

Soups and sauces

*Meat, Vegetable, Fruit,
and Dessert Sauces*

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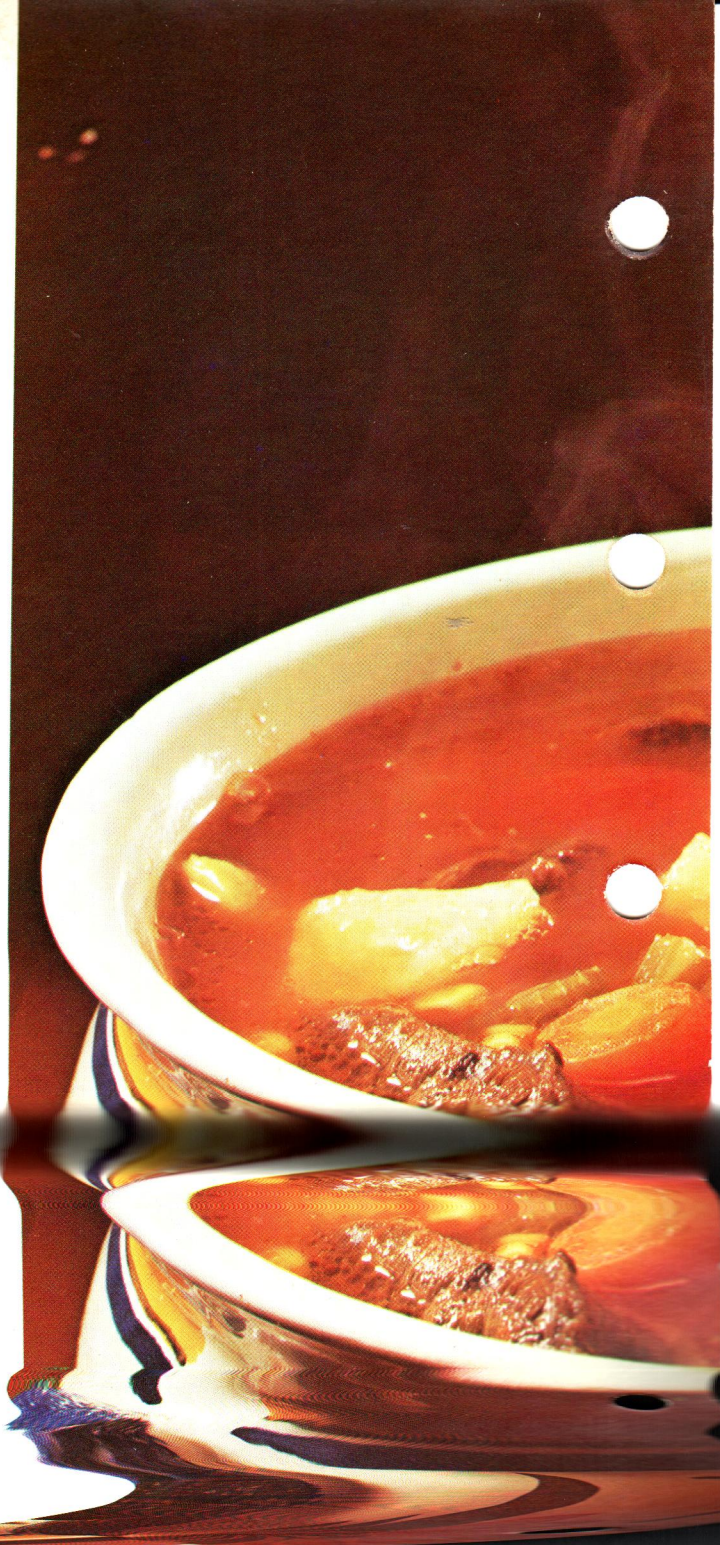
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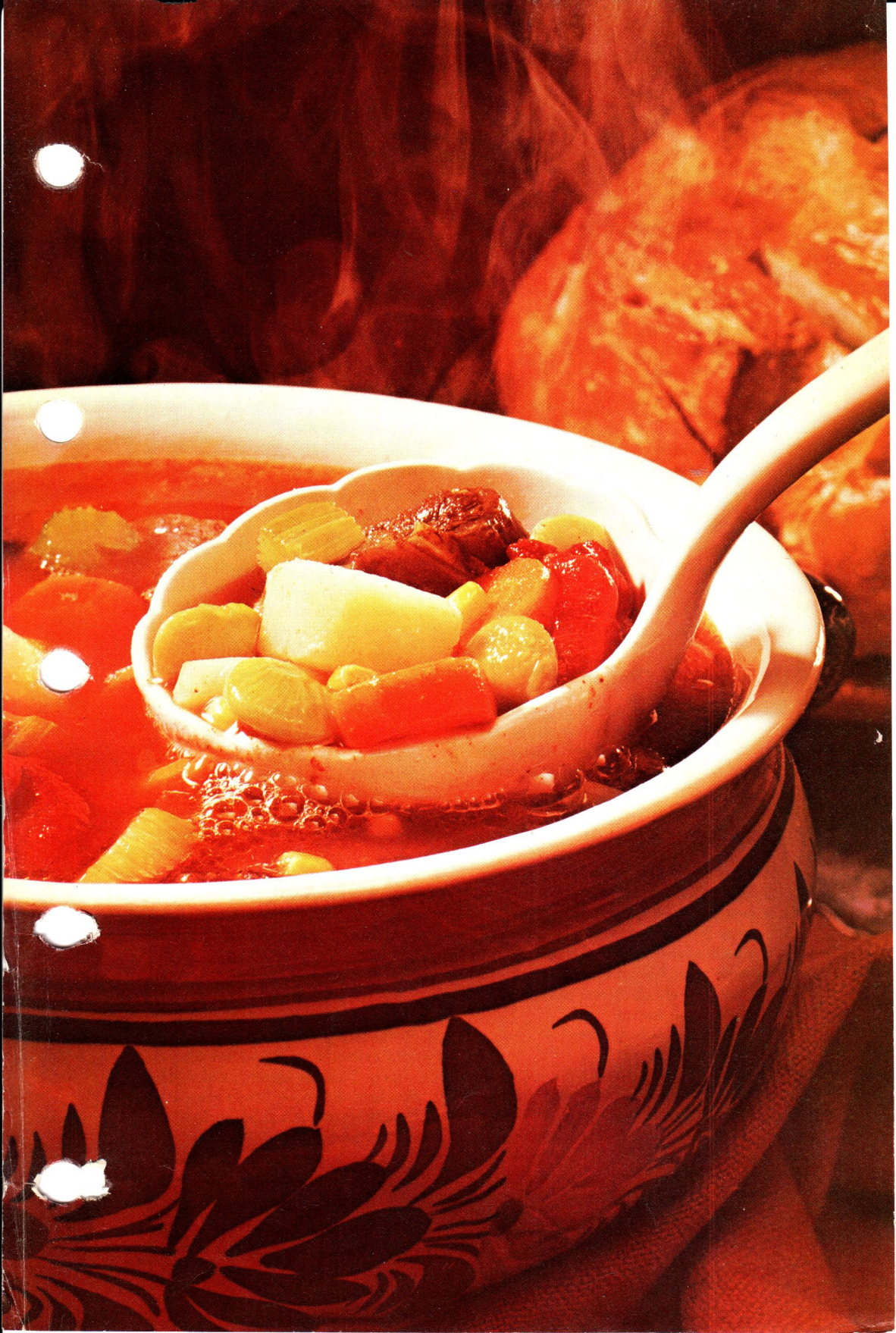
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SOUPS

BROWN STOCK

- 6 pounds beef soup bones
(cut in pieces)
- 1 cup sliced onion
- ½ cup chopped celery
- 1 large bay leaf
- 4 sprigs parsley
- 8 whole black peppercorns
- 2 teaspoons salt

Place meat bones and 2½ quarts cold water in large kettle. Simmer (*don't boil*), uncovered, 3 hours. Remove bones; cut off meat and chop. Return meat to stock; add remaining ingredients. Simmer, uncovered, 2 hours longer. Strain. (Use meat in soup or hash.) Clarify stock, if desired. Skim off fat, or chill and lift off fat. Makes 6 cups.

To clarify stock: Crush 1 egg shell; mix with white of 1 egg and ¼ cup water. Stir into hot stock. Bring to boiling. Let stand 5 minutes; strain.

QUICK MEAT BROTH

Make quick and easy broth soup bases with one of the many beef or chicken products available. Follow package directions for canned condensed broth, bouillon cubes, or meat concentrates.

RUSSIAN BORSCH

- 2 cups shredded fresh beets
- 1 cup chopped carrots
- 1 cup chopped onion
- 2½ cups Brown Stock or 1 10½-ounce can condensed beef broth plus 1 soup can water
- 1 cup coarsely chopped cabbage
- 1 tablespoon butter
- 1 tablespoon lemon juice
- Dairy sour cream

Cook beets, carrots, and chopped onion, covered, in 2¾ cups boiling salted water for 20 minutes. Add Brown Stock, cabbage, and butter; cook, uncovered, 15 minutes. Stir in lemon juice. Serve hot or chilled. Top with sour cream. Serves 6 to 8.

FRENCH ONION SOUP

- 4 large onions, thinly sliced
- ¼ cup butter or margarine
- 3 10½-ounce cans condensed beef broth
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- Dash pepper
- 2 French or hard rolls, sliced and toasted
- Grated Parmesan cheese

Cook onions in butter till lightly browned, about 20 minutes. Add broth and Worcestershire. Bring to boiling. Season with salt and pepper. Sprinkle toast with cheese; place under broiler till cheese is lightly browned. Pour soup in bowls and float toast slices atop. Makes 4 to 6 servings.

CREAM OF MUSHROOM SOUP

- 1 cup (about ¼ pound) mushrooms
- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 2 cups chicken broth, Brown Stock, or beef broth
- ½ cup light cream
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon white pepper

Slice mushrooms through cap and stem; cook with onion in butter 5 minutes. Blend in flour; add broth. Cook and stir till slightly thickened. Cool slightly; add cream and seasonings. Heat through. Serve at once. Makes 4 to 6 servings.

WHITE STOCK

Combine one 3- to 4-pound veal knuckle, cut in several pieces, 3 quarts cold water, 2 stalks celery, 1 onion, quartered, 1 carrot, sliced, 2 sprigs parsley, 2 cloves garlic, ½ bay leaf, 8 whole black peppercorns, and 1 tablespoon salt in soup kettle.

Simmer (*don't boil*), uncovered, 5 hours. Strain. Clarify, if desired (see recipe for Brown Stock). Use in cream soups for part or all of the milk. Makes 2 quarts.

CREAM OF TOMATO SOUP

- 1 1-pound 12-ounce can tomatoes**
- 2 slices onion**
- 1 bay leaf**
- 1 teaspoon sugar**
- 1 teaspoon salt**
- ¼ teaspoon pepper**
- 2 tablespoons butter or margarine**
- 2 tablespoons all-purpose flour**
- 1½ cups milk**

Combine first 6 ingredients in a 2-quart saucepan. Simmer 10 minutes; sieve. Melt butter; blend in flour. Stir in milk. Cook and stir till thickened. Slowly add hot tomato mixture stirring constantly. Serves 6.

CREAM OF CELERY SOUP

Cook 1½ cups diced celery and ⅓ cup chopped onion, covered, in 1 cup boiling salted water till tender, about 13 minutes. Stir in 3 cups Thin White Sauce (page 345). Heat through. Season to taste with salt and pepper. Top servings with butter. Makes 6 servings.

CREAM OF POTATO SOUP

Add 2 cups diced, cooked potatoes and 1 tablespoon chopped canned pimiento to 3 cups Thin White Sauce (page 345). Heat through. Season to taste. Serves 6.

CHICKEN VELVET SOUP

- 6 tablespoons butter or margarine**
- ⅓ cup all-purpose flour**
- ½ cup milk**
- ½ cup light cream**
- 3 cups chicken broth**
- 1 cup finely chopped cooked chicken**

Melt butter in saucepan. Blend in flour; add milk, cream, and broth. Cook and stir till mixture thickens and comes to a boil; reduce heat. Stir in chicken and dash pepper. Heat again just to boiling; serve immediately. Garnish with snipped parsley and pimiento, if desired. Serves 4.

CREAM OF ONION SOUP

Melt ¼ cup butter in skillet. Add 4 cups coarsely chopped onion and ¼ teaspoon salt. Cover; cook 15 to 20 minutes, or till tender. Stir in 3 cups Thin White Sauce (page 345), 1 cup milk, and salt and pepper to taste. Heat through. Serves 6.

VEGETABLE-BEEF SOUP

- 3 pounds beef shank**
- 1 1-pint 2-ounce can tomato juice**
- ⅓ cup chopped onion**
- 4 teaspoons salt**
- 2 teaspoons Worcestershire sauce**
- ¼ teaspoon chili powder**
- 2 bay leaves**
- 1 1-pound can (2 cups) tomatoes**
- 1 cup diced celery**
- 1 8¾-ounce can whole kernel corn**
- 1 cup sliced carrots**
- 1 cup diced potatoes**
- 1 10-ounce package frozen limas**

Combine meat, tomato juice, onion, seasonings, and 6 cups water in soup kettle. Cover and simmer 2 hours. Cut meat from bones in large cubes; strain broth and skim off excess fat. Add meat and vegetables; cover and simmer 1 hour. Serves 8.

SPLIT PEA SOUP

- 1 pound (2¼ cups) green split peas**
- 1 meaty ham bone (1½ pounds)**
- 1½ cups sliced onion**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- ¼ teaspoon dried marjoram, crushed**
- 1 cup diced celery**
- 1 cup diced carrots**

Rinse peas; combine with 2 quarts water, ham bone, onion, salt, pepper, and marjoram. Bring to boiling; cover, reduce heat, and simmer (don't boil) 1½ hours. Stir occasionally. Remove bone; cut off meat and dice. Return meat to soup; add celery and carrots. Cook slowly, uncovered, 30 to 40 minutes. Serves 6 to 8.

LENTIL-VEGETABLE SOUP

- 2 cups lentils
- 2 slices bacon, diced
- ½ cup chopped onion
- ½ cup chopped celery
- ¼ cup chopped carrots
- 3 tablespoons snipped parsley
- 1 clove garlic, minced
- 2½ teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon dried oregano, crushed
- 1 1-pound can (2 cups) tomatoes
- 2 tablespoons wine vinegar

Rinse lentils; drain and place in soup kettle. Add 8 cups water and remaining ingredients, except tomatoes and vinegar. Cover and simmer 1½ hours. Add tomatoes (break up any large pieces) and vinegar. Simmer, covered, 30 minutes longer. Season to taste. Makes 8 to 10 servings.

CHEESE CHOWDER

- ¼ cup finely chopped onion
- 2 tablespoons butter or margarine
- ¼ cup all-purpose flour
- 2 cups milk
- 1 13¾-ounce can (1¾ cups) chicken broth (not condensed)
- ¼ cup finely diced carrot
- ¼ cup finely diced celery
- Dash each salt and paprika
- ½ cup cubed sharp process American cheese

Cook onion in butter till tender. Blend in flour; add remaining ingredients except cheese. Cook and stir till thick and bubbly. Reduce heat; add cheese; stir to melt. Simmer 15 minutes. Serves 4.

ONION-CHEESE SOUP

Cook 1 cup chopped onion (1 large) in 3 tablespoons butter till tender but not brown. Blend in 3 tablespoons all-purpose flour, ½ teaspoon salt, and dash pepper. Add 4 cups milk all at once. Heat and stir till boiling. Remove from heat. Add 2 cups shredded sharp process American cheese, stirring to melt cheese. Serves 4 to 6.

NEW ENGLAND CLAM CHOWDER

- 2 dozen medium-size quahog clams
- ¼ pound salt pork, minced
- 4 cups diced potatoes
- ½ cup chopped onion
- 2 cups milk
- 1 cup light cream
- 3 tablespoons all-purpose flour

Scrub clams. Cover with salt water (⅓ cup salt to 1 gallon water); let stand 15 minutes; rinse. Repeat twice. Remove clams and dice, reserving ½ cup liquor.* Fry pork till crisp; remove bits of pork; reserve. Add ½ cup liquor; 1½ cups water, potatoes, and onion to fat. Cook, covered, 15 to 20 minutes. Add clams, 1¾ cups milk, and cream. Blend ¼ cup milk and flour; stir into chowder. Heat to boil; stir occasionally. Add 1½ teaspoons salt and dash pepper. Top with pork. Serves 10.

MANHATTAN CLAM CHOWDER

- 2 dozen medium-size quahog clams
- 3 slices bacon, finely diced
- 1 cup finely diced celery
- 1 cup chopped onion
- 1 1-pound can tomatoes, cut up
- 2 cups diced potatoes
- 1 cup finely diced carrots
- 1½ teaspoons salt
- ¼ teaspoon dried thyme, crushed

Thoroughly wash clams. Cover with salt water (⅓ cup salt to 1 gallon water); let stand 15 minutes; rinse. Repeat twice. Place clams in large kettle; add 1 cup water. Cover and steam just till shells open, 5 to 10 minutes. Remove clams from shells; dice finely.* Strain liquor; reserve ½ cup.

Partially cook bacon. Add celery and onion; cook till tender. Add 3 cups water and clam liquor. Add remaining ingredients and dash pepper. Cover; simmer about 35 minutes. Blend 2 tablespoons all-purpose flour with 2 tablespoons cold water. Stir into chowder; cook and stir to boiling. Add clams; heat. Serves 6 to 8.

*If desired, substitute two 7½-ounce cans clams or 1 pint fresh shucked clams.

OYSTER STEW

- 2 tablespoons all-purpose flour
- 1½ teaspoons salt
- 1 teaspoon Worcestershire sauce
- Dash bottled hot pepper sauce
- 1 pint shucked oysters,
undrained
- ¼ cup butter or margarine
- 1 quart milk, scalded

Blend flour, seasonings, and 2 tablespoons water in a 3-quart soup kettle. Add undrained oysters and butter. Simmer over very low heat 3 to 4 minutes till edges of oysters curl, stirring gently. Add hot milk; remove from heat and cover. Let stand 15 minutes. Reheat briefly. Top servings with pats of butter. Serves 4 or 5.

CORN-POTATO CHOWDER

- 2 medium diced, pared potatoes
- 1 medium onion, thinly sliced
and separated into rings
- ½ cup chopped celery
- 1 teaspoon salt
- 2 cups cooked or canned whole
kernel corn
- 1½ cups milk
- ¼ teaspoon dried marjoram,
crushed
- 5 slices bacon, crisp-cooked
and crumbled

In saucepan, combine potatoes, onion, celery, salt, and ½ cup water. Cover; cook 15 minutes, or till tender. Stir in corn, milk, marjoram, and dash pepper. Heat. Serve topped with bacon. Serves 6.

BEAN SOUP

Rinse 1 pound dry navy beans; add 2 quarts cold water. Bring to boiling; simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, add beans to water; soak overnight.) *Do not drain.* Add 1 meaty ham bone, 1 bay leaf, ½ teaspoon salt, and 6 whole black peppercorns. Cover; simmer 3 to 3½ hours, adding 1 medium onion, sliced, the last half hour. Remove ham bone. Mash beans slightly, using potato masher. Cut ham off bone; add ham to soup. Season. Serves 6.

CRAB BISQUE

- 1 10½-ounce can condensed
cream of mushroom soup
- 1 10½-ounce can condensed
cream of asparagus soup
- 1½ soup cans milk
- 1 cup light cream
- 1 7½-ounce can (1 cup) crab
meat, flaked and cartilage
removed
- ¼ cup dry white wine

Blend soups; stir in milk and cream. Heat just to boiling. Add crab; heat through. Stir in wine just before serving. Float butter atop. Serves 6 to 8.

PACIFIC CHOWDER

- 4 slices bacon
- ¼ cup chopped onion
- 2 tablespoons chopped green
pepper
- 1 10½-ounce can condensed
cream of potato soup
- 2 cups milk
- Dash salt
- 1 6½- or 7-ounce can tuna

Cook bacon; drain, reserving drippings. Crumble and set aside. Cook onion and green pepper in 2 tablespoons of the bacon drippings just till tender. Add cream of potato soup, milk, and salt; heat to boiling. Drain tuna and break in chunks; stir into soup mixture with *half* the crumbled bacon. Heat through. Dash with paprika or ground mace, if desired. Garnish with remaining bacon. Makes 4 servings.

SOUP GARNISHES

- **For clear soups:** Lemon slices, snipped parsley or chives, tiny meat balls or dumplings, avocado slices.
- **For cream soups:** Sour cream, slivered toasted almonds, croutons (see page 94), shredded cheese, snipped parsley or chives.
- **For chowders, meat soups:** Lemon slices on fish chowder, frankfurter slices on pea or bean soup; parsley, crisp-cooked bacon, corn chips, popcorn, or croutons.
- **For chilled soups:** Sour cream, lemon wedges, snipped parsley or chives.

HOMEMADE CHICKEN SOUP

- 1 5- to 6-pound ready-to-cook stewing chicken, cut up
- 6 cups water
- 1/3 cup chopped onion
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 bay leaf
- 6 medium ears corn*
- 1 1/2 cups uncooked Homemade Noodles (page 198)
- 1 cup chopped celery
- 2 tablespoons snipped parsley

In large kettle, combine chicken, water, onion, salt, pepper, and bay leaf. Bring to boiling; simmer, covered, about 2 hours, or till chicken is tender. Meanwhile, with sharp knife, make cuts *through center of corn kernels* in each row of the ears. Cut corn off cobs; scrape cobs. (Should equal 2 cups corn.) Remove chicken from broth; cool and remove meat from bones. Cut chicken into bite-size pieces; set aside. Skim excess fat from broth. Discard bay leaf. Bring broth to boiling. Add corn, Homemade Noodles, celery, and parsley. Simmer, covered, about 8 minutes, or till corn and noodles are barely done. Add chicken and heat through, about 5 minutes. Season with salt and pepper. Makes 8 servings.

**Note:* One 1-pound can cream-style corn may be substituted for fresh corn.

JULIENNE VEGETABLE SOUP

- 6 cups beef broth
- 2 carrots, cut in julienne strips
- 1 medium potato, pared and cut in julienne strips
- 1 small turnip, pared and cut in julienne strips
- 1 small onion, cut in thin wedges
- 1/2 teaspoon dried marjoram, crushed
- 1/4 teaspoon salt

In saucepan, bring broth, carrots, potato, turnip, onion, marjoram, and salt to boiling. Cover; simmer for 15 to 20 minutes, or till vegetables are tender. Top with seasoned croutons, if desired. Serves 8.

FISH CHOWDER

- 1 pound fresh or frozen fish fillets
- 2 cups cubed, pared potatoes
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 3 slices bacon
- 1/2 cup chopped onion
- 2 cups milk
- 3 tablespoons all-purpose flour

Thaw frozen fish. Cut fish into 2-inch pieces. Cook potatoes in 2 cups water for 5 minutes. Add fish, salt, and pepper. Simmer, covered, for 10 to 12 minutes. Cook bacon till crisp. Drain and crumble; reserve drippings. Cook onion in drippings. Add crumbled bacon and onion to fish mixture. Slowly blend milk into flour; add to chowder. Cook, stirring constantly, till mixture thickens. Makes 6 servings.

MINESTRONE

- 1/2 pound (1 cup) dry navy beans
- 10 cups water
- 1 cup chopped carrots
- 2 cups finely shredded cabbage
- 1 8 1/2-ounce can peas, drained
- 1 8-ounce can cut green beans, drained
- 1 8-ounce can tomatoes
- 4 ounces fine noodles
- 2 teaspoons salt
- 1 teaspoon dried basil, crushed
- 1/4 cup light cream
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons butter
- 3 tablespoons salad oil
- 2 tablespoons snipped parsley
- 1 clove garlic, minced

Rinse beans; add the 10 cups water. Bring to boiling; simmer 2 minutes. Remove from heat. Cover and let stand 1 hour. (Or, add beans to water; soak overnight.) *Do not drain.* Add carrots; simmer, covered, for 2 1/2 to 3 hours. Add cabbage, peas, green beans, tomatoes, noodles, salt, and basil. Simmer for 20 to 25 minutes, or till noodles are done. Blend in cream, cheese, butter, oil, parsley, and garlic. Serves 10.

CREOLE GUMBO

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 1-pound can tomatoes, cut up
- ½ cup chopped green pepper
- 2 bay leaves
- 1 teaspoon dried oregano, crushed
- 1 teaspoon dried thyme, crushed
- ½ teaspoon salt
- ¼ teaspoon bottled hot pepper sauce
- 2 4½-ounce cans shrimp, drained and cut up
- 1 7½-ounce can crab meat, drained and cartilage removed
- 1 tablespoon filé powder
- Hot cooked rice

In large saucepan, melt butter; blend in flour. Cook and stir 7 to 8 minutes, or till golden brown. Stir in onion and garlic; cook till onion is tender. Stir in undrained tomatoes, green pepper, bay leaves, oregano, thyme, salt, pepper sauce, and 1½ cups water. Bring to boiling. Simmer, covered, about 20 minutes. Remove bay leaves. Stir in shrimp and crab; heat through. Remove from heat. Blend a moderate amount hot liquid into filé powder. Return to saucepan; stir till combined. Serve over rice in soup bowls. Pass additional hot pepper sauce, if desired. Serves 5 or 6.

CORNER BEEF CHOWDER

- 3 cups milk
- 1 10½-ounce can condensed cream of potato soup
- 1 10-ounce package frozen Brussels sprouts, thawed
- 1 12-ounce can corned beef, broken into pieces

In large saucepan, blend 1½ cups of the milk, soup, and dash pepper. Cut up Brussels sprouts; stir into soup. Bring to boiling; stir occasionally. Reduce heat; simmer about 15 minutes, or till Brussels sprouts are tender. Add remaining milk and beef. Heat through. Serves 4 or 5.

FRESH CORN CHOWDER

- 6 medium ears corn
- ¼ cup chopped onion
- ½ teaspoon salt
- 4 cups milk
- 2 tablespoons butter
- ¼ teaspoon white pepper
- 3 tablespoons all-purpose flour
- 1 beaten egg

With sharp knife, make cuts *through center* of kernels. Cut corn off cobs; scrape cobs. In saucepan, combine corn, onion, salt, and ¼ cup water. Bring to boiling. Simmer, covered, about 15 minutes, or till corn is barely done; stir occasionally. Stir in 3½ cups of the milk, butter, pepper, and 1 teaspoon salt. Blend remaining ½ cup milk into flour; stir into corn mixture. Cook and stir till thickened and bubbly. Gradually stir a moderate amount of hot mixture into egg; return to hot mixture in saucepan. Cook and stir over low heat for 2 minutes. Garnish with snipped chives and paprika, if desired. Makes 6 servings.

SAVORY TOMATO SOUP

- 1 pound beef stew meat, cut in 1-inch cubes
- 1 small beef soup bone
- 2 tablespoons shortening
- 1 1-pound 12-ounce can tomatoes, cut up or 2½ pounds fresh tomatoes, peeled and cubed
- 1 cup sliced carrots
- 1 cup chopped celery
- ¼ cup snipped celery leaves
- ½ teaspoon dried marjoram, crushed
- ½ teaspoon dried basil, crushed
- ¼ teaspoon dried savory, crushed
- ¼ teaspoon dried thyme, crushed
- ½ teaspoon ground mace
- ½ teaspoon bottled hot pepper sauce

In 4½-quart Dutch oven, brown meat and soup bone in hot shortening. Stir in undrained tomatoes, carrots, celery, celery leaves, seasonings, and 1 tablespoon salt. Add 4 cups water. Cover; simmer 4 to 5 hours. Skim off fat. Remove bone. Serves 8.

CHICKEN SOUPS

Use broth from *Stewed Chicken*, *canned chicken broth*, or *chicken bouillon cubes*—

- **Chicken-noodle Soup:** Cook 1 cup noodles in 3 cups chicken broth till noodles are tender. Makes 4 servings.
- **Chicken-rice Soup:** Cook $\frac{1}{2}$ cup rice in 3 cups chicken broth till rice is tender. Makes 4 servings.
- **Tomato-rice Soup:** Cook $\frac{1}{2}$ cup rice and $\frac{1}{4}$ cup diced celery in 4 cups chicken broth till rice is tender. Add one 10 $\frac{3}{4}$ -ounce can condensed tomato soup, 1 dried whole red chili, and salt to taste. Heat through. Remove chili. Serves 6.

CANNED SOUP COMBOS

- **Tomato-chili Stew:** Mix one 11 $\frac{1}{2}$ -ounce can condensed bean with bacon soup, one 10 $\frac{3}{4}$ -ounce can condensed tomato soup, one 10 $\frac{1}{2}$ -ounce can chili con carne without beans, and 1 can water. Simmer 10 minutes. Serves 5 or 6.
- **Chicken-curry Soup:** Mix one 10 $\frac{1}{2}$ -ounce can condensed cream of chicken soup, $\frac{1}{4}$ cups milk, and $\frac{1}{2}$ teaspoon curry powder; chill. Add 2 tablespoons snipped parsley. Serves 3 or 4.
- **Chicken-mushroom Soup:** Combine one 10 $\frac{1}{2}$ -ounce can condensed cream of mushroom soup and one 10 $\frac{1}{2}$ -ounce can condensed cream of chicken soup. Add 1 can water; heat to boiling. Serves 4 or 5.
- **Creole Clam Bisque:** Combine one 10 $\frac{3}{4}$ -ounce can condensed clam chowder (Manhattan style), one 10 $\frac{1}{2}$ -ounce can condensed chicken gumbo, and 1 can light cream. Heat. Makes 4 or 5 servings.
- **Pea Soup Royale:** Combine one 11 $\frac{1}{4}$ -ounce can condensed green pea soup, one 10 $\frac{1}{2}$ -ounce can condensed consommé, and $\frac{1}{2}$ soup can milk; heat to boiling. Serves 4.

SOUP ACCOMPANIMENTS

- **For clear soups:** Crisp crackers, cheese pastry, cheese-spread toast strips.
- **For cream soups:** Seeded crackers, pretzels, cheese popcorn, pickles, olives.
- **For chowders and meat soups:** Oyster crackers, Melba toast, sour pickles, toasted garlic bread, breadsticks, relishes.

JELLIED CONSOMME

Chill canned condensed consommé in refrigerator 3 hours (or 1 hour in freezer). Spoon into chilled sherbets. Garnish with lemon and parsley. *Or*, serve in half a honeydew melon with lime slices.

FRENCH VICHYSOISE

- 4 leeks (white part), thinly sliced (2 $\frac{1}{2}$ cups)
- 1 medium onion, thinly sliced
- $\frac{1}{4}$ cup butter or margarine
- 5 medium potatoes, thinly sliced (about 4 cups)
- 4 cups chicken broth
- 2 teaspoons salt
- 2 cups milk
- 2 cups light cream
- 1 cup whipping cream
- Snipped chives

Cook leeks and onion in butter till tender but not brown; add potatoes, broth, and salt. Cook, covered, 35 to 40 minutes.

Rub through fine sieve; return to heat; add milk and light cream. Season to taste. Bring to boiling. Cool; rub through very fine sieve. When cold, add whipping cream. Chill before serving. Garnish with snipped chives. Makes 10 servings.

QUICK VICHYSOISE

- 1 $\frac{1}{2}$ cups water
- 2 tablespoons snipped parsley
- 2 chicken bouillon cubes
- 1 cup light cream
- Packaged instant mashed potatoes (enough for 4 servings)
- 1 4-ounce package whipped cream cheese with onion
- Snipped chives

Combine water, parsley, and bouillon in saucepan. Cover and bring to boiling, stirring till bouillon cubes dissolve. Remove from heat; add cream; stir in potatoes. Cool at room temperature 15 minutes. Transfer mixture to blender container. Add cream cheese; blend till smooth; chill well. Serve in chilled bowls or cups. Garnish with chives. Serves 4 to 6.

CUCUMBER SOUP

- 2 medium cucumbers**
- 1 quart buttermilk**
- 1 tablespoon snipped green onion**
- 1 teaspoon salt**
- ¼ cup snipped parsley**

Pare cucumbers, remove seeds, and grate to make 1 to 1½ cups. Add remaining ingredients; mix well. Cover and chill about 4 hours. Mix again just before serving. Trim with parsley sprigs. Serves 8 to 10.

GAZPACHO

- 1 10½-ounce can condensed beef broth**
- 2½ cups tomato juice**
- 3 tablespoons lemon juice**
- 2 tablespoons chopped onion**
- 1 clove garlic, sliced lengthwise**
- ¼ teaspoon bottled hot pepper sauce**
- ½ teaspoon salt**
- Dash freshly ground pepper**
- 1 cup finely chopped green pepper**
- 1 cup finely chopped cucumber**
- 1 cup finely chopped tomato**

In jar, combine first 8 ingredients (spar garlic on wooden pick). Cover; shake well. Chill 4 hours. Remove garlic. Place mixture in freezer about 1 hour, but *do not freeze*. Meanwhile, chill green pepper, cucumber, and tomato. Divide chilled vegetables among soup dishes. Pour soup over. Makes 8 to 10 servings.

SPARKLING BORSCH

- 1 1-pound can (2 cups) beets**
- 2 10½-ounce cans condensed consomme**
- 2 tablespoons lemon juice**
- Dairy sour cream**

Drain beets, reserving liquid. Finely chop enough beets to make ⅔ cup. Combine beets, beet liquid, consomme, and lemon juice; chill. Stir just before serving; serve in chilled cups or bowls. Top with sour cream and snipped parsley. Serves 6.

BLENDER BROCCOLI SOUP

- 1 10-ounce package frozen chopped broccoli**
- 1½ cups milk**
- 1 cup light cream**
- 1 teaspoon instant minced onion**
- 2 beef bouillon cubes**
- ¼ teaspoon salt**
- Dash pepper**
- Dash ground nutmeg**
- Dairy sour cream**
- Snipped parsley or chives**

Partially thaw broccoli; break in small chunks. Place in blender container with ½ cup of the milk. Blend till broccoli is very fine. Add remaining milk, cream, instant minced onion, bouillon cubes, salt, pepper, and nutmeg. Blend till smooth, 45 to 60 seconds. Chill thoroughly. Serve topped with dollops of dairy sour cream and snipped parsley or chives. Serves 4 or 5.

CHILLED ASPARAGUS SOUP

- 1 10-ounce package frozen cut asparagus**
- 2 cups milk**
- 1 teaspoon instant minced onion**
- 1 teaspoon salt**
- Dash pepper**
- ½ cup light cream**
- Dairy sour cream**

Cook asparagus according to package directions; drain well. Combine asparagus with 1 cup of the milk, the onion, salt, and pepper in a blender container. Blend till smooth, about 10 seconds. Add remaining milk; blend 5 seconds longer. Add light cream; blend 5 seconds. Chill 3 to 4 hours. Top servings with dollops of sour cream. Makes 4 to 6 servings.

TOMATO SOUPSHAKE

Combine one 10¼-ounce can condensed tomato soup, 1 cup light cream, ½ teaspoon ground nutmeg, ¼ teaspoon salt, and 1 egg (optional) in blender container or shaker. Blend or shake till smooth. Chill. (Add a little milk to thin, if desired.) Serve in chilled cups or mugs. Sprinkle with ground nutmeg. Makes 4 or 5 servings.



Sauce Provencale spells elegance for any broiled steak or roast prime rib. Fresh tomato wedges and bits of green onion are laced with a rich butter-wine mixture.

SAUCES

SAUCE PROVENCALE

- 4 tomatoes, peeled, cut in 6 wedges each, and seeded**
- ½ teaspoon sugar**
- 2 tablespoons butter**
- ¼ cup chopped green onion**
- ½ cup dry white wine**
- ½ cup butter**
- 3 cloves garlic, minced**
- 2 tablespoons snipped parsley**

Sprinkle tomatoes with sugar; set aside. Melt 2 tablespoons butter. Add onion and heat through. Add wine; cook and stir till liquid is slightly reduced. Add tomatoes; heat through. Add remaining ingredients. Heat, stirring gently, just till butter melts. Season to taste. Serves 6 to 8.

CLASSIC HOLLANDAISE

- 4 egg yolks**
- ½ cup butter, cut in thirds**
- 2 to 3 teaspoons lemon juice**

Place egg yolks and ⅓ of the butter in top of double boiler. Cook over boiling water till butter melts, stirring rapidly. (Water in bottom of double boiler should not touch top pan.) Add ⅓ more of the butter and continue stirring. As mixture thickens and butter melts, add remaining butter, stirring constantly.

When butter is melted, remove pan from water; stir rapidly 2 minutes longer. Stir in lemon juice, 1 teaspoon at a time; season with dash salt and dash white pepper. Heat again over boiling water, stirring constantly, till thickened, 2 to 3 minutes. Remove from heat at once. If sauce curdles, immediately beat in 1 or 2 tablespoons boiling water. Makes 1 cup.

SAUCE MOUSSELINE

Fold ½ cup whipping cream, whipped, into 1 cup cooled Classic Hollandaise. Spoon over hot fish fillets. Broil 2 inches from heat a few seconds, or till light brown and bubbly. Serve immediately.

JIFFY HOLLANDAISE

Combine ¼ cup dairy sour cream, ¼ cup mayonnaise, ½ teaspoon prepared mustard, and 1 teaspoon lemon juice. Cook and stir over low heat till heated through. Makes ½ cup sauce.

BLENDER HOLLANDAISE

- 3 egg yolks**
- 2 tablespoons lemon juice**
- Dash cayenne**
- ½ cup butter or margarine**

Place egg yolks, lemon juice, and cayenne in blender container. Cover; quickly turn blender on and off. Heat butter till melted and almost boiling. Turn blender on high speed; slowly pour in butter, blending till thick and fluffy, about 30 seconds. Heat over warm, not hot, water till ready to serve. Makes 1 cup sauce.

BEARNAISE SAUCE

In small saucepan, combine 3 tablespoons wine vinegar, 1 teaspoon finely chopped shallots *or* green onion, 4 peppercorns, crushed, and a Bouquet Garni of a few tarragon and chervil leaves; simmer till liquid is reduced to half. Strain; add 1 tablespoon cold water to herb liquid.

Beat 4 egg yolks in top of double boiler (not over the water). Slowly add herb liquid. Have $\frac{1}{2}$ cup butter at room temperature. Add a few tablespoons butter to egg yolks; place over, *not touching*, boiling water. Cook and stir till butter melts and sauce starts to thicken. Continue adding butter and stirring till all has been used and sauce is smooth as thick cream. Remove from heat. Salt to taste and add 1 teaspoon minced fresh tarragon *or* $\frac{1}{4}$ teaspoon dried tarragon, crushed. Makes 1 cup.

MUSHROOM SAUCES

• **Wine-mushroom Sauce:** Cook 1 cup sliced fresh mushrooms and $\frac{1}{4}$ cup finely chopped green onion in $\frac{1}{4}$ cup butter just till tender. Blend in 4 teaspoons cornstarch. Add $\frac{3}{4}$ cup Burgundy, $\frac{3}{4}$ cup water, 2 tablespoons snipped parsley, $\frac{3}{4}$ teaspoon salt, and dash pepper. Cook and stir till bubbly. Serve with steak. Makes $1\frac{1}{2}$ cups.

• **Creamy Mushroom Topper:** Cook $\frac{1}{4}$ cup chopped onion in 2 tablespoons butter till just tender. Stir in 1 tablespoon all-purpose flour. Add $\frac{1}{2}$ cup light cream, one 3-ounce can sliced mushrooms, drained, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Heat to boiling, stirring constantly. Stir in $\frac{1}{2}$ cup dairy sour cream; heat through. Serve with chicken. Makes $1\frac{1}{2}$ cups.

• **Quick Mushroom Sauce:** Stir 1 cup dairy sour cream into one 10 $\frac{1}{2}$ -ounce can condensed cream of mushroom soup; heat.

CREOLE SAUCE

Cook $\frac{1}{4}$ cup finely chopped onion and 3 tablespoons finely chopped green pepper in 1 tablespoon butter till tender. Add one 8-ounce can tomato sauce, one 3-ounce can chopped mushrooms, drained, $\frac{1}{4}$ cup water, dash pepper, and dash garlic salt. Cover and simmer 15 minutes. Serve with fish. Makes $1\frac{1}{2}$ cups.

FLAVORED BUTTERS

• **Lemon Butter:** Melt $\frac{1}{4}$ cup butter. Add 1 tablespoon lemon juice, 1 tablespoon snipped parsley, and dash pepper. Serve with cooked asparagus, artichokes, broccoli, or fish. Makes $\frac{1}{3}$ cup.

• **Caper Butter:** Place $\frac{1}{2}$ cup softened butter or margarine and 3 tablespoons capers *with liquid* in small mixing bowl. Beat till light and fluffy. Serve with fish.

• **Parsley Butter:** Cream $\frac{1}{2}$ cup softened butter. Blend in 1 tablespoon snipped parsley, 1 teaspoon lemon juice, $\frac{1}{8}$ teaspoon savory, $\frac{1}{8}$ teaspoon salt, and dash pepper. Serve on potatoes. Makes $\frac{1}{2}$ cup.

• **Garlic Butter:** Combine $\frac{1}{4}$ cup softened butter and 1 or 2 cloves garlic, minced. Spread on French bread slices before heating, or melt atop broiled steaks.

SAUCE MOOREA

3 tablespoons tarragon vinegar

1 teaspoon finely chopped onion

15 peppercorns, crushed

3 beaten egg yolks

$\frac{1}{2}$ cup butter, melted

2 tablespoons tomato puree

1 tablespoon lemon juice

$\frac{1}{4}$ teaspoon dried tarragon, crushed

Dash salt

Dash cayenne

Combine vinegar, onion, and peppercorns in a saucepan. Boil gently till most of the vinegar has boiled away. Cool; stir in 1 tablespoon water and strain. Place egg yolks in top of double boiler; add vinegar mixture. Place over, *not touching*, boiling water. Cook and stir till thick and creamy. Remove from water; stir till slightly cooled. Gradually stir in melted butter; blend in tomato puree, lemon juice, tarragon, salt, and cayenne. Makes 1 cup.

CAPER MAYONNAISE

Combine 1 cup mayonnaise, $\frac{1}{4}$ cup drained capers, coarsely chopped, 3 tablespoons chopped onion, and 2 tablespoons chopped toasted almonds. Serve warm or chilled over fish or cooked vegetables.

BROWN SAUCE

- 1½ tablespoons butter
- 1½ tablespoons all-purpose flour
- 2 cups Brown Stock (p. 334) or
1 10½-ounce can condensed
beef broth plus water to
make 2 cups

Melt butter; blend in flour. Cook and stir over low heat till browned. Stir in stock. Bring to boiling and cook 3 to 5 minutes. Reduce heat and simmer 30 minutes, stirring occasionally. Makes about 1½ cups.

Sauce Diable: Combine ¼ cup snipped green onion, 3 tablespoons dry white wine, and 8 to 10 peppercorns, crushed. Reduce mixture to ½ its volume by boiling. Add ½ cup Brown Sauce and ½ teaspoon *each* Worcestershire sauce and snipped parsley. Heat through. Serve with broiled chicken or steak. Makes about ¾ cup.

Gourmet Sauce: Reduce 2 cups Brown Sauce to ½ its volume by boiling. Add ⅓ cup dry white wine. Bring just to boiling. Serve hot with roast beef or veal, baked ham, or chicken. Makes 1½ cups.

BORDELAISE SAUCE

- ½ cup fresh mushrooms, chopped
- 1 tablespoon butter
- 3 tablespoons cornstarch
- 2 cups beef stock
- 2 teaspoons dried tarragon,
crushed
- 2 tablespoons lemon juice
- 3 tablespoons red wine

Cook mushrooms in butter till tender. Mix cornstarch and cool stock. Stir into mushrooms. Cook and stir to boiling. Add remaining ingredients and dash pepper; simmer 5 to 10 minutes. Makes 2¼ cups.

MINT SAUCES FOR LAMB

- Combine ½ cup vinegar, ¼ cup *each* sugar and water, and dash salt. Bring to boiling; reduce heat and simmer, uncovered, 5 minutes. Pour over ½ cup finely snipped mint leaves; steep 30 minutes. Strain; serve hot or cold. Makes ½ cup.
- Heat ½ cup mint jelly slowly till melted, stirring occasionally.

MUSTARD SAUCES

- Add 1½ to 2 tablespoons prepared mustard to 1 cup hot Medium White Sauce (page 345).
- Combine 2 beaten egg yolks, 1 tablespoon sugar, 3 tablespoons prepared mustard, 2 tablespoons vinegar, 1 tablespoon water, 1 tablespoon butter, 1 tablespoon prepared horseradish, and ½ teaspoon salt in top of double boiler; mix well. Place over, *not touching*, boiling water; cook and stir till thickened, about 2 minutes. Remove from heat. Stir vigorously, if necessary, till sauce is smooth. Cool. Fold in ½ cup whipping cream, whipped; refrigerate. To serve with warm ham, let set at room temperature ½ hour. Makes 1 cup.
- Combine ¼ cup milk and 3 tablespoons *dry* onion soup mix; let stand 5 minutes. Stir in 1 cup dairy sour cream and 2 tablespoons prepared mustard. Heat, stirring occasionally. Makes 1¼ cups.

HORSERADISH SAUCES

- Fold 3 tablespoons drained prepared horseradish into ½ cup whipping cream, whipped. Add ½ teaspoon salt.
- Combine 1 cup dairy sour cream, 3 tablespoons drained prepared horseradish, ¼ teaspoon salt, and dash paprika. Chill.
- Whip one 8-ounce package softened cream cheese and 2 to 3 tablespoons prepared horseradish till fluffy. Chill.
- Melt 3 tablespoons butter; blend in 1 teaspoon all-purpose flour. Add ¼ cup vinegar, ¼ cup beef broth, ¼ cup prepared horseradish mustard, and 3 tablespoons brown sugar. Cook slowly, stirring constantly, till thick. Gradually add a little hot mixture to 1 slightly beaten egg yolk. Return to hot mixture. Bring sauce to boiling, stirring constantly. Serve hot with corned beef or ham. Makes 1 cup.

SAUTERNE SAUCE

In saucepan, combine ¼ cup sauterne and 1 tablespoon instant minced onion; let stand 10 minutes. Add ¾ cup mayonnaise or salad dressing, 2 tablespoons snipped parsley, and 1 tablespoon lemon juice. Heat, stirring constantly, over low heat. Makes 1 cup sauce.

WHITE SAUCE

Medium: (Makes 1 cup)

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 1 cup milk

Thick: (Makes 1 cup)

- 3 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- ¼ teaspoon salt
- 1 cup milk

Thin: (Makes 1 cup)

- 1 tablespoon butter or margarine
- 1 tablespoon all-purpose flour
- ¼ teaspoon salt
- 1 cup milk

Follow picture directions at right.

CHEESE SAUCES

- To 1 cup hot Medium White Sauce, add 1 cup shredded sharp natural Cheddar cheese. Stir to melt. Makes 1½ cups sauce.

- Prepare Medium White Sauce using ¼ cups milk. Add ½ cup shredded Cheddar cheese and ½ cup shredded Swiss cheese; stir to melt. Makes 1½ cups.

- Prepare Medium White Sauce using 1 chicken bouillon cube instead of salt. Stir in ¼ cup dairy sour cream and ¼ cup crumbled blue cheese. Heat through, *but do not boil*. Makes 1¼ cups.

- Combine one 10½-ounce can condensed cream of mushroom soup and ⅓ cup milk; heat. Add 1 cup shredded sharp process American cheese; stir to melt.

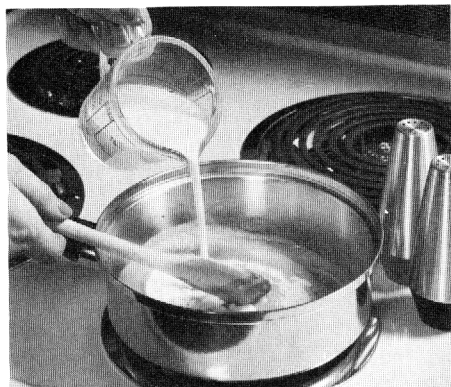
RAVIGOTE SAUCE

Cook ¼ cup snipped green onion in 1 tablespoon butter till tender. Add 3 tablespoons dry white wine and 1 tablespoon vinegar. Simmer, reducing liquid by half. Melt 1 tablespoon butter; blend in 1 tablespoon all-purpose flour. Add 1 cup light cream. Cook and stir till mixture bubbles. Remove from heat; stir in ¼ teaspoon *each* salt and dried tarragon, crushed. Return to low heat; *gradually* stir in onion mixture. Do not boil. Makes 1 cup.



To prepare White Sauce: Melt butter in saucepan over low heat. Blend in flour, salt, and dash white pepper.

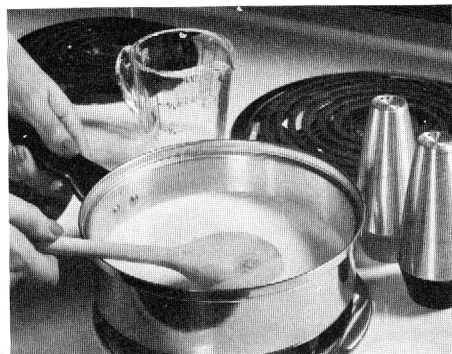
Make *Medium* White Sauce for sauces, scalloped and creamed dishes.



Add milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Remove sauce from heat when it bubbles. Add cheeses or other flavorings at this point, stirring till smooth.

Prepare *Thin* White Sauce for soups and creamed vegetables. Make *Thick* White Sauce for croquettes and souffles.

If sauce cooks too long, it becomes too thick and butter separates out. To repair, stir in a little more milk. Cook quickly, stirring constantly, till sauce bubbles. A wooden spoon or rubber spatula is handy for preparing sauces. Use a heavy saucepan.



TARTARE SAUCE

Combine 1 cup mayonnaise, 3 tablespoons finely chopped dill pickle, 1 tablespoon snipped parsley, 2 teaspoons chopped canned pimiento, and 1 teaspoon grated onion. Chill thoroughly. Makes 1 cup sauce.

CUCUMBER SAUCE

Cut 1 medium unpared cucumber in half lengthwise; scoop out seeds. Shred enough cucumber to make 1 cup; do not drain. Combine with $\frac{1}{2}$ cup dairy sour cream, $\frac{1}{4}$ cup mayonnaise, 1 tablespoon snipped parsley, 2 teaspoons grated onion, 2 teaspoons vinegar, $\frac{1}{4}$ teaspoon salt, and dash pepper; blend. Chill. Serve with fish. Makes $1\frac{1}{2}$ cups.

SHRIMP SAUCE

Cook $\frac{1}{4}$ cup chopped green pepper and $\frac{1}{4}$ cup finely chopped onion in 2 tablespoons butter till tender. Stir in one 10 $\frac{1}{2}$ -ounce can condensed cream of mushroom soup, $\frac{1}{2}$ cup milk, and few drops yellow food coloring. Heat and stir to boiling. Add two 4 $\frac{1}{2}$ - or 5-ounce cans shrimp, drained and split lengthwise. Heat through.

DILL SAUCE

Melt 2 tablespoons butter. Blend in 2 tablespoons all-purpose flour; add 2 cups chicken broth, 2 teaspoons sugar, $1\frac{1}{2}$ tablespoons vinegar, and $1\frac{1}{2}$ teaspoons dried dillweed. Cook and stir till thick and bubbly. Stir small amount of hot mixture into 1 slightly beaten egg yolk; return to hot mixture. Cook and stir 1 minute. Serve hot with roast veal or pork. Makes $2\frac{1}{4}$ cups.

CUMBERLAND SAUCE

Combine $\frac{1}{2}$ teaspoon shredded orange peel, $\frac{3}{4}$ cup orange juice, $\frac{1}{2}$ cup currant jelly, 2 tablespoons claret, and $\frac{1}{4}$ teaspoon ground ginger in a saucepan. Heat till jelly melts, stirring occasionally. Blend 4 teaspoons cornstarch and 1 tablespoon lemon juice till smooth; stir into jelly mixture. Cook and stir till mixture is thick and bubbly; cook 1 to 2 minutes longer. Serve hot or cold with ham. Makes $1\frac{1}{2}$ cups.

SWEET-SOUR SAUCE

In saucepan, mix 1 cup sugar, $\frac{1}{2}$ cup *each* white vinegar and water, 1 tablespoon *each* chopped green pepper and chopped canned pimiento, and $\frac{1}{2}$ teaspoon salt. Simmer 5 minutes. Combine 2 teaspoons cornstarch and 1 tablespoon cold water; add to hot mixture. Cook and stir till sauce thickens and bubbles. Cool. Add 1 teaspoon paprika. Serve with shrimp. Makes about $1\frac{1}{2}$ cups.

SPICY CHERRY SAUCE

$\frac{3}{4}$ cup sugar
Dash salt
2 tablespoons cornstarch
 $\frac{3}{4}$ cup orange juice
1 tablespoon lemon juice
1 1-pound can (2 cups) pitted tart red cherries (water pack)
1 inch stick cinnamon
 $\frac{1}{2}$ teaspoon whole cloves
 $\frac{1}{4}$ teaspoon red food coloring

Combine sugar, salt, and cornstarch. Stir in orange and lemon juice. Add undrained cherries, spices, and food coloring. Cook, stirring constantly, over medium heat till mixture thickens and comes to boiling. Boil 2 minutes. Before serving, remove cinnamon and cloves. Serve warm with ham. Makes 3 cups sauce.

RAISIN SAUCE

Combine $\frac{1}{3}$ cup raisins, $\frac{1}{2}$ cup water, $\frac{1}{3}$ cup currant jelly, $\frac{1}{2}$ teaspoon grated orange peel, and $\frac{1}{2}$ cup orange juice in saucepan; bring to boil. Combine 2 tablespoons brown sugar, 1 tablespoon cornstarch, dash *each* ground allspice and salt; stir into orange mixture. Cook and stir till thick and bubbly. Serve warm with cooked ham. Makes about $1\frac{1}{2}$ cups.

TANGY CRANBERRY SAUCE

Mix one 1-pound can jellied cranberry sauce, $\frac{1}{3}$ cup bottled steak sauce, 1 tablespoon *each* brown sugar and salad oil, and 2 teaspoons prepared mustard. Beat with electric or rotary beater. Serve warm or as is with ham or pork. Makes 2 cups.

APPLESAUCE

Chunky: Pare, core, and slice 4 medium apples. Combine 1 cup water, $\frac{1}{4}$ cup sugar, and dash mace; bring to boil. Add apples; cover and simmer 8 minutes, or till tender.

Smooth: Pare, quarter, and core 4 medium apples. Combine apples, $\frac{1}{4}$ to $\frac{1}{2}$ cup water, and 2 inches stick cinnamon. Cover and simmer 10 minutes, or till very tender. Remove cinnamon. Mash apples till smooth. Stir in $\frac{1}{4}$ cup sugar. (For larger quantity, don't pare apples; put cooked sauce through food mill or sieve.)

RHUBARB SAUCE

3 cups rhubarb cut in 1-inch pieces

**$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup water**

Bring rhubarb, sugar, and water to boiling; reduce heat. Cover and cook slowly about 5 minutes, or till tender. Makes 2 cups.

CRANBERRY SAUCE

Combine 2 cups sugar and 2 cups water in large saucepan; stir to dissolve sugar. Heat to boiling; boil 5 minutes. Add 1 pound (4 cups) fresh cranberries; cook about 5 minutes, or till skins pop. Remove from heat. Serve warm or chilled. (To mold, cook 10 minutes longer, or till a drop jells on cold plate. Pour into 4-cup mold. Chill firm.) Makes 4 cups.

SPRING FRUIT SAUCE

**2 tablespoons sugar
1 tablespoon cornstarch
 $\frac{1}{4}$ cup light corn syrup
1 16-ounce package frozen sliced strawberries, thawed
1 tablespoon lemon juice
1 cup sliced banana
Ice cream**

In saucepan, combine sugar and cornstarch; stir in light corn syrup. Add thawed strawberries. Cook, stirring constantly, till slightly thickened. Stir in lemon juice; cool. Just before serving, stir in banana. Serve over ice cream. Makes $2\frac{1}{2}$ cups.

GINGER SUNDAE SAUCE

In small saucepan, mix $\frac{1}{3}$ cup light corn syrup, $\frac{1}{4}$ cup *finely* chopped candied ginger, dash salt, and $\frac{1}{4}$ cup light cream. Simmer 5 minutes. Gradually stir in $\frac{1}{4}$ cup light cream. Heat through, but *do not boil*. Remove from heat; stir in $\frac{1}{4}$ cup butter and $\frac{1}{2}$ teaspoon vanilla. Serve warm over vanilla ice cream. Makes $\frac{3}{4}$ cup.

BLUEBERRY SAUCE

In saucepan, combine 1 cup sugar, 2 tablespoons cornstarch, $\frac{1}{4}$ teaspoon nutmeg, and dash salt; gradually stir in 1 cup boiling water. Cook and stir till mixture thickens and boils; cook 2 minutes more. Add 2 cups fresh blueberries*; return to boiling. Remove from heat; stir in 3 tablespoons lemon juice; cool. Makes 3 cups.

*Or, use one 10-ounce package frozen unsweetened blueberries, thawed and drained. Increase cornstarch to 3 tablespoons. Stir in blueberries with lemon juice. Do not heat after adding berries.

MINCEMEAT SUNDAE SAUCE

In saucepan, combine $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup diced pared apple, 1 cup prepared mincemeat, $\frac{1}{4}$ cup chopped walnuts, and $\frac{1}{4}$ cup chopped maraschino cherries. Bring to boil; simmer, uncovered, 10 minutes. Serve warm over ice cream. Makes $1\frac{3}{4}$ cups sauce.

QUICK JUBILEE SAUCE

In small bowl, thoroughly combine one 16-ounce jar ($1\frac{1}{3}$ cups) dark cherry preserves with $\frac{1}{4}$ cup port wine and $\frac{1}{4}$ teaspoon almond extract; chill. Serve over vanilla ice cream. Makes $1\frac{1}{2}$ cups sauce.

CUSTARD SAUCE

In heavy saucepan, mix 4 beaten egg yolks, dash salt, and $\frac{1}{4}$ cup sugar. Gradually stir in 2 cups milk, scalded and slightly cooled. Cook over low heat, stirring constantly, till mixture coats metal spoon.

Remove from heat; cool pan at once in cold water; stir a minute or two. Add 1 teaspoon vanilla. Chill. Makes 2 cups.

REGAL CHOCOLATE SAUCE

- 1 cup sugar
- 1 cup water
- ½ cup light corn syrup
- 3 1-ounce squares unsweetened chocolate, broken up
- 1 teaspoon vanilla
- ½ cup evaporated milk

Combine sugar, water, and corn syrup; cook to soft ball stage (236°). Remove from heat. Add chocolate; stir till melted. Add vanilla. Slowly add evaporated milk; mix thoroughly. Cool. Makes 1¾ cups.

HARD SAUCE

Thoroughly cream ½ cup butter with 2 cups sifted confectioners' sugar. Add 1 teaspoon vanilla. Spread in 8x8x2-inch pan; chill to harden. Cut in squares.

Fluffy Hard Sauce: Stir 1 beaten egg yolk into creamed mixture above. Then, fold in 1 stiffly beaten egg white. Chill.

BRANDY HARD SAUCE

Place 2 tablespoons brandy *or* rum and ½ cup very soft butter in blender container; blend to combine. Add 1 cup sifted confectioners' sugar; blend till smooth. Spoon mixture into mold or small bowl. Chill. At serving time, unmold and sprinkle surface lightly with ground nutmeg.

TANGY BUTTER SAUCE

Cream ½ cup butter or margarine; gradually add 1 cup sifted confectioners' sugar, creaming till light and fluffy. Stir 1 cup cold water into 1 tablespoon cornstarch; cook and stir till thick and bubbly; stir into creamed mixture. Add 1 teaspoon lemon juice and 1½ teaspoons vanilla. Serve warm over plum pudding *or* cake. Makes 1½ cups sauce.

FOAMY SAUCE

Beat together 3 egg yolks, ¾ cup sifted confectioners' sugar, ½ teaspoon vanilla, rum flavoring to taste (optional), and dash salt. Fold in 1 cup whipping cream, whipped. Chill. Stir. Makes 3 cups.

BUTTERSCOTCH SAUCE

In heavy saucepan, mix 1 slightly beaten egg yolk, ¼ cup butter, ¼ cup water, ⅔ cup brown sugar, and ⅓ cup light corn syrup. Cook and stir over low heat till thick. Stir before using. Makes 1 cup.

PINEAPPLE FLUFF

- ¼ cup sugar
- 1 tablespoon all-purpose flour
- 1 slightly beaten egg
- ¾ cup pineapple juice
- ½ cup orange juice
- 1 cup whipping cream
- 2 tablespoons sugar

Mix ¼ cup sugar and flour. Combine egg and 3 tablespoons cold water; add to sugar-flour mixture. Heat juices; slowly stir small amount into egg mixture; return to hot mixture. Cook over low heat till thick. Chill. Whip cream with 2 tablespoons sugar. Fold into juice mixture. Makes 3 cups.

DAFFODIL LEMON SAUCE

Mix ½ cup sugar, 4 teaspoons cornstarch, dash salt, and dash nutmeg. Gradually stir in 1 cup water. Cook and stir over low heat till thick and bubbly. Stir a little hot mixture into 2 beaten egg yolks; return to hot mixture. Cook and stir 1 minute. Remove from heat; add 2 tablespoons butter, ½ teaspoon grated lemon peel, and 2 tablespoons lemon juice; blend.

CHERRY SAUCE

Combine ¾ cup sugar, 2 tablespoons cornstarch, and dash salt. Stir in one 1-pound 4-ounce can pitted tart red cherries with juice. Cook quickly, stirring constantly, till thick and bubbly. Reduce heat; cook 1 minute. Add 10 drops red food coloring. Serve warm. Makes 2¾ cups.

CRIMSON RASPBERRY SAUCE

Thaw and crush one 10-ounce package frozen raspberries. Combine with 1 tablespoon cornstarch. Add ½ cup currant jelly. Cook and stir till bubbly; cook 1 minute. Strain; cool. Makes 1¼ cups.