

Alpine Goulash

(Mom)

2½ pounds round steak cut in cubes	1½ teaspoons salt
2 tablespoons shortening	1 teaspoon caraway seed
3 cups chopped onion	1 teaspoon dill seed
1 clove garlic, minced	1 teaspoon Worcestershire sauce
1 can tomato sauce	¼ teaspoon pepper
2 tablespoons brown sugar	½ pint sour cream (optional)
1 tablespoon paprika	Hot buttered noodles

Brown meat on all sides. Add all but sour cream. Cover and cook slowly 2½ hours. Add sour cream.

Serve on top of buttered noodles.

Beef and Bean Bake

(Paper)

2 pounds boneless beef for stew, cut in 1-inch cubes	2 tablespoons lard or drippings
1 cup dried navy beans	1 can (8-ounce) tomato sauce
6 cups water	3 small onions, halved
2 tablespoons flour	2 tablespoons mustard
2 teaspoons salt	1 teaspoon chili powder

Sort and rinse beans. Cover with water and bring to boil. Reduce heat and simmer 2 to 3 minutes. Remove from heat and let stand 1 hour. Combine flour and salt. Dredge beef cubes in seasoned flour. Brown in lard or drippings. Pour off drippings. Drain beans, reserving 2 cups of liquid. Combine meat, beans, reserved liquid, tomato sauce, onions, mustard and chili powder. Cover and bake in slow oven (325°F) for 2 to 2½ hours or until beans and meat are tender.

Serves 6 to 8

Beef Kabobs

(Low-sodium/Paper)

Alternate cubes of tender beef with green pepper, onions, fresh tomato and broil until tender. Beef may be marinated overnight in the following marinade:

1 cup sliced onions	½ teaspoon pepper
¼ tablespoon vegetable oil	½ teaspoon rosemary
¼ cup white table wine or ¼ cup vinegar	

Deviled Round Steak

(Paper—Mom/Low sodium)

1½ pounds round steak	1 cup canned tomatoes
Flour for dredging	1 cup water
3 tablespoons margarine	1 tablespoon vinegar
3 tablespoons flour	1 tablespoon sugar
3 tablespoons diced onion	¼ teaspoon paprika

Cut steak into individual servings. Dredge with flour and brown on both sides in margarine. Mix the 3 tablespoons flour with remaining ingredients. Cover and cook slowly on top of range or in a slow oven (300°F) for 1½ hours or until tender.

6 servings

Homemakers Hot Dish

(Mom/Aunt Mary)

1 cup uncooked rice	½ cup chopped green pepper
1 cup corn	1 pound ground beef
1 cup green beans	1 can tomato sauce, vegetable juice
½ cup chopped onions	and water to make 2 cups

Grease bottom of casserole. Put in layers of rice and vegetables with meat as top layer. Salt and pepper. Pour over liquid.

Bake 1 hour at 350°F.

Hamburger Patties

(Low-sodium/Paper)

1 pound lean ground beef	1 tablespoon chopped parsley
2 tablespoons lemon juice	½ teaspoon pepper
2 tablespoons chopped onion	

Shape into patties and broil. Serve in warm "Mother's Buns".

Hot Bunwich

(Paper)

This is a delicious way to use those last meaty shreds you pick from a turkey roast before it goes into the soup pot. Mix diced turkey with finely chopped unpeeled apple, chopped onion, grated Swiss cheese and a tasty fillip of toasted walnuts. Bind with mayonnaise, and season with salt and pepper. Mound into buttered hot dog or hamburger buns or sandwich rolls. Wrap tightly with foil and heat in oven.

Lasagna Casserole

(Mom)

2 tablespoons salad oil	¼ teaspoon pepper
2 cloves garlic, crushed	½ teaspoon oregano
1 pound hamburger	8 ounces lasagna noodles
1 (8 ounce) can tomato sauce	½ pound mozzarella or Monterey Jack
1 (no. 2 size) can tomatoes	¾ pound cottage cheese
1½ teaspoons salt	½ cup grated Parmesan

Make sauce or use purchased one. Cook noodles about 15 minutes and drain. Butter a flat casserole dish and alternate noodles, cheese, tomato-meat sauce and Parmesan, ending with layer of sauce and Parmesan. Bake uncovered for 20 minutes at 375°F

Layered Beef and Zucchini

(Paper)

1 pound ground beef	1 cup small curd creamed cottage cheese
3 or 4 small zucchini cut into ¼ inch slices	1 egg
1¼ cups variety baking mix	½ cup grated Parmesan cheese
	2 cups spaghetti sauce

Grease 8-inch square baking dish. Cook and stir ground beef in 10 inch skillet until brown; drain. Place zucchini slices in single layer in baking dish; sprinkle with ¼ cup baking mix. Top with beef and spaghetti sauce. Mix remaining 1 cup baking mix, cottage cheese and egg until soft dough forms; spread over sauce. Sprinkle with Parmesan cheese.

Bake uncovered in preheated 350°F oven until hot and bubbly, about 30 minutes. Let stand 10 minutes before serving.

Meat Dressing Nests

(Mom/Catherine Davies)

1 pound ground beef ¼ teaspoon nutmeg
1 pound pork sausage 3 eggs
2 cups quick oats ½ cup Miracle Whip

Mix all ingredients and form 15 patties. Put a heaping tablespoon of the following filling in the center of each and then close tightly.

1 package Stove Top dressing mix
2 teaspoons baking powder

Follow directions on dressing mix, adding baking powder.

Put 2 cans celery soup and 2 cans water in a 10x15 inch baking pan and mix well. Add the meat balls, turning to coat with soup, leaving seamed side up. Bake at 400°F for 15 minutes and reduce heat to 350°F for 45 minutes longer. They pop open as they bake.

To freeze, wrap individually in foil. Without thawing re-heat at 450°F for 40 minutes.

Makes 15 nests.

Meatloaf

(Low-sodium/Paper)

1 pound lean ground meat ½ teaspoon basil
1 shredded wheat biscuit crumbled fine 1 tablespoon vegetable oil
¼ cup minced onion ½ teaspoon pepper
1 egg (optional) ¼ cup low sodium non-fat milk
¼ teaspoon summer savory ¼ cup red wine

Mix thoroughly and pat into a loaf pan. Bake at 325°F for 1 hour. Low sodium dietetic chili sauce is excellent on this.

Monday Meat Pie

(Magazine)

½ cup diced celery 1 cup cubed leftover carrots
½ cup diced onion 1 No. 1 can (1-cup) peas
½ cup chopped green pepper 1 cup gravy
2 cups cubed leftover chicken, beef or pork 4 slices dry bread, cubed
1 cup cubed leftover potatoes

Brown celery, onion, and green pepper in hot fat; add combined meat, potatoes, carrots and peas. Add gravy and season to taste. Pour into casserole; top with bread cubes browned in butter. Bake in moderate oven (375°F) 30 minutes.

Serves 6

Montana Pot Roast

(Mom/John Owen)

Tear off large piece of foil and place in large flat oven dish. Place about 4-pound pot roast on foil and brown on all sides under broiler. Meanwhile, finely chop 4 stalks celery and 5 carrots, mince 2 cloves garlic. Put on pot roast, add salt and pepper. Fold foil around sides of meat. Pour in 1 cup red wine and close foil. Cook 2 hours at 325°F. Open small hole in foil, add ½ cup wine, seal and cook 30 minutes. Remove meat to platter. Dump wine and juice in saucepan. Mix in 2 tablespoons flour. Serve with sliced roast and mashed potatoes.

(Intermediate Eater)

Phyll's Tacos

(Paper)

1 pound ground lean beef	¼ cup water
Medium onion, chopped	1 tablespoon (or more) chili powder
Large green pepper, chopped	1 teaspoon sugar
1 large rib celery, chopped	5 ounce package (12) taco shells
Large clove garlic, chopped	¼ pound cheddar cheese, grated
2 (8 ounce each) cans tomato sauce	¼ head iceberg lettuce, shredded

In a 10-inch skillet, cook the beef—crumbling with a fork—until it loses its red color; add the remaining ingredients except taco shells, cheese and lettuce. Simmer uncovered until vegetables are tender and mixture is as thick as you like—15 to 30 minutes. Heat taco shells according to package directions. Fill shells with the meat mixture and top with cheese and lettuce; or let eaters fill and top the tacos themselves. Serve at once.

Serves 4 to 6

Porcupine Meatballs

(Dad)

1 pound ground beef	½ teaspoon salt
¼ cup long-grain rice	Dash pepper
1 egg, slightly beaten	1 (10¾ ounce) can tomato soup
1 tablespoon snipped parsley	½ cup water
2 tablespoons finely chopped onions	1 teaspoon Worcestershire

Combine rice, meat, egg, parsley, onion, salt, pepper and ¼ cup soup. Mix—Shape into 20 balls and put in skillet. Mix remaining soup, water and Worcestershire. Pour over meatballs. Bring to boil, reduce heat, cover and simmer 40 minutes, stirring often.

Serves 4 to 5

Prize-Winning Meat Loaf

(Paper)

2 pounds ground meat	⅓ cup finely chopped onion
Combination of beef, pork and veal	1 egg, lightly beaten
1 cup milk	2 tablespoons chili sauce or ketchup
1 cup fresh bread crumbs or	2 teaspoons white horseradish
uncooked rolled oats	1¼ teaspoons salt
½ cup chopped parsley	¼ teaspoon black pepper

Pre-heat oven to 375°F. Combine all ingredients in a large mixing bowl. With your hands, work mixture until ingredients are evenly distributed. Pack mixture into a 9x7-inch loaf pan, smoothing the top. Bake meat loaf in pre-heated oven until nicely browned on top and the meat juices no longer run pink in the center when pierced with a sharp knife, about 55 to 60 minutes. Remove any grease that has accumulated in the bottom of the pan with a bulb baster or by pouring it off. Cut the meat loaf into ¾ inch slices and serve.

Reuben Burger Pie

Meat Pie Shell:

1 pound ground beef	¾ teaspoon salt
⅓ cup oats	¼ teaspoon pepper
½ cup Thousand Island Dressing	⅛ teaspoon garlic powder
1 egg	

Filling:

- 1 (16 ounce) can sauerkraut, drained
- 2 cups (8 ounces) shredded Swiss cheese or other of your choice
- 1½ teaspoons caraway seeds

Combine all meat shell ingredients; mix well. Press onto bottom and sides of 9-inch pie plate. Cook in microwave oven 6 to 7 minutes, rotating dish ¼ turn 3 times.

Combine and mix filling ingredients. Spoon into meat shell. Cook in microwave 5 minutes, rotating dish ¼ turn 3 times.

Rodeo Ribs

(Paper)

Barbecue Sauce:

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| 1 cup catsup | ¼ cup vinegar |
| 1 tablespoon Worcestershire sauce | 1 tablespoon sugar |
| 2 to 3 dashes bottled hot sauce | 1 teaspoon salt |
| 1 cup water | 1 teaspoon celery seed |

Combine all ingredients, simmer 30 minutes. Cut rack of ribs in serving size pieces. Par-boil them for 20 minutes (important), drain. When barbecue coals are gray, lower rack to lowest level possible. Put spareribs into sauce, and then put on grill. Leave on 7 minutes. Turn, baste with sauce and cook until brown and tender.

Shepherd Pie

(Paper)

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| 1 medium onion, chopped | 1 teaspoon oregano |
| 1 cup chopped celery | Salt and pepper |
| 3 tablespoons butter or margarine | 4 cups seasoned mashed potatoes |
| 3 cups coarsely ground or diced cooked roast beef | 2 tablespoons grated Parmesan cheese |
| | Paprika |

Sauté onion and celery in butter until tender. Stir in meat and oregano. Season to taste. Heat through. Pour mixture into buttered shallow 2-quart casserole. Spoon mashed potatoes over hash. Sprinkle with cheese and paprika. Bake at 350°F for 40 minutes.

Serves 6

Souperburger

(Promotion Card)

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| 1 pound ground beef | 1 tablespoon prepared mustard |
| ½ cup chopped onion | Dash pepper |
| 1 tablespoon shortening | 6 buns, split and toasted |
| 1 can Campbell's Chicken Gumbo, Golden Mushroom, Tomato, Vegetable or Cream of Mushroom Soup | |

In skillet, brown beef and cook onion in shortening until tender; stir to separate meat. Pour off fat. Add soup and seasonings. Cook 5 minutes; stir now and then. Serve on buns. 6 sandwiches

Strips O'Steak Sandwiches

(Paper—Mom)

¼ cup butter or margarine	1 tablespoon Worcestershire Sauce
¼ cup prepared yellow mustard	1 to 1½ pounds round steak
1 tablespoon sugar	Crusty rolls, split and buttered
1 tablespoon catsup	

Melt butter in small saucepan. Stir in mustard, sugar, catsup and Worcestershire sauce. Cut steak into strips about ¼ -inch thick; brush with sauce. Grill over hot coals or broil 4–5 minutes, turning once, until done. Serve on rolls.

Sweet and Sour Meatballs

(Low-sodium/Paper)

4 cups soft bread bits	1 cup warm water
½ cup chopped onion	2 pounds lean ground beef
⅛ teaspoon sage	

Combine first 4 ingredients. Let stand 5 minutes. Add beef and mix. Shape into balls. Brown in margarine. Place in casserole.

Sauce:

½ cup brown sugar	⅓ cup vinegar
2 tablespoons flour	⅔ cup water
3 teaspoons prepared mustard	

Mix ingredients; pour over meatballs. Cover. Bake at 350°F for 45 minutes.

Tamale Pie

1 pound ground beef	1 (8¾ ounce) can whole kernel corn, drained
1½ teaspoons garlic powder	½ cup sliced green onions
1 (7½ ounce) can whole tomatoes, crushed & drained	¼ cup cilantro
1 (16 ounce) can refried beans	¼ teaspoon ground cumin
1 (16 ounce) jar mild picante sauce or chunky salsa dip	1 (15-16 ounce) package cornbread mix, prepared according to package directions
	1 cup shredded cheddar cheese

In large skillet, brown beef with garlic powder; drain. In large bowl, mix together meat with remaining ingredients EXCEPT cornbread mix and cheese. Spoon meat mixture into bottom of a 13x9x2-inch baking dish. Fold cheese into prepared cornbread mix. Spoon cornbread and cheese mixture over meat mixture. Bake at 375° F for 30 to 35 minutes, or until wooden pick inserted in cornbread comes out clean. Let stand 10 to 15 minutes before serving.

Veal Scallopine

(Mom)

2 pounds veal-leg or steaks	½ teaspoon each pepper, rosemary, oregano and sweet basil
1 clove garlic, crushed	Dash of savory salt
1 onion, chopped	1 cup white wine
1 cup chopped celery	1 cup tomato sauce
½ cup chopped green pepper	¼-½ cup water
¼ cup salad oil	1 tablespoon flour
1 teaspoon salt	1 cup canned mushrooms with liquid
Dash garlic salt	

Freeze or chill veal and slice very thin. Cut in serving pieces and brown in oil. Remove meat from pan and brown garlic, onion, green peppers and celery. Add next 11 ingredients and meat. Add mushrooms and liquid and simmer until meat is tender.

Serves 6 to 8

Zucchini Boats

(Penny)

1 large zucchini	Salt and Pepper to taste
1 pound hamburger	3 cups cooked rice (1½ cup raw)
½ medium green pepper	2 unbeaten eggs
2 minced garlic cloves	2 slices torn up bread
½ cup chopped onion	2 tablespoons bacon bits
1 stalk chopped celery	Parmesan cheese

Cut zucchini in half lengthwise and scoop out seeds. Brown hamburger, garlic, onion, celery and green pepper and spices. Cook rice. Add eggs to rice and mix. Add this to meat mixture in skillet. Stir, and add bread and bacon bits. Spoon into zucchini boats and sprinkle (liberally) with Parmesan. Wrap in foil and place on cookie sheet at 350°F for 1 hour.

P.S. If using huge zucchini, maybe increase the hamburger a bit, cook 2 cups raw rice and use 3 eggs.

Baked Chicken

(Dad)

1 (3–3½ pound) cut-up fryer	1½ cups long grain rice
1 package dry onion soup mix	2½ cups water
2 (10.5 ounce) cans cream of mushroom soup or cream of chicken, celery	

Place rice in greased casserole. Sprinkle all of soup (onion) over rice. Arrange chicken over rice, skin up. Spoon undiluted soup over chicken and then slowly pour water over all. Bake uncovered in pre-heated oven at 325°F for 2 hours.

Baked Turkey (Barbecue)

(Dad)

4 (or more) drumsticks	½ cup catsup
2 teaspoons salt	⅓ cup packed brown sugar
½ teaspoon pepper	1 teaspoon dry mustard
½ cup water	¼ teaspoon nutmeg
¼ cup margarine	

Heat oven to 425°F, melt margarine in pan. Put turkey in pan, turning to coat. Bake uncovered 15 minutes. Reduce to 350°F, cover tightly, turn occasionally, and add water if necessary. Bake 2 to 2 ½ hours.

For Barbecue:

Mix catsup, sugar, mustard and nutmeg. Pour over drumsticks. Bake uncovered 15 minutes, cover then bake 2 to 2½ hours.

Barbecued Chickens

(Paper)

Salad oil, 1 cup	Salt, 2 teaspoons
Lemon juice, ¼ cup	Pepper, dash
Hot pepper sauce, ⅛ teaspoon	Garlic clove, 1
Prepared mustard, 4 teaspoons	Broilers, about 2½ pounds, split into halves, 2
Brown sugar, 2 tablespoons	

First make barbecue sauce: combine salad oil, lemon juice, hot pepper sauce, mustard, brown sugar, salt and pepper in jar or bottle; add garlic clove cut in half; let stand for several hours; shake well before using. Singe, remove pinfeathers, wash and dry both chickens. Remove broiler pan and pre-heat broiler 5 minutes. Place the 4 chicken halves skin side down on broiler rack, brush with barbecue sauce. Broil slowly for 20 minutes, brushing with sauce once more. Turn halves over, brush well with sauce, continue broiling, brushing once or twice more until tender and evenly browned (15 to 20 minutes).

Serves 4 to 6

Chicken Crunch

(Soup Recipe Card)

1 can Golden Mushroom Soup	2 pounds chicken parts
¾ cup water	1 cup finely crushed packaged herb-seasoned stuffing
1 tablespoon finely chopped onion	2 tablespoons melted butter or margarine
1 tablespoon finely chopped parsley	

Mix ¾ cup soup, ¾ cup water, onion and parsley. Dip chicken in soup mixture; then roll in stuffing. Place in shallow baking dish (12x8x2-inch). Drizzle butter on chicken. Bake at 400°F for 1 hour. Meanwhile, combine remaining soup and water. Heat; stir now and then. Serve over chicken.

Serves 4

Chicken and Dumplings

(Paper)

Boil a fat stewing chicken until tender, having enough broth to make about 2 quarts. When chicken is done remove pieces until dumplings are done.

Dumplings:

Beat together 1 large egg, 1 tablespoon water and 1 teaspoon salt until well blended, add 2½ cups flour and mix with fingers until dry and crumbly. When well mixed add 1 cup of boiling liquid (chicken broth) and stir quickly into stiff mass of dough. Turn onto floured board and knead with more flour until smooth and not sticky. Divide and roll thinly and cut into squares or strips. Add to about 2 quarts of boiling broth and boil gently about 20 minutes or until dumplings are tender. Add more salt and pepper if desired. Put chicken pieces back into dumpling pot and stir gently.

Chicken and Rice

(Dad)

1 cup rice	1 jar (2 ounces) pimiento drained and chopped
1 envelope dry onion soup mix	1 can cream of chicken soup
1 tablespoon butter	2 cups water
½ cup chopped green pepper	1 cup up fryer (2½ to 3 pounds)
½ cup chopped celery	Paprika—parsley or chives for garnish

Lightly grease 9x13 pan. Pour in rice. Add onion soup—stir. Melt butter in small pan and add green pepper and celery. Sauté. Spoon pepper and celery over rice. Add pimiento over rice.

Combine chicken soup and water, mix well. Pour $\frac{3}{4}$ of mixture over rice. Add chicken over rice, skin side up. Pour remaining soup mixture over chicken, sprinkle with paprika. Bake uncovered 1- $\frac{1}{2}$ hours at 350°F. Garnish with parsley or chives.

Continental Chicken

(Paper)

4 pieces of chicken	$\frac{1}{8}$ teaspoon thyme
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon dried celery flakes
1 can condensed chicken soup	1 $\frac{1}{3}$ cups water
2 $\frac{1}{2}$ tablespoons grated onion	1 $\frac{1}{3}$ cups Minute Rice
1 tablespoon chopped celery	$\frac{1}{2}$ teaspoon paprika
1 teaspoon salt	

Roll chicken in flour. Sauté in butter until golden brown. Mix soup, onions, celery and seasonings in saucepan and gradually stir in water and bring to boil, stirring constantly. Remove from fire. Put rice into 2-quart casserole and pour all except $\frac{1}{3}$ cup of soup mixture over rice. Arrange chicken on top of rice. Pour remaining soup mixture over chicken. Cover and bake 30 minutes in 375°F oven. Sprinkle with paprika just before serving.

Serves 2

Creamy Chicken Tarragon

(Box End)

2 tablespoons oil	1 cup water
2 $\frac{1}{2}$ - 3 pounds cut-up chicken	$\frac{1}{2}$ cup dry white wine
1 envelope Lipton Onion-Mushroom, Onion, or Golden Onion Recipe Soup	2 tablespoons flour
$\frac{1}{2}$ teaspoon tarragon	Mix $\frac{1}{2}$ cup whipping or heavy cream

In large skillet, heat oil and brown chicken; drain. Add Lipton Soup Mix and tarragon blended with water and wine. Simmer covered 45 minutes or until chicken is tender. Remove chicken to serving platter and keep warm. In skillet, stir in flour blended with cream. Bring to the boiling point, then simmer, stirring constantly, until sauce is thickened, about 5 minutes. Serve sauce over chicken.

Serves 4

Microwave Directions:

Omit oil. In 3-quart casserole, heat chicken, uncovered, at HIGH (full power) 12 minutes, rearranging once; drain. Add Lipton Soup Mix and tarragon blended with water and wine. Heat covered 14 minutes or until chicken is tender, rearranging chicken once. Remove chicken to serving platter and keep warm. Into casserole, stir in flour blended with cream and heat uncovered or until sauce is thickened, stirring once.

Chicken Salad Sandwiches

(Magazine)

1 cup finely chopped leftover chicken	$\frac{1}{4}$ cup mayonnaise
$\frac{1}{4}$ cup chopped celery	Salt and pepper
$\frac{1}{4}$ cup chopped stuffed olives	

Combine ingredients; season to taste. Mix thoroughly. Spread between slices of buttered bread.

5-6 sandwiches

Chicken and Sausage Jambalaya

(Paper)

4 tablespoons vegetable oil	1 can (16 oz) tomatoes, chopped
1 pound andouille or hot smoked sausage (cut in ½ inch chunks)	2 bay leaves
1 cup sliced celery	1 teaspoon Tabasco pepper sauce
1 large onion, chopped	½ teaspoon oregano leaves
2 green or red bell peppers, chopped	½ teaspoon thyme leaves
2 cloves garlic minced	¼ teaspoon ground allspice
3 cups chicken broth	1½ cups uncooked rice
	1 pound cooked chicken, in 1 inch cubes

In a large heavy pan, heat oil over medium high heat. Add sausage, celery, onion, peppers and garlic. Cook 5 minutes or until vegetables are tender; stir frequently. Stir in broth, tomatoes and seasonings. Bring to a boil. Reduce heat and simmer uncovered 10 minutes; stir occasionally. Stir in rice. Cover, simmer 15 minutes. Add chicken; cover and simmer 5 minutes longer or until rice is tender. Let stand covered 10 minutes. Remove bay leaf. Garnish with celery leaves.

8-10 servings

Chicken Pie

(Low-sodium/Mom)

2 tablespoons margarine	4 tablespoons flour
1 cup diced celery	2 cups stock
½ cup diced onion	1 cup skim milk
2 cups chopped cooked chicken	

Slowly cook onion and celery in margarine. Make white sauce with flour, stock and milk. Add onion mixture to white sauce. Add chicken. Heat thoroughly. Pour into shallow baking dish. Cover with low salt biscuits. Bake at 450°F for about 45 minutes.

Chicken Cacciatore

(Dad—Paper)

2 fryers, about 2 pounds each	1 green pepper, seeded and diced
½ cup flour	1 cup canned tomatoes
½ teaspoon salt	½ teaspoon oregano
¼ teaspoon pepper	½ cup dry sherry or white wine
⅓ cup olive oil	1 can (3 ounces) sliced mushrooms
2 cloves garlic, chopped	Salt and pepper to taste
1 medium onion, chopped	

Have fryers cut into serving pieces. Combine flour, salt and pepper in a brown bag. Place chicken pieces in the bag and shake until coated. Heat olive oil in a skillet. Add chicken and brown well on all sides. Add garlic, onion, green pepper, tomatoes, oregano and sherry. Cover and simmer 30 minutes. Add mushrooms and salt and pepper to taste. Simmer 10 minutes longer. In some parts of Italy this dish is made without tomatoes, but with more green pepper added. It is delicious served with plain boiled spaghetti over which the chicken sauce is poured. Serves 4 to 6

Chicken New Orleans

(Soup Recipe Card)

2 pounds chicken parts	1 tablespoon lemon juice
2 tablespoons shortening	½ small bay leaf
1 can Campbell's Tomato Bisque Soup	½ cup green pepper strips
½ cup sliced onion	

In skillet, brown chicken in shortening; pour off fat. Add remaining ingredients except green pepper. Cover; cook over low heat 30 minutes. Add green pepper; cook 15 minutes more or until tender. Stir now and then. Remove bay leaf.

Serves 4

Chicken Marengo

(Mom)

3 tablespoons salad oil	12 small white onions
1 garlic clove, halved	1/3 cup dry or cooking sherry
1 (3 1/2 pounds) fryer, cut up	2 teaspoons salt
Paprika	1 teaspoon sugar
1/2 pound mushrooms, sliced	3 cups hot cooked rice
1 (16 ounce) can tomatoes	

Cook garlic in hot oil until browned, discard garlic. Add chicken and sprinkle with paprika; cook until browned on all sides. Push chicken to side, add mushrooms and cook until golden, about 4 minutes. Add tomatoes and their liquid and remaining ingredients except rice. Heat to boiling. Reduce heat to low, cover and simmer 30 minutes, stirring occasionally. Serve with rice.

Chicken Crunch

(Mom/Aunt Mary)

1 can mushroom soup	1 fryer chicken cut up
3/4 cup milk	2 tablespoons melted butter
1 tablespoon onions, chopped fine	2 cups crushed stuffing mix

Mix 1/2 cup soup, 1/4 cup milk and onions. Dip chicken in soup mixture. Roll in stuffing. Place in shallow greased pan. Bake at 400°F for 1 hour. Combine remaining soup and milk for a sauce.

Chicken and Potatoes Oregano

(Good Housekeeping/Mom)

3 medium potatoes	1 1/2 teaspoons salt
1 small onion	1/8 teaspoon pepper
Vegetable cooking spray	3/4 teaspoon oregano leaves
1/4 cup margarine	1 tablespoon chopped parsley for garnish
8 chicken thighs	

Peel potatoes, cut in cubes. Mince onion. Spray skillet with vegetable spray, place over medium heat. Melt butter; add potatoes, onions and chicken. Sprinkle with salt and pepper. Cook 15 minutes gently turning potatoes with turner. Turn thighs, sprinkle with oregano and cook ten minutes more or until chicken is well browned and fork tender. Sprinkle with parsley.

Serves 4

Chicken 'N Dressing Bake

(Wheat Commission Card)

6 cups cubed bread	2½ cups diced cooked chicken
1 can cream of mushroom soup	½ cup milk
2 cups chicken broth	2 tablespoons chopped pimiento (optional)
2 well-beaten eggs	1 teaspoon poultry seasoning
1 teaspoons salt	

Toss bread cubes with ½ can of the soup, broth, eggs, and seasonings. Spread in 11½x7½x1½-inch baking dish; top with chicken. Combine remaining soup with milk and pimiento; pour over all. Cover with foil; bake at 350°F for 45 minutes or until set.

Serves 6 to 8

Chicken Wings

(Paper)

3 pounds chicken wings or other pieces	3 tablespoons vinegar
½ cup soy sauce	1 teaspoon ginger
3 tablespoons white sugar	2 cloves garlic, crushed
3 tablespoons brown sugar	Ac'cent
Fresh ground pepper	

Separate wings and throw away small tips. Marinate chicken in above. Bake at 300°F for 2 to 2½ hours. Baste and turn frequently. If glaze is not thick enough, cook in pan and reduce liquid.

Chicken Cacciatore

(Paper)

1 frying chicken	½ cup chopped onions
¼ cup butter	2 cups tomatoes
¼ cup olive oil	½ cup dry white wine
¼ cup flour	1 cup fresh mushrooms, sliced
¼ teaspoon salt	1 small can tomato paste
¼ teaspoon pepper	Another 1 teaspoon salt
2 cloves garlic, minced	Pinch of basil
1 green pepper	½ teaspoon rosemary

Mix the flour with the quarter teaspoon of both salt and pepper. Cut the chicken in serving pieces, ideally with a sword used in the second act of La Forza del Destino. Dry, and then rub each piece well with the seasoned flour.

Now you heat the butter and oil in a deep skillet and brown the chicken on all sides. Add the garlic, green pepper, tomatoes, onion, wine, mushrooms, tomato paste, the teaspoon of salt, and finally the basil and rosemary. When everything is mooshed together and hot, glurp it all into an oven casserole and bake, covered, for two hours in a 325°F oven.

Chicken Marengo

(Paper)

3 pounds chicken, washed patted dry, quartered	3 tablespoons vegetable oil
1 teaspoon black pepper	1 clove garlic, peeled, whole
½ cup flour	½ pound fresh mushrooms, cleaned and sliced
Garlic powder, to taste	1½ cups tomatoes, diced
1 teaspoon dried basil	½ cup dry white wine

Rub chicken with pepper. In medium bowl, mix flour, garlic powder and basil. Dredge chicken with flour. Heat cooker over medium heat. Add oil and garlic clove. Brown chicken in batches, turning to brown on

all sides. Remove garlic and chicken with tongs. Stir in mushrooms, tomatoes, and wine and replace chicken. Place pressure regulator on vent pipe. In about 5 minutes, the pressure regulator will rock slowly. Cook 10 minutes from when rocking begins, making sure to stabilize pressure regulator's rocking by reducing heat, if necessary. Remove from heat and let pressure drop of its own accord, about 20 minutes.

Chicken Vegetable Medley

(Box End)

¼ cup butter or margarine	2 small zucchini cut in matchstick thin strips (about 2 cups)
1 whole chicken breast, skinned, boned and cubed (1/2 pound boneless)	¼ teaspoon salt
1 teaspoon dried dill weed, crushed	Dash pepper
4 cups cabbage, shredded	4 teaspoons cornstarch
	1½ cup "V-8" vegetable juice

In skillet, in 2 tablespoons hot butter, cook chicken with dill for 3 minutes. Add remaining butter, cabbage, zucchini, and salt and pepper.

Cook, stirring occasionally, until vegetables are tender-crisp.

In small bowl, combine "V-8" juice and cornstarch. Stir into chicken mixture.

Cook, stirring constantly until mixture is thickened. Makes 5½ cups or 4 servings.

Chicken and Pears with Mustard Sauce

(Paper)

2 to 3 pound chicken parts	2 tablespoons Dijon mustard
Salt and pepper to taste	2 teaspoons cornstarch
2 tablespoons vegetable oil (opt.)	½ teaspoons basil, crushed
1 (16 ounce) can pear halves	Chopped parsley, for garnish
¼ cup chopped onion	

Microwave Method:

Season chicken with salt and pepper. In skillet on stove, brown seasoned chicken in oil, if desired. Place chicken in a microwave-safe baking dish. Drain pears, reserving ½ cup liquid. In a separate bowl, combine pear liquid, onion, mustard, cornstarch and basil. Pour over chicken. Cover with lid or waxed paper. Microwave at HIGH for 12 to 15 minutes, or to internal temperature of 170°F. Add pears; microwave 2 to 3 minutes, or until pears are heated through. Garnish with parsley.

Serves 4

Creamed Chicken

(Low-sodium/Mom)

1 cup chopped celery	3 cups chicken broth
4 tablespoons margarine	½ cup skim milk
½ cup flour	3 cups diced cooked chicken

Cook celery in margarine for a few minutes. Stir in flour and blend thoroughly. Then stir in broth and milk and cook until smooth and thick. Add chicken. Heat thoroughly. Serve on crisp toast, waffles, or in a rice ring.

Serves 6

Dragon King's Tea-Smoked Chicken

(Paper)

3–3½ pound whole fryer chicken	2 teaspoons minced fresh gingerroot
⅓ cup naturally-brewed soy sauce	¼ cup loose cinnamon-apple herb tea (12 to 14 teabags)
2 tablespoons dry sherry	2 tablespoons brown sugar, packed

Discard giblets and neck from chicken. Rinse chicken thoroughly; drain well and pat dry. Combine soy sauce, sherry and ginger; pour over chicken in large plastic bag. Press air out of bag; close top securely. Turn over several times to coat cavity and outside of chicken. Refrigerate 8 hours or overnight; turn over occasionally. Combine herb tea with brown sugar; sprinkle to evenly cover bottom of foil-lined baking pan. Place chicken, breast side up, on rack over tea mixture. Cover pan with foil; bake in 350°F oven 1 hour. Remove pan from oven; discard foil. Increase oven temperature to 400°F. Bake chicken 30 minutes longer, or until tender. Let stand 10 minutes before carving.

French Chicken in Orange Sherry Sauce

(Mom/Barbara)

2½ pounds chicken (optional—use all breast) cut up	¼ cup chopped green peppers
½ teaspoon salt	1 cup sliced mushrooms
1 medium onion, sliced	

Sauce:

1 cup orange juice	1 teaspoon grated orange rind
¼ cup dry sherry	2 teaspoons chopped parsley
½ cup water	1 tablespoon flour
1 tablespoon brown sugar	Paprika
1 teaspoon salt,	
¼ teaspoon pepper	1 orange, peeled and sliced

Place chicken pieces skin side up on broiler rack, broil 10 minutes. Do not turn. Place in shallow baking pan. Sprinkle with salt, onion, green pepper and mushrooms.

Combine orange juice, sherry, water, brown sugar, salt, pepper, rind and flour in small saucepan. Blend well. Cook over medium heat stirring constantly until thickened. Add parsley. Pour over chicken. Bake at 375°F for 45 minutes. Sprinkle with paprika and garnish with orange slices.

Grilled Chicken – Balinese Style

(Paper)

1 chicken (2-3 lbs), washed, dried, quartered	1 tablespoon chopped fresh ginger
1 teaspoon salt	6 macadamia nuts, chopped
2 teaspoons pepper	2 tablespoons ketchup
4 tablespoons oil	1 tablespoon brown sugar
4 shallots, chopped	1 tablespoon soy sauce
2 cloves garlic, chopped	Lemon or lime wedges
3 fresh red chilies, chopped	

Rub chicken with salt and pepper and set aside for 10 minutes. In a mortar, blender or processor, pound or process the shallots, garlic, chilies, ginger and macadamia nuts to a coarse paste. Heat a frying pan. Add the oil and heat. Add the chicken and fry until lightly browned. Remove. Drain on paper towels. Pour off all but 1 tablespoon oil. Add the paste mixture and fry for 2 minutes, stirring. Add the ketchup, brown sugar and soy sauce. Stir until sugar is dissolved. Remove from heat. Let cool. Rub the cooked mixture into the chicken and let the chicken marinate for 1 hour. Broil or grill the chicken until cooked throughout, basting often with the marinade. Serve with lime wedges, rice and a vegetable or salad.

Grilled Chicken

(Dad)

4 leg quarters
1 stick margarine, melted
Salt and pepper

½ cup lemon juice
½ teaspoon garlic powder

Salt chicken completely, pepper lightly. Make sauce by mixing margarine, lemon juice and garlic powder. Grill chicken over slow fire. After 10 minutes, begin to baste with sauce, continue until chicken is tender (45 minutes to 1 hour).

Herbed Chicken

(Dad)

1 cut up fryer (2–3 pounds)
2 tablespoons cooking oil
3 eggs
1½ cups milk
1½ cups flour
½ teaspoon salt

1 tablespoon cooking oil
1 tablespoon tarragon
1 (10¾ ounce) can cream of chicken soup
1 (4 ounce) can sliced mushrooms
⅓ cup milk
⅓ cup dairy sour cream

Skin chicken, brown in large skillet in 2 tablespoons cooking oil. Place chicken in well-greased baking pan. In mixing bowl, combine eggs, 1½ cups milk, flour, salt, 1 tablespoon cooking oil and tarragon. Beat until smooth. Pour over chicken, bake in 350°F oven for 50 to 60 minutes.

For sauce, combine soup, mushrooms, ⅓-cup milk and sour cream. Heat through.

Serves 6

Lemon Broiled Chicken

(Paper)

½ cup lemon juice
3 tablespoons olive oil
1½ tablespoons Dijon mustard
1 tablespoon soy sauce
½ teaspoon salt

¼ teaspoon cayenne pepper
4 medium size chicken breasts
1 scallion, minced
Lemon wedges for garnish

Combine lemon juice, oil, mustard, soy sauce, salt and pepper in a bowl. Wash chicken and de-fat. Combine chicken and lemon juice mixture and allow to marinate for 2 hours at room temperature but in a cool spot. Broil chicken until crusty and brown, about 25 minutes. Turn pieces and baste frequently. Serve slightly cooled and sprinkled with scallions and garnished with lemon wedges.

Marinated Chicken Bake

(Dad—Paper)

2 broiler-fryer chickens, 3 pounds each, cut up
⅓ cup fresh lemon juice
¼ cup soy sauce

1 tablespoon oregano
½ teaspoon garlic powder
½ cup (1 stick) butter

Combine lemon juice, soy sauce, oregano and garlic powder in a 3–quart rectangular baking dish. Place chicken pieces in marinade, turning to coat both sides. Cover with plastic wrap and refrigerate several hours or overnight. Turn and baste several times.

Pre-heat oven to 350°F. Remove chicken from marinade; reserve marinade. Melt butter in a small saucepan; stir in marinade. Place chicken, skin side down, in a 15x10-inch jellyroll pan. Brush liberally with marinade. Bake 30 minutes, basting frequently. Remove from oven and turn chicken skin side up. Brush with marinade. Bake 20 to 30 minutes longer or until chicken is tender, basting frequently.

Serves 6 to 8

Microwave Roast Turkey Breast

(Store Card)

One 5 pound frozen turkey breast, defrosted ¼ teaspoon pepper
1 teaspoon salt ½ teaspoon paprika

Sprinkle turkey breast with salt, pepper and paprika. Place skin side down in 12x7½x2-inch glass baking dish and cover with waxed paper. Cook ten minutes, turn skin side up and cook 40 to 50 minutes, or until turkey breast tests done. Remove turkey from pan and let stand 15 minutes before carving. Set aside pan with drippings to use for gravy. Prepare stuffing.

Stuffing:

¼ cup butter or margarine 1 cup chicken broth
1 cup chopped onion 1 egg, slightly beaten
1 cup celery Paprika
1 package (8 ounces) herb stuffing mix

In a 2 quart glass baking dish, melt butter in microwave oven, one minute. Add onion and celery, cover and cook 2½ minutes. Stir in stuffing mix, broth and beaten egg; sprinkle with paprika. Cover with waxed paper and cook seven minutes. Turn dish and cook an additional 5 to 7 minutes. Remove from oven and prepare gravy.

Mom's Special Chicken

(Paper—Mom)

¼ cup salad oil ¾ teaspoon marjoram
2 (3 pounds each) fryer chickens cut up ¼ cup flour
1 envelope dry onion soup mix 1 cup whipping cream
1½ cup water ¼ cup brandy

In large skillet, heat oil and slowly brown chicken a few pieces at a time. Add onion soup mix blended with water and marjoram; simmer covered 40 minutes or until chicken is tender. Remove chicken to serving platter and keep warm. Into onion soup mixture, blend in flour mixed with cream and brandy. Simmer, stirring constantly, until sauce is thickened—serve with chicken.

Serves 6 to 8

Microwave Cranberry-Dijon Chicken

(Paper)

2½ -3 pounds fryer, cut up ½ teaspoon salt
8 ounce can whole cranberry sauce 2 tablespoons water
1 medium onion, minced 2 tablespoons vinegar
½ cup catsup 4 teaspoons cornstarch
2 tablespoons Dijon mustard 2 tablespoons snipped parsley
1 tablespoon brown sugar 3 cups hot cooked rice
1 tablespoon Worcestershire sauce

In a microwave-safe 12x7½x2-inch dish arrange chicken with meatiest pieces toward outside of dish. Cover with waxed paper. Micro-cook on 100% power (HIGH) 8 minutes, rearranging pieces twice. Drain off fat. Meanwhile, in a medium bowl combine cranberry sauce, onion, catsup, mustard, brown sugar, Worcestershire and salt. Spoon over chicken. Cover with waxed paper. Cook on high 10 to 12 minutes or until chicken is tender, basting chicken and rotating dish a half-turn once. Remove chicken, reserving cranberry mixture. Skim fat from cranberry mixture.

In a small bowl stir together water, vinegar and cornstarch. Stir into cranberry mixture. Cook, uncovered, on HIGH about 2 minutes or until thickened and bubbly, stirring after every minute. Cook, uncovered, on HIGH for 30 seconds. Stir parsley into rice. Serve chicken and sauce over parsley rice.

Serves 6

Microwave Breasts Supreme

(Store Card)

2 large broiler-fryer chicken breasts boned and split	1 teaspoon paprika
$\frac{2}{3}$ cup flour	$\frac{1}{8}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{4}$ cup milk
	2 tablespoons butter or margarine

In shallow dish mix flour, salt, paprika and pepper. Dip chicken breasts first in milk, then in flour mixture. In 10x6x1 $\frac{3}{4}$ -inch glass baking dish, melt butter in microwave oven, 1 minute. Place chicken breasts, skin side down, in melted butter. Cook in microwave oven eight minutes. Turn chicken pieces skin side up and turn dish around. Cook 6 to 8 minutes longer or until chicken is tender. Let stand 3 to 5 minutes. Serve with Sauce Supreme. (See page 35 for Sauce Supreme.)

Serves 4

Microwave Chicken Thighs Parmigiana

(Store Card)

6 broiler-fryer chicken thighs, boned and skinned	1 clove garlic, minced
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup water	$\frac{1}{2}$ teaspoon dried basil
1 cup fine dry bread crumbs	$\frac{1}{2}$ teaspoon dried leaf oregano
3 tablespoons butter or margarine	$\frac{1}{4}$ cup grated Parmesan cheese
2 (8 ounces each) cans tomato sauce	4 ounces Mozzarella cheese cut into 6 slices

Flatten chicken thighs by pounding between two pieces of waxed paper. Beat egg with $\frac{1}{4}$ cup water in small shallow dish. Dip chicken thighs in egg, then in breadcrumbs. In 12x7 $\frac{1}{2}$ x2-inch glass baking dish, melt butter in microwave oven one minute. Place thighs top side down in dish. Cook in microwave oven ten minutes. Turn thighs over and turn dish. Cook ten minutes longer. Mix tomato sauce, garlic, salt, basil and oregano; pour over chicken and cover with waxed paper. Cook five minutes. Turn dish, uncover, sprinkle with Parmesan cheese, and place a cheese slice on each chicken thigh. Cook 2 to 5 minutes before serving.

Serves 6

Microwave Cornish Hens with Rice

(Store Card)

2 1 $\frac{1}{4}$ pound frozen Cornish game hens, defrosted	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon dried leaf thyme
$\frac{1}{4}$ cup finely chopped onion	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup chopped celery	1 teaspoon paprika
$\frac{3}{4}$ cup chicken broth	$\frac{3}{4}$ cup packaged precooked rice
$\frac{1}{4}$ cup chopped nuts	

Remove giblets from Cornish game hens, chop and reserve. Melt butter in 12x7 $\frac{1}{2}$ x2-inch glass baking dish in microwave oven, one minute. Add giblets, onion and celery, cover and cook two minutes. Stir in chicken broth, nuts, salt, thyme and pepper. Place hens in baking dish, breast side down. Cover with waxed paper and cook twelve minutes. Place hens on backs and sprinkle with paprika. Cover, turn dish and cook an additional thirteen to fifteen minutes. Remove hens to serving platter. Stir rice into liquid in dish, cover and cook three to four minutes before serving.

Serves 2

North Carolina Grilled Chicken

(Box Top)

2 fryers, quartered	¼ cup sugar
4 tablespoons margarine	1½ teaspoons lemon juice
⅓ cup vinegar	1 tablespoon Worcestershire sauce
1 cup catsup	¼ teaspoon bottled red pepper sauce

In small saucepan, place margarine, vinegar, catsup, sugar, lemon juice, Worcestershire sauce and red pepper sauce. Over medium temperature, bring to boil. Reduce temperature to low and simmer 10 minutes. Place chicken on prepared grill, skin side down. Grill about 10 minutes, or until browned. Turn chicken and grill about 10 minutes more. Brush liberally with sauce and continue to grill, turning and adding more sauce, about 20 minutes longer or until fork can be inserted with ease.

Serves 8

Northwest Hazelnut Turkey Casserole

(Promotion Card)

2 tablespoons butter	2 cups cooked turkey, diced
1 cup coarsely chopped hazelnuts	1 tablespoon pimento, chopped
½ green pepper, diced	½ teaspoon salt
1 can condensed cream of celery soup	Parsley for garnish
½ cup milk	8 ounces egg noodles, cooked

Melt butter in small skillet, add hazelnuts and green pepper; cook until hazelnuts are toasted and pepper is tender. Mix together celery soup, milk, turkey, pimento, salt and ¾ of the hazelnut-green pepper mixture. Pour into a buttered 1-½ quart casserole, top with remaining ¼ nut-pepper mixture. Bake at 350°F for 15 to 20 minutes or microwave, covered, on full power for 8 to 10 minutes. Garnish with parsley, serve over cooked noodles.

Note: Roast Hazelnuts for FULL flavor!

Serves 6

Oven-Fried Chicken

(Low-sodium/Mom)

2½ pounds fryer chicken cut into pieces
 ¼ cup soft margarine
 ⅓ cup bread crumbs

Rinse chicken pieces and dry between paper towels. Brush entire surface of each piece with margarine. Roll in crumbs. Place pieces, skin side up, on foil lined 15½x10½x1-inch baking pan. Bake at 425°F for 45 minutes, or until fork tender. Do not turn.

Serves 4

Oven-Easy Barbecued Chicken

(Paper)

2 (3 pound) fryer chickens, cut up	1 (8 ounces) bottle Russian salad dressing (Wish-Bone)
1 envelope dry onion soup mix	1 cup water

Arrange chicken pieces, skin side down, in a single layer, in a shallow 9x13-inch baking pan. In saucepan combine remaining ingredients; simmer 10 minutes. Pour marinade over chicken; cover and refrigerate 1 hour or overnight. Bake in marinade, uncovered, at 350°F for 40 minutes; turn chicken and continue baking about 20 minutes longer, basting frequently, until golden brown and tender.

Serves 8

Oven-Fried Chicken

(Paper)

1½ teaspoons Chicken Coating Mix*	½ teaspoon salt
¾ cup all purpose flour	⅔ cup hot water
¼ cup instant non-fat dry milk	2 tablespoons vegetable oil
2 teaspoons sugar	1 fryer chicken (2½ to 3 pounds) cut up
1 teaspoon baking powder	

Preheat oven to 425°F. Combine all ingredients except chicken in a small bowl. Blend well; dip chicken pieces in batter and place on a baking sheet. Bake uncovered 40 to 50 minutes, or until done.

* Recipe in Misc. category, page 9

Oven-Fried Chicken

(Paper)

1 3-pound fryer chicken, cut-up	1 teaspoon salt
1 egg, slightly beaten	½ teaspoon Ac'cent
5 tablespoons milk	¼ teaspoon pepper
1 cup dry breadcrumbs	5 tablespoons butter
1 teaspoon paprika	

Dip each piece of chicken in egg and milk mixed together, then in crumbs plus seasonings. Let stand about 20 minutes to dry coating. Melt butter in shallow baking pan. Arrange chicken pieces, skin side down, in a single layer in pan. Bake at 375°F for about 40 minutes; turn chicken and continue baking about 20 minutes longer until golden brown and tender.

Serves 4

Picnic Chicken Wings

(Paper)

Arrange 3 pounds of chicken wings in 13x9x2 inch baking dish. In saucepan, melt ½ cup butter, stir in 1 cup soy sauce, 1 packed cup brown sugar, ½ cup water and 1 teaspoon dry mustard. Pour butter sauce over chicken, turning wings to coat. Cover and chill 2 hours or longer. Bake uncovered in 350°F oven 45 to 50 minutes, basting occasionally, until chicken is tender. Serve hot or cold. Chicken may be re-heated if desired.

Serves 4 to 6

Pacific Coast Barbecued Chicken

(Paper)

1 cup dry white wine	1 teaspoon celery salt
½ cup finely chopped onion	½ teaspoon dried leaf marjoram
½ cup chopped parsley	4 broiler-fryer chickens, halved
3 teaspoons salt, divided	

In shallow glass or enamel baking dish mix wine, onion, parsley, 1 teaspoon salt, celery salt and marjoram. Add chicken halves. Cover and marinate several hours or overnight, turning occasionally. Remove chicken from marinade and grill.

Polynesian Chicken

(Paper)

1 can (20 ounces) sliced pineapple, drained ¼ cup honey
1 broiler-fryer cut into quarters 1 teaspoon lemon juice
¼ cup prepared mustard 1 tablespoon sesame seeds

Arrange pineapple slices in a shallow baking dish. Place chicken, skin side down, on pineapple. Combine mustard, honey, lemon juice and sesame seeds. Brush over chicken, using only about ½ of mixture. Bake uncovered at 375°F for 30 minutes or until brown. Turn chicken, skin-side up. Baste with remaining sauce. Continue to bake another 30 minutes or until tender. Chicken should be puffy and moist inside. Don't overcook.

Serves 4

Roast Chicken

(Low-sodium/Mom)

⅓ cup margarine 2 tablespoons chopped parsley
2 teaspoons lemon juice 1 tablespoon chopped onion

Cream margarine; add remaining ingredients and mix. Push under breast skin, starting from thigh. Use small rubber spatula.

Stuffing:

½ cup margarine 4 cups day old bread crumbs
½ cup chopped celery 2 tablespoons chopped parsley
½ cup chopped green onion

Melt margarine; add remaining ingredients. Stuff chicken. Roast as for any roast chicken; 350°F for 1½ hours.

Ranch-Style Chicken

(Mom/Freezer)

6 tablespoons shortening 2 tablespoons olive oil
½ cup flour 1 (8 ounces) can tomato sauce
3 teaspoons salt 1 (1 pound) can tomatoes
¼ teaspoon pepper ½ cup sliced ripe olives and liquid
2 frying chickens cut up 1 teaspoons salt
1 onion ¼ teaspoon Italian herb seasoning
8 sprigs parsley ⅛ teaspoon pepper
1 clove garlic 1 (4 ounces) can sliced mushrooms and liquid

To prepare for freezer, line 2 (12x8x2-inch) baking dishes with foil. Melt 3 tablespoons shortening in each dish. Coat chicken with flour, salt and pepper. Lightly moisten chicken in fat. Arrange in a layer skin side up -- bake in hot oven 450°F for 30 minutes. Chop onion, parsley and garlic; sauté in oil. Add remaining ingredients. Pour sauce evenly over two dishes. Cool. Cover and place in freezer. When frozen lift from dish and wrap for freezer. To serve remove wrapping, place in dish; bake uncovered at 350°F for 1 hour 15 minutes.

To serve same day bake for 30 minutes as above, pour on sauce, reduce heat to 350°F for 30 minutes.

Roast Turkey with Rye Dill Stuffing and Giblet Gravy

(Paper)

½ pound rye bread with caraway	½ teaspoon salt
2 large onions	2 eggs
2 stalks celery	¼ cup milk
8 large sprigs parsley	1 (12 to 14 pound) turkey, ready to roast
1 teaspoon dried dill weed	

In food processor fitted with steel blade, make coarse crumbs of rye bread. Turn into large bowl. Finely chop onions, celery and parsley in food processor. Turn vegetables into bowl with breadcrumbs. Add dill weed and salt; mix well. Make a well in center of breadcrumb mixture. Add eggs and milk into well; beat with fork just until well mixed. Then mix together all stuffing ingredients until well combined. Remove neck and giblets from turkey; set aside for gravy. Rinse cavity and neck pocket; pat dry with paper towels. If desired, lightly salt cavity of turkey. Fill cavity with stuffing; reserving a small amount to stuff the neck pocket by the breastbone. Truss turkey using wooden skewers or metal pins and string, or tuck legs inside flap of skin by tail. Fold neck skin flap up over pocket and tuck under back. Insert thermometer in thick part of thigh, not touching a bone. Set turkey on its back on a rack in roasting pan. Cover with foil tent, if desired. Roast at 325°F for about 3½ to 4½ hours. Test turkey for doneness by checking thermometer (turkey is done when temperature reaches 180°F to 185°F). Save drippings in pan for gravy. Place turkey on carving board or platter and let stand for about 20 minutes before carving (resting makes carving easier).

Serves 12 to 14

Spiced Turkey, Squash and Apple Medley

(Paper)

1½ pounds turkey thighs, skin removed	¼ cup apple juice
1 pound acorn squash cut in 1-inch rings	3 tablespoons brown sugar
1 pound cooking apples cored and cut in ½ -inch rings	½ teaspoon cinnamon
	¼ teaspoon nutmeg

Preheat oven to 350°F.

In 13x9x2-inch baking dish place turkey thighs in one half of dish. Layer squash and apple rings, alternately, in other half of dish.

In small bowl, combine apple juice, brown sugar, cinnamon and nutmeg; pour over turkey, squash and apples. Cover dish with foil and bake 1 hour; uncover and baste with juices. Bake, uncovered, for 15 minutes or until internal temperature of thighs registers 180°F on meat thermometer.

Serves 4

Swiss Chicken Casserole

(Mom/Navy Times)

3 to 4 cups diced cooked chicken	½ cup slivered almonds
1 medium onion, chopped	1½ cup salad dressing
2 cups diced celery	¼ cup milk
1 cup diced green pepper	1 teaspoon salt
½ pound fresh mushrooms, sliced	¼ teaspoon pepper
2 cups croutons	

Preheat oven to 375°F. Combine all ingredients in large mixing bowl and stir well. Spoon into a greased 10X12 baking dish or casserole and bake covered for 45 minutes. Uncover the last 5 minutes for a browned look.

Serves 6

Stewed Chicken (to use in many dishes)

(Low-sodium/Mom)

1 stewing hen (3-4 pounds)	2 cloves garlic
3 cups water	4 whole cloves
2 onions (whole)	1/8 teaspoon thyme
2 bay leaves	1/8 teaspoon marjoram
4 pepper corns	

Simmer in a covered pot about 2½ hours or reduce water and cook in pressure cooker 30 minutes at 15 pounds pressure. Remove chicken and strain the broth. Water may be added to make up to 3 cups broth. Chicken may be boned and skinned and refrigerated. Skim fat from top of broth.

Stir-Fry Chicken with Papaya

(Paper)

4 dried Oriental mushrooms	3 stalks bok choy, sliced
12 ounces boneless, skinless chicken breast	2 green onions cut in 1-inch pieces
2 tablespoons soy sauce	1 large garlic clove, minced
1 tablespoon sherry	1 teaspoon minced ginger
3/4 teaspoon salt	1 teaspoon cornstarch
3/4 teaspoon sugar	2 tablespoons water
1/4 teaspoon black pepper	1 papaya, peeled, seeded, sliced
1 tablespoon cornstarch	Hot cooked rice
3 tablespoons oil (about)	

Soak mushrooms in hot water to cover 30 minutes. Drain; squeeze out water, thinly slice, discarding stems. Cut chicken into 3/4X1/4 -inch pieces. In bowl, combine 1 tablespoon of soy sauce and the sherry, half the salt, sugar and pepper. Add chicken and marinate 10 minutes. Add (1 tbs) cornstarch, mixing well.

Heat about 1 tablespoon oil in wok or large skillet; add bok choy and green onions and stir-fry 1 minute. Remove from wok. Heat 1 tablespoon oil in wok. Then stir-fry garlic and ginger briefly. Add half of chicken and stir-fry until cooked, about 2 minutes. Remove from wok to platter. Add remaining salt, sugar, pepper and soy sauce. Return chicken to wok and add (1 tsp) cornstarch and water. Cook and stir until thickened. Add papaya, cook and stir until heated through. Taste and adjust seasonings. Serve over rice.

Serves 4

Stuffed Chicken Thighs

(Paper)

8 chicken thighs, boned	1/4 teaspoon poultry seasoning
3 slices bacon	1/4 teaspoon pepper, divided
1/2 cup diced celery	2 cups soft bread crumbs
1/2 cup diced onion	1/2 teaspoon garlic salt
2 tablespoons sherry	

In small fry pan, over low heat, cook bacon about 10 minutes or until crisp. Remove bacon from fry pan and drain; crumble and set aside. Pour off bacon drippings leaving 2 tablespoons in fry pan and reserving remainder. Add celery and onion to drippings in fry pan; sauté about 5 minutes or until soft. Remove fry pan from heat and add sherry, poultry seasoning, and 1/4 teaspoon pepper, bread crumbs and crumbled bacon; stir until thoroughly mixed. Spoon 2 tablespoons of stuffing mixture onto each thigh; roll up and fasten with wooden picks or skewers. Arrange stuffed thighs in shallow casserole. Brush thighs lightly with bacon drippings; sprinkle with garlic salt and remaining 1/8 teaspoon pepper. Preheat oven to 450°F. Bake at 450°F for 5 minutes; reduce heat to 350°F and bake for about 45 minutes or until fork can be inserted in chicken with ease.

Serves 4

Salt-Free Barbecued Chicken

(Low-sodium/Mom)

½ cup vinegar or lemon juice	2 cups water
1 cup salt free tomato juice	Dash Diazest
½ teaspoon Sweeta	2-pound broiler or fryer chicken

Cut chicken into serving pieces and place in baking dish, skin side down. Mix other ingredients and pour over chicken. Bake in moderate oven 350°F for ½ hour, turn, and bake for another ½ hour or until fully cooked. Baste with sauce frequently.

Ski Chicken

(Mom—Intermediate Eater)

½ cup flour	1 teaspoon rosemary
½ teaspoon pepper	1 teaspoon chopped parsley
1 teaspoon tarragon	2 tablespoons milk
1 egg	Grated rind of one lemon
1 teaspoon salt	

Beat egg and milk together. Mix rest of ingredients together. Dip pieces of fryer (enough mix for 1½ chickens) in dry mix. Cover with plastic wrap in refrigerator for one to two hours. Make potato salad. Turn oven to 400°F. Place 4 tablespoons butter and 4 tablespoons olive oil into shallow baking dish. Heat in oven. Put chicken in hot dish, baste once and cook 15 minutes. Turn chicken and cook 15 minutes. Turn chicken. Cook for a total of 40 minutes. Serve with potato salad and French bread.

Turkey Ham with Mandarin Sauce

(Paper)

1 ready-to-eat turkey ham	½ cup golden raisins
½ cup firmly packed brown sugar	2 teaspoons grated lemon peel
2 tablespoons cornstarch	¼ cup lemon juice
2 teaspoons instant chicken bouillon	¼ cup mandarin orange segments, drained
2 cups water	

Bake turkey ham according to label directions. Mix brown sugar, cornstarch and bouillon in a 1-cup measure. In saucepan heat to boiling the water, raisins, lemon peel and juice; remove from heat. Stir in sugar mixture and cook, stirring, until mixture thickens and boils. Stir in orange segments. Serve hot over sliced turkey ham.

3 cups sauce

Turkey with Tomato-Basil Sauce

(Paper)

½ cup Miracle Whip	1 small tomato, chopped
½ cup milk	1 green onion, chopped
1 teaspoon chopped fresh basil or ¼ teaspoon dried basil	1 pound Louis Rich Hickory smoked turkey breast cut into ¼ inch slices

In 10-inch skillet, whisk together salad dressing, milk and basil over medium-low heat until smooth. Stir in half of tomato and onion. Arrange turkey over salad dressing mixture; cover. Reduce heat, simmer 5 minutes. Uncover; continue cooking until sauce thickens, about 2 minutes. Sprinkle with remaining tomato and onion.

Prep time: 10 minutes
Cook time: 10 minutes
About 300 calories per serving
4 servings

Turkey Club Sandwich

(Magazine)

For each sandwich butter three slices of bread. Top one slice with lettuce, then sliced turkey. Add a second slice of bread, buttered slice down; spread with mayonnaise and top with thin slices of tomato and crisp bacon slices. Top with third slice of bread. Cut in triangles to serve.

Whole Chicken on the Grill

(Paper)

Basting Sauce:

½ cup orange juice	1 teaspoon (or less, to taste) ground red pepper (cayenne)
½ cup red-wine vinegar	Freshly ground black pepper to taste
½ cup tomato paste	

1 chicken, 2½ to 3 pounds, left whole and well-cleaned

Stir ingredients for basting sauce in a bowl until smooth. Brush basting sauce well all over the chicken. Cook the chicken over a low barbecue heat, with grill covered, for about 1 hour and 10 minutes, brushing with sauce and giving chicken a quarter-turn every 17 minutes. Let stand for 10 minutes before serving.

Serves 3 to 4. Per 4 – serving portion: 375 calories, 19 grams fat, and 121 mg cholesterol

Apple Beans

(Paper)

2 (15 ounce) cans dark red kidney beans, drained	2 cloves garlic
3 (16 ounce) cans pork and beans	1 cup brown sugar, packed
1 (15 ounce) can diced tomatoes in a rich puree	2 Red Delicious apples, shredded
2 pounds bulk pork sausage, browned and drained reserve drippings	1 teaspoon chili powder
1 Walla Walla onion, chopped and sautéed in 2 tablespoons of sausage drippings	1 teaspoon salt

Combine all ingredients in a covered dish. Bake for 2 hours at 350°F.

Serves 6 to 8

Beans and Sausage Italiano

(Paper)

½ pound bulk Italian or pork sausage	1 medium zucchini, cut into 1½x¼-inch strips (about 2 cups)
½ cup chopped green pepper	1 8 ounce can tomato sauce
¼ cup chopped onion	¼ teaspoon Italian seasoning
1 15 ounce can dark or light red kidney beans, undrained	

In 10-inch skillet, brown sausage, green pepper and onion; drain. Add remaining ingredients. Simmer 15 minutes or until zucchini is tender and mixture is slightly thickened.

4 one cup servings

Crispy Charcoaled Chops

(Paper)

¾ cup dry white wine	2 bay leaves, crumbled
1 tablespoon lemon juice	1 garlic clove, crushed
1½ teaspoons salt	8 blade, or rib, pork chops, cut about ¾ to 1 inch thick
½ teaspoon pepper	

In 13x9-inch baking dish, combine wine, lemon juice, salt, pepper, bay leaves, and garlic until well mixed. Add pork chops and turn to coat well. Cover with plastic wrap and refrigerate for 1 to 2 hours, turning occasionally.

Grill pork chops 5 inches from medium-hot coals about 25 to 30 minutes or until well done, occasionally turning and brushing with wine marinade.

Serves 8

Curves Ahead

(Paper)

2 tablespoons oil	3 cloves garlic, minced
5 pounds pork loin	1 teaspoon salt
2 cups cocktail sherry	Good grinding of black pepper
2 cups water	½ cup flour
4 tablespoons rosemary	

Heat 2 tablespoons oil in an oven pot. Brown the pork roast briefly on all sides. Add the wine, water and seasonings. Cover and fling it into a 300°F oven for 4 hours (or 5, for a larger roast). Remove roast to warm platter to let it coast.

Skim off any obvious fat from the juices but don't sweat it if you can't find any. Scoop a cup of liquid into a cup, mix in the half-cup of flour, return that mess to the pan and stir-cook over low heat as the gravy thickens. Slice the roast; dish up the mashed potatoes and a boatful of gravy, and head for the dinner table.

NO U TURNS

Charmin' Cherries 'N' Chops

(Paper)

2 cans (30 ounces) dark sweet cherries	2 tablespoons vinegar
½ cup slivered almonds	6 to 8 pork chops one inch thick
9 whole cloves	

Combine cherries, syrup from cans, almonds, cloves and vinegar in a medium saucepan. Place on grill to heat while using. Place chops on grill over moderate temperature coals. Grill 12 to 15 minutes per side, basting with syrup from pan. Place grilled chops in a tray covered with heavy-duty aluminum foil. Pour cherry mixture over the chops and cover with foil lid. Let simmer over coals for 15 to 20 minutes.

German Pork and Celery Stir-Fry

(Paper)

½ cup water	12 ounce pork tenderloin or boneless pork cut into ½ inch cubes
1 teaspoon chicken bouillon granules	2 tablespoons white wine Worcestershire sauce
2 teaspoons cornstarch	2 teaspoons caraway seed
2 tablespoons vegetable oil	½ teaspoon salt
2 cups sliced celery	¼ teaspoon pepper
1 cup sliced sweet red pepper	2 cups apples, cored and cut into ½ inch chunks
1 cup sliced onion	

In a small bowl, combine water, chicken bouillon granules and cornstarch until smooth; set aside. In a wok or large skillet heat 1 tablespoon oil until hot. Add celery, sweet red pepper and onion; cook and stir 4 minutes or until vegetables are nearly crisp-tender. Remove vegetables; keep warm. Add remaining oil. Add pork; cook and stir about 3 minutes or until pork is no longer pink. Stir in reserved cornstarch mixture, Worcestershire sauce, caraway seed, salt and pepper; bring mixture to boiling. Stir in apples and vegetables. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Serve over hot cooked noodles.

Serves 4

Ham Roast

(Dad)

1 smoked ham about 5 pounds, remove excess fat
Pepper
Cloves
2 cups white or pink wine

Score ham; pepper all sides to taste and insert cloves (optional). Place ham on rack in baking pan, add wine, roast uncovered in 350°F oven about 25 minutes each pound. Baste often with pan juices. After roasting allow to cool at room temperature for ease of cutting.

(Note: Light, crusty cornbread and buttered green beans with dill seed taste great with this ham—)

Hearty Ribs, Beans

(Paper)

3½ pounds pork country style ribs	⅛ teaspoon hot pepper sauce
¼ cup water	3 cups cooked and drained great northern beans
1 (15 ounce) can tomato sauce	3 cups cooked and drained red kidney beans
1 package onion soup mix	1½ cups thinly sliced celery
⅓ cup brown sugar	1 sweet red or green pepper, in strips
2 tablespoons prepared mustard	

Place ribs in 13x9-inch baking dish; add ¼ cup water. Cover tightly and cook in moderate oven (350°F) 1¼ hours, remove to absorbent paper. Pour off cooking liquid and reserve. Combine tomato sauce, onion soup mix, brown sugar, prepared mustard and hot pepper sauce in small saucepan and cook slowly 10 minutes. Remove excess fat from cooking liquid; add enough water to remaining liquid to make 1 cup. Stir into sauce mixture. Combine great northern and red kidney beans, celery, pepper strips and all but ½ cup sauce. Place bean mixture into baking dish. Arrange ribs on top of bean mixture; brush with sauce. Cover tightly and cook in moderate oven (350°F) 30 to 45 minutes; remove to warm platter.

Serves 6

Hot Tamale Pie

2 cups cooked beef or pork	Salt to taste
1½ cups meat stock	1 cup pitted ripe olives
1 clove garlic, minced	1 pound cornmeal
1 large onion, chopped	3 cups boiling water
2 tablespoons chili powder	1 tablespoon salt
½ teaspoon ground comino seed	

Grind meat, then combine with meat stock, garlic, onion, chili powder, comino and salt. Cook for 15 minutes. Stir in olives. Make a stiff mush by scalding cornmeal with boiling water and 1 tablespoon salt. Line a baking dish with the mush, reserving enough for the topping. Pour the meat mixture into the bottom crust. Make a top crust of remaining mush. Bake 45 minutes at 345° F, until golden brown.

Serves 6

Mushroom Pork Chops

(Dad)

2 (10¾ ounce) cans mushroom soup
6 or 8 pork chops, 1½ to 2 pounds, trimmed

Preheat oven to 375°F. Place chops in 9x13-inch oblong pan, cover with soup. Cover pan with foil and bake 45 minutes. Serve with mashed potatoes, if desired.

Mexicali Skillet

(Paper)

1 medium onion, chopped	1 cup shredded cheddar (4 ounces)
1 tablespoon cooking oil	1 cup water
1 (16 ounce) can tomatoes	$\frac{2}{3}$ cup long grain rice
1 (4 ounce) can diced green chili peppers, drained	1 teaspoon chili powder
1 (15 ounce) can pinto beans	5 ounce package small smoked sausage links or 4 fully cooked smoked sausage links, cut into 16 pieces

In a 10-inch skillet cook onion in hot oil until tender but not brown. Cut up tomatoes. Add undrained tomatoes, chili peppers, undrained beans, water and uncooked rice to skillet. Stir in chili powder. Bring to boiling. Reduce heat to medium-low. Cover and simmer 15 minutes or until rice is nearly tender.

Stir rice mixture. Arrange sausage pieces on top of mixture. Simmer, covered, 5 minutes more or until sausages are heated through and rice is tender. Sprinkle cheese over mixture in skillet. Cover and cook about 2 minutes or until cheese is almost melted. Serves 6

Pork Chops with Cranberry Sauce

(Low-sodium/Paper)

Broil pork chops on a low rack until well done. Serve with cranberry sauce. Delicious.

Cranberry sauce is also a natural with veal and chicken. Fried apples and sautéed pineapple are also good accompaniments.

Pork and Spanish Rice

(Dad)

4 pork chops	$\frac{1}{2}$ cup uncooked white rice
1 tablespoon paprika	1 cup sliced onion
2 tablespoons water	$\frac{1}{2}$ teaspoon salt
1 teaspoon sugar	2 cups tomatoes
1 bay leaf	$\frac{1}{2}$ cup water
3 tablespoons chopped green pepper	

Preheat pan to 350°F. Sprinkle chops with paprika, and brown. Remove to plate. Add 2 tablespoons water and stir. Add rice and stir few minutes. Add onions, salt, sugar, bay leaf, tomatoes, pepper and $\frac{1}{2}$ cup water. Stir together. Place pork on top, cover, and cook at 225°F for 30 minutes.

Pork Steaks and Kraut

(Paper)

1 tablespoon flour	1½ teaspoons brown sugar
1 can (27 ounces) sauerkraut, drained	1 teaspoon salt
2 medium apples, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup finely chopped onion	4 teaspoons mustard
2 teaspoons caraway seed	1 teaspoon horseradish
4 pork blade steaks	

Shake flour in large size (14x20-inch) oven cooking bag; place in 13x9x2-inch baking dish. Combine sauerkraut, apples, onion and caraway seed in bag; turn gently to mix. Spread sauerkraut mixture evenly in bag. Combine brown sugar, salt, pepper, mustard and horseradish; spread on pork steaks. Arrange steaks on top of sauerkraut in bag. Close bag with nylon tie, rubber band, string, or $\frac{1}{2}$ inch strip cut from open end of bag; make 6 half-inch slits in top. Micro-cook on 50% power, 30 to 35 minutes or until pork is done, turning dish periodically.

Conventional oven: Follow directions above except preheat oven to 350°F. Cook 45 to 55 minutes.

Serves 4

Pork Tenderloin a la Carte

(Paper)

3 pounds pork tenderloin ⅔ cup soy sauce
2 tablespoons brown sugar 2 teaspoon seasoning salt
2 teaspoons garlic salt 1 can pineapple juice
2 cans frozen lemonade

Mix all of the ingredients and marinate for 24 hours. Cook meat for approximately an hour at 350°F while basting.

Pork Steaks in Applesauce Gravy

(Paper)

2 pounds pork steaks 1 tablespoon honey
1 tablespoon oil 2 teaspoons lemon juice
1 package (¾ounce) brown gravy mix 1 teaspoon Worcestershire sauce
1 can (15 ounce) or 1½ cup applesauce ¼ teaspoon ginger
½ cup water

Using a large heavy skillet, brown pork steaks in oil, drain off excess fat. Combine gravy mix, applesauce, water, honey, lemon juice, Worcestershire sauce, and ginger; pour over pork steaks. Cover tightly and simmer 50 to 60 minutes or until pork is tender. Stir gravy once or twice during cooking period.
Serves 6

Pork Roast in Milk

(Dad)

2½ to 3 pounds rib end pork roast 1 teaspoon margarine
 (ask butcher to remove chine bone) 1 teaspoon each salt, pepper and garlic
1 teaspoon vegetable oil 2½ cups milk

Heat oil and margarine. Brown the pork on all sides. Season. Slowly add milk so it doesn't boil. Cover pan so steam can escape—1½ to 2 hours, turning now and then. Remove pork to warm platter and spoon excess fat from sauce, and stir in a teaspoon or two of warm milk to smooth the sauce. Slice the roast and pour the sauce over it and serve. —Yummy!! Yum!!

Pork Roast

(Paper—Dad)

“My one-dish meal”—Take about 2 pounds of pork, veal, or ham. Dredge in flour in which the necessary salt and pepper are well mixed. Brown well on all sides in shortening. Place in a baking dish that has been greased with butter. Peel and core four apples; fill the centers with raisins, mixed with sugar and cinnamon, and place around the meat. Add a layer of diced or halved carrots and tuck enough potatoes around to complete the meal. Pour 2 to 3 cups of rich sweet milk over all and bake until the meat is tender. Use sufficient milk to have plenty of gravy.

Pork Chop Dinner

(Paper—Dad)

5 pork chops 23-ounce can sweet potatoes, drained
Salt ¾ cup maple-flavored syrup
Pepper 1 can (10 biscuits) refrigerated buttermilk or country style biscuits

Heat oven to 375°F. In skillet, brown pork chops. Place chops in un-greased 13x9-inch (3 quart) baking dish. Season with salt and pepper. Cover; bake at 375°F for 20 minutes.

Remove pan from oven; drain off liquid. Move chops to center of pan. Arrange sweet potatoes around chops. Pour syrup over chops, potatoes and in bottom of pan. Separate biscuit dough into 10 biscuits;

arrange in pan next to chops and potatoes. Return to oven and bake, uncovered, an additional 20 to 25 minutes or until biscuits are golden brown and chops are tender.

Serves 5

Pasta del sol

(Paper)

1 pound ground pork	¼ teaspoon rubbed sage
½ cup chopped onion	¼ teaspoon cinnamon
1 clove garlic, minced	4 ounces lasagna noodles, cooked
3 tablespoons flour	1 pound (2 cups) creamed cottage cheese
1½ cups orange juice	1 egg, beaten
1¼ teaspoons salt, divided	¼ cup chopped parsley
½ teaspoon sugar	½ teaspoon grated orange rind
¼ teaspoon pepper, divided	

In large skillet break up pork with fork. Stir over medium heat until browned. Add onion and garlic; cook until tender. Blend in flour. Stir in orange juice, 1 teaspoon salt, sugar, ⅛ teaspoon pepper, sage and cinnamon. Cook until mixture thickens and comes to a boil. Remove from heat. In medium bowl, mix cottage cheese, egg, parsley, orange rind, remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place a layer of half of lasagna noodles on bottom of 11x7-inch baking dish. Spoon half of cheese mixture over noodles, spoon half of pork mixture over cheese, then repeat with remaining lasagna noodles, cottage cheese and pork mixture. Bake uncovered in 350°F oven 30 minutes. Garnish with orange slices.

Serves 6

Romanian Sausages (Mititei)

(Paper)

4 or 5 cloves garlic, peeled	1½ teaspoons salt
¼ cup water	1 teaspoon fresh ground pepper
1 pound ground chuck	½ teaspoon dried thyme
¾ pound ground pork	½ teaspoon dried basil
1 teaspoon baking soda	½ cup beef stock

Crush garlic well in the water, using a fork. Stir in the meat, baking soda and seasonings with the garlic puree, add beef stock and mix well.

For each sausage, take ⅓ cup of the meat mixture and roll between the palms of your hands into a sausage shape about 4 inches long. Keep your hands a bit wet to prevent the meat from sticking to your hands.

Place sausages side-by-side in a container and cover. Refrigerate overnight so the flavors can blend. The sausages may be grilled, broiled or baked in the oven. Cook about three minutes per side until cooked through and browned.

Roast Stuffed Pork

(Paper)

2 pounds pork tenderloin
Salt

2 tablespoons butter
¼ cup lager

Stuffing:

4½ cups mashed potato
¼ cup butter
1 onion, finely chopped

2 large cooking apples
Fresh sage and thyme
Salt and pepper

Preheat oven to 350°F. Make stuffing first. Mash the potatoes and add the butter, chopped onions, chopped apples, herbs, salt and pepper. Mix well and check the seasonings.

Place the meat in a ring shape in a casserole or roasting pan. Put the stuffing in the middle. Rub the meat with the salt and butter and pour the lager in the pan. Cover loosely in foil and place in the oven for about one hour. Serve cut into little medallions with the stuffing and roasted apple.

Rice Bengali

(Paper)

1 cup raw rice
2 cups chicken broth
½ teaspoon salt
½ teaspoon turmeric
1 cup sliced celery
1 cup sliced green onions

2 cups cubed cooked ham
½ cup mayonnaise
1 can mushroom soup
Dash pepper
3 hard-cooked eggs, chopped
½ cup seasoned dry breadcrumbs

Cook rice according to package directions, using chicken broth seasoned with salt and turmeric. Add remaining ingredients, except crumbs. Adjust seasonings, if necessary.

Turn into a greased shallow 2½ quart casserole. Top with crumbs. Bake at 400°F for 15 to 20 minutes or until heated.

Serves 6

Stuffed Pork Tenderloin

(Paper)

¼ cup finely chopped celery
¼ cup chopped pecans
¼ teaspoon thyme leaves
¼ cup margarine

1½ cups fresh bread crumbs (3 slices)
¼ cup chopped dried apricots
¼ cup pure maple syrup
2 pork tenderloins (about ¾ pound each)

Preheat oven to 375°F. In medium skillet, cook celery, pecans and thyme in margarine until celery is tender. Remove from heat. Add crumbs, apricots and 2 tablespoons pure maple syrup; mix well. Place tenderloins on a 15x10-inch jelly roll pan. Partially slit tenderloins lengthwise, being careful not to cut all the way through. Open and spread slits; fill with stuffing mixture. Bake 30 minutes, brushing meat frequently with remaining 2 tablespoons pure maple syrup. Loosely cover meat with aluminum foil; bake 10 minutes longer or until meat thermometer reaches 160 degrees. Refrigerate leftovers.

Servings: 6 to 8

Schinken Kartoffeln (Ham and Potatoes)

(Mom)

1 pound baked ham, julienned
1 green pepper, chopped
2 yellow onions, chopped
2 pounds potatoes cut in thin slices

4 large eggs
½ cup half and half
½ cup grated cheese
Salt and pepper to taste

Arrange ham, peppers, onions and potatoes in layers in buttered 2 quart baking dish. Beat eggs with cream and cheese until foamy and light. Season with salt and pepper. Pour over the vegetables. Bake at 350°F uncovered for 1 hour.

Serve at once with tossed green salad.

For a variation replace half-and-half with 1-cup sour cream and the 4 eggs with 2 egg yolks.

Sausage and Spuds

(Paper)

1 pound small red potatoes cut into 1-inch wedges
1½ pounds any spicy sausage, such as hot Italian sausage, cut into 1-inch pieces
2 green bell peppers cut into 1-inch squares
3 tablespoons olive oil

In a large saucepan of boiling salted water, cook the potatoes until just barely softened, about 7 minutes. Drain, rinse under cold running water, and drain well.

Prepare a hot fire. Thread the sausages, potatoes and green peppers onto 6 long metal skewers, alternating the ingredients.

Place the skewers on an oiled grill set 4 to 6 inches from the coals. Grill, brushing the potatoes and peppers with the oil, and turning the skewers frequently, until sausages are browned outside and cooked through and potatoes are tender when pierced with a knife, about 10 to 15 minutes.

Serves 6

Sausages in Wine

(Dad)

½ pound Kielbasa	5 green onions, minced
½ pound Italian sweet sausage	½ cup white wine
½ pound Italian hot sausage	½ teaspoon Tabasco pepper sauce
½ pound Bockwurst (veal) sausage	1 tablespoon parsley (optional)

Cut sausage into ½ -inch pieces. Cook Italian sausage pieces 3 to 5 minutes (browned). Drain. Add remaining sausage and green onions. Cook 5 minutes. Reduce heat to low, add wine, Tabasco, and parsley. Simmer 8 to 10 minutes; stir 2 to 3 minutes to cover sausage with wine.

Twin Sausage Casseroles

(Mom—Freezer)

1 (6 oz.) can sliced or chopped mushrooms	1 teaspoon salt
6 chicken bouillon cubes	½ teaspoon marjoram
1 pound pork sausage	1 cup chopped green pepper
1 pound ground beef	2 cups uncooked rice
2 cups chopped parsley	½ cup parmesan cheese
⅓ teaspoon pepper	

Drain mushrooms; add liquid and water to make 5 cups. Add bouillon cubes; heat to dissolve. Brown meat and drain. Combine meat with remaining ingredients except bouillon. To prepare for freezer, line 2 (2 quart) casseroles with foil. Divide mixture evenly. Pour half bouillon over each. Stir lightly. Cover. Bake at 350°F for 15 minutes. Remove from casseroles, leave covered and cool. Freeze then lift foil from casserole. Wrap for freezing. To serve, remove from wrapping, place in casserole. Cover; bake at 350°F for 1 hour. (To serve the same day, omit the foil liner and bake covered in 325°F oven about 2 hours.)

Wild Rice with Pork and Tomatoes

(Paper)

2/3 cup (4 ounces) wild rice	1 cup finely chopped celery
2 cups water	1/2 teaspoon salt
1/2 teaspoon salt	1/8 teaspoon pepper
1 pound pork cut in small cubes	1/2 teaspoon basil
1 can (16 ounces) whole small tomatoes or 6 small fresh tomatoes and 1 cup tomato juice	1/2 cup chopped onion

Rinse wild rice thoroughly. In a saucepan, bring to a boil wild rice, water and salt. Reduce heat; cover and simmer 30 minutes. Do not over cook. Slowly cook pork in small frying pan, turning to brown. Add onions and continue cooking several minutes. Combine with cooked wild rice, celery and seasonings. In a deep saucepan, add tomatoes to meat mixture and pour juice over all. Cover and simmer 30 minutes.

Serves 4 to 6

Baked Trout

(Low-sodium/Paper)

3 medium or 6 small trout	1/4 cup sliced green onions
2 tablespoons lemon juice	2 tablespoons fine dry bread crumbs
1 cup dry white wine	1/4 cup melted margarine
2 tablespoons chopped fresh parsley	Lemon wedges

Heat oven to 400°F. Brush inside of trout with some of the lemon juice. Brush outside of trout with remaining lemon juice and arrange in baking dish. Add wine. Sprinkle fish with parsley and onions. Sprinkle with bread crumbs and spoon margarine over. Bake uncovered for 25 minutes. Place trout on serving platter and garnish with lemon wedges.

Fish Fillets

(Low-sodium/Paper)

4 fillets of sole	1 tablespoon flour
2 tablespoons salt free margarine or oil	1/4 cup milk (skim)
3 green onions, chopped	1 cup seedless white grapes (or canned)
1/4 cup dry white wine	

Roll up fillets and secure with a toothpick. Melt margarine (or use vegetable oil); add onion and fillets sprinkled with pepper. Pour wine over. Place a round of wax paper with a hole cut in it over fish and cover the pan. Simmer 10 minutes. Remove paper and lift fish to a hot dish and keep warm. Cook down liquid in pan to 1/3 and thicken with flour and milk which has been stirred together. Add grapes and heat. Pour over fish.

Grilled Salmon Steaks

(Dad)

Marinade:

1/2 cup wine or chicken broth	1 bay leaf
1/3 cup vegetable oil	2 tablespoons minced green onions
2 tablespoons chopped parsley	1/2 teaspoon minced garlic
1/4 teaspoon salt	1/8 teaspoon pepper

4 1-inch thick salmon steaks (8 ounces each)

Mix marinade ingredients in shallow dish, add fish, turn once to coat both sides then refrigerate 2 hours, turning once or twice. Reserve marinade and place fish in lightly oiled wire basket and grill 4 to 6 inches above hot coals (450°F) 10 to 12 minutes, turning once and brushing twice with marinade until steaks are done.

Halibut Steaks

(Dad)

Marinade:

2 small grapefruits (1½ pound)	⅛ teaspoon pepper
¼ cup vegetable oil	1½ teaspoon marjoram leaves
½ teaspoon salt	¼ teaspoon paprika

Four 1-inch thick halibut steaks (about 8 ounces each)

Garnish with marjoram

Peel grapefruit over small bowl. Cut into sections. Drain juice and squeeze enough to make ½ cup. Keep sections for garnish. Mix juice and remaining ingredients in shallow dish and add fish, turning once to coat both sides then cover and refrigerate 1 to 2 hours, turning once or twice. Keep marinade and place fish in oiled wire baskets. Grill 4 to 6 inches above hot coals (450°F) 10 to 12 minutes turning once and brushing twice with marinade. (Dad suggested serving with a corn muffin with honey. Also, broccoli with oil and vinegar dressing with apple pie for dessert.)

Herb Baked Fish Steaks

(Low-sodium/Paper)

1 pound fish (salmon, halibut, red snapper, cod, etc.) Place fish in a shallow, oven-proof baking dish.

Put 2 tablespoons oil in small fry pan and add 2 cloves garlic split (cook in and remove).

Add ⅓ cup minced onion and sauté a few minutes.

Stir in—¼ teaspoon tarragon, few sprigs of chopped parsley, ¼ teaspoon thyme, dash of nutmeg and mace and 2 tablespoons lemon juice.

Spread half of this on the steaks, and then mix the rest with ¾ cup fine bread crumbs and spoon over. Bake at 400°F for 20 minutes.

Lemon – Herbed Sole

(Paper)

1 pound sole	1 tablespoon chopped green onions
Pepper to taste	2 teaspoons chopped parsley
2 tablespoons margarine, melted	3 tablespoons water
1 teaspoon lemon juice	1 tablespoon flour
¼ teaspoon lemon peel, grated	Pepper
⅛ teaspoon thyme	Parsley sprigs
¼ cup white wine	Lemon wedges

Sprinkle sole with pepper. Combine melted margarine, lemon juice, lemon peel and thyme. Brush over sole; place in lightly oiled baking dish. Sprinkle with wine, onion and parsley. Bake, covered, at 400°F about 12 to 15 minutes or until sole flakes when tested with a fork. Transfer to serving platter and keep warm. Combine water, flour and pan drippings in small saucepan. Cook and stir until thickened; garnish with parsley sprigs and lemon wedges. Pass remaining sauce.

4 servings

Salmon – Mustard Marinated

(Dad)

6 (4 to 6 ounce each) salmon steaks 3 tablespoons each Dijon mustard and minced onion
 1/8 teaspoon each salt and pepper 1/4 cup each vegetable oil, white wine and lemon juice
 2 cloves minced garlic

Combine everything except salmon in large shallow dish. Turn salmon in mustard mixture to coat. Marinate in refrigerator 3 hours; turn after 1 1/2 hours. Put salmon on well-oiled rack or broiler. Brush with marinade and place 4 inches from heat. Broil, allowing 10 minutes cooking time per inch of thickness or until salmon flakes when tested with a fork. Turn steaks halfway through cooking time and brush with marinade. Recipe can be halved.

Steamed Fish

(Dad)

In a small pie pan mix:
 2 tablespoons sesame oil 1 tablespoon minced ginger
 2 tablespoons soy sauce 2 servings fresh fish (halibut, sole, salmon, small trout)

Turn fish in sauce to coat. Sprinkle finely cut green onions on top. Place on rack in Dutch oven or large skillet over 1/2 inch water. Steam for 15 minutes or until fish is done.

Baked Spam

(Dad)

1 loaf Spam lunchmeat 2/3 cup brown sugar
 Whole cloves 1 teaspoon vinegar
 2 teaspoons yellow mustard 2 teaspoons water
 1 teaspoon Worcestershire sauce

Pre-heat oven to 375°F. Score Spam in diamond pattern, place cloves in each diamond. Mix sugar, vinegar, mustard, water, Worcestershire sauce. Brush mixture on loaf. Bake 25 to 30 minutes, basting 3 or 4 times.

Mixed Bean Casserole

(Mom/Terry Houle)

1/2 pound lean bacon 1/2 cup vinegar
 3 cups diced onions 1 extra large can pork and beans
 3/4 cup brown sugar 1 can butter beans
 1/4 teaspoon dry mustard 1 can green lima beans
 1/2 cup catsup 1 can kidney beans

Cut bacon in small pieces and fry---drain fat, leaving 3 tablespoons. Stir in onions, brown sugar, mustard, catsup and vinegar. Simmer 20 minutes. Drain butter beans, lima beans and kidney beans. Put beans and sauce together in 3 quart casserole and cover. Bake at 350°F for 1 hour. Remove cover, bake 10 minutes more.

One-Pot Spaghetti

(Paper)

1 pound ground beef or bulk pork sausage	½ teaspoon bottled minced garlic
1 small onion, chopped (½ cup)	or ⅛ teaspoon garlic powder
2 (14½ ounce each) cans chicken broth	¼ teaspoon pepper
1 (6 ounces) can Italian-style tomato paste	6 ounces spaghetti, broken
½ teaspoon dried oregano, crushed	Grated Parmesan cheese or shredded Cheddar cheese

In a large skillet cook beef and onion until meat is brown and onion is tender. Drain off fat. Stir in broth, tomato paste, oregano, garlic and pepper. Bring to boiling. Add spaghetti, a little at a time, stirring constantly. Reduce heat. Boil gently, uncovered, for 15 to 17 minutes or until spaghetti is tender, stirring frequently. Serve with cheese.

Salsa Eggs

(Dad)

2 jars chunky salsa	¾ pound longhorn or Monterey Jack—shredded
2 cups crushed white tortilla chips	Dash of Tabasco
4 large eggs	4 sprigs of leaf cilantro
6 green onions	

Heat salsa. Divide chips in 4 buttered plates. Fry sunny side up individual eggs. While frying eggs, pour salsa over chips (½ cup each). Lay eggs on salsa and sprinkle cheese on top.

Sauce Supreme

1 tablespoon butter or margarine	½ cup half-and-half
1 tablespoon flour	1 chicken bouillon cube
1 can (4 ounces) sliced mushrooms	⅛ teaspoon pepper

In one-quart glass measuring cup, melt butter in microwave oven, one minute. Blend in flour, then stir in mushrooms with liquid and remaining ingredients. Cook in microwave oven four minutes, stir, and let stand one minute. Serve over chicken breasts. Makes 1⅓ cup sauce.

Spaghetti Sauce

(Dad)

½ pound ground beef	½ teaspoon basil
½ cup chopped onion	⅛ teaspoon pepper
1 crushed garlic clove	2 cups (two 8 ounce cans) tomato sauce
½ teaspoon oregano	

Brown beef with onion and garlic. Drain fat. Add remaining ingredients. Heat to boiling. Reduce heat to boil gently 15 minutes.

About 2 cups

Untitled

(Paper)

My companions coaxed one of their number to tell how to make the delicious sandwiches she serves evenings to mixed groups: Chop and mix a 12 ounce can of luncheon meat, ½ pound sharp Cheddar cheese, 2 hard-cooked eggs, ⅓ cup of onions (green ones preferred) and 1 small jar (2 or 3 ounces) pimiento-stuffed olives, drained. Blend in 3 tablespoons mayonnaise and ½ cup chili sauce. Use as filling in 12 long hot dog buns. Wrap in aluminum foil and refrigerate. To serve, put in a hot oven, 400°F, for 15 minutes, unwrap and pour the coffee.