

# TEMPT THEM WITH TASTIER FOODS



*Eddie Doucette's Home Cooking Magic*  
*Chicago Cooking and IGA Recipes from 1954 to 1971*

Tempt Them with Tastier Foods  
Eddie Doucette's Chicago Cooking and IGA Recipes

From 1954 to 1971

Compiled by Jerry Stratton

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From viewer notes, newspaper archives, and event publicity,  
for the Padgett Sunday Supper Club

[clubpadgett.com/doucette](http://clubpadgett.com/doucette)

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*Not affiliated with Eddie Doucette, his family, or the IGA grocery stores.*



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at IGA it's  
Happening!

## INTRODUCTION

I did not know Eddie Doucette. I had never heard of him until, on an online auction site, I ran across a set of typewritten notes from a viewer of his 1954 television show. The more I looked into the show, the more interesting his career became. His name and often his face were ubiquitous on IGA ads from late 1961 through 1971, providing recipes for that week's specials. I found no indication that any of these recipes have been saved or collected, and that was a shame.

Initially, I figured on reproducing the show recipes in a blog post, along with a handful of recipes from his ads. The more recipes I collected, the deeper I explored the jungle archaeology of sixties cooking, the less feasible this became.

I doubt very much that this is a comprehensive collection. Almost all of his television show is lost, other than the few recipes I've reproduced here from an anonymous viewer. The December 11-17, 1954 TV Guide for Chicago lists "teen-age

baked beans, home style potatoes, Chantilly-Moderne" as the topic of the December 13 show, "party loaf sandwich" for the December 14 show, and "start a gingerbread cookie house for Christmas" for the December 15 and 16 shows. None of those are in the viewer's notes I found.

There are probably many more recipes that I don't even know I'm missing. But what I was able to find is a fascinating glimpse into an era, into a style of cooking and promotion that once dominated shopping and housekeeping habits.

Every recipe I've tried has been good. Most have been great. I recommend everything in the "Home Cooking" chapter as well as his Oktoberfest pie crust. His New England Ham and Apple Pie was also a unique and great flavor combination. Even his more complicated recipes explain everything in easily-followed steps.

Enjoy, and have fun cooking!

*Jerry Stratton, clubpadgett.com*

## DECEMBER 13

## MONDAY

- 4 Weather—Bill Carlsen**
- 5 Bob & Kay—Interviews**
- 12:35 4 Bob Heiss—Interviews**
- 12:55 7 News—Ulmer Turner**
- 9 News—Steve Fentress**
- 1:00 2 Robert Q. Lewis—Variety**  
Robert Q. presents "If I Didn't Care" and Jaye P. Morgan sings "You Made Me Love You."
- 5 Home Cooking—Recipes**  
Chef Eddie Doucette whips up some specialties: teen-age baked beans, home style potatoes Chantilly-Moderne.
- 7 The Doctor Answers—Talk**  
Elizabeth Hart conducts discussion.
- 9 All About Baby—Tips**
- 1:15 7 TV Dental Clinic**  
Dr. Mort Neimark with patient-madel.
- 9 MOVIE—Western**  
"Romance Rides the Range." The owner of a ranch comes home to find part of his land stolen. Fred Scott and Cliff Nazarra are the stars.
- 1:30 2 Linkletter's House Party**

### 7 Double Feature—Films

(1) "Tennessee's Partner." An old prospector befriends a young crook. Jahn Qualen. (2) "The Loophole." A detective comes to grips with a shadow. Melvyn Douglas.

### 2:45 5 4 Miss Marlowe—Serial

Mrs. Gavin telephones a warning to Barbara. Kathleen Comegys.

### 3:00 2 Brighter Day—Serial

Charlie Garrett seeks a job from Ralston.

### 5 4 Hawkins Falls—Serial

Flayd Corey learns that his son has an important question to ask.

### 9 MOVIE—Comedy

"House of Errors." Two reporters try to get a story concerning a stolen invention. Buddy Rogers, Harry Langdon, and Marion Marsh are featured.

### 3:15 2 Secret Storm—Serial

### 5 4 First Love—Serial

### 3:30 2 On Your Account—Quiz

Dennis James emcees the quiz.

## EDDIE DOUCETTE'S SON TALKS ABOUT HIS FATHER

February 14, 2024

"I remembered something my dad told me," Doucette said. "He had a cooking show on NBC television for years. It was called *Creative Cooking*. So he knew the business, and he said to me, 'Be yourself, and nobody else. Don't be an imitator; be a creator.' Those words always stuck with me."

### Introduction

Just before going to press with the first edition of *Tempt Them with Tastier Foods* I verified that Eddie Doucette the sportscaster was Eddie Doucette the IGA chef's son. I e-mailed him and he offered to talk to me about his father.

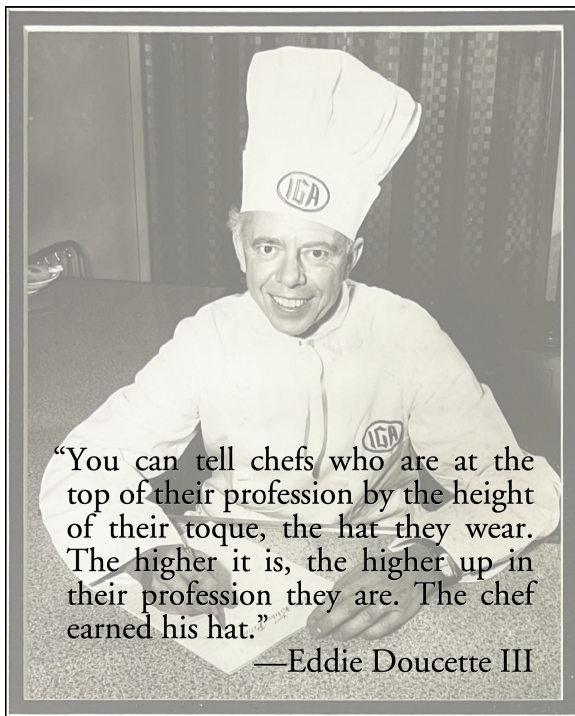
The three men referred to in this interview are all named Eddie Doucette. Eddie Doucette the chef was Eddie Doucette, Jr. His father was Eddie Doucette Sr. and his son, the sportscaster, is Eddie Doucette III. When I refer to "Eddie" or "Eddie Doucette" I mean the chef. All quotes, unless otherwise credited,

are from Eddie Doucette III, the sportscaster and Eddie Doucette's son. If it's not a quote, it's my paraphrase of the interview or my own research.

Eddie Doucette III is proud of his father's skills not just as "the chef" but as an artist and father. Much of what we talked about was less about cooking than about family. Eddie Doucette was born in the early nineteen-teens, 1911 according to his son and around 1914 according to the 1940 census. He grew up in and around Newtonville, Massachusetts, the oldest of twelve children. Eddie Doucette Sr. was a carpenter. At one point when the family needed another source of income Eddie's mother Judith opened a breakfast place in Newtonville called "Ma Doucette's Kitchen".

Eddie's wife, Teresa, was born in 1915. They married around 1938 and had two children. The oldest grew up to be a sportscaster—Eddie Doucette III, the "Voice of the Milwaukee Bucks".

Teresa died in 1984 and Eddie died in 1995.



### Education of a chef

Eddie Doucette treated every setback as a learning opportunity. He left high school to support his family when he was a sophomore. That meant, among other things, helping at his mother's restaurant. As he learned that he enjoyed professional cooking, he branched out. He worked summers at nearby women's colleges in Massachusetts and Vermont for the summer tourist trade. He became assistant to the head chef at Vermont's famous Bread Loaf Inn.

Eddie Doucette taught himself to play piano in his early twenties. While playing at a local musical show he met "one of the girls in the show who turned out to be my mother." She was second-generation Italian; he had to go through a virtual "barbed wire fence" to see her: her older brother was a boxer, and very protective of his sister!

He learned sculpting, and as the head chef at the Andover Inn he provided the ice sculptures for their Sunday buffets.

His work took him from his family for the three months of the summer season. He'd work with well-known chefs in the East to learn his trade and develop a name.

Eddie Doucette continued improving as a chef, and moved his family to Boston. He joined the Culinary Arts Society of America as well as Les Amis d'Escoffier, two professional organizations. During his time in Boston the International Mineral & Chemical Company saw some of his teaching presentations. They asked him to demonstrate

their MSG product, Ac'cent, around the country. NBC saw one of his Ac'cent demonstrations and asked him to do a cooking show in Chicago.

He had always written poetry for his family. "Every year he'd write an ode to my mother on their anniversary, birthdays, Christmases." On television, he became known as "the poet with a skillet". He would, according to food historian Dana Polan, "recite original poetry while demonstrating cooking techniques."

His son once asked Eddie about his poetry, some of which "was just very profound. Where did you get all this wisdom?"

My father said, "During the summer I was at the Bread Loaf Inn, after the lunch hour I would take a break before the dinner would start. I'd go out and there was a gentleman I'd met who used to sit on the hill. And we used to talk, we'd just talk about life, about his career, and the things he did and his perspective on living and life and the way things should be.

"This was a man that had been around the world, and left his thoughts about everything that he had ever seen in the form of poetry."

I said, "No kidding! Who was this guy?" It turned out to be Robert Frost.

Around 1943 he was drafted into the Navy for World War II. This not only put a hold on his career as a chef, it also changed his family's life. His wife, Teresa, had to go back to work. The family moved into Waltham, with her parents. Eddie's son remembers living with an extended Italian family as a "terrific upbringing".

I grew up Italian basically. My mother used to talk to me in Italian when she didn't want my dad to hear.

You could always look at a picture of him and see a guy that really was enjoying what he was doing because he had a great smile. I have three or four pictures here in my office of him. He always had a personal note on them. He was always very proud of his two boys.

One of the things people still remember about Eddie Doucette was a restaurant called *Eddie Doucette's Pancake Plantation*.

While he was at NBC he always used to take the family out for breakfast. He liked breakfast. He came up with his idea for the pancake house. The original Pancake Plantation was the first of its kind, maybe in the entire country; if not, certainly in the Chicago area. When I'd come home from college I'd help him out in the summertime a little bit, being a maitre'd of sorts, or cleaning tables, whatever I had to do.

But he got involved with a couple of partners that were playboys. They kind of blew that whole thing up. I told him one day, "hey, you got to get out of this thing because these guys are no good." He did.

He created his own syrups for the restaurant, and you could buy bottles of them on the way out.



### The People's Chef

He had *savoir faire*, that ability to make you want to sit up and move closer to the TV, grab a paper and pencil and start writing it down.

Food is art, and Eddie Doucette approached it as art, one form among many. Over the years he would combine cooking with painting, with sculpture, and with poetry.



Everything he ever did was creative with food as a background.

The food industry at that time was an art form. If you went out to eat you went to a restaurant and a chef put on a performance. That was his thing. My dad took a liking to it because he had a natural feeling for the arts. He created in food colorings and chocolates, and portraits for several celebrities all over the country, including President Roosevelt, and a painting of Iwo Jima.

He also used to do portraits of my mother, who he revered.

When Eddie started presenting food on television he didn't just use his test kitchen—set up in the basement of their house in Evanston, Illinois—to test the food he'd be preparing the next day. He experimented with the language he'd use to present the food. He took time off every night to read an English text to hone his ability to speak, to develop his grammatical and inflectional skills.

His Chicago show was not a minor local hit. When the 1954 *Home Cooking with Eddie Doucette* morphed into a 1955 variety show he remained in the title of Bob & Kay With Eddie Doucette. His recipes continued to be featured in the very small *TV Guide* blurbs.

I grew up reading the *TV Guide* and still have a couple. Most things in the *Guide*, there was a listing with a name and a time. It was only the big things, the real draws, that got mentioned in the description. Eddie Doucette didn't just get name-checked in the blurb, even the recipes he was making that day often got space. And when *Home Cooking* morphed into the variety show with Bob Murphy and Kay Westfall, they still highlighted Eddie Doucette and his recipes.

*Home Cooking* was his first television show, but before that he appeared on television shows as a guest while traveling for Ac'cent. At some point he also did a show called *Creative Cooking*.

Eddie Doucette, who hosted *Creative Cooking* at WNBQ in Chicago, recited original poetry while demonstrating cooking techniques.—Dana Polan, *Julia Child's The French Chef*, p. 66

**STAR STUDDED ENTERTAINMENT**

Bob and Kay

with Eddie Doucette

**12:45-2:00 P.M.  
MONDAY thru FRIDAY**

Featuring music, comedy, the recipe of the day and cooking tips, plus famous guest stars with Chicago's favorite trio... Bob... Kay... and Eddie.

**5 WNBQ** **NBC IN CHICAGO**  
A Service of **RCA**

And no matter what kind of food or technique he demonstrated, he always emphasized that cooking in the home was fun. It was literally the title of many of his traveling shows. "Cooking can be fun." "You can have fun with yeast." "French cooking can be fun." "Electric cooking can be fun." And of course eating ought to be fun, too.

The crews working on the shows fought to get in line for his food after the shows were over.

I would go in there and after the show these people on the crew, the cameramen, the studio people, the producers, the line producers, the ADs, they would fight to get in line to where the food was. There was never anything left, believe me.

He was appointed by the White House to be a culinary ambassador for the United States. He was well-known enough that by the late sixties he picked the chef for Lyndon Johnson's White House. "Because he knew all these guys, and he knew what they could do."

The chefs at that level used to get together once or twice a year. When we moved out to Chicago, they would get together at the Palmer House. One chef's job was to put on a performance for all the other chefs in the area.

This is how they grew their fellowship and were able to exchange secrets, and really became polished in what they did. It was an incredible universe that they had.

After he left the restaurant business, he started working for the Independent Grocers Association, the IGA—that's where most of the recipes in *Tempt Them with Tastier Foods* come from. He traveled the country for them and did big shows. He'd do them everywhere: high schools, theaters, wherever he could reasonably do a cooking demonstration. It was very similar to what he'd done for Ac'cent.

He was totally immersed in his profession. "He was dedicated to what he did," and when they went out to eat, "my dad would always ask to see the chef... he would always make sure to go in the kitchen."

My dad would always take home one of the menus for his own library. For the people that he felt were doing the best job in these restaurants, he would send people there. But he would always make sure to go in the kitchen because you can tell about the chef by how orderly it was, how clean it was, how things were moving.

He helped current chefs, and he also helped the future generation.

Later on my dad would try and help young kids who really wanted to become chefs. How to do the thing right. He got them sent to certain cooking schools and areas of the country. He would work with these kids and try and get them headed in the right direction.

He was the chef

"I think most people don't remember Eddie Doucette the cook," his son said toward the end of the interview. "Most people if they remember anything with the name Doucette it would be because of my more recent time in the media. It's a shame, that someone like him who was truly a legend in his profession, that there's not much notoriety for him today."

But that's life. You do your best and then it's time to say, "next".

What were his son's favorite foods growing up? "Dad's Italian recipes were out of this world. I loved his Italian. His desserts were otherworldly."

"The man had a gift," he added. "He had a philosophy that he built into everything."

He always said, "when you leave the world you want to leave with love and respect." He did it to the fullest. He was a man that earned every step he took. The chef earned his hat. He was the chef.

I was very blessed to have had a father and mother like I had.

**Are  
you  
READY  
for  
EDDIE?**



Sure you are, if you want your family to be the best-fed folks in town. Eddie Doucette's new TV show, "Home Cooking", features down-to-earth budget recipes, fresh, new cooking ideas—dozens of ways to put appetite appeal in even the thriftiest dishes.

For instance? Well, here are just a few of Eddie's first-week ideas . . . a way to turn an inexpensive cut of lamb into a tasty main dish . . . a recipe for an easy-to-make meringue spice cake . . . tips on how to make perfect, flaky piecrust every time.

And you'll see all the latest conveniences of modern electric cooking for Eddie, like so many good cooks today, prefers the fast, accurate cooking of a clean electric range. Watch Eddie Doucette every weekday at 1:00 on Channel 5, WNBQ.

**see**  
**EDDIE DOUCETTE'S**  
**NEW "HOME COOKING"**  
**TV SHOW ON**  
**CHANNEL 5**  
**Weekdays at 1:00**

COMMONWEALTH **EDISON** COMPANY

**PUBLIC SERVICE** COMPANY

1879 — LIGHT'S DIAMOND JUBILEE — 1954



## WHO IS EDDIE DOUCETTE?

Excerpt from the *Alton Evening Telegraph*, Alton, Illinois, April 4, 1967.

Doucette, who is of French descent, began his career 36 years ago in his mother's New England restaurant.

His reputation gained momentum in New England. Guest appearances as a lecturer on New England Cooking and on radio brought him to the attention of a large food firm in Chicago.

As Consultant chef for this firm, he traveled the U.S.A. and Canada. This led to 4 ½ years as star of his own daily cooking show over NBC-TV, Chicago. A television favorite in Chicagoland, Doucette at one time operated Pancake Plantation, a restaurant known for "quality food flecked with showmanship."

He also has appeared as a guest on the Mike Douglas Show on television periodically, linking him with Milton Berle, Frank Fontaine, Peter Lawford, Dodie Goodman and others.

He has been nationally recognized as a leading chef for more than 25 years. He is married, has two grown sons, and lives in Evanston, near Chicago.

Doucette's popularity with American homemakers prompted the U.S. Department of Agri-

culture to send him on a good will trip to England in late February 1965, where he worked with British caterers, chefs and housewives in the preparation of recipes using food exports to England.

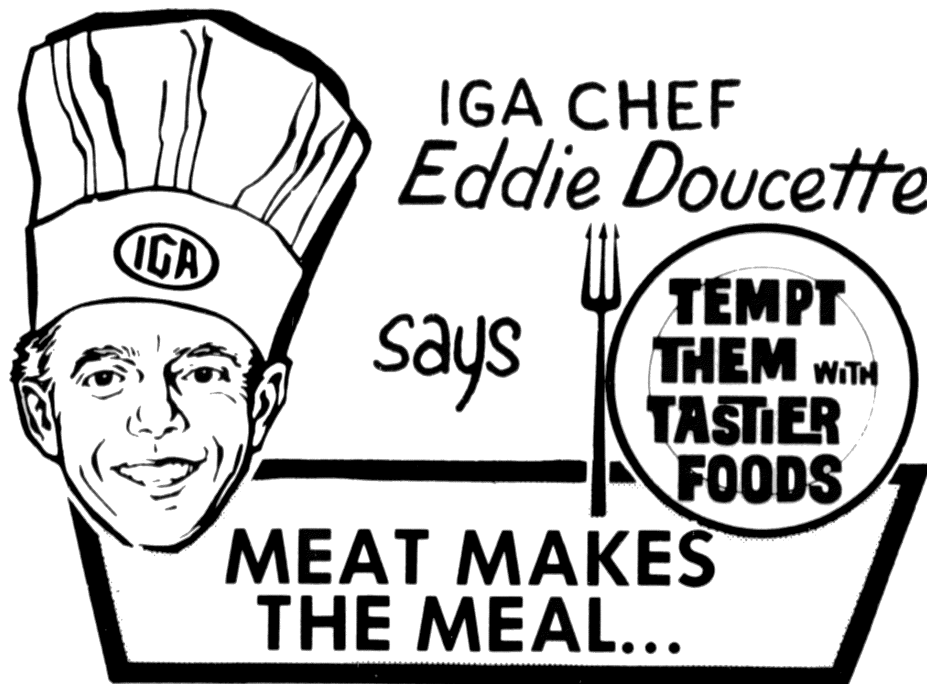
Besides appearing at food shows throughout the country, Doucette prepares recipes which appear in some 3,000 newspaper ads.

Doucette, who is 55, is consultant chef with Independent Grocer's Alliance and supervises the group's quality control program.

In addition to his duties as chef, Doucette has served in an official capacity with the following organizations:

Past secretary and president, Epicurean Club of Boston; past secretary International Cooks Assn. of Chicago; past president, Chefs of Cuisine Assn. of Chicago; is currently vice president of that organization.

Doucette is one of seven chefs in the country appointed to help write an "On The Job Manual" for young chefs of the future.



## IT'S HAPPENING AT...

Along with Mary Edgren and International Minerals and Chemical Corp., Eddie Doucette helped launch Ac-cent. (*The Daily Herald*, Arlington Heights, Illinois, October 12, 1977.)

"Eddie Doucette, Consultant Chef to IGA Food Stores is one of the best known culinary figures in the U.S.A. A Chef by profession, he started his career forty years ago in his Mother's New England Restaurant. He is famous for his practical, yet delightful "down to earth" recipes that can be practiced by novice and veteran cooks alike."—IGA ad, *Linton Daily Citizen*, Linton, Indiana, March 13, 1968.



*Eddie Doucette and Zsa Zsa Gabor Make Recipe Sizzle*

When Eddie Doucette, nationally known IGA food store chef, started to prepare a recipe from the best selling cookbook, "Cooking with Love and Paprika", he had a lot of authoritative and glamorous help. First, he had Joseph Pasternak, (left) famed MGM motion picture producer, who wrote the book and Zsa Zsa Gabor, recently honored as "Hollywood's Most Glamorous Actress" and his boss, Don R. Grimes (right) President of IGA, world's largest voluntary food store chain. (*From the Bedford County Press and Everett Press, Everett, Pennsylvania, September 22, 1966.*)

## EDDIE DOUCETTE'S "HOME COOKING"

*Recipes from his 1954 Chicagoland Television Show, from a viewer's typewritten notes.*

**Are you ready for Eddie?** Sure you are, if you want your family to be the best-fed folks in town. Eddie Doucette's new TV show, "Home Cooking", features down-to-earth budget recipes, fresh, new cooking ideas—dozens of ways to put appetite appeal in even the thriftiest dishes.

For instance? Well, here are just a few of Eddie's first-week ideas... a way to turn an inexpensive cut of lamb into a tasty main dish... a recipe for an easy-to-make meringue spice cake... tips on how to make perfect, flaky piecrust every time.

And you'll see all the latest conveniences of modern electric cooking, for Eddie, like so many good cooks today, prefers the fast, accurate cooking of a clean electric range. Watch Eddie Doucette every weekday at 1:00 on Channel 5, WNBQ.

*Commonwealth Edison Company | Public Service Company*

### CHEESE PIE IN MERINGUE CRUST

#### Meringue Crust

- 1 cup sifted all-purpose flour
- 1 tbsp brown sugar
- ½ tsp salt
- ⅓ cup shortening
- 1 egg, separated
- 5 tsp water
- 1 tsp lemon juice
- ⅓ cup sugar
- ¼ tsp vinegar
- ½ cup chopped nuts

Combine sifted flour, sugar, and salt in a bowl. Cut in shortening with a pastry blender. Mix yolk, water, and lemon juice together and gradually work it into the dry mixture so that the dough is just moist enough to hold together and form into a ball.

Roll out on a floured pastry cloth as you would for a 9-inch pie, overlapping about 1-½ inches. Fit lightly into a 9-inch pan. Fold edge to form standing edge and flute the edge. Prick inside of pie with a fork and bake at 375° for 12 minutes.

Meanwhile, beat the egg white until soft peaks form. Gradually add sugar, and beat continuously until meringue stands in glossy stiff peaks. Fold in the vinegar and nuts. Spread meringue over the partially-baked shell. Bake at 375° until lightly browned, about 12-15 minutes. Cool.

#### Cheese Filling

- 1 envelope (1 tbsp) gelatin
- 3 tbsp cold water
- 1 egg, separated
- 1 tbsp grated orange rind
- ¾ cup sugar
- ¼ cup orange juice
- 8 oz cottage cheese, forced through strainer
- ½ cup sour cream

Dissolve the gelatin in the cold water and set aside.

Mix the yolk, sugar, orange rind, and orange juice in a saucepan and cook over low heat until the mixture comes to a boil, stirring constantly. Remove from heat and blend in the softened gelatin.

Cool to lukewarm, then blend in the sieved cottage cheese and sour cream. Beat the egg white until it forms stiff peaks and fold into the cooled mix. Turn into the baked pie shell.

#### Sour Cream Topping

- ½ cup sour cream
- ¼ cup sugar
- ⅓ cup chopped nuts
- grated chocolate

Blend together the sour cream and sugar. Spread it over the pie. Sprinkled the chopped nuts on top and then grate chocolate lightly in the center.

Chill before serving.

### **CASSEROLE OF CHICKEN, MIAMI**

2 to 2-½ [lb] frying chickens, cut in pieces  
1 cup flour seasoned with salt, pepper, Ac'cent  
1 clove garlic  
softened butter  
1 cup fresh mushrooms, ground  
4 to 6 slices of boiled ham  
1 cup fresh or frozen green peas  
4 thin slices of Swiss cheese cut in strips  
½ tsp oregano  
dry white wine  
small head of lettuce, cut in quarters

Roll chicken in seasoned flour. [Then brown?]  
Rub the inside of a large shallow casserole with garlic and then softened butter. Arrange chicken in casserole and cover with ground mushrooms. Place the ham slices over the mushrooms and cover with peas. Cover with cheese and oregano. Pour enough wine into the casserole to barely cover, and cover it all with the lettuce. Cover and bake at 350° for one hour.

Serve hot with rolls and a light salad.

### **LOBSTER CHOWDER**

2-½ to 3 lbs Maine lobster  
3 tbsp butter  
liver of lobster (the green part)  
¼ cup ground soda crackers  
4 cups milk  
1 cup cream  
½ tsp grated onion  
tiny pinch of thyme  
salt, pepper, and Ac'cent to taste  
2 egg yolks  
1 tsp paprika  
2 tbsp Sherry  
1 cup lobster water

Remove the meat from the cooked lobster. Dice. Reserve 1 cup of the water. Cream the butter and liver together, and blend in the cracker crumbs. Combine the egg yolks with the paprika and wine.

Scald milk, cream, onion, and thyme. Pour over the liver mixture slowly, stirring constantly. Season to taste with salt, pepper, and Ac'cent. Stir and blend in the egg yolk/wine mixture. Add lobster water and, finally, stir in the diced lobster.

Heat but do not boil.

This is a delicious meal in itself with crackers, toast, or hard rolls.

### **POT LUCK CASSEROLE QUICKIE**

2 10-½ oz cans cream of celery soup  
1 10-½ oz can bouillon  
1 medium onion  
2 branches celery  
3 medium carrots  
2 cups leftover meat or canned corn beef, cubed  
2 cups cooked rice  
salt, pepper, and Ac'cent to taste  
pinch of oregano

Combine the soup and the bouillon and bring to the scalding point. Stir until smooth.

In the meantime, cut the vegetables into thin strips. When ready, add to the hot soup.

Add cubed meat and rice. Season to taste. Blend it all together and pour into a 3-quart greased casserole. Cover and bake at 350° for 30 minutes. Remove cover, and bake 15 minutes more.

Serve hot with rolls and salad. This dish will keep if folks are not ready when you are, making it ideal for pot lucks or casual buffets.

### **SIMPLE HEALTH SALAD**

shredded lettuce nest  
shredded raw cabbage  
mound of cottage cheese  
grated raw carrot  
grated green pepper  
wedges of hard-cooked egg  
French dressing

On a cold salad plate make a nest of the shredded lettuce. On this put a small amount of shredded cabbage, and on this a mound of cottage cheese.

Make a line of grated carrot from the base of the cheese mound, over the top, to the other side. Cross this with a line of grated green pepper. Place the egg wedges along the side of the mound and between the lines of carrots and pepper.

Pour French or other favorite dressing over all and serve. Garnish with watercress or crisp parsley.

## YUMMY CRESCENTS

½ cup boiling water  
¼ cup shortening  
1 tsp salt  
¾ cup tomato juice  
1 cake of compressed yeast  
1 tbsp sugar  
1 tbsp each of grated onion, celery, carrot, and parsley  
½ tsp garlic salt  
¼ tsp poultry seasoning  
⅛ tsp Ac'cent  
3-½ [4-½?] cups sifted all-purpose flour  
grated parmesan cheese

Combine the boiling water with the shortening and salt. When the shortening has melted, cool to lukewarm by adding the tomato juice.

Dissolve the yeast by working it and the sugar together. Add the yeast/sugar to the lukewarm liquid. Add grated onion, celery, carrot, parsley, and seasonings.

Gradually work in the sifted flour. Knead four to five minutes on a floured board or cloth. Let rise in a warm place until doubled, about 50 minutes. Divide the dough in two. Roll each on a floured board to form a circle ¼ inch thick. Sprinkle with grated cheese. Cut each round into eight wedges. Roll each wedge toward the point.

Place rolls on a greased baking sheet, point side down. Curve the ends to form a crescent. Let rise again another 50 minutes until light. Bake at 400° until delicately brown, about 12-15 minutes.

## CRÊPE SUZETTE

### Crêpes (Thin pancakes)

¾ cup sifted all-purpose flour  
3 tbsp powdered sugar  
pinch of salt  
¾ cup milk  
2 tbsp melted butter  
[2 eggs, beaten]

Mix the dry ingredients. Combine eggs, milk, and butter and mix in. Beat until light and smooth.

Pour enough batter into a heated and buttered 5-6-inch skillet to thinly cover the skillet.

Cook until bubbles appear, then turn to cook the other side. Continue to make crepes, heating butter each time. (A greased griddle may also be used.)

⅓ cup butter  
½ cup sugar  
4 tsp orange rind

Cream the butter, sugar, and rind until smooth. Spread on the brownest side of each crepe. Fold to make a four-layer triangle. Keep refrigerated until ready to use. Crepes may be made in advance and save last minute preparation prior to chafing time.

### Crêpe Suzette Sauce

1 cup butter or margarine  
1 cup powdered sugar  
juice of one orange  
grated rind of one lemon  
⅓ cup warm liqueur (Cointreau, brandy, etc.)

Cream the butter and sugar, add the juice and the rind, and melt in blazer pan or chafing dish or skillet. Arrange crepes in pan and baste with hot sauce when heated through. Pour warm liqueur over crepes and ignite.



EDDIE  
DOUCETTE  
RECIPE

## CAPE COD CRANBERRY BREAD

2 cups sifted flour  
1 cup sugar  
1½ tsp. baking powder  
½ tsp. baking soda  
1 tsp. salt  
2 tblsp. grated orange rind

¾ cup orange juice  
2 tblsp. melted shortening  
1 beaten egg  
1 cup chopped walnuts  
1 cup chopped raw cranberries

Sift together dry ingredients. Combine grated orange rind, juice, and shortening. Add beaten egg and blend all into dry ingredients. Do not overmix, just until flour is dampened. Add nuts and cranberries. Pour mixture into a well-greased 9x5x3-inch pan. Leave center slightly hollowed by pushing mixture up into corners of pan. Let stand in pan for 20 minutes before baking. Bake about 65 minutes in a moderate (350°) oven. Cool before slicing. A colorful, tasty, and simple bread.

## IGA CHEF EDDIE DOUCETTE

*Introducing Eddie Doucette... IGA's own Chef (former N.B.C. TV Chef and noted food authority)  
whose recipes and ideas will help brighten mealtime for you in '62!*

### IGA FOOD MAGIC! BY EDDIE DOUCETTE

*Recipes from individual IGA store advertisements across North America.*

#### Cape Cod Cranberry Bread

2 cups sifted flour	¾ cup orange juice
1 cup sugar	2 tblsp. melted shortening
1 ½ tsp. baking powder [1 ½ tsp]	1 beaten egg
½ tsp. baking soda [½ tsp]	1 cup chopped walnuts
1 tsp. salt	1 cup chopped raw cranberries
2 tblsp. grated orange rind	

Sift together dry ingredients. Combine grated orange rind, juice, and shortening. Add beaten egg and blend all into dry ingredients. Do not overmix, just until flour is dampened. Add nuts and cranberries. Pour mixture into a well-greased 9x5x3-inch pan. Leave center slightly hollowed by pushing mixture up into corners of pan. Let stand in pan for 20 minutes before baking. Bake about 65 minutes in a moderate (350°) oven. Cool before slicing. A colorful, tasty, and simple bread.

From *The La Crosse Tribune*, La Crosse, Wisconsin, November 21, 1961.

#### Swedish Tea Ring

½ cup scalded milk	3 cups sifted all-purpose flour
3 tblsp. sugar	Prune Mixture—
3 tblsp. shortening	1 cup cooked prunes
1 tsp. salt	1 tblsp. lemon juice
½ cup cold water	¼ cup granulated sugar
1 cake compressed yeast	¼ tsp salt
1 teaspoon granulated sugar	½ cup chopped walnuts
1 egg	

Combine scalded milk, sugar, shortening, and salt. Cool to luke-warm by addition of cold water. Liquify or dissolve yeast with blending of sugar. Add yeast to lukewarm mixture. Blend well and add beaten egg to this combined mixture, gradually add sifted flour. Place into a greased bowl, cover and let stand for 20 minutes. Roll dough out on a floured board or cloth to make 12 by 14 rectangle. Spread with prune mixture. Roll as for jelly roll starting with long side. Place on greased baking sheet and form a ring by joining ends together. With scissors cut deep slits to center. Turn each slice on its side. Let rise in warm place till double in bulk, about 45 minutes; bake in 350° F oven for 30 minutes. While still warm, brush with blended—½ cup confectioners sugar, 4 tsp. warm milk, 1 tsp vanilla.

From *The La Crosse Tribune*, La Crosse, Wisconsin, November 21, 1961.

#### Pork Roast

Season pork loin with salt, pepper and thyme. Place in roasting pan with cut up onion, tips and peelings from carrot and celery. Place in 325° oven and cook till done. Cooking time for 5 to 7 lb loin is approximately 3 to 4 hours or about 25 minutes per pound. No pink color should show. Serve with applesauce, pan gravy, mashed or lyonnaise potatoes and choice of vegetable—serve hot or cold.

From the *Sun-Journal*, Lewiston, Maine, January 4, 1962.

### Ice Cream Swans

1 cup water  
¼ lb. butter  
⅛ tsp. salt  
1 cup sifted flour  
4 eggs  
Ice cream

Place water, butter, and salt in saucepan and bring to a brisk boil. At this point, add all the flour—all at once—and keep stirring. Cook over low heat until mixture forms a smooth ball and leaves side of pan clean. Remove from heat and turn into a clean mixing bowl. Beat into mixture the eggs, one at a time. Continue beating until mixture is thick and shiny.

Place dough into pastry bag that contains plain tube. On ungreased cookie or baking sheet, press through tube the forms of 2 wings, 1 neck, 1 tail, and 1 base. Bake 375° oven for 40 minutes. Place base on dessert plate. On this, place a scoop of ice cream. Then attach neck, wings, and tail.

From *The La Crosse Tribune*, La Crosse, Wisconsin, November 21, 1961.

### Baked Stuffed Pork Chops

“Figure One Double Thick Pork Chop Per Person”

4 double thick ‘TableRite’ pork chops      1 tablespoon mustard  
2 cups poultry stuffing                              salt, pepper—ac’cent to taste

With a sharp knife make an incision from outside to bone side and form a pocket. Into pocket put stuffing. Brush both sides of chop with mustard and season with salt, pepper and ac’cent. Place in a (400°) oven along with 4 medium baking potatoes wrapped in foil. When chops have browned, turn heat to 350° and continue baking until cooked and tender.

Serve with fresh carrot au gratin or Spinach Custard Ring Mold, and for Dessert, Fresh Apple Charlotte.

From the *News-Chronicle*, Wisner, Nebraska, January 4, 1962.

### Baked Spanish Steak

Cut 2 ½-3 lb. TableRite Round Steak in serving portions. Rub with mixture of seasoned IGA Flour (salt, pepper, oregano). Brown on both sides in heated TableRite Salad Oil. Transfer to greased casserole or baking dish. In same pan, quickly brown 1 small chopped onion, 1 chopped green pepper, 1 cup chopped fresh mushrooms. Add 1 #2 ½ can IGA Tomatoes, crushed, 1 can beef bouillon, 1 cup IGA stuffed Olives. Bring to a boil, add to steak. Cover and place in 350° oven. Bake 1 hour. Remove cover, cook ‘til tender. Serve in casserole with side of fluffy rice.

From the *North Bend Eagle*, North Bend, Nebraska, January 25, 1962.

### Baked Glazed Ham

Today, hams in different sizes may be purchased precooked—so they just need heating through, or tenderized—(partially cooked)—so the cooking time is cut down. Whether boiled or baked, the ham should be neatly trimmed of fat, leaving about ¼” on the ham.

Crisscross lines into fat with sharp knife. For added effect, press cloves into each square of fat. The purpose of glazing is to add lustre. The operation is simple, but to many—mystifying. Try any of these suggestions and vary them for interest. Sprinkle brown or granulated sugar all over surface of prepared ham. Place in 425° to 450° hot oven. Sugar will caramelize and show off a glistening, appetizing, golden brown coating.

**Or, 7-Up Glaze** for a bit of intrigue. Dissolve 1 tblsp. dry mustard, brown sugar, 7-Up, fruit juice. Brush surface of ham with this.

Try fresh apple sauce mixed with horseradish for side dish.

From *The Brattleboro Reformer*, Brattleboro, Vermont, February 7, 1962.



### **Fresh Lemon Meringue Pie**

Make pastry for one-crust pie, per instructions on IGA Package. While crust cools, prepare following recipes: Combine 1 cup sugar, ¼ cup cornstarch, ½ tsp. salt and blend in ¼ cup cold water in saucepan. Gradually add 1 ¼ cup hot water, stirring constantly over low heat until thickened. Add ¼ cup fresh lemon juice and 2 tbsp. grated rind, stir and cook 2 more minutes. Blend a little hot mixture into 3 slightly beaten egg yolks then gradually add yolks to hot mixture and cook 2 more minutes. Blend in 2 tbsp. TableRite butter, cool, pour into baked pie shell. Top with Meringue, brown in 375° F. oven 12 to 15 minutes.

**Meringue:** Use whites separated from yolks (3) beat to soft peak stage with ⅛ tsp. salt. Gradually beat in 8 tblsp. granulated sugar until stiff peaks. Fluff Meringue on pie, make sure meringue is brought up to crust, to prevent pulling away.

From the *Idaho State Journal*, Pocatello, Idaho, February 15, 1962.

### **Chicken in a Bag**

2 Chicken Legs	½ cup (1 stick) butter, softened
2 Chicken Breasts, halved	¼ cup chopped pimento
2 Chicken Thighs	¼ cup chopped parsley
2 cups small curd cottage cheese	1 teaspoon salt
½ cup crumbled blue cheese	½ teaspoon garlic salt
	Aluminum foil, heavy duty

Pre-heat oven to 400 degrees F.

Cut aluminum into 8-12 inch squares; place a chicken piece on each one. Combine cottage cheese with blue cheese, butter, pimento, parsley, salt and garlic salt until well blended. Top chicken with cottage cheese mixture, fold foil envelope fashion and seal edges. Bake 1-1 ½ hours.

From *The Post Standard*, Syracuse, New York, February 15, 1962.

### **Tablerite ProTen Key Club Oven Roast**

Place roast fat side up in a shallow open pan. Garnish with onion, garlic and salt. Do not cover. For ProTen Beef allow about 2 ¼ hours for a 5 or 6-pound roast to cook to rare; 2 ¾ hours to medium; 3 ½ hours to well done. If a meat thermometer is used, insert into the thickest part of the meat and remove from oven when temperature reads 10 degrees below desired doneness. This allows for the 10-degree rise which occurs after the roast is removed. Let the roast set for about 15 minutes for easy carving.

From *The Post Standard*, Syracuse, New York, February 22, 1962.

### **Steak Strips with Soy Sauce, Chinese Style**

In saucepan, heat ¼ cup TableRite salad oil. Add 2 cups finely shredded cabbage and ½ cup chicken broth. Cover and simmer 5 minutes. In another saucepan or skillet, heat 3 Tbsp. TableRite salad oil and lightly saute 1 small minced onion, 1 crushed clove garlic. Then add ¼ cup chicken broth, 4 Tbsp. soy sauce, ¼ tsp. salt and ¼ tsp. Ac'cent. Combine 1 tsp. cornstarch and 4 Tbsp. water and thicken second mixture. Let simmer slowly while searing 2 lbs. TableRite round steak cut in strips. Drain cabbage, place on heated platter. Combine steak strips with sauce, blend and pour over cabbage. Serve at once with fluffy rice.

From *The News Herald*, Ponchatoula, Louisiana, March 2, 1962.

### **Roast Pork**

Season Roast as desired. Place in roasting pan with cut up onion, and peelings from carrots and celery. Place in 325° oven until meat thermometer registers 185°. Serve with applesauce, pan gravy, mashed potatoes, and choice of vegetable—SERVE HOT or COLD.

From the *Sun-Journal*, Lewiston, Maine, March 8, 1962.

### **Lenten or Main Course Salad**

Cook 1 cup IGA elbow macaroni, drain, cool and place in bowl. To this, add 1 seven ounce can IGA tuna or salmon, 2 hard-cooked TableRite fresh eggs cut up, 1 Tbsp. IGA pickle relish, ½ cup IGA mayonnaise, 1 Tbsp. vinegar or lemon juice, 1 Tbsp. ketchup, 1 Tbsp. grated onion, 2 Tbsp. chopped parsley, and 2 Tbsp. pimento.

Blend all ingredients, correct seasoning if necessary, chill, serve on crisp lettuce, and garnish with parsley.

From *The Weekly Record*, New Madrid, Missouri, March 9, 1962.

### **Country Fried Chicken**

Into a paper bag, place a cut-up 2 ½-3 lb. TableRite frying chicken. Also in same bag, add 1 cup IGA flour, 1 tsp. salt, ½ tsp. pepper, ½ tsp. Ac'cent, ¼ tsp. thyme. Close paper bag securely and shake until each piece of chicken is completely coated with mixture. Remove chicken from bag, reserve flour. In heavy skillet, fry ¼ lb. thinly sliced salt pork until crisp. Remove and set aside. Add ¼ lb. TableRite butter to pork fat. Fry coated chicken in heated fat until nicely browned. Add 2 Tbsp. of water, cover tightly, and reduce heat to low. Turning pieces occasionally, cook till tender—about 30 min. Remove chicken to heated platter. Blend in 2 Tbsp. seasoned flour, cook over low heat 5 min. Gradually blend in 1 cup light cream or milk. Stir to keep smooth. Correct seasoning if necessary. Pour hot sauce over chicken and garnish with crisp salt pork and parsley.

From the *Sun-Journal*, Lewiston, Maine, March 15, 1962.

### **Smoked Ham Butt & Sauerkraut**

Place washed ham butt in kettle and cover with cold water. Add 1 medium sliced onion and large bay leaf. Bring slowly to boil and let boil 5 minutes. Reduce heat and let simmer (covered) until tender, about 1 ½ hr. Remove from heat. Let stand in own juice 10 minutes.

To #2 ½ can IGA Sauerkraut, add 1 thin-sliced tart apple, 1 small, thin-sliced onion, ¼ tsp. caraway seed, 1 cup broth butt was cooked in. Place all in saucepan and let simmer 30 minutes.

Make nest of sauerkraut on platter. In center place thin slices cooked ham butt. Arrange small new potatoes around platter and serve mustard and pickles on the side.

From the *Carroll Daily Times Herald*, Carroll, Iowa, March 21, 1962.

### **Hawaiian Pineapple Nut Bread**

Sift into bowl 2 ¼ cups IGA Flour, ¾ cup granulated sugar, 1 teaspoon salt, 3 teaspoons baking powder. Blend in 1 ¼ cup whole bran, ½ cup chopped walnuts, ½ cup plumped IGA raisins, 1 9 oz. can undrained crushed pineapple, 1 beaten TableRite egg, 2 tablespoons TableRite Salad Oil. Mix only enough to dampen. Pour into greased 9"x5"x3" loaf pan. Bake 1 ¼ hours in 350° oven. This loaf has wonderful keeping qualities and is ideal plain or as tea sandwiches.

From *The Belleville Telescope*, Belleville, Kansas, March 29, 1962.

### **Hawaiian Pancakes**

In keeping with the "Giant Pineapple Party" here's a suggestion that will fit in nicely for breakfast, lunch, supper or snack time. Tasty, nutritious and economical. On the back of IGA's Buttermilk Pancake Mix, follow directions for Deluxe Pancakes with these ingredients: 1 cup IGA Pancake Mix, ¾ cup sweet milk, 1 egg (well beaten), ⅔ cup drained, crushed, or fine-chopped pineapple, ½ teaspoon pineapple flavoring. Bake as directed.

Serve hot with delicious crisp bacon, pineapple fruit syrup or maple syrup.

From *The Sebewaing Blade and Unionville Crescent*, Sebewaing, Michigan, April 5, 1962.

### **Barbecued Leg of TableRite Lamb**

Rub into leg of lamb mixture of salt, pepper, dry mustard. Brush with bacon drippings and dredge with IGA Flour, place in uncovered roasting pan and surround with celery leaves, carrot peelings, 1 medium onion (cut up), clove garlic, thyme and rosemary, pinch each. Set in 425° oven and sear on all sides. Baste at intervals with following mixture:  $\frac{3}{4}$  cup IGA Catsup, 2 tbsp. cider vinegar, 2 tsp. dry mustard, 1 tbsp. Worcestershire sauce, 3 tsp. Salad oil, 1 cup water, salt and pepper. Reduce heat to 325° and cook until done, or meat leaves bone. Strain mixture from pan. Let fat rise to top and skim thoroughly. To fat, add equal amount of flour, letting mixture cook over low heat 5 minutes. Add strained liquid, season to taste, strain and serve with lamb.

From the *Journal Gazette*, Mattoon, Illinois, April 11, 1962.

### **Baked TableRite Ham**

(Or, Baked Hormel Ham)

Place ham, fat side up in shallow baking pan, on rack if possible. Bake in slow (325°) oven, uncovered. (A TableRite ham is a tenderized ham and has merely to be heated through.) Remove from oven 20 minutes before completely baked. With sharp knife, score fat into diamond shapes. Insert clove into center of each diamond.

To glaze ham, spread entire surface with mixture of prepared mustard, brown sugar, and honey. Return to oven (375°) until surface is glazed, about 30 minutes. Baste a few times to make sure glaze catches. Serve hot with mashed or boiled potatoes and your choice of vegetable.

From the *Rutland Daily Herald*, Rutland, Vermont, April 20, 1962.

### **Chef's Salad Bowl**

This has a bit of everything for health, taste, color, and appearance. It can be anyone's conception, or varied to fit in available ingredients.

Into salad bowl tear 1 small head of washed, crisp, cold lettuce and 1 small bunch of romaine (or other greens). Over this, add  $\frac{1}{2}$  to 1 cup chicken or ham slivers (cooked),  $\frac{1}{2}$  cup swiss cheese slivers,  $\frac{1}{4}$  cup carrot slivers, and  $\frac{1}{4}$  cup celery slivers. Toss lightly, garnish with slices of 2 hardboiled eggs, 1 tomato cut in wedges, 1 orange peeled and sliced, and watercress. Ideal with French Dressing or dressing of your choice—or try simple, tasty...

**Roquefort Sour Cream Dressing:** Blend 1 cup sour cream,  $\frac{1}{4}$  cup mayonnaise, and  $\frac{1}{2}$  cup Roquefort cheese pieces. Chill before using.

From the *Clinton Daily Journal and Public*, Clinton, Illinois, April 25, 1962.

### **Broiled TableRite Steak IGA**

Set regulator at 550° F. or broil. Place steak on the broiler rack, adjust or set unit so steak is about 2 in. from heat. (Place thick steak further from heat). If gas range is used, close door. If electric range is used, leave door open. Broil on one side until nicely browned, season, turn and brown other side. (Use tongs or spatula to turn.) Serve immediately on hot platter. Brush steak with following mixture:  $\frac{1}{4}$  cup melted TableRite butter, 1 tbsp. lemon juice,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{4}$  tsp. dry mustard, 1 tsp. Worcestershire sauce. Sprinkle with chopped parsley. Serve with IGA sweet corn and new potatoes.

From the *Clinton Daily Journal and Public*, Clinton, Illinois, May 2, 1962.

### **TableRite Rib Roast of Beef**

- 1) Have your IGA butcher remove the short ribs and cut into individual servings. (Keep in refrigerator for one meal).
- 2) Have butcher remove rib bones and have a boneless rolled roast of beef. Pre-heat oven to 325° F. Place meat fat side up in open roast pan. Insert meat thermometer, allow 25-30 min. per lb. for rare, 35-40 min. for medium, 40-45 min. for well done. Thermometer should register 140°-R., 160°-M., 170°-W.
- 3) Make a nutritious soup from rib bones, either cooked from standing rib roast or raw from rolled roast. Served with new potatoes and grilled tomatoes.

From *The Knoxville News-Sentinel*, Knoxville, Tennessee, May 10, 1962.

### **Baked TableRite Chickens**

Buy 2 whole frying chickens. Fold wing tips into backs. Season inside and out with salt, pepper, and Accent. Rub each chicken with TableRite Salad Oil and truss. Roast or bake at 325° for 1-2 hours, depending on size, until the meaty part of the drumsticks are tender. Serves 8, hot or cold. Ideal for picnic.

From *The Clare Sentinel*, Clare, Michigan, May 24, 1962.

### **Crown Roast of Pork (Rib End)**

Have IGA butcher prepare roast, removing Chine bone. To Roast: Wrap Chop bones with aluminum foil to prevent burning. Season well and place upright in roast pan. Fill center with seasoned bread stuffing. Roast in 325° oven until thermometer reads 185° F. or approximately 3-4 hours for 5-6 lb roast. Do not cover—Do not add water. Serve roast with gravy, accompanied with vegetables featured, plus applesauce on the side. Cantalope ala Mode for dessert.

From the *St. Francisville Democrat*, St. Francisville, Louisiana, May 24, 1962.

### **Lemon Barbecued Skillet Chicken**

In skillet heat ¼ cup vegetable oil and ¼ cup IGA Royal Gold Butter or IGA Margarine. Brown on both sides cut-up Table Rite Frying Chicken. When brown, brush with Lemon Barbecue Sauce, cover, and let cook for 20 minutes. Uncover, brush again and continue cooking until tender 10-15 more minutes. Serve hot with additional sauce, hot rolls, french fried potatoes, and crisp salad.

**Lemon Barbecue Sauce:** Combine 2 crushed cloves of garlic, ⅔ cup lemon juice, ⅓ cup vegetable oil, 2 tbsp grated onion, 2 tsp grated lemon rind, ½ tsp salt, ½ tsp pepper, 1 tsp chopped parsley, ½ tsp oregano.

From the *Camrose Canadian*, Camrose, Alberta, Canada, May 30, 1962.

### **Italian Pot Roast**

Saute 3 diced onions and 3 minced cloves of garlic in ½ cup TableRite salad oil. Rub mixture of 1 tsp salt, ½ tsp pepper, ¼ tsp ginger on 3 to 5 lb. cut TableRite beef chuck roast, and brown well in hot oil or fat. Place browned beef in dutch oven or covered roast pan, add sauteed onions and garlic, ½ tsp Oregano, 18 oz. can tomato sauce, ½ cup sliced mushrooms, ½ cup dry red wine, ½ cup consomme or water, ½ cup pitted ripe olives. Cover, cook slowly 2 to 3 hours till tender. Remove meat and keep hot, skim fat from gravy, slice meat, pour gravy over all and serve hot with potatoes and vegetables of your choice. Garnish with parsley.

From the *Sun-Journal*, Lewiston, Maine, June 14, 1962.

### **Eddie's Barbecue Sauce**

Saute 1 minced, medium onion and 1 minced clove garlic in  $\frac{1}{3}$  cup bacon drippings or oil, until soft. Add  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  cup wine vinegar, juice of 1 lemon,  $1\frac{1}{4}$  cup IGA Chili Sauce, 2 tblsp. brown sugar, 1 tblsp. Worcestershire Sauce, 1 tsp. dry mustard, 1 tsp. salt,  $\frac{1}{2}$  tsp. pepper,  $\frac{1}{2}$  tsp. oregano. Let simmer for 30 minutes. If sauce seems too thick, dilute with water or, better yet, wine. Brush on meat.

From the *Sumter County Journal*, York, Alabama, June 21, 1962.

### **Mexican Pork Chop Casserole**

Sear 4 to 6 TableRite Pork Chops (1 per person) on both sides in a hot skillet and place in casserole or baking dish. In same skillet put 1 medium onion, diced, 1 clove garlic, minced; 1 green pepper diced and saute 4 or 5 minutes. Add  $\frac{1}{2}$  cup uncooked rice and saute until light brown. Add 1 #2  $\frac{1}{2}$  can Tomatoes, 1 10-oz. can Consomme, 1 tblsp. Chili Powder, 1 tsp. Oregano, Salt and Pepper to taste. Simmer for few minutes and pour this mixture over browned pork chops in casserole. Sprinkle top with grated Parmesan Cheese. Cover, bake in 350° F. oven for 50 minutes. Uncover, bake 10 more minutes. Ideal for dinner, buffet or patio. Crisp Salad and French Bread topped with a fresh fruit cup of this week's Special on Cantaloupes, Nectarines, Cherries, Blueberries and Seedless Grapes will please everyone.

From the *Pickens County Herald and West Alabamian*, Carrollton, Alabama, July 19, 1962.

### **Eddie Doucette's Cool Salade 21**

1 small head of lettuce	12 cauliflowerets (cooked)
1 small bunch romaine	1 Spanish onion, thin slice
2 small bib lettuce	1 cucumber, peel on (fluted)
1 bunch watercress	1 cup diced fresh pineapple
1 small bch. parsley tops	2 seedless oranges, half segments
1 cup red cabbage shreds	1 apple, diced, peel on
1 cup chopped young tender spinach	1 avocado (use ball cutter)
$\frac{1}{4}$ cup celery slivers	1 lemon (juice for apples and avocado)
$\frac{1}{4}$ cup carrot slivers	2 tomatoes cut in wedges
$\frac{1}{4}$ cup green pepper strips	2 eggs cut in wedges
$\frac{1}{4}$ cup sliced radishes	

In a large salad bowl (rubbed with garlic) shred lettuce, romaine and bib lettuce. Blend in all other ingredients except tomatoes and eggs. Add dressing just before serving and garnish with tomato and egg wedges.

This salad is designed to be a complete meal in itself, featuring twenty-one ingredients and will feed twenty-one people. Ideal for buffet or large parties. The names and number of ingredients become a conversation piece. The salad can be further enhanced by the addition of julienne strips (thin strips) of cooked chicken, ham, tongue or Swiss cheese.

Any TableRite dressing will blend well, or try this for a simple, tasty and healthful "Roquefort Sour Cream Dressing": Blend together 3 cups of sour cream, 1 cup IGA mayonnaise, and 1  $\frac{1}{2}$  cups Roquefort cheese pieces.

From the *Rutland Daily Herald*, Rutland, Vermont, July 26, 1962.

### **American Chop Suey**

Cook  $\frac{1}{4}$  lb. IGA Egg Noodles, per direction on the package. Heat 4 tblsp. TableRite Salad Oil and saute till tender, 1 onion sliced. Add  $\frac{1}{2}$  lb. TableRite Ground Beef and 2 branches celery, cut diagonally. When meat is browned add 1 #1 can tomatoes. Cover, cook 12 minutes. Drain cooked noodles, add to meat mixture. Stir and season to taste with 1 tblsp. Soy Sauce, salt and pepper. Heat thoroughly and serve hot.

From *The Knoxville News-Sentinel*, Knoxville, Tennessee, August 2, 1962.

### **Apple & Carrot Salad**

Core but do not peel apple. Cut into 4 slices, set on bed of sauerkraut, top with grated carrot and favorite dressing.

From *The Knoxville News-Sentinel*, Knoxville, Tennessee, August 2, 1962.

### **Fresh Peach Angel Food Whipped Cream Cake**

Using foods readily available at your IGA, you can put together the most delectable, eye-appealing dessert in 15 minutes at less than half the price, if purchased already made. Slice a round IGA Angel Food cake through the middle to make three layers. Fill between layers with filling made with recipe on back of Jello Lemon Pudding package (recipe, Lemon Cheese Cake). Spread sides and top with Whipped Cream and garnish top with sliced fresh peaches.

From *The Times-News*, Nephi, Utah, August 9, 1962.

### **Swiss Steak with Noodles**

Cut 2-3 lbs. TableRite Round Steak into serving pieces. Rub with seasoned flour (½ cup flour, 1 tsp. salt, ½ tsp. pepper, ¼ tsp. Marjoram) pound well into meat. In heavy skillet heat ¼ cup TableRite Vegetable Oil and brown steak on both sides. Add medium onion, chopped; 1 clove garlic, minced; 1 green pepper, chopped; 1 can IGA tomatoes and ½ cup Consomme. Cover tightly, bring quickly to boil, reduce heat and simmer until tender, approximately 1 ½-2 hours. Thicken gravy if desired, correct seasoning if necessary.

From the *Pickens County Herald and West Alabamian*, Carrollton, Alabama, August 16, 1962.

### **Turkey Souffle**

The "Day After"... Enjoy a Turkey Souffle

In a saucepan melt 6 tbsp. (¾ stick) of TableRite butter, blend in 6 tbsp. IGA Flour, ¾ tsp. salt, ⅛ tsp. pepper, pinch thyme. Cook 3 or 4 minutes, gradually stir in 1 ½ cups milk, stirring constantly over heat until thickened. Add 1 cup finely diced leftover turkey and 1 tbsp. chopped parsley. Cool slightly; blend in 6 egg yolks slightly beaten, then fold in 6 egg whites stiffly beaten. Pour into buttered 2-qt. souffle dish or casserole. Bake in preheated 350° F. oven 40-45 minutes. Serve with health salad made of TableFresh head lettuce, green pepper, green onions, cucumbers, carrots, tomato and avocado.

From *The Evening Review*, East Liverpool, Ohio, August 22, 1962.

### **Home-Packed Lunch Sandwiches**

Give The Home-Packed Lunch a Tonic With These Combinations!

- Orange slaw with Bologna on a bun • Strawberry Jam and Cream Cheese on whole wheat bread • Cottage Cheese and Raisin Sandwich • Cream Cheese, Banana and Honey Sandwich • Sliced Apple and Peanut Butter Sandwich • Cream Cheese and Drained Crushed Pineapple Sandwich...

Use your imagination... Take advantage of Tablerite cold cuts, Tablerite fruit in season. Strive for variety and interest for good health in the lunch box away from home.

From *The Post-Standard*, Syracuse, New York, September 6, 1962.

### **Spaghetti Sauce**

Mince 1 clove garlic, 1 small onion, 1 branch celery and lightly saute in 3 tblsp. olive oil or drippings in heavy sauce pan or kettle. Add 1 lb. chopped or ground meat and stir till browned. Add 1 medium can (1 lb. 12 oz.) crushed tomatoes, 2 small cans tomato paste, and 1 cup water. Let simmer for 1 ½ hours.

Add 1 tsp. salt, ½ tsp. pepper, ¼ tsp. Ac'cent and 1 tsp. oregano. Correct taste if necessary and let simmer for another 20 to 30 minutes. Keep hot until ready to use for spaghetti, pasta, macaroni, gnocchi, etc.

From *The Post-Standard*, Syracuse, New York, September 20, 1962.

### **Elegant Chicken, California**

Season and brown parts of 2 ½-3 lb. fryer in 2 tbsp. TableRite Oil and 2 tbsp. TableRite Butter. In the meantime, cook ¾ cup rice in 1 (10 ½ oz.) can chicken consomme blended with 1 (2 oz.) can mushrooms and 1 tbsp. minced onion brought to simmering point. Cook for 5 minutes and turn into a buttered 2-qt. baking dish. Top with browned chicken and ⅓ cup blanched almonds and ½ cup ripe olive pieces. Pour drippings over all and cover with foil. Bake in 325° F. oven for 35 minutes. Remove foil and place well drained cling peach halves around baking dish. Drizzle with lemon juice and powdered ginger. Turn heat up to 425° F., bake 10 minutes, serve hot.

From *The La Crosse Tribune*, La Crosse, Wisconsin, September 26, 1962.

### **Pot Chuck Roast of Beef**

Rub a 4-5 lb. TableRite Chuck Roast with flour seasoned with salt and pepper. In a large heavy skillet or dutch oven, heat TableRite Salad Oil and brown on all sides. Drain off excess fat. Brush beef with prepared mustard and surround with two cut up onions, garlic clove, branch of celery, salt, pepper, and two cups water. Cover, bring to boiling point, reduce heat, and simmer till tender, about 1 ½ to 2 hours. Make gravy with juices in kettle. (Or bake covered in 325°F. oven, 2 hours.)

From the *Biddeford-Saco Journal*, Biddeford, Maine, October 24, 1962.

### **Astronaut Sandwich Filling**

1 (12 oz.) can spiced ham put through chopper and combined with 3 chopped, hard-cooked eggs, ½ cup pitted Lindsay Ripe Olives, small jar pimientos, 1 tbsp. prepared mustard, 1 tsp. prepared horseradish, 1 tbsp. chopped parsley and TableRite mayonnaise to moisten. Check for taste. Put in jar, cover and use as needed.

From *The Anniston Star*, Anniston, Alabama, October 24, 1962.

### **Home Style Fresh Vegetable Soup**

In soup kettle, melt ¼ cup TableRite Butter and saute for 5 minutes 2 diced medium onions, 2 diced carrots, 1 diced branch celery and ½ cup diced turnip. Add 1 (#2 ½) can tomatoes, 1 can consomme, 1 qt. water and ¼ cup rice. Bring to boil, lower heat, simmer till rice is cooked. Season with salt and pepper. Sprinkle with chopped parsley, serve hot with sandwich.

From *The Anniston Star*, Anniston, Alabama, October 24, 1962.

### **Fresh Apple Pie—My Way**

Follow directions for your choice pie crust. Into thinly rolled-out pie crust pastry, place in pie pan, arrange sliced apples heaping full. Mix together one cup sugar, 1 tsp. cinnamon, ½ tsp. nutmeg and pinch of salt. Pour mixture over apples, sprinkle top with juice from half a lemon, and dot with butter. Cover with rolled-out pie crust. Seal and trim edges. Brush with milk. Bake for 10 minutes at 450°F then reduce heat to 350°F for 30-35 minutes longer.

Serve hot or cold with wedges of TableRite cheese—"Pie without cheese—like kiss without squeeze."

From *The La Crosse Tribune*, La Crosse, Wisconsin, October 31, 1962.

### Pork Roast, Oriental

Dredge a 4 to 5 lb. Pork Loin in ½ cup flour seasoned with 1 tbsp. salt, 1 tsp. pepper, 1 tsp. powdered Ginger and ½ tsp. Dry Mustard. Place fat side up in roast pan and roast 2 ½ hours in 350° F. Oven. Serve hot with “Ginger Flavored Orange Sauce”.

Bring quickly to a boil 1 ½ cups Orange Juice, ⅓ cup sugar, juice and grated rind of 1 lemon, 3 tbsp. of thin orange strips, 3 tbsp. of finely diced crystallized ginger. When mixture comes to a boil, stir in 2 tbsp. corn starch softened with ¼ cup water.

Serve with Saffron Rice, or, for a change Macaroni and Cheese and grilled TableFresh Tomatoes.

From the *Rutland Daily Herald*, Rutland, Vermont, November 8, 1962.

### TableRite Roast Turkey

As American as our early American settlers, and high on the list of preferred foods, roast turkey is the logical choice for holiday meals. Besides being good to eat, turkey is good for you. It is a good source of vitamin B and high in protein as well as important minerals, including iron.

When it comes to buying turkey, the question arises, “How big a bird do I need?” By allowing 1 ½ to 1 ¾ lb. per person, this will provide cooked turkey for another meal. The preferred temperature for cooking a turkey of any size is (325°F) in a slow oven. The length of time varies with the size of bird.

This Table May Prove Helpful:

Ready-To-Cook Raw Turkey	Servings	Time
6 lbs. to 8 lbs.	6 to 10	3 ½ to 4 ½ hrs.
8 lbs. to 12 lbs.	10 to 20	4 to 5 hrs.
12 lbs. to 16 lbs.	20 to 32	5 to 6 hrs.
16 lbs. to 20 lbs.	32 to 40	6 to 7 hrs.
20 lbs. to 24 lbs.	40 to 50	

From the *Journal Gazette*, Mattoon, Illinois, November 14, 1962.

#### Roasting and Defrosting Chart

Size of Turkey	Oven Temp.	Roasting Time	Room Temp.	Refrig. Temp. 38°
8 lbs.	325°	3 hrs.	16 hrs.	25 hrs.
10 lbs.	“	3 ½ “	18 “	26 “
12 “	“	4 “	20 “	28 “
14 “	“	4 ½ “	22 “	30 “
18 “	300°	5 ½ “	24 “	33 “
25 “	“	6 ½ “	30 “	38 “

From *The Sebewaing Blade and Unionville Crescent*, Sebewaing, Michigan, November 15, 1962.

**Additional Hints:** TableRite Turkey should be stuffed just before roasting. Rub cavity lightly with mixture of salt, pepper & MSG. Stuff wishbone area as well as cavity. Stuff cavity well but pack lightly with stuffing. Truss bird by binding legs and wings to the body. Grease skin with butter or other fat. Place in pre-heated oven (325° F).

To prevent browning too fast, place cap of aluminum foil or cheesecloth that has been saturated with fat over the turkey. Baste occasionally til tender. To test for doneness, press thickest part of drumstick and if meat is tender, turkey is done. Or, if meat thermometer is used, insert so bulb is in the center of the inside through muscle or the thickest part of the breast meat, it should register 190° to 200° F. Turkey halves and parts are now available, making it possible for even the smallest of families to enjoy America’s king of birds.

From *The Havre Daily News*, Havre, Montana, November 20, 1967.



### **Baked Stuffed Pork Chops, Fromage Bleu**

2 tsp. finely minced onions	1/3 cup Blue Cheese (Fromage Bleu)
1/4 cup sliced mushrooms	2 Tbsp. chopped parsley
1/4 cup chopped celery	Season to taste, salt, pepper, pinch sage
3 Tbsp. melted butter	4 pork loin chops (2 inches thick)
1 cup bread cubes	

Saute onion, mushrooms and celery in butter for 5 minutes. Remove from heat and blend in bread cubes, cheese, parsley and seasonings. Have butcher cut a pocket in center, going from outside toward bone. Stuff with dressing, secure with picks, brush lightly with mustard and bake in (350°F) oven in baking dish for 1 1/4 hours.

From *The La Crosse Tribune*, La Crosse, Wisconsin, November 28, 1962.

### **Orange Nog Breakfast Eye Opener**

2 quarts fresh orange juice  
1/4 cup lemon juice  
1/4 cup light honey  
3 eggs

Beat all ingredients together and serve at once.

From the *Sequoyah County Times*, Sallisaw, Oklahoma, December 7, 1962.

### **Christmas Fruit Punch**

Combine and mix well: 2 qts. unsweetened pineapple juice, 1 qt. iced tea, juice of 6 lemons, juice of 6 oranges, 2 c. sugar boiled with 1 c. of water and chilled, 1 No. 2 1/2 can crushed pineapple, 1 pkg. frozen strawberries (thawed). Just before serving, place piece of ice in bowl and mix in 4 qts. pale ginger ale with chilled juices. Float thin slices of 1 orange, 1 lemon, 1 lime on surface. Drape or surround bowl with frosted grapes.

From *The Crane Chronicle*, Crane, Missouri, December 20, 1962.

### **Grapefruit or Orange Alaska**

Scoop out insides of grapefruit or orange halves (reserve segments for another meal). Fill scooped out halves with orange sherbet and keep chilled in freezer. Before serving, cover with marshmallows and put under the broiler or in 500° F. oven for a few minutes to lightly brown the top.

From the *Tri-County News*, Sullivan, Missouri, January 31, 1963.

### **Glazed Baked Smoked Ham (Fully Cooked)**

Use whole or half TableRite Smoked Ham. Criss-cross lines into fat with sharp knife. Stick whole clove into each diamond of fat. Place in a covered roasting pan with 2 cups of cider, 7-Up, gingerale, water or other liquid. Cover and bake in 350° F. oven, allowing 30 minutes per pound. When heated through, brush with mixture of brown sugar and prepared mustard, or plain sugar or honey. Return to 450° F. oven. Mixture will caramelize, enrobing Ham in appetizing coating. Serve hot, with lima beans in tomato, sprinkled with grated cheese and baked.

From *The San Juan Evening Record*, Monticello, Utah, February 7, 1963.

### **Bacon Muffins**

Sift together 2 cups IGA flour, 1 tbsp. baking powder, 1/2 tsp. salt, 2 tbsp. sugar. In a bowl beat one TableRite egg until light, add 1 cup milk and 1/4 cup TableRite salad oil. Add dry ingredients and 1/2 cup chopped crisp bacon. Mix only until flour is dampened. Fill paper muffin cups (or greased muffin pan) 2/3 full. Bake 20-25 minutes in 425° oven. Makes 12 muffins.

From *The Carlisle Mercury*, Carlisle, Kentucky, February 21, 1963.

### **Spaghetti with Clam Sauce**

In sauce pan saute finely minced clove of garlic and small onion in ½ cup TableRite Salad Oil until golden brown. Add 1 8 oz can minced clam with juice, ½ cup dry white wine and simmer 10 minutes. Season to taste with salt, pepper and Accent, ¼ tsp. crushed Oregano and 1 tbsp. chopped Parsley. Serve over 8 oz. IGA Cooked Spaghetti. Serve with crisp salad and Kraft Italian Dressing.

From *The Daily Democrat*, Lamar, Missouri, February 28, 1963.

### **Sweet-Sour Pot Roast**

Brown a 4 lb. TableRite pot roast on both sides in 3 tbsp. shortening. Add one chopped medium onion, one clove garlic, 1 bay leaf, 1 cup water, ¼ cup catsup, 3 tbsp. vinegar, 2 tbsp. brown sugar, 1 tsp. salt, ¼ tsp. pepper, ½ cup raisins. Cover and simmer for one hour, turn roast over and simmer til tender, one more hour. Remove meat to hot platter. Skim fat off surface, bring liquid to a boil and thicken with 1 tbsp. corn starch softened in ½ cup cold water. Serve sweet-sour gravy with pot roast. Serve with parslid TableFresh potatoes.

From *The Summitville Sun*, Summitville, Indiana, March 8, 1963.

### **Stuffed Pork Loin**

Have butcher remove Chine Bone from 4-lb. TableRite Pork Loin and cut chops almost through. Fill space between chops with savory stuffing interspersed with pieces of apple and raisins. Fasten with skewers or tie so stuffing will remain between chops. Place meat on rack with fat side up and roast in 325° oven about 3 hours. Serve hot with gravy, roasted potatoes, apple sauce and choice of vegetables.

From *The Daily Times*, New Philadelphia, Ohio, March 13, 1963.

### **Roast Shoulder of Pork**

Rub a 4 to 6 lb. shoulder of pork with seasoned flour. Place on rack in roasting pan. Roast in preheated 325 F. oven for about 3 hours. If the thermometer is used, insert into meat so bulb reaches center. When 185 F. registers, meat will be done.

Make gravy by skimming fat from liquid. Blend 2 tbsp. flour with 2 tbsp. fat, let cook over low heat and blend in with liquid, cook till thickened to desired consistency. Season to taste.

From *The Brandon Sun*, Brandon, Manitoba, Canada, March 20, 1963.

### **Spicy Pineapple Upside Down Cake**

Follow directions on package of PILLSBURY Spice Cake Mix for making batter. Combine ½ cup firmly packed brown sugar with 3 Tbsp. TableRite Butter or Margarine in a 9" x 9" x 2" cake pan. Heat and stir until butter has melted with sugar. Arrange IGA Pineapple slices in syrup. Place maraschino cherry in center of pineapple and garnish with pecan halves. Pour batter over pineapple to within ½" of top of pan. Bake in 350° F. oven for 35 to 40 min. Let stand 3 to 5 minutes before turning upside down. Serve warm or cold with whipped cream.

From the *Herald and Review*, Decatur, Illinois, April 4, 1963.

### **Fried Chicken, Italianne**

Make a batter by beating 2 TableRite eggs, ½ cup milk, ¾ cup IGA flour and 1 tsp. salt. Blend in 3 tbsp. tomato paste, 1 tbsp. grated Parmesan cheese, 1 tsp. leaf oregano, and ½ tsp. pepper. Dip cut-up pieces of TableRite frying chicken into batter to coat and fry in 325°F Sno-Kreem shortening till golden brown and tender.

From *The Knoxville News-Sentinel*, Knoxville, Tennessee, May 8, 1963.

### **Smoked Picnics**

Picnics are shoulder cuts, cured and smoked like hams, meaty and tasty. Bake, glaze and serve like ham or simmer and serve like boiled dinner with cabbage, potatoes, carrots, etc. Feature tomato and lettuce salad and fresh strawberry short cake for dessert topped with TableRite whipped cream.

From *The La Crosse Tribune*, La Crosse, Wisconsin, May 22, 1963.

### **TableRite Chuck Steak**

Chuck Steak is less tender than most steaks but flavorful and economical. Chuck Steak may be broiled but should be tenderized first for complete satisfaction. These are a few methods to choose from:

1. By application of meat tenderizer liquid (follow directions) or tenderizing salt.
2. Marinating in wine, vinegar or tomato juice (acid breaks down tissue).
3. Pounding with meat mallet, or running through cubing machine.
4. Grinding: Salisbury steak, hamburger, ground beef, etc.

Broil or pan broil like other steaks. Serve as you desire.

From the *Sun-Journal*, Lewiston, Maine, May 27, 1963.

### **Steak Parade**

Your choice of any one of the TableRite featured Steaks will win approval broiled inside or outdoors.

Here's a sauce for that unusual Gourmet touch: 2 tbsp. TableRite Salad Oil, 2 tbsp. Vinegar, 2 tbsp. dry mustard, 1 tbsp. lemon juice, few drops Tabasco, ½ tsp. Garlic Salt, ¼ tsp. pepper... Blend all together and brush on steak prior to broiling. Just before serving, brush lightly again and sprinkle with chopped parsley.

From *The Tahlequah Times*, Tahlequah, Oklahoma, May 30, 1963.

### **Prime Rib Roast**

A 5 to 8 lb. standing TableRite Beef Roast. Preheat oven to 325 degrees F. Stand roast fat side up. Insert meat thermometer into thickest part. Do not let end touch bone. Follow directions on thermometer for desired doneness. Approximate time for rare 6 lb. roast is about 2 hours, 15 min. The argument on seasoning prior to cooking is pro and con. Garlic can be inserted between ribs. Cut up onion, ends of celery and leaves, along with carrot peelings, can be added to roast pan.

To make tasty gravy, brown some flour in fat from the roast. Add canned Beef Bouillon and water to make a gravy of desired consistency. Season if necessary.

From *The Brandon Sun*, Brandon, Manitoba, Canada, June 12, 1963.

### **Spiced Pot Roast**

Rub a 4-5 lb. TableRite top round of beef with mixture of salt and pepper. Place in earthen dish or kettle and add 1 sliced onion, 1 carrot, and 1 branch of celery, sliced, ¼ cup horseradish, 2 crushed bay leaves, ½ teaspoon thyme, 1 tsp. of peppercorns, and 1 ½ cup vinegar. Add enough water over everything to barely cover meat. Let stand in marinade 24 hours. When ready to cook, remove from marinade, place in roast pan and sear in 400°F oven till brown all over. Add 2 cups marinade, cover and cook in 350°F oven until tender, about 3 ½ hours. Strain liquid in pan. Blend in 1 cup sour cream. Heat but do not boil. Serve with boiled potato and choice of vegetable.

From *The San Juan Record*, Monticello, Utah, June 13, 1963.

### **Chef's Salad Bowl**

Into a bowl that has been rubbed with garlic, tear the previously washed, crisp 1 small head lettuce and small bunch romaine. Add ½ to 1 cup cooked ham or chicken slivers, ½ cup swiss cheese slivers, ¼ cup each of carrot and celery slivers. Toss lightly with Roquefort Sour Cream Dressing and garnish with hard cooked eggs, orange segments and watercress.

**Roquefort Sour Cream Dressing:** Blend 1 cup sour cream, ¼ cup mayonnaise, ½ cup Roquefort Cheese Bits.

From *The San Juan Record*, Monticello, Utah, June 20, 1963.

### **Turkey Broilers**

Tablerite junior turkeys or turkey broilers are treated the same way as Tablerite quick frozen broilers. Place halves, skin side down on broiler rack if broiling inside. For grilled turkey halves, place skin side up and grill at least 5 inches above glowing coals. Turn occasionally, basting with butter as needed. Do not overcook. Test for doneness by checking thickest part of thigh. Brush with barbecue sauce last 20 minutes of cooking, or use lemon butter sauce.

From *The Brandon Sun*, Brandon, Manitoba, Canada, June 26, 1963.

### **Macaroni-Ham Salad**

In a bowl combine 2 cups cooked, cooled elbow macaroni, 2 cups leftover cooked ham, ½ cup finely diced celery, ¼ cup pickle relish, 1 tbsp. chopped parsley, 1 tbsp. grated onion, 2 hard cooked eggs, sliced, ¼ cup commercial sour cream, and enough mayonnaise (½-¾ cup) to blend to desired consistency. Blend all together, season to taste if necessary. Chill, serve on crisp salad greens. Garnish with paprika and parsley.

From the *Cardinal Free Press*, Carpentersville, Illinois, June 26, 1963.

### **Barbecued Chicken, Italienne**

Figuring half chicken per person, purchase 2-lb TableRite Broiler-Fryer Chickens split in half. Lay flat in shallow pan submerged in Kraft Italian Dressing. Let marinate in dressing 2-3 hours. Set Chicken on greased grill 8" from hot coals. Turn often, basting at same time. Cook till tender, about 30 minutes. Serve with grilled tomato, Zucchini, Italian bread and salad.

From *The Seneca News-Dispatch*, Seneca, Missouri, June 27, 1963.

### **Country Fried Steak**

Dredge with seasoned flour, a 1 ½-2 lb. TableRite Bottom or top round, rump, shoulder or sirloin tip steak. Place in hot TableRite salad oil and brown on both sides. Add 1 medium sliced onion and half cup of water. Cover and simmer about 30 minutes. Serve with natural juices, boiled potato and parslied carrots.

From *The Chillicothe Constitution-Tribune*, Chillicothe, Missouri, July 24, 1963.

### **Baked Ham with Honey Orange Glaze**

Half hour before removing ham from oven, spread ham with mixture of ½ cup honey, ½ cup orange juice and 2 tbsp. grated orange rind. Finish baking in 400° oven till nicely glazed; serve with baked orange halves filled with mashed canned sweet potato. Try broiled peach halves as an extra bonus "appeteaser."

From *The San Juan Record*, Monticello, Utah, August 1, 1963.

### **Boiled Chicken, Canadian**

Into bottom of large kettle place 1 lb. salt Pork (cut in 4 to 6 pieces), 1 medium cabbage (cut the same), 1 medium yellow turnip (cut the same), 4-6 branches celery, 4-6 carrots. On top of this, place a washed and trussed 4-5 lb. boiling fowl. Add water to cover, add ¼ tsp. Oregano, 1 Bay Leaf, 2 tsp. salt, 1 tsp. Ac'cent, ½ tsp. pepper. Bring to boil, lower heat, and simmer 1 ½ hours. Add 6 small potatoes and 6 onions. Simmer till tender. Take 1 cup of broth; cook 1 package frozen peas. To serve, placed cooked fowl and pork in centre of platter. Surround with vegetables. Sprinkle with chopped parsley and drizzle with lemon butter. Make soup with broth. Tasty, economical.

From *The Brandon Sun*, Brandon, Manitoba, Canada, September 4, 1963.

### **Roast Loin of Pork, Dutch Style**

Make a seasoning mixture of salt, pepper, sage, oregano and nutmeg. Generously season a TableRite Loin of Pork and place in roasting pan fat side up. To pan add sprigs of celery leaves, cut up onion, carrot, clove of garlic, bay leaf and 2 whole cloves. Add one (10 ½ oz.) can of Consomme and place in 450° F. oven for 20 minutes. Reduce heat to 325° F., baste occasionally and cook till tender allowing 25 min. per pound. Slice into chops, arrange on hot platter, garnish with pan fried apple slices, boiled potatoes and 8-min. cabbage. Serve gravy on the side. Leaf parsley or watercress will add color.

From the *Cardinal Free Press*, Carpentersville, Illinois, September 11, 1963.

### **TableRite Steak with Beer Sauce**

Taking advantage of this TableRite Steak sale, here's a recipe that will stimulate worthy comment. Broil TableRite Steak of your choice to desired doneness. Saute ½ lb. sliced TableFresh Mushrooms in ¼ cup TableRite Butter adding 2 tbsp. flour, a pinch of salt and bit of pepper. Gradually add 1 cup of beer or ale and continue cooking and stirring over medium heat till sauce is thickened. Blend in 2 tbsp. chopped parsley, pour over steaks and serve. Accompany with IGA Frozen French Fries or Potato Puffs. Then a salad, vegetable and crusty bread is all you need.

From the *East Liverpool Review*, East Liverpool, Ohio, September 18, 1963.

### **Ham-Cheese 'n' Noodle Casserole**

Cook 1 cup egg noodles according to directions on package, drain, blend in ¼ cup parboiled chopped green pepper, ¼ cup pimento, 1 cup chopped cooked ham, 1 ½ 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. preheated oven until bubbly and brown, about 30 min. Serve with crisp salad and your choice of the fine quality fresh or canned vegetables at IGA.

From *The Seneca News-Dispatch*, Seneca, Missouri, October 10, 1963.

### **TableRite Rib Roast**

For a 5-8 lb. TableRite Rib Roast, preheat oven to 325° F. Place Roast in pan fat side up. If meat thermometer is used insert into thickest part. Do not let end touch bone. Follow directions on thermometer for desired doneness. Approximate time for rare 6 lb. roast, about 2 hours, 15 min. The argument on seasoning prior to cooking is pro and con. Garlic can be inserted between ribs. Cut up onion, ends of celery and leaves, along with carrot peelings, can be added to roast pan.

To make tasty gravy, brown some flour in fat from roast. Add canned bouillon and water to make a gravy of desired consistency. Season if necessary. Serve with oven-browned potatoes and choice of vegetable.

From *The Evening Review*, East Liverpool, Ohio, October 16, 1963.

### **Peach Mince Pie**

Spread mincemeat in bottom of pastry lined pan, and top with drained peach slices. (1 #2 ½ can to 1 ½ cups mincemeat). Bake in 425 degree F. oven 25 minutes. Cover with meringue and bake until brown. Serve warm.

From *The La Cross Tribune*, La Crosse, Wisconsin, December 4, 1963.

### Eggnog Pie

- |  |                             |
|--|-----------------------------|
| 1 No. 2 ½ can (29 ounces) IGA fruit cocktail | ⅛ teaspoon salt             |
| 1 envelope Knox gelatine                     | 1 ½ teaspoons IGA vanilla   |
| 1 ½ cups commercially prepared eggnog        | ¼ teaspoon almond flavoring |
|  | 1 cup whipping cream        |
|  | 1 9-inch baked pie shell    |

Drain fruit cocktail thoroughly; measure ½ cup of the syrup. Stir gelatine into syrup; place over boiling water and stir until gelatine is dissolved. Remove from heat; stir into eggnog. Add salt and flavorings. Chill until mixture mounds when dropped from a spoon. Whip cream; fold into gelatine mixture along with 1 ½ cups well drained fruit cocktail. Chill again 5 to 10 minutes, until mixture mounds. Heap into baked and cooled pastry shell. Decorate with remaining fruit cocktail. Chill 2 to 4 hours. Make: 1 (9-inch) pie.

From *The La Crosse Tribune*, La Crosse, Wisconsin, December 4, 1963.

### Our Fruit Cake

- |                                  |                               |
|----------------------------------|-------------------------------|
| 2 cups moist IGA mincemeat       | ¾ cup chopped dates           |
| 1 ½ cups coarsely chopped pecans | 3 ¼ cups flour                |
| ⅓ cup diced candied orange peel  | 1 cup sugar                   |
| ⅓ cup diced candied lemon peel   | 1 teaspoon salt               |
| ⅓ cup diced candied pineapple    | 3 eggs, beaten                |
| ⅓ cup thinly sliced citron       | ¾ cup Kraft Oil               |
| ⅓ cup halved candied cherries    | 2 teaspoons vanilla           |
|                                  | 1 ½ teaspoons soda            |
|                                  | 2 tablespoons boiling water   |
|                                  | Lengthwise sliced Brazil nuts |
|                                  | Maraschino cherries           |

Combine the mincemeat, pecans and fruit. Sift together the flour, sugar and salt and add to the fruit mixture, stirring until well mixed. Combine the eggs, oil and vanilla and add to the fruit mixture. Dissolve the soda in the boiling water and stir into the batter, mixing until well blended. Pour into a 10-inch tube pan lined with heavy brown paper.

Bake in a very moderate oven, 300°, for 2 ¼ hours. Decorate the top with maraschino cherries and the sliced Brazil nuts.

1-⅔ cups candied fruit mix may be substituted for the orange and lemon peel, pineapple, citron and cherries. Makes 4 ¼ pounds of fruit cake.

From *The La Crosse Tribune*, La Crosse, Wisconsin, December 4, 1963.

### Roast Loin of Pork, California

Sprinkle TableRite Ribs or Loin End Pot-Roast with salt and pepper. Place in pan fat side up. Surround with medium cut-up onion, 1 cut-up orange that had skin grated and set aside, squeezed and cut-up lemon and 1 cup water. Roast in 325° F. oven till tender about 25 min. per pound. When tender, remove to heated platter. Remove fat from pan liquid. Bring clear liquid to a boil and thicken slightly with cornstarch softened in water. Add reserved grated orange rind and 1 tbsp. chopped parsley. Serve gravy separately. Garnish platter with grilled peaches with scoop of mashed sweet potato in center.

From the *Cardinal Free Press*, Carpentersville, Illinois, December 4, 1963.

### **Pork Steak or Chop Creole**

Wipe 4 to 6 TableRite Pork Steaks or Chops with damp cloth. To prevent curling, make a gash or two in fat edge. Season generously on both sides with mixture of salt, pepper, and a bit of poultry seasoning. Brown on both sides in shallow amount of TableRite Oil. Place in garlic-rubbed and greased casserole or baking dish. Cover with one medium onion and one green pepper, both thinly sliced. Add one No. 2 can IGA Tomatoes, crushed. Cover and bake in 375°F oven till thoroughly cooked, about 1 hour. Accompany with fluffy rice, salad, and crusty bread.

From *The San Juan Record*, Monticello, Utah, January 16, 1964.

### **Ripe Olive Dressing**

Combine 1 8-oz package of Philadelphia Cream cheese (room temperature) with ⅓ cup light cream or TableRite Evaporated Milk. Gradually beat in ⅓ cup undiluted frozen lemonade concentrate until smooth. Fold in ⅓ cup finely chopped Libby (or Lindsay) Ripe Olives. Serve with Gelatin Salads.

From the *Sioux Center News*, Sioux Center, Iowa, January 16, 1964.

### **Broccoli-Tomato-Cheese Scallop**

From 1-1 ½ lb. TableFresh Broccoli remove large leaves and ends of tough stalks. If stalks are thick, slice through. Boil till tender. Cut into thin strips or 2" pieces. Arrange in 1 qt. baking dish. Blend 1 ¼ cup milk with 1 can condensed cream of mushroom soup and pour over broccoli. Arrange TableFresh Tomato slices on top of sauce and grate (evenly as possible through coarse part of grater) 1 cup TableRite Cheese Spread. Bake in 375° F oven until heated through, golden brown, and bubbly. Ideal with this week's "Chuck Steak Dinner." Utilize oven in last 20 minutes of cooking.

From the *Sioux Center News*, Sioux Center, Iowa, January 16, 1964.

### **Braised Chuck Steak Dinner**

Brown on both sides in 3 Tbsp. of TableRite Salad Oil a 1 ½" thick piece of TableRite Beef Chuck. Place in baking dish having cover. Cover browned meat with de-seeded green pepper cut in strips. Also 1 cup sliced mushrooms, 1 cup sliced onions and 1 minced clove of garlic. Combine one No. 2 can tomatoes, ⅓ cup chili sauce, ½ cup beef bouillon, pinch of oregano with salt and pepper to taste. Cover, place in 375°F oven and cook till tender when pierced with fork (Approx. 1 ½-2 hours). Serve hot with buttered noddles or choice of potato and TableFresh vegetable feature of the week.

From the *Sioux Center News*, Sioux Center, Iowa, January 16, 1964.

### **Barbecued Creamed Potatoes**

Despise peeling potatoes? Here's the answer to your problem. No peeling, no fuss, no muss. Open a can of Butter Kernel Whole Irish Potatoes, thinly slice and place in greased 1 ½ quart casserole. Combine the following ingredients and pour over sliced potatoes: 1 small minced onion, 1 tbsp. TableRite Oil, 1 tbsp. IGA Flour, 1 ½ cup milk, ½ cup TableRite Cheese Cubes, 1 tbsp. IGA Catsup, ½ tsp. each of worcestershire sauce, oregano, and salt, ¼ tsp. tabasco, and a pinch of pepper. Cover and bake in 325° F oven until potatoes are tender—about 1 hour. Try this delicious accompaniment with this week's meat feature; also chicken, fish or barbecue.

From the *Sioux Center News*, Sioux Center, Iowa, January 16, 1964.

### **Roast Loin of Pork, Mandarin**

Sprinkle a rib or loin end of TableRite Pork Roast with mixture of 1 tsp. salt, ½ tsp. pepper, ¼ tsp. ginger. Place in roasting pan fat side up with 1 medium onion cut up and ¼ cup chopped celery. Add to pan 1 orange squeezed and cut up and ¼ lemon squeezed and cut up. Roast in 350° F. oven 25 minutes per lb., basting frequently. When roast is tender, transfer to hot platter. Skim fat from juices in pan. Thicken slightly. Add 2 Tbsp. soy sauce and water to make 2 cups. Check seasoning, and add 1 cup mandarin orange segments and bring to a boil. Serve hot with pork.

From the *Idaho State Journal*, Pocatello, Idaho, February 19, 1964.

### **Pork Spareribs, Sweet 'n' Sour**

Cover 3 lbs. Pork Spareribs with cold water. Bring to boil, simmer 10 min., drain, rinse. Place in roast pan, bake 20 min., 450° oven. Drain off fat, season with IGA Salt, Pepper and M.S.G. Add 1 No. 2 ½ can IGA Pineapple Chunks (drained); 2 green peppers cut in chunks. Bake 10 more min. and pour following sauce over all. To Drained Pineapple Juice add ½ cup light brown sugar, ⅓ cup soy sauce, ¼ cup vinegar and 2 tbsp. cornstarch. Bring to boil, stir til thickened and pour over all. Bake til tender and crisp 10 more min. If desirous of keeping hot for awhile, cover with IGA Aluminum foil punctured with holes. Serve hot, with rice, frozen French Fries, Potatoes or Vegetable.

From the *Idaho State Journal*, Pocatello, Idaho, February 19, 1964.

### **Glazed, Baked, Smoked Ham**

TableRite Smoked Hams, Shank, Butt Halves or smoked Cottage Butts are fully cooked. Hams so labeled require heating through only. Glazing adds lustre, eye appeal plus intriguing flavor.

Criss-Cross lines into fat with sharp knife. Stick whole cloves into each diamond of fat. Place in roasting pan with 2 cups 7-Up, or Gingerale. Cover, bake in 350° oven, 30 min. per lb. When heated through, brush with brown sugar softened with prepared mustard, or just plain sugar and honey. Return to 450° oven. Mixture will caramelize.

From the *Tyrone Daily Herald*, Tyrone, Pennsylvania, June 30, 1964.

### **Shish Kababs**

Marinate 1 ½ lbs. of TableRite boneless beef cubes in Kraft Italian Dressing for two hours, turning pieces from time to time. Arrange alternately pieces of meat with Mushroom caps, pieces of Green Pepper, small whole cooked or canned potatoes and whole canned onions. Brush skewered food with melted TableRite Butter. Grill til lightly browned, turning often, about 15 min. Place on baking sheet and cook til tender in 325° oven. Turn often and baste. Season lightly with salt, pepper and Accent. During last 5 min. add 1 plum tomato to skewers. Serve with cooked rice.

From the *Idaho State Journal*, Pocatello, Idaho, July 9, 1964.

### **Baked Alaska Angel Food Cake**

With sharp knife, increase (if necessary) the center hole of round IGA Angel Food Cake so it will hold 1 pint of TableRite Ice Cream. Place cake on heat-proof serving platter, or on board covered with IGA Aluminum Foil. Completely cover Ice Cream and Cake with meringue. (2 packets of packaged meringue mix, beaten with 2/3 cup of water till stiff). Bake in hot oven (500°F) 3-5 minutes (Ice Cream will not melt in oven) till meringue is delicately browned. Serve immediately. **Alternate suggestion:** Freeze and serve later allowing to stand 20 minutes at room temperature.

From the *Escanaba Daily Press*, Escanaba, Michigan, August 13, 1964.



### **Shrimp Puffs**

Into a mixing bowl, sift 2 cups sifted IGA Flour, 3 tsp. baking powder, ½ tsp. salt, ⅛ tsp. Accent, ⅛ tsp. nutmeg. To dry ingredients add 1 TableRite egg beaten with TableRite Evap. Milk. Beat til smooth. To batter add and blend in ½ lb cooked and cut up shrimp. When ready to serve drop by tablespoons into hot (370°) Sno-Kreem Shortening. Fry to a delicate golden brown and nicely puffed. Serve hot accompanied with tarter sauce, French Fries, stewed tomatoes and crisp salad. Top off with a steaming hot cup of Instant Coffee.

From the *Idaho State Journal*, Pocatello, Idaho, August 27, 1964.

### **Yankee Pot Roast**

Sprinkle a 3 ½-4 lb. Chuck Roast with mixture of seasoned flour (½ cup IGA Flour, ½ tsp. salt, ¼ tsp. Accent, Pinch of pepper). Fry out a small piece of salt Pork in heavy kettle and brown meat on all sides. When nicely browned, add 3 cups water, 1 tbsp. vinegar and 1 bay leaf. Never let water get lower than 1 cup. Cover and let simmer 2 ½-3 hours. Add 4 carrots, 4 onions and a small turnip cut in 4 pieces, or 4 branches of celery. When meat is tender and last half hour of cooking, add 4 new potatoes. Serve on hot platter with vegetables arranged around. If gravy needs thickening, blend 2 tbsp. flour with ¼ cup water and stir until thickened. Correct seasoning.

For dessert, half cantaloupe with TableRite Ice Cream.

From *The Fulton Democrat*, McConnellsburg, Pennsylvania, September 24, 1964.

### **Baked Ham with Log Cabin Glaze**

Half hour before removing ham from oven, spread ham with mixtures of ½ cup Log Cabin Syrup, 1 tsp. lemon juice, 1 tsp. grated lemon rind and a pinch of cinnamon. Finish baking in 400° F oven till nicely glazed. Serve with baked potato scooped out, blended with cooked grated carrot, refilled and topped with TableRite grated cheese; also creamed boiled onion.

For dessert: Anjou Pears and Delicious Apples.

From the *Idaho State Journal*, Pocatello, Idaho, October 8, 1964.

### **Steak Strips, Chinese Style**

In one skillet combine and simmer for 5 min. 2 cups finely shredded cabbage, ½ cup chicken broth, ¼ cup TableRite Salad Oil. In another pan, place 3 tbsp. salad oil and saute til tender 1 finely minced onion and clove of garlic. When tender, add ½ cup chicken broth or consomme and 3 tbsp. Soy Sauce. Season to taste if necessary with salt, pepper, Accent, and thicken with 1 tsp. cornstarch softened with 1 tbsp. cold water. Let simmer while searing 1 ½ lbs. TableRite Round Steak cut into strips. To serve, drain cabbage and place on heated platter. Combine steak strips in sauce and pour over cabbage. Serve with fluffy rice and choice of vegetables.

From *The Evening Review*, East Liverpool, Ohio, January 27, 1965.

### **Deviled Swiss Steak**

Heat 3 tbsp. TableRite Corn Oil in heavy skillet or dutch oven. Saute (lightly fry) until tender, one sliced medium onion, remove and reserve. Dredge a 2-2½ lb. TableRite Round Steak in flour seasoned with salt, pepper and Accent. Brown meat well on both sides in same pan with remaining oil. Return onions to skillet, add 1 large can of tomatoes, crushed, 1 tsp. dry mustard, 1 tsp. Worcestershire Sauce, 1 grated lemon and juice, ½ tsp. pepper, 1 tbsp. Brownulated sugar. Cover, simmer til tender 2-2½ hours. Serve hot with gravy. Thicken if desired. Garnish with thin slices of lemon. Serve with broiled IGA Cling Peach Halves, buttered boiled potatoes and IGA Frozen Broccoli cuts. Pancake around a fresh banana, top with Karo Syrup.

From *The Daily Banner*, Greencastle, Indiana, March 3, 1965.

### **Pork Chop Potato Casserole**

Over medium heat brown 4 TableRite Shoulder, Loin or Rib Pork Chops. Into a 2-quart casserole or baking dish, arrange 2 cups thinly sliced, peeled, uncooked potatoes. Season lightly with salt, pepper and Accent. Distribute 1 small onion thinly sliced and pour over all half the contents from 10 ½ oz. can Mushroom Soup. Repeat procedure with another layer of same and on top place browned chops. Season with salt, pepper, Accent and Paprika. Cover and bake in 350° F. oven till tender all the way through—about 1 hour. Serve hot with apple sauce, choice of vegetable and/or Salad.

From the *Idaho State Journal*, Pocatello, Idaho, September 16, 1965.

### **Potted Ham on Waffle**

Quick as a bunny—Different—Eye appealing—Tasty—Economical.

Over boiling water heat 2 10 ½ oz. cans condensed cream of mushroom soup. Add contents of small jar mushroom stem & pieces, 1 cup of cooked TableRite Ham Cubes, ¼ cup sliced Ripe Olives, ½ cup peas, and 1 tsp. curry powder after thoroughly heated (if desired consistency can be regulated with addition of cream or milk). Serve hot atop crisped (frozen) IGA waffles, sprinkled with chopped fresh parsley. Accompany with fluffy rice and Table Fresh vegetable buy of the week.

From *The Pocono Record*, Stroudsburg, Pennsylvania, September 22, 1965.

### **Country Fried Ham, Eggs & Potatoes**

In a large skillet fry until heated through and nicely browned 4 slices of TableRite Ready-to-Eat Ham cut ¼ inch thick. In another skillet (and while ham is cooking) fry in bacon drippings or Salad Oil 4 cooked potatoes, peeled and sliced thin. Turn frequently til potatoes are golden brown, season to taste. When ham is ready, remove to platter and keep hot. In same pan, slip eggs into hot fat til whites are set. Season with salt and pepper, cover and let steam 3 or 4 minutes. Serve hot individually or on platter, ham in center surrounded with potatoes and eggs on each portion of ham, or separate.

From the *Idaho State Journal*, Pocatello, Idaho, September 23, 1965.

### **Country Fried Chicken**

Into a brown paper bag combine ¾ cup IGA flour, 1 tsp. salt, ½ tsp. pepper, ¼ tsp. poultry seasoning. Add cut parts of TableRite fryers, hold top of bag securely and shake to coat pieces. Heat ½ cup Sno-Kreem shortening and ¼ cup of butter in heavy skillet. Brown chicken well on all sides. Then turn heat very low and continue frying 20 to 25 minutes, turning occasionally. If chicken parts are heavy, covering pan for a portion of time will help but remove cover last 10 minutes to crisp. Serve hot with cream gravy.

**Cream gravy:** Blend ¼ cup seasoned flour with ¼ cup of fat chicken was cooked in. Slowly blend in 2 cups warm milk. Cook over low heat, stirring constantly until thickened. Season to taste if necessary.

From *The Pocono Record*, Stroudsburg, Pennsylvania, September 29, 1965.

### **Country Fried Chicken with Bacon**

Cook 8 strips of Bacon and reserve drippings. In the meantime blend together a mixture of ¼ cup each of flour and corn meal to which ½ tsp. salt, ¼ tsp. pepper and ¼ tsp. Accent has been added. Dip each piece of cut-up 2 to 2 ¼ lb. TableRite Chicken into evaporated milk, and then roll in flour mixture. Arrange chicken pieces skin side down in greased baking dish. Drizzle top with bacon drippings. Bake in 425° F. oven for 20 minutes, then turn over and finish baking til tender and golden brown, 15 to 20 min. When chicken is cooking, cook the giblets and neck together in water to cover. When tender add to gravy made with drippings in pan.

From the *Idaho State Journal*, Pocatello, Idaho, September 30, 1965.

### **Orange Basted Roast Chicken**

Make an unusual bread dressing by lightly frying (saute) 2 tbsp. each of finely minced onion, celery and green pepper. Combine with 2 cups soft bread crumbs and blend in  $\frac{3}{4}$  cup peeled, diced orange, 2 tsp. soy sauce,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{8}$  tsp. each Ac'cent, pepper, ginger and  $\frac{1}{4}$  cup hot water. Toss all together and stuff lightly into cavity of 2  $\frac{1}{2}$  - 3 lb. TableRite Broiler Fryer. Truss, place breast side up in roast pan and brush with Orange Sauce.

**Orange Sauce:** Combine and blend well  $\frac{1}{2}$  cup Orange Juice,  $\frac{1}{2}$  cup TableRite Salad Oil, 1 tsp. each grated orange peel, soy sauce and brown sugar with  $\frac{1}{2}$  tsp. seasoned salt. Roast in 325° F. oven until tender, approximately 1  $\frac{1}{2}$  hours, basting occasionally.

From the *Idaho State Journal*, Pocatello, Idaho, October 28, 1965.

### **Swiss Steak, Baltic**

Cut a 2-lb. TableRite Round or Chuck Steak into serving size pieces and dredge with  $\frac{1}{3}$  cup flour seasoned with 1 tsp. salt,  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{4}$  tsp. Ac'cent. Brown meat well on both sides in  $\frac{1}{4}$  cup hot TableRite Salad Oil. Add 1 envelope dehydrated onion soup mix, 1 8-oz. can tomato sauce and 1 cup water; cover, let simmer until tender, 2-2  $\frac{1}{2}$  hrs. Remove meat to heated platter. Skim fat from gravy if necessary. Slowly stir  $\frac{1}{2}$  pt. sour cream into gravy, heat but do not boil; pour over meat. Serve hot with mashed potatoes, vegetable and crisp salad.

From the *Idaho State Journal*, Pocatello, Idaho, November 11, 1965.

### **Easy Pot Roast**

After browning a 4-5 lb. TableRite Chuck Roast, place in a square of IGA Aluminum foil, sprinkle with a packet of Onion Soup Mix and  $\frac{1}{4}$  cup water. Completely cover with foil. Cook for about 4 hours in 350° F. Oven. Utilize oven by serving browned potatoes. When serving, arrange grilled Libby's or Del Monte Peach Halves with browned potatoes and place tender delicious sliced Pot Roast in center. Accompany with choice of Fresh or Frozen Vegetable.

From *The Carlisle Mercury*, Carlisle, Kentucky, December 2, 1965.

### **Chicken a la Maryland**

Purchase 2 $\frac{1}{4}$ -lb. TableRite Chicken, cut up for frying. Season generously with salt, Crescent Pepper and Crescent M.S.G. Dip each piece in milk and roll in flour. Fry to a golden brown in melted hot Sno-Kreem Shortening, turning occasionally. Transfer browned chicken to a pan, cover and bake in 350° oven 'til tender, 25-30 minutes. Pour rich cream sauce (10 $\frac{1}{2}$ -oz. can strained Cream of Chicken Soup will do nicely) into a heated platter. Place strips of crisp bacon over chicken, garnish with Corn Fritters and Potato Croquettes, which may be prepared in same heated fat.

From the *Montana Standard-Post*, Butte, Montana, February 3, 1966.

### **Broiled Tablerite Steak IGA**

If oven is used, preheat at 550°, or broil. Place steak on rack 2" from heat, farther away for thick steaks, with electric oven door open, gas oven door closed, broil one side brown, season, turn and repeat. Coals for outdoor grill should look ash gray by day, have red glow in dark. Brush steak with mixture of  $\frac{1}{4}$  cup butter, 1 tbsp. lemon juice, 2 tbsp. Crescent chopped parsley. Sprinkle with Crescent MSG and Crescent Onion Salt.

From the *Montana Standard-Post*, Butte, Montana, May 19, 1966

### **Baked Chicken in a Basket**

Dip cut-up TableRite Chicken 1 piece at a time into buttermilk, then into seasoned flour (1 cup IGA FLOUR, 1 tsp. salt, ½ tsp. Crescent MSG, ¼ tsp. Crescent pepper). Heat enough TableRite Salad Oil for ½" depth in heavy skillet and brown pieces of chicken on all sides. Drain-dry on absorbent paper, place in single layer in baking pan, bake at 350 oven until tender, 20-25 minutes. Serve in napkin-lined basket. Accompany with heated IGA Frozen French Fries, marinated tomatoes, IGA Biscuits 'n honey! Serve IGA Lemonade, Honey Dew Melon and fresh peaches.

From the *Montana Standard-Post*, Butte, Montana, July 21, 1966.

### **Red Flannel Hash**

A tasty, unusual suggestion for utilizing leftover ham. Through a coarse meat-grinder put 2 cups of left over cooked TableRite Ham, 2 cups peeled-cooked, medium-size potatoes, one No. 2½ size can beets (drained) and one medium onion grated. Add and blend in 2 tbsp. Crescent parsley, ½ tsp. salt, ½ tsp. Crescent MSG, ¼ tsp. Crescent pepper. This may be served family style or formed into patties and served individual—hash may be browned in skillet with 2 tsp. Sno-Kreem shortening in hot oven or under broiler.

From the *Montana Standard-Post*, Butte, Montana, August 4, 1966.

### **Chicken Tetrizzini**

Embellish cut-up Taste 'O Spring cooked, cooked leftover or frozen cooked chicken in a white sauce. White sauce may be made by blending 2 tsp. butter, margarine or chicken fat with 2 tsp. flour, then blending and heating 'til thickened... or canned cream of chicken soup may be substituted. Place hot cooked spaghetti in a lightly greased casserole. Pour chicken in cream sauce over spaghetti. Top with grated Parmesan Cheese... Place in 350° oven approximately 20 minutes 'til bubbly.

From the *Montana Standard-Post*, Butte, Montana, September 22, 1966.

### **Pork & Sweet Potato Pie**

Over medium heat cook ¼ cup minced onion in 4 Tbsp. Butter 4-5 minutes. Blend in 3 Tbsp. IGA flour, cook for a few minutes and gradually add 2¼ cups scalded milk stirring constantly until mixture thickens. Season to taste with salt, Crescent pepper, Crescent MSG and a bit of Crescent poultry seasoning. To sauce add 2½ Cups diced cooked pork and medium cooked fresh or canned sweet potato. ¼ cup each of sliced cooked mushroom and Del Monte peas may be added. Pour all into a buttered casserole. Cover with pastry made with IGA Pie Crust Mix. Make a few slashes on top for escape of steam. Bake for 10 minutes in 425° F. oven. Reduce heat to 350° F. Bake for 20 minutes. Serve Hot.

From the *Montana Standard-Post*, Butte, Montana, September 29, 1966.

### **Broiled Stuffed Tomato Salad**

Here's an unusual kind of salad. Served hot, it has intrigue, eye and taste appeal, as well as nutritional and economical good points. Figuring one tomato per person, cut slice off top, scoop out inside and blend with 1 cup diced leftover cooked meat, 1 diced hard cooked egg, ⅓ cup cooked peas, 1 cup TableRite Mayonnaise and refill scooped out tomato with mixture. Sprinkle top with grated parmesan cheese, drizzle with melted butter or margarine. Broil or bake in hot oven 10-12 minutes until lightly browned. Serve with IGA Potato Chips and Hot Rolls.

From *The Carlisle Mercury*, Carlisle, Kentucky, October 6, 1966.

### **Stuffed Green Peppers**

If you have any meat left-over from your roast, here's a worthy tip for another meal. Cut large green peppers (1 per person) in two, lengthwise. Remove seeds, parboil 5 minutes, drain well. Fill with this mixture. Combine 1½ cups ground cooked beef, 1 cup cream sauce, ½ cup cooked rice and season with ½ tsp. curry powder with salt, pepper and Accent to taste. Stir in 2 Tbsp. chopped parsley, fill peppers, set in baking dish, sprinkle buttered crumbs over each and bake in 425° F. oven till heated through about 20 minutes. Serve plain or with tomato sauce.

From the *Fredericksburg Standard*, Fredericksburg, Texas, November 2, 1966.

### **Turkey ala King**

Saute (lightly fry) ¼ cup diced green pepper, ¼ cup sliced mushroom (fresh or can), 2 tbsp. chopped onion in ¼ cup TableRite butter for 5 minutes. Blend in ¼ cup IGA Flour gradually. Add and blend in 2 cups milk or half milk, half chicken broth.

Cook over low heat, stirring constantly until sauce thickens. Let boil 1 minute, stir in 2 cups diced cooked TableRite Turkey and ¼ Cup diced pimento. Season to taste, carefully with salt, pepper and Accent. Serve hot over fluffy rice, toast, rusk or in patty shell.

TableRite Turkey is welcome anytime because of its flavor, ease of preparation and nutritional value.

From *The Carlisle Mercury*, Carlisle, Kentucky, November 17, 1966.

### **Beef Strips Bonne Femme**

In large skillet saute (lightly fry) one chopped small onion until lightly brown in 2 tbsp. Sno-Kreem shortening. Stir in 1½ tbsp. flour and cook 2 to 3 minutes. Add and blend in 1-10½ oz. can consommé and ¼ cup Tomato Sauce. When smooth and thickened, add 2 cups left-over cooked beef cut in strips. Correct seasoning if necessary. Turn in 1½ qt. casserole. Top with mashed potato. Bake until golden brown in 450° F. oven 15 to 20 minutes. Serve hot with your favorite vegetable and crisp salad.

From the *Daily American Republic*, Poplar Bluff, Missouri, February 1, 1967.

### **Tuna and Cheese Noodle Casserole**

Cook 1 package IGA 12 oz. wide noodles to package directions; drain. In a large bowl toss together noodles, 2-6 oz. cans IGA Tuna, 8 oz. Shredded IGA Swiss or Cheddar Cheese, ½ cup peas, 1 tsp. grated onion, 1 cup dairy sour cream, salt and pepper to taste. Turn into buttered 2 qt. casserole. Top with crushed IGA Potato Chips. Bake in 350°F. oven for 30 minutes or until cheese is melted and bubbly. Garnish with thin green pepper rings.

From the *Idaho State Journal*, Pocatello, Idaho, March 9, 1967.

### **Quickie Hen 'n Beans**

Cut up 2-3 cups left over cooked chicken in cubes. Smother cut up chicken in pork & beans (21 oz. size). Blend in 3 tbsp. molasses, 3 tbsp. catsup and 1 tsp. grated onion. Turn into casserole or bean pot. Cover, heat through about 45-60 minutes in 350°F. oven. Serve hot with brown bread and cole slaw. Broiled IGA Cling Peach Halves will further enhance this simple, economical dish.

From the *Idaho State Journal*, Pocatello, Idaho, March 9, 1967.

### **Ham and Rice Hawaiian**

In a skillet over medium heat saute ¼ cup minced onion and ½ cup chopped green pepper in 3 Tbsp. Butter or margarine. All 2 ½ -3 cups cubed cooked ham or lamb until lightly browned. Mix together 4 tsp. cornstarch in ¾ cup water, ¼ cup soy sauce, ¼ cup \*Pineapple juice, 2 Tbsp. brown sugar, 2 tsp. dry mustard, ¼ tsp. ginger. Pour mixture over ham, peppers and onions. Stir and cook over same heat until thickened. Add ¾ cup pineapple chunks (\*juice from can). Season to taste with salt and pepper. Lower heat, cover, heat 10 minutes. Serve over hot rice.

From *The Daily Advocate*, Greenville, Ohio, May 17, 1967.

### **Braised Pork Chops**

Nicely brown TableRite pork chops on both sides in heavy skillet. Remove from skillet and saute (lightly fry) one medium cut-up onion in pork drippings. Add and blend in two tbsp. flour and cook over low heat for 5 minutes. Gradually, stir in 1 - 10 ½ oz. can consomme and ½ tsp. prepared mustard. Return browned chops to skillet, cover and let simmer over low heat until tender, about 40 minutes. Place on platter, add 1 tbsp. chopped parsley and 1 tsp. capers to gravy and pour over chops. Serve hot accompanied with mashed potato, vegetable of your choice and IGA Cherry Pie. Keep plenty of vitamin rich juice oranges on hand these winter days.

From the *Sun-Journal*, Lewiston, Maine, February 21, 1968.

### **New England Fish Loaf**

**A Lenten Idea Special, And A Delightful Menu Change:** Combine 2 egg yolks, 2 cups Cooked Flaked Left-over fish (any fresh, frozen or canned will do), 1 cup soft bread crumbs, ¾ cup cooked elbow macaroni, ¼ cup finely minced green pepper, 2 Tbsp. chopped parsley, 1 Tbsp. grated onion, salt pepper and accent to taste and ½ cup milk. Mix and blend all ingredients. Fold in 2 beaten egg whites, pour into a lightly buttered bread pan or ring mold. Set in pan of hot water. Bake in 350° F. pre-heated oven 55-60 minutes. Test for doneness, turn out on hot platter. Serve with mushroom or egg sauce.

From the *Panama City News*, Panama City, Florida, February 22, 1968.

### **Hamburger Stroganoff**

**Going Hi-Hat On A Slim Budget:** In a skillet heat 3 Tbsp. butter, oil or drippings. Brown ½ cup chopped onion, 1 clove garlic and 1 Lb. ground beef. Stir in 3 Tbsp. flour, cook 3 minutes and blend 1-4 Oz. can mushrooms and 3 Tbsp. chili sauce. Season to taste with ½ tsp. worcestershire sauce, 1 tsp. salt, pinch of pepper. Ten minutes before serving turn off heat, blend in ¾ cup sour cream. Keep hot but do not boil. Serve with buttered hot noodles. Sprinkle with chopped parsley.

From the *Panama City News*, Panama City, Florida, February 22, 1968.

### **Baked Macaroni That's Different**

Cook a 7 oz. package of IGA Enriched Elbow Macaroni per directions on package. To cooked, drained macaroni, add and blend in 1 cup sieved TableRite Cottage cheese, 1 cup sour cream, 1 egg, ¼ cup IGA Chili Sauce, salt and pepper to taste and ¾ cup ripe pitted olive slices or pieces. Turn blended macaroni mixture into greased 2 qt. casserole. sprinkle with grated parmesan cheese. Drizzle with melted butter or margarine. Bake in 350 F. oven until heated through, bubbly and browned on top. Serve hot with crisp salad and garlic bread.

From the *Linton Daily Citizen*, Linton, Indiana, March 13, 1968.

### **“Noodle Ring Mold”**

In a bowl, combine and blend together 1 cooked and drained 8 oz. package IGA Enriched Egg Noodles, 2 cups scalded milk, 2 cups grated cheddar cheese, 2 cups soft bread crumbs, 2 beaten eggs, ¼ cup melted butter or margarine, 2 tbsp. each minced parsley and pimento. Season with 2 tsp. salt, ½ tsp. each pepper and Accent. Spoon into a well greased 10” ring mold. Set in pan of water, 1” deep, bake in 350 F. oven 30-35 minutes. Unmold on heated platter, fill center with creamed chicken, seafood or vegetable. Ideal for lunch, supper or buffet.

From the *Linton Daily Citizen*, Linton, Indiana, March 13, 1968.

### **Patio Chuck Roast**

Brown a 3-4 Lb. TableRite Chuck Roast on grill. Sprinkle ½ package of dehydrated onion soup on a square of IGA heavy duty aluminum foil. Place meat in center and sprinkle the rest of the soup mix over the top. Peel and cut into quarters 2 carrots and 2 branches of celery, cut the same size. Pour ¼ cup wine or consomme over all. Bring sides of foil to top, fold and double fold to seal tight. Cook slowly on grill until tender (2-2 ½ hours). Thickness of cut will govern length of cooking time. Serve with baked or IGA Frozen Fries, crisp salad, choice of fresh or frozen vegetables.

From the *Fitchburg Sentinel*, Fitchburg, Massachusetts, June 25, 1968.

### **Yorkshire Chicken**

(Left-over Chicken)

Put 2-3 cups diced cooked TableRite Chicken in a greased 1 ½ qt. casserole. In a bowl beat 2 TableRite eggs, add and blend in 1 cup milk, 1 cup flour, 1 tsp. baking powder and season to taste with salt, pepper and Accent. Pour the thin egg batter over cut up chicken in casserole. Place in pre-heated 400 F. oven and bake till light and puffy about 35 minutes. Serve at once topped with heated canned chicken giblet gravy.

From *The Havre Daily News*, Havre, Montana, January 15, 1969.

### **Lemon Barbecue Sauce**

Here's a barbecue sauce of unique flavor your family and guests are sure to enjoy.

2 Cloves Garlic	2 Tbsp. Grated Onion
½ Tsp. Salt	½ Tsp. Pepper
⅓ Cup Soya Oil	1 Tsp. Chopped Parsley
⅔ Cup Lemon Juice	½ Tsp. Oregano
2 Tsp. Grated Lemon Rind	

Crush and blend together in bowl garlic and salt. Add all other ingredients and blend well. Chill and use as desired for a new taste thrill with chicken, fish, lobster, or lobster tails.

From *The Salt Lake Tribune*, Salt Lake City, Utah, June 19, 1969.

### **Beans Hawaiian**

- ½ cup chopped onions.
- 1 tablespoon butter or margarine
- 1 can Campbell's Pork & Beans with tomato sauce
- ½ cup drained pineapple chunks
- 1 teaspoon prepared mustard

In skillet cook onion in butter until tender. Stir in remaining ingredients, heat, stir now and then. 4 servings.

From *The Salt Lake Tribune*, Salt Lake City, Utah, June 19, 1969.

### **Foil Baked Orange Chicken**

Have 2 ½ lb. TableRite Chickens cut up in quarters. Sprinkle each portion with salt, pepper, Ac'cent and set aside. Meanwhile, cut heavy duty foil or two layers large enough to wrap around chicken. Place 1 piece of chicken on square of foil. With each serving put 2 tbsp. concentrated orange juice, 1 tbsp. butter, 1 tsp. minced onion, tiny pinch basil and 1 thin wedge of orange with peel. Wrap foil carefully around each serving of chicken and seal edges, tightly. Bake in hot coals or over hot coals until tender, approximately 45-55 minutes, turning occasionally.

From *The Fulton Democrat*, McConnellsburg, Pennsylvania, July 3 1969.

### **Irish Colcannon**

Try this delightful vegetable combination for a change; boil peeled medium sized potatoes (1 per person) and mash. Cook 1 small head of cabbage finely diced 8 minutes in shallow amount of water. Drain, add to mashed potatoes and blend both together with addition of 1 tbsp. each grated onion and chopped parsley. Season to taste with salt, pepper and butter.

From the *Idaho State Journal*, Pocatello, Idaho, August 14, 1969.

### **Golden Mashed Potato**

Boil equal amounts of peeled medium sized potato, peeled medium carrots, drain well, mash, season with salt, pepper and butter. Serve as you would mashed potato. A good way to obtain a vitamin bonus. Shop IGA for fresh produce needs.

From the *Idaho State Journal*, Pocatello, Idaho, August 14, 1969.

### **Potato Cheese Balls**

Into 2 cups of hot mashed potato, beat in ⅓ cup of grated parmesan cheese, 2 tbsp. chopped parsley and season to taste with salt and white pepper, with a dash of nutmeg. Blend all together with just enough milk or light cream to have a smooth but not-too-soft consistency. Shape into balls ½ cup measure for one per serving (2 cups for 4 servings) or into small balls as desired. Roll balls into mixture of equal parts bread crumbs and parmesan cheese. When ready to serve, place carefully into fry basket and plunge into deep fat 380 f. to golden brown. May also be flattened and browned in skillet.

From the *Idaho State Journal*, Pocatello, Idaho, August 14, 1969.

### **One Pot Stew**

A Quickie Econo-Meal: Brown 1 lb of TableRite Ground Beef and ½ cup finely chopped onion in 2 tbsp. drippings or oil. Add 1 can (10½ oz.) beef consommé, 1 can (1 lb.) cream style corn and 2 cups (8 oz) IGA Elbo or Shell Macaroni, cooked. Check seasoning for desired taste, cover and let simmer over low heat till heated through and bubbly 15 or 20 min., stirring occasionally. Serve hot with crisp salad and crusty Italian bread. Give your family a break and serve a sumptuous dessert.

From *The Salt Lake Tribune*, Salt Lake City, Utah, March 19, 1970.

### **Crusty Baked Ham, Moutarde**

Place a 2-4 lb. slice of smoked ham in shallow baking dish. Combine and mix together ¼ cup flour, ¼ cup prepared mustard, 2 tbsp. molasses, 1 tbsp. brown sugar, ⅛ tsp. ground cloves and spread mixture over ham. Sprinkle top of coated ham with raisins (approx. ½ cup). Drizzle completely with ½ cup rich milk or half and half cream. Bake in preheated 350°f. oven for 1 hour. Serve hot accompanied with 8 minute sliced cabbage and baked Louisiana yams.

From the *Washington County News*, Saint George, Utah, March 26, 1970.



### **Pork Chops Hawaiian**

Brown on both sides in skillet, 4 TableRite centre cut pork chops ( $\frac{3}{8}$ " to 1" thick). Blend together and pour over chops  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{4}$  cup vinegar, 2 tbsp. soy sauce, 1 tbsp. brown sugar and one can pineapple chunks. Bring to a boil, add one large green pepper cut in 1" cubes and medium onion cut same size. When boiling, reduce heat to low simmer, cover and let cook till tender, 45-50 min. Remove chops to heated platter. Thicken liquid in pan by adding 1 tbsp. cornstarch with 1 tbsp. water. Stir until mixture is thickened and clear. Ladle over chops, garnish with crisp parsley. Your choice of potato and vegetable accompanied with hot Hungry Jack biscuits and a delicious Pillsbury Cake slice.

From *The Brandon Sun*, Brandon, Manitoba, Canada, April 15, 1970.

### **Pork Turnovers**

Prepare package piecrust mix per instructions on package. Divide pastry into 6 portions and roll each portion into a 5-inch round. Place each round on piece of waxed paper, stack and chill while filling is prepared... in a skillet melt 3 tbsp. butter or drippings. Saute (lightly fry)  $\frac{1}{4}$  cup each of finely chopped onion and green pepper until tender. Stir in 1  $\frac{1}{2}$  cups ground leftover cooked pork,  $\frac{1}{2}$  cup leftover or canned gravy, 1 tbsp. chopped parsley, salt, pepper and Ac'cent to taste. Simmer 5 minutes and cool. Place  $\frac{1}{2}$  cup mixture on each round of pastry. Fold in half over mixture. Pinch edge together with tines of fork. Place on ungreased cooky sheet, prick top. Bake in 425 F. oven 25-30 minutes. Serve with vegetable and potato.

From *The Brandon Sun*, Brandon, Manitoba, Canada, April 15, 1970.

### **Mini-Sauerbraten**

Season lightly with salt-pepper-Ac'cent on both sides of 4 TR cubed steaks (one per person). Brown on both sides in 3 tbsp. butter and remove to heated platter. Saute in same pan until tender  $\frac{3}{4}$  cup chopped onion. Add  $\frac{3}{4}$  cup water, one package brown gravy mix (canned gravy may be used) 2 tbsp. vinegar and 1 tbsp. brown sugar. Stir and cook over low heat until boiling point, stir in 1 tbsp. chopped parsley, add meat, cover and let simmer about 10 min. Serve hot with boiled potato and choice of fresh, frozen or canned vegetable. For dessert—something light.

From the *Mexico Ledger*, Mexico, Missouri, February 27, 1971.

### **Glazed Baked Ham**

IGA's TableRite canned ham is a good choice for the family dinner or special occasion. Boneless, skinless and fully cooked, rewarding results can be obtained by following directions for heating on the can.

Glaze No. 1.—Brown sugar glaze—blend together 1 cup brown sugar, 2 tbsp. prepared mustard,  $\frac{1}{4}$  tsp. ground cloves and 2 tbsp. vinegar. Score top of ham and stud with whole cloves. Apply glaze 45 to 60 minutes prior to removing from oven. Baste occasionally with glaze drippings from pan. Let stand 20 minutes prior to carving.

Glaze No. 2.—Currant jelly [glaze]—soften 1 cup currant jelly over low heat with 2 tbsp. prepared mustard,  $\frac{1}{4}$  tsp. ground cloves, same directions.

From the *Mexico Ledger*, Mexico, Missouri, February 27, 1971.

## KITCHEN TALK

**Rid disagreeable odor** from hands after peeling onions by rubbing hands with mustard and rinsing with clean cold water.

**Drizzle IGA Pure Strained Honey over grapefruit halves** (one half per person). Place about 4" below broiler or in hot oven until top starts to bubble. Garnish with red Maraschino cherry. Ideal for breakfast or as a starter before a meal.

**Orange shells** are excellent for fruit cups or for dressings, with salads, relishes, etc.

**Honey or maple syrup that has granulated** can be restored by placing container in hot water.

**Vinegar and flour paste** make an ideal mixture for cleaning copper.

When homemaker **buys celery**, she should place it in the moist chamber of refrigerator without removing wrapping. It will keep fresh and crisp longer.

**Vitamin C** (Ascorbic Acid) prevents scurvy, helps heal wounds and builds resistance to some infections.

**Core fresh cooking apple**, fill center with raisins and brown sugar. Bake in 325° F oven. Serve hot or cold as dessert.

**Don't throw apple peels away** if you want to be truly economical. Wash apples before peeling. Save peels and cores, cover with water and cook until mushy. Make apple sauce by pressing through a sieve or food mill. Sweeten as desired with sugar, cinnamon, and nutmeg. And here's a hint for Dad too! A few peelings in the cigar box or humidor will keep cigars fresh.

**Carrots**, available the year around, are a good source of Vitamin A. Tops from young, tender carrots may be cooked like beet greens or spinach.

**Asparagus** is delicious plain, with butter, lemon butter, au gratin, creamed on toast, tips in an omelette. Don't throw away the ends—boiled, they make the base for asparagus soup.

Try **fresh apple sauce** mixed with **horseradish** for side dish.

**Fewer lambs are condemned** through government inspection than any other class of meat.

**The dandelion**, which makes good wine, received its name because its jagged edge resembles lions' teeth.

**Left-over bones** from cooked meats or poultry will make good stock for soups and gravies.

### Salad Talk:

1. Make salads simple, but orderly and neat.
2. Lettuce and all greens should be dry before dressing is added.
3. Dressing should be added to salad only when ready to serve.
4. Juicy fruits and vegetables should be well drained.

**Watercress** is considered one of life's best elixirs.

**Using baking soda** in cooking green vegetables to retain color completely destroys certain vitamins.

**A few tablespoons of vinegar, lemon juice, or wine** in the cooking water will help tenderize meat for stewing, braising, sauerbraten, etc.

For an **"IGA Pep'er Up Cocktail"**... Combine juice of 2 oranges, a well beaten egg yolk, and ½ cup IGA Honey. Mix and drink.

**One pound boneless meat** makes about 4 servings. One pound bone in, about 2 servings.

**A few drops of vinegar or lemon juice** in the water used for poached eggs will prevent their spreading too much.

**Saffron:** It requires the stigmas of about 75,000 flowers to produce one pound of saffron. A little goes a long way.

**A hot knife and saw-like action** with gentle pressure will cut fresh bread easily without tearing.

**Pre-cooking the spareribs** in the kitchen shortens cooking time on the grill. Also, it insures thorough cooking of the meat.

Keep **bacon** in its original wrapper. Keep under refrigeration. Do not freeze. Bacon becomes rancid if held in freezer too long.

## FROM THE FILES OF EDDIE DOUCETTE, IGA CHEF

### OKTOBERFEST RECIPES

From *The La Crosse Tribune*, La Crosse, Wisconsin, October 13, 1963

#### German Stuffed Eggplant

- 2 small eggplants
- 1 cup boiling water or beer
- 2 tbsp. vinegar
- 1 medium onion, chopped
- 3 tbsp. salad oil
- 2 cups (Approx. 1 lb.) ground knockwurst
- 1 branch celery, finely diced
- 1 raw carrot, finely diced
- Salt and pepper to taste
- Pinch nutmeg
- 1 tbsp. chopped parsley
- 1 cup canned cream of mushroom soup
- 3 tbsp. beer
- Grated Parmesan cheese

Cut eggplant in half lengthwise. Place cut side down in shallow pan containing water and vinegar. Bake in 350° F. oven until tender when pierced with fork (Approx. 1 hour).

While eggplant is baking, make stuffing. Saute onion and garlic in heated oil until tender. Add knockwurst, celery, and carrot, stir to blend, cover and simmer till carrot is tender. Season to taste with salt, pepper, nutmeg and parsley.

Drain water from cooked eggplant. Turn cut side up and fill with stuffing. Over each filled half, cover with sauce made with mushroom soup and beer. Sprinkle with grated cheese. Bake in 350° F. oven until slightly brown on top and heated through.

#### Vegetable Medley Soup

- 1 medium onion, finely minced
- 2 branches of celery, finely diced
- 2 carrots, diced
- 3 tbsp. butter
- 3—10 ½-oz cans beef bouillon
- 2—10 ½-oz. cans water
- 1 cup chopped tomatoes
- ½ cup chopped spinach
- 2—12-oz. cans beer

In soup kettle saute onion, celery and carrot in butter. When onion is transparent, add beef bouillon, water, beer, tomatoes and spinach and bring slowly to a boil. Add tiny meat balls and cook at

simmering point until meat balls and vegetables are tender. Correct seasoning if necessary. Serve hot with crusty bread and grated cheese on the side.

#### Tiny Meat Balls

- ½ lb. round or ground chuck
- ¼ cup cracker crumbs
- 2 tbsp. grated cheese
- 2 tbsp. chili sauce
- 2 tbsp. grated onion
- ¼ tsp. oregano
- Salt and pepper to taste

Mix all ingredients together well and shape into tiny meat balls. Drop into simmering soup and cook as directed.

#### Kuckoo Beer Cake

Into an ungreased 8-inch square cake pan, place a flour sifter. Into sifter put these ingredients:

- 1 ½ cups flour (sifted)
- 1 cup sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 3 tbsp. cocoa

Sift dry ingredients into pan and make three indentations in mixture.

Into one indentation put 1 tsp. vanilla.

Into the other put 1 tbsp. vinegar.

Into the third put 5 tbsp. salad oil.

Over entire mixture pour 1 cup of beer (room temperature). Beat in pan until smooth. Bake at 350° F. for 35 minutes. Remove from oven, let set 5 minutes. Run knife or spatula all around sides of cake. Turn upside down on cake rack. Carefully lift pan from cake 20 to 30 minutes later. If you think this sounds kuckoo, sprinkle crushed beer nuts on top of batter before putting into oven. If desired, top with fluffy peppermint frosting.

### Fluffy Pink Peppermint Frosting

- 2 egg whites
- $\frac{3}{4}$  cup sugar
- $\frac{1}{3}$  cup light corn syrup
- 2 tbsp. water
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. cream of tartar
- 2 drops red food coloring
- $\frac{1}{2}$  tsp. mint flavoring

Cook in top of double boiler, beating with electric or rotary beater until mixture stands in peaks. Add flavoring and coloring. Beat till light.

### Quick Mushroom Sauce

(With Beer)

- 1—10  $\frac{1}{2}$ -oz. can mushroom soup
- 1 cup beer
- 1 cup American cheese cubes
- $\frac{1}{2}$  tsp. dry mustard
- Season to taste

Pour mushroom soup into saucepan with beer. Bring slowly to simmering point. Add cheese and mustard stirring until cheese melts. Season to taste if necessary. This simple, quick, tasty sauce is ideal with fish, asparagus, cauliflower, broccoli or green beans.

### German Baked Egg Pancake

(With Beer)

- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup light cream
- $\frac{1}{4}$  cup beer
- 4 egg yolks
- 1 tbsp. sugar
- 4 egg whites (beaten stiff)
- 1 tsp. salt
- Wee pinch nutmeg
- Lingonberries, apple sauce or jelly
- Confectioners' sugar

In a bowl combine first six ingredients and beat well. Beat egg whites and salt until stiff. Fold into first mixture. Into a well buttered, very hot 10-inch skillet, pour one cup of batter. Place skillet into 450° F. hot oven. When lightly brown and crisp around the edges (10 to 15 minutes) turn out on large plate. Put about  $\frac{1}{2}$  cup of lingonberries, apple sauce or jelly on surface. Roll up and sprinkle with confectioners' sugar. Serve immediately.

### Schaum Torte

- 4 egg whites
- $\frac{1}{2}$  tsp. vinegar
- 1 cup granulated sugar
- $\frac{1}{2}$  tsp. vanilla

Beat egg whites until they stand in soft peaks. Continue to beat, adding half of the sugar gradually (2 tsp. at a time). Beat in the vinegar and vanilla, then fold in remaining sugar to make meringue. Line two cookie sheets with waxed or brown paper. On these, trace two circles (use 8-inch plate as guide). Fill one of these all in with  $\frac{1}{4}$  inch spread of meringue. On the other circle, just make a ring, using pastry bag to put meringue through.

With the remaining meringue, make meringue kisses. Bake meringue in slow oven 275° F. for 40 to 50 minutes until crisp. Remove from paper and place on rack to cool. When ready to serve, place solid meringue on platter. Put ring on this. Fill with whipped cream with strawberries folded in. Garnish with meringue kisses.

### Quickie Kolache

- 1 can (8-oz.) refrigerated biscuits
- 1 can prune filling (or any preserve)
- $\frac{3}{4}$  cup confectioners sugar
- 2 tsp. milk

Place biscuits one inch apart on ungreased sheet. Make indentations in center of each biscuit and fill with preserve or filling of your choice. Bake at 425° F. 10 to 12 minutes. Make simple confectioners icing with sugar and milk. Spread over warm rolls.

### Heileman's Pumpkin Pie

- 3 eggs, slightly beaten
- $\frac{3}{4}$  cup brown sugar, firmly packed
- 1  $\frac{1}{2}$  cups strained pumpkin, cooked or canned
- 1 tbsp. flour
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. ginger
- $\frac{1}{4}$  tsp. allspice
- $\frac{1}{4}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. salt
- 1 cup evaporated milk
- $\frac{1}{2}$  cup beer
- 1—9" pie shell (uncooked)

Beat eggs slightly. Beat and blend in brown sugar, pumpkin, seasonings, milk and beer. Turn into pastry-lined 9" pan. Bake in hot oven 450° F. for 10 minutes. Reduce heat to 350° F. and bake 35 to 40 minutes or until a knife inserted in center comes out clean.

### Beer Pie Crust

(9-inch pie shell)

1 ¼ cups flour

½ tsp. salt

⅓ cup (heaping) shortening

3 tbsp. ice cold beer

Sift flour and salt together. Cut in shortening with pastry blender. Sprinkle 3 tbsp. cold beer over mixture and toss or mix lightly until dough is moist enough to hold together. Refrigerate until ready to use. Roll out to size of pan (11" to flute edge).

### Oktoberfest Sauerkraut

No. 2 ½ can sauerkraut

5 slices bacon (diced)

1 medium onion (thinly sliced)

½ tsp. caraway seeds

½ cup beer

Leftover mashed potato

Drain sauerkraut and place loosely in a greased casserole large enough to hold all. Saute bacon and onion lightly. Add to kraut along with caraway and beer. Toss lightly to mix throughout. Add enough beer or water to cover. Cover and place in 375° F. oven for 25 minutes. Remove from oven. Top with seasoned mashed potato. Place under broiler on hot oven until golden brown. If preferred, boiled potatoes may be arranged on top of kraut and finished cooking with cover on.

Sauerkraut is rich in vitamins A-B-C—calcium, phosphorus and iron, plus valuable lactic acid.

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## MATCHBOOK RECIPES

Superior Match Co., Chicago, U.S.A.

### Bavarian Casserole

- 7 or 8 oz package IGA noodles
- 2 tbsp Table Rite salad oil
- 1 medium onion, finely minced
- ½ green pepper, cut into small cubes
- 5 Table Rite eggs
- 1 cup sour cream
- 1 cup left-over cooked ham or canned (12 oz) chopped ham, cut up
- ½ tsp oregano
- salt and pepper to taste.

Cook noodles in boiling water, salted, until tender. While draining, heat butter or drippings and saute minced onion and green pepper. Beat eggs in a bowl and blend in sour cream until smooth. Add sauted vegetables, ham, noodles, and seasonings to taste. Turn into a greased casserole and set into a shallow pan of hot water. Bake for about 1 hour at 350°.

Serve hot with a crisp salad.

### Dutch Dinner

- 4 Lean Table Rite Pork Chops (1 in. thick)
- Salt, Pepper and Ac'cent
- 8 Links Table Rite Pork Sausage
- Prepared Mustard
- 1 Small Can IGA Sauerkraut
- 2 Medium Apples, cut in half
- 4 Small-to-medium Potatoes (Peeled)
- 1 Large Onion, sliced
- 1 (10 ½ oz.) can consomme

Season pork chops generously with salt, pepper and Ac'cent. Brown pork sausages and remove from pan. Brown pork chops on both sides in drippings. Remove from pan and brush lightly with prepared mustard. Butter a 2 ½ qt. casserole and cover bottom with sauerkraut; on sauerkraut bed place browned pork chops, on each pork chop half an apple. Surround with potatoes and sausages and cover with onion slices. Over all pour can of consomme. Cover and cook in a (350 F) oven for about 40 minutes.

Pretty much a meal in itself. Your favorite vegetable or salad might serve as a side dish.

### German Potato Salad, My Way

- 6 Potatoes
- 6 Slices Table Rite Bacon (diced)
- 1 Small Onion, Minced
- ⅓ Cup Vinegar
- 1 tsp. Salt
- Pinch of Pepper
- ⅓ Cup Sour Cream
- 2 tsp. Chopped Parsley

Boil potatoes in their skins, peel and slice. Fry bacon until crisp. Remove bacon and brown onion in bacon fat. Add and blend in vinegar, salt, pepper, and sour cream. Put cooked and sliced potatoes in a bowl with the bacon, over this pour mixture and chopped parsley. Mix and blend well. Serve hot on platter or in bowl, garnished with watercress, hard cooked eggs, sliced or in wedges also may be used.



## LENTEN RECIPES

From *The Post-Standard*, Syracuse, New York, March 6, 1962.

### Tuna Boats

4 to 6 medium size Potatoes, Baked	3 tbsp. Soft Butter
1 Egg	Salt, Pepper, Ac'cent to Taste
Milk	2 6 ½-oz. cans Chicken of the Sea Tuna
1 tsp. Grated Onion	Grated Parmesan Cheese
1 tbsp. Chopped Parsley	

Cut thin slice off one side of baked potato. Scoop out inside, mash by blending with egg and enough milk to make a nice consistency, add grated onion, parsley, butter and seasonings to taste. Work in drained and flaked tuna and refill potato shells. Top with grated cheese and bake in 400° oven until golden brown. Serve with vegetable and crisp salad.

### Miniature Tuna Pizzas

2 6 ½-oz. cans Chicken of the Sea Tuna	1 tsp. Oregano
½ cup finely minced Onion	Salt, Pepper, Ac'cent to Taste
3 tbsp. Olive Oil	½ cup sliced Ripe Olives
1 8-oz. can Tomato Sauce	2 pkgs. TableRite English Muffins
1 6-oz. can Tomato Paste	½ lb. Mozzarella or Scarmozza Cheese, cut in cubes
2 tbsp. grated Parmesan Cheese	

Drain tuna and set aside. Saute onion in olive oil until tender. Add tomato sauce, tomato paste, grated cheese, seasonings and olives. Simmer for 10 minutes. Cut muffins in half, cover each half with sauce, some of the tuna, and sprinkle generously with cheese cubes. Place on baking sheets and bake in 425° oven 15 minutes.

### Baked Tuna & Cheese Sandwich

1 6 ½-oz. can Chicken of the Sea Tuna	Mayonnaise
1 tsp. Grated Onion	6 slices IGA TableFresh Bread, toasted on one side
2 tbsp. Pickle Relish	6 slices IGA TableRite Cheese
½ cup finely minced Celery	Paprika

Drain tuna and flake into bowl. Add onion, pickle relish, celery and mayonnaise. Blend together. Divide mixture on toasted side of 6 bread slices and place on buttered baking sheet. Cover each with cheese slice and dust lightly with paprika. Bake in hot oven (450°) until cheese melts, about 8-10 minutes. Serve hot with buttered peas and potato chips.



## COOKING CAN BE FUN

*From a New York State Exposition Art and Home Center pamphlet.*

### New England Ham and Apple Pie

1 ½ Lb. Cooked Ham Cut Into Small Pieces	½ Tsp. Salt
4 to 6 Tart Apples, Peeled and Sliced	¼ Tsp. Pepper
¾ Cup Brown Sugar	1 Tsp. Cinnamon
	2 Tbsp. Butter
	3 Tbsp. Lemon Juice

Arrange ⅓ of ham in a greased casserole (2 Qt). Cover with ⅓ of sliced apples, sprinkle with ¼ cup Brown Sugar mixed with salt, pepper and cinnamon. Repeat with another layer of ham, apples, and seasonings and still another using up ingredients with layer of apples on top. Cover top layer with sugar and seasonings, dot with butter and sprinkle with lemon juice. Cook covered in 375°F. oven till apples are tender, about 20-25 minutes. Uncover and pour over the top, the following pancake batter:

In a bowl, beat till smooth, 1 egg, ½ cup milk, 2 Tbsp. melted shortening and gradually blend in ¾ cup sifted all-purpose flour, ¼ Tsp. salt, ½ Tsp. Baking Powder. Bake uncovered in 325°F. oven until nicely browned, about 20-25 min. Serve hot from baking dish.

### New England Apple Coffee Cake

2 Cups Sifted IGA All Purpose Flour	⅔ Cup Grated Cheddar Cheese
1 Tbsp. Granulated Sugar	⅔ Cup Milk
3 Tsp. Baking Powder	3 Medium Apples
1 Tsp. Salt	½ Cup Brown Sugar
4 Tbsp. SnoKreem Shortening	½ Tsp. Cinnamon
	¼ Tsp. Nutmeg
	Melted Butter

Sift first four dry ingredients together into bowl. Cut in shortening and grated cheese. Add milk until all ingredients are blended. Don't mix too much. Dough should be soft. Turn dough out onto a floured board or pastry cloth and pat or roll out lightly to fit into an ungreased 9" cake pan. Core apples. Peel and slice thin. Arrange apple slices overlapping one another slightly. Sprinkle with brown sugar, cinnamon and nutmeg. Drizzle a little melted butter over all. Bake for 25 minutes in a 425°F. oven. Serve hot as is—or cold with whipped cream.

### Anadama Bread

½ Cup Yellow Corn Meal	1 Yeast Cake
2 Cups Boiling Water	½ Cup Lukewarm Water
3 Tbsp. SnoKreem Shortening	5 Cups Sifted IGA Flour
1 Tsp. Salt	
½ Cup Unsulphered Molasses	

Stir corn meal very slowly (stirring all the while) into the water. Boil for five minutes. Add shortening, salt and molasses. Let cool. Dissolve yeast cake in lukewarm water and add sifted flour (about 5 cups) to make a stiff dough. Knead well on a floured board. Let rise until double in bulk. Shape in loaves and place in greased loaf pan. Again let rise until double and light. Bake 1 hour in 400°F. oven. Makes two loaves.



### Flying Saucers

1 Cup Brown Sugar, Firmly Packed  
3 Cups Sifted IGA All Purpose Flour  
1 Tsp. Salt  
¼ Tsp. Baking Soda  
1 Tsp. Cinnamon  
½ Recipe of Package Pie Filling

½ Tsp. Allspice  
¼ Tsp. Nutmeg  
¾ Cup Butter, Margarine or Shortening  
3 Tbsp. Molasses  
½ Tsp. Vinegar  
¼ Cup Water

Measure sugar and push through sieve or sifter (to omit lumps) in a large bowl; to this, add (sifting in) already sifted flour and seasonings. With pastry blender cut in butter or shortening until crumbly or like pastry. Blend in molasses and vinegar, cover bowl and chill until firm, 4 to 6 hours. On a floured pastry cloth or board roll out a small amount of dough, place a small saucer on dough and cut around with a knife. Place carefully on a greased and lightly floured cookie sheet, bake in a 350°F. oven 10 to 12 minutes. Remove with spatula and place on cookie rack. When cool, spread thickened lemon pie filling on one cookie, top with another cookie, serve to the kiddies and watch their eyes get as big as saucers at these tasty Flying Saucers. Good with milk and if the oldsters want them, good with tea or coffee too.



**COOKING  
CAN BE  
FUN**



## HOLIDAY FAIR RECIPES

*From The La Crosse Tribune, La Crosse, Wisconsin, November 18, 1962.*

*As presented at the 2<sup>nd</sup> Annual "Holiday Fair" at the Mary E. Sawyer Auditorium, November 12-14*

### Old Fashioned Savory Stuffing

2 (1 lb.) loaves IGA white bread	½ cup chopped celery
stock or water to moisten	2 tsp. poultry seasoning
2 inch cube of fat salt pork, finely chopped	2 tsp. salt
1 small onion, chopped	½ tsp. pepper
	½ tsp. Accent or Pleasonging

Soak two loaves of bread (preferable 2 days old) in stock or water to moisten. Squeeze all moisture out.

In saute or frying pan, fry out (melt) cubed salt pork until soft but not brown. Remove to dish while onions and celery are sauteed, then remove from stove and combine all ingredients and blend well. Correct seasoning if necessary.

### Pepper Steak, Continental

1 ½ lb. *Tenderloin ends or sirloin, cut into strips ¼" thick	1 large green pepper cut into thin strips
3 Tbsp. TableRite salad oil	1 jar or can sliced mushrooms
1 clove garlic, minced	3 Tbsp. soy sauce
1 large onion, sliced	½ cup dry red wine

Over high heat, quickly brown strips of meat in salad oil and push to side of pan. Add garlic, onion and green pepper strips and do likewise. Combine meat and vegetables. Add mushrooms, soy sauce, wine and blend together. Cover, lower heat, and let simmer ten minutes. Uncover, sprinkle lightly with beef savor seasoning. Taste for flavor and serve hot with saffron rice and vegetables of your choice.

\*Tenderloin tips or sirloin cook quickly. For economy, flank steak may be used.

### Holiday Gumdrop Cookie Strips

1 cup sifted IGA flour	½ cup chopped walnuts
¼ tsp. salt	½ cup semi-sweet chocolate bits
1 tsp. cinnamon	2 beaten TableRite eggs
¼ tsp. nutmeg	1 cup packed brown sugar
1 cup gumdrops (cut into pieces with scissors)	1 Tbsp. cold water

Sift flour, salt, cinnamon, and nutmeg. To this, add gumdrops (omit black ones), nuts and chocolate bits. Beat eggs, add sugar and water, combine with first mixture and blend until all ingredients are mixed. Spread in greased 11x7x1" pan and bake in 325°F oven for 30 to 35 minutes or until done. Cut into strips.

### French Onion Soup

4 large onions, sliced	Salt, pepper and Accent or Pleasonging
¼ cup butter	Parmesan cheese
2 quarts beef broth (4 cans beef bouillon and water to make 2 quarts)	Rounds of toast

Peel and slice onions and add to melted butter in saucepan or earthen soup casserole. Saute until just golden in color. Add beef broth that has been seasoned to taste. Simmer for 20 minutes. Serve hot in individual casseroles or soup dishes. Top with toast round sprinkled with Parmesan cheese. Place momentarily under broiler or very hot oven until nicely browned. One-half cup of dry sherry wine will add much to flavor. Serve extra cheese on the side.

### Caesar Salad

- |  |  |
|--|--|
| 2 cups croutons (bread cubes)          | ¼ tsp. black pepper                    |
| ¼ cup olive oil or TableRite salad oil | ¼ cup grated Parmesan cheese           |
| 1 clove garlic                         | ⅓ cup olive oil or TableRite salad oil |
| 4 anchovy fillet (chopped)             | Juice of 2 lemons                      |
| ½ tsp. English mustard                 | 1 coddled or raw egg                   |
| 2 heads of washed and chilled Romaine  |  |

Fry bread cubes to a golden brown in olive oil flavored with a whole clove of garlic, over low heat. In a wooden salad bowl rubbed with garlic, combine and blend together fillets, mustard, pepper and grated cheese. Add olive oil and juice of lemons. Tear Romaine into medium sized pieces. Place in bowl and toss till each leaf is coated. Add coddled egg and mix enough to be absorbed and not noticed. Just before serving, add croutons and toss lightly once more. Serve right away, or better yet, a wonderful salad to make at the table.

### Baked Stuffed Pork Chops, Fromage Bleu


- |                             |                                    |
|-----------------------------|------------------------------------|
| 2 tsp. finely minced onions | ⅓ cup Blue Cheese (Fromage Bleu)   |
| ¼ cup sliced mushrooms      | 2 Tbsp. chopped parsley            |
| ¼ cup chopped celery        | Season to taste, salt, pepper      |
| 3 Tbsp. melted butter       | Pinch sage                         |
| 1 cup bread cubes           | 4 pork loin chops (2 inches thick) |

Saute onion, mushrooms and celery in butter for 5 minutes. Remove from heat and blend in bread cubes, cheese, parsley and seasonings. Have butcher cut a pocket in center, going from outside toward bone. Stuff with dressing, secure with picks, brush lightly with mustard and bake in (350°F) oven in baking dish for 1 ¼ hours.

### Cherries Jubilee in Chafing Dish

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 pound can black bing cherries | 1 Tbsp. grated orange             |
| ½ tsp. cornstarch               | 2 oz. Kirsch, Brandy or Cointreau |
| 1 tsp. water                    |                                   |

Pour juice from cherries into chafing dish (skillet may be used). Place pan directly over heat and bring juice to a boil. Dissolve cornstarch in water and stir into boiling juice. As juice thickens, add cherries and grated orange (opt.). When heated through and just before serving, add warm liqueur and blaze. Serve flaming cherries over ice cream.



See **EDDIE DOUCETTE**, The **IGA** CHEF  
IN PERSON . . . at the  
**'Holiday Fair', Nov. 12, 13, 14**  
At the MARY E. SAWYER AUDITORIUM, La Crosse, Wis.  
● You'll Enjoy Eddie's "FOOD MAGIC" Cooking Schools  
MONDAY and WEDNESDAY AFTERNOONS  
and MONDAY NIGHT  
Meet Eddie at the IGA booth in the exhibit area Tuesday afternoon.

## ALL-AMERICAN HOT DOG RECIPE SUGGESTIONS

*"As you requested, from the Mike Douglas TV show."*

### **Cheese-Frank Custard Pie**

Line a 9" pie pan with pie crust. Into bottom of crust put a mixture of ¼ lb. skinless franks cut in slices and ½ lb. swiss cheese (cut comparable to franks.) In a bowl beat 4 eggs, blend in ½ tsp. salt, ¼ tsp. each pepper, mustard, and Accent. Add 2 cups scalded milk and 1 Tbsp. chopped parsley. Pour over franks & cheese in crust. Bake in 350°F. oven till set and topped with a golden brown, about 45 minutes.

### **Frankfurter Pie, Peasant Style**

In a skillet heat 4 Tbsp. salad oil or drippings and saute ½ cup each of diced onion, green pepper and potato for 5-6 minutes. Add 1 clove minced garlic and 1 lb. sliced skinless franks. Add a #2 can of red kidney beans. Heat, season to taste with salt, pepper, Accent and remove from heat. Line a 9" pie pan with pie crust. Pour mixture into pie crust shell. Top with pie crust, seal, brush lightly with milk. Cut slits in top of crust for steam to escape and bake at 450°F. oven for 10 minutes to set crust. Lower heat to 350°F. until golden brown, about 35 minutes more. Serve hot from dish accompanied with vegetables and salad.

### **Pigs in Blankets**

Using refrigerated baking powder biscuits, prepared mix or your own recipe for baking powder biscuits, roll to ¼ inch thickness and cut into 3x4 oblong. Brush dough with prepared mustard (piccalilli may be added here also) and wrap around a frankfurter. Brush lightly with melted butter or margarine and bake about 15 minutes in preheated 450° F. oven.

### **Hodge Podge Mr. Frank**

Into a heavy skillet or dutch oven heat ⅓ cup salad oil, drippings or fat. Saute (lightly fry) 1 large onion & 2 green peppers, thinly sliced. Add 1 finely minced clove garlic, 2 branches of celery and 4 medium carrots, cut up. Then add 1 jar sliced mushrooms and 1 - #2 ½ can tomatoes, (crushed). Cover and let simmer 20 minutes, then add 1 ½ lb. cut-up franks, 1 cup each of cooked rice, whole kernel corn and 1 cup peas. Cover for 10 minutes more. Add 1 Tbsp. chopped parsley and season to taste with salt, pepper, Accent. Serve in soup dish with crusty french bread on the side.

### **Sweet 'n' Sour Franks**

Heat 3 Tbsp. of bacon fat or oil. Blend in 3 Tbsp. flour. Let cook slowly 3 minutes and stir to smooth consistency 1 cup canned consomme, 1 cup water, 2 Tbsp. vinegar, 2 Tbsp. brown sugar, ½ tsp. worcestershire and seasoned to taste with salt and pepper. Add 1 ½ Lb. cut-up franks and 1 Tbsp. chopped parsley. Cover and simmer 10 minutes. Serve hot in oven-proof dish, casserole, or chafing dish in a ring of fluffy rice. A delightful change.

### **Farmer's Omelet**

In a skillet, saute (lightly fry) one thinly sliced medium onion, one green pepper and ½ cup mushroom slices in 3 Tbsp. butter or margarine for 5 minutes. Add 3 frankfurters (thinly sliced) cook three minutes more and set aside. In same skillet melt 2 Tbsp. butter. When hot, pour in omelet mixture of 6 well beaten eggs, lightly seasoned. Cook over medium heat by tilting pan. When golden brown on bottom, spread first mixture in omelet, fold, set on platter, garnish, serve hot.

## EGGS

*...as featured on the Mike Douglas Show, by your IGA chef Eddie Doucette.*

### Scramble Burgers

In a skillet, heat til bubbly 3 Tbsp. butter (or half butter, half fat from the Sausage Patties\*). Saute (lightly fry) ¼ cup each finely minced onion and green pepper. When onion is transparent, add all at once 8 beaten eggs blended with 8 Tbsp. of light cream, milk, white wine or water, ½ Tsp. salt, ¼ Tsp. pepper and 1 Tbsp. capers. Stir and scramble over medium heat. Don't overcook. Eggs should be soft to medium. A wee pinch of Rosemary and chopped Parsley will further enhance flavor and eye appeal.

To serve, place cooked Sausage Patty\* on toasted Hamburger Bun, completely cover with cooked egg and serve immediately with crisp Potato Chips and Dill Pickle.

### Let's examine the egg more closely!!

Do You Know These Egg Dishes and Terms???

Cook in shell in water	"BOIL"
Cook in water without shell	"POACH"
Cook without shell in fat	"FRY"
Beat and fry	"SCRAMBLE"
Cook without shell in deep fat	"FRENCH FRY"
Cook without shell in ramekins	"BAKED EGGS"
Beat whites raw with fruit juice and freeze	"SHERBET"
Beat whites raw with fruit juice and gelatine	"SPONGE"
Beat yolks, cook with butter and lemon juice	"HOLLANDAISE"
Beat whole, cook with sugar, nuts and/or crumbs	"TORTE"
Beat whites, cook with sugar and nuts	"MACAROONS"
Beat whites, cook with sugar	"MERINGUE"
Beat yolks and cook with wine	"SABAYON"
Beat raw with cream	"EGGNOG"

The egg shell is porous, allowing air to enter and water to evaporate from the egg. Break the shell and you will notice a delicate fine membrane protecting the white. Separating the white from the yolk is another delicate membrane, making it possible to separate the yolk from the white. The elasticity and cohesive properties of the egg white makes it possible to be beaten up and used in cooking, meringue, etc. A closer look at the egg reveals that the yolk is actually suspended in the delicate membrane. The continuation of this membrane is stretched like little cords and attached to each end of the shell, thus making a protective cradle for the yolk in one of nature's most ingenious creations.

## ECONO-MEALS BY IGA CHEF EDDIE DOUCETTE

*From the April 18, 1969, Times News of Twin Falls, Idaho.*

### Baked Ham Round

In a bowl, combine 6 cups ground-up cooked ham, 3 cups crushed soda crackers, 1 egg,  $\frac{1}{4}$  cup grated onion,  $\frac{1}{4}$  cup water, 1 tsp prepared mustard, 1 tsp chopped parsley,  $\frac{1}{4}$  tsp each pepper and marjoram. Mix well, shape into a round loaf and place in greased pan. Score top and bake in preheated 350° oven for 25 minutes. Drain syrup from IGA Ripe 'n Ragged peach halves. Arrange peach halves cut side down on pie plate, sprinkle with brownulated sugar. Drizzle peach juice over ham round and continue baking another 30 minutes. Last ten minutes heat peach halves. Serve hot ham round wedge accompanied with rilled peach halves, Green Giant spinach, IGA French Fries and cheese cake for dessert.

### Pork Stew, Rechauffe

This pork stew recipe is designed for left-over pork. "Rechauffe" refers to cold food made hot again. Try this tasty "Quickie!"

Brown 3 cups of left-over cooked pork (cut in cubes) in 3 tbsp of bacon drippings. When brown, stir in 2 cans canned chicken gravy, 1 cup each cooked whole onion, cooked whole potatoes and let simmer 10 minutes covered to heat through. Season if necessary. Serve on heated platter. Sprinkle cooked hot peas over all and surround stew with hot sweet potato biscuits.

### Marinated Beef Short Ribs

Marinate Tablerite beef short ribs in Tablerite Italian dressing for at least 24 hours. Remove from marinade and put in dutch oven or kettle with cover. Add 1 cup water and 1 diced onion, cover and simmer until tender. If a barbecued effect is desired indoors or out on the grill—place under broiler in stove and baste with marinade, or outdoors broil over hot coals and baste. A tasty marinade gravy can be made by blending some of the marinade with a can of gravy, heating and serving with the ribs. Baked sweet potatoes and asparagus will make eye and taste appealing accompaniment, leaving you on your own for the dessert.



# TIME TO SAVE



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## **“FRENCH COOKING CAN BE FUN”**

From the *Alton Evening Telegraph*, Alton, Illinois, April 4, 1967.

### **MENU FOR “FRENCH COOKING CAN BE FUN”**

*As presented at Hatheway Hall, Monticello College, Alton, Ill., Wednesday & Thursday, April 5-6 1967.*

#### **Potage Oignon, Francaise**

(French Onion Soup)

4 Large onions, sliced	Salt, Pepper & M.S.G. to taste
¼ Cup butter	Parmesan Cheese
2 Quarts beef broth (4 cans beef bouillon & water to make 2 quarts)	Rounds of toast

Peel and slice onions and add to melted butter in saucepan or Earthen soup casserole. Saute until just golden in color. Add beef broth that has been seasoned to taste. Simmer for 20 minutes. Serve hot in individual casseroles or soup dishes. Top with toast round sprinkled with Parmesan cheese. Place momentarily under broiler or very hot oven until nicely browned. One-half cup of dry sherry wine will add much to flavor. Serve extra cheese on the side.

#### **Boeuf Bourignonne**

(Ragout of Beef with Burgundy)

1 ½ Lbs. *Beef (Top round or sirloin cut into 1 inch cubes)	1 ½ Cups Consomme
Salt, Pepper & M.S.G.	1 Cup Dry Red Wine
4 Strips Cut-up Bacon	½ Lb. Mushroom (Caps)
3 Tbsp. Butter	1 Doz. Tiny White Onions
4 Tbsp. Flour	Season to taste if necessary
1 Tsp. Tomato Paste	1 Tsp. Lemon Juice
	Chopped Parsley

Season cut-up Beef \*(Fillet of beef may be used if chafing dish and haste is desired.) with salt, pepper, M.S.G., cook cut-up bacon and remove cracklings. Add butter and carefully brown meat all over. Remove meat, add flour, shallots and garnish. Cook for five minutes and add tomato paste, consomme and red wine gradually stirring all the while. Return browned meat to gravy and let simmer, covered till tender 1 ½ hours or place in 350°F. oven uncovered until tender. Tiny onions, mushrooms and (if desired) small carrots can be cooked separately and added last 20 minutes of cooking with lemon juice. Serve hot from casserole or serving dish. Sprinkle with chopped parsley. Accompany with plain boiled potato or noodles. Fried bread, toasted crusts or crusty French bread with a tasty salad will complete the meal.

#### **Poulet du Oriental**

(Spicy Chicken a la Chinese)

⅓ Cup salad oil or drippings	2 Onions
Frying chicken cut in pieces	1—9 Oz. Can Crushed Pineapple
⅓ Cup cornstarch	1—8 Oz. Can Bamboo Shoots
Salt, pepper, M.S.G.	3 Tbsp. Salad Oil
¼ Cup Soy sauce	2 Tsp. Brown Sugar
2 Green Peppers	

In frying or saute pan put oil and heat. Dust pieces of chicken with cornstarch or flour, salt, pepper and M.S.G. Brown pieces on both sides. Add soy sauce and cover, cook 10 minutes. Remove and set aside. In same pan place oil, pepper, onions, pineapple, bamboo shoots and brown sugar. Place chicken on top [of] this. Cover and cook another 10 minutes. Serve immediately on hot platter and fluffy rice.

## **Callos**

(Tripe)

The humble tripe whose reputation dates back into early history is looked upon by the masses with indignant scorn and has truly never been accepted by society. Many stories are told about the lowly tripe and its part in civilization. Reputations have been established on the culinary masterpieces adopted from the peasant cook to the upper strata of appreciative epicures. Easy to prepare, tasty and cheap, tripe deserves better recognition.

Preliminary cooking of tripe is necessary to all methods of serving.

## **Callos A la Creole**

(Tripe A la Creole)

1 Lb. Tripe	1—1 Lb. Can Tomatoes
Water	1 Small Jar Mushrooms
3 Tbsp. Butter	½ Cup Sliced Olives
3 Tbsp. Minced Onion	Salt and Pepper to Taste
1 Clove Garlic, Minced	
3 Tbsp. Diced Green Pepper	
3 Tbsp. Flour	

Cover tripe with salted water. Bring to boil and let simmer until tender (2-3 hours). Drain and cut into very fine strips. Heat butter, saute onion, garlic and green pepper. Blend in flour and let cook 5 minutes. Add tomatoes, mushrooms, olives and tripe. Cook over low heat until slightly thickened. Correct seasoning, cover and simmer 10-15 minutes more. Serve hot sprinkled with chopped parsley. A salad and potato chips will complete a delicious meal.

## **Sweetbreads**

Sweetbreads, coming in pairs are the thymus gland of calf and lamb. Although the substitution of young steer sweetbreads are used, there is a vast difference. The veal and lamb sweetbreads are white and tender while the steer are reddish and tough in comparison. Sweetbreads are rich in protein and Vitamin C and must be strictly fresh. When sweetbreads are purchased, place them in cold water for an hour, change water, add pinch of salt and teaspoon of lemon juice or vinegar and bring slowly to a boil. Lower heat, simmer 15 minutes. Remove tubes and membranes and proceed with recipe desired. One pair serves two people. Sweetbreads are delicious creamed, broiled, creole, sauteed a la Newburg, braised, etc.

## **Riz de Veau, A la Melba**

(Sweetbreads Melba)

2 Pairs sweetbreads (prepared as suggested above)	½ Cup dry white wine
2 Whole Eggs (Beaten)	¼ Cup each, tips celery, minced carrot
1 Cup Bread Crumbs	Gravy
3 Tbsp. Butter	1 Tbsp. Butter
½ Cup Beef Bouillon	1 Tbsp. Flour
Tiny pinch each: thyme, mace, allspice	1 Tsp. Prepared Mustard
	Salt, Pepper, M.S.G., if necessary

Roll prepared sweetbreads in beaten egg and then roll in bread crumbs. Saute lightly in butter. Add beef bouillon and herbs. Bring slowly to the boil, add wine and tips of celery and carrot. Cover and let simmer 20 minutes. Blend together butter and flour and let cook slowly 5 minutes. Remove sweetbreads and keep warm. Add roux (butter and flour) to liquid sweetbreads were braising in. Thicken to desired consistency. Add mustard and season to taste if necessary. Strain gravy, slice sweetbreads, arrange on melba toast, spoon gravy over slices, sprinkle with chopped parsley and serve with asparagus tips.



### **Tourte Tomato, Piemontaise**

(Tomato Torte, Piemontaise)

Half recipe for flaky pie crust  
4-6 tomatoes, sliced  
Salt, Pepper, Basil  
Corn Meal

Melted Butter  
Sugar  
Parmesan Cheese

Line a round or square 8" cake pan with pie crust. Sliced unpeeled tomato, season lightly with salt, pepper, basil and roll in corn meal. Fry to golden brown in butter on both sides and fill pastry lined pan with tomato slices. Sprinkle each layer with grated Parmesan Cheese and drizzle with melted butter from pan. Bake in 450°F. oven for 10 minutes, to set crust. Lower the heat to 350°F. and cook for 15 minutes more. Serve hot.

### **Fillets of Sole, Cordon Bleu-Bordure**

(Poached Fillet of Sole in Potato Border)

1 Tbsp. finely chopped shallots  
1 Tbsp. grated onion  
4 Tbsp. (¼ cup) butter  
1 Tbsp. Lemon Juice  
1 Cup Fish Stock or Canned Clam Bouillon

1 Cup Dry White Wine  
4 Fillets of Sole (flounder)  
1 Cup Sour Cream  
2 Beaten Egg Yolks  
Salt, Pepper to taste  
1 Tsp. Chives

Gently saute (lightly fry) shallots and onion in butter for 5 minutes. Add lemon juice and white wine and heat to simmering point. Lay fish fillets in seasoned liquid and gently poach for about 15 minutes. In the meantime, to sour cream blend in egg yolks and seasonings. Carefully transfer fillets to heat-proof serving dish or platter. With pastry bag make a border of fluted duchess potato. Pour seasoned sour cream sauce over fillets. Optional: Sprinkle with parmesan cheese and place under broiler to brown potato and give sauce a golden bloom. Serve hot from platter with tourte tomate, piemontaise.

### **Pommes de Terre, Duchesse**

(Duchess Potatoes)

1 Pint Mashed Potato, Seasoned to taste  
4 Idaho potatoes cooked and mashed—or Pack-  
aged potato to make one pint or—1 Pint  
left-over mashed potato

2 Egg Yolks  
2 Tbsp. Chopped Parsley

To seasoned mashed potato blend in 2 egg yolks and chopped parsley. Pipe the duchess potato border around the heat-proof platter or plank to be used. Drizzle with melted butter or margarine. Brown lightly under broiler. Place fish or meat in center and again under broiler for final browning.

### **Caesar Salad**

2 Cups Croutons (bread cubes)  
¼ Cup Olive Oil or Salad Oil  
1 Clove Garlic  
4 Anchovy Fillet (chopped)  
½ Tsp. English Mustard  
¼ Tsp. Black Pepper

¼ Cup Grated Parmesan Cheese  
⅓ Cup Olive Oil or Salad Oil  
Juice of 2 lemons  
2 Heads of washed & chilled Romaine  
Bibb or greens  
1 Coddled or raw egg

Fry bread cubes to a golden brown in olive oil flavored with a whole clove of garlic, over low heat; in a wooden salad bowl, rubbed with garlic, combine and blend together fillets, mustard, pepper and grated cheese; add olive oil and juice of lemons. Tear Romaine into medium sized pieces, place into bowl and toss till each leaf is coated. Add coddled egg and mix enough to be absorbed and not noticed. Just before serving, add croutons and toss lightly once more. Serve right away, or better yet—a wonderful salad to make at the table.

### **Souffle Fromage**

(Cheese Souffle)

¼ Cup butter or margarine  
¼ Cup Flour  
1 Cup Rich Milk, scalded  
½ Tsp. Salt  
¼ Tsp. Pepper  
¼ Tsp. M.S.G.

¼ Tsp. Dry Mustard  
1 ½ Cups Shredded American Cheese  
4 Egg Yolks, Beaten  
4 Egg Whites, Beaten Stiff (not dry)  
¼ Tsp. Cream of Tartar

In saucepan over low heat, melt butter or margarine and blend in flour. Let cook 3-4 minutes and then add scalded milk, stirring constantly to assure a smooth thickened cream sauce. Add seasonings and cheese, stirring all the while to keep mixture smooth. Stir a little of the hot mixture into beaten egg yolks and add to the Cheese Sauce. (This portion of recipe may be made well in advance, if desired). Beat egg whites to stiff peak stage but not overbeaten, with cream of tartar. Slowly and carefully fold cheese mixture into beaten egg whites and pour into a lightly buttered 1 ½ quart casserole or souffle dish. Set in a pan containing 2" of hot water. Bake in preheated 350°F. oven 45 to 55 minutes or until firm to the touch. If a crustier souffle is desired, bake at 300°F. for better than one hour or more without water bath.

**Do not**, under any circumstance, even venture a peek in the oven for first 20 minutes.

### **Pain Speciale**

(Bubble Bread)

1 Cup Milk, Scalded  
½ Cup Shortening (oil)

½ Cup Sugar  
1 Tsp. Salt

Mix the ingredients together and cool to lukewarm. Crumble into the mixture two cakes of yeast. Add 2 eggs and about 4 ½ cups flour. Mix to soft dough, turn out on floured board and knead until smooth and elastic and not sticky. Place in greased bowl, cover. Let rise till double in bulk. Punch down and let rest 10 minutes. Melt one stick butter in small pan. Mix the items below in the bowl:

1 Cup Sugar

1 Tsp. Cinnamon

½ Cup Chopped Nuts

Make dough out into small balls, size of walnuts, roll each one in butter, then in sugar mixture. Place in greased angel cake pan or ring mold, in staggered rows and layers, till all dough is used. Let rise and bake in 350° oven for about 45 minutes. Turn out on plate. Don't cut, just pick off.

### **Pate a Chau**

(Ice Cream Swans)

1 Cup Water  
¼ Lb. (½ cup) Butter or Margarine  
⅛ Tsp. Salt

1 Cup Flour (sifted)  
4 Eggs  
Ice Cream

Place water, butter, and salt in saucepan and bring to brisk boil. At this point, add all the flour, at once, keep stirring. Cook over low heat until mixture forms a smooth ball and leaves side of pan clean. Remove from heat and turn into clean mixing bowl. Beat into mixture the eggs—one at a time. Continue beating till mixture is thick and shiny. Place dough in pastry bag that contains plain tube, on to ungreased cookie or baking sheet, press through tube and form 2 wings, 1 neck, 1 tail and base. Bake 375° for 40 minutes. Place base on dessert plate. On this, place a scoop of ice cream. Then attach neck, wings and tail.

This batch will yield 8 servings.

## YOU CAN HAVE FUN WITH YEAST

Often I have heard my mother say, “Bread is the staff of life.”

The quotation is not original, and I have heard this phrased and paraphrased many, many times.

But, one thing is certain, if it has been your good fortune to enjoy the wonderful aroma of fresh baked yeast bread, then the nostalgic, reminiscent ideas are worthwhile bringing to the fore.

There is something romantic and dramatic about working with yeast. So, with a bit of information, a little effort on your part, and I’m certain you’ll find there is truth in the heading of this category, “Fun With Yeast.”

Bread is still considered by many as the staff of life. But, let’s hope that the following ideas, hints, suggestions and recipes will convince you there is a wonderful satisfaction when you can please your family with a product of your own making.

With our modern mode of cooking and baking it is a pleasure to produce sumptuous light taste-provoking baked goods, whether it be for your own table, a surprise gift for a dear friend, a church social or what-have-you, I’m certain you’ll find you can have “Fun With Yeast.”

### Timely Hints and Info

Yeast is a plant—hot temperatures kill yeast and cold temperatures retard its action. Combine compressed [yeast] with lukewarm liquid (80 to 85 degrees F). Dry granular yeast, on the other hand, works at a higher temperature and can be dissolved in liquids at 98 to 120 degrees F.

It is important that yeast be evenly distributed throughout the dough. Make certain that yeast, luke-warm mixture liquid and flour are blended thoroughly.

Yeast doughs are easy to work with by kneading, no-knead and batterway.

Brushing tops of bread loaves when they come from the oven with butter or shortening will result in a tender shiny crust. If a harder crust is desired brush crust with warm water.

When dough has been mixed, cover and place in a warm place away from draft. Cover with waxed paper, then a clean tea towel.

For perfect results and “Fun With Yeast” follow recipes and instructions. Practice makes perfect and your pride doubles.

### Italian Pizza

½ cup scalded milk  
¼ cup shortening  
2 tsp. salt  
½ cup water  
1 cake compressed yeast  
1 tsp. sugar  
3 cups all-purpose flour  
Olive oil  
1 large can tomatoes (drained)  
½ tsp oregano  
Pizza sauce  
Chopped parsley  
Salt & Pepper  
Cut up Mazzarella cheese

Combine scalded milk, shortening and salt. Cool to luke warm with half cup of water. Liquefy or dissolve yeast with blending of sugar. Add yeast to first mixture and mix well. To this add gradually 3 cups of sifted flour until dough is well blended. Put into grated bowl. Grease top of dough and cover. Let rise in warm place until double in bulk—about 50 minutes. Divide dough in half and roll round or rectangle to cover greased pan or sheet desired. Brush with salad or olive oil. Spread on top of this drained and crushed tomatoes, pizza sauce, and cut-up cheese. Sprinkle with salt, pepper, oregano, chopped parsley and parmesan cheese. Anchovy, cut-up green pepper, mushroom, shrimp or Italian sausage may be used. Bake in 450 degrees oven for 20 minutes. Serve hot!!

### Roll Shapes

For Crescents: Roll out one part of dough into a 9 inch circle about ¼ inch thick. Cut into 12 pie-shape pieces. To shape, roll each piece of dough from the wide side toward the point. Place on greased baking sheet about 1 inch apart. Curve ends.

For Knots: Twist and tie each strip into a knot. Figure 8’s: Form strips into Figure 8’s. Clothes Pin Rolls: Wrap strips of dough around greased wooden clothespins or around the new specially made aluminum tubings (no greasing) for a real professional appearance. When baked, twist clothespins and pull out.

### Refrigerator Rolls

½ cup scalded milk  
¼ cup sugar  
3 tbsp. shortening  
¼ tsp. salt  
½ cup cold water  
1 cake compressed yeast  
1 tsp. sugar  
1 egg  
3 ½ cups sifted all purpose flour

Combine scalded milk, sugar, shortening and salt. Cool to lukewarm by adding cold water. Combine and work together yeast and teaspoon of sugar. Add liquefied yeast and egg to milk mixture. Gradually blend in sifted flour and mix until well blended. Knead for about 5 minutes. Place in greased and lightly floured bowl, cover and let rise until double—about one hour in a warm place.

Work and use at once or punch down, cover with waxed paper and store in refrigerator. In either event, shape rolls, place in greased muffin tins, cookie sheet or pans. Cover and let rise until double in bulk. Bake in hot oven (400 degrees F) for 15 minutes.

### Raisin Cinnamon Bread

½ cup scalded milk  
3 tbsp. shortening  
1 tbsp. sugar  
1 ½ tsp. salt  
½ cup cold water  
1 cake compressed yeast  
1 tbsp. sugar  
1 egg beaten  
3 ¼ cup sifted flour  
1 cup raisins  
⅓ cup sugar  
1 tbsp. cinnamon

Combine milk, shortening, sugar and salt. When shortening has melted, add cold water and cool to lukewarm. Dissolve or liquify yeast by working the sugar and yeast together. Add this to the lukewarm mixture. Blend in the egg and gradually add and mix in sifted flour. Cover and let stand for about 20 minutes. Roll dough in rectangle (16x8 inches). Spread raisins and sprinkle sugar and cinnamon over all. Roll as for jelly roll, seal edges, and place in greased bread pan (9x4x3).

Let rise in warm place until double in bulk—about one hour. Bake in 350 degrees F. oven for about one hour.

### Swedish Tea Ring

½ cup scalded milk  
3 tbsp. sugar  
3 tbsp. shortening  
1 tsp. salt  
½ cup cold water  
1 cake compressed yeast  
1 tsp. granulated sugar  
1 egg  
3 cups sifted all purpose flour

#### Prune Mixture:

1 cup cooked prunes  
1 tbsp. lemon juice  
¼ cup granulated sugar  
¼ tsp. salt  
½ cup chopped walnuts

Combine scalded milk, sugar, shortening, and salt. Cool to lukewarm by addition of cold water. Liquefy or dissolve yeast with blending of sugar. Add yeast to lukewarm mixture. Blend well, add beaten egg to this combined mixture, gradually add sifted flour. Place in greased bowl, cover and let stand for 20 min. Roll dough out on floured board or cloth to make a 12x14 in. rectangle. Spread with prune mixture. Roll as jelly roll—starting with long side. Place on greased baking sheet, form a ring by joining ends together. With scissors cut deep slits to center. Turn each slice on its side. Let rise in warm place till double in bulk (45 min.); bake in 350 degrees oven for 30 min. While warm, brush with blended ½ cup confectioners sugar, 4 tsp. warm milk, and ½ tsp. vanilla.

Strained baby food of various fruits already in jars is a tremendous time saver. Chopped nuts, raisins, grated orange or mince meat will further enhance filling.

### English Muffins

- ½ cup scalded milk
- ¼ cup shortening
- 2 tsp. salt
- 3 cups all purpose flour (sifted)
- Corn meal
- 2 tsp. sugar
- ½ cup water
- 1 cake compressed yeast (dissolved) with 2 tsp. sugar, worked together

Combine checked ingredients [milk, salt, and shortening?]; when shortening has melted, add water and cool to lukewarm. When lukewarm, add dissolved yeast to liquid and gradually add flour. Mix until blended. Cover and let stand 20 minutes. Roll out on floured board or pastry cloth to ¼ inch thickness. Cut into round (3" cutter). Sprinkle baking sheets with corn meal and place rounds on top. Sprinkle tops with corn meal. Let rise in warm place for an hour or till double in bulk. Bake on hot ungreased griddle about 7 minutes on each side.

### Bubble Bread

- 1 cup milk, scalded
- ½ cup shortening (oil)
- ½ cup sugar
- 1 tsp. salt

Mix the ingredients together and cool to lukewarm. Crumble into the mixture two cakes of yeast. Add 2 eggs and about 4 ½ cups flour. Mix to soft dough, turn out on floured board and knead until smooth and elastic and not sticky. Place in greased bowl, cover. Let rise till double in bulk. Punch down and let rest 10 min. Melt one stick butter in a small pan. Mix the items below in the bowl:

- 1 cup sugar
- 1 tsp. cinnamon
- ½ cup chopped nuts

Make dough out into small balls, the size of walnuts, roll each one in butter, then in sugar mixture. Place in greased angel cake pan or ring mold, in staggered rows and layers, until all dough is used. Let rise and bake in 350 degree oven for about 45 minutes. Turn out on plate. Don't cut, just pick off.

### Mom's Oatmeal Bread

- 2 cups boiling water
- 1 ¼ cup quick rolled oats
- ⅓ cup shortening
- ½ cup unsulphured molasses
- 1 tbsp. salt
- 2 cakes compressed yeast
- 2 tbsp. granulated sugar
- 5 ⅔ cups sifted flour
- 2 eggs

Combine first five ingredients—dissolve and blend. Cool to lukewarm. Add 2 yeast cakes dissolved with sugar and mix well. To this mixture blend in two eggs and then gradually add sifted flour till all has been absorbed. Place dough into a greased bowl, cover and place in refrigerator for about two hours. Remove from refrigerator and shape into two loaves on floured board or pastry cloth. Grease 9x4x3 inch pans and place loaves in. Cover, let rise until double in bulk for about two hours. Bake for one hour in a 350 degrees oven.

### French Bread

- 1 tbsp. shortening
- 1 tbsp. salt
- 1 cup boiling water
- 1 cup cold water
- 1 cake yeast
- 1 tbsp. sugar
- 6 cups sifted flour
- 1 slightly beaten egg white

In a large bowl, put shortening, salt and boiling water. As soon as shortening is melted, cool to lukewarm with cold water. Liquefy yeast by working in sugar. Add and blend until well blended. Knead bread on lightly floured board for about 5 minutes.

Place in greased bowl and cover. Let rise in warm place until double in bulk, about 1 ½ hours. Shape into oval loaves. Place on greased sheet that has been sprinkled with white corn meal. Let rise again till double in bulk, about 1 hour. Brush with slightly beaten egg whites and with sharp knife or scissors cut three light diagonal marks across the top.

Place a pan of water in bottom of oven. Bake for 15 minutes at 425 degrees F. Cut heat to 350 degrees F. and bake for 45 minutes. Makes two crusty loaves.

### Potato Bread

1 med. potato cut in cubes and boiled in one cup of water until soft, drained and mashed, or 2 tbsp. instant potato, ½ cup milk (follow directions on package).

- 1 cup milk
- ½ cup mashed potatoes
- 1 tbsp. sugar
- 2 tsp. salt
- 2 tbsp. shortening
- ½ cup cold water
- 1 cake compressed yeast dissolved in 1 tbsp. granulated sugar
- 4 ½ cups sifted flour

Use either raw potato and cook until soft or instant potato. Into a sauce pan place milk, mashed potato, sugar, salt and shortening. Bring to scalding point to melt shortening. Remove from heat, add cold water and cool to lukewarm. Dissolve yeast cake by working with 1 tbsp. sugar. Add to lukewarm mixture and gradually add flour, beating in with a spoon. When too stiff to stir with spoon knead remaining flour until dough is elastic and smooth. Let rise in same bowl at room temperature, covered with a damp cloth until double in bulk (about 1 ½ hours). Then punch down and let rise again for an hour. Turn dough out onto floured board, cut in half and shape into two loaves. Place into well greased (9x5x3") bread pans. Cover, and again let rise until double. Dust lightly with flour and bake for one hour in 350 degree oven.

### Sour Cream Coffee Ring

- 3 cups sifted flour
- 2 tbsp. sugar
- 1 tsp. salt
- ¼ cup shortening
- 1 cake compressed yeast
- ¼ cup warm water
- 1 egg, beaten
- 1 cup sour cream

Sift together flour, sugar and salt. Cut in shortening and dissolve yeast by working yeast and 1 tbsp. of sugar together. Make a well into the dry ingredients and shortening mixture. Add dissolved yeast and sugar, beaten egg and sour cream. Blend and mix well. Now, for something a little different. Place dough in a towel, leaving space for dough to rise. Tie and place in a large bowl filled with water at about 60 degrees F. Let stand until

dough floats on top of water, about an hour. (This is known as water rising method.) Place dough on floured board or pastry cloth. Cut into four pieces and roll each piece to about 15" in length. Twist two pieces together and form a ring sealing edges together. Do the same with the other two pieces so you will have two coffee rings. These can be placed in 9" round layer cake pans or on a greased cookie sheet. Brush with melted butter. Let rise till double in bulk about 45 minutes, in a warm place. Bake for 25 to 30 minutes in 375 degree oven. Frost while still warm with this mixture:

- 1 egg white
- 1 ½ cup sifted confectioners sugar.

Beat egg white with fork. Blend in sugar and beat until smooth. Flavor to your own taste. Spread over rings.

### Brown 'n' White Swirl Bread

Two separate doughs, whole wheat and white, rolled out and rolled together jelly roll fashion to give the brown and white swirl effect.

#### White Dough

- ½ cup scalded milk
- 3 tbsp. shortening
- 1 tbsp. sugar
- 2 tsp. salt
- ½ cup water
- 1 yeast cake (¾ oz.)
- 1 tbsp. sugar
- 1 egg
- 3 ¼ cup flour

Scald milk, add shortening, sugar and salt. When dissolved and blended, cool to lukewarm by adding water. Dissolve or liquefy yeast by crumbling and working in 1 tbsp. sugar. When yeast is liquefied, add to the lukewarm mixture and blend in one egg. Gradually add and mix in flour. Place in greased bowl, cover and place in refrigerator for about two hours. On a floured board, roll out whole wheat dough the same size and place on top of white dough. Roll as for jelly roll, beginning with small end. Tuck in the ends, place in greased bread pans (9x5x2 ½ inch). Repeat process for remaining dough to make second loaf. Cover and let rise in warm place until doubled in bulk (about two hours). Bake for one hour in 350 degree F. oven.

## BARBECUING YEAR AROUND?

Year around barbecuing, why not?

With the tremendous surge of popularity that barbecuing in general has enjoyed in recent years, why curtail it to three or four months or, be dependent on the moods of the weather, Chef Eddie Doucette questioned.

He contends informality is the keynote of barbecue enjoyment. Using this thought as a guidepost for party planning or for family fun, Doucette offered the following ideas for "year 'round barbecuing" in your own home.

Fireplaces may be used to grill foods for that outdoor touch. Or, a fireplace may be used as the base for Habachis (the original indoor barbecue idea) Japan's contribution to informality.

The kitchen range can come into its own, by taking advantage of the broiler as well as surface cooking.

Barbecue seasonings will also help bring the flavor of outdoor cooking inside, according to Doucette.

### Barbecued Spareribs

Spareribs are a choice bit if prepared correctly. To save yourself some time, a few preliminary suggestions are offered.

The outdoor grill is ideal to finish the ribs, providing you can control the heat and want to stand directly over grill turning ribs frequently. On the other hand, if ribs are partially cooked in pressure cooker or in the oven and finished on the grill basting with marinade until nicely browned, tender, succulent and juicy, you will save yourself time and laborious grief.

Cut 4 or 5 lbs. of spareribs into whatever rib portions you desire. Sprinkle with M.S.G. and let stand 20 to 30 minutes.

If oven is used, place spareribs in roast pan, meaty side up, and roast for 35 minutes in 350 degrees F. oven and cook till tender or finish off on grill. Serve hot. Grilled pineapple rings, potato or crisp green salad and hot buttered corn will make for a treat divine.

### Charcoal Broiled Steak

Chop enough shallots to make ½ cup and saute lightly in butter for 5 minutes. Add to this 1 Tbsp. wine vinegar (or lemon juice will do), ½ tsp. salt, ¼ tsp. pepper, ¼ tsp. dry mustard, ¼ tsp. M.S.G., and

1 Tbsp. Worcestershire Sauce. Set aside. A delicious sauce for steaks, hamburgers or chops.

Lightly grease grill with oil (not machine oil). Place steak of your choice on grill—about 3 inches from coals. Grill until first side is browned. Turn with spatula. Do not stick fork into meat! Brush some of the sauce onto meat and continue cooking until desired doneness. Remove to plate and brush with more of the sauce.

Serve with baked potatoes in foil, hot corn or other garden fresh vegetables, sliced tomatoes, French or Italian bread, and your favorite brew.

Same procedure may be applied to hamburgers, chops, broiled chicken or lobster tails.

### Lemon Barbecue Sauce

2 cloves garlic  
½ tsp. salt  
⅓ cup olive oil  
⅔ cup lemon juice  
2 tsp. grated lemon rind  
2 Tbsp. grated onion  
½ tsp. pepper  
1 tsp. chopped parsley  
½ tsp. oregano

Crush and blend together in bowl, garlic, and salt. Add all other ingredients and blend well. Chill and use as desired for a new taste thrill with chicken, fish, lobster, or lobster tails.

### Eddie's Barbecue Sauce

1 medium onion, minced  
1 clove garlic, minced  
⅓ cup bacon drippings or oil  
½ cup water  
¼ cup Wine Vinegar  
Juice of 1 lemon  
1 ¼ cup Chili Sauce  
2 Tbsp. brown sugar  
1 Tbsp. Worcestershire sauce  
1 tsp. dry mustard  
1 tsp. salt  
½ tsp. pepper  
½ tsp. oregano

Saute onion and garlic in drippings or oil until soft. Add all other ingredients and let simmer for 30 minutes. If sauce seems too thick, dilute to desired consistency with water, or better yet, wine.

### Simple Barbecue Burgers

1 lb. ground beef  
1 large onion, chopped  
1 clove garlic, crushed  
1 cup sliced mushrooms  
½ tsp. chili powder  
1 Tbsp. Shortening  
1 small can Tomatoes  
½ cup water  
½ tsp. oregano  
Salt, pepper, M.S.G.

In a frying pan, saute beef, onions, garlic, celery and mushrooms in shortening or drippings. Add tomatoes, water and seasonings. Cover and let simmer 12 to 15 minutes.

### German Potato Salad, My Way

Boil potatoes in their skins, peel and slice. Fry bacon till crisp. Remove bacon and brown onion in bacon fat. Add and blend in vinegar, salt, pepper and sour cream. Put cooked and sliced potatoes in a bowl with bacon. Mix and blend well. Serve hot on platter or in bowl, garnished with watercress, hard cooked eggs, sliced or in wedges.

### Shish Kebabs

Shish Kebabs are skewer arrangements of small morsels of varied but friendly foods. Two, three or even four pieces of each kind of food are grilled together on a metal shish kebab skewer. Juices and aromas team up to create masterpieces of magic new flavors.

For your first masterpiece—cut 1 ½ lbs. beef steak such as sirloin or lamb—loin, 1 leg or shoulder into 1 ½" pieces. Place in shallow pan. Pour 1 ½ cups olive oil and juice of 1 lemon over meat pieces. Let stand in refrigerator for an hour or longer, turning pieces from time to time.

Wipe 12 large mushrooms with a damp cloth and cut off stem ends. Wrap each mushroom cap in bacon.

Arrange meat pieces and mushroom caps with 6 small whole cooked or canned potatoes and 6

small whole cooked or canned onions on 6 shish kebab skewers.

Brush food with melted butter. Grill till lightly browned, about 15 minutes, turning them often for even browning. Baste frequently with melted butter. During last 3 to 5 minutes of grilling, add 1 plum tomato to each skewer.

Sprinkle shish kebabs with a mixture of 2 tsp. salt, ½ tsp. M.S.G., and ¼ tsp. pepper. Serve them hot to six hungry people.

Accompany the above suggestions with roast corn in season, grilled tomatoes, and Caesar salad.

### Grilled Franks

Place 2 frankfurters for each guest on grill, red hot roaster or hot dog roaster. Grill, turning frequently, till they are lightly browned and heated through (about 10 minutes). Serve with pickle relish, horseradish and mustard, chili sauce, ketchup, or a dash of all. Have hot, toasted, buttered buns on hand too.

Whether you call them franks, hot dogs or wieners, they're delicious plain, in a sauce, or bacon wrapped.

Try spreading Mayonnaise or salad dressing on Buns before toasting.

### Barbecued Skillet Chicken

2 to 2 ½ lb. cut or broiler chicken  
M.S.G.  
½ cup butter, margarine or other fat  
¾ cup lemon barbecue sauce

Sprinkle cut up chicken (as many as desired) with M.S.G. and let stand at least 30 minutes. When ready, get butter hot and brown each piece of chicken. When brown, brush each piece with lemon butter sauce. Cover and let simmer for 20 to 30 minutes. Serve hot from skillet dusted with chopped parsley, hot rolls, french fried potatoes, and your favorite salad. To barbecue on grill, follow same procedure sprinkling with M.S.G., brushing liberally with butter or oil, brown and then baste at intervals with lemon barbecue sauce.



## VARIETY MEATS DESERVE USAGE

Variety meats, through lack of education and therefore, much misunderstanding, have lost much of the appeal that is so deserving for these highly nutritive and delicious foods, Eddie Doucette, chef for the Telegraph-Union Electric Cooking school told the Telegraph.

Doucette, at request of the Telegraph, sent a number of ideas, suggestions and recipes for variety meats from his files for exclusive reading by Telegraph readers.

"It is my sincere hope that the enclosed recipes and data will stimulate your desire to embark on the culinary trail of new taste adventure," he said.

### Kidneys

Since the beginning of time, kidneys have been consumed instinctively for the same reason that they are now consumed scientifically—namely nutrition. Gourmets have always prized kidneys. The poorer people have relished them because of basic economics. Health-conscious people have cherished these viands because of their good source of riboflavin, thiamine, niacin, irons, other minerals and high quality protein. The so-called middle class have more or less shunned them.

Kidneys are delicious, nutritious, and economical whether they be from beef, pork, sheep or veal. Kidneys may be prepared in many delicious healthful ways. Have them soon—try this recipe.

#### Lamb Kidneys, Chiofaro

10-12 lamb kidneys  
Boiling Water  
3 Tbsp. Salad Oil  
2 onions, sliced  
Salt, pepper, oregano  
1 can Italian Zucchini  
1 clove garlic, minced  
1 green pepper, strips  
1 small jar mushrooms  
Parmesan Cheese

Cut kidneys into 3 slices lengthwise. Remove white part from center, cover with boiling water 15 minutes and drain. In meantime, heat salad oil, saute onion slices, garlic and green pepper strips for few minutes. Add sliced kidneys, and over medium high heat, quickly brown. Add mushrooms and liquid, canned Zucchini and a pinch of oregano.

Let simmer 15 minutes. Correct seasoning if necessary. Serve with fluffy rice or macaroni shells. Sprinkle with grated Parmesan cheese.

### Liver

Most everyone is familiar with liver, although the variance of taste acceptance is great.

Liver is rich in protein, containing iron; a trace of copper and also rich in Vitamins A and G; a goodly amount of B and C with traces of Vitamin D and the body sugar glycogen.

Liver is clear meat with no waste.

Although all livers are about the same nutritionally, there are slight flavor differences. Calf and lamb livers are somewhat milder than pork and all three lighter in color and weight than beef liver. All liver is tender and easily toughened by excessive high heat.

#### Liver Casserole, Moderne

1 lb. sliced Liver  
Water  
2 Tbsp. Butter  
2 Tbsp. minced onion  
2 Tbsp. flour  
1 ¼ cup liquid in which liver was cooked  
1 small jar mushrooms and liquid  
1 cup sliced olives  
½ cup canned peas  
1 Tbsp. soy sauce  
Salt and Pepper to taste  
Buttered bread crumbs

Simmer liver in water for 5 minutes. Drain, cut into 1 inch strips, melt butter, saute minced onion and blend in flour. Gradually stir in liquid liver was cooked in. Add mushrooms, olives, peas and soy sauce. Season to taste. Pour into casserole. Cover with buttered crumbs and bake in 350 degrees F. oven 25 minutes.

### Hearts

Beef, pork and lamb hearts are excellent foods, yet very few people fully realize how delicious heart can be when prepared right, also how high it ranks in nutritive value.

Heart is a working muscle and less tender than kidneys or liver. Because of this, they must be cooked slowly. Hearts are sold by the pound and although the hearts of pork, lamb and veal are slightly higher in price than beef, they are smaller and less wasteful. For example, a lamb heart will make a generous individual serving. A pork heart will serve one or two, so will a veal heart. On the other hand, a beef heart will serve six to ten.

Hearts can be prepared in tasty dishes, stuffed and baked, in casseroles, stewed in various ways, braised, meat loaves and may be served thinly sliced, hot or cold with sauce, mayonnaise or horseradish.

### Veal Hearts With Parslied Rice

- 3 Veal Hearts
- 1 cup seasoned flour
- 3 Tbsp. Salad Oil
- 2 medium onions cut in ¼'s
- 1 clove garlic, left whole
- 1—10 oz. can consomme
- ½ can water
- 1 cup uncooked rice
- 2 cups water, seasoned
- Chopped parsley (3 Tbsp.)

Cut hearts in half. Remove veins and tough membranes. Dredge in seasoned flour and brown in salad oil or drippings along with quartered onions and garlic. Add consomme and water, cover and let simmer till tender (about 2 hours.) Cook rice as per direction on package, season, blend in chopped parsley and fluff on platter or individual plates. Neatly arrange cooked heart on rice. Pour remaining liquid over all, garnish with leaf parsley and serve with favorite vegetable and salad.

### Other Suggestions for Variety Meats

Other suggestions of Doucette's for variety meats are:

- Philadelphia Pepper Pot—Tripe
- Oxtail Soup—Oxtail and Flank
- Red Flannel Hash—Corned Beef, Cooked Pot & Beef
- Borscht—½ Consomme—½ Beet Juice
- Chicken Salad—Profit maker
- Chicken Fat—Left Over
- Scotch Broth—Bones, Scraps
- Calf's Head—Mock Turtle Soup

## HAMBURGER INTERNATIONAL IN SCOPE

"The hamburger is about as international in scope as any food can be and unquestionably the unanimous all-American favorite food," Eddie Doucette, famous chef, told the Telegraph.

If a nation-wide poll were to be taken asking teenagers what their favorite dish was, don't be surprised if the unanimous choice would be a resounding "Hamburger!", Doucette said.

Statistics in the restaurant field and hamburger specialty houses would substantiate hamburgers' popularity, according to Doucette.

Doucette has demonstrated his hamburger recipes on the Mike Douglas television show and gave hints to Telegraph readers on preparation.

A good rule-of-thumb to follow in seasoning is the blending in of 1 tsp. salt per pound of ground beef and 1/8 tsp. of pepper. For greater flavor appreciation 1/8 to 1/4 tsp. of ac'cent is suggested.

Ac'cent (M.S.G.) will bring out the true flavor and will make a marked difference in flavor acceptance. For varied flavor seasonings that have a natural affinity, the following are suggested:

Finely chopped or grated onion, worchester-shire sauce, mustard, catsup, poultry seasoning, oregano, horseradish & chopped parsley.

Chopped nuts and caraway seeds add character. Eggs and crumbs will help to bind and add bulk. Evaporated milk or water, (1/4 cup to pound) will make for extra juicy hamburgers.

Pan frying is the easiest method for cooking hamburgers, he added. A helpful trick of the trade is, instead of putting grease in pan to pan fry, merely sprinkle a bit of salt in bottom of pan or skillet. This will minimize grease or fat in pan and hamburger.

The basic American hamburger is broiled, grilled, or pan fried and served on a bun; the variations are many.

Here are a few suggestions:

**Cheeseburger**—Grilled, with cheese slice on top and placed in hamburger bun. Further interest with cheese is when a slice of cheese is cooked between two thin hamburger patties; or, crumbled Bleu Cheese is spread over hot cooked patty; or, cheese is put on patty then placed under broiler until bubbly. Served open face, single bun or double decker.

**Barbecue burger**—Patty is topped with Barbecue Sauce, or patty is browned on both sides then let simmer in Barbecue Sauce until served.

**California burger**—Patty is topped with slice of onion, tomato and lettuce. Single bun or double decker.

**Texan**—Seasoned with more pepper and served with Barbecue Sauce.

**Hawaiian**—Meat may be seasoned with Soy Sauce and ground ginger, garnished with grilled Pineapple Slice and shredded coconut. Open face.

**Mexican**—Finely chopped onion added to meat, broiled and served garnished with tomato slice on top of patty with mixture of chopped green pepper, olive slices and kidney beans.

**Russian**—Top broiled patty with dollop of sour cream garnished with strip of red caviar.

**Italian**—Add 1/2 tsp. Oregano along with seasoning, broil and top with Scarmozza Cheese and Pizza Sauce. Serve hot.

**French**—Pan fry patties and baste with dry red wine. Top with mushroom slices, pimento strips and chopped parsley.

**Irish**—To ground beef, add 1/4 of the amount with grated raw potato and minced onion along with seasoning. Broil, garnish top with green pepper shamrock filled with tiny pickled onions.

**Swedish**—Broil patty, top with onion slice with crumbled Bleu Cheese on top and garnished with pimento strips.

## JUST WHAT EXACTLY IS A TORTE?

What is a torte?

The answer to this is vague, varied and of many descriptions. Basically, they can best be described as rich cake, either of the cake-layered variety or meringue-layered variety. In either case, glamor is associated with the word "torte."

Speaking specifically of meringue type tortes, which seemingly project the ultimate in heavenly desserts as described by the sweet tooth cult, we offer various ideas and recipes on these easy to prepare, sumptuous, glamorous desserts.

Easy does it, with everyday ingredients easily procurable at your neighborhood store. It's always nice and highly complimentary when you prepare an unusual dessert of your own making when entertaining at home. And, what better or more personal gesture can one effect when visiting someone's home, especially around the holidays, than to present them with a token of your esteem in the form of a luscious dessert? A torte!

Any one of the suggestions below will win favor with your family, friends and guests.

Meringue holds up well and is the ideal dessert that causes no last minute major demands on the hostess.

They may be used for formal dinner, buffet, or us-girls coffee or tea klatch!

The preferred crisp meringue may be obtained by letting them dry out completely in the oven till cool. Store meringues uncovered in a dry place. Meringues may be frozen, stored in boxes, stacked with paper in between for 3 to 6 months.

### Basic Meringue for Torte

- 4 egg whites
- 1 cup granulated sugar
- ½ tsp. vinegar
- ½ tsp. vanilla

Have egg whites stand at room temperature for at least 30 minutes to get maximum volume. Beat egg whites till they stand in soft peaks. Continue to beat, adding half the sugar gradually, 2 tbsp. at a time. Add vinegar and vanilla, beat in remaining sugar gradually till meringue holds up in very stiff, glossy peaks.

### Schaum Torte

Line two cookie sheets with aluminum foil, wax or brown paper. On these trace two circles, using

8 inch plate as guide. Fill one of these circles all in with ¼ inch spread of meringue. On the other circle just make a ring using pastry bag to put meringue through. With remaining meringue, make some meringue kisses. Bake in slow oven 275 degrees for 40-50 minutes till crisp. Carefully remove from foil or paper. Place on rack to cool. When ready to serve, place solid meringue on dessert platter. Cover entire surface with whipped cream which has strawberries folded in. Place ring on top. Fill center with strawberries. Garnish with meringue kisses and whipped cream. For variety, improvise by folding in crushed candies, nuts, grated chocolate, etc., in place of strawberries.

### Chocolate Meringue Torte

Using basic meringue for torte and same idea of using 8 inch plate as guide, draw three circles on paper lined sheet. The use of a pastry bag will simplify the following of the circle outline, but same effect can be obtained by carefully spreading meringue to the edge of outline with spoon or spatula. Bake per directions, cool, stack circles together with chocolate filling in between.

### Chocolate Filling

- 12 oz. pkg. (2 6-oz.) semi sweet chocolate bits
- 1 tbsp. powdered instant coffee
- ¼ cup water
- ½ pint whipping cream, whipped
- 1 tsp. vanilla or mint extract

Melt chocolate bits over hot water. Dissolve coffee in water, add to the melted chocolate. Remove from heat, beat till creamy. Let cool slightly and fold in whipped cream and vanilla or mint extract.

Above chocolate meringue torte can further be enhanced by piping or spreading additional whipped cream over top of torte and sprinkling shaved or grated chocolate over whipped cream.

### Angel Pie Torte

Use same basic recipe for meringue torte and apply same idea as schaum torte.

When ready to serve, place solid meringue circle on dessert platter and spread generously with lemon torte filling. Place ring on top. Fill center of circle with whipped cream. Sprinkle with chopped or slivered pistachio nuts.

### **Bing Cherry Meringue Torte (1 or 2 layers)**

In season this will instantly be a hit. Use same basic recipe for Meringue Torte. Generously butter 2 - 9" round cake pans. Spread equal amounts of meringue in both pans. Bake as per directions. Dry out in oven till cool.

Place one layer on dessert platter. Spread with tart jelly and arrange pitted and halved fresh Bing Cherries on jelly. Cover generously with whipped cream. Top with other layer and repeat, or, leave as is for a one layer torte. Garnish top with cherry halves and fluted whipped cream. Attractive, delicious and easily prepared.

Variations on this may be obtained by using other fruit, canned Bing Cherries, or spiced apple sauce.

### **No. 1 Lemon Torte Filling**

A very adequate, simple lemon filling can be found on the grocer's shelf in a convenient package—Lemon Instant Pudding.

Prepare Lemon Instant Pudding (No cooking) per directions on package, with two suggestions:

1. omit ½ cup of milk for a filling of more consistency.
2. the addition of 1 tbsp. of grated lemon is very desirable.

### **No. 2 Lemon Torte Filling**

This simple home recipe will let you utilize the separated egg yolks:

- 4 egg yolks
- ½ cup gran. sugar
- ½ cup lemon juice
- 2 tbsp. grated lemon rind

Beat egg yolks till thick and lemon-colored in heat proof bowl or in top of double boiler. Gradually beat in sugar, then blend in lemon juice and rind. Cook over hot water, stirring constantly till thickened, 6 to 8 minutes. Cool.

### **Individual Meringue Tortes**

Using same basic Meringue Torte recipe, the individual shells can be made by dropping ⅓ or ½ cup of meringue on paper-lined baking sheets. The cup or nest indentation is made by spreading meringue up to the sides from the center with the back of a spoon.

The easier way would be to press meringue through a pastry bag on a 2 ½" or 3" outline for a more professional appearance.

Any of the fillings suggested may be used, naturally embellished with whipped cream.

### **Whipped Cream**

As a precaution and to insure whipping satisfaction, it is advisable to pre-chill bowl and beater. Whipping cream doubles in volume when whipped. It may be flavored or sweetened in many delicious ways, white sugar, brown sugar, maple sugar for example

Simple, delicious desserts can be made by carefully folding into whipped cream chopped nuts, chopped or sliced fruit, gelatin cubes, bits of marshmallows, crushed peanut brittle or chocolate bits. These suggestions may be used for variety in the Torte ideas:

1 cup chilled whipping cream (35 per cent-40 per cent butterfat)

Sifted confectioners or fine granulated sugar to taste (approx. 3 to 4 tbsp.)

Flavoring, if desired (¼ to ½ tsp.)

Beat till stiff.

### **Meringue Ice Cream Swans**

Although not in the torte category, this basic meringue dessert deserves mention:

Use same basic recipe for the meringue torte. For best results and ease of preparation, a pastry bag with plain tube is desirable.

Place meringue in pastry bag (not too full). Press meringue through bag and tube on to paper lined baking sheet in the formed parts of the swan—namely: 1 neck, 2 wings, 1 tail and 2" oval base. Bake per directions.

The neck is shaped like a question mark. The wings (2) are shaped rounded at one end and pointed at the other end. The tail is shaped like a triangle. Oval base is just that—oval.

To assemble:

Place oval base on dessert plate; on the base place scoop of ice cream; on ice cream carefully attach wings, neck and tail.

### **Nesselrode Meringue Torte**

Use same basic recipe for Meringue Torte.

Trace 2—6" circles or 1—10" circle on a cookie or baking sheet lined with aluminum foil, wax or brown paper. Place Meringue in circle, spread to edge of circle and with back of spoon work away from the center to build up the outside edge.

Bake in 275 degrees oven per directions in basic recipe.

For Nesselrode Filling:

Soften 2 qts. Vanilla Ice Cream only to the point that the following ingredients can be mixed into it easily:

- 5 oz. jar Nesselrode Mixture
- ½ cup shredded coconut
- ½ cup slivered almonds
- ¼ cup grated chocolate

Into the cooled meringue shell fill with Nesselrode Ice Cream mixture. Place in freezer until hard or overnight.

### **Lemon Nut Torte**

Use same basic recipe for Meringue Torte. Into the meringue fold in

- 1 cup crumbled saltine crackers
- ½ cup chopped nuts
- 1 tbsp. grated lemon rind

Spread finished meringue onto the bottoms of 3 inverted 9" square cake pans, greased and lightly floured. Bake in 275 degrees oven for 40 min. Cool on cake racks. When ready to serve fill between layers with filling.

### **Lemon Cream Cheese Filling**

- 1 - 8 oz. pkg. cream cheese
- 1 ½ cup of milk
- 1 pkg. Instant Lemon Pudding
- 1 tbsp. grated lemon rind

In mixer or with hand beater blend together cream cheese and ¾ cup of the milk. When smooth add Instant Lemon Pudding (no cooking), remaining milk and lemon rind. Mix just enough to blend together. (Do not overmix).

Lemon Nut Torte may be further enhanced by frosting and top with fluffy whipped cream lightly tinted yellow with pure food coloring.

### **Butterscotch Torte**

Use same basic recipe for Meringue Torte. Into meringue fold

- 1 cup crumbled Graham Crackers
- ½ cup chopped nuts
- 1 tsp. almond extract

Make two 9" circles (using plate as guide), drawn on a cookie or baking sheet lined with aluminum, wax or brown paper. Spread meringue evenly inside circles.

Bake in 275 degrees oven 40-50 min. till crisp. Cool. When ready to serve spread whipped cream in between and on top of layers. Over the top of Torte (frosted with whipped cream) spoon cooled Butterscotch Sauce over entire top surface.

### **Butterscotch Sauce**

- ¼ cup butter
- ¼ cup water
- 1 cup brown sugar
- 1 tbsp. flour
- 1 egg, well beaten
- 1 tbsp. lemon juice
- ½ tsp. vanilla
- Wee pinch salt

Combine all ingredients in sauce pan. Bring quickly to a boil, stirring constantly till thickened. Cool. Use as directed above.

## DESSERT IDEAS PAY OFF IN DELICIOUS VARIETY

When the curtain comes down for the last time after a theatrical performance, there's a touch of magic in the air. That wonderful feeling of satisfaction is felt by the performers and recipients alike.

That same wonderful feeling of satisfaction should prevail after one has entertained his or her guests in their home.

Hospitality is a precious human privilege and should not be abused. To invite someone to your home should be accepted as a compliment, and the best compliment a host or hostess can pay their guests is to strive for that feeling of satisfaction. That mutual satisfaction can be attained by a bit of imagination and a touch of magic, right in your own kitchen.

A good meal can be likened to a theatrical performance which is never quite complete without the dessert or the last act.

Dessert can be any kind of sweet, which by the stretch of the imagination can run the gamut from the simple pudding to the most exotic.

With this brief introduction, the following dessert ideas are offered to assure that feeling of satisfaction. Easy to prepare, they are designed for eye and taste appeal to help bring a touch of magic as the gourmet curtain is brought down on a pleasant meal.

### Petits Fours

"Petits Fours" (pe-tee-foor) is the French description of "small cakes." The name Petits Fours has intrigue, and whenever they are displayed or passed on a tray, petits fours never cease to attract attention and comment.

The varied eye appealing pastel colored small cakes are ideal as small cakes for teas, as that extra flourish with ice cream type desserts at banquets, receptions and for that just right, not too much dessert, to satisfy the urge for something sweet.

Petits Fours are cut in various shapes, (diamonds, oblongs, squares, round), plain or fancy, with special cutters.

The preparation is very simple. A sweet cake can be made with your own recipe, or the use of a very firm textured white or yellow cake mix may be used. A simpler no-bake cake can be made by using a bought pound cake. Cut into 1 1/2" squares and frost top and sides with icing or cut 3/4" thick

into various shapes as suggested. Put together with Jelly or icing between and ice top and sides.

To frost or ice, put Petits Fours on a rack with a tray or wax paper underneath to catch excess icing, or hold each piece with a fork, and turn as icing is poured over Petit Four. Always frost or ice with crust on bottom.

Scrape frosting from tray or waxed paper and soften till smooth over lukewarm water and reuse. When icing is firm, decorate with decorating frosting. Use delicate pastel colors.

Petits Fours can be frozen.

### Petits Fours Icing

Into the top of a double boiler mix together 6 cups sifted confectioners sugar, 5 tbsp. white corn syrup, 5 tbsp. water, 1 tsp. vanilla and a pinch salt. Heat to pouring consistency and use as described above. Tint with pure food colors to a delicate pastel shade. Remove amount desired from double boiler and tint. Use white, pink, yellow, green.

### Simple Decorating Frosting

Combine and mix until smooth two parts confectioners sugar to one part soft butter or margarine. Flavor and color as desired. Keep decorations on Petits Fours simple.

### Chocolate Mint Souffle, Modern

- 1 package Chocolate Pudding
- 1 1/3 cups milk
- 3 egg yolks
- 1/2 tsp. mint extract
- 3 egg whites
- 1/4 tsp. cream of tartar

Follow directions on package for pudding, using 1 1/3 cup milk... Beat egg yolks till thick and lemon-colored. Cook pudding mix per directions. When thickened remove from heat, stirring constantly. Gradually stir into beaten egg yolks and add mint extract. Beat egg whites and cream of tartar till stiff. Carefully fold into chocolate mixture. Pour into greased 2-qt. casserole. Set in pan of hot water (1" deep). Bake about 45 min. in 350° (mod.) oven or till silver knife inserted in center comes out clean. Serve immediately, plain, topped with whipped cream or confectioners sugar.

### **Graham Cracker Cake**

2 cups sugar  
½ tsp. baking soda  
¼ tsp. salt  
1 cup chopped walnuts  
1 lb. graham crackers, ground or crushed  
½ lb. butter, melted  
1 ½ cup buttermilk  
½ tsp. vanilla  
4 egg yolks  
4 egg whites, beaten stiff

In a bowl combine dry ingredients, mix and gradually add melted butter, buttermilk, vanilla and egg yolks. Mix well. [Fold in egg whites?] Pour batter into ungreased 10" tube pan. Bake in 350° oven one hour, 15 min. Cool in inverted pan. Serve plain or frost as you desire. Is light, tasty, and different.

### **Sweet Potato Spice Cake**

1 package spice cake mix (ingredients and procedure)  
1 cup \*strained sweet potatoes (baby food)  
½ cup chopped walnuts  
½ cup seedless raisins

Combine all ingredients including ingredients and procedure on cake box. Mix well \*(use strained sweet potatoes as part or all of the liquid specified). Pour into greased loaf pan and cook per directions on package. Frost as desired or serve plain.

### **Fresh Fruit And Sour Cream**

Almost any fresh fruit and slightly sweetened commercial sour cream makes a different and taste intriguing dessert.

Arrange peeled and cut up fresh fruit in individual serving dishes. Cover with sour cream sweetened with brown sugar or maple sugar. Or, sprinkle either of the sugars on top of sour cream for additional color.

Sour cream may be tinted with pure food colors. Sprig of mint may be added for eye appeal. Gingersnap crumbs sprinkled atop sweetened sour cream is a different and appealing topping.

### **Poor Man's Pudding**

3 cups dry biscuit \*or cake crumbs  
2 cups scalded milk  
1 cup gran. sugar  
¼ tsp. salt  
1 beaten egg  
3 tbsp. butter  
½ tsp. vanilla

Put broken up\* left over biscuits or cake crumbs in a bowl and pour hot milk over all. Let stand for 10 min. and stir in remaining ingredients. Pour into lightly greased casserole and bake for 45 min. in 325 degree oven.

### **Strawberries Romanoff**

1 quart fresh strawberries  
¼ cup sugar  
¼ cup cointreau  
2 tbsp. lemon juice  
½ pint soft vanilla ice cream  
½ cup whipping cream, whipped

Wash strawberries and hull; add sugar, cointreau, and lemon juice to strawberries. Chill well, stirring gently occasionally.

To softened ice cream blend in whipped cream. Pour this over strawberries, blend together, and serve.

### **Frosted grapes**

1) Make a thin simple syrup of sugar and water. Dip grapes into syrup, drain, and sprinkle with very fine granulated sugar.

2) Wash grapes. Shake dry and dip into or sprinkle with confectioners sugar.



### Flaming Pears

1 ½ cups water  
1 cup sugar  
¼ cup fresh lemon juice  
½ tsp. grated lemon rind  
Pinch of salt  
4 to 6 uncooked winter pears  
1 tsp. pure vanilla extract  
10 to 12 lumps sugar  
Orange or lemon extract

In a sauce pan mix water, sugar, lemon juice, rind and salt. Bring slowly to boiling point. In the meantime, peel pears, cut in half and remove core. Drop into boiling syrup, cover and let simmer until tender. Remove from heat and add vanilla. Let cool to warm.

Arrange pears in serving dish or individually and pour some syrup around. Place a lump of sugar that has been soaked in orange or lemon extract (90 per cent alcohol) in each cavity, ignite and serve. Same effect can be obtained with canned pears. Just heat.

### Raspberry Macaroon Delight

1 cup whipping cream, whipped  
1 cup fresh or frozen raspberries  
1 cup crushed macaroons

Whip cream, fold in crushed macaroons and raspberries; fluff into sherbet or dessert dishes and serve cold.

### Coffee Marshmallow Cream

½ lb. marshmallows  
½ cup hot coffee  
¼ tsp. nutmeg  
1 cup heavy cream, whipped

Cut marshmallows into pieces. Put into a double boiler over boiling water and dissolve. Add hot coffee and nutmeg. Blend well. Let cool and fold in whipped cream. Pile into sherbet glasses and place in refrigerator for a few hours.

### Italian Cream Puffs

1 cup water  
¼ lb. butter or margarine  
1 tbsp. sugar  
¼ tsp. salt  
1 tsp. grated orange rind  
1 tsp. grated lemon rind  
1 cup flour  
4 eggs

Place water, butter, sugar and salt in a sauce pan. Bring to the boiling point and [stir until] butter has melted. Add grated rind and flour at once and stir over heat until mixture leaves side of pan clean. Remove from heat, add eggs, one at a time and [beat each in thoroughly].

Drop by tbsp. or pastry bag on an ungreased cookie sheet about 2" apart. Place in 375 degree oven for 45 min. Remove from oven, slit top and place on a rack to cool. When cool, fill with ricotta filling. Ricotta is Italian cottage cheese. Cottage cheese can be used.

### Ricotta Filling

1 pound ricotta  
2 tbsp. grated chocolate  
1 egg, beaten well  
1 tbsp. grated orange rind  
1 tbsp. vanilla extract  
1 tsp. almond extract

Blend all ingredients together, chill and fill puffs just before serving. Top with glazed cherry and sprinkle with confectioners sugar.

## APPENDIX

### ABBREVIATIONS

"	inch
approx	approximately
bch	bunch
doz	dozen
F	Fahrenheit
gran	granulated
in	inch
lb	pound
M	medium
M.S.G.	monosodium glutamate, or Ac'cent
med	medium
min	minute
oz	ounces
pkg	package
qt	quart
R	rare
tasp	teaspoon
tblsp	tablespoon
tbsp	tablespoon
tsp	teaspoon
W	well-done

### SIZES

#1	10 ½ to 12 ounces	1 ¼ cup to 1 ⅓ cup
#2	20 ounces	2 ½ cups
#2 ½	27-29 ounces	3 ½ cups

“Large”, “medium”, or “small” cans and jars may be relative to those sizes, to the recipe, or to taste.

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Eddie Doucette was a pioneer TV chef, with the Chicago-area *Home Cooking with Eddie Doucette* in 1954. He was proprietor of *Eddie Doucette's Pancake Plantation* and was famous as "The IGA Chef", appearing with recipes in IGA newspaper ads throughout the country.

Eddie Doucette toured America showing that "Cooking Can Be Fun!" He traveled abroad on behalf of the U.S. Department of Agriculture to show the world that cooking with American products could be fun.

This cookbook reproduces a variety of recipes from his 1954 cooking show, his IGA advertisements, and his U.S traveling shows.

