

Additional Recipes and Errata

for

Tempt Them with Tastier Foods

Eddie Doucette's Home Cooking Magic

3rd printing

clubpadgett.com/eddie3

New Recipes from IGA Advertisements

Round Steak Fromage (Cheese)

Remove bone from slice of round steak, cut ½ inch thick. Cut steak into serving pieces and dredge with flour seasoned with salt, pepper, garlic salt and “Quick” tenderizer seasoning. Brown in TableRite Salad Oil or drippings with 1 medium onion, diced. Drain off drippings. Add ½ cup water, cover and cook over low heat till tender, 55-65 minutes. Sprinkle with ½ cup of grated TableRite Cheese blended with 3 tbsp. chopped parsley. Cover again until cheese is melted, or under broiler if oven is on. Serve hot with choice of Vegetable and Potato. Cantaloupe with ice milk for dessert will top it off.

The *Donalsonville News*, Donalsonville, Georgia, 9-13-1962.

Spicy Chicken ala Chinese

Dredge cut-up TableRite frying chicken in mixture of ½ cup cornstarch, salt, pepper, and Ac'cent. Brown chicken in ¼ cup TableRite Salad oil. Add ¼ cup soy sauce, cover, and cook ten minutes, then add 1 green pepper and 1 onion, sliced, 1 nine ounce can crushed pineapple, 1 eight ounce can bamboo shoots, and 1 tbsp. brown sugar. Cover and cook till tender, another 12-15 minutes, and serve with fluffy rice.

The *Carlisle Mercury News*, Donalsonville, Carlisle, Kentucky, 1-10-1963.

Terry's Oven Fried Chicken

Roll TableRite Frying Chicken pieces in melted TableRite Butter seasoned with salt, pepper and Accent. Roll buttered Chicken in Cornflake Crumbs. Arrange buttered and crumbed Chicken in Baking Dish. Drizzle remaining butter over top and bake in 350° oven till tender, 40-45 min.

Try versatile tender TableRite Chicken for your patio party, grilled, broiled or baked in foil.

The *Idaho State Journal*, Pocatello, Idaho, 8-29-1963.

Blade Cut Chuck Roast, Suedoise

Rub a TableRite Blade Cut Chuck Roast with salt and pepper. Brown on all sides in 3 tbsp. IGA Salad Oil. Add 2 large onions sliced and 2 carrots, sliced. Add 1 bay leaf, ½ tsp. crushed allspice, 1 tbsp. sugar and 3 cups water. Cover and simmer till tender. Strain gravy, remove fat from top. Add ¼ cup crushed ginger snaps and ¾ cup IGA Evaporated Milk. Correct seasoning, blend in 2 tbsp. chopped parsley. Serve hot with roast. Feature TableFresh Vegetable and boiled potatoes to make a meal complete.

The *Idaho State Journal*, Pocatello, Idaho, 9-5-1963.

Oven Barbecued Round Steak

Cut 2½ lb. TableRite Round Steak (¾" thick) in eight equal portions. Heat 3 tbsp. IGA Salad Oil in skillet and brown steaks on both sides. While steak is browning combine following ingredients: Saute 1 medium chopped onion, 1 clove of Garlic and ½ cup chopped celery. Brown slightly, add 1 cup IGA Catsup, ¼ cup vinegar, 2 tbsp. lemon juice, 1 tbsp. brown sugar, 1 tbsp. dry mustard, 1 tsp. Worcestershire Sauce, 1 cup water, and salt, pepper to taste. Heat and pour over steaks in baking dish. Bake in 350° F. oven till fork tender, about 2 hours. The *Idaho State Journal*, Pocatello, Idaho, 9-26-1963.

Modern Chicken Fricassee

Dredge TableRite frying chicken parts in seasoned flour. Brown slowly in butter and transfer to baking dish. Surround with Canned Cooked Onions, cooked white potatoes and cooked carrots (one of each for each person). Add small can drained Peas and over all pour 2 cans Cream of Chicken Soup blended with ½ cup milk. Cover and bake in 350° F. oven for about 30 min. or when chicken is tender. Serve hot sprinkled with chopped parsley right from serving dish or casserole.

The *Idaho State Journal*, Pocatello, Idaho, 10-3-1963.

Chicken Tokay, En Casserole

Brown quartered TableRight Chicken Fryers in 2 tbsp. TableRite Butter and 2 tbsp. TableRite Salad Oil. Place in casserole or baking dish. In the meantime in saucepan, combine ¼ lb. butter or margarine, ½ cup brown sugar, ½ cup cider vinegar, 2 tbsp. tomato paste, 2 chicken bouillon cubes and 1 tbsp. Soy Sauce. Bring quickly to a boil, boil for 5 minutes, add 2 cups of halved and seeded Tokay grapes and ½ cup minced onion. Boil another 5 min. and pour over browned chicken in casserole. Cover and bake 20 min. in 350° F. oven, uncover and bake uncovered til tender, 15-20 min. more. Sprinkle chopped pimientos and chopped parsley over top. Serve hot from casserole with fluffy rice or buttered noodles.

The *Idaho State Journal*, Pocatello, Idaho, 12-26-1963.

Butter Broiled Chicken Halves on Toast

SERVED WITH... Broccoli and Cheddar Cheese Sauce—Molded Vegetable Salad with Sour Cream Dressing—Milk, Butter, Brown 'n' Serve Rolls.

Cheddar Cheese Sauce: In a saucepan over low heat, melt 3 tbsp. TableRite Butter, blend in 3 tbsp. IGA Flour and cook about 1 minute. Gradually add 2 cups of milk, stirring constantly until thickened. Remove from heat and stir in 2 cups grated cheddar cheese until melted and smooth. Add 1 tsp. prepared mustard, ¼ tsp. Worcestershire sauce. Add salt, pepper, Ac'cent to taste.

The *Idaho State Journal*, Pocatello, Idaho, 1-30-1964.

Hungarian Goulash

Heat 3 Tbsp. TableRite Salad Oil and saute 2 large onions, thinly sliced. When onion is transparent in appearance, quickly brown 1½ lbs. of boneless chuck, cut in 1-inch cubes. Add 1 minced clove of garlic, 1 Tbsp. paprika, 1 tsp. salt, ¼ tsp. pepper, and ¾ tsp. of marjoram. Add boiling water to barely cover with bouillon cube. Stir all together, bring to boil, cover, lower heat and simmer about 1 hour, or till tender. When ready to serve, remove from heat, blend in 1 generous cup of sour cream. Serve immediately with canned sauerkraut (heated) and dumplings (Bisquick).

The *Idaho State Journal*, Pocatello, Idaho, 2-6-1964.

Ham Souffle

Into 1¼ cups of medium* white sauce seasoned to taste with scant amount of salt, white pepper, sage, dry mustard, 1 tsp. grated onion and 1 Tbsp. chopped parsley add 1 cup of ground up left-over TableRite Ham. Stir in 4 well-beaten egg yolks until well blended. Then carefully blend in 4 stiffly beaten egg whites. Pour batter into buttered baking dish or casserole. Bake in 375° F oven, 30-35 minutes. Souffle should be well puffed, golden brown, and crusty on top. Serve at once.

*Cream of Mushroom or celery soup may be used as a base.

The *Idaho State Journal*, Pocatello, Idaho, 2-13-1964.

Chicken Saute, Romano

In a bowl place desired pieces and amount of cut-up TableRite chicken. Over all pour 1 cup Italian dressing and let marinate for 1 hour, turning occasionally. Brown 1 chopped onion in TableRite Salad Oil. Brown marinated chicken in same pan. Add 1 clove garlic, 1 green pepper cut up and one #2½ can crushed IGA Tomatoes. Add ¼ cup marinade, bring all to a boil, lower heat, cover and let simmer 20 minutes or till tender. Serve hot with crusty bread, green noodles, and salad.

The *Idaho State Journal*, Pocatello, Idaho, 3-5-1964.

Country Fried Steak

Dredge a 1½-2 lb. TableRite Round Steak in seasoned flour (½ cup Flour, ½ tsp. salt, ¼ tsp. Accent, pinch of pepper). Brown on both sides in a shallow amount of hot TableRite Salad Oil. Add 1 medium sliced onion, 1 minced clove garlic and ½ cup water. Cover and simmer til tender 20-30 min. Serve hot with natural juices, free of grease and sprinkled with chopped parsley. Accompany steak with Frozen Peas and Carrots or Grilled Fresh Tomato and French Fries. For dessert, TableRite Ice Cream on IGA Waffle topped with pitted sweet cherries.

The *Idaho State Journal*, Pocatello, Idaho, 7-16-1964.

TableRite Franks En Chemise

Our Franks go Hi-Hat! "Chemise" is French for jacket or shirt. The recipe is simple, the results terrific!

Prepare package IGA Pie Crust, mix per directions. Roll out very thin. Brush with prepared mustard, sprinkle with diced raw bacon mixed with a little chopped parsley and chopped onion. Cut in rectangles to fit frank. Roll the frank in pastry and cover completely. Seal edges by wetting edges with Evap. milk, pinch firmly together. Brush lightly with melted butter and with tines of fork puncture a few holes in pastry. Bake in 400° oven 15 minutes. Serve hot with sauerkraut and mashed potatoes.

The *Idaho State Journal*, Pocatello, Idaho, 7-23-1964.

Baked Pork Chops, Florentine

Dredge 4-6 TableRite Pork Chops in seasoned flour (1 cup IGA Flour, 1 tsp. salt, ½ tsp. Accent, ¼ tsp. pepper). Sear on both sides in small amount of hot TableRite salad oil. When well browned, lower heat, cover and cook til tender, about 30 min., turning occasionally. Cover the bottom of a casserole with hot, cooked buttered IGA chopped spinach. Lay cooked chops on it. Blend 1/3 cup milk with 1 can (10½ oz.) condensed Mushroom Soup. Pour over chops and sprinkle with chopped TableRite Swiss Slices. Place in hot oven or under broiler and brown til cheese bubbles. Serve with potato of your choice and buttered IGA Frozen Peas and Carrots.

The *Idaho State Journal*, Pocatello, Idaho, 8-6-1964.

Short Ribs, Naturel

Rub 3-4 lbs. of TableRite short ribs with seasoned flour (1 cup flour, 1 Tbsp. salt, ½ tsp. pepper, ½ tsp. paprika). Brown thoroughly on all sides and transfer to kettle or pan with cover. Add 1 minced clove of garlic, 1 chopped onion, 1 Tbsp. tomato paste, 1 can bouillon, and 1 cup water. Bring to boil, lower heat, cover and let simmer till tender. Also can be braised (covered) in 350° F oven 1½ to 2 hours. Place ribs on warm platter. Skim fat off gravy, serve hot with own gravy. Accompany with oven brown potatoes and choice of vegetable. Garnish with parsley.

The *Idaho State Journal*, Pocatello, Idaho, 8-13-1964.

Chicken Virginia

Sprinkle 2 TableRite Chickens (cut in quarters) with salt, pepper and Ac'cent—let stand 15 minutes.

Set oven control for "Broil". Brush chicken with melted TableRite Oleo and cook 15 min. on each side, 6" from heat, until tender, or cook on barbecue grill; When tender, place each quarter on slice of TableRite Ham, top with TableRite Process Cheese slice, heat til cheese melts. Serve with Grilled Fresh Tomato, IGA Frozen French Fries and Green Onions.

The *Idaho State Journal*, Pocatello, Idaho, 9-3-1964.

Sirloin Tip Roast, Swedish

Rub a 4-4½ lb. TableRite Sirloin Tip Roast with seasoned flour (½ cup IGA Flour, ½ tsp. salt, ¼ tsp. Accent, pinch of pepper). Brown on all sides in dutch oven. Add 2 large onions and 2 large carrots sliced. Add 1 bay leaf, ½ tsp. crushed Allspice, 1 tbsp. sugar and 2½ cups water. Cover and simmer til tender, approximately. 1½-2 hours. Strain gravy, remove fat from top. Add ½ cup crushed ginger snaps and ¾ cup IGA Evap. milk. Correct seasoning, blend in 2 tbsp. chopped parsley. Serve hot with roast. Accompany with Frozen Peas and boiled potatoes to make a meal complete.

May we suggest a fresh Peach Shortcake for dessert?

The *Idaho State Journal*, Pocatello, Idaho, 8-20-1964.

Creole Chuck Roast

Rub a 4-5 lb. TableRite Chuck Roast with salt, pepper and Accent. Brush with TableRite Italian Style Dressing and brown meat well on both sides in 3 tbsp. Sno-Kreem Shortening. Place in casserole or kettle. Surround with medium onion, diced, one minted clove of garlic, one branch of celery, diced, and 1 bay leaf. Also add 1 No. 2 can of IGA Tomatoes, crushed, ½ cup water and ¼ cup sliced stuffed olives. Cover and cook over low heat, or in 350° oven till fork tender, about 3 hours. Slice meat.

The *Ogden Standard-Examiner*, Ogden, Utah, 9-10-1964.

“Chicken Marengo”

Dredge cut-up TableRite chicken in well seasoned flour and saute to golden brown in ¼ cup TableRite Salad Oil or Sno-Kreem Shortening. Transfer to casserole and in same skillet, saute 1 minced small onion, 1 clove garlic, and 2 diced branches of celery. Add small can drained IGA Tomatoes, 1 small jar mushrooms and ½ cup white wine (optional). Pour over chicken, cover and bake in 350° F oven. Serve hot from casserole with fluffy rice or egg noodles accompanied by shredded 8-minute cabbage, or cooked frozen IGA Asparagus.

The *Idaho State Journal*, Pocatello, Idaho, 10-15-1964.

Braised—Barbecued—Beef Short Ribs

Heat 3 tbsp. of TableRite Oil and brown thoroughly on all sides 3 lbs. of TableRite Short Ribs cut into serving pieces. Transfer meat and drippings into baking dish or dutch oven. Add 1 minced Clove Garlic, 2 medium. Onions sliced. Combine 1 cup IGA Tomato Ketchup, ½ cup Vinegar, 3 tbsp. Honey, 1 tsp. Curry Powder, ½ tsp. Chili Powder, ½ tsp. Dry Mustard and 1 cup Bouillon. Blend all together, add Salt and Pepper to taste and pour over Browned Ribs. Cover and let braise or bake in 350° oven until fork tender, about 1½ hours. Serve hot with Parslied Boiled Potatoes, and choice of Vegetable.

The *Idaho State Journal*, Pocatello, Idaho, 11-12-1964.

Happy New Year's Brunch

Chilled IGA Tomato Juice
Herring—Kraft Chip Dips—Ritz Crackers—IGA
Chips
Scrambled Eggs, California Style
Crisp TableRite Bacon
Waffles—Syrup—IGA Coffee

Scrambled Eggs California Style (for four): Beat eight TableRite eggs and blend in 8 tbsp. TableRite Evaporated Milk. Season to taste with salt, pepper, and Accent. Melt butter in skillet and add egg mixture. When mixture starts to coagulate add ½ cup diced left over ham and ½ California avocado, diced. Blend all together. Do not cook after avocado has been added. Serve hot.

The *Idaho State Journal*, Pocatello, Idaho, 12-29-1964.

Spicy Chicken a la Chinese

Into a frying pan put 1/3 cup TableRite Salad Oil and heat. Dust a 2½ lb. cut-up TableRite frying Chicken with Corn Starch or Flour, Salt, Pepper and Accent. Brown Chicken on both sides. Add 3 tbsp. Soy Sauce, cover and cook 10 minutes over low heat. Then add 1 cut-up Onion, 1 cut-up Green Pepper, 1 small flat can Crushed Pineapple, 1 small can Bamboo Shoots, 1 tbsp. Brown Sugar. Cover and cook till tender about 10 minutes more. Serve hot accompanied with fluffy Rice and a nice crisp salad.

The *Idaho State Journal*, Pocatello, Idaho, 1-14-1965.

Braised Short Ribs of Beef

Trim excess fat from 2-3 lbs. TableRite Short Ribs and dredge with ½ cup IGA Flour, 2 tsp. salt, ½ tsp. pepper, ¼ tsp. Accent, ½ tsp. ground Ginger, ½ tsp. dry Mustard, ¼ tsp. Thyme. In heavy kettle brown ribs on all sides in 3 tbsp. TableRite Vegetable Oil along with 1 med. onion, coarsely chopped; 1 clove garlic, minced; 2 branches celery, chopped. When meat is browned add ½ cup tomato sauce, 1 (10½ oz.) can and enough water to make about 2 inches of liquid in bottom of kettle. Cover and simmer slowly til fork tender, 1½-2 hours. Serve hot accompanied with buttered IGA Noodles or parslied boiled potatoes and choice of vegetables.

The *Idaho State Journal*, Pocatello, Idaho, 1-21-1965.

Sweet 'n' Sour Pork

In a skillet over medium heat, in 2 tbsp. TableRite Salad Oil, quickly brown 2 cups of cooked thin strips of Pork. Push aside and saute (fry) 1 medium onion, thinly sliced. When onion is tender, blend in a mixture of 2 tbsp. flour, 2 tbsp. brown sugar, ½ tsp. salt. As soon as meat is coated and all tossed together, stir in 1 cup water, ¼ cup Soy Sauce, 2 tbsp. lemon juice. Stir and let simmer 3 min. Serve hot in a nest of fluffy parslied rice.

The *Idaho State Journal*, Pocatello, Idaho, 8-5-1965.

Leftover Ham

Cook 1 cup Elbo Macaroni according to directions on package. Drain, blend in ½ cup parboiled chopped green pepper, ¼ cup Pimento, 1 cup chopped cooked leftover Ham, 1½ cups creamed Cottage Cheese, 1 can Cream of Chicken Soup and ½ cup milk. Season to taste if necessary, pour into buttered 2-qt casserole and bake in 350° F. oven 'til bubbly and golden brown, 25-30 min. Serve with Hawaiian Slaw, made by adding Libby's Crushed Pineapple to shredded cabbage and moistened with IGA Salad Dressing. IGA Frozen Peas or Lima Beans will complete the meal. For dessert: TableRite Ice Cream atop a crisp Waffle!

The *Idaho State Journal*, Pocatello, Idaho, 2-11-1965.

Cherry Snow Peak Pie

Prepare Pie Crust Pastry per direction on Pie Mix Box. Line 8" pie pan with rolled out pastry and flute edge. In sauce pan combine and mix ½ cup granulated sugar, 2½ tbsp. IGA Flour, ⅛ tsp. salt, ⅛ tsp. cinnamon, ½ cup Cherry Juice drained from No. 2 can IGA Red Cherries. Cook over low heat til thickened. Add drained cherries and 1 tbsp. TableRite Butter. Pour into unbaked pie shell. Bake in preheated oven (450° F.) for 10 min. to set crust, remove from oven, arrange meringue peaks on top of cherry mixture, return to 350° F. oven for 30-35 min. til crust is baked and meringue set.

Meringue: 3 egg whites beaten to soft peaks, pinch of salt and 6 tbsp. sugar added gradually.

The *Idaho State Journal*, Pocatello, Idaho, 2-18-1965.

TableRite Sirloin Tip Roast

Rub a 4-4½-lb TableRite Sirloin Tip Roast with flour seasoned with salt, pepper, Accent. In Dutch oven, brown all over in 3 tablespoons Sno-Kream Shortening. Add 1 clove Garlic, 1 large Onion, sliced, 1 green Pepper sliced, 2 tablespoons Tomato Paste and 1 can Beef Bouillon. Bring to a boil, cover, lower heat and simmer 'til tender, 2-2½ hours. Serve with Macaroni and Cheese, crisp Onion Rings and Salad.

The *Idaho State Journal*, Pocatello, Idaho, 4-29-1965.

Steak Sauce

Your choice of any of the TableRite Steaks featured this week will win approval broiled indoors or outdoors. Try this sauce for that unusual gourmet touch: Combine and blend together 2 tablespoons Salad Oil, 2 tablespoons Vinegar, 2 tablespoons Dry Mustard, 1 tablespoon Lemon Juice, 1 teaspoon Lemon Juice, 1 tablespoon Paprika, few drops Tabasco, ½ teaspoon Garlic Salt, ¼ teaspoon Pepper. Brush on steak 15 minutes prior to broiling. Just before serving, lightly brush broiled steak again and sprinkle with chopped Parsley.

The *Idaho State Journal*, Pocatello, Idaho, 6-17-1965.

Baked Pork Chop, Island Style

Season 4-6 TableRite Pork Chops and brown on both sides in 2 tbsp. heated TableRite Salad Oil; place browned chops in casserole. Brown 6 slices of pineapple in same fat and place a slice on each chop that has been brushed with mustard. Add one minced onion and 1 cup pineapple juice blended with ¼ cup Soy Sauce. Bake in 325° F. oven til fork tender, one hour or so. Serve from casserole accompanied with mashed potatoes and glazed carrots!

The *Idaho State Journal*, Pocatello, Idaho, 6-24-1965.

Stuffed Beef Slices

Have IGA butcher flatten 6 1-inch slices of top or bottom round to about ½" thick (approx. 2½ lbs.). Trim edges and rub each slice with mixture of salt, pepper, Accent and Thyme. Through food chopper pass 1 small onion, small clove garlic, 2 tbsp. celery tips, 3 strips bacon and trimmings from beef. Season to taste with salt, pepper, Parmesan Cheese and 1 egg. Mix together and divide equally on each piece of flattened beef. Roll up tightly and secure with kitchen thread. Arrange in baking dish and over all pour 1 (10½ oz.) Beef Bouillon. Cover and bake in 350° F. oven til tender, 1½ hours.

The *Idaho State Journal*, Pocatello, Idaho, 12-9-1965.

Spiced Pot Roast

Rub a 5 lb piece of TableRite Chuck with salt and pepper. Place in earthen dish and surround with 1 onion, 1 carrot and 1 branch celery all thinly sliced, 1 clove garlic, 1 tsp. peppercorns and sprig of Thyme. Over all pour equal parts of water and vinegar to cover. Let stand in marinade 24 hours. Drain, place in roasting pan and brown well in 425° oven. When brown, add 2 cups strained marinade. Lower heat to 350°, cover and cook til tender, approx. 3 hours. When cooked, remove to platter and keep warm. Reduce marinade by boiling over low heat. Strain into saucepan and blend in 1 cup sour cream. Heat, but do not boil.

The *Idaho State Journal*, Pocatello, Idaho, 1-13-1966.

Braised Chuck Steak Dinner

Brown 2 medium thick Beef Chuck Steaks on both sides. Place 1 steak in a baking dish or casserole. Season with salt, pepper and Accent, cover with green pepper and onion slices. Place second slice on top and repeat procedure for first steak by seasoning and covering with green pepper and onion slices. Add a small can of tomatoes, ¼ cup of Tomato Sauce and ½ can of Consomme. Cover and bake 'til tender in 350° oven. Thickness of steak will designate length of cooking time (approximately 1-2 hours).

...Serve with fluffy mashed potatoes, choice of vegetable, and a light textured cake for dessert.

The *Idaho State Journal*, Pocatello, Idaho, 2-10-1966.

Chicken Fried Steak

Cut a 1 lb. TableRite Round Steak into 4 pieces. Dredge in IGA Flour seasoned with salt, pepper and Accent, then on both sides in egg wash (1 egg & 2 tbsp. water, beaten) dip again into flour. Brown on both sides in ¼ cup of hot Sno-Kreem Shortening. Cover, lower heat and cook 25-30 min. To make gravy: Remove meat from fat. Add ¼ cup left over seasoned flour, blend over low heat and gradually stir in 2 cups scalded milk. Let boil a few minutes. Add 1 tsp chopped parsley. Correct seasoning. The *Idaho State Journal*, Pocatello, Idaho, 2-17-1966.

Corned Beef and Cabbage

St. Patrick's Day or any day—Enjoy TableRite Meat from IGA.

Soak a 3-5 lb TableRite Brisket of Corned Beef in cold water for about an hour. Drain, cover with cold water and gradually bring to a boil, skim, lower heat and simmer gently 3-4 hours. (Boiling will toughen meat). Last 35 minutes of cooking drop 6 medium onions, 6 small peeled carrots and 1 medium yellow turnip cut in six. 10 minutes later add 6 small potatoes or 3 large ones cut in half. In separate kettle, cook cabbage cut in portions, core removed, with some of liquid Beef and Vegetables were cooked in. Don't cook cabbage more than 15 minutes. Serve meat, hot, sliced on top of cabbage, surrounded with vegetables on platter.

The *Idaho State Journal*, Pocatello, Idaho, 3-17-1966.

Fruited Easter Ham Steak

Easter Ham or Turkey by TableRite—Assures satisfaction in every bite.

Broil or pan broil a 1" center slice of TableRite Ready-to-Eat Ham, enough to heat through and delicately brown on both sides; brushing frequently with softened butter blended with prepared mustard, transfer to a heated platter. Surround outer edge with whole cloves. Cut into 4-6 portions as desired, topping each portion with a cored pineapple slice grilled to a tempting brown. Top with heated Apricot Half filled with tsp. of Cranberry Apple Sauce. Surround ham with candied IGA Sweet Potatoes and accompany with IGA Frozen Broccoli.

The *Idaho State Journal*, Pocatello, Idaho, 4-7-1966.

Campbelled Eggs

- 1 can Campbell's Cream of Mushroom, Chicken or Cheddar Cheese Soup
- 8 eggs (slightly beaten)
- 2 tbsp. butter or margarine

Stir soup until smooth, blend in eggs. In skillet, melt butter, pour in egg mixture. Cook over low heat until set, lifting eggs gently now and then. 4 to 6 servings.

The *Daily American Republic*, Poplar Bluff, Missouri, 9-17-1968.

Italian Pot Roast

Brown a 4 to 5 lb. chuck roast on all sides in olive oil over a medium heat in heavy kettle with cover. Add one large onion, sliced and 2 minced cloves garlic and cook 5 minutes. Add one No. 2½ can IGA Tomatoes—crushed, 1 6-oz. can tomato paste, 2 tsp. salt, 1 tsp. oregano, ½ tsp. pepper. Bring to boiling point, cover, reduce heat, simmer until tender 2-2½ hours. If necessary, add water or consomme during cooking. Let set. Spoon 2½ tbsp. of fat from top of liquid, blend with 2 tbsp. of flour and cook 5 minutes. Add to liquid in kettle, simmer to thicken, correct seasoning if necessary.

The *Idaho State Journal*, Pocatello, Idaho, 6-9-1966.

TableRite Steaks... for Barbeque Treats!

Start your charcoal fire 45 to 50 minutes ahead to allow charcoal to have an ashy gray look by day or a ruddy red after dark. Broiling time depends on thickness of meat. Adjust to your preference of doneness. Cook thinner steaks closer to heat, thicker steaks further from heat to allow longer cooking. A good average rule to follow is:

1" steaks—3" from heat; broil 5-8 minutes each side, depending on steaks.

2" steaks—6" from heat; broil 9-12 minutes each side, depending on steaks.

The argument goes on—Season before or after? Either way works well. Try brushing steaks with oil and vinegar dressing or, broil plain and brush with butter and lemons. The *Idaho State Journal*, Pocatello, Idaho, 6-16-1966.

Mock Fillet Mignon

Season 2 lbs. of TableRite Ground Beef with 1 Tbsp. Chopped parsley, 1 Tbsp. grated onion, 1 egg, 1½ tsp. salt, 1 tsp. Ac'cent, ½ tsp. pepper, ¼ cup catsup. Mix well and shape into 6 flat round cakes. Wrap a strip of TableRite Bacon around the edge of each patty and secure with toothpick. Place in a marinade of TableRite Italian Style Dressing, 20-30 minutes each side. Remove from marinade and broil on barbecue grill, under broiler in stove, or skillet until desired doneness. Serve hot with buttered corn, IGA Onion Rings and French Fries.

The *Idaho State Journal*, Pocatello, Idaho, 7-14-1966.

Down East Baked Chicken

Place cut-up parts of TableRite Chicken in a pan and pour over all enough buttermilk so that chicken can be turned a few times in an hour to be thoroughly marinated. Then completely dredge in seasoned flour (½ cup IGA Flour, ½ tsp. salt, ¼ tsp. each Accent, sage, pepper.) Brown marinated and dredged chicken in shallow amount of heated fat. Arrange browned chicken in single layer in buttered baking pan. Bake in 350° F. oven until tender, 20-25 minutes. Serve hot.

The *Idaho State Journal*, Pocatello, Idaho, 9-1-1966.

Casserole Steak Adventurer

Sprinkle 2½ lbs. of TableRite Rump or Round Steak cut into strips with salt, pepper and Ac'cent. Saute (lightly fry) in 3 Tbsp. of hot Sno-Kreem Shortening and set aside. In same pan, saute 3 large onions thinly sliced and ½ lb. sliced mushrooms 5 minutes. In bottom of 2 qt. casserole place a layer of onion mushroom mixture and then a layer of steak strips. Over each layer of steak strips sprinkle a mixture of ¼ cup flour—¼ cup brown sugar. Alternate layers using same procedure until used up. Over all pour the blended mixture of 1 small can tomato paste, 1-10 oz. can consomme and 1-10 oz. can beer (water or consomme may be used in place of beer). Sprinkle top with TableRite Grated Romano cheese. Cover and bake in 350° F. oven until tender (one hour or more).

The *Idaho State Journal*, Pocatello, Idaho, 8-25-1966.

Meat Soufflé in Green Pepper

Cut 4 to 6 green peppers in half, (long way) remove insides and place in saucepans or skillet. Pour boiling water over peppers, cover and let simmer five minutes, drain. Melt 3 Tbsp. butter in pan, blend in 3 Tbsp. flour, cook over low heat five minutes. Stir and blend 1-10½ oz. can consomme. When thickened, stir in 2½ cups diced left-over cooked TableRite Pot Roast of Beef, (or other meat), 3 Tbsp. dry bread crumbs, 2 tsp. grated onion and 1 Tbsp Crescent chopped parsley. When cool blend in 2 beaten egg yolks—season to taste with salt, Crescent Pepper, M.S.G. and fold in 2 egg whites stiffly beaten. Fill parboiled peppers with mixture, set in baking dish with water to cover bottom of dish and bake 1 hour in 350° F. oven.

The *Montana Standard-Post*, Butte, Montana, 9-15-1966.

Chopped Ham & Macaroni Pie

Take Advantage of The Ham Feature This Week—Use Left-Over Ham In This Recipe.

Combine 3 Cups drained, cooked IGA Elbo Macaroni with 2 cups chopped cooked TableRite Ham, 1 tsp. grated onion and ½ tsp. mustard. Pour into a well buttered baking dish or casserole and cover mixture with whole ritz crackers. Pour enough milk slowly over the ritz crackers making certain the entire top surface is wet and mixture is covered (approximately 3 cups). Dot with TableRite Butter or margarine and bake in 300° F. oven for about 1 hour. Milk should be absorbed and op nicely browned.

Another hint—blend ground cooked left-over ham with pancake mix, bake and serve.

The *Montana Standard-Post*, Butte, Montana, 10-27-1966.

Beef Chop Suey

Heat 4 tbsp. Sno-Kreem Shortening or oil and saute, stirring constantly—one medium onion cut in thin slices and one cup celery thin slices. When tender, add 2 cups left over cooked beef cut in thin strips, one 10½ oz. can consomme, 1 tbsp. soy sauce and bring to a boil. Moisten 1 tbsp. cornstarch in 1 tbsp. water and stir into mixture. When thickened, season to taste with salt, pepper and accent. Add one can of drained chinese bean sprouts, cover and let simmer 20 minutes. Serve with fluffy rice... Chow Mein is prepared in the same manner only that chinese noodles are used instead of rice.

The *Panama City News-Herald*, Panama City, Florida, 4-6-1967.

Honey Broiled Ham and Peach Halves with 8-Minute Cabbage

Score fat on Ham Slice, cut 1" thick (Ready to Eat) Ham. Make a mixture of ½ cup honey, 1 tbsp. prepared mustard and tiny pinch of ground cloves. Place Ham Slice on rack in broiler pan. Spread half of honey mixture over ham and broil til glazed, about 4-5 min., 4" from unit. Turn slice and spread with remaining honey mixture. Repeat broiling process. Halfway to finish, place drained peach halves around the ham and continue broiling to finish ham and lightly broil peach halves. Drizzle honey from pan over all. Serve hot with shredded cabbage, boiled for 8 minutes only in water seasoned with Ac'cent. Drain, season to taste with salt and pepper and butter. A boiled or baked potato is all you need for a complete meal.

The *Idaho State Journal*, Pocatello, Idaho, 10-26-1967.

Eggs Benedict

- 2 English Muffins (split in half)
- Soft butter or margarine
- 4 thin slices boiled ham
- 4 fresh eggs
- Never ail Hollandaise Sauce

Toast English muffin halves, butter and keep in warm place. Saute ham slices lightly... in the meantime, poach the eggs. To serve, place buttered muffin halves on serving platter or individual service. Place ham slice on each muffin half, top ham with poached egg and cover with Hollandaise Sauce. Serve immediately accompanied by tomato slices and potato chips, garnish with parsley.

The *Daily American Republic*, Poplar Bluff, Missouri, 9-17-1968.

Ranch Barbecued Chicken

Place halved 2¼ lb. TableRite Fryer Chickens (one half per serving) in shallow dish or pan. Over all pour the following combined ingredients. (Recipe for four servings.) Blend together one 8 oz. can tomato cheese sauce, ¼ cup chili sauce, 2 tbsp. lemon juice, 1 tbsp. grated onion, 1 clove garlic-crushed, ½ tsp. each of salt, chili powder, poultry seasoning and ⅛ tsp. pepper. Cover with foil and let marinate over night or for at least 6 hours. Place skin side up on grill about 8 inches above well burned coals, turn and broil on each side until a nice ruddy brown and chicken tender.

The *Mining Journal*, Marquette, Michigan, 8-11-1966.

Never Fail Hollandaise Sauce

- ½ cup soft butter
- 4 egg yolks
- 2 tablespoons lemon juice
- ½ tsp. salt
- ¼ tsp. white pepper
- ½ cup boiling water

Cream butter until smooth, gradually add eggs one at a time, lemon juice and seasonings. Beat until light and smooth. Place in refrigerator (in heat proof bowl that will set over boiling water) until ready to serve. Stir constantly while heating, when hot and slightly thickened, gradually add boiling water stirring until light in color and consistency. Turn off heat but let set over hot water until ready for use. Serve as soon as possible.

The *Daily American Republic*, Poplar Bluff, Missouri, 9-17-1968.

Franks in Blankets

Using refrigerated baking powder biscuits, Bisquick, or your own recipe for baking powder biscuits, roll to ¼ inch thickness and cut into 3 x 4" oblong. Brush dough with prepared mustard (Piccalilli may be added here also) and wrap around a TableRite Frank. Brush lightly with melted butter or margarine and bake about 15 minutes in preheated 450 degree F. oven. Serve hot as is, or accompany with Van Camps Pork and Beans. Shredded TR Lettuce topped with choice of IGA Salad Dressing. Add chilled IGA Bartlett Pears sprinkled with shredded coconut.

The *Havre Daily News*, Havre, Montana, 1-22-1969.

Franks a la Creole

In a skillet, saute (lightly fry) until golden brown in 3 tbsp butter, margarine or drippings—¼ cup each of chopped onion, celery and green pepper along with one clove of garlic, crushed.

When vegetables are tender, add one pound of TableRite Franks cut in thirds, one 6 oz. can tomato paste, one small jar of mushrooms and liquid, ½ cup consomme, or water and pinch of basil. Cover and let simmer for 20 minutes. Correct seasoning with salt and pepper if necessary.

The *Holland Evening Sentinel*, Holland, Michigan, 12-2-1970.

Culinary Experts Display Their Skill in Mary Meade's Kitchen

The Chicago Daily Tribune, May 8, 1953, by Mary Meade.

Mock Ravioli Casserole for a Crowd (12 servings)

Part 1:

1 large onion, chopped
1 clove garlic, chopped
3 tablespoons drippings or oil
1½ pounds hamburger
1 can tomato paste
1 can tomato sauce (8 ounce can)
1½ cups water
1 4-ounce can mushrooms and liquid
1 teaspoon oregano
2 tablespoons chopped parsley
½ teaspoon monosodium glutamate
Salt, pepper
1 pound shell macaroni, cooked and drained

Part 2:

½ cup olive oil or salad oil
1½ cups fine chopped spinach
½ cup fine chopped parsley
½ cup bread crumbs
½ cup grated parmesan cheese
1 clove garlic, minced
1 teaspoon oregano
1 teaspoon salt
½ teaspoon pepper
½ teaspoon monosodium glutamate
3 beaten eggs

To prepare part 1, saute onion and garlic in drippings until transparent, add meat, and stir until browned. Add remaining ingredients, and let simmer for 2 hours. Meanwhile prepare and combine ingredients for part 2. To put the dish together, place a layer of cooked macaroni in a greased 2 quart casserole or large baking dish, cover with a layer of the spinach mixture, then a layer of the cooked sauce. Repeat until ingredients have been used, having meat sauce on top. Sprinkle with grated cheese, and drizzle with melted butter or margarine. Bake for 35 minutes at 350 degrees.

Krazy Kake (8 inch square cake)

Place your sifter in an 8 inch cake pan. Turn into it—

1½ cups sifted flour
1 cup sugar
1 teaspoon soda
½ teaspoon salt
3 tablespoons cocoa

Sift these ingredients into the pan, and make three indentations in the mixture. Place in each of the indentations one of these ingredients:

1 teaspoon vanilla
5 tablespoons oil or shortening
1 tablespoon vinegar

Pour in gradually, beating after each addition—1 cup water.

Beat in the pan until smooth. Bake for 35 minutes at 350 degrees. Cool on a rack 10 minutes; loosen around edges, turn upside down, and leave until cake falls out of pan.

Fluffy Pink Peppermint Frosting (Frosts one 8 or 9 inch cake or 2 layers)

2 egg whites
¾ cup sugar
⅓ cup light corn sirup
2 tablespoons water
¼ teaspoon salt
¼ teaspoon cream of tartar
2 drops red food coloring
½ teaspoon mint flavoring

Beat with electric mixer over boiling water until the mixture stands in peaks, adding flavoring and coloring at that time. Beat until light, and frost cake.

New Matchbook Recipes

Beef Stroganoff

- 1 Medium Onion, finely diced
- 1 Clove Garlic, minced
- ¼ Cup Table Rite Butter, Margarine or Oil
- 2 lb. Table Rite Filet of Beef, cut into strips
- 3 tbs. IGA Flour
- 1 10½ oz. Can Beef Bouillon (hot)
- 1 Small can IGA Tomato Paste
- 1 tbs. Worcestershire Sauce
- ½ Cup Sour Cream

Salt, Pepper and Monosodium Glutamate, to taste

Saute onions and garlic in butter until golden brown and add beef strips. Brown beef strips all over and blend in flour. Stir until flour is absorbed and stir in hot consomme, tomato paste and worcestershire. Cook until meat is tender and sauce thickened, about 15 minutes. Lower heat, blend in cream. Heat, but do not boil. Serve hot with rice, noodles or potato balls. Ideal for chafing dish.

Chicken That's Different

- 1 Frying Chicken, cut up
- ¾ Cup commercially soured cream
- ½ ts. Tarragon
- ½ ts. Oregano
- ½ ts. Rosemary
- ½ ts. Paprika
- ½ ts. Salt
- ½ ts. Pepper
- ½ ts. Ac'cent
- 1½ Cup fine crushed cornflakes
- ¼ Cup butter or chicken fat
- 2 Cups milk

Rinse chicken pieces in cold water and dry. Combine and blend together sour cream and seasonings. Dip pieces of chicken in sour cream and then into crushed cornflakes. Place butter in baking pan and melt in (400 F) oven. Remove pan from oven and arrange chicken, skin down, in a single layer. Add 1 cup milk and bake in hot oven (400 F) for 25 minutes. Turn chicken, add remaining cup of milk and bake another 15-20 minutes, or until tender. Arrange in hot platter, sprinkle with freshly chopped parsley and chives and serve with your favorite vegetable and potato. Oh, and don't forget the hot biscuits 'n' honey on the side.

Cranberry Salad

- 1 3 oz package lemon gelatine
- 1-½ Cups hot water
- 1 Cup cranberry jelly
- ⅔ Cup crushed pineapple (drained)
- ⅔ Cup chopped walnuts

Dissolve gelatin in hot water, add and blend in cranberry jelly. Cook. Beat with beater until light and well blended. Mix in pineapple and walnuts and pour into quart fluted or ring mold. Chill until firm, unfold and serve a timely, refreshing salad for the holidays.

IGA Health Omelet

- 6 TableRite egg yolks
- 4 Tbsp. Carnation or TableRite evaporated milk
- salt, pepper, nutmeg to taste
- 6 TableRite egg whites, beaten stiff
- ½ tsp. grated onion
- ½ cup chopped fresh parsley
- 1 Tbsp. TableRite butter or margarine
- 1 cup sautéed sliced fresh mushrooms
- 1 small can stewed tomatoes
- watercress or parsley

Beat egg yolks until light and blend in evaporated milk and seasonings. Whip egg whites until they stand in stiff peaks but not dry and fold into egg yolks. Blend in grated onion and chopped parsley. Heat on omelet pan or skillet, add butter or margarine, enough to cover bottom of pan, add sauteed mushrooms and some of egg mixture, or all, if pan is large. Cook over medium heat until bottom is golden but top creamy, fold, and carefully slide on heated platter. Over all pour stewed tomatoes, garnish with crisp watercress or parsley. Serve hot.

Spaghetti Sauce Milanaise

- ¼ cup Table Rite Butter, or Margarine
- 1 cup sliced mushrooms
- 1 cup diced, cooked Table Rite Ham
- 2 (7 oz.) cans IGA Tomato Sauce
- 1 lb Spaghetti (IGA)
- 1 cup grated Table Rite Swiss Cheese
- ½ ts. oregano
- salt, pepper to taste

Saute sliced mushrooms in butter or margarine until tender, add diced, cooked ham and tomato sauce, and just heat through. Pour this over pound cooked pasta of your choice. Add grated swiss cheese and seasonings. Toss all together and serve hot with crispy green salad. Quick, easy and very tasty.

All-American Hot Dog Recipe Suggestions

Frank Appetizers

1-Inch cut-up franks heated in 2 Cups of catsup, flavor enhanced with 1 Tsp. each anchovy paste, prepared horseradish, soy sauce, lemon juice & chopped chives.

OR

Served cold speared with toothpicks and mounted in a fresh pineapple or grapefruit with sauce for dunking.

Hot Dog Pate

In blender combine and beat till smooth:

8 Oz. Frankfurter	1 Hard Cooked Egg
2-3 Oz. Packages Cream Cheese	1 Tbsp. Grated Onion
¼ Lb. Blue Cheese	1 Tbsp. Lemon Juice
¼ Cup Mayonnaise	1 Tbsp. Chopped Parsley
	1 Tsp. Worcestershire Sauce

Season to taste if necessary with salt and pepper. Serve as appetizer with crackers or toast rounds.

Island Franks in Parsleyed Ring Mold

Cook rice per direction on package, season to taste with salt, pepper, Accent & chopped parsley. Oil a ring mold (salad oil). Pack seasoned rice in mold and keep hot. When ready to serve untold on platter and fill center with frank chunks heated in hot cream of chicken soup embellished with drained pineapple chunks, sliced mushrooms & cooked broccoli pieces, a dash of soy sauce also.

Jiffy Frank Pizzas

Split "English Muffin" halves topped with canned pizza sauce, dotted with frank slices & topped with grated Pizza cheese. Place in hot oven to heat through, and melt cheese. Serve HOT!

Frankfurt Shish Kebabs

Skewers of frank chunks, pineapple chunks, tomato, canned whole onions—potato & mushrooms, green pepper or whatever and marinated in oil and vinegar type italian dressing.

Frank Orange Salad

Cubed franks, celery, mandarin orange slices (equal parts) blended with mayonnaise. Chill, serve on bib lettuce sprinkled with coconut and garnished with water cress.

Blue Devil Frank Sandwich

Split franks longways & lay on toasted bread spread with mustard and top all with crumbled blue cheese. Place momentarily under broiler until bubbly. Serve hot with chips & sliced tomato.

Barbecued Franks

Franks simmered in barbecue sauce. Serve hot, as desired.

Plain 'Ole Red Hot

Steamed or grilled, mustard, piccalilli, Roll, steam, grilled.

Coney Island Hot Dog

Roll, chili, pickle relish, chopped onion, mustard.

Frank 'n' Kraut Shepherd Pie

Frank chunks & sauerkraut in casserole topped with mashed potato, drizzled with melted butter, baked in 350°F. oven for 35 minutes.

Cheese Wiener Roll Up

Heat wieners in boiling water; melt 1 cup cheese spread and blend in ¼ Tsp. mustard and ½ Tsp. grated onion. Dip hot wieners in melted cheese mixture and roll in crushed potato chips. Serve in buttered rolls with baked beans.

Cheddar Frank Sauce

To one cup of medium cream sauce, blend in 1 cup grated cheddar cheese, ½ cup diced skinless frankfurter, 1 Tbsp. chopped parsley. Season to taste with salt, pepper and Accent. Serve hot over omelet, broccoli, or asparagus.

Chicken Dinner with a French Accent

The Houston Post, October 29, 1953.

Chicken Sauté

Brown a 2 to 2½-pound fryer (cut up) in 3 tablespoons butter. Add next, sautéing slightly, then cover and simmer for about 5 minutes.

4 shallots (chopped; if unavailable, green onions will have to do)

1 pound fresh mushrooms (quartered; canned drained buttons will do)

Salt and pepper (to suit taste)

¼ teaspoon Accent (monosodium glutamate)

Now add and cook covered until chicken is tender—30 minutes or so—

1 cup sauterne wine

2 medium fresh tomatoes (if canned use meaty parts—drained)

2 chicken bouillon cubes

1 cup hot water

Check seasonings. Serve from casserole or chafing dish with sprinkling of chopped parsley and chives on top. (Makes six servings). A nice accompaniment is:

Saffron Rice

Simply cook rice in preferred manner adding a “good pinch” of saffron at the start; also Accent. Just be sure it’s hot, fluffy and dry... the color will be golden yellow.

Broccoli Polonaise

Season freshly-cooked drained broccoli with lemon juice, chopped shallot and a whiff of garlic. Place in hot serving dish and cover with browned, buttered bread crumbs. Garnish with chopped hard-cooked egg and pimiento strips.

Eddie’s Tossed Salad

Make dressing in wooden salad bowl using (to suite taste)—

2 parts olive oil

1 part wine vinegar

Seasonings of garlic, salt, oregano, paprika, dry mustard and Accent

Before serving add broken greens (lettuce, romaine, endive or a combination—watercress too if available) and toss well.

Baked Alaska Flowerpots

Buy a set of small new flowerpots (real or dime-store ceramic) so individual custard cups can perform as liners. Place in bottom of each cup a small round of pound cake—then spoon in vanilla ice cream, leaving a little space at top. Now spread on a good thick layer of meringue (“pie” variety—2 tablespoons of sugar per egg white); seal to the edges. You can place in freezer if desired, or whisk in a 500-degree oven to brown. Remove at once and place cups in flowerpots. Plant sprigs of flowers (real, artificial or improvised from edibles) in tops and serve.

Errata to 1st and 2nd printings

In *French Cooking Can be Fun*, in the article *Barbecuing Year Around?*, there should be “½ cup celery, diced” in the list of ingredients for the Simple Barbecue Burger.