

Better
Homes
and Gardens

NEW
COOK
BOOK



OVEN CHART

| | |
|--------------------|-----------|
| Very slow oven | 250°-275° |
| Slow oven | 300°-325° |
| Moderate oven | 350°-375° |
| Hot oven | 400°-425° |
| Very hot oven | 450°-475° |
| Extremely hot oven | 500°-525° |

BROILINGTotal time
in minutes

| | |
|---------------------------|-------|
| Beef steaks | |
| 1-inch | |
| Rare | 8-10 |
| Medium | 12-14 |
| Well-done | 18-20 |
| 1½-inch | |
| Rare | 14-16 |
| Medium | 18-20 |
| Well-done | 25-30 |
| 2-inch | |
| Rare | 20-25 |
| Medium | 30-35 |
| Well-done | 40-45 |
| Hamburgers | |
| ½-inch | 10 |
| Lamb chops, steaks | |
| 1-inch | |
| Medium | 12-14 |
| 1½-inch | |
| Medium | 18 |
| Ham slice | |
| Fully cooked, bone-in | |
| ½-inch | 10-12 |
| 1-inch | 16-20 |
| Chicken halves | 40 |
| (3 to 7 inches from heat) | |
| Fish fillets | 10-15 |

(*Broil 1 to 1½-inch steaks and chops so surface is 3 inches from heat, thicker cuts 4 to 5 inches from heat.)

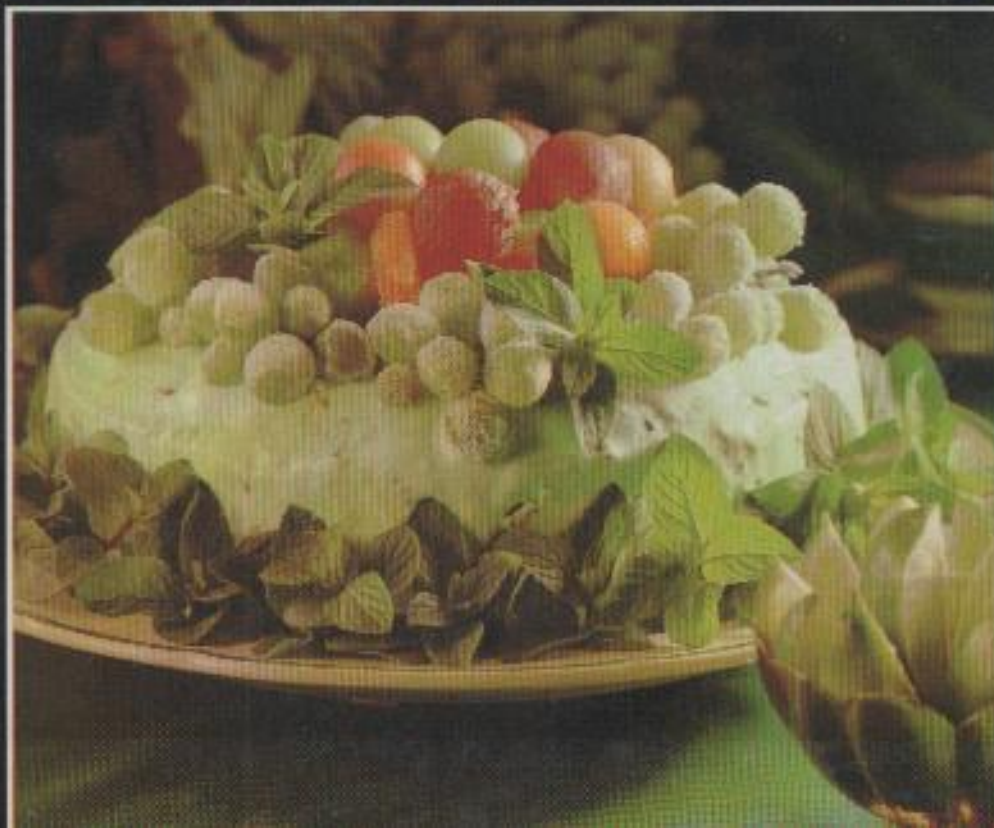
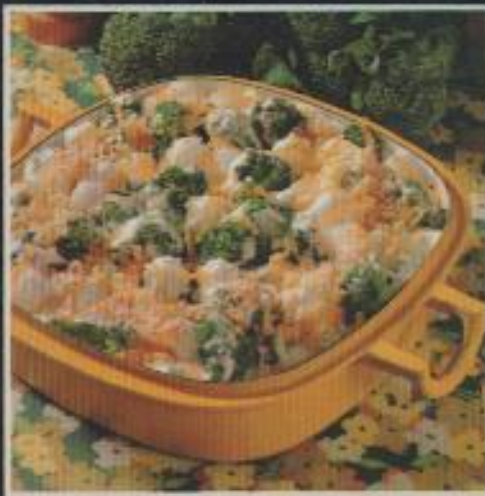
THERMOMETER READINGS FOR MEATS

Temp. of meat

| | |
|--------------------|-----------|
| Beef | |
| Rare | 140° |
| Medium | 160° |
| Well-done | 170° |
| Veal | 170° |
| Lamb | |
| Rare | 140° |
| Medium | 160° |
| Well-done | 170°-180° |
| Fresh pork | 170° |
| Smoked pork | |
| Fully cooked | 140° |
| Cook-before-eating | 160° |

CANDY AND FROSTINGTemp. of
syrup

| | |
|------------|-----------|
| Thread | 230°-234° |
| Soft ball | 234°-240° |
| Firm ball | 244°-248° |
| Hard ball | 250°-266° |
| Soft crack | 270°-290° |
| Hard crack | 300°-310° |





Better
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and Gardening

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Every recipe perfected for you
in our Test Kitchens



EVERY RECIPE TESTED IN OUR KITCHENS FOR PERFECT RESULTS IN YOURS

The Better Homes and Gardens Test Kitchen provides you with the best in creative food preparation. In this Test Kitchen, professional home economists duplicate the working conditions and time limitations you face every day. Using modern home appliances and food products, they prepare each recipe again and again until it meets Better Homes and Gardens' high standard of quality—and only then does it go into our book.

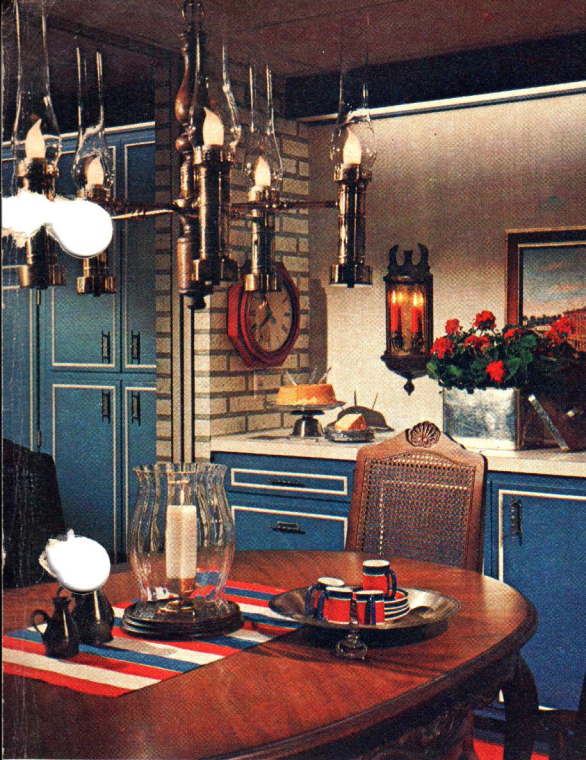
Each recipe is carefully and critically evaluated by a taste panel of experienced

home economists which keeps in mind the problems of planning meals that are appealing and nutritious. Several factors are considered: *ease of preparation*, *texture*, *color*, and *flavor appeal*, as is the *cost* of each recipe, keeping in mind how it will be used. A successful result is a must for each recipe.

Until it earns the Test Kitchen Seal of Approval, every recipe is tested and re-tested . . . assuring that every recipe will produce perfect results in your kitchen—*every time!*

BETTER HOMES AND GARDENS BOOKS

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Better
Homes
and Gardens
TEST
KITCHEN ®

Every recipe has been tested in the Better Homes and Gardens Test Kitchens until it measures up to high standards of family appeal, practicality, and deliciousness.

WHY 18 MILLION HOMEMAKERS USE THIS BEST SELLER

- Over 1500 triple-tested recipes
- Numerous kitchen-tested cooking tips
- New methods and techniques
- 18 tabbed chapter dividers (recipe index on each divider)
- New entertaining ideas
- More step-by-step pictures
- Meal planning guide and menus
- Rugged, new, wipe-clean cover . . . moisture and stain resistant
- Ring-bound book lies flat . . . allows you to add pre-punched pages each month from Better Homes and Gardens magazine

Homemakers of America have indicated their overwhelming preference for Better Homes and Gardens New Cook Book,

making it the best selling hardbound cook book of all time! More than 18 million copies have been sold.



Good meals don't just happen—they are the result of careful planning. Organizing an area for cook books and other references makes food planning fast and easy.

How to achieve perfect results



There's more to cooking than throwing something into a pot and turning on the range. We call it PRP—planning, reading, and preparation.

First, plan menus for at least several days at a time. This enables you to make a well-organized shopping list and take advantage of good food buys.

Next, read through the entire recipe. By doing this you accomplish two things: you can set out all ingredients and utensils and at the same time synchronize preparation time with your schedule.

Measuring ingredients carefully and following the recipe directions exactly are equally important.

Refer frequently to Chapters 16, 17, and 18 for tips, menu ideas, and guides to help you handle any cooking situation.

Left: Save time and dishwashing by measuring, then mixing in the measuring cup.



When making a pie, use a rolling pin to transfer the top crust from the counter; simply unroll onto the filled pie.



Instead of soaking fresh vegetables and fruits in water, use a colander to wash and drain them easily.

To preserve flavor, texture, and appearance of prepared foods, wrap them with moisture-vaporproof materials before freezing or refrigerating. Label and date all foods.





Create an orange chrysanthemum to garnish a serving platter of fresh fruit by combining two or three orange peels that have been sectioned and cut into small "petals."

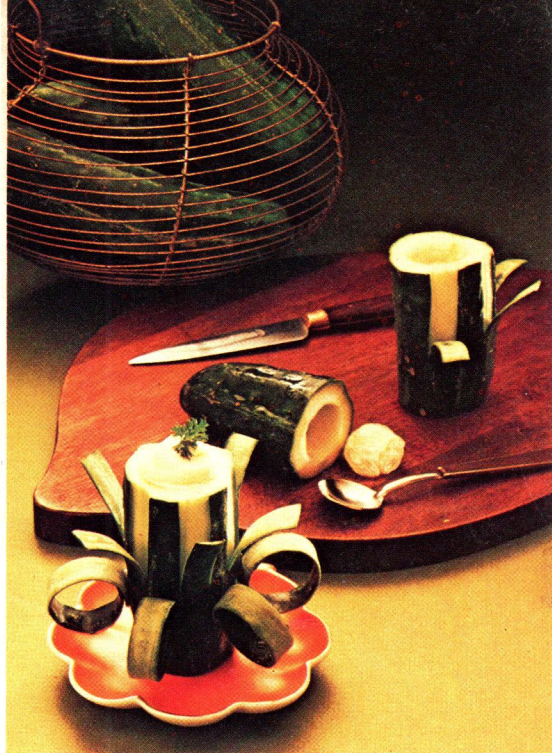
Make crumbs by crushing dry bread, crackers, or cookies in two plastic bags (one placed inside the other).

Kitchen tongs are handy for holding and dipping many foods. They're especially good for turning broiled meats.





You can shape ground meat mixtures into loaves, muffins, or rings. Just remember to handle the meat carefully.



Use cucumber baskets as containers for salad dressings or snack dips. Hollow out cucumber, then pare strips of peel.

To sieve fruits, place a strainer over a bowl. Use a metal spoon to press fruit against the mesh. For smaller amounts, use a small strainer placed over a measuring cup.



Dear Reader,

From cover to cover, this Better Homes and Gardens *New Cook Book* was written with you in mind. Whether you're an experienced cook or a newcomer to the world of cooking three meals a day, we want it to be your best friend in the kitchen.

Choosing recipes for this edition was a great challenge because we tested so many good ones. As we made our selections, we tried to reflect the growing number of new food products as well as up-to-date appliances. Of course, we just had to keep some of the time-tested favorites. So, along with modern short-cut recipes, you'll find many of the old-fashioned favorites from our earlier cook books. If you'd like still more of our tested recipes, you can select from our list of specialty cook books found on page 436.

You'll find helpful ideas from planning and buying on through meal preparation and serving. Color pictures and test kitchen tips are packed with ideas for preparing and arranging foods. We want your meals not only to taste delicious, but to look appealing, too. You can be assured that every recipe has been tested to give you the quality meals you and your family expect.

These are busy days for all of us, so we've placed emphasis on ease in cooking. Electric cooking appliances are versatile, as well as convenient. That's why we've included a superb collection of recipes for your microwave oven, crockery cooker, pressure pan, and electric skillet. And, there's a special chapter called Barbecues and Easy Meals. Easy-meal recipes can be fixed in a jiffy or well ahead of serving time. Barbecuing has become an American way of life. This method of cooking presents a world of new flavor, so we've included a number of outdoor cooking recipes and grilling tips. Our discussions with homemakers tell us you're much more interested in flavor than you've ever been. So you'll find flavor, in just the right portions, throughout our new edition. These are just a few of the many important particulars we've built into the *New Cook Book*.

We hope these recipes will bring joy and good eating to you and your family. If there are special problems with which you think we can help, do write us. We'll try to be of service.

Cordially,

BETTER HOMES AND GARDENS

The Editors

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