

Meat and Fish

Chow Mein

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| 1 Lb. beef, cubed for chow mein | 3 to 4 onions, chopped |
| 1 Lb. pork, cubed for chow mein | 1 Green pepper, chopped |
| 1 Lb. veal, cubed for chow mein | Pimento (optional) |
| 1 Bunch celery, chopped | |

Brown meat and onion in about 3 tbsp. fat. Add more fat if necessary. Add water to cover. When meat is brown, add salt and pepper. Add celery and green pepper; cook until tender (about 2- $\frac{1}{2}$ hours) adding water if necessary. When tender, add 2 Tbsp. molasses. Thicken with 1 Tbsp. cornstarch, thinned to a smooth paste with soy sauce. Serve on top of chow mein noodles.

Betz Jones

Chow Mein or Chop Suey (*Made with left over Leg of Lamb*)

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| 1 $\frac{1}{2}$ Tbsp. butter or margarine | $\frac{1}{4}$ Cup lamb gravy |
| $\frac{1}{2}$ Cup sliced green pepper | 1 Can drained bean sprouts |
| $\frac{1}{2}$ Cup sliced onion | 2 Tbsp. soy sauce |
| 1 Cup lamb, cut in strips | Mushrooms |
| 1 Cup chopped celery | Water chestnuts |

Sauté peppers and onions in melted butter for 3 minutes. Add the cup of lamb, and cook for 3 minutes. Add celery, gravy, bean-sprouts, soy sauce, mushrooms and water chestnuts. Bring to a boil, and cook only long enough to blend ingredients well. Serve with cooked rice or chow mein noodles. I prefer to do this early in the day, and warm it up at serving time. It seems to gain flavor by standing.

Ruth J. Collins

Lamb Louise

Remove membrane from leg of lamb and rub lamb with olive oil. Cut gashes in meat and fill with the following mixture. Rub same mixture all over lamb.

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| 1 Clove garlic, crushed | $\frac{1}{2}$ tsp. thyme |
| 1 Bay leaf, crushed | $\frac{1}{2}$ tsp. sage |
| $\frac{1}{2}$ tsp. pepper | $\frac{1}{2}$ tsp. ginger |
| 1 tsp. salt | 1 tsp. butter |

Roast as any leg of lamb in a long, slow oven. This makes even the poorest piece of meat taste delicious.

Mary MacNutt

Meat and Fish

Irish Stew (Browned)

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|-----------------------------|---------------------------------|
| 2 Lbs. cubed, lamb shoulder | 8 Small carrots, cut lengthwise |
| 3 Tbsp. fat | 4 Quartered potatoes |
| ¼ Cup minced onion | About 8 small white onions |
| ¼ Cup flour | Snipped parsley (if desired) |
| 2 Cups boiling water | Pepper and salt |
| 1 Cup white wine | |

- Method:
1. Fry minced onion in fat in strong kettle (Remove and set aside).
 2. Mix flour, salt and pepper; coat lamb lightly. Save leftover flour.
 3. Brown meat. Add leftover flour, salt, onion, water and wine.
 4. Simmer 1-½ hours.
 5. Add potatoes and carrots, small onions, and simmer another 30 minutes.

Mrs. Mitchell

Stewed Cucumbers (Aruban)

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| 2 Pounds meat - lamb, mutton or pork | 1 Spoon butter |
| 1 Large onion | Few drops Worcestershire sauce |
| 2 Tomatoes | 1 tsp. sugar, to taste |
| A few cloves | |
| Pepper, salt and cinnamon | |

Stew the meat and all other ingredients in a covered pot until the meat is tender. Add sliced cucumbers; cook together for about 1 more hour. Cook on a very slow fire.

Favia Croes

Life is not a cup to be drained but a measure to be filled!

Gorka (Swedish Cucumbers)

Peel 2 medium cucumbers, slice them as thin as possible in a good-sized bowl. Add 2 tablespoons salt, then press the cucumbers with a saucer or sauce dish until each slice is limp. Drain well and completely rinse off salt. Add salt and pepper to taste, 1 tsp. sugar, 1 Tbsp. vinegar, and 3 Tbsp. minced parsley. Store in a jar or covered dish in the refrigerator until slices become crisp again. Serve as a relish with almost any meat; it can be used as a salad, served on lettuce.

Ruth J. Collins

Stew from West Indian Gerkins

(Komkommer Stoba)

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|---------------------------------|---------------------------|
| 1 Lb. mutton | Onion, tomato (cut small) |
| ¼ Lb. salted beef or smoked ham | Salt, pepper, nutmeg |
| 2 Lbs. West Indian gerkins | 3 Tbsp. oil |
| 2 Potatoes (cut in pieces) | 2 Tbsp. butter |

Cut up gerkin in four, lengthwise. Wash and shake in plenty of water to get rid of most of the seeds. Drain.

Cut up and soak salted beef.

Cook onion and tomato in oil, with seasonings, for five minutes (don't brown). Add butter, salted beef, mutton; cook on low fire for about 30 minutes. Add gerkins and potatoes, and stew on low fire until everything is tender, and the stew has thickened a little. If necessary, add a little water while cooking. Spare ribs may be substituted for mutton.

Mrs. Henriquez

Carne Stoba

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| 2 to 2½ lbs. mutton, with bone,
cut for stew (preferably
Aruban sheep) | 2 Tomatoes |
| 4 to 5 carrots | 8 Potatoes |
| 4 to 5 onions | 1 Small white cabbage |
| 2 Sweet peppers | 1 Stalk celery |
| | 1 Stalk leeks |
| | Salt, pepper, butter |

Clean meat and vegetables. Cut carrots, onion, sweet peppers, tomatoes, celery and leek into pieces, not too small. Cut potatoes in 4-6 pieces. Slice cabbage. Put meat and vegetables together in a cast iron pan, (Dutch oven). Add 50 gr. butter, then salt and pepper to taste. Cook covered and slowly for 2-2½ hours.

Mrs. Dora Schult

Curried Fruit

Drain and dry the fruit from a 1 lb. 13 oz. jar of "Fruits for Salad." Place in a casserole and cover with a mixture of ¼ cup melted margarine, ¾ cup brown sugar, 1 Tbsp. curry powder. Cover and bake 1 hour at 325°. This should be served warm as an accompaniment for ham or pork.

Dot Shapley

Meat and Fish

Curried Fruit

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| $\frac{1}{3}$ Cup butter or margarine | 1 Can cling peaches (No. 1) |
| $\frac{3}{4}$ Cup brown sugar, packed | 1 Can pineapple chunks, slices or wedges (No. 2) |
| 4 Full tsp. curry powder | 6 Marachino cherries |
| 1 Can Bartlett pears (No. 1) | |

Melt the butter, stir in the sugar and curry powder; remove from fire. Drain and pat dry all fruit. Place them in a $1\frac{1}{2}$ quart casserole, well mixed around. Add the stirred butter mixture, and bake slowly at 325 degrees for one hour. Serve with turkey or chicken. This can be reheated the next day. Use the fruit juices with soda water or ginger ale for a hot afternoon drink. Serves 10-12.

Mrs. Gordon N. Owen

When bothered by nodding in church, lift both feet off the floor and keep them elevated two inches; any desire for sleep will disappear as long as you do this.

Stuffing for fowl

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| $\frac{1}{3}$ Stick of margarine | $1\frac{1}{2}$ tsp. poultry seasoning |
| 2 Cups sliced celery | 1 tsp. salt |
| $1\frac{1}{2}$ Cups cut onion | $\frac{1}{4}$ tsp. pepper |
| 8 Cups cubed bread (12 slices) | 3 Tbsp. chopped parsley or flakes |

Dice bread and dry in oven. In a large frying or roasting pan put margarine, celery and onions. Cook slightly while margarine melts. Add the rest of the ingredients, mix well, and cook just long enough that bread gets shortening and flavors blended into it. Stuff 2 roasters or 8-9 lb. turkey.

Ruth J. Collins

Baked Plantains

Good (use less butter)

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| 2 Plantains | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{3}$ Cup brown sugar | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{4}$ Pound butter | $\frac{1}{4}$ Cup water |

Peel, slice, and arrange plantains in baking dish. Combine all remaining ingredients in a saucepan, and boil until syrupy. Pour over plantains. Bake in a slow oven (325 degrees) until plantains are tender. Lower heat and keep warm to serve.

Nancy Denton

Baked Chicken Parmesan

J likes use 1/2 for 3 pieces

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| 6 to 9 pieces chicken breast | 1/2 tsp. celery salt | |
| 1/2 Lb. melted butter | 1/4 Cup finely chopped parsley | |
| 3/4 Cup grated Parmesan cheese | 1 Dash sage | |
| 1/4 tsp. black pepper | 1 1/2 Cups bread crumbs | |
| 1 tsp. garlic salt | | |

Dip chicken in butter, then in combined ingredients. Place on shallow baking pan, allowing room between each piece. Bake 1 hour at 350 degrees.

Mrs. W. Morris

Rabbit or Chicken

Cut up fowl in very small pieces. Brown in olive oil or other shortening very slowly on low heat, until almost done. (1 hour approximately). Mix 1 can anchovies, mashed very fine, with 1 Tbsp. chopped parsley. Add enough wine vinegar to make a paste, 1/2 cup, or to suit your taste. Pour over fowl, and simmer for 10 or 15 minutes.

Mrs. J. Payton

Chicken Livers Sauté

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| 2 pkgs. frozen chicken livers | 1/4 Lb. butter or margarine |
| 2 Large onions, sliced | 5 Tbsp. paprika |

Thaw livers, and cut in half. Melt butter or margarine; fry livers and onions until brown. (If they pop too much, sprinkle with a bit of flour). Add salt, pepper and paprika. Turn to coat well with the paprika. Cover and cook for 10-15 minutes. Serve as an h'ors d'oeuvre or as an entree. This is very rich, so the recipe serves 4 to 6.

Mrs. Charles K. Scott

Baked Chicken Breasts

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| 1 pkg. frozen chicken breasts | Butter |
| 1 Can consommé or bouillon | Salt and pepper |
| Garlic salt | |

Sprinkle chicken breasts with garlic salt, salt and pepper; place in an open baking dish. Dot with butter; pour consommé around chicken; bake in a 350 degree oven for 2 1/2 hours, or until well done and brown. Turn at least once during baking. Mushrooms may be added if desired; a little water may be necessary.

Mrs. Charles K. Scott

Meat and Fish

1/2 lb for 4 people

coriander

Mexican Chicken

1/2 t basil

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|---|---|
| 4 Lbs. chicken breast | 2 4 Tbsp. parsley |
| 1 Tbsp. butter | 1/2 1 tsp. sugar |
| 1/2 1 Medium onion | 1/2 1 tsp. black pepper |
| 1 2 Green peppers | 1/2 1 tsp. Chili powder |
| 1/2 1 Clove garlic | 1/4 1/2 tsp. oregano |
| 1/2 1 Lb. can tomatoes | 1/2 1 tsp. salt |
| 1 2 Small cans mushrooms (drain, but save the liquid) | <i>Fry garlic, pepper, onion in the T. Butter</i> |

Boil chicken breasts until tender. Remove chicken (reserving broth) and pull into large pieces eliminating the bones. Add mushroom liquid to the broth, and reduce liquid by boiling until 2 cups remain. Add all other ingredients to broth, including chicken, and simmer 30 minutes. Add more salt and chili if you prefer. Serve on rice.

Vera Eaton

*We thank Thee, heavenly Father
For every earthly good,
For life, and health, and clothing,
And for our daily food.*

Poulet Sauté au Citron

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|------------------------|--------------------------------|
| 1 4-Lb. chicken | Salt and pepper |
| 4 Tbsp. butter | 1 Cup heavy cream |
| 1/4 Cup sherry | 1/2 Cup grated Parmesan cheese |
| 1/4 Cup white wine | 4 Thin slices of lemon |
| Grated rind of 1 lemon | 1 Tbsp. butter |
| 2 tsp. lemon juice | |

Cut chicken in serving pieces. Cook until brown all over in the 4 tablespoons hot butter. Cover pan and continue sautéing over slow fire until the chicken is tender. (About 30-40 minutes). Remove chicken. Stir in sherry and white wine; bring to a boil to lift the glaze. Add lemon rind, lemon juice, and season with salt and pepper. Slowly add the cream over a fairly brisk fire. Add chicken, and simmer 5-10 minutes.

To serve: Arrange the chicken on an ovenproof serving dish. Spoon sauce over it. Sprinkle with Parmesan cheese; put lemon slices on top. Dot with 1 Tbsp. butter and brown under the broiler. Serve with rice, green beans and mushrooms, tossed salad, hot buns and Cherries Jubilee. Serves 4 or 5.

Alma Baker

Australian Rice Dish

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| 2 | Cups celery, diced | 2 | Tbsp. soy sauce |
| 2 | Cups onions, diced | | Optional: |
| 2 | Eggs | | Mushrooms |
| 2½ | to 3 Cups cooked rice | | Green pepper |
| 3 | Cups diced, cooked chicken
or shrimp | | Pimento |

Fry onion and celery until done in a small amount of peanut oil or other shortening. Add well beaten eggs and stir. (Mixture now looks like soft scrambled eggs). Add cooked rice, chicken and soy sauce to mixture. Serves 6.

Jean Branlund

Poulet Basque

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| 2 | Lb. frying chicken cut in pieces | 3 | Green peppers |
| 4 | Large tomatoes or 1 medium-size can | | Fresh or canned mushrooms, sliced |
| | | 3 | Tbsp. sherry or white dry wine |

from paste into tomatoes

Wash and dry chicken. Season with salt and pepper. Using a heavy skillet, fry chicken in butter, quickly, until golden. Remove from pan. Replace with green peppers, and sliced mushrooms. Cook them for about 2 minutes, then remove from the pan. In the same skillet, add the tomatoes, and crush them while they are cooking. After about 2 minutes, add the chicken, peppers, mushrooms and wine. Cover and cook slowly for about 30 minutes or until chicken is tender. Thicken sauce with a little cornstach if necessary. Sprinkle with chopped parsley. Serves four.

Dee Sorenson

Sour Cream Chicken Bake

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| ½ | Cup enriched flour | 8 | Small potatoes, pared and halved |
| 1 | tsp. salt | ¾ | Cup sliced green onions (in Aruba, one medium sized onion, diced) |
| 1 | tsp. paprika | 1 | Can condensed cream of chicken soup |
| ½ | tsp. accent | 1 | Cup sour cream |
| 1 | Chicken (about 2½ lbs.), cut up | | |
| ⅓ | Cup fat | | |

Combine flour and seasonings; coat chicken. Brown slowly in hot fat. Push chicken to one side of skillet; place potatoes on other side. Top with onions. Spoon soup over all; cover and simmer about 50 minutes, or until chicken is tender and potatoes are done. Pour sour cream over; just heat through for about 5 minutes. Garnish with parsley. Makes 4 or 5 servings.

Mrs. C. B. Huffaker

Meat and Fish

Duckling in Wine with Green Grapes

1 Long Island duckling	1 tsp. kitchen bouquet
1 tsp. salt	1/8 tsp. nutmeg
3 Tbsp. fat	3/4 Cup Muscatel wine
2 Tbsp. currant jelly	1 1/2 Tbsp. cornstarch
2 Tbsp. cold water	1 Cup halved seedless green grapes

1. Remove outer layer of skin and fat from duck. Cut in serving pieces. Place in a bowl with kitchen bouquet, salt and nutmeg. Stir to coat evenly.
2. Brown duckling in fat over moderate heat. Add wine and jelly. Cover, bring to a boil, reduce heat and cook slowly until duck is tender (about forty-five minutes).
3. Blend cornstarch and water. Stir into sauce in pan in which duck has been cooked. Cook sauce until thickened. Add grapes and heat thoroughly.
4. Arrange duck pieces on a hot platter and cover with the sauce.
4 servings.

Lynn Scott

*Direct, control, suggest each day,
Lord, all that I am to do and say.*

Oven "Fried" Chicken

Good eating; also good news for weight or cholesterol watchers:

1 Frying chicken	Salt
2 Tbsp. Mazola oil	Pepper
Cornflake crumbs	Garlic salt

Pick over chicken pieces, wash, drain and dry on paper towels. Place in a bowl and pour over the 2 Tablespoons Mazola. Turn all pieces of chicken until well coated with the oil; salt and pepper all pieces and use just a *whisper* of garlic salt. Roll each piece of chicken in crushed cornflake crumbs and arrange on an oiled pan or cookie sheet. Bake at 275° F. for about 1 hour and 15 minutes. (Just time to go to **Sunday Church services** while it cooks!)

Notes: Do not let heat get too high or crumbs will brown too rapidly.

No cornflake crumbs in the Commissary? Run dry cornflakes in electric blender for a few seconds, and store any extra crumbs in tightly-capped mayonnaise jar for future use.

Betty White

Roast Chicken with Potato Stuffing a la Gina

For Culinary artists with patience.

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| One roasting chicken (4) pounds | 4 Raw eggs |
| 15 Large raw potatoes | Olive oil |
| Cracker meal | Salt, pepper to taste |
| 6 Raw onions | 1 Cup Chianti wine |
| 3 Cloves garlic | 2 Lemons |

Wash chicken-set aside to drain.

Grind or grate raw potatoes, raw onion and garlic. Drain off some of the water but leave moist. Potatoes will become a bit discolored, but don't fret. Add raw eggs and salt and pepper. Mix. Add cracker meal until mixture becomes stiff enough to make a ball (Not too stiff though). Stuff chicken with mixture. Sew up chicken, or use skewers, or pin with large safety pins to keep in stuffing. Shape the remainder of mixture into balls and place around chicken in roasting pan. Pour a few drops of olive oil over each ball and rub chicken with olive oil. Place in a 350 degree oven. Cut two lemons in half. Squeeze lightly in cup of Chianti wine. As chicken becomes brown, baste chicken with lemon halves soaked in wine. When potato balls begin to harden turn them and baste them with lemon which has been soaked in wine. Keep basting every fifteen minutes until chicken is cooked. This will be cooked in approximately two and one half hours.

Gina Freundel

"Coco au Vin"

(Chicken in red wine)

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| 1 Cut up frying chicken (3 lbs.) | 3 Ounces bacon (one piece) |
| 1 Can tomato paste | 1 Cup red wine (Bordeaux) |
| 1 Can mushrooms | 3 Tbsp. brandy |
| 2 or 3 Tbsp. flour | Pepper - salt - olive oil or butter |
| 1 Cup chopped onions (garlic optional) | |

Fry chicken parts in olive oil (or butter) with chopped onions (garlic) till brown. Sprinkle flour, add tomato paste. Pour Brandy and light with match. Put now everything together with red wine in casserole, let simmer for 2 hours. Let cool and stand till next day. Heat and add before serving 3 ounces bacon in small squares and mushrooms (cooked or canned). Serve with dry boiled rice.

Mrs. H. Wefers-Bettink

Meat and Fish

Hungarian Chicken Paprika

Sauté 2 chopped (med.) onions in 1 Tbsp. Crisco. Add 3 Tbsp. paprika. Add chicken (stewing chicken) cut into serving pieces. Add enough water to cover meat, add salt, and simmer slowly (covered) until chicken is cooked. Make thickening with $\frac{1}{2}$ cup flour, adding just enough water to make a medium thick, smooth paste. Add to chicken, simmer slowly a few minutes. Add 1 pint sour cream. DO NOT BOIL, it will curdle.

Drop Noodles for Chicken Paprika

Beat together (with a spoon) 2 eggs, $\frac{3}{4}$ cup flour, pinch of salt, pinch of baking powder, adding enough water gradually, to make a medium thick dough. Drop from tip of spoon into boiling salted water. Cook just a few minutes, then drain and rinse well. To reheat noodles, put butter or olive oil into a pan with the noodles and heat on a very low burner.

Betty Pakozdi

*There are such recipes that may be described
as having love as the main ingredient.*

Chicken in a Paper Sack

1 - Frying size chicken cut into serving pieces.

Make the following sauce:

3 Tbsp. tomato catsup	1 tsp. each of the following:
1 " lemon juice	Salt, dry mustard, Chili powder,
4 " water	and paprika
1 " brown sugar	2 Tbsp. butter
2 " vinegar	$\frac{1}{2}$ tsp. red pepper
2 " Worcestershire sauce	

Mix all ingredients in sauce pan and heat until well blended. Dip each piece of chicken in the sauce and place in a paper sack that has been well greased inside. Pour the remaining sauce over the chicken in the sack. Place this sack in another sack and put in a roaster with a cover.

Have the oven heated to 500° F. and set the roaster in for 15 minutes then reduce the heat to 350° F. and cook for 1 hour and 15 minutes or a little longer.

Betty C. Himes

Greek Chicken

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|---|-------------------------------|
| 1 Roasting chicken 3—4 lbs
(or 2 broilers) | 1 Cup chicken broth |
| Salt and pepper | 1 Can artichoke hearts |
| Flour | 1 Large fresh tomato, chopped |
| Butter | ½ Minced green pepper |
| 1 Can mushrooms (3 oz) | 1 Tbsp. chopped onion |
| | ¼ tsp. celery powder |

Cut chicken into serving pieces. Wipe dry. Season, flour, and fry in butter for about 15 min. Add mushrooms and sauté them for a couple of min. Then add the chicken broth, cover and simmer for another 15 min. or so. Now add the drained artichoke hearts, tomato, green pepper, onion, celery powder, salt and pepper. Simmer until tender. Thicken sauce a little and serve over the chicken. 4 servings.

Emily Fuller

*For food and drink
To Thee be praise;
Teach me by faith
To keep Thy ways.*

China Run Curry

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| 2 Onions, minced | 1 Cup chicken or meat stock |
| 6 Stalks celery, thinly sliced | Salt to taste |
| 1 Green apple, peeled and thinly
sliced | 2 Eggs |
| 4 Tbsp. butter | ¼ Cup cream or milk |
| 4 tsp. curry powder (or more to
taste) | 1 Cup raw rice |
| 2 Cups diced, cooked, chicken,
beef or lamb (free from fat) | ½ Lb. salted, chopped peanuts |
| ¼ Cup seeded raisins | 2 Bananas, sliced |
| | 1 Bunch watercress |
| | Chutney or preserved ginger |

Sauté onions, celery and apple in butter until transparent and tender. Blend in curry and cook a few minutes. Add meat, raisins, stock and salt; simmer very slowly about 20 minutes. When ready to serve beat eggs with cream, and add to curry. (If fresh coconut is available, milk of coconut may replace all or part of broth. Also add 2 Tbsp. grated coconut to mixture before final simmering.) Cook rice, and pack in ring mold. When serving unmoild rice in center of platter. Fill center with curry. Top with peanuts. Surround with diced bananas and water cress. Serve chutney or ginger on side. Serves 4.

Elaine Collie

Meat and Fish

Peruvian Chicken

1½	Cups soft bread crumbs	2	Cups chicken broth
2	Cups milk	¾	tsp. salt
1	(4 lb.) chicken, disjointed	⅛	tsp. pepper
¼	Cup olive oil	½	tsp. rosemary
⅓	Cup chopped onion	1	1½ oz. can grated Parmesan cheese
½	Clove garlic, chopped	6	Hard-cooked eggs, sliced
2	Tomatoes, peeled and quartered		Ripe olives to taste, optional
1	Tbsp. finely minced canned red pepper (or bottled to taste)		

Soften bread crumbs in milk. Brown chicken in olive oil. Remove chicken and sauté onion and garlic until lightly browned. Add tomato, minced red pepper, bread and milk mixture, chicken broth, salt, pepper and rosemary. Bring to a boil, add chicken; simmer over low heat for one hour. Sprinkle with cheese. If desired sliced eggs and olives and rice may be served with it. Serves 6.

Esther Monroe

Nasi-goreng

½	Kilo rice	1	tsp. ketumbar
1	Medium onion, diced	½	tsp. djienten rout
2	Small garlic cloves, diced	1	Small pkg. shrimp, cooked and diced
1	"Knife-point" trasi (optional)	2	Eggs
2	tsp. sambal-olek	1	Cucumber
3	Tbsp. oil or 2 oz. butter		
½	Pound chicken, pork loin or ham, cooked and diced		

Cook thie rice, drain, cool, and separate with a fork if necessary. Sauté onion, garlic, trasi, and sambal in the oil or butter. When onion turns light brown, remove from the pan. Fry the diced chicken or meat in the same oil for about 5 minutes, then add ketumbar, djienten, salt, sautéed onions and the rice. Keep stirring while cooking it another 5 minutes. Add shrimp, continue stirring and cook for another 5 minutes. Use a low heat. With the 2 eggs, make an omelette, roll it up, and slice in thin strips. When serving, arrange the nasi-goreng on a large platter with the strips of omelette over it, in a pattern. Clean and cut the cucumber in long slices, and serve along with the nasi-goreng. It is also nice to fry plantain and serve it along with the nasi-goreng. Serves 4 people.

Mrs. H. Tielen

Rice Milanese & Chicken Livers

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|---------------------------|---------------------------------|
| ¼ Cup margarine or butter | ½ Cup cooking wine or sherry |
| 1 Med. onion chopped fine | 1 Box chicken liver |
| 1 Cup raw rice | 3 Tbsp. Parmesan cheese, grated |
| 2 Cups chicken broth | 1 tsp. salt |

Melt margarine or butter in a large, heavy saucepan which has a tight fitting cover. Add finely chopped onion, and brown. Stir in the raw rice, and cook until lightly browned, stirring and moving rice so it will not stick. When rice is browned add the chicken broth, cooking wine, and salt. When above mixture has come to a boil, cover pan and reduce heat to minimum. Allow it to simmer 30 minutes without stirring. Do not lift cover as rice must steam. Turn off burner, but do not remove the pan. In 30 minutes all of the liquid in the pan should be absorbed and the rice cooked. Clean and cup up into small pieces, one box of chicken livers. Fry these in a pan with a small amount of butter until cooked. Add the cooked chicken liver and 3 tbsp. Parmesan cheese to the rice mixture and stir well. Yields 3-4 cups of rice. Serve with salad and garlic bread.

Rickie & Stan Schoenfeld

No diet is sufficient for the well being of the soul that does not contain at least

*I portion of daily prayer
I of meditation on God's Word,
I of praise to Him, and
I of service to men.*

Curry in a Hurry

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| 1 Med. sized onion | 2 or 3 Tbsp. ^{to taste} curry powder |
| 1 Good sized cooking apple | Shrimps or cooked meat such as |
| 1 Can Campbell's mushroom soup | chicken or beef |

Method: Cup up onion and apple, sauté in a little fat.

Dilute 1 can of mushroom soup with half a can of water. Add 2 or 3 Tbsp. curry powder. Mix well until they blend together. Pour on fried onion and apple and stir. Add shrimp or chopped up meat, and simmer gently.

Serve with fluffy rice, mango chutney, raisins, relish.

Zena Saunders

Meat and Fish

Fried Rice

2 pkg. chicken breast	3 Tbsp. ketoembar
2 Lb. pork loin	2 Tbsp. sereh
4 Large onions	2 tsp. laos
3 Cloves garlic	1 tsp. koenjit

Fry chicken, bone, and cut in small pieces. Bake pork loin in oven after rubbing it with salt, pepper, 1 Tbsp. curry powder and 1 Tbsp. ginger. Cut in small pieces. In a Dutch oven fry the finely chopped onions and minced garlic in 6 Tbsp. bacon drippings until golden brown. Add spices and meat. Gradually add 6 cups cooked rice. Stirring constantly. Serve on large platter topped with finely cut egg omelete.

Rie V. Montfrans

Orange-Glazed Chicken

Allow 2 pieces chicken per person. Make the orange sauce the day before and keep it refrigerated. Sauté 1 cup of canned mushrooms, sliced, and 6 yellow onions, sliced, in $\frac{1}{4}$ cup olive oil until tender. Season with 1 tsp. salt; pepper to taste; 2 cloves garlic, crushed; 2 bay leaves, crushed; 1 tsp. each oregano and powdered savory; $\frac{1}{2}$ tsp. basil and $\frac{1}{4}$ tsp. nutmeg. Add 2 cups orange juice and simmer for 5 minutes. The morning of the party, shake $1\frac{1}{2}$ cups flour with 1 tsp. each oregano, basil and powdered savory, add $\frac{1}{2}$ tsp. each nutmeg and powdered rosemary in a paper bag. Salt and pepper chicken, then shake in herbed flour. Brown well in $\frac{1}{4}$ cup olive oil, adding more oil as needed. To make casserole, make beds of pecan pilaf in each of 2 or 3 large shallow casseroles. Spoon $\frac{1}{2}$ of sautéed mushrooms and onions into each and mix lightly. Lay browned chicken pieces on rice and pour remaining orange-juice mixture over all. Cover casseroles with aluminium foil and refrigerate. About 1 to $1\frac{1}{2}$ hours before dinner place in 300° F. oven. Makes about 10 to 12 servings.

Pecan Pilaf

Cook 4 cups long-grain rice according to package directions. Coarsely chop $1\frac{1}{2}$ cups pecan meats and mix lightly into the cooked rice.

Florene Kallaus

Chicken Divan

Cover 1-5 to 6 lb. roasting chicken with water. Season with salt, pepper, celery leaves and small bay leaf. Simmer 2 hours or until tender.

Sauce

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|-----------------------------|------------------------------|
| 2 Cans cream of celery soup | 1/2 Cup sherry |
| 1/2 tsp. grated nutmeg | 1 Tbsp. Worcestershire sauce |

Heat the above and when cool add 1/2 cup Hellman's mayonnaise and 1/2 cup whipped cream.

Cook 2 pkgs. frozen broccoli in the usual way. Drain well. Put in casserole - layer of broccoli, layer of sliced chicken.

Sprinkle with grated Parmesan cheese, then sauce, etc. finishing with grated cheese. Broil until brown.

Peggy Orr

Chicken Cacciatora

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| 1 Chicken (3 lbs.) cut into serving pieces | 1 Clove of garlic, minced |
| 1/3 Cup olive oil | 2 Small bay leaves |
| 1 Small onion, minced | 1/4 tsp. rosemary |
| 1 Tbsp. chopped parsley | 3/4 Cup dry white wine |
| 1 Tbsp. chopped celery | 2 Tbsp. wine vinegar |
| | Salt and pepper |

Place oil, onion, parsley and celery in skillet. Sauté until onion is golden. Add chicken, sprinkle with salt and pepper, and brown on all sides. Add bay leaves, rosemary, wine and vinegar. Cover and simmer for 35 to 45 minutes. Add a little water if necessary. Serves 2-4.

M. J. Pettorino

Chicken Paprikash

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|---------------------------|-----------------|
| 1 pkg. chicken drumsticks | 1 Tbsp. paprika |
| 1 pkg. chicken thighs | 1 Tbsp. salt |
| 3 Chopped onions | 2 Tbsp. crisco |
| 4 Potatoes (cubed) | 1 Cup water |

Fry onions until slightly brown. Remove pan from stove, stir in paprika, salt, chicken and water. Put back on element and cook for 15 min. Add potatoes and cook until done (about 25 more min.). Dumplings or noodles are cooked separately. Cucumber salad compliments this dish.

Chris Crawley

Meat and Fish

Chicken a la Marengo

Flour the pieces of chicken, and cook them lightly in oil. When they are slightly colored, add a large, chopped onion. When the onion is browned, add a glass of white wine, and leave to reduce to half. Then add $\frac{1}{2}$ pint of tomato juice, salt, pepper, garlic and herbs. Cover, and cook for 20 minutes. NOW, add raw mushrooms that have been thoroughly cleaned. Cook for 10 minutes longer. Remove the fat from the sauce. ARRANGE the chicken on a dish. Cover with the sauce. GARNISH with fried eggs, fried croutons, and, trussed crayfish cooked in fish stock. Sprinkle with chopped parsley. The crayfish may be omitted, but are really classic in this recipe.

Paulette Wolff

*Slow me down, Lord, I's goin' too fast,
I cannot see my brother when he's walkin', past.
I miss a lot o' good things day by day,
I don't know a blessin' when it comes my way.*

Old Spiritual

Chicken Curry

- | | |
|--|---------------------------------------|
| 2 Pounds ready-to-cook chicken
(whole chicken or legs
and wings) | 2 Tbsp. curry powder (or to
taste) |
| $\frac{1}{4}$ Cup shortening | 2 Cups coconut milk |
| $\frac{1}{4}$ Cup chopped onion | $1\frac{1}{4}$ tsp. salt |
| 1 Clove garlic, sliced | 1 Tbsp. lime or lemon juice |

Wash chicken. (Cut into serving-size pieces if whole chicken is used). Wipe dry and set aside. Heat shortening in heavy skillet. Add onion and garlic. Cook just until onions are limp. Remove onions and garlic from fat and set aside. Blend curry powder into hot fat. Cook over low heat 2 to 3 minutes. Add chicken. Brown on all sides. Add coconut milk and cooked onions and garlic. Simmer gently, uncovered, until gravy begins to thicken and chicken is tender, about 25 minutes. Stir in salt. Add lime or lemon juice just before serving. Serve with hot cooked rice and curry accompaniments such as chutney, chopped green onions, salted nuts. Makes four servings. Coconut milk: Heat to the boiling point 2 cups grated fresh coconut with 2 cups water. Cool. Strain through cheese cloth, squeezing out the milk. Makes 2 cups.

Lilian MacKenzie-Graham

Chicken with Pineapple

- | | | | |
|---|-------------------------------------|---|--------------------------|
| 2 | Frying chickens (3 to 3½ lbs. each) | 1 | Can (1 lb.) bean sprouts |
| ½ | Cup flour | 2 | Green peppers |
| 2 | tsp. salt | 1 | Tbsp. flour |
| ¼ | tsp. pepper | 1 | Tbsp. prepared mustard |
| ½ | Cup shortening | 1 | tsp. soy sauce |
| 1 | Can (1 lb. 4 oz.) pineapple chunks | 1 | tsp. salt |

Cut chicken in pieces and coat with a mixture of flour, salt and pepper. Melt shortening in a large skillet, add chickens and cook over a medium heat until tender - Transfer chickens to a bowl. Drain both pineapple and beans sprouts, but save the liquids. Cut green peppers into chunks. Now stir the tablespoon of flour into the fat in which the chickens were fried. Pour in pineapple syrup and bean sprout liquid. Cook, stirring constantly, until sauce bubbles. Dump in chickens, pineapple, bean sprouts, green peppers and all seasonings. Cover and heat through. Serves 6.

Mrs. R. A. Richardson

Chicken Dinner

Fry cut up chicken lightly. Parboil quartered potatoes in salted water with one small chopped onion - about 10 minutes. Arrange drained potatoes and chicken in casserole or pan, sprinkle with pepper, salt, basil and a little more minced onion. Add ½ cup of potato water. Cover and bake 1½ hours. During the last 15 minutes, add a can of drained peas.

Lillian Mawby

Arroz Con Pollo

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|---|-----------------------|---|--------------------------|
| ½ | Cup oil | 1 | Bay leaf |
| 2 | Pounds chicken | 1 | Tbsp. salt |
| 1 | Onion, chopped | | Pinch of saffron |
| 2 | Cloves garlic, minced | 1 | Cup raw rice |
| 1 | Green pepper, chopped | 1 | Small can green peas |
| ¾ | Cup tomatoes | 2 | Pimientos, cut in strips |
| 3 | Cups water | | |

Heat oil in heavy pan, add chicken and brown well. Add onion, garlic and green pepper; cook 5 minutes. Add tomatoes and water; cook 5 minutes. Stir in bay leaf, salt, saffron and rice; cover and bake 20 minutes at 350° or until chicken is tender. Garnish with peas and pimiento. Makes four servings.

Anne Porritt

Meat and Fish

Chicken and Sweet Potatoes in Cream

- Very good
- | | | | |
|---------------|--------------------|---------------|----------------------------------|
| 4 | Chicken breasts | $\frac{1}{4}$ | tsp. ground allspice |
| 1 | Cup cream | $\frac{1}{8}$ | tsp. ground cloves |
| 2 | Tbsp. honey | 2 | Tbsp. butter |
| $\frac{1}{2}$ | tsp. salt | 1 | 1 Pound 2 oz. can sweet potatoes |
| $\frac{1}{4}$ | tsp. ground nutmeg | | |

Rinse Chicken breasts with cold water, dry and arrange skin side up in a shallow baking dish. Mix together cream, honey, salt and spices. Pour over chicken; dot with butter. Bake at 350° for 30 minutes, basting with cream mixture. Remove from oven and arrange sweet potatoes around chicken. Spoon sauce over potatoes; return to oven and bake 30 minutes longer, or until chicken is tender. You can substitute canned boned chicken and bake 30 minutes with potatoes.

Helen Dodge

*It isn't far to Bethlehem town;
It's anywhere that Christ comes down
And finds in people's friendly faces
A welcome and abiding place.*

Veal Parmigiana

Sauteé in hot oil till golden:

- very good
- | | | | |
|---|-----------------------------|---|-----------------|
| 3 | Finely minced cloves garlic | 3 | Tbsp. olive oil |
| 1 | Finely minced onion | | |

Add to above. Simmer uncovered 10 min.

- | | | | |
|----------------|-----------------------------|---------------|--------------|
| 1 | No. 2 can tomatoes (2½ cup) | $\frac{1}{4}$ | Tbsp. pepper |
| $1\frac{1}{4}$ | Tbsp. salt | | |

Add, simmer 20 min.:

- | | | | |
|---|--|---------------|---------------------|
| 1 | 8 oz. can tomato sauce | $\frac{1}{4}$ | Tbsp. oregano |
| 1 | Lb. veal cutlet thin (about 8 slices 4½" x 2") | $\frac{1}{4}$ | Cup fine crumbs |
| | | $\frac{1}{4}$ | Cup Parmesan cheese |
| 1 | Egg (beaten) | 3 | Tbsp. oil |

Combine crumbs & cheese. Dip veal in egg & then crumbs. Sauté 3 pieces at a time in 1 T. oil. Brown on both sides. Put in baking dish 12 x 8 x 2.

Arrange ½ lb. mozzarella over top. Pour 2/3 tomato sauce over all. Sprinkle with ¼ c. parmesan cheese. Pour on rest of sauce. Bake 350° F. 30 min. (4 servings).

Leah Murray

Broiled Veal Rolls

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|---|------------------------------|
| 1½ Lbs. veal rump (or cutlet) | 3 Tbsp. grated Romano cheese |
| 4 ozs. Italian ham (or plain
canned ham) | 1 Large onion, sliced |
| 1 Tbsp. chopped parsley | Pinch of rosemary |
| 1 Clove garlic | 1 Cup bread crumbs |
| Salt and pepper to taste | 3 Tbsp. olive oil |

Have veal sliced very thin, and cut into 3-inch squares. Chop ham and garlic; mix thoroughly with Romano cheese, parsley, salt and pepper. Place 1 teaspoon of mixture in center of each veal square; roll carefully; tie with string or fasten with toothpicks. Dip each roll in bread crumbs. Alternate rolls and onion slices on skewers. Brush with olive oil, sprinkle with rosemary. Broil about 5 minutes on both sides or until veal is tender and brown. Serves 4-6.

Mrs. Malcolm E. Soderston

Veal Supreme

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|----------------------------------|--|
| 1 Lb. trinely sliced veal cutlet | 1 Can undiluted cream of chicken
soup |
| Green pepper rings | ¼ Cup white wine |
| Onion rings | |

Dip veal in lightly seasoned flour. Sauté veal in butter, adding onion and green pepper rings for last few minutes. Stir in soup and wine. Cook covered until veal is tender. Makes 4 servings.

Sally Allen

Veal Continental

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|--|--------------------------|
| 1 Lb. thinly sliced veal cutlet | ½ Can condensed bouillon |
| 4 Tbsp. grated Parmesan cheese | ½ Cup water |
| 2 Tbsp. salad oil | ½ tsp. salt |
| 1 Clove garlic, peeled and split in
two | Dash pepper |
- Liberal pinch marjoram

Sprinkle veal with 2 Tbsp. grated cheese; pound cheese into veal. Turn veal, and repeat with remaining cheese. Heat salad oil in skillet; brown veal quickly on both sides. Add garlic, thyme, marjoram, bouillon, water, salt and pepper. Cover and simmer about 30 minutes. (If gravy has any fat floating on top, gently float several thicknesses of paper toweling on top, blotter fashion. It will soak up fat, leaving rich, brown gravy.)

Phyllis Boyack

Meat and Fish

Croquettes

- Fry: 1 cut up onion in 1½ oz. butter
Add: 5 Tbsp. flour
Stir in: ½ cup bouillon or gravy thinned with water,
until sauce boils and has no lumps
Soften: 2 envelopes Knox gelatin
Mix: with sauce
Add: 1 egg yolk, pepper, nutmeg and salt
Cut in small pieces: ¾ pound of left over veal

Mix sauce and meat. Spread the mixture on a wet plate, cool and shape into croquettes. Roll the croquettes through bread crumbs, through slightly beaten egg white, and once more through the crumbs. Be sure there are no cracks in the surface. Brown the croquettes in hot oil or Crisco.

*"We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies."*

Emily Dickinson

Veal Roast

3 lbs. of veal. Cup up 2 cloves of garlic and one large onion - brown with roast on all sides.

Put in oven on 350-375° for about 2½ hours and do not cover.

Baste roast from time to time with sauce below and use over slices when serving.

Sauce:

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|-----------------------------------|---------------------|
| ¼ Cup Worchester sauce | ¼ tsp. nutmeg |
| 2 Tbsp. vinegar | ½ Cup boiling water |
| 2 Bay leaves | ¼ tsp. cinnamon |
| 1 tsp. thyme or poultry seasoning | 2 Tbsp. mustard |
| Salt | ½ Stick of butter |
| ½ tsp. cloves | |

Keep sauce warm and baste until all used up.

Jeannie Ehret
(submitted by Jane Humphreys)

Veal Tongue with Mushrooms

1 Veal tongue	3½ oz. flour
Seasonings: parsley, onion, mace, ½	lb. mushrooms
bay leaf, thyme, pepper, salt, 2	Sour gherkins, finely chopped
2 tsp. mustard	1 Lemon (for juice)
3 oz. butter	1 Tbsp. cooking cream

Serve with mashed potatoes and french beans.

Rub the tongue with salt, and place it in a pan with plenty of cold water. Bring it to a boil, then throw the water away. Take new water, add the tongue, plus seasonings, and cook for about 1½ hours. It is done when the throat bones are loose and the skin peels off easily.

To the cleaned and cut mushrooms add ½ pint of water from the tongue, plus ½ pint tap water. Melt the butter in a pan, add flour, and stir until you have a soft mass, then gradually add the water and the mushrooms. Stir well and let it cook for 5 minutes. Finish this sauce with the cooking cream and lemon juice. At the last moment, add the finely chopped sour gherkins; do not cook.

Take the tongue out of the water, peel off the skin, and cut into thick slices. Serve on a heated platter, and pour sauce over it. Serve the mashed potatoes and the beans on the same platter, or separately.

Mieke Beerman-Paul

*Some of our ills need
Prayer more than pills
Aspiration more than aspirin
Meditation more than medication.*

Veal Steak

¾ Kilo veal steak	Salt and pepper
3 oz. butter or lard	½ lemon

Brown the butter. Prepare the meat with salt and pepper, then brown on both sides. Add a small amount of water; slice lemon and place on top; simmer on a low fire for about 2 hours.

Mrs. N. P. Schindeler

Meat and Fish

Herb-Baked Pork Chops

- 2 Cups Herb-Bread stuffing (dry) 6 Pork chops
1 Egg

Crush bread stuffing with rolling pin until fine. Dip pork chops in egg, and coat well with bread crumbs. Bake at 400 degrees for 45 minutes.

Mrs. H. McMillin

Sweet and Sour Pork

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|-------------------------------|--|
| 1 Lb. lean pork, cubed | 2 Tbsp. vinegar |
| 1 Egg | 1 Tbsp. onion flakes |
| 1 Cup flour | 2 Tbsp. water |
| $\frac{1}{2}$ tsp. accent | 1 Tbsp. cornstarch |
| $1\frac{1}{4}$ Cups salad oil | $\frac{1}{4}$ tsp. salt |
| 1 tsp. sugar | 1 Medium green pepper, cubed |
| 1 tsp. Worcestershire sauce | 1 13 oz. can pineapple chunks and juice ($\frac{1}{2}$ cup) |
| $\frac{1}{4}$ Cup catsup | |

Dip pork chunks into beaten egg, then shake in sack containing flour and accent. Brown meat in salad oil, then remove from pan. Remove all but 2 Tbsp. oil from the pan. To remaining oil add sugar, worcestershire sauce, catsup, vinegar, onion flakes and pineapple juice. Simmer 5 minutes. Add cornstarch which has been mixed with water; simmer until thickened. Add green pepper chunks, pineapple, pork, and simmer 5 minutes more.

Serve with rice.

Mrs. B. Vigneault

Sweet and Sour Cabbage and Spareribs

1 side of spareribs cut in individual pieces. Cook spareribs in water, not quite to cover. When almost done, add 1 good-sized cabbage (cut not quite as small as for coleslaw) and 1 large, chopped onion. Cook until done. Add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ tsp. caraway seeds and salt to taste. Serve with bread dumplings.

Bread Dumplings

2 cups sifted flour, pinch of salt, 4 slices of bread, diced. To the above add 1 egg, and enough water to make dough mixable. Flour hands and make medium size balls. Cook in boiling water, covered, for 20-25 minutes, or until fork comes out clean. Slice about $\frac{1}{2}$ inch thick.

Mrs. Ruby Pistek