

CASSEROLES



CHICKEN TETRAZZINI

6 pounds of chicken
2 cans of cream of chicken soup
2 cups strong chicken broth
1 pint of light cream
1 package of thin spaghetti
1 pound fresh mushrooms
1/2 pounds of shredded rat-trap cheese (sharp)

In a kettle place chicken, salt, onion(sliced), bay leaf, celery, carrot, and cover with water. Boil for 40 minutes or until tender. Remove chicken from broth and let cool. Remove the meat from bones, discarding the skin and bones. Saute the mushrooms in 2 tablespoons of butter and season with salt and pepper and a dash of onion powder.

Boil spaghetti for five minutes and drain.

In a saucepan mix the cream of chicken soup, 1 1/2 cups of broth and cream. Thicken with a dessert spoon of flour.

Mix spaghetti, chicken, cream sauce, and mushrooms. Fold in the shredded cheese, saving some for top. Pour into a 13x9x2" casserole. Sprinkle with paprika. Bake in a 350 oven for 1 hour. This recipe may be made ahead and frozen or refrigerated. Add extra broth if not moist enough.

Ruth Atwater

CHICKEN-CHEESE-VEGETABLE CASSEROLE

3 oz. Muenster cheese
3 oz. cooked chicken
1 pound can French-style green beans
1 pound can Chinese vegetables or bean sprouts, washed and drained
2 4oz. can mushrooms, washed and drained
2 tablespoons soy sauce
1/2 teaspoon butter flavoring
2 slices toasted bread
1 tablespoon minced onion
grated cheese

Drain cans of vegetables and put into saucepan to heat on low heat; add butter flavoring, soy sauce, minced onion, chicken (cut in pieces). Heat through, then remove from stove and drain. Crumble one slice of toasted bread and cheese, and add to vegetable mixture. Mix to distribute evenly. Place in casserole. Crumble second slice of bread on top. Sprinkle with onion powder and grated cheese. Bake at 375 for 15-20 minutes. Makes two lunch servings.

Patti Kesselring via
"The Louise Show"

GAMMY'S VEAL

Veal cutlets (enough for your family)
flour and fresh grated Parmesan cheese, mixed
beef bouillon, about 2/3 cup
sherry, about 1/3 cup
butter

Trim and pound cutlets. Cut into serving pieces. Dip into flour-cheese mixture. Brown in butter. Add liquids and simmer until tender, 30-45 minutes. Serve with spaghetti, over which you could pour the sauce.

Suzy Spencer

BEEF A LA ALLEN

Brown 1 pound ground beef and chopped onion in butter. Mix with: 1 cup ketchup, 1 tablespoon prepared mustard, 2 tablespoons Worcestershire sauce, 1 1/2 tablespoons sugar, 1 tablespoon vinegar, 1 teaspoon celery seed or 1/4 cup chopped celery, 1/4 cup water, and salt, pepper, garlic powder to taste. Cook over low heat until flavors blend together. This recipe may be doubled or tripled. 6-8 servings.

Loma Allen

OVEN BEEF BURGUNDY

2 pounds beef, chuck or round, cubed
1 tablespoon Kitchen Bouquet
1/4 cup cream of rice cereal
4 carrots, cut in sticks
2 cups thinly sliced onions
1 cup thinly sliced celery
1 minced garlic clove
2 teaspoons salt (or to taste)
1/8 teaspoon pepper
1/8 teaspoon marjoram, crushed
1/8 teaspoon thyme
1 cup Burgundy or dry red wine
1 cup sliced mushrooms or 1.6 oz. can of mushroom caps

Trim fat off meat and cut into 1/2 inch cubes. Place in a 2 1/2 quart casserole with Kitchen Bouquet and coat well. Add the cream of rice, carrot sticks, and the rest of the ingredients. Mix and cover. Bake at 325 degree oven, stirring occasionally. 6 servings.

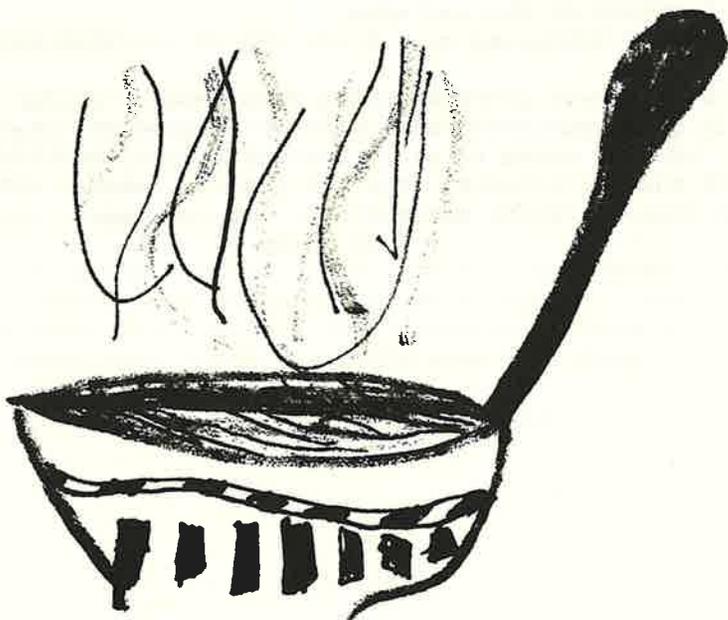
Jo Harby

TURKISH MEAT BALLS

1 pound ground lean chuck	1/4 cup pine nuts
1 pound lean ground lamb	1 teaspoon salt
1/2 pound ground pork	1/2 teaspoon freshly ground pepper
2 large garlic cloves, mashed	1 egg beaten
1/4 cup chopped parsley	2 tablespoons salad oil
1 teaspoon dried oregano	1/2 cup condensed consomme
1 small bay leaf	
1/2 cup tomato puree	

Have meats ground together. Mix together with garlic, parsley, oregano, bay leaf, (crumbled) pine nuts, salt, pepper, and egg. Form this mixture into small balls, about the size of a walnut, and brown quickly in hot oil in a heavy skillet. Shake the skillet to keep them from sticking, and keep them well rounded. Transfer them to a rather shallow casserole. Mix the consomme and tomato puree, clean out the brown particles in the skillet with it, and pour over the meat balls. Bake an hour in a 350 degree oven, covering the casserole for the first half of the period. Serves 6-7. Freezes well.

Ann Wiley



DUTCH MEAT CROQUETTES

10-12 croquettes

Ingredients: 1 pound beef stew, 1 medium onion, parsley, pepper, salt and a carrot. Bring the above ingredients to a boil with 1 quart water and let simmer for 2 hours. Take the meat, onion, parsley, and carrot out of the broth and grind or chop them.

Additional ingredients: 1 stick margerine, 3-4 table-
spoons flour, 1 small chopped onion or 1 teaspoon onion
powder, "Maggie" seasoning, finely chopped parsley,
1/2 teaspoon curry powder, breadcrumbs, milk, and deep
fry oil or shortening.

Melt the margerine in a saucepan. Blend the flour in
and slowly add the warm broth, remove from heat and
add the spices. Bring to a boil, stirring constantly,
reduce heat and cook 2 minutes (keep stirring).
Add meat and stir it in well. The mixture should be
very firm now. If it is still too watery, stir in some
instant mashed potato flakes until it becomes firm
enough.

Cool. Divide cold mixture in even portions and shape
them into cylinders about 1" in diameter and 3" long.
Roll in breadcrumbs, dip in milk (or beaten egg with
some water), roll again in breadcrumbs. Fry in deep
fat, 400 degrees, 3 minutes or until golden brown.
Drain on absorbent paper. Serve hot, and serve with
mustard, if desired.

The croquettes can also be shaped into 1" balls and
served as a snack with cocktails. They can be stored
in the freezer and be reheated in the oven for 20 minutes,
at 375 degrees.

Ada Trommel

ITALIAN SAUSAGES MARCHIGIANA

9 sweet or hot Italian sausage links or a combination of both (about 1 1/2 lbs.)
1 large cauliflower, broken into flowerets (quartered fresh fennel may be substituted)
2 tablespoons oil (olive)
2 onions cut in half and thinly sliced
1 tablespoon crushed fennel seeds
1 tablespoon chopped fresh or dried basil
1 teaspoon finely chopped rosemary
1/2 teaspoon chopped Italian hot pepper flakes
2 cloves finely minced garlic
1/2 cup red wine vinegar
1 tablespoon tomato paste
1/2 cup warm water

Cook the sausage in a skillet, turning frequently until it is brown and cooked through. Cook cauliflower in boiling salted water 1 minute and drain. Remove sausages and cut into 1 inch lengths. Set aside. Pour off fat from skillet and add olive oil and cauliflower. Cook, shaking the skillet until cauliflower is lightly browned. Add more oil if necessary. Add the onions and cook, stirring, until they are wilted.

Add the fennel seeds, basil, rosemary and pepper flakes. Add the garlic and vinegar and cook, stirring to blend, about 5 minutes over low heat. Dilute tomato paste in warm water and add it. Cover and simmer until cauliflower is barely tender, 5 to 10 minutes. Return the sausage to skillet, mix well and serve hot.
6 servings.

Kelly Fallon

SARMA (STUFFED VEGETABLES)

Mix together:

1-2/3 cup canned tomatoes, 1/3 cup tomato paste, 1 chopped green pepper, 1/2 teaspoon black pepper, 3 teaspoons salt, 1/2 teaspoon paprika, 1/2 teaspoon cayenne pepper

Add: 1 1/2 pound ground lamb or beef, and 2 cups rice (washed and drained 3 times).

This stuffing can be used in green peppers, zucchini, tomatoes, or wrapped in grape leaves. Arrange vegetables in a four quart pot, side by side. Place a plate over vegetables to hold them in place. Pour cooking juice into pot: 2 cups water, 1/2 cup tomato juice or 3 tablespoons tomato paste, 4 tablespoons lemon juice, and 1 1/2 teaspoons salt.

Bring to a boil, simmer 40 minutes. Drain juice and serve. 6 servings.

Lynn Kerbeshian

CHICKEN DIVAN

2 - 16oz. package broccoli
3 chicken breasts (1 breast per person, cooked and boned)
2 cans of cream of chicken soup
1 cup mayonnaise; 1 teaspoon lemon juice
1/2 teaspoon curry powder
1/2 cup shredded sharp cheese
1/2 cup Peppridge Farm Herb Stuffing

Cook broccoli, drain, place in a greased dish (11 1/2 x 7 1/2). Place chicken on top of broccoli. Mix soup, mayonnaise, lemon juice, and curry powder. Pour over chicken. Sprinkle cheese and then Peppridge Farm dressing on top. Bake at 350 for 40 minutes.

Milly Wolf

PIROSHKI

1 cup butter
8 oz. cream cheese
1/4 cup heavy cream
2½ cups flour
1 teaspoon flour
1 teaspoon salt
piroshki filling (see below)
1 egg
1 teaspoon water

Cream butter and cheese and beat in cream. Blend in flour and salt. Chill well. Preheat oven to 400 degrees. Roll out dough between wax paper to 1/8 inch thickness. Cut into 2-3 inch squares. (One can also use refrigerator crescent rolls). Place 1 teaspoon filling on one side of each square. Combine egg and water. Moisten edges of dough with mixture. Fold dough over filling, forming crescents or triangles. Seal and decorate edges. Brush with remaining egg mixture. Slash small hole in the middle of each to allow steam to escape. Bake until golden, about 15-20 minutes. Serve hot or cold, preferably with borshch or other hearty vegetable soup with a dab of sour cream. Yields 36-40 piroshki. These can be fixed ahead of time and reheated.

Piroshki Filling:

2 oz. onions, chopped
1/4 cup butter
3/4 pound of ground beef
1/2 teaspoon Worcestershire sauce
2 tablespoons catsup
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 hard-boiled (15 minute) eggs, chopped
Variations: add 1-2½oz. can deviled ham instead of eggs

Saute the onion in butter in a heavy skillet. Add beef and cook, stirring, until the meat loses its color. Remove from heat and add catsup, Worcestershire sauce, salt, pepper. Add eggs or deviled ham and mix well. Yields enough for 36 to 40 Piroshki.

Rose-Marie Klipstein

SICILIAN MOUSSAKA

1 pound ground veal
5 tablespoons olive oil
1 large eggplant, unpeeled, sliced in 1/4 inch rounds
1 large onion, thinly sliced
1 large green pepper, seeded and sliced
2 cups cooked tomatoes
salt, pepper, basil, garlic powder and onion powder to taste
4 eggs slightly beaten

Preheat oven to 350. Saute ground meat in 1 tablespoon oil until light brown. Beginning with eggplant, arrange all ingredients (except eggs) in alternate layers in a 2 quart casserole. Sprinkle each layer with spices and oil. Bake 1 hour. Remove from oven. Pour eggs over center; cover and bake 15 minutes more. Serves 6.

Aviva Greenland

OLE

1 pound ground round
1 large onion, grated
1 1-pound can corn
1 can condensed cream of tomato soup
1 small can tomato sauce
1 teaspoon chili powder
8 ounces noodles
salt, pepper and grated sharp cheese

Cook the noodles and drain. While they cook, fry the meat and onion in a skillet until the meat browns. Add the remaining ingredients and simmer until it is well acquainted. In a large casserole dish, alternate layers of noodles and meat mixture. Top it with the cheese. Bake it in a 350 oven for 30 minutes. Good with a salad and French bread.

Millie Lewis