

1974

Cook Book

Faculty Women's Association

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COOK
BOOK
LIBRO
DE COCINA
LIVRE
DE CUISINE
KOCHBUCH
UPSHI-BORA



Published at Brockport, N. Y.
April, 1974

COOKBOOK

A collection of international recipes compiled by the Foreign Student Interest Group of the Faculty Women's Association, State University College at Brockport, April, 1974.

Proceeds from donations for this cookbook will be placed in an emergency loan fund for use by foreign students attending the State University College at Brockport.

TABLE OF CONTENTS

APPETIZERS, SOUPS, SALADS	1
MEATS AND POULTRY	25
FISH, EGGS, CHEESE	61
VEGETABLES	73
BREADS	85
DESSERTS	99

The recipes in this collection truly reflect the diversity of the Brockport community; contributions come from college and non-college people, experienced cooks and young enthusiasts, women and men. All areas of the world and almost all types of food are represented. Many of the contributors grew up in a foreign country, or cook for someone who did. Some have lived--and cooked--abroad. Others are passing on their grandmother's secrets or are sharing with us their own keen interest in international cuisine.

APPETIZERS
SOUPS
SALADS



BARBEQUED PORK

Sandra Hill

China

2 lbs pork butt	2 t sherry
1 clove garlic, minced	3 T soy sauce
ginger root, $\frac{1}{4}$ inch, mashed	2 T honey
2 t sugar	$\frac{1}{2}$ t "five-spice"
1 t salt	$\frac{1}{2}$ t red food coloring

Slice meat into $\frac{1}{2}$ - $\frac{1}{3}$ inch strips. Combine all ingredients except meat and pour over meat. Marinate at least 1 hour.

Remove meat from marinade and roast in a 325° oven for 1 $\frac{1}{2}$ hour, basting frequently with the marinade. (I baste twice, then pour the whole sauce over.) Makes 8-12 appetizer servings. Can serve hot or cold. Can serve with hot mustard sauce or chili sauce to be mixed with soy sauce. Serves 6-8.

SPICED CHICKEN LIVERS

Sandra Hill

China

1 lb chicken livers	1 T sugar
water	$\frac{1}{4}$ t anise seed
$\frac{1}{2}$ c each - soy sauce, chopped green onions including tops	1 $\frac{1}{2}$ t chopped fresh ginger root or
$\frac{1}{4}$ c dry vermouth, sherry, or white rice wine(sake)	$\frac{3}{8}$ t ground ginger

This you can make a day ahead. Cover livers with water and bring to just boiling. Drain well. Add soy sauce, green onions, wine, sugar, anise seed, and ginger. Bring to boiling and simmer gently, covered, for 15 minutes.

Chill thoroughly in stock. Slice livers in bite-sized pieces, return to stock, and keep cold. Drain to serve at room temperature. Makes about 2 dozen.

BOREK
Turkey

Kathi Powell

1 lb filo dough
 $\frac{1}{2}$ lb ground beef
1-2 onions, chopped
salt and pepper to taste

$\frac{1}{2}$ lb feta cheese
1-3 eggs
parsley, optional
melted margarine

Meat Filling: Brown ground beef and onion in skillet adding salt and pepper to season. Set aside to cool.

Cut 1 sheet of filo dough in half and spread beef mixture thinly along the long edge. Roll up like a long cigar. Moisten ends so the dough stays closed. Place in baking pan by coiling around the edge of the pan. (It makes a circle around the bottom of the pan.) Continue with successive filled rolls, making smaller circles inside the first one, until there is a complete layer in the bottom of the pan. Continue making layers in this manner until the filling is used up. Brush with melted margarine and bake at 375° for 15 minutes. Remove from oven. Sprinkle lightly with cold water and cover with towel for about 5 minutes. These may be cut in small pieces for a canape or larger ones if served as a main dish.

Cheese Filling: Mash up feta cheese, add eggs one at a time until mixture becomes creamy. Add parsley sparingly.

Cut filo dough into strips about 2 $\frac{1}{2}$ inches wide and 6 inches long. Put 1 t of cheese mixture at one end and fold in triangle shape. Moisten end to close and place in pan. Continue making triangles and place in baking pan, making layers as the pan fills up. Brush with melted margarine and bake at 375° for 15 minutes. Remove from oven and sprinkle lightly with cold water. Cover with towel for about 5 minutes. Serve hot.

You can use a double layer of filo to make these pastries. They may also be fried in olive oil instead of being baked.

SATE

Indonesia

Charlene Butwell

1/3 to 1/2 lb boneless meat
per person
(You may use pork, beef,
lamb, chicken, or a mix-
ture of meats.)
32 bamboo skewers
(Soak skewers in water
the day before to pre-
vent burning.)

Sate Marinade:
1/2 c soy sauce
1/2 c fresh lemon juice
2 t lemon peel, grated
2 t fresh ginger, grated
2 cloves garlic, minced
or mashed
2 T salad oil

Sate Marinade: Combine all ingredients in column 2.

Cut any of the meats into bite-sized pieces and put into Sate marinade. (If you use more than one kind of meat, you might put each in a plastic bag, put bags together in a bowl, and pour marinade in each one.) Marinate meat in the refrigerator for 1-2 hours. Then string several pieces of meat (all one kind) on each bamboo skewer.

To serve, dip meat into marinade again. Then grill about 3 inches above hot glowing coals until nicely browned all over and done as you prefer. You may use broiler, but watch carefully because the meat cooks quickly. If using the broiler be sure the bamboo sticks have been soaked or are covered on the end with foil. Serves 8.

Excellent for appetizer or entrée for the main meal.

STUFFED GRAPE LEAVES

Kathi Powell

Turkey

1 lb fresh grape leaves	1 c tomatoes, chopped
or	1 c olive oil
1 lb jar grape leaves in brine	1½ t salt
1¼ c rice	¼ t pepper
½ c chick peas	½ c lemon juice
(or chopped nuts)	1½ c water
¼ c parsley, chopped	¼ t cinnamon
¼ c mint, chopped	1 tomato, sliced
½ c scallions, minced	1 onion, sliced
	2 garlic cloves

Soften fresh grape leaves by dipping in boiling, salted water for 1 minute. Drain and pile in dish. Soak canned grape leaves in cold water for several minutes, drain and pile in dish.

Crack chick peas (which have been soaked overnight) and discard skins. Mix rice (wash and drain first), chick peas or nuts, parsley, mint, chopped tomatoes, scallions, salt, pepper, cinnamon, and oil. Stuff 1 leaf at a time. Use 1 t of stuffing for each leaf. Fold bottom of leaf up over stuffing, then fold in from each side toward the middle. Roll up like a cigar. Place a layer of tomato and onion slices with garlic in bottom of pan. Arrange grape leaves on top in layers. Sprinkle with salt and lemon juice. Add water. Cook for about 45 minutes. Let cool. Place on serving dish and chill. Serve cold. For best flavor prepare a day ahead.

The grape leaves can be served as a salad or with cocktails.

WAREK KENAB (Stuffed Grape Leaves)
Middle East

Zeddy Jordan

1 c rice, raw	1 t salt
1 lb diced lamb or ground chuck	pepper to taste
$\frac{1}{2}$ t cinnamon	$\frac{1}{4}$ c lemon juice
2 T butter, melted	20-30 grape leaves
	lamb rib bones

Line bottom of cooking utensil with rib bones of lamb and a few grape leaves. Mix rice with meat, melted butter and seasonings. Place about 1 T (or more) in one grape leaf, using back of grape leaf. Turn in corners and form neat roll. Place evenly in pan in layers; add water to cover and use plate to hold down leaves. Cover. Put on low fire until rice is cooked (approximately 30-45 minutes). Add $\frac{1}{4}$ cup lemon juice and simmer for about 5 minutes. Serves 4.

Variation: Rolled grape leaves may be simmered in a tomato base mixture.

POOR MAN'S LIVER PATE
USA

Gail Gucker

$\frac{1}{2}$ lb liverwurst sausage	1 T Worcestershire sauce
3 oz pkg cream cheese	1 T dry sherry wine
4 T mayonnaise	$\frac{1}{4}$ t salt and pepper
$\frac{1}{2}$ c milk or cream	pinch cayenne
$\frac{1}{2}$ t curry powder	pinch nutmeg

Sausage and cheese should be at room temperature. Blend all ingredients. Chill. Serve as dip or spread on pumpernickle.

HOT CRABMEAT HORS D'OEUVRES

Jet LaZarre

USA

- | | |
|--|--|
| 1 8oz pkg cream cheese | $\frac{1}{2}$ t creamy |
| 1 6 $\frac{1}{2}$ oz can crabmeat,
flaked | horseradish |
| 2 T finely chopped onion | $\frac{1}{2}$ t salt |
| 1 T milk | $\frac{1}{3}$ c sliced
almonds, toasted |

Combine all ingredients except almonds - mix well. Spoon mixture into ovenware dish. Sprinkle almonds on top. Bake 15 min at 375° and serve hot with cold pieces of raw vegetables. Serves 4.

TYROPITES (Cheese Appetizers)
Greece

Helen Mouganis

- | | |
|---------------------------------|---------------------------------------|
| $\frac{1}{2}$ lb cottage cheese | 4 eggs |
| $\frac{1}{2}$ lb cream cheese | 1 lb melted butter |
| 1 lb Feta cheese,
cut up | 1 box phyllo dough
(pastry sheets) |

Mix in mixer first four ingredients to a light consistency. If phyllo is frozen, thaw before handling and keep moist by covering with a damp towel.

Cut each sheet into three long strips. Butter each strip, place 1 t of mixture on it and fold in triangle fashion. Butter each tyropita and place on ungreased baking sheet. Bake at 350° for 15-20 minutes. These can be frozen and baked as needed.

This recipe makes approximately 45 tyropites. About $\frac{1}{2}$ of the box of phyllo dough will be used. The remainder can be frozen.

FRIED WON TON
China

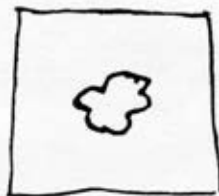
Fran Feigert

2 lb cooked, ground pork
2 T soy sauce
 $\frac{1}{2}$ t sesame oil
 $\frac{1}{2}$ t salt

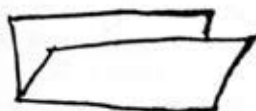
4 T onion
 $\frac{1}{2}$ t fresh ginger
cornstarch
won ton doilies

Filling: Combine first 6 ingredients. Fill each doily with $\frac{1}{2}$ t of mixture. Fold as illustrated, sealing edges with a mixture of 1 t cornstarch and $\frac{1}{2}$ c cold water. Fry won ton in deep oil until golden brown. Serve as an hors d'oeuvre.

Won ton doilies can be purchased at Yang's (Mt. Hope Ave., Rochester) or other oriental food stores. Recipe makes approximately 2 dozen; remaining doilies can be frozen.

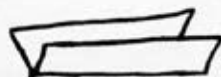


Filling



Fold up;
seal top

Moisten top



Bring bottom outside
edges together;
moisten and seal



The result looks
like a Dutch cap

GUACAMOLE

Mexico

Karen Carsrud

2 ripe avocados
1 T olive oil
1 T lime or lemon juice,
or to taste
1½ T onion, scraped or
grated
1 t salt

2 T chili sauce
or
1 small can chopped
green chilis, drained
1 med tomato, peeled
and chopped
Tabasco to taste

Peel avocados and remove (but reserve) stones.
Mash meat

Peel avocados and remove (but reserve) stones.
Mash the meat with oil and lime juice until
absolutely smooth. Add more lime juice to taste
if you like. Add seasonings and tomato and blend
thoroughly. Place avocado stones in bowl touching
the guacamole mixture and leave until ready to
serve, keeping the bowl covered and chilled. The
avocado stones will keep the meat from discoloring
as long as they are with it. Discard before
serving. Serve with tostados or such.

FLOUR TORTILLAS

Mexico

Mary Helen Rojas

3 c flour
2 t salt

5 T shortening
¾ c hot, hot water

Mix flour and salt, cut in shortening. Add hot
water and knead. Pinch off pieces about 2 inches
in diameter. Roll out to 1/8-inch thick. Cook
on hot griddle. Serve hot. Yields 1-2 dozen.

TOSTADOS

Karen Carsrud

Mexico

Cut tortillas into quarters and fry until really crisp.

NACHOS

Mexico

tostados (see above) 3½ oz can jalapenos
cheddar cheese peppers

Place a wedge of cheddar cheese on each tostado. Top with a sliver or two of a jalapeno pepper (to taste). Arrange on baking sheet. Slip under broiler and cook until cheese is bubbly. Serve immediately. The peppers are hot, so taste with care!

SOUR CREAM ENCHILADAS

Mary Helen Rojas

Mexico

1 10 oz can enchilada sauce 1 doz corn tortillas
1 1-lb can tomatoes cooking oil
1/3 c chopped onion 1 c grated cheddar
½ t salt cheese
 1 c sour cream

In saucepan combine enchilada sauce, tomatoes, onion and salt. Heat over medium flame until mixture boils. Heat oil in small skillet until hot. Dip one tortilla at a time in hot oil for several seconds. Drain tortilla on paper towel. Continue until all tortillas have been dipped. On each tortilla place a heaping tablespoon of sauce and sprinkle with grated cheese. Roll up and place in casserole. Pour remaining sauce over the enchiladas. Heat in oven at 450° for 5 minutes. Spoon sour cream over enchiladas and serve hot. Serves 6.

CURRIED PEPITAS

Mexico

Mary Helen Rojas

$\frac{1}{4}$ c curry powder
 $\frac{1}{4}$ c warm water
1 clove garlic, crushed
1 t salt
2 T lemon juice

1 c water
2 c salted pepitas
(Mexican pumpkin
seed)
butter or margarine

Mix well in a saucepan, curry, $\frac{1}{4}$ c water, garlic, salt and lemon juice. Add 1 c water and heat over low flame, stirring constantly until mixture simmers. Add the pepitas and continue to simmer for 5 minutes. Drain pepitas and spread on baking sheet, dot with butter or margarine and toast in oven at 275° for 1 hour.

MEAT SOUP

Nigeria

2 lb cubed stewing beef	$\frac{1}{2}$ t red pepper, ground
$\frac{1}{2}$ t salt	1 c water
2 med onions	$\frac{1}{2}$ c peanut oil
$\frac{1}{4}$ t white pepper	1 can (6 oz) tomato paste
$\frac{1}{4}$ t curry powder	2 bay leaves
$\frac{1}{4}$ t thyme	1 t Accent

Put meat in saucepan. Add salt, one onion, white pepper, curry, thyme and $\frac{1}{2}$ c water. Cover and cook 20 minutes on medium heat. Mince rest of onion, add to meat. Add oil, red pepper, tomato paste, bay leaves, Accent and $\frac{1}{2}$ c water if necessary or desired. Cover and simmer 10 minutes or until meat is tender. Serves 4-6.

Optional: during final cooking, collard greens, spinach or broccoli may be added.

This makes a thick, hearty soup but can be thinned to any desired consistency by adding additional water.

GHANA PEANUT SOUP

Ghana

Cecilia Dei-Anang

$1\frac{1}{2}$ c peanut butter	1 large tomato
1 medium onion	1 t red pepper (optional)
2 t tomato puree	8 c water (warm or cold)
salt to taste	
1 medium chicken, beef, or other meat	

Cut and clean the meat. Season with salt (and pepper, as desired). Bring to a boil for about 5 minutes. Add water, onion, and tomatoes. Cook until everything is tender. Remove the meat, onion and tomatoes from the stock.* Mash or grind the onion and tomatoes and add to the stock. Take

a little of stock and mix with the peanut butter. Blend them together. Let the mixture cook slowly on mid-low stove for about 15 minutes, then add your meat. Leave to cook until soup thickens; this should be thicker than ordinary soup. Add a little more peanut butter, if you find the soup too light. Turn your stove to a simmer, until ready to serve.

Serve with cooked rice, potatoes, or yams as required. In Ghana, you would normally serve with FUFU.

* You remove the meat from the stock because it might become over-cooked and too tender and stringy. Serves 6.

HUNGARIAN LIVER DUMPLING SOUP

Judy V. Bloch

Hungary

2 T soft shortening
10 oz baby beef liver*
2-3 eggs
1 small onion, cut into
wedges
 $\frac{1}{2}$ t parsley

salt and pepper
to taste
4-5 T bread crumbs
3-4 T flour
3-4 qt beef stock, or
canned beef broth, or
a mixture of both

Trim liver, removing skin and sinews, cut into 2-inch pieces and put into blender container (can also be ground with finest blades of food grinder) together with the shortening, eggs, onion, parsley and seasonings. Process until all the ingredients have been thoroughly ground. Put the mixture into mixing bowl and add crumbs and flour, a little at a time, until the consistency is that of a soft hamburger mixture. Taste and correct seasonings.

Bring stock to a slow boil.** Using a tablespoon dipped in the broth, take a generous tsp. of the liver mixture and drop into gently boiling broth.

this a test dumpling, let it cook until it to the top, a little longer if you like well done, and taste. Correct seasonings consistency at this time. If the dumpling is hard, add a little milk (2-3 T); if it is too and falls apart, first make sure the broth is boiling too vigorously. If the fault is in the mixture add a little of the crumbs. Combining the tsp-size dumplings, dipping spoon in broth between each, and keeping the broth at a gentle boil the whole time. This soup may be made in advance and kept refrigerated for a few days. When reheating be sure to do it gently, at a slow boil, to prevent dumplings from falling

apart, calves, or a mixture of chicken and other meats are suitable.

If bones, marrow bones etc. boiled for a few hours with onion, celery and seasonings and then added to canned bouillon, 1-2 cans, makes a nice

CHC-ANDALUSIAN SALAD SOUP Charlene Butwell

potatoes, peeled	2 T olive oil
green pepper, with seeds	$\frac{1}{4}$ c white wine
tomato	$\frac{1}{2}$ c cold water
onion	1 med can tomato juice
fresh garlic	salt

Put everything in the blender and blend rather thick. Chill several hours and serve in bowls garnished with chopped eggs and additional minced onion, green pepper or onion. Serves 6.

GAZPACHO

Spain

6 large ripe tomatoes
2 T white wine vinegar
1 c fresh white bread
crumbs
1-2 cloves garlic,
minced
1 t salt
4 T olive oil

Garnish:
tomato, chopped
cucumber, chopped
green onion, chopped
green pepper, chopped

Peel, seed and coarsely chop tomatoes. Sprinkle vinegar on bread crumbs in bowl. Add garlic, salt and olive oil to bread crumbs. Work with spatula until a smooth paste. Combine tomatoes and paste and 1 cup cold water in blender at high speed. Add another cup or so of water until desired consistency. Refrigerate and serve cold. Serves 6.

EGG AND LEMON SOUP

Marcia Ullman

Greece

chicken soup with rice,
homemade, about 6 cups
2 eggs, separated
juice of 1 lemon

Prepare basic chicken soup with rice. (Cook about 3 T uncooked rice in each quart of soup.) Set aside. Beat the egg whites until fluffy. Add the egg yolks and continue beating. Add juice of one lemon. (More if you wish.)

Slowly add some warm chicken broth to the above mixture, still beating. Slowly add entire mixture to the chicken soup. Do not boil the soup after the addition of the egg and lemon mixture as the soup will curdle. If desired, additional lemon may be added at the time of serving. Serves 6-8.

NEW ENGLAND CLAM CHOWDER

Betty Nasca

USA

¼ lb salt pork, cubed and fried (save 2-3 T of the grease)	1 raw potato, diced
1 diced onion	3 c milk
2 cans minced clams (7½ oz size)	

Fry onion in pork grease. Add juice from minced clams and potato. Cover and simmer till done. Scald milk in double boiler; Add potatoes and their cooking liquid and then minced clams. Sprinkle chowder with salt pork and serve. Serves 4-6.

CINDY'S HOT AND SOUR SOUP

Cindy Geer

Korea

4 oz pork loin, chopped	1 t vinegar
7½ c water	dash black pepper
5 stalks chinese cabbage	dash Accent
2 t green onion, chopped	1-2 t red hot pepper sauce
2 t salt	
1 T sake	1 T cornstarch

Put pork into the water and cook for 40 minutes over a low heat. Add cabbage, onion, sake, vinegar, salt, pepper, Accent and pepper sauce. Cook another 15 minutes over low heat. Before serving, mix cornstarch with 2 T of water. Add to soup; simmer for 5 minutes. Serves 4.

If anyone likes hot seasoning add more salt and red hot pepper sauce. WOW!!

TABULEE (Salad with Borghul) Zeddy Jordan
Middle East

1 c borghul (cracked wheat)*	1-2 stalks of celery diced
1 cucumber, diced	$\frac{1}{2}$ c lemon juice, freshly squeezed
2 tomatoes, diced	$\frac{1}{4}$ c olive oil
2 small onions, minced	1-2 T mint leaves, chopped
10-12 sprigs of parsley, or more, minced	salt and pepper, to taste
1 green pepper, diced	
10 large radishes, cut in half	

Rinse borghul two or three times and soak $\frac{1}{2}$ hour. Drain. Mix all greens and vegetables with borghul well; add olive oil and lemon juice, plus spices. Garnish with mint. Serves 4-6.

*Some cookbooks also define borghul as fine, ground wheat germ (not Kretschmer's).

CUCUMBER SALAD Ruth Hyde
Turkey

2 cucumbers	1 t dill, chopped
$\frac{1}{2}$ t salt	$\frac{1}{2}$ c yogurt
1 T vinegar	1 T olive oil
1 clove garlic, chopped	1 T mint leaves, chopped

Peel cucumbers and cut in quarters lengthwise. Slice fine. Sprinkle with salt. Soak garlic in vinegar 10 minutes. Strain. Add vinegar and dill to yogurt. Mix well. Add yogurt to cucumbers and mix. Sprinkle olive oil and then mint on top of salad. Serve cool. Serves 4-6.

Note: I have a Polish friend who says cucumbers are also served this way in Poland.

TABBOULI
Lebanon

Ellen Gilbert

- | | |
|--|--|
| 1 c extrafine bulghur
(cracked wheat) | $\frac{1}{2}$ c chopped fresh
mint leaves |
| 3 large bunches parsley | olive oil |
| 2 bunches scallions,
sliced finely diagonally | lemon juice |
| 6-8 tomatoes, cut in very
small pieces | salt |
| | 2 large cucumbers,
sliced |

Olive oil, lemon juice and salt are added to suit your own taste.

Rinse the bulghur in cold water, then add enough cold water to cover and soak it for 30 minutes. Drain and remove excess water by squeezing it between hands. Finely chop parsley leaves, discarding stems. Combine in a large bowl with scallions, tomatoes, mint and cucumber. Add prepared bulghur and mix together lightly. Drizzle with olive oil, just enough to make leaves glisten. Add fresh lemon juice and salt and keep tasting.

CAESAR SALAD
USA

Ann Getz

- | | |
|---|--|
| 1 clove garlic | $\frac{1}{2}$ c freshly grated
Parmesan or Romano
cheese |
| $\frac{1}{2}$ c salad oil | $\frac{1}{4}$ c lemon juice |
| 1 head lettuce | 1 t Worcestershire
sauce |
| 1 c croutons | $\frac{1}{2}$ t each salt and
pepper |
| 1 2 oz can anchovy fillets,
optional | |
| 3-4 tomatoes, diced | |
| 1 beaten egg | |

Mash garlic clove and add to salad oil; let stand. Break lettuce in salad bowl. Add croutons, anchovies, tomatoes and cheese. Strain oil to remove garlic. Pour over vegetables. Combine remaining ingredients and beat well. Pour over salad and toss lightly. Serves 6-8.

BEEF SALAD

Ann Getz

Viennese

- | | |
|---------------------------------------|----------------------|
| 3/4 lb beef (or cooked
roast beef) | 4 small dill pickles |
| 3 med potatoes, boiled
(cold) | salt |
| 2 stalks celery, boiled
(cold) | sugar |
| 2 med apples, peeled and
cored | vinegar |
| | oil |
| | 3 T mayonnaise |
| | 2 hard-boiled eggs |
| | Rye-Krisp |

Boil the beef with salt and pepper. Dice all ingredients. Make a dressing of salt, sugar, vinegar and a little bit of oil. Mix together with beef and other ingredients. Chill 1 hour. Immediately before serving blend in mayonnaise. Decorate with sliced, hard-boiled eggs and serve with Rye-Krisp. Serves 4.

SALADE FRANÇOISE

Françoise McCreary

France

- | | |
|---|---|
| 2 onions, chopped finely | 2 hard boiled eggs, |
| 1 pickle, chopped | sliced |
| 2 slices bacon, fried and
shredded and bacon
grease left in pan | 3 boiled potatoes, |
| roquefort (blue cheese),
shredded | sliced |
| golden seedless raisins,
1 handful (soaked 1 min
in hot water and strained) | 2 apples, thinly
sliced |
| | 1 green pepper,
diced |
| | 2 sliced tomatoes
or cherry tomatoes |

Make a French dressing

- 4 T olive oil
1 T cider vinegar
1 t mustard (Grey Poupon)
salt, pepper, thyme, rosemary, parsley, sage
(Spice Islands, if possible) to taste. Serves 4-6.

VENEZUELAN SALAD
VENEZUELA

Eunice Kane

- | | |
|---|--------------------------------|
| 1 head lettuce,
shredded | 1 onion, thinly sliced |
| 1 lb fresh spinach,
washed and trimmed | 2 tomatoes, sliced |
| 1 avocado, peeled, pitted
and thinly sliced
(dip slices in lemon juice) | 2 hard-cooked eggs,
chopped |
| | 1 2-oz can anchovies |

Toss above ingredients together with a dressing made of the following ingredients combined to suit your own taste:

- olive oil
- tarragon vinegar or lemon juice
- garlic
- oregano
- salt and pepper

Serves 12.

PAPAS A LA HUANCAYNA
Ecuador

(Potatoes Huancayo Style)
Maria Elena Angulo

- 6-8 med potatoes
- salt

- | | |
|--------------------------------|---|
| 1 small can evaporated
milk | hot peppers (Mexihot),
chopped small |
| 2 T cottage cheese | lettuce |
| 3 T olive oil | hard-boiled eggs |
| 1 pinch garlic salt | olives |
| 2 t peanut butter | |

Boil potatoes with a little salt. Cool. Combine next 6 ingredients to make sauce. To serve, put lettuce on the bottom of dish, then the potatoes. Pour sauce over potatoes. Decorate with hard-boiled eggs and olives. Serve cold. Serves 6-8.

ENSALADA DE NARANJAS (Orange Salad) Karen Carsrud
Mexico

6 c orange slices	Lemon Mayonnaise
1 c walnut meats	(lemon juice mixed
1 c dates	with mayonnaise)
1 c celery, diced	lettuce

Peel oranges and cut in thin, even slices. Cut slices in halves. Break walnut meats in large pieces. Remove stones from dates and cut in quarters. Toss orange slices, walnuts and dates together lightly with lemon mayonnaise to blend and suit taste. Pile in salad bowl which has been lined with crisp lettuce. If desired, garnish with slices of avocado and pomegranate seeds.

24 HOUR SALAD
USA

Betty Nasca

1 egg, beaten	1 c drained pineapple tidbits
2 T fresh lemon juice	1 c seedless grapes
2 T sugar	1 c sliced banana
pinch salt	8 marachino cherries, quartered
12 marshmallows, quartered	$\frac{1}{2}$ c whipped heavy cream
1 c orange segments	$\frac{1}{2}$ c slivered toasted almonds

Stir lemon juice, sugar and salt into beaten egg. Cook in double boiler, stirring constantly, about 5 minutes or until mixture thickens. Remove from heat. Cool. Fold in all remaining ingredients except almonds. Chill overnight. Fold in slivered, toasted almonds just before serving. Serves 12.

RASPBERRY JELLO SALAD
USA

Jan Kandor

- | | |
|-------------------------------|----------------------------|
| 2 sm boxes raspberry jello | 1 pt sour cream |
| 2 sm boxes frozen raspberries | 1 8-oz pkg cream cheese |
| 1 sm can pears | 3 c miniature marshmallows |
| | 2 T sugar |

Drain juice from pears, add enough water to make 3 cups. Heat juice and water in pan until it comes to a boil. Add jello and stir until it dissolves. Put into a 9 x 13 pan. Add raspberries and cut up pears. Set in refrigerator until it hardens.

Topping: Mix together the softened cream cheese, marshmallows and sugar. Frost jello.

Serves 12.

CRANBERRY SALAD
USA

Claribel Rockhill

- | | |
|------------------------|--|
| 1 pkg cranberries | 1 c chopped nuts |
| 2 c sugar | $\frac{1}{2}$ pt whipping cream, whipped |
| 2 c red grapes, halved | |

Grind cranberries and stir in sugar. Place in drainer and allow to drain over night. Add grapes, nuts and whipped cream and mix gently. Serves 6-8.

COCA COLA SALAD

Claribel Rockhill

USA

2 pkg black cherry jello	1 can crushed pineapple, drained
1 c hot water	1 bottle coca cola
1 can black cherries, drained	1 8-oz pkg cream cheese (cut in small pieces)

Dissolve the jello in the hot water. Allow it to cool. Add the remaining ingredients and allow to set. Serves 6-8.

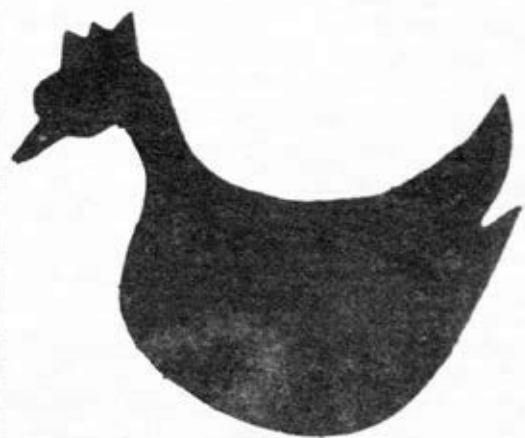
AUNT BERNIEL'S FRENCH DRESSING

Gwynne Inghan

USA

3/4 c vinegar	1 T celery seed
2 1/2 c sugar	3/8 c salad oil
1 small bottle catsup	1 can tomato soup
	2 T chopped onion

Mix the above ingredients together.



MEATS & POULTRY

SAUERBRATEN MIT KARTOFFEL KLOSSE (Potato Dumplings)
German Gail Gucker

cross rib of beef, or	2 med onions, sliced
top sirloin, or	6 peppercorns
bottom round (3-4 lb)	half lemon, sliced
1 T salt	water
2 T sugar	cider vinegar or claret
12 cloves	6 gingersnaps
6 bay leaves	

Place roast in large bowl and cover with mixture of half water and half vinegar or claret. Add remaining ingredients.

Cover and soak 3 days.

Drain meat and brown in sizzling butter. Add all liquid and spices from soaking mixture plus the gingersnaps. Cover tightly and simmer 2-3 hours. Remove meat, strain gravy and thicken it.

Kartoffel Klosse

6 med potatoes	$\frac{1}{2}$ c bread crumbs
2 eggs	$\frac{1}{2}$ t nutmeg
$\frac{3}{4}$ c flour	salt

Boil potatoes in jackets approximately 30 minutes. Remove skins and rice. Spread on towel to dry out mixture. Put in bowl and sprinkle in 2 t salt. Add eggs, sift in flour, and add bread crumbs and nutmeg. Work this all together, place on board and knead well (until you can make dry balls). Roll into balls (a little smaller than tennis balls) and drop into boiling salted water. When they come to surface boil for 3 minutes and then remove. Cover with buttered bread crumbs and serve. Enough to feed 8.

SAUTEED BEEF

Ruth Hyde

Peru

3 T butter	2 onions chopped
4 large potatoes, peeled and cubed	4 tomatoes chopped
3 T olive oil	1½ t salt
1½ lbs steak (sirloin or round) cut in 1-inch strips	½ t pepper
	¼ t dried chili peppers
	2 T vinegar
	1 c canned peas

Melt butter, add potatoes and fry 10 minutes turning frequently. Heat oil in another pan. Put meat in oil and fry over high heat 3 minutes. Turn meat to sear on all sides. Remove meat and sauté onions in pan 5 minutes. Add tomatoes, salt, pepper and chili and cook 5 minutes stirring frequently. Add steak and potatoes and stir carefully. Add vinegar and peas and cook over low heat 10 minutes stirring occasionally. Serve hot.

This recipe works out so that you can chop each ingredient just before adding while others are cooking. Serves 4.

BEEF STROGANOFF

Ann Getz

Hungary

2 T fat	1 T Worcestershire sauce
1 large onion, chopped fine	6 drops hot sauce
1 clove garlic, chopped fine	salt and pepper
1½ lb beef cut into 2 x ½ inch strips or smaller	½ pint sour cream
1 8 oz can tomato sauce	1/3 c sherry (wine)
1 4 oz can sliced mushrooms	

Brown onions and garlic in hot fat. Flour meat strips and brown in the onion mixture. Add all the rest of the ingredients to the meat and cook slowly for one hour. Serve over cooked rice or boiled noodles. Serves 4.

BEEF COOKED WITH NOODLES

Joan Sanbonmatsu

Japan

$\frac{1}{2}$ lb ground beef
 1 t sherry
 1 t oil
 $\frac{1}{2}$ t sugar
 dash of pepper

1 t Kikkoman soy
 sauce
 2 slices ginger root
 1 pkg of shirataki
 noodles

Fry ground beef; pour off fat. Add sauce of sherry, sugar, soy sauce, pepper, and ginger root. Set aside. Prepare noodles according to directions on pkg. After noodles are boiled, drain and mix with beef mixture. Let simmer for 5 min. May be made a few hours ahead and warmed. Serve with other dishes.

Serves 4.

CHINESE BARBECUE STEAK

Tok Au-Yeung

Hong Kong

2 lb flank steak
 Hoi-Sin sauce (8-10 oz
 or LESS TO TASTE)
 3 T white wine or brandy
 2-3 t soy sauce

1 T salt
 $\frac{1}{2}$ c vinegar
 2/3 c oil (total)
 1-2 T sugar

Cut flank steak into pieces about $\frac{1}{4}$ -inch thick. Mix Hoi-Sin sauce, brandy or wine, 1-2 T oil, vinegar and salt. Spread mixture all over steak pieces. Marinate for 30 minutes.

Pour $\frac{1}{2}$ c (approximately) oil in fry pan; heat to medium high temperature. Fry steak on both sides. Turn off heat. Add soy sauce to steak before serving. Serves 5.

Note: Amounts and proportions in the marinade can be adjusted to taste. The above recipe is spicy, NOT mild.

BEEF AND ONIONS

Fran Fiegert

China

2 T oil	1 T soy sauce
3 c onion rings, thinly sliced	$\frac{1}{2}$ t sugar
	1 t sherry

Sauté the onions slightly and add the soy sauce, sugar and sherry. Continue to heat a second or two. Remove from pan.

$\frac{1}{2}$ lb tender beef (top round), sliced fine	1 T soy sauce
2 t cornstarch	1 t sherry
	2 T oil

Dredge beef with a mixture of 2 t cornstarch, 1 T soy sauce, and 1 t sherry. Heat pan, add oil, and sauté beef.

Add onions to the beef. Heat thoroughly and serve hot. Serves 2-3.

ROULADEN (Beef Rolls)
Germany

Hatty Heyen

3 lb round steak, sliced $\frac{1}{2}$ -in thick and pounded down to $\frac{1}{4}$ in	5-6 slices bacon
4 t mustard	3 dill pickles
$\frac{1}{4}$ c onion, chopped	3 T fat
	2 T flour

Cut steak into 6 pieces 4 x 8 in. On each spread 1 t mustard, 2 t onion, a small piece of bacon and a piece of pickle. Roll it all up. Tie closed with thread or kitchen string.

In a skillet, brown these in fat. Then add water and simmer $1\frac{1}{2}$ hours or until tender. Remove rolls, let cool. Make gravy from liquid and

flour. Remove string from rolls. Add rolls to gravy and heat through. (Smaller rolls can be made.) Serves 6.

BEEF SUKIYAKI

Charlene Butwell

Japan

3 lb lean beef (sirloin tip or fillet)	2 lb shirataki, yam noodle (canned)
6 green onions	2 onions, thinly sliced
1 c fresh mushrooms, sliced	1 lb fresh spinach
1 piece Tofu, (4 in x 4 in) (soy bean curd)	1 c dashi
cut in small cubes	2 T sugar
1/4 c rendered beef fat	1 1/2 c soy sauce
	1 c saki
	1 t MSG

Slice beef as thin as possible and arrange it on a platter with spinach, washed and cut into 2-inch pieces, the two kinds of onions, shirataki, tofu and sliced mushrooms. In a bowl, put the dashi mixed with soy sauce, saki and sugar. Put platter and bowl on table, with an electric skillet. The dish is cooked at table. Heat fat until smoking. Put in beef slices, turning when cooked on one side. Add both kinds of onions and mushroom slices, and stir them in the fat until cooked. Collect these ingredients into a small space in the skillet and add dashi mixture. When it is hot add spinach, tofu and shirataki and stir until spinach is cooked, about 3 minutes. Add meat, onions, and mushrooms into other ingredients and sukiyaki is ready to eat.

The Japanese usually cook no more than half of the dish at one time, so that the second batch is being cooked while first is being eaten.

SHISH KABOB

Karen Ibrahim

Egypt

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| 4 lb leg of lamb | salt |
| approximately | pepper |
| 3 med or 2 large onions | parsley |
| juice of 3 lemons | oregano |
| 1/3 c olive or salad oil | |

The amounts of spices are determined by your own taste preference.

Cut leg of lamb into $1\frac{1}{2}$ to 2 inch cubes. Liquefy onions, lemon juice and spices in electric blender. Marinate lamb overnight in onion-juice mixture. Drain.

Arrange cubes of lamb with pieces of raw tomato, mushroom (raw), onion and pepper on skewers and grill over charcoal. Serve with rice.

SVIEČKOVA NA SMOTANE

Olga Ann Pribil

(Beef in Sour Cream Sauce)

Czechoslovakia

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|--------------------------|-----------------------------|
| 1 boneless beef roast | 4 large root parsley |
| (tenderloin, sirloin or | 8 black peppercorns |
| eye of round) about | 2 small bay leaves |
| 4 lbs | $\frac{1}{4}$ t dried thyme |
| 2 thin slices bacon, cut | 1 t salt |
| into narrow strips | red wine vinegar |
| 2 large onions, chopped | 2 T flour |
| 4 large carrots, scraped | 2 c sour cream |
| and diced | |

Cut gashes in meat and insert strips of bacon into gashes. Put the meat and all other ingredients except the flour and sour cream into a kettle and cover with equal parts of red wine vinegar and water. Leave to marinate for 24 hours. Turn over 1 or 2 times.

Spoon vegetables, seasonings, and liquid into baking dish and roast covered 40 min per pound at 325°.

When finished baking, remove meat from pan and keep warm. Strain drippings and liquid. Put strained liquid into a saucepan, stir in flour. Cook slowly stirring with a whisk until thickened. Add sour cream and leave on stove long enough to heat. Slice meat and serve covered with sauce and dumplings. (Next recipe).

Serves about 8.

BREAD DUMPLINGS

1 c stale white bread cubes	$\frac{1}{2}$ c milk $\frac{3}{4}$ t salt
$\frac{1}{4}$ c butter or margarine	2 c flour
2 eggs, beaten	

Saute bread cubes in butter until golden and crisp. Remove to a large bowl, add eggs, milk, and salt; mix well. Stir in enough flour to make a soft dough. With floured hands, shape dough into 6 dumplings. Drop into a large kettle of boiling salted water, boil uncovered until dumplings rise to the top, about 10-15 minutes.

Serves 6.

BURGUNDY SHORT RIBS

Jet LaZarre

French

6 lb short ribs of beef	salt and pepper
2 c dry red wine	to taste
1 onion, chopped	10 juniper berries
1 carrot, scraped and	(optional)
chopped	$\frac{1}{2}$ c flour
1 bay leaf	3 T salad oil
$\frac{1}{2}$ t dried thyme	3 T butter
3 sprigs parsley	1 c canned beef broth
1 clove garlic, crushed	12 small white onions
3 T olive oil	

Place meat in large mixing bowl with the wine, onion, carrot, bay leaf, thyme, parsley, garlic, olive oil, salt and pepper and juniper berries. Let stand 2-3 hours.

Remove ribs and let dry on paper towels. Reserve marinade. Preheat oven to 350°. Dredge ribs in flour and brown in salad oil and butter. Transfer to baking pan. Add beef stock to skillet then pour over ribs. Add half the marinade. Cover pan with foil. Bake ribs 2 hours adding more marinade as necessary. Add onions and continue cooking until meat and onions are tender, about 45 minutes longer. Transfer meat to hot platter. Strain sauce and serve separately. Serves 4-6.

Buttered noodles are an excellent accompaniment to this dish.

TRANSYLVANIAN GOULASH
Eastern Europe

Bea Leffler

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|-------------------------------------|--|
| 1 lb sauerkraut, fresh
or canned | 2 lb boneless pork
cut in 1 in. cubes |
| 2 T oil or margarine | 1½ t caraway seed |
| 1 clove garlic, finely
chopped | ½ c tomato puree
salt |
| 2 T sweet Hungarian
paprika | ½ c sour cream |
| 3 c chicken stock | ½ c heavy cream |
| | 2 T flour |

Wash sauerkraut thoroughly under cold running water, then soak it in cold water 10-20 minutes.

Melt oil in 5-quart casserole or large frying pan and add onions. Cook stirring 6-8 minutes, then add garlic 2 minutes longer. Off heat, stir in paprika and stir until well coated. Pour in ½ c stock, bring to boil then add pork cubes.

Now spread sauerkraut over pork and sprinkle with caraway seeds. In a small bowl combine tomato puree and rest of stock and pour over sauerkraut.

Bring liquid to boil then reduce heat to simmer, cover and cook 1 hour. Check liquid and add stock or water if needed. When pork is tender, combine sour cream and heavy cream in mixing bowl. Beat flour into cream with whick, then carefully stir this into casserole. Simmer for 10 minutes. Taste for seasoning. Serves 6.

KIBBEH SINEKA

Middle East

Zeddy Jordan

1 c borghul

Pine Nut Dressing:

3 T butter

4 med onions, minced

 $\frac{1}{2}$ t cinnamon $\frac{1}{2}$ lb ground meat

4-5 T pine nuts

salt and pepper to taste

Meat Mixture:

 $1\frac{1}{2}$ lb meat, ground

round or lamb

1 t dried mint leaves

1 t cinnamon

1 T salt

pepper to taste

 $\frac{1}{2}$ c melted butter

Wash borghul 2-3 times in cold water. Drain and allow to stand and absorb moisture in bowl. Leave 15 minutes.

For dressing, brown onions and $\frac{1}{2}$ lb meat in butter. Add pine nuts and seasonings and brown lightly.

Mix $1\frac{1}{2}$ lb meat, mint, cinnamon, salt and pepper. Knead meat mixture with the borghul. Keep hands moist with cold water to make kneading easier. Put half of meat mixture in loaf pan. Moisten hands to help spread evenly, about $\frac{1}{2}$ -inch thick. Pour pine nut dressing over layer of meat, distributing evenly. Make top layer of remaining meat mixture and smooth evenly. Cut into all layers with sharp knife lengthwise and crosswise forming squares or diamond-shaped pieces. Glaze top with $\frac{1}{2}$ cup of melted butter. Bake in pre-heated oven at 350° - 375° for 30-45 minutes.

FRIED RICE-JAVANESE STYLE

Matty Gould

Java

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| 4 c boiled rice | 1 med cucumber, sliced |
| 4 T vegetable oil | $\frac{1}{2}$ c fried crisp onion flakes |
| 2 med onions, minced | 6 med eggs |
| $\frac{1}{2}$ c minced beef | 1 clove garlic, minced |
| 2 T soy sauce | $\frac{1}{2}$ c chopped shrimp |
| 2 hot red peppers, sliced thin (optional) | salt and pepper to taste |

Beat 4 eggs. Heat a skillet and grease it with a few drops of oil. Make 4 thin omelets. Place aside to be used as garnish. Add about 2 T oil to skillet. Beat and make thicker omelet from rest of eggs. Remove and cut in $\frac{1}{2}$ -inch square pieces. Add rest of oil and fry onions and garlic for 2 min. Add beef, stirring until it is well done. Add shrimp, omelet pieces, soy sauce, salt, pepper, red peppers, and rice. Mix together on a low heat for about 8 min.

Garnish with sliced omelet, sliced cucumber, and crisp onion flakes. Serves 6.

CHALUPAS

Mary Helen Rojas

Mexico

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|-------------------------------|-----------------------------|
| 3 T cooking oil | 1 8 oz can tomato sauce |
| 1 lb lean ground beef | 1 t salt |
| 2 T chili powder | 1 lb cheddar cheese, grated |
| $\frac{1}{3}$ c chopped onion | 1 doz corn tortillas |
| 1 13 oz can evap. milk | |

Brown beef in oil, add chili powder and onions and simmer until onion is tender. Add milk, tomato sauce, and salt. Heat over low flame until hot. Cut tortillas in $\frac{1}{2}$ -inch strips. Arrange alternating layers of tortillas, meat mixture and cheese in baking dish. Bake at 300° for 40 minutes. Serves 8.

POLISH STUFFED CABBAGE ROLLS
Poland

Mrs. James Kaminski

1 med cabbage, about 2 lb	2/3 lb ground beef
1 bay leaf	1 c soaked rice
1 clove garlic, whole	3/4 c sour cream
2-3 T butter or margarine	1-3/4 t salt
1 c onion, finely chopped	1/8 t pepper
	3/4 c (1/2 can) tomatoes, sieved

Remove 12 large leaves from the cabbage. Shred enough of the remaining cabbage to yield 2 cups shredded cabbage. Spread the shredded cabbage in a casserole with the bay leaf and garlic. Set aside.

Pour boiling water into large saucepan to 1-inch level. Add large cabbage leaves with $\frac{1}{2}$ t salt.

Cover and simmer 2-3 minutes or until leaves begin to soften; drain. Heat the butter or margarine in a large heavy skillet. Add the onion and cook until it is transparent. Remove from heat and mix in thoroughly the ground beef, rice, $\frac{1}{2}$ c sour cream, $\frac{3}{4}$ t salt and the pepper. Place about $\frac{1}{2}$ c of the mixture in center of each cabbage leaf. Roll each leaf, tucking ends in toward center. Place rolls on shredded cabbage in casserole. Pour tomatoes over the rolls. Add $\frac{1}{2}$ t salt and a little pepper. Cover and simmer over low heat 45-60 minutes or until rolls are tender. About 10 minutes before rolls are tender, pile lightly on beef rolls $\frac{1}{2}$ c thick sour cream. Cover and complete cooking. Serves 6.

Note: All of the sour cream may be put in the meat mixture, rather than on top of the rolls. The rolls may also be baked in the oven at 350° till they are tender. I find this to be easier.

than on top of the stove. This dish can be prepared a day ahead of time and then baked just before serving. It also freezes very well. (Bake before freezing.)

CABBAGE ROLLS

Alyce Lampen

USA

Large head cabbage	1 large onion, sliced
1 lb chuck, ground	2 8 oz cans tomato sauce
$\frac{1}{2}$ c uncooked rice, regular or processed	2 1 lb 13 oz cans tomatoes, (7 c)
1 small onion, grated	juice of 2 lemons
2 eggs	1 t salt
1 t salt	$\frac{1}{4}$ t pepper
$\frac{1}{4}$ t pepper	$\frac{1}{2}$ -1 c brown sugar, packed

Remove 12 large leaves from cabbage. Trim off thick part of each leaf. Let boiling water stand on leaves a few minutes, so they will roll easily.

Combine meat, rice, grated onion, eggs, 1 t salt, $\frac{1}{4}$ t pepper. Place mound of meat mixture in cup part of each leaf. Loosely fold over sides of each leaf. Roll up.

Start heating oven to 375°. In bottom of Dutch oven place a few of remaining cabbage leaves. Arrange layers of stuffed cabbage, with seam sides down, and sliced onion in Dutch oven. Pour tomato sauce, tomatoes, lemon juice over cabbage rolls. Add 1 t salt, $\frac{1}{4}$ t pepper. Bring to boil on top of range. Sprinkle with sugar to taste. Bake, covered, 1 hour. Uncover. Bake 2 hours.

Serves 8.

MOUSAKA

Greece

Helen Mouganis

3-4 eggplants	1 c water
oil for frying	1 t oregano
1 lb chopped meat	2-3 T red wine
1 c tomato sauce	salt and pepper
1 c grated cheese	6 T bread crumbs
2 T chopped parsley	white sauce*
2 onions, chopped	melted butter

Brown onions in oil. Add chopped meat and fry until brown. Stir in sauce, parsley, oregano, wine, water, salt and pepper. Cover and cook gently for 30-40 minutes. Remove from heat, add 2 T of crumbs and stir well. In the meantime, rinse and wipe eggplants and cut lengthwise in slices. Salt them and let them strain in colander. Brown quickly in oil on both sides and place on absorbent paper. Prepare white sauce.*

Sprinkle bottom of greased pan with half of the bread crumbs and half of the cheese. Arrange a layer of eggplants over this and cover with half of the meat mixture, then the second layer of eggplants and the rest of the meat mixture. Cover with the white sauce. Sprinkle the rest of the cheese and bread crumbs over this, and pour some melted butter over the top. Bake at 375 for 20-30 minutes until golden brown. Cool lightly and cut in squares. This dish can be prepared well in advance and baked just before mealtime. Serves 6-8.

***White Sauce**

4 T butter	1 t salt
6 T flour	$\frac{1}{2}$ t nutmeg
4 c hot milk	2 egg yolks

Melt butter and gradually blend in flour. Add milk and stir until the mixture thickens and starts

boiling. Add salt and nutmeg and continue stirring until sauce becomes smooth and thick. Add egg yolks, stir and pour over mousaka before baking.

MUSAKA YUGOSLAV STYLE

Sandra Hill

Greece

3 med eggplants	$\frac{1}{2}$ c fine, dry bread
salt	crumbs
flour	$\frac{1}{2}$ t pepper
7 eggs	1 clove garlic, minced
$\frac{2}{3}$ c vegetable oil	2 c milk
3 large onions, minced	$\frac{1}{8}$ t nutmeg
$\frac{1}{2}$ c butter or margarine	3 egg yolks, beaten
$\frac{1}{2}$ lb ground beef	dairy sour cream
$\frac{1}{2}$ lb ground lean pork	optional
1 lb ground lean lamb	

Peel eggplants and cut in $\frac{1}{4}$ -inch lengthwise slices. Sprinkle generously with salt and let stand 15 minutes. Dust with flour. Then dip in 5 eggs, beaten, and brown quickly on both sides in hot oil. Set aside.

In skillet cook onion in $\frac{1}{2}$ c butter until golden. Mix meats, 2 eggs, bread crumbs, $\frac{1}{2}$ t salt, pepper and garlic. Add to onion and cook and stir until meat is crumbled and lightly browned. In saucepan, melt remaining butter and blend in 6 T flour. Gradually add milk and cook, stirring, until smooth and thickened. Stir in $\frac{1}{2}$ t salt and the nutmeg. Stir a little of the hot sauce into the egg yolks. Stir mixture into sauce. Line a $3\frac{1}{2}$ to 4 quart shallow baking dish or roasting pan with a layer of meat mixture, then a layer of eggplant. Repeat layers until all eggplant and meat are used, ending with eggplant. Pour sauce over top. Bake in moderate oven (375) for 1 hour. Cut in squares and serve with sour cream if desired. Serves 10.

KOENIGSBERGER KLOPS
Germany

Judy Kayser

1 lb gr beef or gr lean pork	1½ oz flour
1 stale roll or slice of stale bread	2 c chicken or beef stock (water if no stock is on hand)
1 egg white	1 T capers
1 onion, finely chopped	1 t lemon juice
salt and pepper	1 egg yolk mixed with
1½ oz butter or margarine	2 T cold water

Soak bread in water and then squeeze out the water. Mix together the meat, bread, egg white, onion, salt and pepper. Shape into balls with hands.

Melt fat, add flour and cook over low fire until pale yellow. Stir in the cold stock very gradually, stirring constantly. When thickened and smooth, add the meat balls and simmer gently for 30 minutes over a low heat. Season with capers, lemon juice, salt and enrich with the egg yolk beaten in the water. Good served hot with boiled potatoes. A favorite with children especially. Serves 4.

KAFTA
Egypt

Karen Ibrahim

2 lbs ground chuck or round	salt and pepper
1 egg	cumin
1 med onion	garlic salt
	parsley
	} to taste

Liquefy onion and egg in blender. Add with spices to ground meat and mix thoroughly. Form mixture into oval patties, approximately 1½ x 2 inches. Broil patties (on both sides) over charcoal until brown. Serve with sprigs of parsley as garnish.

BEEF TACOS

Mexico

James J. Horn

2 lbs ground beef	1 t tabasco (optional)
1 large onion, chopped	1 t salt
1 c tomato sauce	$\frac{1}{4}$ t pepper
1 4 oz can taco sauce or Vlasic Hot Picalilly	2 dozen tortillas

Sauté onion in butter; add beef and brown. Drain excess fat. Add tomato sauce, taco sauce, salt, pepper, tabasco and simmer 10 minutes or longer. Meanwhile heat $\frac{1}{4}$ inch oil in skillet and drop tortillas in for no longer than 3 seconds per side, turning with tongs. Drain on paper towels and place in warm serving dish. (To make crisp taco shells, drop tortillas in deeper oil and fold in middle. Fry until crisp.)

To serve, put meat in line in middle of tortilla.

Garnish with any or all of the following:

grated sharp cheddar cheese (1 cup)
3 tomatoes and 1 large onion chopped and mixed together
shredded lettuce
hot taco sauce (or Vlasic Hot Picalilly)

Serves 8. Recommend: serve with sangria.

GESCHNETZELTES NACH ZURCHERART

Switzerland

Marlies Anderson

1 lb veal	nutmeg
or	$\frac{2}{3}$ c white wine
$\frac{1}{2}$ lb veal and $\frac{1}{2}$ lb veal	$\frac{1}{2}$ lb sliced mushrooms
kidney	1 T butter
2 T oil	1-2 T flour
1 diced onion	1 c milk
salt and pepper	$\frac{1}{2}$ c cream
paprika	

Cut the meat into small thinly sliced pieces. Brown the meat quickly in oil with the onions.

Add spices to the mixture and put it aside. Into the pan used for browning the meat, pour the wine, heat, and stir up the meat scrapings. Boil it down a bit, and then pour this wine sauce over the meat. Sauté the mushrooms in butter, then set aside where they will be kept warm for later use. Make a white sauce with the flour and the milk. Add the meat to the white sauce, heat, but do not boil. Add the cream, correct the seasoning, put into a serving dish and top with the mushrooms. Serves 4. Serve with rice and a salad.

SWEET AND SOUR PORK

China

Judy Kayser

2 lb pork riblets or	‡ c flour
small spare ribs	‡ t salt
(cut into 1 in. slices)	2 T water
2 eggs	

Simmer pork in boiling, salted water for 15 min. Drain well and dip into batter made of eggs, flour, salt and water beaten smooth. Fry pork riblets in deep oil until brown and crisp. Set aside and prepare sauce as follows.

1 c apple cider vinegar	1 c sugar
1 c water	1 t MSG
3/4 t salt	3 T cornstarch
2 large green peppers	2 T oil

Place above in pot and bring to boil, stirring constantly. Pour over pork and garnish with mixed pickles and serve at once. Serves 4.

PORK LO MEIN

Joan Sanbonmatsu

China

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|---------------------------------|---------------------------------|
| 1 lb Chinese egg noodles | 1 t sesame seed oil |
| 2 or 3 stalks Chinese cabbage | dash pepper |
| 2 or 3 pork chops or pork steak | soy sauce (Kikkoman or La Choy) |
| | oil |

Boil noodles in about 2 quarts of water with 1 t sesame seed oil. Drain. Rinse lightly. Set aside. Parboil chops or steak with chopped Chinese cabbage in water about 15 min. Drain. Cut meat off bones in bite-size pieces. Add pork and cabbage to noodles and stir fry 2 min in a hot (high) well-oiled frying pan. Add soy sauce to taste. Serves 4.

CHOP SUEY

Janice Liebe

China

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|--|--|
| 1 lb <u>lean</u> pork cut up in small pieces | 1 t salt |
| 1 large onion, cut up | 1 can bean sprouts |
| 3 c chopped celery (may want to use less) | 1 small can mushrooms (optional) |
| 3 c water | $\frac{1}{2}$ small (5oz) bottle soy sauce |
| | 2 T cornstarch |

Fry pork; brown in 1-2 T vegetable oil. Push aside and brown onions; mix together. Add celery and let brown for 2 min. Add 3 c water and let come to boil. Mix soy sauce and cornstarch; add to above and stir until smooth. Cover and let simmer 5 min. Add drained bean sprouts and mushrooms. Cover until ready to serve. Serve with rice. Serves 4.

JAPANESE SWEET AND SOUR PORK

Karen Carerud

Japan

1-1½ lb lean pork, cut into bite-sized chunks	4-6 carrots, sliced diagonally across the grain
1 onion, chopped	1 can button mushrooms
1 clove garlic, minced	1 can bamboo shoots, if available
1 grated ginger root, or ½ t ground ginger	1 c wine vinegar
1 c soy sauce	¼ c sugar
½ c sugar (to taste)	1 T soy sauce
peanut oil (small amount)	2 T cornstarch
1-2 green peppers, cut in strips	oil for deep-frying

Cut excess fat off pork chunks. Marinate in next 5 ingredients for 2 hours or refrigerate no longer than overnight.

Roll chunks of marinated pork in flour and deep fry in hot oil. Remove from oil and drain. In a large skillet, heat the peanut oil and sauté the carrots, green pepper, bamboo shoots and mushrooms. Add meat and simmer a few minutes. Mix wine vinegar, ¼ c sugar and 1 T soy sauce. Add half of this to the meat mixture and stir. Mix the cornstarch with the rest of the vinegar mixture and add to the other ingredients. Stir in remaining marinade. Simmer covered for a few minutes more. Vegetables should still be somewhat crisp. Serves 4.

All measurements are approximate and can be adjusted to taste. Kikoman or Tamari soy sauce are closest to Japanese soy sauce.

JAMBON CONGOLAIS

Monique Tirard

France

4 bananas	butter
4 slices of ham	mustard (Grey Poupon,
Swiss cheese	American made from a
	French recipe - in
	any super-market)

Spread mustard thinly over a slice of ham. Put the banana on the ham and roll the ham around it. Put in a buttered oven-proof dish. Dot with butter. Cover abundantly with ground Swiss cheese. Bake uncovered in a moderate oven for $\frac{1}{2}$ hour or until brown.

GLAZED HAM SLICE WITH CRANBERRY-RAISIN SAUCE

USA

Ann Noonan

1 $1\frac{1}{2}$ -inch slice ready	dash of salt
to eat ham (2 lb)	$\frac{1}{2}$ c orange juice
$\frac{1}{2}$ c brown sugar	$1\frac{1}{2}$ c bottled cranberry
2 T cornstarch	juice cocktail
dash of cloves	$\frac{1}{2}$ c seedless raisins

Slash fat edge of ham at 2-inch intervals. Place in shallow baking dish and bake at 325° for 30 minutes. Make Sauce: Mix sugar, cornstarch, cloves and salt. Add orange juice, cranberry juice and raisins. Cook and stir until mixture thickens and comes to a boil. Remove ham from oven. Spoon some of the sauce over the ham; return ham to oven and bake 20 minutes or until glazed. Pass remaining sauce with ham. Serves 5-6.

LAMB CURRY

Shobha Mathur

India

$\frac{1}{2}$ c shortening	1 t curry powder
2 lbs lamb, cubed	$\frac{1}{2}$ t turmeric
2 onions, chopped	1 t red pepper
$\frac{1}{2}$ garlic, chopped	1 T salt
1 t ginger, fresh and chopped	1 c plain yoghurt

In a blender mix onion, garlic, and ginger till semi-liquid. Keep the burner on medium heat. Heat a saucepan and pour shortening in it. Put the ingredients of the blender in the pan and stir. Add salt, red pepper and turmeric. Stir constantly for five minutes. Add yoghurt and stir for another ten minutes. Add a cup of warm water and mix the lamb pieces with the curry. Cover and let cook for half an hour. Uncover to see if the meat is tender. Serves 4 with rice.

KAFTA SNO-BAR

Lamb Meat Balls with Pine Nuts

Middle East

Dottie Humm

$1\frac{1}{2}$ lb ground lamb	4 T pine nuts ($\frac{1}{2}$ c)
2 med potatoes, boiled and mashed, or use instant potatoes	$\frac{1}{2}$ t oregano
2 T butter	1 t salt
1 egg, beaten	$\frac{1}{2}$ t freshly ground pepper

Combine mashed potato, egg, butter, oregano, salt and pepper. Knead in the meat. Run mixture through grinder twice (optional). Shape into 8 flat patties. Put a heaping teaspoon of pine nuts on each patty. Close meat around nuts. Form each patty into a ball. Arrange in a buttered baking pan--add 1 c cold water. Cover and bake at 350° for 30 minutes. Remove cover and bake 5 minutes more. Serve hot with rice and salad. Serves 4-5.

ARROZ CON POLLO (Chicken with Rice)

Panama

Wendy Alguero

A.

2½ lbs chicken

B.

2 red peppers, chopped
1 clove garlic, chopped

3 t salt

3 t olive oil

1 t vinegar

C.

2 oz ham, chopped

5 pieces of bacon

2 onions, chopped

1 green pepper, chopped

D.

1 sm can tomato sauce

½ sm can tomato paste

E.

3 c rice

F.

1 10 oz jar green
olives, chopped

½ 3½ oz jar capers

2 tomatoes, chopped

G.

1 16 oz can peas

1 sm jar of red pep-
pers, chopped

Cut chicken into small pieces. Marinate in ingredients B for at least 2 hours.

Remove the chicken and brown in olive oil. Add ingredients C to the frying pan. Lower heat to medium and cook 10-15 minutes, until the onions are tender.

Add ingredients D and then add water, to reach the top of the chicken. Cook 20-30 minutes.

In a clean pan, (Dutch oven or electric frypan) fry the rice in a little oil. Then add the sauce and chicken.* Add ingredients F to the pan. Cook quickly, without covering, until the liquid is absorbed. Cover and cook on low heat for another 15 minutes. Add peas. Turn the rice and cook 10 minutes more. Rinse the peppers and decorate the arroz. Serves 4-6.

*The chicken can be left on the bone or shredded at this point.

CHICKEN CURRY
India

Raj Madan

2 lb chicken, cut up	$\frac{1}{2}$ t ground hot red pepper
3 T shortening or oil	$\frac{1}{4}$ t black pepper
1 c onion, finely chopped	1 c tomatoes, fresh or canned, finely chopped
1 clove garlic, finely chopped	$\frac{1}{2}$ c plain yogurt
$1\frac{1}{2}$ t salt	$\frac{1}{2}$ c water
2 t curry powder	

Remove skin from chicken, wash and pat dry. In a heavy saucepan melt the shortening over medium high heat. Add onions and fry them until golden brown; add all the spices and fry for 2 more min. Add chicken and fry for 7 or 8 minutes, stirring constantly. Add tomatoes and yogurt and stir for 3 minutes. Add water and bring to a boil. Reduce the heat, cover tightly and simmer for 15 to 20 minutes or until the chicken is tender and not falling apart. Serves 4-6. Can be served over boiled rice.

CHICKEN AZTECCO
Mexico

Marilyn Strong

1 broiler-fryer, cut up	1 can (10 $\frac{1}{2}$ oz) condensed chicken broth
$\frac{1}{2}$ c flour	
$\frac{1}{4}$ c pure vegetable oil	1 pkg (1 $\frac{1}{2}$ - 1 $\frac{3}{4}$ oz) chili seasoning mix
1 c uncooked rice	
1 green pepper, chopped	
$\frac{1}{2}$ c sliced stuffed green olives	
1 can (15 oz) tomato sauce with tomato bits	

Dust chicken lightly with flour, brown in oil in skillet. In 2-quart casserole, combine rice, green pepper and olives and arrange chicken on top. Combine remaining ingredients; pour over chicken; cover. Bake at 350° about 1 hour or until rice is tender. Toss lightly before serving to fluff rice. Makes 4 servings.

CHICKEN WITH PORT AND OLIVES

Garalee Six

France

1 3 lb frying chicken,
cut up
2 T butter and 1 T oil
salt and pepper
 $\frac{1}{2}$ c each pitted green
olives and pitted
black olives

1 c Port
 $1\frac{1}{4}$ c good homemade
beef stock or a
10 $\frac{3}{4}$ oz can
beef broth
1 T arrowroot or
cornstarch blended
with 1 T brandy

Over medium high heat, heat the butter and oil until they foam. Add the chicken and cook 2 or 3 min on each side, until light gold in color. Season the chicken with salt and pepper to taste. Reduce the heat to moderately low, cover the pan, and cook until done. This will take 20-25 min for dark meat. White meat will be done 7-8 min earlier and should be removed when done. The chicken should be turned several times during cooking.

While the chicken is cooking, blanch the olives in a large pot of simmering water for 7-8 min, longer if they are very salty. Drain and reserve.

When the chicken is done, remove it from pan and keep warm. Pour off all but about 1 T fat. Add the port and stock; boil until it is reduced to about $1\frac{1}{4}$ c. Add olives and simmer 1 min to blend. Turn off the heat, stir in arrowroot or cornstarch and brandy. Return to heat and simmer 3-4 min, until sauce is clear and thickened sufficiently to coat a spoon lightly. Return the chicken to the pan and simmer briefly to heat through.

Chicken is best if served immediately, but can be kept warm over very low heat for 15 min or reheated gently later. Serves 4-6.

CHICKEN PILAF

Shobha Mathur

India

- | | |
|--|-------------------------------------|
| 6 chicken drumsticks,
boiled | $\frac{1}{2}$ fresh garlic, chopped |
| 2 c long grained rice,
washed and drained | 6 whole cloves |
| $\frac{1}{2}$ c oil or shortening | 6 whole black pepper-
corns |
| 1 med onion, chopped | 1 T salt |
| | 1 t fresh ginger,
chopped |

Keep the burner on medium heat. Pour oil in a saucepan. Add onion, garlic, cloves, black pepper and ginger. Stir and cover the pan for 2 minutes. Add chicken drumsticks and salt. Pour 4 c water in the saucepan and cover until it boils. Add rice. Lower the heat and cover. Let it cook for approximately 10 minutes or until the water evaporates. Turn the heat off and let the pan remain on the burner for 2 minutes. Serve hot. Serves 6.

CHICKEN PULAO (Pilaf)

Sarwat Malik

Pakistan

- | | |
|---|------------------------------|
| 2 lb chicken, cut up | 2 cinnamon sticks |
| 2 lb rice, soaked for
$\frac{1}{2}$ hour | 4 oz vegetable
shortening |
| 8 c water | 3 med onions, sliced |
| $\frac{1}{2}$ T salt, or to taste | 1 t garlic powder |
| 8 black peppercorns, whole | 1 T salt, or to taste |
| 10 cloves | $\frac{1}{4}$ t cumin |
| 8 cardamons, whole | 6 bay leaves |
| 10 coriander, whole | pinch of saffron |
| 10 garlic cloves, peeled | yogurt |

In one pan, put chicken pieces, water, salt, garlic, peppercorns, cloves, cardamon, coriander and cinnamon. Cook until the chicken is tender. In another pan, heat shortening and sauté onions until brown. Add the chicken pieces and brown, stirring fre-

quently. RESERVE THE SOUP. Add garlic powder and 1 T salt to chicken. Strain the soup and add water to make 1 quart. Add this to the chicken and bring to a boil. Add rice, cumin, bay leaves and saffron. On low to medium heat, cook until rice is tender and water is dried. Do not overcook. Serve hot with meat curry and/or plain yogurt. Serves 6.

CHICKEN CREPES

Karen Ibrahim

Egypt

1½ whole chicken breasts	2 c flour
1 can Campbell's cheddar cheese soup	2 c milk
¼ c grated onion	2 eggs
¼ c spinach, cut up	2 T butter, margarine or salad oil
½ soup can milk	

Fry chicken breasts until tender. Cool, bone and dice. Mix with ½-can cheddar cheese soup, onion and spinach.

Mix flour, milk, eggs, and fat (in blender or by electric mixer) until smooth. Prepare crêpes; pour ¼ c batter into hot oiled skillet; fry until crêpe is dry on top (fry on one side only). Repeat until batter is used.

Put approximately 1 T filling into each crepe. Roll up. Arrange rolled crêpes in greased 9 x 13 casserole. Mix remaining ½ can cheese soup with ½ can milk; mix and pour over crêpes in casserole.

Bake at 350° degrees for ½ hour. Serve.

CHICKEN AND YOGURT

Alix Naff

Lebanon

- | | |
|-----------------------|------------------------|
| 1 med chicken, cut up | 2 T, heaping, corn- |
| 1 qt yogurt, | starch (diluted to |
| slightly tart | liquid in some yogurt) |
| 3 med onions, sliced | or |
| lengthwise about | 2 egg whites, slightly |
| 1/8 inch thick | whipped |

Add diluted cornstarch or egg whites to quart of chilled yogurt. Stir very well (almost whipping). Cook over slow to medium fire, stirring constantly to prevent lumping until it begins to boil. Add chicken and salt. Cover; simmer until chicken is almost cooked to taste. About 15 minutes before it is well-cooked, add slivered onions. Do not overcook onions. Or, bake in deep baking dish at 350°. Serve with green vegetable and salad and rice with vermacilli. Serves 4-6.

Note: In adding salt, be careful as yogurt will taste saltier than most foods because of its tartness. This meal is best cooked a day in advance so that chicken can marinate in yogurt and onions and so that chicken fat which congeals on top can be removed.

Store bought yogurt can be used but is really too mild. Home-made has more tang.

YOGURT

- 1 qt homogenized milk
- 2 T, heaping, yogurt
(may be store bought)

Dilute yogurt with a little cold milk to a liquid. Bring the quart of milk to a boil over slow fire (until milk rises). Cool down (preferably by constant stirring) until you can keep your little

finger (down to second knuckle) in the milk for about ten seconds. It should not be too hot or too cool. You should feel a slight sting. Add diluted yogurt starter; stir well; cover. Keep at moderate warm temperature. Set in insulated place, such as an unheated oven, to solidify. Or cover well with towels or small blanket and place away from drafts. Do not disturb sooner than 3-4 hours, perhaps longer. The longer the yogurt is allowed to set, the more tart it becomes. For cooking or cheese, it is best left overnight. You will find a yellowish water formed in the fissures of the mold. This may be drained off or left, depending on how thick you want your yogurt. For cooking, it is not necessary to remove the yellowish water. Do not disturb the mold until after it has been thoroughly chilled for several hours in a refrigerator. Be sure to save some of this yogurt for your next batch. This will make a much better starter than the store bought variety.

Yogurt Cheese Spread: After yogurt is chilled, stir well to break up lumps, and salt lightly. Let drain in cheesecloth bag (tightly woven) to desired spreadability.

RICE WITH VERMICELLI
Lebanon

Alix Naff

1 c long-grain rice
1/8 lb butter,
 preferably rendered
2 c water
1 t salt

1/3-1/2 c vermicelli or
thin spaghetti
 broken into roughly
 1 inch lengths

Soak rice in hot salted water for at least a half hour (even Uncle Ben's). Brown vermicelli or spaghetti in butter, stirring constantly so that they brown evenly. Add hot water and salt. Bring to boil. Add rice, stir; cover. Cook on medium

fire 20-25 minutes. Remove cover only once to stir after about 15 minutes. Serve in bowl or platter; sprinkle lightly with cinnamon before serving. Serves 4-6.

CHIANG PAO CHI TING

Jet LaZarre

China (Stir-fried Chicken Breasts with Hoisin Sauce)

2 whole chicken breasts	6 water chestnuts, cut in $\frac{1}{2}$ -in cubes
1 T cornstarch	$\frac{1}{2}$ lb fresh mushrooms, cut in $\frac{1}{2}$ -in cubes
1 T dry sherry wine	$\frac{1}{2}$ t salt
1 T soy sauce	2 T Hoisin sauce
$\frac{1}{2}$ c vegetable oil	$\frac{1}{2}$ c roasted almonds
1 med green pepper, seeded and cut in $\frac{1}{2}$ -in squares	

Prepare ahead: Bone and skin chicken breasts making sure you remove the tendon. Slice into $\frac{1}{2}$ -inch strips, then cut strips crosswise to make $\frac{1}{2}$ -inch squares.

Place chicken in bowl and sprinkle with cornstarch, tossing to coat pieces evenly. Add wine and soy sauce tossing again to coat squares.

Place chicken and all other above ingredients within easy reach.

To Cook: Set wok over high heat for 30 seconds. Add 1 T oil and heat for another 30 seconds. Turn heat down to moderate. Add green peppers, water chestnuts, mushrooms and salt and stir-fry for about 3 minutes. Scoop out vegetables and set them aside. Pour 3 T oil into wok. Heat; add chicken and stir-fry until chicken turns white and firm. Add Hoisin sauce. Stir well into chicken. Add vegetables again and cook for 1 minute longer. Drop in nuts and stir to heat thru. Transfer to platter and serve at once with rice. Serves 4.

BAKED SALT CHICKEN

Tok Au-Yeung

Hong Kong

2 lb chicken, cut up
salt
1 clove garlic, peeled

1 bunch scallions
corn oil

Wash chicken and dry in air. Pour $\frac{1}{3}$ to $\frac{1}{2}$ c oil into a 9 x 13 or other suitable baking pan. Place garlic clove in baking pan. Place chicken in pan. Drizzle oil all over chicken. Add salt to taste. Add $\frac{1}{2}$ c water to pan. Cover pan and bake for 40 minutes in a 400° oven. After 40 minutes, turn chicken over, cover with scallions, cover pan again and return to oven for another 15-20 minutes. Serves 5.

SLICED CHICKEN IN SWEET AND SOUR SAUCE

Indonesia

Matty Gould

2 chicken breasts, boned	1 large egg, beaten
3 T cornstarch	1 c vegetable oil
1 med onion, sliced	1 large tomato, sliced
$\frac{1}{2}$ c sliced carrots	2 T sugar
2 T vinegar	$\frac{1}{2}$ c water
1 c sliced cauliflower	$\frac{1}{2}$ c snow peas
	salt and pepper

Cut chicken into slices $\frac{1}{2}$ in. thick. Dip in beaten egg, then in cornstarch. Brown in oil, then remove and drain. Remove oil, leaving 1 T in pan. Brown onion in oil, then add tomato, carrots, sugar, salt, pepper and vinegar and water. Bring to a boil, reduce heat and simmer 10 minutes. Add chicken, cauliflower and snow peas and simmer about 3 minutes longer. Serves 4.

CHICKEN CURRY
Burma

Martha Deichler

3½ lb chicken, boned and cut in bite-sized pieces	1 T fat
1 large onion, chopped very fine	½ t turmeric
5 cloves garlic, chopped very fine	1 med tomato, cut in small pieces
½ t crushed hot pepper (French's)	salt
	water
	soy sauce
	Accent

Mix onion and garlic and sprinkle hot pepper on top. Heat fat in heavy pan. Sprinkle in turmeric and stir until fat turns yellow. Add onions, garlic and hot pepper and sauté until fat appears on the vegetables. Add tomato to onion mixture. Cook until fat is apparent again. Salt the chicken to your taste and add to the vegetable mixture. Cook as long as possible before adding water--enough to make a medium thin sauce. Sprinkle on soy sauce to taste--add a little Accent to point up the flavor. Continue cooking until chicken is tender. Serves 6-8.

DORO WOT (Chicken Stew)
Ethiopia

Abraham Brouk

1 3-lb chicken, cut up and skinned	2 t curry powder
3 c onions, diced	1-3 T hot red pepper (Ethiopians have a special kind.)
½ c margarine or butter	1-2 cloves garlic, or ¼ t garlic powder
2 t salt	2 c water
¼ t black pepper	1-2 T tomato paste (optional)
¼ t ginger	6 eggs, hard-boiled
¼ t cinnamon	
¼ t marjoram	
¼ t thyme	

In a heavy pan, sauté the onion in the butter. Add the spices and garlic to the onions and con-

tinue heating and stir well until the onions are soft. Add water (and tomato paste if desired). Cut gashes into the chicken pieces so the sauce can penetrate deeply. Add the chicken to the sauce and simmer for 1-1½ hours or until the meat is tender. Take the peeled hard-boiled eggs and put gashes in them (for sauce penetration) and add them to the chicken and sauce a few minutes before serving. Serves 5-6.

Ethiopians eat the stew with injerra which is a pancake-like bread, about two feet in diameter, made from teff, a grain fround in Ethiopia, or less commonly wheat.

CHICKEN PAPRIKA
Viennese

Bea Leffler

3 lb chicken, cut up	1½ T sweet paprika,
salt	Hungarian
2 T oil	1 c chicken stock,
1 c onion, finely chopped	fresh or canned
½ t garlic, finely chopped	2 T flour
	1½ c sour cream

In a 10-inch skillet heat oil and fry chicken pieces until golden. Remove as they brown and set aside. Pour off most fat except a thin film and add onion and garlic. Cook 8-10 minutes over medium heat. Remove from heat and stir in paprika until well blended. Return skillet to heat and add chicken stock. Bring to boil and add chicken pieces. Cover and simmer for 20-30 minutes or until chicken is tender.

Stir flour into sour cream and mix with wire whisk. Remove chicken to platter and add sour cream to simmering juices. Simmer 6-8 minutes or until sauce thickens. Pour over chicken. Serve with noodles. Serves 4-5.

GEROUF RICE

Nigeria

Ezekiel Banbel

8 oz long grain rice
or Minute Rice
2 lbs cooked chicken,
beef, or fish
 $\frac{1}{2}$ c chopped onions
 $\frac{1}{2}$ c chopped green
pepper

$\frac{1}{2}$ c chopped celery
 $\frac{3}{4}$ c tomato juice
or stewed
tomatoes
1 T butter or
margarine

Cook rice according to package directions. Mix together the remaining ingredients and add to rice. Salt and pepper to taste. Serves four.

The dish is served for lunch or dinner and many people like bananas sliced on top.



PESCADO AL ESCABECHE

(Pickled Fish)

Ecuador

Maria Elena Angulo

- | | |
|--|---|
| 1 lb flounder, cut in serving pieces | 2 med onions, peeled, halved and cut in wedges 1/8-in thick |
| 1 egg | 1 sm leek, including 1-in of the green, washed and cut in rounds 1/8-in thick |
| flour | 1 T salt |
| 1/3 c olive oil | Ann Page whole mixed pickling spices, to taste |
| 1 c dry white wine | 1 lemon, cut lengthwise into halves and then crosswise into 1/8-in slices |
| 1 c white vinegar | |
| 2 chicken boullion cubes, dissolved in | |
| 1 c hot water | |
| 3 carrots sliced diagonally 1/8-in thick | |
| or | |
| turnips, celery, peppers, onions, etc. | |

In a heavy flameproof 4- to 5-qt casserole, heat the olive oil. Turn the heat down to moderate if the oil begins to smoke. Dip flounder in egg, then lightly in flour. Brown it in the oil, a few pieces at a time. Start the pieces skin side down and turn them with tongs. Add the wine, vinegar, water, onions, carrots, leek, salt and spices, and bring to a boil over high heat. Reduce the heat to low, cover the casserole, and simmer undisturbed until the fish is tender but not falling apart. Arrange the fish pieces in a deep serving dish just large enough to hold them snugly in one layer. Pour the cooking liquid with the vegetables over the fish. Decorate the top with the lemon slices, and cool to room temperature. Cover the dish and refrigerate for at least 6 hours, or until the cooking liquids have jelled. Serve on chilled plates. Serves 4-6.

Note: Any type of fish, fresh or frozen, may be used. This dish may be served as an appetizer or a main course.

SALT COD FISH CAKES

Nova Scotia, Canada

Marcia Ullman

1½ c salt cod, cooked and flaked	1/8 t pepper
1½ c mashed potatoes, still warm	¼-½ c milk (enough to soften mixture to form patties)
3-4 T onion, finely grated	

Combine salt cod and mashed potatoes. Add next 3 ingredients. Blend well and form into 6 flattened balls or cakes. Coat with flour on both sides and fry in vegetable oil over moderate heat until crispy and nicely browned and heated through. Serves 6.

Note: To freshen boneless salt cod, soak overnight in cold water to cover. Drain. Add fresh water and slowly bring to a simmer. Drain and repeat if fish is still too salty or if the water tastes too salty. Fish is cooked when it flakes easily.

BAKED CLAMS

USA

Rudy Aceto

1 can chopped clams (drain)	1 t oil
onions, small amount finely chopped	cracker crumbs
green pepper, small amount finely chopped	Worcestershire sauce to taste
	clam shells
	bacon

Add onions, green pepper and oil to clams. Mix in Worcestershire sauce to taste and enough cracker crumbs to absorb the excess liquid. Fill 12 clam shells. Cover each with cut-up strips of bacon. Broil 3-4 minutes.

PIKE BAKED IN ALMOND SAUCE

Ruth Hyde

USA

2 lb pike fillets	1/3 c chopped almonds
1 onion, sliced	2 T fresh parsley, minced
1 bay leaf	1/2 chicken bouillon cube
6 peppercorns	1/2 c boiling water
dash of thyme	1 T lemon juice
2 T butter or margarine	

Wipe fillets with a damp cloth. Place onion, bay leaf, peppercorns, and thyme in shallow baking dish. Put fillets on top. Melt butter in skillet. Add almonds and brown lightly. Add other ingredients and pour over fish. Bake uncovered in preheated 350° oven for 30 minutes. Serves 6. Pike may be caught in this area.

FISKENGRATENG

(Fish Soufflé)

Ute Duncan

Norway

2 lb flounder fillets	1/2 c milk
1 med onion, coarsely chopped	1 t parsley, finely chopped
1 bay leaf	1 t dill, finely chopped
5 peppercorns	4 eggs, separated
1 t salt	fine, dry bread crumbs
6 T butter	
7 T flour	

Place fish in large, shallow saucepan. Add onion, bay leaf, peppercorns, salt and enough water to cover. Bring liquid to a boil and simmer fillets for about 6 minutes, until fish looks opaque. Remove fish from pan with slotted spoon. Continue to cook the stock over high heat until it is reduced to 1 1/2 cups; strain. Reserve onion.

In a saucepan melt butter, stir in flour and cook stirring continuously for 10 minutes. Stir in flaked fish, reserved onion (finely chopped).

parsley and dill. Cook the mixture, stirring until it is heated through. Allow to cool. Beat in 4 egg yolks one at a time.

Beat 4 egg whites with a pinch of salt until they form stiff peaks. Fold 1/3 of the whites thoroughly into fish mixture. Pile this mixture on top of remaining whites and fold them together gently but thoroughly. Season with salt and pepper to taste.

Butter a baking dish; sprinkle with bread crumbs. Pour fish mixture into baking dish. Bake for 1 hour in 375° oven or until it is puffy and light brown. Serve at once. Serves 4-6.

CHAWAN MUSHI

Japan

Adele Gurevich

8 dried mushrooms	½ c cooked peas
1 c diced shrimp or chicken	2 chopped scallions
4 water chestnuts, diced	1 T sherry
3 c beef broth	4 beaten eggs
12 spinach or lettuce leaves	1½ t salt
	¼ t pepper

Wash mushrooms and cover with water. Bring to a boil, remove from heat and soak for 1 hour. Drain and dice. Combine mushrooms, peas, shrimp or chicken, water chestnuts, scallions and sherry. Divide among 6 custard cups.

Beat together eggs, salt, pepper and broth. Pour into custard cups. Cover with the spinach or lettuce leaves. Place cups in a large saucepan containing 3 inches of water. Cover pan and cook over low heat for 20 minutes or until mixture is set. Serve with a slice of lemon peel. Serves 6.

SHRIMP TEMPURA

Japan

Tomoko Higa

1 c flour
1 c ice water
1 egg
 $\frac{1}{2}$ t salt

2 lb shrimp, fresh or
frozen
oil for frying

Beat egg well with fork; add cold water. Add flour and salt, and stir quickly only enough to blend.

Shell shrimp and remove black vein. Dry shrimp well. Dip into batter, fry in deep hot oil (350°). Do not overfry. Drain on paper towels. Serve warm. Makes 4-6 servings.

Note: Omit salt when serving with tempura sauce or soy sauce with lemon. This shrimp can also be served with an American-style cocktail sauce.

Same batter can be used for frying vegetables (green pepper, onion) and fish.

Tempura Sauce

1 piece of kombu (kelp) $\frac{1}{2}$ c Japanese sweet
1 c dried bonito flakes sake (Mirin)
 $\frac{1}{2}$ c soy sauce (Japanese) dash MSG

Put kombu and 2 cups water in pot. Bring to boil. Remove pot from heat when water returns to boil; strain. (This makes soup stock.) Season with soy sauce and Mirin. Heat to boil again. Add MSG.

Serve in small bowl or cup suitable for dipping the shrimp.

SHRIMP MADRAS

India

Jet LaZarre

2 lbs fresh shrimp (about 50 med)	2 cloves garlic, finely minced
$\frac{1}{2}$ t dried mint	$\frac{1}{2}$ t ground cumin
$\frac{1}{4}$ - $\frac{1}{2}$ t dried pepper flakes	1 med onion, grated
2-2 $\frac{1}{2}$ t turmeric	4 T butter
$\frac{1}{2}$ t ground coriander	1 c yogurt
salt and pepper	1 t liquid from chutney
$\frac{1}{2}$ t ground ginger	2 T chopped parsley juice from $\frac{1}{2}$ lemon

Peel shrimp, clean vein, and rinse. Marinate shrimp in mixture of next eight ingredients. Mix with hands and let stand 1 hour or more. Cook coarsely grated onion in 3 T butter until soft but not brown. Add remaining butter and shrimp mixture. Cook, stirring gently until shrimp turns red all over. Add yogurt and chutney liquid. Simmer covered for 10 min. Uncover and cook over moderately high heat 10 min longer. Add parsley and lemon juice. Serve over rice. 4-6 servings.

OEUFs en COCOTTE (Eggs Cooked in Ramekins)

France

Françoise McCreary

4 ramekins

butter

4 eggs

Swiss cheese, or

salt

mushrooms

pepper

heavy cream

Use 4 ramekins. (Cook in them directly on the stove but use a flame-tamer on the burner.) Put a dot of butter in each. Melt on the stove. Break an egg into each ramekin. Add salt and pepper. Cover with ground Swiss cheese or sliced fresh mushrooms. Add 1 T heavy cream on each or more if desired. Cook for 2 minutes on top of the stove then brown quickly under the broiler. Serves 4.

EGG PANCAKES

Germany

Hatty Heyen

6 eggs

2 c milk

1½ c flour *

1 t vanilla

½ t salt

¼ lb butter

1 T sugar

Beat all ingredients for 5 minutes with a mixer. Melt butter in frying pan. Pour in batter, which should be thin. You can put apples, thinly sliced, into the pan. Serves 6-8.

*More flour can be added if preferred.

MANICOTTI

Donna Mancuso

Italy

Batter:

6 eggs

1½ c water

1½ c flour

pinch of salt

Beat ingredients together. Fry in a small amount of butter in a 6-inch pan. (About 2 T of batter per noodle.) Makes about 30.

Filling:

2 lb ricotta cheese

¼-1/3 c parmesan cheese

1 egg

¼ t fresh mint, or

1 t dried mint

1 T parsley

1 t salt

pinch of nutmeg

pinch of pepper

½ lb mozzarella cheese
sauce

Mix together above ingredients except the mozzarella cheese and sauce. Place small amount of filling across diameter of noodle--roll up. Place in baking dish. Top with thin slices of mozzarella cheese. Add sauce over noodles. Bake 30 minutes at 350°.

Note: Mozzarella cheese can be grated and used as part of filling. Commercially prepared manicotti shells may be used.

MANICOTTI SAUCE

Karen Tannenbaum

Italy

3 #2½ cans whole tomatoes

1 onion, sauteed

½ t salt

pinch baking soda

pepper

1 whole clove garlic,

removed after cooking

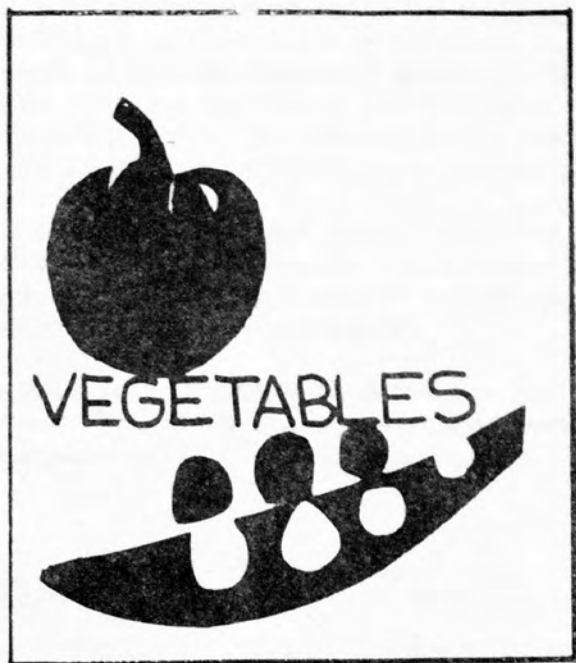
¼ t oregano

basil (to taste)

Place juice from tomatoes and mashed tomatoes, which have been put through a sieve to remove some of the seeds, in a heavy pot. Add other

ingredients except basil and simmer uncovered for about 2 hours. Stir and scrape sides of pot frequently. Taste frequently to correct seasonings. This recipe makes enough sauce to cook the manicotti in, plus extra to serve with it. Add basil sparingly at end of cooking time.

Note: Any spaghetti-type sauce can be used with manicotti but this mild, homemade sauce is particularly good.



BROWN BEANS

Ruth Hyde

Sweden

1½ qt water	‡ c cider vinegar
2 1/3 c brown beans or kidney beans (about 1 lb)	1 T salt
1 c dark corn syrup	cinnamon to taste brown sugar

Heat water to boiling in a large heavy saucepan. Wash and sort beans. When water is boiling, add beans gradually so that boiling will not stop. Reduce heat, cover and simmer 2 minutes. Remove beans from heat and set aside for 1 hour. Return to heat, cover, and simmer until beans are tender, (about 1 3/4 hour) stirring occasionally.

Add corn syrup, vinegar and salt. Cook uncovered over medium heat 45 minutes or until sauce has thickened. Add a little cinnamon and brown sugar according to your own taste.

(I have used this recipe with pea beans or pinto beans when brown beans and kidney beans are not available.)

BAKED BEANS

Hatty Heyen

USA

2 large cans Pork and Beans	3/4 c tomato catsup
1 onion, chopped	1 c brown sugar
‡ t regular mustard	salt to taste
	bacon strips for top

Mix the above. Put in a greased casserole. Bake at 325° for 1 hour. Allow to cool and set 30-45 minutes before serving. Serves 10-12.

CAULIFLOWER AND GREEN BEANS WITH PORK

Burma

Martha Deichler

1 small head cauliflower (fresh is best)	1 pork chop or pork steak
1 pkg frozen green beans or equivalent amount fresh beans	salt soy sauce MSG

Cut vegetables into bite-sized pieces. Cut pork (or chicken) into bite-sized pieces. Sauté pork in small amount of fat. Add salt and soy sauce to taste, then the cut-up vegetables and just enough water to keep them from sticking. Add more salt and soy sauce and MSG to taste. Cook until tender but still crisp. Do not overcook.

Serves 6-8.

GOBI BHAJI (Cauliflower)
India

Judy Robertson

1½ t oil	2 onions, cubed
1 big cauliflower	½ t chili pepper
½ t mustard seed, dark if possible	2-3 T coconut, optional
1 T fresh coriander or	¼ t turmeric
½ t coriander powder	1½ c water, approximately

Heat oil, add mustard seed, wait until it begins to pop, then add onion and fry until soft and golden. Add cauliflower to this mixture and stir. Add turmeric and stir for about 1 minute. Add water, salt and coriander; cover and cook (simmer) until cauliflower is soft and the water is gone. Add coconut.

This recipe can also be used for potato, squash and green beans, but with these don't use coconut. Serves 5-6.

SPINACH AND BEAN SPROUTS

Cindy Geer

Korea

1 pkg fresh spinach
 1 T soy sauce
 (Kikkoman is best)
 1 t sesame oil
 1 t vinegar
 1 t green onion, chopped
 dash salt and pepper

1 pkg fresh bean sprouts
 1 T soy sauce
 (Kikkoman is best)
 1 t sesame oil
 1 t vinegar
 1 t green onion, chopped
 dash salt and pepper

Boil spinach for 2 minutes and drain. Mix the remaining ingredients in column 1 with the cooked spinach and chill.

Boil fresh bean sprouts for 2 minutes and drain. Mix the remaining ingredients in column 2 with the cooked bean sprouts and chill. To serve, arrange the spinach on one side of the dish and the bean sprouts on the other. Serves 5-6.

If you don't have fresh bean sprouts use canned bean sprouts. Make sure to rinse the canned bean sprouts thoroughly under cold water.

CZECH-STYLE CABBAGE

Dana Strayer

Czechoslovakia

6 c shredded cabbage
 2 c water
 2-3 T shortening (pork
 fat poured off a roast
 is commonly used)
 ½ c diced onion

2 T flour
 ¼ c sugar
 1 t salt
 pepper to taste
 1 t caraway seeds
 ¼ c vinegar

Cook the cabbage in about 2 cups of water in a large covered pan until tender but crisp (5-7 min). Pour off water saving ¾ c and put aside.

To a large frying pan add the shortening and sauté the onion. Blend in the flour, sugar, vinegar, seasonings and the reserved cabbage water. Cook for a couple of minutes to thicken. Add the cabbage and mix thoroughly while heating. This is generally served with roast pork or duck and dumplings. Serves 6.

YEMENITE EGGPLANT
Israel

Gail Issenberg

1 eggplant
garlic to taste

1 T lemon juice
1 T oil

Put whole eggplant in heavy, covered pot with NO water. Using lowest heat, cook 15 minutes. Then turn and continue cooking another 15 minutes. Let cool 10 minutes. Open eggplant and remove all the flesh and seeds, chop or mash. Add garlic, lemon juice and oil. Serve cool as a dip or vegetable.

NTROWA FRO (Eggplant Stew)
Ghana

Cecilia Dei-Anang

1 med eggplant
1 trout or piece of
fresh fish
1 onion
1 large tomato

2 T tomato puree
1/3 c oil, or
1/2 stick margarine
1 c water
salt
1 c shrimp, optional

Peel eggplant and cut into $\frac{1}{2}$ inch cubes. Cook them until they are tender.

Clean fish, add water and bring to boil. Cook for 5-8 minutes, add salt. Clean off the skin and remove all bone - if any. Break fish into big chunks and keep the water.

Slice tomatoes and onions and fry in med sauce-pan for 2 minutes. Add water, $\frac{1}{2}$ of the cooked eggplant, mash the other $\frac{1}{2}$ and add. Add fish and shrimps. Simmer for a while and serve with potatoes or rice. Serves 6.

RATATOUILLE NICOISE

Nicole Schulthes

France

This is a typical vegetable dish from southern France. It can be eaten hot or cold. Can be made in advance and kept in the refrigerator.

1 green pepper	2 zucchini squash
1 big eggplant (or 2 small)	2 cloves garlic
3-4 tomatoes	Spices: thyme, laurel oregano, rosemary, marjoram, salt, pepper (Spice Islands best)
4 onions	
olive oil	

Brown the eggplant in olive oil. Put aside. Then brown the zucchini, garlic and onions together. Add the tomatoes and the eggplant. Add spices to taste. Cook on top of the stove in a Dutch oven (cocotte) for 45 minutes to 1 hour on low heat. Cover first. Then uncover at the end if it is too juicy. Serves 4.

STUFFED BAKED EGGPLANT

Alix Naff

Lebanon

1 med eggplant	dash each
$\frac{1}{2}$ lb ground beef	nutmeg
1 med onion, chopped	allspice
$\frac{1}{2}$ green pepper, slivered (optional)	cinnamon
1 bay leaf	salt and pepper
	1 16 oz can whole peeled tomatoes

Peel eggplant, quarter lengthwise. Salt lightly and let sit to drain for at least 1 hour. Mix onion, nutmeg, allspice, cinnamon, salt and pepper with the chopped beef. Cook in frying pan, stirring constantly until moisture is gone. Drain grease. Deep-fry eggplant in very hot cooking oil, drying each quarter thoroughly with paper towel to reduce splattering. Fry quickly, only until surface is medium brown (or paint pieces of eggplant thoroughly with cooking oil and broil on all sides until medium brown all over). Do not cook all the way through. Drain excess oil from eggplants. Slit a pocket in each canoe-shaped piece and fill with meat stuffing. Arrange in baking dish.

Sauce: Chop whole peeled tomatoes in saucepan. Add bay leaf and salt and pepper to taste. Simmer on top of stove for 10-15 minutes. Pour over eggplant until pieces are covered. (It is advisable to have extra sauce as much of the sauce will evaporate in the oven.) Bake at 350° for 30-35 minutes. If green peppers are used, add to the sauce during the last 10 minutes or so of cooking. Serves 2-4 with rice and salad.

GADO-GADO (Mixed Vegetables with Peanut Sauce)
Indonesia Sandy Hill

Sauce:

1/2 c peanut butter	1 c green beans, cut in 1-inch slices
1 clove garlic, minced	1 lb spinach
1 T brown sugar	1 c bean sprouts
1 c coconut milk*	2 med potatoes, boiled and sliced
1 T lemon juice	2 lge eggs, hard-boiled
salt to taste	1 med cucumber, sliced
	1 sm box French's dried onion flakes

Vegetables:

1 c sliced cabbage
1 c sliced carrots

Make a sauce by mixing peanut butter, garlic, sugar, coconut milk, lemon juice, and salt. Bring to a boil, reduce heat, and simmer 2 minutes. Add water if the sauce is too thick.

Boil cabbage, carrots, green beans and spinach in water 20 minutes. One minute before other vegetables are done, add bean sprouts, stir, and drain. Place vegetables on a large serving plate and garnish with sliced potatoes, sliced eggs, sliced cucumber and onion flakes. Serve hot with peanut sauce on the side. Serves 6.

Another combination of ingredients that may be used is; turnips, shrimp, carrots and bean sprouts, boiled as above, fried green pepper and the peanut sauce.

*Coconut Milk: To each cup of flaked coconut, add 2 cups hot water. Let soak 30 minutes, then squeeze through a piece of cheesecloth to extract liquid.

LINGUINE WITH MUSHROOM AND TOMATO SAUCE

Italy

Sue Virgilio

3 T drippings from beef	1 large raw carrot,
2 large cloves garlic,	peeled and grated
crushed	(use med grate)
$\frac{1}{2}$ lb sliced fresh	Parmesan or Romano
mushrooms	cheese, grated
salt and pepper	$\frac{3}{4}$ lb linguine,
basil	flat spaghetti
1 qt strained tomatoes	

In a 2-qt sauce pan sauté garlic and mushrooms and add salt, pepper and basil to taste.

Add tomato and carrot and bring to a boil, lower heat to simmer and cook uncovered about 1 hour or until thick.

Cook linguine as directed on package. Drain and divide on 4-6 hot plates. Cover with plenty of sauce and sprinkle with cheese. Serve immediately.

MUSHROOMS PARMESAN

Italy

Sue Virgilio

1 lb mushrooms	3 T Parmesan cheese
2 T oil	1 T parsley, chopped
$\frac{1}{4}$ c onion, chopped	$\frac{1}{2}$ t salt
1 clove garlic, chopped	$\frac{1}{8}$ t oregano
$\frac{1}{3}$ c fine dry bread crumbs	2 T olive oil

Grease shallow $1\frac{1}{2}$ -quart baking dish. Prepare mushrooms and separate caps and stems. Place caps, stem side up, in baking dish. Set aside.

Finely chop stems and sauté in oil. Add onions and garlic. When golden color, add remaining ingredients. Mix well and pile mixture lightly into caps. Sprinkle olive oil over caps and filling. Bake at 400° 15-20 minutes. Do not cover. 6-8 servings.

DAL (Lentil)
India

Judy Robertson

1 c lentils

$\frac{1}{2}$ t turmeric
 $\frac{1}{4}$ t red chili powder
1 med onion, cubed
3 cloves garlic in small
pieces
1 t oil
2-3 tomatoes (fresh or
canned without skin)
salt to taste

2 t oil
1 t mustard seed,
dark if possible
1 onion, cubed
2 t fresh coriander
or
 $\frac{1}{2}$ t coriander powder

Wash and drain lentils. Bring to a boil in 3 cups of water. Reduce heat and simmer until lentils become soft. Stir occasionally so that lentils will not stick to pan. After lentils become soft, stir well until lentils and water are well mixed and become a smooth soup.

Add the remaining ingredients in column 1. Let them simmer until onions get soft and the flavor is distributed through the dal. Using ingredients in column 2, cook in another pan, as follows: heat oil, add mustard seed (they will pop), then add onion and coriander and fry. Pour this mixture on top of the dal.

Dal can be served over rice. Use yellow lentils preferably with this recipe. If served with other dishes this recipe will be enough for 6.

SICILIAN ARTICHOKEs

Joyce C. Budd

Sicily

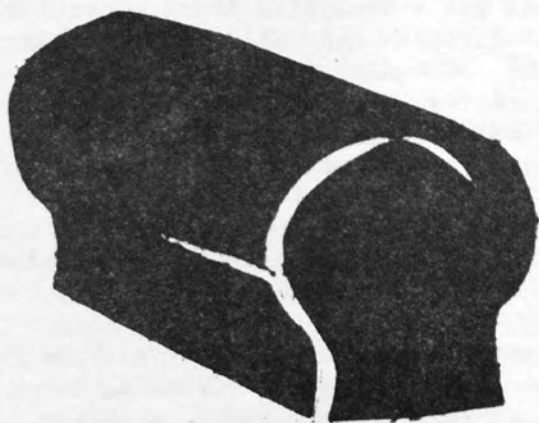
1 artichoke per person	salt
Romano cheese, grated	pepper
Italian-flavored	olive oil
bread crumbs	

Choose fresh, firm artichokes. Remove outside leaves (Outer leaves are tough.), cut off stem; wash and drain. Force artichoke open and into center and throughout sprinkle a filling of equal parts grated Romano cheese and Italian-flavored bread crumbs. Sprinkle with salt and freshly ground pepper. Place in saucepan so that the artichokes fit tightly together. Pour about 2 T of olive oil (Nothing else will do.) over each artichoke; add water (about half way), cover, and cook for about one hour - over low heat. As these simmer, they tend to dry out. Watch carefully and add water as needed.

(Optional: a couple cloves of garlic improve the taste of artichokes. Add it to them in the saucepan before starting to cook.)

To serve: Add some of broth to each serving. Eat a leaf at a time - enjoy the filling along with it. Some crusty French bread, a large tossed salad with oil and vinegar and some dry red wine makes this good eating.

·BREADS·



WHITE BREAD

USA

Sue Bucholz

- | | |
|---|---|
| 5 c milk, reconstituted
is fine | 5-6 eggs |
| 2 c wheat germ,
I use raw wheat germ | $\frac{1}{2}$ - $\frac{3}{4}$ c honey, molasses,
or sugar |
| 1 c shortening or oil | 14-16 c flour |
| 1 T salt | 1 c <u>non-instant</u> powdered
milk, if available at
health food store |
| 1 2-oz pkg yeast | |
| $\frac{1}{2}$ c 85° water (warm on wrist) | |

In large pot: Cook wheat germ in milk; add shortening and allow mixture to cool. Dissolve yeast in warm water, about 10 minutes. When milk mixture is cool beat in eggs, salt, yeast and honey. Sift non-instant powdered milk with 1 cup flour and add to mixture. Stir well. Add flour, 1 cup at a time, stirring well after each cup. When you can no longer stir with spoon--put the dough on a well-floured table or counter and knead in remaining flour. Knead dough until smooth and elastic (about 15 minutes) constantly flouring the surface to prevent the dough from sticking. When dough is kneaded put in oiled large bowl or pot. Cover loosely with plastic wrap and allow to rise until double in bulk. (I put it in the oven--not turned on.) When doubled in bulk, punch down, form into loaves and put into well-greased loaf pans. Cover pans loosely with plastic wrap and allow dough to rise in pans until a slight imprint remains when pressed lightly with your finger. Bake bread in preheated oven at 375° for 15 minutes and lower heat to 325° and bake 40 minutes longer or until bread sounds hollow when removed from pan and flicked on the bottom. Put butter on top crust of loaf while bread is hot.
Makes 6 loaves.

If you have never made bread don't make more than half this recipe.

WHOLE WHEAT BREAD

USA

Sue Buchols

6 c milk, reconstituted
is fine
2 c wheat germ
I use raw wheat germ
 $\frac{1}{2}$ c shortening or oil
1 T salt
 $\frac{1}{2}$ c 85° water
(warm on wrist)
1 2-oz pkg yeast

5-6 eggs
 $\frac{1}{2}$ c honey, molasses
or sugar
1 c powdered non-instant
milk, if available at
health food store
7-8 c white flour
7-8 c whole wheat flour

For mixing, kneading, shaping and baking follow directions for white bread. Makes 6 loaves.

OATMEAL BREAD

USA

Louise McKinney

2 t salt
2 c boiling water
1 c rolled oats
(not quick-cooking)
1 T shortening

1 cake yeast
1 t sugar
 $\frac{1}{2}$ c warm water
 $\frac{1}{2}$ c brown sugar
 $\frac{1}{2}$ c warm water
5 c flour

Add salt to boiling water. Stir in oatmeal and shortening--let stand 1 hour. Crumble yeast into a large bowl, add 1 t sugar, $\frac{1}{2}$ c warm water and let stand. Add brown sugar dissolved in $\frac{1}{2}$ c warm water to the yeast. Stir $\frac{1}{2}$ of the flour into yeast mixture and beat until smooth. Add remaining flour and oatmeal mixture to make a moderately stiff dough. Knead at least 5 minutes adding flour if necessary. Cover and let rise until double in bulk. Punch down and divide into 2 parts. Cover and let stand on floured board 15 minutes. Form into 2 loaves. Let rise until double. Bake at 425 for 15 minutes, lower oven to 375 and bake 30 minutes more.

CHALLAH

Jewish

Jody Lindauer

2 pkgs dry yeast	3 T vegetable oil or margarine
$\frac{1}{2}$ c lukewarm water	1 T salt
1 pinch saffron, dissolved in small amount hot water*	1 T sugar
2 c hot water	2 eggs, slightly beaten
	7-8 c flour
	poppy seed, optional

To boiling water add the vegetable oil, salt, sugar and saffron brew or other spice brew (see note). Stir until the sugar dissolves. Cool to lukewarm and add the yeast. (First dissolve the yeast in the $\frac{1}{2}$ c lukewarm water.) Set aside 2 T of the beaten eggs for the glaze. Add the rest of the eggs to the liquid. Turn into a large mixing bowl and add 3 cups flour and beat hard. Set aside for 10 minutes. Add flour to make a dough that can be kneaded. Knead 8-10 minutes or until smooth and elastic. Let rise in a greased bowl until double in bulk, about 2-3 hours. Punch the dough down and knead again for about 2-3 minutes. Divide the dough in half and divide each half into 3 pieces. Shape each piece into a long rounded strip. Using 3 strips, braid into a loaf. Makes 2 loaves. Place the loaves on a greased baking sheet, cover and let rise. Add a small amount of cold water to the reserved 2 T egg and brush it on top of loaves for a glaze. Sprinkle with poppy seeds. Bake at 400 for 15 minutes then at 350 for 45 minutes.

*Note: If your saffron comes in strings it must be strained before adding the brew to the rest of the ingredients. The powdered saffron would not have to be strained. Other spices, such as tumeric or cardamon may be used instead of saffron. Dissolve in the same way before adding to the other ingredients.

PUMPERNICKEL

Germany

Ed Gucker

3 pkg dry yeast
 1½ c warm water
 4 t salt
 ½ c molasses
 1-3 T caraway seed

2 T soft shortening
 2 ¾ c rye flour,
 sifted
 ¾-4 c white flour
 sifted

In a large bowl, dissolve the yeast in the water and then stir in the salt, molasses and caraway seed. Add the shortening. In another large bowl, mix the flours until they are perfectly blended. Add half of the flour to the liquid, mix well and add the remaining flour. Mix well with your hands. Turn onto a lightly floured board and knead until satiny smooth. Put dough in a greased bowl, round it up and cover with a damp cloth. Let it rise until doubled in bulk--about 2 hours. Punch down and divide in half. Round into smooth balls. Put on a baking pan that has been floured and sprinkled with cornmeal or poppy seed. Cover with a damp cloth and let rise 30-40 minutes. Brush the tops of the loaves with cold water or butter. Bake at 450 for 10 minutes, lower oven to 350 and bake about 30 minutes longer.

KOULOURA

Greece

Fran Fiegert

2 c scalded milk
 2 T sugar
 2 T olive oil
 1 pkg dry yeast
 ¼ c lukewarm water

2 t salt
 5 c all-purpose flour
 1 egg white, slightly
 beaten
 2 T sesame seeds

Combine milk, sugar, and oil into a large bowl and cool to lukewarm. Meanwhile, dissolve yeast in lukewarm water. Stir yeast mixture and salt into

milk mixture. Beat in flour gradually. Turn onto a floured board and knead until smooth and elastic. Shape into ball, coat with oil and place in a bowl. Cover and let rise until doubled in bulk (about 1½ hours). Punch down. Roll into a rope 10-inches long. Place in a tube pan and coat with egg white. Sprinkle sesame seed over it. Bake at 375 for 60-70 minutes or until bread is browned on top and tests done. (Sounds hollow when tapped on the top.)

ITALIAN EASTER BREAD

Jean Fenton

Italy

1 dozen eggs	1½ c milk
5 lb flour	½ lb margarine
2 c sugar	3 pkgs dry yeast
2 T baking powder	1 2-oz bottle anise extract

Dissolve the yeast in a small amount of warm water. Combine the sugar, milk and margarine in a pan and heat. Let it cool to lukewarm and mix in the yeast. Beat the eggs and add the above mixture and the anise extract to them. Mix the baking powder with the first cup of flour and stir into the yeast mixture. Then add the rest of the flour. It will be quite stiff. Knead it well for at least 10 minutes. Put in a huge, greased pan and cover and let rise. Punch the dough down, knead slightly and form into loaves. Place loaves in greased pans and let rise once more. Bake at 300 for 45 minutes to 1 hour depending on the size of the loaves. This recipe makes many loaves. To make a smaller number (about 3 loaves) use 1/3 of the amounts listed with the ingredients.

Note: The family recipe originally recommends mixing this bread about 9:00 p.m., letting it rise over night and shaping it into loaves in the morning.

WHITE DINNER ROLLS

Ann Schnell

USA

1 qt milk	1 t baking soda
1 c sugar	1 t baking powder
3/4 c shortening	1 t salt
1 pkg yeast	flour

Combine first 3 ingredients, bring to a boil and cool. Dissolve yeast in a small amount of warm water and add to the milk mixture. Add enough flour to make a dough the consistency of cake batter. Let stand 2 hours. Mix 1 cup flour with the soda, baking powder and salt. Stir into the dough. Then add enough flour to make a soft dough that can be kneaded. Knead until smooth and elastic (about 5 minutes) adding more flour if necessary. Put in a greased bowl, cover and let rise until double in bulk. Punch down, shape rolls and let rise again until double. Bake 20 minutes at 350. Makes 4-5 dozen.

POCKET BREAD

Ann Capoccia

Syria

1 scant T sugar	1 1/2 c warm water
1 pkg yeast	5 c flour
2 t salt	vegetable oil

Mix first 3 ingredients together. Add them to warm water, then add 3 cups flour and mix with a wooden spoon. Add 1 cup flour and mix, using hands if necessary. Add about 1 more cup of flour (maybe more or less). Knead for about 7 minutes or until no longer sticky. Cover the dough and let stand about 1 hour. Cut dough in half and then cut each half into thirds. Before shaping dough, wet hands with vegetable oil. Shape dough into 1/4-inch thick rounds about the size of a salad plate. Place a drop of

oil on each bread and spread it around. Cover with a cloth and leave 15 minutes or so. Bake at 475°-500° until light brown and a pocket has formed--approximately 5 minutes.

CINNAMON ROLLS
USA

Ann Stein

2 eggs	1 c scalded milk, cooled
$\frac{1}{2}$ c sugar	$1\frac{1}{2}$ t salt
$\frac{1}{2}$ c oil	6 c flour (1 2-lb bag)
1 pkg yeast dissolved in	butter
$\frac{1}{2}$ c warm water	brown sugar
1 c mashed potatoes, cooled (can use instant)	cinnamon

Mix all ingredients, except the butter, brown sugar and cinnamon, together and it will turn into dough. Chill for about 6 hours--or as long as you like. Roll into oblongs that are $\frac{1}{4}$ -inch thick, 6-inches wide and as long as it is convenient to work with. Spread the oblongs with butter, sprinkle liberally with brown sugar and cinnamon. Roll up the dough lengthwise and cut rolls about $1\frac{1}{2}$ -inches thick. In a muffin pan, put a little less than 1 T melted butter, 1 T brown sugar, and some cinnamon in each muffin cup. Put a cut roll in each muffin cup and let them rise again in a warm place for about 1 hour. Bake at 350° for about 15 minutes. Watch carefully, they burn easily. They also drip; put a cookie sheet under the pans.

FASTNACHTS Raised Doughnuts Gail Gucker
Pennsylvania Dutch (USA)

1 pkg dry yeast	3 eggs, well beaten
$\frac{1}{4}$ c warm water	$\frac{1}{4}$ c melted butter
1 t sugar	1 c sugar
3 c flour, sifted	$1\frac{1}{2}$ t salt
2 c milk, scalded and cooled to lukewarm	$\frac{1}{2}$ t nutmeg
	$3\frac{1}{2}$ -4 c flour, sifted

Dissolve yeast in $\frac{1}{4}$ c warm water and let stand 10 minutes. Combine 1 t sugar, 3 cups flour and milk. Stir until smooth and then stir in the yeast. Cover and let rise until doubled. Stir in the remaining ingredients, cover and let rise until doubled. Punch dough down and divide into 2 portions. On a floured surface, roll out each portion about $\frac{1}{2}$ -inch thick. Cut with a doughnut cutter. Cover and let rise until doubled. Fry 3-4 minutes in deep fat heated to 370.

Eating Fastnachts on Shrove Tuesday is an old Pennsylvania Dutch custom.

POTATO LEFSE
Norway

Liz Trol Dahl

5 large potatoes	flour--use $\frac{1}{2}$ c flour
$\frac{1}{2}$ c sweet cream	to each cup of mashed
3 T butter	potatoes
1 t salt	

Boil potatoes, mash very fine and add cream, butter and salt. Mix well and let cool. Add flour. Take a piece of dough and roll as for pie crust, rolling as thin as possible. Bake on top of grill or griddle, turning to brown both sides. When baked, place between clean cloths to keep them from drying out. After lefse has cooled place in a plastic bag.

Lefse may be frozen. To serve, it may be cut or torn and served with butter. It may also be spread with butter and jam, rolled up like a jelly roll, and cut in pinwheels to be served as an appetizer.

PEANUT BUTTER BREAD

Louise McKinsey

USA

2 c all-purpose flour	$\frac{1}{2}$ c milk
$\frac{1}{2}$ c sugar	$\frac{3}{4}$ c peanut butter, chunky or creamy
1 T grated orange peel	$\frac{1}{2}$ c butter or margarine, softened
2 t baking powder, double acting	1 egg
1 t salt	

Preheat oven to 375. Grease a 9 x 5 inch loaf pan. In a medium bowl, mix first 5 ingredients with a fork. In a small bowl, beat remaining ingredients with a wire whisk or fork until well mixed. Stir peanut butter mixture into flour mixture just until flour is moistened. Pour batter into pan and bake 1 hour. Cool in pan or on wire rack for 10 minutes. Then cool completely on wire rack. Makes 1 loaf.

WEST COUNTRY BRACK

Valerie Halsey

England

1 lb dried fruit raisins, sultanas, currants	1 egg yolk
1 $\frac{3}{4}$ c self-rising flour or	1 $\frac{1}{8}$ c brown sugar
1 $\frac{3}{4}$ c all-purpose flour plus 2 $\frac{1}{2}$ t baking powder	12 oz strained cold tea
	1 egg
	pinch of salt

Soak fruit and sugar overnight in tea. Mix with rest of ingredients. Bake 1 $\frac{1}{2}$ hours at 400°. To serve, slice thinly and spread with butter.

CHAPATI
India

Shoba Mathur

2 c whole wheat flour
water as needed
pinch of salt
pinch of baking powder

steel wire coil
(stiff to stand
about 4-inches
above the burner)*

Mix flour, salt, baking powder. Add water gradually to make a dough of medium consistency that can be rolled. Make 10 small balls of the dough. Sprinkle some dry whole wheat flour on a dry wooden board so that it doesn't stick. Roll out each ball separately in a circle about 6-inches in diameter. Heat frying pan over medium heat. Turn on another burner to full heat and place steel wire coil over it. Place rolled out chapati in the frying pan. Heat until it is medium baked (approximately 10-15 seconds). Then turn and cook other side in the same way. Lift the chapati from the pan with tongs and place it on the red hot wire coil until it is puffed up and light brown. Serve with or without butter with any Indian meat curry or vegetable dish.

*Note: The wire coil can be made from a straightened wire coat hanger.



← 4 inches

SOUTHERN SPOONBREAD

Marguerite B. Heywood

USA

3 c milk	2 t butter or margarine
1 c cornmeal, sifted	1 t salt
3 eggs, separated	1 t baking powder

Combine 2 cups milk and the cornmeal and cook over medium heat until the milk is absorbed. Remove from heat and add the egg yolks (slightly beaten), 1 cup milk, butter, salt and baking powder. Mix everything together well. Beat the egg whites until stiff and fold into the cornmeal mixture. Pour into a 2-quart casserole. Bake at 350 for 45 minutes. To serve, spoon out of casserole and serve with butter. Serves 4-6.

YORKSHIRE PUDDING

Ellen Robinson

England

3/4 c flour	1/2 c milk
pinch of salt	1/4 c beef drippings
2 eggs	

Sift flour and salt together. Make a well in center and put in eggs, 1 by 1, beating to a thick batter. Add milk. The batter should be of pouring consistency, not as thick as for pancakes. Let batter stand 30 minutes. Heat beef drippings and put enough in a pie pan to cover bottom thinly. Pour in batter and bake at 400° for 30 minutes. Serves 4.

For company, double the batter and bake in muffin tins. Makes 18 individual servings.

A good trick is to slip the pie pan with drippings in oven till piping hot and add batter immediately.

DESSERTS



CARROT HALWA
Pakistan

Sarwat Malik

Carrots go exotic in Pakistani desserts.

1 lb carrots	2 cloves
$\frac{1}{2}$ c sugar	24 almonds, slivered
2 T butter	4 whole cardamons
pinch of saffron	3 qt milk

Scrape and grate carrots. Cook them in milk on low heat until reduced to paste. (This will take $2\frac{1}{2}$ -3 hours and should be stirred frequently.) In another pan, heat butter and add cloves, cardamon seeds and carrot mixture. Sauté until light brown. Add sugar and continue stirring until well dissolved and carrots are golden brown. Add slivered almonds, transfer halwa to a bowl and chill. Serves 4.

Note: The pan in which the milk and carrots are cooked may be sprayed with Pam to prevent sticking.

CARROT KHEER
Pakistan

Sarwat Malik

1 lb carrots	1 c sugar
2 qt milk	6 whole cardamons
$\frac{1}{4}$ lb rice	20 almonds

Scrape and grate carrots. Bring milk to boil in a pan. Add carrots and rice. Cook over low heat, stirring frequently. When mixture begins to thicken, add sugar and mix well. Simmer another few minutes and remove from heat. Add cardamon seeds. Transfer to a bowl. Garnish with almonds. Serve chilled. Serves 4.

VERMICELLI KHEER

You may substitute vermicelli for carrots and make delicious Vermicelli Kheer following same recipe

and method with one addition. Fry the vermicelli lightly in 2 T butter or vegetable shortening before adding the milk. This will prevent sticking. It can be served as a chilled or hot dessert.

Use $\frac{1}{4}$ lb vermicelli. It is available at C. T. Yang. If you cannot obtain vermicelli, you may substitute an equal amount of egg noodles.

FLAN DE LECHE

Latin America

Adele Gurevich

$\frac{1}{4}$ c sugar

3 eggs

$\frac{1}{4}$ c sugar, scant

pinch of salt

2 c milk, scalded

drop of vanilla

Sauce: Melt $\frac{1}{4}$ c sugar over low heat. When it turns to an even brown, remove from heat and quickly pour into 6 custard cups. Submerge cups in a large pan of water, about 3 inches deep and keep in oven at 400°.

Beat eggs until frothy. Stir in the scant $\frac{1}{4}$ c sugar and salt. Add the scalded milk gradually. Stir constantly. Add a drop of vanilla. Remove warm cups from oven and fill with mixture. Return to oven and bake until the tops are browned. To serve, remove from cups by turning upside down.

POMMES AU BEURRE

France

Françoise McCreary

4 apples

2 eggs

milk

vanilla

rum

currant jelly

Peel and core 4 apples. Put them in a buttered oven proof dish. Dot amply with butter. Put under the broiler until nicely browned. Remove from the oven.

Beat 2 eggs with milk, vanilla, rum. Pour in the dish around the apples. Cook on the stove over boiling water until the custard is thick. Serve with a dash of currant jelly placed on the core of each apple. Serves 4.

JAMAICAN BANANA FRITTERS

Ena L. Farley

Jamaica

3 ripe bananas	1 T margarine
3 T flour or pancake mix	1 egg

Peel and mash the bananas. Add flour, melted margarine, and egg. Mix until you have a smooth batter. Drop spoonfuls of the mixture into medium hot oil. Fry each side of fritter until brown - about 2-3 minutes. Makes 18 small pancakes.

(One T of sugar can be added to batter if desired.)

DUNDEE CAKE

Nancy Leslie

Scotland

2 oz glacé cherries	1 large can sweetened
$\frac{1}{2}$ pt water	condensed milk
1 oz margarine	10 oz flour
8 oz currants	$\frac{3}{4}$ t soda
8 oz sultana raisins	pinch salt
4 oz chopped mixed peel	

Put first 7 ingredients in a pan. Bring to boil and simmer 3 minutes. Add sifted flour, soda and salt. Mix well and put in greased and lined 8 inch cake tin. (Loaf is good.) Bake at 325° for 3 hours. Cool 5 minutes before turning out.

SKALLER M. FLODESKUM

(Raspberry Tarts)

Denmark

Birgitte Rohbrant

Dough:

1 3/4 c flour

1/2 c butter

3/4 c powdered sugar

2 egg yolks

Work flour and butter together with the fingers, add powdered sugar and egg yolks and mix all ingredients well. (You may want to add tiny bit of cold water to make dough workable.) Roll out dough thin and cut into round cookie shapes. Place in greased muffin tins and bake in a moderate oven (350°) until pale golden. When cool, tap out carefully.

Filling: Fill with raspberry jam or prepared pie filling. Top with whipped cream and sprinkle with grated chocolate if desired.

AARGAUER RÜEBLITORTE

Marlies Anderson

(Carrot Cake)

Switzerland

5 egg yolks

6-7 oz grated almonds
or hazelnuts

1 c sugar

pinch salt

peel, juice of 1/2 lemon

1-2 T cornstarch

1-2 t cinnamon

2 oz bread crumbs

1/2 t ground cloves

5 egg whites

2 T baking powder

7-9 inch spring form

1/2 lb finely grated

cake pan (buttered

raw carrots

and sprinkled with

some bread crumbs)

Mix the egg yolks, sugar, lemon peel and juice until slightly foamy and it turns pale. Add all other ingredients (except the egg whites) and mix well. Beat the egg whites until stiff, and then combine them carefully with the mixture. Butter a spring form cake pan and sprinkle with

some extra bread crumbs. Pour the batter into the pan and place it into a preheated 350° oven for 50-60 min. After baking, let the cake cool on a rack. Sprinkle the cake with powdered sugar and decorate it with candied fruit. The cake tastes best after it has aged for 2-3 days.

CLAFOUTI (Cherry Cake)
France

Ruth Hyde

Topping:

3 T melted butter
1 can (1 lb 1 oz) sour or
dark sweet cherries
(frozen may be used-
add extra sugar)
 $\frac{1}{4}$ c light brown sugar
1 t cinnamon

Cake Batter:

1 c sifted flour
 $\frac{1}{2}$ c sugar
 $1\frac{1}{2}$ t baking powder
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ c butter, melted
1 egg
 $\frac{1}{3}$ c milk
1 t vanilla extract

Preheat oven to 350°.

Butter $1\frac{1}{2}$ quart $8\frac{1}{2}$ inch round pan. Drain cherries and put in pan. Mix sugar and cinnamon and sprinkle over fruit. Drizzle melted butter over fruit.

Make cake batter. Sift dry ingredients into bowl. Add beaten egg and milk, butter and vanilla. Beat until smooth. Pour batter over cherries. Bake 35-40 minutes.

Loosen cake from edge of dish with spatula. Turn upside-down on serving dish. Serve warm topped with ice cream or whipped cream.

I sometimes add a little cornstarch to juice and sugar and boil 1 minute and add to cherries. This makes for more fruit in proportion to cake.

RICOTTA CHEESE REFRIGERATOR CHEESE CAKE

Italy

Karen Tannenbaum

Crust:

1 c vanilla wafer crumbs 1/3 c butter, melted
1/2 c wheat germ

Stir together wafer crumbs, wheat germ and butter.
Press on bottom of 9-inch spring-form pan.

Filling:

4 lge eggs, separated	1/2 c orange juice, or orange liqueur
1 c milk	1 t grated orange rind
2 envelopes unflavored gelatin	1 t vanilla
3/4 c sugar	2 sq semi-sweet choco- late, finely chopped (for top--optional)
1/2 t salt	
2 lb ricotta cheese	
1/2 c blanched almonds, finely chopped	

Make crust and line bottom of spring-form pan.
In medium saucepan, beat egg yolks and milk. In
cup, stir together the gelatin, 1/2 c of the sugar
and the salt. Add to egg mixture. Cook over low
heat, stirring constantly, until gelatin dissolves
and mixture thickens. This takes 5-8 minutes.
Remove from heat.

In large mixing bowl, beat ricotta until smooth.
Mix gelatin mixture into cheese. Stir in remain-
ing ingredients EXCEPT egg whites and 1/2 c sugar.

In medium mixing bowl, beat egg whites until they
form soft peaks. Gradually add remaining 1/2 c sugar.
Continue to beat until stiff peaks form. Fold into
gelatin-cheese mixture.

Pour filling into spring-form pan. If desired,
sprinkle grated chocolate on top. Refrigerate at
least 4 hours. Remove sides from pan. Makes 12
servings.

CHOCOLATE DEVIL'S FOOD CAKE
USA

Donna Hughson

$\frac{1}{2}$ c shortening	1 c milk
1 $\frac{1}{3}$ c sifted cake flour	2 eggs
1 $\frac{1}{2}$ c sugar	2 1-oz squares
1 t baking powder	unsweetened chocolate,
1 t salt	melted
$\frac{1}{2}$ t soda	1 t red food coloring

Stir shortening just to soften; sift in dry ingredients. Add $\frac{2}{3}$ cup milk; mix until all flour is dampened. Beat two minutes. Add remaining $\frac{1}{3}$ cup milk, eggs, melted chocolate, and food coloring; beat vigorously two minutes longer. Bake in two paper-lined 8-inch round pans in moderate oven (350°) for 30-35 minutes.

Frost with Cream Frosting.

KOLÁČKY (Cookies with Filling) Dana Strayer
Czechoslovakia

1 t dry yeast	1 c margarine or
2 T warm water	butter
2 $\frac{1}{2}$ c sifted flour	2 T milk, scalded
$\frac{1}{2}$ t salt	and cooled
1 T sugar	4 egg yolks, beaten

Dissolve yeast in warm water. Sift together flour, salt, and sugar. Cut in shortening. Add dissolved yeast, milk, and beaten egg yolks and mix thoroughly. Chill for several hours or overnight.

Roll out dough $\frac{1}{2}$ -inch thick on floured pastry cloth. Cut into round shapes with 2-inch diameter glass. Cover and let rise until doubled in bulk. Make a depression in center of each and fill with jam, cheese, or fruit filling. Bake at 350° for 15 min. Makes 4 dozen.

MAIZENA COOKIES

Mary Helen Rojas

Mexico

1 1-lb box cornstarch	7 egg yolks
1 t baking powder	2 t vanilla
1 c powdered sugar	pecan halves
$\frac{1}{2}$ lb softened butter	

Mix the cornstarch and baking powder. Add sugar and butter. Mix well. Add egg yolks, unbeaten, one at a time and mix. Add vanilla and blend. Shape into small 1-inch balls and press each in middle to flatten. Set on ungreased cookie sheet about one inch apart. Place pecan half on each cookie. Bake in oven at 300° for 20-25 minutes until light golden brown. Yields 5-6 dozen cookies.

ITALIAN CHOCOLATE COOKIES

Donna Mancuso

Italy

1 c brown sugar	1 t baking powder
1 c oil	1 t cinnamon
2 eggs	$\frac{1}{2}$ t ground cloves
$\frac{1}{4}$ c honey	1 t orange rind
$\frac{1}{2}$ c cocoa	1 c walnuts, chopped
2 t baking soda	4 c flour
dissolved in-	2 c confectioner's
$\frac{1}{2}$ c black coffee	sugar
1 t salt	orange juice
	1 T orange rind

In a large bowl mix first 12 ingredients. Add walnuts and flour. Let mixture stand at room temperature 20-25 minutes. With small amount of dough, roll into size and shape of walnut. Place on greased cookie sheet. Bake 8-10 minutes at 350°. Makes about 6-7 dozen.

Icing: Mix confectioner's sugar, orange juice (to make a thick paste) and 1T orange rind. Dip cooled cookie in icing - let dry before storing.

KOURABIEDES (Butter Cookies)
Greece

Helen Mouganis

1 lb sweet butter
 $\frac{1}{2}$ c sugar
1 egg yolk
1 t baking powder
2 T brandy, optional

4-5 c cake flour,
sifted
confectioner's sugar
whole cloves

In mixer, beat soft butter until light and fluffy. Gradually add sugar, egg yolk and brandy, beating thoroughly after each addition. Combine baking powder with first cup of flour and add to mixture. Add remaining flour, a cup at a time until a soft dough is formed that will not stick to hands when forming into shape. These can be made into small "ball" cookies. Greek cooks prefer the "S" shaped cookie formed by rolling dough on board until smooth and then shaping into an "S". Place on ungreased cookie sheet and place a whole clove in the center. (This is part flavor, part garnish and is not to be eaten.) Bake at 350° for 15 minutes. Carefully remove from sheet and while still warm, sprinkle with confectioner's sugar. Yield: Approximately 4 dozen cookies. (These are very good keepers.)

WELSH COOKIES
Wales

Bonnie Smith

4 c sifted flour
1 c shortening
 $1\frac{1}{2}$ c sugar
3 eggs, beaten
milk--add to eggs to
make 1 cup

1 c currants
1 T salt
1 T nutmeg
3 T baking powder
confectioner's sugar

Mix flour and shortening as for pie crust. Add other dry ingredients. Mix in liquid. Roll out, cut, and fry on lightly greased griddle. Dust with confectioner's sugar. Makes 7-8 dozen silver-dollar sized cookies.

CHOCOLATE DROP COOKIES

Alyce Lampen

USA

1 egg, beaten	‡ t salt
1 c brown sugar	‡ t soda
1 t vanilla	‡ c milk
‡ c margarine	1 c chopped nuts
‡ c cocoa	‡ c confectioner's sugar
1-2/3 c flour	

Add all the ingredients in sequence except the confectioner's sugar. Mix dough thoroughly. Drop by teaspoonfuls on greased cookie sheet. Bake about 8 minutes in preheated 350° degree oven. Coat with confectioner's sugar. Makes about 40 tea-size cookies.

BUMBLE BEES

Adele Gurevich

New Zealand

1 can sweetened condensed milk	1/3 c chopped walnuts
‡ c unsweetened coconut	1/3 c chopped sultanas
‡ cup chopped raisins	1/3 c chopped dates
	1/3 c preserved ginger, chopped

Mix all ingredients together. Form small balls. Roll in extra coconut. Bake for 15 minutes at 350°. Makes about 2 dozen (walnut sized).

CREAM FROSTING

Donna Haghson

USA

1/3 c + 1 T Wondra flour	1 c sugar
1 c milk	1 c shortening
	1 T vanilla

Boil flour and milk over medium heat until thick; cool. Add remaining ingredients and beat thoroughly until light.

HOOTCHADADE (Christmas Fig Cookies) Joyce Budd
Italy

Filling:

2 lb string figs	1 c sugar dissolved
1 lb chopped almonds and walnuts	in $\frac{1}{2}$ c warm water
2 lb raisins	juice of one orange

Remove figs from string, cut stem piece from each fig, then soak with raisins in warm water until soft. Drain and put through food grinder. Add the remaining ingredients. You may add an optional T or two of bourbon or rum if your taste is so bent. This filling keeps well and may be made a week ahead. In fact, I recommend it.

Dough:

4 whole eggs plus	2 c milk
2 egg yolks	16 t baking powder
$1\frac{1}{2}$ c sugar	1 T vanilla
$2\frac{1}{4}$ c melted Crisco, cooled	1 t salt
	10 c flour, approx.

Cream eggs and sugar until fluffy. Add shortening, then combine dry ingredients and add alternately to mixture with milk and vanilla. When dough is thoroughly mixed, set aside in cool place for 1 hour. Then, roll out to thickness of $\frac{1}{8}$ to $\frac{1}{4}$ inch, depending on how much cookie you like with your filling.

Cut dough in long strips about 2 inches wide. Place a row of filling down middle of dough strip. Bring sides of dough together, lapping over filling. Cut cookies about 2 inches in length. Place on greased cookie sheets and bake at 400° approx. 10 minutes. Check after 6

minutes. After cookies have cooled, frost with simple confectioner's sugar icing and decorate with multicolored sprinkles. Makes at least 10 dozen.

(You can freeze these cookies but do not frost them until thawed for best results.)

BIKLAWA (Baklava)
Middle East

Eddy Jordan

(Fine pastry--paper thin layers--stuffed with walnuts and pistachios)

1 lb biklawa dough	1 t cinnamon
(streudel or filo leaves)	1 T rosewater flavor
3/4 lb melted butter	Syrup:
Filling:	1 c water
1 lb walnuts and pistachios	2 c sugar
(ground) or pecans	1 t lemon juice
1 c sugar	1 T rosewater flavor

Grease tray--size depending on filo leaves.

Boil water and sugar until syrup texture results. Add lemon juice and rosewater flavor. Set aside. Using one half of the dough, put layers in pan one at a time, brushing each layer carefully with butter. Mix nuts, sugar, spice and flavoring and evenly distribute across dough. On top of filling, spread other half of layers, buttering each layer as before. Take sharp knife and cut into squares or diamond shape pieces. Bake at 300° for 1 hour or until golden brown and crisp. Pour sweet, cooled syrup over tray while hot. Set aside and cool.

HAMANTASCHEN

Stuffed 3-Cornered Cakes

Jewish

Jody Lindauer

1 pkg dry yeast	1 c milk, scalded
‡ c milk, lukewarm	2 eggs, slightly beaten
‡-2/3 c sugar	4-5 c flour
‡ c margarine	1 egg yolk diluted with
‡ t salt	water, optional

Dissolve yeast in the lukewarm milk, stir in 1 T sugar and set aside.

Combine butter, sugar, salt and HOT scalded milk. Stir until the margarine melts and cool to lukewarm. Stir in yeast. Add eggs and about 2 cups flour and beat with electric mixer to a smooth batter. Add enough flour to make a tender dough--not as dry as a bread dough. Knead about 2 minutes. Put in a greased bowl. Cover and let rise until double, about 2-4 hours. Punch down, knead 1 minute and roll out to 1/8-inch thickness. Cut into 3-4 inch circles.

To Fill: Put a small amount of filling in center of dough circle. Fold in half and pinch together 2/3 of the way around the curved edge. Take the open edge and fold inward, making 3 distinct corners on the cake.

Put on a greased cookie sheet and let rise until double. Brush top with egg yolk and water to glaze the cakes. Bake at 350° for 15-20 minutes.

Filling:

2 c cooked prunes, seeded and chopped	1/3-1/2 c sugar, to taste
grated rind of 1 lemon	1/2 c chopped nuts, more if desired
1 T lemon juice	

Mix all of the above ingredients together.

Quick Filling:

1 can Solo prune cake and
pastry filling
1 T lemon juice

sugar to taste
 $\frac{1}{2}$ c chopped nuts,
more if desired

Mix all of the above ingredients together.

PECAN PIE

Ann Noonan

USA

2 unbaked pie shells
1 1-lb box brown sugar
4 eggs
2 c pecans

$\frac{1}{2}$ stick butter or
margarine
6 T evaporated milk
2 t vanilla
pinch salt

Mix all ingredients together and pour in pie shells.
Bake at 325° for 30-40 minutes or until firm.

BARFI

Raj Madan

East India

4 oz butter
1 lb ricotta cheese
1 c whole milk
2 c powdered milk

$1\frac{1}{2}$ c sugar
 $\frac{1}{4}$ c shelled pistacho
nuts, optional

Melt butter in a pan. Add ricotta cheese and stir for 5 minutes. Add the powdered milk slowly, stirring constantly. Slowly add whole milk till it is semi-liquid. Add sugar and mix thoroughly. Add pistacho nuts. Pour the contents in a deep wide tray or pie plate and let it set. Cool for an hour. Cut into desired shapes (diamond or square) and serve.

HOT FUDGE POT
USA

Joan Sanbonmatsu

A favorite of children - little and big!!!

$\frac{1}{2}$ can sweetened condensed milk	2 T water
1 6 oz pkg semi-sweet chocolate bits	$\frac{1}{4}$ t rum extract

Stir ingredients together over a low simmer heat.
Serve hot. Be careful it doesn't burn.

I serve it on ice cream, puddings or cake and
keep a pot made almost all the time. It keeps
at least 2 weeks in the refrigerator and may be
frozen.

INDEX

APPETIZERS, SOUPS, SALADS

Aunt Berniel's French Dressing	22
Barbecued Pork	1
Beef Salad	18
Borek	2
Caesar Salad	17
Cindy's Hot and Sour Soup	15
Coca Cola Salad	22
Crabmeat Hors D'oeuvres	6
Cranberry Salad	21
Cucumber Salad	16
Curried Pepitas	10
Egg and Lemon Soup	14
Ensalada de Maranjas (Orange Salad)	20
Flour Tortillas	8
Fried Won Ton	7
Gaspacho	14
Gaspacho - Andalusian Salad Soup	13
Ghana Peanut Soup	11
Guacamole	8
Hungarian Liver Dumpling Soup	12
Meat Soup	11
New England Clam Chowder	15
Papas a la Huancaína (Potatoes Huancayo Style)	19
Poor Man's Liver Paté	5
Raspberry Jello Salad	21
Salade Françoise	18
Sate	3
Sour Cream Enchiladas	9
Spiced Chicken Livers	1
Stuffed Grape Leaves	4
Tabbouli	17
Tabulee (Salad with Borghul)	16
Tostados and Nachos	9

APPETIZERS, SOUPS, SALADS, CONT.

Twenty-four Hour Salad	20
Tyropites (Cheese Appetizers)	6
Warek Benab (Stuffed Grape Leaves)	5

MEATS AND POULTRY

Arros con Pollo (Chicken with Rice)	47
Baked Salt Chicken	55
Beef and Onions	28
Beef Cooked with Noodles	27
Beef Stroganoff	26
Beef Sukiyaki	29
Beef Tacos	41
Burgundy Short Ribs	32
Cabbage Rolls	37
Chalupas	35
Chiang Pao Chi Ting (Chicken Breasts with Hoisin Sauce)	54
Chicken and Yogurt	52
Chicken Astecq	48
Chicken Crepes	51
Chicken Curry	56
Chicken Curry	48
Chicken Paprika	57
Chicken Pilaf	50
Chicken Pulao (Pilaf)	50
Chicken with Port and Olives	49
Chinese Barbecue Steak	27
Chop Suey	43
Doro Wot (Chicken Stew)	56
Fried Rice - Javanese Style	35
Gerouf Rice	58

MEATS AND POULTRY, CONT.

Geschnetzeltes nach Zurcherart	41
Glazed Ham Slice with Cranberry- Raisin Sauce	45
Jambon Congolais	45
Japanese Sweet and Sour Pork	44
Kafta	40
Kafta Sno-bar	46
Kibbee Sineea	34
Koenigsberger Klops	40
Lamb Curry	46
Mousaka	38
Musaka Yugoslav Style	39
Polish Stuffed Cabbage Rolls	36
Pork Lo Mein	43
Rice with Vermicelli	53
Rouladen	28
(Beef Rolls)	
Sauerbraten mit Kartoffel Klosse	25
(Marinated Beef with Potato Dumplings)	
Sautsed Beef	26
Shish Kabob	30
Sliced Chicken in Sweet and Sour Sauce	55
Svieckova na Smotane	30
(Beef in Sour Cream Sauce)	
Sweet and Sour Pork	42
Transylvanian Goulash	33
Yogurt	52

FISH, EGGS, AND CHEESE

Baked Clams	62
Chawan Mushi	64
Egg Pancakes	67
Fiskengrateng	63
(Fish Soufflé)	
Manicotti	68
Manicotti Sauce	68
Oeufs en Cocotte	67
(Eggs cooked in Ramekins)	

FISH, EGGS, AND CHEESE, CONT.

Pescado al Escabeche (Pickled Fish)	61
Pike Baked in Almond Sauce	63
Salt Cod Fish Cakes	62
Shrimp Madras	66
Shrimp Tempura	65

VEGETABLES

Baked Beans	73
Brown Beans	73
Cauliflower and Green Beans with Pork	74
Czech-style Cabbage	75
Dal (Lentil)	81
Gado-Gado (Vegetables with Peanut Sauce)	79
Gobi Bhaji (Cauliflower)	74
Linguine with Mushroom and Tomato Sauce	80
Mushrooms Parmesan	80
Ntrowa Fro (Eggplant Stew)	76
Ratatouille Niçoise	77
Sicilian Artichokes	82
Spinach and Bean Sprouts	75
Stuffed Baked Eggplant	78
Yemenite Eggplant	76

BREADS

Challah	87
Chapati	94
Cinnamon Rolls	91
Fastnachts (Raised Doughnuts)	92
Greek Bread	88

BREADS, CONT.

Italian Easter Bread	89
Kouloura	88
Oatmeal Bread	86
Peanut Butter Bread	93
Pocket Bread	90
Potato Lefse	92
Pumpernickel	88
Southern Spoonbread	95
West Country Brack	93
White Bread	85
White Dinner Rolls	90
Whole Wheat Bread	86
Yorkshire Pudding	95

DESSERTS

Aargauer Rieblitorte (Carrot Cake)	102
Barfi	112
Biklava (Baklava)	110
Bumble Bees	108
Carrot Halwa	99
Carrot Kheer	99
Chocolate Devil's Food Cake	105
Chocolate Drop Cookies	108
Cream Frosting	108
Clafouti (Cherry Cake)	103
Dundee Cake	101
Flan de Leche	100
Hamantaschen (Stuffed 3-Cornered Cakes)	111
Hootchadade (Christmas Fig Cookies)	109
Hot Fudge Pot	113
Italian Chocolate Cookies	106
Jamaican Banana Fritters	101

DESSERTS, CONT.

Kolačky	105
(Cookies with Filling)	
Kourabiedes	107
(Butter Cookies)	
Maisena Cookies	106
Pecan Pie	112
Pommes au Beurre	100
Ricotta Cheese Refrigerator Cheese Cake	104
Skaller M Flodeskum	102
(Raspberry Tarts)	
Vernicelli Kheer	99
Welsh Cookies	107

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