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EC9989 Main Dish Meals

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Main Dish Meals



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MAIN DISH MEALS

Matilda K. Peters and Ethel Diedrichsen

"The ideal meal is a simple one -- whether of one or several courses, -- in which the different types of food are harmoniously represented but not repeated, and in which food accessories, such as pickles, spices, preserves and the like are little needed because the foods themselves are well cooked and each contributes its own characteristic flavor, texture, form and color to the making of a well-balanced meal." Rose.

One of the most important of the homemaker's many responsibilities is to provide her family with wholesome, nutritious food, well cooked and attractively served. Short cuts which do not sacrifice any essential factors will be welcome. One of the most practical, satisfactory and interesting solutions to the problem of simplifying menus is the so-called main dish meal. This term is used when several of the substantial foods for a meal are combined in a single dish. Our mothers and grandmothers used this idea in New England boiled dinners, Irish stews, and the rich, thick meat and vegetable soups, which just "hit the spot" on a cold winter day. New equipment on the market has added interest to these meals.

Some one has said, "The mixing of foods to form a meal perfect in harmony of color, innicety of flavor, and in palatability requires skill equal to that used by an artist at his easel." Meal planning and preparation can be as truly creative as any form of artistic expression. To this might be added the proper balancing of food values.

The meat or meat alternate, the potato or other starchy food and quite often other vegetables may be combined in a single dish so that it is a simple matter to round out the remainder of the meal with a salad or dessert and a breadstuff and beverage. One advantage of a main dish meal is that it can often be prepared in the earlier part of the day and cooked or reheated just before meal time. It is also an excellent way of making use of left-over foods.

TYPES OF MAIN DISH MEALS

1. Casserole dishes with starchy and protein foods combined with a well-seasoned sauce; for example, macaroni and cheese, or Spanish rice. Such a dish may or may not have a topping of buttered crumbs.
2. Scalloped dishes, such as scalloped potatoes and carrots (or turnips) with ham or bacon, or scalloped salmon and spaghetti.
3. Meat and vegetable pies.
4. Meat and vegetable stews.
5. Meat and vegetable soups. These are similar to stews except that they are not thickened.
6. Cream of vegetable soups. These have a thin white sauce as a foundation and the flavoring may be given by a single vegetable or by a combination of several vegetables. Herbs also give unusual interest in flavors.
7. Chowders. These are thick cream or tomato soups with flavor given by the use of salt pork, bacon or fish together with vegetables like potatoes or corn.

8. Boiled dinners. Fresh or corned beef, or ham shank combined with vegetables such as potatoes, cabbage, carrots, and onions, usually left whole or in large pieces. The broth is not thickened as in the case of a stew.

9. Braised meat or pot roast with vegetables. This may be cooked on top of the stove or in the oven in a covered utensil. A Dutch oven, deep well or thrift cooker, pressure sauce pan or a heavy stew pan are excellent to use. Delicious gravy may be made from the drippings.

10. Rice, noodle or macaroni ring with creamed chicken, fish or ham, with or without added vegetables.

11. Whole meal salads. These are especially appropriate for lunch or supper during hot weather. See Extension Circular 9970 for suggestions.

12. Chop suey, chow mein, chili con carne, or Hungarian goulash. These are especially appropriate for meals in which it is desired to introduce a foreign accent.

13. Baked beans and Boston brown bread.

14. Hash. For a variation from using the skillet, hash may be baked in a casserole or baking dish, or in individual casseroles.

15. Pressure saucepan meals. These are extremely popular as time-savers, and favorite recipes may be adapted to the use of the pressure saucepan.

16. Quite a number of commercial main dish meals in package and canned forms are now available on the market.

OCCASIONS WHEN USED

The main dish meal is suitable for many occasions. It may be used for:

1. Home dinners, luncheons or suppers when the time for meal preparation is limited and special activities, such as laundering, cleaning, sewing, attendance at club meeting or church circle occupy first place in the homemaker's schedule.

2. Sunday dinners (to enable entire family to attend church).

3. School lunches.

4. Sunday night suppers.

5. Picnics.

6. Buffet luncheons or suppers.

7. Covered dish luncheons or suppers.

8. Group or club luncheons.

9. Church and community dinners and suppers.

FOODS USED IN MAIN DISH MEALS

Starchy foods

Potatoes
Rice
Noodles
Macaroni
Spaghetti
Cornmeal
Corn
Hominy
Cracked wheat
Bread crumbs
Toast
Crackers
Ready to serve cereals
Potato chips

Vegetables

*Celery
Peas
String beans
Turnips
*Tomatoes
*Onions
*Green peppers
Parsnips
Carrots
Spinach (greens)
Cabbage
Cauliflower
Asparagus
Salsify
Eggplant

Protein or building foods

*Meat, all kinds (fresh
frozen, canned, cured)
Beef
Corned beef
Dried beef
Pork
Ham
Bacon
Lamb

Protein or building foods (Continued)

*Fish, all kinds
Salmon
Tuna
Halibut
Catfish
Whitefish
Shrimp
Crabmeat
Lobster
Oysters
*Poultry
Chicken
Turkey
Duck
Goose
Pigeon
Eggs
*Cheese
Beans
Navy
Lima
Kidney
Milk

To add flavor and character

Salt
Pepper
Cayenne
Mace
Nutmeg
Chili powder
Curry
Caraway seed
Garlic
Parsley
Bay leaf
Other herbs
Mushrooms
Canned mushroom soup
Worcestershire sauce
Tabasco sauce

*Also valuable for flavor

HOW A BASIC RECIPE MAY BE VARIED

A well prepared, deliciously flavored meat and vegetable stew attractively served lends itself to a number of variations as shown by the following example:

MEAT AND VEGETABLE STEW

1 pound cubed stew meat
(lamb, veal or beef)
3 tablespoons flour
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup fat

1 medium onion, diced or sliced
1 cup carrots, diced or sliced
1 cup celery, diced
4 medium potatoes, diced
2 cups boiling water

Dredge the meat with seasoned flour and sear in the fat in which the onion has been cooked until light yellow. Remove onion before browning the meat. Add water to the browned meat and simmer for one hour. Then add the vegetables (including the browned onion) and cook 30 minutes longer. Add additional thickening if desired. The stew may be cooked in a casserole in a 350° F. oven but a little more time will be needed.

Suggested Variations:

1. Substitute tomato juice for half of the water.
2. Use ox-tail joints, liver, heart or kidney in place of other meat.
3. Use other vegetables such as peas, turnips, rutabagas, cabbage, green peppers, etc.
4. Use 1/2 cup barley or rice in place of potatoes.
5. Omit the potatoes and cook dumplings on top of the stew.
6. Use curry or chili powder for seasoning.
7. Use a bit of bay leaf, a small blade of mace, a few peppercorns, and whole all-spice for variety in seasoning.
8. Leave meat and vegetables in larger pieces and serve on a platter with meat in the center, surrounded by the vegetables. Thicken the liquid after removing meat and vegetables and serve as gravy.
9. Use the stew as a basis for a meat pie for which the topping may be:
 - (a) Baking powder biscuits cut in rounds, squares, pie-shaped pieces or with fancy cutters and baked on top of stew.
 - (b) Mashed potatoes (Shepherd's pie).
 - (c) Cornmeal mush cooked in milk.
 - (d) Corn bread batter.
 - (e) Buttered or margerined crumbs, either soft stale or fine dried.
10. Use casseroles of different shapes and materials.

FOODS WHICH SUPPLEMENT ONE DISH MEALS

SUGGESTED MENUS

The foods in addition to the main dish should be selected so that they will supplement it with regard to flavor, color, texture, and food value. The following menus illustrate how this may be done:

1. Goulash, raw carrot strips, graham bread, canned pears, milk.

You will note that since goulash is not crisp, but quite highly seasoned we supplement it with crisp carrot strips (which also add color) and canned pears, both of which are somewhat bland in flavor. Milk is needed to round out the food value.

2. Meat and spaghetti supper, radishes, green onions, bread, fruit in gelatine, cookies, milk.

The radishes and onions add color and crispness, the fruit in gelatine adds color and flavor and milk adds calcium.

3. Beef and vegetable pie, biscuits, butter, fresh fruit salad, milk.

Extra biscuits in addition to those on top of the pie can be conveniently made, the fresh fruit salad adds flavor, color and crispness.

4. Macaroni and cheese, sliced tomatoes, whole wheat bread, butter, jam.

The sliced tomatoes add color, vitamin C, flavor and crispness. The bread, butter and jam may serve as dessert.

5. Baked pork and beans, steamed brown bread, Waldorf salad, milk.

(Use red apples for Waldorf salad and do not peel.)

HINTS ON COMBINING FOODS

1. White sauce, gravy, or meat stock makes a good base for baked dishes.
2. Try to have a pleasing blend of flavors, so that no one flavor is too dominant.
3. The acidity of tomato adds to many dishes, either as part of the food or as a sauce. Tomatoes also add vitamin C (ascorbic acid).
4. Color may be obtained from such foods as carrots, peas, tomatoes, etc., or by the addition of small amounts of green pepper or pimiento.
5. Character may be given to the dish by such additions as crisp bacon, finely chopped ham, onion juice, finely chopped parsley, bay leaf, and various spices and herbs. Be careful not to use any of these to excess.

MANAGEMENT PROBLEMS

In order to save time, main dish meals should be planned for in advance; for example, by cooking additional potatoes, rice, macaroni, or spaghetti, and tomato or white sauce while preparing another meal. Canned meats, vegetables, or soups may be used to advantage.

If the amounts of cheese, bacon, meat, etc., are reduced for the sake of economy, special care should be taken to have the dish as well seasoned as possible. The importance of good seasoning can hardly be overestimated in any food preparation.

Combinations of vegetables suitable for use in main dish meals may be either canned or frozen. When canning tomatoes, it will save time to cook some with seasonings, like onion, celery, bay leaf, peppercorns, etc., strain (if desired), and can in the size of jar which will hold a suitable amount for use in main dish meals.

EQUIPMENT

Since so many main dish meals are oven-cooked, the homemaker will find one or two attractive baking dishes or casseroles, which are suitable for both cooking and serving, a good investment. These may be obtained in either glass or earthenware and may be served in a frame or on a plate. There are also aluminum and enamel pans which will serve the purpose. Individual ramekins or baking dishes of glass or earthenware are also available.

The Dutch oven is convenient and useful for preparing certain types of main dish meals, such as pot roast of beef, rolled flank steak with vegetables, meat and vegetable stews, goulash, and others. Many of these may be cooked either in the oven or on top of the stove. Some recipes are suitable for steaming.

A ring mold is a desirable piece of equipment for introducing variety. A ring mold may be improvised from a well oiled pan and an inverted jelly glass or tin can.

The new pressure sauce pans are convenient as well as very much of a time saver for main dish meals. Some of the new electric ranges are equipped with so-called deep well or thrift cookers which are excellent for many purposes including main dish meals.

SERVING MAIN DISH MEALS

Since it is inconvenient to pass a casserole or large platter, it is desirable to have these meals served at the table. The required number of plates will be placed directly in front of the host or hostess who is serving. The casserole may be placed at the left or directly above the plates. A serving spoon may be placed at the right where it will be convenient to use. Plates may be passed back for second servings.

When these dishes are used at a buffet or covered-dish luncheon or supper they may be served by an assisting hostess or by the guests themselves.

POINTS IN COOKERY

1. Green and white vegetables retain their color and have the best texture when cooked for only a short time.
2. Use a low temperature for cooking milk, cheese, and egg dishes. A high temperature causes milk and egg dishes to curdle and cheese dishes to become tough and stringy. Placing the casserole or baking dish in a pan of hot water is one means of securing a low temperature. If cheese is used on top of a baked dish, add it about ten minutes before the end of the cooking period, so it will not become tough and rubbery.
3. Meat and fish are more tender and have a better flavor when cooked at a low or moderate temperature.

4. To prepare buttered crumbs melt the butter or margarine in a skillet or stew pan and add the soft or dry crumbs, using two or three tablespoonfuls of butter to one cup of crumbs. Mix until the crumbs are well coated. Crumbs prepared in this way will have a better flavor and will brown more uniformly and attractively than crumbs dotted with butter.
5. A topping of buttered crumbs gives an attractive and finished appearance to a baked dish, as well as adding variety in texture. It also serves to protect a cheese dish from too high a temperature.
6. Potatoes cooked in their skins retain more flavor and food value than when pared. These can be used in a number of different recipes for main dish meals.
7. Instead of grating cheese, press it through a coarse strainer and avoid the risk of cutting the fingers.
8. In many recipes calling for onion, the flavor is improved by cooking the onion in fat until it has a golden yellow color.
9. If a sauce (such as white sauce or tomato sauce) should become lumpy, beat until smooth with a rotary beater.

HOW TO COOK MACARONI PRODUCTS OR RICE

Since macaroni, spaghetti, noodles and rice, frequently serve as the starchy food in main dish meals, directions for cooking these are given below to save repetition in individual recipes.

Use a kettle large enough to prevent boiling over.

For a 6 or 8 ounce package of macaroni products or 1 to 1 1/2 cups rice use 3 quarts of water.

Bring water to a boil and add 1 tablespoon salt.

Add the macaroni, spaghetti, noodles, or rice slowly, so as to keep the water boiling briskly.

Leave pan uncovered.

If the product sticks to the bottom of the pan, loosen gently with a fork or a wooden spoon.

To test for "doneness" press the product gently with the fork or spoon against the side of the pan. It should cut easily and cleanly. Or one may take out a little of the product, cool slightly and press between the thumb and forefinger.

Cooking time will vary with the product, and also whether it is to be served without further cooking or whether there will be further cooking in the oven.

| | |
|-----------|---------------|
| Macaroni | 7-12 minutes |
| Spaghetti | 10-20 minutes |
| Noodles | 3-10 minutes |
| Rice | 15-20 minutes |

When done, drain by pouring into a colander or coarse sieve.

Rinse or "blanch" by letting water run gently over the product; hot water if the product is to be served hot; cold water if it is to be used in salads.

CHINESE METHOD OF COOKING RICE

Miss Mei Yu Chen, a Chinese graduate student in the Home Economics Department of the University of Nebraska in 1946-47, demonstrated the Chinese method of cooking rice. Since it is a very simple method and results in a superior product, the directions are given here.

For 1 cup of rice use 2 cups of water and 1 teaspoon salt.

Bring water to a boil in an aluminum stew pan, add salt.

Add the washed rice.

Cover tightly and bring to a boil over high heat.

Then lower heat. If using gas, lower heat so as to have only a tiny bead of flame.

If using electricity, turn off all heat and cook on stored heat. Do not lift the cover during the cooking period.

The rice will cook in 20-25 minutes and is then ready to use in any recipe specifying cooked rice.

BASIC SAUCES FOR MAIN DISH MEALS

Since sauces are used in the preparation of many main dish meals, a number of basic recipes are given below.

White Sauce or Cream Sauce:

4 tablespoons table fat
4 tablespoons flour

2 cups milk (hot or cold)
1/2 teaspoon salt

Melt fat in saucepan or top of double boiler, add flour and blend until smooth. Add milk slowly, stirring constantly until mixture is thick and smooth. Cook over low heat until raw flour taste disappears. (10 to 12 minutes.)

Other seasonings may be added if desired, such as pepper, cayenne, or a few drops of onion juice.

Cheese Sauce:

Prepare white sauce as above. Remove from heat and add 1/4 to 1/2 pound (1-2 cups) grated, sieved or shaved cheese. Stir until the cheese is melted and sauce is smooth.

Tomato Sauce:

Use proportions for white sauce, but substitute 2 cups of strained tomatoes or tomato juice for the milk.

Tomato Cheese Sauce:

Prepare tomato sauce. Remove from heat and add 1/4 to 1/2 pound (1-2 cups) grated, sieved, or shaved cheese. Stir until cheese is melted and sauce is smooth.

RECIPES FOR MAIN DISH MEALS

MEAL-IN-ONE VEGETABLE SOUP

| | |
|-----------------------|------------------------|
| 2 pounds soup bone | 1 large sliced onion |
| 2 tablespoons fat | 1/2 cup diced carrots |
| 1 tablespoons salt | 1/2 cup diced celery |
| 1/4 teaspoon pepper | 1/2 cup diced potatoes |
| 2 quarts cold water | 1/2 cup peas |
| 1 cup canned tomatoes | |

Remove a portion of meat from cracked soup bones and cut into pieces. Heat fat and brown meat in it. Place browned meat, soup bone and seasoning in sauce pot and add cold water. Cover and cook until boiling point is reached. Then simmer about 2 1/2 hours, or until meat is tender. Skim off any excess fat. Add vegetables and continue cooking until vegetables are tender. (Serves 6)

OYSTER AND ASPARAGUS CHOWDER

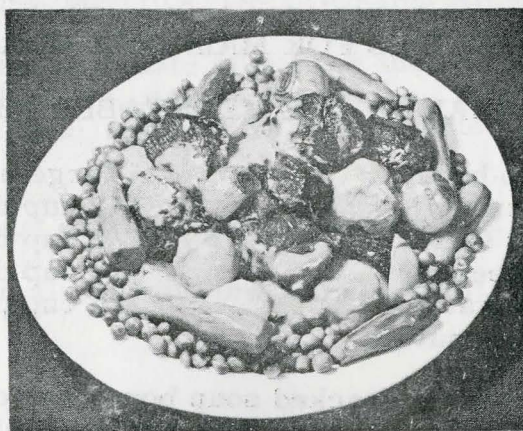
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| 1 No. 2 can asparagus or 1 pint | 2 1/2 cups milk |
| 2 teaspoons chopped onion | 1/2 pint small oysters |
| 3 tablespoons table fat | 1 teaspoon salt |
| 3 tablespoons flour | Pepper |

Drain asparagus and press through sieve. Boil asparagus liquid down to 1/4 cup. Cook onion in table fat in top of double boiler over low heat, stirring occasionally. Add flour and blend well. Add milk gradually and cook, stirring constantly until thickened. Place over hot water. Drain oysters, cut in small pieces. Cook in oyster liquid over low heat until edges curl. Just before serving add asparagus and asparagus liquid and oyster and oyster liquid to the white sauce. Season to taste with salt and pepper. Reheat and serve. (Serves 6)

SUCCOTASH CHOWDER

| | |
|--|-------------------------|
| 1 1/2 cups shelled lima beans (fresh, frozen or canned) | 3 tablespoons table fat |
| 1/2 small onion (finely chopped) | 2 1/2 tablespoons flour |
| 1 cup corn (fresh, frozen or canned) | 1 1/2 teaspoons salt |
| | Pepper |
| | 1 quart milk |

Cook onion slowly in table fat until yellow. Add flour and blend until smooth. Add milk and stir until smooth and well blended and raw taste disappears. Add cooked lima beans and corn with vegetable liquid. There should not be more than 1/2 cup liquid. Add pepper. Heat and serve. (Serves 6)



BEEF STEW

2 pounds beef chuck
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
2 cups boiling water

1 teaspoon salt
8 medium whole peeled potatoes
8 small whole onions
8 medium whole carrots

Cut meat in 1 1/2 inch cubes. Dredge with flour seasoned with salt and pepper. Brown in hot fat in heavy skillet, Dutch oven, or pressure sauce pan. Add water and cover. Simmer about 2 hours or until nearly tender (for pressure sauce pan follow directions supplied by manufacturer). Add raw vegetables 1/2 hour before serving. Add additional salt, cover and continue cooking until vegetables are tender. Remove meat and vegetables to a platter and thicken liquid for gravy, if desired. The flavor may be varied by the addition of bay leaf, parsley or peppercorns to the meat. (Serves 8)



LAMB AND LIMA BEAN STEW

2 pounds lamb stew meat, cut in
1 1/2-inch cubes
2 tablespoons lard or drippings
1 pound dried lima beans

1 teaspoon salt
1/2 teaspoon pepper
Water or stock to cover
1 teaspoon celery salt

Cover beans with 1 1/2 quarts water and soak overnight. Brown the lamb on all sides in lard or drippings. Season with salt and pepper. Add lamb to soaked beans. Add water to pan drippings and add to beans and meat. Cover and cook slowly 1 1/2 to 2 hours until lamb is tender and beans are done. Add celery salt 30 minutes before the meat is tender. (Serves 6 to 8)



OVEN BEEF STEW

- | | |
|--|--------------------------------|
| 1 1/2 pounds beef stew meat | 1 bay leaf |
| 1 1/2 teaspoons salt | 3 whole cloves |
| 1/8 teaspoon pepper | 2 tablespoons chopped parsley |
| 1/4 cup flour | 1 stalk celery, sliced |
| 1/4 cup fat for browning | 4 carrots, sliced |
| 2 small onions, chopped | 4 potatoes, quartered |
| 1 1/2 cup water | 1 cup cooked, canned or frozen |
| 1 can (10 1/4 or 11 oz.) condensed tomato soup or | peas |
| 1 cup homemade tomato sauce | |

Cut meat into one-inch cubes, dredge with mixture of salt, pepper and flour. Melt fat in skillet and when hot, but not smoking, add floured meat and brown thoroughly. Transfer to greased casserole. Add onion to fat and cook until lightly browned. Add to meat. Heat water with tomato soup in skillet and pour over meat. Add bay leaf and cloves. Cover casserole and bake at 325° F. for 1 1/2 hours or until meat is nearly tender. Add parsley, raw vegetables and peas. Add additional salt and pepper to season the vegetables. Recover and continue baking for 3/4 hour longer. If necessary add a little more water. (Serves 6 to 8)



HAM HOCK DINNER

- | | |
|---------------------------|--------------------------------|
| 2 pounds smoked ham hocks | 1 small head cabbage, shredded |
| Water to cover | 2 tablespoons minced parsley |
| 6 medium potatoes | |

Cover ham hocks with water. Cover and simmer about 2 hours. When meat has cooked 1 1/2 hours, remove skins from hocks. Return hocks to cooking liquid and add potatoes. Cook 25 minutes and add cabbage. Cook 5 to 7 minutes longer or until meat and vegetables are tender. Arrange ham hocks and vegetables on a warm platter. Sprinkle parsley over potatoes. (Serves 4 to 6)



LAMB OR VEAL STEW WITH TOMATO DUMPLINGS

- | | |
|---|---------------------------------|
| 2 pounds lean lamb or veal, cut in cubes | 3 cups water |
| 3 tablespoons lard or drippings | 8 small onions, whole |
| 1 teaspoon salt | 1 cup cut green beans (or more) |
| 1/8 teaspoon pepper | Tomato dumplings |
| | Parsley and paprika |

Brown meat in hot lard or drippings. Season with salt and pepper. Add water, cover tightly, and simmer until meat is tender, about 1 1/2 to 2 hours. Add prepared vegetables about 30 minutes before meat is done. About 12 minutes before serving, drop Tomato Dumplings by tablespoonfuls on top of meat and vegetables. Cover tightly and continue cooking for 12 minutes without removing cover. Remove stew to hot platter, arranging vegetables around the meat. Garnish with parsley, sprinkle dumplings with paprika. NOTE: New potatoes, small whole carrots, or green peas may be used in addition to, or in place of, the vegetables suggested. (Serves 6 to 8)

TOMATO DUMPLINGS

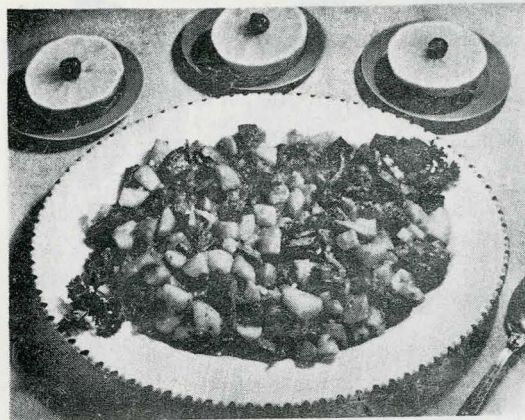
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| 1 1/2 cups sifted enriched flour | 1 egg |
| 1 teaspoon salt | 1 tablespoon lard or drippings |
| 1 tablespoon baking powder | 1/2 cup tomato juice |

Sift flour with salt and baking powder. Beat egg, add melted lard or drippings, and tomato juice. Combine liquid with flour, stirring only until flour is moistened.

CHICKEN CHOW MEIN

- | | |
|-------------------------------|--------------------------------|
| 1 cup celery strips | 2 teaspoons soy sauce |
| 1 small onion, sliced | 2 cups shredded cooked chicken |
| 1 green pepper, finely sliced | 2 cups sprouted soybeans |
| 2 cups chicken stock | 1 teaspoon cornstarch |
| 1 teaspoon salt | 2 tablespoons cold water |

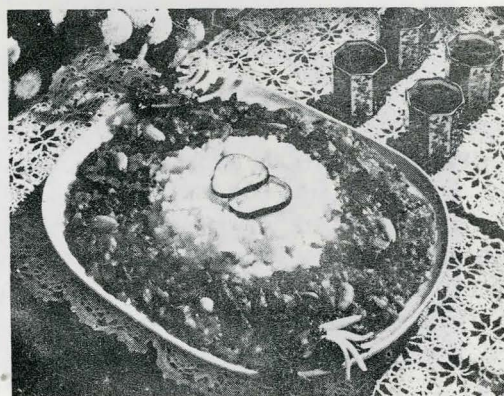
Cook celery, onion and green pepper in stock 20 minutes; add salt, soy sauce, chicken, and cornstarch mixed with cold water, and cook ten minutes, stirring until thickened. Serve on crisp noodles, rice or potato chips. The top may be garnished with slices of breast meat if desired. (Serves 6 to 8)



LIVER FRICASSEE

- | | |
|---------------------------------|---------------------------------|
| 1 pound sliced liver | 2 medium green peppers, chopped |
| 1/2 teaspoon salt | 6 small white onions, diced |
| 1/8 teaspoon pepper | 1/2 teaspoon celery salt |
| 1/4 cup flour | 1/2 teaspoon poultry seasoning |
| 1/4 cup lard or bacon drippings | Cooked rice |
| 2 cups canned tomatoes | |

Dredge liver with seasoned flour. Brown in hot fat. Add tomatoes, green peppers, onions and seasonings. Cover and simmer about 45 minutes. Serve with cooked rice. (Serves 6)



BEEF CHOP SUEY

- | | |
|------------------------------------|-------------------------------|
| 3 tablespoons lard or drippings | 3 tablespoons cornstarch |
| 1 1/2 lbs. lean beef cut in strips | 3 tablespoons cold water |
| 3/4 teaspoon salt | 1 1/2 teaspoons sugar |
| 3 cups hot water | 1 jar drained bean sprouts or |
| 3 teaspoons soy sauce | mixed Chinese vegetables |
| 1 1/2 cups chopped onions | Whole toasted almonds |
| 3 cups sliced celery | 1 1/2 cups uncooked rice |
| 1 bouillon cube | |

Sear the meat quickly in hot lard, add salt, 1 teaspoon soy sauce and hot water, cover and simmer for 40 minutes or until partially tender. Add onions, celery, bouillon cube and 2 teaspoons soy sauce. Cook about 20 minutes. Mix cornstarch, cold water, and sugar. Add to hot mixture and stir until thickened. Add bean sprouts or mixed Chinese vegetables, reheat, and add extra seasonings and soy sauce, if necessary. Just before serving, add a few whole toasted almonds. Serve over hot rice, cooked according to the Chinese method as described on page 8. (Serves 6 to 8)



VEGETABLE CURRY BAKE

| | |
|------------------------------|--------------------------------|
| 3 tablespoons table fat | 1 cup cooked, diced carrots |
| 4 tablespoons flour | 1 cup cooked, diced celery |
| 1 1/2 cups milk | 1 1/2 cups cooked peas |
| 1 1/2 teaspoons salt | 2 1/2 cups cooked rice |
| 1 1/2 teaspoons curry powder | 1 cup shredded American cheese |
| Dash of pepper | |

Prepare a cream sauce with the butter or margarine, flour and milk. (See page 8) Add the seasonings and vegetables. Press the rice onto the bottom and sides of a 1 1/2-quart casserole. Sprinkle with half of the cheese and place in a moderate oven, 375° F. 10 minutes, or until the cheese has melted. Fill the center with the curried vegetables and sprinkle with the remaining cheese. Return to the oven until the cheese has melted. (Serves 6 to 8)

SAUSAGE SURPRISE PIE

| | |
|---------------------------------|----------------------|
| 4 medium sized sweet potatoes | 1 egg |
| 1/2 cup orange juice | 1/2 teaspoon salt |
| 1 tablespoon grated orange rind | 1 pound sausage meat |

Cook sweet potatoes in boiling salted water until tender, about 30 minutes. Peel and mash thoroughly. Add remaining ingredients except sausage meat. Blend thoroughly. Meanwhile, saute' sausage over moderate heat, stirring frequently until lightly browned, about 20 minutes. Drain off drippings. Place sausage meat in bottom of 8-inch pie pan. Top with sweet potato mixture. Brush 1 tablespoon sausage drippings over surface of pie. Bake in moderate oven (375° F.) for 30 minutes. Invert on hot platter and cut in pie-shaped pieces. (Serves 6)

HAM AND VEGETABLE PIE AU GRATIN

| | |
|---------------------------------|--|
| 3 tablespoons table fat | 2 cups diced, cooked ham, veal or beef |
| 4 tablespoons flour | 2 cups cooked carrots, diced |
| 2 cups milk | 2 cups cooked potatoes, diced |
| 1/2 teaspoon salt | 1 cup crumbs |
| 1/4 pound sharp American cheese | 1/4 cup melted table fat |

Melt 3 tablespoons table fat, blend in flour, add milk and cook over low heat until thickened, stirring constantly. Add salt and cheese and stir until cheese is melted. Combine cheese sauce with diced vegetables and meat. Pour into greased casserole, top with buttered crumbs. Bake in a moderate oven, 350° F., for 45 minutes. (Serves 6 to 8)



QUICK SALMON PIE

- | | |
|--|--|
| 2 cups seasoned medium white sauce (See page 8) | 1 No. 1 can salmon, drained and flaked (2 cups) |
| 3/4 cup grated American cheese | 1/2 recipe baking powder |
| 1 cup peas | biscuits (1 cup flour) |

Combine white sauce and cheese and stir until cheese is melted. Add peas and salmon. Place in greased casserole. Arrange small biscuits on top of salmon mixture. Bake in hot oven (450° F.) for approximately 20 minutes or until biscuits are golden brown. (Serves 5 or 6)



CODFISH VEGETABLE PIE

- | | |
|---|--------------------------------|
| 2 cups cooked codfish | 2 tablespoons onion (optional) |
| 4 tablespoons table fat or bacon drippings | 1 cup cooked peas |
| 6 tablespoons flour | 1 cup cooked celery |
| 1/4 teaspoon pepper | 1 cup cooked carrots |
| 3 cups milk | 3 1/2 cups mashed potatoes |

Shred codfish, pulling it apart with forks, or shears. If salt cod is used, freshen by covering with cold water and heating to boiling point; drain, cover with cold water and repeat process until codfish tastes fresh, about 4 times. If fresh or frozen cod is used, simmer fish in water until tender. Melt fat in top of double boiler, add onion and cook over direct heat 5 minutes, do not brown. Blend in flour and pepper; add milk and cook over hot water until thick, stirring occasionally. Add diced cooked vegetables and codfish. Pour into a 1 1/2-quart casserole; top with border of mashed potatoes, brown in a hot oven, 400° F., for 15 or 20 minutes. (Serves 6)

TUNA FISH PIE WITH CHEESE ROLL CRUST

| | |
|---|----------------------------------|
| 1/2 cup sliced green peppers, or any left-over vegetable | 1/2 teaspoon salt |
| 2 slices of onion | 2 cups milk |
| 3 tablespoons butter or substitute | 1 can (7 oz.) tuna fish, drained |
| 5 tablespoons flour | 1 tablespoon lemon juice |

Melt butter in a large skillet, add green peppers and onion and cook until soft. Add flour and brown lightly. Add salt and milk slowly, stirring constantly until thick and smooth. Bring to a boil. Boil 2 minutes. Add fish and lemon juice. Pour into a large, greased baking dish and cover with cheese biscuits. (Serves 6 to 8)

CHEESE BISCUITS

| | |
|---------------------------|-----------------------------------|
| 1 1/2 cups flour | 3 tablespoons shortening |
| 3 teaspoons baking powder | 1/2 cup milk |
| 1/2 teaspoon salt | 3/4 cup grated cheese |
| Few grains cayenne | 2 tablespoons pimienta (optional) |

Combine flour, salt, shortening and milk as for biscuits. Then roll out and sprinkle cheese and pimienta on the dough. Roll up like jelly-roll. Cut in 1 or 1 1/2 inch slices and arrange over top of creamed tuna to form a crust after it is baked. Bake in a hot oven (450° F.) about 30 minutes or until browned. May add 1/4 cup chopped parsley to sauce, if desired.

BEEF BISCUIT PIE

| | |
|-----------------------------------|---|
| 2 cups cooked beef, diced | 1 can (10 1/2 or 11 oz.) condensed vegetable soup or 1 cup gravy |
| 1 cup cooked carrots, diced | 1/2 cup water |
| 2 medium cooked onions, quartered | Biscuit dough based on 1 1/2 cup flour |
| 1/8 teaspoon pepper | |

Combine all ingredients except biscuit dough. Pour into casserole. Roll and cut out 8 biscuits. Arrange around edge of casserole on top of meat and vegetable mixture. Bake in a hot oven (425° F.) for 20 to 25 minutes. (Serves 6)

MEXICAN MEAT PIE

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|-----------------------------|---|
| 3 tablespoons shortening | 1/8 teaspoon cayenne pepper |
| 2 cups chopped onion | 2 whole cloves |
| 1 pound ham | 1/4 teaspoon mace |
| 1 pound veal | 1/2 teaspoon salt |
| 4 tablespoons flour | 1/4 teaspoon pepper |
| 2 cups tomatoes | 2 cups ready-to-serve rice or cornflake cereal |
| 1 tablespoon minced parsley | |
| 1/2 bay leaf | |

Melt shortening, add onion and meat which has been cut in half-inch cubes. Cook until lightly browned. Add flour and mix well. Add remaining ingredients except cereal and turn into a large greased baking dish. Top with ready-to-serve cereal and bake in moderately hot oven (400° F.) about 35 minutes. (Serves 8)



UPSIDE DOWN CHILI PIE

- | | |
|---------------------------|---------------------------------|
| 1 pound ground beef | 1/4 teaspoon chili powder |
| 1/3 cup chopped onion | 1/2 teaspoon salt |
| 1 tablespoon shortening | 1 teaspoon Worcestershire Sauce |
| 1 cup cooked kidney beans | 1 cup cooked tomatoes |

Saute meat and onion in melted shortening. Add beans, seasonings and tomatoes. Cover. Simmer gently about 15 minutes. Pour into a deep, fat-coated 9-inch pie plate. Top with cornbread batter. Bake in a hot oven (425° F.) for 20 minutes. (Serves 6)

Cornbread:

- | | |
|---------------------------|---------------------------------|
| 1/2 cup sifted flour | 1 tablespoon sugar |
| 3/4 cup yellow cornmeal | 1 beaten egg |
| 2 teaspoons baking powder | 1/2 cup milk |
| 1 teaspoon salt | 2 tablespoons melted shortening |

Mix and sift dry ingredients. Combine egg, milk, and shortening. Add to flour mixture, stirring until just mixed.

TUNA AND POTATO CHIP CASSEROLE

- | | |
|---|--|
| 1 (6 1/2 or 7 oz.) can tuna fish | 1 (4 or 5 oz.) bag potato chips, crushed |
| 2 cups medium white sauce or 1 can mushroom soup (10 1/2 or 11 oz.) and 1 cup medium white sauce | |

Use oil from tuna for preparing white sauce. (See page 8). Combine white sauce with mushroom soup (if used). Place 1/4 of the crushed potato chips in greased 1 1/2 quart casserole. Cover with 1/3 of the flaked tuna fish. Add 1/3 of the sauce. Repeat making 3 layers and top with remainder of potato chips. Bake 20 minutes at 350° F. (Serves 6)



HAM ROLLS WITH CREAMED PEAS

1 pound ground ham
1/2 cup chopped onion
1 tablespoon horseradish

Biscuit Dough

2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
1/3 cup shortening
2/3 cup milk

Creamed Peas

1/4 cup table fat
1/4 cup flour
1 teaspoon salt
1 1/2 cups milk
2 cups cooked (fresh or frozen) or canned peas

Mix together ham, onion and horseradish.

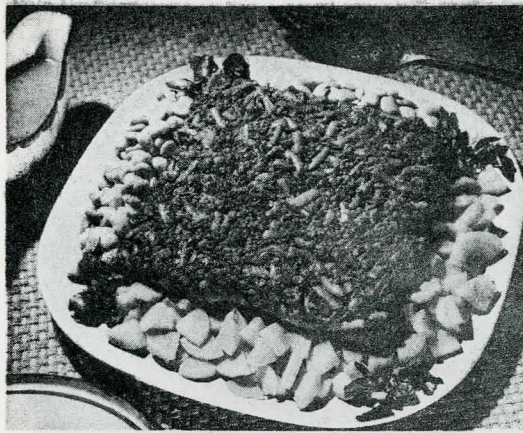
Biscuit Dough: Sift together two cups flour, baking powder and one teaspoon salt. Cut in shortening until mixture is like coarse cornmeal. Add milk, mixing lightly with a fork.

Place dough on lightly floured board, knead lightly, and roll into a rectangle 10 inches by 16 inches. Spread with ham mixture and roll up, pinching ends of biscuit together. Cut into eight slices, 1 1/4 inches thick.

Arrange rolls, cut side down, around edge of heat-resistant glass utility platter, 12 inches long, leaving space in center to be filled with creamed peas, when ready to serve. A ring mold may be used, if desired.

Bake in moderately hot oven, 400° F., for about 30 minutes, or until rolls are nicely browned.

Creamed Peas: Melt butter in saucepan. Stir in 1/4 cup flour and one teaspoon salt. Add 1 1/2 cups milk and continue cooking, stirring constantly, for about 15 minutes or until white sauce is thick and smooth and no starchy taste remains. Add peas. Pour creamed peas in center space on platter just before serving. (Serves 8)



TOPSY-TURVY MEAT SQUARE

Meat Filling

- 1 1/2 tablespoons chopped onions
- 1 tablespoon fat
- 1 cup uncooked ground meat (1/2 pound)
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup condensed tomato soup or 1/2 cup canned tomatoes
- 1 1/4 cups cooked green beans

Drop Biscuit Topping

- 2 cups sifted enriched flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1 cup milk (about)

Brown onion in fat. Add meat, salt and pepper. Cook 5 minutes. Add tomato soup and beans. Pour into greased 8 x 8 x 2 inch pan. To make Drop Biscuit Topping, sift together flour, baking powder and salt. Cut or rub in shortening. Add milk and stir until flour is moistened. Spread over meat mixture in pan. Bake in hot oven (450° F.) 25 minutes. Turn out on a platter. Surround with other vegetables, if desired. Serve with tomato sauce. (Serves 6)

CALIFORNIA CHICKEN

- 1 1/2 cups diced carrots
- 1/2 cup finely diced onions
- 1 cup diced celery

- 1 1/2 cups diced potatoes
- 1 cup canned or cooked peas
- 1 can (7 oz.) flaked tuna fish

White Sauce

- Vegetable water and milk to make 2 cups liquid
- 3 tablespoons flour
- 3 tablespoons butter

Buttered Crumbs

- 1 cup bread crumbs
- 3 tablespoons butter

Drain water from peas and in it cook carrots, onion, celery and potatoes until vegetables are tender. Arrange vegetables, tuna fish and white sauce in layers in a buttered casserole. Sprinkle buttered crumbs on top and bake at 350° F. for 30 minutes until crumbs are nicely browned. (Serves 6 to 8)



SEAFOOD CASSEROLE

- | | |
|---|---|
| 1 package (6 oz.) fine noodles | 1 can flaked tuna (7 oz.) |
| 1/2 pound fresh mushrooms, sliced | 2 cups medium cream sauce |
| 2 tablespoons table fat | 1 cup freshly grated American cheese |
| 1 cup drained, cooked peas | 1/4 cup buttered bread crumbs |
| 1/2 cup sliced, green or ripe olives | |

Cook noodles in rapidly boiling, salted water until tender, as directed on page 7. Drain and rinse with boiling water. Saute' mushrooms in melted table fat until tender, about 5 minutes. Make 2 cups of well-seasoned, medium cream sauce. (See page 8). Add grated cheese, stirring to blend. Arrange hot noodles in a buttered, 1 1/2-quart casserole. Cover with cooked mushroom slices, then a layer each of peas, ripe or green olives, and flaked tuna. Add cheese sauce after each layer and top with buttered crumbs. Bake in a moderate oven, 350° F., for 30 minutes or until lightly browned. (Serve with lemon and parsley garnish.) (Serves 6) NOTE: One-fourth cup chopped, toasted almonds may be used instead of olives in recipe.

SAUSAGE MACARONI CASSEROLE

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|--|--|
| 1 package (8 oz.) elbow macaroni (cooked) | 2 tablespoons flour |
| 1/2 pound sausage meat | 1/2 teaspoon salt |
| 1 onion, sliced | 1 1/2 cups milk |
| 1/2 green pepper, sliced | 1/2 pound American cheese (2 cups grated) |

Cook macaroni according to directions on page 7. Drain. Fry sausage, onion and green pepper until lightly browned. Stir in flour and salt. Add milk; cook over low heat until thickened, stirring constantly. Place alternate layers of macaroni, cheese and sausage mixture in greased 1 1/2-quart casserole. Top with cheese. Bake in hot oven 400° F., for 25 minutes. Garnish with saute' apple rings. (Serves 6)



ONE-DISH SPECIAL

- | | |
|---|---|
| 2 cups diced carrots | 1 cup meat stock or 1 bouillon |
| 1 1/2 cups diced celery | cube in 1 cup hot water |
| 6 medium potatoes, pared and sliced or diced | 3 tablespoons diced onion |
| 3 tablespoons table fat | 1 cup cooked peas |
| 4 tablespoons flour | 1 1/2 to 2 cups diced, cooked meat (chicken, veal, beef or ham) |
| 2 cups milk | 1/2 cup soft, stale bread crumbs |
| 1 teaspoon salt | 3 tablespoons melted table fat |

Cook carrots, celery and potatoes separately or together in boiling, salted water until tender (left-over vegetable may be used). Prepare a sauce by melting the table fat, blend in the flour and add the milk and meat stock. Cook over direct heat, stirring constantly, until the sauce boils and thickens. Add salt. Combine sauce with all ingredients except the bread crumbs and melted table fat. Pour into a 2-quart casserole or baking dish, or use 6 or 8 individual casseroles. Combine crumbs and melted table fat and sprinkle over top. Bake in moderate oven (350° F.), for 35 minutes, until top is browned and mixture is thoroughly heated. (Serves 6 to 8)

5 LAYER DINNER

- | | |
|--|--------------------------------|
| 2 tablespoons chopped onion | 1 cup string beans, cooked |
| 1 tablespoon shortening | 1 cup corn, cooked |
| 1 cup cooked ground meat | 4 medium size tomatoes, sliced |
| 2 teaspoons salt | 1 teaspoon sugar |
| 1/8 teaspoon pepper | 2 tablespoons grated cheese |
| 1/4 teaspoon chili powder | 1 tablespoon chopped parsley |
| 1 cup cooked potatoes, sliced or cubed. | |

Cook onion in the fat until almost tender. Add meat, one teaspoon only of salt. Then add pepper and chili powder. Stir until well blended. Place in a well greased one and one-half quart casserole.

Place the potatoes over the meat; add a layer of string beans and a layer of corn. Sprinkle each layer with salt.

Top with layer of tomatoes. Sprinkle with remaining salt and sugar; then add cheese and parsley. Bake for 25 minutes at 350° F. (Serves 6)

DINNER-IN-A-DISH

4 tablespoons shortening
1 medium onion, chopped
2 green peppers, sliced
1 pound hamburger
1 1/2 teaspoons salt

1/4 teaspoon pepper
2 eggs, beaten
4 cups canned corn
4 medium tomatoes, sliced
1/2 cup dry bread crumbs.
2 tablespoons butter

Put shortening in skillet and lightly fry peppers and onion for three minutes. Then add meat and blend thoroughly. Add seasonings. Remove from range. Stir in beaten eggs and mix well.

Put 1 cup of corn in baking dish, then half the meat mixture, then a layer of sliced tomatoes. Then another layer of corn, meat and tomatoes. Cover with buttered crumbs. Bake in a moderately hot oven (375° F.) 35 to 45 minutes. (Serves 6)



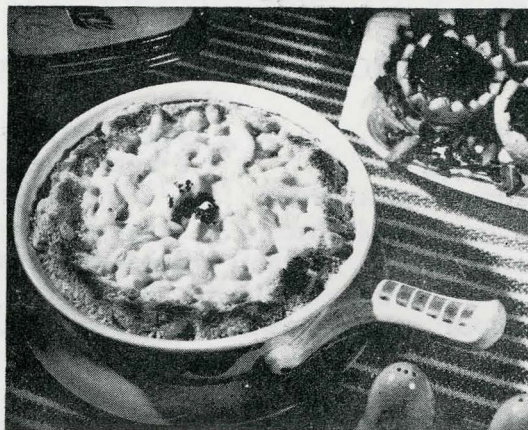
BROILED MACARONI AND CHEESE

12 oz. macaroni
1/4 cup table fat
1 small onion, finely chopped
2 pieces celery, cut fine
1/3 cup flour

3 cups milk
1 teaspoon salt
Dash pepper
3/4 teaspoon prepared mustard
1/2 pound American cheese,
grated or pressed through a
coarse sieve

Cook macaroni as directed on page 7. Drain thoroughly and pour into a greased casserole.

Simmer onion and celery in melted table fat for 5 minutes. Blend in flour. Add milk gradually and cook until sauce thickens, and raw flour taste disappears. Remove from fire, add salt, pepper, mustard and cheese. Stir until smooth and well blended. Pour over the hot macaroni and place under broiler to brown. (Serves 6 to 8)



MACARONI AU GRATIN

- | | |
|-------------------------------|-----------------------------------|
| 1 tablespoon salt | 1/2 teaspoon Worcestershire sauce |
| 3 quarts boiling water | Dash of cayenne pepper or |
| 6 ounces elbow macaroni | 3 drops Tabasco sauce |
| 2 cups grated American cheese | 1 teaspoon salt |
| 3/4 cup milk | 1/4 cup buttered bread crumbs |

Cook macaroni according to directions on page 7. Drain. Combine cheese, milk, Worcestershire Sauce, Cayenne pepper or Tabasco sauce and salt. Add to macaroni which has been drained and rinsed. Pour into greased 1 1/2-quart casserole. Sprinkle with buttered crumbs. Bake in moderate oven (350° F.) about 20 minutes. (Serves 4)

SPAGHETTI CASSEROLE

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|--------------------------------|--------------------------------|
| 1 tablespoon salt | 1 1/2 cups medium white sauce |
| 3 quarts boiling water | 1/2 teaspoon salt |
| 4 ounces spaghetti | 3 hard cooked eggs, diced |
| 1/4 cup chopped green pepper | 1 cup cooked cut string beans |
| 1/4 cup chopped celery | 1/2 cup grated American cheese |
| 2 tablespoons chopped pimiento | |

Add 1 tablespoon salt to actively boiling water. Gradually add spaghetti and continue boiling until spaghetti is tender (about 12 minutes). Drain and rinse. While spaghetti is cooking, combine green pepper, celery, pimiento, white sauce, 1/2 teaspoon salt, and eggs. Add spaghetti. Pour into greased 1 1/2-quart casserole. Make hollow in center of spaghetti mixture. Toss together beans and cheese and place in center of spaghetti. Bake in moderate oven (350° F.) about 30 minutes. (Serves 4)

BAKED ONIONS AND RICE

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|-------------------------|---------------------------|
| 6 or 8 medium onions | Few grains cayenne pepper |
| 2 tablespoons table fat | 1 cup milk |
| 2 tablespoons flour | 3/4 cup grated cheese |
| 1 teaspoon salt | 2 cups cooked rice |

Peel onions, slice, and cook until nearly tender in salted boiling water. Make a white sauce of fat, milk, and flour. (See page 8). Add seasonings and cheese. Arrange alternate layers of onions, rice, and cheese sauce in greased baking dish. Bake for 20 minutes at 400° F. (Serves 6 to 8)

VEGETABLE CASSEROLE WITH CHEESE SAUCE

- | | |
|-------------------------------|------------------------------|
| 1 1/2 cups cooked peas | 1 1/2 cups soft bread crumbs |
| 1 1/2 cups canned corn | 3 beaten eggs |
| 1 cup drained canned tomatoes | 1/2 cup melted butter or |
| 1 chopped onion | margarine |
| | Seasonings to taste |

Mix ingredients together, pour into greased casserole and bake at 350° F. for 45 to 50 minutes.

For sauce melt 1/2 pound yellow, processed or natural cheese in top of double boiler. Gradually add 1/3 cup milk, stirring until smooth. Serve generously on each serving. (Serves 5 to 6)

Variations: 1. Beat egg whites separately and add last.

2. Add about 1/4 teaspoon chili powder (and maybe 1/2 clove garlic). Then add 1 small can chopped ripe olives.

OCTOBER VEGETABLE CASSEROLE

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|----------------------------|--------------------------------|
| 3 tablespoons fat | 2 cups cooked corn |
| 3 tablespoons flour | 2 tablespoons grated cheese |
| 1 1/2 cups milk | 1/2 cup minced onion |
| 1 teaspoon salt | 1 green pepper minced or 1 1/2 |
| 3/8 teaspoon paprika | tablespoons pepper relish |
| 2 cups chopped raw carrots | 3 eggs |

Prepare white sauce of first five ingredients. (See page 8). Blend sauce with cheese and vegetables. Add eggs well beaten. Turn into greased casserole or baking pan. Sprinkle with cheese or buttered crumbs. Bake 45 minutes at 350° F. (Serves 6)

TOMATOES SCALLOPED WITH CHEESE AND EGGS

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|--------------------------------|-----------------------------|
| 2 1/2 cups canned tomatoes | 4 tablespoons butter or fat |
| 8 hard cooked eggs | 1 teaspoon chopped onion |
| 1 cup American cheese (grated) | 2 teaspoons salt |
| 2 cups soft bread crumbs | 1/8 teaspoon pepper |

Put half of the tomatoes into a greased baking dish, slice 4 eggs and lay the slices on the tomatoes. Sprinkle with 1/2 of the salt and pepper and with 1/2 cup of the cheese. Put a layer of bread crumbs over the cheese, using 1/2 cup and dot with 2 tablespoons butter. Repeat the procedure with another layer using the remaining ingredients, buttering the crumbs to be used on top. Bake about 20 minutes in a moderate oven, 375° F., or until the top layer of crumbs is nicely browned. (Serves 6)

COTTAGE CHEESE VEGETABLE CASSEROLE

| | |
|-------------------------|-----------------------|
| 2 cups sliced onions | Salt |
| 2 cups diced carrots | Pepper |
| 6 medium pared potatoes | Hot milk |
| Table fat | 2 cups cottage cheese |

Cook onions and carrots together in a small amount of boiling, salted water until tender. Drain (reserve liquid for soup or gravy). Cook potatoes in boiling, salted water until tender. Drain and mash. Add 2 tablespoons table fat to the potatoes and season with salt and pepper. Add hot milk to the potatoes. (Amount of milk will depend upon dryness of potatoes.) Beat potatoes until light and fluffy. Line a greased baking dish with about one-half of the mashed potatoes. Add the onions and the carrots. Dot with table fat. Spread the cottage cheese over the top and sprinkle with salt and pepper. Cover with remaining mashed potatoes and bake in a moderately hot oven (375° F.) for 25 to 30 minutes. (Serves 6)

ESCALLOPED VEGETABLES AND COTTAGE CHEESE

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|-----------------------------|----------------------------------|
| 2 teaspoons chopped onion | 1 1/2 cup whole kernel corn |
| 1 1/2 tablespoons table fat | 2 cups cottage cheese |
| 1 1/2 tablespoons flour | 1/2 teaspoon salt |
| 1 1/4 cup canned tomatoes | Pepper |
| | 3/4 cup soft, stale bread crumbs |
| | 2 tablespoons table fat |

Cook the onion in the table fat over low heat, stirring occasionally. Add flour and blend well. Add liquid drained from tomatoes and cook, stirring constantly, until thickened. Add salt, pepper and tomatoes. Drain corn and place in greased baking dish. (Reserve liquid for soup or gravy.) Cover with one-third of the thickened tomatoes. Spread cottage cheese over the top. Sprinkle with salt and pepper. Cover with remaining thickened tomatoes. Top with buttered crumbs. Bake in a moderate oven (350° F.) for 25 to 30 minutes. (Serves 6)

EGG AND CHEESE SPECIAL

| | |
|----------------------------|-------------------------------|
| 6 hard cooked eggs | 2 cups medium white sauce |
| 1 cup grated, nippy cheese | 1 cup green asparagus tips or |
| Salt and pepper | green beans |

Cook eggs at simmering temperature for 20 minutes. Remove from water, cool, peel and cut in half lengthwise. Arrange vegetable and eggs in rows in shallow square or oblong baking dish. Season. Add cheese, 1/4 teaspoon paprika, and 1 teaspoon Worcestershire Sauce, to white sauce. Pour over vegetable and eggs, sprinkle lightly with buttered crumbs and bake at 350° F. for 25 minutes. (Serves 5 to 6)

SWITZER CASSEROLE

| | |
|----------------------------------|----------------------------------|
| 6 cups sliced cooked potatoes | 1/4 cup vinegar |
| 1/2 teaspoon salt | 2 1/2 cups string beans (cooked) |
| 1/2 cup melted butter or 1/4 cup | 1/4 cup sliced onion |
| butter and 1/4 cup bacon fat | 6 large frankfurters, sliced |

Cook onions in fat until transparent. Combine with thinly sliced potatoes. Place beans in the bottom of a greased baking dish. Over them place alternating layers of potatoes and sliced frankfurters. Cover and bake about a half-hour in a moderate oven. 350° F. (Serves 6 to 8)

HAM AND SCALLOPED POTATO CASSEROLE

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|---|-------------------------------------|
| 1 1/4 quarts raw potatoes, sliced very thin (about 8 medium potatoes) | Few grains pepper |
| 1/4 cup flour | 2 1/2 tablespoons table fat |
| 1 to 1 1/4 teaspoons salt | 1 slice (1 1/4 pounds) uncooked ham |
| | 1 1/2 cups hot milk |

Use a 2 or 2 1/2 quart casserole. Combine flour, salt and pepper. Spread about 1/2 of the potatoes in the greased casserole. Sprinkle with 3/4 of the flour, salt and pepper. Reduce salt if ham is quite salty. Dot with 1 tablespoon table fat. Place slice of ham cut in serving pieces on top of potatoes. Cover with remaining potatoes. Sprinkle with remaining flour, salt and pepper. Dot with remaining butter. Pour hot milk over top. Cover and bake in moderate oven (350° F.) for 30 minutes. Uncover and bake 40 minutes longer or until potatoes are tender. (Serves 4 to 6)



FRANKFURTER AND GREEN BEAN CASSEROLE

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|---|---|
| 1 pound frankfurters, sliced 1/2 inch thick | 2 cups milk (or liquid from canned beans combined with milk to make 2 cups) |
| 3 tablespoons butter, margarine or drippings | 1 tablespoon Worcestershire sauce |
| 5 tablespoons flour | 2 cups green beans |
| 1 teaspoon salt | |
| 1/2 cup grated cheese | |

Brown the sliced frankfurters; remove to casserole. Stir flour into drippings, add liquid and salt and cook until thickened. Add Worcestershire sauce, cheese, and green beans. Combine with frankfurters in casserole. Bake in moderate oven (350° F.) for 40 minutes. (Serves 6 to 8)

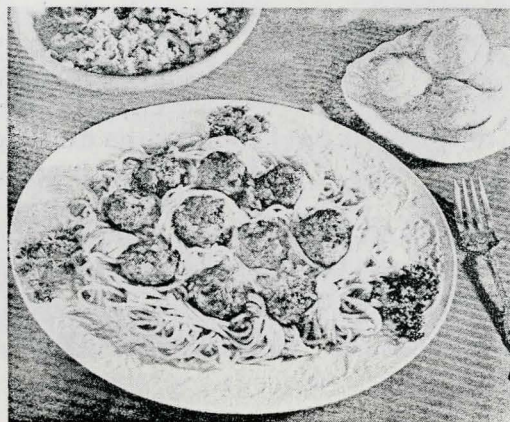


HAWAIIAN CASSEROLE

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|---------------------------------|--|
| 3 slices bacon | 1 teaspoon salt |
| 8 green onions | 4 cups cooked macaroni |
| 1 cup canned mushrooms (8 oz.) | 1 cup canned tuna fish (7 oz.) |
| 1 teaspoon Worcestershire sauce | 1 can mushroom soup (10 1/2 to 11 oz.) |

Cut slices of bacon, in half and brown lightly in skillet. Drain bacon on paper and reserve to put on top of the casserole. Cut onions into pieces one-half inch long and brown slightly in bacon fat. Add mushrooms, Worcestershire sauce and salt. Cook together for about three minutes.

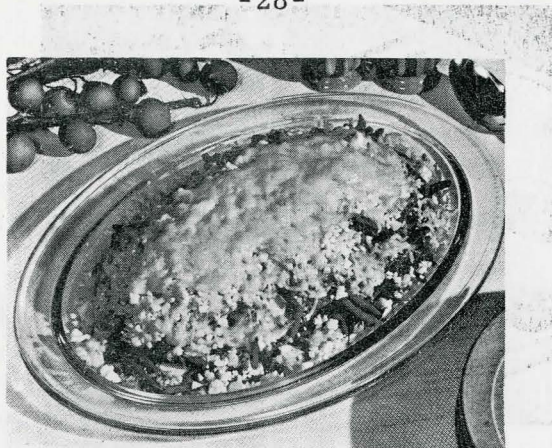
Arrange macaroni, tuna fish and mushroom mixture in layers in a two-quart casserole. Pour mushroom soup over mixture. Cover and bake in a moderate oven, 350° F., for about 30 minutes. Arrange the bacon slices on top a few minutes before removing from oven. (Serves 6)



ITALIAN MEAT BALLS AND SPAGHETTI

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|---------------------------------|----------------------------------|
| 1 pound ground beef | Dash black or cayenne pepper |
| 1 onion, grated or chopped fine | 1/2 cup soft, stale bread crumbs |
| 1 tablespoon chopped parsley | 1 egg, well beaten |
| 1 teaspoon salt | Lard or drippings for browning |
| 1/4 teaspoon thyme | 6 to 8 oz. uncooked spaghetti |
| 1/4 teaspoon basil | |

Combine meat, onion, parsley, seasonings, bread crumbs and egg. Mix thoroughly. Make into balls about 1-inch in diameter. Brown on all sides in hot lard or drippings. Cover frying-pan and cook slowly for 20 minutes. Cook spaghetti in boiling, salted water as directed on page 7. Drain. Serve meat balls over spaghetti and top with Tomato Sauce, if desired. (Serves 4 to 6)



SAVORY GREEN BEANS

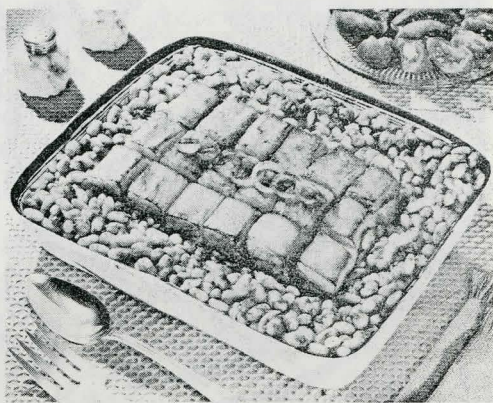
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| 4 tablespoons table fat | 3 cups hot cooked, seasoned whole green beans |
| 4 tablespoons flour | 3 hard-cooked eggs, coarsely chopped |
| 2 cups milk | 1/3 cup chopped onions |
| 1/2 pound American cheese, shredded | |
| Salt, pepper | |

Make a cream sauce with the butter, flour and milk. (See page 8). Add three-fourths of the cheese and stir until it is melted. Season with salt and pepper. Place the hot green beans on a heat-proof platter and cover with the cheese sauce. Sprinkle with the chopped eggs and onions, then with the remaining shredded cheese. Place under low broiler heat just long enough to melt the cheese. (Serves 6)

BAKED BEAN SUPPER PLATTER

- | | |
|--------------------------------|--|
| 1/2 pound ground beef | 1 No. 2 can oven baked beans (vegetarian style) or 2 1/2 cups home baked beans |
| 1/2 teaspoon salt | 2 cups cooked carrots (cut lengthwise) |
| Dash of pepper | |
| 2 tablespoons fat or drippings | |

Season meat with salt and pepper and mix well. Form into 12 small balls and brown in hot fat. Add beans and carrots. Heat thoroughly and serve on a warm platter. Garnish with parsley and pickle slices. (Serves 4)



SALT PORK AND BAKED BEANS

1 quart navy beans
3 quarts cold water
1 1/2 pounds salt pork or
bacon squares
1 tablespoon salt

3 tablespoons sugar
1 teaspoon dry mustard
1/3 cup molasses
1 cup boiling water

Wash the beans and cover with cold water. Let soak overnight. In the morning cook the beans for 1 1/2 hours, adding additional water if necessary. Put the beans into a large baking pan. Remove the rind from the salt pork or bacon squares, and score in 1 1/2 inch squares. Bury in the top of the beans, leaving only the scored portion exposed. Mix salt, sugar, mustard, molasses and boiling water and pour over the beans. Add additional water if necessary to cover the beans. Cover the dish and bake from 4 to 5 hours in a slow oven (300° F.). Add hot water as needed. During the last hour uncover the beans to brown. (Serves 10 to 12)

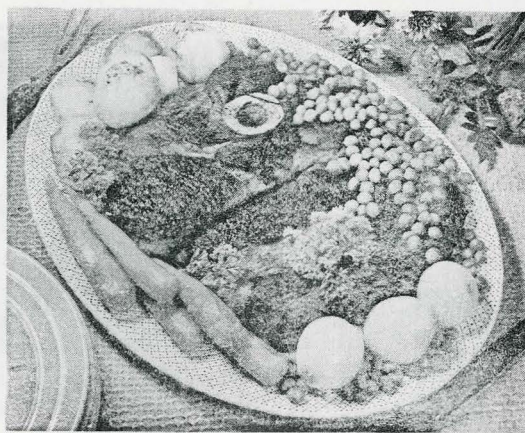


PORK CHOPS ON CREOLE CORN

1 pound pork chops (cut 5 or 6
chops to the pound)
1 teaspoon salt
Pepper
3 tablespoons fat
2 tablespoons chopped onion

2 tablespoons chopped green
pepper (optional)
2 cups whole kernel corn (drained)
1 can (10 1/2 or 11 oz.) condensed
cream of tomato soup or 1
cup homemade tomato sauce

Season pork chops with salt and pepper and brown in hot fat in skillet. Remove chops and add onions and green pepper. Cook until onion is lightly browned. Add corn and tomato soup or sauce. Pour into a shallow greased, baking dish. Top with browned pork chops, pressing in lightly. Bake in moderate oven (350° F.) for 30 to 45 minutes. (Serves 5 or 6)

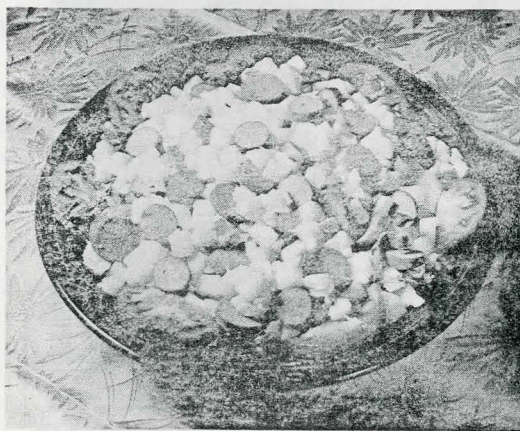


POT ROAST PLATTER

4 pounds rump roast
1/4 cup flour
1 tablespoon salt
1/8 teaspoon pepper
1/4 cup fat

Boiling water
6 medium potatoes
6 medium carrots
6 small onions
1 cup peas

Dredge the meat with seasoned flour and brown well in hot fat in heavy utensil such as a Dutch oven (or use a pressure sauce pan). Add boiling water to cover bottom of utensil to depth of 1 inch. Cover utensil and simmer (do not boil) at low heat for about 2 1/2 hours (time will be greatly shortened in pressure sauce pan). Add prepared vegetables and cook for 30 to 40 minutes or until vegetables are tender. Arrange pot roast on a platter and surround with vegetables. The broth may be served as a thin or thickened gravy. (Serves 6 to 8)

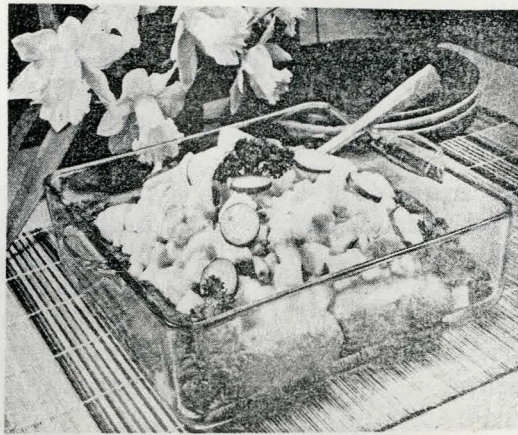


SUMMER FRANKFURT SUPPER

3 cups diced, cooked potatoes
1/2 cup diced cucumber
1/2 cup diced celery
2 tablespoons minced onion
1 teaspoon salt

2 hard-cooked eggs, sliced
Mayonnaise or salad dressing
to moisten
3 large frankfurters
2 tomatoes

Combine potato salad. Place in a pottery, glass or wooden bowl and slice the frankfurters over the top. Place tomatoes cut in wedges around the edges of the bowl. (Serves 6)



HOT POTATO SALAD WITH SAUSAGES

| | |
|------------------------------|--------------------------|
| 4 cups diced cooked potatoes | 1 1/2 teaspoons salt |
| 1/2 cup diced celery | 1/8 teaspoon pepper |
| 1 tablespoon minced parsley | 1 teaspoon dry mustard |
| 8 green onions, sliced | 1 tablespoon sausage fat |
| 8 link sausages | 1 egg beaten |
| 1 cup top milk or cream | 1/3 cup vinegar |
| 2 teaspoons flour | 5 sprigs parsley |
| 2 tablespoons sugar | 4 radishes, sliced |

Mix potatoes, celery, minced parsley and green onions. Arrange in a mound in a square, round or oblong, heat-resistant glass dish. Cook sausages in skillet for about 10 minutes. Place sausages around mound of vegetables in glass dish. Prepare sauce as follows: Place milk in top of double boiler and heat over hot water. Combine dry ingredients, mixing well. Add to milk in double boiler. Stir constantly for 8 to 10 minutes until sauce is thick and has no starchy taste. Combine egg and vinegar, add a little of the thickened sauce and return to double boiler to cook egg. Stir in 1 tablespoon of sausage fat. Pour sauce over vegetables. Bake in a moderate oven (350° F.) for about 20 minutes. Remove from oven and garnish with parsley sprigs and radish slices. Serve hot. (Serves 4).

RUSSIAN SAUERKRAUT

| | |
|--------------------------------|----------------------------------|
| 1 pound ground pork | 3 green peppers |
| 1 pound ground beef | 2 cups tomatoes |
| 2 tablespoons fat or drippings | 1 1/2 pounds sauerkraut (3 cups) |
| 4 onions, chopped | 1 pint thick sour cream |

Brown meat in 2 tablespoons of fat. Season with salt and pepper. Add chopped onion and pepper. Add other ingredients. Cook slowly for about 1 hour (Serves 10 to 12)

SOUFFLE'D CHEESE SANDWICH

| | |
|---|-------------------|
| 12 slices bread (crusts removed if desired) | 4 eggs |
| Butter | 3 cups milk |
| 1/4 to 1/2 pound Cheddar cheese, sliced or grated | 1/2 teaspoon salt |
| | Dash of cayenne |

Butter 6 slices of bread, and place in the bottom of a greased, oblong baking dish, 7 1/2 by 12 inches. Place cheese on bread and cover with remaining 6 slices of bread, buttered. Beat eggs, add milk and seasonings and pour over bread. Let stand 1 hour. Bake 30 minutes at 350° F. Test by inserting point of knife in center. (Serves 6 to 8)

FOR SERVING LARGER NUMBERS

CHICKEN A LA KING

| | |
|--|---|
| 1/4 cup butter or chicken fat | 1 quart chicken stock |
| 2 cups mushrooms (add liquor to chicken stock) | 1 quart hot milk |
| 1 cup flour | 1 pint thin cream |
| 2 teaspoons salt | 2 quarts cooked chicken, diced in 1/2 or 3/4 inch cubes |
| 1 teaspoon celery salt | 1/4 cup pimiento, cut in small pieces |
| Few grains cayenne | |

Melt the butter (or chicken fat), add mushrooms which have been sliced and cook for 5 minutes. Mix flour and seasonings and add to fat, blending until smooth. Add the hot milk and chicken stock slowly. Stir constantly until smooth and thick and cook until raw flour taste disappears. Add the cream chicken and pimiento and reheat. Serve on toast, toasted English muffins, in patty shells or croustades, or over hot biscuits, split. NOTE: Sliced hard cooked eggs may be added, if desired, or substituted for a part of the chicken. (Serves 25)

BAKED LIMA BEANS WITH CHEESE SAUCE

| | |
|---------------------------------------|----------------------------------|
| 4 quarts cooked lima beans, drained | 1 1/2 quarts milk |
| 1 cup chopped pimiento | 1/2 cup table fat |
| 1/2 cup tomato catsup | 3/4 cup flour |
| 1/4 cup finely chopped onion | 2 teaspoon salt |
| 1 quart grated American cheese | 1 teaspoon dry mustard |
| 1 strip cooked bacon for each serving | 2 cups buttered dry bread crumbs |

Prepare white sauce of table fat, flour and milk and season with salt and mustard. (See page 8). Add catsup, onion and pimiento to cooked sauce. Add cheese and stir until cheese is melted and sauce is smooth. Add lima beans. Pour into greased baking pans. Cover with thin layer of buttered crumbs. Bake at 400° F. for 25 to 30 minutes or until heated through and crumbs are brown. Garnish each serving with a strip of cooked bacon. (Serves 25)

SCOTCH WOODCOCK

| | |
|---|--|
| 2 cups flour | 1 (5 1/2 oz.) can chopped ripe olives (optional) |
| 1 pound table fat | 1 (4 oz.) can finely chopped pimientos |
| 3 quarts milk | 1 (4 or 5 lb.) cooked chicken, diced |
| 2 cups chicken broth | 1 doz. hard-cooked eggs, sliced |
| 3 1/2 teaspoons salt | |
| Cayenne pepper | |
| 1 pound grated cheese | |
| 1 (4 oz.) can mushrooms, sliced and cooked in 1/4 cup table fat | |

Prepare a white sauce with the fat, flour and liquid. (See page 8). Add salt, cayenne and cheese and stir until cheese is melted and sauce is smooth. Add remaining ingredients. Serve on toasted wiener buns. (Serves 50)