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ARIZONA

*recipes
for you*

BY

WILLIAM
"BILL"
PETERSEN

THIS BOOK IS DEDICATED
TO THE
HOUSEWIVES OF ARIZONA

William "Bill" Petersen

DEAR MRS. HOUSEWIFE:

Thousands of favorable comments have been received from my original Arizona cook book published in 1940. Since its publication, and since the supply has been exhausted, requests for more copies continue to be received. In response to these requests I have compiled this enlarged 1944 edition, my aim being to give you helpful hints in the preparation and conservation of food.

During my childhood I was taught the culinary art by my father who came from a long line of famous chefs, and followed this business for many years. Injuries received during World War One have prevented me from continuing in this work, but it is still my desire to create new dishes.

I hope that in the pages of this book you will find many helpful hints and useful recipes.

Sincerely,

WILLIAM (BILL) PETERSEN

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WILD GAME

APACHE COUNTY WILD DUCK

It is the opinion of a good many people, because of the muddy or wild flavor, wild ducks are not good eating. This flavor, however, may be absorbed by using a bread stuffing, quite highly seasoned with sage and chopped onion. After the duck has been carefully dressed and drawn, stuff it with this dressing, truss and weigh, and then rub the entire surface with melted butter mixed with salt and pepper. Place in uncovered roaster and brown on all sides. After the duck has been browned place strips of bacon and onion over top of duck. Cover the roaster and return to oven and roast 20 minutes per pound, or until tender.

The above recipe solves the problem of roasting a duck, but the majority of the time the average family will have considerable duck left over. If the family likes mushrooms, make a mushroom sauce using some of the left-over duck gravy. Heat the duck therein and serve hot on top of hot baking powder biscuits. Another way is to take the left-over duck, grind, mix in a little flour and eggs with the ground meat and make duck croquettes. Serve hot with tomato sauce. Duck can also be used in a cold loaf, dicing the duck, some bell peppers, celery, mushrooms and pimiento peppers, place in a gelatin mold to cool. This makes a very delicious dish.

A difficult and unpleasant task is removing the down from the wild duck. A clever and yet simple method is as follows:

Remove the larger feathers. Melt two cakes of parafin. Pour liquid over duck. Cool and peel wax and down will come off with the wax.



COCONINO COUNTY ANTELOPE

Many hunters are not familiar with this animal but he is one of the choicest of choice edible wild game. These are some of the dishes that can be prepared:

Roast leg of antelope, antelope cutlets, barbecued antelope, antelope meat pie and vegetables, antelope meat balls with mushroom sauce, fricasse of antelope with rice and curry sauce.

Recipes found here for deer and antelope are prepared in the same manner. Always remember in cooking wild game to take your time. Don't rush the meal as the cooking takes longer.

COCHISE COUNTY DEER

Wipe the venison to be roasted with a cloth that has been dampened with vinegar. Sprinkle well with salt, pepper and paprika. Place in a roasting pan one sliced onion and 2 carrots, a piece of salt pork, stalk of celery or some tops of celery, some sprigs of parsley, 2 bay leaves, 2 cloves and a sprig of thyme, then place the venison in the roasting pan with 2 cups of water, cover the meat well with melted lard or butter. Place in a hot oven until brown and crisp on top, turn over and repeat process. Keep basting, adding water to stock to keep vegetables from burning. Cover and cook until roast is done.

When the roast is done, remove from pan and drain off the fat. Put one-half glass of sherry in the pan and reduce until nearly dry. Add 1 cup of stock and one-half cup claret wine. Season well and boil until slightly reduced. Season, strain, add teaspoon of Worcestershire sauce and serve with meat. Red currant jelly or cranberry sauce should be served on the side.

Elk, antelope, buffalo and bear may be roasted in the same manner.



COVERED WAGON VENISON PIE

Prepare venison same as above, but have slightly more liquid. Allow to cool. Add three hard boiled eggs—cut into quarters. Place in a deep baking pan and cover with biscuit dough. Brush with melted butter or milk and bake until crust is done.



GILA COUNTY BLUE PIGEON

This is a bird that is only found in one or two counties of our state. It is a very rare bird and is larger than the quail, dove and white wing. It is a very delicious bird, but due to it being larger than the other birds, should be cooked longer. If the bird to be cooked is a whole bird, the most delicious manner is to brown the bird thoroughly all over and then put into a covered pan or pot, the same as a pot roast. If desired, add a few vegetables that go well for a whole dinner. Many hunters prepare this bird in the same manner as a chicken or vegetable mulligan. Due to the size of this bird, it may be boiled, the meat removed from the bone and served with a cream butter sauce as creamed blue pigeon on hot biscuits.

The pigeon is a little stronger in taste than the dove and white wing and will need a little more seasoning. My favorite way to prepare this bird is to stuff with a celery dressing, wrapping two slices of bacon around the bird and cooking in a moderate oven until done. Two of these birds with dressing is a large meal.



GRAHAM COUNTY QUAIL A LA KING

Remove meat from bones of six boiled quail. Use one small can of mushrooms, 1/2 small can pimiento peppers, 1/2 bell pepper. Place mushrooms and bell pepper in saucepan. Saute until bell peppers are tender, then add two tablespoons of butter, meat of quail and pimiento peppers. Saute together for five minutes and add cream sauce. Season to suit taste and serve hot on toast.

Dove and white wing prepared in this manner make a savory dish.



QUAIL SAUTE

Allow cleaned quail to stand in cold mild vinegar water (one-half cup of vinegar to a gallon of water)—for a few hours. Wash in clear water several times. Dry and salt and pepper each quail, roll in flour and fry in deep fat (one-half inch of melted fat in fryer)—turn until all sides are brown, turn fire low, then add a cup of water, cover and steam for about one hour, or until pan is dry of water. Turn fire up and quickly brown a few minutes longer.



QUAIL BROILED ON TOAST

Clean and split the quail or quails, season with salt and pepper, brush with melted butter or oil, and broil. When done place each quail on piece of toast, butter on top of each and garnish with watercress and Arizona lemons cut in halves.

Squabs, young doves, or white wings are fine prepared in a like manner.

GREENLEE COUNTY PAN BROILED BEAR STEAK

Trim fat from steak, also part of bone, if desired. Wipe with damp cloth. Heat frying pan until very hot. Rub surface of pan with a little fat. Place steak in pan, sear quickly, first one side and then the other, turning every 10 seconds. After both sides are seared, reduce heat under the pan and cook steak more slowly after it has been browned. If desired well done, it will require from 15 to 20 minutes longer.

Pan-broiled bear steak is a very delicious dish and many other bear meat dishes can be prepared. If you should be in camp, take a dutch oven and cut a chuck roast from the bear. Let simmer for several hours and it will be just as tender as any piece of beef steer meat. Or, you can make a bear stew with various cuts of rump roast.

At home you can grind the meat making meat balls and serve with cream sauce or any sauce which suits your taste.

There is no reason why hunters should waste any part of the bear as all of the meat is edible and the above recipes should be of help.



MARICOPA COUNTY WILD HOG OR JAVALINA

This animal must be cleaned and skinned at once and the meat chilled through and through. When this is done you will have a very delicious choice cut of wild meat.

Wild Hog can be served as barbecued spare ribs, breaded Wild Hog cutlets, Wild Hog ham steaks, roast shoulder of Wild Hog and baked Wild Hog ham.

In preparing wild game it must always be remembered that richer seasoning is needed than for domestic animals. Mixed whole spice can be used to a good advantage, a very small amount of vinegar, paprika sprinkled freely helps some. Use a pinch of garlic or lots of cayenne and celery salt. All of these ingredients are helpful in making a delicious dish. It just depends on the taste. Tomato sauce is the best sauce for serving with Wild Hog.



MOHAVE COUNTY ELK DINNER

Elk is the king of the horned animals, strong of limb and fleet of foot. So large is he that few hunters use up all the meat before it spoils. As soon as an Elk is killed, it should be put in cold storage or chilled thoroughly, cooked and canned to use later as this meat keeps very well.

You can prepare the following dishes:

All of the trimmings make good goulash or stew, baked meat pie, or, can be ground and made into Elk patties. You can also prepare Elk steaks, tenderloin, round and rib, Elk shoulder and chuck roast, also round roast, prime ribs or barbecued ribs.

Many other dishes can be prepared from this big fellow, but remember he, like Columbus, is a tough guy, so cook well done and this takes a long time.



NAVAJO COUNTY ROAST WILD TURKEY

After turkey has been dressed and drawn, stuff. Truss securely in compact shape and lay on back in roasting pan. Dredge with flour, salt and pepper. Dot with butter, if desired. Place in hot oven. As soon as flour is browned, reduce temperature to 350 degrees and begin to baste with cups of hot water every 10 or 12 minutes. Cook until tender allowing approximately 30 minutes to each pound of turkey.

This recipe for roast wild turkey is just the beginning of what can be done with the meat of turkey. It can also be used for making turkey cutlets, loaf, hash, vegetable pie, creamed, or just sliced cold.



PIMA COUNTY DOVE

The dove is a wild bird that is very tasty. In the majority of methods of cooking you only need a little salt for seasoning. It is most delicious cooked in the following ways:

Fried in good wholesome cooking oil, baked with dressing, boiled and the meat removed from the bone and made into a dove vegetable pie with crust. Birds that have been fried and left-over are very desirable eaten cold, or, remove the meat from the bone and saute with butter. Cover with gravy and serve hot on top of baking powder biscuits. Creole sauce can be made and the dove cooked therein. The latter is really a hunter's dove dinner and it is served south of the border very frequently. Also if the whole bird is used it can be cooked with large vegetables for a hunter's camp dinner.

PINAL COUNTY WHITE WING

The white wing, the same as the dove and quail, is indeed a delicious morsel. Pinal County is fortunate in having an abundance of these birds during the hunting season.

A recipe for the preparation of dove and white wing, but best suited for white wing, is to place about a dozen of these birds in a dutch oven and allow them to brown. Put in two cups of tomatoes, season to suit taste and allow to simmer until well done. Dove, quail and blue pigeon also can be used for this appetizing dish.



SANTA CRUZ COUNTY DEER MEAT

4 slices bacon; 1 medium sized onion, diced; 1 medium sized bell pepper, diced; 3 or 4 stalks celery, diced; 1 tablespoon paprika; 1 No. 2 can tomatoes; 1/2 pound ground deer meat; 1 box spaghetti; salt and pepper to taste.

Make sauce by cutting bacon in small pieces and fry until nicely browned. Remove from pan leaving drippings to fry onion, pepper and celery until partly done. Stir in salt, pepper, paprika and fried bacon. Pour the tomatoes over this, cover and cook until vegetables are tender.

Put box of spaghetti in pot of boiling salt water and cook about 20 minutes, or until tender. Drain and place cooked spaghetti in pot of sauce and simmer about ten minutes.

Roll ground deer meat into small balls, salt and pepper lightly; fry in deep fat. Just before serving stir the fried meat balls into spaghetti and sauce mixture. This recipe serves about eight people as a main dish.



DEER PATTIES

Take two pounds of deer meat, 1/4 pound fat pork, a dash of pepper and a dash of salt. Grind together and make deer patties. Fry and serve hot with mushroom sauce.

YAVAPAI COUNTY COTTON TAIL

Take the saddles and hindquarters of two large rabbits, lard them with strips of fat pork. Place in a granite or agate pan, sprinkle with salt and black pepper, cover with two quarts of sour milk, and allow to stand over night in a cool place. Take the rabbit and place in a roasting pan with sliced onion and two carrots. Sprinkle with paprika and a little butter. Roast for about 15 minutes or until brown, add sour milk gradually, basting continuously until the rabbit is done. Remove rabbit and cook gravy until it is reduced to about one half, strain and add 1 gill of sour cream. Pour part over rabbit and serve balance in sauce boat.



YUMA COUNTY ROAST WILD GOOSE

Parboil slightly, drain off water and place in roaster. Stuff with the following dressing:

Boil and mash two medium sized potatoes. Add crumbs from half loaf of bread, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ chopped onion, 1 cup cut celery, $\frac{1}{2}$ teaspoon sage.

Season with salt and pepper. Beat 2 eggs, $\frac{1}{2}$ cup milk and blend with mixture. For a ten pound goose cook about 4 hours.



ARIZONA SQUAB A LA YVETTE

Clean squabs and stuff with dressing. Sew up end, season with salt, pepper, paprika and cover with melted butter. Take an Arizona cantaloupe and split lengthwise, clean out seeds and place squab in middle. Cut off slice of cantaloupe at bottom so it stands up straight and put in hot oven. As soon as top of squab browns, turn squab over, brown quickly. Turn squab over with the top up, cover with waxed paper and allow to cook for thirty minutes which is about one hour in all.

Draw threads from squab, brown some butter in a pan, pour over top of the squab with some chopped parsley and serve in the cantaloupe. New peas and shoe string potatoes finish off this unusual dish, which is very tasty. Dove, white wing, blue pigeon and a one pound frying chicken can be prepared in this same manner.

FISH

PREPARATION OF FISH

Fish must be thoroughly cooked. If boiled the flesh is apt to break in pieces and since boiling extracts the juice, unless it is one of the finer flavored fish, it is improved by some other method of cooking. The more common varieties can be boiled to advantage; salmon and mackerel are perfect fish for boiling, keeping their delicious flavor unimpaired.

Arizona lemons should always enter into the cooking or serving of fish; nothing else will as effectively cut the oil.



FILLETS OF ARIZONA BLACK BASS

The flesh is cut into strips an inch wide, rolled over and fastened with a skewer. The fillets are then immersed in hot oil as in frying, and in three or four minutes will be cooked. Lemon parsley butter sauce makes them most delicious.



PLANKED LAKE MEAD BAKED BASS

Oak, hickory and ash make the best planks for planking fish and steaks. The bass must be thoroughly cleaned and dried of water. It should then be basted with a mixture of oil, pepper, salt, paprika and a teaspoon of lemon juice. Continued basting is necessary during the cooking. The plank should be bordered with mashed potatoes run through a pastry sack and garnished with rows of lemon, rows of tomato, and buttered peas. When the fish is done, put it on the plank and place plank on a platter at the head of the table for serving, if it is a large fish. If it is a small fish, small planks should be used and served individually in the same manner. If you do not desire to plank the whole fish, split it down the back and plank only half of it.



FISHERMAN'S SALAD BOWL

Take left-over cold fish and shred fine, add chopped bell pepper, chopped or shredded lettuce, chopped pimiento pepper. Make a rich french dressing and serve ice cold. A salad bowl of this kind should make a full meal. Rye bread goes nicely with this salad.

FISH CAKES

Fish cakes can be made from left-over fish, fresh fish, shelled or canned fish. The fish should be well shredded, add flour, bread or cracker crumbs, season to suit taste and add beaten eggs so as to create a mixture for proper molding of the cakes. This same mixture is used for fish croquettes and also cod fish balls used extensively in the northern states. There are many sauces which can be used in serving. Mustard sauce is the most commonly used for cod fish cakes, tomato sauce for salmon and creole sauce for other fish, but they all contribute to making up a very delicious dinner especially where it is desired to use left-over fish. The skillet should be fairly hot when the cakes are placed in it for frying. They must be closely watched as a mixture having eggs in it burns very easily.



MEXICO SEA BASS AU GRAUTIN

Depending upon the size of the family and figuring a portion of approximately one-half pound of raw fish to a person, for when the fish is cooked it will lose part of its weight, place in a deep pan and baste on the bottom with good cooking oil, lightly season the fish and place in a hot oven. After fifteen minutes, remove from oven and pour a rich cream sauce over the fish and cover well with chopped cheese, sprinkle paprika, salt and pepper over all and return to the oven for approximately 30 minutes. Watch this dish as it will burn easily.



MAGGIE'S FISH PIE

Cut fish in one inch squares, season well and place in refrigerator. This is done to make the fish firm before putting it into the pie. The head and bones should be used to make a broth. After preparing the broth, add carrots, turnips, potatoes, onions, celery, all diced into one-inch cubes. Season highly and cook almost done. Add a small amount of thickening. The body of the pie has now been prepared. Place the fish in a pan and pour the vegetables and broth over it. Cover with a pie crust and return to oven until crust is cooked. It is not advisable to put a crust on the bottom. This pie is a complete meal in itself and served with salad or dessert nothing else is necessary.

FISH EN CASSEROLE

This is a very simple and tasty way to cook any fillet of fish. Place fish in casserole, season well, sprinkle a little paprika on the fillet and place in the oven until cooked. Mexico Sea Bass, Arizona Black Bass, Arizona Trout, Mexican Cabrilla are all exceptionally delicious prepared in this manner.



FISH STEW

Fresh fish stew is fixed in the same manner as Maggie's pie with the exception of using the pie crust to cover.



BAKED ARIZONA BLACK BASS

Stuff the fish with a mixture of bread crumbs, chopped parsley, one strip of bacon—diced fine—the yolks of two eggs and proper seasoning. Sew together and baste with a little lard, sherry and good cooking oil mixed with paprika. Place in a moderate oven and do not attempt to turn the fish in the pan as it is liable to break in the process. Depending on the size of the fish and the heat of the oven, it should be thoroughly cooked from thirty to sixty minutes. Be very careful not to burn.



ARIZONA CARP

Carp is a fish that is extensively eaten in the northern states. Due to the cold waters, its flesh is very firm. In warm waters the flesh becomes a little softer and is known as one of the poorest of fish, but a carp weighing four, five or six pounds can be made a very palatable dish if cooked in the following manner:

After thoroughly cleaning, wash and let stand in vinegar water for approximately an hour. Make a good bread dressing, some prefer corn bread for this, highly seasoned. After the fish has been stuffed and sewed together, take a little chopped parsley, bacon, onions, carrots and celery, mix with a little cooking oil and sprinkle over the top of the fish. Cook in a moderate oven. Baste throughout the cooking period and be sure not to get the oven too hot. The cooking should take from 1 to 1½ hours for a fish of this size. A highly seasoned tomato sauce is a choice sauce to serve with the carp.

PARKER LAKE TURTLE

Clean the turtle by putting it into boiling water. After it is thoroughly cleaned, cut into small pieces, season well with salt and pepper, chop some parsley, onion, bell pepper and one fresh tomato into quarter inch cubes and add a dash of Worcestershire sauce. Place the turtle and vegetables in a saucepan that can be tightly covered, cover with water and let simmer for thirty minutes. Sprinkle with well-seasoned flour and two cubes of butter. Allow this to blend with the sauce in making a fairly thick gravy. When this has been accomplished, if desired, add a glass of sherry for flavor, place back in the oven and let simmer for several minutes until the turtle is done. Serve in a hot casserole as turtle tastes best when hot.



SHRIMP AND MUSHROOMS

Use a medium sized can of mushrooms and same amount of shrimp. Saute the mushrooms in butter in a hot skillet. Saute the shrimp in butter in another skillet. When both have been sauted, fold together and place about three cubes of butter, or margarine, in the skillet, sprinkle with flour, well-seasoned, and allow to thoroughly cook, add mushroom juice to mixture and serve hot.



FISH A LA ARIZONA

Cut any good firm fish into small pieces, sprinkle with salt, pepper and flour, and fry until brown. Turn into a pot containing a pint of boiling water and a half teacupful of vinegar. Add a finely chopped onion, two tablespoonsful of butter and 1 stalk of celery, 3 teaspoons of mixed whole spice. Cover tightly and simmer for an hour. Serve very hot, and garnish with lettuce, tomato, celery and bell pepper.



LOBSTER A LA GUAYMAS

Remove the boiled lobster from the shell and slice the meat about one-half inch thick, or cut into small pieces. Put in a chafing dish with a piece of butter the size of a walnut, a little cayenne pepper, salt and lemon juice; add one cup of cream mixed smooth with one teaspoon flour or the yolk of three eggs, and stir constantly over slow fire, but do not boil.

CREAMED LOBSTER

Make a rich cream sauce well-seasoned with cayenne. Dice the lobster, squeeze a little lemon juice over the mixture and let it stand for a few minutes. Simmer and serve on hot platter on top of hot buttered biscuits.



LYMAN LAKE FROG LEGS

The hind legs are the only part of the frog that is edible. Remove the skin from the legs, wash and dry with a towel. The legs should always be well-seasoned whether used in a stew, fried in deep oil, sauted with mushrooms, or boiled. Frog legs boiled are very choice.



CREAMED OYSTERS

Drain liquor from a quart of fine oysters. Strain and heat the liquor in a saucepan, skim off all the scum that rises as it comes to a boil. Put the oysters in the liquor with a piece of butter the size of a walnut and when hot add a pint of rich hot cream. Cook until the oysters curl. Add salt and pepper, and serve at once.

A dessert spoonful of flour, worked smooth in a little of the cold cream, may be added to the cream while it is heating in a double boiler. Serve with squares of hot buttered toast, or serve on slices of buttered toast.



OYSTER COCKTAIL

Select fine oysters of uniform size. Chill thoroughly, taking care that they are free from small pieces of shell. Pour over them a dressing made of one tablespoonful each of tomato catsup, lemon juice, Worcestershire sauce and grated horseradish. Add a few drops of Tabasco sauce, a little salt, a dash of cayenne. Let the oysters stand in this mixture until very cold, and serve in small, shallow glasses, or fancy pastry shells.

Another way is to chop the oysters, mix with dressing and serve in cocktail glasses, fancy baskets of grapefruit shells, tomato cups or as you desire.

FRIED OYSTERS

Drain and dust with salt and pepper, roll in cracker crumbs, then in eggs and again in cracker crumbs. Saute in butter until both sides are a golden brown or fry in deep fat,

OR

Make a batter of four tablespoons of sifted flour, one tablespoon of cooking oil or melted butter, two well-beaten whites of eggs, one-half tea-spoonful salt, and warm water enough to make a batter that will drop easily. Sprinkle the oysters lightly with salt and white pepper or paprika. Dip in batter, and fry to a golden brown in cooking oil, drain, and serve on a hot platter and garnish with slices of lemon.



SCALLOPED OYSTERS A LA MARTHA

One solid pint of oysters; 1 large cupful bread or cracker crumbs, 1/3 cup cooking oil; 1 cup milk, salt and pepper.

Drain and carefully watch to see that oysters are free from small pieces of shell. Mix crumbs with the cooking oil. Scald and skim the oyster liquor, and add hot milk.

Put a thin layer of the buttered crumbs into a well-buttered baking dish, then a layer of oysters, season with salt and pepper, cover with a layer of crumbs and pour over some of the hot oyster liquor and milk. Put in another layer of oysters and seasoning, then cover with the remaining crumbs, having the top layer of crumbs thicker than the first. Add the rest of the hot liquor, dot the top with butter, and bake twenty minutes in a hot oven. Arizona lemon juice may be added for seasoning if desired.



DUTCH OVEN MOUNTAIN TROUT

Scale and clean trout, season well, roll in flour. Place oil or cooking compound in Dutch oven. Heat oven before putting trout therein and then cover. Turn the trout over in about five or ten minutes, re-cover and fish should be done in another five or ten minutes.

McNARY MOUNTAIN TROUT

Our Mountain Trout can be fixed in many different ways. The small trout is very good either fried or boiled. Some like to poach this trout and serve with lemon juice. Baked trout with mushrooms is a delectable dish. Some like to pickle trout in vinegar, oil and spices and others prefer just to put it in a skillet and brown until cooked. Regardless of how the trout is prepared it is one of the most delicious fresh water fish.



BAKED TROUT AND MUSHROOMS

One dozen small trout, 1 tablespoon minced parsley, juice of one lemon, dash of grated nutmeg, salt and paprika, 1 cup of butter, 1 cup fresh mushrooms, peeled and diced.

Clean the trout, wash and wipe dry. Place in a glass baking dish or shallow earthen ware dish suitable for table service. Melt the butter, add the mushrooms, parsley and lemon juice, salt, pepper and nutmeg, pour over the trout and bake from fifteen to twenty minutes.



SMOKED FINNAN HADDIE

This fish is very appetizing when boiled and served with lemon butter, or, boiled and served with hot cream sauce. Finnan Haddie can also be boiled and served with a creole sauce.



COLORADO RIVER CATFISH

There are approximately thirty-five different kinds of catfish. Some are called blue catfish, yellow cat, mud cat, flannel mouth, bull head and various other names, but the best of this tribe is the channel catfish found in the riffles of the Colorado River.

The preparation of this fish is very simple. Skin, draw and wash and it is ready for the skillet. The back bone is the only bone to worry about. A choice way to prepare the catfish is to dip into a batter, cover with corn meal and fry until done. Serve with a well-seasoned tomato sauce or Arizona lemon butter sauce. This fish may be boiled and used for many other fish dishes. The choice catfish is 15 inches in length. The mud cat, which is also found in our state, is of a stronger taste and should be prepared in the same manner. After skinning and cleaning a mud catfish allow to stand in cold salt water with a little vinegar for an hour or two.

The mud cat is delectable baked. Prepare an oil mixture with paprika, salt, pepper, small amount of cayenne and vinegar. Rub well over the entire fish. Place in a hot oven and bake until done. Serve with any fish sauce desired.

BEEF

ARIZONA PRIME RIBS OF BEEF

Eight pound rib roast—unboned, 2 tablespoons salt, 1/2 teaspoon pepper.

Place the meat on a rack in a roaster and sear at 500 degrees from 20 to 30 minutes. Sprinkle with salt and pepper. Bake uncovered in a 275 degree oven for three hours.

For a small roast, bake eight minutes per pound, if desired rare, fifteen minutes per pound for medium and twenty to twenty-five minutes per pound for well done.



BEEF STEAK — BORDER STYLE

Two pound round steak, 3 tablespoons cooking oil, enough salt and black pepper to suit taste, chop fine one medium sized onion, 1 stalk celery, 1 small green pepper and crush thoroughly one No. 2 can of tomatoes. The onions, celery and green peppers should be braised separately with a tablespoon of cooking oil. Add tomatoes, salt and pepper and a dash of cayenne. Let simmer very slowly. Take a separate skillet, place steaks in skillet when very hot, sear thoroughly on both sides, then put in roaster. Pour sauce over the top and place in hot oven. Cook slowly until steak is tender.



DOUBLE "O" ROUND STEAK

One full cut of round steer steak, about one inch thick. Braise thoroughly on both sides. Add one chopped onion, 1 chopped bell pepper, 1 chopped individual stalk of celery, 1 No. 2 can of tomatoes. Crush tomatoes and pour over steak and place in oven until thoroughly cooked. If desired, grated swiss cheese can be sprinkled on top when ready to serve.



ARIZONA BOILED DINNER

Preferably obtain a piece of the rump of beef with bone. Put in cold water and boil until almost tender. Add carrots, turnips, onion and season to suit taste. Let boil until thoroughly cooked. Place meat on platter and garnish with vegetables. Horseradish sauce is delicious with this dish.

BAR CW BEEF STEAK

Grind meat adding a small amount of beef fat with the lean beef. Add one medium sized onion, 1 small bell pepper. After these have been ground, add three eggs and mix thoroughly. Season with salt, pepper and paprika. Make meat patties and cook over hot fire. Be sure to serve very hot.



CANOA RANCH BEEF GOULASH

One pound of lean beef (any of the cheaper cuts may be used), $\frac{1}{2}$ pound of fat pork, cut in pieces one inch square. Mix a little flour, salt, pepper, and plenty of red Spanish or Hungarian paprika, a tablespoonful of beef or pork drippings, 2 chopped onions, a small kernel of garlic, chopped fine, and the fat pork in a saucepan. Simmer until brown, then add the beef and flour mixture, 1 cup of water or stock, $\frac{1}{2}$ can of tomato paste, a little thyme and a little chopped parsley.

Cover tightly and cook for three quarters of an hour or until the meat is nearly done. It may be necessary to add more water or stock. Then add three potatoes, cut same as the meat, and cook until done. Serve in casserole and sprinkle with more chopped parsley.

(Veal may be served in the same way, but it will not take as long to cook. Use the lean pork in place of the fat pork.)

The above is excellent served with buttered egg noodles, or macaroni and cheese, or dumplings. Potatoes may be eliminated if served with any of these.



PAT'S CORNED BEEF AND CABBAGE

Place a breast of beef in brine of half salt and put in a cold place, leaving it for 12 days. Salt every two days before cooking. Put the meat in a sauce pan with cold water. Boil, skim occasionally and place on the fire letting it simmer slowly for several hours or until meat is thoroughly cooked. Blanch two or three small cabbages. Cut them in fourths, remove the hard centers, and one hour before serving put the cabbage in with the beef. When the meat is done, drain and arrange on a platter. Garnish with the cabbage and boiled potatoes and serve very hot.

RANCH 76 BEEF AND MACARONI

Take one pint of cooked corn beef, chopped fine, 1 quart of cooked elbow macaroni, $\frac{3}{4}$ cup of heavy white sauce, $\frac{1}{2}$ pound of sliced bacon. Mix the corned beef, cooked macaroni and the white sauce together. Season with salt and pepper, allow to cool and shape in balls three inches in diameter. Wrap in bacon, secure with toothpick and brown moderately in hot oven. Serve with tomato sauce.



ANTELOPE VALLEY MEAT BALLS

Take 2 pounds of ground round, $\frac{1}{4}$ pound ground pork, bread crumbs to keep meat together, salt and pepper. Add one fresh tomato, 1 whole egg, celery, onion and parsley—chopped very fine. Roll into balls and drop in sauce (See recipe for "Spaghetti Sauce") and cook until done.



BOILED BEEF TONGUE A LA DUNCAN

Cover fresh tongue with cold water, add $1\frac{1}{2}$ teaspoons salt to each quart of water and bring to a boil. Simmer slowly until tender, cooking from $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Keep tongue in liquid until cool enough to handle, then remove outer skin. Slice and serve with hot piquant sauce, spinach or other greens dressed with French dressing.



DIAMOND "N" POT ROAST

Take $2\frac{1}{2}$ to 3 pounds of beef, chuck or rump; two tablespoons lard, $\frac{1}{2}$ clove of garlic, 1 tablespoon salt, 2 cups tomato juice, 5 potatoes and five carrots.

Brown meat very slowly in lard. When well browned add tomato juice, salt and garlic. Cover tightly and simmer until tender for approximately $3\frac{1}{2}$ hours. Add vegetables 45 minutes before done.



PIMA MEAT LOAF

Take two pounds ground beef, 1 medium onion, $\frac{3}{4}$ cup diced celery, $\frac{1}{2}$ cup of lard, $\frac{1}{3}$ cup diced green pepper, 1 tablespoon salt, 2 eggs, 3 cups soft bread crumbs, $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup tomato juice, 2 tablespoons melted butter.

Chop onion. Brown onion and celery in lard. Combine with green pepper, salt, eggs, bread crumbs and water to make a dressing. Add half of the dressing (1½ cups) to the meat, mixing well. Pat out half the meat mixture in a two-quart loaf pan. Cover with remaining dressing, then top with remaining meat mixture. Bake in a moderate oven (350° F.) for 1½ hours. Baste twice with tomato juice and butter to keep loaf moist.



SUN VALLEY BOILED DINNER

Four pounds beef brisket (fresh or corned), 6 onions, 6 carrots, 1 small head of cabbage and 12 small beets.

Cover meat with boiling water. If fresh brisket is used, add 1½ tablespoons salt to cooking water. Simmer slowly in covered kettle from three to five hours or until tender. Forty five minutes before serving, add onions and carrots. Fifteen minutes later add quartered cabbage. Cook beets separately. Serve on a large platter, with the meat in the center and the vegetables arranged around it. Serves six.



BEEF BRAINS — RANCH STYLE

1 cup beef brains, 1 tablespoon butter, 2 tablespoons minced parsley, 1 teaspoon grated onion, 3 eggs, 2 teaspoons salt, 4 slices toast.

Soak brains in cold salted water ½ hour. Skin and remove all fiber. Cut or chop into small pieces. Put into frying pan in which butter, onion and parsley have been heated. Stir until brains are cooked 10-12 minutes. Add eggs beaten with two tablespoons cold water. Cook over moderate fire and stir until set. Season, and serve on toast, garnish with parsley. Serves four.



CACTUS FLATS GOULASH

Two pounds beef chuck or neck meat, 2 onions, 2 tablespoons butter, paprika, 1/8 teaspoon caraway seed, if desired, ½ teaspoon powdered marjoram, 1 clove of garlic, 1½ teaspoons salt, 1 cup water.

Cut meat into inch cubes. Let onion brown in butter, then add meat and let it brown lightly. Add caraway seed, marjoram, chopped garlic, and enough paprika to effect a noticeable red color. Add water and salt, cover and simmer for 2½ hours. Add more water if necessary. Whole potatoes may be added to the goulash half hour before done. Some goulash recipes call for the addition of tomatoes. Strained tomatoes may be substituted for water in this recipe. Serves six.

PATAGONIA BRISKET OF BEEF

Take a three or four pound beef brisket, season with salt and pepper. Cover with hot water. Cook at a simmering temperature three to four hours, or until tender. Serve with horseradish sauce.

HORSERADISH SAUCE

1 tablespoon butter, 1 tablespoon flour, 1 cup milk, 1/2 cup horseradish, 1 tablespoon lemon juice, salt and pepper, 1 tablespoon pimiento.

Melt butter and add flour. Add milk slowly, stirring constantly until mixture boils. Drain horseradish, combine with lemon juice, seasonings and pimiento. Add to cream sauce. Serve with hot brisket of beef.



SHORTCREEK BARBECUED RIBS

Three pounds short ribs, 2 tablespoons lard, 1 medium onion, 1/4 cup vinegar, 2 tablespoons brown sugar, 1 cup catsup, 1/2 cup water, 3 tablespoons Worcestershire sauce, if desired, 1 teaspoon prepared mustard, 1/2 cup diced celery, 2 teaspoons salt.

Have ribs cut into sections two or three inches long. Brown in lard. Brown minced onion. Add all remaining ingredients to short ribs. Cover and cook slowly or bake in a moderate oven (350° F.) from one and a half to two hours or until tender. Serves four or five.



YAVAPAI BEEF HEART

3 to 4 pounds of beef heart, 3 slices bacon, 1 cup fine bread crumbs, 1 small onion, salt and pepper, flour for dredging, lard for browning.

Wash heart and remove enough of center portion to permit addition of the dressing or stuffing. Dice bacon and fry until crisp, combine with bread crumbs. Season with finely minced onion. Season cavity in heart, fill with stuffing, and fasten with skewers. Roll in flour and brown quickly in hot lard, in a heavy kettle. Add a small amount of water. Cover and cook slowly in a moderate oven (350° F.) until the heart is done—2 to 2 1/2 hours. Thicken the liquid for gravy if desired. Serves six.

BEEF LIVER AND SPAGHETTI A LA WILLCOX

One pound beef liver, 1½ tablespoons flour, ½ onion, ½ green pepper, ½ cup mushroom stems and pieces, if desired, 2 tablespoons butter or cooking oil, 1 No. 2 can tomatoes, 1 teaspoon salt, 1/8 teaspoon pepper, ½ clove garlic, 3 cups cooked spaghetti.

Dip liver in boiling water for 1 to 2 minutes, then cut in fine cubes and dredge with flour. Chop onion, green pepper and mushrooms and let fry in butter or oil with the chopped liver until liver is lightly browned (about ten minutes). Add tomatoes, seasoning and garlic, and cover. Cook slowly for 20-25 minutes. Serve over boiled spaghetti with a sprinkling of grated dry cheese over the top. Serves four.



LA OSA RANCH BEEFSTEAK AND KIDNEY PIE

1 pound beef chuck or round steak, 1 veal kidney, ½ large onion, 1 tablespoon lard or butter, 1½ teaspoon salt, 1/8 teaspoon pepper, ½ tablespoon Worcestershire sauce, 1 tablespoon flour and ½ cup boiling water.

Soak kidney in cold water for thirty minutes. Cut meat in one inch cubes. Drain kidney and cut into even smaller cubes. Let sliced onion brown slowly in lard or butter, then add meats and brown well on all sides. Add salt, pepper and Worcestershire sauce and ½ cup boiling water. Simmer slowly for two hours or until very tender. Mix the flour with ¼ cup cold water and stir into the meat to thicken it. Transfer to baking dish or individual casseroles and cover top with thin pastry with hole in center for escape of steam. Bake 30 minutes in a 375° F. oven. Serves four.



RANCHO BUENAS AIRES BEEF

Two pounds beef stew meat, ½ teaspoon salt, ½ teaspoon pepper, flour for dredging, lard for browning, 2 onions, chopped, 2 cups boiling water, 2 bay leaves, 2 cups tomato puree or canned tomatoes, 1 minced onion, 4 stalks celery cut in one inch pieces, 1 green pepper, diced, 3 carrots, sliced and 4 quartered potatoes.

Have meat cut into small cubes. Roll in flour seasoned with salt and pepper, and brown in a little hot lard. Brown the chopped onion in lard. Mix the tomato puree with boiling water, heat and pour over meat and onion. Add bay leaves and simmer for one hour. Add minced onion, celery, green pepper, carrots and potatoes. Simmer until all ingredients are done—about one hour. Liquid may be thickened with flour for gravy. Serves from six to eight.

SALT RIVER VALLEY BRAISED OX TAIL

Preferably select the thickest end of the ox tails. Cut in pieces three inches long so as to strike the joints. Soak for 1 hour. Drain and put in roasting pan. Season with salt, pepper and paprika and baste thoroughly with cooking oil. Brown, and then add flour and water to make a gravy which will cover one-third of the ox tails. Allow to cook slowly for 1½ hours. Add 1 inch cubes of carrot, onion, celery and bell pepper and allow to cook until done. Serve hot in casserole.



BRAISED OX JOINTS

1 oxtail, flour, 2 tablespoons butter, 1 cup water, 1 cup canned tomatoes, 1 teaspoon salt, 1/8 teaspoon pepper, 1 teaspoon celery salt, 4 whole cloves, 1 bay leaf, 3 cups diced carrots, 2 small onions, chopped, 1/2 clove of garlic, 1/4 cup diced turnips, 1/4 cup lemon juice.

Cut oxtail in short lengths for ox joints, roll in flour and brown in 1 tablespoon butter slowly, about 15 minutes. Add water, tomatoes and seasonings, simmer about two hours or, until tender. Brown carrots, onion, garlic and turnips in 1 tablespoon butter 3 or 4 minutes. Add meat and cook one-half hour longer. Add lemon juice the last ten minutes of cooking. Serves four or five.



OXTAIL SOUP

One pound oxtails, salt, pepper, flour, 2 tablespoons lard, 4 cups water, 3 allspice berries, 1 cup diced carrots, 1 cup shredded cabbage, 1/4 cup minced onion.

Cut oxtails into small pieces, season and roll in flour. Brown in hot lard in a heavy deep kettle. Add water and allspice. Cover. Simmer from two to three hours or until meat drops from bones. Strain. Remove all meat from bones. To broth, add meat, vegetables and more water if needed. Simmer 20 minutes or until vegetables are tender. Serve very hot.

For thicker soup, cook 1/2 cup of rice in the broth with the vegetables. Serves six.

VEAL

SCRAMBLED EGGS AND VEAL BRAINS

4 eggs separated, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup milk, 4 teaspoons fat, 1 cup precooked brains.

Precook brains by simmering 15 minutes in salted, acidulated water, (1 teaspoon salt and 1 tablespoon vinegar or lemon juice to one quart water). Drain and drop into cold water.

Beat egg white until stiff but not dry. Beat yolks with seasoning and liquid. Fold yolk mixture into stiffly beaten white. Fold in chopped brains. Pour into a hot greased frying pan and spread evenly. Cook slowly until well risen and slightly browned on the bottom. Put pan in a moderately hot oven for a few minutes to dry top. Fold and serve at once on warmed serving dish. Any quantity of brains may be used. Sweetbreads may be used in omelets. Serves six.



COCONINO BOILED VEAL HEARTS

Wash and clean hearts. Simmer in salted water until tender about one to two hours. When tender, slice across the grain and serve in hot spiced tomato sauce over hot cooked greens. One veal heart serves two.



VEAL TONGUE AND SCALLOPED PEAS

To prepare fresh tongue: Cover with cold water, add $1\frac{1}{2}$ teaspoons salt to each quart of water, bring to a boil. Simmer slowly until tender. Allow 1 to $1\frac{1}{2}$ hours. Keep tongue in the liquid until cool enough to handle, then remove outer skin.

Two cups cooked tongue, 1 cup cooked peas, 2 cups medium white sauce, grated cheese.

Slice tongue, then cut into small pieces. Combine with cooked peas and white sauce. Place in buttered casserole. Top with grated cheese. Bake in moderate oven (350° F.) for thirty minutes. Serves five or six.

APACHE VEAL STEW

1½ lbs. veal shoulder or neck, salt, pepper, flour, ¼ cup lard, 2 cups water, 6 medium potatoes, 6 carrots, 6 onions, seasoning.

Cut meat into serving pieces (about 6 chunks). Season, roll in flour. Brown in hot lard. Add about two cups of water. Cover and cook slowly for one hour. Pare the potatoes and carrots. Peel onions. Add to veal. Add more water to prevent burning and to keep two cups of stock. Cover. Cook slowly another hour. Serve veal in center of platter, arrange vegetables around meat and serve with thickened gravy.



VH RANCH VEAL POT PIE

2 cups veal neck or breast, 2 small onions, 6 small potatoes, diced, 1 cup diced celery, 1 cup diced carrots, 3 tablespoons flour, salt and pepper, baking powder biscuits.

Cut the veal into cubes and cover with hot salted water. Cook for thirty minutes. Add the vegetables and cook slowly until they are done. Season with salt and pepper. Thicken the liquid with flour smoothed in cold water. Pour into casserole dish and cover with baking powder biscuits and cook in a moderately hot oven (400° F.) until the biscuits are done. Serves six.



RANCH BARBECUED VEAL BALLS

¾ lb. veal shoulder or neck, ground, ½ lb. pork shoulder, ground, 1 teaspoon salt, 1 tablespoon minced onion, ½ cup dry bread crumbs, ½ cup milk, 1 beaten egg.

Mix all ingredients together and form into balls. Place in baking pan, cover with barbecue sauce and bake in moderate oven (375° F.) for about 25 minutes. Serves four.

Western Barbecue Sauce

Mix together 1/3 cup dill pickle juice, 1/3 cup chili sauce, 2 teaspoons Worcestershire sauce, ½ teaspoon salt, 3 tablespoons diced dill pickle and 2 drops Tabasco sauce.

ARIZONA VEAL STEW WITH DUMPLINGS

Take two pounds veal stew cut in one and one-half inch squares, 2 pounds or less raw potatoes, $\frac{1}{2}$ pound white turnips, 1 pound onions, $\frac{1}{2}$ pound carrots, $1\frac{1}{2}$ ounces flour, salt and pepper to season, pinch of celery salt, $1\frac{1}{2}$ quarts cold water.

Place meat, onions, carrots and turnips, all diced in cold water and put on stove. Bring to a boil, turn flame low and allow to simmer for 1 hour and 10 minutes, add potatoes, also diced. Add flour dissolved in cold milk, straining to remove lumps. Boil and add seasoning before taking from fire.



VEAL LOAF A LA COLUMBUS

$2\frac{1}{2}$ pounds veal shank cut in two or three pieces, 1 medium onion, 2 quarts water, 2 bay leaves, 2 pieces celery, 1 tablespoon salt, 1 tablespoon Worcestershire sauce.

Dice onion, combine ingredients and simmer together for two hours. Remove veal from bone. Chop veal fine. Strain broth, cook down to one cupful. Add veal, press firmly into loaf pan. Chill. Serves from six to eight.



LAZY B BAR J ROAST LEG OF VEAL

Wash meat—dry. Sprinkle with salt, pepper and flour. Heat oven to 500 degrees. Place meat on rack in roaster but do not cover. Place in oven for thirty minutes to brown. Sprinkle with salt and pepper and a few dashes of pepper sauce. Cover bottom of pan with boiling water. Cover. Be sure valve in pan is open. Place in oven for five minutes, then change heat to 275 degrees and let cook for three hours. Sprinkle with paprika. Place on hot platter. Garnish with parsley and serve immediately.



LEONG'S VEAL CHOP SUEY

1 lb. pork, 1 lb. veal shoulder, breast or neck, 2 cups of celery, chopped, 1 chopped onion, 1 dozen mild radishes, peeled, 1 chopped green pepper, $\frac{1}{4}$ cup butter, 1 small can bean sprouts (if available), $\frac{1}{2}$ teaspoon cornstarch, 1 cup water, 2 bouillon cubes, $1\frac{1}{2}$ tablespoons soy sauce.

VEAL LOAF RANCHO ROCA ROJA

2 pounds ground veal, 1/2 lb. fresh fat pork, 1/2 cup fine dry bread crumbs, 2 tablespoons cream or undiluted evaporated milk, 1 tablespoon lemon juice, 2 tablespoons chopped onion, 2 teaspoons salt, pepper, 3 hard boiled eggs.

Have veal and fat pork ground together. Combine with bread crumbs, cream, lemon juice, chopped onion and seasonings. Pack into a loaf pan, arranging shelled hard-cooked eggs in a length-wise row in the center of the loaf. Bake in a moderate oven (350° F.) until done. Serve sliced either hot or cold. Serves eight.



DK RANCH ROLLED RACK OF VEAL

6 rib rack of veal (weight about 2 1/2 pounds), 2 teaspoons salt, 3 strips of bacon, 6 large prunes.

Remove bones from veal with sharp pointed knife. Roll and tie into shape, season and wrap with strips of bacon. Roast on rack of any shallow pan in 325 degree F. oven for 40-45 minutes per lb. Serve with large cooked prunes which have been pitted and stuffed with orange section.



WESTERN BRAISED VEAL KIDNEYS WITH TOMATOES

3 veal kidneys, salt, flour, 2 tablespoons chopped onion, 2 tablespoons butter, 1 cup cooked tomatoes.

Cut kidneys in half lengthwise. Remove white membrane. Soak in cold water for fifteen minutes. Cut into one inch pieces. Season, dredge with flour. Brown onion in fat. Add kidneys and cook with onions for about five minutes or until well browned. Add tomatoes. Cover. Simmer 10 minutes or until kidneys are tender and sauce is thickened.



ARIZONA VEAL SHOULDER ROAST

Choose one square cut shoulder of veal, boned for stuffing. Weight after boning approximately 5 pounds. Make dressing as follows: Fry 6 slices of bacon almost crisp. Chop fine and add bacon and fat to 2 cups soft bread crumbs mixed with 1/2 cup chopped onion, 1/2 cup chopped celery, 1/2 chopped green pepper, 2 teaspoons salt, 1/2 teaspoon lemon juice. Place dressing in veal shoulder and tie or sew into a firm roast. Place on rack in uncovered pan. Lay 4 or 5 strips of bacon over the top. Steam. Roast in 325 degree F. oven for 2 1/2 hours. Serves three to the pound of meat.

POTTED VEAL SHOULDER With Dumplings

2 lbs. veal shoulder, 1 onion, 1 quart water, 2 teaspoons salt, $\frac{1}{4}$ teaspoon pepper, 2 cups diced potatoes, 6 carrots, 4 tablespoons flour, $\frac{1}{4}$ cup cold water.

Remove fat and cut meat into one-inch cubes. Simmer veal and sliced onion in water for one hour. Add salt, pepper, potatoes and sliced carrots. Continue cooking for fifteen minutes. Thicken mixture with the flour and water which have been blended together. Prepare dumplings and drop by teaspoonsful on top of the meat. Cover closely and steam twelve minutes. Serves 6.



EVE'S BRAISED VEAL HEARTS

2 veal hearts, salt and pepper, $\frac{1}{2}$ cup dry bread crumbs or 1 cup soft bread crumbs, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 1 teaspoon lemon juice, $\frac{1}{8}$ teaspoon celery salt, $\frac{1}{2}$ cup water.

Each heart weighs approximately 1 lb. and serves two or three. Cut open lengthwise with a single long cut. Clean thoroughly, removing valves and arteries. Season with salt and pepper and stuff with dressing made of dry or soft bread crumbs, butter, salt, lemon juice and celery salt for each heart. Sew or skewer together and brown hearts on all sides in pot roast kettle. When brown add water, cover closely and simmer two hours.



7 LAZY T RANCH VEAL STEW

$\frac{1}{8}$ lb. salt pork, 2 lbs. veal breast, neck or shoulder, 2 cups water, 2 teaspoons salt, 2 cups cut celery, 2 tablespoons flour.

Cut salt pork in cubes and fry until brown, add veal breast, neck or shoulder, cut in 2-inch cubes, and brown well. Add water, salt and cover tightly. Let simmer $1\frac{1}{2}$ hours. Add cut celery and continue cooking $\frac{1}{2}$ hour. Thicken the gravy with flour stirred into a little water. Serve with cooked noodles. Garnish with pickle fans. Serves 5 or 6.



VEAL BREAST

4 pounds veal breast, salt, pepper and apple stuffing.

Have breast bone removed from a veal breast and a pocket cut from the end. Season with salt and pepper and fill pocket with apple stuffing. Place on a rack in an open roasting pan and roast in 325 degree F. oven for about $2\frac{1}{2}$ hours.

Apple Stuffing

2 cups finely chopped apples, 2 tablespoons parsley, 2 tablespoons butter, 2 cups bread crumbs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper.

Cook apples and parsley in butter for a few minutes. Add crumbs, seasonings and enough water to make a slightly moist dressing.



WESTERN VEAL STEW

Neck and shoulder of veal make the best stew meat. It should be cooked until almost tender then add diced carrots, very small onions, diced turnips, diced cabbage and about six or seven caraway seeds, salt and pepper for seasoning. A little thickening should also be added to the broth. Serve on top of hot baking powder biscuits.



WESTERN PEPPER POT

4 slices bacon, one onion, one large bell pepper, 2 quarts soup stock and 6 bouillon cubes, one pound honeycomb tripe, or, a pound of diced beef or veal can be used, one teaspoon salt, $\frac{1}{2}$ teaspoon pepper, one cup diced potatoes.

Cut the bacon into small dice and fry until a golden brown. Add onion and green pepper finely chopped and cook gently for five minutes. Add soup stock and tripe which has been washed and shredded. Season with salt and pepper and bring to the boiling point. Add potatoes and after all other ingredients are almost tender, add two tablespoons flour, two tablespoons butter or cooking oil, $\frac{1}{2}$ cup of condensed milk. Serves six.



LAMB

STEWED LAMB KIDNEYS

Skin six lamb kidneys and slice thin. Place in a hot pan ready with butter and a small onion chopped fine, fry on a quick fire for a few minutes. Take kidneys from pan, brown the drippings in a pan and add enough flour to make a thin paste, add one cup of hot stock or water, season well, and reduce to one-half. Return the kidneys to the sauce, add a little sherry wine and chopped parsley and serve immediately with thin dry toast.

BROILED LAMB LIVER and French Fried Onions

1 pound lamb liver, sliced thin, 3 large sweet onions, milk, flour and salt. Peel and slice onions $\frac{1}{2}$ inch thick and separate the rings. Let stand in milk one-half hour then drain and dip in salted flour. Fry to a golden brown in deep fat kept at a temperature of 360-370 degrees F.

Meanwhile remove skin and veins from liver, dip slices in bacon drippings and place on broiler rack set 3 or 4 inches under heat unit. Broil only 4 to 5 minutes to the side. Season, and serve surrounded by the fried onions. Serves four.



LAMB STEW AND TOMATO DUMPLINGS

2 lbs. lamb neck, 3 teaspoons lard, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{8}$ teaspoon paprika, 4 cups water, 6 small potatoes, 6 small carrots, 6 small white onions, 2 tablespoons minced parsley.

Cut meat into 2 inch cubes. Brown in hot lard. Add seasonings and water, cover and simmer gently until tender—about two hours. Add vegetables about 45 minutes before meat is done. (Cut potatoes and carrots in half lengthwise). Drop dumplings on top of meat and vegetables. Cover. Cook 12 to 15 minutes without removing cover. Serve vegetables, dumplings and gravy around meat. Garnish with parsley. Serves six.



Tomato Dumplings

$1\frac{1}{2}$ cups sifted all-purpose flour, 1 teaspoon salt, $\frac{3}{4}$ cup tomato juice, 1 tablespoon baking powder, 1 egg, 1 tablespoon lard.

Sift flour, measure. Sift again with salt and baking powder. Beat egg until light. Add melted lard and tomato juice to egg. Combine liquid with flour, stirring only until flour disappears.



LAMB WITH LIMA BEANS

$1\frac{1}{2}$ lbs. lamb shoulder, $\frac{1}{4}$ lb. dried lima beans, 2 tablespoons bacon drippings of lard, 1 small onion or clove of garlic, chopped, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon pepper, 1 cup boiling water.

Wash lima beans and soak overnight in cold water. Drain. Cut lamb into 1-inch pieces and brown in fat with the onion or garlic. Add salt and pepper and place in casserole. Add lima beans and boiling water, cover, and cook in slow oven (300° F.) for about one hour, or until both meat and beans are tender. Serves five or six.

ASO'S FAMOUS BRAISED LAMB SHANKS

4 lamb shanks (about 1 lb. each), 2 tablespoons flour, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{4}$ cup corn syrup, 2 tablespoons lard, 1 cup water, 1 cup pitted cooked dried prunes, 1 cup cooked dried apricots.

Dredge meat with flour, salt and pepper combined. Brown shanks slowly in hot lard. Place meat in baking dish. With water, rinse out brown particles in pan in which meat is browned, and pour over shanks. Cover meat and cook in a slow oven (300° F.) for about two hours or until meat is tender. Meanwhile glaze cooked dried prunes and cooked dried apricots in $\frac{1}{4}$ cup corn syrup. Serves 4.



LAMB KIDNEY AND SAUSAGE GRILL

4 lamb kidneys, 4 tomatoes, 8 pork sausage links, butter, salt and pepper.

Split kidneys, season and brush with butter. Arrange on broiler rack with sausage links and set 3 or 4 inches under broiler. Cook 5-6 minutes, then turn meats and add tomatoes which have been cut in half, seasoned and brushed with butter. Broil another 5-6 minutes. Serves four.



MOUNTAIN LAMB HEARTS

3 lamb hearts, $1\frac{1}{2}$ teaspoons salt, flour, bacon fat, 2 onions, 1 cup canned tomatoes, $\frac{1}{2}$ cup hot water, 1 cup diced carrots.

Wash and clean hearts. Slice or chop the hearts into $\frac{3}{4}$ inch pieces across the grain. Season. Roll in flour and brown in bacon fat in a heavy kettle. Add sliced onion, tomatoes and hot water. Cook slowly, covered, on top of stove for $2\frac{1}{2}$ to 3 hours. Add carrots the last hour. Add more water from time to time if original amount cooks away. Thicken liquid for gravy. Serves 3 or 4.



LAMB LIVER HASH

1 lb. liver, 6 slices of bacon, 4 cooked potatoes, $\frac{1}{4}$ teaspoon salt.

Salt and grind the liver. Grind the bacon and combine with the liver. Add diced potatoes. Brown and cook slowly about ten minutes. Season and serve. Serves 6.

BAKED LAMB LOAF

2 pounds ground lamb, 2 teaspoons salt, $\frac{1}{2}$ small clove of garlic minced very fine, $\frac{1}{2}$ cup evaporated milk, 1 egg, $\frac{1}{2}$ cup fine cracker crumbs, 3 cups mashed potatoes.

Combine the lamb, salt, garlic, milk, egg and cracker crumbs. Pack in loaf pan and bake for one hour and 20 minutes in a 325 degree F. oven. This is best baked in an oiled bread tin for the loaf then has a nice shape. When the loaf is baked, turn out of the pan onto a cookie sheet or flat pan and frost with the hot mashed potatoes. A pastry tube may be used to ruffle the mashed potatoes over the top. Place in the oven long enough to brown the potatoes slightly. This will take about ten minutes. Serves 6 to 7.



VERDE VALLEY ROAST LEG O' LAMB

1 leg of lamb, $\frac{1}{2}$ lemon, 1 clove garlic, salt and pepper.

Rub lamb with lemon juice, salt and pepper to taste. Put in roasting pan or cooker and place garlic, cut in half, on top. Each time meat is turned put garlic back on top. Cook in moderate oven about 350 degrees until tender. Serve with mint sauce or currant jelly.



PORK

PORK KIDNEY STEW

1 lb. pork kidneys, 2 onions, medium size, 1 teaspoon dry mustard, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 3 cups water, 2 tablespoons flour, 2 tablespoons butter or bacon drippings.

Remove heavy veins from kidneys. Cube kidneys and soak one hour in cold salted water. Drain and add fresh cold water. Bring to the boiling point. Drain and add three cups cold water. Bring to the boiling point, skim, add sliced onion and seasonings. Simmer about one hour until kidneys are tender. Brown flour in fat and gradually add kidneys and stock, stirring constantly. Cook slowly about 15 minutes. Serves 4.



PORK LIVER LOAF

$1\frac{1}{2}$ pounds pork liver, 4 slices bacon, $\frac{1}{2}$ onion, $\frac{1}{4}$ cup chopped parsley, $2\frac{1}{2}$ cups soft bread crumbs, 2 eggs, 2 teaspoons salt, $\frac{1}{8}$ teaspoon pepper.

Let slices of liver stand in hot water for 10 minutes and then grind with the onion and bacon. Add eggs, crumbs, parsley and seasonings and pack firmly into a loaf pan. Bake one hour at 350° F. Makes 6-7 servings. May be sliced cold if desired.

COUNTRY BOILED DINNER

1½ lbs. pork neckbones, water, 1 tablespoon salt, ½ teaspoon pepper, 8 onions, 8 potatoes, 8 carrots, small head of cabbage.

Wipe the meat with a damp cloth. Cover with water and allow to simmer until nearly tender, about one and a half hours. Season. Prepare vegetables and add carrots and onions whole. Cook fifteen minutes and add whole potatoes. Cook twenty minutes and add quartered cabbage. Cook until cabbage is done. Serves 4.



PORK TENDERLOIN CREOLE

1½ lbs. pork tenderloin, sliced, 3 tablespoons flour, 3 tablespoons lard, 2 cups tomatoes, 1 teaspoon salt, 4 carrots, 1 onion, sliced, ½ green pepper, diced.

Dredge meat with flour, brown in lard. Pour tomatoes over meat, add seasonings, onion, carrots and green pepper. Place in a covered pan and cook in slow oven (325° F.) for one hour. Serves 4.



SAUSAGE AND MACARONI LOAF

1 cup milk, ¼ lb. grated American cheese, 2 eggs, slightly beaten, salt, 2 lbs. link sausages, 1 cup macaroni, 2 tablespoons butter, 2 tablespoons flour.

Cook macaroni in boiling salted water until tender, about 20 minutes. Make a white sauce by combining butter and flour, gradually adding milk and cooking until thickened. Melt cheese in white sauce, add slightly beaten eggs and macaroni. Season. Brown link sausages and place in a border around inside of loaf pan. Pour macaroni mixture inside sausage border and bake in a moderate oven (350° F.) until the loaf is set and the sausages done, about 40 minutes.



FRIED SALT PORK AND CREAM GRAVY

1 lb. salt pork, ¾ cup corn meal, 1 tablespoon lard, 2 tablespoons flour, 2 cups milk or evaporated milk, salt and pepper.

Cut salt pork into ¼ inch slices. Cover with hot water for a few minutes, then drain. Dip each piece in corn meal and brown slowly in lard in a heavy frying pan. Remove from pan and drain off all but 2 tablespoons fat. Stir in flour. Cook two minutes, stirring well, and add milk slowly. When gravy is smooth, continue cooking for 10 minutes. Pour over meat and serve hot.

PORK SAUSAGE AND CORN CASSEROLE

1 lb. pork sausage patties, 2 tablespoons butter, 2 tablespoons flour, 1 cup diluted evaporated milk, 1 cup fine cracker crumbs, 2 cups cooked whole kernel corn.

Fry pork sausage patties until lightly brown. Make white sauce by melting the butter, adding the flour and stirring in the milk. Stir until the sauce thickens. In an oiled baking dish arrange layers of crumbs, corn, sausage patties and white sauce. Top with buttered crumbs and a few pork sausage patties, and bake 30 minutes in a moderate oven (350° F.). Serves 4 or 5.



LEE'S BARBECUED FRANKFURTERS

Simmer 12 frankfurters, 1 tablespoon butter, 1/2 onion, chopped, 1/2 teaspoon pepper, 4 teaspoons sugar, 1 teaspoon mustard, 4 teaspoons Worcestershire sauce, 1 teaspoon Tabasco sauce, 1 teaspoon paprika, 1/2 cup catsup, 1/4 cup vinegar, 1/2 cup water. Serve in rolls with green onions.



PORK SAUSAGE SKILLET

1 lb. sausage meat, 2 tablespoons minced onion, 1 1/2 cups cooked tomatoes, 2 tablespoons catsup, 2 cups cooked rice.

If link sausage is used, cut into half-inch pieces. Pan-fry sausage and onions until brown. Pour off drippings. Add hot cooked rice, tomatoes and catsup. Blend. Cover and cook very slowly 30 minutes. Serves 6 to 8.



HAM AND POTATO SCALLOP

2 cups diced cooked ham, 1/2 cup diced celery, 2 cups diced cooked potatoes, salt, pepper, 3 tablespoons peanut butter, 2 cups thin white sauce, 3/4 cup bread crumbs.

Arrange alternate layers of ham, celery, and potatoes in a greased baking dish. Add seasoning, if desired. Melt the peanut butter in the white sauce, and pour over the layers. Sprinkle with crumbs, then bake in a moderate oven (350° F.) for 35 minutes. Serves 4 to 5.

MEXICAN DISHES

MEXICO SEA BASS

Many different dishes can be prepared from this excellent fish, but the choice is to cut filet from the sea bass approximately four inches square and one-half inch thick. Season with a small amount of salt and black pepper. Dip into well beaten eggs. Place in a casserole and cook thoroughly in a moderate oven. Serve with hot lemon butter sauce.



CAPON A LA MEXICO

Take a large capon or two small chickens, 4 large onions, sliced, 6 tablespoons of large raisins, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 6 limes, 2 tablespoons blanched almonds, chopped fine, 8 large olives—green or ripe, and $\frac{1}{2}$ pound of butter.

Dress the fowl and lard it inside and out with butter and rub in the salt. Mix the onions and raisins well together, and stuff the fowl with the mixture. Put the butter in a casserole, set the limes in the bottom and sprinkle over with the almonds and olives and place the fowl on top. Cover the dish and let it cook in a slow oven.



DUCK A LA MEXICO

Make a sauce composed of 2 bell peppers, 3 individual stalks of celery, 2 medium sized onions, 3 strips of bacon. Dice all into $\frac{1}{4}$ inch cubes, braise in sauce pan with oil or butter until tender. Add one No. 2 can of tomatoes, crushed thoroughly. If sauce is too thin add small amount of flour to thicken. Brown ducks thoroughly on all sides about thirty minutes (do not burn). When this is done, pour sauce over ducks, covering well. Place in a covered roaster and cook until tender.



SPANISH BEEF PATTIES

Combine one pound of ground beef with salt and pepper, a pinch of cayenne and celery salt and 1 tablespoon of lemon juice. Mix well. Form into the shape of patties, about 6 to a pound of meat. Dip in beaten egg and then into $\frac{1}{2}$ cup of bread crumbs mixed with a half cup of grated Parmesan cheese. Fry in hot shortening until brown and serve with a heavily spiced tomato sauce.

MEXICAN FLANK STEAK

Take 2 pounds of flank or round steak, score with crisscross marks and cover with a dressing made of a little oil, vinegar, salt, pepper and finely chopped onion. Soak for two hours, brown the steak in hot oil or butter. Remove from fire and place in a baking dish or casserole. Add one chopped green pepper, one chopped pimiento, 1 No. 2 can of tomatoes, a tablespoon of chopped parsley and a tablespoon of celery leaves, chopped, to dressing left in pan. Cover the steak with this, adding one cup of hot water or beef stock. Bake in a moderate oven for two hours or until the steak is tender. Serve in the casserole or on a platter with the sauce poured over it.



TAMALES

6 chili peppers, 1 chicken, broth, 3 quarts corn or hominy, 3 tablespoons marjoram or chili powder, 1 tablespoon olive oil, salt.

Remove seeds from peppers. Cover with water and boil until soft. Rub through a sieve. Boil chicken until tender. Mix half of broth with part of corn which has been ground. Add pepper pulp and marjoram. Mix balance of corn and broth with oil and salt. Make a dough thick enough to spread. Place alternate layers of dough and chicken-and-corn mixture in a casserole, and bake thirty to forty minutes, or, spread dough on corn husks, fill center with chicken mixture, roll, tie and steam until thoroughly cooked.



TAMALE POT PIE

1 quart cooked corn meal, scant $\frac{1}{2}$ cup of flour, 2 beaten eggs, $1\frac{1}{2}$ pounds chopped boiled chicken or pork, 2 or 3 green peppers, chopped, broth, 5 or 6 tomatoes, 4 tablespoons lard or cooking oil and salt.

Stir flour into corn meal, add eggs and enough broth to make a thin batter. Spread on sides and bottom of large pan, keeping enough to cover top. Mix chopped peppers with plenty of tomatoes, and cook in oil or lard about twenty minutes. Add meat and salt. Pour into a corn meal lined pan, and cover with remaining corn meal. Bake very slowly for one hour or longer. When almost done, brush top with lard and continue cooking until browned.

CHILI TURNOVERS

2 cups diced cold meats, 1 small chopped onion, 1 chopped green pepper, lard, brown gravy, 1 dozen raisins, 2 sliced hardboiled eggs, 1/2 cup ripe olives, piecrust, powdered sugar.

Mix meat, onion and pepper and fry in lard. Add gravy, raisins, eggs and olives. Make a rich pastry, using one well-beaten egg as part of the moisture. Roll out piecrust and place filling on half of it. Wet edge of pastry and fold over, pinching edges together. Bake in 475° F. oven for thirty minutes. Sprinkle with powdered sugar before serving. Mangoes or pineapple served for garnish.



ENCHILADAS

2 pounds hamburger, 2 cups ground onions, 3 teaspoons chili powder, 1 teaspoon salt, 2 cups tomato pulp, 2 tablespoons fat, 1/2 pound cheese, tortillas. (This is also the proper mixture for the filling of tacos.)

Make a mixture of hamburger, onions, chili powder, and salt and brown in fat. Add tomatoes and cheese and let simmer while preparing tortillas and sauce. Dip tortillas in the sauce and put a spoonful of filling on each. Roll like a jelly role and place in an oblong pan. Place a slice of cheese on each enchilada and cover with sauce. Cook in a 375° F. oven from twenty to thirty minutes, place on a plate and garnish with chopped cheese on top, chopped lettuce and tomatoes on the side.

SAUCE

2 tablespoons red chili powder, 1/2 cup flour, 2 cups tomato juice, 2 onions, ground very fine, salt and 1 1/2 tablespoons shortening.

Mix chili powder and flour with a little water, add other ingredients and simmer until thick. Always put plenty of sauce on top of enchiladas when serving.



TAMALE LOAF

1 cup corn meal, 3 to 4 cups water or stock, 1 pound ground meat, 1 onion, chopped fine, 1 chopped green pepper, minced parsley, 1 minced clove of garlic, 1 to 2 tablespoons fat, 1 can tomatoes, 1 pint olives, 1 tablespoon chili powder, salt and pepper.

Make a mush of corn meal, salt and water. Brown meat, onion, pepper, parsley and garlic in fat. Add remaining ingredients. Combine mush and meat mixture and place in a casserole. Bake for a half hour in a 400° F. oven.

STUFFED GREEN CHILI PEPPERS

6 long large chili peppers, 1 pound cream cheese, 3 eggs, salt, pepper, cayenne and flour, 6 cups tomato sauce, cooking oil or lard.

Broil peppers until skins blister, wrap in cloth for ten minutes to sweat skins loose. Remove skins and open peppers on one side. Remove seeds but do not break stem. Fill centers with cheese and fasten with a toothpick. Beat egg whites, then add egg yolks and beat again. Sprinkle peppers with salt, pepper, cayenne and flour. Holding by stem, dip in egg batter. Fry in oil until brown. Drain. Heat sauce and put pepper in it, allow to simmer for twenty minutes. Serve on hot platter and garnish with avocados.



CHILI CON CARNE

1 pound round steak, 1/4 pound pork steak, 1/4 cup cooking oil or lard, 1 chopped onion, 1 minced clove of garlic, 1 minced sprig of parsley, 3 tablespoons chili powder, 1 quart of water or 1 quart of chili sauce or catsup.

Cut meat in one-half inch cubes, and brown in fat. Add onion, garlic, parsley, salt and chili powder, or chili sauce or catsup. Add water. Bring to a boil and simmer for two hours over a slow fire, adding water if needed. Beans may be added to this before serving.



CURRY OF MEXICAN MEAT

2 cups milk, 2 tablespoons curry, 2 tablespoons fat, 2 tablespoons flour, 1 teaspoon salt, 1/2 can apricots, 1/2 pound mushrooms, 1/2 cup tomato pulp, 1 1/2 to 2 cups fresh or leftover meat, 1/2 cup seeded raisins, 2 tablespoons sherry (optional).

(If fresh meat is used, brown it before making the sauce.) Blend and cook the fat, curry, flour, and salt, then slowly add the milk, stirring until the mixture has thickened. Add the finely cut apricots, sliced mushrooms, drained tomato and the raisins, which have been soaked in the sherry if used. Put the meat in a baking dish, pour this sauce over it, and cook in a 400 degree F. oven for 35 to 45 minutes. Serves 6.

CHILI MEAT LOAF

Take two pounds ground beef, 1 pound ground pork, 1/2 pound ground ham, 1 cup cracker crumbs, 2 beaten eggs, 1 tablespoon chili powder, 1/2 cup milk, 2 tablespoons minced onion, 1 teaspoon salt, 1/2 clove minced garlic, 6 drops of Tabasco sauce.

Mix ingredients in a large bowl. Mold into a loaf pan and pour one-half cup of water over it. Bake in a hot oven from forty to fifty minutes. If pan is uncovered baste several times during the cooking.



SPANISH RICE

1 cup rice, 1 minced clove of garlic, 1/2 cup minced onion, olive oil, 1 quart stock or water, 1 tablespoon minced parsley, salt and pepper, 2 sprigs mint.

Fry rice, garlic and onion in oil until brown. Add stock or water, parsley, salt and pepper. Stir and place mint leaves on top. Do not stir again. Cover and cook over a low fire or place in the oven until nearly dry.



FRITTERS

3 tablespoons butter, 1 cup water, 1 cup flour, 1 teaspoon baking powder, 3 eggs, 1/2 cup fat.

Put butter and water in a saucepan and bring to a boil. Sift flour and baking powder into this. Remove from fire and add well beaten eggs. Beat until cool, then knead until smooth. Drop by spoonful into boiling fat and cook until brown. Serve with powdered sugar and syrup, flavored with cinnamon, or some prefer jelly.



SPANISH EGGS

Take two onions, 3 tomatoes, 2 chili peppers, 6 eggs, minced parsley, 1 tablespoon butter, 1/3 teaspoon salt.

Chop onions, tomatoes and chili peppers. Brown with parsley in butter, add salt and cook for five minutes. Fry eggs on both sides and pour sauce over them.

RED CHILI SAUCE

3 red chili peppers, 4 ripe tomatoes, 3 cloves garlic, 3 tablespoons cooking oil, 1 tablespoon minced parsley, salt and pepper.

Remove stems and seeds from peppers. Cover with hot water and bring to a boil. Peel tomatoes and run through a sieve with garlic and peppers. Heat oil and add tomato mixture, parsley, salt and pepper. This sauce can be used for tamales, enchiladas and is served as a sauce for many other dishes.



MEAT BALLS A LA CABALLERO

1½ pounds lean chopped beef, 3 green onions, chopped, several minced sprigs of mint, parsley and sage, 2 cups tomatoes, salt and pepper, 2 eggs, 1 tablespoon melted lard, flour, 2 quarts boiling water.

Mix meat, onions and seasoning. Add two well beaten eggs and lard. Roll into balls. Dust with flour and put into boiling water. Allow to simmer for one hour. Add tomatoes and boil for one more hour. Season.



MEXICAN NOODLES

Three-fourths cup olive oil, ½ minced onion, 4 stalks diced pepper, cayenne, 1 can tuna fish, ½ pint oysters, 1 package noodles.

Brown onion slightly in olive oil. Add celery and heat slightly. Drain mushrooms, add to oil and celery and thoroughly heat mixture. Add salt, pepper, and cayenne to tomato puree and cook for fifteen minutes. Add to first mixture. Add fish and oysters. Simmer for 1½ hours. Place in casserole with boiled noodles and cook for thirty minutes.



GREEN CHILI SAUCE

4 large green tomatoes, 4 green chilies, 1 tablespoon minced onion, 1 tablespoon minced parsley, salt and pepper, ½ cup oil or lard.

Cover tomatoes, chilies, onion, and parsley in water or stock and boil. Cook until quite soft. Press through a sieve, add salt and pepper. Heat oil and add chili mixture and cook for 15 minutes. This sauce is very delicious served with all kinds of Mexican meat dishes.

SWEET POTATO AND PINEAPPLE JELLY

2 pounds sweet potatoes, $\frac{1}{2}$ large fresh pineapple, 3 cups sugar, 1 cup water, 1 egg white, 1 cup cold water.

Boil potatoes until soft. Mash and rub through a sieve. Grate pineapple and rub through a sieve. Put sugar and water into a sauce pan. Beat egg white and water, add sugar to this mixture. Heat until a scum appears. Remove from fire and add potatoes. Return and cook until clear enough to see bottom of pan. Add pineapple and cook again until clear enough to see pan. Serve cold.



MEXICAN AVOCADO SALAD

Take two avocados, 1 tablespoon onion juice, $\frac{1}{2}$ cup chopped pimiento, juice of 1 lemon or lime, salt, pepper, lettuce and sliced tomatoes.

Peel and mash the avocados, add onion juice, pimiento, lemon juice, salt and pepper and blend well. Serve on lettuce and tomatoes.



GUACOMOLE SALAD

Take two avocados, $\frac{1}{2}$ can green chilies, salt, pepper, vinegar, lemon juice, 1 pound seedless grapes or pomegranates, lettuce and paprika.

Peel avocados and mash, wash chilies and mash, add salt and pepper, vinegar or lemon juice. Add grapes. Serve on lettuce and sprinkle with paprika.



SPANISH COMBINATION SALAD

Take one pint cold veal, lamb, chicken or tongue, 2 hard boiled eggs, slice, 1 teaspoon onion juice, a few minced mint leaves, 2 heads shredded lettuce, well-seasoned French dressing, 2 tablespoons chopped parsley.

Cut up all ingredients and add French dressing. Mix well and serve on crisp lettuce.

BEAN SALAD

1 bell pepper, 1 small onion, 1 ripe sweet pepper, 1 sprig parsley, 2 cucumbers, 2 cups cooked pink beans, 1 clove garlic, 1 pint cider vinegar, 2 tablespoons tarragon vinegar, French dressing.

Chop bell pepper, onion, sweet pepper, parsley and one cucumber and mix with beans. Slice other cucumber, mix with garlic, a sprig of parsley, a piece of onion and the vinegars. Strain and pour over the vegetables and allow to stand for an hour or longer. Drain off the vinegar and serve in a bowl or on lettuce with French dressing.



PANOCHA

1 cup brown sugar, 1 tablespoon corn syrup, 1 cup white sugar, 1 teaspoon vanilla, 1 cup nut meats, $\frac{1}{2}$ cup milk or cream, pinch of salt and 1 tablespoon butter.

Mix sugar, milk, salt and corn syrup and stir until dissolved. Put lid on kettle until it boils. Cook without stirring until the mixture forms a soft ball in cold water. Allow to cool. Add vanilla, nuts and butter. Beat until it can be handled, pour into a pan and cut into squares.



LEFTOVERS

CHOICE SANDWICH

Sliced turkey, sliced baked ham, Swiss cheese, prepared mustard, $\frac{1}{2}$ cup butter, rye bread.

Mix one teaspoon prepared mustard with $\frac{1}{2}$ cup butter. Spread generously on white or rye bread, adding a slice of turkey, one of baked ham, and one of Swiss cheese to each sandwich. The blending of these flavors makes a sandwich which you and your guests will remember for a long time. Serve on individual plates using sliced dill pickle, or radishes and lettuce for garnish. Just a little leftover turkey, ham, and cheese give you possibilities for this delicious sandwich which may be served as the main course of a luncheon, or cut in strips and used to accompany a salad.

BUFFET MEAT LOAF

GREEN LAYER—

One package lime gelatin, 1 teaspoon salt, $\frac{1}{4}$ cup green pepper, 1 cup boiling water, 3 tablespoons vinegar, $\frac{3}{4}$ cup ice water, $\frac{1}{2}$ cup celery and 1 cucumber.

Dissolve the gelatin and salt in hot water. Add cold water and vinegar, then chill until it begins to jell, stirring occasionally. Add the vegetables and pour into a fancy mold or into a bread pan. When stiff, add the following:

RED LAYER—

1 cup canned tomato soup, 1 teaspoon onion juice, $1\frac{1}{2}$ tablespoons gelatin, 2 cups leftover ground meat (veal, pork or lamb), $\frac{1}{2}$ cup water and $1\frac{1}{2}$ teaspoons salt.

Soak the gelatin in water for five minutes, then add the hot tomato soup. Chill over ice cubes and water until slightly jellied. Add the meat, but do not stir enough to make a paste of the meat. Pour over the lime jelly. When firm serve on a platter garnished with lettuce or endive. A poinsetta or other flower may be made of pimiento and green pepper, or hard cooked egg and green pepper, and placed on top of the salad.



TURKEY AND HAM MOUSSE

$\frac{1}{2}$ cup ham, $\frac{1}{2}$ cup turkey, chicken or duck, ground, 2 tablespoons butter or turkey fat, 2 tablespoons flour, 1 cup milk, 1 cup chicken stock or bouillon, $\frac{1}{2}$ cup celery, $\frac{1}{4}$ cup pimiento, $1\frac{1}{2}$ teaspoons gelatin, $\frac{1}{4}$ cup water, 1 egg, hard cooked, $\frac{1}{2}$ cup mayonnaise, $1\frac{1}{4}$ teaspoons salt, $\frac{1}{4}$ teaspoon pepper.

Make white sauce of flour, turkey fat and butter (if there is not enough turkey fat). With leftover roast turkey, use all milk or canned bouillon and milk in the preparation of the white sauce. Soak the gelatin in cold water and add to the hot sauce. Grind the turkey, ham and hard-cooked egg. Cut the celery and pimiento fine and then fold all together. Mold in a ring, melon, or chicken mold, serve on a platter with endive and sections of tomato, with slices of pineapple or with red grapes. Serves 8.

MONDAY MEAT ROLL

2 cups flour, 2/3 cup water, 4 teaspoons baking powder, 4 table-
spoons shortening, 1 teaspoon salt, 1 1/2 cups leftover meat, leftover gravy.

Make first five ingredients into baking powder biscuit and roll into 1/4
inch thickness. Spread with ground leftover meat (beef, pork or ham) which
has been highly seasoned and moistened with leftover gravy.

Roll like a jelly roll and cut with a sharp knife, placing individual portions
in a glass baking dish. This may be made in the morning and stored in
your refrigerator until dinner time. Remove from the refrigerator and allow
to come to room temperature while oven is heating to 450° F. Brush
with melted butter and bake for 20 minutes or until brown. Serve with left-
over gravy or tomato sauce.



TURKEY SANDWICH DELUXE

1 cup diced turkey, chicken or duck, chutney or chopped sweet mixed
pickles, lettuce, thousand island dressing.

Mix the diced turkey and pickles and allow to stand for half an hour,
so that the flavors have a chance to blend. Make 4-inch baking powder
biscuits, split in two. Butter both sides of the biscuit and add a generous
tablespoonful of the turkey mixture, placing lettuce which has been dipped
in thousand island dressing on the lower half. Serve on a plate with celery
stuffed with Roquefort cheese mixed with cream cheese. Garnish the plate
with lettuce leaves, stuffed and ripe olives or pickles.



VEGETABLE POT POURRI

1 cup boiled rice or bread crumbs, 1 green pepper, 3 cups leftover
vegetables, onions, baked beans, brocolli, carrots, green beans, peas, etc.,
1/4 cup milk, 1/4 pound processed cheese, 1/8 teaspoon paprika.

Place the leftover vegetables and finely cut green pepper in a baking
dish, then cover with cheese sauce. This may be made of processed cheese,
melted with milk, or with shredded cream cheese added to a medium white
sauce. Cover with buttered bread crumbs and bake until brown in a 350°
F. oven. Serves 6.

SPICY MEAT PIES

2 cups leftover meat, 1 cup gravy, 1 onion, 2 stalks celery, 1 cup cooked rice, salt, pepper, thyme and allspice.

Fry the onion in meat drippings or butter until light brown. Add the leftover gravy and spices to taste. Boil for about five minutes before adding the rice and ground meat.

Put the spicy meat into individual ramekins. They may then be covered with discs of cooked pastry, which have been well-pricked and baked in a 500° F. oven. Uncooked pastry may also be used or the pies may be baked in large muffin tins. To do this, line each tin with pastry, fill with meat, and then cover with more pastry. It is advisable to place a paper funnel in each of these pies to prevent having the gravy boil over, which makes it difficult to remove pies from their tins. Serves 6.



STUFFED PEPPER SALAD

1½ cups leftover meat, ½ cup celery, 2 tablespoons sweet pickle, 2 tablespoons pimiento, 4 green peppers, 1/8 teaspoon paprika, 1/8 teaspoon pepper, ½ teaspoon salt, ½ to 1 tablespoon mayonnaise, ½ teaspoon onion juice.

Grind leftover meat, celery, pickles, and pimiento. Scrape the cut surface of an onion to obtain the juice, then add with other seasonings and just enough mayonnaise to hold all together. Cut tops from green peppers, remove seeds, then stuff with the meat mixture. Place in a covered container for several hours for the flavors to mellow. Serve three slices on shredded lettuce, placing a mound of mayonnaise in the center and a dash of paprika on top of it.



RICE SUPREME

1½ cups rice, cooked, 1 cup whipping cream, 1 teaspoon almond extract, 5 tablespoons powdered sugar.

Whip the cream, add the cold boiled rice, sugar and almond flavoring. Pile lightly in sherbet glasses, chill till very cold in the refrigerator and serve with a maraschino cherry on top. One cup crushed pineapple and ¼ lb. of cut marshmallows may be added to the rice before folding in the cream.

ECONOMY FISH MOUSSE

$\frac{3}{4}$ cup crab flakes (or other fish), $\frac{1}{2}$ cups milk, $\frac{1}{2}$ teaspoons salt, 2 tablespoons flour, 2 tablespoons butter, $\frac{1}{2}$ cup shredded raw carrot, $\frac{1}{8}$ teaspoon pepper, 1 egg, 2 tablespoons vinegar, 2 tablespoons sweet pickle, finely cut, $\frac{1}{2}$ cup celery, finely chopped, 1 tablespoon gelatin, $\frac{1}{4}$ cup water, $\frac{1}{4}$ teaspoon mustard.

Make a white sauce of the flour, butter, and milk. When thick, add the slightly-beaten egg yolk and cook for two minutes. Soak the gelatin in water, add to the white sauce, with the flaked fish, vegetables, mustard, and vinegar, which have been mixed together. Beat the egg white very stiff and finally fold this into the partially-cooled fish mixture. Pour into a mold and chill. Serve with sweet pickles on lettuce and mayonnaise.



CRAB PUFFS

6 potatoes, baked, $\frac{1}{2}$ teaspoon onion juice, 2 tablespoons pimiento, diced, $\frac{1}{2}$ cup hot milk, $\frac{3}{4}$ teaspoon salt, $\frac{3}{4}$ cup crab meat ($\frac{1}{2}$ can), 1 egg, $\frac{1}{16}$ teaspoon pepper, 2 tablespoons butter.

Bake large, uniform sized potatoes until thoroughly soft. Cut a slice from the side with the point of a sharp knife. Remove the potato pulp and force through a potato ricer. Save the shells. Beat the egg slightly, add the onion juice, salt, pepper, and butter, then beat with the potato. Flake the crab meat. Be very careful to remove all of the spines. Cut the pimiento into small pieces and add with the crab flakes to the mashed potato. Fill the potato shells with the mixture, piling high. Place on a broiler pan and brown lightly on top. Serve on a hot platter, garnishing the top of each potato with strips of pimiento. Garnish the platter with parsley. This may also be served as a luncheon plate with a Tomato Salad, or as a supper dish with buttered beans and beets and a salad.



MACARONI RING

3 tablespoons butter, 10 ounces macaroni, 2 cups turkey stew, 1 cup pineapple, diced.

Cook the unbroken macaroni in actively boiling, salted water until tender. Drain, then add the melted butter before adding to a buttered, nine-inch ring mold. Allow to stand in a warm place for at least half an hour before unmolding, or bake in a 375° F. oven for ten minutes. Unmold on a warm platter and fill with leftover turkey which has been heated in turkey gravy with pineapple bringing gravy to a boil before adding the turkey, and do not boil after it is added. Serves 8.

CHEF'S SUGGESTIONS FOR LEFTOVERS

MEAT

HAM—As loaf with horseradish sauce. Creamed on waffles. In potato croquettes. Minced with green pepper on toast. Toasted luncheon sandwich. With scalloped potatoes and with macaroni.

BEEF, LAMB OR CHICKEN—Croquettes. Curried dishes. Deep dish pies with biscuit, pastry, or mashed potato crust. Individual pies. Stuffed peppers mixed with rice, bread crumbs, or mixed vegetables.

BEEF, VEAL, PORK, LAMB—Meat roll. Hash baked with egg on top. Stew with sweet sour sauce and dumplings. Stuffed tomato. As salad—chopped meats mixed with celery and mayonnaise. Serve on lettuce. Spicy meat pie.

CHICKEN, PORK, VEAL—Aspic salad—use meat aspic adding one cup diced meat and one cup diced celery, green pepper, or other vegetable as desired. Salad—using diced meat, celery, green pepper, mayonnaise. Buffet Meat Loaf. Serve with potato chips.

CHICKEN, TURKEY—Turkey Salad Special. Turkey Sandwich De Luxe. Choice Sandwich.



FISH

CRAB, COD, FLOUNDER, SALMON, SHRIMP, TUNA—Cocktail with Russian Dressing. Croquettes. Fish Cakes. Salad with peas, celery, or carrots and mayonnaise, or Russian dressing. Salad with lemon or lime jello, plus pineapple, pickles, vinegar, celery, and carrots—scalloped or souffled. Economy Fish Mousse. Baked potato stuffed with whipped potato and fish.



FRUIT

CHERRIES, PEARS, PEACHES, APRICOTS—Fruit Cocktail. Mix with fresh fruits. Add thin sugar syrup or syrup from any canned fruit.

APRICOTS, APPLE SAUCE, BANANAS, STRAWBERRIES, RASPBERRIES—Fritters. Fruit Snow. Whip. Sherbets. Ice Cream. Mousses. Sauces for cake.

VEGETABLES

POTATO, SQUASH, TOMATO, ONION, TURNIP, CORN, SPINACH, CARROT, OR A MIXTURE OF SEVERAL—Scalloped. Souffled. Sprinkled with grated cheese and baked. Mashed potato as top for meat pies. Served with cheese sauce, as Vegetable Pot Pourri.

RICE—Croquettes with almonds. Fritters. Rice Supreme. Muffins. Rice Ring for creamed dishes. Spanish Rice. Waffles.

CARROTS, STRING BEANS—In cream with pimiento garnish. Salad, marinated with French dressing, garnished with mayonnaise.



ICE CREAM

ICE CREAM OF ANY FLAVOR—Ice cream sandwiches with sponge cake, chocolate cake, or waffles. Serve with caramel, chocolate, or Melba sauce. Partially melt leftover ice creams, pack in layer in a mold or freezing tray and refreeze for tutti-fruitti ice cream.



SCALLOPED OR SOUFFLED VEGETABLES

TO SCALLOP—

Mashed white potato or cauliflower, Hubbard squash or sweet potato and apple, parsnip or white potato and turnip.

Mash the vegetable or put it through a potato ricer. To each cup of vegetable add one well-beaten egg, one tablespoon milk, $\frac{1}{2}$ teaspoon melted butter.

Cook in buttered glass baking dish in a moderate oven until well browned. This is a very palatable, easy, and inexpensive way to use leftover vegetables.

TO SOUFFLE—

Squash or spinach, onion or carrot, pumpkin or tomato.

To one cup of strained or riced leftover vegetables add one-half cup of thick white sauce, the well-beaten yolks of two eggs, seasonings of salt, pepper, and melted butter, and finally fold in the stiffly beaten egg white.

Place in a buttered baking dish or individual ramekins, set in a pan of hot water and bake in a moderate oven for half an hour or until lightly browned.

SALADS

ASPIC MEAT SALAD

Take one tablespoon gelatin, 2 bouillon cubes, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup vinegar or lemon, $1\frac{1}{2}$ cups leftover meat and vegetables, $1\frac{3}{4}$ cups boiling water and $\frac{1}{2}$ teaspoon salt.

Soak gelatin in cold water and dissolve in the boiling water. Add bouillon cubes, vinegar or lemon, and salt. Cool and mix with leftover meat or vegetables.



COTTAGE CHEESE RING

2 cups cottage cheese, 2 tablespoons lemon juice, $1\frac{1}{2}$ tablespoons gelatin, 1 teaspoon salt, $\frac{1}{4}$ cup milk, 1 cup whipping cream.

Soak the gelatin in milk and melt over hot water. Add the salt and lemon juice to the cottage cheese and blend thoroughly, then add the melted gelatin and finally the whipped cream. Place in an eight-inch ring mold and chill.

Turn the cheese ring onto large chop plate and fill the center with a mixture of salad greens, finely-sliced green pepper, two tomatoes (cut in quarters) which have been marinated in a chiffonade dressing. This is also delicious served with a mixed fruit salad.



PETE'S SALAD

$\frac{1}{2}$ avocado pear, $\frac{1}{2}$ cup crab meat, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup sour cream dressing.

For each portion allow the above ingredients, thoroughly chilling them all after they are mixed. Use one-half avocado for each serving and fill with the crab meat, salt, and sour cream dressing. Garnish with red and green pepper and serve cold.

This is particularly nice for a luncheon served with a light dessert.

TURKEY SALAD

3 cups turkey, $\frac{1}{2}$ pound white grapes, 1 chicken bouillon cube, 1 cup mayonnaise, 4 hard boiled eggs, $\frac{1}{2}$ cup nut meats, $\frac{3}{4}$ cup boiling water, 1 teaspoon salt, 1 tablespoon gelatin, 3 stalks celery, pepper.

Cut turkey, celery and hard-boiled eggs into small pieces. If grapes are small leave whole, otherwise cut in half. Soak gelatin in water and dissolve in hot bouillon. Cool, add to mayonnaise and mix with other ingredients. Pour into a large mold or individual molds and when firm place on lettuce leaves.

Frozen cranberry sauce is delicious served with this salad.



SALAD ROLL

$\frac{3}{4}$ cup ground ham, 2 packages Cream Cheese, 4 tablespoons India Relish, mayonnaise, lettuce.

Add ham and relish to the cream cheese and beat to a smooth paste. If too stiff to spread a bit of mayonnaise may be added. Spread the mixture on large flattened lettuce leaves, then roll the leaves. To serve cut in one inch lengths, placing several in lettuce cups. Ripe olives and tomato may be added to each portion. Use either mayonnaise or French dressing.



SHRIMP SALAD

2 cans of shrimp, 1 small bunch of celery, 6 small pickles, 3 hard-cooked eggs, paprika, 1 sweet green pepper.

Clean and flake the shrimp. Cut the celery and pickles into small pieces and the eggs into halves lengthwise, and then crosswise into small pieces. Mix all and chill. Make a dressing of the following:

$\frac{1}{2}$ cupful of water, 2 tablespoonsful of butter, $\frac{1}{4}$ cup of vinegar, $\frac{1}{4}$ cup of sugar, 2 eggs, $\frac{1}{2}$ teaspoonful of mustard, 1 teaspoon of flour.

Boil together the water, butter, vinegar, and sugar. While this is cooking, beat the eggs well and add to them the mustard and flour. Stir into the eggs the first mixture, beating well. Put over the fire again and stir until thick. Chill, and when ready to serve mix with the shrimp and arrange in a nest of lettuce leaves. Sprinkle lightly with paprika and garnish with narrow strips of green pepper.

VITAMIN SALAD

1 package strawberry gelatin, $\frac{1}{4}$ teaspoon salt, 2 tablespoons lemon juice, 1 cup hot water, $\frac{1}{2}$ cup shredded carrot, 2 ripe bananas, $\frac{3}{4}$ cup cold water, $\frac{1}{2}$ cup celery, sliced fine, $\frac{1}{2}$ cup pineapple.

Dissolve gelatin in hot water and add cold water to cool. Shred carrots, slice celery, and cut bananas in cubes. Sprinkle lemon over the bananas. Add salt to the hot gelatin, when cool and it begins to thicken, add the vegetables. Mold and serve with mayonnaise, garnish with water cress.



CHICKEN SALAD

Boil a large chicken until tender in water which has been previously seasoned with a chopped onion, chopped carrot, bay leaf, salt and pepper, and half a teaspoon of celery seed. Remove meat from fire and let cool. Use two-thirds the amount of celery as you have chicken, mix chicken and celery together. To each quart add salt and pepper to taste and enough mayonnaise to cover each piece. Stir thoroughly and turn into salad bowl lined with lettuce leaves. Garnish with olives and celery tips.



MOCK CHICKEN SALAD

Two cupsful of cubed roast pork, 1 cup celery, cut in small pieces, 4 stoned and chopped olives, $\frac{1}{2}$ red pepper and mayonnaise.

Mix the pork cubes, celery and olives and add $\frac{1}{2}$ of the pepper, which has been washed, and seeds removed, then cut in thin strips. Moisten with mayonnaise. Mound in a salad bowl and garnish with celery tips and the remaining strips of red pepper.



SWISS CHICKEN SALAD

To the finely cut meat of one chicken, add one chopped cucumber, 1 teacup of chopped English walnuts, 1 can of French peas and 2 heads of celery, cut small. Mix with mayonnaise dressing and serve in salad bowl lined with lettuce leaves.

JELLIED CHICKEN SALAD

2 tablespoons of gelatin, $\frac{1}{4}$ cup of cold chicken stock or water, $\frac{1}{2}$ cup of boiling chicken stock or water, 1 tablespoon of lemon juice, $\frac{1}{2}$ cup mayonnaise, $\frac{1}{2}$ cup whipping cream, $1\frac{1}{2}$ cups of cold diced chicken, (white meat preferred), $\frac{1}{2}$ cupful of diced celery hearts, $\frac{1}{3}$ cup of sliced stuffed olives, $\frac{1}{2}$ cup of shredded almonds (may be omitted), 1 teaspoon of minced parsley, salt and pepper to taste.

Soak the gelatin in the cold stock or water for 5 minutes. Add the boiling stock and stir until dissolved. If gelatin does not seem dissolved, set in a pan containing hot water and stir. Cool and add lemon juice and mayonnaise. When it begins to thicken, fold in the cream, whipped stiff. Combine the chicken, celery, olives, almonds, parsley, salt and pepper, and fold into gelatin mixture. Pour into a wet mold or individual molds and chill for three hours. Serve on a bed of lettuce, plain or with additional salad dressing, or it may be served on slices of pineapple with strips of cheese pastry.



GLORIFIED CABBAGE SALAD

2 cups shredded cabbage, 1 tart red apple, 3 tablespoons chopped walnut meats, $\frac{1}{4}$ cup water, 1 chopped green pepper, $\frac{1}{3}$ cup cider vinegar, 2 tablespoons chopped pimientos, 2 tablespoons sugar.

Mix the water, vinegar, granulated sugar together. Pour over shredded cabbage. Soak for an hour. Drain off liquid, add chopped pepper, walnut meats, pimientos, and apple that has been cut in slender strips. Place in the refrigerator. Chill thoroughly and mix with mayonnaise before serving. Serve on lettuce leaves. Serves 6 to 8.



VEGETABLE SALAD RING

1 package of lemon gelatin, 2 tablespoons vinegar, $\frac{1}{2}$ cup chopped green pepper, $\frac{1}{2}$ cup chopped celery, 1 pint hot water, $\frac{1}{4}$ doz. stuffed olives, $\frac{1}{4}$ cup sliced green onions or cabbage, 1 teaspoon salt, 1 cup chopped cucumber, $\frac{1}{2}$ cup grated carrots, green coloring, if desired.

Add water and seasoning to gelatin, then cool. Mix the vegetables with the gelatin and place in either an eight inch mold or individual molds. Serve with tomatoes on lettuce.

VALLEY SALAD

5 slices of tomato, mayonnaise, $\frac{1}{2}$ hard boiled egg, cabbage, chopped parsley or cress. (These ingredients are for an individual portion.)

Crisp a head of lettuce in the refrigerator. Shave very thin and arrange on a salad plate. Slice tomato which has been peeled by immersing in boiling water until the skin may be easily removed. Salt and pepper each slice and place 4 slices on the bed of cabbage. On alternate slices sprinkle the finely-chopped egg and chopped parsley or cress. In the center of the salad, place the fifth slice, and on it add a generous mound of mayonnaise which has been pressed through a pastry bag. Top with a small sprig of parsley or a star cut out of red pepper.



AMERICAN BEAUTY SALAD

6 medium-sized beets, $\frac{1}{2}$ pound of cottage cheese, $\frac{1}{8}$ teaspoon of pepper, $\frac{1}{4}$ teaspoon paprika, salt, 2 tablespoons of cream, lettuce, mayonnaise.

Wash the beets and cook in salted water until tender. Remove the skins and scoop out center. Season the cottage cheese with pepper and paprika and add salt to taste; moisten with the cream, then fill the beets with the mixture. Garnish with bits of beet taken from the center and place on crisp lettuce. Serve with mayonnaise.



ARIZONA FRUIT SALAD

6 slices pineapple, 2 large Arizona oranges, 2 small Arizona grapefruit, 1 package Cream Cheese, 1 green pepper, 6 maraschino cherries, lettuce, mayonnaise.

Select oranges and grapefruit which are the same size and if possible, seedless. Pare with a sharp knife. Then, cutting close to membrane, remove cores in whole pieces.

Combine cream cheese with a little mayonnaise and add a mound to the center of the pineapple. Place alternate layers of orange and grapefruit over this to make a two-colored half sphere. Garnish the top with segments of maraschino cherry cut into eighths and small leaf-shaped pieces of green pepper, or use mint leaves. Serves 6.

STUFFED CELERY SALAD

Cream 1 tablespoonful of butter with 1 package cream cheese, add three minced olives, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{4}$ teaspoonful of paprika, and French dressing to moisten. Prepare celery stalks, and fill with the mixture. Top with mayonnaise, and sprinkle with chopped nut meats.



DELL'S PINEAPPLE SALAD

Cut equal amounts of American cheese, marshmallows and pineapple in small pieces. Make a dressing of $\frac{1}{2}$ cup of pineapple juice, $\frac{1}{2}$ cup orange juice, two tablespoons lemon juice, thickened with two tablespoons cornstarch. Chill dressing, add $\frac{1}{2}$ cup whipped cream and fold in cheese, marshmallows and pineapple. Serve on lettuce leaf.



FRUIT SALAD

2 cups canned fruit salad, 1 cup mayonnaise, $\frac{1}{8}$ teaspoon salt, 1 cup whipping cream.

Whip the cream stiff. Blend with one cup of stiff mayonnaise. Add salt. Strain syrup from one medium-sized can of fruit salad and mix with the above after cutting into half inch cubes. Freeze in refrigerator.



CUCUMBER AND PINEAPPLE SALAD

2 tablespoons gelatin, $\frac{1}{4}$ cup cold water, 1 cup boiling water, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, juice of $\frac{1}{2}$ lemon, 1 cup diced cucumber, $\frac{1}{2}$ cup vinegar, 1 cup canned shredded pineapple.

Soak gelatin in cold water 5 minutes. Then dissolve in boiling water. Add sugar, salt, vinegar, and lemon juice; chill. When mixture is consistency of thick syrup, stir in cucumber and pineapple. Pour into individual molds and place in refrigerator to jell. Unmold on a slice of pineapple and serve with mayonnaise.

PRUNE SALAD

1/8 head of firm white cabbage, 1 apple, nut meats, salad dressing, 8 large uncooked prunes, cream cheese.

Shred the cabbage, dice the apple, chop the nut meats, and mix with the salad dressing. Soak the prunes 1 hour ahead of time; then dry, pit and stuff them with the cream cheese. Arrange salad in a bowl and garnish with the stuffed prunes.



LEMON SALAD

Cut three lemons into halves and remove the pulp carefully so as not to break the skins. Strain off some of the juice. Remove all inner skin from the lemon pulp and mix with finely chopped cabbage which has previously been well seasoned with salt, pepper and oil. Garnish with finely chopped beets and serve on lettuce leaves. Serves 6.



FRUIT AND VEGETABLE SALAD

1 cup of finely chopped cabbage, 1 1/2 cups of canned apricots, cut in small pieces (fresh apricots may be used in season), Mayonnaise or sour-cream salad dressing, lettuce, walnuts, chopped fine.

Mix the cabbage and apricots lightly, and add enough mayonnaise or sour-cream salad dressing to moisten. Heap 1 tablespoon of the mixture on a crisp lettuce leaf, top with dressing and sprinkle with walnut meats, chopped fine.



DIXIE'S CINNAMON APPLE SALAD

4 red apples, 2 cups water, 1 cup sugar, 1/2 cup walnuts, 1/2 cup cinnamon red hot candies, 1 3-oz. pkg. cream cheese, 1 tsp. mayonnaise.

Make syrup of water, sugar and cinnamon candy. Peel and remove centers of apples, place apples in slowly boiling syrup and turn over gently several times to obtain uniform color and thorough cooking. Chill apples thoroughly and fill centers with cream cheese to which have been added the mayonnaise and chopped walnuts. Decorate each apple with half walnut.

COUNTRY CLUB SALAD

Rub salad dish with garlic and line with a bed of romaine lettuce. Fill center with equal parts of cantaloupe and watermelon balls. Top with French dressing made with fruit juices, or maraschino dressing.



CABBAGE-ORANGE SALAD

To two cups of shredded cabbage, add one cup of diced orange, a dash of salt and combine with mayonnaise to moisten. Serve on lettuce leaf. (Pineapple may be substituted for orange.)



GRAPEFRUIT SALAD

Cut the fruit crosswise, and take out the pulp. Line the salad bowl with crisp lettuce leaves. Fill bowl with alternate layers of grapefruit and chopped English walnuts. Pour French dressing over this and serve cold.



APPLE SALAD

1 dozen apples, juice of one lemon, 1 can sliced pineapple, 1 pound white grapes, 1 dozen marshmallows, 1 cupful English walnuts.

Dice apples and add the lemon juice to keep them from turning dark. Cut pineapple in small pieces, seed grapes, cut marshmallows into small pieces, and mix fruit, nut meats and marshmallows. Serve with the following dressing:

Juice from the can of pineapple, 3 eggs, 1 cupful of granulated sugar, 2 tablespoons of flour, 2 tablespoons of butter, $\frac{1}{2}$ pint of whipping cream. Boil the pineapple juice. Beat the eggs lightly and add the sugar and flour, which have been previously mixed. Pour the boiling juice into this mixture, stirring constantly, then place on the stove and cook thoroughly, adding the butter. When cold add to the fruit mixture, and before serving stir in whipped cream.

DESSERTS, COCKTAILS AND CANDIES

FRUIT ICES AND SHERBETS

(Basic Recipe)

1½ cups sugar, 1 cup water, 2 egg whites and 2 tablespoons sugar (use only for sherbets), fruit juices. The use of two teaspoons gelatin and two tablespoons of water with this recipe is optional.

Boil sugar and water together for five minutes. Chill, add fruit juices, then freeze. If gelatin is used, soak in cold water and dissolve in hot syrup, or if cold syrup is used, melt over hot water, adding syrup one teaspoon at a time to melted gelatin. Syrup may be made in quantity, using the above proportions and stored covered in refrigerator for future use.

For sherbets: Beat the egg whites until stiff, beat in two tablespoons of sugar and fold into the cold sweetened fruit juices.

Freeze until half frozen, or until solid for one inch from the edge of the tray and beat once very vigorously with a wooden spoon.



CUSTARD ICE CREAM

(Basic Recipe)

2 cups milk, 2/3 cup sugar, 2 tablespoons cornstarch, dash salt, 3 eggs, 1 cup whipping cream, 1 teaspoon vanilla.

Scald 1½ cups milk and all but 2 tablespoons sugar in top of double boiler. Mix cornstarch, salt, then moisten with ½ cup of cold milk. Add to hot milk and cook for 25 minutes, stirring occasionally. Beat 3 yolks and one white, add the hot custard, return to the double boiler and cook for five minutes. Chill over ice cubes and water. Whip 2 egg whites until stiff and beat in the two tablespoons sugar, add the vanilla and finally the cream which has been whipped until thick but not stiff. Freeze without stirring. Serves 6 to 8.



UNCOOKED ICE CREAM

(Basic Recipe)

½ cup sugar, 2 eggs, 1 1/3 cups top milk or evaporated milk, 2 tablespoons sugar, dash salt, 1 cup whipping cream.

Dissolve ½ cup sugar and salt in milk. Beat egg whites until stiff. Beat in the 2 tablespoons sugar. Beat the yolks until thick and mix with the above. Beat cream until thick but not stiff. Stir all together gently. For plain ice cream add 1 teaspoon vanilla. Freeze until frozen for about one inch from edge of the tray or until half frozen. Stir once and replace in refrigerator. Serves 6 to 8.

FRUIT MOUSSE

2 cups fruit, 2 egg whites, 2 cups whipping cream, 2 tablespoons sugar, 1/3 cup white corn syrup, dash salt.

Beat the egg whites until stiff, beat in the sugar, then add the flavoring sweetened with corn syrup. Beat the cream until thick but not stiff. Fold the two together, and add fruit. Freeze without stirring. About ten marshmallows may be added if desired.



FROZEN LEMON PIE

3 egg yolks, 1 egg white, 1/2 cup sugar, 4 tablespoons lemon juice, 1 cup whipping cream, rind 1/4 lemon.

Beat together the egg yolks and all but one tablespoon of the sugar, while heating over hot water. Add the lemon juice and pared rind of 1/4 lemon. Remove from heat when thick. Chill, removing the rind when the custard is cold. Beat egg white till light, then beat in the extra tablespoon of sugar. Beat the cream until thick but not stiff. Fold the two mixtures together. Pour into a narrow freezing tray which has been buttered, then sprinkle generously with finely crushed vanilla wafers, or line the bottom and sides of the tray with sponge cake before adding the lemon mixture. Freeze. Serve topped with whipped cream.



FROSTY PLUM PUDDING

1/2 cup milk, 1/4 cup sugar, 1 square chocolate, 2 cups chopped fruits and nuts, 1 1/2 teaspoons vanilla, 1 cup whipping cream, 1 egg.

Melt the chocolate and sugar in the milk, add the finely cut fruits, then cook over hot water until the fruits are softened. Add beaten egg yolk and chill. Whip the egg white until stiff, then beat in one tablespoon of sugar. Fold into chocolate mixture. Whip the cream until thick, but not stiff, stir gently into the chocolate mixture and place in freezing tray.



ISABEL'S FIG PUDDING

1 pound figs, 1 cup suet, 2 cups bread crumbs, 3/4 cup of sugar, 2 tablespoons citron cut in small pieces, 2 well-beaten eggs, 1 tablespoon molasses, 2 tablespoons of milk, 1 teaspoon each of soda and salt, 1/2 teaspoon of nutmeg.

Mix all ingredients together and place in a mold and steam for two hours. Serve with hard sauce.

CHARLENE'S DATE ROLL

1 pound dates, pitted, 1 cup walnut meats, $\frac{1}{2}$ pound graham crackers, 1 pound marshmallows, 1 cup light cream or top milk.

Cut dates, walnuts and marshmallows in small pieces, roll graham crackers into crumbs and combine all ingredients. Make into roll and put wax paper around it, place in refrigerator for at least twenty four hours before serving. Serve in slices with whipped cream and maraschino cherry on each portion.



SALLY'S FROZEN FRUIT SALAD

Cook beaten yolks of four eggs, juice of 1 lemon, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon dry mustard. Stir constantly until the consistency of custard. Cool. Add one pint of whipped cream, 30 cut marshmallows, 4 cut slices pineapple, 2 cups white cherries and 1 cup blanched almonds and one package of gelatin. Cover and keep in refrigerator at least 12 hours.



VIDA'S BROWNIES

1 cup sugar, 2 tablespoons butter, 2 squares melted chocolate, $\frac{1}{2}$ cup evaporated milk, 1 egg, 1 teaspoon vanilla, 1 teaspoon baking powder sifted into 1 cup of flour, 1 cup finely chopped nut meats. Mix ingredients and bake in a shallow pan in moderate oven. Cut in squares.



ROLLED WAFERS

4 tablespoons flour, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ cup shortening, $\frac{7}{8}$ cup brown sugar, sifted and packed, $\frac{1}{2}$ cup pecans, ground or chopped fine, $\frac{1}{2}$ teaspoon vanilla.

Sift flour once, measure, then sift with salt. Cream shortening, gradually beating in sifted brown sugar. Add well-beaten eggs, flour, nuts and flavoring. Drop by level tablespoonsful on a cookie sheet, leaving space between each for spreading. Bake at 300° F. for about 15 minutes.

KIKI'S SUGAR COOKIES

1/2 cup butter, 1 cup sugar, 2 eggs, 1 tablespoon cream, 2 1/2 cups cake flour, sifted before measuring, 2 teaspoons baking powder, 1 teaspoon flavoring.

Cream butter, add sugar, then beat until light. Add beaten eggs, flavoring, and cream. Sift flour and baking powder together and add to butter and sugar. Chill dough until stiff enough to shape. Mold into rolls about two inches in diameter and place in refrigerator. When firm, cut in slices and bake in a 425° F. oven.



MOTHER'S COFFEE FRUIT CAKE

2 cups brown sugar, 1 cup butter, 1 cup molasses, 1/2 teaspoon soda, 4 eggs, 4 cups flour, 1 teaspoon baking powder, 1 teaspoon cloves, 2 teaspoons cinnamon, 1 teaspoon nutmeg, 1/2 teaspoon salt, 1 cup strong coffee, 1/2 lb. citron, 1 lb. shelled pecans, 1 lb. shelled almonds, 1 lb. dates, 1/2 lb. dried pineapple, 1/2 lb. lemon and orange peel mixed, 1 lb. raisins, 1 lb. currants and 1 medium sized bottle of maraschino cherries (candied cherries can also be used.)

Cream butter and sugar, add molasses in which soda has been dissolved. Add well-beaten eggs. Sift flour, baking powder and spices together, and add to first mixture. Add coffee and mix well. Add fruit which has been slightly floured and mix well. Bake in a slow oven with a pan of water in the bottom of the oven. This makes a nine pound fruit cake.



CITRUS COCKTAIL

2 grapefruit, 4 oranges, 3 tangerines, pomegranate juice and sugar.

Dice grapefruit, oranges and tangerines. Pour enough pomegranate juice over this to color (brandy may be used instead) and sprinkle with enough sugar to sweeten, unless desired tart. Garnish with maraschino cherries.



GRAPE COCKTAIL

2 cups grapejuice, one cup of water, 1/4 cup sugar or to suit taste, 1 cup of orange juice.

Boil sugar and water together for 10 minutes. Mix fruit juice and syrup. Strain, cool, and pour into freezing pans. Freeze to a mush. Serve in sherbet glasses garnished with thin slice of orange and mint leaves.

JELLIED BOUILLON

2 tablespoons gelatin, 4 tablespoons cold water, 1 teaspoon salt, 1/2 teaspoon pepper, 2 tablespoons parsley, 2 small pieces bay leaf, 1 teaspoon Worcestershire sauce, 2 tablespoons Tarragon vinegar, 1 quart beef bouillon or 4 bouillon cubes to 4 cups hot water.

Soak gelatin in cold water five minutes. Cook remaining ingredients together for 10 minutes. Strain and, while hot, add gelatin. Chill in large or individual molds in refrigerator until firm. Serve on lettuce leaves and garnish with stuffed olives, or cut into small squares and serve in bouillon cups. Serves 6 to 8.



TOMATO JUICE COCKTAIL

2 cups tomatoes, 2 tablespoons sugar, 1 teaspoon salt, 1/8 teaspoon pepper, celery salt, onion juice, ground cloves, gelatin, if desired.

Strain tomatoes, add seasonings, and allow to stand in refrigerator for an hour, so that the flavors may mellow. Seasonings may be changed to suit taste. Chill well. Shake in cocktail shaker, or freeze and serve in sherbet glasses, garnished with parsley or water cress. If gelatin is used, soak two teaspoons of gelatin in a little tomato juice and melt over hot water, adding to above tomato mixture. Freeze for about 1/2 hour. Remove and beat thoroughly twice and then complete freezing.



SALAD PUFFS

1/2 cup butter, 1 cup water, 1 cup pastry flour, 4 eggs and a dash of salt.

Heat butter and water in a sauce pan. When it boils add flour. Cook until thick, stirring constantly. Remove from fire, add unbeaten eggs, one at a time beating thoroughly between each addition. Drop the equivalent of two level teaspoonsful on an ungreased cookie sheet, allowing space in between for spreading and bake in 425° F. oven for 25 minutes. If larger puffs are made, allow 30 to 35 minutes for baking.

Fill small puffs with chicken salad, cheese, ham, etc., and the large puffs with ice cream, whipped cream or custard.

SUMMER COCKTAIL

1 large cucumber, 6 radishes, 8 small button onions, 2 tablespoons chopped pimientos, cocktail sauce.

Pare, chill, then dice the cucumber. Dice the radishes, cut onions in halves, and chop the pimientos fine. Mix, having all ingredients as cold as possible. Serve in cocktail glasses with cocktail sauce.



DIVINITY

4 cups of granulated sugar, $\frac{3}{4}$ cup of white corn syrup, $\frac{1}{2}$ cup water, 3 eggs, a pinch of cream of tartar.

Place the sugar, syrup and water in a sauce pan over the fire and boil together until syrup will spin a thread from 2 or 3 places when dropped from a spoon. Pour slowly over the well-beaten egg whites, beating mixture constantly until thick and pour on sheet of heavy oiled paper. Cool. Cut in squares.



ORAH'S FUDGE

$1\frac{1}{2}$ cups sugar, $\frac{1}{4}$ teaspoon salt, 4 tablespoons cocoa, 2 tablespoons butter, 2 tablespoons white corn syrup, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, nutmeats (optional).

Mix all ingredients except vanilla and nutmeats. Boil until a soft ball forms when dropped in cold water. Do not stir while boiling. Cool. Add vanilla and beat until creamy. Pour on greased platter, cool, cut in squares.



SPICED NUTS

Boil $\frac{1}{2}$ cup of white sugar, $\frac{1}{2}$ cup of brown sugar, $\frac{1}{4}$ cup water and 1 teaspoon cinnamon until soft ball forms in cold water. Be sure it is well done. Mix in $\frac{1}{2}$ pound of pecans and spread on oiled paper. Separate and cool.

CACTUS CANDY

Barrel cactus is the only cactus used in candy making. Cut cactus into 1-inch slices and take out the core. Remove rind as only the pulp is used. Cube pulp and boil for about 5 hours. Drain thoroughly dry. Mix 50% sugar and 50% corn syrup together in an amount sufficient to cover the cactus pulp. Cook the pulp and syrup mixture for about an hour and allow to stand until the next day. Cook for another hour and let it stand until the following day. Then cook until the syrup threads. It should look like preserves when ready to crystallize.

When this has been done, take another kettle and make a fresh mixture using 2 parts of sugar to 1 part of syrup. Stir until it is a little cloudy. While it is milky, stir thoroughly, and take cactus pulp which has been previously prepared and drop each piece into this mixture for a minute or two. Remove with wire tongs and place on piece of screen, if available, or on waxed paper where it will properly drain and will not stick together. If not watched carefully, it will form a solid mass.

To those desiring to make cactus candy, it should be remembered that the average barrel cactus used weighs from 50 to 100 pounds and should never be taken from the desert unless the entire cactus will be used. It is also well to remember that the pulp of the barrel cactus furnishes a water supply for those who might be lost on the desert.



MISCELLANEOUS

ARIZONA CITRUS DRESSING

(Basic Recipe)

2 cups bread crumbs, 2 slices bacon, chopped fine, rind of 2 oranges, grated, 1 tablespoon lemon rind, grated, pinch of thyme and marjoram, or poultry seasoning, salt and pepper to taste, 1 small onion, chopped fine, 2 diced apples and 2 eggs.

Combine the ingredients in the order given and stuff the bird or bake separately for about 30 minutes. This is very tasty and a splendid dressing for all birds, domestic or wild, or with roast pork or veal.



CHESTNUT DRESSING

Use the basic recipe for Arizona Citrus Dressing substituting one pound of finely chopped cooked chestnuts for citrus fruits.

OYSTER DRESSING

Substitute one pint of chopped cooked oysters to the basic recipe for Arizona Citrus Dressing.



APPLE DRESSING

Use the basic recipe for Arizona Citrus Dressing and substitute 1 pound of slightly cooked apples for the citrus fruits.



DRESSING FOR FOWL

1 medium-sized onion, chopped fine, 1 stalk celery, chopped fine, 1/2 cup of minced ham or bacon, 1 cup bread crumbs, pepper, salt and poultry seasoning to taste, 2 eggs, chopped parsley.

Saute together the chopped onion, chopped celery, minced ham or bacon. Mix with bread crumbs, seasoning, parsley and beaten eggs. Stuff bird.



RIPE OLIVE DRESSING

1 tablespoon each of salt, pepper, mustard, and onion juice, vinegar, lemon juice, 4 tablespoons olive oil, and 1 cupful of finely diced ripe olives.

Mix all ingredients well together and allow to chill before using. This can be used for a dressing for fowl or as a salad dressing.



FRUIT DRESSING

5 tablespoons of sugar, juice of 2 lemons and 3 tablespoons of sherry wine.

Dissolve sugar in lemon juice and then add the sherry wine. Chill before using.

RED DRESSING

1 tomato, chopped fine, 1 red pepper, chopped fine, 1 teaspoon onion juice, 2 tablespoons vinegar, 4 tablespoons olive oil, salt and pepper.

Mix salt, pepper and onion juice. Add tomato after draining off most of the juice. Add vinegar and olive oil. Mix thoroughly and place in refrigerator before using.



CREAM DRESSING

2 eggs, 1 tablespoon of sugar, 1 teaspoon of mustard, 8 tablespoons of olive oil, 3 tablespoons of vinegar, 1 teaspoon of salt, dash of cayenne and 1 cup of well whipped sweet cream.

Beat the yolks of the eggs and work smooth with the sugar, mustard, olive oil, vinegar, salt, cayenne and cream.



ROQUEFORT DRESSING

1 lb. grated Roquefort cheese, 4 tablespoons of oil, 1 tablespoon Tarragon vinegar, 1 teaspoon of salt, 1 teaspoon pepper and 1 teaspoon onion juice.

Work cheese into the oil until thoroughly smooth. Add vinegar, salt, pepper and onion juice and mix well.



BOILED DRESSING

4 tablespoons sugar, 1 teaspoon mustard, 1½ cups boiling water, 1 teaspoon salt, 2 tablespoons vinegar, 2 tablespoons butter, 2 tablespoons cornstarch, 3 tablespoons lemon juice, 2 egg yolks.

Mix dry ingredients. Add vinegar, lemon juice, water and butter. Cook until thick, stirring frequently in double boiler. Add beaten egg yolks, and cook one minute longer. Cool and place in covered jar and keep in refrigerator. Thin as needed with plain or whipped cream.



MARASCHINO DRESSING

Use the French dressing recipe substituting maraschino cherry juice and chopped maraschino cherries for the vinegar.

FRENCH DRESSING

$\frac{3}{4}$ to 1 tablespoon vinegar, $\frac{1}{2}$ teaspoon salt, 3 tablespoons olive oil, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{4}$ teaspoon pepper, cayenne.

Place the above or any multiple of the ingredients in a bottle and shake well, or place in a bowl and beat. This is best served fresh and ice cold.



FRENCH DRESSING MADE WITH FRUIT JUICES

Substitute fruit juices for the vinegar in the French Dressing Recipe. This is tastier to use on fruit salads than dressings made with vinegar.



THOUSAND ISLAND DRESSING

1 cup mayonnaise, 2 tablespoons chili sauce, 2 tablespoons of stuffed chopped olives, 1 tablespoon chopped green pepper, 1 tablespoon chopped onion.

Mix well and serve cold. Use over hearts of lettuce, vegetable or gelatin salads, or serve as a tartar sauce with fish.



CHIFFONADE DRESSING

Add finely chopped two tablespoons parsley, 2 hard-boiled eggs, finely chopped, 2 tablespoons red pepper, 1 tablespoon shallot, $\frac{1}{4}$ teaspoon of paprika, to twice the recipe for French Dressing.



SOUR CREAM DRESSING

Thoroughly mix $\frac{1}{4}$ cup sour cream, 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon vinegar, dash of cayenne, $\frac{1}{8}$ teaspoon salt and chill.



PINEAPPLE DRESSING

Juice of one No. 2 can of pineapple, 1 cupful of sugar, 1 tablespoon cornstarch, 1 cup finely chopped walnuts, $1\frac{1}{2}$ cups water.

Mix the cornstarch with a small amount of the water, add pineapple juice, sugar and remainder of water. Boil until thick. Chill. Add walnuts. Particularly nice with fruit salad.

CARAMEL SAUCE

2/3 cup corn syrup, 1 1/4 cups brown sugar, 4 tablespoons butter, 3/4 cup evaporated milk.

Cook all together in a double boiler for 3/4 of an hour. Cool. Beat for five minutes. Nutmeats can be added if desired.



CHOCOLATE SAUCE

1/4 cup cocoa, 1 cup water, 1 cup sweetened condensed milk, 2 tablespoons butter, 1 1/2 teaspoons vanilla.

Blend cocoa and milk, mixing until smooth. Add water and butter, then boil for about five minutes, or until thick, stirring constantly. Cool, add vanilla.



HARD SAUCE

1/2 cupful of butter, 2 cupsful of powdered sugar, 1 egg white, 1 teaspoon vanilla.

Cream butter and sugar together until very smooth. Add the egg white and vanilla and beat until fluffy. Chill and serve. This mixture may be molded into fancy shapes to serve on pudding, and the flavor may be varied by using a small amount of lemon juice and grated rind, orange juice and rind, sherry flavoring, or grated nutmeg.



VANILLA SAUCE

1 cup sugar, 1 tablespoon of flour, 1/4 teaspoon of salt, 1 cup boiling water, 1 tablespoon of butter, 1 teaspoon of vanilla.

Blend the sugar, flour, and salt. Add the boiling water and stir until smooth. Boil for three minutes. Add the butter and vanilla.

Chocolate sauce can be made by adding 2 squares of chocolate to this recipe, lemon sauce by omitting the vanilla and adding 3 tablespoons of lemon juice and 2 teaspoons of grated lemon rind, or fruit sauce by omitting the vanilla and substituting 1 cup of fruit juice, boiling hot, for the water.

ARIZONA LEMON BUTTER SAUCE

Squeeze the juice of six Arizona lemons through strainer, add pinch of salt and white pepper. Heat until lukewarm. Melt $\frac{1}{4}$ pound of butter in saucepan and slowly beat lemon juice into the butter, but do not boil. Parsley may also be added, or all-spice to change the flavor.



KATIE'S HAM SAUCE

Melt a glass of currant jelly in a double boiler, add one-half jelly glass of prepared French mustard. Beat well with rotary beater and serve hot over baked ham. This gives a spicy wine flavor.



SPAGHETTI SAUCE

Fry 1 large onion, chopped, 1 stalk of celery, chopped, 1 finely chopped clove of garlic and 1 small green pepper, chopped, in $\frac{1}{2}$ cup of olive oil until brown. Add one cup of tomato juice, 1 cup tomato paste, $\frac{1}{4}$ cup stuffed olives, chopped, $\frac{1}{2}$ cup ripe olives, chopped, $\frac{1}{2}$ teaspoon Worcestershire sauce, $1\frac{1}{2}$ teaspoons salt and $\frac{1}{4}$ teaspoon paprika and cook slowly for half an hour.

For a spaghetti dinner, add 1 lb. browned ground beef steak to sauce and pour over cooked spaghetti, using $\frac{1}{2}$ pound of spaghetti for each individual serving. Sprinkle with grated cheese. Serve.



UPSIDE-DOWN ORANGE BISCUITS

$\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup sugar, 2 teaspoons grated orange rind, 2 cups flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder, 3 to 4 tablespoons shortening, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon.

Combine butter, orange juice, $\frac{1}{2}$ cup sugar, and orange rind. Cook 2 minutes. Pour into 9 muffin pans. Sift flour, salt, and baking powder, cut in shortening. Add milk, stir until dough follows fork around bowl. Knead $\frac{1}{2}$ minute, roll $\frac{1}{4}$ inch thick. Sprinkle with $\frac{1}{4}$ cup sugar and cinnamon. Roll as for jelly roll. Slice 1-inch thick and place, cut side down, over orange mixture. Bake in hot oven for 20 to 30 minutes.

NUT BREAD

5 cups flour, 1 cup sugar, 5 teaspoons baking powder, 2 eggs, 2 cups milk, 1½ teaspoons salt, 1 cup nuts.

Sift flour, sugar, baking powder and salt. Add nuts. Beat eggs, add milk and mix with flour. Let stand 20 minutes. Bake 30 minutes in slow oven.



CHEESE SQUARES

Roll biscuit dough thinner than usual, cut in about 2 inch squares, stack four squares together in greased muffin tins, placing plenty of grated cheese between layers. Bake in a 375° F. oven.



BUTTERMILK BISCUITS

2 cups flour, ½ teaspoon salt, 4 teaspoons baking powder, ½ teaspoon soda, 5 tablespoons shortening, 1 cup buttermilk.

Sift flour, salt, baking powder, and soda. Cut in shortening until mixture resembles coarse crumbs. Add buttermilk, all at once, and stir until dough follows fork around bowl. Turn out on well-floured surface and knead ½ minute. Roll ¾ inch thick, brush with melted fat or salad oil. Fold over and cut with biscuit cutter. Bake on ungreased cookie sheet in hot oven at 450° F. from 12 to 15 minutes.



BACON BREAKFAST WHEELS

Roll out biscuit dough on lightly floured board. Cream 4 tablespoons butter and add ½ cup crisp chopped bacon and spread on dough which is thin. Roll like jelly roll, cut in 1-inch slices, place in greased muffin tins and bake in 425° F. oven for 15 minutes.

Or, spread with well seasoned creamed meat or fish or mincemeat. These should be baked at 400° F. from 25 to 30 minutes.

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ARIZONA
*recipes
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WILLIAM
"BILL"
PETERSEN