



ATLANTIC OCEAN

*The*  
**BEST of TASTE**



Canning

Sept 22 1969 For 15 lbs \$1.69

Bears 1 qt 12 hafs

2 cup water & 1 cup sugar

Aug 19 1970 For 16 lbs \$1.99

Beaches. 2 cups water 1 cup sugar

I got 14 qt some packed  
more the others.

in canner 25 mi.

when packing pack more than only  
1 1/2 cups syrup.

The Best of Taste

# THE BEST OF TASTE

the finest food of fifteen nations

*Edited by*  
*the SACLANT-NATO Cookbook Committee*



UNITED STATES NAVAL INSTITUTE • ANNAPOLIS, MARYLAND

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## Foreword

NATO is a brotherhood of nations founded on the principle of mutual support and collective defense. Our fifteen nations are each and all dedicated to this principle—one for all, all for one. If any one NATO nation is attacked all will rally to her rescue.

In unity there is strength. Unity of thought comes through friendship, tolerance and mutual understanding. Unity of action comes when friends work together.

Thus the fifteen sovereign nations of NATO are collectively stronger through their friendship each for the other and through their actions as friends toward the common cause of world peace.

Now, although the seas have no cities, no government and no nationality, they are as much a part of NATO as any or all the nations, for without the seas and their binding links of sea communications NATO unity would cease to exist, and the nations, in adversity, could not long survive.

The defense of Europe and the defense of North America are each dependent on the security of the seas, on the sealanes of communication which crisscross its surface and on the millions of tons of life blood which flows through these lanes.

The Allied Command Atlantic is dedicated to the security of the seas for NATO, that each nation may support the others, that the unity of the Alliance may be maintained and that our friendships may flourish in peace or war.

At the Headquarters of the Allied Command Atlantic, in Norfolk, Virginia, men of all nations of our alliance are working for the defense of the seas, for the unity of NATO, for the preservation of our friendships.

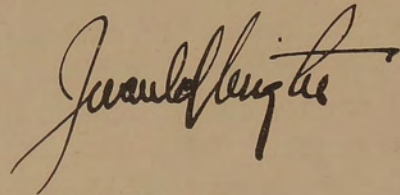
And the wives of these men are working toward the same objective; toward friendship among men and among nations; toward mutual understanding and tolerance of each for all. To this end they have inspired many Allied gatherings about the table, many samplings of each other's culinary skills, many lunches and dinners sponsored by one nationality for the enjoyment of the others, many friendly comments on likes and dislikes and genuine appreciation of the points of view of others.

Out of the many occasions of these Allied staff and distaff meetings here in Norfolk, Virginia, came the idea of a SACLANT NATO cookbook. Could not each nationality share with others the things it liked best, not only good food, but the friendships it generates. Could not there be a compilation, a guide book of methods which the wives had found eminently successful in the appeal to the mind and the heart via the palate. Could not such a book be a NATO cookbook and as such would it not contribute one small iota to the unity, understanding and friendship among the people and the nations of our great alliance.

For these reasons and on the theory, so often proved true, that "Good Food Brings Minds and Hearts Together," the wives of the Allied Command Atlantic "turned to" and produced "THE BEST OF TASTE."

They expressed only two wishes; that NATO might benefit and that any accrued proceeds be donated to a NATO charity.

They deserve grateful thanks and a "Well Done" from All Hands.



JERAULD WRIGHT  
Admiral, U.S. Navy  
Supreme Allied Commander, Atlantic

Norfolk, Virginia  
October 1957



## Acknowledgment

The editorial content has been a project of SACLANT wives over a period of many months. But there has been one notable exception, and this concerns the art work and illustrations which grace these pages. This has been the welcome contribution of Mrs. John Cody, well-known and talented artist, wife of a former SACLANT staff officer of the Royal Air Force. To this good friend, the Editors wish to express gratitude and appreciation for the work she has so kindly donated to the project.

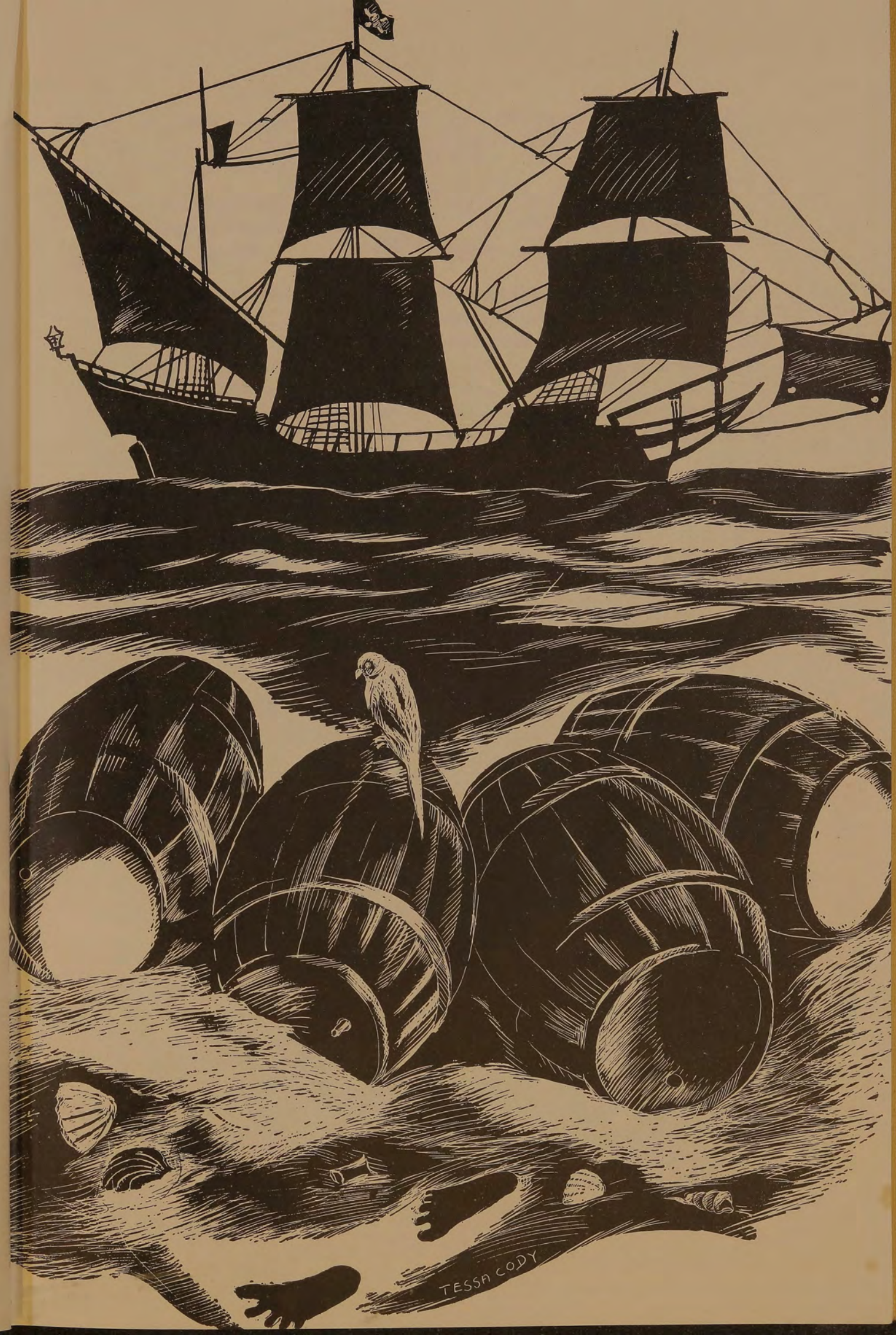
All of the proceeds realized from the sale of this book will be turned over to a NATO charity.



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*The Best of Taste*



# Wines

## CANADA

There seems to be a geography of the Canadian drinker. The Maritime Provinces and the Atlantic Seaboard, including Newfoundland, generally choose rum. They are attracted to the rums of the Caribbean; evidently they acquired the taste for it long ago. The area about Quebec is more appreciative of the fine imported wines, although, at the same time, rum is popular among the seafaring and farming population of that locale. In the prairie areas, the choice is likely to be imported Scotch. In British Columbia, they also prefer Scotch or Canadian whisky (very commonly misnamed "rye").

The Canadian will ordinarily order a straight drink—Scotch whisky, Canadian whisky or rum, with mineral waters or plain water. Gin has little appeal for him except, perhaps, during the summer months. Bourbon has few friends.

Canadians enjoy wines and produce some excellent Canadian varieties, especially the Niagara vintages.

After-dinner liqueurs are very popular, although expensive. Those most in demand are the triple-distilled honey-whisky type such as *creme de menthe* and imported brandies.

Beer and ale are generally popular. The Canadian brew—that is, "the brew on the market"—is a cross between an English beer and the light, Pilsner-type beer enjoyed in the United States. It is far less alcoholic than the post-war English brew and far less likely to cause morning-after regrets than is the American product, despite the apparent lack of body in the latter.

The term "brew on the market" used above is to distinguish the regular commercial product, but "home brew" is a strong challenger and all the ingredients, with full instructions how to make it, are on sale quite legally in almost every chain store across the country.

## DENMARK

Aalborg Aquavit (Schnapps), Carlsberg and Tuborg beers, and Cherry Heering are all musts when you visit Denmark.

There is only one firm in Denmark which is allowed to make Schnapps and their product, Aalborg Aquavit (which, since 1846 has been, and still is produced at their distillery in Aalborg in Jutland) is well-known and available all over the world. Aalborg Aquavit is a crystal-clear, potent beverage with a caraway flavor. When you are having Danish open-faced sandwiches (*Smørrebrød*, *Smørgasbord*, *hors d'oeuvres*, cold cuts, or cheese), beer and Schnapps provide an harmonious accompaniment.

Schnapps should be served ice-cold (but never diluted with ice). It is usually drunk straight and at one gulp; but one can also use aquavit as an ingredient in such cocktails as the *Copenhagen Cocktail*:

$\frac{2}{3}$  Aalborg Aquavit  
 $\frac{1}{3}$  Orange Liqueur  
 Juice of  $\frac{1}{2}$  lime

Shake well with cracked ice and strain into cocktail glasses.

The Danes also make gin and whisky and some of their liqueurs are very well-known; e.g., Cherry Heering and CLOC. Cherry Heering (made naturally from cherries) is made in Copenhagen by the same family that started it in 1818. It can be used in many different ways: as a liqueur to be served after luncheon or dinner; at bridge; or when entertaining in the afternoon. It is also an excellent accompaniment to cheese. Cherry Heering is at its best when chilled. For a quick, simple, but delightful dessert, dress up your vanilla ice cream with a covering of Cherry Heering. Here also are two cocktails:

### *Copenheering Cocktail:*

$\frac{1}{2}$  Cherry Heering  
 $\frac{1}{2}$  Vodka  
 A few drops lime or lemon juice

### *SAS Polar Cocktail:*

$\frac{2}{5}$  Cherry Heering  
 $\frac{2}{5}$  American whisky  
 $\frac{1}{5}$  fresh orange juice  
 Shake well with crushed ice and serve cold.

The two famous beers made in Denmark are the Carlsberg and the Tuborg beers. Both are made in Copenhagen and both are excellent products. It is hard to find a strong preference for one or the other; all agree that they are both surpassingly good beers. The breweries in which they are made are a must for all tourists.

## FRANCE

France is the country of wine, of good wine. Mixed drinks are not a national tradition and if indeed you do find cocktails in France, the best proof that they are of foreign origin is that they are dispensed in places called "Bar Americain."

In France drinking is an art mainly associated with meals; the average Frenchman drinks a little before, more during, and a little after his lunch or his dinner. Generally he does not drink between meals unless, on a hot day, he wants to quench his thirst with such a proletarian beverage as beer. Before the meal he will drink *l'aperitif*; during the meal, wine; and after the meal, a liqueur sometimes called *un digestif*.

*L'aperitif* will generally be a product of the vine. It may be a quinquina wine like Dubonnet or Saint Raphael, or a vermouth, either brown and sweet like Cinzano or Martini, or light and dry like Noilly Prat. It may also be a sweet dessert wine like Frontignan or Banyuls or the expensive Port. (Except in a few

very conservative houses, dessert wine in France is not served with dessert but before the meals.) Or it may simply be a good dry white table wine, preferably a *vin de pays* (that is, native to the locality) which makes the best aperitif when one is stopping for lunch at a country inn.

These wines or vermouths are generally served straight but sometimes *à l'eau*; in other words, mixed with water. Here we should mention the Vermouth Cassis, one of the very few national mixed drinks. It is very simple to make: in a tall glass pour three fingers of Noilly Prat, a squirt of black currant syrup, add ice, and fill with soda water.

Let us mention the family of Anis and Pastis. They are the mild offspring of the famous "absinthe" of the pre-World War I days—now illegal in France as being too toxic. Anis and Pastis are sold under various commercial names. They are never served straight but mixed with water; they are sweet and are favored mostly in south France where the typical aperitif is still *un pastis*.

One last word about aperitifs. They must be used very moderately and not be allowed to ruin your taste for the forthcoming repast of fine food and good wines. Remember, in France, serious drinking is done during the meal, not before or after; and one should not be surprised if his glass of aperitif or brandy is not automatically refilled, although his glass of wine will never be allowed to remain empty.

There are thousands of wines in France and hundreds of books have been written on French wines. But what one really should know before partaking of a French dinner can be said in a few lines.

There are four main categories of wines: Red, Rosé, White and Sparkling. Great reds and whites come only from Burgundy and Bordeaux. Rosé is a pleasant wine but hardly a great wine. The best rosé wines come from the Rhone Valley, the Loire Valley and from the south coast. The only great sparkling wine is champagne and it is always white. Pink champagne is made only for export.

Timid souls are sometimes confused by the intricate rules governing the use of wines and the varieties of food with which they are supposed to be served. Those rules, however, should not be altogether ignored because some wines will be ruined by some foods. The main principles are: red wines with red or brown meats; white wines with white meat and fish. For example, drink a dry white wine like Graves or Barsac with fish or poultry and a sweet wine like Sauterne with fish, fruit or dessert. With roast beef or cheese choose a Bordeaux red and, with game, a Burgundy like Pommard, Moulin or Macon.

A white wine should be served chilled but not iced. The best temperature is mainly a matter of taste, but excessive refrigeration will make a 15,000 frs. Chateau Yquem taste no better than a 200 frs. Sauterne.

A red wine should neither be chilled nor warmed. Simply open the bottle a few hours before the meal and put it in an upright position in the room where it is going to be served. Old red wines normally form a little deposit; as the bottles are stored horizontally they must be placed upright in time for the deposit to fall to the bottom. If it is a great wine you may even decant it, but keep that practice for the very old vintages. You will notice that in some restaurants the

wine waiter will pour the first drops of wine in the host's glass and wait for his approval before serving the other guests. This has two purposes: it allows the host to taste the wine and assure that it has not been spoiled; it also pours off into the host's glass any small pieces of cork which may have fallen in the bottle when it was uncorked.

Champagne is not properly a table wine and the ways to drink it have evolved a great deal in the last half century. Formerly champagne was made only as a sweet wine and, because of its high price, served only on special festivities with dessert. At official banquets champagne was the dreaded signal for speeches. It was also the night clubs' fashionable drink, either sweet or half dry. Then as some countries, especially the United States, took more and more interest in champagne, from sweet and half dry the wine became progressively the dry or extra dry or *gout americain* of today. And that change improved it very much indeed. Excellent on hot days before lunch or dinner, it can also be served as the only wine during a meal and it is still, *par excellence*, the wine for *de luxe* night life. The only occasion where it should not be served is with dessert, coming after two or three other wines. It thus becomes tasteless and flat. The situation really becomes hopeless when it is served with coffee. But such is the strength of old habits that champagne in France is still the inevitable signal for speeches at official banquets.

Remember that once a bottle of wine is opened, it should be drunk. White wine may be kept in the refrigerator for a week or two, while red wine should not; whatever you do it will turn to vinegar in a few days.

There are two main categories of liquors: sweet and dry. Dry liquors or brandies are: Cognac, Armagnac and Marc, all three products of the vine; Calvados, an applejack distilled and much appreciated in Normandy; and the Alsatian white brandies distilled from fruits, of which the best known are Kirsch, Framboise and Mirabelle.

Cognac is the best known of the dry liquors. Regular commercial Cognac is generally known as "Three Star" and all good proprietary brands taste about the same, being kept equal in quality by careful blending. Very Superior Old Pale (VSOP) is more than 15 years old. Beware of brandies called Cognac Napoleon. That fetching name is likely to cover a second grade liquor having no relation with the first or even the third Napoleon. If there are still Cognacs of the 1800's, they are surely not for sale and, furthermore, they would probably have completely faded.

To appreciate the best of their bouquet, brandies should be drunk in a medium size, tulip-shaped glass of fine crystal and slowly warmed between the palms of the hands. Remember that mixing old brandies with anything is just short of a sacrilege in France.

Sweet liqueurs are almost as numerous as wines. Among the best known are: Benedictine, which contrary to general belief is not made by monks; the Chartreuses (which *are* made by monks), one yellow and mild, the other green and strong; Cointreau, also called Triple Sec; Grand Marnier, with a touch of orange flavor; Creme de Menthe known in France as "Pippermint" and seldom drunk straight but mixed with water as a long drink on hot days; and Vieille Cure.

Although much remains to be said we offer as a conclusion the guiding rule—  
Drink moderately and with discrimination.

## GERMANY

Germany is as famed for her wines as for her outstanding beers such as the Münchener and Löwenbrau. The wine districts which deserve particular emphasis are the Rhine, Moselle and Franconia. Germans generally drink after, rather than with, their dinner, and during an evening's drinking they may work up to some super-excellent bottle, which they call a *Spitzenwein*, and which is often decorated with a garland about its neck. They sometimes drink beer between bottles of wine believing that "there is a wine thirst and a beer thirst."

The white wines of the Rhine and sometimes those of the Moselle are usually spoken of as *Hock*, although this is a misnomer derived from the community of Hocheim which provided Queen Victoria with her favorite bottle. Hock with its high, tapering bottles, brown for those which contain Rhine wines and green or greenish blue if they contain Moselle, is the favorite of the discriminating. The Rhine comprises three major districts producing wines as different from each other as they are from Moselle wines, namely: the Palatinate, Rheinhessen and Rheingau. Germans are fortunate in their white-wine grapes, the hardy, fragrant Riesling, the juicy Sylvaner, and the lush Traminer. These produce wines which are dry and have a very subtle aroma.

In serving such wines, they should be slightly chilled, whether from the cellar, an ice-bucket, the refrigerator, or a sunless window sill. The cork should be drawn only just before serving, and the foil cap should not be removed but cut around with a knife near the top. The proper glasses are long-stemmed and it is best if they are uncolored, allowing the true color and clearness of the wine to speak for itself.

Hock is especially good with fish but is also an excellent accompaniment to veal or dessert.

German wines have many-barreled names. First comes the year, in adjectival form, such as 1949-er. Then comes an adjectival version of the village or property where the wine is grown, such as Johannisberger. Next comes the name of the vineyard, which often suggests delight or ecstasy: Heaven (Himmelreich), The Lord God's Acre (Herrgottsacker), Our Lady's Milk (Liebfraumilch), Jesuit's Garden (Jesuitengarten), or even Hell (Hölle). Then comes the name of the grape, and lastly any special detail about the wine. *Auslese* means that the well-matured bunches of grapes have been selected. *Spätlese* means that certain bunches have been left after the general gathering. *Trockenbeeren Auslese* means that some selected grapes have been left in fine autumn to turn into raisins and thus produce the rich, golden millionaire's wine. So, as to your wine selection, you might serve among others: 1949-er Johannisberger Hölle Riesling Auslese.

It is interesting to note that the vineshoots on the Rhine grow upwards, whereas those on the Moselle are twisted like spectacles. The cask, called a *Stück* on the Rhine, is a *Füder* on the Moselle. Moselle wines are made from the Riesling grape while the Palatinates are made from both the Riesling and Traminer varieties. The latter keep for a very long time and rise to an elegant lusciousness and splendor of aroma. Rheinhessen is planted generally with the juicy Sylvaner grape and produces mild, soft, agreeable wines such as those known under the label of Liebfraumilch. The Rheingau wines are made from Riesling grapes and excel in their flower-like bouquet.

The wines of Franconia are not as well known as others from Germany, partly because they are not exported in large quantities and partly because their flavor seems strange to the Hock lover. The Franconian wine area is in Bavaria with Wuerzburg its center. One of the best vineyards is the one known as *Stein*, on the steep limestone slopes opposite the town's center which produces excellent qualities of Franconian wines which are now generally called *Steinwein*.

As in the Rhine and Moselle districts, both the Riesling and Sylvaner grapes are well represented. The soil (always so important for the character of a wine) is mainly composed of lime, and this gives the wines of Franconia a decidedly earthy taste, one which is a pleasant mixture of sweet and dry, with a good rich body, both fresh and soft. Some of these wines are ideal as an aperitif as well as with a meal.

## GREECE

The most famous Greek aperitif wines are Ouzo and Masticha. Ouzo is made of alcohol from white grapes of the best quality, with a slight flavor of anise or licorice root. It is a clear, colorless liquid but when served with ice water it turns white as milk. Masticha is made of the alcohol from pressed grapes with a flavor derived from the essence of blossoms from a special gum tree.

Greek dinner wines can be classified in four categories: the resinated wines, the dry non-resinated wines, the sweet wines, and the sparkling wines.

Retsina, generally considered a national drink, is a pure white grape wine, unique in flavor. A touch of resin from the pine tree is added to this wine during fermentation, giving it a distinct flavor of pine.

Various sections or provinces of Greece also develop their own types of non-resinated wines; even the different islands have distinctive flavors and bouquets in their wines.

Among the dry wines are: Santa Helena, Tour La Reine, and Kamba; the well-known Rombola from the Island of Cephalonia and Arahaniotiko from the Island of Crete; as well as the famous wines of Kissamou. Some are white wines; some are red.

Of special interest are the more famous sweet red wines which are served with dessert and fruit, such as the delicious Mavrodaphne, Santorinis, and Samiotiko; all very famous for their aromatic flavor.

The Greek sparkling wines, perfect for toasts, are the wines of Tegeas and Baldji, and are comparable to the French champagnes.

For after-dinner drinks, the Greeks usually serve brandy or cordials. The famous Metaxas Brandy, especially the VSOP, is widely known the world over. The Barbaresso Cognac, as well, is delightful and justly famous.

The universal Greek toast is pronounced "Stin-ee-ya-soo!", which means, "To your health!"

## ITALY

There is an existing misconception, frequently encountered, that Chianti is just another name for Italian wine. It is true that the Italian drinks red or white wine more or less indiscriminately with meat, fish or rice, and takes little account of vintage years or names. However, the real district from which Chianti is produced is very small, starting just south of Florence and stopping short of Siena. This district sometimes produces, in a very good year, about five per cent of all wines sold as Chianti. The wine growers there have been striving to prevent the name being used by others outside this district, but with little success. They do now have the privilege of calling their wine Chianti Classico, however, and of attaching their label of a cock to their bottles or *fiaschi* which are the familiar straw-covered containers.

The Tuscany district produces other excellent red table wines, especially those from Empoli, Lucca and Rufina. One of the most successful bottled wines in Italy is that produced by Antinori, who specializes in two varieties: Villa Antinori and Santa Christina; the white wine of the latter is one of the best of its kind.

The year of vintage does apply to the wines of Brolio, which often differ very distinctly. The best Brolios, among which are those of 1937, 1942 and 1945, are first-rate wines comparable to the fine French vintages. Antinori and Brolio usually cost about three times as much as the average Chianti. Incidentally, Italian wines do mature in the bottle and they will stand traveling, for any properly made wine with an alcoholic content of 11 per cent plus will travel.

In connection with alcoholic content, it is interesting to know that the Italian wine industry has the habit of rating and pricing wine in accordance with the percentage of alcohol; the more alcohol, the higher the price. Consequently, some of the ordinary commercial wines are either fortified with strong wine brought from the south or treated to increase their alcoholic content.

The best Italian wines are produced north of Naples. In addition to those of Tuscany, there are the delicious Roman *castelli* wines, including the well-known Frascati which reputedly has the property of affecting the legs before

the head. Then there are the sweet wines of Orvieto and Monfiascone, the drier white wines of Umbria, and the very dry pink wines of Liguria. Around Bologna, Ferrara and Moderna are produced the Lambrusco which is sweet and slightly effervescent. Finally, the Piedmont produces excellent wines of all categories, including the white Soave and that lovely light, red Valpolicella.

## THE NETHERLANDS

The Netherlands is not a wine-producing country. Wine is imported mainly from France. A great variety of other liquors, however, are manufactured in the Netherlands such as liqueurs, Dutch Geneva and beer. The high beverage tax makes imported wines rather expensive for the masses. Therefore, they are used only upon special occasions and then, in general, in the same way as in France—an aperitif before dinner, wine during dinner and after the meal.

The aperitif may be sherry, port, vermouth (all imported), or the old Dutch Geneva, which is a spirit distilled from various grains (corn, rye, barley). Dutch Geneva or "Holland Gin" may truly be called a national drink. It has been manufactured in Holland since the middle of the 16th Century. There is a slight difference in the taste between the Dutch Geneva and Frisian Geneva, which is manufactured in the province of Friesland.

Geneva is an agreeable aperitif, which derives its special flavor from the juniper berries added during the process of distillation. It is served chilled but is never mixed with other spirits or used in preparing cocktails. The percentage of alcohol of old Geneva is approximately 40 per cent.

Other typical aperitifs are red Geneva and black currant Geneva, spirits which are sweet and less strong. These are very popular with the ladies. Another aperitif, which is enjoyed by the ladies, is "advocaat." This is a sweet, cream-colored spirit made of eggs, a type of Dutch brandy, sugar and vanilla and is served in a sherry glass with a demitasse spoon.

*Advocaat* may be prepared at home by the following recipe:

10 eggs	$\frac{5}{8}$ cup Dutch Geneva
2 cups sugar	$\frac{1}{5}$ cup Persico
The contents of one stick of vanilla	$\frac{1}{5}$ cup water

Beat the eggs, sugar and vanilla in a bowl warmed in the steam of boiling water, until the mixture becomes a smooth and fluffy substance. Stirring well, add the Geneva, Persico and water. Heat this mixture "Au bain Marie," stirring and beating continuously, until it is creamy. Keep it in well-closed bottles in the refrigerator.

For after-dinner drinks there are many good brands of domestic as well as imported liqueurs. These are served in the same manner as in France.

## NORWAY

The drinking habits in Norway have undergone great changes through the ages. In the days of the Sagas and the early Middle Ages, mead (mjöd) and beer (öl) were the common drinks. Wine (vin) was not drunk in Norway at that time, but the old Vikings, during their ravaging raids on Central and Southern Europe, acquired knowledge of this noble beverage. This can be evidenced from the fact that Leiv Eriksson called the North American continent, which he discovered, Wineland (Vinland).

Mead is made from honey which is cooked with water and then left for fermentation. This results in a liquid of "suitable" strength, as the old Saga states. During the early Christian era mead was especially connected with the Christmas celebration. It is very seldom served in Norway today. This is far from being true of the other favorite of the old Norwegians—beer—which is still the most commonly-used alcoholic beverage. Beer has played an important part in the life of Norwegians as far back as history goes. Never a daily drink, beer was used to celebrate special occasions; the party traditionally given by the family in memory of one deceased is even today called "grave beer" (grav-öl) even though beer may not be served. It was an old tradition that parties involved in legal matters should drink a toast in beer as a token of final settlement.

The traditional Norwegian hard liquor is Aquavit, but that liquid is much newer to the Norwegians than mead and beer. In Norway, as in Sweden and Denmark, Aquavit is made from potatoes and derives its typical flavor by adding caraway. Unlike most other Scandinavian Aquavit, Norwegian Aquavit is always matured before it is sold. One type called "Linie Aquavit" is placed in a wooden cask in the bottom of a ship and brought "across the line". The smell of the sea, the rolling of the ship and the changes in temperature give the Aquavit a very fine taste. The best Norwegian brands carry the names of Lysholm, Lötten or Oplandske. Within each brand there are as many as three types according to the length of maturing. Lysholm is drier and lighter while Lötten and Oplandske have more body.

As a rule, Aquavit is served principally with fat foods such as pork and goose. It is frequently served with *smörgåsbord* and always with Norwegian cured trout (Rakorret). Only one other alcoholic beverage would be served with Aquavit—beer, which is used as a chaser. Wine is never served at the same table. Because of the very strong flavor, Aquavit is not suitable in cocktails and mixed drinks. One final word of advice which particularly applies when drinking Aquavit: Tomorrow is another day.

For understandable reasons, hot drinks have been popular in the cold North, and nothing makes one feel better than a hot *toddi* or *punsj* after a sled ride. But as heated automobiles have replaced horses and sleds, so have Scotch and soda and Tom Collins with ice cubes largely replaced the good old hot drinks. Nevertheless, *Punsje-Bollen* (punch bowl) is still an important ingredient in academic festivities. According to an old recipe, you take two pounds of sugar and dissolve it in a minimum amount of warm water. After it has been cooled

and strained, add two bottles of good brandy, one bottle of rum and one bottle of Graves. Mix enough of this stimulating liquid with boiling water to reduce it to the required strength.

In today's Norway, Aquavit and beer retain their well-established position as typical drinks, both in rural and urban areas. Especially among the urban population, however, alcoholic beverages are to an increasing extent drunk and served according to the French school (with the added flavor of some American cocktails and Scotch whiskey) as far as the very high liquor prices will allow. French, Portuguese, Spanish, Italian, Algerian and German wines are always available in better restaurants, and cocktails are known under their American names. Let us mention one Norwegian departure from the French school: If you ever have the good fortune to be served codfish, fresh from the sea (which, by the way, is a favorite main dish for a stag dinner in Norway), enjoy it with a red Bordeaux with plenty of bouquet.

## PORTUGAL

Port comes from Portugal's mountainous northern region, the Douro Valley, the particular area where it is produced being relatively small—about eighty miles long by twenty miles wide. This area is divided into two sections: the Alto Corgo, or upper River Corgo, to the east of the confluence of the Corgo River and the Douro River; and the Baixo Corgo, or lower Corgo.

The best Port comes from Alto Corgo, a rugged terrain. There the vines are obliged to force themselves up through rocky soil and must compete for space with the granite which comes to the surface. This "struggle" is an important factor contributing to the distinctive character of the wine. The other main factor which gives Port its characteristic flavor is the hot, dry climate of the region where it is produced. As a result of the strong heat from the burning rays of the sun, one thousand vines may produce only one or two "pipes" of wine in the upper Corgo zone and four pipes in the lower Corgo zone. (A pipe is approximately 83 gallons or two hogsheads.)

Port's difficult cycle of life does not stop with the victory of the vine over the natural elements. At the time the wine is made, approximately 20 per cent of brandy is added. The function of the brandy is to halt fermentation at a chosen point and by its fusion with the wine insure stability and longevity. After its "childhood" (nearly two years), the wine is allowed to "sleep," either in bottles (becoming commercially known as "vintage") or in oaken casks where wines of different years are blended together. After eight years of "hibernation," the wine shows the color denoting its age and starts to emit its radiant and inimitable bouquet.

Although Port is used widely as an aperitif, it is mainly a dessert wine. It is the noble wine with which to end a meal. It appears in two types: red and white. The red comes in three different shades: tawny, medium and full. Port's taste is either dry, medium dry or sweet. As Port usually has sediment, it should

not be agitated, especially if it is an old wine in its original bottle. For vintages, some months of rest are required after traveling.

As for the proper glass from which to sip this nectar, a tulip-shape one is best as it concentrates the bouquet. Crystal, either smooth or carved, displays the beautiful gradations of color for the appreciation of the drinker. Never fill the glass; the halfway mark leaves space for the delectable fumes which escape with evaporation.

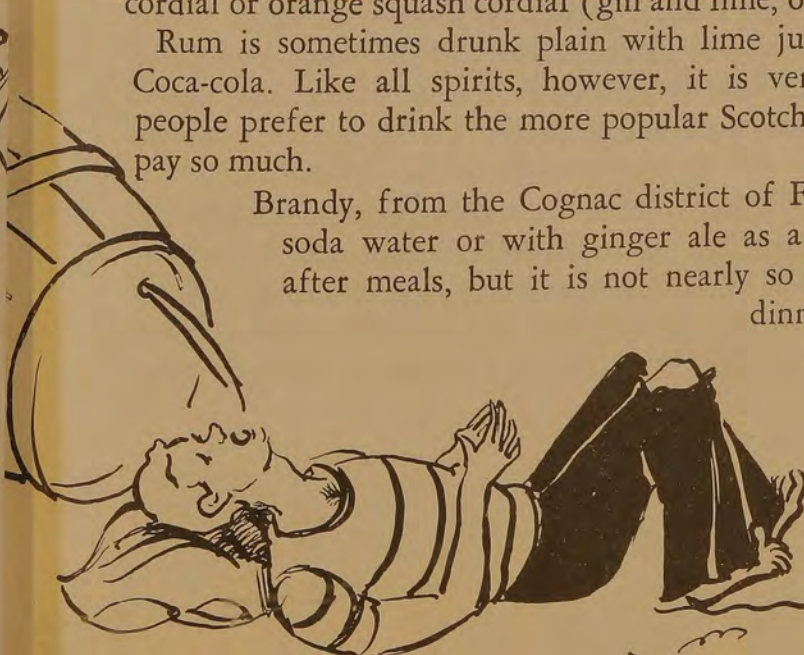
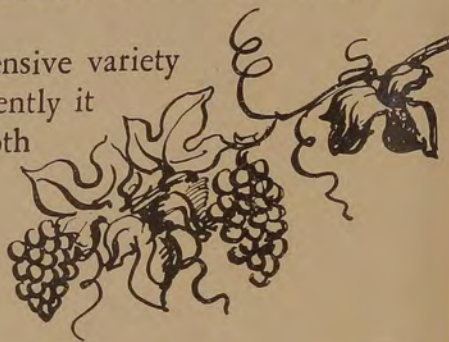
Six hundred nautical miles from Lisbon, fine vineyards flourish on the "Pearl of the Atlantic," Madeira Island. Madeira has many fans who deem this wine to be the equal of Port.

More versatile in usage, Madeira serves equally well as an aperitif, as an accompaniment to soup, and as a dessert wine. Madeira's three main types are Sercial, Malvasia (Malmsey) and Boal. Although all three fulfill the above mentioned functions, the Sercial fits more specifically as an aperitif and with soup; the Boal for dessert. Malmsey has such a pleasant aroma that in the 14th Century the fashion was to sprinkle it on handkerchiefs and use it as a perfume.

Continental Portugal's small territory has an extensive variety of soils, mountain areas and local climates. Consequently it produces an appreciable variety of table wines—both red and white, dry and sweet. To describe them all would go beyond the scope of this treatise. One cannot fail to mention, however, so distinctive a wine as the *vinho verde* (green wine). This wine comes from the north of Portugal, very near to the Port wine region. It is characterized by a very low alcoholic content of eight or nine per cent as compared with the *maduro* (mature) wines of eleven to fourteen per cent or the twenty-one per cent of the fortified Port or Madeira.

The secret of the Verde is that it is made from grapes which come from vines growing twelve to fifteen feet above the ground, usually climbing trees. As the grapes do not receive the heat radiated from the ground, they have much less sugar content, which guarantees the low alcoholic level and the special flavor of the wine.

One gets some idea of the immense variety of Portuguese wines from the fact that, within a radius of fifteen miles from Lisbon, not less than three renowned wines are made: from the north of Lisbon, Bucelas; from the west, Carcavelos; from the northwest, Colares. These correspond approximately to the celebrated triangle of Portuguese tourism: Lisbon-Estoril-Cintra.



## UNITED KINGDOM

A foreign visitor to Britain will find that the most popular native drinks are beer, gin and whisky. Beer takes several forms, the most popular being bitter beer and mild ale, both on draught. These are drawn up from the cool cellars to the bar counters of public houses and other licensed places.

Bottled beer is drunk more in private homes and places where it is not convenient to have draught beer on tap, but the flat non-aerated draught beers are much more popular than the gaseous bottled varieties. Bottled beers are usually the light ales or brown ales and the various forms of stout. The most famous stout is Guinness's which originates in Dublin but is bottled in most large cities.

Blended Scotch whisky is practically the only kind of whisky drunk in the U.K. It is drunk without ice, with either soda water or plain water but generally as a shorter drink than the American highball. All Scotch whisky is brewed from barley. Northern Ireland produces some very fine whisky but in a much smaller quantity.

Sherry is very popular in Britain. Most sheries served are Spanish but South African sheries can be obtained at slightly less cost. Sherry is drunk both before and during the soup course of meals. Port, like sherry, has become a typically British beverage, though imported from Spain and Portugal. It is usually, but not exclusively, served at the end of a formal evening meal.

French wines are very popular in Britain. They are imported in great quantities, often bottled in the U.K., and are sold at very reasonable prices. Italian and German table wines are also imported.

Mixed drinks are obtainable as in America except that it is unheard of to mix a cocktail with Scotch whisky. Perhaps the most popular cocktail is gin and French vermouth. This is similar to, but not quite as dry as, the American Dry Martini. Gin and "It" (Italian vermouth) or gin and mixed (French and Italian vermouths) are also popular. The London dry gin is the most popular type for drinking without vermouth. It is taken as a medium-length drink in a small-size tumbler or stemmed glass, either with plain water or as "pink gin" with Angostura bitters and water. Gin is never drunk neat. It is popular in warm weather with tonic water, diluted fruit cordials, ginger ale or ginger beer. It is also made into short drinks with equal quantities of either lime juice cordial or orange squash cordial (gin and lime, or gin and orange).

Rum is sometimes drunk plain with lime juice cordial (undiluted) or with Coca-cola. Like all spirits, however, it is very highly taxed and the British people prefer to drink the more popular Scotch whisky or gin since they have to pay so much.

Brandy, from the Cognac district of France, is drunk like whisky with soda water or with ginger ale as a "horse's neck" either before or after meals, but it is not nearly so popular as whisky. As an after-dinner liqueur, however, it is a great favorite. Used thus, brandy is

usually served in the very large, stemmed snifters, and like Port, sipped by the men after the ladies have left the dinner table at the end of the formal evening meal.

Drambuie is the Scottish-made liqueur derived from whisky. This is the only native liqueur but is probably as well known abroad as in Britain. French liqueurs are drunk in Britain as elsewhere.

Cyder is made from crushing a special type of apple grown mainly in the western counties. It is usually sold in large flagon bottles. It has an alcoholic content similar to beer, but some draught cyders are more potent.

An alcoholic fruit drink not to be omitted is "Pimms" in its various forms. The most popular, Pimms No. 1., makes a very refreshing drink when mixed with fizzy lemonade to make a full half pint or larger glass, and flavored with sliced cucumber, lemon, and iced. The alcoholic content, however, is high (No. 1. is gin based) and the quantity recommended and measured by marks on the bottle makes an unusually potent drink.

## THE UNITED STATES OF AMERICA

Americans are in the main "hard liquor" drinkers who take it either straight or mixed. From Maine to California one will encounter a wide variety of mixed drinks the basis of which is generally gin, rye whisky or bourbon. This last named liquor is a corn product of high flavor and deep color whose origin was in Bourbon County, Kentucky. Among the innumerable and colorful local varieties of mixed drinks are found such choice items as the Boston Fish House Punch, New Orleans Gin Fizz, Sazerac Cocktail, St. Louis Knabenschuhe, and Louisville Mint Julep.

The delights of the Mint Julep have radiated outward from its Old Kentucky Home and now it is savored almost anywhere during the warmer months of the year. Like the fabled siren, however, the julep is also deceptive; sipped through a straw, it is so cool and refreshing that one is tempted to refill *ad infinitum*, but if properly made, the third julep may be enough to damage one's equilibrium. Juleps are served usually in frosted glasses or silver cups filled to the brim with bourbon over finely-chopped ice and flavored with sugar and fresh mint. An unusual and interesting way to serve them at an informal luncheon or buffet dinner is in a large bowl from which guests may sip at will through their own individual straws.

Americans are known the world over for their cocktail-drinking before meals. This custom results primarily from the fact that they are not, on the whole, connoisseurs of wine and generally drink only water with their meals. Of all the varied cocktails, the most famous is the Dry Martini (or Gibson if an onion instead of an olive is used), the potency of which has increased with the years

to such an extent that atomizers for the introduction of the vermouth are now sold! Whatever one's preference for proportions of gin and dry vermouth, the secret of a good martini is in making it cold enough. A recommended way to make these drinks is to mix four parts of gin to one part *dry* vermouth in a shaker or mixer; twist and insert a lemon peel; add plenty of ice cubes and stir rapidly until very cold. After pouring it into the cocktail glass (pre-chilled if possible), one may add a small twist of lemon peel, a stoneless olive or a small onion, according to taste.

Competing with the Dry Martini in popularity is the Old Fashioned. The original Old Fashioned was made as follows: Place one lump of sugar in the bottom of a tumbler-type glass and add several drops of Angostura bitters. Add about one tablespoon of water and muddle until sugar has dissolved. Insert approximately three ice cubes (depending on size of glass) and add 2½ to 3 ounces of rye or bourbon, depending on taste. Garnish with slices of orange, pineapple and lemon and top with a maraschino cherry. It is more customary these days, however, to pour a couple of jiggers of bourbon (or any whisky one prefers) over ice in a large tumbler-type glass, add a twist of lemon peel (if desired) and call it "on-the-rocks."

Although it has been stated that Americans in general are not in the habit of drinking wine, the United States is producing and distributing wines in large quantities and the people are becoming increasingly "wine conscious" with the years. The major wine-producing states are New York and California. Each year the quality of these wines improves. Their vineyards yield grapes from which are made many acceptable "sherries," "burgundies," "clarets," "sauternes," "rosés," "ports" and even "champagnes." The major portion of all American wines is produced in California from transplanted European grapes. Wine growing began there in 1769 when a Franciscan priest, Fr. Junipero Serra, introduced the European grape to provide sacramental and table wine for the Spanish missions in California. The coastal region around San Francisco Bay has a rare combination of climate, exposure and soil which makes possible the production of what is considered excellent wine. As the sunshine seldom varies, as the cool air moves in each evening from the Pacific and as there are few hailstorms or Spring frosts, one does not concern himself with vintage years. The greatest difference between European and Californian vineyards is that in most European vineyards only one variety of grape is grown, whereas in a California vineyard there may be half a dozen or more different grape varieties. Consequently, names such as Burgundy or Sauterne on a California wine indicate color principally and give no clue as to the grape used.

In addition to the locally-produced wines, Americans are consuming an increasing quantity of imported wines, especially champagne which, as in other parts of the world, is always used for special occasions. Americans are also fond of punches on festive celebrations, and the basic ingredient of these is usually champagne.

To top off a formal dinner in the United States one customarily serves

liqueurs with coffee before embarking into that other American custom of the "long drink," meaning Scotch and Soda, Bourbon and Branch (plain) Water, Gin and Tonic, or any other combination of liquor, ice and mixer which suits one's fancy.



## Heads of State

Contributed by

**HIS EXCELLENCY, THE RIGHT HONORABLE  
VINCENT MASSEY, P. C., C. H.,  
Governor General of Canada**

### LES OEUFS CHASSEUR

Madeira sauce  
A pheasant  
A purée of chestnuts

Fresh eggs  
Truffles

#### Sauce

Take bones and trimmings of pheasant, put in a thick pan with butter and heat. Add one carrot, one medium-size onion, two stalks of celery, a few stems of mushrooms, cut in small pieces. After adding a pinch of sugar, cook until you get a nice coloring, then drain the butter (the butter should be clear in the pan). Flame with a glass of cognac, and one glass of white wine and let it boil down until wine has evaporated. Add the juice of poultry and let it cook gently for about 1 hour. Put it all through the strainer. Put the liquid in a different pan and let it boil down until sauce is colored and oily. Check for seasoning and add the juice from a jar or can of truffles. Strain it again, and add a glass of Madeira. Keep in a hot place, covered.

#### Pheasant

Take the flesh of a pheasant and cut it as for hash. Add one or two truffles cut in the same manner. Put it in a buttered pan, season, sprinkle with wine and cook covered *without boiling*. Before serving add a few spoonfuls of sauce.

#### Purée of Chestnuts

Peel fresh chestnuts and cook them with a piece of butter, a stalk of celery and chicken broth. Purée; add a piece of butter and some cream to thicken. (Chestnuts in a tin will do.)

#### Eggs

Break eggs, one by one, into a pan of boiling water containing a spoonful of white unsalted vinegar. When firm plunge them into a pan of cold water. Rinse well by allowing water to trickle over them. To re-heat, plunge them for a few moments into hot salted water.

*Dressage*

Put a crown of purée of chestnuts around a buttered platter. Place hash of pheasant in the center. Place eggs on the hash, and a slice of truffle, warmed in Madeira, on each egg. Cover with Madeira sauce and serve immediately.

*Contributed by***HIS MAJESTY, KING PAUL I OF GREECE**

## FISH RICE

Prepare 4 to 6 portions rice, boiled in meat stock.

Hard-boil 7 eggs and cut them into small cubes. Brown 5 onions, cut very fine. Boil a fish, weighing about 2½ pounds, and cut it into small pieces. When the rice is cooked and is ready, mix the fish and eggs with it.

If desired, add curry to the rice until it becomes yellow.

*Contributed by***HIS MAJESTY, KING PAUL I OF GREECE**

## MEAT BALLS

(Kefte)

1½ lbs. minced beef (640 gr.)    ¾ lb. minced pork with no fat  
(320 gr.)

Pass 3 onions through the meat machine and brown them in refined oil. Cut some parsley and some mint very fine, also 2 small pieces of garlic chopped fine and 2 eggs. Mix and knead all these ingredients together adding salt, pepper, and some grated cheese.

After mixing let stand in the ice box for ¾ of an hour. Then roll into small balls and fry in refined oil over a medium fire.

Tomato sauce may be served with them.

*For four portions**Contributed by***HIS EXCELLENCY ASGEIR ASGEIRSSON***President of the Republic of Iceland*

## FISH PUDDING with FILLING

3 lbs. finely-ground haddock	A generous 1½ cups cream
(ground 4 times in meat grinder)	1 onion
	Salt
300 gr. butter (about 10 oz.)	5 slices of white bread, soaked in milk
6 eggs	

Combine all ingredients and beat in electric beater 1 hour. For the filling make a thick cream sauce and add shrimp, asparagus, or lobster. Flavor with sherry. Allow to cool.

Line a baking tin with one-half of fish mixture. Add filling and cover with remaining mixture. Boil in a covered waterbath in oven for about 1 hour. Serve with butter sauce and with various vegetables, if desired.

*Contributed by***HIS EXCELLENCY ASGEIR ASGEIRSSON***President of the Republic of Iceland*

## PTARMIGANS

4 ptarmigans	125 gr. (about 4 oz.) butter
100 gr. (about 3 oz.) pork fat	Salt
4 dcl. (about 1¾ cups) cream	1 slice of whey cheese
4 dcl. (about 1¾ cups) water	

Dress ptarmigans. Wash thoroughly. Draw a strip of pork fat through breasts or tie it over them with a piece of thread. Brown the butter in heavy kettle and sear birds until well browned. Pour boiling water over them, a little at a time, and add a teaspoon of cold butter now and then. When the ptarmigans have cooked at a low heat for 1 hour, add the cream, salt and whey cheese. Continue cooking for another half hour. Do not cover pot entirely during cooking as the birds will otherwise become too dry.

When the ptarmigans are done remove them to heated platter; the sauce is made in the same pot. (Sauce: about two dcl.—less than 1 cup—of cream is stirred into pot liquid, a half or one dcl. of boiling water is added; salt to taste and let boil until the sauce is nice and smooth.)

Serve with potatoes, various vegetables and red currant jelly.

Contributed by  
**HIS EXCELLENCY ASGEIR ASGEIRSSON**  
 President of the Republic of Iceland

## CHEESE DISH

200 gr. (about 7 oz.) Roquefort cheese	1 small onion
300 gr. (about 10 oz.) sharp cheese	300 gr. (about 10 oz.) butter
100 gr. (about 3½ oz.) Camembert cheese	2 tsp. paprika
	6 leaves gelatine dissolved in a little boiling water
	Touch of green color added

Grate cheeses and onion and add to remaining ingredients. Mix well and form into a ball. Place on a platter and garnish with radishes and small crackers. Serve with a salad made from apples and celery, for example.

Contributed by  
**HER ROYAL HIGHNESS, GRAND DUCHESS CHARLOTTE OF LUXEMBOURG**

CRAWFISH<sup>1</sup>

Wash well and shell two dozen crawfish. Chop fine 100 grs. (4 oz.) of the white of leeks, 100 grs. (4 oz.) of celery, 2 scallions and a few tarragon leaves. Heat 100 grs. (4 oz.) of butter in a saucepan, add the vegetables and a coffee-spoonful of ground pepper. Add the crawfish to this and put the dish over a high flame. Cover a moment and then flambé with a cup of cognac. Salt, and pour in about a pint of dry white wine. After cooking 5 minutes, drain off the juice and keep the crawfish covered on the stove.

Boil down half the juice, put it through a fine strainer and beat into it a good tablespoonful of Sauce Mousseline.<sup>2</sup> Add a little chopped parsley.

Serve the crawfish without the vegetables and pass the sauce separately.

<sup>1</sup> *Translator's note:* These crawfish are about the general size of jumbo shrimp in the United States and run sometimes five or six inches in length. They are exclusively fresh-water shellfish.

<sup>2</sup> *Editor's note:* Mousseline Sauce (Hollandaise to which whipped cream has been added).

Contributed by  
**HER ROYAL HIGHNESS, GRAND DUCHESS CHARLOTTE OF LUXEMBOURG**

## FANION BLEU

Take a fat chicken weighing about 5 pounds, draw it and remove the breastbone. Then mix the following ingredients adding a little sweet cream:

An English loaf <sup>1</sup> with most of its crust removed, and diced	4 whole eggs
About 4 oz. of <i>brunoise</i> <sup>2</sup> of ham and 4 oz. of chopped pistachio nuts	Salt and pepper
	4 spices
	Condiments

Stuff and truss chicken. Salt lightly and put it in a saucepan with 4 oz. of butter and a dash of oil. Roast for about an hour, basting and turning from time to time. Remove the chicken and half the fat. Make a purée of 4 oz. of leeks, 4 oz. of celery, 4 oz. of carrots and 8 oz. of mushrooms, and sauté in the remaining fat. Lace with a glass of champagne and the same measure of pan juices. Replace the chicken in the saucepan and let it simmer for 10 minutes.

Cut the meat in *aiguillettes*<sup>3</sup> and use the stuffing as a base on which to lay the strips. Skim the fat off the sauce and pour it on the chicken. Serve very hot.

<sup>1</sup> *An English loaf* would seem to mean ordinary loaf bread.

<sup>2</sup> *Brunoise* is sometimes translated as a garnish used with certain dishes; in this case diced ham.

<sup>3</sup> *Aiguillettes* are long, thin strips or slices.

Contributed by  
**HER MAJESTY QUEEN JULIANA OF THE NETHERLANDS**

HOTCHPOTCH and THIN FLANK  
(Hutspot<sup>1</sup>)

3 lbs. carrots	1 lb. thin flank <sup>2</sup>
3 lbs. potatoes	¼ cup fat or margarine
⅔ lb. onions	Salt
	Milk

Wash meat, boil in salted water for about 2 hours. Brush and mince carrots; peel, wash and mince onions and add them to meat together with peeled and cut potatoes. Boil until done (about 30 minutes).

Remove meat from pan, mash vegetables and add fat or margarine. If too dry, add milk.

<sup>1</sup> An historic dish, eaten on October 3 in the old university town of Leiden to celebrate the liberation of the town from a Spanish siege in 1574. The citizens of Leiden were starving but would not surrender to the Spaniards. In the end the Spanish gave up the siege and tradition says that a young boy, hearing no more sounds from the Spanish soldiers' camp and driven by hunger, slipped outside the walled town and crept to the Spanish camp, which was then deserted. He found a huge pot of "hutspot" ready to eat, still cooking on a fire. Picking it up he staggered with it to the famished people in the besieged town.

<sup>2</sup> English cut chuck.

Contributed by  
**DWIGHT DAVID EISENHOWER**  
*President of the United States of America*

OLD-FASHIONED BEEF STEW

2 lbs. stewing beef (prime round)	Assorted spices (thyme, bay leaves, garlic, etc.) in cloth bag
1 lb. small Irish potatoes	2½ pts. beef stock
1 bunch small carrots	Salt and pepper
¾ lb. small onions	Monosodium Glutamate
2 fresh tomatoes	

Stew meat until tender, add vegetables and spices. Cook until vegetables are done, strain off one cup of stock from stew, thicken slightly with beef *roux* mixture. Pour back into stew and let simmer until ready to serve (about one-half hour).  
*For six portions*



*Menus*

BELGIUM

**DINNER MENU**  
*(Diner)*

CHEESE CROQUETTES  
*(Croquettes de Fromage)*

FISHERMAN'S SOLE  
*(Sole du Pêcheur)*

CHICKEN in CREAM SAUCE  
*(Poulet à la Crème)*

SALAD  
*(Salade)*

CRÊPES SUZETTES

**FORMAL DINNER MENU**  
*(Grand Diner)*

CREAM of ASPARAGUS SOUP  
*(Potage aux Pointes d'Asperge)*

SOLE TIMBALE  
*(Timbales d'Ostende)*  
MOUSSELINE SAUCE

WOODCOCK BREASTS with COGNAC  
*(Poitrines de Bécasses Fine Champagne)*

GRAND MARNIER SOUFFLÉ  
(*Soufflé Grand Marnier*)

CHEESES  
(*Les Fromages*)

FRUITS  
(*Les Fruits*)

COFFEE  
(*Café*)

WINES  
(*Vins*)  
Cheval Blanc 1950  
Vosne Romanee 1947

LIQUEURS  
Biscuit Dubouché V.S.O.P.  
Framboise d'Alsace



## CANADA

## SNACK LUNCHEON MENU

SHERRY or MARTINIS

CELERY and OLIVES

HOT CHEESE BISCUITS

SAUSAGE ROLLS

CREAMED CHICKEN and MUSHROOMS in TINY PATTY SHELLS

LOBSTER SANDWICHES

MINCED CHICKEN SALAD SANDWICHES

BROWNIES

TOLL HOUSE COOKIES

TEA or COFFEE

*Editor's note:* Actually this is not a menu but a new idea for easy, informal entertaining. It is becoming very popular in Canada, especially around Toronto. No plates are used as the saucer suffices.

## FORMAL DINNER MENU

CONSOMMÉ with SHERRY

COLD BOILED SALMON  
with SPICE SAUCE  
IMPORTED WHITE WINE

BEEF TENDERLOIN with MUSHROOM STUFFING  
OVEN-BROWNED POTATOES

GREEN BEANS  
CRUSTY CURLS  
IMPORTED RED WINE

RHUBARB ICE CREAM  
DATE BARS

SAVOURY—PORT

COFFEE—LIQUEURS

## FAMILY DINNER MENU

PORK CHOPS with HAM STUFFING  
CANDIED TOMATO SAUCE

CORN and LIMA BEANS

APPLE DUMPLINGS

COFFEE

*Note:* The complete dinner is cooked in a 350° oven so that you can have that hour before dinner free.

## DENMARK

CHRISTMAS DINNER MENU  
(Julemiddag)

IMPORTED SHERRY

RICE PORRIDGE  
(Risengrød)RED CURRANT JUICE  
(Ribssaft)ROAST DUCK  
(Andesteg)RED CABBAGE  
(Rødkaal)BROWNE POTATOES  
(Brunede Kartofler)RED CURRANT JELLY  
(Ribsgelé)IMPORTED RED WINE  
(Rødvin)CORNETS FILLED with WHIPPED CREAM  
(Kræmmerhuse med Flødeskum)IMPORTED PORT WINE  
(Portvin)COFFEE  
(Kaffe)DANISH LIQUEURS  
(Likører)BUSINESS LUNCHEON MENU  
(Forretningsfrokost)MARINATED HERRING  
(Spegesild)MARINATED MUSSELS  
(Marinerede Muslinger)SARDINES  
(Sardiner)LIVER PASTE  
(Leverpostej)SOFT-BOILED EGGS (HALVES) with ANCHOVY FILLETS  
(Blødkogte Halve Æg med Ansjoser)BREAD and BUTTER  
(Brød og Smør)BLACK POT  
(Sorte Gryde)MASHED POTATOES  
(Kartoffelmos)CAMEMBERT, GORGONZOLA, SAMSØ CHEESE  
(Camembert, Gorgonzola, Samsø Ost)BREAD and BUTTER  
(Brød og Smør)COFFEE  
(Kaffe)COOKIES  
(Smaakager)Beer and Schnapps served throughout the meal.  
(Øi og Snaps Til Maden)

FRANCE

*DINNER MENU*

CANTALoupES with PORT  
*(Cantaloupes au Porto)*

DUCK with ORANGE  
*(Caneton à l'Orange)*

FRENCH-STYLE PEAS  
*(Petits Pois)*

GREEN SALAD  
*(Salade de Saison)*

ROQUEFORT

CHOCOLATE MOUSSE with MOCHA CREAM  
*(Mousse au Chocolat avec Crème de Mocha)*

COFFEE  
*(Café)*

WINES:

Bourgogne Rouge

Grand Sauterne

LIQUEURS:

Cognac

Chartreuse Verte

*FORMAL DINNER MENU*

PUMPKIN SOUP  
*(Potage Aurore)*

SCALLOPS au GRATIN  
*(Coquilles St. Jacques)*

BRAISED CHICKEN  
*(Poulet Braisé)*

ARTICHOKE HEARTS  
*(Fonds d'Artichauts)*

LETTUCE SALAD  
*(Salade de Laitue)*

ASSORTED CHEESES  
*(Fromages Assortis)*

SURPRISE OMELET  
*(Omelette Surprise)*

COFFEE  
*(Café)*

WINES:

Sauterne

Château Lafitte

Pomerol

LIQUEURS:

Cognac

Benedictine

Cointreau

*FRIDAY DINNER MENU*

OYSTERS  
*(Huitres)*

FILLETS of SOLE, NORMANDY  
*(Filets de Soles Normandes)*

TOMATOES from PROVENCE  
*(Tomates Provençales)*

GREEN SALAD  
*(Salade de Saison)*

ICED ORANGE DESSERT  
*(Oranges Glacées)*

COFFEE  
*(Café)*

WINE  
*(Sauterne)*

## GERMANY

**CHRISTMAS DINNER MENU**  
*(Weihnacht Speisekarte)*BOUILLON with EGG DUMPLINGS  
*(Tasse Bouillon mit Ei-Kloesse)*ROAST GOOSE with CHESTNUT FILLING  
*(Gebratene Gans mit Kastanien Fuellung)*RED CABBAGE and POTATO DUMPLINGS  
*(Rotkohl und Kartoffel-Kloesse)*PINEAPPLE with WHIPPED CREAM  
*(Ananas mit Schlagrahm)*COFFEE with KIRSCH  
*(Demitasse mit Kirsch)*WINE  
*(Liebfrauen Milch)***FORMAL DINNER MENU**  
*(Grosses Diner)*CONSOMMÉ ROYAL  
*(Kraftbrube mit Eierstich)*SWEETBREADS in PATTY SHELLS  
*(Milkenpastetchen)*FILET MIGNON  
*(Rinds Filet à la Jardinière)*FRENCH-FRIED POTATOES  
*(Pommes Frites)*ROAST CHICKEN  
*(Gebratene Huhn)*HEARTS of LETTUCE  
*(Kopfsalat)*ROMAN PUNCH  
*(Roemischer Punsch à la Singapore)*CHEESE  
*(Kase)*FRUIT  
*(Früchte)*COFFEE  
*(Demitasse)*

WINES

LIQUEURS

## GREECE

**FORMAL DINNER MENU**OLIVES  
*(Elais)*CHEESE  
*(Feta)*CELERY HEARTS  
*(Selinon Karthias)*EGG and LEMON SOUP  
*(Kota Soupa Avaolemona)*WHITE FISH with LEMON JUICE  
*(Aspro Psari me Lemona Ladorigani)*ROAST LAMB with POTATOES  
*(Psito Arni me Patates)*

MAURODATHNE WINE

RICE PUDDING  
*(Rizogala)*FRESH FRUIT  
*(Karpos)*COFFEE  
*(Kafe)*

## A TYPICAL EVERYDAY MENU

LAMB KEBABS  
(*Arni Souvlakia*)WINE  
(*Maurodathne*)PILAF with YOGURT  
(*Pilaffee me Yiaqurti*)MIXED SALAD  
(*Salata*)FRESH FRUIT  
(*Karpos*)COFFEE  
(*Kafe*)

## ICELAND

## FORMAL DINNER MENU

BOUILLON with ASPARAGUS  
(*Kjötseyði með Spergli*)BOILED SALMON, HOT  
(*Soðinn Lax, Heitur*)PTARMIGAN  
(*Rjúpur*)CAULIFLOWER with LOBSTER DRESSING  
(*Blómkaal með Humar-Dýfu*)LETTUCE SALAD with DRESSING  
(*Blað-Salat með Dýfu*)MACARON DESSERT  
(*Trifli*)WHITE WINE  
(*Hvítvin*)COFFEE  
(*Kaffi*)RED WINE  
(*Rauðvin*)

## ITALY

DINNER MENU  
(*Pranzo*)

## ANTIPASTO

RICE MILANESE STYLE  
(*Risotto alla Milanese*)VEAL CUTLETS with TOMATO SAUCE  
(*Spezzato di Vitello al Pomodoro*)NEW POTATOES  
(*Patate Novelle*)FRESH SMALL PEAS  
(*Piselli Romani*)ASSORTED CHEESES  
(*Formaggi Assortiti*)  
(*Bel Paese, Gorgonzola, Stracchino*)WINE CUSTARD with COOKIES  
(*Zabaglione con Biscottini*)FRESH and DRIED FRUIT  
(*Frutta Fresca e Secca*)

ITALIAN COFFEE  
(Caffe Espresso)

WINES:

Soave Bianco  
Chianti Rosso  
Marsala

LIQUEURS:

Strega  
Aurum  
Maraschino



**SMALL DINNER MENU**  
(Colazione)

STUFFED DUMPLINGS in BROTH  
(Cappelletti in Brodo alla Romana)

ARTICHOKES JEWISH STYLE  
(Carciofi alla Giudia)

VEAL CHOPS  
(Arrostini di Vitello)

GROUND CHESTNUTS with WHIPPED CREAM  
(Montebianco)

FRESH FRUIT  
(Frutta Fresca)

WINES:

Capri Scala  
Valpolicella  
Mamertino

LIQUEUR:

Grappa Vecchia di Piemonte



LUXEMBOURG

**DINNER MENU**  
(Diner)

STRING BEAN SOUP  
(Potage Haricots Verts)

TROUT SAUTÉED  
(Truite Meunière de la Sûre)

JELLIED SUCKLING PIG, ARDENNES STYLE  
(Cochon de Lait en Gelée d'Ardenes)

PLUM TART  
(Tarte aux Quetsch)

LUXEMBOURG COOKED CHEESE  
(Fromage Cuit de Luxembourg)

COFFEE  
(Café)

VIN de la MOSELLE

QUETSCH—MIRABELLE



THE NETHERLANDS

**EVERYDAY LUNCHEON MENU**  
(Koffietafel)

VEAL CROQUETTES  
(Kalfs' Croquetten)

WHITE and BROWN BREAD  
(Wit en Bruin Brood)

SLICED COLD HAM  
(*Gesneden Koude Ham*)

SLICED CHEESE  
(*Gesneden Kaas*)

LIVER SAUSAGE  
(*Braunschweiger*)

JAM  
(*Jam*)

COFFEE, MILK or CHOCOLATE  
(*Koffie, Melk of Chocolate*)



**NEW YEAR'S EVE SUPPER MENU**  
(*Oude Jaar's Avond Souper*)

OYSTERS on the HALF SHELL  
(*Oesters*)

FINE EGG NOODLE SOUPS with MEAT BALLS  
(*Vermicelli Soep met Gobakt Balletjes*)

BEET SALAD  
(*Huzarensla*)

FRUIT DOUGH BALLS  
(*Olie-Bollen*)

WARM SPICED WINE  
(*Bisschop*)



BUTTER  
(*Boter*)

SLICED DRIED BEEF  
(*Gesneden Rookvlees*)

RADISHES  
(*Radysjes*)

CHOCOLATE SPREAD  
(*Chocolate Hagelslag*)

**NORWAY**

**CHRISTMAS EVE DINNER**  
(*Julemiddag*)

ROAST FRESH HAM  
(*Svinestek*)

NORWEGIAN SAUERKRAUT  
(*Surkål*)

BOILED APPLE WEDGES and PRUNES  
(*Kokte Epler og Svisker*)

BOILED POTATOES  
(*Kokte Poteter*)

GRAVY  
(*Saus*)

BEER and AQUAVIT  
(*Öl og Dram*)

CARAMEL PUDDING with WHIPPED CREAM  
(*Karamell Pudding med Krem*)

COFFEE and LIQUEURS  
(*Kaffe Avec*)

Refreshments:

COFFEE, HARTSHORN and FLEAD CAKE  
(*Kaffe, Hjortetak og Fattigmanns Bakkels*)

NUTS, FRUITS, CHOCOLATE and MARZIPAN  
(*Juleknask*)



NORWEGIAN COLD TABLE  
(*Smörgåsbord*)

In the following, one example of a Norwegian Cold Table is given. It may consist of any variety of dishes, all carefully chosen by the hostess and arranged by her on the table in groups of related dishes and normally in the sequence in which the dishes should be eaten. It is suggested that you help yourself to a small portion of each dish within each group, returning to the table again and again.

A collection of dishes—arranged in groups—may be as follows:

YELLOW HERRING SALAD  
(*Gul Sildesalat*)

PICKLED FILLET of HERRING  
(*Sursild*)

HERRING SALAD  
(*Sildesalat*)

HERRING TIDBITS  
(*Gaffelbiter*)

SARDINES in OLIVE OIL  
(*Sardiner i Olje*)

SARDINES in TOMATO SAUCE  
(*Sardiner i Tomatsaus*)

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BOILED COLD LOBSTER with MAYONNAISE  
(*Hummer m/Majones*)

CRAB SALAD  
(*Krabbesalat*)

SLICED SMOKED SALMON and SCRAMBLED EGGS  
(*Rökelaks og Eggeröre*)

FISH ASPIC  
(*Fiskekabaret*)

CREAMED FISH BALLS and SHRIMP in PATTY SHELLS\*  
(*Stuede Fiskeboller og Reker i Skjell*)

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ITALIAN SALAD  
(*Italiensk Salat*)

STUFFED HARD-BOILED EGGS  
(*Fylte Egg*)

LIVER PASTE  
(*Leverpostei*)

SALAMI

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COOKED COLD HAM  
(*Kokt Kold Skinke*)

BOILED BEEF TONGUE  
(*Kokt Oksetunge*)

COLD ROASTED MEAT and FOWL  
(*Kolde Steker og Fugl*)

MEAT BALLS\*  
(*Kjøttboller*)

---

CHEESES with RADISHES and CELERY  
(*Ost m/Reddiker og Selleri*)

CHEESES  
(*Gjetost, Nökkelost, Edamerost, Primula, Normannaost, Gaudaost, Gammelost*)

CRACKERS  
(*Kjeks*)

FRENCH BREAD  
(*Loff*)

\* Served hot.

IDEAL FLATBREAD  
*(Flatbröd-Ideal)*

BUTTER  
*(Smör)*

BEER and AQUAVIT  
*(Öl og Dram)*



PORTUGAL

TEA PARTY MENU  
*(Chá)*

TEA—CHOCOLATE  
*(Chá—Chocolate)*

SHRIMP TURNOVERS—MEAT CROQUETTES  
*(Rissois de Camarão—Croquetes de Carne)*

HAM SANDWICHES—CHEESE SANDWICHES  
*(Sandwichs de Fiambre—Sandwichs de Queijo)*

SMART CAKE—DARK CAKE  
*(Bolo Fino—Bolo Escuro)*

ANGEL FLUFFS—CHOCOLATE MOUSSE  
*(Papos de Anjo—Mousse de Chocolate)*

COCONUT BALLS  
*(Bolinhas de Coco)*

ANNIVERSARY DINNER MENU  
*(Jantar de Anos)*

TURKEY SOUP  
*(Canja de Perú)*

BAKED FILETS  
*(Filetes no Forno)*

WHITE WINE  
*(Vinho Branco "Fidalgo da Aveleda")*

PORTUGUESE TURKEY with CAULIFLOWER PUDDING  
*(Perú Assado com Pudim de Couveflor)*

SPARKLING WHITE WINE  
*(Espumante "Anadia")*

CHOCOLATE PUDDING  
*(Pudim de Chocolate)*

PORT WINE  
*(Porto "Companhia Velha")*

FRUIT SALAD  
*(Salada de Fruta)*

CAFÉ

OLD BRANDY  
*(Aguardente "Fundadores")*

REGULAR LUNCHEON MENU  
*(Almoço)*

GOLDEN COD  
*(Bacalhau Dourado)*

WHITE or RED WINE  
*(Vinho Tinto ou Branco "Colares")*

"VERY GOOD" STEAKS  
*(Bifes "Bem Bons")*

RED WINE  
*(Vinho Tinto "Dão")*

FRENCH-FRIED POTATOES  
(*Batatas Fritas*)

AMELIA PUDDING  
(*Pudim Amelia*)

COFFEE  
(*Café*)

PORT WINE  
(*Vinho do Porto "Real Companhia"*)

OLD BRANDY  
(*Aguardente Velha "Constantino"*)



## TURKEY

### DINNER PARTY MENU

EGGPLANT SALAD  
(*Patlican Salatasi*)

LAMB'S BRAIN SALAD  
(*Beyin Salatasi*)

WEDDING SOUP  
(*Düğün Çorbasi*)

SWORDFISH BROILED on SPITS  
(*Kılıç Şiş*)

DRIED BEAN SALAD  
(*Fasulye Piyazi*)

CHEESE-FILLED BOEREK  
(*Peynirli Börek*)

DOLMAS  
(*Biber Dolmasi*)

LIPS of the BEAUTY  
(*Dilber Dudagi*)

FRUITS in SEASON  
(*Meyveler*)

COFFEE  
(*Kahve*)

NATIONAL DRINK  
(*Raki*)

BEER  
(*Bira*)

WINE  
(*Sarap*)



### EVERYDAY DINNER MENU

TRIBE SOUP with EGG SAUCE  
(*Terbiyeli Işkembe Çorbasi*)

MEAT BALLS in TOMATO SAUCE  
(*Salçali Köfte*)

RICE  
(*Pilav*)

BREAD  
(*Ekmek*)

SALAD  
(*Salatasi*)

TURKISH FLOUR PUDDING  
(*Muhallebi*)

COFFEE  
(*Kahve*)

NATIONAL DRINK  
(*Raki*)

BEER  
(*Bira*)

WINE  
(*Sarap*)

UNITED KINGDOM

*FAMILY LUNCHEON MENU*

ROAST BEEF, YORKSHIRE PUDDING  
BRUSSELS SPROUTS and ROAST POTATOES  
TREACLE TART  
STILTON CHEESE and BISCUITS  
DEMITASSE



*EVENING DINNER MENU*

MUSSEL SOUP  
BRAISED WILD DUCK  
GREEN PEAS and SAUTÉED POTATOES  
ORANGE SALAD  
ENGLISH TRIFLE  
SCOTCH WOODCOCK  
COFFEE

*Note:* Usually French wines are drunk with dinner; for example, a Burgundy with the duck, a sauterne with the trifle, and a brandy with coffee.



UNITED STATES

*PATIO PARTY MENU*

MINT JULEP BOWL  
HAWAIIAN-STYLE TERUYAKI STEAKS  
RAW VEGETABLES—SUPREME MUSTARD SAUCE  
SHALLOWBROOK BROILERS  
TOSSED GREEN SALAD  
GARLIC BREAD in FOIL  
PERSIMMON DELIGHT  
COFFEE



*THANKSGIVING DINNER MENU*

RELISH TRAY  
Carrot Sticks, Celery, Radishes  
Green and Ripe Olives  
CONSOMMÉ with SHERRY and AVOCADO  
ROAST TURKEY—OYSTER STUFFING  
CRANBERRY-ORANGE RELISH

SWEET POTATO CASSEROLE

SPINACH RING with CREAMED MUSHROOMS

CORN STICKS

PUMPKIN PIE

ASSORTED FRESH FRUITS and NUTS

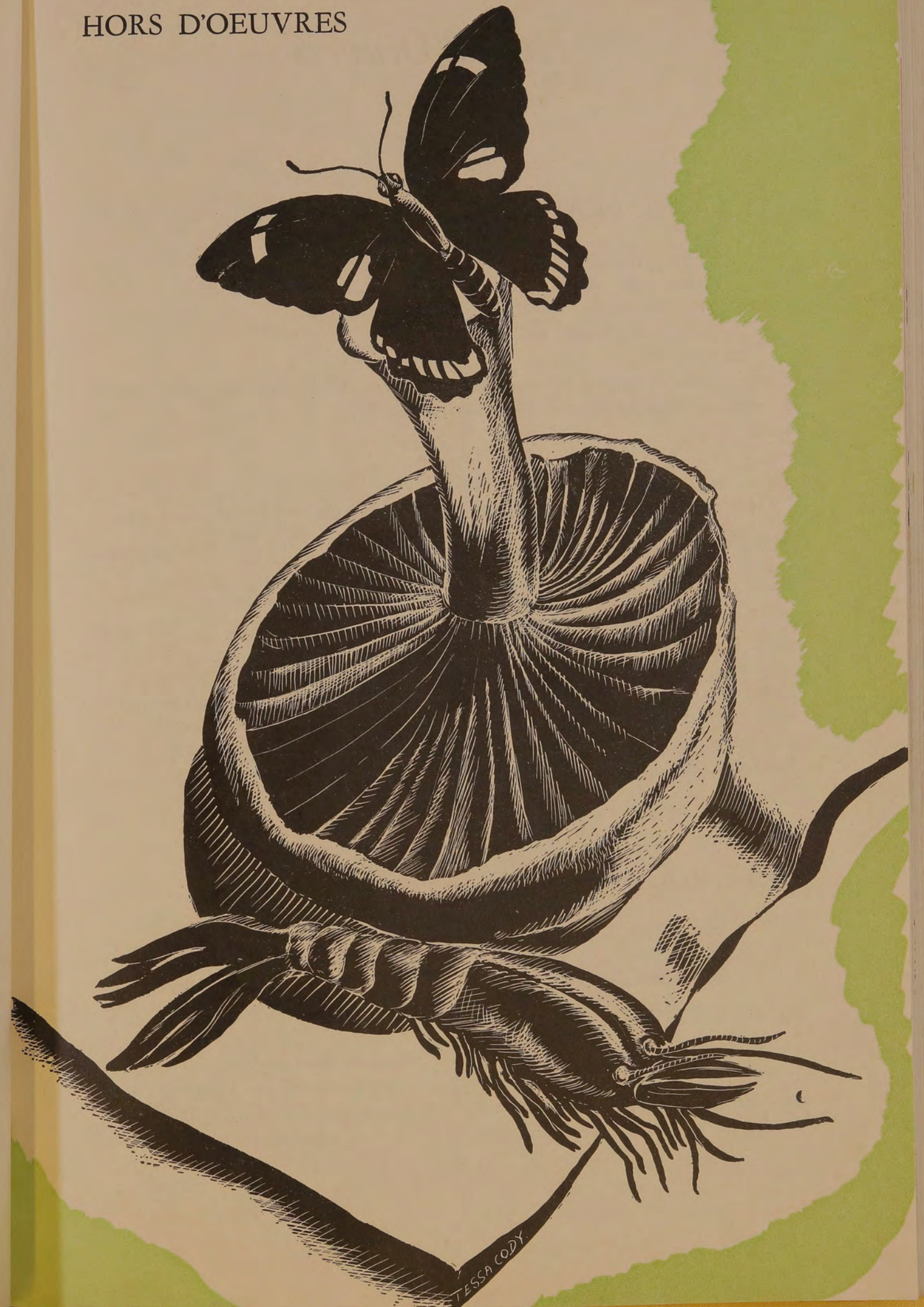
COFFEE

DRY WHITE WINE

CHAMPAGNE



HORS D'OEUVRES



# Hors d'Oeuvres

## COCKTAIL PRAWNS

CANADA

1½ lbs. prawns or large shrimp  
1½ tsp. salt  
⅛ tsp. pepper  
1 clove garlic, peeled and crushed

⅓ cup olive oil  
⅔ cup French vermouth

Cook prawns or shrimp by your favorite method. Shell them and place them in a marinade made of the remaining ingredients. Chill. When ready to serve, drain well.

## PÂTÉ de FOIE GRAS ASPIC

CANADA

1 can domestic *pâté de foie gras*  
1 tin Madrilène consommé  
1 tbsp. gelatine

Salt and pepper, to taste  
Pinch of tarragon  
Parsley, to taste

Heat consommé, blend in *pâté de foie gras*. Add gelatine dissolved in ¼ cup water. Add salt, pepper, tarragon and parsley to taste. The tarragon and parsley may be substituted by other herbs for a variation of flavor. Pour into oiled mold. Set for several hours. Unmold and serve with toast rounds or crackers.

## PUFFEROOS

CANADA

1 pkg. (3 oz.) cream cheese  
¼ cup butter  
1 cup sifted flour

¼ tsp. salt  
Dash of cayenne  
½ lb. old Canadian cheese,  
grated

Cream together cream cheese and butter. Blend in flour and seasonings. Chill overnight. Roll thin. Cut in 2-inch rounds. Place square of old Canadian cheese on each round, then fold over and pinch edges. Bake in oven (350°) until golden brown. Serve hot.

## CHEESE WAFERS

CANADA

¼ lb. soft sharp cheese, Mac-  
Larens preferred  
¼ lb. butter

2 cups flour  
Dash of paprika

Combine cheese, butter and flour and mix well with hands. Chill. Roll; then cut with cookie cutter. Place small amount of tart jelly in center of half of the rounds. Cover with the remainder. Bake in 375° oven 10 to 12 minutes.

## LIVER PASTE

DENMARK

(Leverpostej)

¼ cup margarine  
⅔ cup flour (scant ½ cup)  
1⅔ cups milk  
1⅓ lbs. pork liver  
⅔ lb. fat from fresh pork

4 anchovy fillets  
1 medium onion  
Salt, to taste  
Pepper, to taste  
½ tsp. allspice

Make a thick white sauce of margarine, flour and milk; let cool. Grind liver, pork fat, anchovies, and onion 3 times through meat grinder. Combine the cooled white sauce with the ground mixture; add salt, pepper and allspice; mix well. Pour into two greased bread pans; set in pan of hot water and bake in 350° oven for 1 to 1¼ hours.

Liver paste is a very common sandwich spread in Denmark, and this portion goes far if you wish to make it for your next cocktail party, served on crackers.

## TUNA EYE CANAPÉ

DENMARK

(Tunfiske Canapé)

White toast, cut into rounds with  
a wine glass  
Butter

Canned tuna fish in tomato sauce  
1 egg yolk, per person

Butter the toast and spread the tuna fish rather thickly on top. In the center, carefully drop a raw egg yolk.

2  
1

2  
1

**CHEESE for COCKTAILS**  
(Delicieuses au Fromage)

FRANCE

- |                                 |                      |
|---------------------------------|----------------------|
| 4 egg whites, beaten very stiff | Bread crumbs         |
| 1/2 lb. grated Gruyère cheese   | Vegetable shortening |
| Pepper and salt, to taste       | Parsley              |

Add beaten eggs to cheese, salt and pepper. Shape into small balls; roll in bread crumbs. Fry them in hot fat until brown; drain. Garnish with parsley.

**CANTALoupES with PORT**  
(Cantaloupes au Porto)

FRANCE

- |                      |                      |
|----------------------|----------------------|
| 3 cantaloupes (iced) | 1 1/2 cups port wine |
|----------------------|----------------------|

Cut the cantaloupes in half and remove the seeds. Fill the middle with port wine. *Serves 6*

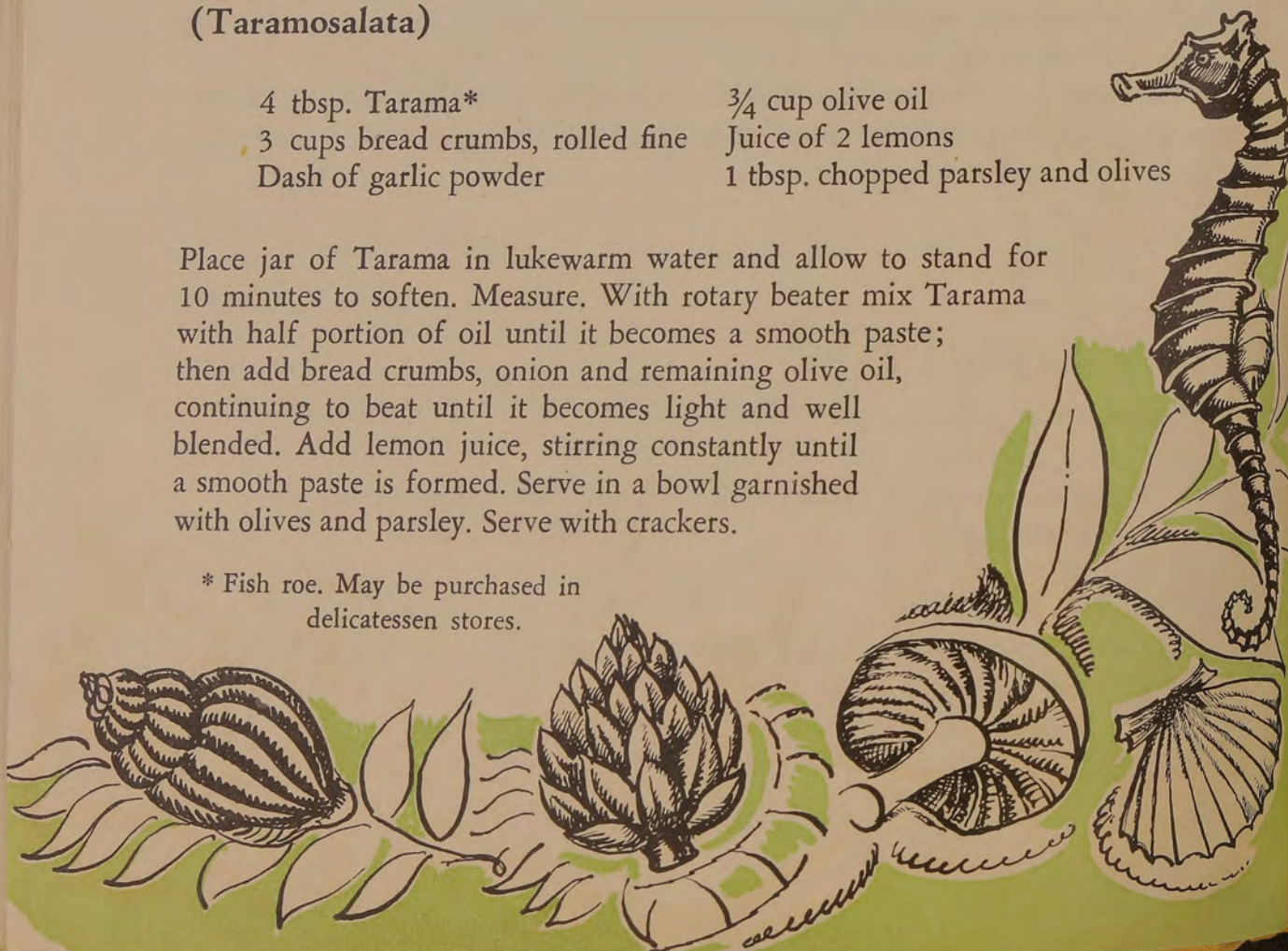
**FISH ROE SALAD**  
(Taramosalata)

GREECE

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 4 tbsp. Tarama*                  | 3/4 cup olive oil                  |
| 3 cups bread crumbs, rolled fine | Juice of 2 lemons                  |
| Dash of garlic powder            | 1 tbsp. chopped parsley and olives |

Place jar of Tarama in lukewarm water and allow to stand for 10 minutes to soften. Measure. With rotary beater mix Tarama with half portion of oil until it becomes a smooth paste; then add bread crumbs, onion and remaining olive oil, continuing to beat until it becomes light and well blended. Add lemon juice, stirring constantly until a smooth paste is formed. Serve in a bowl garnished with olives and parsley. Serve with crackers.

\* Fish roe. May be purchased in delicatessen stores.



**ANTIPASTO**

ITALY

- |  |                        |
|--|------------------------|
| Sliced smoked ham                                | Radishes               |
| Sicilian sardines                                | Celery, thinly cut     |
| Anchovies  | Fennel, thinly cut     |
| Artichoke hearts in oil                          | Black and green olives |
| Hard-boiled eggs, sliced or halved in mayonnaise | Tuna fish in olive oil |
| Chicory  |                        |

Place these decoratively on a large platter. Dress with oil and vinegar at the time of serving.

**COCKTAIL BALLS**  
(Bitter-Ballen)

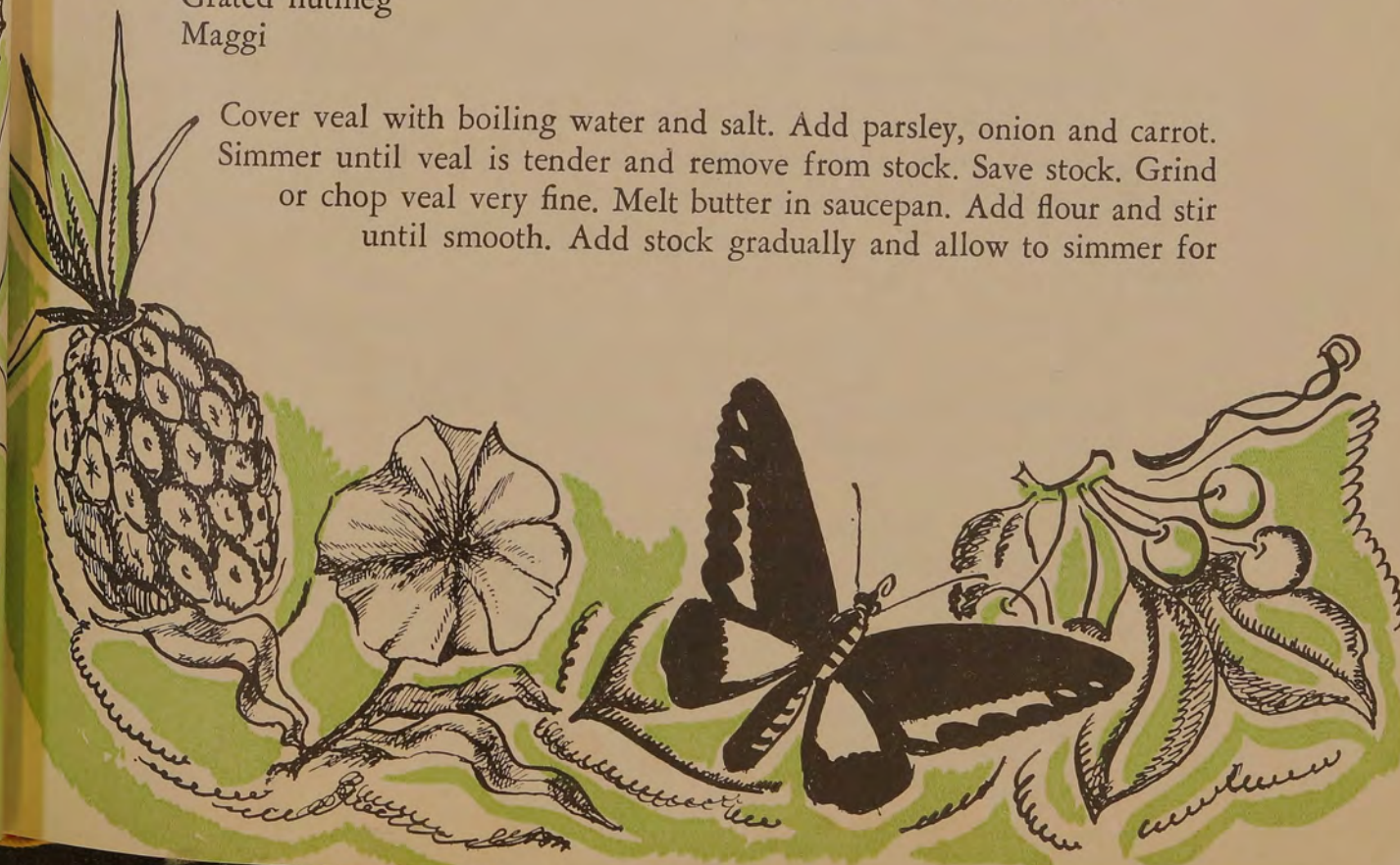
THE NETHERLANDS

- |                                 |                    |
|---------------------------------|--------------------|
| 1/2 lb. raw veal (in one piece) | 2 sprigs parsley   |
| 2 cups boiling water            | 1/4 onion, sliced  |
| 1 tsp. salt                     | 1/2 carrot, sliced |

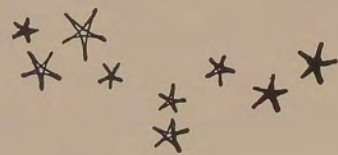
*Sauce*

- |                              |  |
|------------------------------|--|
| 1/2 stick butter             | Parsley, finely chopped, to taste  |
| 1/3 cup flour                | 2 cups bread crumbs  |
| 1 cup meat stock             | 2 slightly-beaten egg whites mixed with 1 tbsp. water and a few drops of salad oil |
| 1/2 pkg. unflavored gelatine | 4 cups vegetable oil for frying  |
| 1 egg yolk                   |  |
| Salt and pepper              |  |
| Grated nutmeg                |  |
| Maggi                        |  |

Cover veal with boiling water and salt. Add parsley, onion and carrot. Simmer until veal is tender and remove from stock. Save stock. Grind or chop veal very fine. Melt butter in saucepan. Add flour and stir until smooth. Add stock gradually and allow to simmer for



8 minutes, stirring constantly. Soften gelatine in cold water and dissolve in sauce. Add egg yolk to sauce and season. Stir in the ground veal. Spread mixture on plate and allow to cool and stiffen. Form into small bite-size balls. Roll balls in bread crumbs. Dip in egg whites and roll again in bread crumbs. Fry golden brown in deep hot fat 375°. Drain on absorbent paper. Serve hot with mustard. Yields 30 bitter-balls.



### CHEESE or HAM PUFFS (Kaas of Ham Soesjes)

THE NETHERLANDS

1 stick of butter	1/4 tsp. salt
1 cup boiling water	4 eggs
1 cup enriched flour	

Add butter to boiling water in saucepan. Stir until butter is melted, keeping water at boil. Add all the flour and salt at once. Stir vigorously until mixture is smooth and forms a ball that does not separate. Cool slightly. Add 4 eggs, one at a time, mixing well after each addition. Drop little heaps (size of walnut) onto well-greased baking sheet and bake in preheated 450° oven for 15 to 20 minutes, until golden yellow. Allow to cool and fill with one of the following fillings.

#### *Cheese Filling*

5 tbsp. butter	Salt to taste
3 cups grated Gouda cheese	Dash of cayenne pepper
4 eggs, well-beaten	

Cream butter; blend in grated cheese and eggs. Add salt and cayenne pepper; mix thoroughly. To fill puffs use pastry bag.

#### *Ham Filling*

3 tbsp. butter	1 tbsp. parsley, chopped very fine
2 tbsp. mayonnaise	1 1/2 tsp. curry powder
5 oz. ham, finely chopped	Dash of Maggi
1 small onion, chopped very fine	

Cream the butter and mix with mayonnaise, ham, onion, parsley and curry powder. Season with Maggi. Cut open puffs and fill with spoon.

*Sufficient for 24 puffs*

### LIVER PASTE (Leverpostei)

NORWAY

3/4 lb. goose or pork liver	1 egg, beaten
2 tbsp. vinegar	2 tbsp. milk
4 cups water	1/2 cup dry bread crumbs
1/4 lb. fresh pork fat, diced	1 1/2 tsp. salt
3 anchovy fillets	1 hard-boiled egg, sliced
1 tbsp. onion, minced	6 stuffed olives, sliced

Soak liver in solution of vinegar and water for 2 or 3 hours. Remove meat. Cut out veins, rinse in fresh water; cut in cubes. Grind liver, pork fat, anchovies and onion 4 times, using finest blade. Beat together egg and milk. In a large bowl mix ground liver, bread crumbs, milk and egg mixture, and salt. Grease loaf pan with vegetable shortening; spoon in mixture. Cover with piece of greased brown paper. Place pan in another shallow pan. Fill lower pan with hot water. Bake in medium oven for 1 hour. Water in lower pan must not boil. Cool in pan. Unmold paste onto serving platter; decorate with eggs and olives.

### BOERЕК (Peynirli Börek)

TURKEY

Boerek is a versatile Turkish delicacy. If made into small shapes it can be used as canapés. If made into a large boerek, it can be the main dish of the meal.

Boerek may be made of ready-to-bake Turkish pastry dough, strudel pastry, or puff paste rolled paper thin.

Cut pastry into desired shapes and sizes, brush with melted butter. Place one of the following fillings on each piece and roll up or fold over, handling dough as little as possible. Place filled boerek on greased baking sheet; brush with melted butter. Bake in a 375° oven for about 25 minutes, or until golden crisp.

Suggested fillings:

#### *Cheese Filling*

1/2 lb. cheese (cream, cottage cheese or Turkish)	1/4 cup milk
2 tbsp. butter	1/4 cup parsley, chopped
1 egg	

Mash cheese with a fork. Cream butter and combine with cheese. Add egg, milk and parsley; mix well. This is enough filling for 6 medium boerek.

*Other Fillings*

1. Left-over, chopped meat or chicken mixed with egg, chopped onion and parsley.
2. Chopped spinach mixed with chopped onion, milk and butter.
3. For dessert: chopped nuts, cinnamon, sugar and honey.

**ANGELS on HORSEBACK**

UNITED KINGDOM

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 doz. slices of bacon, trimmed | 1 doz. oysters, shucked         |
| Pepper                          | Lemon juice                     |
| 1 tsp. parsley, chopped fine    | 1 doz. small rounds fried bread |

Cut bacon just long enough to wrap and secure around each oyster. Lay bacon flat; sprinkle with pepper and parsley. Lay oyster on seasoned bacon, sprinkle with lemon juice; roll bacon and skewer. Bake in hot oven long enough to crisp bacon. Remove skewers and serve on hot bread rounds.

**SALTED SHRIMP**

UNITED KINGDOM

- |                    |                             |
|--------------------|-----------------------------|
| 1 lb. small shrimp | 1/2 tsp. red pepper         |
| 3 tbsp. butter     | 1 tsp. anchovy paste        |
| 1 tsp. salt        | 1 or 2 dashes powdered mace |
| 1/2 tsp. pepper    | 3 tbsp. sweet butter        |

Boil shrimp for about 7 minutes, then shell and de-vein. Wash in cold water and pour plenty of water over them as they lie in a sieve. Toss them for 2 minutes in the butter in a frying pan. Pass through a mincing machine, pound them in a mortar, and then pass shrimp through a wire sieve. Season with salt, white and red pepper, anchovy paste and powdered mace. Blend all together with 2 tablespoons fresh butter. Set in an earthenware jar and pour a tablespoon melted butter over the top. Serve on thin hot slices of toast.

**POTTED LIVER**

UNITED KINGDOM

- |                           |                                    |
|---------------------------|------------------------------------|
| 1/2 lb. raw liver, minced | Salt, pepper and cayenne, to taste |
| 6 oz. lean bacon, minced  | 4 tbsp. butter, melted             |
| 2 tbsp. cold water        |                                    |

Butter an old-fashioned stone jar. Mix liver and bacon together. Put the mixture

in the jar and stir in the water. Cover with a lid or aluminum foil, set it in a pan of hot water, and bake in 350° oven for about 3 hours. Press mixture through a sieve, season with salt, pepper and cayenne. Beat in 2 tablespoons melted butter. Replace mixture in jar and pour remaining butter over the top. Cover jar and keep in a cool place until needed.

Delicious served on hot-buttered toast as a savoury, or for sandwiches.

**DEVEILED SHRIMP**

UNITED STATES

Two pounds of shrimp will serve three. Boil shrimp in salted water with bay leaf about 12 minutes; then drain, shell and de-vein.

*Sauce*

- |  |                              |
|--|------------------------------|
| 2 tbsp. butter   | Several drops of lemon juice |
| 1 tsp. prepared mustard (French is better than American) | Seasonings                   |
| 1/2 tsp. curry powder, or more, if you can take it       | 1/2 pt. cream                |

Rub pan with garlic, otherwise use chopped shallot or chives or green onion tops in sauce. Add shrimp to sauce and cook over low heat until sauce is partially absorbed. Then add 2 tablespoons sherry before serving. If served as is, it can be put in baking dish under the broiler to glaze a few minutes before serving. If served with rice, you may wish to double the sauce.

**HOT CLAM ABBA DABBA**

UNITED STATES

- |  |                            |
|--|----------------------------|
| 1 qt. fresh, drained quahogs (hard-shell clams) ground fine                                | Horse-radish, to taste     |
|  | Pepper, to taste           |
|  | Worcestershire sauce       |
| 1 or 2 large packages of cream cheese, depending on how far you wish to stretch the recipe | Tabasco and salt, to taste |
|  | Toast rounds               |
|  | Paprika                    |

Add clams to cream cheese. Highly season with horse-radish, pepper, Worcestershire, tabasco and salt, if needed. Spread on toast rounds; put on cookie sheet; sprinkle with paprika; place under broiler until bubbly. Serve hot. This recipe is equally good made thinner by using some clam juice and serving as a dip.

## AVOCADO HORS D'OEUVRES

UNITED STATES

Avocado	Sherry
Canned mandarin orange segments	French dressing

Fill half an avocado with orange segments which have been marinated in sherry and French dressing and well chilled. Allow  $\frac{1}{2}$  avocado per person.

Avocado	Tart French dressing
Seedless grapes	

Fill half an avocado with seedless grapes which have been marinated in French dressing and well chilled. Allow  $\frac{1}{2}$  avocado per person.

## PICKLED OYSTERS

UNITED STATES

2 qts. shucked oysters	15 whole mace leaves
Ice water	1 tbsp. peppercorns
1 cup white vinegar	2 lemons, sliced
1 tbsp. whole allspice	

Cook oysters in their own juice until their gills curl. Strain juice from oysters through a fine sieve or piece of muslin. Save juice. Cover oysters with ice water. Put 2 cups oyster juice, vinegar, allspice, mace, peppercorns and lemon in a pot and bring to a good boil. Drain ice water from oysters; pour seasoned juice over oysters. Refrigerate overnight.

This is a traditional Christmas dish in the South and the oysters are served with the main course.

## HASTY HATS

UNITED STATES

2 green onions, chopped fine	3 tbsp. mayonnaise
$\frac{1}{4}$ cup Parmesan cheese, grated	

Mix onions, cheese and mayonnaise together. Cut hard rolls in medium slices; toast on one side; spread mixture on untoasted side. Put under broiler until brown and bubbly and serve hot.

## SOUPS



## Soups

### CREAM of ASPARAGUS SOUP (Potage aux Pointes d'Asperge)

BELGIUM

1/3 cup butter	4 cups Béchamel Sauce
1 1/2 lbs. fresh asparagus tips white or green	1 cup chicken stock
	Salt and pepper, to taste
	3/4 cup fresh cream

Gently sauté the asparagus tips in butter. Then add them to the Béchamel Sauce and simmer for 20 minutes or until tender. Remove a few asparagus tips for garnishing. Put the remaining asparagus and sauce through a fine sieve. Add chicken stock to purée; season. When well blended and hot, add cream; garnish with tips and serve. *Serves 6*

### LEEK SOUP (Soupe aux Poireaux)

BELGIUM

6 or 8 leeks	1 1/2 qts. hot water
1 tbsp. shortening	1 pig's knuckle
1 lb. potatoes, sliced raw	

Pare the leeks; wash them carefully and slice lengthwise; then cut into small pieces. Simmer leeks gently in shortening in covered pan until leeks are almost dissolved. Add potatoes. Cover with water and add pig's knuckle. When cooked, mash potatoes with a straining spoon in the pan. Dice pig's knuckle and return to soup. Pour into soup tureen and serve with toasted bread and grated cheese. *Serves 4*

### PEA SOUP (French Canadian Soup aux Pois)

CANADA

2 cups dried whole white peas	Savory, to taste
1/2 lb. salt pork, diced	Salt, to taste
4 good size onions (red if possible), chopped	Pepper, to taste
3 qts. cold water	

Soak peas overnight; change the water. Boil the peas, salt pork, chopped onion, water and seasonings. Simmer until peas are soft and well-cooked. Serve hot with bread croutons.

### WILD DUCK and RICE SOUP

CANADA

2 wild ducks, cleaned but not washed	4 1/2 cups water
1 medium onion, sliced	2 tbsp. arrowroot flour
1 cup wild rice, uncooked, well washed	Salt and pepper, to taste
1/2 part of wine	Dash of nutmeg or mace
1/2 part of sweet cider	3 thimbles of rum
Dash of sage	
4 tbsp. parsley	
1 bay leaf	
Pinch of marjoram	

Cut ducks into large pieces. Put them and their giblets with onion and wild rice in a deep kettle. Cover with wine and cider mixture. Cook slowly about 2 hours or until tender. Cool. Remove meat from bones and chop both meat and giblets very fine. Remove onion. Put meat back into kettle with sage, parsley, bay leaf and marjoram. Add 4 cups water. Simmer until smooth. Do not skim it. Before serving, heat over low flame and add arrowroot flour mixed with 1/2 cup water, salt, pepper, mace or nutmeg and rum.

### RICE PORRIDGE\* (Risengrød)

DENMARK

2 qts. milk	6 tsp. sugared cinnamon (blend sugar and cinnamon together to taste)
1 1/3 cup rice	
1 tsp. salt	6 tsp. butter

Bring milk to a boil, then add the rice, stirring well. Bring to a boil again; reduce flame to a minimum, and let cook gently for 1 hour, stirring frequently. Add salt, and serve in individual bowls, sprinkled with sugared cinnamon and a lump of cold butter. Drink red currant juice with your rice porridge. *Serves 6*

\* Eaten before main course in place of soup.

## GIBLET SOUP (Kraasesuppe)

DENMARK

Gizzards, hearts, livers, and necks from 2 geese	1/2 lb. prunes, plumped and pitted
10 cups water	2 cups water
Salt, to taste	Sugar, to taste
2 leeks	2 tbsp. margarine
1 small bunch parsley	3 tbsp. flour
3 carrots	Approximately 1 tbsp. vinegar
1 lb. apples, peeled, cored and cut in pieces	

Place gizzards, hearts, livers and necks in a big saucepan; add water. Bring to a boil, and when it has boiled for about 10 minutes, skim the broth; add salt, leeks, parsley, and carrots. Simmer for about 2 hours, or until gizzards are tender. In another saucepan cook apples and prunes in sugared water until just tender; strain and add the juice to the broth. Cut meat, leeks, and carrots in small pieces and keep them warm in a small amount of soup. In order to thicken the soup, melt margarine in another saucepan; add flour and then the strained soup. Blend well. Season with vinegar. Just before serving add meat, vegetables, apples and prunes, and flour dumplings to the soup.

### Flour Dumplings

1/2 cup margarine	1 tsp. salt
1 cup flour	4 eggs
1 cup boiling water	

Make a white sauce of margarine, flour and water. Let cool; add salt. Now add the eggs, one at a time, stirring well after adding each egg. Drop this batter from a teaspoon into a saucepan with boiling water, only a few dumplings at a time, and let simmer for a few minutes (5 to 7 minutes). When done, remove dumplings from the boiling water, and dip in a bowl of cold water before adding them to the soup. *Serves 6*

## COLD BUTTERMILK SOUP (Kærnemælks Koldskaal)

DENMARK

2 egg yolks	1 qt. buttermilk
6 tbsp. sugar	1 lemon rind
	Cornflakes

Beat egg yolks and sugar well; add buttermilk a little at a time, stirring well. Peel a lemon very thinly and add the yellow rind to the soup. Chill and serve with cornflakes as a garnish.

This soup, which is a very common dish in the summer time, is actually rather a dessert than a soup and is consequently eaten after the main course. *Serves 4*



## ONION SOUP (Soupe à l'Oignon)

FRANCE

1/2 lb. onions, sliced very thin	3 cups bouillon
4 tbsp. butter	8 tbsp. Gruyère cheese, grated
4 tbsp. flour	Croutons

Brown onions lightly in butter. (Do not brown too much.) Sprinkle with flour. Add bouillon; stir well. Cook for 15 minutes. Place croutons in an ovenproof soup tureen or in small individual ovenproof bowls. Pour soup over croutons and sprinkle with cheese. Place bowls in preheated oven (375°) for 10 minutes and serve *very hot*. *Serves 2*

## NATIONAL SOUP of FRANCE (Pot au Feu)

FRANCE

1 lb. chuck roast	1 celery stalk
1/2 lb. stewing beef	3 leeks
Chicken giblets	1/2 medium-size cabbage
Marrow bones (if desired)	Pinch of thyme, bay leaf, parsley
3 carrots	6 thin slices stale bread, cubed
3 turnips	
2 onions stuck with cloves	

Put meat and bones in a pot and cover well with cold water. Bring to a boil and skim. Add vegetables and spices. Simmer for 3 hours, adding a little water or beef consommé from time to time. Strain. Serve the bouillon with cubed bread. The meat and vegetables are served separately with boiled potatoes, mustard and pickles. *Serves 6*

### PUMPKIN SOUP (Potage Aurore)

FRANCE

1 lb. pumpkin, peeled, sliced thin	2 tbsp. butter
1/2 lb. tomatoes, peeled, sliced thin	Salt and pepper
1/2 lb. potatoes, peeled, sliced thin	6 tbsp. tapioca
2 1/2 qts. water, boiling	1 egg yolk
	1/4 cup cream

Put pumpkin, tomatoes and potatoes in boiling water in a stewpan; add butter, salt and pepper. Boil gently for 45 minutes. Strain and press vegetables through sieve.

Return liquid and purée to saucepan; add tapioca; cook for 10 minutes. Beat egg and cream together. Pour egg mixture into soup tureen; add the soup. Serve at once. *Serves 6*

### CONSOMMÉ ROYAL (Kraftbruehe mit Eierstich)

GERMANY

1 egg	Pinch of salt
1 egg yolk	1 qt. clear, strong beef stock
1 cup milk	

Mix first four ingredients and beat well; pour into two buttered custard cups. Set cups in a pan of water and cover; bake in oven for 40 minutes at medium temperature (water should never boil). After custard is cooked, cut in small cubes and add to hot beef stock. *Serves 4*

### BOUILLON with EGG DUMPLINGS (Tasse Bouillon mit Ei-Kloesse)

GERMANY

#### Bouillon

2 lbs. beef	Parsley
2 lbs. marrow bones	Bay leaf
1 parsley root, chopped	Salt
2 celery stalks, chopped	

Put beef, bones, greens and bay leaf in 8 cups salted water. Cook slowly for 3 hours. Remove the scum frequently. Add 1 cup water every half hour.

### Egg Dumplings

1 whole egg, beaten	Salt, to taste
2 egg yolks, beaten	Nutmeg, to taste
1/2 cup milk	

Mix all ingredients together well. Pour in buttered pan or mold; cover lightly and place pan in water. Simmer slowly for 20 minutes or until thick. Turn out of pan; cool, and cut into cubes.

Serve bouillon piping hot with the egg dumplings as garnish. *Serves 4*

### EGG and LEMON SOUP (Kota Soupa Avaolemona)

GREECE

2 1/2 lbs. chicken	4 eggs
Salt and pepper, to taste	Juice of 2 lemons
2 tbsp. butter	Stock from chicken (about 4 cups)
1/2 cup Manestra (Orzo #42)	

Clean fowl thoroughly and place in a large saucepan and cover with water. Bring to a boil and simmer until tender. Strain chicken broth into another pot. Let the broth come to a boil again. Salt and pepper to taste. Add 2 tablespoons butter and 1/2 cup Manestra. Cook about 15 minutes or until done. Remove from stove and prepare the following sauce:

Beat eggs until foamy and gradually stir in the juice of lemons. Add hot stock very slowly, so as not to curdle the eggs and pour back into saucepan.

This must be served immediately. *Serves 6*

### BOUILLON with ASPARAGUS (Kjötseyði með Spergli)

ICELAND

3 lbs. lean stewing beef, cubed	12 cups of water
1 marrow bone, cracked	1/2 cup onions, chopped
1 veal knuckle, cracked	1/2 cup carrots, chopped
Shortening, for browning	1/4 cup celery, chopped
Salt and pepper	2 sprigs parsley
	24 white asparagus tips, cooked

In a soup kettle brown meat and bones in shortening over a high flame. Add salt, pepper and water. Boil gently for about 2 1/2 hours, removing scum when necessary. Add vegetables and cook 1 1/2 hours longer. Strain stock through fine strainer; chill and remove fat crust. Re-heat and garnish with asparagus. *Serves 6*

### CREAM of CLAMS (Zuppa Crema di Vongole)

ITALY

- |  |                           |
|--|---------------------------|
| 1½ qts. (before removing shells) shucked small hard-shell clams with juice | 3 rounded tbsp. butter    |
| Oil, to sauté  | 4 fresh mushrooms, sliced |
| 3 cups chicken broth   | Cubes of bread            |
| 1 tbsp. potato flour   | 3 egg yolks               |
|  | 1 cup cream               |

Sauté clams in a little oil. Remove clams. Strain juice to be sure all sand is removed. Thicken chicken broth with potato flour diluted with a little water, adding a little at a time and stirring constantly with wooden spoon. Soup must be only slightly thickened. Add juice from clams. Keep warm on edge of stove.

Sauté mushrooms in 1 tablespoon butter. Set aside with clams.

Sauté bread cubes in same butter or put in oven to brown.

In a pan put egg yolks, cream and remaining butter. Add broth slowly, mixing constantly. Into each soup dish divide clams, mushrooms and bread cubes. Add broth. *Serves 6*

### STUFFED DUMPLINGS in BROTH (Cappelletti in Brodo alla Romana)

ITALY

#### Filling for Cappelletti

- |  |                         |
|--|-------------------------|
| ¼ lb. smoked ham                           | 1 egg                   |
| ¾ to 1¼ lbs. filet of pork                 | Salt and pepper         |
| 2 slices of Mortadella (a type of bologna) | Dash of nutmeg          |
| ½ lb. uncooked turkey or chicken breast    | 2 tbsp. Parmesan cheese |
| 1 lamb's brain (optional)                  | ¼ cup Marsala wine      |

Grind first five ingredients very fine; then add remaining ingredients.

#### Dough for Cappelletti

- |               |        |
|---------------|--------|
| 4½ cups flour | 6 eggs |
|---------------|--------|

Make a well in flour which has been mounded on marble or board and break eggs into it. Mix well with hands until eggs have been completely absorbed into



flour. Roll out dough thinly and cut it with a pastry cutter or mouth of a wine glass. Fill dough right away with meat mixture. Fold disc over to cover mixture. Join the two ends, closing them with fingers, giving it the form of a little hat. Place *Cappelletti* in a dish and sprinkle with flour so that they do not stick together. Cook 20 minutes before serving in a clear broth. *Serves 18*

### STRING BEAN SOUP (Potage Haricots Verts)

LUXEMBOURG

- |                          |                   |
|--------------------------|-------------------|
| 1 lb. fresh string beans | 2 slices of bacon |
| 2 qts. of water          | 1½ tbsp. of flour |
| 3 tsp. of salt           | Pepper, to taste  |
| 2 medium-size potatoes   | Sour cream        |

Wash beans thoroughly; cut in small squares. Drop into 2 quarts of boiling salted water and cook for 40 minutes. Peel potatoes, cut in small cubes, add to the beans and water; let boil for 15 minutes. Cut bacon in squares and fry. Remove bacon squares from the pan and brown flour in the bacon fat. Add the browned flour to the soup mixture and let it boil for about 5 minutes. Season with pepper. Finally, add the bacon squares to the soup and serve with a side dish of sour cream or added to the soup, according to taste. *Serves 6*

### NATIONAL SOUP (Soupe Nationale)

LUXEMBOURG

- |                             |                        |
|-----------------------------|------------------------|
| Lozenge-shaped French beans | Bouillon or water      |
| Butter                      | Potatoes, finely diced |
| Onion, chopped              | Parsley, chopped       |
| Bacon, chopped              | Sour cream             |

Sauté beans in butter with onions and bacon. Add bouillon and potatoes. Cook until soup is thick and beans and potatoes are tender. Add parsley and sour cream before serving.



### BROWN BEAN SOUP (Bruine Bonen Soep)

THE NETHERLANDS

9 cups boiling water	6 medium-size cold cooked potatoes
1/2 lb. dried brown beans (kidney)	1/2 cup finely chopped celery leaves
1 raw pig's foot, chopped	2 (10 3/4 oz.) cans tomato soup
1/2 cup chopped onion	Pepper and salt to taste

Soak beans overnight in boiled water. Next day, cook beans slowly in same water with the pig's foot and onion for one and one-half hours. Remove pig's foot, add cold potatoes and press mixture through a sieve. Return mixture to pan, add tomato soup and celery and re-heat for a few minutes but *do not allow to boil*. Season with salt and pepper to taste. Return the boned pig's foot meat to the soup.

*Serves 6*

### FINE EGG NOODLE SOUP with MEAT BALLS (Vermicelli Soep met Gehakt Balletjes)

THE NETHERLANDS

5 1/2 cups cold water	Salt, to taste
1/2 lb. beef knuckle	2 oz. very fine egg noodles

#### Meat Balls

1 lb. raw ground veal	1 tsp. salt
1 egg, slightly beaten	A dash of pepper
1/4 tsp. grated nutmeg	3/4 cup bread crumbs

Place water, beef knuckle and salt in saucepan. Bring to a boil and leave to simmer slowly for 3 hours. Strain through a fine sieve or cheese cloth. Bring to a boil again and add noodles and meat balls. Simmer slowly for 20 minutes.

Mix meat with egg, salt, pepper, nutmeg and bread crumbs. Form into little bite-size balls.

*Serves 4*

### PORK LOIN SOUP (Svinerygg Suppe)

NORWAY

1/2 stick butter	15 prunes
5 tbsp. flour	1/2 tsp. salt
5 1/2 cups pork stock	1 1/2 tsp. vinegar
3 carrots, boiled and sliced	2 tsp. sugar

Brown butter and flour; add stock and boil for a few minutes. Add carrots and prunes; season with salt, vinegar and sugar.

*Serves 4*

### FISH SOUP (Fiskesuppe)

NORWAY

2 tbsp. butter	1 cup sour cream
4 tbsp. flour	2 tbsp. minced chives
7 cups fish stock	1/2 tsp. salt
1/2 cup boiled, cubed carrots	1 small dish Pickled Purslane*
3 egg yolks	(see Index)

Melt butter; add flour and stir in the fish stock. Bring to a boil; add carrots. Mix eggs with cream and add slowly to the soup. Just before serving, salt and sprinkle with chives.

*Serves 6 to 8*

\* Purslane is served as a condiment in the soup.

### SHRIMP SOUP (Sopa de Camarão)

PORTUGAL

1/2 lb. raw shrimp	1/2 tbsp. flour
7 cups water	1/2 cup white wine
2 chopped onions	Salt and pepper to taste
2 tbsp. butter	Buttered croutons

Boil shrimp in salted water for 10 minutes. Remove from heat and save the water in which shrimp were cooked. Peel and de-vein. If large, cut in small pieces. In a pan fry onions in butter, add flour and stir for 3 minutes. Add water in which shrimp were cooked and wine. Add shrimp; season with salt and pepper, and serve with buttered croutons.

### TURKEY SOUP (Canja de Perú)

PORTUGAL

12 cups turkey stock*	1/3 cup rice
1 celery stalk, chopped	Salt and pepper to taste
1 small onion, chopped	

Bring the stock to boiling point with celery and onion. Add rice; let boil for 20 minutes. Season to taste.

\* See recipe for Portuguese Turkey.

## WEDDING SOUP

(Düğün Çorbasi)

1 lb. lamb or mutton  
2 lbs. lamb or mutton bones  
1 onion, sliced  
1 medium-size carrot, grated  
1 tbsp. salt  
4 cups water  
6 tbsp. butter

1 cup flour  
Juice of 1 lemon  
3 egg yolks  
6 tbsp. melted butter, for garnish  
1 tbsp. paprika  
Dash of cayenne

Add meat, bones, onion, carrot and salt to water. Cook over medium fire in covered pot until meat is tender, about 3 hours. Strain off broth. Chop meat finely; add it to the broth and set aside.

Blend butter and flour in large saucepan over low heat; stir constantly until mixture is light brown, about 3 minutes. Add broth gradually, stirring constantly. Simmer about 5 minutes.

Add lemon juice to beaten yolks; then gradually add about 2 ladles of hot stock. Stir mixture into soup. Serve with garnish of melted butter to which paprika and cayenne have been added.


 TRIPE SOUP with EGG SAUCE  
(Terbiyeli İşkembe Çorbasi)

4 lbs. tripe, cut in 2" strips  
5 cups water  
Salt and pepper, to taste  
2 eggs

Juice of 2 lemons  
2 cloves of garlic (optional),  
minced  
Paprika

Wash tripe thoroughly in several waters. Cook with water at low heat for 3 hours. Remove tripe, saving stock, and put through grinder or chop into small pieces.

*Egg Sauce*

Beat eggs well. Add lemon juice and beat again. Blend slowly with soup stock so as not to curdle the eggs.

If desired, garlic may be added to sauce. Serve egg sauce over ground tripe in deep soup dish and sprinkle with paprika.

TURKEY

TURKEY

## MUSSEL or CLAM SOUP

UNITED KINGDOM

1 qt. of mussels  
(or can of clams)  
1/2 cup chopped onion  
1/4 cup chopped parsley  
1 cup water

3 tbsp. flour  
1/2 cup cream  
Salt and pepper, to taste  
1 egg yolk

After washing mussels thoroughly, put them in a saucepan with the chopped onion, parsley and water. Bring to boil; boil 2 or 3 minutes, after which mussel shells will open. Remove mussels from their shells and replace them in the liquid. Thicken liquid with flour (or cornstarch); add cream and yolk of egg. Serve at once.

*Serves 4*

## COCK-A-LEEKIE SOUP

UNITED KINGDOM

1 boiling fowl, cut up  
2 lbs. neck of mutton, cut in  
chunks  
3 qts. cold water

Pepper and salt, to taste  
2 cloves  
5 leeks, chopped  
2 tbsp. rice

Wash fowl and put in saucepan with mutton; add water, seasonings and cloves. When boiling, add leeks. Simmer for 1 1/2 hours. Wash rice and sprinkle it into stock. Add additional seasonings, if necessary; continue to simmer for 45 minutes. The chicken and meat may be served separately with parsley sauce made with a little of the broth.

*Serves 8 to 10*

## OYSTER STEW

UNITED STATES

*Per portion*

1 cup milk  
1 cup cream  
8 to 10 small oysters  
1 heaping tbsp. butter

1 egg yolk, well-beaten  
Salt and pepper  
Pinch of dry mustard  
1 tbsp. sherry  
Chives, chopped

Heat milk and cream in double boiler. Sauté oysters in butter until they curl. Carefully add eggs to milk mixture; add oysters and dry seasonings. When eggs have thickened the stew, remove from fire. Add sherry and chives. Serve at once. Servings are extremely generous.

## SEAFOOD GUMBO à la NEW ORLEANS UNITED STATES

1/2 cup olive oil  
 1 lb. fresh okra, cut medium  
 1 large can tomatoes  
 1 bunch parsley, cut medium  
 1 bunch celery with tops, cut medium  
 3 large onions, cut medium  
 1/2 lb. boiled ham slices, cubed medium  
 Kitchen bouquet, monosodium glutamate, basil, salt, pepper, and marjoram

4 garlic buds, put through garlic press  
 1 cup red wine  
 3 lbs. fresh (green) shrimp, peeled and de-veined  
 4 tbsp. flour  
 1 lb. butter  
 Water, as needed  
 1 lb. crab meat or 4 hard-shell crabs, cleaned, cut in quarters, claws cracked

In a large heavy pot, heat the olive oil; add okra and cook until tender, stirring frequently. Add tomatoes, parsley, onions, celery, ham and all seasonings. Simmer very slowly. Sprinkle flour over shrimp; fry in butter in iron pan until all are pink. Add shrimp to large pot. Add enough boiling water to give you the desired consistency; but remember the gumbo should be thick. Simmer for 1 hour. Five minutes before serving add crab meat.

We suggest serving gumbo with wild rice, tossed green salad, garlic bread and red wine.

Serves 10 to 12



## CREAM of WATERCRESS SOUP

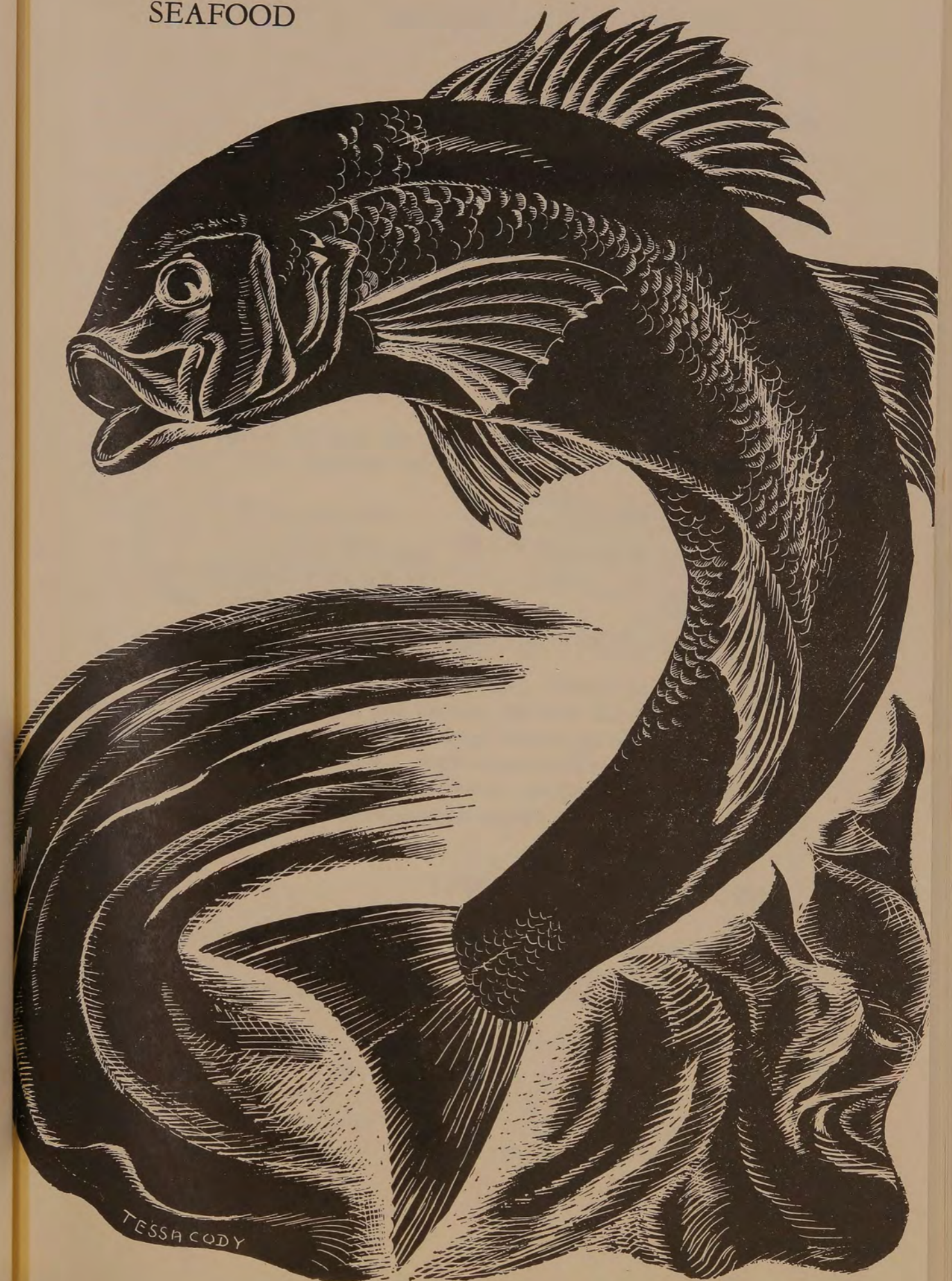
UNITED STATES

4 bunches watercress; discard most of stems, chop fine  
 2 tbsp. butter  
 1 small onion, chopped fine  
 Pinch of marjoram  
 Pinch of tarragon  
 Pinch of chervil

Pinch of salt  
 Pinch of fresh ground pepper  
 Few drops of lemon juice  
 2 tbsp. flour  
 4 cups rich chicken or veal broth  
 1/2 pt. whipping cream  
 Chopped chives for decoration

Sauté watercress and onion in butter gently; add seasonings and lemon juice. Cook about 10 minutes. Sprinkle with flour and add broth. Cook until thick. Remove from heat; add cream. Serve cold with chives.

## SEAFOOD



## Seafood

### FISHERMAN'S SOLE (Sole du Pêcheur)

BELGIUM

1 small sole, per serving, cleaned, skinned and heads, tails and fins cut off	Vegetable shortening, for frying fish
Salt and pepper, to season	Lemon slices Mayonnaise, as sauce

This is a very fine but simple way to prepare sole. Wash fish in cold water 2 or 3 times, dry well with a towel. Season with salt and pepper. Heat shortening in frying pan and brown soles on both sides. That is all. Serve either hot or cold with lemon and mayonnaise.

### SOLE (Timbales d'Ostende)

BELGIUM

1½ or 2 lbs. fillet of sole	Paprika, to season
Court bouillon, to cover	½ cup heavy cream, whipped
Salt, to season	3 egg whites, whipped stiff
Lemon juice, to season	Sauce Mousseline

Poach sole in court bouillon until flaky and tender; drain and break into very fine pieces. Season fish with salt, paprika and lemon juice. Add the whipped cream to stiffly-beaten egg whites; combine with fish, season again if too bland. Pour mixture into individual molds. Bake in a pan of water in 325° oven for about 20 minutes or until set. Unmold and serve with Sauce Mousseline (a Hollandaise sauce to which whipped cream has been added). *Serves 6*

### LOBSTER à la BRETONNE

CANADA

1 live lobster (1½ lbs.) per serving, split	1 jigger of cognac per lobster
1 very small garlic clove per lobster	Rosemary to season ⅛ lb. unsalted butter, per lobster

*Optional*

½ lb. raw mushrooms, thinly sliced, per serving	1 serving of cooked rice, seasoned to taste with saffron,
1 cup onions, thinly sliced, fried golden brown, per serving	chopped chives, port wine, and butter

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Using garlic press, sprinkle garlic on both halves of lobster. Place lobster in pan; cover with dots of butter, cognac and rosemary. Put pan in 400° oven for 15 minutes, basting frequently with pan juices. If you prefer to broil lobster, place pan 4 inches below heat. If you wish to cook lobster on barbecue grill, wrap buttered and seasoned lobsters in aluminum foil and place over hot coals for 20 minutes. Eat immediately.

If this recipe is to be served at a party, make the serving platter more glamorous by adding a mound of the rice and smaller mounds of raw mushrooms covered with red-hot fried onions, salt, pepper and a dash of cognac at last minute.

### COLD BOILED SALMON with SPICE SAUCE

CANADA

Poach whole cleaned salmon in court bouillon to cover. Allow 15 minutes per pound.

*Sauce*

2 cups salmon bouillon (hot; saved from poaching sal- mon)	2 tbsp. capers 1 tsp. sugar ½ tsp. pepper
½ cup finely-minced onion	6 tbsp. tarragon vinegar
½ cup minced dill pickle	¼ cup olive oil (or salad oil)
6 tbsp. minced parsley	
2 tbsp. minced chives	

Into the hot salmon bouillon put the rest of the ingredients. Mix well and serve with cold boiled salmon.

### MACKEREL FILLETS with GOOSEBERRY SAUCE (Makrel Fileter med Stikkelsbær Sauce)

DENMARK

4 fresh mackerel fillets	½ lb. green gooseberries
Salt, to taste	Approximately ⅓ cup sugar
Approximately 2 tbsp. flour	3 tbsp. water
1 egg, beaten	½ cup coffee cream
Approximately 4 tbsp. bread crumbs	4 lettuce leaves

Sprinkle the fillets with salt; roll them in flour, dip in the beaten egg, and roll in bread crumbs. Fry the fillets in margarine on both sides until done. Cook gooseberries in sugared water; let cook until berries have become a pulp, then add the cream. Arrange the fillets on green lettuce leaves and serve them with the gooseberry sauce and new potatoes.

## MARINATED MUSSELS

(Marinerede Muslinger)

DENMARK

8 tbsp. salad oil  
4 tbsp. vinegar  
4 tbsp. water  
Salt, to taste

Sugar, to taste  
1 lb. canned mussels, in their  
natural juice  
1 chopped hard-boiled egg  
2 tsp. green dill, chopped

Combine oil, vinegar and water; add salt and sugar. Place the drained mussels in marinade and let stand for 2 hours. Before serving, add egg and green dill.

Serves 8

## SCALLOPS

(Coquilles St. Jacques)

FRANCE

2 lbs. scallops  
1 shallot or small onion, chopped  
1/2 lb. mushrooms, chopped  
1/4 cup chopped parsley  
1/4 lb. butter  
3 tbsp. flour  
1 cup warm milk

1/2 cup water from cooked scal-  
lops  
1 glass dry, white wine  
1 egg yolk, beaten  
Salt and pepper, to taste  
1 1/2 tbsp. cognac  
1/2 cup cream  
2 tbsp. butter  
Bread crumbs

Cook the scallops 3 minutes in boiling salted water; drain; cut them up. Brown in a pan the shallot, mushrooms and parsley in half the butter. Make a sauce with rest of butter and flour; mix well. Add milk, scallops, water and white wine, a little at a time. Boil 5 minutes stirring constantly. Add mushrooms, parsley and shallot; cook 5 minutes more. Remove from fire; add egg yolk; mix well. Add salt and pepper, then the scallops and the burning cognac. Fill scallop shells or casserole with the mixture; sprinkle with cream, bread crumbs and the 2 table-  
spoons butter, cut in pieces. Brown in preheated 375° oven.

Serves 4

## FILLETS of SOLE NORMANDY

(Filets de Soles Normandes)

FRANCE

2 large sole, filleted  
1/2 bottle of dry white wine  
2 carrots

2 tbsp. butter  
3 tbsp. flour  
1/2 lb. cooked shrimp, shelled

2 medium onions  
Herbs, to season (parsley, bay  
leaf, thyme)  
1/2 lb. mushrooms

1/2 lb. cooked mussels, shelled  
1/2 pint cream  
1 egg yolk  
Salt and pepper, to taste

Poach the sole in the wine with carrots, onions and herbs; drain; save bouillon. Sauté the mushrooms in 1 tablespoon butter. (Make a white sauce using the remaining butter, flour and bouillon saved from the fish.) Add mushrooms, shrimp and mussels to the sauce. Simmer for 20 minutes, stirring occasionally. *Do not boil*; take from fire; add the cream and egg yolk; beat well. Season to taste. Place the sole on a platter and pour sauce over all.

Serves 4



## HADDOCK with HERBS

(Schellfish mit Kraeuter)

GERMANY

2 lbs. haddock  
Juice of 1 lemon  
2 cups of white wine  
Salt and pepper, to taste  
2 tbsp. chopped parsley

2 small onions, finely chopped  
3 tbsp. chives, chopped  
3/4 cup mushrooms  
1 tsp. tarragon  
2 tbsp. butter

Clean and fillet haddock and cut into pieces. Put the fish in a mixture of lemon juice, white wine, pepper, salt and some parsley; let stand for at least an hour.

Sauté onions, chives, remaining parsley, mushrooms and tarragon in 2 table-  
spoons of butter for several minutes. Add haddock, another cup of wine and the marinade; cover saucepan and steam the fish for 12 to 15 minutes.

### Sauce

3 tbsp. butter  
3 tbsp. flour  
1 cup meat stock

1 cup stock in which the fish was  
cooked  
3 egg yolks, beaten

Work flour into butter; add the stocks. Stir in beaten egg yolks and cook until smooth and thick.

Serves 4

## BLUE TROUT (Blaue Forelle)

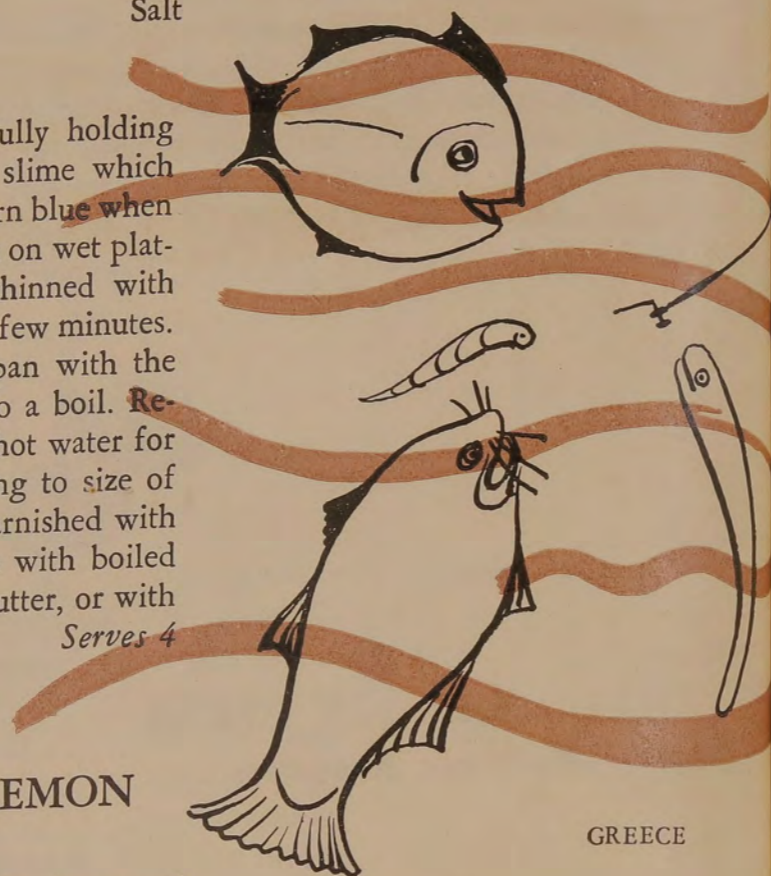
GERMANY

4 fresh trout  
1 cup vinegar, heated  
½ cup water

2 qts. boiling water  
Salt

Clean trout under water, carefully holding them by the head so that the slime which covers the fish and causes it to turn blue when cooked, remains undamaged. Put on wet platter; salt, pour warm vinegar thinned with water over them. Let stand for a few minutes. Then put them gently into a pan with the boiling water, bring it almost to a boil. Remove it from heat and keep in hot water for about 5 to 10 minutes, according to size of trout. Serve on warm platter, garnished with parsley and lemon slices. Serve with boiled potatoes, with fresh or melted butter, or with Sauce Bèarnaise.

Serves 4



## WHITE FISH with LEMON JUICE (Aspro Psari me Lemona Ladorigani)

GREECE

The white fish\* usually used in Greece is called "Sinagrita." It is a very firm, rather large, and delicious fish.

To broil, split the fish in half lengthwise; sprinkle with olive oil, lemon juice and oregano. Broil until golden brown. Garnish with parsley.

\* *Editor's note:* We suggest substituting bass or rock in the United States. This is truly a substitution as we have no comparable fish in our waters.

## COLD FISH COURSE (Kaldur Fiskréttur)

ICELAND

Mix cooked shrimp, salmon, or lobster with mayonnaise. Garnish platter with tomatoes, cucumbers, and hard-boiled eggs.



## SOUFFLÉ of FISH (Fiskikaka)

ICELAND

¼ lb. butter or margarine  
½ cup flour  
Salt and pepper, to taste  
2 or 2½ cups milk

4 eggs, separated  
1½ lbs. or about 2½ cups cooked,  
boned and skinned fish fillets  
(haddock, cod or sole)  
Bread crumbs

Make a heavy white sauce of butter, flour, salt, pepper and milk. Cook, stirring constantly until smooth and thick. Add egg yolks one by one to sauce. Beat with an electric beater for 5 minutes. Break fish into pieces. Whip egg whites until stiff; carefully fold into sauce. Put into buttered baking dish; sprinkle bread crumbs on top. Bake 45 to 60 minutes in a moderate oven.

Serve as a main course with boiled potatoes and melted butter. If used for fish course, serve with whipped butter.

Serves 8 to 10

## BOILED SALMON, HOT (Soðinn Lax, Heitur)

ICELAND

1 whole fresh salmon (about  
6 lbs.)  
2 tbsp. vinegar  
1 large onion, sliced  
4 celery stalks with leaves

Salt, to season  
Peppercorns, to season  
½ lb. melted butter

Clean salmon, leaving head on. Fill fish pan with enough water to cover salmon. Add vinegar, onion, celery, salt and peppercorns. Bring water to a boil; add fish. Cover and poach fish, over medium-low flame not allowing water to boil, about 12 minutes per pound or until tender. Drain and serve hot with melted butter.

In Iceland boiled potatoes usually are served with the salmon. Serves 10

### TROUT SAUTÉED (Truite Meunière de la Sûre)

LUXEMBOURG

6 brook trout, cleaned	2 tbsp. parsley, chopped
Salt and pepper, to season	6 lemon wedges
1/2 cup milk	
1/4 lb. butter, unsalted, more if desired	

Combine salt, pepper and milk. Dip trout in milk mixture. Heat butter in frying pan and sauté trout until golden brown. Remove fish to warmed serving platter. Raise flame and brown remaining butter. Pour over trout; garnish with parsley and lemon. *Serves 6*

### LUXEMBOURG CRAWFISH (Ecrevisses Luxembourgeoises)

LUXEMBOURG

Crawfish  
Fresh butter  
A peppery sauce

#### Court Bouillon to Cover

Water	Leek
Moselle wine	Celery
Parsley	Salt
Onion	Much pepper

Boil crawfish vigorously in court bouillon until cooked. Remove crawfish from water and serve them with fresh butter and a peppery sauce.

### STEWED EEL (Gestoofde Paling)

THE NETHERLANDS

1 2/3 lbs. raw eel, skinned, cleaned	1 tsp. lemon juice
Salt to taste	1/2 cup bread crumbs
1/2 stick butter	

Cut eel into pieces 3 to 4 inches long. Rub with salt and place in casserole. Cover bottom of casserole with cold water about one-half inch. Put pieces of butter between pieces of eel. Add lemon juice. Sprinkle bread crumbs over eel and let it stew for about 25 minutes in 350° oven. Baste occasionally. Remove lid and allow to brown for approximately 5 minutes. *Serves 4*

### HARD DRIED CODFISH (Stokvis)

THE NETHERLANDS

1/2 lb. dried, unsalted codfish	1 large onion, thinly sliced
Cold water	1 stick butter
1 tsp. salt to 4 cups water	1/2 cup bread crumbs
1 cup uncooked rice	Mustard Sauce (see recipe below)
4 medium-size cooked potatoes	

Cover fish with cold water and soak 48 hours. Before cooking add more cold water sufficient to cover top of fish 2 inches. Add 1 teaspoon salt to 4 cups water and bring to boiling point. Reduce heat immediately when boiling point is reached and allow to simmer for 1 to 1 1/2 hours. Drain, but save 2 cups stock. Cook rice until dry. Dice potatoes. Fry onions in 2/3 of the stick of butter. Clean and dice fish. Mix with rice, potatoes, onions and mustard sauce. Transfer mixture to greased open casserole. Sprinkle with bread crumbs and dot with the rest of the butter. Set casserole in oven and broil until crust is golden brown.

#### Mustard Sauce

1/4 cup butter	1/4 cup flour
2 cups codfish stock	2 tsp. prepared mustard

Melt butter, add flour and mix well. Gradually add the stock, stirring continuously to smooth consistency. Dilute mustard with a little of sauce and gradually combine. *Serves 4*



### CREAMED FISH BALLS (Stuede Fiskeboller)

NORWAY

1/4 stick butter	1 tbsp. cooking sherry
4 tbsp. flour	1 large can of fish balls, drained
2 cups milk	1 can of medium-size shrimp
1/2 tsp. salt	4 patty shells
1/4 tsp. cayenne pepper	

Make a white sauce of butter, flour and milk. Season with salt, cayenne and sherry; add fish balls and allow to simmer for a few minutes. Finally, add shrimp. Serve in warm patty shells. *Serves 4*

## FISH ASPIC (Fiskekabaret)

NORWAY

4 lbs. fish (bones, heads, etc.)	4 whole peppercorns
1¼ qts. water	1 bay leaf
2 tsp. salt	2 egg whites plus 2 shells to clear stock
Juice from 1 lemon	2 tbsp. gelatine

Make a good fish stock from ingredients listed, using any kind of fish you desire. Drain and cool. Remove layer of fat which has formed on cold stock. Clear stock the usual way, using 2 egg whites plus 2 shells to 1 quart of stock. Dissolve gelatine and add to cleared stock.

### Filling

Use as many kinds and as much of each of the following as you desire:

Canned fish balls, drained	Fresh or canned asparagus
Fresh or canned lobster meat	Fresh or canned peas
Fresh or canned shrimp	
Cooked cauliflower, broken into florets	
Fresh tomatoes, sliced	

Have all the things you are going to use in the aspic cut in small pieces; be sure they are dry. Pour small amount of stock into mold, just to cover bottom. When firm, decorate aspic with radishes, carrots, etc., cut to resemble flat flowers, green pepper for stems and leaves, and gently add a little more stock to cover design. When that is firm, fill the mold alternately with fish balls, lobster, etc. An open space of ¼ inch should be left around edges of mold. When mold is nearly filled, pour stock close to edge to fill out the empty space and continue until mold is completely filled. Chill; when firm, unmold on lettuce and serve with mayonnaise and buttered toast. A good dry, white wine tastes heavenly with this aspic.

## BAKED FILLETS (Filetes no Forno)

PORTUGAL

2 lbs. fish fillets	1½ cups bread crumbs
½ cup sliced onions	½ cup grated Parmesan cheese
¼ cup butter	¾ cup milk
Salt and pepper to taste	

Place fillets in baking dish. In a skillet sauté onions in butter until golden brown; then add salt, pepper, bread crumbs and cheese. Toss lightly until mixed. Place mixture on top of fillets. Pour milk around fish. Bake at 350° for 45 minutes.  
*Serves 6*

## SHRIMP TURNOVERS (Rissois de Camarão)

PORTUGAL

2 cups water	1 tbsp. salt
2 cups flour	2 eggs, beaten
1 tbsp. butter	2 cups bread crumbs

Pour water in a saucepan. Let boil; add flour, butter and salt. Let boil stirring constantly until a hard ball is formed around the spoon and the dough leaves the sides of the saucepan and sticks together well. Allow to cool. Place on floured board and carefully roll out very thin. Cut with round biscuit cutter. Place a teaspoon of shrimp filling in center and fold to form half moons. Dip in eggs, then in bread crumbs, and fry in hot oil until golden brown.

### Cream Filling

1 tbsp. butter	Salt and pepper to taste
1 tbsp. flour	2 egg yolks
2 cups milk	¼ lb. cooked shrimp, cut in pieces

Melt the butter with the flour. When bubbling add milk, salt and pepper. Boil for 3 minutes, stirring constantly. Remove from heat; add the yolks and shrimp.

## GOLDEN COD (Bacalhau Dourado)

PORTUGAL

4 potatoes, cut into thin sticks	5 eggs, well beaten
2 tbsp. olive oil	2 tbsp. chopped parsley
1 lb. salt cod, cut into small pieces*	Salt and pepper to taste
12 ripe olives, cut into pieces	

Fry potatoes in olive oil. When golden yellow remove them from pan. In that same oil fry cod until golden brown, add ½ of the fried potatoes and the olives. Pour eggs, parsley, salt and pepper into skillet. Cook stirring gently (as for scrambled eggs) for 4 minutes. Serve with remaining potatoes.  
*Serves 4*

\* Soak cod overnight to remove salt.

## SWORDFISH BROILED on SPITS

TURKEY

(Kiliç Şiş)

2 lbs. swordfish  
 ¼ tsp. paprika  
 1 tbsp. lemon juice  
 1 tbsp. olive oil

1 tbsp. onion juice  
 Salt, to taste  
 10 bay leaves

Skin fish and cut into 1-inch cubes. Mix fish, paprika, lemon juice, olive oil, onion juice, salt and half the bay leaves. Cover and place in the refrigerator for 3 hours.

Place fish on spit with occasional bay leaf between pieces. Broil on both sides over flameless charcoal or gas flame, at a distance of 3 inches, about 12 minutes.

*Sauce (optional)*

2 tsp. olive oil  
 Juice of 1 lemon

1 tsp. chopped parsley  
 Salt, to taste

Mix olive oil, lemon juice, chopped parsley and salt to taste. Beat well and serve separately.



## BAKED FISH

TURKEY

(Balik Köftesi)

2 lbs. striped bass  
 2 medium onions  
 ½ cup olive oil  
 ¼ cup tomato paste  
 1½ cups water  
 3 garlic cloves (crushed)

Paprika  
 Salt, to taste  
 Juice of ½ lemon, or lemon  
 slices  
 3 stalks chopped celery  
 4 small carrots, diced  
 ½ tsp. chopped parsley

After cleaning fish, cut into 1-inch slices. Cut onions into rings and fry in a heavy skillet, in ½ cup of olive oil, until brown. Add tomato paste, water, garlic, paprika, salt, juice of ½ lemon, remaining olive oil, celery and carrots.

Place fish in deep baking dish and cover with sauce. Bake in medium hot oven for 25 minutes. Before serving, garnish with chopped parsley and lemon slices.

*Serves 4*

## SOUSED HERRING

UNITED KINGDOM

6 fresh herring and roe  
 Salt and pepper  
 1 bay leaf  
 8 peppercorns

3 cloves  
 1 blade of mace  
 ¾ cup vinegar  
 ¼ cup water

Wash and fillet herring. Sprinkle with salt and pepper. Roll up the fillets with a piece of herring roe inside each. Pack into a baking dish. Add the herbs and spices. Cover with the vinegar and water. Cook, covered, in 300° oven for 1 hour.

*Serves 6 to 8*

## FISH in CIDER SAUCE

UNITED KINGDOM

4 fillets white fish  
 Salt and pepper, to taste  
 2 or 3 shallots, chopped  
 1 pt. cider  
 Milk, as required

2 tbsp. butter  
 3 to 4 tbsp. flour  
 4 tbsp. parsley, chopped  
 2 tbsp. grated cheese or ½ cup  
 mushrooms

Place fillets in fireproof dish and season with salt and pepper. Sprinkle with chopped shallots. Pour cider over the fish. Cook in 370° oven until tender (about 15 minutes). Pour off the liquor and add to milk to make ¾ pint of liquid. Keep fish hot.

Melt butter in a pan and add flour, mixing until smooth. Gradually stir in the ¾ pint of liquor; bring to a boil; add parsley and pour over fish. Sprinkle grated cheese over the top and brown under grill or broiler.

If preferred, garnish with mushrooms.

*Serves 4 to 6*

## CHINESE FROGS' LEGS

UNITED STATES

2 tbsp. soya sauce  
 1 tsp. gin  
 ¼ cup water  
 1 tsp. sugar  
 1 small garlic clove, minced  
 1 small piece green ginger,  
 chopped fine

¼ lb. young bambo shoots, cut  
 size of toothpicks  
 1 leek, cut in very thin strips  
 4 medium-size mushrooms, cut  
 size of toothpicks  
 ½ cup oil, peanut or vegetable  
 1 lb. tender frogs' legs, cut at  
 joints

Mix soya sauce, gin, sugar and water in a bowl; add garlic, ginger, bamboo shoots, mushrooms and leek. Heat oil in deep frying pan until boiling. Fry frogs' legs on all sides until brown (about 2 minutes). Add all ingredients and sauce in bowl to the frying pan; cook for 5 minutes. Put on platter and serve at once.

*Serves 2*

## OYSTERS and CRAB MORNAY

UNITED STATES

3 doz. oysters, shucked      2 lbs. lump (deluxe) crabmeat

Put oysters in pan under broiler. Broil 2 minutes on each side. Strain off but save liquor. Pick over crabmeat and remove any shells.

*Sauce*

1/4 lb. butter	1 tbsp. monosodium glutamate
1 cup onions, chopped	2 tbsp. salt
2 garlic cloves, minced	1/2 lb. Swiss cheese, grated
2 1/2 cups milk	1 1/2 lbs. fresh mushrooms, sliced
2 tbsp. Worcestershire sauce	9 tbsp. cornstarch
3 dashes of hot sauce	2/3 cup sherry or milk, as desired
	4 tbsp. chopped parsley

Melt butter in large skillet, add onions and garlic; sauté until onions are golden. Add oyster liquor, milk, Worcestershire, hot sauce, monosodium glutamate, salt, and cheese. Stir constantly. When cheese is melted, add mushrooms and cook 5 minutes. Mix cornstarch and sherry together until smooth; add to cheese mixture and stir until sauce is quite thick. Add oysters, crabmeat and parsley. Serve in chafing dish. *Serves 8 to 10*

## SHAD ROE SOUFFLÉ

UNITED STATES

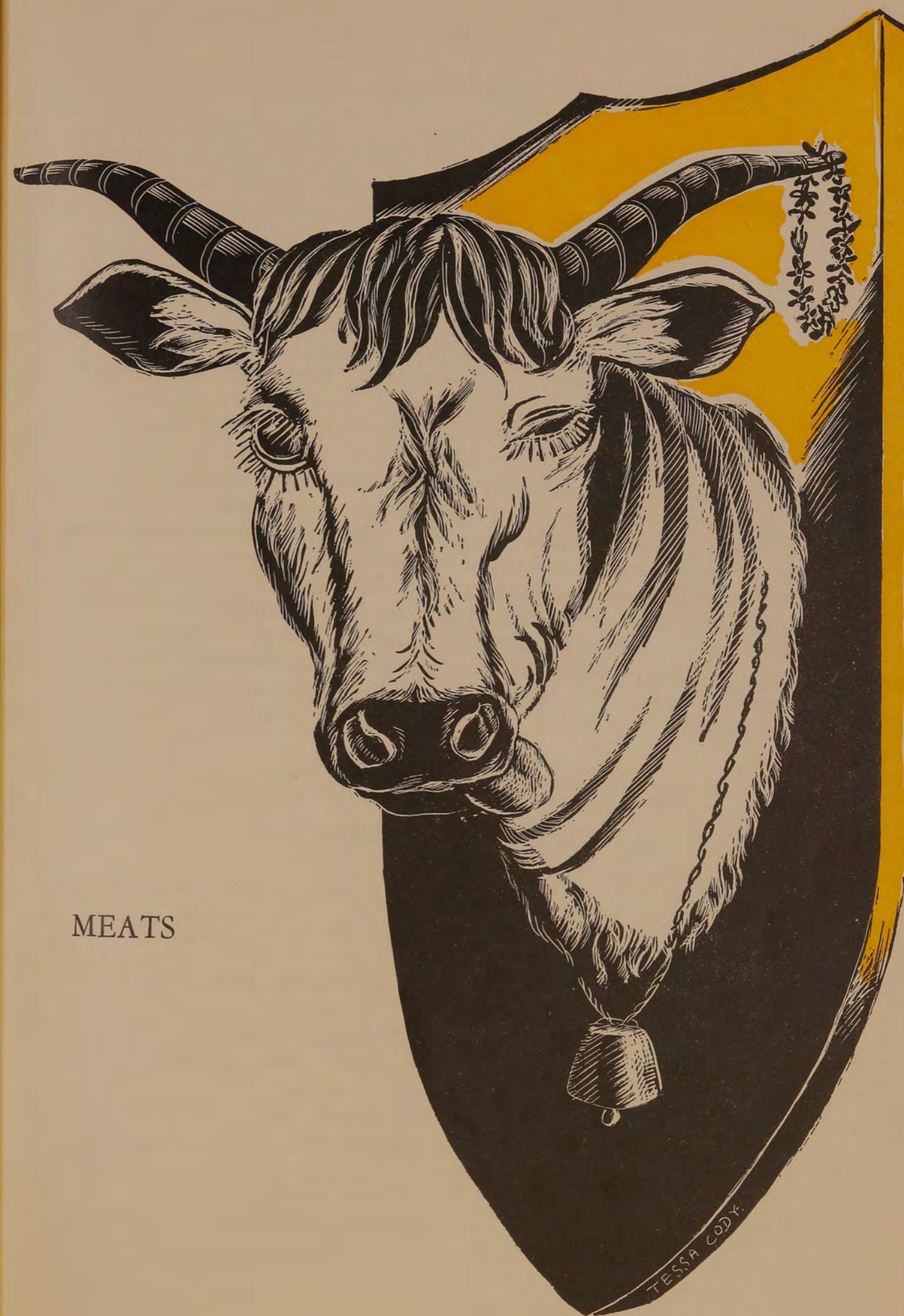
3 large pairs of shad roe	1 cup thick white sauce (substituting chicken broth for usual milk)
3 eggs, separated	

Remove membrane from roe; mash. Beat egg yolks until thick and stir them into white sauce. Add mashed roe. Fold in stiffly-beaten egg whites. Turn into buttered casserole and bake in pan of water in 350° oven for 50 minutes. Serve with lemon, chive and butter sauce.

*Lemon, Chive and Butter Sauce*

1/4 lb. butter	3 tbsp. chopped chives
1 lemon, juice and grated rind	

Melt butter; add juice, rind, and chives. Heat and serve at once. *Serves 6*



MEATS

## Meats

### FLEMISH STEW (Ragôut Flamand)

BELGIUM

2 lbs. of lean beef neck, cubed 2½ inches by 1 inch	1 chopped clove of garlic
Salt and pepper, to taste	2 lumps of sugar
2 tbsp. butter	Soup bunch (parsley, carrot, leek, turnip, bay leaf)
½ lb. lean breast of pork, diced	Dash of vinegar
2 tbsp. flour	
1 bottle beer	
1 lb. onions	

Sprinkle cubed beef with salt and pepper. Braise meat slowly in large pan with butter. Add diced pork and brown. Remove meat and spoon out all fat except 2 tablespoons. To this add the flour. Mix quickly and stir until a dark golden brown. Add beer; bring to a boil. Pour into a bowl.

Meanwhile in a saucepan brown onions. Arrange in pan a layer of onions, meat, seasonings and soup bunch. Pour gravy over all. If there is not enough to cover meat generously add more beer. Bring to a boil, then cover tightly, and simmer gently until cooked. Before serving add a dash of vinegar and let boil 5 minutes more. Season to taste. Arrange in deep serving dish and garnish with boiled potatoes.

Serves 3 to 4

### RAGÔUT of MEAT in MADEIRA WINE (Choesels)

BELGIUM

¼ lb. butter	1 bottle beer
1 lb. onions, chopped fine	1 lb. breast of lamb, diced
1 ox tail, cut in thick slices	6 sweetbreads, prepared, cut in pieces
1 soup bunch (parsley, leek, carrot, turnip, celery and bay leaf tied together)	1 lb. breast of veal, diced
3 cloves	6 lambs' feet, parboiled and drained
Dash of nutmeg	½ kidney, soaked and sliced
Salt and pepper, to taste	Madeira wine

#### Veal Croquettes

¼ lb. ground veal	⅓ cup mushrooms, chopped fine
1 egg, beaten	

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In a saucepan sauté in the butter, the onions, ox tail, soup bunch, cloves, nutmeg, salt and pepper. Add beer and simmer gently about 2 hours. Add lamb; cook 20 minutes before adding sweetbreads, veal, lambs' feet and kidney. Continue simmering until all meat is tender. Add veal croquettes made by mixing veal, egg and mushrooms together. Shape into small balls and poach for last 10 minutes of cooking ragôut. Just before serving pour wine over meat in pan.

Serves 6 to 8

### VEAL KIDNEY "à la LIEGEOISE" (Rognons de Veau à la Liegeoise)

BELGIUM

8 veal kidneys	Scant ¼ cup dry, white wine
Butter, for browning	1 tsp. juniper berries, ground
Salt and pepper, to taste	Butter, for garnish

Buy very pale veal kidneys with a slight layer of fat. Put them just as they are in a saucepan in which some butter has been browning slightly. Add salt and pepper and brown the kidneys; cover. Set over flame for brisk simmering. (This is important so that the kidney will retain its natural juices and remain tender.)

When almost done (cooking time should not exceed 20 minutes), pour white wine over kidneys. Two or three minutes before the kidneys are completely done, sprinkle over and around them a generous teaspoon of ground juniper berries. Two minutes later, add a dash of water or wine and 3 dots of butter. Stir to smooth the gravy.

When ready to be served, the kidneys should be slightly pink in the center. Cut in slices about ¼-inch thick.

Serves 4

### BEEF TENDERLOIN with MUSHROOM STUFFING

CANADA

1 beef tenderloin, about 3 lbs.	1½ cups soft bread crumbs
½ small onion, chopped	½ cup chopped celery
1 (4-oz.) can mushrooms	Hot water, to moisten
¼ cup butter	Salt and pepper, to season
	4 slices bacon

Have tenderloin split and flattened at the market. Lightly brown onion and mushrooms in butter. Add bread crumbs, celery, and hot water to moisten. Season; spread over half the meat, fold second half over fastening edges together with skewers. Season; place bacon slices over top. Roast, uncovered, in moderate oven (350°) for one hour.

**PORK CHOPS with HAM STUFFING**

CANADA

3 cups soft bread crumbs	6 rib pork chops, 1-inch thick, cut with pockets
1 cup cooked ham, finely chopped	1/4 cup flour
1/4 tsp. salt	3/4 tsp. salt
1/8 tsp. pepper	Pepper, to taste
1/4 tsp. nutmeg	1/8 tsp. ground sage
1 beef bouillon cube	1/8 tsp. thyme
1/4 cup boiling water	1/2 cup water

To make stuffing, combine crumbs, chopped ham, salt, pepper and nutmeg. Dissolve bouillon cube in boiling water; pour over mixture, and toss lightly. Stuff pork chops and fasten with toothpicks. Brown chops in hot fat in skillet on top of range. Arrange in baking dish; add water. Sprinkle with sage and thyme. Cover with aluminum foil and place on lower oven rack. Cook for one hour at 350°.

**BAKED CANADIAN BACON**

CANADA

3 lbs. "peameal back" bacon or plain Canadian bacon, whole	1/8 tsp. pepper
2 tbsp. shortening	1/3 cup seedless raisins
2 cups bread crumbs	1/2 cup brown sugar
1 tsp. poultry seasoning	1 tbsp. corn syrup
1 tsp. salt	

Have butcher make slit in bacon, about 2 inches deep, lengthwise through the center. Cut fat into the dry bread crumbs; add seasonings and whole raisins; pack dressing into slit in bacon and tie or skewer together. Bake on rack in roasting pan at 325° for 1 hour. Mix together brown sugar and corn syrup; rub mixture well over the bacon. Return to 400° oven and glaze for 10 minutes. Serve either hot or cold. *Serves 8*

**BLACK POT  
(Sorte Gryde)**

DENMARK

2 lbs. pork tenderloin	2 pkgs. frozen peas
Margarine, for frying	1 lb. raw mushrooms, sliced
1 1/2 cup coffee cream	Flour, for thickening
Salt and pepper, to taste	

Cut the tenderloin in slices, 1-inch thick, and brown them well in margarine in a "black pot" (iron pot). When the meat is browned, add cream, salt and pepper, and let cook gently for 30 minutes. Add the peas and mushrooms. Bring to a boil again and let cook until meat, peas and mushrooms are done (about 10 to 15 minutes).

Thicken the gravy with flour if necessary. Serve mashed potatoes with *Sorte Gryde*. *Serves 4*

**BROWNEED CABBAGE with PORK  
(Brunkaal med Flæsk)**

DENMARK

2 to 4 tbsp. margarine	1 cup water
1 tbsp. sugar	2 to 3 lbs. lightly salted pork loin (soaked in brine for 24 hours)
4 to 5 lbs. white cabbage	

Brown the margarine in a big saucepan; add sugar and brown the shredded cabbage in this syrup, stirring frequently. When it has taken on a nice brown color, add water and the whole piece of pork loin. Be sure to cover the meat with the cabbage. Let cook until meat and cabbage are done (1 1/2 to 2 hours), stirring occasionally. Arrange the cabbage on a big platter together with the sliced meat. Let this dish be accompanied by a good mustard and a glass of beer. *Serves 6*

**DANISH MEAT BALLS  
(Frikadeller)**

DENMARK

1/2 lb. ground pork	Salt and pepper, to taste
1/2 lb. ground veal	1/2 tsp. ground cloves
3/4 cup flour	1 medium onion, chopped fine
2 cups milk	Margarine for frying

Combine meat and flour, and little by little add the milk, stirring well. Add salt, pepper, cloves and onion. Make little cakes by dropping the meat mixture from a tablespoon into browned margarine in the skillet. Fry rather slowly on both sides until well done. Serve any kind of vegetable with *Frikadeller*. *Serves 6*

### VEAL CUTLETS in CREAM (Escalopes de Veau à la Crème)

FRANCE

6 veal cutlets  
5 tbsp. butter  
6 tbsp. flour  
1 cup warm milk  
½ cup white wine

1 can mushrooms, drained  
1¾ cups cream  
1 egg yolk, beaten  
Salt and pepper  
½ cup grated cheese

Cook veal cutlets in 3 tablespoons butter until browned. Make a cream sauce by melting 2 tablespoons butter in double boiler; slowly add the flour; stir; then slowly add milk and wine; stir until thick. Add mushrooms. Cook slowly for 10 minutes. Remove from flame and add cream and grated cheese. Thicken the sauce by quickly adding egg yolk. Season with salt and pepper to taste. Stir well. Place cutlets on a platter; cover with the sauce and serve. *Serves 6*

### BRAIN LOAF (Pain de Cervelle)

FRANCE

1 veal brain  
4 eggs, separated  
1 cup whipped cream

Salt and pepper, to taste  
1 cup tomato sauce, heated

Soak brain in cold water 1 hour. Peel and clean. Cook 20 minutes in salted water, to cover; drain; rinse under cold water to harden brain. Grind; add salt, pepper, egg yolks, whipped cream and well-beaten egg whites. Mix thoroughly; pour into a greased mold and bake over hot water for 1 hour. Unmold; serve covered with tomato sauce. *Serves 3 to 4*

### VEAL in CASSEROLE (Veau à la Casserole)

FRANCE

2½ lbs. veal shoulder  
4 or 5 strips of fat bacon  
⅛ lb. butter  
2 large carrots, sliced  
2 medium onions, sliced

1 tsp. parsley, chopped  
½ tsp. thyme  
1 bay leaf, crushed  
¼ cup Madeira wine  
½ cup raisins, plumped in hot water

Cover veal with bacon; brown in butter. Add the vegetables, herbs and wine. Cook, covered, for 1 hour in 375° oven. Add raisins; cook 30 minutes longer, or until veal is tender. *Serves 4 to 6*

### POT ROAST (Boeuf à la Mode)

FRANCE

1¾ lbs. beef  
½ cup pork fat, cut in squares  
for larding  
2 tbsp. butter  
12 strips bacon, chopped  
2½ lbs. carrots, sliced  
2 onions, sliced

2 whole cloves  
Thyme, bay leaves, to season  
1 veal foot (or veal bones)  
½ cup wine  
¾ cup consommé or water  
Salt and pepper, to taste

Lard the meat with small squares of pork fat and brown in butter. Add the bacon, vegetables, herbs, veal foot, wine, consommé or hot water. Season with salt and pepper; cook for 4 hours over low flame. May be served cold. *Serves 6*

### FILET MIGNON (Rinds Filet à la Jardinière)

GERMANY

3 lbs. filet of beef, cut into  
6 steaks  
1 tbsp. oil

¼ lb. bacon  
Salt and pepper, to season

Rub meat with oil and lard it with bacon; salt and pepper; broil 15 to 20 minutes on each side. Serve on hot platter with cauliflower, carrots, peas, asparagus and mushrooms. *Serves 6*

### SMOKED PORK LOIN (Kasseler Rippchen)

GERMANY

1½ lbs. smoked pork loin  
1 onion  
1 tomato  
Small piece of celery root

⅛ lb. butter  
1 tbsp. bacon drippings  
1 tbsp. flour  
½ cup sour cream

Put meat, onion, tomato, celery and butter in saucepan with a little water. Cover and simmer slowly for about 1½ hours or until water is evaporated. In a separate pan, fry meat on all sides in bacon drippings. Remove from heat and keep hot. To first ingredients, add flour mixed with a little water and add cream; season to taste. Strain sauce and serve with roast. *Serves 4 to 6*

**PATTY SHELLS FILLED with SWEETBREADS** GERMANY  
(Milkenpastetchen)

2 pairs sweetbreads  
1 qt. salt water  
½ tsp. lemon juice

Poach sweetbreads for 20 minutes.

After sweetbreads are cooled cut them into small cubes and add them to Hollandaise Sauce (see Index). Fill warmed patty shells with mixture and serve.

**LAMB KEBABS** GREECE  
(Arni Souvlakia)

4 to 5 lbs. loin of lamb	1 green pepper
1 cup lemon juice	2 tsp. salt
3 medium-size tomatoes	2 tsp. pepper
	1 tsp. oregano

Cut meat into 1-inch pieces (approximately 20 to 24 pieces). Dip into lemon juice and push upon skewers, placing a slice of tomato and green pepper between each two pieces of meat and at both ends of skewers. Season with salt, pepper and a dash of oregano.

Cook over charcoal or under broiler, turning occasionally, for about 40 minutes, until brown on all sides but not cooked dry. May be served with rice pilaf (see Index) or with French-fried potatoes. *Serves 6*

**ROAST LAMB with POTATOES** GREECE  
(Psito Arni me Patates)

In Greece lambs are slaughtered much younger than are those in the United States. Hence they are much smaller and more tender.

*To prepare:*

Gash meat and insert slivers of garlic close to the bone. Rub lightly with olive oil and sprinkle with lemon juice. Roast in a moderate oven about 25 minutes per pound.

Large potatoes are peeled and quartered. Brush with olive oil and brown in pan around the lamb.

**ICELANDIC BONELESS VEAL BIRDS** ICELAND  
(Beinlausir Fuglar)

1 large long carrot, cut in quarters lengthwise	Salt and pepper, to season
2 slices of bacon, cut in half	Seasoned flour, for dredging
4 thin, trimmed veal cutlets	2 or 3 tbsp. butter
	½ bouillon, ½ water, to cover

Wrap ½ strip of bacon around each piece of carrot. Season cutlets with salt and pepper, then wrap around the bacon and carrot. Hold in place with a toothpick. Roll "birds" in seasoned flour and brown in butter in frying pan. When brown, place in baking dish, cover with mixture of bouillon and water. Simmer, covered, on top of stove for 1½ hours. Serve with mashed potatoes and vegetables. *Serves 2 to 4*



**VEAL CHOPS** ITALY  
(Arrostini di Vitello)

6 veal loin chops with the fillet, each ¾ to 1 inch thick	3 sprigs of parsley
1 sprig of fresh sage for each chop	1 carrot, finely chopped
Flour	1 small onion, finely chopped
¼ lb. butter	¼ cup celery, finely chopped
Salt, pepper, to taste	1 sprig of rosemary
½ cup white wine	1 clove of garlic
2 cups of chicken broth	

This type of chop must be especially cut by the butcher. The loin and fillet are in one piece. The central bone should be shortened and the back bones cut off. The strip of fat on the upper part of the loin should be brought around to cover the fillet and held in place with a toothpick. Tuck piece of sage under strip of fat.

Roll chops in flour and brown well on both sides in butter in a copper frying pan. Add salt and pepper to taste. When browned, cover with wine. Lower heat and allow wine to evaporate slowly, turning the chops from time to time. When wine has completely evaporated pour broth over meat. Cover and cook slowly. Ten or 15 minutes before serving add parsley, carrot, onion, celery, rosemary and clove of garlic. When cooked, remove meat to serving platter. Discard herbs. Strain remaining sauce, pressing vegetables through with spoon. Pour over chops and serve. *Serves 6*

### VEAL CUTLETS with TOMATO SAUCE (Spezzato di Vitello al Pomodoro)

ITALY

1/2 cup olive oil	1 cup dry white wine
2 cloves of garlic	5 or 6 tomatoes (peeled and seeded) or 1 can of Italian- style peeled tomatoes
6 veal cutlets	
Salt and pepper, to taste	
Marjoram, to taste	
Bay leaf, to taste	
Parsley, to taste	

In a large skillet, place oil and garlic. Cook garlic until golden brown; then remove it. Place cutlets in pan. Brown them quickly, turning frequently and season. Cook a minute or two longer before adding the wine. Continue cooking at high heat until wine evaporates. Add fresh tomatoes or can of tomatoes. Cook about 5 minutes. Then cover cutlets with water, cover skillet and simmer for 2 hours. Add water as needed. Gravy should be thick and should stick to the pieces of meat.

*Serves 6*

### TRIPE

LUXEMBOURG

2 lbs. tripe  
Flour, for dredging  
3 eggs, well-beaten  
Bread crumbs, for coating  
Lard for frying  
2 cups brown sauce, medium  
thin, seasoned to taste with  
mustard, chopped onion and  
chopped gherkins

#### *Court Bouillon to Cover:*

Water	2 onions, sliced
Salt, to season	1 leek, sliced
Pepper, to season	2 celery stalks, sliced
4 whole cloves	1 large carrot, sliced
2 large bay leaves	3 sprigs parsley

Scald the tripe in boiling water for 5 minutes. Then cut it in large, square serving pieces. Simmer these pieces in the court bouillon for 4 to 6 hours. Cool in bouillon; then remove tripe squares from liquid, drying them. Roll tripe in flour; dip in eggs; then roll in bread crumbs and fry in melted lard. Serve with brown sauce.

*Serves 6*

### JELLIED SUCKLING PIG, ARDENNES STLYE (Cochon de Lait en Gelée d'Ardennes)

LUXEMBOURG

1 very young pig (suckling pig)  
Have butcher cut pig into 2-  
ounce squares, and split feet  
and head

Onions	}	enough to give a fine aroma to the water
Leeks		
Celery		
Parsley		
Salt		
Pepper		
Other spices		
Vinegar, if needed		
Hard-boiled eggs		
Gherkins		

Soak the pieces, head and feet of the piglet in water to cover for several hours. Add onions, leeks, celery, parsley, salt, pepper and other spices to same water; boil 50 minutes, then set aside to cool. When cool, remove meat, strain bouillon. Return bouillon to pot and cook down enough so that it will jell. (Ed. note: We advise returning head and feet to pot for second cooking.) Strain bouillon again through a cloth; the bouillon must be clear, so add a few drops of vinegar if necessary to help clarify broth. When bouillon is tepid, add meat, sliced eggs and gherkins. Pour into a mold; chill.

To serve: Unmold and serve with French-fried potatoes.

### MEAT LOAF (Rolpens)

THE NETHERLANDS

5 lbs. flank steak (25 to 30% may consist of fat)	1/2 oz. cloves, ground
1/2 lb. bacon fat	1/2 oz. ground pepper
2 heaping tbsp. salt	2 whole tripe, well cleaned
2 nutmegs, grated	Malt vinegar
	Apples

#### *For Frying*

1 cup flour for dusting	1 stick margarine or butter
-------------------------	-----------------------------

Finely chop steak and fat. Mix in a bowl with salt, nutmeg, cloves and pepper. Cover and leave overnight. Make 2 bags 5 inches wide and about 1 foot long from the tripe, sewing with coarse thread. Fill these bags up tightly with the meat mixture and sew. Pierce bags in several places with a darning needle to prevent them from bursting during cooking. Place lengthwise in deep saucepan and cover completely with boiling water, adding 1 tablespoon salt; simmer slowly for 2 hours. Remove from water and allow to cool. Preserve stock. When cooled, place in large glass jar. Make a mixture of  $\frac{1}{3}$  vinegar and  $\frac{2}{3}$  stock and completely cover the meat loaf with the mixture.

Cover the mouth of the jar with water-moistened parchment and secure firmly with string. Allow to stand in a cool place (not in a refrigerator) for 3 weeks. When needed remove from jar and cut as many slices as necessary (one to two slices per serving) each  $\frac{1}{2}$  inch thick. Return remainder of meat loaf to jar and re-cover. Do not keep longer than a total of 6 weeks from day of preparation.

Strip tripe from slices and discard. Dust meat with flour and fry golden brown on both sides in butter or margarine.

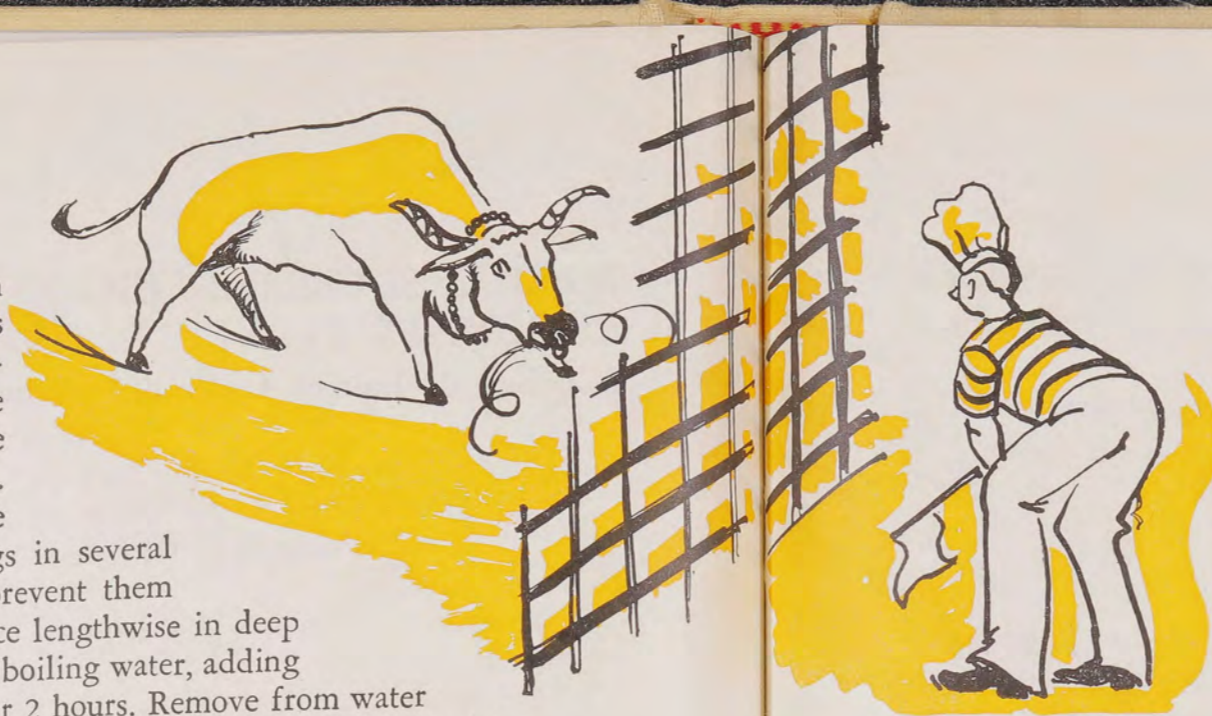
Allow one slice of apple to one slice of meat, and then core and peel apples and fry slices in same pan and same butter or margarine as used for meat. Place fried apple slices on each serving.

## VEAL CROQUETTES (Kalfs' Croquetten)

THE NETHERLANDS

3½ cups raw veal  
10 sprigs parsley  
1 medium onion, sliced  
1 medium carrot, sliced  
Salt, to taste  
¼ stick butter  
3 tbsp. flour  
¾ cups plus 2 tbsp. stock  
Parsley, to garnish

½ pkg. unflavored gelatine  
1 raw egg, yolk and white  
Pepper and salt, to taste  
Maggi aroma, to taste  
1 tbsp. finely-chopped parsley  
1 cup bread crumbs  
1 egg white, lightly beaten with  
3 drops salad oil and 1 tsp.  
water  
Cooking oil for deep frying



Cover raw veal with  $1\frac{1}{2}$  cups hot water. Add parsley, onion and carrot. Add salt and bring to cooking point. Then simmer for 30 minutes or until tender. Drain, save stock. Chop veal fine. Melt butter. Mix with flour. Put veal stock through sieve and add  $\frac{3}{4}$  cup plus 2 tablespoons of this to flour and butter mixture, blending gradually. Add the previously-soaked and prepared gelatine to the sauce and finish with egg yolk, pepper, salt, Maggi and finely-chopped parsley. Add veal to sauce and stir until well mixed. Empty mixture from pan onto a plate and allow to cool. When mixture has cooled, form croquettes by making rolls about 4-inches long and 1-inch thick. Roll in bread crumbs, keeping the form of the rolls. Dip croquettes in egg mixture and roll again in bread crumbs. Fry in hot cooking oil for a few minutes until golden brown and crisp. Allow to drain on paper towels. Serve with sprigs of fresh parsley.

Serves 4

## CALF'S TONGUE with EGG and VINEGAR SAUCE (Kalf's Tong met Zure Eiersaus)

THE NETHERLANDS

1 calf's tongue	2 sprigs parsley
1 tsp. salt	Pinch of dried thyme
1 whole medium-size onion	1 bay leaf
1 whole medium-size carrot	3 peppercorns

Place tongue in deep saucepan and cover completely with hot water. Add salt, onion, carrot, parsley and seasonings. Cover pan and simmer for approximately  $1\frac{1}{2}$  hours. Remove skin and trim roots. Keep warm in stock until needed. Serve sliced, covered with egg and vinegar sauce.

### Egg and Vinegar Sauce

4 egg yolks	¼ cup good quality vinegar
¼ tsp. salt	½ stick butter
1 cup water	

Beat egg yolks with salt. Add water and vinegar. Put this mixture into a double boiler and heat, constantly stirring mixture, until sauce thickens. Remove from heat and add small pieces of butter gradually; blend thoroughly. Serves 2

## ROASTED FRESH HAM (Svinestek)

NORWAY

3 lbs. fresh ham with rind	6 apples, cut in wedges and boiled
1 tsp. salt	
1/2 tsp. pepper	20 prunes, boiled
3 3/4 cups boiling water or pork stock for basting	

*Do not remove rind*; make a series of shallow cuts in the rind to make 1-inch squares or diamonds. Rub ham with salt and pepper and place in roasting pan in hot 450° oven. *Do not cover*. Remove rind squares from ham when brown and crisp (after approximately 30 minutes) and reserve. Continue baking ham. After another 30 minutes, it should be nicely browned and ready for basting. Finish baking in slow oven. If you are using a meat thermometer, bake to an internal temperature of 150°, being sure bulb of thermometer is inserted into center of thickest part of meat and does not touch bone. Reserve drippings for making the gravy.

### Brown Gravy

1 3/4 cups drippings	1/4 cup red wine
2 tbsp. margarine	1/2 tsp. prepared mustard
4 tbsp. flour	

Strain drippings and skim off fat. Melt margarine in skillet; add flour and cook over low heat, stirring constantly, until mixture is color of light mahogany, then stir in the hot drippings. Bring to a boil; when ready to serve, add wine and mustard. Serve the ham, whole or sliced, garnished with apple wedges, prunes and the crisp rind squares. Norwegian Sauerkraut (see recipe) is a must with this dish!

Serves 4

## MEAT BALLS (Kjøttboller)

NORWAY

2 lbs. trimmed beef	1 tsp. pepper
1 tbsp. salt	1 tsp. nutmeg or ginger, ground
1 tbsp. potato starch	1 stick butter
3 cups coffee cream	

Grind meat with salt 8 times in meat grinder, using finest blade. Add potato starch and stir for at least 10 minutes. Thin forcemeat with coffee cream, adding very slowly one tablespoon at a time. Stir vigorously between each addition (forcemeat must be smooth but not too soft to form into balls). Add pepper and nutmeg; shape into balls and fry in butter until done.

## CURRIED PORK (Anfrids Kineserrett)

NORWAY

1 lb. lean pork	1 small tsp. curry
2 tbsp. flour	3/4 cup heavy cream
4 medium onions	1/2 cup water
1/4 stick butter	1 cup tomato paste
1 small tsp. paprika	1 tsp. salt

Cut meat into finger-thick strips, approximately 2-inches long; dredge with flour. Add chopped onions to the melted, but not too hot, butter. Add spices, then the meat; allow to cook for a few minutes. Add water and cream. Cover and let simmer for 1 1/2 hours; stir occasionally. Just before serving, season to taste with tomato paste and salt. On a special round serving platter, serve the following nicely arranged with the curried pork:

3 cups cooked rice	4 finely-chopped apples
2 finely-chopped onions	1 cup finely-chopped pickled beets
3 finely-chopped hard-boiled eggs	1 cup finely-chopped sweet pickles
	Chutney

Serves 4 to 6



## MEAT CROQUETTES (Croquetes de Carne)

PORTUGAL

1 1/2 tbsp. olive oil	2 tbsp. flour
2 cups ground meat	1 tbsp. butter
Salt and pepper to taste	2 egg yolks
1/2 tsp. nutmeg	2 whole eggs, well-beaten
Juice of a lemon	2 cups bread crumbs

Fry the meat in olive oil until redness leaves meat. Add salt, pepper, nutmeg, lemon juice, flour and butter. Cook, stirring constantly for 10 minutes. Remove from heat; add yolks. Let cook 2 minutes more. Remove from heat; let cool. Form into small croquettes; dip in eggs, then roll in the bread crumbs. Fry in hot oil.

**CREAMED KIDNEYS**

PORTUGAL

**(Rins em Creme)**

1 chopped onion	1 veal kidney
3 tbsp. butter	2 tbsp. chopped parsley
2 tbsp. chopped mushrooms	Salt and pepper to taste
½ cup cream	

Kidney should be put in boiling water to loosen skin. Remove skin and soak in cold, salted water for 1 hour. Then cut it in pieces.

Fry onion and the mushrooms in 1½ tablespoons butter; add cream. In another skillet, fry the kidney in remaining butter for about 15 minutes. When cooked add to the cream mixture, and let cook a little more (4 minutes). Add parsley, salt and pepper. *Serves 2*

**"VERY GOOD" STEAKS**

PORTUGAL

**(Bifes Bem Bons)**

2 lbs. filet of beef, cut in 1-inch slices	½ tsp. pepper
½ cup white wine	2 tbsp. butter
1 tbsp. ground garlic	1 tbsp. margarine
1 tsp. salt	2 tbsp. milk

Soak steaks in wine, garlic, salt and pepper for 1½ hours. Melt butter and margarine in a skillet; add milk. Fry the steaks until done to taste. *Serves 6*

**MEAT STUFFING for DOLMAS**

TURKEY

**(Etli Dolma)**

1 lb. trimmed ground lamb or beef	1 tsp. chopped fresh dill
1 onion, chopped	Salt and pepper, to season
¼ cup uncooked rice	1 tbsp. tomato sauce (optional)
1 tsp. chopped mint leaves	

In a bowl mix thoroughly the meat, onion, rice, mint, dill, salt and pepper, and tomato sauce, if desired.

This mixture is used to stuff the following varieties of dolmas. You may serve just one type at a meal or more than one kind for assorted dolmas.

*Eggplant Dolmas*

Choose a round eggplant that will stand upright in a covered saucepan. Cut off stem end, keep for a cover. Peel half of eggplant in strips, alternating peeled and unpeeled sections. Scoop out inside leaving shell about 1-inch thick. Fill with meat stuffing; cover with stem end; add 2 tablespoons butter, 1 cup of water; cover and cook dolma over medium heat until eggplant is soft (about 35 minutes). Use any left-over meat stuffing for meat balls and cook in pan while eggplant is cooking.

*Tomato Dolmas*

Slice through top, but do not sever, as it will then serve better as a cover. Stuff same as eggplant.

*Green Pepper Dolmas*

Prepare in same manner as tomatoes, but remove seeds and membranes before stuffing.

*Zucchini Dolmas*

Prepare same as tomato dolmas, but leave ½-inch shell and cut off one end completely. Re-fasten end with toothpicks after stuffing zucchini.

Choose one of the following dolmas as these are never cooked together:

*Grape Leaf Dolmas*

Drop grape leaves in boiling water for 5 minutes; drain. With a sharp knife or scissors cut off hard stem. Place stuffing on broad end of leaf which has its glossy side down. Fold ends of leaf over stuffing and roll up like a cigarette. Place stuffed grape leaves in a saucepan in rows. Add butter and water. Put a plate on top of dolmas to keep them in place; cover saucepan and cook over medium heat 35 to 40 minutes. May be served with yogurt or lemon.

*Cabbage Leaf Dolmas*

Cook outer cabbage leaves in boiling water 5 minutes; drain. Put stuffing on each leaf; roll up, and proceed as for grape dolmas.

**MEAT BALLS in TOMATO SAUCE**

TURKEY

**(Salçali Köfte)**

1½ lbs. ground mutton, lamb, or beef	2 eggs, lightly beaten
1 large onion, grated	Salt and pepper, to taste
1 tsp. chopped parsley	1 tbsp. flour
2½ slices dry, whole-wheat bread, soaked in water and squeezed dry	2 tbsp. butter
	2 medium tomatoes (or ¼ cup tomato paste and 1 cup water)

Combine meat, onion, parsley, bread, eggs, salt and pepper. Shape into balls the size of walnuts and dust with flour. Brown in frying pan with melted butter. Add tomatoes (or tomato paste and 1 cup water). Cover and cook over medium flame for 25 minutes. Serve hot. *Serves 4 to 6*

### GARDENER'S KEBAB (Bahçivan Kebabi)

TURKEY

2 lbs. lamb, cut in 1/2-inch cubes	1 lb. pearl onions
6 tbsp. butter	1 cup shelled green peas
2 large carrots, peeled, cut in 1/4-inch slices	Salt, to taste
4 medium tomatoes, peeled and seeded	Red pepper, ground (optional)
	1 tsp. fresh dill

Brown meat in butter. Add carrots, cover and cook over low heat until mixture is dry (about 1 hour). Then add tomatoes, onions, peas, salt and red pepper. Cover and cook 30 minutes, adding a little water when needed (no more than 1 cup) to keep stew from scorching. When meat is tender add dill and serve. *Serves 4 to 6*

### ROAST BEEF

UNITED KINGDOM

Rib or sirloin of roasting beef	1 to 2 tbsp. flour
1 tbsp. salt	1 cup beef stock or water

Sprinkle salt over the joint and place on a trivet in a roasting pan. Roast in a 475° oven for 15 minutes to seal in the juices; then lower the temperature to 350° for the rest of the cooking time.\* Baste with the pan juices several times during the cooking.

#### *Roast Potatoes*

About one hour before the roast is cooked, place around the pan partly-boiled potatoes; turn them once during the hour.

#### *Gravy*

Remove the potatoes and place in a dish to keep hot. Pour all the fat from the roasting pan very slowly into a separate dish until there is nothing left in the pan except the brown sediment (juice from the meat). Mix about a tablespoon of flour in the pan with the sediment to make a smooth paste. Gradually add

1 cup beef stock (made from beef bones), or boiling water, stirring all the time over a low flame. Add a little salt to taste. Place in a gravy boat and keep hot.

A hot horse-radish sauce should be served with the meat.

\* Roasting time:

RARE. 15 minutes to the pound plus 15 minutes

MEDIUM. 20 minutes to the pound plus 20 minutes

WELL DONE. 25 minutes to the pound plus 25 minutes

### CORNISH PASTIES

UNITED KINGDOM

1/2 cup raw potato, peeled, diced	1 1/2 tbsp. cold water
6 oz. lean raw steak, minced	8 oz. short crust pastry (see Index)
1/2 tbsp. onion, finely chopped	Yolk of 1 egg
Salt and pepper	1 tbsp. milk

Mix potatoes with the meat, onion, seasonings and water.

Roll out the pastry thinly and cut into rounds about the size of a saucer. Wet the edges of the pastry and place about 2 tablespoons of the meat mixture on each round; fold over, press the edges of the pastry together and flute with the fingers. Stand the pasties upright on a baking sheet; brush with the beaten egg yolk mixed with the tablespoon of milk. On a greased baking sheet, bake pasties in a hot 450° oven until they begin to brown; then reduce oven to a moderate heat, and continue cooking until meat is tender, about 1 hour in all.

### STEAK and KIDNEY PUDDING

UNITED KINGDOM

Marrow bones	2 sheep's kidneys or 8 oz. ox kidney
1 lb. stewing steak	Suet crust
3 tbsp. flour	1/2 cup cold water, or stock
1 tsp. salt	1 tsp. lard for greasing bowl and paper
Black pepper, to taste	

Make rich beef stock with marrow bones, cooked in water to cover. Cut steak into 1-inch cubes; roll it in the flour, salt and pepper mixed. Cut kidney in small pieces. Grease a heatproof bowl (1 1/2 to 2 pints) and line it with 3/4 of the suet crust. Put in meat and kidney. Add water or stock to come half way up the meat. Cover with the rest of the suet crust. Cover with greased paper. Steam for 4 hours. When pudding is ready, fill it with hot well-seasoned beef stock. Serve

the pudding with a folded napkin around the bowl.

Serve with boiled or mashed potatoes and any green vegetable.

#### Suet Crust

1 cup flour	2 tsp. baking powder
1/2 cup shredded suet	1/3 cup water
1 tsp. salt	

Sift together flour, baking powder and salt. Add suet and mix well. Using a knife, mix in water to make a soft dough, adding water as quickly as possible. Roll out, and use as required.

#### To Line a Basin with Suet Crust

1. Cut off 1/4 of the pastry and keep it for lid.
2. Roll out the rest in a circle, 1/4 to 1/2-inch thick, and lift it gently into greased bowl. Press to fit the sides and bottom having a little overhanging the top.
3. Roll out the small piece into a circle the size of the top of the bowl. Put in filling which should come to the top.
4. Dampen edges of the suet crust; put on the lid. Press edges together to make a tight seal.

Serves 4

*Editor's note:* There is an easy method to add more liquid to a pie with crust on top. Cut a small hole in the top of crust and insert a small funnel through which extra liquid can be poured. If you are without a funnel, make one from butcher's paper or aluminum foil.

### PEPPERED STEAK

UNITED STATES

3 lbs. sirloin steak	2 tbsp. beef extract
1 tbsp. fresh-ground black pepper	2 tbsp. melted butter
2/3 cup red wine	1/4 cup good brandy

Press ground pepper firmly into steak so that it is heavily coated on both sides. Let peppered steak stand at room temperature for 30 minutes. Combine wine and beef extract and set aside. Melt butter in a large skillet; when very hot, cook steak over high heat for about 5 minutes on each side or until brown and crusty. Reduce heat and let steak cook until done to your taste. Place steak on warm platter and keep in warmed oven. Stir wine and extract into drippings left in skillet; heat to boiling point; pour over steak. Pour brandy over steak and ignite.

### CHILI

UNITED STATES

1 large onion, chopped medium	1 (No. 2) can red kidney beans, drained
1 large garlic clove, minced	
2 or 3 tbsp. olive oil or bacon fat	1 to 2 tbsp. cummin
1 lb. of ground beef	1 to 2 tbsp. oregano
1 large green pepper, chopped medium	1 to 2 tbsp. salt
	2 tbsp. ground chili pepper or 1 tbsp. of chili powder
1 (No. 2) can tomatoes	

Sauté onion and garlic for 5 minutes in oil. Add meat and stir until redness disappears. Add peppers, tomatoes, beans and all spices. Cook slowly with cover on pot for 45 minutes. Taste and adjust seasoning. If too much liquid remains, remove top and raise heat for a few minutes. Serve in deep soup plates over cooked, long-grain rice.

### LAMB CHOPS YON WAY

UNITED STATES

Marinate 2 double lamb chops in a mixture of lemon juice, olive oil and finely-minced parsley, sorrel, dill and a small amount of basil, as it is very pungent. Then pat the chops dry and lay them on a bed of the same herbs, on a sizzling steak platter, being careful to tuck the herbs out of range of the fierce broiler heat into which you pop the dish.

When the chops are browned on one side, remove from fire and turn, again masking the herbs. When nearly done, add a ball of butter to each chop. This is enough for one person or two pups.

### PORK ROAST, SOUR CREAM and SAUERKRAUT

UNITED STATES

4 to 5 lb. loin roast of pork	1 pt. sour cream
1 large can sauerkraut	1/2 pt. water

Brown roast in 400° oven. Lower heat to 325° and surround roast with sauerkraut mixed with sour cream and water. Cover, baste with pan juices frequently. Cook until tender. Remove cover for last 30 minutes.

Serves 6





## Fowl and Game

### CHICKEN in CREAM SAUCE (Poulet à la Crème)

BELGIUM

- |   |  |
|---|--|
| 1 large fryer or roasting chicken<br>(whole or quartered) | 1 truffle, sliced thick                |
| Salt and pepper, to season                                | 2 egg yolks                            |
| 1/4 lb. butter  | Juice of half a lemon                  |
| 1/2 lb. mushrooms, thickly sliced                         | Cognac, good dash (shot glass<br>full) |
| 1 pt. heavy cream   |  |

Sprinkle chicken with salt and pepper. Melt butter in heavy pan; lightly brown chicken on all sides (but do not burn butter) in oven. Take pan from oven and cover; cook on top of stove over low flame for 40 minutes. Add mushrooms, cook 10 more minutes. Then add cream; bring to a boil and simmer 1 minute. Add truffle and simmer 5 minutes. Remove chicken from pan; turn up heat and boil sauce down for few minutes, stirring often. Take pan off fire; add egg yolks, lemon juice and cognac. Blend thoroughly. Arrange chicken on shallow platter (if whole, cut chicken into serving pieces). Check seasoning of sauce and rectify if needed. Pour sauce over chicken. Serve at once. *Serves 4*

### WILD BOAR CHOPS (Côtelettes de Sanglier à la Saint Hubert)

BELGIUM

- |                            |                           |
|----------------------------|---------------------------|
| 4 boar chops, trimmed      | 1/2 cup Burgundy wine     |
| 1 tbsp. olive oil          | Salt and pepper, to taste |
| 1 lemon, peeled and sliced | 2 tbsp. butter            |
| 1/2 tsp. peppercorns       | Meat jelly, to glaze      |
| Pinch of thyme             | 1 tsp. mustard            |
| 1 bay leaf                 | 2 tbsp. currant jelly     |
|                            | 2 dashes vinegar          |

Marinate chops for 1 hour in shallow dish with olive oil, lemon, peppercorns, thyme, bay leaf and wine. Turn chops now and then. Remove chops from marinade. Reserve. Season chops with salt and pepper and brown in frying pan on both sides in the butter over high flame. Cover with meat jelly and glaze chops in hot oven. Place chops on serving platter.

Pour marinade into frying pan; add mustard, jelly and vinegar. Mix well and serve in gravy boat. These chops are delicious served with a chestnut purée.

*Serves 2 to 4*

### WOODCOCK BREASTS with COGNAC (Poitrines de Bécasses Fine Champagne)

BELGIUM

Woodcock	Liver of woodcock, chopped fine
Butter, for basting	Dash of lemon juice
Small glass of cognac	Pepper, to season
Heart of woodcock, chopped fine	

Roast woodcock in 375° oven for 10 to 12 minutes; baste with butter frequently. Remove bird from pan and carve off the breast. Place the breast in a low fire-proof serving dish. Cover to keep warm. Pour cognac into same roasting pan. Ignite and stir. Squeeze juice from carcass and add juice to cognac. Add heart, liver, lemon juice and pepper. Pour this sauce over woodcock, warm in oven, but do not overcook. *Serves 1*

### PHEASANT NORMANDY

CANADA

1 large pheasant	1/2 cup rich cream
Flour, for dredging	3 tbsp. brandy
11 tbsp. melted butter	Salt and pepper, to taste
8 sliced apples	

Clean pheasant and cut into 4 portions. Roll in flour and brown in 5 tablespoons butter over medium heat. In the bottom of an earthenware casserole, make a two-inch layer of thinly sliced apples. Pour 3 tablespoons melted butter over the apples. Place browned pheasant on this bed of apples, adding more sliced apples to completely cover pheasant. Pour 3 tablespoons melted butter over the top. Cover and bake 1 1/2 hours at 375°. Remove the pheasant from the casserole; add the rich cream and the brandy to the apples. Mix well. Season to taste and serve each piece of pheasant in a bed of this fragrant apple sauce. *Serves 4*

### RAGÔUT of VENISON

CANADA

3 lbs. venison, trimmed, boned and cut in small cubes	1/4 cup wine vinegar
1 large onion, sliced	2 cups red wine
2 tbsp. parsley, chopped	2 tbsp. flour
1 bay leaf, crushed	3 tbsp. butter
Large pinch of marjoram	18 small onions, peeled
Large pinch of thyme	1/2 lb. mushrooms, sliced
1 tsp. peppercorns	3 tbsp. butter
	Rind of 1 lemon, grated

Marinate meat overnight in onion, parsley, bay leaf, marjoram, thyme, peppercorns, vinegar and red wine mixture. Next day dry meat, dredge in flour, brown in butter in heavy skillet. Strain marinade, add to meat and add bouillon if marinade does not cover meat. Bring to a boil, stirring constantly. Cover and simmer 2 hours or until meat is tender. Meanwhile, sauté onions and mushrooms in butter. Add with lemon rind to meat after first hour of cooking.

*Serves 6*

### STEWED CHICKENS in MUSHROOM SAUCE (Høns i Champignonsauce)

DENMARK

2 stewing chickens	2 tbsp. flour
Water to cover	2 cups broth
3 leeks	1/2 lb. canned mushrooms
3 carrots	Salt to taste
3 celery stalks	Pepper to taste
1 small bunch parsley	Juice of 1/2 lemon
Salt to taste	1 or 2 egg yolks, beaten
1 tbsp. margarine	

Boil the chickens in water to cover until tender, together with leeks, carrots, celery and parsley; add salt to taste. Cut the chickens in serving pieces, arrange on a platter with mushroom sauce poured over.

To make the sauce: melt margarine in a saucepan, add flour, stirring well, and add the broth. Bring to a boil, add the mushrooms, season to taste with salt and pepper, add lemon juice, and finally the egg yolks to make the sauce thick and smooth. Serve puff paste squares with this dish. *Serves 6*

### ROAST DUCK (Andesteg)

DENMARK

1 duck (4 to 5 lbs.)	1/2 lb. peeled, cored apples, cut in quarters
1 tsp. salt	1/2 lb. prunes, plumped and pitted
1/2 tsp. pepper	2 cups boiling water
1 tsp. sugar	2 tbsp. cold water
	Flour, for thickening



Rub the inside of the duck with a mixture of salt, pepper and sugar. Stuff it with apples and prunes and sew. Rub the skin with salt. Place duck in the pan, breast up; brown in a hot oven (425° to 450°) until golden. Lower temperature of oven to 325° to 350°. Pour boiling water into the pan and baste every 10 minutes with the pan drippings. It takes 1½ to 2½ hours before the duck is tender, depending on its size and age. When duck is almost done, remove the drippings to a saucepan. Pour cold water over the bird, leaving the oven door ajar to make the skin crisp. Thicken the drippings with flour after you have skimmed the fat away. Serve the duck with red currant jelly, the stuffing, red cabbage and browned potatoes (see Danish recipes).

A goose may be prepared in the same way, but of course you will have to allow more time to finish the cooking.

By all means do not throw away the fat. Melt it together with pure lard in equal amounts; it makes a wonderful sandwich spread, especially on Danish rye bread, either just sprinkled with coarse salt or with liver paste on top.

**DUCK with ORANGE**  
(Caneton à l'Orange)

FRANCE

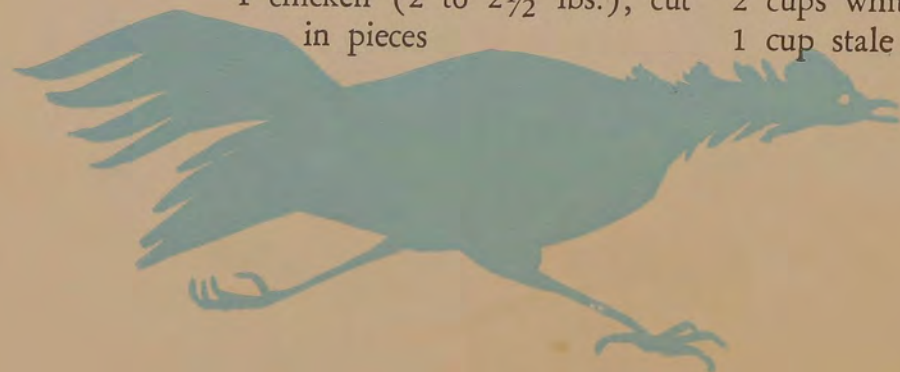
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|------------------|--------------------|
| 1 small duck     | 2 tbsp. vinegar    |
| 2 tbsp. butter   | Juice of 1 orange  |
| 1 cup veal stock | Juice of ½ lemon   |
| 1 cup white wine | Slices of 1 orange |
| 2 cubes of sugar |                    |

Cook the duck in a saucepan with the hot butter until tender. When cooked, take the bird out and arrange on serving plate, keeping warm. Melt sugar with the vinegar; reduce to a caramel stage and pour this mixture in the saucepan with the veal stock and white wine. Stir, cook one-half minute. Add orange juice and lemon juice. Reduce this sauce a little and strain. Pour on the duck and decorate plate with orange slices.

**BRAISED CHICKEN**  
(Poulet Braisé)

FRANCE

- |   |                          |
|---|--------------------------|
| 1 chicken (2 to 2½ lbs.), cut in pieces | 2 cups white wine        |
|   | 1 cup stale bread, diced |



- |                               |                                     |
|-------------------------------|-------------------------------------|
| 4 tbsp. butter                | 4 or 6 thin slices of foie gras     |
| 4 carrots, diced              | 6 or 8 black olives, pitted, sliced |
| 2 celery stalks, diced        | 1 tbsp. cream                       |
| 1 onion, diced                |                                     |
| 3 artichoke hearts, quartered |                                     |

Sauté chicken in 3 tablespoons butter until golden; remove chicken from pan. Gently sauté carrots, celery, onion and artichoke hearts. Return chicken to pan; moisten with wine. Cover and cook over low flame for 50 minutes. In another pan fry the bread in 1 tablespoon butter. Place croutons on platter; cover with the chicken and vegetables. Garnish with foie gras and olives. Mix the juices in pan with cream; pour over all.

Serves 4

**SQUABS in PAPER**  
(Pigeons en Papillottes)

FRANCE

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 pigeons                 | ½ cup mushrooms, chopped        |
| Salt and pepper, to taste | 2 chopped shallots              |
| 12 strips bacon, chopped  | Parsley, 4 or 5 sprigs, chopped |
| 2 tbsp. butter            | Salt and pepper, to taste       |
| 4 tbsp. oil               | Oiled paper, to cover           |

Cut pigeons in half, flatten them; season to taste with salt and pepper. Put the bacon into a saucepan with the butter and the oil. Brown the pigeons in same pan, then remove from fire. Mix mushrooms, shallots, parsley, salt and pepper. Cover the pigeons with this mixture. Put oiled paper around the pigeons, turning the ends of the paper to seal. Bake 30 minutes in 350° oven.

Serves 2

**ROAST CHICKEN**  
(Gebratene Huhn)

GERMANY

- |                               |                      |
|-------------------------------|----------------------|
| 3 lb. roasting chicken, whole | ½ cup butter, melted |
| Salt                          | 1 cup bouillon       |

Salt chicken; put in pan with back on bottom. Pour hot butter over chicken and place in 375° oven; bake covered for 50 minutes, basting frequently.

Put chicken on hot platter. Pour off some fat in roasting pan and add bouillon; bring to boil, strain, and serve separate with chicken.

Serves 2 to 3



### SADDLE of VENISON (Wildbret-Ruecken)

GERMANY

1 saddle of venison (6 to 8 lbs.)	1 cup sour cream
Salt and pepper	Juice of 1 lemon
6 bacon strips	2 tbsp. flour
6 tbsp. butter	Red wine, if desired
1 onion, minced	
1 cup broth or water for braising	

Skin the well-aged saddle; shorten the ribs to give the roast a more pleasing appearance. Rub thoroughly with pepper and salt. Leave overnight, either wrapped in a vinegar soaked cloth or in milk. Wrap in strips of bacon. Heat butter in a saucepan; add onion and brown the meat on all sides. Add water or stock and braise in covered saucepan. When the meat is almost done, remove cover and baste with gravy frequently, until brown and crisp. Or put roast in hot oven, basting frequently until brown. When tender (in about one hour the meat should be light pink inside), add  $\frac{1}{2}$  cup of sour cream. Cut meat from bone and slice; arrange around bone as before so that the saddle does not appear to be carved. Pour a little of the pan gravy over it and garnish with lemon slices. Add lemon juice, flour, water or stock, the rest of the cream and red wine to the remaining gravy. Serve the sauce in a separate dish. Serve with mashed potatoes, linganberry sauce or red currant jelly, red cabbage or coleslaw.

*Serves 8 to 10*

### ROAST GOOSE with CHESTNUT FILLING (Gebratene Gans mit Kastanien Fuellung)

GERMANY

1 goose, about 8 lbs.	1 tbsp. sugar
Salt and pepper, to taste	5 cups salted water
2 lbs. chestnuts	1 tbsp. flour
Beef stock, to cover chestnuts	

Rub goose, inside and out, with salt and pepper. Shell chestnuts and put them in boiling water to cover and simmer until the brown skin can be removed easily; drain and skin. Add chestnuts and sugar to enough beef stock to cover and simmer until tender. Drain and stuff goose.

Bring salted water to a boil in a large roasting pan on top of stove. Place goose in water, cover and cook, turning goose frequently, until all water has evaporated. Pierce the skin often with a fork, where the underlying fat is particularly thick. Put goose on rack in roasting pan and bake, basting frequently with pan drippings, about 2 hours or until tender in a 325° oven. Re-

move goose to a platter and put pan over high heat on stove top. Remove fat from drippings; add flour and brown, then add water. Cook until thick; season if necessary; strain and serve gravy with goose.

### CHICKEN and RICE (Kota me Rize)

GREECE

2 chickens (broiler size)	2 tbsp. butter
$2\frac{1}{2}$ tbsp. shortening	1 can mushroom soup
3 cups chicken broth	$\frac{1}{2}$ cup milk
Salt, to taste	2 tbsp. grated Parmesan cheese

Steam the chickens in about 4 cups of water and a little salt for 35 minutes. Bone and separate the choice parts of the chicken. Save 3 cups of broth for the rice.

Sauté rice in shortening until light brown; pour in chicken broth and seasoning; cook slowly until juice is absorbed. Add while hot 2 tablespoons butter and let it set for a while.

Arrange a layer of rice in a deep baking dish with the chicken meat on top. Over this pour the mushroom soup, milk, and cheese combined. Bake until bubbly in 350° oven.

*Serves 6*

### PTARMIGAN (Rjúpur)

ICELAND

4 ptarmigans, cleaned and drawn	Flour, to thicken (about 2 tbsp.)
$\frac{1}{4}$ lb. butter	$\frac{1}{2}$ cup cream
$\frac{1}{3}$ cup water	

Brown birds in butter; add water; cover frying pan and cook about 15 to 20 minutes, or until tender. Remove birds to heated platter. Add flour to drippings in pan, then add cream; stir and scrape any glaze on pan into gravy. Pour sauce over ptarmigans. Serve immediately.

### RABBIT with MUSHROOMS (Lepre con Funghi)

ITALY

1 5 to 6 lb. young rabbit	Paprika, to taste
Flour for dredging	Chives, to garnish
Butter, for browning	

Oil, for browning	<i>Marinade:</i>
2 cloves of garlic, finely minced	1 cup Marsala Florio
2 cups water	3 tbsp. olive oil
1 pt. sour cream	1 tsp. peppercorns
1/2 cup marinade	2 bay leaves
Salt and pepper, to taste	1/4 tsp. thyme
2 boxes of mushrooms	1/4 tsp. rosemary
1 bunch parsley	1/2 tsp. sugar
1/3 cup Madeira	
1 to 2 tbsp. cornstarch	

Disjoint rabbit, rub with salt, place in crock and cover with marinade of above ingredients for 4 hours, turning rabbit occasionally. Dry rabbit with cloth, removing all herbs. Dredge with flour and brown in butter and oil. Transfer to Dutch oven or casserole.

In skillet used for browning rabbit sauté garlic. Add water, one half of the sour cream and 1/2 cup of marinade. Season. Pour over rabbit; cover and simmer for 1 1/2 to 2 hours. Turn occasionally to insure even cooking.

When tender remove meat from bones in large pieces. Cook all bones in same broth again for 30 minutes covered. Strain. Add one box sliced and sautéed mushrooms, 3 tablespoons sour cream, 2 tablespoons parsley and correct seasoning. Add wine and more marinade if necessary. Dilute cornstarch with water and add to sauce to make consistency of thin gravy. Arrange meat in casserole. Pour over sauce to cover but not completely submerge. Arrange mushrooms around casserole. Spoon remaining sour cream over center. Sprinkle generously with paprika. Bake in slow oven for 45 minutes. Sprinkle with chopped chives and parsley just before serving.

This dish may be made the day before serving; but if so add the sour cream just before re-heating.

## PARTRIDGE

(Patrijs)

THE NETHERLANDS

1 bird per person	2 tbsp. sherry per bird
Calf's liver (2 oz. per bird) cooked, ground	Salt to taste
Chopped bacon, 1 oz. per bird	1/2 stick butter per bird
1/2 cup stale bread crumbs per bird	

Clean bird, inside and outside, and rub with salt. Make a stuffing of calf's liver, bacon and bread crumbs soaked in sherry. Stuff bird with mixture and sew up. Melt butter in Dutch oven. Brown birds on all sides. Baste often. When brown on all sides, add a little water, cover pan and allow to simmer for 1 hour.

## RABBIT

(Konijn)

THE NETHERLANDS

1 rabbit, cut into 10 pieces	2 cups water
Equal amount of red wine and water sufficient to cover rab- bit	1/2 cup red wine
5 oz. smoked lean bacon, diced	1 bay leaf
1/4 stick butter	2 peppercorns
2 heaping tbsp. flour	1 clove
	Salt to taste
	*8 small onions, whole

Place rabbit in bowl and cover with mixture of red wine and water. Leave for 3 hours. Take rabbit out and dry well. Fry bacon in Dutch oven until crisp. Remove from pan. Add butter to bacon fat in pan and brown the rabbit.

Sprinkle flour over meat. Add water, wine, and seasonings, and allow to simmer in well-closed pan for 2 to 3 hours. Glaze 8 small onions separately and add last hour. Before serving, add diced bacon.

\* To glaze onions: fry *very slowly* in 1 tablespoon butter, shaking pan occasionally. The onions are ready when transparent.

Serves 4

## PTARMIGANS

(Ryper)

NORWAY

2 ptarmigans, ready for the pan	1 1/4 cups boiling milk
1/2 lb. fresh pork fat, sliced thin	1 tsp. salt
1/2 stick butter	3/4 cup sour cream
1 1/4 cups boiling water	1 slice of goat cheese

Spread slices of pork fat over ptarmigan breasts and truss. Brown birds and giblets in butter. When brown, add water, milk and salt. Simmer, covered, until tender, about 1 1/2 hours. Add cheese and cream during the last 15 minutes of cooking. Cut birds in serving pieces; strain gravy and add chopped giblets.

Serves 2 to 4

## PORTUGUESE TURKEY

(Perú Assado)

PORTUGAL

1 medium turkey (8 to 10 lbs.)	1/2 cup white wine
2 tbsp. butter	1/2 cup water
1 tbsp. margarine	1 tsp. paprika
1/2 tbsp. olive oil	Juice of a whole lemon
	Salt and pepper to taste

Cover turkey with salted water and boil for 1½ hours. Remove from the pan and put in a baking dish; conserve water in which turkey was cooked to make soup. (See Portuguese recipe for turkey soup.) Combine all the ingredients in a bowl and spread that mixture over the turkey. Bake at 350° 1½ hours or until golden brown.

## FRICASSEE CHICKEN

PORTUGAL

## (Galinha de Fricassé)

1 chicken, cut into pieces	1 bunch of parsley
1 tbsp. butter	12 very small onions
1 tbsp. margarine	2 tbsp. flour
1 tbsp. white wine	2 egg yolks
3 tbsp. water	6 drops of lemon juice
Salt and pepper to taste	

Sauté the chicken in butter and margarine for 15 minutes. Add wine, water, salt, pepper, parsley and onions; let boil for 30 minutes. Remove the chicken and strain the drippings. Add to drippings 2 tablespoons flour and let boil 4 minutes. Remove from heat; let cool a little, then add the yolks and the lemon slowly. Blend gently. Arrange chicken on a platter; pour sauce over, and sprinkle with chopped parsley.

## ROAST CHICKEN with PINE NUT STUFFING TURKEY

## (Tavuk Dolmasi)

1 roasting chicken	3 tbsp. butter
Chicken liver	Salt, to taste
1 cup rice	2 cups water
¼ cup currants	
¼ cup pine nuts (pignolia)	

Prepare chicken for roasting. Cover rice with lukewarm water and allow to stand. Chop chicken liver in small pieces. Clean currants and nuts. Melt 1 tablespoon butter in a large saucepan and sauté nuts until they turn pink. Remove nuts and sauté chicken liver in the same butter. Return nuts to saucepan with the chicken liver and add currants, rice (washed and drained), salt, and 2 cups of boiling water. Cover and cook slowly over medium heat. When water is absorbed, add 2 tablespoons butter and mix well. Remove from stove and place in warm oven (uncovered) for 15 minutes. Then let stand at room temperature (uncovered) for 30 minutes. The rice will be fluffy, with every grain separate. Fill chicken about two-thirds full, packing stuffing in loosely, and sew or skewer the opening. Roast as usual.

## CIRCASSIAN CHICKEN

TURKEY

## (Çerkez Tavugu)

1 stewing hen (5 lbs.)	1 tsp. salt
3 qts. water	Pepper, to taste
1 large onion, sliced	2 cups shelled walnuts
1 carrot, sliced	1 tbsp. paprika
1 bunch parsley	3 small slices white bread

Place chicken in pot containing 3 quarts of water; add onion, carrot, parsley, salt and pepper. Bring to a boil and skim. Cover and gently cook for 2 hours. When chicken is tender, remove from pot and allow to cool. (Save stock.) When cool, skin, remove bones, and cut chicken into small pieces.

Put walnuts through grinder twice, then add paprika. Press nuts and paprika between double layers of cheesecloth to get about 2 tablespoons of red oil to be set aside for garnishing. (This is merely for decorating.) Soak bread in chicken stock; squeeze dry, add to ground walnuts and paprika, mixing well. Put this bread-walnut-paprika mixture through meat grinder 3 times; then add 1 cup of chicken stock and work into a paste. Divide paste in half and mix one half with minced chicken, blending it thoroughly. Use other half of paste as topping over the chicken mixture. Cover with walnut oil and serve cold. Serves 4 to 6

## GAME PIE

UNITED KINGDOM

Grouse, pheasant, hare, or other suitable game (10 carcasses of partridge, wild duck, pigeon, snipe, grouse, etc., produce pie 10 inches across, 6 inches deep)	1 tsp. salt
Bacon and ham slices may be added, to taste	1 tbsp. mushroom ketchup
1 cup water	1 oz. butter
1 calf's foot	3 tbsp. flour
1 bunch herbs	½ lb. calf's liver
12 peppercorns	½ lb. ham
1 onion	½ lb. fresh pork
	1 small shallot
	1 egg
	Salt
	Black pepper

## Pastry Ingredients

1 lb. flour	4 oz. butter
¼ tsp. salt	1 cup fresh milk
4 oz. lard	1 egg

Cut all flesh from the game (uncooked) and cut into neat pieces; set aside. Break up all bones and inferior bits of meat and put into a pan with the calf's foot, herbs, peppercorns, onion, salt and mushroom ketchup. Cover with water; bring to boil, skim, then cook for 2 to 3 hours until a good strong gravy is produced. Strain and set aside to cool. It should be a thick jelly; if not, boil further.

*To Make Panard (Basis for Force meat)*

Put 1 cup water with 1 oz. butter and pinch of salt in a saucepan and bring to boil. When boiling hard, stir in 3 tablespoons flour quickly, beating hard all the time. Beat until mixture leaves the side of the pan quite clean, then cook gently for 10 minutes. Allow to cool, and it is ready for use as basis for force meat.

*To Make Force meat*

Pass the calf's liver, ham, fresh pork, and shallot twice through a mincer; then pound in a mortar. When well pounded, add the panard, 1 egg, black pepper and salt. Pound thoroughly and pass through a wire sieve, moistening with a little sherry, if liked.

*To Make the Pastry*

Mix flour with salt; rub in lard gently. Cut butter in pieces and put in a saucepan; add milk and stir over gentle heat until the butter is liquid. Pour this mixture into the flour and stir until it forms a stiff paste. Roll out twice and use while it is still warm.

Butter a pie dish and line with pastry rolled out to 1/3-inch thickness; spread a layer of force meat on the bottom and sides. Pack the spaces tightly with slices of ham, bacon, pieces of grouse, hare, pheasants, etc., season with salt and pepper. When the pie is filled right up and high in the center, cover the top with a layer of force meat. Cover with a layer of pastry; wet the edges and fold the side edges well up over it, being careful pastry does not bulge over the dish. Make a hole in the center and decorate with leaves cut from pastry. Brush over with beaten egg and tie buttered paper or foil around to make a collar, standing 2 to 2 1/2 inches above the dish. Put in a moderate 325° oven for 2 1/2 to 3 hours. It will take some time to cook through. Remove when cooked, and when almost cold, barely heat the gravy and pour about 1 cup through the hole in the top. Make sure that the gravy is not hot and that all the fat has been removed. Just before the pie is cold, remove from dish. Garnish with parsley. If a more elaborate pie is required, truffles, mushrooms, pistachio nuts and a tin of *pâté de foie gras* may be added.



## JUGGED HARE and FORCEMEAT STUFFING

UNITED KINGDOM

*Jugged Hare:*

1 hare	1/2 cup port or claret
3 tbsp. butter	1 1/2 cups stock
1/2 tsp. salt	1 tbsp. lemon juice
1/4 tsp. pepper	12 peppercorns
1 onion	1 banquet garnish (parsley, thyme, bay leaf)
4 cloves	1 tbsp. flour

Skin and joint the hare. Cut into pieces about the size of an egg. Heat 2 tablespoons of the butter in a skillet and fry the hare until brown. Place in a greased casserole with salt and pepper. Add onion stuck with the cloves, 1/4 cup of the wine, lemon juice, peppercorns and herbs. Heat stock and pour over hare. Cover casserole tightly and cook in a 375° oven for 3 hours. About 30 minutes before serving, melt the remaining butter; add the flour and gradually stir in the remaining wine. Add this to stock in casserole. Mix thoroughly.

*Force meat Stuffing:*

2 tbsp. butter, or other fat	2 cups fine, dry bread crumbs
1/4 cup celery, chopped	1/2 tsp. celery salt
1 tbsp. onion, chopped	1/8 tsp. pepper
2 cups ground meat (beef, veal or mutton)	1 tsp. chopped parsley

Melt the butter in a skillet; add celery and onion, and cook for 3 minutes. Add the ground meat; stir until juice evaporates and the meat browns slightly. Add bread crumbs and seasonings; stir until well mixed. Shape into small balls; fry in hot butter; drain well on absorbent paper.

Place hare on hot dish; strain gravy over it, and arrange the force meat balls around the base. Serve red currant jelly separately. Serves 4

## BRAISED WILD DUCK

UNITED KINGDOM

1 wild duck	2 cups of stock (or 1 can of clear soup)
4 tbsp. fat or drippings	1/4 cup of claret or other red wine
1 large orange	Salt and pepper
3 tbsp. flour	

Roast the duck in the fat or drippings in a 425° oven for about 15 minutes. Peel the orange and shred 1/2 of the peel finely. Remove bird from baking pan and place in casserole. Put some drippings or fat, in which the bird was cooked, into a double boiler; stir in flour and add the stock, then the wine and the shredded peel to make the sauce. Pour it over duck, place lid on casserole and put back in a 350° oven for 1 hour. When cooked, remove duck from casserole and place on a heated serving dish. Garnish with thin slices of orange and parsley. Serve the sauce separately. *Serves 2*

### CHICKEN COUNTRY CAPTAIN

UNITED STATES

1 large hen, cut in serving pieces	1/3 tsp. thyme
4 tbsp. bacon fat	1/3 tsp. red pepper
Flour for dredging	Salt, to taste
1 large onion, chopped	1 large can tomatoes
1 large green pepper, chopped	1 handful currants
fine	1 handful blanched almonds
1/3 stick of butter	1 tbsp. parsley, chopped
1 tsp. curry powder	1 garlic clove, chopped fine

Dredge hen in flour and brown in bacon fat. Browning is for looks so do not cook it long. Brown onions and green pepper in butter. Add curry powder, thyme, red pepper, salt, tomatoes, currants, almonds, parsley and garlic. Allow this to simmer over low fire until well-blended. Place tough pieces of chicken on bottom of Dutch oven or roasting pan. Add the tender pieces last; pour sauce over chicken and cover tightly. Cook in slow oven until tender, 2 to 3 hours. To serve arrange chicken on bed of rice and over all pour sauce. Top with more almonds and currants and garnish with parsley. *Serves 4*

### PARTRIDGES or PHEASANTS in CREAM

UNITED STATES

2 partridges	6 tbsp. heavy cream
Salt and pepper, to taste	3 slices white bread, crusts re-
2 tbsp. butter, melted	moved and cut into finger-
1 1/2 cups rich chicken stock	size pieces
	1 small can liver paste
	Mace, ground, to garnish

Truss partridges and place in deep casserole. Season and pour butter over birds. Add stock and cook in 350° oven for 1 1/2 hours or until tender, basting frequently. (Pheasants will take longer to cook—about 3 hours.) Just before serving add cream to juices in casserole and mix. Serve with fingers of bread fried in butter until golden. Spread with liver paste and sprinkle with mace. *Serves 2*

## VEGETABLES AND SALADS



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# Vegetables and Salads

## BELGIAN ENDIVE (Witloof de Belgique)

BELGIUM

In preparing Belgian endive trim a thin slice from the root end; otherwise leave whole. It may be used either raw or cooked as a vegetable. Sometimes there is a slightly bitter flavor present when endive has been boiled. This is mellowed if salt and pepper are added only in the last few minutes of cooking rather than at the beginning.

### *Endive Salad*

Cut off all root, separate leaves, wash and dry. Serve with vinaigrette sauce:

4 tbsp. olive oil	Salt, to season
1 tbsp. white vinegar	1 small onion, chopped fine

Mix well; serve over endive.

Endive may also be cut into 1/2-inch discs added to green salads or potato salad.

### *Endive au Gratin*

1 lb. endive	1 thin slice of boiled ham for each bunch of endive
Salt, to season	2 cups white sauce
	1/2 cup grated cheese

Wash, trim root, and place endive in saucepan in water to cover. Boil gently for 20 minutes. Add salt last few minutes of cooking. Drain well. Roll each endive in ham slice. Place in buttered shallow baking dish. Add cheese to white sauce. Mix well and pour over endive. Bake in hot oven until golden brown.

*Serves 4*

### *Stuffed Endive*

2 lbs. endive of uniform size	Any other seasoning to enhance the mixture depending on meat used
1 1/2 lbs. ground pork, veal, beef or lamb	
Salt and pepper, to season meat	2 oz. butter, melted

Wash endive, trim root, drain. Cut out hard core of each root and inner leaves, taking care not to break or disarrange outer leaves. Fill with seasoned meat, bind with heavy cotton thread. Place endive in saucepan; pour butter over them, cover and cook over slow heat for 1 hour or until tender. Remove threads.

*Serves 4 to 6*

## CORN and LIMA BEANS

CANADA

1 10-oz. pkg. frozen corn	Salt and pepper, to taste
1 12-oz. pkg. frozen lima beans	2 tbsp. light cream
2 tbsp. butter or margarine	

Partially break up the frozen corn and lima beans. Place in buttered 1 1/2-quart casserole; add butter or margarine, salt and pepper to taste and the light cream. Cover and place on top oven rack. Bake at 350° for about 1 hour.

## BARLEY PILAFF

CANADA

4 tbsp. butter	1 3/4 cups barley
2 medium onions, minced	4 cups consommé
1/2 lb. fresh mushrooms, thinly sliced	1/2 tsp. salt

Melt 2 tablespoons butter in a large frying pan. Add onions and mushrooms. Stir together quickly over high heat for 2 to 4 minutes, until onions are lightly browned and mushrooms have softened. Remove them from the pan. Melt 2 more tablespoons butter in the same pan; add barley. Cook over medium heat stirring until the barley becomes a light brown color and has a toasted nut aroma. Add the onions and mushrooms to the toasted barley. Place mixture in a casserole; add the consommé and salt; cover and bake 50 minutes in 350° oven.

*Serves 4 to 6*

*Editor's note:* This is excellent served with duck.

## TURNIP with APPLES

CANADA

3 tart apples	Dash of pepper
1 medium turnip	Dash of mace
1 tsp. salt	1 tsp. white sugar
	2 tbsp. butter

Core and cut apples in eighths. Do not peel. Cook in very little water until soft. Press through a sieve (about 1 cup pulp). Cook turnip in boiling salted water until tender; drain and mash (about 3 cups). Combine with apple and beat well. Add seasonings, sugar and butter. Serve hot.

*Serves 6*

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## STUFFED VEGETABLE MARROW

CANADA

1 medium-size vegetable marrow	2 cups left-over meat (or 1 lb. ground steak and 1/4 lb. sausage meat)
1/2 cup soft bread crumbs	
Small onion, minced	
1 tsp. summer savoury, or other herbs	1 egg
Pepper and salt, to taste	1 tsp. parsley, chopped
	3 tbsp. meat drippings

Peel vegetable marrow, cut in half lengthwise, take out pulp and seeds. Boil in salted water 10 minutes. Drain well. Combine meat, crumbs, egg, onion, parsley and seasonings. Fill one half of the marrow with this mixture. Cover remaining half and tie with string. Melt drippings in baking pan and in it place the marrow. Brush with drippings and dredge with flour. Baste occasionally during baking. Bake uncovered 1 hour in 350° oven. Serve with cream sauce.

BROWNEED POTATOES  
(Brunede Kartoffler)

DENMARK

2 lbs. small, firm potatoes	1 or 2 tbsp. margarine
3 tbsp. sugar	

Boil the potatoes in their jackets until just tender; by no means over-cook. Peel while they are hot. Brown the sugar in a skillet, then add the margarine, stirring well. Just before adding the potatoes to the sugar and margarine, rinse them under cold water. Stir frequently until they have a nice brown color all over.

*Serves 4 to 6*RED CABBAGE  
(Rødkaal)

DENMARK

1 medium red cabbage	1 tbsp. vinegar
2 tbsp. margarine	1 cup red currant juice (or jelly)
3 tbsp. sugar	Salt to taste

Shred the cabbage very fine (do not use the stalk). In a big saucepan heat the margarine, sugar, vinegar and juice (or jelly). Add cabbage, and let simmer for about 2 hours, stirring occasionally. Season to taste with salt, and perhaps more sugar, vinegar and currant juice. It always tastes much better the day after you make it. Use with all kinds of fried meat.

*Serves 4 to 6*CUCUMBER SALAD  
(Agurkesalat)

DENMARK

2 cucumbers, very finely sliced	1/2 cup water
1 tbsp. salt	2 tbsp. sugar
1/2 cup vinegar	Dash of pepper

If the skin of the cucumbers is very tough, peel, otherwise not. Sprinkle the cucumber slices with salt and put them under pressure (put them in a bowl, place a plate on top with something heavy on it, leave for one-half hour). Discard the juice and rinse off excess salt; dry cucumbers in a cloth. Make a dressing of vinegar, water, sugar and pepper and pour over the cucumber slices. Let stand for about one-half hour and serve as a side dish with fried meats, roasts and chicken; or use to garnish sandwiches, for instance, liver paste.

CAULIFLOWER au GRATIN  
(Blomkålsgratin)

DENMARK

1/2 cup margarine	Salt to taste
1 cup flour	1 tsp. sugar
2 cups milk	6 egg whites, beaten
6 egg yolks	1 cauliflower, parboiled

Make a thick white sauce of margarine, flour and milk. Let cool. Add the egg yolks, one at a time, stirring well after each addition. Season to taste with salt and sugar. Fold carefully into this mixture the stiffly-beaten egg whites, and at last the cauliflower, which you have boiled in small pieces in slightly salted water. Bake in a greased pyrex dish at 400° for 1 to 1 1/4 hours. Place pyrex dish in pan of boiling water before placing in oven.

*Serves 6*FRENCH-STYLE PEAS  
(Petits Pois)

FRANCE

4 tbsp. butter	1 tbsp. sugar
4 cups fresh peas	2 tbsp. water
1 medium onion, sliced	Salt and pepper, to taste
2 large lettuce leaves	

Melt the butter in a saucepan. Add the peas, onion, lettuce, sugar and water. Barely simmer for about 1 1/2 hours. Add salt and pepper.

*Serves 4*

**TOMATOES from PROVENCE**  
 (Tomates Provençales)

FRANCE

8 to 10 ripe tomatoes, medium size	1/4 cup parsley, chopped
	2 or 3 cloves
5 tbsp. olive oil	Salt and pepper, to taste
2 garlic cloves, mashed	
1/4 cup basil, chopped	

Cut off the tops of each tomato. Heat oil in skillet; add garlic, basil, parsley, cloves and seasonings. Place tomatoes on top of this mixture, with cut side down. Cover skillet. Simmer over low heat for about 30 minutes. Do not allow tomatoes to become mushy.

*Serves 8 to 10*

**MUSHROOMS on TOAST**  
 (Croûte aux Champignons)

FRANCE

1/2 lb. mushrooms, chopped	4 slices bread
1/4 lb. butter	1/2 cup grated Swiss cheese
1 cup cream	

Sauté mushrooms in butter (about 10 minutes, or until golden brown). Add the cream. Cook 2 minutes. Spread this thick mixture on the bread slices. Sprinkle with grated cheese. Broil quickly.

*Serves 4*

**ONION PIE**  
 (Pissaladière)

FRANCE

9-inch pie crust	2 cups Béchamel Sauce (see Index)
4 to 5 medium onions	
1 cup water	1 small can pitted black olives
6 anchovies	1/8 lb. butter in slices
	1 tbsp. oil

Using your favorite recipe make a 9-inch pie crust and bake. Cook the onions in the water for 10 minutes. Drain onions; chop together with anchovies. Add the chopped ingredients to the Béchamel Sauce. Fill cooked pie crust with mixture. Garnish with olives and butter slices. Sprinkle with oil. Cook 10 minutes in hot oven.

*Serves 4 to 6*

**STUFFED TOMATOES**  
 (Tomates de "Chez Nous")

FRANCE

6 tomatoes, cut in halves	1 can mushrooms, drained and chopped
Salt and pepper, to taste	2 slices bread, diced
3 or 4 onions, chopped	1/8 lb. butter
1/2 bunch of parsley, chopped	Parsley for garnish
5 ham slices, chopped	

Scoop out interior of the tomato halves. Salt and pepper; drain. Mix onions, parsley, ham, mushrooms and bread together. Cook mixture in butter until golden brown. Fill tomato halves with mixture. Sprinkle with remaining parsley and serve.

*Serves 4 to 6*

**CHEESE SALAD**  
 (Salade de Fromage)

FRANCE

1/2 lb. Cheddar cheese, diced	Salt and pepper, to taste
1 pimento, diced	1 bunch watercress
10 small black olives, pitted and sliced	2 grated yolks of hard-boiled eggs
2 tbsp. cream	

In a bowl mix the cheese, pimento, olives, cream, salt, and pepper. Place this mixture on watercress and sprinkle with egg yolk.

*Serves 4*

**ARTICHOKE HEARTS**  
 (Fonds d'Artichauds)

FRANCE

4 large artichoke hearts, cooked	1 cup Béchamel Sauce
5 strips bacon, diced	Salt and pepper, to taste
2 tbsp. butter	1/2 cup Gruyère cheese, grated
1/2 lb. mushrooms	

Fry bacon until golden; remove from pan and drain off fat. Sauté chopped mushrooms in butter for few minutes. Mix bacon and mushrooms with Béchamel Sauce (see Index). Add salt and pepper. Pour mixture over artichoke hearts. Sprinkle with cheese. Brown under broiler 15 minutes.

*Serves 4*

**POTATO DUMPLINGS**  
—THURINGIAN STYLE  
(Kartoffel-Kloesse)

GERMANY

6 lbs. potatoes	Caraway seeds
1 tbsp. salt	1 tbsp. fat
1 tsp. pepper	1 cup bread croutons

Grate 4 pounds raw potatoes into dish filled with water. Peel the rest of the potatoes and boil them in small amount of salted water until very tender. Do not drain. Rice them. Drain grated raw potatoes and combine them with the hot riced potatoes and the seasonings. Wet hands and form dumplings, including a few croutons in each one. Cook in boiling salted water for about 15 to 20 minutes.

Instead of the hot sieved potatoes, one may use grated potatoes, boiled a day before, to combine them with the raw grated potatoes, and pour 2 cups scalded milk over them.

*Serves 4 to 6*

**RED CABBAGE**  
(Rotkohl)

GERMANY

2 lbs. red cabbage	3 or 4 tart apples, finely chopped
2 tbsp. lard or goose grease	1/4 cup sugar
1 large onion, chopped	1 tsp. salt
2 tbsp. vinegar	1 tsp. cornstarch
3/4 cup water, stock or wine	1 tbsp. currant jelly (optional)

Remove the outer leaves of cabbage and cut remainder in quarters; discard stalks and thick ribs of leaves; wash and chop finely. Melt fat and sauté the onion until light brown. Add cabbage. When thoroughly heated, add vinegar, water and apples. Simmer until cabbage is tender (about 1 1/2 hours). Season with salt and sugar; thicken with cornstarch. The currant jelly gives an added flavor.

*Serves 4*

**POTATO PANCAKES with APPLESAUCE**  
(Kartoffelkuechlein mit Apfelsauce)

GERMANY

2 lbs. potatoes	Salt to taste
1/4 cup milk	1/4 cup shortening
2 or 3 tbsp. flour	

Peel and grate raw potatoes and pat dry. Combine the potatoes with milk, flour and salt. Melt fat in pan and fry pancakes crisp and brown on both sides.

*Applesauce*

1 1/2 lbs. apples	4 tbsp. sugar
1 cup water	

Prepare and cook apples in a little water until tender. Press through a sieve and bring to a boil with the sugar. Serve lukewarm applesauce with pancakes.

**STUFFED GRAPEVINE LEAVES**  
(Dolmathes)

GREECE

1/2 cup olive oil	1 cup canned tomatoes (pulp and juice)
1 lb. ground beef	1 (15 oz.) jar grapevine leaves
2 medium onions, chopped fine	(cabbage leaves may be substituted by boiling head of cabbage until tender and removing each leaf, trimming stem)
2 tbsp. finely-chopped mint leaves	
Salt and pepper, to taste	

Sauté beef and onions in olive oil. Add mint, salt, pepper and tomatoes. Simmer for about 30 minutes. In the center of each grape leaf, place a heaping teaspoon of the meat mixture. Starting from the stem, roll, turning in ends, forming cylinders. Roll tightly to prevent the filling from coming out the end. Arrange in compact layers in a large saucepan, and place a dish over the rolls to prevent breaking up when boiling. Add just enough water to cover the rolls and bring to a boil. Reduce heat and simmer for about 25 minutes. Remove from stove and drain off broth into a separate bowl, to be used in Avaolemona Sauce, which is to be served over the Dolmathes.

*Avaolemona Sauce*

4 eggs	Broth from food on which it is to be used
3 tbsp. water	Juice of 2 lemons

Beat eggs and water until light and fluffy, beating constantly; then add hot broth gradually continuing to beat. When eggs are light and foamy, pour in lemon juice. Stir well and pour immediately over Dolmathes. Allow to soak before serving.

*Serves 5 or 6*

**SPINACH PIE**  
(Spanakopita)

GREECE

- |                              |                                   |
|------------------------------|-----------------------------------|
| 2 lbs. spinach               | 2 cups Feta cheese, mashed        |
| 2 small onions, chopped fine | 3 tbsp. melted butter for topping |
| 1/2 cup olive oil            | 10 pastry sheets (Filo)           |
| 7 eggs                       |                                   |

Wash spinach thoroughly and drain. Brown onions lightly in olive oil. Beat eggs well; add with cheese and onions to spinach in a large bowl. Salt and pepper to taste. Place 5 pastry sheets in a 15 × 11 pan, brushing each sheet with melted butter. Spread spinach mixture, then place 5 additional sheets on top. With sharp knife cut through the top 5 sheets in 3 places. Bake in a medium oven for 1 hour. Cut into squares and serve hot. *Serves 10*

**MIXED SALAD**  
(Salata)

GREECE

- |  |                                      |
|--|--------------------------------------|
| 1/2 head lettuce                           | 5 black olives                       |
| 3 stalks celery, chopped (leaves included) | 1/4 lb. Feta cheese, crumbled        |
| 1 medium-size cucumber, sliced thin        | 3 tbsp. vinegar or juice of 2 lemons |
| 1 small onion, sliced thin                 | 1/3 cup pure olive oil               |
| 2 medium-size tomatoes, sliced thin        | 6 salted sardines                    |
| 1/2 green pepper, chopped                  | 1 tsp. oregano                       |

Cut lettuce into 1-inch pieces. Combine with all other vegetables in a bowl. Add seasonings and toss thoroughly. Wash sardines to remove all salt and garnish salad. Sprinkle with oregano. Serve immediately. *Serves 2*

**PILAF with YOGURT**  
(Pilafee me Yiaqurti)

GREECE

- |                   |                           |
|-------------------|---------------------------|
| 1/4 lb. butter    | 2 tbsp. canned tomatoes   |
| 2 cups raw rice   | Salt and pepper, to taste |
| 4 cups meat stock |                           |

Melt butter in skillet and in it brown rice until golden brown. Gradually add hot meat stock and allow to simmer for 10 minutes, with cover on. Add tomatoes, salt and pepper, and cook until rice is tender. All liquid should be absorbed by the rice when it is well done. Allow to stand 15 minutes covered before serving. Yogurt may be passed separately. *Serves 4*

**CAULIFLOWER with LOBSTER DRESSING**  
(Blómkál með Humar-Dýfu)

ICELAND

- |                                   |   |
|-----------------------------------|---|
| 1 large cauliflower, boiled whole | 2 cups milk   |
| 4 tbsp. butter                    | Salt and pepper, to season  |
| 3 to 4 tbsp. flour                | 1 1/2 cups cooked lobster meat (or shrimp), cut in medium-size pieces |
| 1 hard-boiled egg, chopped        |   |

Boil cauliflower until just tender in salted water; drain; keep warm. Make a medium-thick cream sauce with butter, flour, milk and seasonings. When thick and smooth, add lobster meat and egg. Pour over cauliflower. *Serves 6 to 8*

**LETTUCE SALAD with DRESSING**  
(Blað-Salat með Dýfu)

ICELAND

- 1 medium head of lettuce

*Dressing*

- 1/2 cup fresh cream  
Lemon juice, to taste  
Sugar, to sweeten

Wash lettuce leaves; drain and pat dry in a towel. Make dressing by combining cream, lemon juice and sugar. Mix well and pour over lettuce leaves.

### ARTICHOKES JEWISH STYLE (Carciofi alla Giudia)

ITALY

Artichokes  
Lemon juice

Salt and pepper  
Oil

After having cut the stalk to a length of three fingers and removed the outside leaves with a very sharp knife, going from bottom to top, begin to revolve the artichoke in left hand. In this way only the very necessary part is removed and the artichoke remains round and similar to a flower. Clean the stalk and place the artichokes in a pan containing fresh water, acidified by lemon juice to prevent the artichoke from turning black. Remove from water; drain well and dry. Then holding them by stalk, beat them against table in order to spread the leaves out a little. Season with salt and pepper.

Put a sufficient quantity of oil in an earthenware frying pan (earthenware is preferred because it prevents the artichoke from becoming black, and assures its characteristic dark golden color). Place the artichokes in pan, stalk side up and not too close together. Keep the heat at a steady temperature so that the artichokes cook slowly and so that the inside cooks too. After a few minutes, put the artichokes on their side and cook the stalk and base, turning them from time to time, especially if there is not enough oil to cover them. When the stalk and base have a golden color and are no longer hard, put the artichokes back to their original position without breaking them. Increase heat so that the leaves may acquire a golden hue and become crisp. When cooked, the artichokes resemble a chrysanthemum with leaves spread out. Before removing from oil, sprinkle them with cold water to render them more crisp. After sprinkling, leave in pan for a while; remove, drain, place on plate. Serve hot.

### PEAS with HAM—ROMAN STYLE (Piselli al Prosciutto alla Romana)

ITALY

1 tbsp. butter  
1 tbsp. chopped onion  
2 lbs. fresh shelled peas  
Salt, pepper, to taste

4 tbsp. hot broth or boiling  
water  
2 tbsp. chopped smoked ham

In a saucepan place butter and onion. Cook very slowly until onion is cooked but not browned. Add peas. Season with salt and pepper. Add broth or water. Boil rapidly, stirring from time to time, adding the ham the last few minutes of cooking. Cooking time is about 10 minutes. *Serves 2 to 4*

### RICE MILANESE STYLE (Risotto alla Milanese)

ITALY

½ medium onion, cut in small  
pieces  
3 oz. butter  
1 oz. beef marrow  
2¾ cups rice  
Clear broth or bouillon

Salt and pepper, to taste  
Pinch of saffron  
3 oz. grated Parmesan cheese

Squeeze cut onion in a damp towel to get rid of its strong odor. Place onion in a pot with 1 tablespoon butter and well-mashed beef marrow. Cook onion slowly and do not let it brown. Add rice. Mix with wooden spoon so that rice does not stick to pan. Slowly add boiling broth. Season with salt and pepper. Increase heat, cooking rice quickly. Add more boiling broth slowly as needed as rice swells up. When half cooked add saffron. Italian rice when cooked is always moist so judge the amount of broth used accordingly. Before serving add the rest of the butter and the Parmesan cheese. *Serves 6*



### BEET SALAD (Huzarensla)

THE NETHERLANDS

4 to 6 oz. cold veal or beef, chopped  
4 cooked beets, chopped  
8 cooked medium-size potatoes, chopped  
1 large sour apple, peeled, cored and chopped  
Dill pickles and cocktail onions

Mayonnaise  
Maggi  
2 hard-boiled eggs  
Lettuce

Mix meat, beets, potatoes, apple, pickles and onions together. Add enough mayonnaise to bind. Add a little Maggi for seasoning, if desired. Cover a large plate with lettuce leaves and turn mixture onto this, forming a heap. Decorate salad with mayonnaise. Separate whites and yolks of hard-boiled eggs and chop individually, very fine. Sprinkle over mayonnaise, keeping the yolks in the middle and the white on the outside. Extra dill pickles and onions may be used for decoration. *Serves 4*

## FRIED RICE (Nassi-Goreng)

THE NETHERLANDS

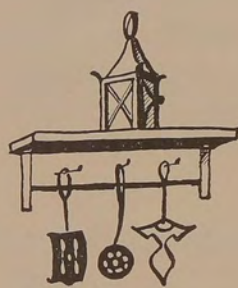
2½ cups uncooked rice	1 tsp. red hot pepper sauce
1 tbsp. vegetable oil	¼ lb. cooked ham, chopped
½ lb. diced pork	¼ lb. small shrimp, boiled
1 large onion, finely chopped	2 eggs for omelet
1 clove of garlic, finely chopped	5 cups cold water

Wash rice well until water runs clear. Cover with water; add salt and cook in covered saucepan. Bring to a vigorous boil; then turn heat as low as possible. Continue to cook for 15 minutes. Turn off heat, allow rice to steam off for an additional 5 minutes before removing lid.

Heat oil in Dutch oven to 450°. Fry pork until golden brown. Add onion and garlic, fry together until onions are light brown. Add pepper sauce and mix well. Add ham and shrimp and fry together for not longer than 5 minutes. Gradually add rice, mixing well. Serve hot, decorated with strips of omelet.

*Serves 4*

*Editor's note:* This is an Indonesian dish that is very popular in The Netherlands.



## SAUERKRAUT (Zuurkool)

THE NETHERLANDS

¾ lb. lean sliced bacon	¼ stick butter
2½ lbs. sauerkraut	¾ cup dry white wine
Pepper to taste	

Cover bottom of enameled Dutch oven with bacon. Put sauerkraut on top of bacon, add pepper to taste and butter. Add wine. Simmer at very low temperature for 3 hours, keeping pan well covered. Serve in same dish. *Serves 6*

## CURLY KALE HASH (Boerenkool)

THE NETHERLANDS

3 lbs. cleaned and stripped kale	3 lbs. raw potatoes, diced
4 oz. bacon (fresh, lightly salted)	1 lb. smoked sausage
	Salt to taste

Cover kale with boiling water and boil for 15 minutes. Drain well; chop. Take large saucepan, cover bottom with water for about 1 inch. Add bacon and boil 30 minutes. Then add potatoes. Add kale and allow to simmer for 30 minutes in covered pan. During last 15 minutes, lay sausage on top of mixture and re-cover pan. Remove sausage and bacon and keep warm. Mash other ingredients and mix well. Add salt to taste. Serve with bacon and sausage. *Serves 4*

## ASPARAGUS (Asperges)

THE NETHERLANDS

2 bundles of asparagus	4 hard-boiled eggs, cut in halves
1 tsp. salt to each quart water	2 sticks butter, melted
	1 tsp. nutmeg, ground

Clean asparagus and remove hard part of stalk. Bring salted water to a boil in wide shallow pan. Lay asparagus gently in water and cook for 30 minutes. Drain well and transfer carefully to a hot dish and arrange eggs around asparagus. Melted butter and ground nutmeg are served with it. *Serves 4*

## NORWEGIAN SAUERKRAUT (Surkål)

NORWAY

1½ lbs. cabbage, shredded	¼ cup sugar
1½ tbsp. butter	¼ cup vinegar
1 tbsp. caraway seeds	1 tsp. salt
2 cups pork stock	

Parboil cabbage; drain off water. Place cabbage, butter and caraway seeds alternately in saucepan; add stock. Simmer covered for 2 to 3 hours. Season to taste with sugar, vinegar and salt. *Serves 3*

## YELLOW HERRING SALAD (Gul Sildesalat)

NORWAY

2 or 3 salted herring  
2 egg yolks  
1½ tbsp. vinegar  
2 tbsp. chopped onion  
2 tbsp. butter  
¼ tsp. dry mustard  
½ tsp. sugar

*Garnish:*

1 to 2 hard-boiled eggs, sliced  
1 tomato, sliced or cut in wedges  
Few sprigs of parsley

Soak herring overnight, or longer if very salty. Skin and bone them; cut fillets into tiny cubes. Mix egg yolks, vinegar, onion, butter, mustard and sugar in saucepan; cook over low heat, or in top of double boiler until thick. When cold add herring. Arrange salad on serving platter and garnish. *Serves 4*



## HERRING SALAD (Sildesalat)

NORWAY

2 salted herring, cubed  
Equal quantity of each of the following, boiled, cold and cubed: potatoes, carrots, left-over meat (optional)  
Half the quantity of: cubed raw apples, cubed pickled beets

1 tbsp. onion, finely chopped  
4 tbsp. whipping cream  
1 tsp. vinegar  
¾ tsp. sugar  
¼ tsp. white pepper  
*Garnish:* 2 hard-boiled eggs, sliced or chopped  
1 tbsp. chopped pickled beets  
Salad greens or parsley sprigs

Soak and clean herring (See Pickled Fillets of Herring). Place herring, potatoes, carrots, meat, apples, beets and onion in a bowl; mix well. Add cream and vinegar; season to taste with sugar and pepper. Arrange salad on serving dish and garnish; or scoop out centers of firm, medium tomatoes and stuff with salad. *Serves 6*

## ITALIAN SALAD (Italiensk Salat)

NORWAY

1 cup shredded raw carrots  
½ cup shredded raw cabbage  
1 apple, diced  
1 small can green peas, drained  
¼ cup cooked cold ham, cubed  
Approx. ½ to ¾ cup mayonnaise  
Dash of lemon juice  
Lettuce leaves

Combine carrots, cabbage, apple, peas and ham with enough mayonnaise to moisten. Season with lemon juice and heap on lettuce leaves on serving platter. *Serves 4*

## PICKLED PURSLANE (Syltet Portulakk)

NORWAY

2 lbs. crisp stems of purslane  
3¾ cups vinegar  
3 lbs. sugar  
5 whole cloves  
3 whole cinnamon

Cut stems in sections 3 inches long. Wrap stems in bundles. Cook, in water to cover, until just tender. Drain and lay on absorbent paper. Unwrap bundles and place stems in a warm clay jar.

Make a syrup by boiling vinegar, sugar, cloves and cinnamon together. Pour it piping hot over the stems. After 8 days drain off syrup, re-boil and skim it. Pour over purslane stems again and serve when desired.

*Editor's note:* This is to be used in the Fish Soup (*Fiskesuppe*).

## FRIED GREEN BEANS (Peixinhos da Horta)

PORTUGAL

2 tbsp. flour  
2 tbsp. water  
1 egg  
Salt and pepper to taste  
½ lb. cooked string beans

Mix the flour, water, egg, salt and pepper until creamy. Make bunches of 4 string beans each and tie with string. Dip them in the creamy mixture. Fry in deep hot oil.

### CAULIFLOWER PUDDING (Pudim de Couveflor)

PORTUGAL

- 1 medium-size boiled cauliflower,  
cut into pieces
- 3 tbsp. grated Parmesan cheese
- 1/2 cup milk
- 4 eggs
- 1 tbsp. butter
- 1 tsp. cornstarch

Combine all ingredients and pour in a well-greased pan. Bake at 350° for 30 minutes. Serves 6

### SLASHED EGGPLANT (Hünkar Begendi)

TURKEY

- |  |                                      |
|--|--------------------------------------|
| 2 medium onions, chopped                                 | 1/2 tsp. black pepper                |
| 4 1/2 tbsp. butter                                       | 1/2 cup chopped parsley              |
| 1/2 lb. ground mutton, lamb or<br>beef                   | 6 medium eggplants, long and<br>thin |
| 2 medium tomatoes, peeled and<br>diced and 1 for garnish | 2 tbsp. butter for top of eggplants  |
| 1 green pepper, chopped                                  | 1 cup meat stock                     |
| 1 tsp. salt  |                                      |

Brown onions lightly in 2 tablespoons butter. Add meat and cook for about 10 minutes, stirring constantly. Add tomatoes, green pepper and salt. Cook until peppers and tomatoes are tender. Add black pepper, stir well and remove from stove. Add chopped parsley.

Peel eggplants to within 1 inch from each end. Slash middle peeled portion crosswise to within 1 inch of each end (on one side of eggplant only). Sprinkle with salt, cover with water and set aside for 20 to 30 minutes. Pour off salted water, wash, dry and sauté on both sides in 2 1/2 tablespoons butter to a very light brown. Remove carefully from frying pan with spatula and place in casserole, keeping slashed surface of eggplant on top. Insert knife blade carefully into slashes and stuff with meat mixture. Place a slice of tomato on top of each eggplant, dot with 1/3 tablespoon of butter each, add stock to casserole and bake in medium oven for about 30 minutes. Serves 4

### DRIED BEAN SALAD (Fasulye Piyazi)

TURKEY

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 can of kidney beans, drained | Fresh dill, chopped, to decorate |
| 4 tbsp. olive oil              | Fresh mint, chopped, to decorate |
| Juice of 1 lemon               | 4 scallions, chopped             |
| Salt and pepper, to taste      | 1 tomato, peeled and sliced      |
| Parsley, chopped, to decorate  | 1 hard-boiled egg, quartered     |

Thoroughly blend in a salad bowl the oil, lemon juice, salt and pepper. Add beans and scallions; mix. Sprinkle parsley, dill and mint over beans. Decorate with tomato and egg. Serves 2 to 3

### RICE (Pilav)

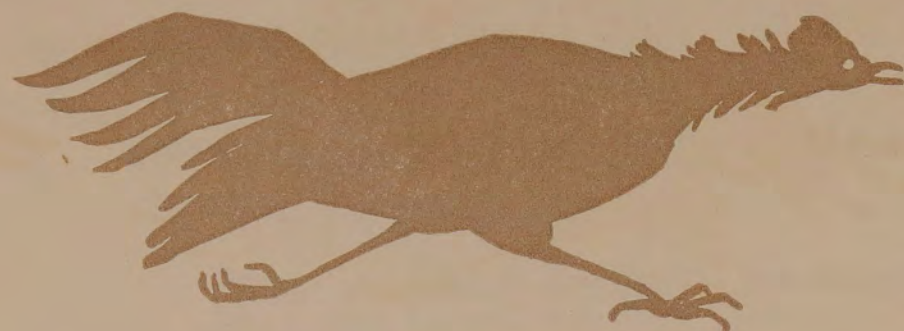
TURKEY

- |   |   |
|---|---|
| 2 cups uncooked rice                    | 3 1/2 cups liquid (water, meat<br>stock or chicken broth) |
| 4 medium tomatoes, peeled and<br>seeded | 2 tsp. salt   |
| 1/8 lb. butter                          |   |

Wash and drain rice well, then set aside. Cut tomatoes into small chunks. Heat butter and tomatoes together until a tomato paste is obtained; then add liquid and salt; boil for 2 minutes. Add rice while liquid is boiling; stir once; cover and cook over medium heat without stirring again until rice has absorbed all the liquid. Turn flame very low and simmer for another 20 minutes. Remove from stove and leave covered for 30 minutes; do not stir.

When transferring rice to serving dish, use a flat serving spoon, handling rice very gently to keep it fluffy. Serves 6





**EGGPLANT SALAD**  
(Patlican Salatasi)

TURKEY

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 4 large eggplants (long type) | 10 black olives                      |
| 3/8 cup olive oil             | 1 medium onion, sliced thin          |
| Salt, to season               | 2 green peppers, cut in thin rings   |
| Juice of 1 lemon              | 2 medium tomatoes, peeled and sliced |
| 1 tbsp. vinegar               |                                      |

Place eggplants on a spit (or hold with tongs, or pierce stem end with a long-handled kitchen fork) and hold eggplants over gas or charcoal flame, turning constantly. Allow skin to turn black. This gives the eggplant a smokey flavor. Skin eggplants while hot. Place eggplants in a bowl; add olive oil, salt and lemon juice; mash with potato masher. Add vinegar and beat mixture until smooth. Mold mixture into form of eggplant on platter. Decorate with olives, onions, green peppers and tomatoes. *Serves 10 to 12*

**LAMB'S BRAIN SALAD**  
(Beyin Salatasi)

TURKEY

- |                                |                               |
|--------------------------------|-------------------------------|
| 2 lbs. lambs' brains           | 12 radishes                   |
| 3 cups water                   | 1 green pepper, cut in strips |
| 1/2 tsp. salt                  | Juice of 1 lemon              |
| Lettuce leaves                 | 5 tbsp. olive oil             |
| 3 tomatoes (peeled and sliced) |                               |

Wash the brains; then drain and remove membrane and vein. Soak in cold water for one-half hour. Drain and boil in 3 cups of salted water until tender (about 30 minutes). Let cool; drain and slice very thin. Chill and arrange on lettuce leaves. Garnish with tomatoes, radishes and green pepper. Beat lemon juice and olive oil together and sprinkle over the top. *Serves 4 to 6*

**ARTICHOKES with OLIVE OIL**  
(Zeytinyagli Enginar)

TURKEY

- |                                    |   |
|------------------------------------|---|
| 4 medium-size artichokes           | 1/2 cup of water  |
| 2 medium-size onions, cut in rings | 1/2 cup cooked green peas or carrots, or mixture (optional) |
| 1/4 cup olive oil                  | 1 tbsp. chopped dill  |
| Salt, to taste                     |   |
| 1 tsp. sugar                       |   |
| Juice of 1/2 lemon                 |   |

Remove outer leaves of artichokes until only tender ones remain; trim off tough upper portions of petals, leaving about 1 inch. Opening up the leaves, spoon out center fuzz or "choke." Place cleaned artichokes in salted water with a little lemon juice added to prevent discoloration. Fry onions very lightly in olive oil (do not let them change color). Drain artichokes and add onions, together with salt, sugar, lemon and water. If desired green peas or carrots or mixture of both may be added at this point. Cover and cook over medium flame until artichokes are tender, about 25 minutes. Serve cold with chopped dill sprinkled over top. Allow 1 artichoke per person. *Serves 4*

**SPINACH RAMEKINS**

UNITED KINGDOM

- |                            |                     |
|----------------------------|---------------------|
| 1 cup creamed spinach      | 2 oz. grated cheese |
| 2 eggs                     | A little butter     |
| Salt and pepper, to season | Paprika             |

Divide spinach into 4 buttered ramekins. Beat eggs well, adding seasonings and most of the cheese. Pour over the spinach, dusting the top of each ramekin with the last of the cheese. Place a dab of butter on each. Place near top of 400° oven for 10 minutes until the egg is set. Dust with paprika and serve immediately. *Serves 4*

ORANGE SALAD

UNITED KINGDOM

- 3 oranges
- 1/2 cup of water
- 1/4 cup of sugar

Peel oranges. Cut in thin slices. Place in dish, pour over syrup made from the sugar and water mixed and boiled to syrup stage.

*Editor's note:* This salad is to be eaten with Wild Duck.

BRUSSELS SPROUTS and CHESTNUTS UNITED KINGDOM

- 2 cups Brussels sprouts
- 8 cooked chestnuts, chopped
- 2 tsp. lightly-fried, chopped bacon
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup light cream

*To Cook Chestnuts*

Scald by placing in boiling water a few minutes; drain; remove skins and inner husks. Place in boiling salted water to cover, and cook until tender, about 35 minutes.

*To Cook Brussels Sprouts*

Place sprouts in boiling salted water; cook fast until tender, about 15 minutes. Place Brussels sprouts, chestnuts and bacon in saucepan over very low heat; pour over the cream adding salt and pepper. Heat gently, turning ingredients very carefully. *Serves 4*

SWEET POTATO CASSEROLE

UNITED STATES

- 5 sweet potatoes, boiled
- Orange, thinly sliced
- Lemon, thinly sliced
- Brown sugar
- Butter 1/2 cup water



Slice thin 5 boiled sweet potatoes. Arrange in casserole in layers with orange, lemon, brown sugar and butter. Add water. Bake in 350° oven for 1 hour. This is best when made early and re-heated.

SPINACH RING with CREAMED MUSHROOMS

UNITED STATES

*Spinach*

- 3 lbs. fresh spinach
- Salt, to season
- Ground nutmeg, to season
- 3 small whole garlic cloves
- 4 eggs, well-beaten
- 1/2 cup heavy cream

*Mushrooms*

- 1 1/2 lbs. mushrooms, chopped coarse
- 6 spring onions
- 3 tbsp. butter
- 3 tbsp. flour
- 1 1/2 cups sour cream
- Salt and pepper, to taste
- Paprika, to garnish

Wash spinach and cook in covered pot with 1/4 inch of boiling water well seasoned with salt, nutmeg and garlic. Cook 5 minutes; drain thoroughly and chop fine. Bind chopped spinach with eggs and cream, seasoning to taste. Put mixture in buttered ring, cover with foil and bake over water about 30 minutes, or until firm, in 325° oven.

While baking spinach, fry mushrooms and onions in butter until golden. Sprinkle with flour, stir well and add sour cream, salt and pepper. Cook over low heat until thick.

Unmold spinach ring onto platter, fill center with mushrooms. Sprinkle with paprika and serve. *Serves 8*



## SWEET PEPPERS, ZUCCHINI and OKRA UNITED STATES

- |  |   |
|--|---|
| 4 large or 6 medium sweet peppers, cut lengthwise in 1-inch strips | 4 zucchini, washed and cut into medium slices |
| 2 garlic cloves, whole   | ½ lb. okra, washed and cut into 1-inch slices |
| 3 tbsp. olive oil  | 1 large onion, sliced thin (optional)         |
| Salt and pepper, to taste  | Parmesan cheese, for topping                  |

Put garlic cloves in the olive oil in a heavy skillet; add peppers, cover tightly and cook over low flame about 30 minutes or until peppers are tender. Turn them and stir occasionally. Discard garlic and remove peppers from the olive oil, using a slotted spoon to drain them. Place peppers in a casserole dish. Cook zucchini and okra and onions in olive oil remaining in pan, adding more oil if necessary. Cover tightly, stir occasionally, and cook for about 20 minutes. Combine zucchini, okra and onion mixture with peppers in casserole. Cover with Parmesan cheese. Bake in hot 375° oven until slightly browned. *Serves 6 to 8*

*Note:* Peppers, stewed as above, are a delicious separate dish.

## NOODLES with SOUR CREAM and COTTAGE CHEESE

UNITED STATES

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 large pkg. fine egg noodles | 1 garlic clove, minced        |
| 1 cup creamed cottage cheese  | 1 medium onion, chopped fine  |
| 1 cup sour cream              | Dash or two of tabasco        |
| 1 tbsp. Worcestershire sauce  | Salt, to taste                |
|                               | ½ cup Parmesan cheese, grated |

Cook noodles in salted boiling water for 10 minutes; drain.

In a mixing bowl combine cottage cheese, sour cream, Worcestershire, garlic, onion, tabasco and salt. Add to noodles; if too dry add more sour cream. Put noodle mixture in buttered casserole; bake 45 minutes in 350° oven, or until brown. Serve piping hot with grated Parmesan cheese. *Serves 6*

## BREADS



200

12

## Breads

### BRUSSELS WAFFLES (Gaufres Belges)

BELGIUM

1/2 lb. flour  
4 egg yolks  
Milk  
3 oz. butter, melted  
Pinch of salt

Flavoring, to taste (vanilla,  
orange or lemon)  
6 egg whites, beaten until stiff  
Powdered sugar, for garnish

In a mixing bowl put flour, eggs and enough milk to make a soft batter. Add butter, salt and your favorite flavoring. Lastly, add egg whites. Bake in hot waffle griddle using 1/2 cup of batter per serving. Serve hot. Sprinkle with powdered sugar. *Serves 3 to 4*



### SWEET BELGIAN BREAD (Cramique)

BELGIUM

2 lbs. flour  
3/4 oz. yeast (fresh)  
1/2 cup milk, warmed  
4 eggs  
1/4 tsp. salt  
1 1/2 oz. powdered sugar

1/2 lb. raisins  
1/2 lb. butter  
Warm milk  
1 egg, beaten well

Put flour on board or marble top. Make a depression in the flour and add yeast diluted in warm milk. Mix well by hand until a soft dough is formed. Sprinkle with a little flour and let rise for 15 minutes. Add eggs, salt, sugar, raisins and butter. Mix well and knead. Add only enough warmed milk to make a firm dough. Shape into ball; wrap in kitchen towel and put in warm place to rise. Place on baking sheet; brush with egg. Using scissors make small cuts on top of *cramique* and bake in moderate oven about 40 minutes or until baked through but not burned on top.

*Editor's note:* We understand that the *cramique* dough may be divided into smaller portions and baked as above.

### FLEMISH TOAST (Toast à la Flamande)

BELGIUM

Stale *cramique* (see Index), rolls,  
or melba toast  
Milk, warmed, to cover  
Sugar, to sweeten both milk and  
eggs  
Orange extract, to flavor  
Eggs, beaten, for coating bread  
Butter, for frying, generous  
amount  
White or brown sugar, to garnish

Slice *cramique* or rolls or use melba toast. Soak slices in milk sweetened with some sugar and orange extract. When bread is thoroughly wet (but not disintegrating) dip each slice in egg sweetened with sugar. Melt butter in frying pan. Brown coated bread slices on each side. Sprinkle with sugar and serve hot.

### ORANGE BANANA BREAD

CANADA

1/2 cup shortening  
1 cup white sugar  
2 eggs, beaten  
3 mashed bananas  
1 tsp. salt  
1/2 tsp. soda  
2 tsp. baking powder  
2 cups all-purpose flour  
1 orange rind, grated  
3 tbsp. sour milk  
1 tbsp. orange juice  
1/2 cup red glacéed cherries  
1 cup chopped walnuts

Cream shortening and sugar together; add eggs and bananas. Sift together the salt, soda, baking powder and flour; add these to the preceding mixture. Combine the grated orange rind, sour milk, orange juice, cherries and walnuts and add to the rest. Bake in a greased loaf pan for 1 1/4 hours in 350° oven.

### BREAKFAST CRESCENTS (Franskbrøds Horn)

DENMARK

2 cups plus 2 tbsp. flour  
1 1/2 tsp. baking powder  
1/2 cup margarine  
Approx. 1/2 cup milk  
1 tsp. salt  
1 tsp. sugar  
1 tbsp. milk

Sift flour and baking powder into a bowl; add margarine and crumble together. Add milk a little at a time, then add salt and sugar. Roll dough into 2 circles on a floured board; cut each into 8 triangles. Roll each triangle into a crescent, brush with milk and bake 15 minutes at 350°. *Yields 16 crescents*

## CRUSTY CURLS

CANADA

- |                           |                              |
|---------------------------|------------------------------|
| 1 pkg. dry yeast          | 1 tsp. grated lemon rind     |
| 1 tsp. sugar              | 2 tsp. lemon juice           |
| 1/2 cup lukewarm water    | 1 egg, beaten                |
| 1/2 cup milk              | 3 to 3 1/2 cups sifted flour |
| 1/4 cup melted shortening | 24 oiled clothespins         |
| 2 tbsp. white sugar       | 4 tbsp. mayonnaise           |
| 1 tsp. salt               | 1/2 lb. cream cheese         |

Sprinkle yeast and teaspoon of sugar on lukewarm water in a small bowl. Let stand 10 minutes; then stir well. Measure milk, shortening, sugar, salt, lemon rind and juice into a large saucepan or heat-proof bowl; heat to lukewarm. Add yeast mixture and beat well. Add egg and blend. Beat in flour, cup by cup. Turn batter out on floured board and knead gently. Place in oiled bowl; cover and let rise until light (about 1 1/2 hours). Knead down again and roll in rectangle 1/2-inch thick. Cut in strips 1/2-inch wide. Oil clothespins (the old wooden knobby kind) and wind strips of dough about them from top to bottom and fasten underneath. Place on oiled cookie sheet to rise about 30 minutes. Bake at 400° about 15 minutes; then take from oven and brush with melted butter. Gently loosen clothespins and pull them out. Mix plain cream cheese with mayonnaise and fill ends of crusty curls and serve.

## CHEESE STICKS

FRANCE

(Allumettes au Fromage)

- |                              |                      |
|------------------------------|----------------------|
| 1/4 lb. Swiss cheese, grated | 1/2 tsp. pepper      |
| 1/4 lb. flour                | 1/2 tsp. celery salt |
| 1/4 lb. butter               | 2 tbsp. milk         |
| Pinch of salt                |                      |

Mix all ingredients together into a dough. Roll out the dough; cut into sticks about the length of a finger. Bake 10 minutes in 350° oven. Serve hot.



## CURRANT ROLLS

THE NETHERLANDS

(Krenten Bollen)

- |                                    |   |
|------------------------------------|---|
| 4 1/2 cups flour                   | 1 tbsp. sugar                               |
| Salt, to season                    | Scant 1/2 cup butter                        |
| 1 cup plus 1 tbsp. milk, luke-warm | 3 1/2 cups dried currants and raisins mixed |
| 1 sq. yeast (3/5 oz.)              | 1/2 cup candied lemon peel                  |
| 1 egg, beaten                      |   |

In a bowl mix flour and salt. Soften yeast in 1/4 cup warm milk. Make a hole in center of flour and pour yeast in. Add egg to remaining milk, beat well; add sugar and butter and mix thoroughly. Add liquid mixture to flour and knead dough for about 15 minutes. Add dried fruits and knead again. Cover with a damp cloth, put in warm place and let dough rise for 1 to 1 1/2 hours. Divide dough in 15 little balls. Place on greased baking sheet. Allow balls to rise for another 15 minutes. Bake in hot oven for 20 minutes. Serve cold with butter at Dutch "Koffietafel."

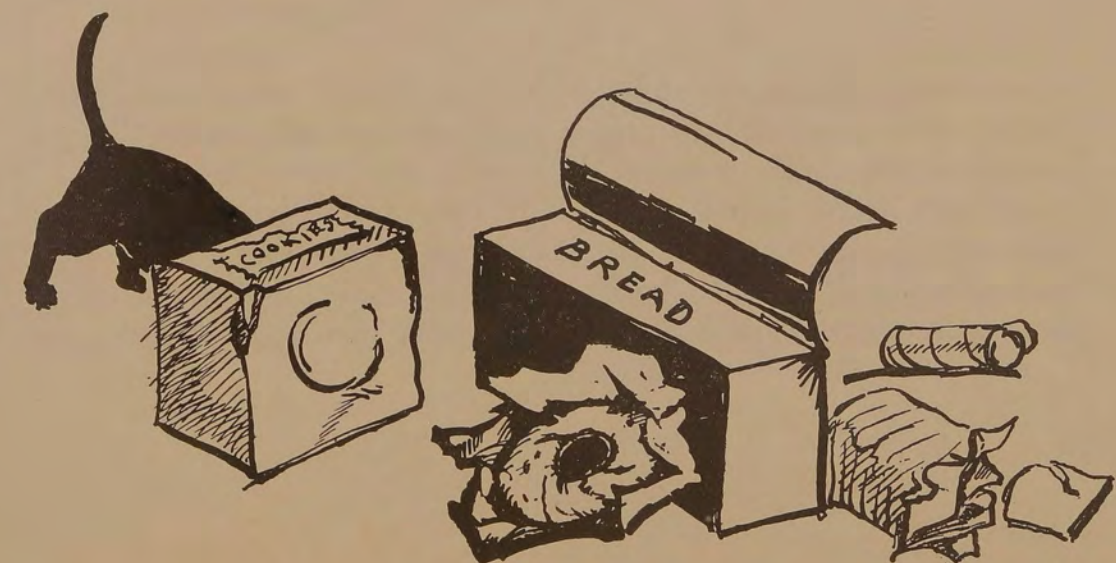
## GINGERBREAD

THE NETHERLANDS

(Kruidkoek)

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 2 1/2 cups self-rising flour    | 1/4 cup candied chopped ginger      |
| 1/4 tsp. salt                   | 1/4 cup candied chopped citron peel |
| 1 cup firmly-packed brown sugar | 1 cup cold milk                     |
| 1 tsp. ground cinnamon          | 1 tsp. butter                       |
| 1/4 tsp. ground cloves          | 2 tsp. bread crumbs                 |
| 1/4 tsp. ground white pepper    |                                     |

Sift flour and salt together. Add and mix all dry ingredients well. Add milk and blend to smooth paste. Grease loaf pan with butter and sprinkle with bread crumbs. Pour in mixture and bake in moderate oven (325°) for 1 hour. Allow to cool for 10 minutes and remove from pan. Serve, when cold, sliced and spread with butter.



## EASTER BREAD (Tulband)

THE NETHERLANDS

1 yeast cake	1/2 cup currants
4 tsp. granulated sugar	1/2 cup seedless raisins
1 cup milk (lukewarm)	Grated rind of 1 lemon
2 1/4 cups enriched flour	2 tsp. butter to grease pan
2/3 stick butter (melted)	2 tbsp. bread crumbs
2 egg yolks	4 tbsp. confectioners' sugar
1 tsp. salt	
1/4 cup chopped citron peel	

Put yeast in small bowl and cover with 1 teaspoon sugar and 1 tablespoon milk. Leave for 15 minutes. Add to flour in large mixing bowl. Add butter, egg yolks, salt and remaining sugar. Then add rest of milk gradually and mix well. Add dried fruit and peel and fold into dough. Take angel-food pan, grease with butter and sprinkle with bread crumbs. Allow dough to rise in this pan in warm place for 1 hour. Bake in oven at 350° for 45 minutes, or until inserted darning needle comes out clean. Remove from oven and allow to cool for 10 minutes. Then turn out of pan and dust with confectioners' sugar when completely cold. Serve sliced, spread with butter.

## NORWEGIAN CHRISTMAS BREAD (Julekake)

NORWAY

1/2 cup butter	2 cakes yeast, softened in 1/4 cup milk
1/2 cup shortening	
1 cup sugar	2 eggs, beaten
1 tsp. salt	2 cups lukewarm milk
1/2 tsp. ground cardamom	1/2 lb. seedless raisins
7 cups flour	1/2 lb. chopped citron

Cream butter, shortening and sugar until smooth, add salt and cardamom. Blend in half of the flour, all the softened yeast, eggs and milk. Mix well. Add raisins and citron. Stir. Sprinkle top of dough with flour, cover and let rise 1 hour or more, until double in bulk. Turn dough onto floured board and knead, adding flour until it does not stick to hands or board. Divide into 3 portions and shape each into loaves. Place on greased cookie sheet. Let loaves rise for 15 to 20 minutes before you bake them in hot oven (450°) for 30 minutes.

## BATH BUN

UNITED KINGDOM

[Originally made in the City of Bath, England]

6 tbsp. margarine	1/4 cup castor sugar (very fine)
2 cups flour	2 oz. sultanas
1/4 cup milk, tepid	1 oz. candied peel, diced
1/2 oz. yeast	Egg and milk, to glaze
1 egg, beaten	1 oz. loaf sugar, coarsely crushed

Rub the fat into the flour. Cream the yeast with the milk. Pour the milk and yeast into the middle of the flour; add egg; beat very thoroughly. Cover with a cloth and put the dough in a warm place to rise until it doubles in size. Add the castor sugar, prepared sultanas and candied peel. Beat well; form into even-sized balls. Place these on greased tins and allow to double in size. Brush over with egg combined with milk; sprinkle with loaf sugar. Bake in a hot oven (450°) for 20 to 30 minutes.

## YORKSHIRE PUDDING

UNITED KINGDOM

1 cup flour	2 eggs, well-beaten
1 tsp. salt	1/2 cup water
1/2 cup milk	2 tbsp. beef drippings

Place the flour in a bowl with the salt. Make a well in the center; add the milk gradually to form a thin batter. Add eggs; then add water and beat the batter well until light and fluffy. Allow to stand for 2 hours. Melt the drippings in a shallow fireproof dish and, when hot, pour in batter. Bake in a moderately hot oven (375°) for 30 minutes. Serve with roast beef.

## SCONES

UNITED KINGDOM

2 tbsp. margarine	1/4 tsp. cream of tartar
1 cup flour	1/4 tsp. bicarbonate of soda
1 tbsp. castor sugar	1 egg, well-beaten
	Cold water

Rub the margarine lightly into the flour and add all the dry ingredients. Stir in egg, adding sufficient water to make a light dough. Roll out thinly; cut into small rounds and bake in a hot oven for 10 minutes. Serve hot or cold.

## BOODLES CAKE

UNITED KINGDOM

4 cups flour  
 1/2 tbsp. bicarbonate of soda  
 1 cup butter  
 1 1/2 cups castor sugar

1 lb. seeded raisins  
 2 eggs  
 1 cup milk

Sift flour and soda. Rub in the butter; mix in the sugar and raisins. Whisk eggs and two-thirds of the milk together; add to mixture and beat for 5 minutes. If too stodgy, add remainder of the milk. Bake in a 300° oven from 4 1/2 to 5 hours.



## CORN STICKS

UNITED STATES

1 1/2 cups yellow corn meal  
 2 tbsp. flour  
 4 tsp. baking powder  
 3 tbsp. sugar  
 1 tsp. salt

1 cup milk  
 1 egg, well-beaten  
 3 tbsp. butter, melted  
 1/2 cup whole kernel corn, fresh  
 or canned and drained

Sift and mix corn meal, flour, baking powder, sugar and salt. Add milk, egg, butter and corn. Beat well and fill very hot, greased iron corn-stick pans 2/3 full. Bake in a hot oven for 25 minutes.

## CINNAMON TOAST

UNITED STATES

White bread, sliced  
 3 parts sugar  
 1 part cinnamon or grated  
 orange peel

Butter, melted, sufficient to make  
 sugar-cinnamon mixture  
 medium thick

Remove crusts from bread. Toast only one side of bread under broiler. Spread untoasted side of bread liberally with sugar, cinnamon and butter mixture. Cut toast in finger strips. Broil until bubbly but beware of burning. Serve hot.

## CRÊPE PANCAKES\*

UNITED STATES

2 egg yolks, well-beaten  
 1 whole egg, well-beaten  
 1 1/2 cups milk

1/2 cup flour  
 1/2 tsp. salt  
 4 tbsp. olive oil  
 Butter, for frying

Whip eggs and milk together. Add flour, salt and olive oil and mix thoroughly. Drop kitchen spoonful of batter onto griddle, well greased with butter. Cook until underside is golden brown and top is no longer too soft or liquid looking. Only fry one side. The filling—such as creamed chicken, fish, or cheese—is placed on the uncooked side of pancake. When filled, roll, put in shallow buttered casserole. Cover pancakes with a cream sauce and sprinkle with Parmesan cheese; brown quickly in hot oven.

\* To be filled.

## VIRGINIA SPOON BREAD

UNITED STATES

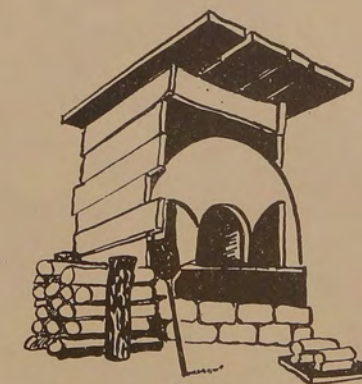
1 cup hominy grits  
 2 cups boiling water  
 Scant 1/4 lb. butter

2 tsp. salt  
 2 eggs, well-beaten  
 1 1/4 cups sweet milk

Using a double boiler combine grits, water and salt in top part. Stir frequently until smooth and as thick as mush. Mix eggs and milk together in a bowl. Gradually add grits, beating briskly to insure smoothness. Butter very liberally a glass baking dish. Put buttered dish in hot oven; when dish feels hot, pour batter in. Dot the top well with butter. Bake in a hot oven 45 minutes to 1 hour.

*Variation*

Cook sausage links or patties on one side. Put on top of spoon bread. Bake as usual.





## Dishes en Casserole

### SEAFOOD EXTRAVAGANZA

CANADA

- |                      |                   |
|----------------------|-------------------|
| 2 lbs. shrimp        | 1 onion, sliced   |
| 2 lbs. scallops      | 1 stalk of celery |
| 1½ lbs. lobster meat | Black pepper      |
| 1 tbsp. salt         |                   |
| 1 bay leaf           |                   |

Clean shrimp and boil for 5 minutes in water, seasoned with salt, bay leaf, sliced onion, celery and a little black pepper; drain well. Poach scallops gently in enough water to cover for 5 minutes; drain well. Cut up lobster meat and remove dark veins.

#### Sauce

- |                |                            |
|----------------|----------------------------|
| ¾ cup butter   | 3 egg yolks                |
| 9 tbsp. flour  | 1 cup dry white wine       |
| 1 tsp. salt    | 1 cup grated Swiss cheese  |
| Dash of pepper | Bread crumbs } For topping |
| 3 cups milk    | Cheese }                   |

Melt butter and blend in flour, salt and pepper. Gradually add milk. Cook until smooth, stirring constantly. Add 6 tablespoons of this sauce to the egg yolks. Beat slightly. Add yolks to the rest of the sauce and cook over low heat about 5 minutes. Add the white wine and cheese; stir until melted. Add mixed seafood, having cut up scallops into bite-size pieces. Pour into large flat casserole. Sprinkle with dry bread crumbs and additional cheese. Bake at 350° for about 15 minutes.

Serves 12

### WITCH HOUSE CASSEROLE

CANADA

- |                               |                              |
|-------------------------------|------------------------------|
| 4 cups lentils                | 4 lbs. hamburger             |
| 8 slices bacon                | 1 large can tomatoes         |
| 8 to 10 medium onions, sliced | Parmesan cheese, for topping |
| ½ lb. sliced mushrooms        | Butter, to dot               |

Soak the lentils overnight. Boil 1½ hours in salted water to cover. Drain. Fry bacon until crisp; set aside. Fry the onion in bacon fat until soft and yellow. Remove from pan. Fry the mushrooms in same fat. Remove when tender and dark. Fry hamburger until brown.

Mix onions, mushrooms, crumbled bits of bacon and meat with cooked lentils. Put in casserole. Top with tomatoes and finish off with a thick layer of grated Parmesan cheese. Dot with butter. Bake 30 to 35 minutes in 350° oven. If too dry add extra tomato juice. *Serves 6 to 8*

**CASSEROLE of VEAL**  
(Gratin de Veau)

FRANCE

- |                                  |                           |
|----------------------------------|---------------------------|
| 3 lbs. lean veal                 | Salt and pepper, to taste |
| 1/2 cup flour                    | 1 onion, chopped          |
| 1 egg, well-beaten               | Dash of mace              |
| Bread crumbs                     | 1/2 pt. cream             |
| Butter or margarine for sautéing | 2 lbs. peas, cooked       |
| 3/4 lb. mushrooms, cut in half   | 1/2 cup Parmesan cheese   |

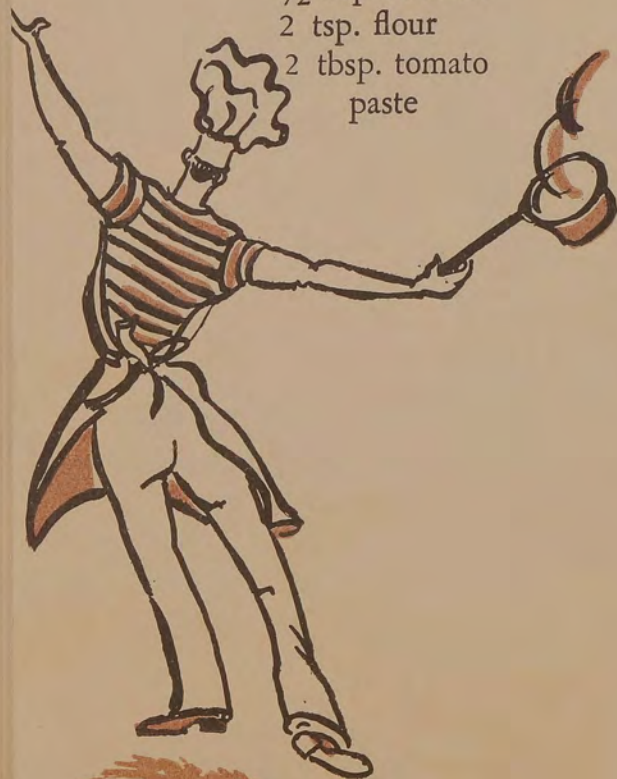
Cut the veal into strips about 2 inches long by 1/2 inch by 1/2 inch. Roll first in flour; then dip in egg and then in bread crumbs. Sauté long enough to get a good heavy crust. Arrange veal in a casserole with mushrooms and onion. Cover with cream (you may need more than 1/2 pint).

Season with salt, pepper and a dash of mace. Bake for 2 1/2 hours in 325° oven. After 2 hours, add peas and sprinkle with the cheese; return casserole to the oven for the last half hour. *Serves 6*

**CHICKEN in WINE**  
(Coq au Vin)

FRANCE

- |   |                             |
|---|-----------------------------|
| 1 fat roasting chicken, cut into serving pieces | 3 or 4 small onions, sliced |
| 1/2 cup olive oil                               | 1/2 cup cognac, warmed      |
| 2 tsp. flour                                    | 1/2 cup red wine            |
| 2 tbsp. tomato paste                            | 1/2 lb. smoked ham          |
|   | 1 1/2 cups fresh mushrooms  |
|   | Salt and pepper, to taste   |

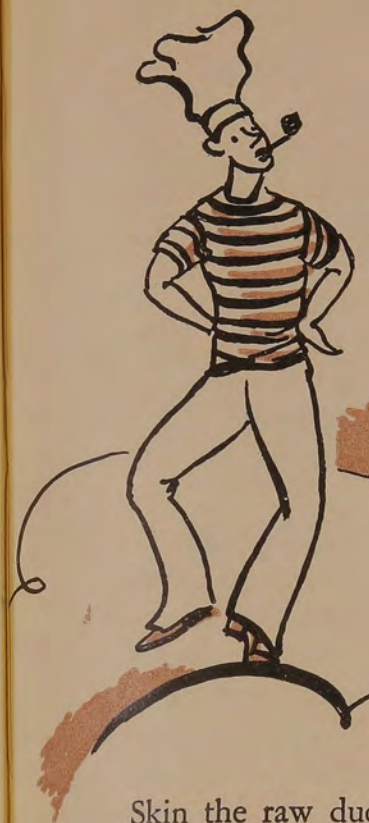


Brown chicken in oil. Sprinkle with flour; add tomato paste, onions, and cognac; ignite. Now add the wine. Cook, covered, for 1 1/2 hours over low flame. Remove from fire. When cool, place in refrigerator until following day. When ready to serve, heat slowly; add the ham and mushrooms that have been cooked in butter for 5 minutes. *Serves 4 to 6*

**DUCKLING PÂTÉ**  
(Pâté de Canard)

FRANCE

- |  |                          |
|--|--------------------------|
| 1 duckling, uncooked                       | 1/2 cup parsley, chopped |
| 1 lb. of pork skin, cut in 1/2-inch pieces | 5 eggs                   |
| 1 leek                                     | 1 tsp. flour             |
| 1 sprig thyme                              | 1 tsp. salt              |
| 1 bay leaf                                 | 1 tsp. pepper            |
| 1 qt. bouillon                             | 3/4 cup cognac           |
| 1 lb. chicken livers                       | 1 cup olives, chopped    |
| 1 lb. lean raw pork                        | 6 slices fat bacon       |
| 4 shallots or 4 small green onions         | 2 packets gelatine       |
| 1 garlic clove                             | 1/4 cup cold water       |



Skin the raw duckling; save skin. Remove meat from duck carcass, save. Place duck bones, neck, wings, and giblets in a large pot. Add pork skin, leek, bay leaf, thyme and bouillon. Cover and simmer for 2 hours.

Put duck meat, duck liver, chicken livers, pork, shallots, garlic and parsley through meat grinder, using finest blade. Add eggs to this mixture, one at a time, beating well. Add flour, salt and pepper to meat; then add the cognac and olives; mix thoroughly.

Line a 2 1/2-quart baking dish with the duck skin and fill with meat mixture, cover with bacon strips. Bake, uncovered, in a 300° oven for 2 1/2 hours.

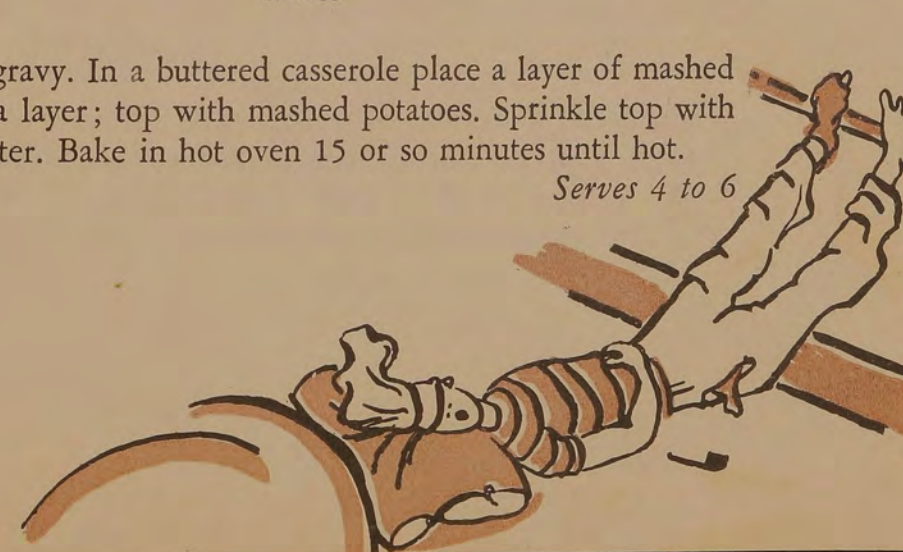
After broth has simmered for 2 hours, turn up heat and reduce juice to 1 1/2 or 2 cups. Strain; add gelatine, softened in 1/4 cup cold water. Stir until gelatine is dissolved. Pour broth over meat mixture when casserole is removed from oven.

**SHEPHERD'S PIE**  
(Hachis Parmentier)

FRANCE

- |                          |                                       |
|--------------------------|---------------------------------------|
| 2 lbs. ground beef       | Left-over gravy, to moisten liberally |
| 2 medium onions, chopped | 3 to 4 cups seasoned, mashed potatoes |

Combine beef, onions and gravy. In a buttered casserole place a layer of mashed potatoes, then the meat in a layer; top with mashed potatoes. Sprinkle top with bread crumbs; dot with butter. Bake in hot oven 15 or so minutes until hot. *Serves 4 to 6*



### MEAT and BEAN CASSEROLE (Cassoulet)

FRANCE

1 lb. dried pea beans	3 cups consommé
1 lb. goose meat (boned), bite-size pieces	1 (6 oz.) can tomato paste
1 lb. lamb, bite-size pieces	Salt and pepper, to taste
¼ lb. butter	¼ lb. Cervelas sausage, sliced
6 tbsp. flour	¼ lb. pork sausage, sliced

Soak the beans overnight. Gently boil them until tender in water to cover, adding more water if necessary. Brown the lamb and goose meat in butter. Remove the browned meat from pan. With butter remaining in pan, make a gravy by adding the flour and the consommé. Add the tomato paste and season to taste. Put the browned meat in the gravy and cook, covered, over low flame for 2½ hours. Add the beans and the 2 types of sausages. Simmer for 1 hour, covered.

Serves 6



### LORRAINE POTFUL (Potée Lorraine)

FRANCE

8 strips of fat bacon	1 green pepper, seeded and cubed
1 (2 lb.) fresh ham	1 whole small head of cabbage
1 veal shin bone	6 whole small onions
4 carrots, cut in half lengthwise	1½ lbs. spiced, smoked sausage
4 small turnips, peeled, but whole	Thyme
4 boiled potatoes	Parsley
	Bay leaf

Place bacon in bottom of earthenware dish. Then add ham, veal bone, carrots, turnips, peppers, cabbage, onions, thyme, parsley and bay leaf. Cover with water; cook, covered, in 325° oven for 2½ to 3 hours. Half an hour before serving, add sausage, pricked with a fork. Add boiled potatoes before serving.

Serves 4 to 6

### HAM and NOODLES (Schinken mit Nudeln)

GERMANY

1 cup cooked, drained noodles	2 tbsp. grated cheese
1 cup ham, chopped	1 egg, well-beaten
Salt, to taste	1 tbsp. butter, to garnish
Thyme, to taste	1 tbsp. bread crumbs, to garnish
1 cup sour cream	

Grease a baking dish; put in a layer of noodles, then a layer of chopped ham, salt and thyme. Make a sauce by combining the sour cream, grated cheese and egg. Cover each layer of noodles and ham with sauce, until dish is filled. Place small pieces of butter on top; sprinkle with bread crumbs and bake about 30 minutes in moderate oven.

Serves 2 to 3

### CASSEROLE with MUSHROOMS (Pilz-Gericht)

GERMANY

6 tbsp. fat	Salt and pepper to taste
1 cup onions, chopped	1 tbsp. chopped parsley
1 lb. beef, cubed	1 cup of stock
1 lb. mushrooms, sliced	2 lbs. potatoes, cubed
<i>Steinpilzen</i> , if possible*	

Brown onions and beef in fat. Add mushrooms, seasonings and stock; cover, simmer about 1½ hours. Stir from time to time. Add potatoes and stew until done. Sprinkle with flour, mix well; continue cooking until thick.

Serves 4

\* *Steinpilzen* can be purchased in cans in finer gourmet shops in the United States.

### EGGPLANT CASSEROLE (Musaka)

GREECE

½ cup olive oil	1 cup dry white wine
2 medium-size eggplants	1 cup water
1 lb. ground round steak	1 tbsp. tomato paste
2 medium onions, chopped fine	2 cups Krema
2 tbsp. minced parsley	4 to 5 tbsp. bread crumbs
Salt and pepper, to taste	3 tbsp. grated cheese

Cut the eggplants into medium thin slices and brown lightly in olive oil. Remove from pan and drain on a paper towel. Sauté the ground meat and onions; add the parsley, water, tomato paste and wine and simmer for 30 minutes.

Butter a baking dish and arrange a layer of eggplant, a layer of meat mixture, etc., until dish is  $\frac{3}{4}$  full. Cover with Cream Sauce and sprinkle with bread crumbs and bake for 30 minutes in a 350° oven. Cut in squares to serve.

## KREMA

## Cream Sauce

$\frac{1}{4}$ cup butter	2 cups milk
4 tbsp. flour	2 eggs
1 tbsp. nutmeg (optional)	2 tbsp. grated cheese

Melt butter in saucepan; add flour to make a smooth paste. Slowly add milk and stir until thick. Add nutmeg (if desired). Remove from heat and allow to cool. When cool pour over well-beaten eggs and add cheese. *Serves 4*



### ENDIVE and HAM CASSEROLE (Lof met Ham en Kaas-Saus)

THE NETHERLANDS

2 lbs. French or Belgian endive	4 tbsp. flour
Thin slice of boiled ham for each endive	$2\frac{1}{2}$ tbsp. butter
$\frac{1}{4}$ cup aged Gouda or Parmesan cheese, grated	$\frac{1}{2}$ pt. milk
Salt and pepper to taste	
Grated cheese and melted butter for topping	

Wash the endive and cut out hard root and core. Cover and boil endive in water, to cover, over low flame for 20 to 30 minutes or until tender. Do not let water boil away. Drain and roll each endive in a ham slice. Prepare a cheese sauce by blending flour and butter together; add milk, stir constantly until smooth and thick. Add cheese, salt and pepper; stir until cheese melts. Arrange endive wrapped in ham in shallow casserole. Pour over cheese sauce and add more grated cheese and melted butter. Bake in 375° oven until crust is light brown.

### ENCHILADAS in SOUR CREAM SAUCE UNITED STATES

1 4 to 4 $\frac{1}{2}$ lb. roasting chicken	6 tbsp. flour
2 medium onions, minced	3 pts. commercial sour cream
2 cups American type cheese, grated	3 pts. rich chicken stock
2 to 3 cups vegetable shortening	Salt and pepper, to taste
1 large can tortillas (about 30)	Suggested seasonings for sauce: oregano, minced garlic

Prepare the day before:

Cover chicken with water, seasoned to taste; simmer until tender. Skin and bone chicken saving all good meat. Return bones, skin, and meat scraps to broth and simmer for 1 hour. Strain and refrigerate the stock.

## Filling

Mince chicken meat, season and combine meat with onions and cheese.

Melt shortening in deep skillet and when smoking hot pass tortillas through hot grease one at a time. (They will come out of shortening limp.) Drain on paper toweling. When you have fried 6 tortillas, stop; fill with 1 tablespoon of filling and roll those 6 before they can become too crisp. Continue same procedure until all tortillas are fried, filled and rolled.

Place filled tortillas in neat layers in a large greased casserole. Sprinkle extra chicken mixture between layers. Cover casserole tightly until ready to add the sauce and to bake.

## Sauce

Mix flour thoroughly into sour cream, then gradually add stock from which all fat has been skimmed. Season to taste with salt and pepper (garlic and oregano optional). Heat sauce and pour over tortillas until they are completely covered. Make certain that sauce gets down to bottom of casserole and between rolled tortillas. Sprinkle remaining chicken mixture over top.

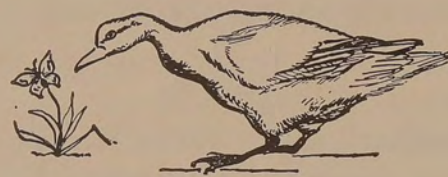
Bake in 350° oven until bubbling hot. Add more sauce if necessary to keep tortillas covered. Bake approximately 45 to 60 minutes. *Serves 8 to 10*

### SHRIMP ROSEMARY UNITED STATES

1 $\frac{1}{2}$ lbs. butter	2 cups fresh parsley, chopped
2 large onions, chopped	1 lb. can bread crumbs
Juice of 3 lemons	Salt
3 tbsp. A-1 sauce	Pepper
3 tbsp. Worcestershire sauce	Chopped rosemary, fresh or dried
6 lbs. shrimp, cooked, peeled and de-veined	

Melt butter in skillet; add onion and sauté until golden. Add lemon juice, A-1 and Worcestershire sauces; blend. Place shrimp in large buttered casserole. Cover with one-half the parsley and bread crumbs mixed with salt, pepper and rosemary to taste. Pour butter sauce over this. Then cover with remaining crumbs. Top with parsley. Bake at least 40 minutes in 275° to 300° oven. Serve with salad and rolls.

*Serves 10 to 12*



### TAMALE LOAF

UNITED STATES

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1½ cups yellow corn meal             | 3 tsp. chili powder             |
| 1½ tsp. salt                         | Dash cayenne pepper             |
| 6 cups boiling water                 | 1½ lbs. cooked boned chicken    |
| Olive oil, for sautéing              | 1 (No. 2½) can tomatoes         |
| 1 garlic clove, minced               | 1 (No. 2) can whole kernel corn |
| 2 large onions, chopped medium       | 1 cup ripe olives, pitted       |
| 1 small green pepper, chopped medium | 1½ cups American cheese, grated |
| 1 cup celery, chopped fine           |                                 |
| 2 tsp. salt                          |                                 |

In the top of a double boiler, combine corn meal, salt and boiling water. Cook over direct heat, stirring until smooth and thick. Place pot over hot water, cover and cook 30 minutes. Put olive oil in a frying pan; sauté garlic, onions, green pepper and celery. Cook 5 minutes; add salt, chili powder, cayenne and chicken. Add tomatoes and corn, simmer about 15 minutes. Grease a 10 × 14 inch shallow baking pan and line the bottom and sides with ⅔ of the hot corn meal. Fill center with chicken mixture. Press olives in here and there. Drop remaining corn meal mush by spoonfuls over chicken, sprinkle with cheese and bake in 350° oven for about an hour.

*Serves 10 to 12*

### SPRING CHICKEN CASSEROLE with SHERRY

UNITED STATES

- |  |                                 |
|--|---------------------------------|
| 1 broiler or young spring chicken, quartered | 1 cup tiny new potatoes, peeled |
| 1 stick butter                               | Salt and pepper, to taste       |
| 1 cup tiny new carrots                       | Pinch of fresh rosemary         |
| 1 cup small whole onions                     | Pinch of tarragon               |
| 2 cups sherry                                | Pinch of parsley                |

Brown chicken in butter; remove to casserole. Gently brown carrots, onions and potatoes in same butter and set aside. Season chicken with salt, pepper, herbs and 1 cup sherry; cover and bake 30 minutes in 350° oven. Now add vegetables and more sherry (if dry); continue baking until tender, basting frequently. Serve from casserole and pass small pitcher of hot sherry.

*Serves 2 or 3*

### CHICKEN SAUSAGE CASSEROLE

UNITED STATES

- |  |  |
|--|--|
| 4 frying chickens, cut in serving pieces | 5 cups chicken broth (fresh or canned) |
| ½ cup flour                              | 2 pinches of tarragon                  |
| 4 tsp. salt                              | 1 crushed bay leaf                     |
| ½ tsp. pepper                            | 2 garlic cloves, mashed                |
| 6 tbsp. butter                           | 2 cans tiny white onions               |
| 6 tbsp. salad oil                        | 2 cans miniature cocktail sausages     |
|  | 2 cans mushrooms (or 1 lb. fresh)      |

Dust pieces of chicken in seasoned flour. Brown well in skillet containing butter and oil, turning frequently. Place chicken in a 5-quart casserole. To juices in skillet add remaining seasoned flour with which chickens were dusted and mix well. Add broth slowly and make a smooth medium-thick gravy. Season with tarragon, bay leaf and garlic. Pour gravy over chicken in casserole. Add onions, sausages and mushrooms to casserole, distributing them evenly. (If fresh mushrooms are used, add after casserole has baked an hour.) Cover and bake casserole 1 hour and 20 minutes in 350° oven.





## Desserts

### "MAQUEE" CHEESE TART ("Maquee" Tarte au Fromage)

BELGIUM

1/2 lb. cream cheese	2 eggs
1 scant cup sugar	1/2 cup rich milk
4 1/2 tbsp. flour	Pie dough
Salt, to season	1 egg, beaten
Cinnamon	Sugar

In a mixing bowl, blend the cream cheese, sugar and flour. When smooth, add salt and a generous pinch of cinnamon. When these are mixed in, add eggs, one at a time. Then add the milk and mix well again.

Line the pie plate with dough and fill 2/3 full with the cheese mixture. Bake in a moderate oven. For a deliciously brown top, brush with a beaten egg mixed with a little sugar.



### CRÊPES SUZETTE

BELGIUM

#### Crêpes

1 cup milk	1 tbsp. butter, melted
2 egg yolks	Flour, for thin batter
1 whole egg	

Mix the milk, egg yolks, whole egg, melted butter and enough flour to make a thin batter. With this batter make very thin pancakes.

#### Sauce

3 tbsp. butter	1/4 cup curaçao
Scant 1/4 cup sugar	1 dash anisette

Melt the butter and the sugar; add the curaçao and the anisette. Mix into a smooth and fragrant cream.

Spread each pancake with the curaçao cream. Fold over and serve.

## GRAND MARNIER SOUFFLÉ

(Soufflé au Grand Marnier)

BELGIUM

1/2 cup milk	3 egg yolks, beaten
1/2 cup sugar	6 egg whites, beaten stiff
6 tbsp. flour	4 tbsp. Grand Marnier
1 tbsp. butter	

Dissolve sugar in milk, stirring constantly; add flour and stir until smooth and thick. Remove from fire; add butter and egg yolks. Blend thoroughly. Fold in egg whites and Grand Marnier. Pour into a soufflé dish and bake for 20 minutes in 350° oven. Then turn heat up to 400° and bake for another 10 to 15 minutes. Serve at once. *Serves 6*

## APPLE DUMPLINGS

CANADA

2 cups sugar	1/4 tsp. nutmeg, ground
1 cup water	1/4 tsp. cinnamon, ground
3 tbsp. whole cinnamon candies	2 cups all-purpose flour
1/4 cup butter (or margarine)	1 tsp. salt
6 apples, pared, cored, sliced	1 tbsp. baking powder
1 tbsp. lemon juice (fresh, canned, or frozen)	3/4 cup shortening
	1/2 cup milk

Make syrup of 1 cup sugar, water, and cinnamon candies; cook until dissolved. Add butter (or margarine) and set aside. Sprinkle sliced apples with lemon juice and remaining cup of sugar, nutmeg and cinnamon. Sift flour; measure; add salt and baking powder and sift into bowl. Cut in shortening. Add milk and blend thoroughly. Roll out into sheet about 18 by 12 inches. Cut into 6-inch squares. Put 1/6 mound of apple mixture on each square of pastry. Moisten edges of squares with water; bring four corners up over apples; pinch sides together. Place in individual, greased baking dishes; pour syrup over dumplings. Bake on upper rack of oven at 350° until crust is golden brown. *Serves 6*

## RHUBARB ICE CREAM

CANADA

2 cups rhubarb, sliced thinly	2 eggs
1 cup sugar	1/4 cup rich milk
1 cup heavy cream	1 cup light corn syrup

Cook rhubarb in double boiler. No water need be added if cooked this way. Add sugar and cook until soft. Chill rhubarb and put through strainer as much as possible. Blend pulp and juice. Whip the cream. Beat the eggs and combine all ingredients. Blend with the egg beater. Place in a refrigerator tray and freeze it at lowest temperature.

## MINCE TARTS

with APRICOT BRANDY SAUCE

CANADA

1 recipe of pastry dough  
1 1/2 tbsp. mincemeat per tart

Roll pastry 1/8-inch thick. Cut out rounds using 3/4-inch cutter. Cut out center in upper rounds. Put 1 1/2 tablespoons of mincemeat on each lower round. Moisten edges with water. Add tops and seal edges with fork. Bake at 425°.

### Sauce

1/2 cup sugar	3/4 cup apricot pulp
1 tbsp. cornstarch	Brandy, to taste
3/4 cup cold water	

Combine sugar, cornstarch and water. Cook until clear. Add apricot pulp and brandy before serving.

## BAKED CRANBERRY PUDDING

CANADA

1 cup granulated sugar	1 1/2 cups whole cranberries
2 cups flour	1 cup milk
2 tbsp. cream of tartar	3 tbsp. melted butter
1 tsp. baking soda	

Sift together the sugar, flour, cream of tartar and soda; add cranberries. Stir in milk mixed with the butter. Bake in lightly greased 8 x 8 cake pan in moderate oven (350°) for about 30 minutes. Cut in squares. Serve warm with Orange Sauce.

### Orange Sauce

2 egg yolks	2/3 cup orange juice
3 tbsp. white sugar	

Beat yolks slightly. Add sugar and orange juice. Blend well. Cook over direct heat until mixture coats spoon. Serve hot or cold. *Serves 8*

## DATE BARS

CANADA

- |                           |                         |
|---------------------------|-------------------------|
| 1½ cups chopped dates     | ¾ cup light brown sugar |
| 1 cup chopped nuts        | ½ cup cornflakes        |
| 5 graham crackers, rolled | 2 well-beaten eggs      |
| 1½ tsp. baking powder     | 1 tsp. vanilla          |
| ½ tsp. salt               |                         |

Combine above ingredients in mixing bowl. Spread evenly in a well-buttered, oblong pan and bake in 325° oven for 30 minutes. Cut into small oblongs while still warm.

## LOVE RINGS

DENMARK

## (Kærlighedskranse)

- |                          |                                    |
|--------------------------|------------------------------------|
| 4¼ cups flour            | 2 eggs, separated                  |
| 1½ cups soft margarine   | Approximately 3 tbsp. coarse sugar |
| ½ cup plus 3 tbsp. sugar |                                    |

Combine flour and margarine; add sugar and the egg yolks. Press dough through cookie press or an European meat grinder with cookie attachment, using the round gauge. Cut the long, thin "sausage" in 3-inch long pieces and form each piece into a ring. Beat egg whites until foamy; dip one side of the cookies first in whites and then in the coarse sugar. Bake until light brown at 375°.

## APPLE DESSERT

DENMARK

## (Æblekage)

- |   |                             |
|---|-----------------------------|
| 3 lbs. good cooking apples,<br>peeled, cored and cut in<br>quarters | ½ stick butter              |
| ¼ cup water   | 1⅓ cups bread crumbs        |
| Sugar to taste  | 3 tbsp. sugar               |
|   | 1 or 1½ cups cream, whipped |

Cook apples in sugared water making a rather stiff applesauce. Let cool. Brown butter in a skillet, add bread crumbs and sugar, stirring all the time; remove skillet from fire when the mixture has become golden. Let cool. Immediately before serving cover the bottom of a serving bowl with bread crumbs, then a layer of applesauce, again bread crumbs. Continue until you have 2 layers of applesauce with bread crumbs on top. Decorate with whipped cream or serve it in a separate bowl. *Serves 6*

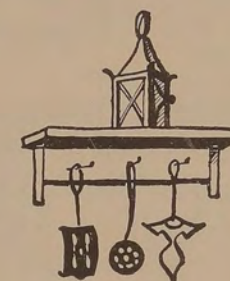
## RICE DESSERT

DENMARK

## (Riz à l'Amande)

- |             |                                      |
|-------------|--------------------------------------|
| 1 qt. milk  | 1 tbsp. sugar                        |
| ⅔ cup rice  | ¼ cup chopped, blanched al-<br>monds |
| ½ tsp. salt | 2 cups cream, whipped                |
|             | Black currant preserves, to garnish  |

Bring the milk to a boil; then add the rice, stirring well. Bring to a boil again, reduce flame, and let simmer for 1 hour, stirring frequently. Then add salt and sugar and let cool. Combine the cold rice porridge with almonds and the whipped cream. Chill before serving with a dish of black currant preserves. *Serves 6*



## FRUIT JUICE DESSERT

DENMARK

## (Rødgrød med Fløde)

- |                      |   |
|----------------------|---|
| ½ lb. red currants   | Potato flour, 1 tsp. to each cup of<br>strained berry juice |
| ½ lb. black currants | 1 tbsp. sugar   |
| ½ lb. raspberries    | ½ cup blanched, slivered al-<br>monds (optional)            |
| 2 cups water         | 2 cups coffee cream   |
| 1 cup sugar          |   |

Rinse all the berries, put them in a saucepan with water, and bring to a boil. Let cook gently for 10 minutes. Strain, measure the juice so that you know how much potato flour to use, and pour it into a saucepan; add sugar and bring to a boil; remove the saucepan from stove, and thicken juice immediately with potato flour mixed with a few tablespoons cold water or juice. Stir very well until thick; add almonds, pour into a bowl and sprinkle with 1 tablespoon sugar. Chill before serving with cream.

This dessert is one of the most common during the summer time; it is actually served almost every other day in every other home in Denmark. *Serves 6*



## OTHELLO LAYER CAKE (Othellokage)

DENMARK

3 eggs	1/2 tsp. ammonium carbonate
1/2 cup plus 3 tbsp. sugar	1 cup plus 1 tbsp. flour

Whip eggs and sugar; add ammonium carbonate and flour, sifted together. This amount makes 3 layers. Bake each layer in 350° oven until golden and spongy in well-greased 8-inch layer pans. Put Vanilla Cream Filling between layers.

### Vanilla Cream Filling

3 egg yolks	1 cup milk
3 tbsp. sugar	Seeds of 1/2 vanilla bean, or 1
3 tsp. flour	tsp. vanilla extract
	1 tbsp. butter

Beat egg yolks and sugar well. Add the flour and mix thoroughly. If you use vanilla seeds, add them to milk and bring to a boil, but if you use vanilla extract, do not add it until the filling is cooked. Remove saucepan from stove, add egg mixture to the milk, stirring well, and bring to a boil again; let boil slowly for a few minutes, stirring incessantly. Add butter, and now the vanilla extract. Spread the filling, while hot, between the three layers, but not on top. When cake is completely cold cover with chocolate icing.

### Chocolate Icing

4 oz. semi-sweet chocolate	2 1/2 tbsp. confectioners' sugar
1 tbsp. cocoa	2 tbsp. boiling water
	Blanched, slivered almonds, for decoration

Melt chocolate in a double boiler; sift into the chocolate the cocoa and confectioners' sugar, and mix. Then add the water, stirring well. Ice cake and decorate with as many almonds as you wish.

## CORNETS FILLED with WHIPPED CREAM DENMARK (Kræmmerhuse med Flødeskum)

2 eggs	5 tbsp. water
7/8 cup sugar	Whipped cream, for filling
3/4 cup flour	Strawberry preserve

Beat eggs and sugar well; add flour and water and stir. Grease baking sheet well with butter, and by means of 2 teaspoons, drop the batter in small heaps, only 4 or 6 on each baking sheet, and spread each heap thinly into an oblong shape. Bake quickly in a hot oven until golden, then quickly take one cookie out at a time and form it into a cornet. (I'm sorry, but you cannot avoid burning your fingers.) To keep its shape, let each cornet cool and stiffen in the opening of a milk bottle. Serve whipped cream and strawberry preserve with the cornets, but let each person fill his own; they get soft in no time when they are filled with cream.



## PANCAKES (Pandekager)

DENMARK

2 tbsp. sugar	1/2 cup beer
1 tbsp. margarine	2 1/2 to 3 cups milk
4 egg yolks	4 egg whites, beaten
4 1/4 cups flour	Margarine for frying

Combine sugar and margarine; add egg yolks, flour, beer and milk, and finally the stiffly-beaten egg whites. The batter should be rather thin. Melt in a skillet a small lump of margarine and add a small quantity of batter; quickly tip the skillet to let the batter spread over the bottom in a thin layer. Cook each pancake on both sides until golden. You may eat the pancakes with strawberry preserves sprinkled with sugar, but try the following some day:

Place on top of each pancake 2 tablespoons of Vanilla Cream Filling (see Index). Roll and place the pancakes side by side in a baking dish. Heat in the oven and serve. Sprinkle with confectioners' sugar. Serves 8 (more if you fill the pancakes with Vanilla Cream Filling). Serve a glass of Danish Black Currant Rum with this dessert.

## CHRISTMAS COOKIES (Klejner)

DENMARK

3/4 cup sugar	Grated rind of 1 lemon
3 eggs	3 tbsp. coffee cream
3/4 cup margarine	4 1/4 cups flour
1/2 tsp. ground cardamom	Vegetable shortening

Beat eggs and sugar well; add margarine, which should be soft but not melted, cardamom and grated lemon rind. Stir well and at last add cream and flour. Roll the dough very thin on a floured board and with a "jagging wheel" cut small diamond-shape cookies, 2-inches long and 1-inch wide, with a slot in the middle. Take one corner of each cookie and put corner through the slot and pull it through and back to its original point, thereby making it twist. Heat the shortening in a deep frying pan; drop the "Klejner" in the very hot shortening, only 5 or 6 at a time. Deep fry them until they are light brown, then place them on unglazed paper.

## CAKE of the KINGS (Gâteau des Rois)

FRANCE

3/8 lb. butter (1 1/2 sticks)	1/2 tsp. salt
2 cups flour	3/4 cup water

Cream butter; add dry ingredients; quickly add water. Roll dough and let it rest for 1 hour. Roll again on opposite side. Let rest 20 minutes. Roll again and place in baking pan. Make some crosses with a knife on top of dough for a design. Bake for 20 minutes in moderate oven.

*Editor's note:* Customarily served on January 6.

## SURPRISE OMELET (Omelette Surprise)

FRANCE

24 to 30 ladyfingers, or equal amount of sponge cake	6 egg whites
1/2 to 1 cup of rum or Kirsch (depending on taste)	1/2 cup granulated sugar
3 pts. of vanilla ice cream, completely frozen	Confectioners' sugar for dusting on top

In a flat, oblong ovenproof dish make a bed of ladyfingers packed close together. Soak ladyfingers with rum. Cover with scoops of ice cream, leaving one-half inch of ladyfingers showing on all sides. Make meringue by beating egg whites very stiff and slowly adding granulated sugar. Cover the ice cream unevenly with meringue. Sprinkle with confectioners' sugar. Preheat oven to 500° to 525°. Bake until meringue is golden; watch closely as it burns easily. Remove from oven before ice cream can melt. Serve at once.

*Serves 6 to 8*



## CHOCOLATE MOUSSE with MOCHA CREAM FRANCE (Mousse au Chocolat avec Crème de Mocha)

### Mousse

5 whole squares of semi-sweet chocolate	1 tbsp. strong coffee
2 tbsp. butter	6 tbsp. sugar
	4 eggs, separated

### Mocha Cream

3 cups milk	4 egg yolks
4 tbsp. sugar	2 tbsp. strong coffee

### Decorations

Whipped cream	Grated chocolate
---------------	------------------

*To make mousse:* Place the chocolate in double boiler; add butter and coffee; melt the mixture. Take from fire and add sugar, stirring well. Add the egg yolks, one at a time; then add stiffly-beaten egg whites. Mix thoroughly and pour into a serving bowl. Chill.

*To make cream:* Boil the milk and sugar. In a bowl put egg yolks; mix well with coffee; add hot milk, slowly, stirring briskly. Put egg and milk mixture back in saucepan and stir over a low fire until thick. Strain; cool. When cool pour cream over the mousse. Decorate with whipped cream and chocolate.

### ALMOND CREAM (Crème Frangipane)

FRANCE

3/4 cup sugar	1 tbsp. butter
2 whole eggs, plus 1 yolk	1 1/2 cups milk, boiling
2/3 cup flour	1/2 cup ground almonds

Mix sugar, the eggs and yolk; beat well. Add flour, butter and the boiling milk, a little at a time. Cook this mixture until thick. Add the almonds. Cool. Use as a cake filling.

### ICED ORANGE DESSERT (Oranges Glacées)

FRANCE

8 oranges	1 envelope unflavored gelatine
1/3 lb. powdered sugar	1 cup cream, whipped
4 tsp. orange liqueur	

Cut small top off oranges for lid. Remove pulp from oranges; mash. Mix pulp with powdered sugar and orange liqueur. Dissolve gelatine in small amount of water (following instructions on package). Add gelatine to orange mixture. Cool well. Add whipped cream. Fill orange shells with this mixture and replace lids. Put in refrigerator to chill. *Serves 8*

### RASPBERRY PUDDING (Rote Gruetze)

GERMANY

1/2 cup raspberries	6 to 7 tbsp. sugar
1 cup fresh currants	8 tbsp. cornstarch
1 1/2 cups of water or wine	

Bring berries, with water or wine, to a boil and rub through a fine sieve. To this liquid add sugar and bring it to a boil; stir cornstarch into a little water; add to the liquid, stirring constantly. Boil for about 3 minutes. Pour it into a dish which has been rinsed with cold water, turn out when chilled and set. Serve with vanilla sauce, cream or whipping cream. *Serves 4*

### ROMAN PUNCH (Roemischer Punsch à la Singapore)

GERMANY

4 egg whites	1/2 pt. whipping cream
1 pt. lemon sherbet	1 small can pineapple tidbits
1/2 cup good rum or 1 cup champagne	

Fifteen minutes before serving, beat egg whites and mix with rum or champagne and fold into the lemon sherbet. Serve in sherbet glasses and top with whipping cream mixed with pineapple tidbits. *Serves 6*

### LEMON CREAM (Zitronen Crème)

GERMANY

2 eggs, separated	Grated rind of 1/2 lemon
7 tbsp. sugar	1 envelope of gelatine, dissolved in 1/4 cup hot water
Juice of 1 lemon	

Thoroughly beat egg yolks with sugar. Add lemon juice and rind. Beat until cream thickens. Add gelatine and stiffly-beaten egg whites; blend completely. Pour into large serving dish; chill. *Serves 4*

### RICE PUDDING (Rizogalo)

GREECE

1/4 cup rice (raw)	1/4 cup butter
1/3 cup water	Juice of lemon
1 qt. milk	3 eggs
1/2 cup sugar	1 tsp. cinnamon

Cook rice in water over high flame until it reaches the boiling point; lower heat and cook on medium heat until all of the water is absorbed. Add milk, sugar, butter and lemon juice. Let come to a boil over a high flame. Lower to medium and cook for 40 minutes, stirring occasionally. Remove from fire. Beat eggs well with rotary beater until foamy; add to the rice mixture slowly, and heat for 2 minutes longer. Pour into individual custard cups, sprinkle with cinnamon and serve cold. *Serves 10*

### JELLY ROLL (Kormos)

GREECE

3 eggs, separated	1 cup flour
1/4 cup sugar	1 cup currant or grape jelly
1 tsp. baking powder	Powdered sugar, to decorate
Grated rind of 1 lemon	

Beat egg yolks until creamy; add sugar, beating until glossy and stiff. Add baking powder and lemon rind. Add flour and fold in the stiffly-beaten egg whites.

Grease a 9 × 12 pan and line with waxed paper. Pour mixture into pan and bake in moderate oven for 10 minutes. Remove from the pan and spread with jelly. Roll while warm and sprinkle with powdered sugar. Slice to serve.

*Serves 10*

### WALNUT CAKE (Karethopeta)

GREECE

1/2 cup butter	3 cups flour
1 cup sugar	4 cups finely-chopped black wal-
8 eggs, separated	nuts
2 tsp. cinnamon	1/2 cup broken walnuts
2 tsp. baking powder	

Cream butter and sugar, add well-beaten egg yolks; then fold in stiffly-beaten egg whites. Mix cinnamon and baking powder with flour. Add to the egg mixture. Stir in the 4 cups of walnuts. When well blended bake in a 10-inch square baking pan at 350° for about an hour. Sprinkle top before baking with 1/2 cup nuts. When cool, cut in diamond-shape pieces and pour the following syrup over them.

#### *Brandy and Cinnamon Syrup*

1 cup sugar	1 tsp. cinnamon
1/2 cup water	2 tbsp. brandy
1/2 cup honey	

Boil sugar and water to a syrup; add the honey, cinnamon and brandy. Stir well. When cool pour over the *Karethopeta*. *Serves 20*

### MACAROON DESSERT (Trifli)

ICELAND

14 to 16 macaroons	Sugar, to season (preferably sugar
Sherry, to cover	seasoned with a vanilla stick)
2 envelopes gelatine	1 tsp. of vanilla
3 cups coffee cream	1 pt. whipped cream
4 eggs, separated	Jam or preserves, not too sweet

Soak macaroons in sherry. Soak gelatine in 1/2 cup of cold water for 10 minutes. Beat egg yolks, sugar and vanilla together until almost white. Heat coffee cream to boiling point; add slowly to egg mixture. Pour mixture back into saucepan and heat over low flame until it thickens, stirring constantly. Add gelatine and stir until dissolved. Beat egg whites until stiff; add to egg mixture. Now add 4 tablespoons of whipped cream and mix thoroughly. In a large serving bowl place sherry-soaked macaroons, cover with jam or preserves. Pour sauce over jam and allow to stand. Before serving, top with remainder of whipped cream. *Serves 6*

### LADY'S SECRET (Segreto della Dama)

ITALY

1 whole egg	6 tbsp. melted butter
1 egg yolk	2 oz. roasted hazel nuts, chopped
1 1/4 cups confectioners' sugar	coarsely
3/4 cup cocoa	1/4 lb. crumbled (not fine) va-
	nilla wafers

Beat egg, yolk and sugar until fluffy (about 15 minutes). Add cocoa. Mix well. Add butter and beat again. Stir in nuts and wafers.

Put mixture in a quart-size casserole lined carefully with wax paper. Put in refrigerator for 2 hours. When ready to serve unmold on serving platter and remove paper.

### GROUND CHESTNUTS with WHIPPED CREAM (Montebianco)

ITALY

1 1/4 lbs. chestnuts	5 tbsp. powdered sugar
1/2 cup milk	2 cups whipped cream, sweet-
1/4 tsp. vanilla (if desired)	ened to taste

Shell chestnuts and boil 15 minutes. When cooked, remove the outer membrane, put in pan with milk and vanilla, if desired, and re-cook. Mash the chestnuts with a wooden spoon until its consistency is that of purée. Add the powdered sugar. Re-heat. Squeeze purée from a pastry bag forming a cone on the serving platter. Cover cone with whipped cream and with knife smooth out cone to give the effect of a mountain covered with snow. *Serves 6*

### WINE CUSTARD (Zabaglione)

ITALY

3 egg yolks	Vanilla, optional
3 tbsp. sugar	Liqueurs, optional
6 tbsp. Marsala (or white wine)	Grated orange or lemon rind, optional

Using a double boiler, beat eggs, sugar and wine with wooden spoon. The mixture first becomes foamy and finally a light soft mass. Add other flavoring as desired. Pour into sherbet glasses; cool. *Serves 4*



### PASTRY for CARNIVAL (Patisserie de Carnaval)

LUXEMBOURG

2 lbs. (approx. 8 cups) flour	Salt
2 eggs	Sugar
1/2 lb. butter	1 cup cold milk
1 tsp. baking powder	

Make dough of the items above and after it has risen for about 1 hour, roll the dough into thin sheets. Cut into strips, with a small grooved wheel. Knot strips, put them on a floured board to rise for 15 minutes. Then fry the knots in deep fat. When serving, sprinkle them with a mixture of flour and sugar.

### PLUM TART (Tarte aux Quetsch)

LUXEMBOURG

Pastry dough	Sugar to taste
Ripe blue plums	Powdered sugar to garnish

Make a pie pastry; fill individual tart pans or 9-inch pie pan with bottom crust. Slice pitted, unpeeled, ripe blue plums in quarters; cover the pie shell with a thick layer of the fruit, sugar to taste, and bake until fruit is tender and the pastry is done. Before serving, sprinkle top with powdered sugar.

### FRUIT DOUGH BALLS (Olie-Bollen)

THE NETHERLANDS

1/2 cake compressed yeast	1/4 cup candied lemon peel
3/4 cup milk, lukewarm	1/2 cup seedless raisins
1 1/2 cups flour	1/4 cup currants
1 heaping tsp. brown sugar	1 qt. salad oil for deep frying
1 tsp. salt	1 cup confectioners' sugar, sifted
1 egg	

Soften yeast in 2 tablespoons milk. Put flour into deep bowl and make a deep hole in center. Pour in yeast, egg, sugar and salt. Stir, and add rest of milk gradually. Mix well and beat vigorously for 6 minutes. Blend in lemon peel, raisins and currants. Allow to rise in bowl, covered with cloth in a warm place for 1 hour.

Heat oil in deep frying pan to 375°. Form balls by using 2 tablespoons. Drop in oil and fry for approximately 5 minutes until golden brown. Drain on absorbent paper and dust with sugar. Serve hot or cold. *12 to 15 pieces*

### LEMON MOUSSE (Citraenvla)

THE NETHERLANDS

4 eggs, separated	Grated rind of 1 lemon
1/2 cup sugar	Scant 1/2 cup of Rhine wine or water
Juice of 2 lemons	

Beat egg yolks and sugar until lemon-colored. Add lemon rind, lemon juice and water or wine. Heat mixture in double boiler, beating continuously until it thickens. Beat egg whites until very stiff (or until soft peaks can be formed) and fold lemon mixture into egg white, quickly but carefully. Serve cold. *Serves 5*

## BANKET LETTER

THE NETHERLANDS

[A speciality served instead of cake at St. Nicholas or Christmas]

## Pastry

1 1/8 cups flour	1/8 cup water plus 1 tbsp.
1/4 lb. margarine	1/2 tsp. salt

## Almond Filling

1/2 heaping cup almonds, ground	1/4 cup maraschino cherries
1/2 heaping cup sugar	1 egg, beaten
1 lemon peel, grated	Salt, to season

## Decorations

1 egg yolk, beaten	Candied orange peel
Apricot jam	Candied cherries

Combine flour, margarine, butter and salt. Blend thoroughly and roll into a long narrow strip 1/8-inch thick, 3-inches wide.

Grind together once the ground almonds, sugar, lemon peel and cherries. Add egg and salt, mix and roll into a long sausage. Place almond sausage in center of pastry strip, fold dough over to cover completely and stick ends together using a bit of water. Place filled dough on cookie sheet, sprinkle with flour. Shape into letter eight or ring. Brush with egg yolk diluted with 1 teaspoon water. Bake in hot oven until golden brown 30 to 40 minutes. Spoon apricot jam over hot bread and decorate with candied orange peel and cherries.

BUTTERMILK CREAM SPECIAL  
(Hang-op Speciaal)

THE NETHERLANDS

3 qts. buttermilk	1 pt. custard pudding made from prepared mixture
3 tbsp. sugar	Whipping cream, as desired
2 packages frozen raspberries	

Place strainer over deep bowl and line strainer with damp cheesecloth. Pour buttermilk into cheesecloth and allow to stand overnight. The whey will be strained through the cloth. Scoop out the very thick buttermilk which is left in cheesecloth. Beat this well until smooth and add sugar. Put raspberries through sieve, keeping apart as many raspberries as desired for decoration. Thoroughly blend crushed raspberries and custard with buttermilk. Serve in glass dishes; decorate with whipped cream and whole raspberries. *Serves 6*

FONDANT  
(Borstplaat)

THE NETHERLANDS

1 tsp. butter for greasing molds
1 cup granulated sugar
1/3 cup fresh milk
1 tbsp. cocoa or 1/4 tsp. pure vanilla extract

Prepare molds by greasing inside with butter and place on waxed paper. Pour sugar into small saucepan. Add milk *but do not stir*. Bring to slow boil. After mixture reaches boiling point, stir constantly until syrupy and until last drop falling from the raised spoon forms a thread. Remove from heat. While stirring, add the vanilla extract or cocoa. Beat by hand until mixture holds its shape. Carefully pour into molds\* and allow to cool. Gently remove from molds taking care not to break the shapes.

\* These molds are usually in the shape of hearts, etc. They are spring form molds without bottoms, like a cookie cutter, hence the need of using wax paper or aluminum foil underneath them.

## LADY GOLDENGLOW LAYER CAKE

NORWAY

1 3/4 stick butter	Grated rind of 1 lemon
1 cup sugar	3/4 cup milk
3 eggs, separated	2 tsp. baking powder
1/2 lb. (2 cups) flour	3 tbsp. cocoa

Cream butter and sugar until light; add alternately egg yolks, flour, lemon rind, milk and baking powder. Finally fold in stiffly-beaten egg whites. Add cocoa to 1/2 the batter. Place 1 tablespoon of each batter alternately in greased 9-inch baking pan. Bake in 300° oven for 40 minutes. Cool, cut in half, fill and frost.

## Filling and Frosting

1/2 stick butter, melted	1 egg white, stiffly-beaten
1 orange, segments and grated rind	3 oz. semi-sweet chocolate
1/2 cup confectioners' sugar	

Mix together butter, sugar, orange segments and rind until smooth; fold in egg white. Melt half of the chocolate and blend in 3/4 of the mixture. This is to be used for filling. The other 1/4 of the mixture is used for frosting. Grate the rest of the chocolate on top of cake.

### FLEAD CAKE (Fattigmanns Bakkels)

NORWAY

5 egg yolks	1/2 tbsp. brandy
1 egg white	1 1/2 cups flour, sifted
1/4 cup sugar	1 tsp. ground cardamom
1/4 cup cream, whipped	1 lb. (2 cups) vegetable shorten-
1/4 tsp. grated lemon rind	ing

Beat yolks and egg white with sugar for at least 15 minutes. Add cream, lemon rind and brandy. Fold in flour and cardamom; handle dough as little as possible. Cover, and place in cool place until next day. Roll dough out as thin as possible. Cut in diamonds (4 inches long), using a pastry wheel. Immerse in hot, deep fat (380°) and cook until light yellow. Drain on absorbent paper. These cakes are very fragile.

### BUTTER CREAM ROLL (Rullekake)

NORWAY

3 eggs	1/2 cup flour
3/4 cup sugar	1/2 tsp. baking powder
1/4 scant cup potato starch	Sugar, to sprinkle

Beat eggs and sugar thoroughly. Sift in potato starch, flour and baking powder; mix. Line a 13 1/2 inch x 11 inch baking pan with greased paper. Pour in batter and bake for 10 to 12 minutes in 275° oven. Spread some waxed paper on kitchen table. Sprinkle sugar on paper. Turn cake upside down onto sugar. Remove greased paper from pan and place pan over cake until cake has cooled completely.

#### Filling

1 1/2 sticks of unsalted butter	1/3 cup cream, boiling
1 small egg	Vanilla, to season
1/3 cup sugar	

Stir butter until creamy. Beat egg and sugar together; then add to butter. Stir well. Add cream, bit by bit, then vanilla. Spread filling on cold cake and roll. Wrap roll in towel or paper and store in refrigerator overnight.

### ALMOND RING (Mandelring)

NORWAY

1 3/4 cups almonds, ground	2 cups confectioners' sugar
4 egg whites, stiffly-beaten	1 tsp. flour

To egg whites add sugar, flour and almonds. Mix well. Grease a ring pan with margarine, sprinkle with flour, and fill with almond mixture. Preheat oven to medium heat and bake ring about 45 minutes. If served as a dessert, add pineapple and whipped cream.

### HARTSHORN (Hjortetakk)

NORWAY

8 egg yolks	1/2 tsp. ground cardamom
4 egg whites	1 tsp. ammonium carbonate (bak-
2 cups sugar	ing ammonia)
1 cup cream, whipped	Approx. 2 lbs. (8 cups) flour,
Scant 1 1/2 sticks of butter, melted	sifted
	3 lbs. (6 cups) vegetable short-
	ening

Beat egg yolks, whites and sugar well; add cream, butter and cardamom. Mix ammonium carbonate with half the flour and add to mixture. Leave batter in a cool place overnight; then add more flour, just enough to make dough easy to handle. Use your hands and roll dough finger-thick. Cut dough approximately 4-inches long and shape into rings. Fry in deep fat until light brown. Drain on absorbent paper. Store in airtight container.

### CARAMEL PUDDING (Karamell Pudding med Krem)

NORWAY

1 cup sugar for caramel	2 1/2 cups coffee cream
3 whole eggs	1 tsp. vanilla
2 egg yolks	1/3 cup cream, whipped
3 tbsp. sugar	

Heat a frying pan on the stove and add sugar. Stir until sugar turns into a brown liquid (caramel); then pour into a preheated loaf pan. Tilt pan so that the caramel will coat all sides of pan; cool. Beat whole eggs, egg yolks and sugar lightly; add coffee cream and vanilla; strain mixture into caramelized loaf pan and place in another shallow pan. Fill lower pan with hot water. Bake in medium oven for 1 hour, or until set. Water in lower pan *must not boil*. When cold, unmold pudding on serving dish. Melt coagulated caramel left in pan and pour over pudding. Decorate with whipped cream.

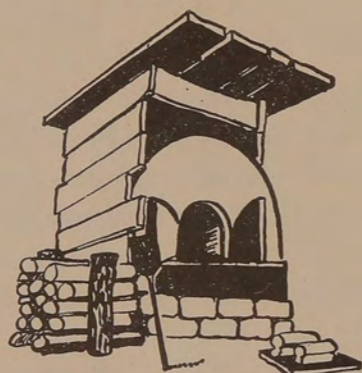
Serves 4

### ANGEL FLUFFS (Papos de Anjo)

PORTUGAL

6 egg yolks	2 cups water
1 whole egg	1 tsp. vanilla extract
8 tbsp. sugar	

Beat the yolks and whole egg in the electric mixer at maximum speed for 10 minutes, or by hand for 20 minutes. Pour in well-greased muffin cups and bake at 350° for 15 minutes, or until no imprint remains when touched. Put the sugar and water in a saucepan with the vanilla. Let boil for 7 minutes. Then, one by one, drop the baked angel fluffs in syrup for 2 minutes. Take them out, put on a platter, and pour the remaining syrup over them. *Serves 4*



### AMELIA PUDDING (Pudim Amelia)

PORTUGAL

Caramelize sugar. Melt 3 tablespoons sugar and 3 tablespoons water in a pudding mold. Let boil until it turns brown, stirring constantly. Rotate pan until caramelized sugar coats all of the mold.

#### *pudding*

1 lb. sugar	1 tbsp. flour
7 egg yolks	1 <sup>2</sup> / <sub>3</sub> cups milk
2 whole eggs	1 tsp. ground cinnamon

Combine all the ingredients very well and pour into the caramelized mold. Set in a pan of hot water. Bake at 350° for 30 minutes. Unmold.

### COCONUT BALLS (Bolinhos de Coco)

PORTUGAL

4 egg yolks	5 tbsp. ground coconut
5 tbsp. sugar	

Beat the yolks well with the sugar, then add the coconut and beat again. Form small balls and sprinkle with granulated sugar.

### DARK CAKE (Bolo Escuro)

PORTUGAL

6 egg yolks	40 ground walnuts, with internal skin
10 tbsp. sugar	
10 tbsp. flour	40 ground almonds, with internal skin
6 egg whites, well-beaten	

Beat the yolks with sugar; then add flour, whites and last the nuts and almonds. Pour in a well-greased pan and bake at 350° for 30 minutes. When cool cut cake in two layers and fill.

#### *Filling*

4 egg yolks beaten	5 tbsp. sugar
	3 tbsp. water

Let the sugar boil with the water for 7 minutes. Remove from heat. Add egg yolks. Let boil 3 minutes more. *Serves 6*

### CHOCOLATE PUDDING (Pudim de Chocolate)

PORTUGAL

4 tbsp. sugar	1/2 lb. melted semi-sweet chocolate
4 egg yolks	
1/2 lb. melted sweet butter	4 egg whites, well-beaten

Beat sugar and yolks until creamy. Beating constantly, add butter and chocolate. Fold in beaten egg whites. Pour in a well-greased pan and set in refrigerator for 24 hours. Before serving set the pan in hot water for 1 minute to remove pudding more easily.

### CHOCOLATE MOUSSE (Mousse de Chocolate)

PORTUGAL

1/2 semi-sweet chocolate bar	7 egg yolks, beaten
7 tbsp. sugar	7 egg whites, well-beaten
2 tbsp. milk	

In the top of a double boiler combine chocolate, sugar and milk until it forms a thick paste. Pour that paste over the yolks; beat well, and then fold the whites into the other ingredients, mixing well. Let stand 24 hours in refrigerator and serve with whipped cream. *Serves 6*

### SMART CAKE (Bolo Fino)

PORTUGAL

8 egg yolks	4 tbsp. potato flour
9 tbsp. sugar	8 egg whites, well-beaten

Beat the yolks and sugar very well; add flour and then the egg whites. Pour in a well-greased pan and bake at 350° for 30 minutes or until when touched no imprint remains. Cool. Cut cake in two layers and use filling for Portuguese Dark Cake. *Serves 8*

### TURKISH FLOUR PUDDING (Muhallebi)

TURKEY

1 cup sugar	4 cups milk
4 tbsp. cornstarch	5 tbsp. rose water
6 tbsp. rice flour	4 almond macaroons

Mix sugar, cornstarch, and rice flour thoroughly in a 2-quart saucepan. Add milk and mix well. Cook over medium flame, stirring constantly for 10 minutes. Then, without stirring, cook slowly to allow flour paste to settle and caramelize. Occasionally test bottom of mixture with spoon for signs of caramelization. When bottom layer becomes firm and sticks to spoon, turn flame slightly higher to speed up the process. When spoon gives off a caramel odor, the cooking is done. Remove from heat and add rose water. Place macaroons in bottom of pyrex dish and pour hot mixture over them, scraping caramelized bottom into pudding. The macaroons will quickly disintegrate and rise to form a crumb-like surface. Allow to cool and set (2 to 3 hours). *Serves 4 to 6*

### LIPS of the BEAUTY (Dilber Dudagi)

TURKEY

#### Syrup:

2 1/2 cups sugar	3 cups water
1 tsp. lemon juice	

#### Batter:

7 tbsp. butter	2 eggs
1 3/4 cups water	1 egg yolk
1 1/2 cups flour	1 1/2 cups vegetable shortening
1 tsp. salt	

Boil sugar, lemon juice, and water together for 15 minutes to make a syrup. In another saucepan heat butter until it begins to change color, then add the water and bring to a boil. Reduce flame; add the flour and salt; cook for 7 minutes, stirring constantly. Cool. When mixture is cool add the whole eggs, one at a time, and egg yolk, beating well after each addition. Knead mixture thoroughly. Divide the dough into pieces the size of a large walnut; shape into rolls folded over like Parker House Rolls (to resemble lips, hence the name). Melt the vegetable shortening in a pan until lukewarm. Place lip-shaped rolls in shortening; turn heat up to high and fry rolls on both sides until golden brown. Remove them from pan and drain off excess shortening. Place hot rolls in the cold syrup and leave for 15 minutes. Take rolls from syrup and serve.



### TURKISH COOKIES (Kurabiye)

TURKEY

1/2 lb. sweet butter	1/2 lb. flour
1/2 lb. granulated sugar	1/3 lb. peeled almonds

Place sweet butter in mixing bowl and cream it well. Add sugar and sifted flour. Roll out dough 1/2-inch thick, and cut into desired shapes. Place 1 white almond on top of each cookie. Bake on greased pan in moderate oven until golden.

## GOOSEBERRY CREAM

UNITED KINGDOM

- |  |   |
|--|---|
| 1 lb. gooseberries (3 cups),<br>cleaned and washed | 1 tbsp. white wine<br>2 eggs                |
| Scant 1/2 cup grated rind of 1<br>lemon            | 1 tbsp. soft butter<br>2 tbsp. bread crumbs |
| 1 tbsp. corn flour                                 |   |

Cook gooseberries in a little water until tender; drain. Press through sieve; put purée into a pan with sugar, lemon rind and corn flour which has been blended with the wine. Stir over low heat for 3 minutes. Allow the mixture to cool.

Whip the eggs for 5 minutes; stir into the purée mixture. Next add butter and bread crumbs. Turn into a well-greased baking dish and bake in a slow oven 300° for about 30 minutes. Test with a skewer to see if pudding is set. Serve hot.

CHRISTMAS PUDDING  
with BRANDY SAUCE

UNITED KINGDOM

- |                        |                                 |
|------------------------|---------------------------------|
| 1 cup flour            | 8 oz. seedless raisins, plumped |
| 1/2 lb. bread crumbs   | 3 oz. mixed peel, chopped       |
| 1/2 lb. suet, diced    | 1 oz. ground almonds            |
| 1/2 lb. brown sugar    | 1 tsp. grated nutmeg            |
| 1/2 tsp. baking powder | Grated rind of 1 lemon          |
| 1/2 tsp. mixed spices  | 4 eggs, well-beaten             |
| 1/2 lb. sultanas       | Brandy, to moisten well         |
| 6 oz. currants, washed |                                 |

*Brandy Sauce*

- |                     |                |
|---------------------|----------------|
| 1 tsp. arrowroot    | 1 egg yolk     |
| 1/4 cup milk        | 4 tbsp. brandy |
| 1 tsp. castor sugar |                |

Place all ingredients in a bowl with eggs and brandy. Mix thoroughly. Pour into a well-buttered pudding basin; cover with greaseproof paper and steam for about 8 hours the day before using. Steam for 2 more hours before serving. Serve with Brandy Sauce, made as follows:

Mix arrowroot and milk in a saucepan until smooth. Bring to a boil, stirring constantly; add sugar and remove from fire to cool slightly. Mix egg and brandy together; pour into milk mixture, stir until thick and smooth. Serve hot.

## TREACLE TART

UNITED KINGDOM

*Pastry*

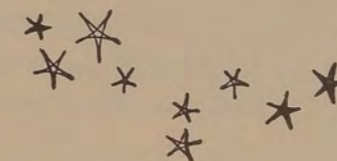
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|---------------------------|-------------------|
| 3/4 cup all-purpose flour | 2 tbsp. lard      |
| 1/4 tsp. salt             | 2 tbsp. butter    |
| 1/2 tsp. baking powder    | 2 tbsp. ice water |

Make the pastry by sifting the flour, salt and baking powder together in a mixing bowl. Cut in the lard and butter with a pastry blender until mixture resembles soft bread crumbs. Sprinkle 2 tablespoons of water over the mixture and blend it in lightly until dough can be gathered into a ball. Roll out on a floured board until about 1 inch larger than an 8-inch pie plate. Grease the pie plate and place the pastry in it, trimming the edges carefully.

*Filling*

- |                         |                                |
|-------------------------|--------------------------------|
| 1 cup golden syrup      | 1 lemon, grated rind and juice |
| 1 cup soft bread crumbs |                                |

The filling is made by warming the syrup and adding the bread crumbs, grated rind and juice of lemon. Spread this mixture over the pastry. Bake in a hot oven (425°) for about 20 minutes.

*Serves 6*

## ENGLISH TRIFLE

UNITED KINGDOM

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 lb. of ladyfingers             | Almonds, for decoration     |
| 3 wine glasses of sherry or rum  | 1 1/2 cups of milk, scalded |
| 1 small can of mixed fruit       | 1/4 cup of sugar            |
| 1 cup cream, whipped             | 2 tbsp. cornstarch          |
| Glacéed cherries, for decoration | 2 egg yolks                 |

Place ladyfingers in dish; pour over sherry or rum, allow to soak for 30 minutes or longer. Pour fruit and juice over ladyfingers, allow to soak.

*To make custard:* pour scalded milk gradually on cornstarch and sugar mixed and cook in double boiler 20 minutes. Add slightly-beaten egg yolks; stir and cook 3 minutes. Pour custard over ladyfingers, fruit and wine. Allow custard to set and get cold. Spread whipped cream over custard. Decorate with glacéed cherries and almonds. Serve cold.

*Serves 4*

*Note:* Custard Powder can be bought at stores that import foreign foods in the United States. This can be used instead of the egg custard.

## MAIDS of HONOUR

UNITED KINGDOM

*Short Crust Pastry:*

4 cups flour	$\frac{3}{4}$ cup butter
Pinch of salt	$\frac{1}{3}$ cup water
$\frac{2}{3}$ cup castor (very fine) sugar	1 egg

Sift flour, salt and sugar into a basin; lightly rub in butter with tips of fingers. Make a hollow in the centre with a wooden spoon; add water and egg; quickly mix into a light ball of dough. Crush it down twice with the palm of your hand; let stand for 50 minutes in a cold place before using.

*Filling:*

2 eggs	1 cup clotted cream (see Index)
4 cups milk	1 tsp. grated cinnamon
4 cups boiling water	1 tsp. grated nutmeg
Juice and grated rind of 1 lemon	$\frac{3}{4}$ cup currants
4 egg yolks	2 tbsp. brandy

Beat the eggs and mix with the milk. Add the eggs and milk to the boiling water, then add lemon juice. As the mixture rises, remove the curd to a sieve; drain. Beat the egg yolks until fairly stiff; mix the drained curds, clotted cream, lemon rind, cinnamon, nutmeg, currants and brandy. Mix well and bake in patty tins, greased and lined with short pastry, for about 20 minutes in a 400° oven.

*Makes 12 pastries*

## SUMMER PUDDING

UNITED KINGDOM

$1\frac{1}{2}$ lbs. mixed soft fruit (red and black currants and raspberries), washed and drained	Scant cup sugar
	Slices of bread $\frac{1}{4}$ -inch thick with crusts removed

Place fruit in a saucepan with the water and sugar. Cook until tender; then strain, keeping fruit separate from the juice. Line a greased basin with slices of bread, cutting a round to cover bottom of basin, and placing fingers of bread upright to cover the sides.

Fill the basin placing fruit first to keep the bread in place; then add juice. Cover with a round of bread. Put a plate on top; add a weight. Leave overnight. Turn out and serve with cream. *Serves 4*

## PARKIN

UNITED KINGDOM

6 tbsp. lard	1 cup golden syrup
1 cup flour	$\frac{1}{2}$ tsp. bicarbonate of soda, dissolved in 1 tbsp. milk
2 cups oatmeal	
$\frac{1}{2}$ tsp. ground ginger	

Rub the lard into the flour; add oatmeal and ground ginger; mix together thoroughly. Warm the syrup but do not let it get too hot. Mix syrup with milk and bicarbonate of soda and turn this onto the dry mixture; blend well. Place in a greased rectangular pie dish and bake in a 350° oven for about 50 minutes. Cut the parkin into squares while still in the pie dish. This gingery cake will keep indefinitely if stored in an airtight tin.

## LAGNIAPPE

UNITED STATES

1 cup flour	$\frac{1}{4}$ lb. butter
1 small pkg. cream cheese	

Work ingredients with pastry blender into a ball. Chill, roll out, cut in desired shapes. Bake in moderate oven. This pastry may be used for pie crust, or cut in fancy shapes and filled with marmalade, pâté, cheese, etc. Roll very thin.

## PERSIMMON DELIGHT

UNITED STATES

6 large ripe persimmons, whole

*Boiled Custard*

6 egg yolks	2 tsp. pure vanilla extract or the same amount of either grated orange or lemon peel
$\frac{1}{2}$ cup sugar	
$\frac{1}{4}$ tsp. salt	
4 cups milk, scalded	1 cup pecans, finely chopped

Peel persimmons and put in serving bowl.

Beat eggs; add sugar and salt, then gradually stir in milk. Cook over double boiler, stirring constantly until thick. Strain, if at all lumpy, then allow to cool and add preferred seasoning. Pour cool custard over persimmons. Cover with pecans and chill until served. *Serves 6*

DATE TORTE, SAUCE BOURBON

UNITED STATES

- |  |   |
|--|---|
| 1 1/4 cups flour                       | 1 (6 oz.) pkg. dates, cut in small pieces |
| 1/4 tsp. baking powder                 | 1 cup boiling water                       |
| 1/4 tsp. salt                          | 1/4 cup butter                            |
| 1 cup chopped nuts (pecans or walnuts) | 1 cup sugar                               |
| 1 tsp. soda                            | 1 egg                                     |

Preheat oven at 300°. Sift flour; measure; re-sift with baking powder and salt. Add nuts to flour and mix. In another bowl mix dates and soda together. Pour boiling water over dates and allow to stand; while in still another bowl cream butter and add sugar gradually. Beat the egg into butter and sugar. Combine flour and sugar mixtures; stir in date mixture. Pour into a greased 9-inch square pan. Bake 1 hour; cool in pan before turning out torte. Serve with Sauce Bourbon.

Bourbon Sauce

- |  |                        |
|--|------------------------|
| 1 cup heavy cream, whipped and seasoned to taste with dark rum | 1/2 tsp. salt          |
| 2 cups sugar   | 1 large jigger bourbon |
| 1 cup cold water   |                        |

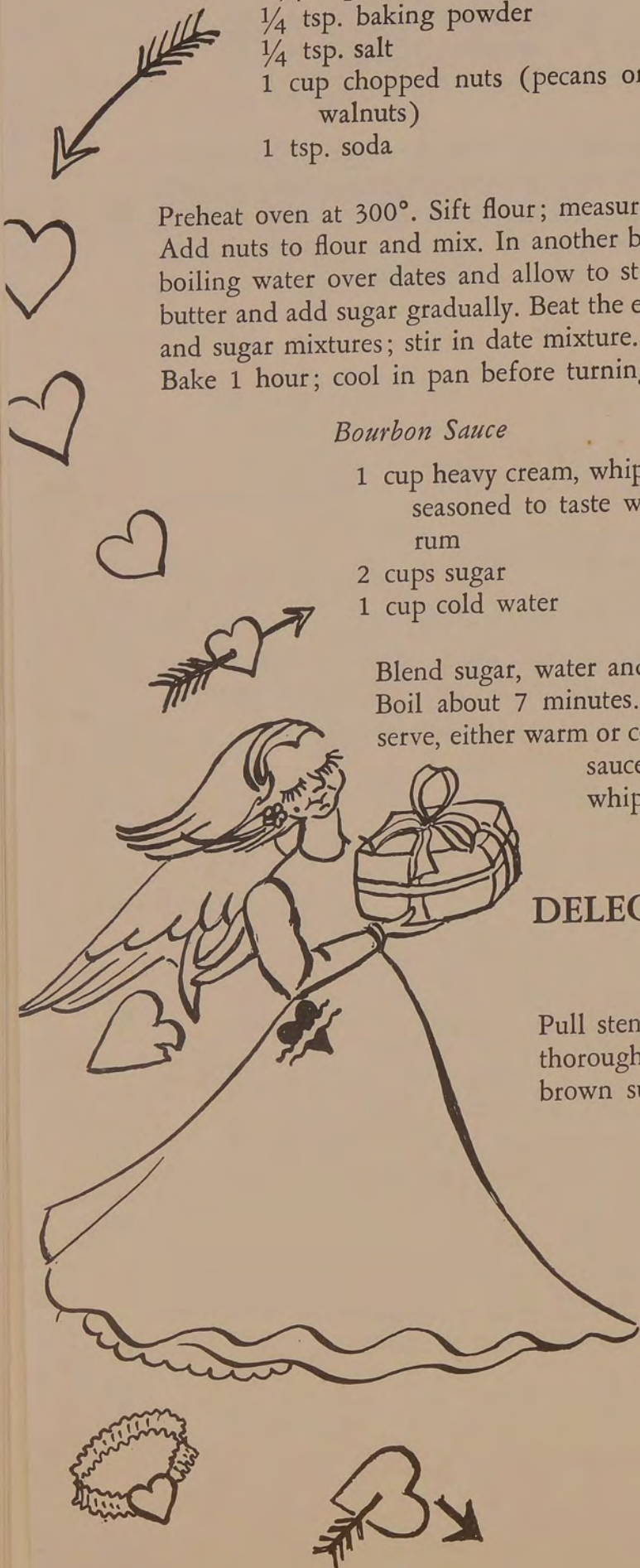
Blend sugar, water and salt. Stir over low fire until dissolved. Boil about 7 minutes. Take from fire and add bourbon. To serve, either warm or cold, cut torte into squares; pour bourbon sauce over squares and top with rum-flavored whipped cream.

DELECTABLE GRAPES

UNITED STATES

Pull stems from seedless grapes, wash and drain thoroughly. Chill. Serve grapes with a bowl of brown sugar and a pitcher of sour cream. Pour sour cream on grapes and sprinkle with sugar.

Strawberries—fresh, whole and well chilled—may be used instead of grapes.



PUMPKIN PIE

UNITED STATES

- |                         |  |
|-------------------------|--|
| 4 eggs                  | 1 (No. 2 1/2) can pumpkin  |
| 1 1/3 cups sugar        | 1 1/2 cups hot milk  |
| 1 tsp. salt             | 4 tbsp. butter, melted   |
| 1 tsp. ginger, ground   | 2 nine-inch pie plates containing your favorite uncooked pastry shells |
| 1 tsp. cinnamon, ground |  |
| 1 tsp. nutmeg, ground   |  |
| Dash of ground cloves   |  |

Beat eggs with electric mixer for 1 minute or more; add sugar, salt and spices. Add pumpkin and beat with electric beater 3 or more minutes. Add hot milk and butter and beat 3 more minutes. Pour this into uncooked pastry shells. Preheat oven to 450°. Bake pies in hot oven for 15 minutes; reduce heat to 350° and continue to bake for 35 minutes or until filling is set and golden brown.

HOMEWOOD APPLESAUCE DESSERT

UNITED STATES

- |                             |  |
|-----------------------------|--|
| 3 medium cans of applesauce | Ground cinnamon, to taste                  |
| Lemon juice, to taste       | 1 1/2 pts. of cream, sweetened and whipped |
| Sugar, to taste             | 5 squares bitter chocolate, grated fine    |
| Ground nutmeg, to taste     |  |
| Ground cloves, to taste     |  |

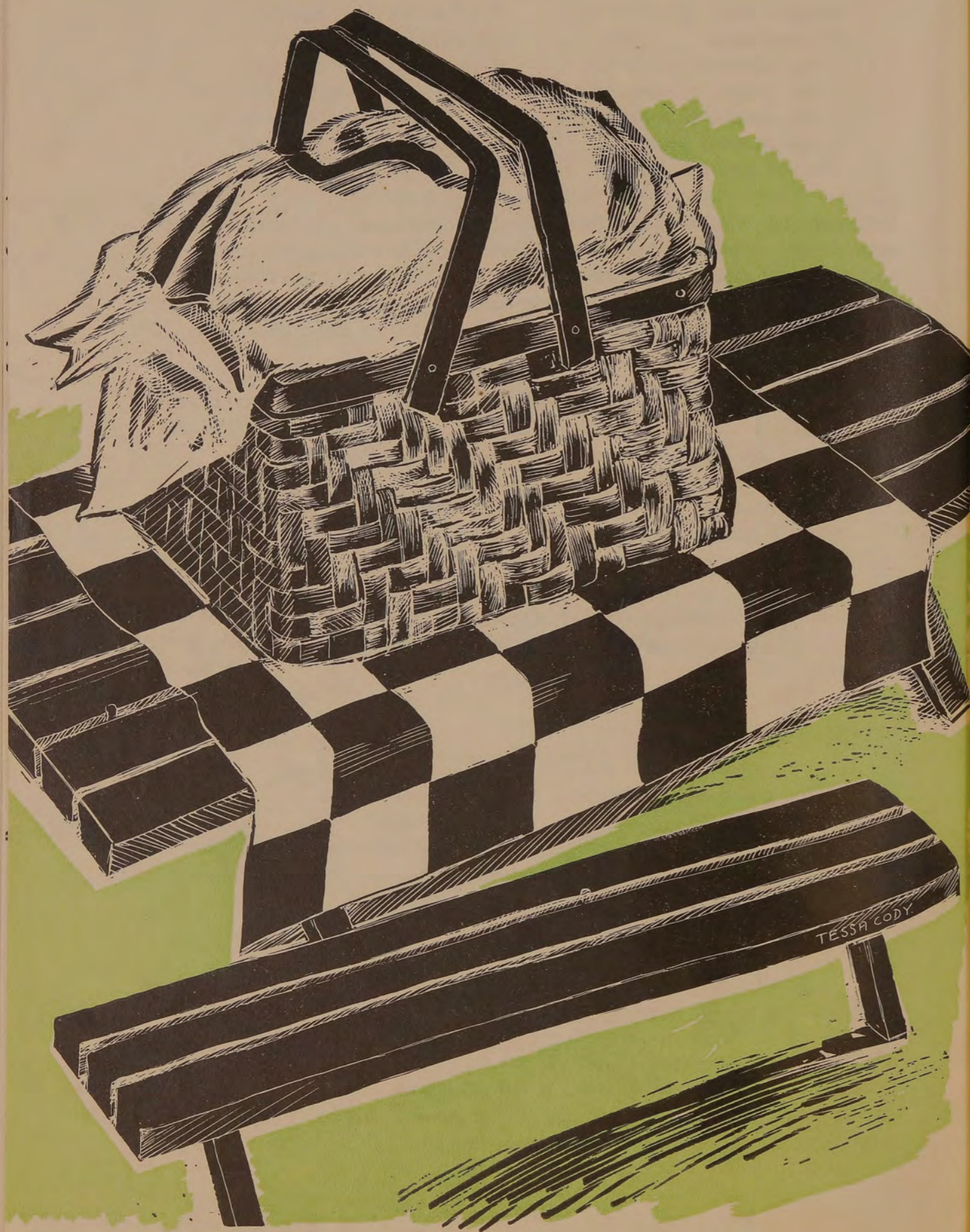
Season applesauce with lemon juice, sugar, nutmeg, cloves and cinnamon. Blend well. Spread in shallow platter. Top with whipped cream and 1/4-inch layer of chocolate. Chill. *Serves 8*

RUM PIE

UNITED STATES

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 4 egg yolks, slightly beaten    | 3/4 cup corn syrup                |
| 1/2 tsp. salt                   | 1/4 cup rum                       |
| 1/2 cup sugar                   | 1 box of butter cookies, crumbled |
| 1 cup top milk, or coffee cream | 1/4 lb. butter                    |
| 1 tbsp. gelatine                |                                   |
| 4 egg whites, beaten stiff      |                                   |

Cook egg yolks, salt, sugar and top milk in double boiler until slightly thick. Stir constantly. Soak gelatine in 1/4 cup cold water, then add to custard mixture while hot. Add corn syrup to egg whites; beat for 10 minutes and add rum; mix and fold into custard. Line 2 pie tins with crust made by mixing cookies and butter together. Save out 1/4 cup of crumb mixture. When pie tins are lined, gently pour in custard mixture. Sprinkle remaining crumbs over pies and chill in refrigerator. Allow to stand 8 hours or longer. *Makes 2 pies*



## Outdoor

### KEBABS (Saté Babi)

THE NETHERLANDS

3 lbs. raw lean pork, cut in 2 sticks butter  
 $\frac{3}{4}$ -inch squares  
 Skewers 5 to 6 inches long

#### Marinade

1 tbsp. hot pepper sauce	2 tbsp. soya sauce
2 cloves garlic, crushed	$1\frac{3}{4}$ qts. water
4 tbsp. white wine vinegar	2 tsp. salt

#### Sauce

8 oz. peanut butter	1 cup water
1 tbsp. hot pepper sauce	$\frac{1}{2}$ tsp. salt
1 cup soya sauce	1 tbsp. lemon juice
1 clove garlic, crushed	

Place 5 to 6 cubes of meat on one end of skewer. Soak 2 hours in marinade. Broil over charcoal fire or in range broiler for 15 minutes. Brush frequently with butter. Mix ingredients for sauce in saucepan. Heat nearly to boiling point, stirring continuously as it burns easily. If sauce becomes too paste-like, add a little water. Cover meat with sauce and serve hot with *Nassi-goreng* or cocktails.

*Note:* This is an Indonesian dish which has become very popular in The Netherlands and makes a very nice *hors d'oeuvre*.

### BROILED MEAT BALLS on SPITS (Şiş Köftesi)

TURKEY

2 lbs. ground mutton (or lamb)	Salt and pepper, to taste
mixed with 1 lb. beef	2 eggs, lightly beaten
1 large onion, grated	Olive oil

Grind the meat twice. Add salt to onion and let stand for 15 minutes. Then squeeze through cheesecloth. Add onion juice, eggs and pepper to meat; mix well. Shape into egg-size balls and place on oiled spits. Broil for 5 minutes on each side over low flame-free charcoal fire or in oven broiler. Serves 6 to 8

## SHISH KEBAB

(Şiş Kebabi)

1 tbsp. olive oil  
 Juice of 1/2 lemon  
 2 lbs. leg of lamb, cut into 1-inch cubes  
 Salt and pepper to taste  
 1 medium onion, sliced

4 medium-size tomatoes, diced  
 A few bay leaves  
 Green pepper, cut in 1-inch squares  
 Eggplant, cut in 1-inch squares

TURKEY

Mix olive oil and lemon juice; rub into meat. Place meat in dish, sprinkle with salt and pepper. Cover meat with onion, tomato and bay leaves. Place in refrigerator for 4 to 5 hours.

Arrange meat on skewers alternately with tomatoes, onions, bay leaf, green pepper and eggplant. Broil until tender (about 10 minutes). These are best cooked over charcoal or over an open fire, but they may be broiled in oven.



## FISH FRY with HUSH PUPPIES

UNITED STATES

1 or 2 cleaned, freshly caught bass	Bacon fat, to cover bottom of frying pan 1/2 inch, adding more as necessary
1 heaping tbsp. corn meal per fish	
Salt and pepper, to season	

Dip fish in seasoned meal, then fry them in bacon fat using a long-handled frying pan over medium hot charcoal or wood fire. Turn fish once only to avoid its breaking. Usually when a fish is nicely browned it is cooked and should be turned. Remove fish from frying pan, drain on unglazed brown paper; keep warm.

*Hush Puppies*

2 cups corn meal	1 egg, beaten
1 tbsp. flour	9 tbsp. onion, chopped fine
2 tbsp. baking powder	2 cups milk
1 tsp. salt	Dash of cayenne pepper

Mix above ingredients together; stir until well blended. The mixture should hold together but not be dry (consistency of drop biscuits). Drop mixture from a kitchen spoon into hot fat left from frying fish. Brown both sides and serve with fish. *Serves 8*

## OUTDOOR FISH STEW

UNITED STATES

1/2 cup olive oil	2 cleaned fresh lobsters, cut in 8 pieces
2 onions, sliced thin	4 cleaned hard-shell or soft-shell crabs cut in 4 pieces each
3 small garlic cloves, minced	1 lb. shelled shrimp
1 green pepper, sliced thin	1/2 lb. scallops, cut in half, if large
1 large can solid-pack tomatoes	3 lbs. mixed fresh fish fillets
2 qts. water	1 piece cheesecloth about 1 yard long
2 qts. or more court bouillon	
1 qt. dry white wine	

This fish stew is ideal cooked over a wood campfire in one's own yard. You will need a large cauldron with a swinging handle; 2 sturdy notched sticks pushed into the ground on either side of fire; 1 long pole (iron or wood) to go from one notched stick to the other one and from which cauldron will hang.

In the cauldron (or pot) heat olive oil. Add onions, garlic, green pepper, tomatoes and water; cook gently 20 or 30 minutes.

When buying your fillets at fish market ask salesman to fillet fresh fish for you and save their heads, skin, backbone, etc. Flounder, haddock, cod, or any firm white-fleshed fish will do.

To make court bouillon cover fish bones, etc., with water. Season with parsley, lemon, plenty of salt, peppercorns, etc., and simmer until you have a tasty fish broth, 30 to 45 minutes. This broth should be prepared beforehand. Add the court bouillon, mix and simmer for 20 minutes or more. Then add wine, lobsters, crab, shrimp, scallops, and fillets of fish tied in cheesecloth so that when cooked they can be removed and served first in soup bowls. Continue cooking for 30 minutes. Ladle rest of stew over fish in bowls; make certain each bowl contains at least one piece of each type of seafood. Serve with hardtack or pilot biscuits and *bon appetite!*

*Serves 12 or more*

## BROILED SALMON STEAKS

UNITED STATES

6 large fresh salmon steaks	Hollandaise Sauce
Scant 1/4 lb. butter, melted	1 jar red caviar
Anchovy paste, to taste	

Broil salmon steaks over low charcoal fire turning once until cooked but not dry. Baste with mixture of butter and anchovy paste. Serve on warm platter. Cover steaks with Hollandaise Sauce and top each steak with a spoonful of red caviar.

*Serves 6*

## BEEF TENDERLOIN with SOUR CREAM SAUCE

UNITED STATES

- |   |                             |
|---|-----------------------------|
| 1 beef tenderloin (usually about<br>5 lbs.) | Freshly ground black pepper |
| 1/4 lb. (scant) very fat salt pork          | 2 cups sour cream           |

### *For Oven Cooking*

Trim fat from whole tenderloin and fold over thin end and skewer or tie it. Place very thin slices of salt pork on top of beef, sprinkle with pepper. Roast in preheated 500° oven for 20 to 30 minutes. Remove tenderloin to warmed serving platter, add sour cream to drippings in pan. Season with salt and pepper to taste. Pour sauce over tenderloin and serve.

### *For Spit Cooking*

Fry tiny diced cubes of salt pork in frying pan until golden brown and crisp. Brush some of liquid fat in pan on tenderloin. Place tenderloin on spit. Roast 30 to 45 minutes (test by cutting a gash with a knife). While roast is turning add sour cream to salt pork and fat; blend, season to taste and keep warm. Pour over meat when served.

## VEAL CHOPS in ALUMINUM FOIL

UNITED STATES

- |                       |  |
|-----------------------|--|
| 6 veal chops, trimmed | 1/8 lb. butter                               |
| 1/2 cup olive oil     | 6 sheets of aluminum foil, 12<br>inches each |

### *Paste*

- |                                |                         |
|--------------------------------|-------------------------|
| 1 medium onion, chopped fine   | Salt and pepper         |
| 1/2 lb. mushrooms, sliced fine | Pinch of thyme          |
| 1/8 lb. butter                 | 1 tbsp. parsley, minced |
| Juice from 1/4 lemon           | Pinch of nutmeg, ground |

Marinate chops in olive oil for 8 to 10 hours. Drain and brown chops in butter slowly. Sauté onions and mushrooms in butter; add lemon juice, salt, pepper, thyme, parsley and nutmeg. Cook gently for about 5 minutes.

Place one-twelfth of paste mixture in center of each sheet of foil. Put chop on paste and cover each chop with remaining paste. Fold foil securely so that no steam can escape.

Twenty minutes before serving place foil-wrapped chops on grill over medium hot coals; turn after 10 minutes. Serve piping hot using foil as a plate.

Serves 3

## TERUYAKI SEAFOOD

UNITED STATES

- |   |                              |
|---|------------------------------|
| 1 1/2 lbs. scallops or raw peeled<br>shrimp | Piece of ginger root, sliced |
| 1 cup soya sauce                            | 2 tbsp. sugar                |
| 2 garlic cloves, halved                     | 1/4 cup olive oil            |
| 1/2 tsp. salt                               |                              |

Allow scallops or shrimp to marinate in sauce for 3 hours or more. Make sauce by combining the soya sauce, garlic, salt, ginger and sugar. Before and during cooking brush with olive oil. Place on skewer and broil over charcoal 5 to 7 minutes or until just cooked.

Serves 3 to 4

## SHALLOWBROOK BROILERS

UNITED STATES

Allow one-half broiler per person. Season whole broiler with:

- |                           |   |
|---------------------------|---|
| Juice of 1/2 lemon        | Big pinch of dried tarragon                             |
| Salt and pepper, to taste | Big pinch of dried chervil                              |
| 1 tsp. parsley, chopped   | 2 cups chicken stock, canned<br>chicken broth, or water |
| 1/2 tsp. chives, chopped  | 1/4 lb. butter  |

Sprinkle both sides of split broilers with lemon juice, salt, pepper, herbs, and place skin side down in shallow roasting pan. Put a 1-inch square of butter on each piece and add enough chicken stock, broth, or water so that broilers will be cooking in broth about 2 inches deep.

Bake in 375° oven until legs and wing joints move easily. This step may be done before final cooking. Keep broilers refrigerated until ready to broil, preferably in the pan juice. Just before broiling, rub birds on both sides with softened butter and grill until deep golden brown and thoroughly re-heated.



SHALLOWBROOK GARDEN CLAMBAKE UNITED STATES

- People: the more the merrier—this is for 25
- Seaweed: the frilly rockweed—at least 4 bushels
- Salt water: to keep seaweed moist
- Corn husks: saved from fresh corn used in "bake"
- Tarpaulin: large enough to cover whole "bake"
- Corn: garden fresh, young Golden Bantam—4 doz. ears
- Clams: steamers (soft shell), well scrubbed—25 quarts
- Lobsters: whole, fresh, about 1½ lbs. each—25
- Pit for "bake" (explained in Step II)
- Garden hose: long enough to reach from faucet to "bake"
- Butter: 6 lbs.—2 lbs. left whole, 4 lbs. melted
- Salt: 1 box—divide into 4 small bowls
- Pepper: at least 4 peppermills

I

Invite your guests.

II

Build pit. Choose an area in your garden where a fire in a dug pit will not damage grass, flowers, or plants. Dig a pit about 1 foot deep and at least 4 feet by 4 feet. Line inside of pit with dry rocks and stones to form a solid stone floor and wall.

III

Day of clambake gather seaweed at low tide from nearby rocky beaches. Perhaps your local fishmarket can arrange to get seaweed for you as it is a difficult task to gather seaweed.

IV

Buy clams and lobsters. Scrub clams thoroughly.

V

Pick corn from garden (or buy) and husk each ear so that only last layer of tender green husk is left on. However, pull that last layer and remove all corn silk around kernels then replace husks. Save outer husks for "bake."



VI

Set picnic table with 100 large paper napkins, salt, pepper, 4 small pitchers for melted butter, 2 dishes for 1 whole pound of butter each (to be used to butter cooked ears of corn by sliding them back and forth over the whole pound instead of the proper way, using a butterknife), 25 cocktail forks, 25 deep soup plates and 25 cups for clam broth or melted butter. Nutcrackers for claws, lobster picks, etc., should also be placed on the table.

VII

Place barrel near table for shells and picnic debris.

VIII

Lay and light a big wood fire in the stone pit (large enough to cover all the rocks). Keep adding wood so that for 3 hours there is a hot blaze covering the stones. When rocks are really hot use a metal rake and rake out the burning wood and ashes from the pit.

IX

Place a thick layer of wet corn husks on hot stones, then a layer of wet seaweed and add in succeeding layers the lobsters, corn, and clams, putting an ample amount of wet seaweed between each layer. Cover "bake" with tarpaulin—use extra stones and rocks to weight down edges so that no steam will escape. Use a few extra stones on top of tarpaulin. Wet tarpaulin now and then with water from hose. Allow clambake to steam for 1½ to 2 hours. Uncover and three courses are ready for you—first, the steamed clams; next the corn; and lastly the lobsters.

*Note:* Some people add broilers and sweet and new potatoes. If desired, wrap split broilers in cheesecloth and tie with string (2 halves to a package). Also put scrubbed potatoes in cheesecloth bag and tie as they are easier to handle this way.

CORN in FOIL

UNITED STATES

- Fresh husked young corn, at least 2 per person
- Butter
- Salt and pepper
- Aluminum foil

Spread corn with butter very liberally. Salt and pepper to taste. Wrap each ear in piece of foil. Be sure corn is securely wrapped so that no steam will escape. Cook, but not too long, in coals, or if on grill, turn twice.

## ROCK CORNISH HENS

UNITED STATES

- |  |                                   |
|--|-----------------------------------|
| 1 Rock Cornish hen per serving                               | 1½ tbsp. melted butter            |
| ¼ lemon  | Salt and pepper, to season        |
| ½ cup seedless white grapes<br>(whole, but picked from stem) | ⅔ cup white wine, more or less    |
| ¼ cup stale bread, toasted and diced                         | ⅓ cup melted butter, more or less |

If frozen, thaw hen. Rub cavity with lemon. Combine grapes, diced bread and 1½ tablespoons melted butter. When gently mixed, stuff bird. Salt and pepper skin. Truss and insert skewer. Roast on turning spit over glowing coals. Baste frequently with wine and butter combined. Cook until wing and leg joints move easily, approximately 1 hour.

The birds are almost as delicious when baked in a 375° oven, basting as described above, until tender.

## LARDED CHICKEN on SPIT

UNITED STATES

- |                                    |   |
|------------------------------------|---|
| 1 very young spring chicken, whole | ½ bunch of parsley                          |
| Salt and pepper to taste           | 1 lb. (more or less) sliced, very fat bacon |

Salt and pepper cavity of chicken and place parsley in cavity. Sew up opening. Salt and pepper outside of chicken and completely cover with bacon slices by wrapping and then tying with string. It is important to cover completely and it is not too difficult. Insert skewer through chicken from head to tail and broil over low embers, turning slowly to cook bird evenly. When bacon has become crisp and shrunk to tiny slices the chicken is cooked.

*Serves 2*

## GRILLED WOODCOCK

UNITED STATES

- |                             |                               |
|-----------------------------|-------------------------------|
| Woodcocks                   | 1 piece of fat bacon per bird |
| Salt and pepper, as desired |                               |

Clean and split woodcocks so that they will lie flat. Salt and pepper each bird and wrap in bacon. Place in a long-handled grill and cook over embers, turning frequently.

## BROILED SHRIMP

UNITED STATES

- 2 lbs. fresh shrimp

*Marinade*

- |                      |                                      |
|----------------------|--------------------------------------|
| 1 cup olive oil      | 1 tsp. salt                          |
| ½ cup white wine     | Pinch or so of freshly-chopped basil |
| 1 tbsp. vinegar      | 1 tbsp. parsley, chopped             |
| 1 tbsp. tomato sauce |                                      |

Shell and de-vein shrimp but leave tails on. Mix marinade and allow shrimp to marinate in mixture for 3 or 4 hours. Put shrimp on skewers and broil for 5 to 7 minutes on grill over hot coals. Use left-over marinade for both basting shrimp while cooking and as sauce.

*Serves 3 or 4*

## COFFEE CAN CHICKEN

UNITED STATES

*For a beach picnic without cooking equipment**For each person:*

- |  |  |
|--|--|
| 1 empty coffee can, with cover         | 1 large serving of canned string beans |
| 1 chicken leg, breast, or second joint | Salt and pepper, to taste              |
| ½ large Idaho potato, peeled           | 1 piece of butter, size of walnut      |
| 1 large slice of onion                 |  |

Fill each can with the above ingredients; cover tightly. Build a campfire with driftwood and let it burn down to a heaping bed of coals. Place coffee cans in coals, cover with coals and leave at least 30 minutes. Eat from can.

## HAWAIIAN-STYLE TERUYAKI STEAKS

UNITED STATES

- |  |  |
|--|--|
| 4 lbs. beef sirloin tip, no fat, cut in strips ⅓" by ⅓" (2 to 3 inches long) | ½ cup cooking oil                            |
| 1 cup soya sauce   | 3 cloves garlic, mashed                      |
| 3 tbsp. sugar  | 1 or 2 slices fresh ginger root, minced fine |
|  | 2 or 3 tbsp. bourbon                         |

Combine all ingredients, except meat, in a bowl. Marinate meat in sauce 4 to 12 hours. Thread meat on skewers and broil over charcoal, basting with sauce left in bowl.

*Serves 8*

## OYSTER ROAST

UNITED STATES

Well-scrubbed fresh oysters in shell; allow at least 12 medium-size oysters per person

*Sauce for Raw Oysters*

1 cup mayonnaise	Tabasco, few drops
1/2 cup catsup	Parsley, chopped fine
Fresh grated horse-radish, to taste	Chives, finely chopped, for color

Invite at least two friends who can help the host open oysters without cutting their hands to shreds. If no friends are willing and host is an amateur, hire someone to supervise cooking and to shuck oysters. Open some, maybe half of the oysters, and serve raw with suggested sauce.

While savouring the first course, place remaining whole oysters, deep side down, on a large steel or metal pan over the open fire. Allow the oysters to cook until the shells open. Serve in deep soup plates and pass melted butter and lemon quarters. Hardtack or some dry biscuits, coleslaw and plenty of beer are good companions.



## CAMPFIRE BEANS

UNITED STATES

1 large can of beans with tomato sauce	2 green onions, chopped
1 tbsp. molasses	4 slices of bacon, cubed
1 tbsp. brown sugar	Salt, to taste
1 big pinch dry mustard	4 frankfurters (optional)
	4 link sausages (optional)

To the beans add molasses, sugar, mustard, onions, bacon and salt. Cook in heavy, covered iron pot over low campfire 1 to 1 1/2 hours.

Frankfurters or sausages may be added if desired.

*Serves 2 or 3*

## SPECIAL HOT DOGS

UNITED STATES

*For each serving:*

1 frankfurter	Mustard
1/4 large dill pickle, sliced thin	2 slices fat bacon
1 hot dog bun	2 toothpicks

Boil frankfurters until plump; drain; partially cut in half lengthwise and insert sliced pickle. Spread inside of bun with mustard; put frankfurter in bun. Wrap bacon slices around bun from end to end, secure with toothpicks. Broil over low fire until bacon is cooked, turning frequently.

## VENISON STEAK

UNITED STATES

*Suggestions*

I

If you know that the deer was young and the meat, therefore, tender and properly hung, cut haunch into steaks 1 1/2 inches thick. If frozen, broil steaks while still frozen over hot charcoal fire. When steak can first be pierced by a cooking fork it is rare, so judge from there on the extra time needed to cook it to your own taste. When broiled, remove from fire, place on heated platter and cover liberally with butter; salt and pepper to taste.

II

If venison is either old or unfrozen, we suggest marinating steaks overnight in a combination of olive oil, red wine, herbs, garlic or onion slices and peppercorns. Then grill the same as you would a beef steak.

## BILL'S SPECIAL PANCAKES

UNITED STATES

1 box prepared corn meal muffin mix	1 1/4 cups milk, possibly more to make a rather thin batter
1 egg	2 heaping tbsp. orange marmalade
2 tbsp. butter, melted	

Add egg to box of corn meal; mix, then add butter and milk; mix well; add marmalade. Grease long-handled griddle and heat on grill over fire. Cook this batter as you would ordinary pancakes.

## CAMPFIRE MEAL in FOIL

UNITED STATES

- |   |                            |
|---|----------------------------|
| 1/2 lb. ground, round steak               | 1 large slice of onion     |
| 1/2 large peeled potato, partially cooked | Salt and pepper, to taste  |
| 1 large carrot, sliced lengthwise         | 1 or 2 tbsp. melted butter |
|   | Heavy aluminum foil        |

Cut one adequate piece of foil for each dinner. In the center of foil place round steak shaped into pattie; on meat place onion; on onion put potato; surround with carrot slices. Pour butter over all; add salt and pepper. Fold foil tightly around contents; seal by pressing all edges of foil. Put packages in coals; cook 15 to 20 minutes.

## STEAK and OYSTERS

UNITED STATES

- |                                    |  |
|------------------------------------|--|
| 1 sirloin steak (about 4 lbs.)     | 1/4 lb. butter                                 |
| 1 qt. oysters, shucked and drained | Salt and coarse ground black pepper, to season |

Grill steak over charcoal to your taste. Melt butter in a saucepan on grill; add seasonings and poach oysters in butter until edges curl. Cover steak with oysters and pan juice and serve. *Serves 8*

## MARIO'S GYPSY ROAST

UNITED STATES

- |  |                           |
|--|---------------------------|
| 1 whole beef tenderloin (about 5 lbs.)   | Salt and pepper, to taste |
| 2 medium garlic cloves, shaved very thin | 1 or more cups olive oil  |
| 2 tbsp. fresh ground black pepper        |                           |

Make incisions through the thickness of the meat every 2 inches. Insert in each cut 1 or 2 slices of garlic previously dipped in pepper. Sprinkle with salt and pepper and fold over thin end of tenderloin. Wrap meat with string as you would a package. Insert tenderloin on skewer and rotate over hot coals. Baste constantly with olive oil. Cooking time: 15 minutes. *Serves 10 to 12*

## GARLIC BREAD in FOIL

UNITED STATES

- |  |   |
|--|---|
| 1 large loaf of French bread           | 1 tbsp. chopped chives, fresh basil, and fresh tarragon |
| 1/2 lb. of butter, melted              | 2 tbsp. chopped parsley                                 |
| 5 to 6 small cloves of garlic, chopped | 4 tbsp. Parmesan cheese, grated                         |

Slice bread 1-inch thick to bottom crust. Melt butter with garlic in it. Remove garlic when it has well seasoned butter (5 to 10 minutes). Add chopped herbs. Using a spoon spread the butter and herb mixture between each slice and over the top of loaf. Sprinkle each slice liberally with cheese. Bake in 375° oven until hot and crust is crisp, or wrap loaf in aluminum foil and heat on grill over coals.

## STUFFED SPRING LAMB

UNITED STATES

- |   |                             |
|---|-----------------------------|
| 1 shoulder or leg of spring lamb, boned               | 1/8 to 1/4 lb. butter       |
| 1 to 2 cups of mint leaves, depending on size of lamb | Salt and pepper, as desired |
|   | 1 cup bacon fat             |
|   | 1/4 cup flour               |

Have butcher bone the shoulder or leg from a young lamb. Stuff cavity with mint leaves, butter, salt and pepper. Tie with string. Rub lamb with some of the bacon fat and sprinkle with seasoned flour. Put on spit and roast over charcoal for at least 2 hours. Baste with remaining bacon fat.

The cavity may be stuffed with herb-seasoned bread crumbs and butter then basted with a combination of butter, white wine and oregano.

## SPARERIBS with HOT BARBECUE SAUCE

UNITED STATES

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1/2 lb. butter or 1 cup salad oil | 1 large onion, chopped       |
| 2 garlic cloves, crushed          | 2 bay leaves                 |
| 1/2 cup vinegar                   | 1 cup tomato catsup          |
| 1/2 cup water                     | 2 tbsp. dry mustard          |
| 1 tsp. salt                       | 3 tbsp. Worcestershire sauce |
| 1 tsp. black pepper               | 1/2 tsp. tabasco sauce       |
|                                   | 6 pounds lean spareribs      |

Simmer above ingredients for 20 or 30 minutes; strain. Use generously to baste spareribs while they are cooking over a hickory log fire. *Serves 6*



## Miscellaneous

### CHEESE CROQUETTES (Croquettes de Fromage)

BELGIUM

- |  |  |
|--|--|
| 2½ oz. butter (approximately<br>1/8 lb.)       | Ground nutmeg, to taste  |
| 2½ oz. flour (approximately<br>generous ½ cup) | 3 oz. grated cheese (approx-<br>imately 1 cup) Parmesan,<br>Chester or Gruyère |
| 1 pt. milk                                     | 3 egg whites, beaten with a few<br>drops of cooking oil                        |
| 3 egg yolks                                    | Bread crumbs, to coat  |
| Pinch of salt                                  | Shortening, to fry croquettes  |
| Pepper, to taste                               |  |

Melt butter in saucepan, stir in flour, then add milk. When well-blended quickly add egg yolks; beat rapidly with an egg beater. (Batter when eggs are added must be hot, but unless you stir eggs in fast they will curdle.) Add salt, pepper and nutmeg. When batter is smooth like a custard add grated cheese; blend thoroughly. Pour batter onto a greased platter so that it is not more than 1-inch thick. Cool, then cut in squares or rectangles. Dip them in beaten egg whites, then in bread crumbs. Pat them to make crumbs adhere. Fry in hot fat until golden.



### FOUR DEVILS' SAUCE

CANADA

- |                                      |               |
|--------------------------------------|---------------|
| 1 cup minced, unpeeled cucum-<br>ber | ¾ tsp. salt   |
| ½ cup minced hot red peppers         | 1 cup sugar   |
| 1 cup minced onions                  | 1 cup vinegar |
| 1 cup minced, unpeeled apples        |               |

Put cucumber, peppers, onions and apples through food chopper separately before measuring. Combine vegetables, apples, salt, sugar and vinegar. Mix well and put in jars without cooking. This recipe does not have to be cooked; it will keep indefinitely.

## PANCAKE DELICACIES

CANADA

*Pancake Batter*

2 cups flour  
 1/2 tsp. salt  
 1 tsp. sugar  
 3 eggs

2 3/4 cups milk  
 1 tbsp. brandy  
 Butter, for frying

*Mushroom Hash*

2 large slices of onion  
 4 tbsp. butter  
 1/2 lb. mushrooms, chopped fine  
 1 cup white cooked chicken meat,  
 trimmed, ground fine

1 heaping tsp. flour  
 Salt and pepper

*Sauce*

2 or 3 cups Béchamel Sauce

Parmesan cheese, grated

Make pancake batter 2 hours before frying. Sift flour, salt and sugar into a bowl. Make a hole in center of flour and break eggs into hole. Add 3/4 cup of milk and blend until smooth. Gradually add remaining milk and brandy; stir until well blended. Sprinkle small light-weight frying pan with salt; heat, then scour with kitchen paper and wipe pan clean with a kitchen towel. Put small piece of butter in frying pan; heat, and pour in 1/12 of batter or enough to barely cover bottom. When pancake is golden, turn and cook other side. Set aside to cool and continue making pancakes until all batter is used.

Lightly brown the onion in another frying pan in 2 tablespoons butter; then discard onion. Add mushrooms and cook until almost dry. Sprinkle chicken with flour and add to mushrooms; add remaining butter. Salt and pepper to taste and cook for 2 minutes, stirring constantly.

Spread mushroom mixture on each pancake, roll and place in buttered shallow baking dish. Cover with Béchamel Sauce and grated Parmesan cheese. Bake in moderate oven until brown. *Serves 6*

## CANDIED TOMATO SAUCE

CANADA

1 (10 oz.) can tomato purée  
 1 cup sugar

2 tbsp. lemon juice (canned,  
 frozen, or fresh)

Combine tomato purée, sugar and lemon juice in saucepan and cook for 5 minutes. Pour into a one-pint greased casserole. Cover; place on lower oven rack and cook for 20 minutes. Serve over pork chops.

## SAVOURY, WELSH RABBIT

CANADA

1 1/2 tbsp. butter  
 1 1/2 tbsp. flour  
 1 1/2 cups milk

1 cup nippy cheese, grated  
 1/2 tsp. salt  
 1/2 tsp. dry mustard  
 1/8 tsp. paprika

Melt butter in top of double boiler; add flour, blend. Stir in milk and beat until smooth and thick. Add cheese and seasonings, stir. Cook until cheese is melted and well mixed. Serve over small toast rounds, or crackers, with port wine.

*Serves 10*

## MALAY RELISH

CANADA

1 whole orange  
 1/2 lemon  
 1 cup crushed pineapple

1 lb. can whole cranberry sauce  
 1 tbsp. curry powder

Cut orange and lemon into sections and remove seeds. Put through grinder or blender. Drain pineapple; add cranberry sauce to the orange and lemon. Mix well. Stir in curry powder. Store in refrigerator overnight before using. Will keep in refrigerator for weeks. Makes about 1 pint.

COLD REMOULADE SAUCE  
(Kold Remoulade Sauce)

DENMARK

1 cup mayonnaise  
 2 tbsp. minced onion

3 tbsp. minced sweet gherkins  
 1 tbsp. minced parsley

Add the onion, gherkins and parsley to the mayonnaise; mix well. Serve with fried fish.

## OPEN-FACED SANDWICHES (Smørrebrød)

DENMARK

### *Roast Beef Sandwich*

Arrange on a buttered slice of bread, preferably rye bread, lots of warm, fried onions; cover with a slice of roast beef, and warm fried egg, sunny side up.

### *Steak Tartar Sandwich*

To make the Tartar, scrape a cut of raw beef with a knife, removing membranes as you go along. Place the scraped beef in thick layers on a slice of buttered bread. Salt and pepper it to taste. Place on top an onion ring, into which you carefully drop a raw egg yolk.

### *Ham Sandwich with Italian Salad*

Place a lean slice of ham on a buttered slice of bread. On top, put 1 tablespoon of Italian Salad and decorate with a small sprig of parsley. (Instead of ham you may use cooked sliced beef tongue.)

### *Fresh Smoked Salmon Sandwich*

Butter a slice of white bread and place a slice of fresh, smoked salmon on top. On top of this place scrambled eggs and garnish with a sprig of parsley. (Try also smoked eel instead of salmon.)

### *Shrimp in a Crowd*

Arrange a lettuce leaf on a slice of buttered French bread; on top place a generous heap of tiny Danish shrimp.

### *Cheese Sandwich*

On a buttered slice of bread arrange a slice of good, mild cheese; place a tablespoon of black currant preserves on top.

### *Pork Tenderloin Sandwich*

Slices of fried tenderloin are placed on a slice of buttered bread. Garnish with pickled cucumber, cooked prunes and apple rings.

### *Egg and Tomato Sandwich*

Butter the bread; place slices of tomato and hard-boiled egg on top and garnish with warm fried onions.

### *Liver Paste Sandwich*

Butter a slice of bread (or use goose or duck fat instead of butter, if you have it). Place on top a slice of liver paste and garnish with cucumber salad or warm sliced mushrooms, sautéed in butter.

### *Cod Roe Sandwich*

Arrange warm fried roe slices on a buttered slice of bread; garnish with a twisted slice of lemon.

### *Smoked Herring Sandwich*

On a slice of buttered bread arrange boned herring fillets. Drop carefully in the center a raw egg yolk and garnish with chopped radishes.

## LUNCHEON RICE DISH (Ris Ret)

DENMARK

2 cups rice  
3 cups water  
Salt, to taste

1 pkg. frozen peas  
4 slices ham, diced  
2 tbsp. chopped parsley  
¼ cup butter, melted

Cook the rice in salted water for 12 minutes. To prevent the steam from escaping, fold a dish cloth twice and place it between the saucepan and the lid. When the rice has boiled for 12 minutes, remove saucepan from stove and let stand still covered another 12 minutes. Serve the rice in a heap in the middle of a round platter, surrounded by the cooked peas. On top of the rice place the diced ham. Sprinkle generously with chopped parsley. Serve melted butter as a sauce with this dish.

Serves 4

## SALAD CREAM DRESSING (Fløde Dressing)

DENMARK

½ pt. coffee cream  
2 tsp. sugar

Juice of ½ lemon

Combine cream and sugar; stir well. Add lemon juice, stirring at the same time. Pour over crisp lettuce leaves.

### BACON PANCAKES (Flæskeæggekage)

DENMARK

4 slices bacon	Pinch of salt
1 or 2 eggs	1 tsp. chopped chives
1 or 2 tbsp. coffee cream (or water)	

Fry bacon in a skillet and remove from pan. In a bowl beat eggs and cream (or water) together, then add salt. Pour the egg mixture in 2 tablespoons of the bacon grease in the skillet; cover with a lid, reduce the heat and cook until the egg mass has almost stiffened. Then arrange the bacon slices on top; cover and cook again until egg mass has completely stiffened. Serve sprinkled with chopped chives.

*Serves 1*

### MARINATED HERRING (Spegesild)

DENMARK

4 salted herring fillets	1/2 tsp. pepper
Milk (see below)	1/2 tsp. allspice
1/2 cup vinegar	4 tbsp. sugar
1/2 cup water	1 medium onion, sliced

Soak the boned and skinned fillets overnight (12 hours) in half milk and half water to cover. Rinse the fillets in cold water; cut them on the bias into 1-inch pieces. Mix vinegar, water, pepper, allspice and sugar to make dressing. Pour over fillets. Let stand 24 hours and add the onion rings.

*Serves 8*

### COLD HOLLANDAISE SAUCE (Kold Hollandaise Sauce)

DENMARK

6 egg yolks	1 medium onion, chopped
1/2 tsp. salt	Sprig of parsley, chopped
1/4 cup salad oil	1/2 cup water
1 3/4 stick butter, melted	Salt and pepper, to taste
Juice of 1/2 lemon	

Make a mayonnaise the old-fashioned way by stirring egg yolks and salt until lemon yellow; add the oil, drop by drop, stirring well. Add the butter very carefully, little by little, stirring well, then add the lemon juice. Boil onion and parsley in water with salt and pepper for 5 minutes. Let cool and strain, reserving the juice. Add the cooled juice little by little to the mayonnaise, stirring well.

*Serves 6*

### DELICACY from JURA (Délices du Jura)

FRANCE

1/2 lb. Gruyère cheese, cut in 4 rectangles 1" × 1" × 3"	4 slices of lean cooked ham
1 cup Béchamel Sauce (see Index)	1 egg, beaten
	Salt and pepper, to season

Dip each stick of cheese in sauce. Then roll in a slice of ham. Brush ham with egg, seasoned with salt and pepper. Put ham rolls on rack over a pan; bake in a preheated 375° oven until golden brown. Serve at once.

*Serves 2 to 4*

### STUFFED PANCAKES (Crêpes Farcies)

FRANCE

12 large thin pancakes (see Crêpes Suzette)	Chopped chives, to season
1/2 lb. cooked veal or chicken, ground	4 slices of bread
1/4 lb. cooked ham, ground	1/2 cup milk, more if needed
1/3 lb. mushrooms, chopped	Salt and pepper, to season
Chopped parsley to season	2/3 stick of butter, melted

Mix veal, ham, mushrooms, parsley and chives in a bowl. Soak bread in milk; add salt and pepper. Add bread mixture to meat; add butter; blend thoroughly. Place a spoonful of mixture in center of each pancake; roll pancake and place in buttered shallow casserole. Bake in 400° oven 10 minutes, or until hot. May be covered with a cheese sauce.

*Serves 3 to 4*

## STUFFED ONIONS (Onions Fourrés)

FRANCE

6 medium-large onions	1 cup stock (veal, chicken or turkey)
1 cup ground meat (pork, veal, beef, etc.)	Bread crumbs, for topping
	2 tbsp. butter

Peel onions and cut off tops. Blanch them in salted water, to cover; drain. Scoop out center of onions, leaving only the two outer layers. Grind centers; add to ground meat; season with salt and pepper. Place this stuffing in the onion shells and put onions in a flat casserole; add stock. Commence cooking by putting casserole over medium flame on top of stove for 5 to 10 minutes, then continue by baking them in a 350° oven for 30 minutes or until tender; baste frequently. Remove from oven; sprinkle with bread crumbs; dot with butter and return to hot oven until crumbs are golden brown.

Serves 6

## STUFFING for TURKEY or CHICKEN (Farce Pour Dinde et Poulet)

FRANCE

1 lb. chestnuts	10 strips bacon, chopped
1/4 lb. veal liver, chopped	Pepper and salt, to season
2 oz. truffles, chopped	1 oz. jigger of cognac or Madeira

Shell the first skin off the chestnuts. Cook them 30 minutes in boiling water, to cover, with 1 teaspoon of salt. Drain; then remove the thin skin from chestnuts and chop coarsely. Mix all the other ingredients and add either the cognac or Madeira wine. Stuff the bird with this mixture.

## SAUCE BÉARNAISE

FRANCE

1 cup vinegar	3 egg yolks
2 shallots, chopped	1 stick plus 2 tbsp. butter
Tarragon leaves, crushed	

Simmer vinegar, shallots and tarragon over low fire for 40 minutes; strain. In a double boiler, put eggs and seasoned vinegar. Add butter gradually, stirring constantly until sauce is thick.

## SWEETBREADS in PATTY SHELLS (Bouchée Financière)

FRANCE

2 cups chicken consommé or stock	1 3/4 lbs. sweetbreads, cleaned, cooked, and chopped
1 tbsp. butter	1/4 lb. mushrooms, chopped
3 tbsp. flour	1 shallot, chopped
1/2 cup Madeira wine	Salt and pepper, to season
Juice of 1 lemon	4 patty shells

Make a white sauce with the chicken broth, butter and flour. Add the Madeira and lemon juice; mix. Then add the sweetbreads, mushrooms and shallot. Simmer 5 minutes, stirring constantly; add salt and pepper to taste. Serve sweetbreads in heated patty shells.

Serves 4

## GARLIC MAYONNAISE (Ailloli)

FRANCE

Make mayonnaise according to your favorite recipe, adding 1/4 cup minced garlic to the egg yolks.

## CUSTARD with MUSHROOMS (Couronne aux Champignons)

FRANCE

3 cups milk	1/2 tsp. salt
1 onion, cut in half	1 tsp. pepper
1 stalk celery	1 lb. fresh mushrooms
1/2 carrot	Medium-thick white sauce
1 sprig parsley	Well-greased medium ring mold
6 eggs, slightly-beaten	

Boil milk in a saucepan with onion, celery, carrot and parsley. Cook gently. When milk is well flavored, strain. Then pour milk over eggs; blend thoroughly. Add salt and pepper. Pour milk mixture into mold and cook in moderate oven until custard is firm. While the custard cooks, wash well a pound of fresh mushrooms. Boil for 5 minutes in water, to cover; strain, but save water. Make a white sauce with butter, flour and the water the mushrooms were cooked in. Boil until thick (about 10 minutes); stirring all the time. Turn custard onto warm plate; fill ring with mushrooms and sauce.

Serves 6

### HAM with SPINACH (Jambon aux Epinards)

FRANCE

3 boxes frozen spinach or 2½ lbs. fresh spinach	1 pt. Béchamel Sauce
3 tbsp. cream	¼ lb. cheese, grated
Salt and pepper, to taste	⅛ lb. butter, sliced
6 slices cooked ham	

Cook the spinach for 3 minutes in boiling water; drain well and mix with the cream which has been seasoned with salt and pepper. Place 1 large tablespoon of spinach on each ham slice. Roll the ham slices and secure with toothpicks. Place the ham rolls in a casserole. Cover with Béchamel Sauce (see Index). Sprinkle with the grated cheese and the butter slices. Bake in 375° oven for 15 minutes.

*Serves 6*

### CHEESE FONDUE (Fondue Savoyarde)

FRANCE

6 eggs	½ tsp. pepper
2 cups Swiss cheese, diced	4 tbsp. butter, diced
3 tbsp. cream	1 cup white wine

Beat eggs in a bowl. Add cheese, cream, pepper, butter, and the wine. Pour mixture into an earthenware dish and put in 350° oven for 30 minutes. Serve very hot with crisp toast.

*Serves 4 to 6*

### PEPPER SAUCE (Piperade)

FRANCE

1 medium tomato	2 tbsp. olive oil
2 green peppers	Salt, pepper, and cayenne
8 strips bacon	1 tbsp. cream

Cut the tomato, peppers, and bacon into small pieces. Heat the oil in a skillet; add the vegetables and bacon. Season to taste with salt, pepper, and cayenne. Simmer for 45 minutes. Remove from fire; add cream and mix well. (This mixture can be served with omelet or scrambled eggs.)

### MR. CRISPY (Croque Monsieur)

FRANCE

6 slices of bread	3 slices ham
⅛ lb. butter	3 slices Gruyère cheese

Remove crusts from bread; butter the slices. Place a piece of ham on one slice and a piece of Gruyère cheese on another. Put together in sandwich form: bread, ham, Gruyère, bread. Tie sandwich with thread or use toothpicks for skewers. Brown in butter 5 minutes on each side; or in hot oven for about 5 minutes.

*Serves 3*

### HAM and EGG PIE (Quiche Lorraine)

FRANCE

Pie shell	4 eggs, beaten
¼ lb. smoked ham, diced	2 cups cream
2 tbsp. butter	Salt and pepper, to taste

Using your favorite recipe, make a 9-inch pie crust. Boil ham for 5 minutes in water to cover; drain, dry, and brown in butter (keeping a few pieces aside). When pie shell is cooked, place ham on top of the crust. Beat the eggs with cream, season, and pour over the ham. Put the pie in hot oven for 20 minutes, or until eggs are set. Remove from oven and decorate with the pieces of ham that have been put aside.

*Serves 4*

### SAUCE BÉCHAMEL

FRANCE

½ stick butter	1¾ cups milk
2½ tbsp. flour	Salt and pepper, to taste

In a saucepan, melt butter and add flour; mix well and cook for 5 minutes. Warm milk and add it slowly, stirring constantly. Simmer 15 minutes, still stirring. Add salt and pepper. Remove from fire. One-half meat, fish, or vegetable stock may be substituted for milk, depending on the type of dish.

## HOLLANDAISE SAUCE

(Feine Hollandaise)

GERMANY

1 tbsp. onion, minced	2 tbsp. water
1 tsp. parsley, minced	2 egg yolks
2 tbsp. vinegar	¼ lb. butter
Pinch of pepper	Salt, to taste
	1 tsp. lemon juice

Cook onion, parsley, vinegar and pepper in saucepan until vinegar evaporates. Put saucepan in double boiler; add water, then egg yolks; beat well. Add butter in small portions and keep on beating.

Pass sauce through sieve and re-heat while adding the lemon juice and salt.

## CHEESE PUDDING

(Kaese Pudding)

GERMANY

5 or 6 tbsp. butter	3 or 4 eggs, separated
1 cup flour	Salt, to taste
½ cup grated cheese, Gruyère	½ tsp. nutmeg
1 cup milk	

Melt butter and lightly brown flour; add cheese and milk. Stir constantly until thick, then cool. Add well-beaten egg yolks, salt and nutmeg. Beat egg whites until stiff; gently stir into cheese mixture. Pour into a greased baking dish; cover, set in pan of hot water and bake for 40 minutes in a 350° oven.

Serves 4

## COFFEE

(Kafe)

GREECE

4 demitasse cups of water	4 heaping tsp. Greek coffee
3 tsp. sugar	(ground fine or pulverized)

To be properly prepared this coffee should be cooked in a special bronze coffee pot which is a "must" in every Greek kitchen. It can, though, be prepared in a small pan. It is customary to serve this coffee to guests in the afternoon. It is served also at the conclusion of a meal. To appreciate the flavor it must be sipped slowly. The thick grounds that remain in the bottom of the cup are used to read fortunes by those skilled in the practice.

Put water in a small pan; place over a high flame. When water boils, add sugar and stir well. Continue boiling and add coffee; stir well and remove immediately, so as to form a heavy coat on top and to retain the flavor. Pour into demitasse cups, holding pan high, filling each cup. Serve very hot.

Serves 4

## EASTER FOOD CUSTOMS

GREECE

The celebration of Easter by the Greek people throughout the world brings to mind the many unusual customs observed in the Greek homes regarding various foods and the preparation of them. Beginning with Palm Sunday, only fish is served in the home on that day which marks the start of Holy Week fasting. It is during this week that all sorts of meat, eggs, milk, cheese, butter and fish are eliminated. The most devout abstain from the use of olive oil as well.

Eggs are dyed as a good luck token in the home and are dyed only on Holy Thursday and Holy Saturday. Any other day of the week for this purpose, particularly Good Friday, is considered to bring bad luck. The Greeks dye their eggs only a deep blood red, symbolizing the blood of Christ.

Good Friday is chosen as the day to bake the Easter loaves of bread. These thick, round loaves, decorated with bright red eggs stuck in the dough are also considered good luck in the home. Crisp doughnut-shaped cookies known as "Koulourakia" are one of the favorites of the Greeks and are served to callers during Holy Week.

With the observance of the Resurrection services at midnight at the Greek Orthodox Churches, the family returns home to partake of an especially prepared soup known as "Mageritsa," which is made from the liver, heart and lungs of the lamb; well cooked and seasoned with lemon sauce. Fasts are broken with the eating of this soup, and on Easter the preparations for the roasting of the traditional lamb are under way. Small whole lambs are generally used and roasted outdoors on open spits. The head of the lamb is usually cooked separately in the oven until crisp and brown and is considered a delicacy. The eye is offered to the most prominent guest.

When the family gathers around the table for the Easter meal, the ancient custom of egg-cracking begins with the exchange of the traditional "CHRISTOS ANESTI" which means, "CHRIST HAS RISEN!"

The head of the family then selects an egg from the bowl. Holding the egg tightly in his hand so that only the top shows, the host turns to the person seated at his right who similarly is holding an egg and tries to crack the guest's egg without cracking his own. If he successfully cracks his guest's egg he continues this same custom with the other guests and his family until his egg is cracked. At that time each member of the group may start cracking his egg with the others. It is understood that the Easter meal is not complete without drinking the good Greek wine called *Retsina* or *Kokinelli*.

### CHEESE PIE (Taropita)

GREECE

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 lb. Feta cheese         | 1 cup Krema (see Musaka)         |
| 4 eggs, well-beaten       | 1 stick butter (1/4 lb.), melted |
| Salt and pepper, to taste | 8 strips <i>Filo</i> pastry*     |
| 1 tsp. nutmeg             |                                  |

Mash cheese well; add beaten eggs, pepper, salt, if needed, and nutmeg, then the cold Krema sauce. Mix well. Butter a medium-size baking dish (15 × 8) and put in 1/2 of the pastry strips, buttered, having the ends extend over the sides of the dish. Spread the cheese paste over the pastry; cover the mixture with the remaining pastry strips, also buttered; turn extending ends of pastry back into pan.

Bake in medium oven 1 hour until crust is golden. Cut in squares or diamonds; serve hot. *Serves 6*

\* *Filo* may be purchased at most delicatessen stores.

### MARIE'S LASAGNE (Lasagne di Maria)

ITALY

- |              |                   |
|--------------|-------------------|
| 3 cups flour | 2 tbsp. olive oil |
| 4 eggs       |                   |

Place flour on marble top or board. Make a well in the mound of flour and break the eggs into it. Work flour with hands until eggs are completely absorbed. Roll out dough one half at a time. Cut into 1/4-inch strips. In a large pan of salted boiling water, to which the olive oil has been added, drop a few strips of the dough at a time. When they rise to the surface, 2 to 3 minutes, remove with a skimmer and lay out on damp towel.

#### Sauce

- |   |                          |
|---|--------------------------|
| 3 cups highly-seasoned Italian-style meat sauce | Mozzarella cheese, diced |
| 5 tbsp. Ricotta cheese                          | Parmesan cheese, grated  |

#### Meat Balls

- |                        |                           |
|------------------------|---------------------------|
| 1 lb. minced veal      | Salt and pepper, to taste |
| 1 clove garlic, minced | Oil for deep frying       |

To the prepared sauce add 1 tablespoon of the Ricotta cheese. Make meat balls, seasoned with garlic and salt and pepper, the size of large marbles. Fry in deep oil until lightly browned.

Cover bottom of casserole with sauce. Add a layer of Lasagne then spread layer of sauce with spoon. Scatter Mozzarella over all, sprinkle with Parmesan, a spoonful or two of Ricotta and half of the meat balls. Repeat until all ingredients are used. Allow for two layers of Lasagne on top as last layer will be removed before serving. This insures a moist Lasagne. Bake at low temperature 30 minutes to allow Lasagne to absorb sauce. *Serves 6*

### EGG ROLLS (Frittelle Ripiene)

ITALY

#### Crêpes

- |               |                         |
|---------------|-------------------------|
| 1/2 cup flour | 1/2 cup or more of milk |
| 1 egg         | 1 tbsp. butter          |
| Pinch of salt |                         |

In a bowl put flour making a well in center. Put egg and salt in well. With a wooden spoon beat in egg slowly. Add milk a little at a time; mixture must be smooth and thin.

Heat frying pan of 8 inches in diameter. Grease pan lightly. Add only enough of the mixture to thinly cover pan. Tip frying pan back and forth so that mixture spreads itself evenly and thinly. When cooked to a delicate brown, turn. Slide onto plate when done. Repeat until all *crêpes* are made.

#### Filling

- |                                |                          |
|--------------------------------|--------------------------|
| 1 cup thick white sauce        | <i>Topping:</i>          |
| 1/2 cup ground, cooked ham     | 1 cup thin white sauce   |
| 1/2 cup ground, cooked chicken | Mushrooms, to taste      |
| 1/4 cup Parmesan cheese        | White truffles, to taste |

Make thick white sauce. Add ham, chicken and cheese. Fill *crêpes* and roll. Place in pyrex dish; cover with thin white sauce. Sprinkle with mushrooms and white truffles. Brown in hot oven and serve instantly. *Serves 3*



## RAVIOLI TUSCAN STYLE (Polpettine di Spinaci alla Ricotta)

ITALY

1 lb. cooked spinach  
10 oz. Ricotta cheese  
2 egg yolks  
Pinch of salt

3 tbsp. Parmesan cheese  
3½ tbsp. butter  
Flour for dredging

Squeeze all moisture from spinach and mince. Mix thoroughly with Ricotta, salt, egg yolks and 2 tablespoons of cheese. Roll lightly in flour on marble or board. Shape into balls the size of a pigeon's egg.

Drop carefully one by one from a spoon into a large pan full of boiling water. Move pan to edge of fire so that water continues to be hot but not actively boiling. The balls will be cooked in 3 to 4 minutes. Remove with skimming spoon and put them on a hot platter with melted butter. Sprinkle with Parmesan cheese and serve.

*Serves 4*

## GREEN SAUCE (Salsa Verde)

ITALY

1 tbsp. minced parsley  
1 tbsp. capers  
2 washed anchovy fillets  
1 small pickled cucumber, Italian style  
½ small onion  
1 boiled potato (peeled and size of egg)

½ small clove of garlic  
Salt and pepper, to taste  
Olive oil  
1 tbsp. vinegar

Pound in a mortar the first 7 ingredients. Add salt and pepper. Continue until all of these ingredients form a pulpy mass. Put into a bowl and slowly add oil, beating it as one does a mayonnaise. Complete the sauce with addition of the vinegar. This sauce is excellent with fish or tongue.

## EGG CROQUETTES (Polpettine)

ITALY

6 eggs  
¼ lb. butter  
2 tbsp. flour  
1 cup milk  
Salt, pepper, to taste

1 tbsp. or more, according to taste, Parmesan cheese  
1 tbsp. chopped ham  
1 beaten egg  
Flour, bread crumbs for dredging

Hard boil eggs. Remove from shells and chop finely. Prepare a white sauce with butter, flour, milk, salt and pepper. Remove from fire and add chopped eggs, cheese and ham. Mix well and allow to cool.

A few minutes before serving shape mixture, dip in flour, beaten egg and finally bread crumbs. Fry in oil or shortening until golden brown and drain on brown unglazed paper.

*Makes 30 croquettes*

## CHEESE CROQUETTES (Kaas Croquetten)

THE NETHERLANDS

½ stick butter  
½ cup flour  
1¼ cups milk  
½ package unflavored gelatine  
1 cup grated, aged Gouda cheese

1 cup bread crumbs  
1 slightly-beaten egg white  
1 tsp. water  
2 to 3 drops salad oil  
1 qt. vegetable oil for deep frying

Melt butter in saucepan. Add flour and stir until smooth. Add milk gradually and allow to simmer for 8 minutes, stirring constantly. Soften gelatine in cold water and dissolve in sauce; add cheese; cook until blended. Spread on a dish dipped in cold water, and allow cheese mixture to cool. Shape into sausages 4 inches long and 1½ inches thick. Roll in bread crumbs. Dip in egg white, beaten with water and 2 or 3 drops salad oil, then roll again in bread crumbs. Fry in deep fat (375°) until golden brown. Drain on absorbent paper and serve hot.

*Makes 8 croquettes*

## CHEESE and BREAD SOUFFLÉ (Kaas en Brood Soufflé)

THE NETHERLANDS

3 eggs, separated  
½ stick butter  
½ cup milk  
Pepper and salt to taste

3 slices stale white bread, crustless, crumbled  
1 cup grated, aged Gouda cheese

Beat 2 egg yolks well with 1 tablespoon melted butter, milk, pepper and salt. Add bread, mix well until the liquid has been absorbed. Then add the third egg yolk, slightly beaten, and the cheese. Beat the 3 egg whites until frothy and fold into the bread mixture. Grease a 2-quart casserole with 1 tablespoon butter. Pour in mixture and cover with the rest of the butter, melted. Bake in warm oven 375° for 45 minutes and serve immediately.

*Serves 4*

### CHEESE RING MOLD (Kaasrand)

THE NETHERLANDS

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1/2 stick butter                | 3 eggs, separated                     |
| 1/3 cup flour                   | 2 tbsp. butter for greasing           |
| 1 1/4 cups milk                 | 3 tbsp. bread crumbs                  |
| 1 cup grated, aged Gouda cheese | 2 (12 1/2 oz.) tins of mushroom sauce |

Melt butter in saucepan. Add flour and mix well. Gradually add the milk making a smooth paste. Next fold in cheese and slightly-beaten egg yolks. Beat egg whites until stiff and fold into mixture. Grease ring mold well and sprinkle with bread crumbs. Pour mixture into mold and then place mold in 2 inches of slowly boiling water in large shallow pan. Allow to stand in this slowly-boiling water for 30 minutes or until well set. Turn out on hot plate and serve with heated mushroom sauce in center. *Serves 6*

### WARM SPICED WINE (Bisschop)

THE NETHERLANDS

- |                  |                          |
|------------------|--------------------------|
| 1 orange         | 2/3 cup granulated sugar |
| 12 whole cloves  | 1 bottle red wine        |
| 1 cinnamon stick | 1 bottle of water        |

Scrub orange with a brush. Stick cloves and small pieces of cinnamon firmly into orange. Pour wine and water into pyrex saucepan. Add sugar and prepared orange. Cover tightly and simmer for 2 hours. Never allow wine to boil.

### PICKLED FILLETS of HERRING (Sursild)

NORWAY

- |                            |                 |
|----------------------------|-----------------|
| 2 salted herring           | 1/2 tsp. sugar  |
| 2 onions, sliced           | 1/2 cup water   |
| 1/2 tsp. whole peppercorns | 3/4 cup vinegar |

Soak herring in cold water 3 to 4 hours, or overnight, if very salty. Skin and bone them; cut fillets crosswise in 1/2-inch pieces. Put herring and onions alternately in a glass jar with peppercorns in between. Dissolve sugar in water and vinegar; fill jar with this solution. Let stand for at least 24 hours. *Serves 4*

### STUFFED HARD-BOILED EGGS (Fylte Egg)

NORWAY

- |   |                                   |
|---|-----------------------------------|
| 8 hard-boiled eggs                                  | 4 tbsp. heavy cream               |
| Scant 3/4 stick butter                              | 2 tbsp. chopped parsley           |
| 3 anchovy fillets, or equal amount of anchovy paste | Few sprigs of parsley for garnish |

Cut hard-cooked eggs into halves, lengthwise or crosswise. Remove yolks and mash very fine with butter, anchovies, cream and parsley; press through pastry tube. Refill whites with mixture. Garnish with parsley.

### HORSE-RADISH SAUCE (Pepperrot Saus)

NORWAY

- |                                  |                |
|----------------------------------|----------------|
| 2 cups sour cream                | 2 tbsp. sugar  |
| 2 to 4 tbsp. grated horse-radish | 1 tsp. vinegar |

Whip cream; season to taste with horse-radish, sugar and vinegar. Serve this sauce with cold fish.



### BADMAN'S SAUCE for SEAFOOD (Molho de Vilão)

PORTUGAL

- |                               |                           |
|-------------------------------|---------------------------|
| 2 onions, chopped fine        | 8 tbsp. olive oil         |
| 2 garlic cloves, chopped fine | 4 tbsp. white vinegar     |
| 2 tbsp. parsley, chopped fine | Salt and pepper, to taste |

Place all the ingredients in a bowl and mix well. This sauce may be used on cooked fish, lobster, shrimp or cold boiled partridge.

## TURKISH COFFEE (Kahve)

TURKEY

1/2 cup water  
2 tbsp. sugar\*

2 tsp. pulverized coffee\*

Coffee should be made, if possible, in a "jezve"—a cylindrical pot with a long handle, sold in shops specializing in eastern Mediterranean foods.

Put cold water in the "jezve." Add sugar and coffee. Stir well. Place over low flame and cook to rising boil. Remove from flame and pour off froth into 2 demitasse cups. Bring to boil again and remove from fire. Pour coffee over the froth to fill the cups. Serve.

Serves 2

\* Proportions of sugar and coffee may be varied to suit the taste.

## INDIAN CURRY SAUCE

UNITED KINGDOM

1/2 cup butter, plus 1 tbsp.  
1 medium-size onion, sliced  
2 tbsp. curry powder  
1 cup cold water

1/2 clove garlic, finely chopped  
1 scant tbsp. tomato catsup  
1 tsp. sugar  
Juice 1/2 lemon

Melt 1/2 cup butter in skillet and brown onion; remove onion and set aside. Put curry powder in basin and make a paste by adding 2 tablespoons cold water. Add the additional tablespoon butter to that already in skillet; add curry paste and let this brown. Do not burn. Then add 2/3 cup of the water, which will make the sauce cloudy. Cook for a few minutes, then add the remaining water. Cook slowly, stirring constantly, for 10 minutes. Next add browned onions and chopped garlic. Simmer 5 minutes; during which time add catsup, sugar and lemon juice. Makes enough to coat 1 1/2 cups chopped cooked meats, chicken or hard-boiled eggs. Boiled rice, mango chutney and yogurt with chili powder are accompaniments.

## GAICHIS

UNITED KINGDOM

1/2 pt. of cream  
1/4 lb. grated Parmesan cheese  
2 egg yolks

1 tbsp. French mustard  
1 tsp. salt  
Pinch of cayenne

Mix these ingredients together; place in 6 ramekins; set in pan of water. Bake until golden brown, about 15 minutes.

Serves 6

## DEVONSHIRE CREAM, or CLOTTED CREAM

UNITED KINGDOM

Use very fresh best quality milk (not pasteurized). Pour 2 pints milk into a heavy saucepan, about 8 inches in diameter; stand in larder, undisturbed, for about 8 hours. Carry milk carefully and put over a low heat (if using gas use an asbestos mat). Leave for about 1 hour, until a thick, yellow and crinkly crust has formed without the milk rising. Switch off heat, but leave pan overnight; then skim off the thick cream. The skimmed milk can be used for cooking. Makes 1/4 cup clotted cream.



## EGG NESTS

UNITED KINGDOM

2 tbsp. butter or margarine  
2 tbsp. all-purpose flour  
1/2 tsp. salt  
1/4 tsp. pepper

1 cup milk  
1 cup cooked shrimp, peeled  
4 eggs, separated (leave yolks whole)

Melt butter or margarine; remove from heat; stir in flour gradually; add salt and pepper; replace on low flame. Very gradually add milk, stirring all the time. When sauce thickens, and has boiled 3 minutes, add cooked shrimp. Set aside. Whip egg whites until they stand in peaks. Grease 4 ovenproof ramekins. Spoon 2 tablespoons of shrimp mixture into each, then fill ramekins with whipped egg whites. With back of tablespoon make a well in the centre of each and carefully drop each yolk into this well. Bake for 3 minutes in a 400° oven.

Serves 4

**JELLIED HAM**

UNITED KINGDOM

1½ oz. gelatine	4 to 8 thin slices cold, cooked ham, trimmed
½ cup cold water	1 cup cooked new green peas
5 cups of boiling consommé	Parsley, for decoration

Soften the gelatine in the cold water, then stir in the consommé until the gelatine is dissolved. Fill 4 wet individual molds with the sliced ham, dividing the peas among them. Fill up with the liquid jelly. Chill. When set, turn out and serve on an attractive dish around a mold of Russian Salad. Garnish with parsley. *Serves 4*

**SCOTCH EGGS**

UNITED KINGDOM

9 eggs	Dry bread crumbs
1½ lbs. pork sausage meat	1 cup of fat

Boil 8 of the eggs for 12 minutes. Shell them when cold. Mold enough of the sausage meat around each egg to cover completely. Beat the remaining egg and dip each sausage ball into it; then roll in fine bread crumbs until well coated. Heat the fat in a skillet and when sizzling hot, brown sausage balls slowly on all sides. Drain on unglazed paper. Serve hot or cold. When cold, cut them in half and serve with salad. *Serves 8*

**SCOTCH WOODCOCK**

UNITED KINGDOM

4 slices of bread, toasted	2 egg yolks
3 tsp. of butter	Salt and cayenne pepper
2 tbsp. anchovy paste	½ cup of whipping cream

Cut toast into 2½-inch squares; butter generously and spread with anchovy paste. Beat egg yolks with salt and pepper. Heat cream in saucepan over low flame and add yolks of eggs. Continue to stir over low flame until sauce is thick. Pour mixture over the slices of toast. Serve at once. *Serves 4*

**EVERTON TOFFEE**

UNITED KINGDOM

2 cups granulated sugar
½ cup water
¼ cup butter
2 tbsp. golden syrup
Small pinch of cream of tartar
Few drops of lemon essence

Put sugar, water, half the butter and all the syrup into a saucepan. Stir over a very low heat, until sugar is dissolved; then add the cream of tartar. Boil in an uncovered pan until mixture forms a hard ball when a little is placed in cold water. Add the remainder of the butter gradually. When the last of the butter has dissolved, boil until it tests quite brittle and mixture begins to change color. Stir all the time, testing frequently in cold water. Remove from stove. Carefully stir in the lemon essence and pour into a buttered shallow baking tin. When cold, turn out and break into small pieces.

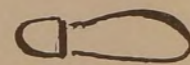
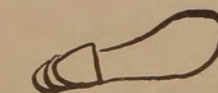
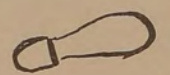
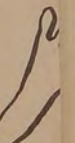
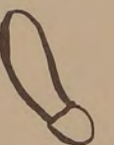
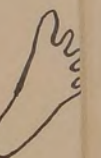
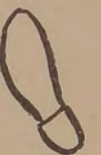
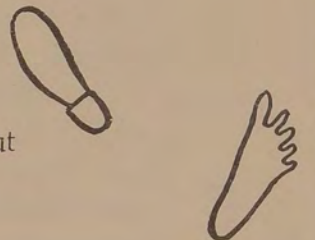
Makes approximately 1 pound of candy.

**OYSTER STUFFING  
for TURKEY**

UNITED STATES

Juice from 1 lemon	4 pts. fresh shucked oysters (no juice)
1 tbsp. salt	¼ lb. butter in pieces
8 to 10 whole slices of toast	4 tbsp. parsley, chopped

The above ingredients should be sufficient for a 10 to 12 pound turkey. Rub turkey cavity with lemon juice and salt. Then line the cavity with toast slices. Mix the oysters, butter and parsley together and then stuff oysters into cavity being careful not to disarrange toast lining. Seal cavity opening with piece of toast. Sew up or close opening with skewers and roast turkey as usual.



## CHEESE FONDUE

UNITED STATES

8 slices stale bread	$\frac{1}{8}$ tsp. coarse ground black pepper
$\frac{1}{4}$ lb. butter	$\frac{1}{8}$ tsp. cayenne pepper
$1\frac{1}{2}$ lbs. good sharp cheese, grated	$2\frac{1}{2}$ cups milk
1 rounded tsp. brown sugar	1 shallot or green onion, finely chopped
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ tsp. Worcestershire sauce
$\frac{1}{2}$ tsp. dry mustard	6 eggs, well-beaten
$\frac{1}{2}$ tsp. Beau Monde seasoning	
$\frac{1}{2}$ tsp. salt	

Trim crusts off bread then butter slices and cut into  $\frac{1}{4}$ -inch squares. Liberally butter a shallow casserole. Arrange a layer of bread in the bottom of casserole, then a generous layer of cheese, then again a layer of bread and cheese. In a bowl mix sugar, paprika, mustard, Beau Monde seasoning, salt, black pepper and cayenne pepper together; pour milk over mixture; stir briskly; then add shallot or onion, Worcestershire sauce and eggs. Pour this mixture into casserole. If liquid mixture does not come up to top of last cheese layer add more milk to correct level.

This dish may be made the day before using. Store in refrigerator and take out  $2\frac{1}{2}$  hours before you wish to serve it. Let it stand at room temperature for 1 hour. Then place casserole in a shallow pan, containing cold water, in a cold oven. Cook casserole for  $1\frac{1}{2}$  hours in  $300^\circ$  oven. If too brown after 1 hour turn oven heat lower.



## SUPREME MUSTARD SAUCE

UNITED STATES

1 cup dark brown sugar	$\frac{1}{3}$ cup dry mustard
$\frac{1}{2}$ cup cider vinegar	1 tsp. flour
1 cup water	3 well-beaten eggs

Mix first 5 ingredients together in double boiler. When well mixed, add eggs. Stir constantly until thick. Excellent with raw vegetables, seafood and meat.

## SACLANT LUNCHEON DISH

UNITED STATES

2 tbsp. butter	4 eggs, well-beaten
4 hard-boiled eggs, sliced	Pepper, to season
6 tbsp. parsley, chopped	Parsley, for decoration
Anchovy bread crumbs	
3 firm tomatoes, peeled and sliced	

Liberally butter a shallow casserole. Place on bottom the hard-boiled eggs; sprinkle parsley over eggs. On top of parsley sprinkle anchovy bread crumbs; add tomatoes. Pour eggs, seasoned with pepper, over contents of casserole. Bake in  $350^\circ$  oven until raw eggs are firm. Unmold casserole onto serving platter and decorate with parsley sprigs.

Serves 4 to 6

*Anchovy Bread Crumbs*

4 slices stale bread	Anchovy paste
----------------------	---------------

Cut crusts off bread and toast bread until crisp but not too brown. Spread each slice liberally with anchovy paste. Break bread into coarse crumbs.

## SAUCE for TWO WILD DUCKS

UNITED STATES

2 large onions, cut paper thin	3 bay leaves
1 cup sherry	Oregano, a pinch
6 whole cloves	1 tbsp. butter
	$\frac{1}{2}$ sq. unsweetened chocolate
	Salt and pepper, to taste

Cook above ingredients until chocolate is melted and mixture is blended. Use sauce to baste wild ducks.

## BLUEBERRY SAUCE

UNITED STATES

1 cup soft butter	2 cups blueberries
1 cup powdered sugar	

Cream together butter and sugar. Add blueberries; whip until thick. Serve on French-style pancakes or rich waffles.

## HAM and CORN RING with VEGETABLES

UNITED STATES

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 box of corn muffin mix          | 2 cups hot boiled onions      |
| ½ cup left-over diced ham, no fat | 6 hot, boiled carrots, sliced |
| 2 cups hot cooked peas            | Cheese Sauce (see below)      |

### Cheese Sauce

- |                |                             |
|----------------|-----------------------------|
| 2 tbsp. butter | 1 cup grated Cheddar cheese |
| 2 tbsp. flour  | Salt, to taste              |
| 1½ cups milk   | Cayenne, to taste           |
|                | Paprika, to taste           |

Make a *roux* of butter and flour; slowly add milk; when smooth and thick add grated cheese and season to taste. Cook until cheese is melted.

Prepare corn muffin mix by directions on the box. Add ham, blend and pour into 8-inch greased or oiled ring mold. Bake in 425° oven for 25 minutes. Unmold on large serving platter. Fill center of ring with green peas. Arrange carrots and onions around ring. Pour ⅓ of the sauce over all. Pass remaining sauce in side dish.

*Serves 4 amply*

## CRANBERRY-ORANGE RELISH

UNITED STATES

- |   |
|---|
| 4 cups raw cranberries                      |
| 2 large oranges, seeds and membrane removed |
| 2 cups granulated sugar                     |

Grind cranberries and oranges. Add sugar; stir well. Allow to ripen in refrigerator for 2 days before using. Serve with roast turkey.



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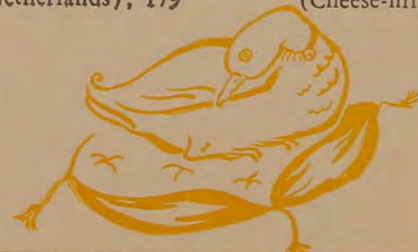
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