

Sweet and Pungent Pork

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| 1 Pound pork shoulder, cut in cubes | $\frac{1}{2}$ Cup vinegar |
| Oil for deep frying | $\frac{1}{4}$ Cup brown sugar |
| 1 Cup canned pineapple cubes | 1 Cup water |
| 1 Green pepper, cut diagonally in about 1-inch wide pieces | 1 Tbsp. molasses |
| | 1 Tomato, cut in 4 to 6 pieces |
| | 2 Tbsp. cornstarch |
- Batter:
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| 1 Egg | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ Cup flour | 3 or 4 Tbsp. water |

Beat the egg; mix flour, salt, and water with it to form a thin batter. Four over pork, mix to coat the pieces, then fry them, piece by piece, in deep, hot oil till browned. Drain.

Mix pineapple, green pepper, vinegar, sugar, $\frac{3}{4}$ cup water, and molasses. Stir until it boils; add tomato. Mix cornstarch with remaining $\frac{1}{4}$ cup water and stir into the sauce. Cook till thickened. Add pork, stir to mix well, and serve at once. 4 servings.

Mrs. A. A. Henriksen

*Good cooking includes a recipe and also:
a little sweet, a little sour, a little soul!*

Chinese Pork with Vegetables

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| 1 Lb. lean pork shoulder | 2 Cups green beans, sliced diagonally |
| 2 Tbsp. salad oil or melted fat | 2 Cups celery, sliced diagonally |
| 1 Chicken bouillon cube | $\frac{1}{2}$ Cup cold water |
| $1\frac{1}{2}$ Cups boiling water | 2 Tbsp. cornstarch |
| 1 tsp. salt | 1 Tbsp. soy sauce |
| 2 Carrots, sliced thin | 3 to 4 cups hot, cooked, rice |

Cut pork into thin strips 2-3 inches long; add to salad oil in large kettle or dutch oven. Cook slowly until lightly browned, stirring occasionally; takes about 10 minutes. Dissolve bouillon cube in boiling water, add to pork with salt, carrots, and green beans. Mix well and cover. Bring to a boil, reduce heat, simmer 5 minutes. Add celery, cover and cook 10 minutes longer. Combine water, cornstarch and soy sauce, stir until smooth; add to pork and vegetables. Continue cooking for 2 minutes, stirring constantly. Serve at once with hot, cooked rice and additional soy sauce. Makes 4 generous servings.

Mrs. Charles Berrisford

Meat and Fish

Smithfield or Country Cured Ham

Soak ham overnight in water to cover. If the ham is 15 lbs. or less, soak it for 12 hours. If ham is over 15 lbs., soak for 24 hours. After the ham has soaked, drain and scrub with a stiff brush. It's quite ashy-looking, but that's the way it's supposed to look. Put on to cook in fresh cold water. Simmer the ham, almost covered with water, in a covered pot for 25 minutes per pound. DO NOT LET WATER BOIL, (simmering brings the salt out and boiling drives it in). About halfway through the cooking time, turn the ham in the pot. The ham will be done when the bone comes loose. Let ham cool in the water in which it was cooked. Remove the outside skin carefully, leaving a thin layer of fat. Cover the ham with a mixture of brown sugar and flour. A 15 lb. ham will use 6 Tbsp. of sugar and 1 Tbsp. flour. Stick in about 24 whole cloves. Bake ham in hot oven, 400 F. for 20 minutes or until just brown. Baste and bake for another 5 min. to glaze. Cool. Slice ham very thin, beginning about 4" from the hock or small end.

Emily Fuller

*Thank God for dirty dishes;
They have a tale to tell.
While others are going hungry,
We're eating very well.
With home and health and happiness,
I shouldn't want to fuss;
For by this stack of evidence,
God's very good to us.*

Country Ham with Red Gravy

- 4 slices Smithfield or country- 1½ Cups of boiling water
cured ham - ½ inch thick

Soak ham slices at least 6 hours. Dry on paper toweling. Remove hard, black rind. Put slices into ungreased heavy skillet at fairly high heat. Fry each side 5-7 minutes, to a good brown, but don't burn. Remove slices to platter, pour off all but about 3 Tbsp. fat, set pan back on heat so that all is smoking hot. Add water. Let boil up and be sure to scrape all "fry" from the bottom so that it gets into the gravy. Pour over the ham slices and serve with hominy grits.

Emily Fuller

Glazed Spareribs

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| 1 Rack spareribs | $\frac{1}{2}$ Cup apple-mint jelly |
| 1 tsp. salt | 2 tsp. lemon juice |
| Dash pepper | $1\frac{1}{2}$ tsp. Worcestershire sauce |
| Dash "Accent" | 1 tsp. dry mustard |

Sprinkle ribs with salt, pepper and accent. Melt apple-mint jelly in sauce pan over low heat, stir in lemon juice, Worcestershire sauce and mustard.

Brush or spoon sauce on ribs, and grill or broil about 15 minutes. Turn, brush second side, and cook the same length of time, brushing frequently with sauce for a good brown crust. Serves 4.

Carol Williams

Ham Divan

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| 2 pkg. frozen brocolli spears,
cooked | Dash pepper |
| 6 Large slices cooked ham | $\frac{3}{4}$ Cup grated process American
cheese |
| $1\frac{1}{2}$ Tbsp. butter | $\frac{3}{4}$ Cup Pepperidge farm stuffing |
| $1\frac{1}{2}$ Tbsp. flour | 4 Tbsp. water |
| 1 Cup milk | |

In 12"x8"x2" baking dish, place cooked brocolli with stems pointing to center. Arrange ham slices over brocolli stems. In saucepan, over low heat, melt butter, stir in flour, then milk. Cook, stirring until thickened. Add salt, pepper and cheese, stirring until cheese melts. Pour this sauce over ham. Lightly toss together stuffing and water; sprinkle stuffing over cheese sauce. Bake at 375° F. 20 to 30 minutes; or until stuffing is browned. Makes 6 servings.

Lucille Lambert

Veal & Ham Pie

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| $1\frac{1}{2}$ Lbs. veal | 1 Can consomme |
| 1 Lb. smoked ham | 2 Tbsp. gelatin |
| 4 Hard boiled eggs | Rich pastry |

Cut meat into small cubes & brown in fat from ham. And a little water & simmer until tender. Line bread pan with pastry & fill with alternate layers of meat & sliced eggs. Soak gelatin in $\frac{1}{4}$ cup water and dissolve in hot consomme. Add half of this to pie and cover with top crust. Bake until brown in moderate oven. Add remaining consomme and gelatin and refrigerate until jellied. Turn out on platter & slice.

Ruth Cvejanovich

Meat and Fish

Pork Chops and Rice Creole Style

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| 8 Pork chops | 1 Large can tomatoes |
| 1½ Cups rice | 2 Stalks of celery |
| 1 pkg. cut okra | 3 Tbsp. soy sauce |
| 1 Large onion | 1 Clove of garlic |

Salt and pepper pork chops, brown and remove from skillet. Sauté onion, garlic, celery and okra, then add tomatoes, salt and pepper to taste. Simmer 20 minutes, then add rice which has been pre-cooked for 15 minutes. Mix thoroughly and add soy sauce. Add pork chops to top of rice, cover, and bake in oven for 20 minutes at 375 degrees.

Mrs. Doris Banner

A Danish West Indian Dish

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| 2 Lbs. lean pork, in 1 inch cubes | 1 Tbsp. curry powder |
| 2 Tbsp. butter | 2 Cups water |
| 2 Onions, chopped | Salt and pepper |
| 1 Green pepper, chopped | |

Dredge the pork cubes in seasoned flour and brown in a skillet with the butter. Add the chopped onion and pepper and let simmer 5 minutes.

Add the water, salt and curry and let simmer under cover for about 1½ hours. (Meat will absorb most of liquid).

To serve: Form a ring of fluffy mashed potatoes on a warm platter with the meat in the center.

Mrs. Warren T. Michael

Saucy Baked Pork Chops

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| 6 Pork chops, ½ to ¾ inch thick | 1 Medium onion, sliced |
| 1 Can condensed cream of chicken soup | 3 Tbsp. catsup |
| | 2 tsp. Worcestershire sauce |

Trim fat from chops and heat the fat in skillet; when you have about 2 Tbsp. melted fat, remove trimmings. Brown chops in hot fat; season with salt and pepper. Drain off excess fat. Combine remaining ingredients; pour over chops. Cover; bake in moderate oven (350°) 45 to 60 minutes or till chops are done. Makes 6 servings.

Mrs. J. Eeltink

Snails in Shells

Sauce for 50 snails

Mix:

5 oz. butter, melted	1 tsp. salt
3 to 4 tbsp. parsley, chopped fine	Dash of pepper
1 to 2 tsp. garlic, minced	½ tsp. oregano or sweet herbs
3 to 4 Tbsp. parsley, chopped fine	¼ tsp. nutmeg (optional)

To prepare snails:

If canned, rinse in cold water.

If fresh, remove from shells. Thoroughly wash shells. Simmer snails gently just until done. Soft but firm enough to hold shape. Put snails into shells. Arrange in baking dish. Pour mixture over and into each shell. Bake in a 375 degree oven until mixture bubbles (15-20 minutes).

Eileen Turner

*A man likes his wife to be just clever enough to comprehend
his cleverness and just stupid enough to admire it!*

Bahmie Goreng

For 4 persons.

½ pkg. Mie noodles	½ or 1 medium sized white cabbage
1 Medium sized onion (diced)	8 Leeks
2 Parts of garlic (diced)	Ketjap
2 oz. butter or 3 tbsp. oil	Sambal oelek
1 Pound pork loin	1 Lemon
2 Small pkgs. shrimp	2 Eggs
½ tsp. ginger	
The center part of 1 celery	

Cook the Mie-noodles in plenty water for about 8-10 minutes. After they have been boiling 2 minutes, separate noodles with 2 forks. When noodles are done throw them in a strainer and rinse with cold water. Leave them to drain.

Sauté the onion and garlic in the butter or oil, as soon as they are brown take them out. Put the diced pork loin and the ginger in the butter. As soon as the meat is brown add the clean and diced vegetables and fry everything for about 15 minutes more. Then while stirring add the drained Mie-noodles and the shrimp. Make 1 omelette with the 2 eggs; roll it up and slice it in thin strips. Put the bahmie on a big platter. Put the strips of egg on top. Serve with Ketjap, Lemon in parts, Sambal.

Annie Rebel

Meat and Fish

Crab Croquettes

Make 1 cup hick cream sauce mixing 3 Tbsp. butter or margarine, 3 Tbsp. flour, 1 cup of milk, season with 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, $\frac{3}{4}$ tsp r.dy mustard, $\frac{1}{4}$ tsp. Worcestershire sauce and 1 Tbsp. finely minced onion. Take 2 cups canned or fresh cooked crabmeat, cleaned for stray bits of shell. Add crabmeat to sauce and mix well. Chill thoroughly. Shape in 48 small balls. Roll in fine cracker crumbs, then in lightly beaten egg and again in fine crumbs. You'll need 2 eggs and 1 cup crumbs. Fry a few at a time in deep fat at 375° F. until golden brown. Serve hot.

Mrs. A. A. Henriksen

New Orleans Shrimp and Spaghetti

Serves 4 to 6. A big electric skillet will hold $1\frac{1}{2}$ times this recipe.

$\frac{1}{2}$ Cup salad oil	1 Tbsp. lemon juice
$\frac{1}{2}$ Cup chopped scallions	$\frac{1}{2}$ Cup sliced ripe olives
2 Lbs. cooked, cleaned shrimp	$\frac{1}{2}$ Lb. thin spaghetti, cooked
2 tsp. grated lemon peel	
Salt and pepper	

Heat salad oil in skillet, using medium heat; add scallions; cook about 5 mins. Add shrimp, lemon peel, salt, pepper. Cook until heated through. Stir in lemon juice. Add olives and spaghetti; mix well. Set heat for serving temperature.

Fran Allard

Shrimp Pilau

2 Cups rice	2 Large onions, chopped
$1\frac{1}{2}$ Pounds shrimp	Salt and pepper
$\frac{1}{2}$ Pound salt pork	

Cook rice, making sure it is rather dry and not mushy. Clean shrimp before cooking. Boil in salted water until done, 3 to 5 minutes. Meanwhile, dice pork and fry until crisp. Remove salt pork from skillet. Add onions to drippings and cook until tender but not browned.

Combine onion mixture, shrimp and rice. Toss gently to mix, adding enough shrimp broth, chicken broth or hot water to moisten well, about 3 cups. Add salt pork bits and toss gently. Add salt and pepper, if needed. Makes 6 servings.

Lilian MacKenzie-Graham

Aruba "Pastechis"

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| ¼ Cup chopped onions | 1 tsp. salt |
| 2 Chopped garlic cloves | 1 Cup cooked shrimp |
| 2 Tbsp. butter | Enough dough for 2 pie-crusts |
| ½ tsp. pepper | Frying oil |

Sauté the onions and the garlic in the butter until golden brown. Add pepper and salt. Cut the shrimps into small pieces and add to the onions. Stir and cool. Divide the dough in two equal parts. Roll each part of the dough ⅛" thick and cut into 7 to 8 equal pieces. Divide the shrimp-filling in two and spread over the 7 pieces of dough. Wet the edges of the dough, fold over and stick together. Do the same with the other part of dough and shrimp. Fry the pastechi about three minutes in the oil (hot) until golden brown. Let them drip and they are ready to serve.

F. Schendstok

Shrimp Creole

Chop and sauté in 4 Tbsp. bacon drippings:

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| 2 Medium onions | 3 Stalks celery |
| 1 Bell pepper | |
| Add: | |
| 3 Cloves garlic | Dash of Worcestershire |
| 1 Medium can tomatoes | 1 Tbsp. horseradish |
| Dash of tobasco | Salt and pepper |
| Scant Tbsp. Chili powder | Dash of catsup or allspice |
| (mix with a little water) | Can of tomato sauce |

Simmer over low heat at least 1 hour. Just before serving add shrimp. Serve over rice.

Deana Garison

Shrimp Creole

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| 1 Cup sliced peeled onions | ½ Cup diced celery |
| 1 Minced clove garlic | 3 Tbsp. crisco |
| 1 Tbsp. flour | 1 tsp. salt |
| 1 Tbsp. granulated sugar | 1 Tbsp. Chili powder |
| 1 Cup water | 2 Cups peas (I use frozen) |
| 2 Cups canned tomatoes | 2 Cups cooked shrimp |
| 1 Tbsp. vinegar | |

Cook onions, celery & garlic in oil. Add flour, salt sugar & chili powder which has been mixed with ¼ c. water. Add remaining water & simmer uncovered, 15 min. Add tomatoes, peas, vinegar & shrimp. Heat all thoroughly. Serve with rice. Serves 6.

Mrs. Carroll F. Bond

Meat and Fish

Lobster Newburg

This is not a true Newburg so perhaps it should be called Lobster Newburg with cheese (or au gratin). Dark Coon cheese is best, but Gouda may be used.

4 Tbsp. butter	1 Tbsp. Worcestershire sauce
4 Tbsp. flour	¼ Cup sherry
1 tsp. salt	¼ Lb. grated cheese
1 tsp. sugar	Paprika
1 Pint cream	Spot of cayenne
½ tsp. tabasco	Meat from 4 lb. lobster

Make white sauce of first 5 ingredients (evaporated milk may be substituted for cream). Add cheese. In iron pan, melt additional butter and sauté lobster meat. Add tabasco, worcestershire sauce, and sherry to lobster. Add this mixture to white sauce. Sprinkle on paprika and cayenne. Reheat in a casserole until brown on top.
Madelaine Friel

*So I am trying hard to learn
That nothing's really great
If it must take my praying time
So praying has to wait.
It's praying makes me fit for work;
It is my staff and stay,
And work will never be the best
If I have failed to pray.*

Crab Soufflé

Make a cheese sauce by melting ¼ cup of margarine in top of a double boiler. Stir in 3 tablespoons flour, 1 cup of milk, continue cooking until the sauce is thickened. Beat 3 egg yolks slightly. Gradually add hot sauce to them. Return to double boiler. Continue cooking until sauce is thickened again. Add ¼ cup of grated sharp cheddar cheese along with 1 teaspoon salt, dash nutmeg and one of cayenne. Heat only until the cheese is melted. Remove from heat and add ¾ cup of boned shredded Japanese canned crab meat. Gently fold the hot mixture into 3 stiffly beaten egg whites, a little at a time. Pour into a well-greased 1 qt. casserole and set in a pan of hot water. Bake in hot oven, 450° for 20-25 minutes. Serves 6.

Emily Fuller

Marinated Fish (Skavetji) *Good for red snapper or any strong fish*

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| 2 Slices kingfish | 1 Spanish pepper |
| 1½ Cups vinegar | A little pepper, also cloves |
| ½ Lb. onions | 1 Cup oil |

Fry the fish gently (don't let it get too brown or dry). Boil the rest of the ingredients for a few minutes, and pour this mixture over the fish in a deep glass dish. Let stand for about 12-24 hours.

A. C. de Veer

Crab Cobbler

Melt:

- ½ Cup crisco in top of double boiler

Add:

- ½ Cup chopped green pepper ½ Cup chopped onion

Cook over boiling water until tender (about 10 minutes).

Blend in:

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| ½ Cup sifted flour | 1 Cup milk |
| 1 tsp. dry mustard | 1 Cup shredded American cheese |
| ½ tsp. Accent (optional) | (Velveeta) |

Cook, stirring constantly, until cheese is melted, and mixture is very thick.

Add:

- 1 Cup boned crab meat (6½ oz. can)
 1½ Cups drained tomatoes (No. 2 can)
 2 tsp. Worcestershire sauce
 ½ tsp. salt

Blend all together thoroughly, and put in 2 quart casserole.

Cheese Biscuit Topping:

Sift together:

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| 1 Cup flour, | 2 tsp. baking powder |
| ½ tsp. salt | |

Add:

- ¼ Cup shredded cheese, and cut in 2 Tbsp. crisco

Add:

- ½ Cup milk, and drop by spoonful on top of crab mixture

Bake: 15-20 minutes at 450 degrees.

M. Oliver

Meat and Fish

Trout Blange

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| 8 Shallots | 1 doz. shrimp or 1 can (4½ oz.) |
| ½ Bermuda onion | 1 Can (3½ oz.) crabmeat |
| ½ Cup butter or margarine | ¾ Cup dry white wine |
| 3 Bay leaves | 1 qt. water or fish stock |
| 1 or 2 cloves garlic | 1 Tbsp. flour |
| 5 Fresh mushrooms | 1 tsp. salt |
| 3 Tomatoes | Dash of cayenne |
| 1 doz. oysters or 1 can (7 oz.)
frozen | Dash of saffron |
| | 12 Fillets of trout |

Peel and chop shallots and onions fine. Melt 4 tablespoons butter or margarine, toss in shallots, onion, bay leaves and cook a few minutes. Crush or mince garlic, chop mushrooms, peel and chop tomatoes. Add to onion mixture along with oysters, shrimp, crabmeat, wine and water. Cook to a boil. Now work remaining butter or margarine with flour until smooth. Add to the sauce and season with salt, cayenne, saffron. Cook slowly for 20 to 25 minutes without lid. Serve over the broiled fillets of trout.

Emily Fuller

Father, I fold

My hands and bow:

For food and drink

I thank Thee now. Amen.

Sea-Food Special

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| 1 pkg. frozen shrimp (cleaned
and cooked) 12 oz. | ¾ Cup condensed cream of mush-
room soup |
| 1 pkg. frozen crabmeat or canned
12 oz. | ¼ Cup of cream |
| 1 pkg. frozen lobster or canned
14 oz. | 3 Tbsp. of sherry |
| 3 Hard-cooked eggs | 2 (3 oz) cans of sliced mushrooms |
| ¾ Cup condensed cream of pea
soup | ¼ Cup grated Cheddar cheese |
| | Buttered crumbs |

Halve the shrimp. Flake the crab meat and lobster. Slice the hard-cooked eggs. Combine the soups, the cream, and the sherry and stir until smooth. Add the mushrooms. Grease a baking dish, place shrimp, crab, lobster, and eggs in alternate layers, pouring a part of the soup mixture over each, and adding a little grated cheese. Top with buttered crumbs and bake at 325 F. for about 45 minutes. Serves 6.

Emily Fuller

Fillet of Flounder with Mushrooms

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| 2 Lbs. fillet of flounder | 4 Tbsp. butter |
| 1 Cup milk | 2 Tbsp. grated Parmesan cheese |
| ½ Lb. white seedless grapes | ½ Cup heavy cream |
| ½ Lb. sliced mushrooms | Salt and pepper |
| 1 Tbsp. flour | |

Sauté mushrooms in 3 Tbsp. butter for 3-4 minutes, stirring occasionally. Season to taste. Poach fillets in milk by pouring milk in large skillet; when boiling, add fish, salt and pepper to taste, and simmer for 5-10 minutes, depending on thickness of fillets. Remove fish. Cream butter and flour; stir into the milk in skillet. Add cheese and cream. Continue stirring until it becomes as thick as medium white sauce. Arrange fish in buttered baking dish in layers with grapes and mushrooms. Cover with sauce and bake at 400 degrees for 10 to 12 minutes.

M. J. Pettorino

Salmon Bake

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| 1 Can salmon (or tuna) | ¼ tsp. salt |
| 1 Cup milk (scalded) | Dash of paprika |
| 2 Eggs, slightly beaten | Grated onion |
| 1 Tbsp. melted butter | |

Remove skin and bones from fish. Break into pieces and put in casserole dish. Slowly stir in milk and eggs. Add butter, seasonings and onion. Mix lightly. Bake in pan surrounded by 1 inch of hot water in moderate oven until knife comes out clean. (350°, about 40 min.) Serve with lemon slices.

Mrs. George A. Janson

Baked Fish Savory

Sprinkle haddock fillets with lemon juice, salt, pepper, onion flakes, pressed garlic or garlic salt. Lay lemon slices, tomato slices and diced celery on fish. Sprinkle with sweet basil and parsley, then gently pour on ½ cup white wine. Dot with butter. Chill for several hours. Sprinkle with paprika, and bake without turning for about 45 minutes at 350 degrees. Baste often, and if necessary broil for a couple of minutes to brown. Serve with par-
slied potatoes.

Mrs. Chas. K. Scott

Meat and Fish

Deviled Crab

1½ Cups milk	1/8 tsp. dry mustard
1½ Cups soft bread crumbs	1/8 tsp. cayenne pepper
2 Cups flaked crabmeat	1/2 Cup butter, melted
5 Hard-cooked eggs (separated)	Buttered bread crumbs
1½ tsp. salt	

1. Combine milk and soft bread crumbs. Gently stir in crabmeat and egg whites that have been finely chopped.
2. Mash egg yolks and blend with crabmeat, together with salt, mustard, pepper and butter.
3. Pour into buttered 10"x6" baking dish. Sprinkle with buttered bread crumbs. Bake in oven (450 degrees) for about 15 minutes.

Polly Eriksen

*Women's faults are many,
Men have only two:
Everything they say
And everything they do.*

Stuffed Red Snapper

1 Whole red snapper	1 Onion, 1 green pepper
1 Tbsp. lemon juice	2 Tomatoes
3 Hard cooked eggs	1 Sliced dill pickle, capers, parsley, and seasonings
2 Boiled potatoes	

Brown the sliced onion in butter together with some of the green pepper and tomatoes. Mash the potatoes together with the eggs and add the other ingredients.

Clean the fish and with a sharp knife open up along the backbone on both sides, leaving the tail end intact. Take out backbone and season with pepper and salt. Stuff fish with the above mixture and sew up firmly.

Now put the stuffed fish in an ovenproof dish. Sprinkle with lemon juice. Slice on top of the fish an onion, the rest of the green pepper and tomatoes, a dash of tabasco or hot pepper, put on each side a lump of butter and bake in 350° oven for about one hour or until fish is well done.

From the Woman's Club Cookbook published in 1945
Submitted by Ana Roding

Fresh Red Snapper

Remove the head and scales of the snapper. Place in pot of boiling water to which has been added a bay leaf, 4 cloves, 6 peppercorns, and 1/2 lemon. Let stand in pot for 10 minutes without boiling. Remove, fillet, and place on baking platter or pan. Beat 2 egg whites and fold in 3 Tbsp. tarter sauce or sandwich spread. Spread on fish. Place under broiler for a minute or two, until sauce puffs up and becomes golden brown. Serve immediately. If desired, butter may be spread on the snapper before the sauce is added.

Mrs. Donald L. Stahlfeld

Take a tip from nature - ears aren't made to shut but a mouth is.

Cube Steak Parmesan

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| 3 Eggs | 9 Tbsp. grated Parmesan cheese |
| 1 1/2 tsp. salt | 6 Cubed steaks |
| 1/2 tsp. pepper | 1/2 Cup cooking oil |
| 1 1/2 Cups fine, dry bread crumbs | 2 8 oz. cans tomato sauce |

Combine eggs, salt and pepper; beat well. Mix dry bread crumbs and 5 Tbsp. parmesan cheese. Dip steaks in egg mixture, then in crumbs, and brown in a heavy skillet in hot oil. When steaks are brown on both sides, add tomato sauce, and top with remaining 4 Tbsp. parmesan cheese. Bake uncovered in a 325 degree oven for 25 minutes. This recipe serves 6, and is a fine meat dish to go with baked potatoes and a green salad.

Dee Sorenson

Beef Stroganoff

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| 1 Lb. thin round steak, cut in cubes | 1 Clove garlic, chopped |
| 1/4 Cup flour | 1 Cup sour cream |
| Salt and pepper | 1 Can tomato soup |
| 1/2 Cup chopped onions | 1 Tbsp. Worcestershire sauce |
| 1 6 oz. can mushrooms | 1/4 tsp. tabasco |
| | 1/2 Cup diced green pepper |

Dredge meat in seasoned flour, and brown well in fat. Combine other ingredients, pour over meat in skillet. Steam on low heat, covered, 45 minutes, or until meat is tender. Serve with rice or noodles.

Jeanette Faucett

Meat and Fish

Beef Stroganoff

$\frac{1}{3}$ Cup butter	$\frac{3}{4}$ tsp. salt
1 Cup chopped onion	3 Tbsp. flour
1 tsp. minced garlic	1 Can beef bouillon
2 Cans (6 oz.) mushroom stems and pieces, drained	1 Cup sour cream
2 Lbs. beef tenderloin, in bite size pieces	2 tsp. Worcestershire sauce
	1 tsp. Kitchen bouquet

Melt 2 tbsp. butter in skillet, add onions, garlic and mushrooms; cook until soft. Melt remaining butter in a large skillet, add meat, sprinkle with salt and brown. Put meat into a 2 quart casserole. Add flour to fat remaining in skillet and blend; add bouillon and sour cream gradually; stir and cook until thickened. Add onion mixture, browned meat, worcestershire sauce and kitchen bouquet; mix and heat thoroughly; return to casserole. Bake, covered, 350 degree oven for 30 minutes. Yield: 6 servings. I find is best if made ahead of time, then placed in oven 30 minutes before serving.

Lorie Dunne

*Before I eat,
I bow my head
And thank You, God,
For daily bread. Amen.*

Beef Stroganoff

$\frac{1}{4}$ Cup salad oil	$\frac{1}{8}$ tsp. black pepper
$\frac{1}{2}$ Cup minced onion	$\frac{1}{8}$ tsp. paprika
1 Lb. chuck (cut in small cubes)	1 Lb. mushrooms, sliced
1 Clove garlic, minced	1 Can condensed cream of chicken soup
2 Tbsp. flour	1 Cup commercial sour cream
2 tsp. salt	
$\frac{1}{4}$ tsp. monosodium glutamate	

1. In hot salad oil in skillet, sauté onion until golden brown.
2. Stir in chuck, garlic, flour, salt, monosodium glutamate, pepper, paprika and mushrooms. Sauté 15 minutes.
3. Add soup, undiluted; simmer uncovered for 20 minutes. Stir in sour cream, sprinkle with parsley. Makes 4-6 servings.

Serve on instant mashed potatoes or boiled rice, with garlic bread, green beans, pickled beets or salad, cherry pie and coffee.

Mrs. Charles Berrisford

Wine Stew

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| Two pounds of lean stew meat | 4 Beef bouillon cubes |
| 1 Small bottle of Chateaufeuf du Pape | Carrots |
| 2 Cans Franco-American beef gravy | Potatoes |
| | Onions |
| | Garlic, thyme, basil, salt and pepper |

Brown the meat in heavy iron frying pan or iron casserole dish, without anything added. When brown, add garlic, (one or two large cloves), and the other herbs. Add the gravy and the bouillon cubes. Use half the amount of these last two if your meat is very good and has a lot of natural flavor. Add about half of the wine and simmer, covered, until the meat is medium tender. 2-3 hours for low grade meat.

Then add as many pared potatoes, white onions and carrots as you like. The potatoes are best if kept small and carrots either cut small or split. Add wine to taste as you go along. Cook until the vegetable are tender. Mushrooms may be added an hour before the stew is finished and canned or frozen peas, about five minutes before serving. This stew has a thin gravy and if you want a thick one, substitute water for the wine, and thicken with flour as needed.

Mrs. Joseph F. Swingle, Jr.

Pastechi

Make a stew of:

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| 2 Cups ground veal | ½ Cup raisins and capers (¼ cup each) |
| ½ Cup ground smoked ham | 2 Tbsp. butter or margarine |
| ½ chopped onion | Salt, pepper, nutmeg |
| ½ chopped green pepper | Ketchup and enough water or |
| ½ chopped hot red pepper | broth to keep from burning |
| ½ chopped tomato | |

Make a dough as for pie crust. Roll out thin. Cut circles with a round cutter about 3 inches in diameter. Roll this circle again and put a heaping tablespoonful of the stew on the dough. Cover with another round of dough, press edges together closely and uniformly. When ready, the pastechi should have the form of a hat. Fry in very hot Crisco and serve as an entree with green peas. Variation: chopped oysters, flaked fish or shrimp can be substituted for the ground meat.

Mrs. Irma Beaujon

Meat and Fish

Hoo-Shoo-Too Turtle Stew

Brown:

- 4 Lbs. turtle meat, cut for stew

Add:

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|------------------------------|-------------------------------|
| 1 to 2 cans tomatoes | 2 Stalks celery, chopped |
| 2 Cans Italian tomato paste | 3 Lemons, chopped |
| 1/2 Bunch scallions, chopped | 4 Cloves garlic, chopped |
| 1/2 Bunch parsley, " | 1 Large green pepper, chopped |

Make a brownish paste from 2 tbsp. fat, 2 cups flour, and add 2 chopped onions.

Combine all ingredients and stew for approximately 1 1/2 hours, or until meat is done. Add 8 finely chopped hard-boiled eggs at the last minute. Add sherry, butter and worcestershire sauce to taste in individual servings. I recommend 1 Tbsp. sherry per serving.

Dorothy Mantyla

Stewed Turtle

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|-------------------------------------|----------------------------------|
| 1 1/2 Lbs. Turtlebeef | Hot pepper (cut up) |
| 1 Lb. mixed turtle | Salt, pepper, nutmeg |
| 4 Tbsp. butter | Capers, olives, dried prunes |
| 8 Tbsp. oil | Tomato ketchup |
| Onion, garlic, tomato, sweet pepper | Lime juice, sherry (or dry wine) |

Cut meat in pieces.

Soak the hard pieces with the shell in hot water for about 30 minutes. Remove shell. Cook onion, garlic, tomato, sweet pepper in oil for 5 minutes (don't brown). Add butter, meat and mixed pieces; stew until nearly tender. Add some water during cooking. Add capers, olives, prunes and tomato ketchup, some lime juice if desired, and finish stewing. Two tablespoons sherry or dry wine may be added; also about 4 potatoes cut in pieces if desired.

Mrs. E. Henriquez

Tripe Creole

Boil tripe 2 hours. Drain and cut into bite-size pieces. Prepare a regular Creole sauce — tomatoes, green peppers, celery, and onions. Add salt, pepper, basil, oregano, a bay leaf, and garlic if you like. Simmer tripe slowly in the sauce for about 6 hours until it is very tender.

Dorothy O'Brien

Pressure Cooker Goulash

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|------------------------------------|--|
| 1 to 1½ pounds of cubed beef | ½ to 1 can tomato sauce |
| 2 Onions, diced | Some water (see below) |
| 2 Cloves of garlic, diced | Paprika - shake in until the color is good and red |
| 4 Potatoes, cut into 1½ inch cubes | ½ Large bay leaf |
| 1 Can tomato paste | ¼ tsp. of marjoram (goodly pinch) |
| | ¼ tsp. of all-spice |
| | Salt and pepper on meat |

Brown meat in oil or bacon drippings. Add onions, garlic, potatoes, tomato paste, tomato sauce and seasonings. Add enough water to make slightly soupy. Cook at 15 pounds pressure for 20 minutes. Serve with French bread, green salad..... and EAT!

Mrs. W. E. Fremgen

Goulash

- | | |
|-------------------------|--------------------------|
| 1 to 1½ pkgs. stew meat | 1 Small bay leaf |
| 1 Green pepper | 1 Can tomato soup |
| 1 Large onion | Salt and pepper to taste |
| 2 Large carrots | |

Boil meat in just enough water to keep covered until half done. Add pepper and onion cut in pieces the size of an American quarter. The carrots, (cut into strips about 2 inches long) the bay leaf, salt and pepper can be added at this time. Cook until tender, but not overdone; add tomato soup. Serve this sauce, mixed with 1 package elbow macaroni, cooked and drained. A small amount of celery may be added with peppers, onion and carrots, if you like.

Helen Morris

Hachée

- | | |
|------------------------|---------------------|
| 1 Kilo chuck roast | 1½ Tbsp. vinegar |
| ¼ Lb. butter | Salt to taste |
| 7 Onions (medium size) | Maizena, cornstarch |
| 3 Bay leaves | |

Cut the meat in stew-size cubes, and brown well in the butter in a heavy skillet or pot. Peel and slice the onions; put them on the meat with 3 cups of water (or more), the bay leaves, salt and vinegar. Cover the pot. Cook briskly for 15 minutes, set stove on "low" and simmer it for 3 hours. If you like the stew thicker, stir in some maizena that has been dissolved in water. Serve with rice.

Mrs. Ank Schelfhorst

Meat and Fish

Braised Beef with Mushrooms

1½ Pounds stew beef	1 8oz. can tomato sauce
1 4oz. can sliced mushrooms	2 tsp. sugar
½ Clove garlic	2 tsp. Worcestershire sauce
¾ Cup chopped onions	1 tsp. basil, oregano and marjoram
3 Tbsp. crisco or cooking oil	1 tsp. salt
1 Bouillon cube	¼ tsp. pepper

(Left over beef or veal may be used in place of stew beef). If so use two cups of meat.

Cut meat in one-inch cubes. Drain mushrooms, saving liquid. Chop garlic, onions, and brown with mushrooms in hot fat in heavy cooking pot or dutch oven type utensil.

Dissolve bouillon cube in one cup hot water, add with mushroom liquid and remaining ingredients to the cubed meat. Add tomato sauce and spices. If cooked meat is used, cook only half an hour. If raw meat is used cook slowly about two hours, stirring occasionally. Add more water if necessary. Thicken liquid if necessary. Serve over hot noodles or rice. Will serve from 4-6 persons.

Claire L. Goodwin

*Some ha'e meat and canna eat
And some would eat that want it,
But we ha'e meat and we can eat
Sae let the Lord be Thank't*

Robert Burns

Beef and Lima Bean Stew

1 Lb. stewing beef	2 Tbsp. flour
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Roll beef in flour and brown well in 2 Tbsp. bacon fat. 2 medium onions, sliced; add to fat and sauté until browned. Add:

1¼ Cups water	1 Can Hunt's tomato sauce
½ Cup sliced celery	½ Cup diced yellow turnip
½ Cup sliced green pepper	1 tsp. salt
	Pepper

Wrap a few sprigs of parsley, 1 bay leaf, and a pinch each of majoram and basil in a piece of cheesecloth, tie and drop in stew. Cook slowly for 1½ hours, or until meat is tender. Remove bag of spices. Add 1 package lima beans (Fordhook) which have already been cooked according to directions. Cooked diced potatoes may be added. Heat together. Serves 2 generously.

Ruth J. Collins

Pseudo-Brunswick Stew

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|-----------------------------------|---------------------------------|
| 1 Lb. ground round steak | 1 Can green lima beans (16 oz.) |
| 1 Can tomatoes (1 lb. 12oz. size) | 1 Can creamed corn (16 oz.) |
| 2 Medium onions | |

Sauté meat and chopped onions a few minutes. Add tomatoes. Simmer until the meat is tender. Add lima beans and cook a few more minutes. Then add corn and heat through. Serve. Season with 1 tsp. salt, ½ tsp. pepper, 1 tsp. curry powder.

Bill & Ed Porter

*Only one life, . . . 'Twill soon be past;
Only what's done for Christ shall last.*

Black Rabbit

Brown 1-2 rabbits (cup up) in 2 Tbsp. oil, in a large pan. Add 1 large onion, 1 clove garlic (cut in small pieces), salt and papper. Quarter, and cut in small pieces 2 small, or 1 large carrot, 2 or 3 stalks celery, 10-12 prunes. Add these, plus enough water to cover, to the rabbit. Add ½ cup vinegar, ¼ cup sugar. Make a "spice bag" using 1½ tsp. pickling spices and a bay leaf; add to other ingredients. Cook until rabbit is tender. When almost finished cooking add ½ cup raisins and ½ cup walnut meats, broken in pieces. Brown 1 cup of flour in ½ cup oil or fat in skillet. When real dark brown, add to rabbit just before serving. Serve with dumplings. Serves 4-8 people.

Mrs. Ruby Pistek

Camp Stew

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|---------------------------|--------------------------------|
| 1 4 Lb. stewing chicken | 1 Bottle Worchestershire sauce |
| 3 Lb. fresh pork | 1 Large onion |
| 2 No. 2 cans creamed corn | 2 Cloves garlic |
| 2 No. 2 cans tomatoes | 2 Medium potatoes diced |
| 2 Bottles catsup | 2 pkgs. mixed vegetables |

Cook chicken and pork in about 3 quarts of water. When meat is tender pull from bone with fingers. Do not use a knife. Add vegetables and seasonings. Cook slow until tender. Salt and pepper to taste. Serves 10.

Martha Walker

Meat and Fish

Chinese Style Hamburger Hash

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|---------------------------------------|----|-----------------------------|
| 1 Lb. ground round | 1½ | Cups warm water |
| 2 Tbsp. Mazola oil | ½ | Cup uncooked rice |
| 2 Medium onions, chopped | ¼ | Cup soy sauce |
| 1 Cup sliced celery | ¼ | tsp. pepper |
| 1 Can (10½ oz.) mushroom soup | 1 | Can (3 oz.) Chinese noodles |
| 1 Can (10½ oz.) cream of chicken soup | | |

Brown the meat in salad oil until crumbly. Add the chopped onions, celery, mushrooms and chicken soup. Rinse the soup cans with warm water and add to mixture. Stir in the uncooked rice, soy sauce and pepper. Turn into large, lightly greased casserole. Cover and bake in a moderate oven (350 degrees) for 30 minutes; remove cover and continue cooking for 30 minutes longer. Cover the mixture with crisp noodles and continue baking 15 minutes more. Serves 8.

Priscilla Smith

As we receive, so may we give: freely, definitely, regularly.

Ground Beef Chinese

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|-------------------------------|---|--------------------------------------|
| 1 Lb. ground beef | 1 | Tbsp. bacon drippings or salad oil |
| ½ Cup sliced celery | 1 | Tbsp. soy sauce |
| 1 Medium sized onion, chopped | 1 | Can (10½ oz.) cream of mushroom soup |
| ½ Green pepper, chopped | | |

Brown meat until crumbly, adding a little fat if necessary. In a separate pan, sauté the celery, onion, and green pepper in bacon drippings. Be sure vegetables retain their crispness. Combine browned meat, sautéed vegetables, soy sauce, and soup. Stir and simmer for 2 minutes. Serve over buns, toast, mashed potatoes or noodle nests. Serves 6.

Mrs. R. F. Martin

Rice and Beef Hash

Sauté ¼ cup chopped green pepper and ¼ cup chopped onion in 2 tablespoons fat until golden brown. Add ½ pound ground beef; continue cooking 5 minutes. Add 1⅓ cups canned tomatoes, ½ cup hot water, 2/3 cup minute rice, 1 teaspoon salt and ⅛ teaspoon pepper. Cover and simmer slowly 10 minutes. Serves 4.

Mrs. J. Johnson

