

## FONDUE NEUFCHATELOISE

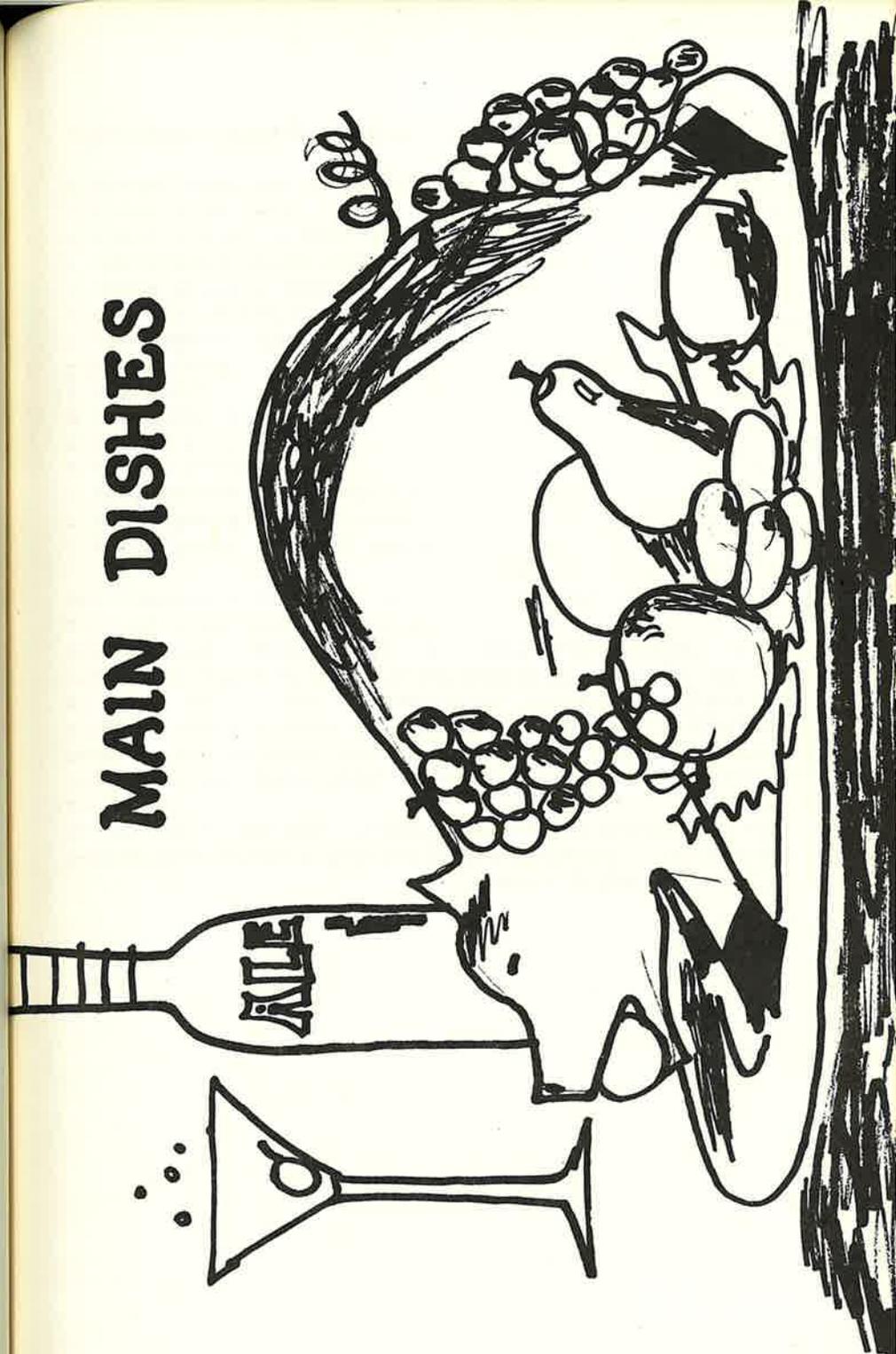
1 pound Swiss cheese, shredded or finely cut  
3 tablespoons flour  
1 clove fresh garlic  
2 cups Neufchatel wine (or any light dry Rhine wine)  
Riesling or Chablis  
salt, pepper, nutmeg to taste  
6 tablespoons Kirschwasser  
2 loaves French bread, cut into bite-sized pieces,  
each of which must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



CARBONADE FLAMANDE (BELGIAN BEER STEW)

3 pounds boneless chuck, cut in strips  
1/4 cup salad oil  
4 large sliced onions  
1 tablespoon brown sugar  
1 clove garlic, minced  
1 cup beef stock or bouillon  
1/2 teaspoon thyme  
pinch nutmeg  
1 bay leaf  
1 teaspoon salt  
2-3 cups beer  
5 slices French bread  
2 tablespoons Dijon mustard  
2 tablespoons wine vinegar  
2 tablespoons chopped parsley

Dry the meat. Brown in half the oil. Set aside.

Turn on oven to 325 degrees.

Saute onions. Sprinkle brown sugar over onions, stir for 1 minute. Add meat broth, garlic, herbs, salt and beer to cover meat. Put in oven-proof casserole. Coat one side of bread slices with mustard and place coated side down on top of meat mixture. Bring to simmer. Cover casserole and bake 1 1/2-2 hours until liquid is reduced to half.

Chill for a day and reheat. Stir in vinegar, salt and pepper. Add chopped parsley before serving. Serves 6.

Macie Willsea

### CHINESE BEEF

1 round steak  
1/4 cup oil  
3 tablespoons soy sauce  
1/4 teaspoon garlic  
dash of Worcestershire sauce  
1 can beef consommé  
water chestnuts  
pea pods (can be bought frozen, as other green vegetables)

In bowl, mix together oil, soy sauce, garlic and Worcestershire sauce. Mix well.  
Cut round steak into thin strips and add to oil mixture, tossing to coat well. Let steak stand in marinade for at least two hours.  
Pour meat and oil mixture in pan on high heat and brown thoroughly, stirring to brown all sides.  
Add beef consommé and stir well.  
Bring to boil, lower heat and simmer 1/2 hour.  
Add one can of water chestnuts and one package pea-pods. Heat through quickly for 3-5 minutes, stirring constantly.  
Serve over rice. Serves 4-6.

Rita Horn

### BARBECUED CHUCK ROAST

3 pound chuck roast, 1½-2" thick  
1/3 cup wine vinegar  
1/4 cup ketchup  
2 tablespoons cooking oil  
2 tablespoons soy sauce  
1 tablespoon Worcestershire sauce  
1 teaspoon prepared mustard  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder

Combine ingredients starting with wine vinegar. Pour mixture over roast. Marinate at least 3 hours, preferably longer. Broil or grill about 6" from heat. Turn and baste with marinade every 10-15 minutes. Broil a total of 35-45 minutes, for medium. 6-8 servings.

Joan Markus

### BABY BEEF LIVER WITH PARSLEY SAUCE

1 garlic clove, finely minced  
3 tablespoons bacon fat  
3/4 pound liver, thinly sliced  
1 teaspoon Worcestershire sauce  
2 tablespoons lemon juice  
1/4 cup chopped parsley  
1/2 cup packaged brown gravy  
8 slices of bacon, cooked until crisp

Saute garlic in the bacon fat in a skillet for 2-3 minutes. Add the liver slices and cook over high heat for about 1½ minutes on each side. Remove to a warm platter.

Prepare brown gravy according to package directions, but use only 1/2 cup in the recipe.

Add the Worcestershire sauce, lemon juice, parsley, and brown gravy to the skillet. Swirl around and bring to a boil. Pour over the liver. Garnish with bacon slices.

  
A rib-bottomed skillet helps keep meat from cooking in and absorbing its own fat.

### VENISON, RABBIT OR PHEASANT IN A SIMPLE WAY

Marinade: in a large bowl pour 1 bottle red wine; add the blood of the game that is being prepared, 10 tiny onions or 2 large chopped onions, 3 crushed cloves of garlic, a pinch of thyme, marjoram, basil, and rosemary, 10 black peppercorns, 2 teaspoons cranberry, cherry or currant jelly, and salt. Put the pieces of meat in the marinade. If not enough marinade to cover all pieces, add some water to the marinade (but not more than half wine, half water). Keep the meat in the marinade from 6-36 hours.

Take the meat out of the marinade, dry it and dredge it in flour. Brown the meat on all sides in 1/4-1/2 cup butter or margarine, depending on the amount of meat. Add 1 tablespoon of flour. Stir well and pour in the marinade. Bring to a boil, reduce heat and let simmer for 1-2 hours, depending on "age" and size of the game.

When done: sift the sauce from the meat. Take as much bones out of the meat as can be found. Fry 3 slices of bacon, brown the fresh onion and 4 ounces of fresh mushrooms. Pour the marinade sauce back in and let simmer 15 more minutes.

Serve with mashed potatoes, cranberries, applesauce, celery or chestnut puree.

Ada Trommel

Live clams, like oysters, open, once cooked. If they don't, they were dead before cooking and must be discarded.

### TURKEY MORNAV

Ingredients: Serves 6  
1 stick butter (1/4 pound)  
4 tablespoons flour  
2 cups milk  
1 cup grated sharp Cheddar cheese  
1/2 cup heavy cream  
seasonings to taste: Worcestershire, salt, fresh ground pepper, tabasco sauce, and sherry  
4-5 cups diced, cooked turkey  
Parmesan cheese

Set oven to broil (rack 6 inches below heat).  
Grate the cheese.

In a saucepan melt half the butter. Blend in flour using a whisk. Add milk, stirring constantly until mixture thickens. Remove from heat. Add grated cheese. When cheese melts, add cream. Return to low heat and add seasonings to taste.

In a large skillet melt remaining butter. Add diced turkey and heat thoroughly but do not brown. Arrange turkey in 6 individual casseroles.

Bring sauce just to a boil and pour over turkey. Sprinkle a little grated Parmesan cheese over each casserole. Put casseroles under broiler until bubbly and lightly browned.

Note: This is a breeze (10-15 minutes) if the turkey is done beforehand. Cook a big one, dice it, put meat in bags, sized for individual servings, freeze. Crabmeat is a great alternative to the turkey if the budget can take it.

Stephen Hinrichs

### CHICKEN IN SWEET VERMOUTH

1 chicken, cut into serving pieces  
1 onion, chopped  
1 cup dark sweet vermouth  
1 tablespoon tomato paste  
salt, pepper  
1 teaspoon cinnamon  
a few drops Angostura bitters  
butter or oil

Brown chicken in heavy skillet with cover or in Dutch oven. In a separate skillet, saute onion until transparent. Heat sweet vermouth and flame over chicken. Add onions and remaining ingredients, cover and simmer gently for 45 minutes or until tender.

Joan Faber

### SESAME CHICKEN

For 2 chickens:  
1 cup oil  
1/2 cup soy sauce  
2 teaspoons ginger  
4 cloves garlic, minced  
3 tablespoons lemon juice  
sesame seeds

Sprinkle chickens with lemon juice. Combine other 4 ingredients and pour over chicken. Marinate for 2 hours or more. Bake covered at 350 degrees for 45 minutes, skin-side up, sprinkle with sesame seeds and brown briefly under broiler. 6-8 servings.

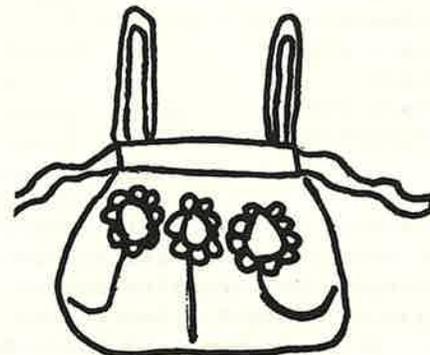
Pat Adduci

### CHINESE CHICKEN WITH CUCUMBERS

1 cucumber, peeled, cut in half lengthwise and seeded  
2 whole chicken breasts, boned, skinned, cut in tiny slivers against the grain  
2 tablespoons sherry  
1 tablespoon soy sauce  
1/3 cup chopped green onions  
1/2 teaspoon salt  
dash pepper  
dash garlic  
1 tablespoon cornstarch  
4 tablespoons oil

Combine sherry and cornstarch and marinate chicken in this mixture for at least two hours. Place cucumber halves flat side down and slice across into 1/8 inch slices. Heat oil in fry pan and saute onions until soft. Add chicken, marinade and saute about 5 -10 minutes until brown. Add salt, pepper, garlic, and cucumber slices. Saute until cucumbers are tender and they begin to change color. Add soy sauce and saute 1 minute longer. Serve over or with rice. Serves 4.

Linda Fisher



### CHICKEN LIVERS CHASSEUR

1 pound chicken livers  
1/2 pound mushrooms, sliced  
1/2 cup onion, sliced  
3 tablespoons butter  
1 8-ounce can tomatoes  
1/2 cup dry white wine  
1 teaspoon flour  
2 teaspoons chopped parsley  
1/2 teaspoon salt  
1/2 teaspoon Worcestershire sauce

Brown chicken livers in butter in a skillet. Remove chicken livers when browned. Add mushrooms and onion to skillet and saute 5 minutes. Stir in flour, tomatoes, white wine, parsley, salt and Worcestershire sauce and simmer 5 minutes. Add the livers and simmer another 5 minutes. Serve with French bread.

Ellen Schuster

### DISNEYLAND HOTEL MAGIC CASTLE'S BREAST OF CHICKEN WITH CHERRY SAUCE

6 boned chicken breasts with first wing joint intact  
olive oil  
2 1 pound cans pitted dark sweet cherries  
1 cup orange juice  
6 tablespoons vinegar  
1 cup sweet cherry wine  
6 tablespoons sugar  
2 tablespoons dark rum  
6 tablespoons cornstarch  
1/2 cup sherry

Saute chicken breasts in oil until lightly browned on both sides. Set aside. Prepare sauce. Drain cherries and measure 2 cups syrup. Set cherries aside. Combine cherry syrup, orange juice, vinegar, cherry wine, sugar and rum in saucepan. Bring to boil. Dissolve cornstarch in sherry and stir into hot liquid gradually. Cook and stir until thickened. Add cherries. Pour sauce over chicken. Cook chicken over low heat until tender. Serves 6.

Mary Stewart

### CURRIED CHICKEN

1/2 cup butter	1 tart apple, peeled and diced
1 medium onion, chopped	1/4 pound raw ham, chopped
1 clove garlic, chopped	2 tablespoons flour
1 stalk celery, diced	1/2 teaspoon mace
1/2 bay leaf	1 1/4 teaspoon curry powder
sprig of parsley	2 1/2 cups chicken broth
1/4 teaspoon dry mustard	3 cups cubed, boned raw chicken (5 split breasts)

In a large kettle heat the butter, add onion, garlic, celery, bay leaf, parsley, mustard, apple and ham. Cook 8 minutes stirring occasionally. Stir in the flour, mace, and curry powder and cook 4 minutes longer. Add the broth and simmer 1 hour, covered. Rub the mixture through a sieve (not necessary) and return to the saucepan. Add the chicken and simmer until tender, about 10 minutes longer. (This can be cooked longer, but not more than 1/2 hour.) Serve hot with boiled rice. 6 servings.

from the "New York Cook Book"  
inserts by Sally Green

### CHICKEN CHIP BAKE

2 cups cooked chicken  
2 cups sliced celery  
1/2 cup slivered, blanched, toasted almonds  
1/2 teaspoon Accent  
1/2 teaspoon salt  
2 tablespoons grated onion  
2 tablespoons lemon juice  
1 cup mayonnaise or salad dressing  
1/2 cup shredded processed cheese  
1 cup crushed potato chips

Combine all ingredients except chips and cheese. Sprinkle these on the top and bake 450 degrees in oven until brown.

Anita Chapman

### BUFFET CHICKEN CASSEROLE

6 split chicken breasts, cooked and boned  
1/2 pound sauteed mushrooms  
1 can water chestnuts, sliced  
1/2 to 1 can slivered almonds

Make a cream sauce of:

5 tablespoons flour  
6 tablespoons butter  
1 cup light cream or milk  
1 cup chicken stock  
1/2 cup sherry  
1 cup processed Swiss cheese  
1/2 teaspoon Worcestershire sauce  
2 tablespoons chopped parsley  
salt and pepper to taste

Layer chicken breasts, mushrooms, chestnuts, and almonds in a shallow baking dish. Pour cream sauce over chicken. Top with buttered crumbs and Parmesan cheese. Bake 375 degrees 30-40 minutes or until warm clear through. Serves 8. This freezes beautifully; defrost to room temperature before warming.

Jan Galbraith

### VEAL AND SOUR CREAM

1/2 pound veal per person is ample  
1/2 pint sour cream per 1 pound veal  
1/2 bottle capers and liquid for 1 bottle capers

Saute veal in butter for 10-15 minutes. Remove to 200 degree oven. Put sour cream in casserole and heat very slowly. Do not boil. Add salt and pepper to taste, and the capers with the liquid. Veal should be very thinly sliced (preferably from the leg), and pounded before cooking.

Emily Wadsworth

### SAL RAHMAN'S SHISH KABOB

1 upper leg of lam, 6-7 pounds, boned and cubed  
1 cup olive oil  
1 bottle beer, or 1/2 bottle red wine  
1/2 cup minced onion  
1/2 cup minced parsley  
1/2 cup tomato paste  
meat tenderizer

Season cubes of meat with Sal's Seasoning. Add a little meat tenderizer. Marinate overnight in refrigerator in marinade as follows: mix thoroughly olive oil, beer, or red wine, onion, parsley, and tomato paste. Put in large plastic bag with meat. Close tightly and manipulate bag to mix. Cook over hot charcoal fire. Be sure to put meat close together on skewers. If vegetables are to be cooked on skewers, cook separately from meat; then combine in same serving dish. \*Sal's Seasoning can be found in the Miscellaneous section.

Macie Willsea

### VEAL SCALLOPPINE

Soak 1 1/2 pounds of sliced veal in sauce made as follows:

1 teaspoon salt  
1 teaspoon paprika  
1/2 cup salad oil  
1/4 cup lemon juice  
1 garlic clove  
1 teaspoon prepared mustard  
1/4 teaspoon nutmeg  
1/2 teaspoon sugar  
Let veal soak for 3 hours, turning slices every 15 minutes.

Heat 1 teaspoon shortening in pan. Dip veal coated with flour in shortening and brown well. Saute 1 large onion and one green pepper in a little hot fat, add to veal and add sauce. Simmer for 40 minutes. Add 1/2 cup mushrooms and a few stuffed olives, cut in slices. Before starting to simmer add 1 can of chicken soup or 1 cup tomatoes. ( I prefer the chicken.)

Doris Reidelbach

### POLYNESIAN PORK

Loin of pork, partially sliced  
Place on double foil wrap, resting on bones.  
Sprinkle with salt, pepper, and rosemary.  
Bake at 350 degrees for 2½ hours. Baste frequently  
with the following: 1/2 cup soy sauce, 1/2 cup ketchup,  
and 2 crushed garlic cloves, all mixed with 1/4 cup of  
honey.

Peg Frame

### CANTONESE PORK

2 pounds boneless pork shoulder, have butcher cut in 1"  
cubes  
Remove fat from cubes and saute  
2 tablespoons drippings from cooked fat  
1½ cups water  
2 tablespoons soy sauce  
1 package onion soup mix  
2 tablespoons cornstarch  
1/4 cup water  
1 cup sliced mushrooms  
1 can, (6 oz.) water chestnuts, sliced  
1 package frozen Italian green beans

Cut each pork cube in 1/4 " slices and brown in  
drippings. Combine and add 1½ cup water, soy sauce,  
and onion soup. Cover and cook on low heat 30 minutes  
until tender. Blend cornstarch and 1/4 cup water.  
Add to meat mixture and cook, stirring constantly until  
thickened. Add green beans, chestnuts, mushrooms.  
Cover and cook 10 minutes. Serve with rice. Serves 7.

Katie Sykes

### HENRY'S FETTUCCHINI

This is very filling and can be served as a separate  
course or even as a main dish.

1 pound fine or medium noodles  
6-8 tablespoons butter  
2 cups light cream  
1 cup grated sharp Cheddar  
1/2 cup Parmesan  
1/2 bunch parsley  
fresh ground black pepper

Cook noodles in large amount of salted water until  
done, drain. Melt butter in a heavy skillet. Add  
drained noodles and toss. Add cream, then cheddar,  
parsley and a generous grinding of pepper. Serve on  
hot plates and top with grated Parmesan.  
Note: to turn this into a main dish, add ham and/or  
cooked green peas.

Henry Vayo

