountain Chablis) and heat to boiling. Remove garlic and begin slowly adding grated cheese mixed with cornstarch. Stir constantly with a wooden spoon. When all cheese is added and it looks smooth on the spoon, the fondue is done. Add Kirsch now if desired. Be sure to use unprocessed cheese for smoothness.

Alice Swalm

 * VEGETABLE AND CHEESE CASSEROLE *

Kidney beans, canned
 Creamed corn, canned
 Spanish onions, sliced
 Provolone cheese (or other if preferred)
 Cornflakes

Layer vegetables and cheese; cover with cornflakes. Bake 1/2 hour in 325 oven.

This recipe was given to me by Emma, a delightful 74-year old lawyer I met on a flight from Albuquerque after skiing at Taos. It is the dish that, as teenagers, she and her New England friends prepared before leaving for a day of climbing up to ski down - to be baked on arrival home.

Bette Walker

 * SHRIMP CURRY *

1/2 lb. (1 cup) cooked, cleaned shrimp
 1 T butter
 2 t curry powder
 1 T flour
 3/4 cup finely chopped, pared apple
 1 cup light cream
 1/2 t salt

Melt butter and cook shrimp for two minutes. Add curry powder and apple. Simmer 5 minutes. Blend in flour and add cream. Simmer 15 min., stirring frequently. Add salt. Serve bordered with rice. Serves two.

Bette Walker

 PAELLA 

5 cups chicken stock
2 large pinches saffron
6 chicken pieces
2 cloves garlic, crushed
1 large onion, chopped
2 cups raw rice
1 tomato, chopped
1 t salt
Pepper
Pimiento
Frozen peas
Sliced chorizo sausage (or Kielbasa)

Add saffron to boiling stock, reduce heat and simmer. Saute chicken in olive oil until nearly done. Remove and keep warm. Saute garlic and onion until transparent. Add rice and cook until golden. Add 4 cups stock, chicken, tomato, seasonings, peas and sausage. Cover and simmer until done, adding stock as necessary. Remove cover for last few minutes.

If desired, add: cooked lobster
 cooked shrimp
 cooked mussels
 cooked clams

Don Cope

 LASAGNE 

Meat Sauce: 1 lb. ground beef
 1 clove garlic
 1 T parsley
 1 T basil
 1 1/2 t salt
 1 1-lb. can tomatoes
 2 6-oz. cans tomato paste

Brown beef with garlic; add remaining ingredients and simmer.

Cheese filling: 3 cups cottage cheese
 3 beaten eggs
 2 t salt
 1/2 t pepper
 2 T parsley
 1/2 cup Parmesan cheese

Mix well.

6 Lasagne noodles, cooked
1 lb. Mozzarella cheese,
sliced

Layer meat, noodles, cheese filling and slices (two times) ending with slices. Bake at 375 for 30 min. Let set 10 minutes before serving. Best made ahead and reheated.

Gail Gell

LASAGNE FLORENTINE

- 1 medium onion, chopped
- 1/2 green pepper, chopped
- 2 garlic cloves, minced
- 2 T vegetable oil
- 1 can (28 oz.) tomatoes
- 1 can (6 oz.) tomato paste
- 1/4 cup minced fresh parsley
- 1/2 t oregano
- 1 bay leaf
- 8 oz. lasagne noodles
- 1 pkg. (10 oz.) frozen chopped spinach,
cooked and drained
- 1 lb. ricotta cheese
- 1 egg
- 3/4 cup grated Parmesan cheese
- 1 t salt
- 1/4 t pepper
- 8 oz. mozzarella cheese, grated

Saute onion, green pepper and garlic in oil until golden, stirring often. Stir in tomatoes, tomato paste, parsley, oregano and bay leaf. Simmer uncovered for 20 minutes. Cook noodles according to package directions; drain. Combine spinach, ricotta, egg, 1/4 cup Parmesan, salt and pepper. Spoon 1/3 tomato sauce in bottom of lasagne dish or 13 x 9-inch baking dish. Cover with 1/3 lasagne noodles, 1/2 spinach-ricotta filling, 1/2 mozzarella and 1/4 cup Parmesan. Repeat layers, using 1/2 remaining sauce and noodles, and all remaining filling. Top with remaining noodles, sauce, Parmesan, mozzarella. Bake at 350 for 45 minutes. Let stand a few minutes before cutting into squares for serving. Serves 6.

Thelma Belloli

 SPAGHETTI

Sauce: 1 small onion
 2 cloves garlic
 1/4 cup olive oil
 2 8-oz. cans tomato sauce
 1 7-oz. can tomato paste
 3 cups water
 1 T sugar
 1 T oregano
 1 T salt
 Dash pepper

Chop onion fine, peel garlic and leave whole.
 Cook in heated oil until limp. Add tomato
 sauce, paste, water and all seasonings.
 Cover and cook slowly for one hour. Stir
 occasionally.

Meatballs: 3 slices white bread
 1 small onion
 4 sprigs parsley
 1 lb. ground beef
 1/4 to 1/3 lb. sausage (ground)
 3 T Parmesan cheese
 1 egg
 1 t salt, 1/4 t pepper

Soak bread in 3/4 cup water; mash with fork;
 chop onion and parsley fine and mix with meat,
 along with cheese, egg, salt, pepper. Mix in
 the bread-water combination thoroughly. Shape
 the mixture into 12 balls 2-in. in diameter.
 Heat oil in a 1/4-in. layer in a skillet.
 Brown meatballs until firm; turn frequently.
 Add meatballs to sauce after it has cooked an
 hour. Cook, covered, 30 minutes longer. Dis-
 card garlic. Add mild Italian sausage or
 mushrooms as variation. (My mother's recipe).

Gail Gell

 ❁ CHILIES RELLENOS PIE ❁

4 4-oz. cans whole green chilies
 1 T oil
 1 lb. Jack cheese, sliced
 Salt and pepper
 6 eggs, beaten
 1 tall can evaporated milk
 1 lb. Cheddar cheese, shredded
 Hot chili sauce: 3 T chopped onion
 1 minced garlic clove
 1 T butter
 1 15-oz. can tomato sauce
 1/3 cup water
 1/4 t salt
 1/4 t crumbled oregano
 Simmer 15 minutes. Serve
 hot.

Slit chilies, spread flat, remove seeds, rinse and drain. Dry with paper towels. Rub half the oil in bottom and sides of one 9 x 13 inch baking pan (or 2-9 x 9 inch square pans). Spread half the chilies in each pan, skin side down. Place half the cheese over the chilies and sprinkle with salt and pepper. Repeat the 2 layers. Combine eggs and evaporated milk and pour over the chilies and cheese in the pan. Sprinkle with Cheddar cheese. Bake at 350 for 45 minutes. Cut and serve with chili sauce (optional).

Jean Heichue

 TAMALE PIE 

3 cups milk
1 cup cornmeal
2 lbs. ground beef
1 clove garlic, minced
2 onions, chopped
1 green pepper, chopped
1 cup whole kernel corn, drained
1 cup green chili sauce
2 1/2 cups tomato sauce
1 can chopped ripe olives
1 can whole ripe olives
3 T chili powder
2 t salt
Longhorn cheese, grated

Pour milk over cornmeal and let stand. Fry ground beef with garlic, onions and green pepper. Add corn kernels, chili sauce, tomato sauce, chopped olives, chili powder and salt. Combine meat and cornmeal mixtures. Bake one hour at 375. After 1/2 hour, stir in whole olives. Last 20 minutes top with Longhorn cheese. Serves 15 to 20.

Ginny Larson