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Spanish Paella combines chicken, seafood, rice, and vegetables with an accent of saffron. Delicious with a crisp tossed green salad.





POULTRY

PERFECT FRIED CHICKEN

- $\frac{1}{3}$ cup all-purpose flour
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 $2\frac{1}{2}$ - to 3-pound ready-to-cook broiler-fryer chicken, cut up
- Shortening for frying

Combine flour, paprika, salt, and $\frac{1}{4}$ teaspoon pepper in paper or plastic bag; add 2 or 3 pieces of chicken at a time and shake. Heat shortening ($\frac{1}{4}$ inch deep in skillet) till a drop of water sizzles. Brown meaty pieces first, then add remaining pieces (don't crowd). Brown one side; turn with tongs. When lightly browned, 15 to 20 minutes, reduce heat; cover tightly. (If cover isn't tight, add 1 tablespoon water.) Cook 30 to 40 minutes, or till tender. Uncover last 10 minutes. Makes 4 servings.

Note: Add $\frac{1}{2}$ cup fine dry bread crumbs to flour for more crusty coating.

CHICKEN SUPREME

OVEN 350°

Sprinkle 3 large chicken breasts, cut in halves lengthwise, or 6 small chicken breasts with $\frac{3}{4}$ teaspoon seasoned salt. Dash with paprika. Place in 12x7 $\frac{1}{2}$ x2-inch baking dish. Dissolve 1 chicken bouillon cube in 1 cup boiling water; add $\frac{1}{4}$ cup dry white wine, $\frac{1}{2}$ teaspoon instant minced onion, $\frac{1}{4}$ teaspoon curry powder, and dash pepper. Pour over chicken. Cover with foil. Bake at 350° for 30 minutes. Uncover; bake 45 minutes till tender.

Remove chicken to warm serving platter. Strain pan juices; reserve for sauce. Blend 2 tablespoons all-purpose flour and $\frac{1}{4}$ cup cold water in saucepan; slowly stir in reserved pan juices. Cook and stir over low heat till sauce thickens; boil and stir 3 to 4 minutes. Add one 3-ounce can sliced mushrooms, drained ($\frac{1}{2}$ cup); heat through. Spoon over chicken breasts (reserving some sauce to pass) and garnish with watercress. Makes 6 servings.

MARYLAND FRIED CHICKEN

- 1 slightly beaten egg
- $1\frac{1}{4}$ cups milk
- $\frac{2}{3}$ cup fine cracker crumbs
- $\frac{1}{2}$ teaspoon salt
- 1 $2\frac{1}{2}$ - to 3-pound ready-to-cook broiler-fryer chicken, cut up
- 3 to 4 tablespoons shortening

Combine egg and $\frac{1}{4}$ cup of the milk. Mix cracker crumbs, salt, and dash pepper. Dip chicken pieces into egg mixture, then roll in crumbs. In heavy skillet, brown chicken in hot shortening; turn with tongs. Add remaining 1 cup milk. Cover tightly and simmer 35 minutes; uncover and cook about 10 minutes, or till tender. From pan drippings make Cream Gravy (page 286). Makes 4 servings.

OVEN FRIED CHICKEN

OVEN 375°

Cut up one $2\frac{1}{2}$ - to 3-pound ready-to-cook broiler-fryer chicken. Dip pieces in $\frac{1}{2}$ cup melted butter; roll in mixture of 2 cups crushed potato chips (or 2 cups crushed barbecue chips, or crushed cornflakes, or 3 cups crisp rice cereal, crushed), $\frac{1}{4}$ teaspoon garlic salt, and dash pepper. Place pieces, skin side up, not touching, in greased large shallow baking pan. Sprinkle with remaining butter and crumbs. Bake at 375° about 1 hour, or till done. Do not turn. Makes 4 servings.

Chicken Parmesan: Prepare Oven Fried Chicken, except roll pieces in mixture of 1 cup crushed packaged herb-seasoned stuffing mix, $\frac{2}{3}$ cup grated Parmesan cheese, and $\frac{1}{4}$ cup snipped parsley. Serves 4.

OVEN HERB CHICKEN

OVEN 375°

Cut up one $2\frac{1}{2}$ - to 3-pound ready-to-cook broiler-fryer chicken. Combine 1 envelope onion salad dressing mix, $\frac{1}{2}$ cup butter or margarine, softened, and 1 teaspoon paprika. With spatula, spread mixture over chicken pieces, then roll in $\frac{3}{4}$ cup fine dry bread crumbs. Sprinkle with paprika. Bake, skin side up, in greased large shallow baking pan at 375° for 1 hour, or till done. Do not turn. Makes 4 servings.



Crunchy Chicken Parmesan is a quick and tasty variation of Oven Fried Chicken. Be-

fore baking, coat chicken with a mixture of Parmesan and herb-seasoned stuffing mix.

ORANGE CHICKEN

- 2 2½- to 3-pound ready-to-cook broiler-fryer chickens, cut up**
 - 2 slightly beaten eggs**
 - ⅓ cup orange juice**
 - 1 cup fine dry bread crumbs**
 - 1 teaspoon salt**
 - 1 teaspoon paprika**
 - 1 teaspoon shredded orange peel**
 - 6 tablespoons butter**
- OVEN 400°

Dip chicken pieces into mixture of eggs and orange juice, then into mixture of bread crumbs, salt, paprika, and shredded peel. Melt butter in large shallow baking pan in 400° oven. Remove pan from oven. Turn chicken in butter to coat; arrange skin side down (don't crowd). Bake at 400° for 30 minutes. Turn chicken. Bake 30 minutes more. If necessary, cover with foil last 10 minutes. Makes 6 servings.

SWEET-SOUR CHICKEN

OVEN 425°

In small saucepan, combine 1 tablespoon cornstarch and 1 tablespoon cold water. Add ½ cup sugar, ½ cup soy sauce, ¼ cup vinegar, 1 clove garlic, minced, ½ teaspoon ground ginger, and ¼ teaspoon coarsely ground pepper. Cook, stirring constantly, over medium heat till mixture thickens and bubbles. Brush two 2- to 2½-pound ready-to-cook broiler-fryer chickens, split in halves lengthwise, with soy mixture. Place chicken halves, skin side down, in greased shallow baking pan.

Bake in hot oven (425°) for 30 minutes. Brush with soy mixture every 10 minutes. Turn chicken skin side up. Bake 30 minutes, brushing occasionally with soy mixture. Drain one 1-pound 4-ounce can pineapple spears or chunks; add pineapple to chicken halves in baking pan during the last 10 minutes of baking. Serves 4.

BASIC BROILED CHICKEN

Select two ready-to-cook broiler-fryer chickens (not over 2½ pounds each); split each chicken in half lengthwise or quarter. Brush with salad oil or melted shortening. Season to taste with salt and pepper.

Place, skin side down, in broiler pan (no rack). Broil 5 to 7 inches from heat about 20 minutes, or till lightly browned. Brush occasionally with oil. Turn; broil 20 minutes longer. When drumstick moves easily, chicken is done. Makes 4 servings.

ISLAND BROILED CHICKEN

- ½ cup salad oil
- 3 tablespoons lemon juice
- 1½ tablespoons soy sauce
- 1 small clove garlic, minced
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 2 2-pound ready-to-cook broiler-fryer chickens, cut in half

Combine salad oil, lemon juice, soy sauce, garlic, oregano, salt, and pepper for marinating sauce. Seal chicken and sauce in plastic bag. Marinate in refrigerator 4 to 5 hours, turning several times.

Place, skin side down, in broiler pan (without rack). Broil 5 to 7 inches from heat about 25 minutes, or till lightly browned. Brush occasionally with sauce. Turn; broil 15 to 20 minutes. Serves 4.

BARBECUED CHICKEN

OVEN 325°

In skillet, slowly brown one 2½-to-3-pound ready-to-cook broiler-fryer chicken, cut up in ¼ cup salad oil. Place in 12x7½x2-inch baking dish. To skillet, add ½ cup chopped onion and ¼ cup chopped celery; cook till tender. Add ½ cup catsup, ⅓ cup water, 2 tablespoons lemon juice, 1 tablespoon *each* brown sugar, Worcestershire sauce, vinegar, and prepared mustard. Season. Simmer 15 minutes; skim off excess fat. Pour sauce over chicken. Bake, uncovered, at 325° for 1¼ hours, or till done, basting 3 or 4 times. Serves 3 or 4.

CHICKEN A LA KING

In saucepan, melt ¼ cup butter, margarine, *or* chicken fat; blend in ⅓ cup all-purpose flour and ½ teaspoon salt. Add 1 cup chicken broth and 1 cup milk all at once. Cook, stirring constantly, till sauce is thick and bubbly. Add 2 cups diced cooked chicken, one 3-ounce can sliced mushrooms, drained, and ¼ cup chopped canned pimiento. Heat through. Serve over toast points. Makes 5 servings.

CHICKEN CACCIATORE

In skillet, brown one 2½- to 3-pound ready-to-cook broiler-fryer chicken, cut up, in ¼ cup hot salad oil. Remove chicken. In same skillet, cook 2 medium onions, cut in ¼ inch slices, and 2 cloves garlic, minced, till tender, but not brown. Return chicken to skillet.

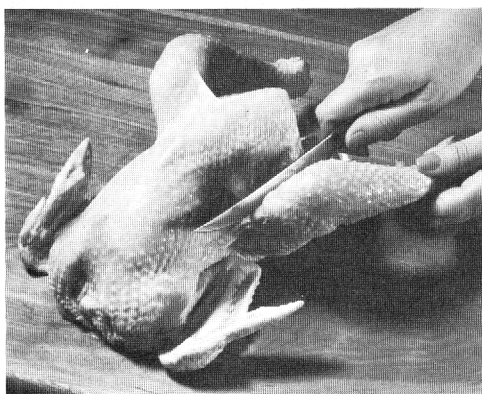
Combine one 1-pound can tomatoes, one 8-ounce can tomato sauce, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon dried oregano *or* basil, crushed, ½ teaspoon celery seed, and 1 or 2 bay leaves. Pour mixture over chicken. Cover and simmer 30 minutes. Stir in ¼ cup dry white wine. Cook chicken, uncovered, 15 minutes longer or till tender; turn occasionally. Remove bay leaves; skim off excess fat. Ladle sauce over chicken in dish. Makes 4 servings.

CHICKEN PARISIENNE

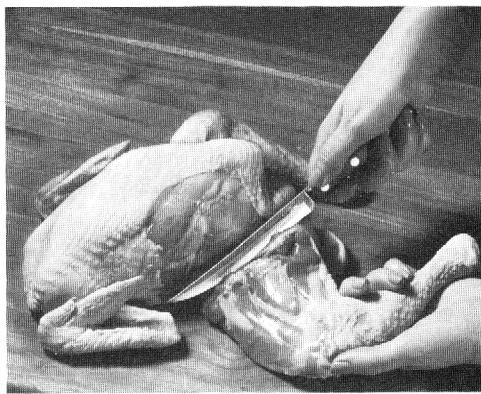
- 6 medium chicken breasts
- ½ cup dry white wine
- 1 10½-ounce can condensed cream of mushroom soup
- 1 3-ounce can sliced mushrooms, drained (½ cup)
- Paprika
- 1 cup dairy sour cream
- Hot cooked rice

OVEN 350°

Place chicken breasts, skin side up, in 12x7½x2-inch baking dish; sprinkle with salt. Blend wine into mushroom soup; add mushrooms and pour over chicken. Bake at 350° for 1 to 1¼ hours. Remove chicken to platter; sprinkle with paprika. Pour sauce into saucepan; blend in sour cream and heat gently till hot. Serve sauce over chicken and hot cooked rice. Makes 6 servings.



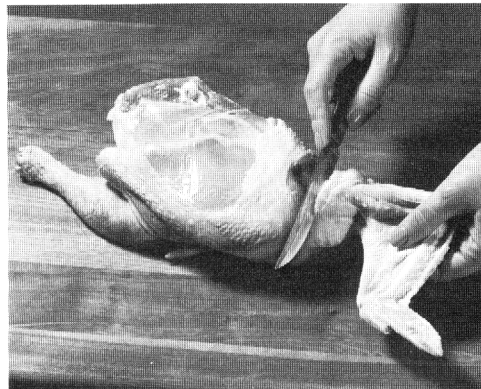
1 Cut the skin between thighs and body of chicken with a sharp 6-inch paring knife. Grasping one leg of chicken in each hand, lift until hips are free from the body.



2 To remove the legs and thigh pieces, cut between hip joint and body close to bones in back of the chicken. Follow the same procedure to remove the other leg.



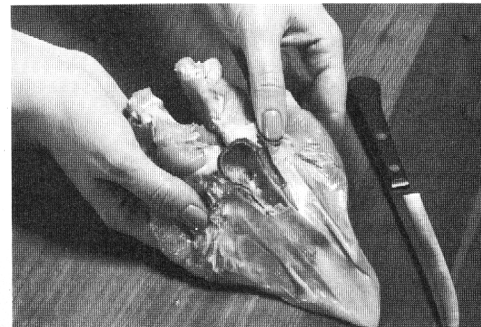
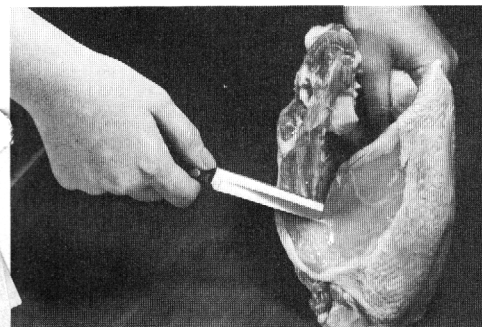
3 If desired, separate the thigh and leg. Locate the knee joint by bending thigh and leg together. Cut through this joint to separate thigh and leg. Cut second leg.



4 To remove the wings, pull the wing away from body. Start cutting on the inside of the wing just over the joint. Cut down through joint. Remove other wing.

5 Divide the body by placing bird on neck end and cutting along the breast end of the ribs to the neck. Separate the breast and back section, cutting through the joints. Bend back piece in half to break at joint; cut through at this point with knife.

6 To bone breast, cut through white cartilage at V of neck. In each hand, grasp small bones on either side of breast. Bend each side of breast back; push up with fingers to snap out breastbone. If not boned, cut breast in two just below breastbone.



CHICKEN KIEV

Have 4 large chicken breasts boned, skinned, and halved lengthwise. Place chicken breasts, boned side up, between two pieces of clear plastic wrap. Pound from center out to form cutlets not quite $\frac{1}{4}$ inch thick. Peel off wrap; season with salt.

Sprinkle 2 tablespoons snipped parsley over cutlets. Chill $\frac{1}{4}$ pound stick butter. Cut butter into 8 sticks; place a stick at end of each cutlet. Roll meat as for jelly roll, tucking in sides. Press seam to seal well.

Coat each roll with all-purpose flour and dip in mixture of 1 beaten egg and 1 tablespoon water, then roll in $\frac{1}{2}$ cup fine dry bread crumbs. Chill thoroughly, at least 1 hour. Fry chicken rolls in deep hot fat (375°) about 5 minutes, or till golden brown. Makes 4 to 8 servings.

SPANISH PAELLA

- $\frac{1}{4}$ cup all-purpose flour
- 1 teaspoon salt
- Dash pepper
- 1 2½- to 3-pound ready-to-cook broiler-fryer chicken, cut up
- $\frac{1}{4}$ cup olive or salad oil
- 2 carrots, pared and sliced lengthwise
- 2 medium onions, quartered
- 1 celery branch with leaves
- 2 cups chicken broth
- 1 clove garlic, crushed
- $\frac{1}{4}$ cup diced canned pimiento
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground oregano
- $\frac{1}{4}$ teaspoon ground saffron
- $\frac{2}{3}$ cup uncooked long-grain rice
- • •
- 1 9-ounce package frozen artichoke hearts, thawed
- $\frac{3}{4}$ pound shelled raw shrimp
- 12 small clams in shells

Combine flour, 1 teaspoon salt, and pepper in plastic or paper bag. Add a few chicken pieces at a time; shake to coat. In heavy skillet, brown chicken in hot oil about 20 minutes. Transfer to large kettle.

Add next 10 ingredients; simmer, covered, 30 minutes. Add artichoke hearts, shrimp, and clams in shells; simmer, covered, 15 to 20 minutes longer. Serves 6 to 8.

CHICKEN PIE**Pastry for 2-crust pie**

- $\frac{1}{2}$ cup chopped onion
- 6 tablespoons butter
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon salt
- 3 cups chicken broth
- 3 cups cubed cooked chicken
- 1 10-ounce package frozen peas and carrots, cooked, drained
- $\frac{1}{4}$ cup chopped canned pimiento

Roll out pastry on lightly floured surface, $\frac{1}{4}$ inch thick. Cut to fit tops of six individual casseroles. Bake on ungreased baking sheet at 450° for 10 to 12 minutes.

Cook onion in butter till tender, but not brown. Blend in flour and salt. Add broth all at once. Cook and stir till thick and bubbly; add remaining ingredients. Heat till bubbly. Pour into 6 heated individual casseroles. Place pastry on hot filling just before serving. Makes 6 servings.

CREAM GRAVY

- 1½ cups milk
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- Dash pepper
- 3 tablespoons drippings*

In a screw top jar, shake *half* of the milk with flour, salt, and pepper; stir into drippings in pan. Add remaining milk. Cook, stirring constantly, till thick and bubbly. Cook 2 to 3 minutes more. Makes 1½ cups.

*Fry chicken in half butter or margarine and half shortening. Make gravy in same skillet incorporating the crusty bits.

TO COOK GIBLETS

Place giblets, except liver, in saucepan. Add water just to cover giblets; salt lightly. Add a few celery leaves and onion slices to water, if desired. Cover; simmer for 1 to 2 hours for chicken giblets (2 hours for turkey giblets). Add the liver and continue to simmer for 5 to 10 minutes for chicken liver (20 to 30 minutes for turkey liver). Cool giblets in broth; remove and chop. Use broth and giblets in Cream Gravy, or Giblet Gravy (page 259), or stuffing.

STEWED CHICKEN

- 1 5- to 6-pound ready-to-cook stewing chicken, cut up, or
- 2 large broiler-fryer chickens, cut up
- 2 sprigs parsley
- 4 celery branches, cut up
- 1 carrot, pared and sliced
- 1 small onion, cut up
- 2 teaspoons salt
- ¼ teaspoon pepper

Place chicken pieces in Dutch oven or large kettle with enough water to cover (about 2 quarts). Add remaining ingredients. Cover; bring to boiling and cook over low heat about 2½ hours, or till tender. Leave chicken on bones in liquid for Chicken with Dumplings. Or, remove meat from bones. This will yield about 5 cups diced cooked chicken for salads or casseroles.

CHICKEN WITH DUMPLINGS

Stewed Chicken

- 1 cup sifted all-purpose flour
 - 2 teaspoons baking powder
 - ½ teaspoon salt
 - ½ cup milk
 - 2 tablespoons salad oil
- Chicken Gravy

Prepare Stewed Chicken, above. When chicken is almost tender, sift together flour, baking powder, and salt. Combine milk and oil; add to dry ingredients; stir just to moisten. Drop from tablespoon directly onto chicken in boiling stock. (Do not let batter drop in liquid.) Cover tightly; return to boiling. Reduce heat (don't lift cover); simmer 12 to 15 minutes, or till done. Remove dumplings and chicken to hot platter; keep hot while preparing Chicken Gravy. Pour gravy over chicken and dumplings. Garnish with parsley. Makes 6 to 8 servings.

Chicken Gravy: Strain broth from Stewed Chicken. Measure 1 quart broth into medium saucepan. Heat to boiling. Combine ½ cup all-purpose flour and 1 cup cold water; gradually add to broth, mixing well. Cook, stirring constantly, till mixture is thick and bubbly. Season with ½ teaspoon salt and ⅛ teaspoon pepper.

COQ AU VIN

- 4 slices bacon, cut in small pieces
- 2 tablespoons chopped onion
- 1 2½- to 3-pound ready-to-cook broiler-fryer chicken, cut up
- 8 shallots or small whole onions
- ½ cup coarsely chopped carrot
- 1 clove garlic, minced
- 2 tablespoons brandy (cognac)
- 1 pint fresh mushrooms, sliced
- 2 tablespoons butter
- 3 to 4 sprigs parsley
- 1 medium bay leaf
- ¼ teaspoon dried thyme
- 1 celery branch with leaves, cut up
- 2 cups red Burgundy

OVEN 350°

In a skillet, brown bacon pieces and chopped onion; remove. Add chicken pieces and brown slowly in bacon drippings; remove chicken. Add shallots, carrot, garlic, and brandy; cook about 3 minutes. Cook mushrooms in butter.

For Bouquet Garni, combine parsley, bay leaf, thyme, and celery in a tea ball or cheesecloth bag. Place in a 2-quart casserole. Arrange chicken, vegetables, and mushrooms in layers. Add wine to the skillet; heat to boiling and stir to loosen the crusty brown bits. Pour mixture over casserole. Cover; bake at 350° for 2 hours. Remove Bouquet Garni. Makes 4 servings.

CHICKEN CROQUETTES

Melt 3 tablespoons butter; blend in ¼ cup all-purpose flour. Add ½ cup milk and ½ cup chicken broth. Cook and stir till mixture thickens and bubbles. Cook and stir 1 minute. Add 1 tablespoon snipped parsley, 1 teaspoon lemon juice, 1 teaspoon grated onion, ¼ teaspoon salt, and dash each paprika, nutmeg, and pepper. Cool. Add 1½ cups finely diced cooked chicken; salt to taste. Chill thoroughly.

With wet hands, shape mixture into 8 balls (scant ¼ cup). Roll in ¾ cup fine crumbs (crackers or dry bread). Lightly shape balls into cones. Dip into mixture of 1 beaten egg and 2 tablespoons water; roll in crumbs. Fry in deep hot fat (365°) for 2½ to 3 minutes. Drain. Serves 4.

CHICKEN CHIP BAKE

OVEN 425°

Combine 2 cups cubed cooked chicken, 2 cups sliced celery, $\frac{3}{4}$ cup mayonnaise or salad dressing, $\frac{1}{3}$ cup toasted slivered almonds, 2 tablespoons lemon juice, 2 teaspoons grated onion, and $\frac{1}{2}$ teaspoon salt. Pile chicken mixture lightly in $8\frac{1}{4}\times 1\frac{1}{4}$ -inch round ovenware cake dish. Sprinkle with 2 ounces process American cheese, shredded ($\frac{1}{2}$ cup), then 1 cup crushed potato chips. Bake at 425° for 20 minutes, or till hot. Makes 6 servings.

CHICKEN LIVERS AND RICE

- 1 $\frac{1}{3}$ cups packaged precooked rice**
- $\frac{1}{2}$ pound chicken livers, cut up and browned in butter**
- 1 10-ounce package frozen chopped spinach, thawed**
- 4 ounces sharp natural Cheddar cheese, shredded (1 cup)**
- 2 tablespoons Burgundy**
- 2 tablespoons butter**
- $\frac{1}{2}$ teaspoon salt**
- Dash pepper**

OVEN 350°

Cook rice according to package directions. Combine rice, browned chicken livers, and remaining ingredients. Turn into $1\frac{1}{2}$ -quart casserole. Bake, covered, in moderate oven (350°) for 25 minutes. Garnish with more shredded cheese. Serves 5 or 6.

SAUCY CHICKEN SQUARES

OVEN 350°

Combine 2 cups soft bread crumbs, 2 cups chicken broth, 4 beaten eggs, $\frac{1}{3}$ cup chopped celery, $\frac{1}{4}$ cup chopped canned pimiento, 2 tablespoons finely chopped onion, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon poultry seasoning. Stir in 3 cups chopped cooked chicken and 1 cup cooked long-grain rice. Turn chicken mixture into $9\times 9\times 2$ -inch baking pan. Bake in moderate oven (350°) for 45 to 50 minutes. Cut in squares; serve with hot Mushroom Sauce. Makes 8 servings.

Mushroom Sauce: In small saucepan, blend one $10\frac{3}{4}$ -ounce can condensed cream of mushroom soup and $\frac{1}{4}$ cup milk; stir over low heat till heated through.

CALICO CHICKEN

Combine 2 cups dairy sour cream and $\frac{1}{2}$ envelope ($\frac{1}{4}$ cup) *dry* onion soup mix; chill. Place two $2\frac{1}{2}$ - to 3-pound ready-to-cook broiler-fryer chickens, cut up, in Dutch oven. Add 2 cups water, 1 cup dry white wine, 1 teaspoon salt, dash pepper, and $\frac{1}{2}$ teaspoon dried basil, crushed. Cover; cook chicken over low heat about 1 hour, or till tender.

Meanwhile, cook 2 cups long-grain rice, following package directions. Remove chicken from broth; cool. Cut in large pieces. Cook liquid in Dutch oven, uncovered, till reduced to $1\frac{1}{2}$ cups.

Blend in one $10\frac{1}{2}$ -ounce can condensed cream of mushroom soup, $\frac{1}{4}$ cup chopped canned pimiento, and $\frac{1}{4}$ cup snipped parsley. Stir in sour cream mixture, chicken, and rice. Cook and stir just till heated. Makes 10 to 12 servings.

CHICKEN STRATA

- 6 slices day-old white bread**
- 2 cups cubed cooked chicken or turkey**
- $\frac{1}{2}$ cup chopped onion**
- $\frac{1}{2}$ cup finely chopped celery**
- $\frac{1}{4}$ cup chopped green pepper**
- $\frac{1}{2}$ cup mayonnaise**
- $\frac{3}{4}$ teaspoon salt**
- Dash pepper**
- 2 slightly beaten eggs**
- $1\frac{1}{2}$ cups milk**
- 1 $10\frac{1}{2}$ -ounce can condensed cream of mushroom soup**
- $\frac{1}{2}$ cup shredded sharp process American cheese**

OVEN 325°

Butter 2 *slices* bread; cut in $\frac{1}{2}$ -inch cubes and set aside. Cut remaining bread in 1-inch cubes; place *half of unbuttered* cubes in bottom of $8\times 8\times 2$ -inch baking dish. Combine chicken, vegetables, mayonnaise, and seasonings. Spoon over bread cubes.

Sprinkle remaining *unbuttered* cubes over chicken mixture. Combine eggs and milk; pour over all. Cover and chill 1 hour or overnight. Spoon soup over top. Sprinkle with buttered cubes. Bake at 325° for 60 minutes, or till set. Sprinkle cheese over top last few minutes of baking. Let stand few minutes before serving. Makes 6 servings.

BREAD STUFFING

- 3 tablespoons chopped onion
- ¼ cup butter or margarine
- 4 cups dry bread cubes (about 7 slices cut in ½-inch cubes)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon poultry seasoning
- ½ teaspoon ground sage
- 2 to 4 tablespoons water or chicken broth

Cook onion in butter. Combine with bread and seasonings. Toss with enough liquid to moisten. Makes 3 cups stuffing, or enough stuffing for 4- to 5-pound chicken. Double recipe for 10-pound turkey.

Giblet Stuffing: Cook giblets till tender in lightly salted water to cover (page 286). Drain and chop giblets. Prepare Bread Stuffing, adding chopped giblets; use giblet broth as liquid.

Chestnut Stuffing: Cover 3 cups (1 pound) fresh chestnuts in shells with water; simmer 15 minutes. Drain. Make gash in shells with sharp knife; peel off while warm. Chop nuts. Prepare Bread Stuffing, cooking 1 cup chopped celery with the onion in 6 tablespoons butter. Add chestnuts. Increase salt to 1 teaspoon; use ¼ cup turkey or chicken broth as liquid.

Mushroom Stuffing: Prepare Bread Stuffing adding one 6-ounce can sliced mushrooms, drained, or 1 cup sliced fresh mushrooms cooked in butter; toss.

Raisin Stuffing: Prepare Bread Stuffing adding ¾ cup raisins to bread mixture.

Celery Stuffing: Prepare Bread Stuffing. Add 1½ cups finely chopped celery (cook in butter, if desired).

OYSTER STUFFING

Cook 1 bay leaf and ½ cup each chopped celery and onion in ¼ cup butter till tender. Discard bay leaf. Add 6 cups dry bread cubes and 1 tablespoon snipped parsley to butter mixture; mix thoroughly. Add 2 beaten eggs, 1 pint raw oysters, chopped, 1 teaspoon poultry seasoning, 1 teaspoon salt, and dash pepper. Add milk to oyster liquor to make ¼ to ⅓ cup; add enough liquid to stuffing to moisten. Makes enough stuffing for a 10-pound turkey.

HERB STUFFING

- 12 cups slightly dry bread cubes
- ⅓ cup snipped parsley
- ⅓ cup finely chopped onion
- 1½ teaspoons salt
- 1 teaspoon ground sage
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried rosemary, crushed
- 6 tablespoons butter, melted
- 1 cup canned chicken broth (not condensed)

Combine all ingredients except broth. Add broth; toss lightly to mix. Makes 8 cups or enough stuffing for one 12-pound turkey.

CORN BREAD STUFFING

OVEN 350°

In skillet, cook ½ pound bacon (8 to 10 slices) till crisp; drain, reserving ¼ cup drippings. Crumble bacon; set aside. To skillet, add 1 cup chopped celery, ¼ cup chopped onion, and ½ cup water. Cover; cook till barely tender, about 7 minutes.

Combine bacon, reserved drippings, vegetable mixture, 3 cups coarse corn bread crumbs, 6 slices toasted bread, cubed, ½ teaspoon rubbed sage, and 1 cup chicken or turkey broth; toss well. Bake, covered, in a 1½-quart casserole at 350° for 30 minutes. Makes 8 servings, or enough stuffing for an 8-pound turkey.

ORANGE STUFFING

- 2 cups finely diced celery
- ¼ cup butter, melted
- 3 cups toasted bread cubes (about 5 slices cut in ½-inch cubes)
- 1 teaspoon grated orange peel
- ⅔ cup diced orange sections (2 medium oranges)
- ½ teaspoon salt
- ½ teaspoon poultry seasoning
- 1 beaten egg

Cook celery in butter till tender but not brown. Add remaining ingredients and dash pepper; toss lightly. Makes enough stuffing for a 5-pound duckling.

STORING AND THAWING

To store: Fresh poultry can be wrapped loosely in waxed paper or clear plastic wrap and stored in the refrigerator for several days. Remove giblets, wrap loosely, and cook as soon as possible. Do not chop fresh poultry until ready to use.

Remove stuffing and meat from bones of cooked poultry as soon as possible. Chill; cover and wrap stuffing, meat, and gravy separately. Follow freezing directions for cooked poultry on page 190.

Thawing in brown paper bag: Leave turkey in original wrap. Place frozen turkey in brown paper bag or wrap in 2 to 3 layers of newspaper. Thaw at room temperature. Thawing will take 20 to 24 hours for birds under 12 pounds and up to 24 to 30 hours for birds over 12 pounds. Check turkey often during last hours of thawing.

Cold water thawing: Leave turkey in original wrap or place in plastic bag. Place frozen turkey in cold water. Change the water frequently. Thawing will take 30 minutes to 1 hour for small chickens and up to 6 to 8 hours for large turkeys. Never use warm or hot water.

Refrigerator thawing: Leave in original wrap and place on tray or drip pan. Thaw in refrigerator for 2 to 3 days. Once thawed, cook at once or keep refrigerated only a short time before cooking.

How to prepare poultry for roasting



Stuff and close wishbone cavity. Place bird, neck end down, in bowl. Lightly spoon in stuffing—do not pack; shake down.

CHICKEN GLOSSARY

Broiler-fryer or fryer: Young tender birds that weigh 1½ to 3½ pounds ready to cook. A broiler-fryer may be roasted, simmered, baked, fried, grilled, or broiled.

Capon: Large 4- to 7-pound ready-to-cook birds with large amount of tender and flavorful white meat; usually roasted.

Roaster: Tender birds that weigh 3½ to 5 pounds ready to cook.

Stewing chicken: Mature, less tender birds weighing 2½ to 5 pounds, having more fat. Cook in large amount of liquid.

Cornish game hen: The smallest, youngest member of the chicken family, weighing 1½ pounds or less. Roast, broil, or fry.

How much to buy for one serving

CHICKEN:

Broiler-fryer	¼ to ½ bird
Capon, roaster, stewing	about ½ pound
Cornish game hens	1 bird

TURKEY:

5 to 12 pounds	¾ to 1 pound
12 to 24 pounds	½ to ¾ pound
uncooked boneless roast	⅓ pound

DUCK, domestic about 1 pound

GOOSE, domestic about 1 pound



Push drumsticks under band of skin at tail. Or, if band of skin is not present, tie the legs securely together and to the tail.

Roasting of domestic birds and how to test for doneness

Stuff bird just before roasting. Allow about $\frac{3}{4}$ cup stuffing per pound ready-to-cook weight. Rinse bird and pat dry. Rub inside of cavities with salt, if desired. Spoon some of the stuffing loosely into wishbone cavity; skewer neck skin to back. Then, lightly spoon stuffing into large cavity. If opening has band of skin across tail, push drumsticks under band; if not present, tie legs together and to tail. Twist wing tips under back of turkey.

For unstuffed bird, sprinkle inside with salt. Stuff loosely with quartered onions and celery, if desired. Roast according to chart. Discard stuffing before serving.

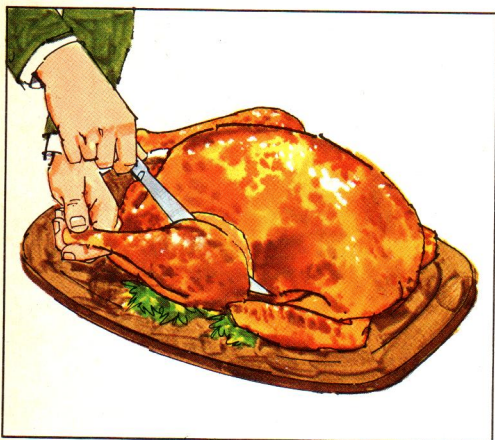
To roast: Place, breast up, on rack in shallow roasting pan. Rub skin thoroughly with salad oil. If meat thermometer is used,

insert in center of inside thigh muscle not touching bone. For turkey, "cap" loosely with foil, pressing it lightly at drumstick and breast ends. Avoid having foil touch top or sides. Roast in uncovered pan (unless specified) according to chart.

When bird is about $\frac{2}{3}$ done, cut band of skin or string between legs and tail. Continue roasting till done.

Test for doneness: About 20 minutes before roasting time is up, test bird. The thickest part of drumstick should feel very soft when pressed between fingers protected with paper towels, and drumstick should move up and down and twist easily in socket. Meat thermometer should register 185°. Remove bird from oven; let stand 15 minutes before carving.

Poultry	Ready-To-Cook Weight	Oven Temp.	Roasting Time Stuffed and Unstuffed	Special Instructions
Chicken	1½-2 lbs.	375°	¾-1 hr.	Brush dry areas of skin occasionally with pan drippings. Cover loosely with foil.
	2-2½ lbs.	375°	1-1¼ hrs.	
	2½-3 lbs.	375°	1¼-1½ hrs.	
	3-4 lbs.	375°	1½-2 hrs.	
Capon	4-7 lbs.	375°	1½-2 hrs.	Same as above.
Turkey	6-8 lbs.	325°	3½-4 hrs.	Cover loosely with foil. Last 45 minutes, cut band of skin or string between legs and tail; uncover and continue roasting till done. Baste, if desired.
	8-12 lbs.	325°	4-4½ hrs.	
	12-16 lbs.	325°	4½-5½ hrs.	
	16-20 lbs.	325°	5½-6½ hrs.	
Foil-wrapped Turkey	20-24 lbs.	325°	6½-7½ hrs.	Place trussed turkey, breast up, in center of greased, wide heavy foil. Bring ends of foil up over breast; overlap fold and press up against ends of turkey. Place bird in shallow pan (no rack). Open foil last 20 minutes to brown turkey.
	8-10 lbs.	450°	2¼-2½ hrs.	
	10-12 lbs.	450°	2½-3 hrs.	
	14-16 lbs.	450°	3-3¼ hrs.	
Turkey	18-20 lbs.	450°	3¼-3½ hrs.	
	22-24 lbs.	450°	3½-3¾ hrs.	
Cornish Game Hen	1-1½ lbs.	375°	1½ hrs.	Roast loosely covered for 30 minutes, then 60 minutes uncovered, or till done. If desired, occasionally baste with melted butter or a glaze the last hour.

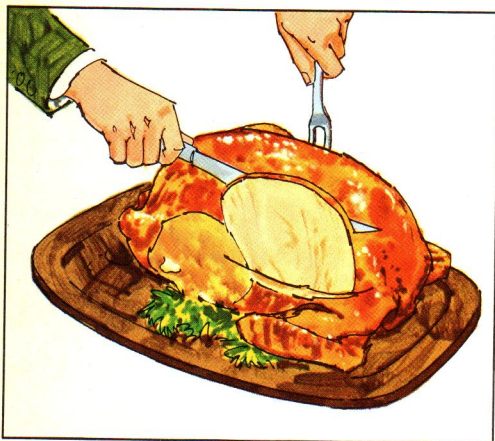
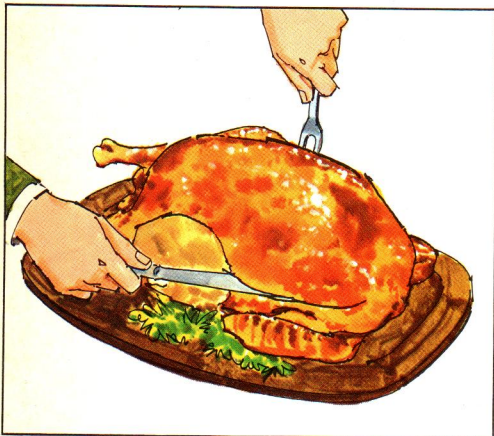
How to carve a turkey like an expert

Remove bird from oven about 15 minutes before carving and keep warm. Place bird on carving board or on platter protected with a board. Have drumsticks to carver's right. First carve side toward guests. Grasp leg with fingers and pull away from body. Cut through meat between thigh and backbone (drawing 1). With knife tip, disjoint leg bone from backbone.

Holding leg vertically, large end down, slice meat parallel to bone and under some tendons, turning leg for even slices. Or, first separate thigh and drumstick. Slice thigh meat by cutting slices parallel to bone. Slice drumstick as above.

Before carving white meat, make a deep horizontal cut into breast close to wing (drawing 2). (Note that wing tips have been folded behind back before roasting so that carving can be done more easily without removing wings.)

Cut thin, even slices from top of breast down to horizontal cut (drawing 3). Final smaller slices can follow curve of breast bone. If desired, cut an opening through thin meat where thigh, was removed to reach stuffing. Repeat each step with the other side of the bird. Complete carving.

**OVEN FRIED TURKEY**

No browning, no turning, no carving—

3 cups packaged herb-seasoned stuffing mix

1 4- to 6-pound ready-to-cook fryer-roaster turkey, cut up

Salt

Pepper

¾ cup butter or margarine, melted

OVEN 350°

Crush stuffing finely (will be about 1½ cups). Sprinkle turkey pieces with salt and pepper. Brush with melted butter or margarine; roll in stuffing crumbs. Place pieces, skin side up (don't crowd), in greased large shallow baking pan. Drizzle with any remaining butter or margarine. Cover pan with foil. Bake in moderate oven (350°) for 1 hour. Uncover and bake 30 to 45 minutes, or till tender. Serves 6 to 8.

TURKEY-NOODLE BAKE

OVEN 350°

Blend 1½ cups milk into one 10½-ounce can condensed cream of mushroom soup; stir in 3 beaten eggs. Add 3 ounces (about 2 cups) fine noodles, cooked and drained, 2 cups cubed cooked turkey, 1 cup soft bread crumbs (1½ slices), 4 ounces sharp process American cheese, shredded (1 cup), ¼ cup chopped green pepper, ¼ cup butter or margarine, melted, and 2 tablespoons chopped canned pimiento. Turn into 12x7½x2-inch baking dish.

Bake in moderate oven (350°) for 30 to 40 minutes, or till knife inserted off center comes out clean. Cut in squares to serve. Makes 6 to 8 servings.

HAM-TURKEY PIE

- 2½ cups cooked long-grain rice
- 2 beaten eggs
- ¼ cup butter or margarine, melted
- ⅓ teaspoon pepper
- • •
- ¼ cup butter or margarine
- 5 tablespoons all-purpose flour
- ¼ teaspoon pepper
- 2 cups chicken broth
- 1 cup chopped fully cooked ham
- 1 cup chopped cooked turkey
- ½ cup chopped mushrooms
- ¼ cup chopped green onion
- 3 tablespoons snipped parsley

OVEN 350°

To prepare rice shell, thoroughly combine cooked rice, beaten eggs, ¼ cup melted butter or margarine, and ⅓ teaspoon pepper. Press rice mixture firmly into an ungreased 9-inch pie plate. Set aside.

In a saucepan, melt remaining ¼ cup butter or margarine; blend in flour and ¼ teaspoon pepper. Add chicken broth all at once. Cook over medium heat, stirring constantly, till mixture thickens and bubbles. Remove from heat. Stir in chopped ham, chopped turkey, mushrooms, green onion, and snipped parsley; mix thoroughly.

Pour ham-turkey mixture into prepared rice shell. Bake in a moderate oven (350°) for 40 minutes. Let pie stand about 5 minutes before serving. Makes 6 servings.

TURKEY HASH—OVEN-STYLE

- 1½ cups coarsely ground cooked turkey
- 1 cup cubed cooked potato
- 1 5⅓-ounce can evaporated milk (⅔ cup)
- ¼ cup finely snipped parsley
- ¼ cup finely chopped onion
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon ground sage
- Dash pepper
- • •
- ¼ cup finely crushed saltine crackers (about 7 crackers)
- 1 tablespoon butter or margarine, melted

OVEN 350°

In a mixing bowl, stir together turkey, potato, evaporated milk, parsley, finely chopped onion, Worcestershire sauce, salt, sage, and dash pepper. Turn mixture into a greased 1-quart casserole.

Toss together saltine cracker crumbs and melted butter; sprinkle crumb mixture evenly over hash. Bake in a moderate oven (350°) till heated through, about 30 minutes. Makes 4 servings.

TURKEY-TOMATO BAKE

- ½ cup chopped onion
- ½ chopped celery
- 1 tablespoon butter or margarine
- 1 1-pound 1-ounce can whole kernel corn, drained
- 1½ cups chopped cooked turkey
- 1 10¾-ounce can condensed tomato soup
- ⅓ cup catsup
- 1 ounce process American cheese, shredded (¼ cup)
- 1 9-ounce package frozen French-fried crinkle-cut potatoes

OVEN 425°

In a skillet, cook onion and celery in butter till vegetables are tender but not brown. Stir in the corn, turkey, soup, catsup, and cheese. Turn into an 8x8x2-inch baking dish. Arrange potatoes over top. Bake, uncovered, in a hot oven (425°) for 25 minutes. Makes 6 servings.

TURKEY-ALMOND BAKE

- 1 8-ounce package frozen mixed vegetables in onion sauce
- Milk
- 1 6-ounce package noodles with chicken-almond mix
- 1½ to 2 cups cubed cooked turkey
- 2 tablespoons butter
- 2½ cups boiling water
- ½ cup crushed potato chips

OVEN 375°

Prepare vegetables following package directions, *except use milk*. Combine vegetables, noodles from mix, dry sauce from mix, turkey, and butter. Add boiling water; mix well. Pour into 1½-quart casserole. Cover; bake in moderate oven (375°) for 25 minutes. Uncover; stir well. Sprinkle with potato chips and almonds from the mix; bake 5 to 10 minutes more. Let stand 5 minutes before serving. Serves 4.

TURKEY SPOON BREAD

Spoon Bread

- ½ cup chopped onion
- ¼ cup chopped green pepper
- 1 clove garlic, minced
- 1 tablespoon salad oil
- 1 15-ounce can tomato sauce
- 1½ to 2 cups diced cooked turkey
- 1 to 1½ teaspoons chili powder
- 1 teaspoon sugar
- ½ teaspoon salt

OVEN 350°

Prepare Spoon Bread. Cook onion, pepper, and garlic in hot oil just till tender. Stir in remaining ingredients. Simmer, covered, 15 minutes. Serve over wedges of Spoon Bread. Makes 4 to 6 servings.

Spoon Bread: In a saucepan, gradually stir ¾ cup yellow cornmeal into 2 cups milk. Cook and stir till thickened. Add 1 cup shredded process American cheese, 1 tablespoon butter, ¾ teaspoon baking powder, ½ teaspoon salt, and ¼ teaspoon paprika. Stir till cheese melts. Gradually add a moderate amount of hot mixture to 2 beaten egg yolks; beat well and return to hot mixture. Beat 2 egg whites till stiff; fold into cornmeal mixture. Turn into greased 9-inch pie plate. Bake at 350° for 40 to 45 minutes.

STUFFED CORNISH HENS

- ⅔ cup long-grain rice
- 3 tablespoons butter
- 2 cups water
- 2 teaspoons instant chicken bouillon granules
- ¾ cup chopped fresh cranberries
- 3 tablespoons sugar
- 1 teaspoon grated orange peel
- 2 tablespoons orange juice
- 4 1-pound ready-to-cook Cornish game hens
- Orange Glaze

OVEN 375°

In a saucepan, cook rice in butter 5 minutes, stirring often. Stir in water and bouillon granules. Bring to boiling; reduce heat. Cover; cook over low heat till rice is tender, about 20 minutes.

Stir in berries, sugar, peel, and orange juice. Salt cavity of birds. Stuff each with cranberry mixture; push drumsticks under band of skin at tail or tie to tail. Place birds on rack in shallow roasting pan. Cover loosely with foil. Roast in a 375° oven for 30 minutes. Uncover; roast 1 hour longer. Brush occasionally with Orange Glaze. Serves 4.

Orange Glaze: Combine ¼ cup orange juice and 3 tablespoons melted butter.

PHEASANT WITH APPLES

Coat two 1½- to 3-pound ready-to-cook pheasants, cut up, with mixture of ¼ cup all-purpose flour, 1 teaspoon salt, and ¼ teaspoon pepper. In a skillet, lightly brown pheasant pieces in 6 tablespoons butter or margarine. Add ¾ cup sauterne; simmer, covered, 35 to 55 minutes, or till tender. Remove pheasant to serving platter; keep warm. Reserve pan drippings.

Beat ¾ cup light cream with 3 egg yolks. Slowly stir egg mixture into reserved pan drippings in skillet; cook and stir over medium heat just till mixture is smooth and thickened. *Do not boil*. Pour sauce over pheasants. Garnish platter with Sauteed Apples. Makes 4 to 5 servings.

Sauteed Apples: In a skillet, melt 3 tablespoons butter or margarine. Add 2 apples, cored and sliced into wedges. Sprinkle with 1 teaspoon sugar; cook apples, turning often, till lightly browned.

ROAST DOMESTIC GOOSE

OVEN 350°

Remove excess fat from body cavity of a 7- to 9-pound ready-to-cook goose. Sprinkle cavity with salt and pepper. Stuff, if desired. Tuck legs under band of skin or tie legs to tail. Twist wing tips under back of goose. Place, breast side up, on rack in shallow roasting pan. *Do not rub with oil.* Prick legs and wings. Loosely cap with foil. Roast at 350° till internal temperature at thigh registers 185°, for 2½ to 3 hours; spoon off fat several times.

BROILED CORNISH HEN

Split one 1- to 1½-pound ready-to-cook Cornish game hen in half lengthwise. Place, skin side down, in broiler pan (no rack). Brush with melted butter. Season with salt and pepper. Broil 7 inches from heat for 15 minutes. Brush occasionally with butter. Turn, broil 15 minutes longer, or till done. Makes 2 servings.

SQUAB

OVEN 400°

To roast: Sprinkle inside of four 12- to 14-ounce ready-to-cook squabs with salt. Brown giblets; add to *half* recipe Bread Stuffing (page 289). Stuff squab; rub skin with butter or lay bacon slices over breast. Roast, breast up, on rack in shallow pan in hot oven (400°) for 40 to 50 minutes, or till tender. Makes 4 servings.

To broil: Cook as for Broiled Cornish Hen. Broil 5 to 7 inches from heat for *total* of 20 to 30 minutes. Serve on buttered toast. Allow 1 bird per serving.

SMOTHERED QUAIL

In skillet, brown four 4- to 6-ounce ready-to-cook quail, split in halves lengthwise in ¼ cup butter. Season with salt and pepper. Top with ½ cup chopped onion; add ½ cup light cream. Cover and simmer about 30 minutes, or till tender. Remove quail to a warm platter. Blend 2 tablespoons cold water into 1 teaspoon cornstarch; add to pan drippings. Simmer and stir till thickened and bubbly. Pour gravy over quail. Makes 4 servings.

ROAST PHEASANT

OVEN 350°

Roast only young birds—feet are still gray with rounded and flexible spurs. Salt inside of one 1- to 3-pound ready-to-cook pheasant. Stuff, if desired (page 289). Tie legs together and to tail; place, breast up, on rack in shallow roasting pan. Lay bacon slices over breast. Roast, uncovered, at 350° for 1 to 2½ hours, or till tender. Allow 1 to 1½ pounds per serving.

ROAST DOMESTIC DUCK

OVEN 375°

Remove wing tips and first joint from one 3- to 5-pound ready-to-cook domestic duck. Sprinkle inside with salt. Stuff lightly with Orange Stuffing (page 289), or celery and 1 quartered tart apple. Prick skin all over. *Do not rub with oil.* Tie legs together and to tail; place, breast up, on rack in shallow pan. Don't add water. Roast, uncovered, at 375° for 1½ to 2 hours. Increase temperature to 425° for 15 minutes longer, or till done. Serves 3 or 4.

Note: If desired, roast duck in electric skillet. Place, breast up, on rack in skillet (325°). Prick skin. Cover; cook about 2 hours. Before testing for doneness, unplug skillet and *let cool 5 minutes.* Then, remove the cover of the skillet *carefully.*

ROAST WILD DUCK, GOOSE

OVEN 400°

Salt inside of ready-to-cook wild duck or goose. Stuff loosely with quartered onions and apples. Tie legs together and to tail; place, breast side up, on rack in shallow pan. Do not brush *duck* with oil. For *goose*, lay bacon slices over breast or rub with oil. Roast, uncovered, at 400°. Roast a 1- to 2-pound duck, 60 to 90 minutes. For a 2- to 4-pound goose allow ½ to 3 hours; 4- to 6-pounds allow 3 to 4 hours. Cap loosely with foil if necessary to prevent excess browning. Discard stuffing. Allow 1 to 1½ pounds per serving.

Note: If bird has had a fish diet or may be old, stuff loosely with pared carrot or quartered potato; precook in simmering water about 10 minutes. Discard stuffing. Prepare and roast as above.

FISH

STUFFED FLOUNDER

- ¼ cup chopped onion
- ¼ cup butter or margarine
- 1 3-ounce can broiled chopped mushrooms, drained (reserve liquid)
- 1 7½-ounce can crab meat, drained and cartilage removed
- ½ cup coarse saltine cracker crumbs
- 2 tablespoons snipped parsley
- ½ teaspoon salt
- Dash pepper
- 2 pounds flounder fillets (8)
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- Milk
- ⅓ cup dry white wine
- 4 ounces process Swiss cheese, shredded (1 cup)
- ½ teaspoon paprika

OVEN 400°

In skillet, cook onion in ¼ cup butter till tender, but not brown. Stir mushrooms into skillet with flaked crab, cracker crumbs, parsley, ½ teaspoon salt, and pepper. Spread over flounder fillets. Roll fillets and place, seam side down, in 12x7½x2-inch baking dish. In saucepan, melt 3 tablespoons butter. Blend in flour and ¼ teaspoon salt. Add enough milk to mushroom liquid to make ½ cups. Add with wine to saucepan. Cook and stir until thickened and bubbly. Pour over fillets.

Bake in hot oven (400°) for 25 minutes. Sprinkle with cheese and paprika. Return to oven. Bake 10 minutes longer, or till fish flakes easily with fork. Serves 8.

FISH-FRY POINTERS

- Use large pan to avoid crowding fish.
- Turn fish once when crisp and golden. For fillets, brown skin side last.
- Thaw frozen fish before frying. Separate pieces and cut in uniform size.
- After frying, drain fish immediately on paper towels to remove excess fat.

OVEN FRIED FISH

- 1 pound fish fillets or steaks
- ½ cup milk
- ½ cup fine dry bread crumbs
- 2 tablespoons butter or margarine, melted

OVEN 500°

Cut fillets in serving pieces. Dip in milk and roll in bread crumbs. Place in well-greased baking pan; sprinkle with salt and pepper.

Drizzle melted butter or margarine over fish and bake in an extremely hot oven (500°) 10 to 12 minutes, or till fish flakes easily with fork. Makes 3 to 4 servings.

DEEP-FAT FRIED FISH

Use 2 pounds fresh or frozen fish fillets, steaks, or pan-dressed fish. Thaw frozen fish. Cut into 6 portions. Combine 1 egg and 2 tablespoons water. Combine ¼ cups fine saltine cracker crumbs and dash pepper. Dip fish into egg; roll in crumbs. Place in single layer in fryer basket. Fry in deep, hot fat (350°) 3 to 5 minutes, or till fish flakes easily. Drain. Makes 6 servings for fillets or steaks; 4 servings for pan-dressed fish.

FRIED FISH

Wash cleaned fresh- or salt-water fish; dry thoroughly. Dip in 1 beaten egg mixed with 1 tablespoon water, then in bread crumbs, seasoned all-purpose flour, or cornmeal.

Brown fish in ¼ inch hot fat on one side; turn; brown on other side.

Small fish may be fried whole. Larger fish should be boned and cut in steaks or fillets before they are fried.

BROILED FISH

Cut 2 pounds fish fillets or steaks into 6 portions. Place in a single layer on greased rack of broiler pan. Tuck under any thin edges. Melt 2 tablespoons butter. Brush *half* the butter over fish. Season with 1 teaspoon salt and dash pepper. Broil 4 inches from heat 10 to 15 minutes, or till fish flakes easily, brushing once with remaining butter. Serves 6.



Stuffed Flounder is perfect for an elegant dinner. It's filled with a crab-mushroom

mixture and sauced with a hint of wine. Swiss cheese tops off each flaky fish roll.

STUFFED WHITEFISH

- 1 3-pound dressed whitefish or other fish, boned**
- ¼ cup chopped onion**
- 3 tablespoons chopped green pepper**
- 1 tablespoon butter**
- 1 12-ounce can whole kernel corn, drained**
- 1 cup soft bread crumbs**
- 2 tablespoons chopped canned pimiento**
- ⅛ teaspoon dried thyme, crushed**
- 2 tablespoons salad oil**

OVEN 350°

Sprinkle inside of fish with salt. Place in well-greased shallow pan. Cook onion and pepper in butter. Stir in next 4 ingredients and ½ teaspoon salt. Stuff fish loosely. Brush with oil; cover with foil. Bake at 350° 45 to 60 minutes. Serves 6.

SALMON STEAKS

OVEN 350°

Place 4 salmon steaks, 1 inch thick, in shallow baking pan. Blend ⅓ cup melted butter, 1 teaspoon Worcestershire sauce, 1 teaspoon grated onion, and ¼ teaspoon paprika; brush some lightly on fish. Sprinkle with salt. Bake at 350° for 25 to 30 minutes. Pass remaining sauce. Serves 4.

STEAMED FISH

Use 1 pound fish fillets *or* steaks, *or* one 3-pound dressed fish. Bring 2 cups water to boiling in 10-inch skillet or fish poacher with tight fitting cover. Sprinkle fish with 1 teaspoon salt. Place on greased rack in pan so that fish does not touch water. Cover pan tightly; steam till fish flakes easily when tested with a fork—fillets, 3 to 4 minutes; steaks, 6 to 8 minutes; dressed, 20 to 25 minutes.

QUICK TUNA CURRY

Cook $\frac{1}{2}$ cup chopped onion, $\frac{1}{4}$ cup chopped green pepper, and 1 clove garlic, minced, in 2 tablespoons butter till tender, but not brown. Stir in 1 cup dairy sour cream, 1 teaspoon curry powder, and salt and pepper to taste. Add one 6 $\frac{1}{2}$ - or 7-ounce can tuna, drained and broken in bite-size pieces. Heat slowly, stirring often, just till hot (do not boil). Serve over hot rice dotted with raisins. Serves 4 or 5.

TUNA SALAD BAKE

OVEN 400°

Combine one 10 $\frac{1}{2}$ -ounce can condensed cream of chicken soup, 1 cup diced celery, $\frac{1}{4}$ cup finely chopped onion, $\frac{1}{2}$ cup mayonnaise or salad dressing, $\frac{1}{2}$ teaspoon salt, and dash pepper. Fold in one 6 $\frac{1}{2}$ - or 7-ounce can tuna, drained and flaked, and 3 hard-cooked eggs, sliced. Turn into 1 $\frac{1}{2}$ -quart casserole. Sprinkle with 1 cup crushed potato chips. Bake in hot oven (400°) for 35 minutes. Makes 6 servings.

SALMON LOAF

- 1 1-pound can salmon,
drained and flaked
- 2 cups soft bread crumbs
- 1 tablespoon chopped onion
- 1 tablespoon butter, melted
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 1 slightly beaten egg
- Piquant Sauce

OVEN 350°

In a bowl, combine salmon, crumbs, chopped onion, butter, and salt. Combine milk and egg; add to salmon mixture and mix thoroughly. Shape into a loaf on a greased shallow baking pan or in 7 $\frac{1}{2}$ x3 $\frac{3}{4}$ x2 $\frac{1}{4}$ -inch loaf pan. Bake at 350° for 35 to 40 minutes. Serve with Piquant Sauce or creamed peas. Makes 3 or 4 servings.

Piquant Sauce: Cook 2 tablespoons chopped green onion in 3 tablespoons butter till tender, but not brown. Blend in 2 tablespoons all-purpose flour, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{2}$ teaspoon salt, and dash pepper. Add 1 $\frac{1}{4}$ cups milk and 1 teaspoon Worcestershire sauce. Cook, stirring constantly, till sauce thickens and bubbles.

HADDOCK-SHRIMP BAKE

- 2 pounds frozen haddock
fillets, slightly thawed
- 1 10 $\frac{1}{2}$ -ounce can condensed
cream of potato soup
- $\frac{3}{4}$ cup milk
- 1 cup frozen, cooked shrimp
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{2}$ teaspoon grated onion
- $\frac{1}{2}$ teaspoon Worcestershire
sauce
- $\frac{1}{4}$ teaspoon garlic salt
- 1 $\frac{1}{4}$ cups rich round cracker
crumbs (30 crackers)

OVEN 375°

Place fish in greased 13x9x2-inch baking dish. Heat soup and milk. Stir in shrimp. Spread over fish. Bake at 375° for 20 minutes. Combine remaining ingredients *except* crumbs; mix in crumbs. Sprinkle over fish. Bake 10 minutes. Serves 6 to 8.

HALIBUT ROYALE

OVEN 450°

In shallow dish, combine 3 tablespoons lemon juice, 1 teaspoon salt, and $\frac{1}{2}$ teaspoon paprika. Add 6 halibut steaks and marinate for 1 hour, turning steaks after 30 minutes. Cook $\frac{1}{2}$ cup chopped onion in 2 tablespoons butter till tender, but not brown. Place steaks in greased 10x6x1 $\frac{1}{2}$ -inch baking dish. Top with 6 green pepper strips and sprinkle with onion. Bake at 450° about 10 minutes. Serves 6.

HERB-BAKED FISH

OVEN 350°

Thaw 1 pound frozen haddock, halibut, or cod fillets. Place in 10x6x1 $\frac{1}{2}$ -inch baking dish. Dot with 1 tablespoon butter.

Thoroughly blend 1 cup milk and 2 tablespoons all-purpose flour. Cook over medium heat, stirring constantly, till sauce thickens and bubbles. Cook and stir 1 minute longer. Stir in $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon garlic salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{8}$ teaspoon dried thyme, crushed, dash dried oregano, crushed, and $\frac{1}{4}$ cup chopped green onion.

Pour sauce over fish. Sprinkle lightly with paprika. Bake, uncovered, at 350° for 20 to 25 minutes. Makes 4 servings.

FLOUNDER PROVENCALE

- 6 flounder fillets (1½ pounds)**
- 4 tablespoons butter**
- ¼ cup chopped onion**
- 1 clove garlic, minced**
- 1 1-pound can tomatoes, cut up**
- 1 3-ounce can chopped mushrooms, drained (½ cup)**
- ¼ cup dry white wine**
- 6 lemon wedges**
- Parsley sprigs**

Dot each fillet with 2 *teaspoons* butter. Sprinkle with salt and paprika. Roll up fillets; fasten with wooden picks. Place fillet rolls in skillet. Add onion and next 4 ingredients. Cover tightly and simmer about 15 minutes, or till fish flakes. Remove fish to warm platter; keep hot. Simmer sauce until slightly thickened. Spoon sauce over fish rolls. Garnish with lemon wedges and parsley sprigs. Makes 6 servings.

CODFISH BALLS

- ½ pound salt codfish**
- 3 cups diced raw potatoes**
- 1 beaten egg**
- 2 tablespoons butter or margarine**
- ¼ teaspoon pepper**

Freshen codfish by soaking in water several hours or overnight. Dice. Cook potatoes and codfish in boiling water till potatoes are tender; drain. Beat with electric mixer and add egg, butter or margarine, and pepper; beat thoroughly.

Drop by heaping tablespoons (about the size of golf balls) into deep, hot fat (375°). Fry about 2 to 3 minutes, or till golden brown, turning once. Drain. Makes 30.

STEAMED CLAMS

Thoroughly wash 5 dozen soft-shelled clams in shells (oval shape). Cover with salt water (½ cup salt to 1 gallon cold water); let stand 15 minutes; rinse. Repeat twice. Place clams on rack in kettle with 1 cup hot water; cover tightly and steam just till shells open, about 5 minutes. Cut out and serve on half shell with melted butter. Makes 4 servings.

CRAB-ARTICHOKE BAKE

OVEN 375°

Drain and flake two 7½-ounce cans crab meat; toss with 1 cup cubed process Swiss cheese, ⅓ cup chopped green pepper, ¼ cup finely chopped onion, and 1 teaspoon salt. Blend ½ cup mayonnaise and 2 teaspoons lemon juice; toss with crab mixture.

Remove small center leaves of 5 cooked artichokes, leaving a cup. Remove chokes. Fill artichokes with crab salad. Place in 12x7½x2-inch baking dish. Pour hot water around them ¼-inch deep. Cover and bake at 375° for 35 minutes. Serves 5.

CLAM-STUFFED SHRIMP

- 1 pound large raw shrimp in shells (about 16 shrimp)**
- ¾ cup rich round cracker crumbs**
- 3 tablespoons butter, melted**
- 1 7- or 7½-ounce can minced clams, drained**
- 2 tablespoons snipped parsley**
- ⅛ teaspoon garlic powder**
- ⅛ teaspoon salt**
- Dash pepper**
- ⅓ cup dry white wine**

OVEN 350°

Shell and devein shrimp. Slit each along vein side about halfway through. Combine crumbs and butter. Stir in clams, parsley, garlic powder, salt, and pepper. Stuff each shrimp. Arrange in 12x7½x2-inch baking dish. Bake at 350° for 18 to 20 minutes; baste with wine. Serves 4.

CRAB-SHRIMP BAKE

OVEN 350°

Combine 1 cup cleaned cooked shrimp (cut large shrimp in half lengthwise), 1 cup diced celery, ¼ cup chopped green pepper, 2 tablespoons finely chopped onion, one 7½-ounce can crab meat, drained, flaked, and cartilage removed, ½ teaspoon salt, dash pepper, 1 teaspoon Worcestershire sauce, and ¾ cup mayonnaise.

Turn into 1-quart casserole or individual bakers. Combine 1 cup soft bread crumbs with 1 tablespoon butter, melted. Sprinkle atop casserole. Bake at 350° for 30 to 35 minutes for casserole, 20 to 25 minutes for individual bakers, or till hot. Serves 4.

SCALLOPED FISH

- 1 1-pound package frozen fish fillets, thawed and cut in 1-inch pieces
- 2 cups water
- ¼ cup finely chopped onion
- ¼ cup finely chopped green pepper
- 1 tablespoon butter or margarine, melted
- 2 beaten eggs
- 1½ cups milk
- 1½ cups coarsely crumbled saltine crackers (20 crackers)
- 1 1-pound can peas and carrots, drained
- 1 tablespoon lemon juice
- 2 teaspoons Worcestershire sauce
- ⅛ teaspoon pepper
- 2 ounces sharp process American cheese, shredded (½ cup)

OVEN 350°

Place fish in water. Simmer, covered, 3 minutes; drain well. Cook onion and green pepper in butter till tender. Combine eggs, milk, and cracker crumbs. Stir in fish, onion, green pepper, peas and carrots, lemon juice, Worcestershire, and pepper. Turn mixture into 2-quart casserole. Bake in a moderate oven (350°) till set, about 50 minutes. Sprinkle with cheese; bake 5 minutes longer. Serves 6.

BAKED SEAFOOD SALAD

OVEN 350°

Mix one 7½-ounce can crab meat, flaked and cartilage removed, one 4½-ounce can shrimp, drained, 1½ cups chopped celery, ¼ cup chopped green pepper, ¼ cup chopped onion, and ¼ cup chopped canned pimiento.

Blend together ¾ cup dairy sour cream, ¼ cup mayonnaise, 1 tablespoon lemon juice, ½ teaspoon Worcestershire sauce, ½ teaspoon salt, and dash pepper; stir into seafood mixture. Spoon into 10x6x1½-inch baking dish. Combine 1 cup soft bread crumbs and 1 tablespoon butter or margarine, melted; sprinkle atop casserole. Bake in a moderate oven (350°) for 20 to 25 minutes. Makes 4 to 6 servings.

SCALLOP-CHEESE BAKE

- 1 pound fresh or frozen scallops
- 1 tablespoon finely chopped onion
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- ⅛ teaspoon pepper
- ½ cup milk
- 1 3-ounce can chopped mushrooms, drained
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped canned pimiento
- 1 tablespoon snipped parsley
- 2 ounces sharp process American cheese, shredded (½ cup)
- 1½ cups crushed potato chips

OVEN 350°

Thaw frozen scallops; rinse. Cover scallops with cold water. Bring to boiling; reduce heat and simmer 2 minutes. Drain, reserving 1 cup of the liquid. Slice scallops about ¼ inch thick.

Cook onion in butter till tender. Blend in flour and pepper. Add reserved cooking liquid and milk. Cook and stir till thickened. Remove from heat. Stir in mushrooms, Parmesan, pimiento, parsley, and scallops. Turn into 1½-quart casserole; sprinkle with shredded cheese; top with potato chips. Bake at 350° for 20 to 25 minutes. Makes 5 or 6 servings.

CLAM FRITTERS

- 2 well-beaten egg yolks
- ½ cup milk
- 2 7½-ounce cans minced clams, drained
- 1 cup fine dry bread crumbs
- 2 teaspoons snipped parsley
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 stiffly beaten egg whites
- Salad oil

Combine first 7 ingredients. Fold in egg whites. Drop batter from a tablespoon into skillet containing ¼ inch hot oil. Fry, turning once. Garnish with orange slices, if desired. Makes 6 servings.

SHRIMP ARITHMETIC

SHRIMP IN 1 POUND

Size	Number of raw shrimp in shell from 1 pound
Jumbo-size	15 to 18
Average-size	26 to 30
Tiny	60 or more

BUY IN SHELL OR SHELLED

Amount needed	Amount to buy
For each 1 cup cleaned cooked shrimp	12 ounces raw shrimp in shell <i>or</i> 7 or 8 ounces frozen shelled shrimp <i>or</i> 1 4½- or 5-ounce can shrimp

FRESH COOKED SHRIMP

Combine 6 cups water, 2 tablespoons salt, 2 tablespoons vinegar, 2 bay leaves, 1 teaspoon mixed pickling spices, and 2 branches celery; bring to boiling.

Add 2 pounds fresh or frozen shrimp, in shells, or peeled and cleaned. Heat to boiling, then lower heat and simmer gently till shrimp turn pink, about 1 to 3 minutes. Drain. If cooked in shell, peel shrimp; remove vein that runs down back.

Note: When cooking shrimp for highly seasoned dishes, omit vinegar and spices.

FRENCH FRIED SHRIMP

- 1 cup sifted all-purpose flour
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 slightly beaten egg
- 1 cup ice water
- 2 tablespoons salad oil
- 2 pounds fresh or frozen shrimp in shells

Combine ingredients except shrimp; beat smooth. Shell shrimp, leaving last section and tail intact. Butterfly shrimp by cutting almost through at center back without severing tail end; remove black vein.

Dry shrimp well. Dip into batter; fry in deep hot fat (375°) till golden. Drain. Serve with Cocktail Sauce (page 65).

SHRIMP DE JONGHE

- ½ cup butter or margarine
- 2 cloves garlic, minced
- ⅓ cup snipped parsley
- ½ teaspoon paprika
- Dash cayenne
- ½ cup dry white wine
- 2 cups soft bread crumbs
- 4 cups cleaned cooked shrimp

OVEN 350°

Melt butter; add garlic, parsley, paprika, cayenne, and wine; mix. Stir in bread crumbs. Place shrimp in 12x7½x2-inch baking dish. Spread butter mixture over.

Bake in moderate oven (350°) 25 minutes, or till crumbs brown. Sprinkle with more snipped parsley. Serves 6 to 8.

DEEP FRIED OYSTERS OR SCALLOPS

Drain oysters or scallops; dry between paper towels. Roll in all-purpose flour seasoned with salt and pepper. Dip into mixture of 1 beaten egg and 1 tablespoon water, then fine dry bread crumbs. Fry golden in deep hot fat (375°) about 2 minutes. Drain on paper towels. Serve hot; pass Tartare Sauce (page 346).

SCALLOPED OYSTERS

- 1 pint oysters
- 2 cups medium-coarse cracker crumbs (46 crackers)
- ½ cup butter, melted
- ¾ cup light cream
- ½ teaspoon salt
- ¼ teaspoon Worcestershire sauce

OVEN 350°

Drain oysters, reserving ¼ cup liquor. Combine crumbs and butter. Spread a *third* of crumbs in 8x1½-inch round pan. Cover with *half* the oysters. Sprinkle with pepper. Using another *third* of the crumbs, spread a second layer; cover with remaining oysters. Sprinkle with pepper.

Combine cream, reserved oyster liquor, salt, and Worcestershire sauce. Pour over oysters. Top with remaining crumbs. Bake in moderate oven (350°) about 40 minutes, or till done. Makes 4 servings.

PANFRIED SCALLOPS

- 1 pound fresh or frozen scallops**
- 2 tablespoons all-purpose flour**
- ½ teaspoon salt**
- Dash pepper**
- ¼ cup butter or margarine**

Thaw frozen scallops. Dry scallops with paper toweling. Combine flour, salt, and pepper. Dip scallops in seasoned flour to coat. Melt butter in skillet. Add scallops; cook over medium heat, turning often, for 5 to 8 minutes, or till browned and opaque in appearance. Serve with lemon wedges, if desired. Serves 3 or 4.

FRIED SOFT-SHELL BLUE CRAB

Sprinkle 8 cleaned soft-shell blue crabs with salt. Roll in a mixture of ½ cup fine saltine cracker crumbs and 1 tablespoon all-purpose flour. Dip in mixture of 1 slightly beaten egg and ½ cup milk; roll in crumbs and flour again. Heat a small amount of salad oil in a skillet. Fry crabs in hot fat 3 to 5 minutes on each side, depending on size of crabs. Drain. Serves 4.

To Deep-fat Fry: Fry coated crabs in deep, hot fat (350°) 4 minutes, or till golden. Drain thoroughly on paper toweling.

BOILED HARD-SHELL CRAB

Wash and scrub live hard-shell blue crabs. Bring enough salted water to boiling in a large kettle to completely cover the crabs. Plunge live crabs into the water. Cover and return to boiling. Reduce heat and simmer 15 minutes. Drain. When cool enough to handle, remove meat as follows: Break off large claws. Pull off top shell. Cut or break off the legs. Remove all the spongy parts—gills, stomach, and intestines. Remove the semitransparent membrane covering the meat in the body. Rinse. Remove small apron-shaped piece on bottom of crab and the projecting mouth parts opposite this piece. Break body in half. Remove meat with fingers, nutpick, small fork, or knife. To remove meat from claws, first crack the different segments of claws and break the shell. Allow about 3 or 4 blue crabs for each serving.

CORN-OYSTER SCALLOP

OVEN 350°

Combine one 1-pound can (2 cups) cream-style corn, one 10¼-ounce can condensed oyster stew, 1 cup coarsely crushed saltine crackers (22 crackers), 1 cup milk, 1 slightly beaten egg, ¼ cup finely chopped celery, 1 tablespoon finely chopped canned pimiento, ¼ teaspoon salt, and dash pepper. Mix ingredients thoroughly. Pour into a greased 1½-quart casserole.

Combine 2 tablespoons butter, melted, and ½ cup coarsely crushed crackers (11 crackers); sprinkle atop. Bake at 350° for 1 hour, or till knife inserted off center comes out clean. Makes 6 servings.

LOBSTER NEWBURG

- 6 tablespoons butter or margarine**
- 2 tablespoons all-purpose flour**
- 1½ cups light cream**
- 3 beaten egg yolks**
- 1 5-ounce can (1 cup) lobster, broken in large pieces**
- 3 tablespoons dry white wine**
- 2 teaspoons lemon juice**
- ¼ teaspoon salt**
- Paprika**
- Pastry Petal Cups**

Melt butter in skillet; blend in flour. Add cream all at once. Cook, stirring constantly, till sauce thickens and bubbles.

Stir small amount of hot mixture into egg yolks; return to hot mixture; cook, stirring constantly, till thickened. Add lobster; heat through. Add wine, lemon juice, and salt. Sprinkle with paprika. Serve in Pastry Petal Cups or over toast points. Makes 4 or 5 servings.

Pastry Petal Cups: Make Plain Pastry (page 264) or use piccrust mix. Roll ⅛ inch thick; cut in 2¼-inch rounds. In each of 5 muffin cups, place one round in bottom and overlap 4 rounds on sides; press together. Prick. Bake at 450° for 10 to 12 minutes. Cool. A recipe that calls for 1½ cups flour will make 5 pastry cups.

Crab Meat Newburg: Substitute 1 cup flaked, cooked crab meat for lobster.

Shrimp Newburg: Substitute 2 cups cleaned cooked shrimp for the lobster.

LOBSTER

Boiled: Select active live lobsters. Plunge into enough boiling salted water to cover. Bring to boil; reduce heat and simmer 20 minutes. Remove at once. Place on back. With sharp knife, cut in half lengthwise. Remove black vein that runs to tip of tail. Discard all organs in body section near head except red coral roe (in females only) and brownish-green liver. Crack claws. Serve with cups of melted butter. Or, chill and use meat in salads.

Broiled: Select active live lobsters. Plunge into enough boiling salted water to cover. Cook 2 minutes. Remove from pan; place lobster on back on cutting board. With sharp knife, split lengthwise from head to tail. Cut off head, if desired. Using scissors, snip out under shell membrane on tail section. Discard all organs in body section except brownish-green liver and red coral roe (in females only). Remove black vein that runs down to tail. Crack claws.

Place on broiler pan, shell side up; broil 5 inches from heat 7 minutes. Turn; flatten open to expose meat. Brush with 1 tablespoon butter, melted. Season with salt and pepper. Broil 7 to 8 minutes more. Serve with melted butter and lemon wedges. Allow 1 to 1½ pound lobster per serving.

ROCK LOBSTER TAILS

Boiled: Drop frozen rock lobster tails into boiling salted water to cover. Bring to boil; simmer 3 ounce tail 3 to 4 minutes, 6 ounce tail 8 minutes, and 8 ounce tail 11 minutes. Drain. Prepare to serve (see pictures 2 and 3). Pass melted butter. Or, chill and use meat for salads or casseroles.

Broiled: With sharp knife, cut down through center of hard top shell of frozen tail. Cut through meat, but not through under shell. Spread open, butterfly-style, so meat is on top. Place tails on broiler pan, shell side down. Dash few drops bottled hot pepper sauce into melted butter; brush over meat.

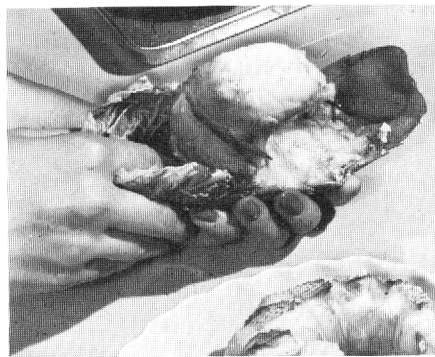
Broil 4 inches from heat. Broil 6 to 8 ounce tail 17 minutes. Avoid overcooking. Meat is done when it loses its translucency and can be flaked with a fork. To serve, loosen meat by inserting fork between shell and meat. Pass melted butter and lemon.



Lift live lobsters by taking hold of them just behind the eyes. Then, plunge head-first into a pot of boiling salted water.



Drain boiled lobster tails. With scissors, cut away thin underside membrane—cut down each side and remove under shell.



To remove cooked meat, grasp tail. Insert index finger between shell and meat; pull firmly, separating shell and meat.



Time soft-cooked eggs carefully after the water comes to a boil so that yolks and

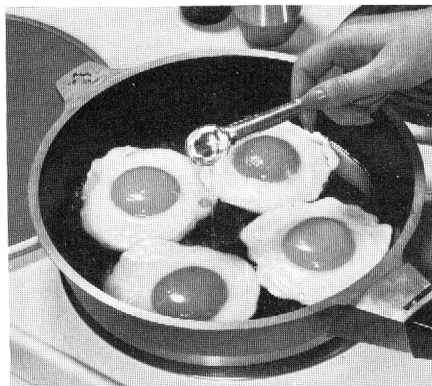
white are set just the way you like them. Serve the eggs in attractive egg cups.



EGG COOKERY

FRIED EGGS

In a skillet, melt a small amount of butter, margarine, or bacon fat. Add eggs; season with salt and pepper. When the whites are set and edges cooked, add $\frac{1}{2}$ teaspoon water per egg. Cover skillet and cook eggs to desired doneness.



CODDLED EGGS

Place room-temperature eggs gently into boiling water. Remove from heat; cover and let stand 1 to $1\frac{1}{2}$ minutes for Caesar Salad, or 4 to 6 minutes for desired doneness. Promptly cool in cold water.

SHIRRED (BAKED) EGGS

OVEN 325°

Butter ramekins or custard cups. Break one egg into each; dash with salt and pepper. To each, add 1 teaspoon light cream. Set cups in shallow baking pan; pour hot water around them to depth of 1 inch. Bake in slow oven (325°) about 20 minutes, or till the eggs are firm.

If desired, after 15 minutes of baking, top each egg with shredded sharp process American cheese. Return eggs to oven and bake 5 to 10 minutes longer.

For brunch or hearty breakfast, bake two eggs at a time in shallow individual casseroles, adding two precooked link sausages to each casserole.

POACHED EGGS

Add water to a saucepan to depth of 3 to 4 inches; bring just to boiling. Stir simmering water to make a swirl, and slip egg from saucedish into middle of the swirl. (Be sure to follow the motion of the swirl with saucedish so egg goes into water in



same direction.) Reduce heat to low and cook egg for 3 to 5 minutes, depending on desired doneness. Remove egg from water with slotted spoon. Serve on buttered toast or English muffin, split and toasted. Or, prepare Poached Eggs for Eggs Benedict.

EGGS BENEDICT

For each serving, split and toast an English muffin; top with thin slice broiled ham. Place a poached egg on ham. Prepare Classic Hollandaise (page 342) and pour over all. Serve immediately.

BACON-HOMINY SCRAMBLE

Cook 4 slices bacon till crisp; drain, reserving 2 tablespoons drippings. Lightly brown one 1-pound 4-ounce can golden hominy, drained, in reserved drippings.

Beat together 4 eggs, $\frac{1}{2}$ teaspoon salt, and dash pepper. Add to hominy and cook till eggs are just set, stirring frequently. Season with salt and pepper. Crumble bacon over top. Makes 6 servings.

BASIC SCRAMBLED EGGS**6 eggs****1/3 cup milk or light cream****1/4 to 1/2 teaspoon salt****2 tablespoons butter,
margarine, or bacon fat**

Beat eggs, milk, salt, and dash pepper with fork. (Mix slightly for eggs with streaks of yellow and white; mix well for a uniform yellow.) Heat butter, margarine, or bacon fat in skillet till just hot enough to make a drop of water sizzle. Pour in egg mixture. Turn heat low. Don't disturb mixture till it starts to set on bottom and sides, then lift and fold over with spatula so uncooked part goes to bottom.

Continue cooking 5 to 8 minutes, till eggs are cooked throughout, but still glossy and moist. Remove from heat immediately. Makes 3 or 4 servings.

Herb Scrambled Eggs: Prepare Basic Scrambled Eggs adding 1 tablespoon snipped parsley or chives and dash dried thyme, crushed, to the seasoned egg-milk mixture. Continue as in recipe above.

Cheese Scrambled Eggs: Prepare Basic Scrambled Eggs adding one 3-ounce package cream cheese with chives, cut into pieces, to the seasoned egg-milk mixture. Continue as in recipe above.

Fluffy Scrambled Eggs: Prepare Basic Scrambled Eggs omitting butter. Cook egg mixture in top of double boiler, stirring with spoon. Water in bottom should only simmer and not touch top pan. (Takes twice as long as in skillet.)

Devised Scrambled Eggs: In skillet, cook 1 tablespoon chopped onion in 2 tablespoons butter, margarine, or bacon fat till tender. Prepare Basic Scrambled Eggs adding 1/2 teaspoon dry mustard, 1 tablespoon snipped parsley, 1/4 teaspoon Worcestershire sauce, and one 2-ounce can chopped mushrooms, drained, to the seasoned egg-milk mixture. Add to onion in skillet. Continue as in recipe above.

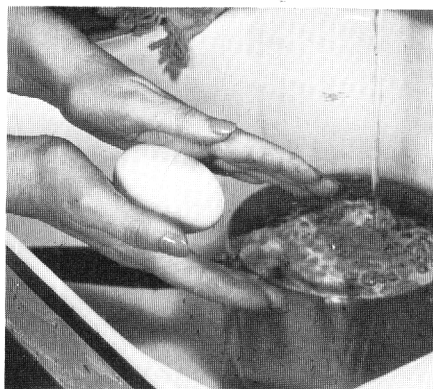
Cheese and Onion Scrambled Eggs: Prepare Basic Scrambled Eggs, cooking till eggs begin to set; sprinkle with 1/4 cup shredded sharp process American cheese. Continue cooking just till eggs are cooked and cheese melts. Trim with 2 tablespoons chopped green onion tops.

**SOFT-COOKED OR
HARD-COOKED EGGS**

Place eggs in saucepan and cover with cold water; at least 1 inch above eggs; rapidly bring to boiling.

Soft-cooked Eggs: Cover pan tightly; remove from heat. Leave eggs in water 2 to 4 minutes, for desired doneness. For more than 4 eggs, don't turn off heat, but cook, covered, just *below simmering* for 4 to 6 minutes. Promptly cool in cold water.

Hard-cooked Eggs: When water boils, reduce heat at once to keep water just *be-*



low simmering. Cover and cook eggs for 15 to 20 minutes. Cool immediately in cold water to prevent yolk darkening. To shell hard-cooked eggs, crack shell all over, then roll gently between palms of hands to loosen. Start to peel from large end.

CREAMED EGGS**6 hard-cooked eggs****1 1/2 cups Medium White Sauce
(page 345)****4 slices hot buttered toast
Paprika or snipped parsley**

Cut eggs in fourths and add to White Sauce; stir carefully. Serve over toast. Sprinkle with paprika or parsley. Serves 4.

GOLDENROD EGGS

Prepare Creamed Eggs, *except* reserve yolks and add chopped whites to Sauce; pour over toast. Press yolks through sieve; sprinkle atop creamed whites.

DEVILED EGGS

Halve hard-cooked eggs lengthwise; remove yolks and mash with desired combination of seasonings, below. Refill whites.

1. For 6 eggs, use $\frac{1}{4}$ cup mayonnaise, 1 teaspoon vinegar, 1 teaspoon prepared mustard, $\frac{1}{8}$ teaspoon salt, and dash pepper.

2. For 5 eggs, use 2 tablespoons mayonnaise, 2 tablespoons chopped ripe olives, 2 teaspoons vinegar, 1 teaspoon prepared mustard, and salt and pepper to taste.

3. Other combinations may include: horseradish, anchovies, parsley, chopped onions or chives, flaked seafood, chopped stuffed green olives, crumbled crisp bacon.

ROSY PICKLED EGGS

- 1 cup juice from canned pickled beets
- 1 cup vinegar
- 1 clove garlic
- 1 medium bay leaf
- 2 teaspoons mixed pickling spices
- $\frac{1}{2}$ teaspoon salt
- 12 hard-cooked eggs
- 1 small onion, sliced and separated into rings

In large bowl, combine beet juice, vinegar, 4 cups water, garlic, bay leaf, pickling spices, and salt; mix well. Add eggs and onion rings; cover and refrigerate for several days. Makes 12 pickled eggs.

CRISPY EGGS AND BACON

- 6 slices bacon
- $\frac{1}{2}$ cup small croutons
- 6 eggs
- $\frac{1}{3}$ cup milk or light cream

Cook bacon till crisp; drain and crumble coarsely. Reserve bacon drippings. Measure 1 tablespoon reserved drippings into skillet. Add croutons; heat and stir till brown and crisp; remove from skillet.

Add another 1 tablespoon drippings to skillet. Slightly beat eggs, milk, $\frac{1}{4}$ teaspoon salt, and dash pepper; pour into skillet. Cook and stir till almost set. Gently stir in crumbled bacon and croutons. Cook till just set. Makes 4 to 6 servings.

DENVER SCRAMBLE

- 1 cup finely chopped fully cooked ham
- 1 2-ounce can mushroom stems and pieces, drained
- $\frac{1}{4}$ cup chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons butter or margarine, melted
- 8 beaten eggs
- $\frac{1}{3}$ cup milk

In a skillet, cook ham, mushrooms, onion, and green pepper in butter or margarine till vegetables are tender but not brown, about 5 minutes. Combine beaten eggs and milk; add to ham mixture in skillet. Cook till eggs are set throughout but still moist, 5 to 8 minutes, folding eggs over with wide spatula so uncooked part goes to the bottom. Makes 6 servings.

FRANK-EGG SCRAMBLE

- 4 or 5 frankfurters
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- $\frac{1}{2}$ medium onion, sliced and separated into rings
- $\frac{1}{2}$ medium green pepper, cut in $\frac{1}{4}$ -inch-wide strips
- 6 beaten eggs

Slice franks diagonally into $\frac{1}{2}$ -inch-wide pieces. In skillet, brown franks. Remove from heat; push to one side. Stir in sugar and soy. Add vegetables. Cook, covered, till vegetables are crisp-tender, about 3 minutes. Pour eggs over. Cook and stir till eggs are set. Serves 4 to 6.

CHEESE FONDUE BAKE

OVEN 325°

Combine 3 slightly beaten egg yolks, $1\frac{1}{2}$ cups soft bread crumbs, 8 ounces sharp process American cheese, shredded (2 cups), 1 cup scalded milk, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{4}$ teaspoon salt, and dash pepper. Fold in 3 stiffly beaten egg whites. Pour into 10x6x1 $\frac{1}{2}$ -inch baking dish. Bake in slow oven (325°) about 35 to 40 minutes, or till firm. Makes 6 servings.

EGG CROQUETTES

- 3/4 cup Thick White Sauce, cooled (page 345)
- 8 hard-cooked eggs, ground
- 3 tablespoons chopped pimiento
- 1 tablespoon snipped parsley
- 1 tablespoon minced onion
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 2 slightly beaten eggs
- 1 1/4 cups fine cracker crumbs

Combine White Sauce and next 6 ingredients; mix well. Chill several hours. Form in croquettes, using 1/4 cup for each.* Mix beaten eggs and 2 tablespoons water. Roll croquettes in crumbs; dip into egg mixture; roll in crumbs again. Chill 20 minutes. Fry in deep hot fat (365°) till golden brown, about 2 to 3 minutes. Drain on absorbent paper. Makes 10 to 12.

*Or, form into patties; coat and chill. Cook in skillet in a little butter. Brown the patties about 3 minutes on each side.

SPANISH EGGS

- 1/2 cup chopped onion
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 teaspoons sugar
- 1 1-pound 12-ounce can tomatoes
- 1 small bay leaf
- 6 hard-cooked eggs
- 1/4 cup mayonnaise
- 1 teaspoon prepared mustard
- 3/4 cup fine dry bread crumbs
- 2 tablespoons butter, melted

OVEN 425°

In skillet, cook onion in 3 tablespoons butter till tender. Blend in flour, sugar, 3/4 teaspoon salt, and dash pepper. Add tomatoes and bay leaf. Cook till thick and bubbly, stirring constantly. Remove bay leaf. Pour into 10x6x1 1/2-inch baking dish.

Halve eggs lengthwise. Remove yolks and mash. Mix with mayonnaise, mustard, 1/8 teaspoon salt, and dash pepper; refill egg whites. Put in dish. Combine crumbs and melted butter; sprinkle atop. Bake at 425° for 10 minutes, or till hot. Serve over buttered noodles or toast. Serves 6.

EGGS A LA KING

- 2 cups Medium White Sauce (page 345)
- 2 tablespoons catsup
- 1/4 teaspoon salt
- 6 hard-cooked eggs, sliced
- 1 6-ounce can sliced mushrooms, drained (1 cup)
- 1/2 cup cooked or canned peas
- 2 tablespoons chopped canned pimiento
- 6 thick tomato slices
- 6 slices buttered toast

Combine White Sauce, catsup, and salt. Add sliced eggs, mushrooms, peas, and pimiento; heat thoroughly. Sprinkle tomato slices lightly with salt; broil 2 to 3 minutes. Place tomatoes on toast; spoon sauce over all. Makes 6 servings.

EASY EGGS A LA KING

In saucepan, cook 1/2 cup chopped celery, 1/4 cup chopped green pepper, and 1/4 cup finely chopped onion in 2 tablespoons hot salad oil till tender. Add one 10 1/2-ounce can condensed cream of celery soup, 1/2 cup milk, and 1 cup diced process American cheese; heat and stir till cheese melts. Add 4 hard-cooked eggs, chopped, and 6 pimiento-stuffed green olives, sliced; heat. Spoon over hot buttered toast. Trim with egg slices. Makes 4 servings.

WINE EGGS MORNAV

Lightly brown 6 thin slices cooked ham in butter. Split 3 English muffins in half; toast and butter. Place a ham slice on each muffin half. Poach 6 eggs; place atop each ham slice. Season. Pour Wine Mornay Sauce over eggs; sprinkle with 1 tablespoon finely chopped green pepper and 1 tablespoon snipped chives. Serves 6.

Wine Mornay Sauce: Melt 3 tablespoons butter; blend in 3 tablespoons all-purpose flour, 3/4 teaspoon salt, 1/4 teaspoon ground nutmeg, and dash pepper. Add 1 cup light cream all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Stir in 1/4 cup dry white wine; add 1/2 cup shredded process Swiss cheese and stir to melt. Makes 1 1/2 cups sauce.

SWISS ONION BAKE

- 2 tablespoons butter or margarine
- 2 cups sliced onion
- 6 hard-cooked eggs, sliced
- 6 ounces process Swiss cheese, shredded (1½ cups)
- 1 10½-ounce can condensed cream of chicken soup
- ¾ cup milk
- ½ teaspoon prepared mustard
- 6 slices French bread, cut ½ inch thick and buttered

OVEN 350°

In skillet, melt butter. Add onion; cook till tender. Spread onion in bottom of 10x6x1½-inch baking dish. Top with sliced eggs; sprinkle with shredded cheese.

In saucepan, combine soup, milk, and mustard; heat and stir till smooth. Pour over casserole, being sure some goes to bottom. Place bread slices on top, overlapping a little. Bake in moderate oven (350°) for 35 minutes, or till hot. Broil a few minutes to toast bread. Serves 6.

PUFFY SANDWICH OMELET

- 1 egg
- 2 egg yolks
- 2 slices bacon, crisp-cooked, drained, and crumbled
- 1 tablespoon light cream
- Dash salt
- Dash pepper
- 2 teaspoons butter or margarine
- 2 slices white bread, toasted and buttered
- 2 stiffly beaten egg whites

OVEN 350°

Beat together the whole egg, egg yolks, bacon, cream, salt, and pepper with a fork till just combined. In small skillet, melt butter. Add egg mixture; cook quickly till set but still glossy.

Fold cooked eggs in half; cut into 2 pieces. On baking sheet, place *each half* of the egg mixture on a slice of toast. Cover both sandwiches entirely with egg whites. Sprinkle with salt and pepper. Bake in moderate oven (350°) till golden, about 10 minutes. Makes 2 sandwiches.

EGGS FLORENTINE

- 1 10-ounce package frozen chopped spinach, cooked and drained
- 1 11-ounce can condensed Cheddar cheese soup
- 4 eggs
- • •
- 1 tablespoon milk
- 2 teaspoons instant minced onion
- 1 teaspoon prepared mustard
- ½ cup plain croutons

OVEN 350°

Combine spinach and *half* of the soup. Spoon into 4 individual casseroles; spread evenly on bottom and up sides. Break one egg into each dish. Bake at 350° for 20 to 25 minutes, or till eggs are set. In saucepan, heat and stir remaining soup, milk, onion, and mustard. Spoon over eggs. Garnish with croutons. Makes 4 servings.

CHIPPED BEEF PUFF

- 4 ounces dried beef, snipped
- ¼ cup butter or margarine
- 3 tablespoons all-purpose flour
- Dash pepper
- 2 cups milk
- 2 tablespoons chopped canned pimiento
- 1 3-ounce can sliced mushrooms, drained (½ cup)
- • •
- 3 egg whites
- ¼ teaspoon salt
- 3 egg yolks
- ⅓ cup shredded process American cheese

OVEN 375°

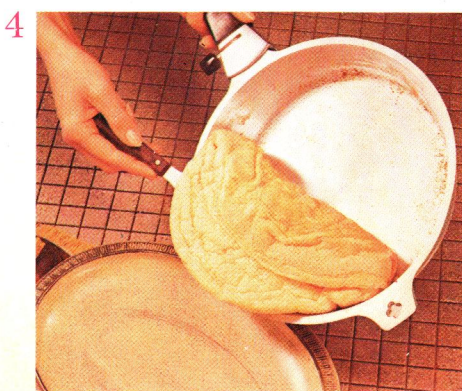
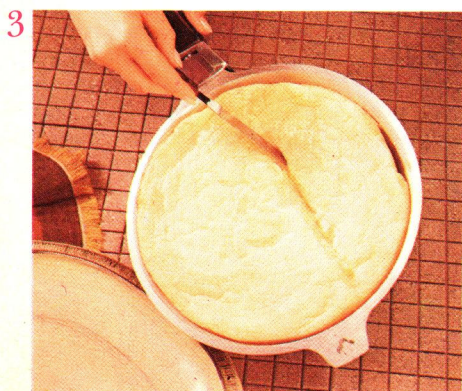
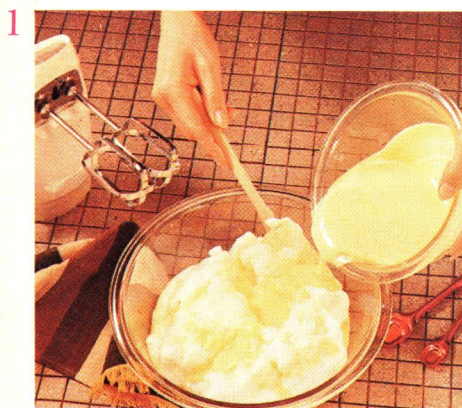
Cook dried beef in butter over low heat, stirring till slightly crisp and frizzled. Blend in flour and pepper. Stir in milk all at once; cook and stir till mixture thickens and bubbles. Stir in pimiento and mushrooms. Pour into 10x6x1½-inch baking dish. Keep hot in moderate oven (375°).

Meanwhile, beat egg whites with salt till stiff peaks form. Beat yolks till thick and lemon-colored. Fold yolks into whites; fold in cheese. Pour over hot beef mixture. Bake at 375° for 15 to 20 minutes, or till golden brown. Makes 4 or 5 servings.



Surprise your family and guests with this Fluffy Omelet. It has that melt-in-the-

mouth goodness they'll love. See pictures below to assure perfect results each time.



FLUFFY OMELET

4 egg whites
¼ teaspoon salt
4 egg yolks
1 tablespoon butter
Cheese Sauce,
page 345

OVEN 325°

Beat whites till frothy; add 2 tablespoons water and salt. Beat till stiff but not dry. Beat yolks till very thick and lemon-colored. Fold yolks into whites (see picture 1 on opposite page). Heat butter in 10-inch oven-going skillet till a drop of water sizzles. Pour in egg mixture and spread evenly with spatula, leaving higher at sides. Reduce heat. Cook slowly 8 to 10 minutes, or till puffed and set. Lift edge with spatula (picture 2)—bottom will be golden.

Cook in slow oven (325°) about 10 minutes, or till knife inserted in center comes out clean. Loosen sides of omelet with spatula. Make shallow cut across omelet slightly above and parallel to skillet handle (picture 3). Tilt pan. Fold upper (smaller) half over lower half. Using spatula, slip omelet onto hot platter (picture 4). Spoon Cheese Sauce over omelet. Makes 3 or 4 servings.

HAM AND EGG DIVAN

OVEN 350°

Arrange two 10-ounce packages frozen broccoli, cooked and drained, in 10x6x1½-inch baking dish. Cut 6 hard-cooked eggs in half lengthwise. Remove yolks and mash; mix with 3 tablespoons mayonnaise, 1 tablespoon finely chopped onion, 1 teaspoon prepared mustard, ½ teaspoon Worcestershire sauce, and *half* of one 4½-ounce can deviled ham. Place *small amount* of remaining ham in egg whites; fill with yolk mixture and top with remaining ham. Arrange eggs on broccoli.

Melt 2 tablespoons butter in saucepan; blend in 2 tablespoons all-purpose flour and ½ teaspoon salt. Add 1¼ cups milk all at once. Cook and stir quickly till mixture thickens and bubbles. Remove from heat. Add 4 ounces sharp process American cheese, diced (1 cup); stir till melted. *Cover* eggs with sauce. Bake at 350° for 20 minutes. Makes 6 servings.

FRENCH OMELET

Same ingredients as for scrambled eggs; the difference is in the cooking—

With a fork, beat 3 eggs, 1 tablespoon water, ¼ teaspoon salt, and dash pepper till mixture is blended, but not frothy.

Heat an 8-inch skillet with flared sides. Add 1 tablespoon butter; let sizzle and brown *lightly*. Tilt pan to grease sides.

Pour in omelet mixture, leaving heat moderately high. With fork tines up and parallel to skillet, rapidly stir through top of uncooked egg. Keep omelet an even depth. As you stir uncooked egg zigzag fashion out to edges, cooked bits will come to center. Shake pan constantly to keep egg mixture moving. Cook 2 to 3 minutes.

When egg is set but still shiny, remove pan from heat. If desired, spoon mushrooms, cooked in butter, or other filling across center; fold sides of omelet over, envelope-style, to hold in filling. Tilt pan and roll omelet onto hot plate. Serves 2.

Easy method: Heat 1 tablespoon butter in skillet; add egg mixture and cook slowly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. Fold and serve as above.

HASHED-BROWN OMELET

4 slices bacon
2 cups shredded cooked potatoes*
¼ cup chopped onion
¼ cup chopped green pepper
4 eggs
¼ cup milk
½ teaspoon salt
Dash pepper
1 cup shredded sharp process
American cheese

In large skillet, cook bacon till crisp. Leave drippings in skillet; drain bacon and crumble. Mix next 3 ingredients; pat into skillet. Cook over low heat till underside is crisp and brown. Blend eggs, milk, salt, and pepper; pour over potatoes. Top with cheese and bacon. Cover; cook over low heat about 10 minutes. Loosen omelet. Serve in wedges. Serves 4.

*Or, substitute packaged hash-brown potatoes, cooked.

SHRIMP EGG FOO YONG

In skillet, cook $\frac{1}{2}$ cup chopped onion and 1 clove garlic, minced, in 1 tablespoon hot shortening till tender, but not brown. Combine 6 slightly beaten eggs, one $4\frac{1}{2}$ -ounce can (1 cup) shrimp, drained, $\frac{1}{4}$ teaspoon salt, dash pepper, and onion.

In skillet, cook egg mixture slowly in 2 tablespoons hot shortening. Run spatula under edge, lifting so uncooked portion flows underneath. When egg is almost cooked but still shiny, loosen edge; roll or fold one half over. Serve on warm platter with Chinese Brown Sauce. Serves 4.

Chinese Brown Sauce: Melt 1 tablespoon butter. Combine 2 teaspoons cornstarch and 1 teaspoon sugar; blend into butter. Add $\frac{1}{2}$ cup water and $1\frac{1}{2}$ tablespoons soy sauce. Cook, stirring constantly, till mixture is thick and bubbly.

Drain one 5-ounce can water chestnuts; slice water chestnuts and add to sauce; heat through. Makes $\frac{3}{4}$ cup sauce.

TURKEY SOUFFLE

OVEN 325°

In saucepan, melt 3 tablespoons butter; blend in 3 tablespoons all-purpose flour, 1 teaspoon salt, dash pepper, and $\frac{1}{4}$ teaspoon paprika. Add 1 cup milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Remove from heat. Stir in 1 teaspoon grated onion, 1 cup finely chopped cooked turkey or chicken, and 1 tablespoon snipped parsley.

Beat 3 egg yolks till thick and lemon-colored. *Slowly* add turkey mixture to egg yolks, stirring constantly. Cool slightly. Add gradually to 3 stiffly beaten egg whites, folding together thoroughly. Turn into *ungreased* 1-quart souffle dish. Bake at 325° about 50 minutes, or till knife inserted comes out clean. Serve immediately with Dilled Mushroom Sauce. Serves 4.

Dilled Mushroom Sauce: Cook 2 tablespoons chopped onion in 2 tablespoons butter till tender, but not brown. Stir in 2 tablespoons all-purpose flour, $\frac{1}{4}$ teaspoon dried dillweed, crushed, $\frac{1}{4}$ teaspoon salt, dash pepper, and one 3-ounce can chopped mushrooms, drained. Add $1\frac{1}{4}$ cups milk all at once. Cook and stir till mixture thickens and bubbles. Makes $1\frac{1}{2}$ cups.

CHEESE SOUFFLE

$\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 Dash cayenne
 1 cup milk
 8 ounces sharp process
 American cheese, thinly sliced
 4 eggs, separated

OVEN 300°

Melt butter; blend in flour, salt, and cayenne. Add milk all at once; cook over medium heat, stirring, till mixture thickens and bubbles. Remove from heat. Add cheese; stir till cheese melts.

Beat egg yolks till very thick and lemon-colored. *Slowly* add cheese mixture, stirring constantly; cool slightly. Beat egg whites to stiff peaks. Gradually pour yolk mixture over; fold together well. Pour into *ungreased* 2-quart souffle dish or casserole. For a top hat that puffs in the oven, trace a circle through mixture 1 inch from edge and 1 inch deep. Bake at 300° for $1\frac{1}{4}$ hours, or till knife inserted off-center comes out clean. Immediately break apart into servings with 2 forks. Serves 4.

BROCCOLI SOUFFLE

OVEN 350°

Cook one 10-ounce package frozen chopped broccoli according to package directions. Drain *very thoroughly*. (Chop any large pieces.) Add 2 tablespoons butter or margarine to broccoli; cook and stir over high heat till butter is melted and any excess moisture has evaporated.

Blend in 2 tablespoons all-purpose flour and $\frac{1}{2}$ teaspoon salt. Add $\frac{1}{2}$ cup milk all at once. Cook and stir over medium heat till mixture thickens and bubbles. Remove from heat; stir in $\frac{1}{4}$ cup grated Parmesan cheese. Beat 4 egg yolks till thick and lemon-colored. *Slowly* add broccoli to egg yolks, stirring constantly; gradually pour over 4 stiffly beaten egg whites, folding together thoroughly. Pour into *ungreased* 1-quart souffle dish.

Bake in moderate oven (350°) for 35 minutes, or till knife inserted halfway between center and edge comes out clean. Serve immediately with Mushroom Sauce (page 343). Makes 4 to 6 servings.