

PANCIT GUISADO (meat and seafood with noodles)

1 4½ ounce can shrimp
3/4 cup cooked pork cubes
3/4 cup cooked ham cubes
1 cup cooked, flaked chicken
4 cloves garlic
1 medium onion, sliced
2 tablespoons fat
3 tablespoons soy sauce
1 teaspoon pepper
1½ cups chicken stock
1 cup coarsely shredded cabbage
6 ounce package home-style noodles
1 lemon, sliced

Cook shrimp, pork, ham, chicken, garlic, and onion in fat until onion is golden. Remove a small portion of each for garnishing and set aside. To the remaining mixture add the soy sauce, salt, pepper, 1/2 cup chicken stock, and cabbage. Stir. Cover and simmer about 10 minutes or until cabbage is cooked but still crisp. Boil the noodles according to the directions on package, until almost done. Drain and add to meat and cabbage mixture. Add remainder of chicken stock. Cover and simmer for 15 minutes. Serve in deep platter. Garnish with reserved portion and with lemon slices. Serve with soy sauce if desired. 6 servings. Note: Amounts and kinds of meat can be varied according to available leftovers and tastes. Carrots, greenbeans, or celery may be added. (Filipino dish)

Earnestine Sloan

GRAMS GOULASH

2 pounds ground chuck
1 cup rice, cooked in 1½ cups water as package directs
2 onions, sliced and sauteed in butter
4 cans consomme
Drain onions and brown meat. Blend and bake 325 degree oven for 2½-3 hours. Add more consomme as it absorbs. Cover with your favorite cheese and bake for 10 minutes more. We use mozzarella.

Nancy Briggs

SHEPHERD'S PIE

A very tasty, economical one-dish meal. It is hard to stop eating it.

In a large skillet, crumble 2 pounds lean ground lamb. Season it with 2 teaspoons seasoned salt and mix in 1 cup chopped shallots or sweet onions. Saute lightly. Drain, put aside. Drain 1 pound can sliced carrots, 1 pound can sweet peas and mix with 1 pound can creamed corn. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Spread vegetables over sauteed lamb. Dot with 2 tablespoons butter. Top with 4 cups mashed potatoes. Bake, covered, 45 minutes at 325 degree oven.

Carol Barclay
via her Mom

SCALLOPED OYSTERS

1¼ cups soft bread crumbs, 2 cups cracker crumbs, 1 cup melted butter, 1 quart oysters, 1 teaspoon salt, dash black pepper, 2 tablespoons chopped parsley, 1/2 cup oyster liquor, 1/4 cup milk. Combine bread crumbs and cracker crumbs and stir in melted butter. Place a thin layer in a large greased casserole. Arrange oysters on crumbs and sprinkle with salt, pepper and parsley. Repeat layers, adding balance of liquor and milk and cover top with remaining crumbs. Bake in moderate oven (350) for 45 minutes to 1 hour. The mixture should puff and should be richly browned. Serves 8.

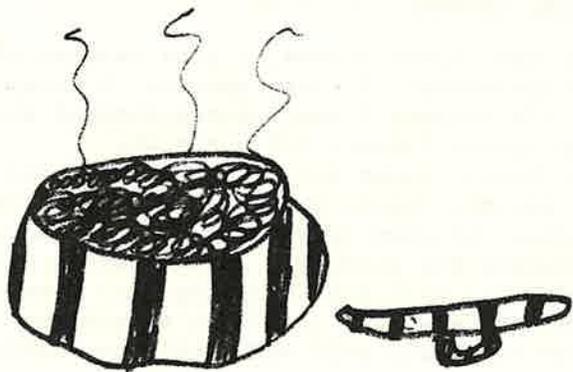
Mrs. Jim Fuller

SCAMPI SPAGHETTI

4 tablespoons butter
1-1/2 pounds frozen shrimp partially cooked or raw,
shelled and deveined
2 tablespoons chopped shallots
2 tablespoons warm cognac
1/4 cup tomato puree
1/2 cup plus 1 teaspoon heavy cream
1 tablespoon chopped fresh basil or 1/2 teaspoon dried
1 tablespoon chopped chives
1 egg yolk
1 pound spaghetti
2 tablespoons chopped parsley

Heat half the butter in a skillet, add shrimp. Sprinkle with salt and pepper and cook until shrimp are red on both sides (if raw) or until butter soaks in (if frozen). Sprinkle with shallots and cook one minute, stirring. Add cognac and ignite it. Add tomato puree and cook one minute over high heat. Stir in 1/2 cup of cream, basil and chives. Do not boil. Beat egg yolk with remaining tablespoon of cream and add it to sauce, stirring rapidly. Cook spaghetti according to directions. Drain, toss with remaining butter, and put on platter. Pour shrimp mixture in center. Sprinkle with parsley. 4 servings.

Sue Kunz



ZUCCHINI AND BEEF CASSEROLE

2-2½ pounds zucchini
1 pound ground beef chuck
1/2 cup chopped onion
salt and freshly ground black pepper to taste
1/2 teaspoon chili powder
2 cups toasted bread cubes
1 cup grated sharp Cheddar cheese
2-8oz. cans tomato sauce
1/2 cup beef broth

Preheat the oven to 350.

Dice 1/2 of the zucchini and slice remainder. Brown the meat in a skillet; add the onion, salt, pepper, and chili powder. Cook 1 minute.

Combine the meat mixture, diced zucchini, bread cubes, half the cheese and 1 can tomato sauce; pour into a greased 1½ quart casserole. Top with sliced zucchini; sprinkle with remaining cheese.

Combine remaining tomato sauce with the broth and pour over the casserole. Bake 25 minutes, covered. Uncover and cook until zucchini is tender. Serves 6.

Harriet Toadvine

SHRIMP CASSEROLE

1 pound cleaned shrimp
6 slices bread - soft - trim off crusts
1 pint milk
3 eggs
1/2 pound sliced Cheddar cheese
1/4 pound margarine

Cube bread and cheese. Layer in a buttered casserole with shrimp. Melt butter and pour over bread and cheese. Add milk and eggs which have been beaten together. Let the casserole reach room temperature. Bake until brown and bubbly - about 45 minutes. Use a 350 degree oven.

Nancy Duffus

FRESH SALMON CASSEROLE

4 fresh or frozen salmon steaks
1 package frozen artichoke hearts
1 package frozen peas
1 package frozen small onions in cream sauce
1/2 pint sour cream
1/2 teaspoons parsley flakes
buttered crumbs to cover

Oil casserole or long glass pan. Cook salmon steaks about 5-10 minutes in a 350 oven until you can easily remove the skin and center bone. Leave meat in chunks. Cook vegetables according to package directions, cutting time in half (undercook). Spread salmon in casserole. Mix all vegetables and sour cream together and spread over salmon. Cover with buttered crumbs. Bake until bubbles at edges. Use a 350 oven and bake for 20-30 minutes. You can make an economy casserole out of this by using 1 tall can salmon rather than fresh. The flavor is not as delicate.

Alice Ritter

GOLDEN SHRIMP CASSEROLE

8 slices of slightly dry bread, trimmed, buttered, and cubed (5 cups)
2 cups cleaned, cooked shrimp
1-3 oz. can (2/3) cup broiled sliced mushrooms, drained
1/2 pound sharp processed American cheese, shredded (2 cups)
3 eggs
1/2 teaspoon salt
1/2 teaspoon dry mustard
dash pepper
dash paprika
2 cups milk

Place 1/2 bread cubes in greased 11x7x1 1/2 inch baking dish. Add shrimp, mushrooms and 1/2 of the cheese. Top with remaining bread and cheese. Beat eggs and seasonings. Add milk and pour over all. Refrigerate for 2 hours. Bake 325 degree oven for 45 to 50 minutes. 5-6 servings.

Eleanor L. Hamilton

PORTUGUESE FISH STEW

Ingredients:

1/4 cup olive oil
4 medium onions, sliced
2 cloves garlic, minced
2 tablespoons chopped parsley
salt and pepper to taste
2 or 3 coriander sprigs or seeds (optional)
1 1/2 to 2 pounds fish fillets or small whole fish (bass, perch, shrimp, clams, etc.)
4 medium potatoes, sliced
1 pound canned tomatoes or sauce, or 4 large, peeled fresh tomatoes
1/2 cup dry white wine (optional)
1/4 teaspoon oregano or basil
1 bay leaf

Method:

Heat oil in a heavy skillet or dutch oven. Add onions, garlic, parsley, and coriander. Cook 5 minutes. Place layer of fish over onions, then layer of potatoes. Add tomatoes, wine and remaining seasonings. Cover and simmer until potatoes are done. Add more wine or water, if needed. Serve in soup bowls with French or Italian bread. A good way to use frozen fish. Serves six.

Barbara Vayo

CURRIED MUSHROOM EGGS

1/2 lb. fresh mushrooms
2 tablespoons butter or margarine
1 cup medium white sauce
1/4 cup grated sharp Cheddar cheese
1/2 tablespoon curry powder
1 tablespoon chili sauce
5 hard-cooked eggs, quartered

Saute mushrooms in butter. Combine and blend white sauce, cheese, curry powder and chili sauce. Pour over eggs in a flat dish. Cover with bread crumbs or stuffing mix. Dot with butter. Bake 325 for 25 minutes. Serve with parsley garnish.

Christina Oddleifson

EGGPLANT AND MINCED CLAM CASSEROLE

This is one of the most indestructable and easy to assemble dishes I have. It can be thrown together in ten minutes; or it can be cooked at 150-200 degrees for three hours.

1 medium eggplant, pared and diced
1 - 7oz. can of minced clams
3/4 cup heavy cream
1 tablespoon butter
1 tablespoon minced onion
1 tablespoon chopped parsley
2 teaspoons paprika, optional
1/4 cup buttered bread crumbs or Ritz cracker crumbs

Preheat oven to 350 degrees.

Cook the eggplant in boiling salted water until tender, about 10 minutes, drain.

Drain the clams and add enough clam liquor to the cream to make one cup.

Melt the butter and sauté the onion in it until tender.

Blend in the flour. Gradually stir in the cream mixture.

Bring to a boil and simmer one minute. (This can be done for the last five minutes of boiling the eggplant).

Stir in the clams, eggplant, and parsley.

Pour the mixture into a shallow, greased casserole.

Top with the bread crumbs and sprinkle with the paprika.

Bake about 30 minutes or until well heated.

Yield: two servings for hungry people, or three servings on the small side. Also fills six to eight coquille shells, which may be wrapped in Saran and frozen to heat for your next dinner party as an appetizer.

Susan Stuard

INFINITE VARIETY CASSEROLE*

Ingredients:

For sauce: tomato paste, canned tomatoes, honey, and water.

For stuffing: stuffing mix, basil, and/or other seasonings; salt, currants, raisins, sliced almonds, apples, oranges, chopped green chili, sausage, bacon, ham, celery, onion, mushrooms, garlic powder, buckwheat groats, millet grits, and grated cheese.

Procedure:

Butter bottom of casserole; layer bread crumbs, alternating with layers of thickly sliced zucchini, stuffing, and sauce. Top the whole thing with slices of Mozzarella, and/or grated Romano and Parmesan.

*"Age cannot wither her, nor custom stale
Her infinite variety: other women cloy
The appetites they feed; but she makes hungry
Where most she satisfies."

Antony and Cleopatra,
Act II, scene ii,

Note: precise measurements for all ingredients are not provided as that defeats the purpose of preparing the casserole. Similarly, the ingredients themselves may be varied to suit the individual palate, purse, or party.

Stephen Kunitz

A QUICK GOURMET CASSEROLE

Boil 1 cup brown rice in water to which chicken bouillon has been added. (If wild rice is on the pantry shelf, substitute $\frac{1}{2}$ cup for $\frac{1}{2}$ cup brown rice.

Add 1 package frozen chopped spinach to boiling rice in last 20 minutes. When done, mix together, and put aside.

Saute 1 pound whole fresh mushrooms with 1 small diced onion about 5 minutes. When done put aside.

Mix 1 can cream of mushroom soup with $\frac{1}{2}$ cup water, 3 tablespoons Sherry, and 1 can of tuna (drained and rinsed). Add a few shrimp if you wish. Salt to taste.

In a pretty casserole dish, spread rice-spinach mixture. Cover all with tuna mixture. Sprinkle Parmesan cheese and paprika over all.

Bake at 350 for 15 minutes.

Broil another 15 minutes.

A salad of sliced oranges, an Italian dressing, a glass of good Sauterne, and Presto!

Serves 6.

Ann T. Koch

NOODLES MARMADUKE

1/8 stick butter	3 tablespoons lemon juice
1/4 cup sliced onion	1 can condensed consomme
1 minced garlic clove	1 teaspoon salt
1/2 lb. sliced mushrooms	1/4 teaspoon pepper
1 lb. ground beef	2 cups medium size noodles, uncooked
3 tablespoons Burgundy	1 cup sour cream

Saute onion, garlic, and mushrooms in hot butter until brown. Add meat and brown. Stir in Burgundy, lemon, consomme, salt and pepper. Simmer uncovered 15 minutes. Stir in uncooked noodles. Cook covered for 5 minutes. Add sour cream and serve. 4-6 servings.

Lynn Kerbeshian

SPINACH AND CHEESE CASSEROLE

1 1/2 to 2 pounds kielbasa (Polish sausage)
2 1/2 to 3 pounds fresh spinach or 3 (10 ounce) packages frozen

1/2 teaspoon nutmeg

4 cups shredded Cheshire or mild natural yellow Cheddar cheese

2 tablespoons flour

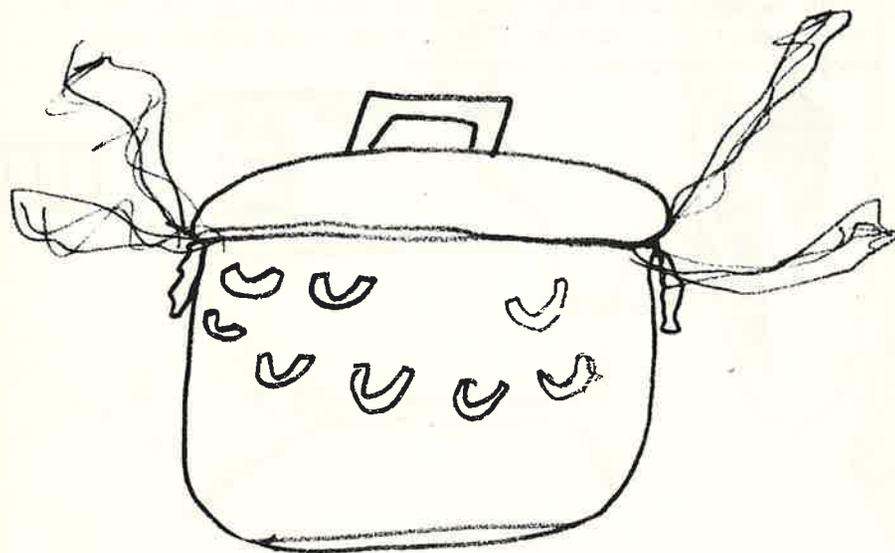
3/4 teaspoon dry mustard

1 cup beer or ale

1 teaspoon Worcestershire sauce

Cut sausage into 1/2 inch slices and saute in skillet until lightly browned. Arrange the sausage slices in the bottom of an eight-cup shallow baking dish. Reserve a few for garnishing. Cook spinach. Drain out excess moisture. Stir in nutmeg. Spread spinach over sausage. Meanwhile heat cheese, flour, Worcestershire sauce, mustard, beer or ale in top of double boiler until it forms a smooth sauce. Bring it to a boil and pour it over sausage and spinach. Garnish the dish with reserved sausage slices. Brown under a preheated broiler. Great for a brunch or light supper along with a salad and crisp bread.

Rosemary MacKenzie



FONDUE NEUFCHATELOISE

1 pound Swiss cheese, shredded or finely cut
3 tablespoons flour
1 clove fresh garlic
2 cups Neufchatel wine (or any light dry Rhine wine)
Riesling or Chablis
salt, pepper, nutmeg to taste
6 tablespoons Kirschwasser
2 loaves French bread, cut into bite-sized pieces,
each of which must have at least one side of crust

Dredge cheese with flour. Rub a fork well with garlic. Pour the wine into a chafing dish or similarly shaped pan and set over very low heat. When the wine is heated to the point that air bubbles rise to the surface (never the boiling point) add the cheese by handfuls, stirring with the fork. Each handful should be completely dissolved before another one is added. Keep stirring until the mixture starts bubbling lightly. Add a little salt and pepper, a dash of nutmeg. Finally add and thoroughly stir in the Kirshwasser. Remove the fondue from the heat and set immediately onto a preheated table-heating element. Be sure that the fondue keeps bubbling lightly. If the fondue becomes too thick at any time, add a little pre-heated wine (never cold).

(When eating, take care that your fork spears the bread securely. Custom has it that "the first loser pays for the works!") Serves 4.

Katie Freeman

MAIN DISHES

