

This special edition of the Food Writers' Favorites: Soups, Stews and Casseroles is being offered to benefit the Alliance Against Intoxicated Motorists and to help you better understand its work. Before enjoying the many recipes that follow, please take a few minutes to read over the material. It explains AAIM's history, purpose and philosophy, and the services AAIM performs. After reading these few pages, you will understand why AAIM's work is so important and learn how you can support this worthwhile cause.



Driving under the influence (DUI) is the crime most likely to cripple and kill Americans. On average, 65 people die and 1,534 are injured each day in this country due to alcohol and other drug-related driving. With your support, AAIM can curb DUI.

"What we've been able to achieve in Illinois has been a group effort. I can't think of any group that has contributed more in getting the drunk driver off our highways than AAIM."

—Secretary of State Jim Edgar

AAIM was founded in 1982 by two Illinois citizens, Carol Golin and Glenn Kalin, both of whom lost family members because of drunk drivers. Others quickly joined and today the nonprofit organization has more than 200,000 contributors and members.

Since 1982, AAIM has gained a high degree of credibility in Illinois' political, law enforcement, civic and business circles. AAIM's rational approach has helped solve problems on Illinois highways. According to Secretary of State Jim Edgar, "AAIM has been from the beginning one of the major supporters of our efforts to make our highways safer." The National Commission Against Drunk Driving awarded AAIM a Certificate of Commendation in 1989.



AAIM and You

Grassroots citizen action is the force behind AAIM. Your determination, commitment, energy, courage and creativity, along with the efforts of thousands of others, are needed to reduce the number of highway deaths and injuries from alcohol and other drug-related driving.

You can help us create a future that is less violent for everyone. We invite you to become actively involved in the work to end alcohol and other drug-impaired driving. Together we can make a difference.

There are various ways to participate actively in this life-saving cause:

- Be responsible for your own actions, and set a good role model for your children, by driving only when not drinking alcohol.
- Encourage your family and friends to drive responsibly—friends don't let friends drive drunk.
- Be informed about drunk driving issues. Then write letters to newspapers and to elected officials supporting tougher laws. AAIM provides information in numerous written materials, and we are just a phone call away.
- Be actively involved at whatever level you can contribute. If your community has an AAIM chapter, make your time and talent available to help. Explore the possibility of organizing a chapter in your community, if one is not yet established. Cooperate with other groups and agencies in your community to fight impaired driving.

Thank you! Through your financial contribution, you have expressed a commitment to end drunk driving. We hope you will take the next step and become actively involved. Contact AAIM in your local community or the state office.

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Statement of AAIM's Purpose and Philosophy



Purpose: To save lives and prevent great physical & emotional suffering in Illinois, by bringing about an end to both drunk & drugged driving; and to provide counsel & support to those victimized by such drivers.

Philosophy: We believe that deaths and injuries caused by drunk & drugged driving are not accidents, but are the tragic results of willful conduct. The label "accident" obscures the causative factor of alcohol/drug abuse, and fails to recognize driving under the influence as a crime.

We believe that being under the influence of alcohol, or any other drug, does not absolve one of accountability for one's actions; rather, the lack of accountability develops a climate of irresponsibility and leads to an increase in the DUI problem.

We believe that driving is a privilege, not a right, granted by society to those members who comply with rules established for the good of all; that any benefits an individual derives from driving are secondary to the safety of others; and that the economic impact associated with the loss of driving privileges is the concern only of the individual driver, and should not outweigh the safety of others. Life, not livelihood, is the issue, and should be centermost in the mind of the Court when sentencing persons guilty of DUI.

We believe that the law enforcement agencies and the judicial system must be sensitive to the trauma of the victims of drunk/drugged driving in order to avoid causing still further emotional injury and inequities in the disposition of DUI cases.

We know that drunk/drugged driving is a complex social problem, and no single simple solution exists. Rather, a multifaceted solution encompassing many elements working simultaneously is required. Such a comprehensive solution must include elements of education to heighten public awareness; formal, primary, and secondary education; deterrence through law enforcement; and rehabilitation. Such an approach will require coordination of public agencies and private organizations as never before.

AAIM Officers:

President: Dave Osborn

Vice President: Glenn Kalin

Secretary: Paul Froehlich

Treasurer: Girlie DeLasAlas

Executive Director: Paul Froehlich

Director of Victim Services: Shirley Binning



AAIM'S Legislative Goals

Since 1982, tremendous progress has been made in Illinois in passing tougher anti-drunk driving legislation. However, more must be done. This year, AAIM's legislative efforts will focus primarily on the following issues:

RAISE THE PENALTY FOR RECKLESS HOMICIDE.

- a. DUI killers are currently eligible for probation. Although they also may be sentenced to 2-5 years in prison, most offenders convicted of reckless homicide *never go to prison*.
- b. By contrast, there is a mandatory sentence of 4 years in prison for residential burglary, and people convicted of possessing small amounts of cocaine can serve up to 6 years in prison.
- c. Our laws send the wrong message when crimes that don't take lives are punished more harshly than crimes that do. There should be a minimum penalty of at least one year in prison, and a higher maximum penalty, for DUI/reckless homicide.

BAN THE SALE OF COLD BEER AND WINE AT GAS STATIONS.

- a. The American Medical Association supports this ban, and so does AAIM.
- b. When gas stations sell beer, it's too easy for drivers to get "tanked up" while tanking up their car. Besides, the proliferation of liquor outlets encourages alcohol consumption and abuse.

REFORM THE DRAM SHOP LIABILITY LAW.

- a. The current dramshop law protects alcohol servers, not the general public.
- b. Illinois has a lower cap on liability than any other state. The Illinois law gives no compensation for the death of a nonbreadwinner, and protects from liability adults who illegally give alcohol to minors.
- c. The solution is to repeal or raise the cap on liability, so survivors are more reasonably compensated, to give compensation for the wrongful death of a housewife or child, and to make adults liable for illegally giving alcohol to minors.

**RAISE THE STATE ALCOHOL TAX, EARMARKING THE REVENUE FOR
DUI ENFORCEMENT AND VICTIM COMPENSATION.**

- a. The state tax on alcohol has not been raised since 1969.
- b. A recent RAND study found that alcohol users pay in taxes for only a small part of the social costs of alcohol abuse. Since 5 percent of drinkers consume about half of all alcohol, heavy users would pay most of the increased tax.
- c. There is also evidence that higher prices for alcohol reduce consumption, especially among youngsters, and reduce DUI.

**AMEND THE STATE CONSTITUTION TO PUT CRIME VICTIM'S RIGHTS
ON AN EQUAL FOOTING WITH CRIMINAL SUSPECT'S RIGHTS.**

- a. Illinois, like 47 other states, has a statutory crime victim's bill of rights. However, statutes are subject to constitutional challenge.
- b. It's time for Illinois to get in line with the national movement to give constitutional rights to crime victims, instead of only to criminal suspects.

LOWER THE *PER SE* BAC FROM .10.

- a. Under a new state law, the *per se* level will be .04 BAC for truckers and commercial drivers.
- b. The American Medical Association recommends a *per se* level at .05.
- c. Research demonstrates that impairment starts well before a drinker reaches .10.

MAKE "MANDATORY" TESTING TRULY MANDATORY.

- a. When a driver is involved in a fatal crash in Illinois, he is subject to testing for alcohol or other drugs, under a 1989 law.
- b. The driver is permitted to refuse the test, however, unlike in Iowa, where suspects are required to submit to drug testing, just as they can be required to be searched or fingerprinted.
- c. Illinois should follow Iowa in making the test really mandatory, so the guilty will be detected and prosecuted.



CONFISCATE VEHICLES OF OFFENDERS WHO DRIVE ON A LICENSE REVOKED OR SUSPENDED FOR DUI OR RECKLESS HOMICIDE.

- a. The state of Illinois confiscates vehicles of drivers caught smuggling cigarettes into Illinois (more than 10 cartons), but the state doesn't take away vehicles from drunk drivers.
- b. Attempting to evade taxes, in other words, is dealt with more severely than threatening and taking lives of people on the highways.
- c. Since the jails are full, the best way to keep DUI offenders off the roads after they have been caught driving on a revoked or suspended license is to take away their vehicles.

The Secretary of State and DUI

THE ILLINOIS SECRETARY OF STATE PLAYS A CRUCIAL ROLE IN KEEPING IMPAIRED DRIVERS OFF OUR STREETS. AAIM SUPPORTS CONTINUATION OF THE FOLLOWING POLICIES BY THE SECRETARY OF STATE'S OFFICE:

- a. When an offender is convicted of DUI and his driving privileges are revoked for "at least one year," those privileges are not automatically reinstated at the end of the year. Before reinstatement, the offender must show evidence to the SOS hearing officer that he is no longer a danger to society.
- b. When a judge grants a Judicial Driving Permit (JDP) for reasons beyond those permitted by law, the SOS office refuses to issue the JDP. This policy has been upheld by the state supreme court.
- c. When someone is accused of reckless homicide, the SOS administratively revokes the accused's license before the trial if the state's attorney forwards evidence of the crime.
- d. The SOS office resists legislative attempts to weaken the DUI law, such as the proposal to allow JDPs to be issued for "household duties."

AAIM'S Programs



Victim Services

AAIM operates a 24-hour Victim Hotline (708/697-AAIM). Victims of drunk driving crashes as well as families of victims receive emotional support and informal legal guidance when they call. AAIM members often accompany victims to court, track case dispositions, and help ensure that justice is done. Free assistance is also given in preparing victim impact statements. A booklet, *"What To Do If You Are The Victim of a Drunk Driver,"* is available upon request.

Extra Eyes

Trained AAIM members regularly conduct patrols on highways to spot and call in suspected impaired motorists to state and local police. Police have made more than 1,000 traffic arrests, most for DUI, thanks to AAIM calls via car phone and CB radio.

Drunkbusters

To encourage drivers with cellular phones or CB radios to report erratic driving to police, AAIM initiated the "Drunkbusters" program. AAIM gives certificates and membership cards in "Drunkbusters" to citizens who report impaired drivers who are subsequently arrested. People with car phones can make free, emergency calls by dialing *999 to report dangerous drivers.

Information and Referral

AAIM chapters refer victims to state and local agencies which offer financial and legal help. AAIM publishes a quarterly newsletter, *AAIM NewsNotes*. AAIM victim cards, distributed at hospital emergency rooms and by police departments, list phone numbers where victims, no matter what the crime, can receive assistance.

Student Organizations

AAIM offers guidance and support to students interested in organizing student groups to combat teenage impaired driving. Student leaders receive ideas for ongoing projects and programs to educate their peers and make them aware of the disproportionate number of teenage deaths due to alcohol-related crashes.



Speakers Bureau

AAIM has trained speakers available to address civic and professional organizations, community groups, public and private industries, schools and other concerned citizens. These knowledgeable leaders provide educational information about critical traffic safety issues such as: legislation, victim rights, community action programs and preventive polices to remove intoxicated drivers from our highways.

Public Awareness Campaigns

The AAIM Mobile, a futuristic vehicle shaped like an airplane, travels around the state with messages painted on it such as "AAIM to save lives...Don't Drink and Drive." AAIM produces public service announcements featured on TV and radio. These announcements promote public awareness about DUI, the most common crime committed in the nation, and ask people to use a Designated Driver instead of driving under the influence.

AAIM also distributes bumper stickers, window stickers, buttons and pins promoting educational messages.

Soups, Stews and Casseroles

FOOD WRITERS'
FAVORITES

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INTRODUCTION

“What’s for dinner tonight?” It’s an age-old question.

Whether you want a quick meal or an international adventure, *Soups, Stews and Casseroles* can provide the answer.

Soups, stews and casseroles are appropriate for many occasions. Most can be prepared quickly. Many are nutritious because the cook regulates the kind and amount of ingredients used. And all are simply good eating.

You can count on the recipes in this book to be good because they are the special favorites of food writers across the country. The book combines not only the tried-and-true personal favorites of food writers, but also many regional specialties.

For the purpose of this book, casseroles were very loosely defined as one-pot dishes. The line between soups and stews was somewhat blurred, too. Regardless of category, the recipes are sure to please.

In tune with today’s lifestyles, the writers contributed more vegetable, poultry and seafood recipes than any other categories. You will, however, find that today’s cooks rely on many convenience foods, and they are quick to use any ingredient that simplifies a recipe.

Each of the recipes in the book includes a brief introduction that tells you something about the recipe, so even if you aren’t in the mood for cooking, the book makes for enjoyable reading.

We would like to make it clear that these recipes are the contributors’ favorites. The publisher makes no claim that the recipes are original. When possible, credit has been given where credit is due. But in many cases, the recipes just evolved or have been handed down through families, and it is difficult, if not impossible, to say from where they came.

FREEZING TIPS

One reason why food writers enjoy making soups, stews and casseroles is because such dishes usually freeze well, so the effort involved in making a single recipe can yield two or more meals.

When freezing soups, stews and casseroles, keep these tips in mind:

- * Follow the recipe, but, if possible, undercook the vegetables.
- * Cool cooked dishes thoroughly before freezing.
- * Leave ample head space to allow for the expansion of the liquid during freezing. Generally allow 1/2-inch for one-pint containers and 1-inch for 1-quart containers. Cubical containers allow for the most efficient use of freezer space.

* Label and date the packages. It is best to use frozen foods within one month for optimum flavor and texture.

* Do not freeze too much food at one time, because overloading the freezer raises the temperature to the detriment of already stored frozen foods.

* Always thaw frozen foods in their original containers, and it's best to thaw them in the refrigerator. Use all frozen items immediately after thawing because growth of bacteria can occur rapidly in thawed foods, especially casseroles.

* Most casseroles can be reheated in the oven from their frozen state. A general rule of thumb is to bake the casserole in a 350-degree oven until the mixture is hot throughout.

* Sometimes it is convenient to line baking dishes with foil, then fill them and freeze. When the foil-wrapped food is frozen solid, remove it from the dish, seal tightly and return immediately to the freezer. This allows you to use the baking dish until you are ready to reheat the food. When ready, remove the foil, return the frozen food to the baking dish and heat in the oven.

* If you plan to freeze a recipe from this or any cookbook, watch the seasonings carefully. Onion, pepper, celery, garlic and synthetic flavors tend to become strong or bitter; salt and herb flavorings decrease in strength; and curry acquires a musty flavor.

* To serve frozen soups, bring them to a boil in a saucepan, unless they are thick or have a cream base, in which case, a double boiler is necessary. For cold soups, thaw until liquid and serve chilled.

Whether you freeze these dishes or serve them immediately, the contributing writers hope you will enjoy this recipe collection. Happy cooking!

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Poultry



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Self-Crust Chicken Pie

Anne Byrn

Food Editor, *Atlanta Journal-Constitution*, Atlanta, Georgia

No truly Southern recipe file could be complete without a good recipe for chicken pie. That's the sort of comfort food we Southerners grew up on and want to pass on to future generations. This version is a bit simpler than grandmother made, but it fits into modern lifestyles. The crust is a drop crust, requiring no rolling. Vegetables, such as onions and celery, can be added, if desired.

Makes 6 servings

- | | |
|---|---------------------------------------|
| 2 cups chopped, cooked chicken or turkey | 1/4 cup butter or margarine, softened |
| 2 hard-cooked eggs, peeled and sliced | 1 cup self-rising flour (see note) |
| 1-1/4 cups chicken or turkey broth | 1 cup milk |
| 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted | 1/4 teaspoon black pepper |

Place chicken in a 13x9x2-inch baking dish. Layer egg slices on top of chicken. In a medium saucepan, combine broth and celery soup; bring to a boil. Pour hot broth mixture over chicken and eggs.

In a medium mixing bowl, cut butter into flour; blend in milk and pepper. Spoon dough over mixture in baking dish. (Dough will not be smooth.)

Bake in a preheated 425-degree oven for 30 minutes, or until crust is browned.

Note: To make your own self-rising flour, add 1-1/2 teaspoons baking powder and 1/2 teaspoon salt to 1 cup all-purpose flour.

Gourmet Chicken and Grits

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

If you don't know what grits are, you're not from the South! Even Northerners can find grits in their grocery stores, near the cornmeal. This recipe is a good reason to give grits a try.

When grits are cooking, they tend to splatter, so put them in a deep saucepan, and stir them a little. This casserole is an unusual way to use leftover chicken or turkey. It came from one of our newspaper's recipe contests.

Makes 6 servings

- | | |
|---|---|
| 2 cans (14-1/2 ounces each) chicken broth | Generous pinch of curry powder |
| 1 cup quick (not instant) grits | Generous pinch of ground nutmeg |
| 3 eggs, beaten | 1/4 pound fresh mushrooms, sliced |
| 1 jar (8 ounces) pasteurized process cheese spread, such as Cheez Whiz (use flavored version, if desired) | 2 tablespoons olive oil |
| 2 cups chopped, cooked chicken or turkey | 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted |

In a large saucepan, bring broth to a boil; add grits. Cook about 5 minutes, stirring occasionally. Stir in beaten eggs, cheese spread, chicken, curry powder and nutmeg; mix well.

Transfer grits mixture to a greased 3-quart casserole. Bake, uncovered, in a preheated 375-degree oven for 30 minutes.

While grits are baking, saute mushroom slices in olive oil in a large skillet. Stir in mushroom soup. Continue cooking until mixture is hot.

Top each serving of grits with mushroom sauce.

Zesty Chicken and Dumplings

Toni Burks

Food Editor, *Roanoke Times & World-News*, Roanoke, Virginia

No one has ever made chicken and dumplings the way my Grandma did. Actually, it was the dumplings that were distinctive—flat strips of dough that cooked up tender but chewy, almost like fat noodles. Appreciation for Grandma's dumplings came too late to get her recipe, but after many years, I learned that Grandma had made what Eastern Shore folks call "slick dumplings." This updated version of Grandma's stew has a Southwestern accent, because the slick dumplings are made from flour tortillas.

Makes 4 servings

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|--|---|
| 2 whole chicken breasts | 1/4 cup all-purpose flour |
| 1-1/2 quarts water | 1 can (4 ounces) diced green chilies, undrained |
| 1/2 teaspoon salt | 1/2 cup half-and-half or light cream |
| 3 tablespoons butter or margarine | Salt and black pepper, to taste |
| 1 medium onion, finely chopped | 4 (8-inch) flour tortillas |
| 2 cloves garlic, minced | Grated sharp Cheddar cheese |
| 1/2 to 1 teaspoon ground cumin, to taste | |

Rinse chicken and pat dry with paper towels. Put chicken in a 3-quart saucepan; add water and salt. Cover and simmer 45 minutes to 1 hour, or until chicken is tender. Remove chicken from broth and set aside to cool. Strain broth and reserve. When chicken is cool enough to handle, remove and discard skin and bones. Cut chicken into chunks and set aside.

Melt butter in a 3-quart saucepan. Add onion, garlic and cumin; cook, stirring, until onion is tender. Stir in flour. Gradually add 3 cups of reserved broth (if necessary, use water to complete measure). Cook and stir until thickened and smooth. Add green chilies. Stir in half-and-half. Season with salt and pepper to taste. Add reserved chicken. Bring mixture to a simmer.

Cut tortillas into 2x1-inch strips and drop into simmering chicken mixture. Cover and turn off heat. Let stand, covered, 15 minutes. Garnish each serving with grated Cheddar cheese.

Baked Chicken with Orange-Nut Rice

Toni Burks

Food Editor, *Roanoke Times & World News*, Roanoke, Virginia

Elegant, easy, economical—it's a winning combination for entertaining in today's busy world. The elegance of this dish comes from the flavorful teaming of ingredients. It's easy because once it's assembled and in the oven, there's no stirring or tending. And few meats are more economical than chicken. Chicken breasts are specified, but dark-meat parts can be used with equally delicious results.

Makes 4 servings

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| 2 whole chicken breasts, cut into halves | 1/2 cup minced onion |
| 1/3 cup all-purpose flour | 1/4 cup butter, cut into pieces |
| 2 teaspoons salt, divided | 2 tablespoons chopped pecans |
| 1/4 teaspoon ground white pepper | 2 tablespoons chopped pimento |
| 1/3 cup vegetable oil | 1 tablespoon lemon juice |
| 1 cup water | 1-1/2 cups instant rice, uncooked |
| 1/2 cup orange juice | |
| 1 tablespoon grated orange rind | |

Rinse chicken and pat dry with paper towels. Combine flour, 1 teaspoon salt and pepper. Coat chicken pieces on all sides with flour mixture. Heat oil in a large skillet over medium heat. Add chicken pieces and brown on all sides.

In an 8x8x2-inch baking dish, combine water, orange juice, orange rind, onion, butter, pecans, pimento and lemon juice. Add rice and remaining 1 teaspoon salt. Stir to mix well. Place chicken pieces, skin-side up, in a single layer over rice mixture.

Cover pan with foil. Bake in a preheated 350-degree oven for 35 minutes. Uncover and continue to bake for 15 minutes, or until fork can be inserted in chicken with ease.

New Mexican Enchilada Casserole

Sally Cappon

Food Columnist, *Santa Barbara News-Press*, Santa Barbara, California

I originally received this recipe from a neighbor in Roswell, New Mexico, in 1964. At that time, Mexican food was not nearly as popular throughout the United States as it is today. The original recipe called for stewing a whole chicken and cutting it up. As I got busier and this became a family favorite and a big hit at pot lucks, I began substituting canned chicken, instant minced onion and pre-shredded cheese. As I open six cans and prepare this dish in five minutes, I feel shamelessly decadent!

Makes 6 to 8 servings

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|---|---|
| 4 cans (5 ounces each) boned chicken | 1 package (10-1/2 ounces) corn chips, divided |
| 1 can (10 ounces) enchilada sauce | 1-1/2 cups shredded sharp Cheddar cheese |
| 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted | 2 chicken bouillon cubes |
| 2 tablespoons instant minced onion | 1 cup boiling water |
| 1/2 teaspoon garlic salt | Parsley flakes |
| | Paprika |

In a large mixing bowl, combine chicken, enchilada sauce, mushroom soup, onion and garlic salt. Line a greased 12x8x2-inch baking dish with about two-thirds of the corn chips. Pour chicken mixture over chips. Sprinkle with cheese and cover with remaining corn chips.

In a small saucepan, combine bouillon cubes and boiling water; stir until dissolved. Pour over mixture in baking dish. Sprinkle with parsley flakes and paprika. Bake in a preheated 350-degree oven for 30 minutes, or until done.

Note: This casserole can be assembled a day ahead and refrigerated. Pour hot chicken broth over casserole just before it goes into the oven to bake.

Turkey Tetrazzini

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

I deliberately cook a bigger turkey at Thanksgiving than we need for dinner because we love cold turkey sandwiches and I like to serve Turkey Tetrazzini to company. When I don't want to make the casserole right away, I dice the cooked turkey and freeze it until I need it.

Makes 10 to 12 servings

3/4 cup butter or margarine, divided	Salt and freshly ground pepper, to taste
1-1/2 pounds fresh mushrooms, thinly sliced	6 cups diced, cooked turkey
1/2 cup all-purpose flour	1 package (16 ounces) thin spaghetti, cooked according to package directions and drained
5 cups chicken stock or broth	
1 cup light cream or milk	
2 egg yolks	
2 cups grated Parmesan cheese, divided	

Melt 1/4 cup butter in a large skillet. Add mushrooms; saute until browned. Set aside.

Melt remaining 1/2 cup butter in a large saucepan. Add flour and cook 2 minutes, stirring constantly. Slowly stir in chicken stock and light cream. Cook over low heat, stirring, until sauce begins to thicken. Remove from heat. Beat egg yolks in a small bowl; add 4 tablespoons of the sauce to egg yolks very slowly, beating constantly. Pour egg yolk mixture back into sauce and add 1 cup Parmesan cheese. Cook over low heat, stirring, just until cheese is melted. Season with salt and pepper.

Measure 1-1/2 cups sauce and set aside. Add reserved mushrooms, turkey and spaghetti to sauce remaining in saucepan. Stir gently until well mixed. Spoon mixture into a large casserole. Pour reserved 1-1/2 cups sauce over top. Sprinkle with remaining 1 cup Parmesan cheese.

Bake, uncovered, in a preheated 375-degree oven about 20 minutes, or until hot and bubbly. Briefly place under broiler to brown top.

Turkey Sloppy Joes

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

Sloppy Joes are traditionally made with ground beef. This one-dish meal uses ground turkey and has lots of added vegetables. When you're ready to serve it, add the optional cole slaw for an even more wholesome and tastier Sloppy Joe. Serve it on a toasted crusty roll and you have a great meal that doesn't even need a salad.

Makes 4 servings

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|--|--|
| 4 tablespoons vegetable oil,
divided | Cayenne pepper, to taste |
| 2 medium onions, peeled and
diced | 1 pound raw ground turkey |
| 2 red or green bell peppers,
seeded and diced | 1 bottle (12 ounces) chili sauce |
| 3 cloves garlic, peeled and
minced | 1 can (14-1/2 ounces) chicken
broth |
| 1 rib celery, diced | 2 tablespoons Worcestershire
sauce |
| 1 carrot, peeled and grated | 1 bay leaf |
| 1 medium zucchini, grated | Salt, to taste |
| 1/4 teaspoon ground cumin | 4 large seeded rolls, split
and toasted |
| 1/4 teaspoon dried thyme | Cole Slaw (optional; recipe
follows) |

Heat 2 tablespoons oil in a large skillet over medium heat. Add onions, bell peppers and garlic; cook, stirring occasionally, about 8 minutes, or until vegetables are soft. Add celery, carrot, zucchini, cumin, thyme and cayenne pepper; cook 2 minutes. Remove vegetables from skillet; set aside.

Heat remaining 2 tablespoons oil in the same skillet. Stir in ground turkey. Cook, stirring and breaking up turkey with a wooden spoon, for 3 to 4 minutes, or until lightly golden. Add reserved vegetable mixture, chili sauce, chicken broth, Worcestershire sauce and bay leaf. Reduce heat and simmer, partly covered, stirring occasionally, about 15 minutes, or until sauce thickens slightly. Taste and adjust seasoning, adding salt and cayenne, if necessary. Remove and discard bay leaf.

Spoon hot turkey mixture onto bottoms of toasted rolls. Top with cole slaw, if desired, then add tops of rolls.

Cole Slaw

1-3/4 cups diced white cabbage	2 tablespoons vegetable oil
1 carrot, peeled and diced	1 tablespoon cider vinegar
1 green onion, minced	1 teaspoon granulated sugar

In a large mixing bowl, combine cabbage, carrot and green onion with oil, vinegar and sugar. Stir to blend completely. Serve with Turkey Sloppy Joes, if desired.

Working Mom's Stew

Mary Denise Scourtes

Food Writer, *Tampa Tribune*, Tampa, Florida

It doesn't matter how many recipes for chicken you have, there's always need for a few more. Working Mom's Stew is a good family dish because it's short on work and long on compliments. It's also great for buffet suppers. I like to serve it with white rice studded with almonds or saffron-scented rice.

Makes 4 servings

2 tablespoons vegetable oil	1 can (2-1/2 ounces) sliced mushrooms, drained
1 frying chicken (3 pounds), cut up	3/4 teaspoon dried oregano
1 clove garlic, peeled and minced	1 can (16 ounces) tomatoes, undrained
1 onion, peeled and chopped	1/3 cup chicken broth or water
1 green bell pepper, seeded and chopped	1/2 cup pitted ripe olives
	4 anchovies, chopped (optional)

Heat oil in a large pot over medium-high heat. Add chicken, a portion at a time, without crowding. Cook, turning occasionally, until chicken is lightly browned on all sides. (Remove white pieces first because they cook the fastest.) Set chicken aside.

Discard all but a tiny bit of pan drippings. Add garlic, onion and bell pepper to pot; saute briefly. Add mushrooms, oregano, tomatoes with their liquid, chicken broth, olives and reserved chicken. Bring to a boil. Reduce heat and simmer for 30 minutes, turning chicken pieces once. Add anchovies, if using. Cook 10 minutes longer, or until chicken is tender.

South American Chicken

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

Canned tomato soup provides an easy shortcut to the South American flavor of this one-dish meal. A carrot-potato pudding is created as a result of the cooking process. A friend of mine, who prepares chicken every Friday, gave me the conventional recipe because her family liked it so well. I adapted it for the microwave oven. This recipe freezes well.

Makes 4 servings

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| 2 tablespoons vegetable oil
(for conventional method only) | 3/4 teaspoon ground nutmeg |
| 2 whole chicken breasts,
halved, skinned and boned
(about 1 pound) | 2-1/2 cups shredded raw
potatoes |
| 1 medium onion, chopped | 1 cup shredded raw carrots |
| 1 to 2 ribs celery, chopped | 1/3 cup orange juice |
| 1 can (10-3/4 ounces) reduced-
sodium tomato soup,
undiluted | 1/2 teaspoon salt, or to taste |
| | 1/8 teaspoon freshly ground
black pepper |
| | 1/4 teaspoon Kitchen Bouquet
or browning sauce
(for microwave method only) |

Heat oil in a large skillet over medium heat. Add chicken pieces; cook until browned. Set aside.

Add onion and celery to skillet; cook over medium-high heat until onion is soft. Stir in soup and nutmeg. Bring to a boil. Remove and reserve 1/2 cup soup mixture.

To remaining soup mixture in skillet, add potatoes, carrots, orange juice, salt and pepper. Stir well. Turn into a greased 13x9x2-inch baking dish. Top with chicken. Spoon reserved 1/2 cup soup mixture over chicken.

Bake in a preheated 375-degree oven for 30 minutes, or until chicken is tender.

Microwave method: Combine onion and celery in a microwave-safe 12x8x2-inch baking dish. Microwave, uncovered, on High (100 percent) power for 3 minutes. Stir in soup and nutmeg; remove and reserve 1/2 cup soup mixture.

To remaining soup mixture in baking dish, add potatoes, carrots, orange juice, salt and pepper. Stir well. Cover with vented plastic wrap and microwave on High power for 12 minutes, or until vegetables are just tender, stirring twice during cooking.

Place chicken pieces on top of vegetables; brush chicken with Kitchen Bouquet. Spoon reserved 1/2 cup soup mixture over chicken. Cover and microwave on High power 10 minutes. Rotate dish. Microwave on Medium (50 percent) power 5 minutes. Let stand 5 minutes, covered.

Super Summer Chicken

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

After growing my own herbs this summer, I have become obsessed with ways to use fresh mint—it grows so fast! This one-pot meal combines chicken and fresh mint with two of my favorite ingredients — garlic and fresh asparagus. It couldn't be simpler to prepare and offers the weekday cook yet another way to present chicken to the family.

Makes 6 servings

2 chickens (2-1/2 to 3 pounds each), cut up	1/2 cup fresh mint leaves
Salt and pepper, to taste	1 clove garlic
2 pounds fresh asparagus, cleaned and trimmed	2 lemons, thinly sliced
	4 tablespoons butter, cut into pieces

Remove skin from chicken, if desired. Arrange chicken pieces in a roasting pan or Dutch oven. Lightly season with salt and pepper. Arrange asparagus spears over chicken. Mince mint and garlic; sprinkle over chicken and asparagus. Arrange lemon slices over all. Dot with butter. Cover. Bake in a preheated 350-degree oven for 30 to 45 minutes, or until chicken is cooked through.

Turkey Chili

Beverly Bundy

Food Writer, *Fort Worth Star-Telegram*, Fort Worth, Texas

Texans live and die by their chili. But even Texans, the most independent of souls, are starting to eat more nutritiously. Yankees can add beans to this chili — a true Texan never would!

Makes 10 servings

1/4 cup olive oil	1/2 teaspoon ground black pepper
3 pounds raw ground turkey	1 tablespoon granulated sugar
Water	1 tablespoon unsweetened cocoa powder
6 tablespoons chili powder	3 tablespoons ground paprika
3 teaspoons salt, or to taste	4 tablespoons all-purpose flour
10 cloves garlic, peeled and minced	7 tablespoons cornmeal
1-1/2 teaspoons ground cumin	Cooked pinto or kidney beans (optional)
1 teaspoon ground marjoram	
1 teaspoon ground red pepper	

Heat olive oil in a 6-quart pot. Add ground turkey; sear over high heat. Stir until meat is gray, not brown. Add 1 quart water. Bring to a boil and simmer for 1 hour; skim off fat. Add chili powder, salt, garlic, cumin, marjoram, red pepper, black pepper, sugar, cocoa powder and paprika. Simmer 30 minutes.

In a small bowl, combine flour, cornmeal and 3/4 cup cold water. Stir into turkey mixture; stir for 5 minutes. Mixture will be very thick. Let cool and store in refrigerator.

To serve, add water to make chili of desired consistency. Reheat to simmering; serve hot.

(Cooked pinto or kidney beans can be added to chili, if desired.)

Chicken Breasts with Tomatoes and Shiitake Mushrooms

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

Couscous, a Moroccan specialty, is now available in the pasta section of most supermarkets. This nutty mini-pasta that can be steamed in minutes makes a satisfying alternative to rice, as in this chicken dish. Black shiitake mushrooms, an Asian specialty which is now available in many neighborhood supermarkets, add another kind of exotic flavor.

Make 4 to 6 servings

Quick-mixing flour (such as Wondra), for dredging	Juice of 1/4 fresh lemon
Salt and black pepper, to taste	1 can (12 ounces) Italian-style stewed tomatoes, undrained
3 whole chicken breasts, halved, skinned and boned	Cooked couscous (follow package directions for preparation)
5 tablespoons margarine or butter	
1 pint shiitake mushrooms, cleaned, stemmed and sliced into strips	

Season flour with salt and pepper. Lightly dredge chicken pieces in seasoned flour.

Melt margarine in a 12-inch, stainless-steel skillet. Saute 3 chicken pieces at a time over low heat for 2 to 3 minutes on each side. Remove to a plate. Season with salt and pepper.

Saute mushrooms in margarine remaining in skillet. Squeeze a few drops of lemon juice over mushrooms and the rest over chicken.

Add tomatoes with their liquid to mushrooms in skillet; simmer 1 minute. Add chicken with any accumulated juices to tomato mixture. Spoon some of the tomato mixture over the chicken. Simmer, uncovered, over low heat 10 minutes. Serve over couscous.

Chicken, Sausage and Rice Casserole

Patricia G. Gray

News Assistant, *The Express*, Easton, Pennsylvania

About 12 years ago, I tried this recipe that was in an advertisement for a cookbook club. Because it made a large quantity, I tried it for a Christmas Eve buffet that my husband and I hold for our relatives each year. The casserole was such a hit that it has become a traditional part of the buffet. If I don't include it, several people ask for it. Even my sister-in-law, who does not like rice, eats this casserole.

Over the years, I have made many changes in the recipe. I now use skinned, boned chicken breasts cut into bite-size pieces, because it is easier to eat at a party than the whole chicken cut into serving pieces, which is what was in the original recipe. I also eliminated salt and cut down on oil to make the recipe more healthful. A red bell pepper was added to the green for a touch of holiday color for Christmas, although the recipe is delicious any time of year.

Leftovers taste great, but I don't know if the dish can be frozen because I have never had enough left to try freezing it.

Makes 6 to 8 servings as a main dish;
up to 20 servings as a buffet dish

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| 3 slices bacon, cut into small pieces | Freshly ground black pepper, to taste |
| 2 cups finely chopped onion | 1 tablespoon capers |
| 3 cloves garlic, peeled and minced | 1 teaspoon whole saffron, crushed |
| 1 green bell pepper, seeded and chopped | 4 whole chicken breasts, skinned, boned and cut into bite-size pieces |
| 1 red bell pepper, seeded and chopped | 1 tablespoon paprika |
| 3/4 pound sweet sausage, cut into 1/2-inch slices | 2 tablespoons olive oil |
| 3/4 pound hot (spicy) sausage, cut into 1/2-inch slices | 2 cups rice, uncooked |
| 4 to 5 cups unsalted chicken broth (homemade, preferably) | 1 package (10 ounces) frozen peas, thawed |

In a large skillet, combine bacon, onion, garlic, red and green peppers and sweet and hot sausages. Cook until onions are soft.

Spoon mixture into a 5-quart casserole dish. Add 1/4 cup broth, black pepper, capers and saffron; mix well.

Sprinkle chicken pieces with paprika. Heat olive oil in skillet. Add chicken and cook until brown on all sides. Add to sausage mixture.

Rinse rice in a colander; add to sausage-chicken mixture. Add 4 cups chicken broth. Bake, covered, in a preheated 400-degree oven 35 to 40 minutes, stirring once during baking. If rice becomes dry, add some or all of the remaining 3/4 cup chicken broth. When rice is tender, reduce oven temperature to 300 degrees. Uncover casserole and stir in peas. Cook 10 minutes longer. Serve hot.

Chicken Casserole

Monetta L. Horr

Food Editor, *Jackson Citizen Patriot*, Jackson, Michigan

I'm always looking for ways to serve chicken and this recipe is a family favorite. The water chestnuts add crunch and the herb-flavored stuffing mix seasons it so well. It only takes a few minutes to mix everything together, layer it in a casserole dish and bake.

Makes 5 to 6 servings

3 cups cubed, cooked chicken	1/2 cup milk
1 can (4 ounces) sliced mushrooms, drained	1/2 of an 8-ounce package fine, herb-flavored stuffing mix
1 can (8 ounces) sliced water chestnuts, drained	1/2 cup water
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted	1/4 cup margarine, melted

Grease a 12x9x3-inch loaf pan or 2-quart casserole dish.

In a large mixing bowl, combine chicken, mushrooms and water chestnuts; pour into bottom of pan. In a small bowl, combine soup and milk; pour over chicken mixture. In a medium mixing bowl, combine stuffing mix, water and margarine. Spoon over mixture in pan. Bake in a preheated 350-degree oven for 25 minutes.

Jenny's Chicken Pie

Carolyn Flournoy

Food Writer, *The Times*, Shreveport, Louisiana

This recipe was given to me by a friend in Beaumont, Texas, although in a slightly different form. I like to take it to families just back from vacation, or when someone is ill, or as a housewarming gift, or just "because." You can add pearl onions or sliced carrots or both, if you like. Sometimes I bake the casserole in two smaller dishes — one to eat and one to freeze.

Makes 10 to 12 servings

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| 4 to 5 cups chopped, cooked chicken | 1 jar (6 ounces) sliced mushrooms, drained |
| 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted | 1 can (8 ounces) small English peas, drained |
| 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted | 1-1/2 teaspoons lemon juice |
| 1/2 cup milk | 1 teaspoon Worcestershire sauce |
| 1/2 cup dairy sour cream | Salt and seasoned pepper, to taste |

For crust:

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| 1 cup buttermilk baking mix | 1 egg, slightly beaten |
| 1/3 cup cornmeal | 2 cups grated Cheddar cheese |
| 3/4 cup milk | |

In a large mixing bowl, combine chicken, mushroom soup, chicken soup, milk, sour cream, mushrooms, peas, lemon juice, Worcestershire sauce, salt and seasoned pepper. Pour into a greased 13x9x2-inch baking dish (or a 3-quart casserole dish).

For crust: In another mixing bowl, combine baking mix, cornmeal, milk, egg and cheese; mix well.

Using a spoon, drop dough onto chicken mixture in mounds. Bake in a preheated 350-degree oven for 30 minutes. The crust should be light to medium brown.

Beef



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Lake Erie Clipper Soup

Jim Hillibish

Food Editor, *The Repository*, Canton, Ohio

Northern Ohioans suffer winter blasts of Arctic air riding deep, fast-moving troughs of low pressure from Canada. These Alberta clippers, as we call them, blow in minus-20-degree wind chills and howling storms. Nights such as these require something strong, fortifying and satisfying. That means thick, rich soup, almost a stew, the kind that makes a meal in a bowl. Don't forget the crusty sourdough bread, heaped high with apple butter — maybe tomorrow will be better.

Makes 4 servings

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| 5 cups beef broth, divided | 1 bay leaf |
| 1 teaspoon dried thyme | 1/4 cup pearl barley, uncooked |
| 1 tablespoon olive oil | 1/2 cup small shell macaroni,
uncooked |
| 2 cloves garlic, peeled and
minced | 2 cups stewed tomatoes |
| 1 pound beef stew meat,
cut into 1/2-inch cubes | Salt and freshly ground
black pepper, to taste |
| 2 medium onions, peeled
and chopped | |

In a large saucepan, bring 4 cups broth to a simmer. Add thyme.

Heat olive oil in a heavy soup pot; add garlic. When you can smell the garlic in the steam, add stew meat and onion; brown. Drain fat.

Add hot beef broth to meat in soup pot. Stir, scraping up browned bits from bottom. Add bay leaf. Boil 5 minutes, skim the surface, then cover tightly and simmer gently for 1 hour. Add remaining 1 cup broth. Bring to a boil. Add pearl barley, macaroni and stewed tomatoes. Season with salt and pepper to taste. Simmer for 30 minutes, or until macaroni is tender.

Note: This soup freezes well.

Southern Pot Roast

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

I don't know if this is really a Southern recipe, but my husband, who was born and raised in Florida, has always called it Southern Pot Roast. This is the way his mother cooked it. It was clear to me, early in our marriage, that the key to a happy marriage for me would be to learn to cook pot roast this way. The meat should be cooked until it is very tender and, to be authentic, it must be served with hot, spicy, chow-chow pickles.

Makes 6 to 8 servings

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| 1 boneless beef bottom or top round roast (3-1/2 to 4 pounds) | 1 clove garlic, peeled and minced |
| 2 cups beef broth | 1 teaspoon granulated sugar (optional) |
| 1 can (15 ounces) stewed tomatoes, broken up, undrained | Salt and black pepper, to taste |
| 1 can (15 ounces) tomato sauce | 6 to 8 potatoes, peeled and cut in half |
| 1 large onion, peeled and chopped | 6 to 8 carrots, peeled and cut into 2-inch chunks |
| 1 green bell pepper, seeded and diced | 16 small white onions |
| | Salted water |

Place meat in broiler pan. Brown on all sides under broiler; set aside.

Place broth, stewed tomatoes, tomato sauce, chopped onion, green pepper, garlic, sugar, salt and pepper in a large, heavy saucepot or Dutch oven; stir until ingredients are well mixed. Add meat; bring liquid to a boil, then reduce heat, cover, and cook 3 to 3-1/2 hours, or until meat is very tender. Turn meat over occasionally during cooking and add more liquid, if necessary.

While meat is cooking, cook potatoes, carrots and white onions in lightly salted water until just tender; drain and set aside.

Add cooked vegetables to meat during the last 15 minutes of cooking. Remove meat to carving board and slice. Taste sauce and adjust seasoning. Spoon sauce and vegetables into a large serving bowl. Serve meat with sauce spooned over it.

Cajun Stuffed Peppers

Carolyn Flournoy

Food Columnist, *The Times*, Shreveport, Louisiana

Meal clean-up can be much easier if the individual casserole dishes are edible — as in the case of stuffed peppers. This is one of my family's favorite recipes and is usually requested for birthday dinners. My version is patterned after the Cajun stuffed peppers served along the bayous, making a South Louisiana specialty of this old-time dish. Part of the secret is the use of herbs and two cheeses. I freeze these on a tray, then put them in a plastic bag and return to freezer, to be removed in amounts needed.

Makes 12 to 16 halves

6 to 8 medium green bell peppers	1/2 teaspoon dried basil
1 pound lean ground beef (chuck or round)	1/2 teaspoon hot pepper sauce
1 cup chopped onion	1 can (16 ounces) tomatoes, drained, reserving the liquid
1/4 cup chopped celery with leaves	2 cups cooked rice
1 teaspoon minced garlic	1-1/2 tablespoons Worcestershire sauce
1/2 teaspoon salt	1-1/2 cups grated Cheddar cheese
1/2 teaspoon black pepper	1/3 cup grated Parmesan cheese
1/2 teaspoon dried thyme	

Cut peppers in half lengthwise; remove stems and seeds. Blanch peppers in boiling salted water for 3 to 4 minutes; remove peppers from water and drain in a colander.

In a skillet with a heavy bottom, brown ground beef for a few minutes, stirring occasionally; add onions and celery. Cook, stirring, for 3 to 4 minutes. Drain off fat.

Add garlic, salt, pepper, thyme, basil and hot pepper sauce; stir and cook 1 minute. Add drained tomatoes, stirring to break them up; cook 5 minutes. Add cooked rice and Worcestershire sauce; stir to mix. Cover and simmer over low heat 10 minutes, adding some of the reserved tomato liquid as necessary. Remove from heat. Stir in cheeses.

Stuff pepper halves with meat mixture. Place in a pan with a little water in the bottom. Bake, uncovered, in a preheated 350-degree oven for 25 to 30 minutes.

Note: Stuffed peppers and excess stuffing can be frozen.

Great Pumpkin Meatloaf

Beverly Bundy

Food Writer, *Fort Worth Star-Telegram*, Fort Worth, Texas

This meat-stuffed pumpkin recipe won the Fort Worth Star-Telegram's cooking-with-pumpkin contest a few years ago. The dish is fun in its presentation and it's easy for the cook because the vegetable cooks with the meat. It's the perfect meal for a cool autumn evening.

Makes 6 to 8 servings

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| 1 small pumpkin
(3-1/2 to 4 pounds) | 1 egg |
| Salt and black pepper, to taste | 1 tablespoon Worcestershire
sauce |
| 3 tablespoons prepared yellow
mustard, divided | 1/2 teaspoon salt, or to taste |
| 2 tablespoons brown sugar | 1-1/2 pounds lean ground beef |
| | 1/2 cup fine dry bread crumbs |

Cut top from pumpkin; discard top. Remove and discard strings and seeds. Place whole pumpkin, minus top, in baking dish. Add about 1 inch hot water to dish around the outside of the pumpkin. Cover pumpkin and pan with foil. Bake in a preheated 400-degree oven for 45 minutes, or until pumpkin is tender but not falling apart. Pour off water.

Season inside of pumpkin with salt and pepper. Spread with 1 tablespoon mustard and sprinkle with brown sugar.

Combine remaining 2 tablespoons mustard, egg, Worcestershire sauce, salt, ground beef and bread crumbs. Mix well. Spoon beef mixture into pumpkin shell, packing down tightly.

Return pumpkin to 400-degree oven and bake, uncovered, for 45 minutes to 1 hour, or until pumpkin is tender and meatloaf is cooked. Cut into wedges to serve.

Frontier Stew

Beverly Bundy

Food Writer, *Fort Worth Star-Telegram*, Fort Worth, Texas

Beef is king in Texas. Adding vegetables brings this stew into the modern ages. Add corn bread, and you have a meal that no cowhand would brand as sissy.

Makes 6 to 8 servings

1-1/2 pounds ground beef	1/4 teaspoon granulated sugar
1 tablespoon bacon drippings	Salt and black pepper, to taste
1 medium onion, peeled and chopped	1 can (16 ounces) whole tomatoes, undrained
1/4 cup green bell pepper, seeded and chopped	1 can (16 ounces) whole-kernel corn, undrained
1 clove garlic, peeled and minced (or 1 teaspoon garlic powder)	1 can (32 ounces) Ranch-Style beans, undrained (see note)
1/4 cup chopped celery	6 medium potatoes, peeled and cubed
1 tablespoon chili powder	3 cups water

Brown ground beef in bacon drippings, separating meat with a fork as it cooks. Add onion, green pepper, garlic and celery; cook until vegetables are soft. Add chili powder, sugar, salt and pepper; mix well. Add tomatoes with their liquid, breaking them up with a knife or the back of a spoon. Add corn, beans, potatoes and water. Bring to a boil, stirring well.

Reduce heat. Cover and simmer until potatoes are tender. Stir occasionally during cooking.

Note: Ranch-Style beans are spicy pinto beans that are produced in Fort Worth. They are available in many supermarkets across the country. If not available, use any brand of canned pinto beans, and, if desired, add chopped green chilies.

Nutty Noodle Casserole

Ann C. Wells

Food Editor, *The Grand Rapids Press*, Grand Rapids, Michigan

A bachelor friend, Mick Searl of Grand Rapids, who loved to entertain but didn't like to cook, prided himself on being able to make this casserole. No matter how many times he served it, the guests didn't mind — it is so tasty!

For years he was unwilling to part with the recipe, but about 10 years ago, he finally relented. Mick insists the dish must be made with ground sirloin, but I find lean ground chuck is just as good and certainly less expensive.

The recipe has become a favorite of ours for Friday night suppers at our summer home on Lake Michigan because it can be made in advance, serves a gang and can be kept hot as family members arrive at various times throughout the evening.

Makes 10 generous servings

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| 2 pounds ground sirloin
(or lean ground beef) | 1/2 cup sliced, pimiento-stuffed
green olives |
| 1 medium onion, peeled and
chopped | 1/2 pound sharp Cheddar
cheese, grated |
| 1 package (12 ounces) narrow
egg noodles, cooked
according to package
directions and drained | 1 can (3 ounces) chow mein
noodles |
| 1 can (10-3/4 ounces)
condensed cream of
mushroom soup, undiluted | 1 can (6-1/2 ounces) mixed nuts |

In a large skillet, brown ground beef with onion. Drain off any excess fat. Add cooked egg noodles, mushroom soup, olives and cheese; mix well. Turn into a 2-1/2- or 3-quart casserole dish.

Cover and bake in a preheated 350-degree oven for 30 minutes. Uncover; top with chow mein noodles and nuts. Return to oven and bake, uncovered, for 30 minutes.

Note: The baked casserole freezes well.

Swedish Meat Soup

Adelaide A. Patten

Food Writer, *The Press of Atlantic City*, Pleasantville, New Jersey

The Swedish people are well known for their love of vegetables and soups. This recipe is my version of Koettsoppa, a beef and vegetable soup that has no added thickeners.

Chewy, whole-grain breads are a natural accompaniment to this fragrant soup that makes a substantial luncheon or dinner dish. Add some fruit and Swedish cheese to your menu and you have a robust meal.

Makes 8 to 10 servings

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| 1 to 1-1/2 pounds beef bones | 3 ribs celery, diced |
| 2 to 2-1/2 pounds beef (shin, plate or chuck) | 1 white turnip, peeled and diced |
| 2-1/2 quarts cold water | 3 large carrots, peeled and diced |
| 1-1/2 teaspoons salt, or to taste | 1/2 teaspoon ground white pepper, or to taste |
| 1 medium onion, peeled | |
| 4 whole cloves | |
| 6 green onions or 1 leek, cut into 1/2-inch slices | |

Put the beef bones, beef and cold water into a large soup pot. Cover and cook over high heat until water boils. Add salt and onion studded with cloves. Reduce heat to simmer; cook for 2 to 2-1/2 hours, or until meat is tender, skimming frequently.

Carefully remove bones, meat and onion from broth. Discard bones and clove-studded onion. (If using marrow bones, push out the marrow and add it to the broth.)

Cover meat to keep it from drying out and set aside.

Increase heat under soup pot and return broth to boiling. Add green onions, celery, turnip and carrots. Cover; bring to boil again. Reduce heat and simmer vegetables for 1 hour. Taste; add white pepper and, if necessary, more salt.

Cut meat into bite-size pieces and add to soup. Simmer 5 minutes.

Ladle soup into heated soup dishes. Serve with thinly sliced, whole-grain, European-style bread and unsalted butter.

Baked Steak

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

Baked steak was a childhood favorite that my mother served in the winter when we had a craving for steak but when it was too cold to barbecue.

Many years later, I was stunned to make its acquaintance, albeit in a more sophisticated form, as "steak au four" on Julia Child's television show. America's favorite television chef showed a shoulder steak slathered with butter and surrounded by garlic. But underneath that Gallic peppercorn crust beat the heart of a true American, my old friend, baked steak, straight out of my mother's '50s "Settlement Cookbook." With a little tinkering it has become my own children's childhood favorite.

Makes 4 servings

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| 1 top sirloin or top round
boneless beef steak (about 3
pounds), trimmed of all fat,
1-1/2 inches thick | 1 small onion, peeled and cut
into 1/8-inch rings |
| 2 teaspoons olive oil | 3 cloves garlic, peeled and
minced |
| Salt and freshly ground black
pepper, to taste | 1 can (14 ounces) Italian-style
stewed tomatoes, drained |
| 1 small green bell pepper, seeded
and cut into 1/8-inch rings | 1/2 cup ketchup |

Dry steak with paper towels. Spread oil on both sides of steak, making a light film. Brown steak in a ridged cast-iron skillet 2 minutes. Turn steak a quarter-turn without turning over; brown another 2 minutes to make cross marks. Repeat on other side; 8 minutes cooking time in all.

Transfer steak to oven-proof dish or skillet, just large enough for steak to fit comfortably with the vegetables. Season with salt and pepper. Pile green pepper and onion rings on top of steak. Sprinkle with garlic. Top with stewed tomatoes. Pour ketchup over all.

Bake in upper third of a preheated 400-degree oven for 40 minutes, for medium rare. (Test after 30 minutes with a meat thermometer.) Slice and serve each portion with some of the vegetables.

Note: If using a thinner steak, reduce cooking time.

Brazilian Chuck Roast

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

For years I had looked at this weird recipe that used coffee in the gravy for a chuck roast. Finally one day, I decided to try it as a microwave dish. I was delighted with the rich, dark flavor of the gravy that, surprisingly, was devoid of coffee taste. Everyone liked it, although I never told them that it had coffee in it, until after they tasted it.

Makes 8 servings

2 tablespoons vegetable oil (for conventional method)	1/4 teaspoon ground black pepper
1 boneless beef chuck roast (about 3 pounds), trimmed	1/2 teaspoon dried leaf thyme
1-1/2 cups strong coffee (1 cup for microwave method)	1 medium onion, peeled and cut into thick slices
1 clove garlic, peeled and minced	4 small potatoes, unpeeled and cut into fourths
1/2 teaspoon salt, or to taste	2 tablespoons all-purpose flour mixed with 1 tablespoon water

Heat oil in a heavy, 4-quart saucepot. Add chuck roast; brown on all sides. Add coffee, garlic, salt, pepper and thyme. Arrange onion slices on top of meat. Cook over high heat until boiling, stirring occasionally. Reduce heat to low and cook, covered, 1 hour. Add potatoes; continue to cook until meat and potatoes are tender. Remove meat and vegetables from pan juices; keep warm.

Blend flour with water to dissolve flour; stir into pan juices. Cook over medium-high heat until thickened, stirring constantly.

Slice meat and serve with pan gravy and vegetables.

Microwave method: Omit vegetable oil. Place meat in a 3-quart microwave-safe casserole dish. Combine 1 cup coffee, garlic, salt, pepper and thyme; pour over meat. Arrange onion slices on top of meat. Microwave, covered, on High (100 percent) power for 15 minutes, or until liquid is boiling; stir occasionally. Add potatoes; microwave, covered, on Medium (50 percent) power for 1 hour, or until meat and vegetables are tender. Remove meat and vegetables from pan juices; keep warm.

Blend flour with water to dissolve flour; stir into pan juices. Microwave, uncovered, 4 minutes on High power, or until thickened, stirring once.

Slice meat and serve with pan gravy and vegetables.

Chili Con Carne

Leona Carlson

Food Writer, *Rockford Register Star*, Rockford, Illinois

This chili recipe claims the distinction of being one of my rare successes in the first year of my marriage, when my culinary experience was largely limited to popcorn, fudge and, oddly enough, egg salad sandwiches. It's a mild, but good, chili. If you like your chili hot, just increase the amount of chili powder, but please—do it gingerly.

Makes 3 to 4 servings

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| 1/2 cup chopped onion | 1 can (16 ounces) kidney |
| 1 clove garlic, peeled and
minced | beans, undrained |
| Vegetable oil (optional) | 1 to 2 tablespoons chili powder |
| 1 pound lean ground beef | 1/2 teaspoon salt, or to taste |
| 2 cans (10-3/4 ounces each)
condensed cream of tomato
soup, undiluted | |

Saute onion and garlic in a large, iron or other heavy skillet. Use a small amount of oil, if necessary. Add beef and saute until well done, stirring occasionally. Drain off all fat. Add soup, beans, chili powder and salt. Mix well. Cover and cook slowly for 1 hour, stirring periodically to prevent sticking. Use the lowest heat setting to maintain a simmer.

Note: This recipe can be doubled or tripled. It's best if eaten immediately; refrigerated leftovers have a tendency to dry out.

Moussaka

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

My favorite Greek dish is Moussaka. I prefer my version to the classic restaurant type because restaurants tend to use too much cinnamon and/or nutmeg. When I started growing eggplants in my garden, I found this was a great way to use them. I especially like this dish because I can make a double batch and freeze half; then thaw, cut into squares, and reheat in the microwave oven.

Makes 4 servings

2 medium eggplants	1 teaspoon salt, divided
Vegetable oil	1/4 teaspoon black pepper, divided
1 pound lean ground beef	2 tablespoons butter or margarine
2 medium onions, peeled and chopped	2 tablespoons all-purpose flour
2 cloves garlic, peeled and crushed	1 cup low-fat milk
1 can (8 ounces) tomato sauce	1 egg
1 teaspoon dried leaf oregano	1/3 cup grated Parmesan cheese

Peel eggplants; slice 1/4-inch thick. Brush rimmed cookie sheet with oil. Coat each slice of eggplant on both sides with oil; place on cookie sheet. Broil close to broiler until brown. Turn; brush with oil, if necessary. Brown the other side. Repeat with all the eggplant slices.

Arrange half of the eggplant slices in the bottom of a lightly greased 9x9x2-inch baking dish.

In a large skillet, combine beef and onions. Cook, stirring constantly, until beef is brown and onions are soft. Drain off fat and juices. Add garlic, tomato sauce, oregano, 1/2 teaspoon salt and 1/8 teaspoon pepper. Pour over eggplant slices.

Arrange remaining eggplant slices over meat mixture.

Prepare cheese sauce: Melt margarine in a saucepan. Stir in flour, remaining 1/2 teaspoon salt and remaining 1/8 teaspoon pepper. Gradually stir in milk. Cook and stir over medium heat until thick and bubbly. In a small bowl, beat egg; stir in some of the hot sauce, then add egg to sauce mixture; mix well. Add cheese and stir again.

Pour cheese sauce over mixture in baking dish. Bake in a preheated 350-degree oven for 45 minutes. Cut into squares.

Note: When doubling recipe, triple the amount of sauce and use a 13x9x2-inch baking dish.

Borscht

Florence D. Roggenbach

Food Editor, *Norfolk Daily News*, Norfolk, Nebraska

My father taught his young wife how to cook, using recipes brought to this country by his family from Czechoslovakia. Many of these recipes were revised somewhat by my father, who loved to cook. He rarely missed making the entire Sunday dinner as well as holiday dinners. This is one of his specialties.

Makes 8 cups; 4 to 8 servings

3 cups hot water	2-1/2 teaspoons salt, divided
1 pound beef, cut into cubes	1/2 of a 6-ounce can tomato paste
3 medium beets, divided	1-1/2 teaspoons granulated sugar
2 medium carrots, peeled and sliced	1 small head cabbage, shredded
1 medium onion, peeled and sliced	1 tablespoon vinegar
1 rib celery, cut into chunks	1/2 cup dairy sour cream
1 bay leaf	

In a large covered saucepot or Dutch oven over medium-low heat, combine hot water, beef, 2 sliced beets, carrots, onion, celery, bay leaf and 1-1/2 teaspoons salt; simmer for 2 hours.

Shred remaining 1 beet; add to mixture along with tomato paste, sugar and remaining 1 teaspoon salt. Simmer, covered, for 20 minutes. Remove and discard bay leaf. Refrigerate to blend flavors.

About 30 minutes before serving: Skim fat from soup. Over medium heat, bring soup to a boil. Add cabbage; cook about 15 minutes, or until cabbage is tender. Stir in vinegar. Serve garnished with sour cream.

Sweet-and-Sour Beef and Cabbage

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

A friend of mine originally made this recipe. She liked it because it tasted like stuffed cabbage rolls, but it was so easy to make. I adapted it for the microwave oven. I have made it with ground turkey as well as ground beef; either way is good. It's a complete meal when served with mashed potatoes.

Makes 4 servings

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| 1 pound lean ground beef | 1 to 2 tablespoons dark brown sugar |
| 1 medium onion, peeled and finely chopped | 1/4 teaspoon dried leaf thyme |
| 2 cloves garlic, peeled and minced | Pinch of ground black pepper |
| 1 can (16 ounces) tomato sauce | 4-1/2 cups finely shredded cabbage (about 1 pound) |
| 1/4 cup applesauce | 1/4 cup raisins (optional) |
| 3 tablespoons apple cider vinegar | |

In a Dutch oven or large saucepot over medium high heat, brown beef, breaking it with a spoon into small pieces. As it browns, add onion and garlic; continue to cook until meat is brown and onion is tender. Drain and discard fat.

Return pan to medium heat. Add tomato sauce, applesauce, vinegar, brown sugar, thyme and pepper to meat mixture in pan; mix well. Bring mixture to a boil, stirring constantly. Stir in cabbage and raisins. Reduce heat and simmer, covered, for 20 to 25 minutes, stirring occasionally, until cabbage is very tender. If sauce is too thin, uncover and cook for a few minutes to reduce the sauce.

Microwave method: Place meat, onion and garlic in a microwave-safe colander set in a 3-quart microwave-safe casserole dish. Microwave on High (100 percent) power 5 minutes, stirring once, until meat is no longer pink. Discard drippings. Transfer meat mixture to casserole dish. Stir in tomato sauce, applesauce, vinegar, brown sugar, thyme and pepper. Cover and microwave on High power for 5 minutes. Stir in cabbage and raisins. Microwave, covered, on High power 10 minutes; stir well. Microwave, covered, on Medium (50 percent) power until cabbage is crisp-tender. Let stand 10 minutes.

Beef Sukiyaki

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

Here's a great Japanese one-dish meal that cooks in less than 20 minutes. This complete meal in a skillet has been adapted to American kitchens, and all the ingredients should be available in local supermarkets. It's prepared quickly and is a great way to begin cooking Japanese style.

Makes 4 servings

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| 1/4 cup vegetable oil | 1 cake (10 ounces) firm |
| 1 medium onion, sliced thin | tofu, cut into 1-inch cubes |
| 6 green onions, cut into 2-inch lengths | 4 cups spinach leaves or shredded Swiss chard, washed well and drained |
| 1 cup peeled, sliced daikon radish (optional) | 1 cup bean sprouts |
| 1 cup finely shredded cabbage, preferably curly cabbage | 1 cup canned beef broth |
| 1 pound boneless beef sirloin, sliced paper thin and cut into 3-inch pieces | 1/4 cup low-sodium soy sauce |
| 10 fresh mushroom caps, sliced thin | 2 tablespoons light brown sugar |
| | Hot cooked rice |
| | 1 tablespoon toasted sesame seeds |

Heat oil over medium heat in a large heavy skillet with a lid. Add onion and green onions; stir-fry about 2 minutes. Add radish and cabbage; stir-fry for 3 minutes. Place a layer of beef slices on top of cabbage, then layer the mushrooms, tofu, spinach and bean sprouts.

In a small bowl, combine beef broth, soy sauce and brown sugar; stir until sugar is dissolved. Pour over layered mixture in skillet. Cook, covered, for 3 minutes on medium heat. Uncover and cook, stirring constantly, for 2 to 3 minutes.

Serve hot over cooked rice, garnished with sesame seeds.

Kohlrabi Stew

Jim Hillibish

Food Editor, *The Repository*, Canton, Ohio

Overheard in the produce department:

"I'm looking for some cold rabbi."

"Better try wines, Aisle 4, sir, perhaps between the Cold Duck and the Mogen David."

"Not wine, coal rubbi."

"In liniments I'm sure, sir, by the coal-tar dandruff shampoos perhaps...."

"No, it's a vegetable. Kohlrabi."

Once you get beyond its improbable German-Italian moniker, you'll find a vegetable that thinks it's a cabbage, but tastes closer to celery. It's very Old World German, but it is excellent as a substitute for potatoes in stews.

Makes 4 servings

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| 1 cup plus 2 tablespoons
unbleached flour, divided | 2 medium onions, peeled and
thickly sliced |
| Freshly ground black pepper | 3 tablespoons bacon drippings
or vegetable oil |
| 1 teaspoon chili powder,
or to taste | 4 cups beef broth, or more,
if necessary |
| 1 teaspoon salt, or to taste | 5 sprigs fresh parsley, chopped |
| 1 pound beef stew meat, cut
into bite-size pieces | 2 bay leaves |
| 5 carrots, peeled and sliced
into rounds, divided | 4 kohlrabi |
| | Worcestershire sauce |

In a large shallow pan, combine 1 cup flour, 1 teaspoon black pepper, chili powder and salt; mix well. Dust the meat, about 1/2 cup of the carrot rounds and the onion slices with flour mixture.

In a large stew pot or Dutch oven, heat bacon drippings. Saute beef and floured carrots and onions. When beef is brown, add beef broth, parsley and bay leaves. Season to taste with additional pepper, if desired. Cover tightly and simmer 2 hours. Check every 30 minutes and add more broth, if needed.

After stew has cooked 2 hours, peel kohlrabi and slice into 1/4-inch pieces. Add kohlrabi and remaining carrot rounds to stew. Simmer 45 minutes.

Make a thickener by combining the remaining 2 tablespoons flour with enough water to make a paste. Stir paste into simmering stew. When stew thickens, turn off heat and let stand, covered, for 10 minutes before serving. Serve with Worcestershire sauce.

Note: This freezes well. Kohlrabi, unlike potatoes, do not become grainy when frozen.

Oven Stew

Barbara Burklo

Retired Food Editor, *Santa Cruz Sentinel*, Santa Cruz, California

My mother, Flora Deemy, was an excellent cook. Above all, she paid attention to her cooking process and was fussy about every detail. At 94, she was still living alone and preparing her own meals with strict attention to proper nutrition. This was her favorite stew recipe. It makes a lovely gravy, without any fuss.

Makes 4 to 6 servings

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| 1 can (15 ounces) tomatoes, undrained | 1 medium onion, peeled and chopped |
| 3 tablespoons quick-cooking tapioca, uncooked | 2 to 3 carrots, peeled and cut into 1-inch lengths |
| 2 tablespoons dried basil | 2 to 3 potatoes, peeled and cut into 1-inch cubes |
| 1 tablespoon granulated sugar | 1 to 2 ribs celery, cut into 1-inch lengths |
| 1 tablespoon salt, or to taste | |
| Ground black pepper, to taste | |
| 1-1/2 pounds lean stew beef, cut into cubes | |

In a large Dutch oven, combine tomatoes with their liquid, tapioca, basil, sugar, salt and pepper. Add cubed beef, onion, carrots, potatoes and celery. Mix well.

Cover and bake in a 350-degree oven for 2 to 2-1/2 hours (see note), or until vegetables are tender and meat is well done. Stir occasionally.

Note: Burklo's mother's recipe called for baking the stew at 250 degrees for 5 hours; Burklo raised the temperature to 350 degrees. The stew can be cooked up to 5 hours, but 2 to 2-1/2 hours is adequate. This stew freezes well.

Uruguayan-Style Meat Pie

Adelaide A. Patten

Food Writer, *The Press of Atlantic City*, Pleasantville, New Jersey

Having grown up in a "melting pot" neighborhood, I was exposed to various cuisines. Later I was delighted to get to know Americans who had spent several years in South America. One friend, who had lived in Uruguay, enjoyed making Pastel de Carne — Uruguayan Meat Pie. It was always a big hit at covered dish dinners. She had learned how to prepare this dish from the native woman who was her cook and housekeeper. Her method was a pinch of this and some of that. I diligently worked on a recipe that duplicated (almost) my friend's product. It contains ingredients with which you are familiar — nothing exotic.

Makes 4 generous servings

3/4 cup chopped onion
2 tablespoons unsalted butter
1-1/2 pounds well-trimmed
round of beef, chopped
1 cup peeled, chopped
tomatoes
Salt and freshly ground
black pepper, to taste
3/4 cup raisins

1/2 cup unsalted butter,
melted and cooled
1/2 cup milk
1/8 teaspoon salt
1/2 teaspoon white vinegar
1 to 1-1/2 cups all-purpose flour
1 egg, beaten
Parsley sprigs

For pie filling, saute onion over moderate heat in 2 tablespoons butter until limp and golden. Add beef, bit by bit, and cook until brown, breaking it up as much as possible during cooking.

Add tomatoes, salt, pepper and raisins. Cook gently for 10 minutes, stirring occasionally. Taste; adjust seasonings, if necessary. Set aside.

For crust, mix 1/2 cup melted butter with milk, 1/8 teaspoon salt and vinegar. Stir in enough flour to make a soft dough (the consistency of baking powder biscuit dough). Shape dough into a ball; divide in half.

Roll out one portion of dough until large enough to line a 9-inch pie pan. Fit dough loosely into pan. Roll out second portion of dough for pie top; set aside.

Spoon filling into dough-lined pan. Top with second portion of dough; seal edges and trim. Place pie on a baking sheet or jelly-roll pan. Brush top crust with beaten egg.

Bake in a preheated 400-degree oven 30 minutes, or until crust is a deep, golden brown. Do not overbake because a very brown crust will be bitter.

Cool pie on a wire rack for 5 to 10 minutes before serving. Garnish each serving with parsley sprigs.

Stifado

Mary Denise Scourtes

Food Writer, *The Tampa Tribune*, Tampa, Florida

The Greeks have a word for everything. Stifado is a robust dish that gets its flavor from the unusual combination of cinnamon and garlic. This recipe, often handed down among families for generations, is a Sunday mainstay in Greece and on the islands. (Both my paternal and maternal grandparents were born in Greece.)

It can be made with beef or lamb. The dish also freezes well.

Makes 6 servings

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| 2 pounds stew beef, cubed
(lamb can be substituted) | 1 clove garlic, peeled and
finely chopped |
| 2 tablespoons olive oil | 1 can (8 ounces) tomato sauce |
| 2 sticks cinnamon | 1/2 teaspoon salt, or to taste |
| 2 cups beef broth, divided | |
| 4 small white onions, peeled
and sliced | |

Trim meat of extra fat. Heat oil in a Dutch oven; brown meat. Add cinnamon sticks and 1 cup beef broth; cook 1-1/2 hours, or until meat is tender. Add onions and garlic; cook over low heat about 10 minutes. Add tomato sauce, remaining 1 cup beef broth and salt. Cook, covered, 30 minutes, or until meat is very tender. Remove and discard cinnamon sticks. Serve immediately.

Chile Relleno Casserole

Beth Whitley Duke

Food Editor, *Amarillo Globe-News*, Amarillo, Texas

Chiles Rellenos are a Tex-Mex specialty. Most recipes call for the chili pods to be scraped of their seeds, stuffed with cheese or meat and then dipped in batter and fried. This casserole version not only cuts down on preparation time, but also saves calories by bypassing the batter and hot oil.

Makes 6 servings

2 cans (4 ounces each) green chilies, drained, cut in halves crosswise and seeded	1-1/2 cups grated Cheddar cheese
1 pound ground beef	4 eggs, beaten
1/2 cup chopped onion	1-1/2 cups milk
1/2 teaspoon salt	1/4 cup all-purpose flour
1/4 teaspoon ground black pepper	1/3 cup picante sauce, or to taste

Spray a casserole dish with non-stick cooking spray. Arrange half of the chilies in the bottom of the dish.

Meanwhile, brown ground beef; drain fat. Simmer onions with beef; season with salt and pepper.

Top chilies with a layer of beef mixture, followed by a layer of cheese. Repeat layers of chilies, beef and cheese. Beat eggs with milk and flour. Gently pour egg mixture over casserole so as not to disturb layers.

Bake in a preheated 350-degree oven 45 to 50 minutes. Cut into squares to serve. Top with picante sauce, if desired.

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Potato, Cheddar and Ham Casserole

June Ann Gladfelter

Assistant Managing Editor/Features, *The Express*, Easton, Pennsylvania

My mother, Minnie Gladfelter, developed this recipe over a number of years, first perfecting the potato-cheese combination, then adding the ham. It's a great one-dish meal that's been a family favorite for a long time. My sister takes leftovers to work for lunch and reheats them in a microwave oven.

The secret to preparing good scalloped potatoes, Mom says, is making a real white sauce. The dish is smoother and creamier when a white sauce, rather than just milk, is poured over the potatoes.

Makes 6 to 8 servings

6 medium potatoes, peeled and sliced	2 cups milk
3 tablespoons butter or margarine	1-1/2 cups grated Cheddar cheese
3 tablespoons all-purpose flour	1 cup cubed, cooked ham
1 teaspoon salt, or to taste	1 cup dry bread crumbs (optional)
1/8 teaspoon ground black pepper	2 tablespoons butter or margarine, melted (optional)

Put sliced potatoes in a saucepan; cover with water. Bring to a boil. Immediately remove from heat and drain. Transfer to a greased 2-quart baking dish or casserole dish.

While potatoes are coming to a boil, make a white sauce. Melt 3 tablespoons butter in a saucepan. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until mixture begins to bubble. Remove pan from heat and slowly add milk, stirring constantly. Return saucepan to heat and bring to a boil, stirring constantly. When white sauce is slightly thickened, add cheese. Continue stirring over medium heat until cheese is melted.

Pour cheese sauce over potatoes in baking dish. Add ham and mix gently, being careful not to break up potato slices.

If desired, combine bread crumbs and 2 tablespoons melted butter in a small bowl; sprinkle over casserole.

Bake in a preheated 350-degree oven for 1 hour, or until hot and bubbly.

Mid-Eastern Lamb-Stuffed Eggplant

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

The authentic version of this recipe uses ground lamb. However, if you don't happen to like lamb, you can substitute lean ground beef. You also can substitute feta or even Cheddar cheese for the mozzarella, if you like. And, if you want to serve this to company, you can double the recipe without making any changes in cooking time.

Makes 4 servings

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| 2 medium eggplants
(about 3/4 pound each) | 1 egg, beaten |
| 1 pound lean ground lamb
(or beef) | 1/2 teaspoon ground cinnamon |
| 1 large onion, peeled and
finely chopped | 1/4 teaspoon ground nutmeg |
| 2 cloves garlic, peeled
and minced | 1/4 teaspoon ground cumin,
or to taste |
| 2 medium tomatoes, peeled
and chopped | Salt and freshly ground
black pepper, to taste |
| | 1/2 pound mozzarella cheese,
shredded, divided |

Trim ends of eggplants; slice eggplants in half lengthwise. Cook in lightly salted boiling water 8 minutes, or until just fork tender. Drain well and set aside to cool.

Brown lamb in a medium skillet. Drain off all fat; return lamb to skillet. Add onion, garlic and tomatoes; mix well. Cook over medium heat 4 minutes, stirring occasionally. Spoon meat mixture into a medium bowl.

Hollow out cooled eggplant halves, leaving 1/2-inch thick shells and saving pulp. Remove and discard seeds, then chop pulp and add it to lamb mixture. Stir in egg, cinnamon, nutmeg, cumin, salt, pepper and half of the mozzarella cheese. Spoon mixture into eggplant shells.

Place shells, filled-side up, in a medium baking dish. Sprinkle with remaining cheese. Bake, uncovered, in a preheated 350-degree oven 30 to 35 minutes, or until cheese is lightly browned.

East Indian Lamb Curry

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

Here's an exotic meal with no exotic ingredients; you can purchase everything at the supermarket. Make this with either lamb or beef; the lamb cooks a little faster. Serve either with rice. It's a complete meal that's low in fat and calories — so you can really enjoy it.

Makes 4 servings

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| 6 tablespoons vegetable oil, divided | 2 pounds lean boneless lamb from the leg or rib (or 2 pounds boneless beef round), cut into 1x1/2-inch pieces |
| 2 medium onions, peeled and coarsely chopped | 4 small red potatoes, pared and diced |
| 1/3 cup sliced almonds | 8 ounces fresh green beans, trimmed and cut into 1-inch lengths |
| 1 tablespoon minced fresh ginger | 3 tablespoons minced fresh cilantro or parsley |
| 5 small cloves garlic, peeled and chopped | Hot cooked rice |
| 1 teaspoon ground cumin seeds | |
| 1/2 teaspoon ground coriander | |
| 1/2 teaspoon ground cardamom | |
| 1-1/2 cups beef broth | |
| 3/4 cup plain non-fat or low-fat yogurt | |

Heat 3 tablespoons oil in a large, heavy-bottomed skillet with a lid over medium-high heat. Add onions; cook, stirring constantly, about 8 minutes, or until browned. Add almonds, ginger and garlic; cook, stirring constantly, over medium heat for 5 minutes. Add cumin, ground coriander and cardamom; cook, stirring, for 1 minute.

Transfer onion mixture to a food processor or blender; puree. Add beef broth and yogurt; process until smooth.

Heat remaining 3 tablespoons oil over medium heat in the same skillet. Brown meat in batches, about 3 minutes for each batch. After cooking all the meat, return it all to the skillet. Add pureed onion mixture, potatoes and green beans; stir to combine. Bring to a boil. Reduce heat and simmer, covered, for 20 to 25 minutes, stirring occasionally. Garnish with minced cilantro. Serve hot over rice.

Alligator Sauce Piquante

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

It's been said that a real Cajun will eat anything that grows in the ground, runs or crawls over the land, flies in the air or swims in the sea. Many Cajuns schedule their vacations to coincide with the opening of shrimp and oyster season, or hunting seasons.

In southwestern Louisiana, there also is a season for hunting alligators. Once hunted only for their hides, alligators have a mild, white meat that is now considered a delicacy. Frozen alligator meat is shipped to food specialty stores across the country. It can be fried, barbecued, ground for meat balls or patties, or cut into pieces for soups, stews and gumbos. I'm particularly fond of this recipe, which is a thick stew flavored with tomatoes and usually served over rice.

Makes 6 servings

3 pounds alligator meat (see note)	1/2 cup chopped green onions
Dollop of bottled steak sauce	8 ribs celery, chopped
1/2 cup solid vegetable shortening, divided	1 can (8 ounces) tomato sauce
1-1/4 cups all-purpose flour	1 can (6 ounces) tomato paste
3 large onions, peeled and chopped	1 tablespoon cayenne pepper, or to taste
1 large green bell pepper, seeded and chopped	1 cup water
	Salt (optional)
	Hot cooked rice

Chop alligator meat into small strips; add a dollop of steak sauce, to coat. Heat some of the shortening in a large saucepot or Dutch oven; add alligator and brown. Remove meat; set aside.

Add remaining shortening and flour; mix well. Add onion, green pepper, green onion and celery; saute slowly until vegetables are tender. Add tomato sauce and tomato paste; mix well. Add cayenne pepper and water. Cover and cook over medium heat for 30 minutes. Stir in reserved alligator meat. Cook 1 hour, or until meat is tender. Add salt to taste. Serve over cooked rice.

Note: Any fowl or seafood can be used in place of the alligator meat.

Tarragon Veal Stew

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

This stew has a fancy French flavor, but no fancy ingredients—they all come from the supermarket. The tarragon and mustard really make the stew sparkle and give it a clean, fresh taste. Serve this stew anytime of the year—it's always appropriate. I like to serve it with noodles, but you might prefer it with rice—try it both ways.

Makes 4 servings

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| 4 tablespoons unsalted butter,
divided | 4 small carrots, peeled and
thinly sliced |
| 2 medium onions, peeled
and diced | 2 teaspoons minced fresh
tarragon or 1 teaspoon
dried tarragon |
| 2 shallots, peeled and minced | 2 teaspoons Dijon-style
mustard |
| 2 pounds veal leg or shoulder,
cut into 1-inch cubes | Salt and freshly ground black
pepper, to taste |
| 1/2 cup all-purpose flour | |
| 1/2 cup apple juice | |
| 1 can (14-1/2 ounces) chicken
broth | |

Melt 2 tablespoons butter in a large Dutch oven over medium heat. Add onions and shallots; cook, stirring occasionally, about 5 minutes, or until softened. Remove to a plate.

Coat veal cubes with flour. Melt remaining 2 tablespoons butter in pan; add veal in batches and saute each batch about 5 minutes, or until lightly browned on all sides. Add veal to plate.

Pour apple juice into pan; cook 1 to 2 minutes, scraping up any browned bits on bottom. Return veal and onions to pan; stir in chicken broth and carrots. Cook, uncovered, stirring frequently, over medium-low heat about 45 minutes, or until veal is tender.

Stir in tarragon and mustard. Season with salt and pepper. Serve hot with noodles or rice.

Microwave method: Melt butter in a 3-quart microwave-safe baking dish on High (100 percent) power about 1 minute. Add onions and shallots; stir to coat. Microwave on High, covered, 4 minutes, stirring once.

Coat veal cubes with flour; add to onions. Microwave on High, covered, 9 minutes, stirring twice. Pour in apple juice and chicken broth. Microwave on Medium (50 percent) power, covered, 30 minutes. Stir in carrots. Microwave, covered, on Medium power for 10 minutes. Stir in tarragon and mustard. Season with salt and pepper. Serve hot with noodles and rice.

Liver Fricassee

Florence D. Roggenbach

Food Editor, *Norfolk Daily News*, Norfolk, Nebraska

My mother's family came to this country from Germany. That background influenced many of the recipes she prepared. Before you turn up your nose at this recipe, try it. It's one of our family's favorites.

Makes 6 to 8 servings

2 cups boiling water	3 medium green bell peppers, seeded and chopped
1 pound beef liver	6 small white onions, peeled and chopped
1/4 cup all-purpose flour	1/2 teaspoon celery salt
1/2 teaspoon salt, or to taste	1/2 teaspoon poultry seasoning
1/8 teaspoon ground black pepper	3 cups cooked egg noodles
2 to 3 slices bacon	
1 can (14-1/2 ounces) whole tomatoes, drained and cut into bite-size pieces	

Pour boiling water over liver in a dish; let stand 5 minutes. Drain liver, reserving water. Pat liver dry with paper towels. Cut liver into 12 to 16 pieces. Combine flour, salt and pepper; dredge liver in flour mixture.

Fry bacon in a large skillet. Remove cooked bacon from skillet, leaving fat in skillet. Drain bacon on paper towels. When bacon is cool, crumble and set aside. Quickly brown dredged liver in hot bacon fat in skillet. Add tomatoes, green peppers, onions, reserved crumbled bacon and reserved water from liver. Add celery salt and poultry seasoning. Cover and simmer 45 minutes.

Serve liver and vegetables over cooked noodles.

Green Chili Pork

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

This one-dish meal has terrific Southwestern flavors. It's simple and quick to prepare, but it's not too spicy, which means both adults and kids will enjoy it. My favorite way to serve it is with flour tortillas, lime wedges and sour cream. If you're concerned about the fat in your diet, try light sour cream or low-fat yogurt.

Makes 6 servings

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| 3 tablespoons vegetable oil | 1/2 teaspoon dried oregano |
| 3 pounds pork loin, cut into 1-inch cubes | 1/2 teaspoon ground cumin |
| 1 large onion, peeled and coarsely chopped | 1/4 cup water |
| 1 red bell pepper, seeded and diced | 1 tablespoon vinegar |
| 1 green bell pepper, seeded and diced | 1-1/2 teaspoons salt, or to taste |
| 2 cloves garlic, peeled and minced | 1/2 cup minced fresh cilantro, divided |
| 1 fresh jalapeño pepper, seeded and minced | 2 cans (4 ounces each) chopped mild green chilies, drained |
| | Flour tortillas |
| | Lime wedges |
| | Dairy sour cream (or light sour cream or plain yogurt) |

Heat oil in a large Dutch oven over medium heat. Add pork in batches and cook each batch about 4 minutes, or until browned on all sides. Using a slotted spoon, remove pork to a plate.

Add onion, red and green bell peppers, garlic, jalapeño pepper, oregano and cumin to pan; mix well. Cook, stirring occasionally, about 5 minutes, or until vegetables are softened. Return pork to pan; add water, vinegar, salt and half the cilantro. Simmer, uncovered, over very low heat for 1 to 1-1/2 hours, or until pork is tender. Stir in remaining cilantro and green chilies.

Serve hot with warm flour tortillas, lime wedges and sour cream.

Microwave method: Drizzle oil over pork in a 3-quart microwave-safe baking dish; stir to coat. Microwave, covered, on High (100 percent) power 8 minutes, stirring once. Stir in onion, red and green bell peppers, garlic, jalapeño pepper, oregano and cumin. Microwave on High, covered, 4 minutes.

Stir in water, vinegar and salt. Microwave, covered, on Medium (50 percent) power 40 minutes. Add cilantro and green chilies; stir to combine. Taste and adjust seasonings.

Serve hot with warm flour tortillas, lime wedges and sour cream.

Sausage Dip

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

This is one of the recipes I like to feature as a dip at any festive, informal gathering in our family. It's almost like a one-pot beef Stroganoff, using sausage instead of beef. However, it could be served in baked patty shells, as an interesting appetizer at a sit-down dinner.

Makes 3-1/2 to 4 cups

1 pound bulk pork sausage (spicy is best)	1 cup dairy sour cream
1 medium onion, peeled and finely chopped (about 1/2 cup)	1 cup milk
1/2 pound fresh mushrooms, thinly sliced	1 tablespoon Worcestershire sauce
1-1/2 tablespoons all-purpose flour	1 teaspoon soy sauce
	1 teaspoon paprika
	Corn chips, for dipping

In a 12-inch skillet, cook sausage until well browned, crumbling it with a fork. Remove sausage with a slotted spoon to paper towels to drain.

Add onions and mushrooms to the fat in the skillet; cook rapidly (so mushrooms will not give off their liquid), stirring often, until onion is golden brown. Drain off fat. Return sausage to skillet.

In a small bowl, gradually whisk flour into sour cream to make a smooth mixture. Whisk in milk, Worcestershire sauce, soy sauce and paprika; add to sausage mixture and mix well. Cook over moderate heat, stirring constantly, until thickened. Do not boil.

Serve hot in a chafing dish, with corn chips as dippers.

Chinese-Style Pork Chops with Three Mushrooms

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

One of the greatest boons to home cooks has been the virtual explosion of specialty produce. Neighborhood supermarkets are now the source of exotic vegetables that were found only in gourmet groceries.

Mushroom lovers in particular have drawn an embarrassment of riches. While shoppers formerly had to content themselves with the cultivated variety, they now can have their favorite fungi in wild profusion: meaty black shiitakes, slender white enoki or funnel-shaped golden chanterelles. If your supermarket allows customers the option of weighing out their own mushrooms from bulk baskets, it is a good idea to mix a few ounces of several varieties. The many varieties of mushrooms have helped me create inspired spur-of-the-moment dishes, such as this one.

Makes 4 to 6 servings

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| 5 tablespoons peanut oil,
divided | 1/4 pound mixed chanterelle
and shiitake mushrooms,
stemmed and sliced |
| 1 clove garlic, peeled | |
| 3 slices fresh ginger | 3 large cultivated (button)
mushrooms, sliced |
| 6 rib pork chops, 1/2-inch thick | |
| 1 tablespoon Chinese rice
vinegar | 1 tablespoon oyster sauce |
| 1/2 cup strong, flavorful
chicken broth | 1 tablespoon hoisin sauce |

In a 12-inch skillet, heat 4 tablespoons peanut oil until medium hot. Add garlic clove and ginger slices. Saute 30 seconds, or until they release their flavor, but do not brown. Discard garlic and ginger, reserving flavored oil.

Saute pork chops, three at a time, in the flavored oil until nicely browned on both sides; remove chops to a plate.

Add rice vinegar to skillet. Stir to scrape up brown bits. Add chicken broth; simmer until reduced slightly.

Meanwhile, heat the remaining 1 tablespoon oil in a medium skillet. Saute the three kinds of mushrooms over high heat until they color slightly and begin to release their juices. Add oyster sauce and hoisin sauce to mushrooms; stir well.

Return chops to broth mixture in large skillet. Scatter mushroom mixture over all. Cover and simmer on low heat for 12 minutes, or just until tender.

Harvest Sweet Potato Meat Pie

Judy Johnson

Food Editor, *Mississippi Press*, Pascagoula, Mississippi

Mississippi farmers grow some of the sweetest yams (sweet potatoes) in the South and market them throughout the country. Their golden delicious goodness is made to order for casseroles, such as this one that originally was developed by the Mississippi Sweet Potato Council. As we say down home: It's yam good, y'all!

Makes 6 servings

2 pounds sweet potatoes, cooked and cut into thick slices	1/4 cup evaporated milk 1/2 pound bulk pork sausage 12 ounces cooked ham
3 tablespoons margarine or butter	1 can (10-count) refrigerated butter-tasting biscuits (such as Hungry Jack)
1/2 teaspoon orange extract	

In a large bowl, combine sweet potatoes, margarine, orange extract and evaporated milk; mix.

Cook sausage in a skillet, breaking it into small pieces as it cooks; pour off fat.

Cut ham into thin slices.

Separate biscuits; arrange close together on work surface. Roll out biscuits, pressing edges together to make one solid piece; roll out to pie crust thickness. Use a little more than half the dough to line a 12x7x2-inch casserole dish. Make a layer of ham slices, then a layer of half the potato mixture, then the sausage and then the remaining potato mixture. Top with remaining dough to make a top crust; seal edges. Cut vents in top crust. Bake in a preheated 350-degree oven for 30 minutes.

Austrian-Style Ragout Soup with Bread Dumplings

Adelaide A. Patten

Food Writer, *The Press of Atlantic City*, Pleasantville, New Jersey

During a trip to Austria several years ago, I visited a small village restaurant where my palate renewed its acquaintance with Ragout Soup served with feather-light bread dumplings. The meal evoked fond memories of a family staple on my grandmother's and mother's tables. On my return to the United States, I tried to recreate the dish. This resulting recipe rolled back the years for me. The secret of the soup's wonderful taste is using broth made from veal bones.

Makes 4 to 6 servings

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| 1 pound veal bones | 1/2 cup cut asparagus |
| 2 quarts cold water | (1/2-inch pieces) |
| 5 tablespoons unsalted butter,
divided | 4 to 6 asparagus tips |
| 1/2 pound boneless veal, cut
into small pieces | 1 egg |
| 1 tablespoon chopped
fresh parsley | 2 tablespoons heavy cream |
| 1/4 cup all-purpose flour | Salt and black pepper, to taste |
| 1 cup green peas
(fresh or frozen) | 1/2 teaspoon imported sweet
paprika |
| | Bread dumplings (recipe
follows) |

Place veal bones in a soup kettle. Add water; bring to a boil. Reduce heat and simmer for 1-1/2 hours, skimming scum from surface as it forms.

Remove kettle from heat; remove bones. If bones are meaty, remove all meat and add meat to broth in kettle. Discard bones.

Melt 1 tablespoon butter in a skillet over medium heat. Add veal and saute 15 minutes, stirring frequently. Add chopped parsley; cook 5 minutes, stirring occasionally.

Return kettle of veal broth to medium heat. Add sauteed veal mixture. Bring to a boil. Reduce heat; simmer 2 hours, or until veal is very tender.

In a small saucepan, melt the remaining 4 tablespoons butter over medium heat. Add flour and stir with a wooden spoon until all the flour is moistened. Cook, stirring constantly, until flour begins to turn pale tan in color. Immediately remove pan from heat. Using a whisk, briskly stir in 1 cup veal broth (from the soup kettle), a few tablespoons at a time. When the cup of broth has been added, continue cooking over medium heat for 2 minutes, stirring constantly. Gradually stir this mixture into the contents of the soup kettle and cook 5 minutes, stirring occasionally.

Cook peas and asparagus pieces and tips separately in a little water until barely tender. Add peas and asparagus pieces to soup kettle, reserving asparagus tips for garnish. Allow soup to heat 2 minutes. Remove from heat.

Beat egg in a small bowl until well mixed. Gradually beat in cream, then slowly add 1/2 cup hot soup. Add this mixture to soup kettle, stirring constantly.

Return kettle to low heat and cook 2 to 3 minutes, stirring constantly until soup thickens slightly. Add salt and pepper to taste; stir in paprika.

Put 3 to 4 bread dumplings in each heated soup bowl; ladle soup over dumplings. Garnish each serving with a reserved asparagus tip.

Bread Dumplings

Makes 12 to 24 Dumplings

2 tablespoons unsalted butter, melted and cooled	Salt and black pepper, to taste
1 egg, well beaten	1 cup dry bread crumbs (made from crustless dry white bread either grated or crushed by rolling pin)
Few grains freshly grated nutmeg	
1 tablespoon finely chopped fresh parsley	

With a fork, combine melted butter, beaten egg, nutmeg, parsley, salt and pepper. Work in enough bread crumbs to make a dough-like mass that can be shaped into balls the size of small walnuts by gently rolling bread mixture between your wet palms. Depending on the size of the egg, you might need less or more than the listed amount of bread crumbs.

Bring a deep skillet of salted water to simmering. Test one dumpling in the simmering water to see if it will stick together. If not, add a bit more bread crumbs and test again.

When dumpling mixture is adjusted, shape into balls as directed. Poach balls gently in simmering water. When dumplings float on the surface, they are cooked.

Remove dumplings carefully with a slotted spoon and drain on a plate covered with a white napkin. Handle carefully; the dumplings are light and fragile.

Hurry-Up Pork Chops

Beth Whitley Duke

Food Editor, *Amarillo Globe-News*, Amarillo, Texas

Pork chops layered over potatoes in a rich, sour cream sauce won't help your diet, but the dish will warm up chilly autumn night suppers. I call it Hurry-Up Pork Chops because I like to pre-cook the potatoes in the microwave oven until they begin to soften before I add a layer of thinly sliced pork chops. For best results, add the sour cream mixture during the last 15 minutes of baking so it will retain its rich consistency.

Makes 4 servings

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| 4 medium baking potatoes | 1 carton (8 ounces) dairy sour cream (or plain yogurt) |
| 1 pound thinly sliced pork chops | 1 envelope (about 1 ounce) dry onion soup mix |
| 1 medium onion, peeled and sliced | |

Spray a 13x9x2-inch glass baking dish with non-stick vegetable spray. Peel potatoes; slice into the bottom of prepared dish, making a thick layer. If desired, partly cook potatoes in a microwave oven at 80 percent power for about 8 minutes. If you prefer conventional cooking, add 1/2 cup water to potatoes and bake in a preheated 350-degree oven for about 10 minutes.

After partly cooking potatoes, top them with pork chops and cover chops with onion slices. Bake in a preheated 350-degree oven for 30 minutes.

In a small bowl, combine sour cream and dry soup mix. Spread evenly over pork chop mixture. Return to oven and bake 15 minutes. Serve hot.

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He Stew

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

The following recipe was developed by my brother from the text of James Michener's 1978 novel, Chesapeake. I refined it a bit further, because my brother wasn't much better at calculating exact measurements than Michener.

The original version of the recipe can be found on pages 847 and 848 of the Fawcett Crest paperback edition of the book. It is written in the dialect of an uneducated black man, a cook aboard an oyster boat, who explains that the difference between "he" stew and "she" stew has nothing to do with the gender of oysters, rather it refers to the gender of the eaters.

The story makes great table conversation prior to serving up this incredibly rich and delicious dish. "He Stew" might be what the Chesapeake watermen prefer, but at our house, it's referred to as "we stew."

The only significant differences between this recipe and the one in Michener's text (other than volume—we have no need to feed an entire crew) are using cornstarch as a thickening agent rather than the "powdered tapioca" called for in the original, and reducing the amount of butter—the text calls for half a pound. We halved that amount, but it could be eliminated completely.

Makes 8 to 10 servings

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| 1 pound bacon | 2 tablespoons cornstarch |
| 2 cups chopped onion | Salt and black pepper (optional) |
| 2 cups chopped celery | Healthy pinch of saffron |
| 2 pints raw oysters, drained,
liquor reserved | 1/2 cup butter |
| 4 cups milk, half-and-half or
heavy cream, as desired | Oyster crackers |

Fry bacon until crisp; drain on paper towels. Reserve drippings. Crumble bacon; set aside. In a large skillet or Dutch oven, use some of the reserved bacon drippings to saute onion and celery until soft. Remove vegetables from pan.

Drain liquor from oysters and reserve. Saute oysters in pan drippings just until they start to curl.

Heat milk; whisk in cornstarch that has been dissolved in a small amount of reserved oyster liquor. Simmer, stirring, until mixture becomes very thick and gelatinous, adding more cornstarch, if needed. Add oysters and vegetables. Add remaining oyster liquor as needed to maintain a smooth, creamy consistency as the stew cooks, uncovered, over low heat for 15 minutes. Taste; add salt and pepper, if desired.

At serving time, transfer stew to serving bowl. Grind saffron to a powder and sprinkle evenly over top of stew. Cut butter in half; nestle pieces into top of stew. Sprinkle reserved crumbled bacon over all. Serve with oyster crackers.

Tuna Casserole

Ann C. Wells

Food Editor, *The Grand Rapids Press*, Grand Rapids, Michigan

Most tuna casseroles are boring fare, but not this version. It was created years ago by my close friend, Susan Doyle Lipner, to show her home economics class that tuna casserole is not just a mixture of tuna, mushroom soup and macaroni, and that casserole recipes can be easily adapted to use other ingredients. This is wonderful for dinner, but it also makes a different and tasty brunch dish. Best of all, it's made in one dish.

Makes 4 to 6 servings

1 cup dairy sour cream	3/4 cup canned sliced
1/4 teaspoon dried oregano	mushrooms, drained (or 3/4
2 cans (6-1/2 ounces each)	cup sliced fresh mushrooms,
water-packed tuna,	lightly sauteed)
drained	1/4 to 1/2 cup cashews
1/2 cup sliced ripe olives	Grated Cheddar cheese

In a 1-1/2 quart casserole dish, combine sour cream, oregano, tuna, olives, mushrooms and cashews. Sprinkle with grated cheese. Bake in a preheated 350-degree oven for 25 to 30 minutes, or until hot and bubbly.

Jiffy Scallop Casserole

Judy Johnson

Food Editor, *Mississippi Press*, Pascagoula, Mississippi

Scallops are a sweet treat, and here on the Gulf Coast we like to cook them in a casserole that keeps well and shows off nicely for company. This recipe was developed by Joyce Clanton with Florida's Department of Natural Resources. It has become one of my personal favorites. It can be used with either bay scallops or calico scallops found in Florida waters or with scallops harvested from other American waters.

Makes 6 servings

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| 2 pounds bay scallops, fresh or frozen | 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted |
| 1 quart water | 1/2 cup milk |
| 2 tablespoons salt, or less if desired | 1 teaspoon curry powder |
| 1 can (16 ounces) cut green beans, drained | 1/8 teaspoon black pepper |
| 1/4 cup chopped onion | 1/2 cup crushed cracker crumbs |
| 3 tablespoons vegetable oil, divided | 1/4 cup grated Cheddar cheese |

Thaw scallops, if frozen. Rinse with cold water to remove any shell particles. Combine 1 quart water and salt in a 2-quart saucepan and bring to a boil. Add scallops; reduce heat and cover. Simmer for 2 to 3 minutes, depending on the size of the scallops. Drain.

In a well-greased 8x8x2-inch baking dish, combine cooked scallops and green beans; set aside.

In a medium saucepan, saute onion in 2 tablespoons oil until tender. Add soup, milk, curry powder and pepper. Heat, stirring, until well blended. Pour soup mixture over scallop mixture.

Combine crumbs, cheese and remaining 1 tablespoon oil. Sprinkle over top of casserole. Bake in a preheated 425-degree oven for 10 to 15 minutes.

Dilled Seafood Medley

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

You can prepare this casserole in the morning and set it aside in the refrigerator until you are ready to bake it. If the casserole is cold, rather than at room temperature, you might have to increase the baking time by 5 to 10 minutes. If desired, serve Seafood Medley over rice, with a crisp green vegetable and warm garlic bread.

Makes 4 to 6 servings

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| 4 tablespoons butter or margarine | 1/4 cup grated Parmesan cheese |
| 1 pound medium shrimp, shelled and deveined | 2 tablespoons Dijon-style mustard |
| 1/2 pound flounder fillets, cubed | 1 teaspoon freshly snipped dill or 1/4 teaspoon dried dill weed |
| 1/4 pound bay scallops | Salt and freshly ground black pepper, to taste |
| 1/2 pound fresh mushrooms, sliced | Seasoned dry bread crumbs |
| 1 medium onion, peeled and chopped | Paprika |
| 2 tablespoons all-purpose flour | Fresh dill sprigs, for garnish |
| 1 cup light cream or milk | |

Melt butter in a large skillet. Add shrimp, flounder, scallops, mushrooms and onion. Saute 5 minutes, or until shrimp are pink and onion is transparent. Remove with slotted spoon and place in a 2-quart casserole dish; set side.

Add flour to liquid in skillet, stir into liquid and cook 2 minutes. Add cream slowly, stirring constantly; cook until sauce begins to thicken. Stir in cheese, mustard, snipped dill, salt and pepper. Cook until cheese is melted.

Spoon sauce over seafood in casserole. Sprinkle with bread crumbs and paprika. Bake, uncovered, in a preheated 350-degree oven 30 minutes, or until top is golden brown. Garnish with dill sprigs.

Creole Seafood Supreme

Carolyn Flournoy

Food Columnist, *The Times*, Shreveport, Louisiana

This is an old south Louisiana recipe that I have adapted for my own use. It is expensive, but well worth the investment. I believe it is the best seafood casserole I have ever tasted. Paired with a marinated vegetable salad and garlic bread, it makes an impressive meal for a dinner party. Guests always ask for the recipe—and if you're smart you won't give it out because they're apt to serve it at their next dinner party.

Makes 10 to 12 servings

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| 1 package (8 ounces) cream cheese | 1 teaspoon hot pepper sauce |
| 1/2 cup butter, divided | 1 teaspoon garlic salt, or to taste |
| 1-1/2 pounds raw shrimp, peeled | 1 teaspoon Worcestershire sauce |
| 6 to 7 green onions, sliced | 1/2 teaspoon cayenne pepper |
| 1 small red bell pepper, seeded and chopped | 1 pound crab meat |
| 3 ribs celery, thinly sliced | 1 tablespoon lemon juice |
| 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted | 3 cups cooked rice |
| 1 jar (6 ounces) sliced mushrooms, drained | 2-1/2 cups grated Cheddar cheese |
| | Cracker crumbs |
| | Paprika |

Melt cream cheese and 6 tablespoons butter in the top of a double boiler or microwave oven; set aside.

Saute shrimp, green onions, bell pepper and celery in remaining 2 tablespoons butter.

In a large bowl, combine mushroom soup, mushrooms, hot pepper sauce, garlic salt, Worcestershire sauce and cayenne pepper. Add cream cheese mixture and sauteed shrimp mixture; stir to combine. Sprinkle crab meat with lemon juice; carefully stir into shrimp mixture. Stir in cooked rice.

Spoon into a greased 3-quart rectangular casserole dish. Top with cheese, then sprinkle with cracker crumbs and paprika. Bake in a preheated 350-degree oven for 30 minutes, or until heated through and bubbly.

Barbecued Shrimp

Carolyn Flournoy

Food Columnist, *The Times*, Shreveport, Louisiana

This recipe is thought to have originated at Manale's Restaurant in New Orleans. Why they call it Barbecued Shrimp, only one long-gone chef would know. Every good Louisiana cook has a version of it in their repertoire. This is mine. Serve the shrimp and sauce in large soup or gumbo bowls with plenty of crusty French bread for dunking. Add a tossed salad and you have a memorable meal.

Because your guests have to peel the shrimp at the table, this recipe is best served with lots of napkins. I sometimes cover the table with newspaper. If you don't want to do that, use a paper tablecloth. Be sure to place extra bowls on the table for the shells.

Makes 8 to 10 servings

5 pounds unpeeled shrimp	1/2 teaspoon hot pepper sauce
1-1/2 cups butter	2 to 3 tablespoons ground black pepper, or more to taste
1 bottle (8 ounces) Italian salad dressing	1 tablespoon Worcestershire sauce
1/3 cup lemon juice	
1/4 cup olive oil	
2 to 3 cloves garlic, peeled and minced	

Wash shrimp and drain well.

Melt butter in a 3-quart casserole dish while you are preheating oven to 350 degrees. Add salad dressing, lemon juice, olive oil, garlic, hot pepper sauce, black pepper and Worcestershire sauce to butter; stir to combine. Add shrimp.

Bake, covered, in preheated 350-degree oven for 35 to 45 minutes, stirring occasionally so all shrimp cook evenly. Shrimp turn bright pink when done; be sure all are completely cooked.

Note: This dish is equally good reheated, but it should not be frozen. Recipe can be halved, using 2-1/2 pounds unpeeled shrimp and adjusting other ingredients.

Riviera Sole

Ann C. Wells

Food Editor, *The Grand Rapids Press*, Grand Rapids, Michigan

While trying to work more fish into my family's meals, I dug back into my files and found this recipe that I had only tried once. I remembered it was delicious, but because I don't really like fish, I never made it again. This past year it has become a favorite way to prepare fish. It makes an easy, but elegant, company entree. I changed the original recipe to use fresh and more healthful ingredients.

Makes 6 servings

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| 1 cup plain yogurt | 4 ounces fresh mushroom |
| 1/2 cup low-calorie,
cholesterol-free mayonnaise | caps, lightly sauteed |
| 1 tablespoon lemon juice | 1 can (16 or 17 ounces) green |
| 1/2 teaspoon curry powder | grapes, drained, or about |
| 2 pounds sole fillets | 2 cups fresh seedless green |
| Salt and black pepper, to taste | grapes |

In a small bowl, combine yogurt, mayonnaise, lemon juice and curry powder. Spread half of the yogurt mixture on the fish fillets; season with salt and pepper to taste. Roll up fillets and secure with toothpicks.

Spray a 13x9x2-inch baking dish with non-stick cooking spray. Place fish rolls in baking dish. Pour remaining yogurt mixture over them. Top with sauteed mushrooms and grapes. Bake in a preheated 350-degree oven for 30 minutes.

Note: This dish can be made in advance and refrigerated until baking time.

Baked Halibut with Orange and Sun-Dried Tomatoes

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

Cafe Luxembourg, on Manhattan's Upper West Side, was one of the earliest proponents of consistently good new American cooking. Although trendy, the combinations were never bizarre.

Several years ago at the cafe, I had a dish of poached halibut with tomato coulis that was subtly flavored with oranges. The sweet citrus and the acid tomatoes brought out the delicacy of the halibut without overpowering it. At home I worked with this trio of flavors until I arrived at this simple baked version.

Makes 2 servings

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| 2 halibut steaks, 1-inch thick
(8 to 9 ounces each) | 12 sun-dried tomatoes, rinsed
and patted dry |
| 2 tablespoons olive oil, divided | 1 shallot, peeled and chopped |
| Salt and freshly ground black
pepper, to taste | 2 tablespoons chopped fresh
parsley, for garnish |
| 1/2 teaspoon dried rosemary | |
| Rind and juice of 1 orange
(Valencia, if available) | |

Rinse halibut in cold water; pat dry. Drizzle 1 tablespoon olive oil in the bottom of an 11x9x2-inch oval gratin dish or similar baking dish. Season both sides of the fish with salt and pepper; sprinkle evenly with rosemary. Place fish in one layer in dish.

Sprinkle orange rind on top of fish. Pour orange juice around the fish. Scatter tomatoes and chopped shallot around fish. Drizzle with remaining 1 tablespoon olive oil.

Place dish on bottom rack of a preheated 450-degree oven. Bake exactly 15 minutes for moist fish. Remove and garnish with parsley.

Florida Paella

Mary Denise Scourtes

Food Writer, *The Tampa Tribune*, Tampa, Florida

One of the most famous dishes in Spain and in Florida's Spanish restaurants is paella. The rice-based stew of saffron, chicken, seafood and sausage is named for the two-handled, rather shallow cooking vessel named paellaera, from which it is served.

The method you use to make paella depends upon your teacher, because there are as many recipes for it as there are castanets in Spain. All agree, however, that real paella has to be made with saffron, the world's most expensive spice. Using saffron threads, rather than powder, is advisable, because the threads give the dish its distinctive punch.

Makes 8 servings

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| 2 tablespoons olive oil | 3 cups chicken broth |
| 1 clove garlic | 1 cup tomato sauce |
| 1 frying chicken, cut into serving pieces | 2 cups rice, uncooked |
| 1 chorizo (spicy, Spanish-style sausage), 6 to 8 ounces | 1-1/2 teaspoons saffron threads, soaked in warm water |
| 3 tomatoes, chopped | 1 pound raw shrimp, peeled |
| 1 onion, peeled and chopped | 1 cup green peas (fresh or frozen) |
| 1 red bell pepper, seeded and chopped | 12 large Spanish olives |
| 1 teaspoon paprika | 12 scallops |
| Salt and black pepper, to taste | 2 tablespoons chopped pimento |
| 1 fresh artichoke, cut into eighths, with tough outer edges removed | Fresh parsley |
| | Fresh lemon wedges |

Heat oil in a large, heavy iron skillet or paella pan. Add garlic and cook a few minutes; remove and reserve garlic.

In the same skillet, brown chicken and chorizo; drain fat. Add tomatoes, onion, bell pepper, paprika, salt, pepper and artichoke pieces to chicken and chorizo. Cook 10 minutes. Add chicken broth and tomato sauce. Bring to a boil. Add rice and saffron. Reduce heat and simmer, uncovered, 15 to 20 minutes.

Add shrimp, peas, olives, scallops, pimentos and reserved garlic. Cook 2 to 3 minutes, or until shrimp is cooked.

Garnish with parsley and lemon wedges.

Back Burner Artichoke-Oyster Soup

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

The popularity of Cajun foods that has spread across the country recently attests to the cooking ability of the people in south Louisiana. But some restaurants in other states take advantage of the Cajun name. They simply add a lot of cayenne pepper or Louisiana hot sauce to regular dishes and call them Cajun.

That's not Cajun. Real Cajun food is not hot enough to burn the tongue. The true taste of the Cajun flavor comes from a subtle blending of various seasonings and ingredients, such as in this recipe.

Makes 2 quarts; 8 generous servings

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| 1/2 cup butter | 1 tablespoon Worcestershire |
| 3 large green onions with tops, chopped | sauce |
| 3 ribs celery, finely chopped | Cayenne pepper, to taste |
| 3 large cloves garlic, peeled and finely chopped | Salt, to taste |
| 3 tablespoons all-purpose flour | 1 quart shucked raw oysters, drained and chopped, liquor reserved |
| 2 cans (14 ounces each) artichoke hearts, rinsed, drained and cut into quarters | 1 teaspoon granulated sugar |
| 1 quart chicken broth | 2 bay leaves |
| | 1 cup evaporated milk |
| | 1 cup whole milk |

Melt butter in a large skillet; saute green onions, celery and garlic in butter. Sprinkle in flour; stir and mix well. Add artichokes, chicken broth, Worcestershire sauce, cayenne pepper and salt. Cook over low heat 1 hour. Add oysters and reserved oyster liquor, sugar and bay leaves. Simmer over low heat 10 minutes; do not boil. Stir in evaporated milk and whole milk. Remove from heat.

Refrigerate at least 8 hours. Reheat over low heat before serving.

Note: Soup can be made up to 3 days in advance of serving; keep refrigerated until ready to use.

Louisiana Crawfish Casserole

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

This crawfish casserole is typical of those found in many Louisiana cookbooks. Crawfish is so popular in our area that students at Iowa High School in Iowa, Louisiana, studying Louisiana culture, came up with this prayer to be said before eating crawfish:

GRACE BEFORE A CRAWFISH MEAL

Bless us, O Lord, and these crawfish which we are about to enjoy.

Bless those who caught them, those who prepared them,

And give crawfish to those who have none.

We thank You, O God, for this wonderful world

And for all that You have put on it.

And we give You special thanks, O God,

For having put the Cajuns and the crawfish

Down in the same place. Amen.

Makes 6 servings

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| 1 cup chopped onions | 1 tablespoon chopped fresh |
| 3/4 cup chopped green bell pepper | parsley |
| 1 clove garlic, peeled and minced | 1-1/2 tablespoons lemon juice |
| 2 tablespoons butter | 1-1/2 teaspoons salt, or to taste |
| 1 pound peeled, deveined, raw crawfish tails | 1/4 teaspoon ground black pepper |
| 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted | 1/4 teaspoon cayenne pepper |
| 3 cups cooked rice | 2 slices white bread |
| | 1/2 cup milk |
| | Paprika |
| | 1 cup grated Cheddar or Monterey Jack cheese |

In a large skillet, saute onions, green pepper and garlic in butter until tender-crisp. Add crawfish tails; cook 3 minutes. Stir in soup, cooked rice, parsley, lemon juice, salt, black pepper and cayenne pepper; mix well. Soak bread in milk; add to crawfish mixture and mix well.

Spoon into a buttered, shallow 2-quart casserole dish. Sprinkle with paprika.

Bake in a preheated 350-degree oven for 30 minutes. Remove from oven, sprinkle cheese over top and return to oven to bake just until cheese melts.

Mullet Stew

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

Mullet is a fish commonly caught in the Gulf of Mexico, so it's plentiful and inexpensive in Tallahassee. It's usually fried, but smoked mullet is my favorite. I've also come to appreciate mullet prepared in other ways, such as in this stew that won a prize in a recipe contest my newspaper held. Other fish fillets can be substituted for the mullet.

Makes 6 to 8 servings

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| 1 tablespoon olive oil | 1 clove garlic, peeled and minced |
| 10 to 12 skinned and boned mullet fillets (2 to 3 pounds total) | 1 can (28 ounces) whole tomatoes, drained |
| Greek seasoning (such as Cavender's), to taste | 3 tablespoons vinegar |
| 1 large onion, peeled and chopped | Hot cooked rice |
| 2 green bell peppers, seeded and chopped | |

Lightly grease a 12-inch skillet with olive oil. Cover the bottom with fish fillets. Add Greek seasoning, onion, bell peppers and garlic. Crush tomatoes; add to fish mixture. Add vinegar. Cover and simmer about 45 minutes.

Serve stew over hot cooked rice.

Buttermilk Bay Clam Chowder

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

When my children were small, we used to spend lazy August weekends digging for quahogs (chowder clams) in the sand on the shores of Cape Cod's Buttermilk Bay.

Our rental house, like most, came equipped with a few mismatched dishes, some cracked cups and an old chipped enamel stew pot. Yet some of the best summer meals we have ever eaten emerged from that unpromising kitchen.

One labor of love, an impromptu clam chowder, has been in the family ever since. Although the original recipe comes from Bean Town, it is not a pure New Englander. As a Long Islander, my chowder fantasies always include tomatoes. But this chowder is a compromise: creamy like a true Bostonian chowder, but with flecks of fresh tomato.

Makes 4 to 6 servings

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| 1 dozen medium-sized chowder clams in the shell, scrubbed and cleaned | 2 ripe medium tomatoes, peeled, seeded and chopped |
| 1/2 cup butter | Salt and white pepper, to taste |
| 3 medium-large onions, peeled and chopped | 1 bay leaf |
| 2 boiling potatoes, peeled and diced | 1/2 teaspoon dried thyme |
| | 2 cups light cream or half-and-half |

Steam clams in a large covered pot in a small amount of boiling water until they open. Take out the clams as they open and continue to steam the unopened ones a few minutes more. Discard any clams that do not open. Shuck clams, then chop and set aside. Reserve 2 cups clam broth from the top of the pan after any sand has settled on the bottom. (Add water, if necessary, to make 2 cups liquid.)

Wash and dry the pot. Melt butter in pot; saute onions gently until translucent, but not brown. Add potatoes. Toss to coat with butter; saute 1 to 2 minutes. Add tomatoes. Season with salt, pepper, bay leaf and thyme. Return chopped clams to pot along with reserved 2 cups clam broth. (Chowder can be made ahead to this point.)

Just before serving, heat to boiling, then reduce heat to simmer and stir in cream. Continue to cook over low heat until soup is hot. Do not boil.

Note: White, new potatoes hold their shape best in chowder.

Thick and Hearty Fish Soup

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

Sometimes it is difficult to tell the difference between a thick, hearty soup and a stew. One difference is that soup usually can be prepared more quickly than stew. But either can be served as a meal, accompanied by a tossed green salad and freshly baked biscuits or crisp French bread.

Makes 4 generous servings

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| 3 tablespoons butter or margarine | 1 package (10 ounces) frozen French-cut green beans |
| 2 ribs celery, diced | 1 can (15 ounces) stewed tomatoes, broken up, undrained |
| 1 large onion, peeled and chopped | 1-1/4 pounds whitefish or cod fillets, cut into 1-inch cubes |
| 6 cups chicken broth | Dairy sour cream and dill sprigs, for garnish |
| 5 large potatoes, cubed | |
| Salt and freshly ground black pepper, to taste | |
| 1 package (10 ounces) frozen peas and carrots | |

Melt butter in a large, deep saucepot. Add celery and onion; cook until onion is transparent. Add chicken broth, potatoes, salt and pepper. Bring to a boil. Reduce heat, cover and cook over low heat 20 minutes. Add frozen vegetables, undrained tomatoes and fish. Cook, covered, about 8 minutes, or until vegetables are cooked and fish flakes easily.

Ladle into large soup bowls. Garnish with dollops of sour cream and dill sprigs.

Creole Shrimp with Fettuccine Meunière

Jane Witty Gould

Food Editor, *The Daily Journal*, Elizabeth, New Jersey

I swear my son chose Tulane University in New Orleans on purpose, to give his mother an excuse to check out the Cajun food scene at least twice a year.

The thought of his being down there with all those oysters and crawfish at his beck and call makes me positively green with envy (even though he assures me that frequent forays to the French Quarter are too expensive for a student's budget). Still, just being there holds the same fascination for a foodie that hanging out on Hollywood and Vine has for an aspiring actor.

When my son comes home on vacation we get another dividend—he always brings home a recipe or two. Because we cook together, it follows that many of these treasures end up in my recipe repertoire.

One Christmas we decided on shrimp with fettuccine for a main dish. He set about melting a block of butter and shaking in some Worcestershire sauce and hot sauce. I watched with amazement as he began creating a classic Creole meunière sauce, but he didn't realize it had a name. When I mentioned it, he shrugged and said, "It's just a little Southern sauce I saw my roommate do."

Makes 3 to 4 servings

7 tablespoons butter	1/2 teaspoon fines herbes
1 tablespoon Worcestershire sauce	1 bay leaf
Few drops hot pepper sauce (such as Tabasco)	1/2 teaspoon dried leaf thyme
Few drops mild Louisiana hot sauce (such as Landry's)	2 to 3 tablespoons vegetable oil
Few drops jalapeño sauce (such as Trappey's)	1-1/4 pounds large shrimp, shelled and deveined
Juice of 1/2 lemon	2 tablespoons chopped fresh parsley
	1 pound spinach fettuccine, cooked

In a 1-quart saucepan, melt butter over very low heat. Add Worcestershire sauce, hot pepper sauce, mild hot sauce and jalapeño sauce to taste. Stir in lemon juice, fines herbes, bay leaf and thyme. Keep warm, but do not simmer.

Heat oil in a large 12-inch skillet. Saute shrimp in oil 3 to 4 minutes, or just until shrimp turn pink, stirring occasionally.

When shrimp are done, pour off all but 1 tablespoon liquid from skillet. Add warm butter sauce to skillet; remove and discard bay leaf. Blend butter sauce well with shrimp. Stir in parsley. Serve over cooked fettuccine.

Note: New Orleans has literally dozens of hot sauces from mild to incendiary. Because of the popularity of Cajun and Creole food, many of these sauces are now available in supermarkets or gourmet shops across the country.

Frogmore Stew

Anne Byrn

Food Editor, *Atlanta Journal-Constitution*, Atlanta, Georgia

Along the coast of South Carolina a seafood medley called Frogmore Stew is served. It doesn't contain frogs at all. This stew is made of fresh shrimp, corn and smoked sausage. It's sort of a southern version of the northern Atlantic coast crab and lobster boils. You can add fresh blue crab, red-skinned potatoes and even firm fillets of white fish, if desired. No matter what you add to the recipe, be sure to serve this stew with plenty of napkins.

Makes 8 servings

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| 3 pounds Polish or other
smoked sausage, cut in
1-1/2-inch pieces | 2 tablespoons seafood
seasoning (or shellfish
seasoning) |
| 2 large onions, peeled and
chopped | 1/2 cup butter |
| 2 lemons, sliced | 16 ears of corn, shucked |
| Salt and black pepper, to taste | 3 pounds raw, unpeeled large
shrimp |

Put 2 gallons of water into a large stockpot; add sausage, onions, lemons, salt, pepper and seafood seasoning. Bring to a boil; simmer, uncovered, for 45 minutes. Add butter; let melt. Add corn to pot; cook about 10 minutes.

Add shrimp; cook 5 minutes, or until shrimp are pink. Drain; serve stew on a large platter.

Crab Royale

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

There is an old saying that you only get to be a Cajun in one of three ways — “by birth, by the ring, or by the back door.” In earlier times, the front door of a Cajun’s home led into the parlor, which was used only on special occasions. The “back door” took you into the kitchen, the heart of the home, where the family cooked, ate and visited with friends.

I grew up in north Louisiana, a completely different world from the bayous and marshlands of south Louisiana. I first came to Cajun country some 40 years ago, when I graduated from college, to set up the parish (county) library in Ville Platte. I was doubtful about meeting the people because I didn’t speak French (and at that time, many of the older Cajuns still didn’t speak English), and I was a Baptist in Catholic country. However, the driver of our bookmobile told me not to worry. He said, if the Cajun people like you, you can tell because you’ll be invited into the kitchen for coffee. And we were invited for coffee at every stop along all the back roads. The people in Evangeline Parish were the friendliest folks in all the world. So I suppose I became a Cajun by the “back door” first, then later by “the ring” when I married a Cajun from Opelousas.

This recipe from friends in Eunice, Louisiana, is classified as a main-dish stew.

Makes 6 servings

3 tablespoons butter	2 cups cooked crab meat
3 tablespoons all-purpose flour	1/2 cup sliced fresh mushrooms
2/3 cup heavy cream	1 egg, beaten
2/3 cup chicken broth	Salt and black pepper, to taste
	Hot cooked rice

Melt butter in large saucepan; stir in flour. Slowly add cream and chicken broth, stirring constantly over low heat until mixture thickens. Add cooked crab meat and mushrooms. Slowly add beaten egg; stir until heated. Season with salt and pepper to taste.

Serve crab mixture over cooked rice.

Note: French bread is ideal with this dish.

Catfish Caribbean

Judy Johnson

Food Editor, *Mississippi Press*, Pascagoula, Mississippi

Mississippi farm-raised catfish is taking the nation by storm. Recipes such as this one, developed by The Catfish Institute and one of my personal favorites, are part of the reason.

Down South, many folks think it's against the law to serve catfish any way but straight-up: fried to a golden brown in deep fat and mounded on a platter surrounded by hush puppies. All that is changing as food experts, such as Craig Claiborne and Wolfgang Puck, discover the infinite variety of this delicate, firm-fleshed fish.

Makes 4 servings

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| 2 tablespoons butter or margarine | 1 tablespoon chopped fresh cilantro (fresh coriander) or chopped parsley |
| 1/4 cup chopped green bell pepper | 1/2 teaspoon salt, or to taste |
| 4 tablespoons chopped onion, divided | 4 farm-raised catfish fillets |
| 1/4 cup chopped toasted almonds | 1/2 cup water |
| 1/2 cup fresh bread crumbs | 2 cloves garlic, peeled and crushed |
| 1/4 teaspoon dried oregano | 1 bay leaf |
| 4 tablespoons fresh lime juice, divided | 1 teaspoon crushed red pepper flakes |
| | Lime peel |

Melt butter in a large skillet. Add green pepper and 2 tablespoons onion. Saute until onion is transparent. Add almonds, bread crumbs, oregano, 1 tablespoon lime juice, cilantro and salt; mix well.

Spoon filling down center of each catfish fillet. Roll up and secure with a toothpick.

In a shallow baking dish, combine remaining 2 tablespoons onion, water, garlic, bay leaf, red pepper flakes and remaining 3 tablespoons lime juice. Place rolled-up catfish in mixture in dish.

Bake, uncovered, in a preheated 400-degree oven for 30 to 35 minutes, basting occasionally, until fish flakes easily. Remove catfish to serving platter. Garnish with strips of lime peel.

Mexican-Style Snapper with Lime

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

This dish combines two of the best aspects of Florida cooking: fresh fish and fresh citrus. Snapper is one of the most popular fish on local menus—and with good reason. This firm fish holds up well in this one-skillet treatment. The chopped tomatoes and lime wedges scattered across the white flesh of the snapper make a pretty dish.

Makes 6 servings

1/2 cup chopped green onions	1/4 teaspoon grated lime peel
1/4 cup butter or margarine	1/8 teaspoon ground black pepper
1/2 pound fresh tomatoes, diced	1-1/2 pounds fresh snapper fillets
1/4 cup chopped green chilies	12 lime wedges
2 tablespoons chopped fresh parsley	
1/8 teaspoon salt	
1/8 teaspoon garlic salt (or 1 clove garlic, peeled and minced)	

In a large skillet, saute green onions in butter until tender. (Also saute minced garlic, if using fresh.)

Add tomatoes, chilies, parsley, salt, garlic salt, lime peel and black pepper; mix well. Bring mixture to a boil, reduce heat and simmer 5 minutes.

Add snapper to skillet; spoon sauce over fillets. Cover and simmer 10 minutes, or until fish flakes easily when tested with a fork.

Serve garnished with lime wedges.

Note: This recipe works just as well with any firm-fleshed fish.

Tin Can Casserole

Ann C. Wells

Food Editor, *The Grand Rapids Press*, Grand Rapids, Michigan

Vegetable-hating kids really go for this casserole. My now-grown nieces and nephews, who never saw a vegetable they liked, always requested this recipe when they came to our cottage on Lake Michigan in the summertime. They must not have known that there were vegetables hidden in the layers. It's easy to make ahead of time and have on hand ready to bake.

Makes 8 to 10 servings

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| 4 cans (6-1/2 ounces each)
water-packed tuna, drained
and broken up, divided | 1 can (8 ounces) sliced water
chestnuts, drained |
| 1 cup chopped celery | 1 can (4 ounces) sliced
mushrooms, drained |
| 1 medium onion, peeled
and finely chopped | 1 can (14 ounces) chop suey
vegetables with bamboo
shoots or meatless chop
suey, drained |
| 1 can (5 ounces) chow
mein noodles | 1 cup sliced or slivered
almonds or cashews |
| 2 cans (10-3/4 ounces each)
condensed cream of chicken
soup, undiluted, divided | |

Place 2 cans of tuna in the bottom of a lightly greased 3-quart round casserole dish. Add, in layers, the celery, onion, noodles, 1 can of soup, remaining 2 cans of tuna, water chestnuts, mushrooms and chop suey vegetables. Spread remaining 1 can of soup over top. Sprinkle nuts over soup.

Bake, uncovered, in a preheated 350-degree oven for 1 hour, or until heated through and bubbly.

Portuguese-Style Boatman's Stew

Adelaide A. Patten

Food Writer, *The Press of Atlantic City*, Pleasantville, New Jersey

A rich-tasting fish stew always finds favor as either a main dinner dish or as a luncheon meal. Boatman's Stew is a classic Portuguese invention, but my version is quick and easy. It's good any time of year and is as tasty as it is colorful.

Makes 4 servings

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| 2 pounds white-fleshed fish
(cod, haddock, hake or scrod),
skinned, boned and cut into
steaks or fillets | Salt and black pepper, to taste |
| 1/4 teaspoon salt | 3/4 teaspoon crushed sweet red
pepper (or 1 teaspoon
imported sweet paprika) |
| 1-1/2 cups chopped onion | 2 tablespoons minced fresh
parsley |
| 1/3 cup olive oil | 3/4 cup white grape juice |
| 2-1/2 cups peeled, chopped
tomatoes (or one 16-ounce
can tomatoes, drained and
crushed) | 1-1/2 cups fish broth or bottled
clam broth |
| 4 tablespoons tomato paste | Granulated or brown sugar
(optional) |
| | French or Italian bread |

Sprinkle fish with 1/4 teaspoon salt. Cover lightly and refrigerate at least 3 hours.

Saute onion in olive oil until browned, stirring constantly to prevent scorching. Add tomatoes, tomato paste, salt, black pepper, red pepper, parsley, white grape juice and fish broth. Stir to blend. Simmer 30 minutes, stirring occasionally.

Drain fish. Add fish to stew; return to simmer and cook gently until fish is opaque and flakes easily with a fork.

Taste; adjust seasonings. If mixture is too tart, stir in a bit of sugar.

Cut 4 thick slices of bread; place one slice in each of 4 deep soup plates or bowls. Ladle hot stew over bread, dividing fish as equally as possible among bowls. Serve immediately. Pass extra bread so diners can blot up every last bit of the delicious sauce.

Cheese and Eggs



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Hadassah Cheese Soufflé

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

This recipe got its name from Hadassah, the Women's Zionist Organization of America. My mother, who lives in Tampa, is a member, as am I. She made this casserole for a Hadassah luncheon, and when it was a hit, passed along the recipe to me. I submitted it to a cookbook I helped edit, Knishes, Gefilte Fishes and Other Jewish Dishes, for the Temple Israel Sisterhood here in Tallahassee. One of the virtues of this dish is that it can be prepared ahead, leaving only the baking on the day of serving.

Makes 6 to 8 servings

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| 1 pound pasteurized process
cheese spread (such as
Velveeta) | 1 cup milk |
| 3 tablespoons grated sharp
Cheddar cheese | 10 slices white bread, crusts
removed |
| 1/2 cup margarine | 1/2 teaspoon salt |
| 6 eggs | 1/2 teaspoon baking powder |
| | Ground black pepper, to taste |

The day before: Melt cheese spread, Cheddar cheese and margarine in the top of a double boiler over simmering water.

In a large bowl, beat eggs and milk. Add bread to egg mixture, then add melted cheese mixture. Stir to mix thoroughly. Add salt, baking powder and pepper.

Pour mixture into a lightly greased 13x9x2-inch baking dish. Allow to set overnight in the refrigerator.

The next day: Bake in a preheated 350-degree oven for 35 to 45 minutes.

Some Like It Hot Brunch Casserole

Beth Whitley Duke

Food Editor, *Amarillo Globe-News*, Amarillo, Texas

This recipe, originally published in a Bisquick cookbook, called for mozzarella cheese, mushrooms and tomatoes. My family prefers a spicier dish, so I substituted hot sausage for the regular variety, Monterey Jack for the mozzarella, chili peppers for the mushrooms and picante sauce for the tomatoes. The new version resembles the old in appearance, but the taste of the new is much zippier. We enjoy it for brunch with a side serving of picante sauce and chips, guacamole salad and maybe some warmed flour tortillas instead of bread.

Makes 8 servings

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| 1 pound hot pork sausage,
cooked and drained | 1/3 cup picante sauce (mild,
medium or hot, according to
taste) |
| 2 cans (4 ounces each) diced
green chilies, drained | 1-1/4 cups buttermilk baking
mix |
| 1/2 cup sliced green onions
(including green tops) | 1 cup milk |
| 2 cups grated Monterey Jack
cheese (or Cheddar cheese) | 6 eggs |
| | Salt and black pepper, to taste |

Spray a 13x9x2-inch baking dish with non-stick spray. Layer cooked sausage, chilies, green onions, cheese and picante sauce in dish.

In a mixing bowl, combine baking mix, milk, eggs, salt and pepper. Gently pour over layered mixture in dish. Bake in a preheated 350-degree oven 30 minutes, or until brown.

Egg Casserole

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

Egg casserole might sound bizarre to most people, but when I go home for the holidays, my mother always makes this comforting dish for me. When I was a child, it was one of the few ways anyone could get me to eat eggs. Now it's a part of all my holiday gatherings, too.

Makes 8 servings

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| 1/2 cup chopped onion | 6 hard-cooked eggs, peeled and sliced or quartered |
| 2 tablespoons butter or margarine | 1-1/2 cups crushed potato chips |
| 2 tablespoons all-purpose flour | 10 to 12 slices bacon, fried crisp and crumbled |
| 1-1/4 cups milk | |
| 1 cup shredded sharp Cheddar cheese | |

In a large skillet, cook onion in butter until tender, but not brown. Blend in flour. Add milk and cook, stirring constantly, until mixture thickens. Add cheese; stir until melted.

Arrange half the egg slices in the bottom of a lightly greased 10x6x1-1/2-inch baking dish. Cover with half the cheese sauce, half the potato chips and half the crumbled bacon. Repeat layers.

Bake in a preheated 350-degree oven for 30 minutes, or until hot and bubbly.

Crab Cheese Fondue

Leona Carlson

Food Writer, *Rockford Register Star*, Rockford, Illinois

Don't be misled by the title. This dish is meant to be savored with a fork, not dunked with a chunk of bread. A college friend, Wilda Hughes of Pebble Beach, California, served this recipe to me about 25 years after we were graduated. It has been my favorite luncheon or late-night after-theater supper dish ever since.

Makes 5 to 6 servings

4 slices stale bread	1/4 teaspoon dry mustard
Butter	1/4 teaspoon salt
3/4 pound Cheddar cheese	1/4 teaspoon seasoned salt
1 can (6 to 7-1/2 ounces) crab meat	1/2 teaspoon instant minced onion (or 1 small green onion, chopped)
3 eggs	1/4 teaspoon Worcestershire sauce
1 cup milk	1/4 teaspoon paprika
1/2 teaspoon brown sugar	
1/8 teaspoon ground black pepper	

The day before: Remove crusts from bread; discard crusts or save for another use. Butter each slice of bread, then cut into very small cubes. Place half the bread cubes in the bottom of a greased 10x6x1-1/2-inch baking dish.

Grate cheese. Drain and flake crab meat. Sprinkle half the cheese on top of bread in dish; top with half the crab. Repeat layers of bread, cheese and crab.

Beat eggs in a medium mixing bowl. Add milk, brown sugar, pepper, dry mustard, salt, seasoned salt, onion, Worcestershire sauce and paprika; mix well.

Pour milk mixture over mixture in dish. Refrigerate overnight.

The next day: Bake in a preheated 300-degree oven 1-1/2 hours.

Note: This is particularly good served with tomatoes vinaigrette or pickled mushrooms; asparagus or broccoli, steamed tender-crisp; and hot rolls or garlic bread.

Christmas Brunch

Monetta L. Horr

Food Editor, *Jackson Citizen Patriot*, Jackson, Michigan

This egg dish has been called Christmas Brunch in my family for years because we have traditionally served it mid-way in opening our presents on Christmas morning. We also serve it during the year, but it still has a special place on Christmas. The Old English cheese gives it a nice flavor because it has a little more zip than Cheddar cheese. This dish is handy for special occasions because you assemble it the night before and then just pop it into the oven.

Makes 6 servings

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| 8 slices white bread | 3 eggs |
| 1 package (8 ounces) Old English pasteurized process American cheese slices | 1 teaspoon salt, or to taste |
| 1/4 cup margarine or butter, melted | 3/4 teaspoon dry mustard |
| | 1/2 teaspoon black pepper |
| | 2 cups milk |

Trim crusts from bread; discard crusts or save for other uses. Cut bread into 1-inch squares. Cut the cheese slices into bite-size pieces.

In a greased 2-quart casserole dish, alternate layers of bread and cheese. Pour melted margarine over the layers.

Beat eggs; stir in salt, dry mustard, pepper and milk. Combine thoroughly.

Pour egg mixture over bread-cheese layers. Cover and refrigerate overnight.

Bake, covered, in a preheated 350-degree oven for 30 minutes. Uncover and bake 30 minutes, or until casserole is golden and puffy.

Quiche Roquefort a la Canyon

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

Any discussion of one-dish meals would be incomplete without including quiche. Oh, sure, people like to say quiche is passe, but check out the luncheon menu of most restaurants and chances are there will be a quiche of the day. I really like this recipe because I'm crazy about Roquefort cheese. This recipe also is great to serve my vegetarian friends for brunch—I just leave out the bacon.

Makes 6 to 8 servings

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| 4 ounces Roquefort or blue cheese | 1/4 teaspoon garlic salt |
| 2 cups dairy sour cream | Pinch of ground mace |
| 1/4 pound bacon | Pinch of ground black pepper |
| 2 tablespoons butter | 3 eggs, well beaten |
| 1 small onion, peeled and minced | 1 tablespoon cornstarch |
| 2 large fresh mushrooms, chopped | 1 (9-inch) unbaked pie crust or puff pastry crust |

In a small bowl, mash Roquefort cheese with a fork. Add sour cream; mix well. Set aside.

In a skillet, fry bacon until crisp; drain on paper towels. Crumble bacon and set aside.

Melt butter in the skillet used to fry bacon. Add onion and mushrooms; saute until softened. Stir in Roquefort mixture. Add garlic salt, mace and pepper; mix well. In a medium bowl, beat eggs with cornstarch. Stir eggs into Roquefort mixture.

Sprinkle reserved bacon in pie shell. Pour egg-cheese mixture into pie shell. Bake in a preheated 400-degree oven for 25 to 30 minutes, or until firm. Serve warm.

California Frittata

Miriam Morgan

Food Editor, *San Mateo Times*, San Mateo, California

Frittata is simply a baked omelet, and "simply" really is the proper word. Just blend the ingredients, pour them into a baking dish and put it in the oven.

The virtues of this frittata are many. It can be mixed ahead, then baked just before serving. Or, it can be baked ahead and eaten at room temperature. Serving is simple, because it is cut into squares.

This casserole makes a wonderful luncheon entree for guests or an easy dinner entree for your family. Children generally enjoy it, and it's a great way to get them to eat vegetables. I like it best when made with broccoli, but for variety I have made it with spinach and with mushrooms.

Accompany the frittata with sliced fresh fruit or fruit salad and French bread, breadsticks or muffins.

Makes 6 servings

3/4 to 1 pound fresh broccoli, or 1 package (10 ounces) frozen chopped broccoli	1 cup low-fat milk 1 cup all-purpose flour 1 teaspoon baking powder
2 tablespoons margarine or butter	1-1/2 to 2 cups shredded Cheddar cheese
3 eggs	1/4 cup grated Parmesan cheese

Wash the broccoli. Cut heads from stalks and separate into small florets. Peel the stalks, if necessary, and cut into small pieces. Blanch broccoli in rapidly boiling water, uncovered, about 5 minutes, or until barely cooked. Drain, then plunge into ice water to stop cooking and set color. Dry, then chop fine. If using frozen broccoli, simply thaw and squeeze dry.

Melt margarine in a 13x9x2-inch baking dish. Tilt pan to coat bottom. Set aside.

In a large mixing bowl, beat eggs until well combined. Add milk and beat again. Add flour, baking powder and Cheddar cheese; stir to combine. Add broccoli; stir to combine well.

Transfer batter to prepared baking dish; smooth top with a spatula, then sprinkle with Parmesan cheese. (Frittata can be prepared ahead to this point, then refrigerated, covered, up to 8 hours before baking.)

Bake in a preheated 350-degree oven for 50 to 60 minutes, or until golden brown on top.

Remove pan from oven; cool at least 10 minutes before cutting into squares to serve. Serve hot or at room temperature.

Note: Refrigerate any leftovers. Leftovers can be reheated easily in a microwave oven or toaster oven.

Spinach Frittata: Omit broccoli. Substitute 1 bunch fresh spinach, washed, dried and chopped (but uncooked). Or, use 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry.

Mushroom Frittata: Omit broccoli. Slice 1 pound fresh mushrooms; saute in 2 tablespoons olive oil, margarine or butter until limp and liquid has evaporated. Season with a sprinkling of thyme, if desired. Replace grated Cheddar cheese with Monterey Jack or Jarlsberg cheese, if desired.

Cheese-Rice Casserole

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

I have always thought that carrots and cheese are a great flavor combination. The sweetness of raisins (I prefer golden raisins) makes the delicious duo a tremendous trio.

Makes 6 servings

1/2 cup rice, uncooked	1 small onion, peeled and grated
3 cups grated or finely shredded carrots (6 large)	1-1/2 cups diced pasteurized process American cheese
2 eggs, slightly beaten	1/2 cup golden raisins
1/2 cup evaporated milk	3/4 cup soft bread crumbs
1-1/2 teaspoons salt, or to taste	2 tablespoons margarine, melted
1/2 teaspoon ground black pepper	

Cook rice according to package directions, but do not use salt.

In a large mixing bowl, combine cooked rice, carrots, eggs, evaporated milk, salt, pepper, onion, cheese and raisins; mix well. Turn into a greased, shallow 2-quart baking dish.

In a small bowl, combine bread crumbs and margarine; toss. Sprinkle crumbs over casserole. Bake in a preheated 350-degree oven for 45 minutes, or until hot and bubbly.

Chili Con Queso Soup

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

This is not a recipe for calorie counters. We only serve it for special occasions — such as when we are hungry! It is also a good company dish because the recipe can be doubled or tripled easily.

Because this soup is so rich and filling, I generally serve it with just a fresh fruit salad, featuring citrus fruits and bananas.

The recipe comes from a former associate at the newspaper, Rick Barter, who clipped it out of an upscale food magazine some years ago.

Makes 2 servings

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| 1 small onion, peeled and finely chopped (about 1/2 cup) | 1/2 cup chicken broth |
| 1-1/2 tablespoons butter | 3/4 cup half-and-half or light cream |
| 1 can (4 ounces) mild green chilies, drained, seeded and chopped | 2 teaspoons fresh lemon juice, or to taste |
| 1 can (14 ounces) plum tomatoes, drained, seeded and chopped | Cayenne pepper, to taste |
| 1 package (3 ounces) cream cheese, cubed | Salt, to taste |
| | Tortilla chips, salsa and guacamole |

In a large saucepan, cook onion in butter until soft. Add chilies and tomatoes. Cook 10 minutes, stirring, until liquid evaporates. Stir in cream cheese. When cream cheese has melted, add broth, half-and-half, lemon juice and cayenne. Add salt to taste. Cover and heat to serving temperature; do not boil.

Serve soup with tortilla chips, salsa and guacamole.

Rice and Noodles



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Pizza Soup

Jim Hillibish

Food Editor, *The Repository*, Canton, Ohio

This soup just happened one night. The family room was filled at suppertime with kids salivating for home-made pizza. They begged, they cajoled, they even offered to do the dishes. That did it. The cook of the house began assembling the usual pizza ingredients, but there was no yeast for the dough and it was too late to drive to the store. Pizza soup resulted. The kids never missed the crust.

Makes 4 servings

3/4 cup riso or acini di pepe soup macaroni, uncooked	2 cups beef broth
3/4 cup chopped onion	2 cups tomato sauce
1 cup sliced fresh mushrooms	2 teaspoons dried basil
1/4 cup chopped green bell pepper	1 teaspoon ground fennel
2 cloves garlic, peeled and minced	2 ounces mozzarella cheese, shredded
1 teaspoon olive oil	Dried basil, for garnish

In a large pot, cook macaroni in boiling water about 10 minutes, or until tender; drain.

Saute onion, mushrooms, green pepper and garlic in olive oil until onion is transparent. Add beef broth, tomato sauce, basil, fennel and cooked macaroni; simmer 10 minutes. Mixture will thicken. Add water to achieve desired consistency.

Ladle soup into bowls. Top each serving with 1/4 of the cheese and a pinch of basil.

Note: This soup freezes well.

Wild Rice-Beef Casserole

Ann C. Wells

Food Editor, *The Grand Rapids Press*, Grand Rapids, Michigan

Wild rice is expensive, but this is an excellent way to stretch a half-pound of this delicate treat from Minnesota. It's a great family meal because it can be made ahead and will keep in the refrigerator before and after cooking.

Makes 6 to 8 servings

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|---|---|
| 1 package (8 ounces) wild rice (see note) | 2 cans (10-1/2 ounces each) condensed chicken with rice soup, undiluted |
| 4 cups boiling water | 1/4 teaspoon onion salt |
| 1-1/2 pounds lean ground beef | 1/4 teaspoon garlic powder |
| 1/4 cup chopped onion | 1/4 teaspoon curry powder |
| 1 tablespoon vegetable oil (optional) | 1/4 teaspoon soy sauce |
| 1 can (4 ounces) mushroom stems and pieces, drained | |

Rinse rice; drain. Place rice in a large mixing bowl; pour boiling water over rice. Cover and let stand for 15 minutes.

Brown ground beef and onion in a large non-stick pan or in 1 tablespoon vegetable oil in pan. Drain any fat. Transfer meat mixture to a 2-quart casserole dish with a cover. Drain rice; add to meat mixture. Add mushrooms, soup, onion salt, garlic powder, curry powder and soy sauce; mix well. Adjust seasonings, if needed. (At this point, casserole can be refrigerated up to 2 days before baking. Or, unbaked casserole can be frozen.)

Bake, covered, in a preheated 350-degree oven for 1 hour, or until hot and bubbly.

Note: For a more economical version of this casserole, substitute one 6-ounce package long-grain and wild rice mix (such as Uncle Ben's) for the wild rice. Save the seasoning packet in the rice mix to season long-grain or brown rice some other time.

Chicken Italian

Barbara Mihalevich Arciero

Food Writer, *The Times*, Shreveport, Louisiana

Robyn Rice, the woman who gave me this recipe, is an excellent cook who now lives in Edwardsville, Illinois. She's one of those cooks who has probably never experienced the trauma of flat biscuits or scorched potatoes — she's that good! I like her recipe for Italian chicken much better than the traditional Cacciatore. I usually serve it with a green salad and garlic bread.

Makes 5 to 6 servings

5 to 6 chicken breast halves	Garlic salt, to taste
2 cans or jars (about 13 ounces each) Italian-style spaghetti sauce	1/4 cup green olives, cut in halves
1/2 cup chopped celery	1-1/2 cups sliced fresh mushrooms
1 can (16 ounces) Italian plum tomatoes, undrained, cut into small pieces	1 box (16 ounces) rigatoni noodles
1/4 cup chopped green bell pepper	2 tablespoons olive oil
1/4 cup chopped green onion	2 cups grated mozzarella cheese

Boil chicken until done. (Begin preparing sauce and cooking noodles while chicken is boiling.) Let chicken cool enough to handle, then remove meat from bones. Discard skin. Keep meat warm. Save broth for another use.

While chicken is cooking, prepare sauce. In a large saucepan, combine spaghetti sauce, celery, tomatoes with their liquid, green pepper, green onion, garlic salt and green olives; simmer 20 minutes. Add mushrooms during the last 6 minutes of cooking.

Meanwhile, cook noodles according to package directions, adding oil to water. Drain noodles.

Place hot chicken pieces and drained, cooked noodles on a large platter. Sprinkle mozzarella cheese over chicken and noodles. Pour sauce over all.

Wild Rice-Pecan Casserole

Leona Carlson

Food Writer, *Rockford Register Star*, Rockford, Illinois

This casserole is expensive—but it's easy to prepare and is guaranteed to win you a berth in the gourmet-cook category. Serve it with poultry, pork, beef, veal, lamb, seafood or even a casserole, such as chicken and mushrooms. It gives any entree an air of elegance. It refrigerates or freezes and reheats like new.

Makes 8 servings

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|--|------------------------------------|
| 1/2 cup butter or margarine | 1 cup chopped pecans |
| 1/2 pound fresh mushrooms,
sliced | 1 cup wild rice, uncooked |
| 1 onion, peeled and chopped | 3 cups chicken broth,
undiluted |
| 2 tablespoons chopped green
bell pepper | Salt and black pepper, to taste |
| 1 clove garlic, peeled and
minced | |

Melt butter in a large skillet; add mushrooms, onion, green pepper and garlic. Cook 5 minutes. Add pecans. Cook 1 minute. Rinse and drain rice; mix rice into mushroom mixture. Add broth. Season to taste with salt and pepper.

Turn mixture into a well-greased 2-quart flat casserole dish. Cover. Bake in a preheated 350-degree oven 1 hour. This dish holds well in a warm oven, or it can be refrigerated and reheated.

Spaghetti Pie

Monetta L. Horr

Food Editor, *Jackson Citizen Patriot*, Jackson, Michigan

This dish is similar to lasagna but it is also a lot like spaghetti. It doesn't take a lot of exotic ingredients, and it doesn't require as much preparation as lasagna. Ground turkey can be substituted for ground beef.

Makes 4 to 6 servings

6 ounces spaghetti, uncooked	1/4 cup chopped green bell pepper
2 tablespoons margarine or butter	1 can (8 ounces) stewed tomatoes, undrained, chopped
1/3 cup grated Parmesan cheese	1 can (6 ounces) tomato paste
2 eggs, well beaten	1 teaspoon granulated sugar
1 cup cottage cheese or ricotta cheese	1 teaspoon dried oregano
1 pound lean ground beef (or raw ground turkey)	1/2 teaspoon garlic salt
1/2 cup chopped onion	1/2 cup shredded mozzarella cheese

Cook spaghetti according to package directions; drain. Stir margarine, Parmesan cheese and eggs into cooked spaghetti. Spoon mixture into a buttered 9-inch pie plate, pressing to form a "crust." Spread cottage cheese over crust.

Meanwhile, brown beef in a large skillet; drain fat. Stir in onion, green pepper, tomatoes and their liquid, tomato paste, sugar, oregano and garlic salt. Pour meat mixture over cottage cheese in crust.

Bake in a preheated 350-degree oven for 30 minutes. Sprinkle mozzarella cheese on top. Bake 5 minutes, or until cheese is melted.

Rice and Cabbage Casserole

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

Nettie Cardenas, a member of the American Press news staff, is a good cook who also has a green thumb when it comes to growing vegetables and flowers. This recipe of hers, which is also one of my favorites, makes use of cabbage that grows abundantly in gardens in southwest Louisiana.

Makes 6 servings

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| 1 small head of cabbage,
washed, drained and
coarsely shredded | 1 teaspoon salt, or to taste |
| 2 tablespoons vegetable oil | Dash of garlic powder |
| 3/4 cup water, divided | 3 cups cooked rice |
| 1 pound lean ground beef | 1 can (8 ounces) tomato sauce |
| 1/2 cup finely chopped onion | 3/4 cup shredded Cheddar or
Monterey Jack cheese |
| 1/4 cup finely chopped green
bell pepper | 1/2 cup cracker crumbs or fine
dry bread crumbs |
| 1/4 cup finely chopped celery | 1/2 cup cooked, crumbled bacon |
| 1/4 teaspoon ground black
pepper | |

In a large saucepot or Dutch oven, steam cabbage in oil and 1/4 cup water for 15 minutes. Drain and set aside.

In a large skillet, lightly brown ground beef; drain off fat. Add onion, green pepper, celery, black pepper, salt and garlic powder; mix well. Continue cooking a few minutes until vegetables are tender.

Layer steamed cabbage, cooked rice and browned meat mixture in a lightly greased 13x9x2-inch baking dish. Pour tomato sauce and remaining 1/2 cup water over all. Top with shredded cheese, cracker crumbs and crumbled bacon.

Bake, covered, in a preheated 325-degree oven for 20 minutes, or until hot and bubbly. (Or, simmer, covered, on top of stove for 20 minutes.)

Note: This can be prepared ahead of time and reheated.

Tofu Lasagna

Miriam Morgan

Food Editor, *San Mateo Times*, San Mateo, California

Lasagna is a rich dish, but this vegetarian version uses tofu to replace some of the cheese and reduce the saturated fat and cholesterol content. Spinach raises the casserole's nutrient content, making this lasagna extremely nourishing.

If your family isn't hooked on tofu, keep its presence a secret. I've served this popular dish dozens of times, and no one has ever guessed tofu is the source of its creamy texture.

Makes 6 servings

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| 12 lasagna noodles, uncooked | 1 can (16 ounces) tomato sauce |
| 2 packages (10 ounces each)
frozen chopped spinach,
thawed | 1 can (6 ounces) tomato paste |
| 1/2 pound firm tofu | 1 cup water |
| 1 cup part-skim ricotta cheese
or low-fat cottage cheese | 1 teaspoon honey |
| 3 tablespoons olive oil | 3/4 teaspoon crushed dried basil |
| 1 medium onion, peeled
and chopped | 3/4 teaspoon crushed
dried oregano |
| 3 tablespoons minced
fresh parsley | Salt and black pepper, to taste |
| 2 large cloves garlic, peeled
and pressed | 2 cups shredded mozzarella
cheese |
| | 2/3 cup grated Parmesan cheese |

Cook noodles in boiling water according to package directions. Drain carefully and set aside in a single layer on paper towels.

Squeeze spinach as dry as possible; set aside.

In a medium mixing bowl, crumble tofu and blend it with ricotta cheese until smooth and creamy.

For sauce, heat oil in a large skillet. Saute onion, parsley and garlic in oil. Add tomato sauce, tomato paste, water, honey, basil, oregano, salt and pepper. Simmer, partly covered, about 20 minutes, or until thickened.

To assemble lasagna, ladle about 2 tablespoons sauce into bottom of an 11x8x3-inch baking dish. Arrange 6 noodles to cover the bottom

of the dish. Top with spinach, tofu mixture, shredded mozzarella and half the remaining sauce in that order.

Cover with remaining 6 noodles, then top with remaining sauce. Sprinkle with Parmesan cheese. Cover with foil. (Dish can be prepared ahead to this point and refrigerated until ready to bake. Add 15 minutes to baking time.)

Bake in a preheated 350-degree oven 40 minutes. Remove foil; continue baking 15 to 20 minutes, or until bubbling and crusty on top.

Remove from oven and let cool 10 minutes before cutting into squares to serve.

Note: Recipe easily can be doubled; use a larger pan or two of the same size.

Bundt Noodle Kugel

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

This recipe originated in a community cookbook, called Fiddler in the Kitchen, which I edited. The recipe became a family favorite, and now my son prepares it when he needs to take a dish to a potluck gathering.

Makes 12 servings

1/2 cup butter or margarine,
melted, divided
3/4 cup firmly packed dark
brown sugar
1 cup chopped walnuts
1 teaspoon salt, or to taste
4 eggs, beaten

1/2 teaspoon ground cinnamon
2/3 cup granulated sugar
1 cup dairy sour cream
3/4 cup applesauce
1 package (16 ounces) medium
egg noodles, cooked
and drained

Spray a 12-cup Bundt pan with non-stick vegetable spray, then pour 1/4 cup melted butter into pan. Sprinkle brown sugar evenly over butter in pan, then sprinkle chopped walnuts over brown sugar.

In a large mixing bowl, combine remaining 1/4 cup melted butter, salt, eggs, cinnamon, granulated sugar, sour cream and applesauce. Stir in cooked and drained noodles; mix well.

Turn mixture into prepared pan; bake in a preheated 350-degree oven for 1 hour, or until brown. Remove from oven; turn upside down on serving plate. Remove Bundt pan. Serve hot.

Beef Stroganoff with a Difference

Lori Longbotham

Food Editor, *New York Post*, New York City, New York

This delicious Stroganoff is made with ground beef rather than the traditional costly beef tenderloin. Since the vegetable is cooked along with the egg noodles, this entire meal can go from the skillet to the table in about 35 minutes.

Makes 4 servings

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| 1 pound lean ground beef | 1/2 cup beef broth |
| 1 tablespoon vegetable oil | 1 teaspoon Dijon-style mustard |
| 1 tablespoon unsalted butter
or margarine | 1/4 teaspoon freshly ground
black pepper |
| 2 medium onions, peeled
and diced | 4 ounces medium egg noodles,
uncooked |
| 2 shallots, peeled and minced | 1 small zucchini, grated |
| 1/4 pound fresh mushroom
caps, sliced | Salt and black pepper, to taste |
| 1 tablespoon minced fresh
tarragon or 1 teaspoon dried
tarragon | 1/4 cup dairy sour cream or
light sour cream |
| | 1 tablespoon minced fresh
chives |

Shape beef into oval patties, about 4x3x3/4 inches. Heat oil and butter in a large, heavy-bottomed skillet over medium heat. Add beef patties and cook 4 to 5 minutes on each side for medium rare. Remove with a spatula and keep warm.

Add onions and shallots to drippings in skillet. Cook 2 to 3 minutes, stirring occasionally, until browned. Stir in mushrooms; cook 2 minutes, stirring frequently, until soft. Add tarragon, broth, mustard and 1/4 teaspoon pepper; cook 2 minutes.

Meanwhile, cook noodles according to package directions; add grated zucchini 30 seconds before draining the noodles. Drain noodles and zucchini. Season to taste with salt and pepper. Keep warm.

Remove mushroom mixture from heat; add sour cream and mix well. Taste and adjust seasoning, if necessary.

Place cooked noodles and zucchini on a platter; top with beef patties. Spoon mushroom sauce over all. Garnish with chives. Serve hot.

Vermicelli Soup

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

The following recipe came in the mail to me at my office. It was part of a complete menu that "by making use of convenient canned goods," the promoters claimed, could be table ready in about 30 minutes.

The other recipes in the ensemble were forgettable, but I really liked the soup, which I now serve with crusty black bread and whatever kind of cheese I happen to have in the refrigerator at the time.

I embellished the original recipe by adding sliced fresh mushrooms. You can use common, white button mushrooms, but this soup will accommodate shiitake, or other darker, more flavorful varieties.

The soup also is forgiving when it comes to substituting ingredients or adjusting the volume of any specific item. It also microwaves nicely for a next-day lunch at the office.

Makes 6 servings

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| 2/3 cup vermicelli or similar thin-strand pasta, broken into 1- to 2-inch pieces, uncooked | 1 can (4 ounces) diced green chilies, drained |
| 3 tablespoons vegetable oil | 1 can (48 to 49-1/2 ounces) chicken broth (or about 6 cups broth made from bouillon) |
| 1/2 medium onion, peeled and chopped (about 3/4 cup) | 1 cup (or more, as desired) thinly sliced fresh mushrooms |
| 2 large cloves garlic, peeled and minced or pressed | Minced fresh parsley, for garnish |
| 1 can (10-3/4 ounces) peas and carrots, drained | |
| 1 can (8 ounces) stewed tomatoes, undrained | |

In a soup pot or Dutch oven, brown vermicelli in hot oil. Add onion and garlic; saute until onion is tender. Add peas and carrots, tomatoes with their liquid, green chilies, chicken broth and mushrooms. Cover and simmer 10 minutes. Garnish each serving with parsley.

Italian Sausage and Green Beans with Pasta

Miriam Morgan

Food Editor, *San Mateo Times*, San Mateo, California

Savory Italian sausage, which is widely available in supermarkets, flavors this hearty pasta supper. The sausage is teamed with fresh green beans and sweet bell peppers in a fragrant tomato sauce. Serve the sauce atop fettuccine and complete the meal with garlic bread and a piquant salad of sturdy greens.

Note that no extra oil or salt is added. If the sausages are drained well after browning, fat content is kept to a minimum.

Makes 4 to 6 servings

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| 1 pound Italian sausage (mild or spicy, or a combination) | About 1/3 cup water, if needed |
| 1 large yellow onion | 2 to 3 tablespoons tomato paste (optional) |
| 1 green or yellow bell pepper | 1 package (12 to 16 ounces) fettuccine or wide egg noodles |
| 1 can (28 ounces) Italian-style plum tomatoes | |
| 1 pound fresh green beans | |

Cut Italian sausage into slices about 1/2-inch thick. Peel onion and slice into rings. Place sausages and onion in a large, wide, heavy-bottomed skillet; cook over medium heat, stirring with a wooden spoon, until sausage is browned and onion rings are limp. Drain off fat from pan and discard.

While sausages and onions are cooking, slice bell pepper into strips about 1/2-inch wide. Drain tomatoes, reserving liquid. Using kitchen shears, cut tomatoes into small pieces.

After draining fat from pan, add pepper strips, tomatoes and about half the tomato liquid to the pan. Cook, uncovered, over medium heat about 5 minutes, or until sauce begins to thicken.

Snap off ends of green beans; snap beans into 2- or 3-inch lengths. Add green beans to pan; stir a few times to combine ingredients. Add remaining tomato liquid. Cover and cook over low to medium heat about 15 minutes, or until beans are tender but still somewhat firm to the bite, stirring occasionally. If more liquid is needed, add up to 1/3 cup water. If a thicker sauce is desired, stir tomato paste into sauce at

the end of the cooking time. The sauce can be held on the stove, covered, with heat turned off, for several minutes, if necessary.

While sauce is cooking, bring large pot of water to boil; cook pasta according to package directions. (If fettuccine is used, break strands in half before cooking for easier eating.) When pasta is done, drain into a colander; use some of the hot cooking water to warm a large serving bowl. Drain the bowl, then add pasta and top with sauce. Use two large forks to toss. Serve at once.

Schinkenfleckel

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

Although my grandmother was born in Pennsylvania, she took my father and his sisters and brother to Vienna, Austria, in the early 1900s to study music. She learned how to prepare this casserole while she was in Vienna, which is why she used the German name for the recipe. Simply translated, it is Ham and Noodle Casserole — easy to make and delicious to eat.

Makes 8 servings

1 package (8 ounces) egg noodles, cooked and drained	1 teaspoon Worcestershire sauce
1/2 pound cooked ham, ground	Salt and freshly ground black pepper, to taste
1 cup cottage cheese	1/2 cup grated Parmesan cheese
1 cup dairy sour cream	
2 eggs, beaten	

In a large mixing bowl, combine cooked noodles, ground ham, cottage cheese, sour cream, eggs, Worcestershire sauce, salt and pepper. Stir gently until well mixed. Spoon noodle mixture into a lightly greased 2-quart casserole dish. Sprinkle Parmesan cheese on top. Bake in a preheated 350-degree oven 20 to 25 minutes, or until heated through.

Savory Chicken Tarragon

Judy Johnson

Food Editor, *Mississippi Press*, Pascagoula, Mississippi

In 1989 I attended the National Chicken Cooking Contest in Hershey, Pennsylvania. At one of the meals, the Hershey Pasta Group teamed up with the National Broiler Council to present this delectable entree. I brought the recipe home, and it has since become a favorite at my family's table.

Makes 6 servings

1/4 cup margarine or butter	2-1/2 cups plus 2 tablespoons
1/2 cup sliced onion	water, divided
2 cloves garlic, peeled and minced	1-3/4 cups chicken broth (homemade or one 14-1/2-ounce can)
1-1/2 cups diced, cooked chicken (about 1 pound boneless chicken)	1-3/4 teaspoons lemon juice
1-1/2 cups sliced carrots	3 cups pasta (rotini, twirls or curly-roni), uncooked (8 ounces)
1/3 cup chopped fresh parsley	2 tablespoons all-purpose flour
3/4 teaspoon dried tarragon leaves	
1/4 teaspoon ground black pepper	

Melt margarine in a 4-quart saucepan; add onion and garlic and saute for 1 minute. Add chicken, carrots, parsley, tarragon and pepper; cook until chicken is lightly browned.

Add 2-1/2 cups water, chicken broth and lemon juice; bring to a rapid boil. Stir in pasta; boil, uncovered, stirring occasionally, 11 minutes, or until pasta is tender.

Reduce heat. Blend flour with remaining 2 tablespoons water; gradually add flour mixture to chicken mixture, stirring until mixture is smooth and thickened. Serve hot.

Beans and Legumes



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Greek-Style Bean Soup

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

I grew up in New England, where there remains a rich multi-cultural heritage from which to pick and choose—be it people, art, music, literature or food. When it comes to cultural gifts from the Greeks, it just doesn't get much better than the cuisine.

The following recipe, complete with serving suggestions, has been with me for nearly 20 years, dating back to my New England youth as a hippie, earth-mother vegetarian. Back then I made this recipe without the beef bouillon cubes. Ironically, many of the old stand-bys from that era have turned out to be the stuff of heart-healthy diets.

Makes 6 servings

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| 1 pound dried black-eyed peas
or navy or pea beans | 1 tablespoon chopped fresh
parsley |
| 2 large carrots, peeled and diced | 1/2 teaspoon fines herbes |
| 1 large onion, peeled and finely
chopped (about 1-1/2 cups) | (available in supermarket
spice section) |
| 1 cup finely chopped celery | 1/2 cup extra-virgin olive oil |
| 2 large cloves garlic, peeled and
minced | 1 can (8 ounces) tomato sauce |
| 1 teaspoon dried mint leaves | 2 beef bouillon cubes |
| 2 bay leaves | Salt and black pepper, to taste |

Soak beans overnight in enough water to cover. Rinse well, drain and set aside.

In a large soup pot, saute carrots, onion, celery, garlic, mint, bay leaves, parsley and fines herbes in olive oil until onion is golden brown. Add tomato sauce, reserved beans and enough water to cover beans. Stir in bouillon cubes. Bring to a boil, lower heat and simmer, covered, for 1 hour, or until beans are tender. Add more water as necessary to keep beans covered. Season to taste with salt and pepper.

Serve soup as a main course with pita bread and a salad platter of sliced tomatoes, sliced raw onions and feta cheese sprinkled with olive oil, vinegar and oregano. Salad can be stuffed into pita bread, if desired.

Beans and Stuff

Barbara Mihalevich Arciero

Food Writer, *The Times*, Shreveport, Louisiana

Air Force wives have a tendency to pick up recipes from all over the world—or at least the United States. Well, I'm no exception. This side-dish recipe comes from an Alabama woman I met while my husband was stationed in Oklahoma. (That was before Louisiana, after Colorado!) This casserole is an unusual alternative to baked beans, and I have yet to find anyone who doesn't like it. It's particularly good with hamburgers, hot dogs or chicken fresh off the grill.

Makes 10 to 12 servings

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| 1 can (15 ounces) pork and beans, partly drained | 3 slices bacon |
| 1 can (15 ounces) whole-kernel corn, drained | 1/2 small onion, chopped |
| 1 can (15 ounces) red kidney beans, drained | 1/4 green bell pepper, chopped |
| 1 can (15 ounces) chili, with or without beans | 1/2 cup ketchup |
| | Few dashes Worcestershire sauce |

In a large bowl, combine pork and beans, corn, kidney beans and chili; set aside.

In a large skillet, fry bacon until crisp. Remove from pan and drain on paper towels. When bacon is cool, crumble into small pieces. Set aside.

Saute onion and green pepper in bacon drippings. Add onion mixture and crumbled bacon to bean mixture. Stir in ketchup and Worcestershire sauce.

Pour mixture into a 4-quart casserole dish; cover. Bake in a preheated 350-degree oven for 50 to 60 minutes.

Pinto Bean Casserole

Mattie Smith-Colin

Food Editor, *Chicago Defender*, Chicago, Illinois

My husband, Robert, got this recipe from his mother, Sarah Horton Colin, who is a creative cook. Robert, in his version of the recipe, uses a food processor to chop the bell peppers and garlic. He also added a yellow bell pepper. Mother Colin only used green and red bell peppers, and she chopped them by hand. Either way, this casserole is delicious.

Makes 8 servings

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|---------------------------------|-------------------------------|
| 1 pound dried pinto beans | 1 large green bell pepper, |
| Water | seeded and coarsely chopped |
| 1/4 pound lean ham, cubed | 4 large cloves garlic, peeled |
| 1 cup chicken broth | and finely chopped |
| 1 large yellow bell pepper, | 2 teaspoons cayenne pepper |
| seeded and coarsely chopped | 1 tablespoon honey |
| 1 large red bell pepper, seeded | |
| and coarsely chopped | |

Soak beans overnight in water to cover. Rinse beans, then place them in a 4-quart saucepot and cover again with water. Cook over high heat until water boils rapidly. Drain beans into a colander; rinse thoroughly with cold water.

Wash pot to remove all starch accumulated on sides. Return thoroughly rinsed beans to clean pot; add 5 cups cold water and ham. Simmer over low heat 1-1/2 hours. Add chicken broth, bell peppers, garlic and cayenne pepper. Simmer 20 minutes, or until beans are tender. Gently stir in honey.

Pour bean mixture into a buttered 3-quart casserole dish. Bake in a preheated 325-degree oven 12 minutes.

Red Beans and Rice

Mary Denise Scourtes

Food Writer, *The Tampa Tribune*, Tampa, Florida

No Southern pantry is complete without beans and rice, and no cook worth his salt is ever without these ingredients. Red Beans and Rice has traditionally been a Louisiana custom for Monday suppers; Monday used to be known as wash day. The dish didn't need a lot of attention, and it often used leftover ham hocks or sausage from Sunday dinner. It still makes an easy, economical recipe to prepare today.

Makes 6 servings

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|---|---|
| 2 cups cooked pinto beans or
canned red kidney beans | 1 teaspoon ground black pepper |
| 4 cups water, divided | 1/2 teaspoon crushed red pepper |
| 1 cup chopped onion | 1 bay leaf |
| 1 cup chopped green bell pepper | 1/2 pound cooked, drained
Italian sausage, chopped |
| 3 cloves garlic, peeled and
minced | 1/2 teaspoon hot pepper sauce |
| 3/4 teaspoon dried oregano | 2 cups rice, uncooked |
| 1/2 teaspoon dried thyme | Fresh parsley sprigs, for garnish
(optional) |

Place beans, 2 cups water, onion, bell pepper and garlic in a large saucepot or Dutch oven; bring to a boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 30 minutes. Add oregano, thyme, black pepper, red pepper, bay leaf, sausage and remaining 2 cups water. Cook 30 minutes.

Remove and discard bay leaf. Add hot pepper sauce. Stir in rice. Cook 30 minutes, or until rice is tender. Garnish with parsley, if desired.

Beans Beverly

Paul Grondahl

Features Writer, *Albany Times Union*, Albany, New York

When editors and reporters go looking for answers at the newspaper, they invariably end up turning to Beverly Massa. She's part secretary, part office manager, part nurse and part mother presence to the editorial staff.

Beverly often brings in snacks, always keeps the candy jar on her desk well stocked and doesn't mind telling a reporter who subsists on doughnuts and black coffee that he's not eating properly.

For more years than she cares to remember, Beverly has been the glue that holds the editorial department together. It seems entirely appropriate, then, that she should have passed around the newsroom this down-home, old-fashioned, rib-stickin' bean dish. In her honor, we named the dish Beans Beverly.

Makes 12 servings

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|---|---|
| 1 pound, or less, lean ground beef | 1 can (15 ounces) lima beans, undrained |
| 1/2 pound bacon, cut into pieces | 1 can (15 ounces) small butter beans, undrained |
| 1 cup chopped onion | 1/2 cup firmly packed light brown sugar |
| 1 clove garlic, peeled and minced | 2 tablespoons vinegar |
| 1/2 cup ketchup | 1 teaspoon salt, or to taste |
| 1 teaspoon dry mustard | 1/4 teaspoon ground black pepper |
| 1 can (28 to 31 ounces) pork and beans, undrained | |
| 1 can (15 ounces) red kidney beans, undrained | |

In a large saucepot or Dutch oven, saute ground beef, bacon, onion and garlic. Add ketchup, dry mustard, pork and beans, kidney beans, lima beans, butter beans, brown sugar, vinegar, salt and pepper; mix thoroughly. Pour mixture into a large bean pot or other casserole dish. Bake in a preheated 350-degree oven about 1 hour, or until thickened.

Note: 1 can (15 ounces) black-eyed peas or other beans, undrained, can be added to the mixture.

Peanut Soup

Toni Burks

Food Editor, *Roanoke Times & World-News*, Roanoke, Virginia

Since 1882, the Hotel Roanoke has been a stately reminder of Southern hospitality. On the occasion of its 100th anniversary, the hotel published a souvenir collection of 13 of the most requested recipes in the hotel's history, Our Most Requested Recipes 1882-1982. The hotel credits one of its early chefs with creating this regional specialty. Peanut soup makes a tasty first course for Thanksgiving dinner.

Makes about 20 (1/2-cup) servings

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|---|------------------------------|
| 1/2 cup butter | 1 teaspoon celery salt |
| 1 small onion, diced | 1 teaspoon salt, or to taste |
| 2 ribs celery, diced | 1 tablespoon lemon juice |
| 3 tablespoons all-purpose flour | 1/2 cup ground peanuts |
| 2 quarts chicken broth | |
| 1 jar (16 ounces) creamy
peanut butter | |

Melt butter in a large saucepot or Dutch oven. Add onion and celery; saute 5 minutes, or until tender, but not browned. Add flour and mix well. In another saucepan, heat chicken broth. Gradually stir hot broth into vegetable mixture. Cook 30 minutes.

Remove from heat; strain. Add peanut butter, celery salt, salt and lemon juice to strained mixture; mix well to soften peanut butter and make a smooth soup. Return to heat briefly to warm soup. Sprinkle ground peanuts on soup just before serving.

Split Pea Soup

Carolyn Flournoy

Food Columnist, *The Times*, Shreveport, Louisiana

I worked on this recipe for five years — just to get the perfect marriage of ingredients. With the ham and sausage, you have a complete meal. My kids used to like to have cheese toast with it. It is, of course, the perfect ending for a whole or half ham. I slice the smoked sausage into one-inch pieces and steam it with 1/2 cup water to degrease it before adding it to the soup.

Makes 3 quarts; 10 to 12 servings

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| 1 pound dried split peas | 3 ribs celery, sliced |
| 10 cups water, divided | 4 carrots, peeled and sliced |
| 2 celery tops, whole | 2 teaspoons chicken bouillon granules |
| 1 small onion, whole | 2 tablespoons lemon juice |
| 1 clove garlic, peeled and crushed | 2 cups coarsely chopped baked ham |
| 1 ham bone with some fat | 1 pound smoked sausage, cut into 1-inch slices |
| 1/4 teaspoon dried thyme | |
| 1/4 teaspoon hot pepper sauce | |
| 1 teaspoon granulated sugar | |
| 4 green onions, sliced (with tops) | |

In a large soup pot or Dutch oven, soak rinsed peas in 2 cups cold water for 1 to 2 hours. Add remaining 8 cups water, celery tops, onion, garlic and ham bone. Simmer 2 hours. Remove and discard celery, onion and ham bone.

Add thyme, hot pepper sauce, sugar, green onions, sliced celery, carrots, chicken bouillon granules and lemon juice. Stir well. Simmer for 30 minutes. Add ham and sausage; simmer 30 to 45 minutes. Serve hot

Note: This soup can be frozen.

Vegetables



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Quick Tomato-Pepper Gazpacho

Anne Byrn

Food Editor, *Atlanta Journal-Constitution*, Atlanta, Georgia

During the summer months in Georgia, home-grown tomatoes get thick on the vine. We remedy this by turning them into soups, salads and other dishes. A favorite soup is gazpacho, which is made with staple provisions. Either serve this soup coarse and chunky or puree it in a blender to make a smooth soup.

Makes 6 to 8 servings

1/2 cup diced celery	2 tablespoons olive oil
1/4 cup diced green bell pepper	1 small clove garlic, peeled and minced
1/4 cup diced red bell pepper	1/4 teaspoon salt
1/2 cup diced Spanish onion	1/8 teaspoon black pepper
1/2 cup peeled, seeded and diced cucumber	1 teaspoon Worcestershire sauce, or more, to taste
1 cup peeled, diced fresh tomato	Dairy sour cream and cucumber slices, for garnish
1 quart tomato juice	
2 tablespoons red wine vinegar	

In a large bowl, combine celery, green pepper, red pepper, onion, cucumber, tomato, tomato juice, vinegar, olive oil, garlic, salt, black pepper and Worcestershire sauce; mix well. (If you want a smooth soup, puree mixture in batches in an electric blender until smooth.) Cover and refrigerate at least 4 hours. Stir gently before serving. Garnish each serving with sour cream and cucumber slices.

Dilled Zucchini Bake

Toni Burks

Food Editor, *Roanoke Times & World-News*, Roanoke, Virginia

What home gardener doesn't have a bumper crop of zucchini? Even people who don't garden seem to acquire enough of the long, green squash to get through the summer — but not without begging for new ways to fix it. This light vegetable dish is a delicious change of taste from the usual squash-and-soup casseroles, and it's a wonderful way to show off fresh dill and chives.

Makes 6 to 8 servings

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| 3 cups coarsely grated zucchini,
drained well | 1/2 cup buttermilk baking mix |
| 3 eggs, well beaten | 1 teaspoon chopped fresh dill |
| 1/2 cup minced green onions
(including green tops) | 1 teaspoon chopped fresh
chives |
| 2 cloves garlic, peeled and
minced | 1 teaspoon salt, or to taste |
| 1/2 cup freshly grated
Parmesan cheese | 1 teaspoon black pepper |
| | 2 tablespoons vegetable oil |
| | Additional grated Parmesan
cheese |

Combine zucchini, eggs, green onions, garlic, 1/2 cup Parmesan cheese, baking mix, dill, chives, salt, pepper and oil. Turn mixture into a lightly oiled 13x9x2-inch baking dish.

Bake in a preheated 350-degree oven for 30 minutes, or until browned. Remove from oven and sprinkle with additional Parmesan cheese.

Pumpkin Soup with Basil

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

Prior to judging a cooking contest sponsored by our newspaper several years ago, I never once had considered the pumpkin as anything other than a sculptural medium for Halloween artists and the stuff of Thanksgiving pies and breads.

This soup recipe was submitted in that contest by a woman who said that she got the recipe while visiting Ottawa, Canada, where it is a popular autumn dish. I was a little skeptical about the combination of ingredients until I tasted it. I have been serving it ever since.

Ironically, I have since found other pumpkin soup recipes but none of them has come close to matching this one for flavor and ease of preparation. I especially enjoy serving it for company in a hollowed-out cooked pumpkin "tureen."

Makes 6 servings

1 large yellow onion, peeled
and finely minced
1/4 cup butter or margarine
1/2 pound fresh tomatoes,
peeled, seeded and coarsely
chopped
1/2 pound carrots, peeled and
cut into large chunks
3-3/4 cups chicken broth,
divided
1 can (16 ounces) solid-pack
pumpkin

Salt and freshly ground black
pepper, to taste
Pinch of granulated sugar
2 tablespoons minced fresh
basil (or 1 tablespoon dried)
3 tablespoons heavy cream
(optional)
Grated Swiss cheese, for
garnish
Toasted curried pumpkin seeds
(see note) or croutons, for
garnish (optional)

In a large soup pot, saute onion in butter for 4 to 5 minutes. Add tomatoes; simmer gently for 5 to 6 minutes, or until tomatoes become slightly mushy.

In another saucepan, simmer carrots in 2-1/2 cups chicken broth, until soft. Combine cooked carrots, hot broth and pumpkin in a blender or food processor; puree until smooth, adding the remaining 1-1/4 cups chicken stock as necessary to achieve a thin, creamy consistency.

Add pumpkin mixture to onions and tomatoes in soup pot. Season with salt, pepper, sugar and basil. Fold in heavy cream. Heat to serving temperature, but do not boil.

Pour soup into tureen. Top with grated Swiss cheese and toasted pumpkin seeds or croutons, if desired.

Note: To toast pumpkin seeds, rub a little vegetable oil on your hands, then rub 1 cup hulled pumpkin seeds in hands to coat seeds lightly with oil. Place seeds on a cookie sheet. Bake in a preheated 375-degree oven 15 minutes, shaking pan occasionally. Season seeds with salt and curry powder to taste; toss to mix well. Bake another 5 minutes, or until crisp and golden brown.

Country Fare Spuds

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

If you're having a barbecue, try this south Louisiana specialty. It's inexpensive, quick and easy to prepare, and is guaranteed to please a crowd.

Makes 8 servings

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| 1 package (8-serving size)
instant mashed potatoes | 1/3 cup chopped onion
1 egg, beaten |
| 1 package (8 ounces) cream
cheese, softened | Salt and black pepper, to taste |

Prepare mashed potatoes according to package directions, reducing water to 2-1/4 cups and omitting salt.

Blend cream cheese into hot mashed potatoes. Add onion, egg, salt and pepper; mix well. Transfer to a lightly greased 1-1/2-quart casserole dish. Bake in a preheated 350-degree oven for 45 minutes.

Note: This dish freezes well, so it can be assembled and frozen before baking. Let thaw in refrigerator before baking.

Imambildi

Jim Hillibish

Food Editor, *The Repository*, Canton, Ohio

The arrival of the first eggplants in northern Ohio gardens means Imambildi time. This legendary casserole, handed down from numerous Greek and Turkish families in the area, remains a hearty favorite for a meatless main course. The name means "the holy man fainted" because the eggplant was so good.

Makes 4 main-course servings

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| 2 medium eggplants | 1/2 teaspoon dried oregano |
| 4 green onions (including green tops), chopped | 1 teaspoon dried mint |
| 6 cloves garlic, peeled and minced | 3 tablespoons diced fresh parsley |
| 1 cup chopped celery, including some leaves | 1/4 cup olive oil, divided |
| 2 medium tomatoes, chopped | 1 cup chicken broth |
| 1 green bell pepper, seeded and chopped | Freshly ground black pepper |
| 1/2 teaspoon crumbled bay leaves | Calamata olives (optional) |
| | Feta cheese (optional) |

Peel eggplants lengthwise, leaving 1-inch bands of peel. Halve eggplants lengthwise. Scoop out the centers to make boats.

Chop scooped-out eggplant pulp; put in a large mixing bowl. Add green onions, garlic, celery, tomatoes, green pepper, bay leaves, oregano, mint and parsley; mix well.

Stuff the eggplant boats with mixture. Sprinkle with a little olive oil. Place boats in a baking dish. Pour chicken broth and remaining olive oil into dish, around the boats. Cover and bake in a preheated 325-degree oven for 45 minutes, or until eggplant is tender.

Garnish with freshly ground black pepper, Calamata olives and feta cheese.

Note: This dish does not freeze well.

Cucumber Mushroom Soup

Jim Hillibish

Food Editor, *The Repository*, Canton, Ohio

This Chinese-style soup is a light and delicate course to begin an elegant meal. Because few people have ever eaten cooked cucumbers, it offers a surprise for your guests. As for the cooking time, it takes but 15 minutes from slicing to serving. If desired, the soup can be made ahead and reheated just before serving. The soup goes exceptionally well with a board of warm Brie cheese and chilled grapes.

Makes 6 servings

4 cups fresh chicken broth,
degreased

2 large cucumbers

1/4 pound fresh mushrooms

4 green onions

6 fresh basil leaves, for garnish

In a large saucepan, heat broth to boiling. Meanwhile, peel, quarter and seed cucumbers; cut crosswise with a sharp knife into pieces 1/8-inch wide. Make a small cut in the top of each piece. (This makes for faster cooking.) Clean and thinly slice mushrooms. Dice green onions, including green tops.

Cook cucumbers and mushrooms in broth for 8 minutes, or until cucumbers are slightly tender. Just before serving, add green onions. Pour soup into small bowls. Float a basil leaf on each serving.

Note: Freezing this soup is not recommended.

Spicy Broccoli Casserole

Janet Geissler Watson

Food Editor, *Lansing State Journal*, Lansing, Michigan

I first made this casserole to take to Thanksgiving dinner at a friend's home. Everyone agreed that it was a colorful, tasty change from plain vegetables, especially for those who like spicy dishes. When I made it a second time, I realized I had used a full teaspoon of cayenne pepper instead of the 1/4 teaspoon called for in the recipe. Both ways are delicious; feel free to adjust the spiciness to your liking.

Makes 6 to 8 servings

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| 2 packages (10 ounces each)
frozen chopped broccoli | 1/4 to 1 teaspoon cayenne
pepper, to taste |
| 1 jar (16 ounces) small onions,
drained | 1 can (10-3/4 ounces)
condensed cream of celery
soup, undiluted |
| 1 can (4 ounces) whole
mushrooms, drained | 1 cup shredded sharp Cheddar
cheese (4 ounces) |
| 1 jar (2 ounces) chopped
pimentos, drained | |
| 1/4 cup slivered, toasted
almonds | |

Cook broccoli according to package directions; drain. In a large mixing bowl, combine cooked broccoli, onions, mushrooms, pimentos, almonds and cayenne pepper. Pour into a greased 1-1/2-quart casserole dish. Cover with soup; top with cheese. Bake in a preheated 350-degree oven for 30 minutes.

Vegetable Pie

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

Not all pies are made with standard pie crusts. The crust for this pie is made with potatoes. You can serve it as part of a vegetarian meal or with meat, fish or poultry. Either way, it's unusual and delicious. Whenever I serve this to company, someone is sure to ask for the recipe.

Makes 6 to 8 servings

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| 4 to 6 tablespoons seasoned dry bread crumbs | Salt and freshly ground pepper, to taste |
| 1 package (24 ounces) frozen shredded potatoes, thawed | 2 tablespoons olive oil |
| 1 large onion, peeled and chopped | 1 medium zucchini or 2 small yellow crookneck squash, thinly sliced |
| 2-1/2 cups shredded Swiss cheese, divided | 1/2 pound fresh mushrooms, sliced |
| 4 tablespoons butter or margarine, melted | 3 medium tomatoes, peeled, seeded, cut into chunks |
| 1 teaspoon Italian seasoning, divided | 2 tablespoons grated Parmesan cheese |

Generously butter a 10-inch pie plate or quiche dish. Sprinkle bread crumbs on bottom and up the sides of the dish. Shake out excess crumbs; set dish aside.

Combine potatoes, onion, 3/4 cup Swiss cheese, butter, 1/2 teaspoon Italian seasoning, salt and pepper in a medium mixing bowl; stir gently to mix. Spoon into pie plate and press mixture firmly on bottom and up the sides. Bake in a preheated 450-degree oven for 25 minutes.

Heat oil in a large skillet. Add zucchini, mushrooms and tomatoes. Sprinkle with remaining 1/2 teaspoon Italian seasoning, salt and pepper. Cook over moderate heat, stirring, 5 minutes.

Spoon zucchini mixture into baked crust with slotted spoon; spread evenly in crust. Sprinkle with remaining 1-3/4 cups Swiss cheese and Parmesan cheese. Bake 5 minutes, or until cheese is melted. Cut into wedges to serve.

Zucchini-Spinach Casserole

Barbara Bloch

President, *International Cookbook Services*, White Plains, New York

I have stopped growing zucchini in my garden because my neighbors and friends grow more than they can use. No one ever seems to come to my home in the fall without bringing a zucchini, or, often as not, several zucchini. Sometimes I even find zucchini left mysteriously on my back porch. This annual over-abundance of zucchini has sent me scurrying into my kitchen to find new ways to cook it. This recipe is one of my favorites.

Makes 6 servings

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| 3 medium zucchini
(about 2 pounds), grated | 1/2 teaspoon ground nutmeg |
| Salt | Freshly ground pepper, to taste |
| 4 tablespoons butter or
margarine, divided | 1 cup grated Swiss or Gruyère
cheese |
| 1 large onion, peeled and
chopped | 1 cup dairy sour cream |
| 1 package (10 ounces) frozen
chopped spinach, thawed and
squeezed dry | 1/4 cup seasoned dry bread
crumbs |
| | 2 tablespoons grated Parmesan
cheese |

Place grated zucchini in colander, sprinkle with salt, and let stand about 45 minutes.

Melt 3 tablespoons butter in a large skillet. Add onion; cook about 4 minutes, or until onion is translucent.

Place zucchini between several layers of paper towels and squeeze out as much liquid as possible. Add drained zucchini to skillet; cook 5 minutes, stirring constantly. Add spinach, nutmeg and pepper to skillet; stir well. Cook 4 minutes. Remove skillet from heat. Stir in Swiss cheese until melted. Stir in sour cream.

Spoon mixture into a lightly greased 1-1/2-quart baking dish. Sprinkle bread crumbs and Parmesan cheese on top; dot with remaining 1 tablespoon butter. Bake, uncovered, in a preheated 350-degree oven for 25 to 30 minutes.

Spicy Baked Ratatouille

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

Does a cook exist who — when faced with an excess of zucchini — hasn't experimented with version after version of ratatouille? I like the following recipe because it's baked in the oven (no more endless stirring on the stove) and because the spices are a little different than more traditional versions. And don't worry about the leftovers; reheat the vegetable mixture and serve it with cooked eggs (see variation).

Makes 6 to 8 servings as a side dish; 4 as a main dish (with eggs)

2 teaspoons ground coriander	Vegetable oil or olive oil
1 teaspoon ground cumin	Chopped fresh parsley
2 cloves garlic, peeled and finely chopped	4 zucchini, unpeeled and sliced
1 bay leaf, crushed	3 large onions, peeled and sliced
Salt and freshly ground black pepper, to taste	3 large green bell peppers, seeded and sliced
4 eggplants, unpeeled and sliced	3 medium tomatoes, sliced or chopped

Mix coriander, cumin, garlic, bay leaf, salt and pepper in a small bowl; set seasoning mixture aside.

Put eggplant in bottom of a lightly oiled 14x11x2-inch baking dish. Sprinkle with some of the seasoning mixture, a little oil and some parsley. Top with zucchini, then onions, green peppers and tomatoes, sprinkling each layer with some of the seasoning mixture, oil and parsley.

Bake, covered, in a preheated 400-degree oven for 30 minutes. Uncover and bake for 30 minutes, or until vegetables are fork-tender. Serve hot or cold.

Variation: When vegetables are almost done, make 4 indentations in vegetable mixture. Break an egg into each indentation. Cover and cook just until eggs are set. Serve as a luncheon or supper main dish.

Squash Soup

Christine Randall

Assistant Features Editor, *Post-Courier Newspapers*, Charleston, South Carolina

I have found the perfect year-round food in this squash soup. In the winter, I eat it hot; in the summer, chilled. It's great either way. It freezes well and can be made with either yellow summer squash or zucchini. Make up a big batch and you'll be set for weeks.

Makes 10 to 12 servings

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| 1/4 cup butter or margarine | 3-1/2 to 4 cups chicken broth |
| 2 tablespoons vegetable oil | 1 cup half-and-half or light cream |
| 1 large onion, peeled and minced | 1-1/2 teaspoons salt, or to taste |
| 2 cloves garlic, peeled and minced | 1/2 teaspoon ground black pepper |
| 3 pounds yellow squash or zucchini, thinly sliced | |

Melt butter in a Dutch oven. Add oil; mix well. Add onion and garlic; saute until tender. Stir in squash and chicken broth. Cover and simmer 15 to 20 minutes, or until squash is tender.

Spoon about one-third of the squash mixture into an electric blender or food processor; process until smooth. Repeat with remaining squash. Return to Dutch oven.

Stir in half-and-half, salt and pepper. Cook over low heat, stirring constantly, until well heated. Serve hot or chilled.

Baked Potato Soup

Beverly Bundy

Food Writer, *Fort Worth Star-Telegraph*, Fort Worth, Texas

One of the Fort Worth Star-Telegram's readers stumbled upon a wonderful soup while visiting a sick friend in the hospital. She requested the recipe in the newspaper's recipe exchange column. The food and nutrition services department of Medical City in Dallas was happy to share the recipe.

Makes 5 cups

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| 1/4 cup instant mashed potato flakes or granules | 1/4 teaspoon garlic powder |
| 2 cups chicken broth | 1/4 teaspoon ground white pepper |
| 1/2 cup margarine or butter | 1/4 teaspoon granulated sugar |
| 1/2 cup all-purpose flour | 1/4 teaspoon ground black pepper |
| 3 cups milk | Salt, to taste (optional) |
| 3 large baked potatoes, with skin on, diced | |

For toppings:

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| 5 tablespoons grated Cheddar cheese | 5 tablespoons chopped fresh chives |
| 5 slices bacon, fried crisp and crumbled | |

In a medium mixing bowl, combine potato flakes with chicken broth; set aside.

Melt margarine in a medium saucepan. Add flour and cook, stirring, until flour is lightly browned. Slowly stir in milk. Cook, stirring continuously, to make a medium white sauce. Add potato-broth mixture and diced baked potatoes. Add garlic powder, white pepper, sugar and black pepper. Add salt to taste. Simmer until soup is desired thickness.

Ladle soup into heated bowls. Top each serving with cheese, bacon and chives.

Tortilla Soup

Beverly Bundy

Food Writer, *Fort Worth Star-Telegram*, Fort Worth, Texas

Biscuits, corn bread and tortillas are the breads of the Southwest. Many restaurants serve peanut butter and jelly on flour tortillas on their childrens' menus. Scrambled eggs and sausage are packed in tortillas for breakfast tacos. In this regional favorite, corn tortillas add crunch to soup.

Makes 6 to 8 servings

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| 10 corn tortillas, cut in slivers | 1 clove garlic, peeled and minced |
| 1/2 cup corn oil or vegetable oil, divided | 2 quarts chicken broth |
| 4 bell peppers (any color), seeded and chopped | Dash of hot pepper sauce (optional) |
| 2 tomatoes, seeded and chopped | Salt and black pepper, to taste |
| 1 white onion, peeled and minced | 3 cups shredded Cheddar cheese |

In a large skillet, fry tortilla slivers in 1/4 cup oil until browned; drain on paper towels. Saute bell peppers in oil remaining in skillet; drain on paper towels.

Add remaining 1/4 cup oil to skillet. Add tomatoes, onion and garlic; saute until soft. Add chicken broth and bring to a boil. Season to taste with hot pepper sauce, salt and pepper.

Divide fried tortillas, bell peppers and shredded cheese among 6 to 8 large soup bowls. Pour soup into bowls and serve hot.

Steamed Red Potatoes

Mattie Smith-Colin

Food Editor, *Chicago Defender*, Chicago, Illinois

Cousin Ben's Steamed Red Potatoes are standard fare for Sunday and holiday brunches for our family when Ben is in Chicago. Ben is Judge Benjamin Travis, presiding judge of the Appellate Department, Superior Court, Alameda County, Oakland, California. He is in Chicago frequently because his wife, attorney Anne Fredd, lives in Chicago.

Cousin Ben enjoys cooking so much that he volunteers to cook the food for social events of family and friends. He says he has developed some of his best recipes while waiting for a jury to return with a verdict.

Family members report that this recipe originated in Atlanta, Georgia. The late Lessie Clarke Travis, Ben's mother, prepared Steamed Red Potatoes often for her family of nine children. Aunt Lessie cooked them in a black, cast-iron skillet; Ben uses an electric skillet.

Makes 10 generous servings

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| 4 pounds red potatoes | 1 teaspoon salt substitute |
| 6 large green bell peppers | (or season with salt to taste) |
| 4 large white onions | 2 teaspoons cayenne pepper |
| 5 teaspoons virgin olive oil | |

Place potatoes in a large bowl and cover with water. Let potatoes soak while you seed and coarsely chop the green peppers, then peel and coarsely chop the onions. Remove potatoes from water and scrub. Do not peel. Cut potatoes into 1/16-inch (thin) slices.

Heat olive oil in an electric skillet or in a large, heavy skillet. Add potato slices to hot oil. Cover and let "steam." Turn occasionally with a metal spatula. When potatoes are medium brown, add green peppers, onions, salt substitute and cayenne pepper. Using a large spoon, gently stir vegetables and seasonings into potatoes. Cover. Continue to cook until potatoes are golden brown. Serve immediately.

Potato Soup with Rivels

June Ann Gladfelter

Assistant Managing Editor/Features, *The Express*, Easton, Pennsylvania

This has been my favorite "comfort food" for most of my life. We had it often when I was growing up because almost everyone in my family liked it, especially my dad. The recipe was developed by my mother, Minnie Gladfelter. Although both Mom and Dad are of Pennsylvania Dutch heritage, it was my dad who had tasted the soup and liked it. After he and Mom were married, he asked her whether she could make the soup. He told her what he thought the ingredients were, and she took it from there.

Makes 6 servings

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| 6 medium potatoes, peeled and
diced | 1 egg |
| 1 quart water | 1 cup all-purpose flour |
| 1-1/4 teaspoons salt, divided
(or to taste) | 2 tablespoons butter |

Put potatoes, water and 1 teaspoon salt in a large pot or Dutch oven. Cook about 10 minutes, or until potatoes are soft.

Meanwhile, using a fork, slightly beat egg. Work in the flour and remaining 1/4 teaspoon salt until mixture is crumbly.

When potatoes are soft, drop in the crumbly mixture (rivels), a little at a time, to avoid clumping, and stir. Stir in butter; cook for 6 minutes.

Delta Cabbage Soup

Betty W. Bernard

Food Editor, *Lake Charles American Press*, Lake Charles, Louisiana

Because southwest Louisiana is blessed with fertile soil and mild winters, it is easy for people to have backyard gardens all year long. One winter crop is cabbage. This soup recipe, given to me by Nettie Cardenas, an American Press staff member, makes use of this versatile vegetable.

Makes 6 to 8 servings

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| 3 cups chicken broth | 2-1/2 teaspoons salt, or to taste |
| 3 cups water | 1 bay leaf |
| 1/2 cup shredded carrots | 4 black peppercorns |
| 1/2 cup finely chopped celery | 3 cups shredded cabbage |
| 1 medium potato, peeled and diced | 1/4 cup lemon juice |
| 1/2 cup chopped onion | 1 tablespoon granulated sugar |
| 2 cups chopped, peeled fresh tomatoes | |

In a large soup kettle, combine broth, water, carrots, celery, potato, onion, tomatoes, salt, bay leaf and peppercorns.

Simmer, covered, for 1 hour, stirring occasionally. Add cabbage; simmer 10 minutes. Stir in lemon juice and sugar; cook about 1 minute, or until heated through.

French Onion Soup

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

I kept improvising on my recipe for French Onion Soup until I developed this one. It's as good as the best baked onion soup in any restaurant. Whenever I have a lot of onions to use up, I prepare a pot of this soup because it doesn't take long to prepare, especially when using a food processor to slice the onions. Add a salad and you have a delightful meal.

Makes 4 hearty servings

4 medium onions, peeled and
thinly sliced
1/2 teaspoon granulated sugar
1/4 cup butter or margarine
2-2/3 cups strong beef broth
made from instant beef
bouillon granules (or two
10-1/2-ounce cans condensed
beef broth, undiluted)

1 tablespoon all-purpose flour
Ground black pepper, to taste
1 teaspoon Worcestershire
sauce
4 thick slices French bread,
toasted
2/3 cup grated Parmesan cheese
1-1/2 cups grated Gruyère or
Swiss cheese

In a large skillet, slowly cook onions in sugar and butter until soft and light brown. Add beef broth, flour, pepper and Worcestershire sauce; mix well. Cover and simmer 30 minutes.

Pour soup into individual oven-proof casserole dishes. Top each with a slice of bread. Combine Parmesan and Gruyère cheeses; divide cheese mixture among casseroles, topping bread slices. Bake in a preheated 325-degree oven for 25 minutes, then put under broiler for 1 minute to brown cheese slightly.

Celery Casserole

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

Celery is an underrated vegetable, generally thought of as something to munch when you're on a diet and seldom used as the main part of a dish. As this casserole shows, however, celery can be a star. This was the first-place winner in one of our newspaper's recipe contests. I have, at times, varied the dish by adding other vegetables I have on hand, such as yellow squash.

Makes 8 servings

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| 3 cups diced celery | 3 tablespoons all-purpose flour |
| 1/4 cup or more slivered almonds | 1 cup chicken broth |
| 1 can (8 ounces) sliced water chestnuts, drained | 3/4 cup half-and-half or light cream |
| 1 can (4 ounces) sliced mushrooms, drained | 1/2 cup grated Parmesan cheese |
| 1/2 cup (8 tablespoons) butter, divided | 1/2 cup soft bread crumbs |
| | Finely chopped fresh parsley |
| | Paprika |

Cook celery in a small amount of boiling salted water. Drain. Combine drained celery, almonds, water chestnuts and mushrooms. Pour into a lightly greased 12x8x2-inch baking dish.

Melt 5 tablespoons butter in a large skillet, then blend in flour. Cook over low heat, stirring, until thick. Slowly add broth and half-and-half. Cook over medium heat, stirring constantly, until thick and bubbly. Pour over celery mixture.

Melt remaining 3 tablespoons butter. Combine Parmesan cheese, bread crumbs and melted butter. Sprinkle cheese-crumbs mixture over top of casserole. Sprinkle with parsley and paprika. Bake in a preheated 350-degree oven for 25 minutes.

Potato Soup Base

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

This robust potato soup base is a cinch to prepare and it's also economical. You can use the base to prepare an endless variety of soups. Use leftover vegetables and/or meats as well as different seasonings and herbs. Here's the basic recipe with a couple of variations. I think the soup is especially easy to prepare in the microwave oven.

Makes about 2 quarts soup base, or enough for 8 servings

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| 2 tablespoons butter or
margarine | 1 tablespoon dried parsley
flakes |
| 1 large onion, peeled and
thinly sliced | 5 cups peeled, sliced potatoes
(sliced about 1/8-inch thick) |
| 5 cups hot tap water | |
| 2 teaspoons instant chicken
bouillon granules | |

Melt butter in a 3-quart saucepan over medium heat. Add onion and cook about 5 minutes, or until onion is soft. Add hot water, bouillon granules, parsley and potatoes. Bring to a boil. Cover and simmer about 10 minutes, or until potatoes are tender. In two batches, blend until smooth in an electric blender or food processor.

Use to prepare either of the following soups. Unused soup base can be stored in the refrigerator or frozen for later use.

Microwave method: Combine butter and onion in a 3-quart microwave-safe casserole dish. Microwave, uncovered, on High (100 percent) power for 4-1/2 minutes, or until onions are tender, stirring once during cooking. Add 1 cup hot tap water, bouillon granules, parsley and potatoes; stir to mix. Cover and microwave on High power 11 minutes, stirring twice. Let stand 5 minutes.

Add 2 cups hot water; stir to mix. In two batches, blend until smooth in electric blender or food processor. Return mixture to casserole dish. Stir in remaining 2 cups hot water; mix until smooth.

Use soup base to prepare either of the following soups.

Creamy Broccoli Soup

Makes 4 servings

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| 1 quart potato soup base
(see master recipe) | 1/8 teaspoon garlic powder |
| 1 cup cooked, pureed broccoli | 3/4 teaspoon celery salt |
| | Freshly ground pepper, to taste |

Combine soup base, pureed broccoli, garlic powder, celery salt and pepper in a 2-quart saucepan. Simmer about 10 minutes, or until hot.

Microwave method: In a 2-quart casserole dish, combine soup base, pureed broccoli, garlic powder, celery salt and pepper. Microwave, covered, on High (100 percent) power for 3 minutes, or until heated through.

Herbed Cheese Soup

Makes 4 servings

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|---|---|
| 1 quart potato soup base
(see master recipe) | 1/4 cup ketchup |
| 1 cup finely shredded cabbage | 3/4 teaspoon dried thyme |
| 1 cup finely shredded carrots | 1/4 teaspoon dried tarragon |
| 1/2 teaspoon salt, or to taste | 1 cup shredded Baby Swiss,
Swiss or Cheddar cheese |
| 1/8 teaspoon ground black
pepper | |

In a 2-quart saucepan, combine soup base, cabbage, carrots, salt, pepper, ketchup, thyme and tarragon. Bring to a boil; reduce heat and simmer 10 minutes, or until carrots are tender-crisp. Stir in cheese; heat (do not boil), stirring, until cheese has melted.

Microwave method: Pour soup base into a 2-quart casserole dish. Stir in cabbage, carrots, salt, pepper, ketchup, thyme and tarragon. Microwave, covered, on High (100 percent) power 6 minutes, stirring once. Microwave on Medium (50 percent) power for 6 minutes, or until carrots are tender-crisp. Remove soup from microwave oven. Stir in cheese while soup is hot, so cheese will melt.

Zucchini Casserole

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

The following recipe was a first-prize winner in a recipe contest sponsored by my newspaper several years ago. One of my jobs back then was to serve as a judge in this annual event, which attracted hundreds of participants from southern Indiana, western Kentucky and southern Illinois, an area we in Evansville fondly refer to as the Tri-State.

This recipe yields a dish that belies the simplicity of the ingredients and instructions. The woman who submitted it said it was a great recipe to keep on hand for picnics and church suppers where everyone has to bring a covered dish.

After a few bumper crops of zucchini (are there any other kind?) and a few potluck suppers, I tend to concur.

Please note that in the instructions, the casserole is to be baked uncovered for the first 20 minutes, then covered for the last 10 minutes, which is the opposite procedure from many casserole recipes. This, however, is not a mistake. The first 20 minutes will allow excess moisture to escape from the dish so that you will have a casserole and not a soup.

Best of all, fresh zucchini seems to be available—and cheap—all year 'round, in case your potluck supper is in February.

Makes 6 to 8 servings

- | | |
|---|--|
| 3-1/2 cups thinly sliced fresh zucchini | 1 box (6 ounces) stovetop-style cornmeal stuffing mix |
| 2 small onions, peeled and sliced (about 1 cup) | 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted |
| 1/2 cup butter or margarine | 1 cup dairy sour cream |

Steam zucchini and onions until tender.

Meanwhile, melt butter in a large skillet. Add stuffing mix; stir to combine. Press half of the stuffing mixture into a greased 13x9x2-inch baking pan.

When zucchini and onions are tender, drain well. Add soup and sour cream to zucchini and onions; mix well. Pour zucchini mixture over stuffing mix in pan; sprinkle remaining stuffing mix evenly over the top. Bake, uncovered, in a preheated 350-degree oven for 20 minutes. Cover and bake 10 minutes longer.

Cauliflower-Garlic Soup

Lorrie Guttman

Food Editor, *Tallahassee Democrat*, Tallahassee, Florida

Garlic becomes surprisingly mellow as it cooks, and the 20 cloves in this soup are just right. I got this recipe when it was submitted for our newspaper's Capital Chef recipe contest, for which I'm the tester. The original version calls for pureeing the cooked cauliflower in a blender, but I like to simply break it up with a cooking spoon so that the soup has a more interesting texture.

Makes 6 servings

20 cloves garlic, peeled
5 cups chicken broth
(homemade or canned)
1 large head cauliflower
(8 cups florets)

Salt and white pepper, to taste
1 cup half-and-half or
light cream
Freshly grated nutmeg

In a covered soup pot, simmer garlic in broth 20 minutes. Add cauliflower, salt and white pepper; simmer about 30 minutes, or until cauliflower is tender.

Break up cauliflower with a spoon. Taste and adjust seasonings. Stir in half-and-half. Simmer until soup reaches serving temperature. Top each serving with a grating of nutmeg.

Note: Soup can be refrigerated after adding half-and-half, for a refreshing cold soup in the summer.

Curried Tomato Soup

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

The only thing I know for sure about the origin of this recipe is that it was published in a newspaper. I know this because the tattered yellow copy I have is definitely newsprint. I have been serving it for years, not so much as a component of a meal, but as a hot beverage, as soothing in its own way as cocoa or tea.

"Soothing?" you might ask. "But it's full of curry!" That's true, but I've discovered you can control the fire, if desired.

On the other hand, if you have been outside working or playing in the snow, this soup is almost magical in its ability to warm you up. As an added benefit, it's so low in calories and fat that you can enjoy a second cup without a second thought.

Makes 2 to 3 servings

- | | |
|---|--|
| 1 can (10-3/4 ounces) condensed cream of tomato soup, undiluted | 2 tablespoons fresh lemon juice |
| 1 soup can water | 1 to 2 teaspoons curry powder, to taste |
| 2 tablespoons dark brown sugar | Yogurt or dairy sour cream, for garnish (optional) |

In a saucepan, combine soup, water, brown sugar and lemon juice; mix well. Add 1 scant teaspoon curry powder and bring mixture to a boil. Taste and add more curry powder, a little at a time, until soup has the flavor and fire you want.

Serve soup hot with a dollop of yogurt or sour cream, if desired.

Note: Soup can be reheated in the microwave oven.

Okra-Tomato Bake

Teri Grimes

Food Editor, *The Bradenton Herald*, Bradenton, Florida

Back home in Kentucky, okra is a favorite summer-time food, whether sliced and fried in cornmeal, simmered whole in butter or added to a big pot of vegetable soup. Although Floridians don't seem to take to okra like the folks back home, I can get my fill of "Mom food" anytime I want with this casserole. It uses frozen okra, so it's always in season.

Makes 4 to 6 servings as a side dish

- | | |
|---|--|
| 1/2 pound bacon | 1 tablespoon granulated sugar |
| 1 medium onion, peeled and finely chopped | Dash of garlic salt |
| 1 package (10 ounces) frozen cut okra, thawed | 1/4 teaspoon salt |
| 1 small green bell pepper, finely chopped | 1/8 teaspoon black pepper |
| 2 tablespoons instant rice, uncooked | 1 tablespoon grated Parmesan cheese |
| 1 can (16 ounces) whole tomatoes, undrained | 1/4 cup fine dry bread crumbs |
| | 1 tablespoon butter or margarine, melted |

Cook bacon in a large skillet until crisp. Drain bacon, reserving drippings in skillet. Crumble bacon and set aside.

Cook onion and okra in reserved bacon drippings until lightly browned. Drain on paper towels. Place onion and okra in lightly greased 1-1/2-quart casserole dish. Add green pepper, rice and reserved crumbled bacon; mix well.

Combine tomatoes, sugar, garlic salt, salt and pepper in container of electric blender; blend. Pour over mixture in casserole dish. Top with Parmesan cheese. Combine bread crumbs and butter; mix well. Sprinkle on top of casserole. Bake in a preheated 350-degree oven for 45 minutes.

Garden Casserole

Monetta L. Horr

Food Editor, *Jackson Citizen Patriot*, Jackson, Michigan

This is a nutritious recipe that tastes great and uses many garden vegetables. The brown rice is nice and chewy, and the cashews add crunch. It does take 30 minutes or so of preparation time: cleaning the veggies, cutting and sauteing them. So this isn't a recipe to serve in a hurry. However, one time I made it to serve company and my guests joined me in the kitchen and helped with the preparation. We all had almost as much fun making it as we did eating it.

Makes 6 servings

- | | |
|--|---|
| 2 tablespoons butter, melted | 2 cloves garlic, peeled and finely chopped |
| 1-1/2 cups brown rice, uncooked | 1 bunch broccoli, cut into florets |
| 2 large onions, peeled and chopped, divided | 1 head cauliflower, cut into florets |
| 3 cups chicken or beef broth | 2 red bell peppers, seeded and cut into strips |
| 3 tablespoons soy sauce (low sodium, if desired) | 1 cup roasted, salted cashews |
| 1/2 teaspoon dried thyme | 2 cups shredded Cheddar or Monterey Jack cheese |
| 1 teaspoon salt, or to taste | |
| 3 tablespoons vegetable oil | |

In a 3-quart casserole dish, mix butter, rice, half the chopped onion, broth and soy sauce. Cover and bake in a preheated 350-degree oven for 50 to 60 minutes, or until rice is cooked. Stir in thyme and salt.

Meanwhile, heat oil in a skillet; saute remaining onion and garlic, broccoli, cauliflower and bell pepper for 5 minutes over high heat.

Pour vegetables over rice mixture. Cover. Return to oven and bake 10 minutes longer. Remove lid. Sprinkle cashews over vegetables. Mound cheese around edges. Return to oven and bake 5 minutes, or until cheese is melted.

Note: Dry roasted or unsalted cashews can be substituted for roasted, salted cashews.

Red Pepper Vichyssoise

Anne Byrn

Food Editor, *Atlanta Journal-Constitution*, Atlanta, Georgia

Mary Hataway, owner of Patio by the River restaurant in Atlanta, is always thinking up new combinations of classic dishes. Take vichyssoise. She improvises on the basic recipe by adding a puree of red peppers. It adds color and flavor. She even makes her own version of creme fraiche. This recipe has become a favorite of mine; I like to serve it at summer parties.

Makes 6 servings

- | | |
|---|--|
| 2 tablespoons unsalted butter | Salt and white pepper, to taste |
| 2 cups finely sliced leeks
(white part, plus tender part
of green tops) | 2 to 3 red bell peppers, seeded
and cut into thirds |
| 3 cups peeled, finely sliced
potatoes | Chopped fresh chives,
for garnish |
| 4-1/2 cups chicken broth | Creme fraiche, garnish
(optional; see note) |
| 1 cup heavy cream | |

Melt butter in a large saucepan or Dutch oven; add leeks and saute until soft. Add potatoes and broth; simmer, partly covered, until potatoes are tender, about 30 minutes.

Puree soup in blender or food processor in batches; put pureed mixture in a large mixing bowl. Add cream. Season to taste with salt and pepper.

Broil red peppers, skin-side up, about 6 minutes. Remove and discard skins, seeds and membranes. Puree pepper pulp in blender or food processor until smooth.

Stir pepper puree into soup; blend thoroughly. Refrigerate soup for 3 to 4 hours, or until well chilled.

Ladle cold soup into serving bowls. Garnish with chopped chives and a dollop of creme fraiche, if desired.

Note: Creme fraiche can be prepared by adding 2 tablespoons buttermilk to 1 cup heavy cream. Cover and let sit on counter overnight. Mixture will thicken and have a "nutty" flavor similar to French cream. Refrigerate until needed.

Cream of Corn Soup

Florence D. Roggenbach

Food Editor, *Norfolk Daily News*, Norfolk, Nebraska

My mother, Delora Holt Karella, was 16 when she was married, and knew absolutely nothing about cooking. My father, Ambrose J. Karella, was 12 years older and he taught her most of her baking skills. This soup recipe is one of my mother's.

Makes 4 servings

- | | |
|---|--------------------------------------|
| 1-1/2 teaspoons minced onion | 2 cups milk, scalded |
| 1 tablespoon chopped celery leaves (see note) | 1 cup boiling water |
| 3 tablespoons butter or margarine, melted | 1 cup corn (fresh, frozen or canned) |
| 3 tablespoons all-purpose flour | Salt and black pepper, to taste |

Brown onion and celery leaves in butter. Add flour. Mix until smooth. Add scalded milk slowly, stirring constantly. Add boiling water. Cook in the top of a double boiler over hot water until thickened and smooth. Add corn. Season to taste with salt and pepper. Heat thoroughly.

Note: If desired, celery salt to taste can be substituted for chopped celery leaves.

Cream of Breadfruit Soup

Judy Johnson

Food Editor, *Mississippi Press*, Pascagoula, Mississippi

Tropical cooking is not just for us coastal folks anymore. Distributors of exotic produce are making the delicate flavors of the tropics available throughout the nation. When it comes to the islands, nothing is so typically tropical as breadfruit. Although it is native to Southeast Asia, breadfruit has become a staple of the islands of the Caribbean. Home economists at J.R. Brooks, a distributor of specialty produce, developed this recipe, and it has become one of my favorites.

Makes about 4 servings

- | | |
|--|---------------------------------------|
| 1 average breadfruit
(choose a firm, green one) | 1 quart chicken broth |
| 2 tablespoons butter | Salt and black pepper, to taste |
| 1/2 clove garlic, peeled and
minced | 1 cup half-and-half or
light cream |
| 1 medium onion, peeled and
chopped | Chopped fresh chives,
for garnish |

Cut and peel breadfruit; slice into small pieces. Discard spongy core section. Cook pieces in boiling salted water about 30 minutes, or until soft. Drain and mash as you would potatoes. You will need about 1-1/2 cups mashed breadfruit for this recipe. Set aside.

Melt butter in a large skillet. Add garlic and onion; saute until soft, but not browned. Add chicken broth and about 1-1/2 cups mashed breadfruit. Cook over medium heat, stirring often, until mixture is smooth and beginning to thicken. Season with salt and pepper.

Remove from heat. Slowly stir in half-and-half until soup is smooth and creamy. Top with chopped chives.

Note: This soup can be served warm or cold.

Creamy Wild Rice Soup

Norma Schonwetter

Syndicated Columnist, *Micro Magic*, Oak Park, Michigan

This unusual soup originally was developed by the American Dairy Association. I tasted it at a food convention and decided to adapt it for the microwave oven. It's a gourmet soup that is easy to prepare. The flavor intensifies when the soup is made a day in advance. A food processor will speed up the chopping and slicing of the vegetables for this soup.

Makes 8 servings

1/2 cup wild rice, uncooked	1 cup sliced fresh mushrooms
5 cups low-sodium chicken broth, divided	1/4 cup all-purpose flour
2 tablespoons margarine or butter	1-1/4 cups evaporated skim milk
2 medium carrots, peeled and coarsely shredded	1/2 teaspoon salt, or to taste
1 medium onion, peeled and finely chopped	1/4 teaspoon ground black pepper
2 ribs celery, finely chopped	1 teaspoon dried leaf savory
	3 tablespoons lemon juice
	Sprigs of fresh dill, for garnish (optional)

Rinse rice; drain. Combine rice and 2 cups broth in a large saucepan. Bring to boil; cover and simmer about 1 hour, or until rice is tender. Set aside.

In a medium skillet, combine margarine, carrots, onion and celery. Cover and cook over medium heat until vegetables are soft, stirring occasionally. Add mushrooms and cook, uncovered, about 1 minute, or until mushrooms are soft. Stir in flour; gradually add remaining 3 cups broth, mixing well until smooth. Cook over medium heat, stirring constantly, until thickened. Stir in cooked rice, milk, salt, pepper and savory. Simmer until heated through, stirring occasionally. Add lemon juice; mix well. Garnish with fresh dill, if desired.

Microwave method: Rinse rice; drain. Combine rice and 2 cups broth in a 1-quart microwave-safe baking dish. Cover and microwave on High (100 percent) power 4 minutes, or until boiling. Microwave on Medium (50 percent) power for 15 to 20 minutes, or until most of the rice has burst slightly. Set aside.

Combine margarine, carrots, onion and celery in a 3-quart microwave-safe baking dish. Microwave, covered, on High power 5 minutes, or until vegetables are soft, stirring once. Add mushrooms; microwave, covered, on High 1 minute. Stir in flour. Gradually add remaining 3 cups broth, mixing well. Microwave, uncovered, on High 7 minutes, or until slightly thickened, stirring once. Stir in cooked rice, milk, salt, pepper and savory. Microwave, uncovered, on High power 6 minutes, or until heated through, stirring once. Add lemon juice; mix well. Garnish with fresh dill, if desired.

Spoon Bread

Toni Burks

Food Editor, *Roanoke Times & World-News*, Roanoke, Virginia

Spoon Bread is a fine Southern tradition—a dish rich in good corn flavor, but light with a pudding-like texture. As its name suggests, Spoon Bread is spooned out for serving because it is too moist to slice or cut. It should be served immediately upon removal from the oven. Accompany it with plenty of butter and serve it with anything that goes well with corn bread.

Note that this recipe differs from usual ones that involve blending a cooked mixture with beaten egg whites. This recipe side-steps that tedious task, but still produces a light, wonderful casserole.

Makes 4 to 6 servings

2 cups milk	1/2 teaspoon salt, or to taste
1/2 cup white cornmeal	3 eggs, beaten
3 tablespoons butter	Butter, for serving

Pour milk into a 2-quart saucepan over medium heat. Slowly stir in cornmeal. Cook, stirring occasionally, until mixture thickens. Remove from heat; add butter and salt and mix well. Allow to cool for 15 minutes.

Fold beaten eggs into cooled mixture; stir well. Pour into a greased 1-1/2-quart baking dish. Bake in a preheated 350-degree oven for 45 to 55 minutes, or until nicely puffed and the top is lightly browned.

Serve spoon bread immediately, accompanied by plenty of butter.

Broccoli Noodle Bake

Monetta L. Horr

Food Editor, *Jackson Citizen Patriot*, Jackson, Michigan

I got this recipe from a potluck at work. Before I had a chance to try it at home, our family was invited to a potluck dinner following a Brownie ceremony for our daughter, Heather. This recipe seemed like a natural, so it's what I took. When it came time to eat, I helped our 5-year-old son, A.J., with his plate and gave him a serving of the casserole. After we sat down with some new friends, A.J. kept complimenting me on the casserole, saying it was the best he had ever eaten and asking why didn't I make it more often. I'm sure people thought I was putting him up to those comments.

Makes 10 servings

- | | |
|------------------------------|---------------------------------|
| 1/2 cup margarine or butter | 10 to 12 ounces Cheddar cheese, |
| 1 onion, peeled and chopped | grated (about 2 cups), divided |
| 1 green bell pepper, seeded | 2 cans (10-3/4 ounces each) |
| and chopped | condensed cream of |
| 3 or 4 ribs celery, chopped | mushroom soup, undiluted |
| 2 packages (10 ounces each) | 1/2 soup can milk |
| frozen chopped broccoli, | 1 can (4 ounces) whole or |
| thawed | sliced mushrooms, drained |
| 8 ounces spaghetti, uncooked | |

Melt margarine in a large saucepan; saute onion, green pepper and celery. Put broccoli on top; cover and simmer 5 to 10 minutes.

Meanwhile, cook spaghetti according to package directions; drain.

In a buttered 3-quart casserole dish, layer spaghetti, vegetable mixture and three-fourths of the cheese. In a small bowl, combine soup and milk; pour over mixture in dish. Spread mushrooms on top. Sprinkle remaining cheese on mushrooms. Bake in a preheated 350-degree oven 35 to 45 minutes, or until hot and bubbling.

Tasty No-Brainer Soup

Carolyn Flournoy

Food Columnist, *The Times*, Shreveport, Louisiana

Perhaps my favorite hobby (or avocation) is playing duplicate/tournament bridge, which has a vocabulary of its own. If a hand is so simple that a 4-year-old could make the contract, it's called a "no-brainer." Over the years, I've dubbed certain recipes "no-brainers" — those using mixes, partly prepared food, canned soup, etc. They're invariably my readers' favorites. This soup recipe was given to me by a friend who got it from a friend, neither of whom consider themselves cooks.

Makes 8 to 10 servings

3 ribs celery, chopped	2 cans (14-1/2 ounces each)
3 carrots, peeled and chopped	chicken broth
1 onion, peeled and chopped	1 pound pasteurized process
1/4 cup butter or margarine	cheese spread (such as
2 cans (10-3/4 ounces each)	Velveeta), cut into cubes
cream of potato soup,	1 carton (16 ounces) dairy sour
undiluted	cream

In a large saucepot with a heavy bottom, saute celery, carrots and onion in butter for 20 to 25 minutes over very low heat. Add potato soup and chicken broth; mix well. Cover and simmer 1 hour. Add cheese spread and sour cream; let simmer 10 minutes, but do not boil.

Note: This soup is good served in hollowed-out rolls.

Chilled Blueberry Soup

Anne Byrn

Food Editor, *Atlanta Journal-Constitution*, Atlanta, Georgia

Kay Goldstein, a talented Atlanta cook, developed this recipe for her restaurant, Pentimento, in the Woodruff Arts Center. People frequent the restaurant before or after viewing an art exhibit, so the food also has visual appeal. Almost any fresh fruit can be substituted for blueberries in this recipe, but I like using our locally grown Georgia blueberries, which are so plentiful in the summer months.

Makes 6 to 8 servings

About 1 pound fresh
blueberries

4 cups heavy cream, divided

1/3 cup raspberry vinegar

1/3 cup honey

Mint leaves, for garnish
(optional)

Rinse and drain blueberries. Measure 14 ounces to use in soup; reserve other berries for garnish. Puree 14 ounces blueberries in blender or food processor. Add 1 cup cream and raspberry vinegar; process to blend.

In a medium saucepan, heat honey and remaining 3 cups cream over medium heat. Combine honey mixture with blueberry mixture; refrigerate until well chilled.

Serve cold soup garnished with reserved blueberries and mint leaves, if desired.

Pepper Pudding

Toni Burks

Food Editor, *Roanoke Times & World-News*, Roanoke, Virginia

Good cooks not only know how to use a pinch of this and a pat of that to the best advantage, they also know what ingredients complement each other no matter how unlikely the combination. For example, one cook I know added chopped green peppers, fresh tomatoes, crackers and cheese to her usual corn pudding to create what she calls pepper pudding. When canned hominy is substituted for the corn and some cumin and garlic powder are added, the dish takes on a completely new character, but it's still called pepper pudding.

Makes 6 to 8 servings

- | | |
|---|-------------------------------------|
| 2 large green bell peppers,
seeded and diced | 1/4 cup butter or margarine |
| 2 large red-ripe tomatoes, diced | 2 cups half-and-half or light cream |
| 1 can (14-1/2 or 15-1/2 ounces)
golden hominy, drained | 2 eggs, beaten |
| 2 cups coarse saltine cracker
crumbs | 1 teaspoon ground cumin |
| 2 cups grated sharp Cheddar
cheese | 1/2 teaspoon garlic powder |
| | 1/4 teaspoon red pepper flakes |
| | 1/2 teaspoon salt |

Generously butter a 2-quart baking dish. Arrange alternating layers of green peppers, tomatoes, hominy, cracker crumbs and cheese in dish, dotting each layer with a bit of butter.

Combine half-and-half, eggs, cumin, garlic powder, red pepper flakes and salt. Pour egg mixture over ingredients in baking dish. Use a knife to cut through mixture to allow some of the egg mixture to seep in.

Bake in a preheated 350-degree oven for 45 minutes to 1 hour, or until custard is set and the pudding is browned on top.

Avocado Zucchini Soup

Sara Anne Corrigan

Food Editor, *The Evansville Press*, Evansville, Indiana

I have a hard time selling the notion of a cold soup here in the Midwest. I do, however, understand people's reluctance to try something that, to them, sounds like a non sequitur.

My family, on the other hand, relishes the thought of cool soups on hot Southern Indiana nights. I have a large collection of such soups; this one is among our favorites — and it's not just because we are inundated with zucchini every summer. This soup makes an especially nice first course with a grilled chicken dinner.

Makes 4 to 6 servings

- | | |
|---|--|
| 1 cup diced zucchini, well drained | 1/4 cup fresh lime juice |
| 1 cup chicken broth | 1 teaspoon salt, or to taste |
| 1 soft, ripe avocado, pitted, peeled and cut into chunks | 1/2 teaspoon ground white pepper |
| 1/4 cup minced onion | Dash of cayenne pepper |
| 1-1/2 cups dairy sour cream or plain yogurt, or a combination | Diced pimento and extra slices avocado, for garnish (optional) |

Combine zucchini, broth, avocado and onion in blender or food processor; puree. Stir in sour cream, lime juice, salt, white pepper and cayenne pepper. Refrigerate, covered, until thoroughly chilled.

Garnish each serving with pimento and extra slices of fresh avocado, if desired.

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