

ROSELEE'S NEW ENGLAND CLAM CHOWDER

6-8 slices of bacon
2 cups finely chopped onion
4 cups cubed potatoes
5 cans (10 oz.) minced clams
4 cups of half and half, cream
4 tablespoons butter
2 carrots, finely chopped
salt, pepper, fresh parsley

Chop bacon, saute in large kettle until crisp. Add onion, cook over medium heat until soft (approximately 5 minutes).

Add cubed potatoes, carrots, salt and pepper, cook, uncovered, for 15 minutes or until potatoes are fork-tender.

Meanwhile, drain clams, reserving liquid, clean clams by removing any dark parts.

Add clams, 1½ cup of clam broth, the half and half cream, and the butter; mix well.

Heat to thicken, do not boil, add parsley.

(To thicken quicker, sift in 1 tablespoon of flour).

Roselee Spezio

MEXICAN MEATBALL SOUP- ALBONDIAGA'S SOUP

2 pounds ground round	1/2 cup cornmeal
1 pound ground pork	1/4 cup chopped parsley
3 eggs	1 cup canned tomatoes,
1 green chili pepper, chopped	
3 bunches scallions, chopped	3/4 teaspoon sage
3 sprigs, mint	1/2 teaspoon cloves
1/2 clove garlic, minced	dash of pepper

Mix above ingredients together. Form into very small balls. Drop in hot soup. Simmer one hour.

Broth: 6 quarts water, 1 cup tomato juice or more, 3 cans beef broth, salt, pepper, garlic, thyme to taste. May add a few fresh peas near end.

Leah Watson

CABBAGE-MEAT BORSCHT

3 pound shin-bone with meat
2 pounds beef brisket
1 medium cabbage, shredded
2 onions, chopped
1-2 garlic cloves, minced
juice of 6 lemons
2 large beets, diced
3 tablespoons sugar
1/2 bay leaf, crumbled
4 tablespoons, chopped parsley
pinch of paprika and basil
salt, pepper, celery salt to taste
1/2 pint sour cream
1 large can solid packed tomatoes

Simmer meat and bone in enough water to cover for one hour. Add other ingredients except sour cream. Simmer 4 hours. Adjusting seasoning after 2 hours is a good idea. Add water if needed. Before serving remove bone and cut up meat. Top each bowl with a spoonful of sour cream. Serve with black bread.

Leah Watson

MULLIGATAWNY SOUP

1 whole chicken breast	1/2 teaspoon powdered cardamon
2 cups chicken broth	2 tablespoons corn oil
1 medium onion, minced	margarine
1 stalk celery, minced	1 large tomato, peeled & chopped
1/2 green pepper, minced	
1/2 tablespoon curry powder	
1 teaspoon salt	1 cup boiled rice

Poach chicken breast in broth for 8-10 minutes. Drain, reserving broth and then cut chicken meat into fine pieces. Fry onion, celery, pepper, curry powder, and cardamon in margarine until slightly brown. Add tomato, salt and reserved chicken broth. Reduce heat, cover and simmer for 1 hour. At serving time, add cooked rice and chicken pieces to each bowl. Serves 4-6. An authentic Indian recipe.

Ann Gibson

BASQUE VEGETABLE SOUP

Soak 1 pound white pea beans and 1/2 pound dried peas overnight in water. Next day, put them in a deep kettle with a meaty ham knuckle, 2 bay leaves, an onion, stuck with 2 cloves, and 3 quarts water. Cook 1 hour, taste for salt. Cook until beans are tender. Drain reserving liquid. In bean liquid cook 6 potatoes, cut small; 4 sliced carrots, 4 diced turnips, 5 cut up leeks, 6 chopped garlic cloves, 1 teaspoon thyme, 1 bay leaf. When tender, add 1 small shredded cabbage, the beans, peas, meat from ham bone, and 12 sausages. Cook until cabbage is just tender and soup very thick. Serve in bowls, sprinkled with grated Swiss cheese and hot French bread. Serves 6-8.

Diane Soderland

LENTILS MONASTICUS

Combine, bring to boil, cover, and simmer 15 minutes:

- 1 cup dried lentils
- 5 cups water
- 1 teaspoon salt
- 3 large onions, chopped
- 2 carrots, chopped
- 1/8 teaspoon each of thyme, marjoram

then add:

- 1/4 cup minced parsley
- 3 canned tomatoes, chopped
- 1/2 cup dry sherry

Cover and simmer 1 hour or until tender. Serve with grated Swiss or Gruyere cheese, black bread, and green salad.

Ellen Schuster

Marjoram, native to Portugal, is a perennial of the Mint family. Use lightly for delicious, mellow flavor. Use approximately 1/2 teaspoon for 4 servings, crushing leaves just before adding.

HOT OR COLD CUCUMBER SOUP (BLENDER)

1½ cup peeled, seeded and chopped cucumbers
1 can cream of celery soup
1 cup milk
salt, pepper, tabasco to taste
Blend
Add a cup sour cream. Serve with chopped chives or parsley. Serve hot or cold.

Jean Dingerson

GAZPACHO

1 large can Campbell's tomato juice
1 large cucumber, pared and halved (remove seeds)
1 medium onion
1 green pepper, halved and seeded
1/3 red wine vinegar (very important)
1½ teaspoons salt
coarse pepper
several scallions
2 ribs of celery
chopped chives
chopped tomato, if available

In blender combine 1/2 cuke, 1 onion, 1/2 pepper and enough tomato juice to blend 30 seconds.

In a large bowl mix puree, remaining tomato juice, vinegar, salt, pepper. Chop remaining cuke, pepper, scallions, celery, chives, tomato. Refrigerate in covered jars. Delicious, non-fattening, and keeps a long time.

Peg Frame

ZUCCHINI SOUP

If you grow zucchini this is a good way to use the ones like baseball bats.

Saute one or two sliced onions in a small amount of butter until limp. Quarter a large or small zucchini and remove seeds, but don't peel. Then slice and add to onions. Cover this with chicken stock and then add.

Nice additions are celery leaves, parsley, and fresh basil. Simmer for 15 minutes or so and then cool. Blend in blender until so smooth and then serve hot or cold.

Peg Frame

GREEK LEMON SOUP

1/3 cup rice
6 cups chicken stock
4 egg yolks
rind and juice of two lemons
1 cup sour cream
salt, pepper
1 cup light cream
paprika

Wash the rice in a little water to remove all excess starch and drain. Add rice slowly to the chicken stock and cook 30 minutes. Put in blender when cooled slightly. Beat egg yolks thoroughly with the grated rind of one lemon. Slowly add the juice of two lemons. Mix in sour cream and slowly pour on the hot soup, making sure the liquid does not curdle. Season and stir over slow fire until soup coats the back of a wooden spoon. Chill thoroughly. Stir in the light cream. Garnish with paprika and remaining lemon peel. Delicious in the summertime with cold salmon or lamb. Serves 10.

Ruth Atwater

MUSHROOM SOUP

1 pound mushrooms, chopped
1 small onion, finely chopped
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1 bay leaf
3 cans beef bouillon
1 can water
1 cup sour cream

Cook mushrooms and onion in butter until onions are tender. Sprinkle with flour and cook 2 minutes, stirring constantly. Stir in beef bouillon, water, salt, and bay leaf and simmer 10 minutes. Just before serving, remove bay leaf, stir in sour cream, heat, but do not boil. Serves 6.

Katie Sykes

BILL'S FISH CHOWDER

Makes 4 quarts for 12 people

1/4 pound salt pork (diced) or bacon
5 medium potatoes (diced)
2 large onions (diced)
2 green peppers (diced)
2 stalks celery (chopped)
2 cloves garlic (chopped)
1/2 cup flour
1 small can whole kernel corn
2 pounds frozen haddock or substitute (cut up in 1" squares)
2 teaspoons salt
5 whole cloves
1/2 teaspoon white pepper
1/2 teaspoon thyme
sprinkle of tarragon
1 can evaporated milk
1 quart homogenized milk

In large kettle fry salt pork until crisp; add celery, onion, pepper, carrot, garlic and fry until onions are translucent. Stir in one quart of water and all spices;; boil lightly for ten minutes. Add one quart of milk and cook about 15 minutes until potatoes are half cooked. Add fish and cook about 20 minutes (until fish is really tender). Add evaporated milk and corn and stir. Add 1/2 cup flour (mixed with water into thin paste) to chowder slowly while stirring constantly. Bring to a boil; turn down instantly to simmer until ready to serve. Adjust seasoning to taste. Serve with European bread and green salad. This recipe takes about two hours to prepare from scratch.

Bill Dengler

HUNTERS SALAD

1 pound well-done beef stew (cooked with many herbs, an onion, garlic, pepper, curry, salt, etc.).
Or use canned salmon, pickled herring or other left-over meat.

8 large Idaho potatoes, cooked
8 pickled medium gherkins
1-2 beets, cooked

Finely chop ingredients and mix thoroughly with 2 tablespoons mayonnaise, 1/2 tablespoon wine vinegar, some chopped parsley, salt or seasoned salt.

To decorate: Cover flat serving dish with leaf lettuce, spoon salad mixture on it in a smooth mound. Cover with mayonnaise and decorate with neatly cut tomatoes, hard-boiled eggs, gherkins, etc. Use enough mayonnaise to hold decorations. Serve cold.

Ada Trommel

CHICKEN MELON SALAD

3 cups cooked chicken chunks
2½ cups seedless grapes
2 cups diced celery
1½ cups mayonnaise
6 tablespoons milk
1½ tablespoons chutney or may use a few drops of Tabasco instead
1½ teaspoons curry powder
¼ teaspoon salt
1½ large cantaloupes
lettuce leaves

In a medium bowl, combine chicken, grapes, and diced celery. In a blender, combine mayonnaise, milk, chutney, curry powder, and salt until smooth; pour over chicken mixture; toss; cover and chill.

10 minutes before serving: cut melons into 6 wedges and remove seeds and rind. Place on lettuce leaves and spoon chicken on top. Serves 6.

Ann Gibson

BROCCOLI SALAD

2 packages frozen broccoli chopped
4 hard-cooked eggs
3/4 cup mayonnaise
1 envelope gelatin
1 can beef consomme
salt and pepper
2 teaspoons lemon juice
4 teaspoons Worcestershire sauce
Tabasco

Cook broccoli, chop with hard-cooked eggs. Use a potato masher for this, mixture should be coarse. Soften gelatin in cold water, add heated consomme. Mix the two mixtures together and fold in mayonnaise. Season. Mold until firm. Serve on lettuce. Garnish.
Mrs. T.F. VanZandt, Jr.

AVOCADO MOUSSE

1 tablespoon gelatin
2 tablespoons cold water
1 package lime Jello
3 cups hot water
1 cup mashed avocado
1/2 cup mayonnaise
1/2 cup whipped cream

Soften gelatin in cold water. Dissolve lime Jello in hot water. Stir in softened gelatin. Chill until slightly thickened. Stir in remaining ingredients. Pour into 1 quart mold that has been greased with a small amount of mayonnaise. Chill.

Sally Elkind

Wash all salad greens under cool running water to eliminate the sand, shake to get rid of as much surplus water as possible, roll in a fresh dish towel to dry, and refrigerate in the vegetable container.

SALMON MOUSSE WITH CUCUMBER SAUCE

Put in blender:
1 envelope gelatin, 2 tablespoons lemon juice, 1 small onion, cut up, and 1/2 cup boiling water.
Blend on high for 1 minute.

Add: 1/2 cup margarine, 1/4 teaspoon paprika, 1 teaspoon dried dill weed, 1 pound can salmon, drained.
Cover and blend on high.

Add: 1 cup heavy cream, in thirds. Blend well.
Put in an oiled mold. Serve with cucumber sauce.

CUCUMBER SAUCE

Stir together: 1/3 cup sour cream and 1/2 cup mayonnaise.

Blend in blender: 1 cup diced cucumber, unpeeled, 1 tablespoon lemon juice, 1 teaspoon onion salt, 1/4 teaspoon celery salt.

Add altogether. Chill. This can be made the day before.
Margaret Cherr

MEXICAN SALAD

A good summertime meal. Serves 4-6.

1 small head lettuce, chopped	8 oz. Cheddar cheese,
4 tomatoes, chopped	diced
1/4 cup chopped sweet onion	1 pound ground beef,
1 can kidney beans, drained	browned and drained

Toss altogether with: Catalina French Dressing, a dash of hot sauce (optional).

Just before serving mix in: 1 package taco chips, crumbled. Decorate with avocado slices.

Barbara Butler

AVOCADO-POTATO LUNCHEON SALAD

1 large, ripe avocado
juice of half a lemon
6 small, thin-skinned potatoes, cooked in boiling salted water to cover, drained and chilled
1 large, firm, ripe tomato
boiling water
3 anchovy fillets, cut into small pieces
2 tablespoons capers
2 tablespoons chopped parsley
4 hard-cooked eggs, peeled and quartered
1 tablespoon wine vinegar
1 tablespoon dry mustard
1/2 to 1 cup mayonnaise
Cayenne pepper to taste
freshly ground black pepper to taste
salt to taste
buttered toast

Peel and halve the avocado, discarding the pit. Cut avocado into rough pieces. Sprinkle with lemon juice. Peel potatoes and cut into 1/4 inch slices. Spear stem end of tomato with a two-pronged fork. Dip exactly 10 seconds into boiling water to cover. Peel and section tomato, discarding core and seeds. Cube. Combine avocado, potatoes, tomato, anchovies, capers, parsley, and half of the sectioned eggs in a mixing bowl. Combine vinegar and mustard. Let stand 10 minutes. Blend with mayonnaise. If mixture is too thick, thin it with a little water. Add mayonnaise and seasonings to avocado mixture. Toss carefully. Spoon mixture into serving bowl and garnish with remaining egg wedges. Chill well. Serve with toast. 6 servings.

Marge Grinols

Use firm day-old bread for bread crumbs (4 or 5 slices make 2 cups). Break into pieces and grind crust and all in the electric blender, or crumble by hand until very fine.

TOMATO AND ONION SALAD

6 sliced tomatoes
4 sliced Bermuda onions
1 clove garlic
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon pepper
2 teaspoons mustard
1/2 cup oil
2 teaspoons tarragon vinegar

Mash garlic and salt until all salt is absorbed by garlic. Add sugar, pepper, mustard, oil, and vinegar. Pour over layered tomatoes and onions. Garnish with lettuce leaves. Serves 8

Sally Lunt

SPINACH SALAD

10 oz. fresh spinach, washed
6 strips bacon, cooked and crumbled
1 bunch scallions, chopped
1/2 pound raw mushrooms, sliced (use caps)

Dressing:

2 tablespoons lemon juice
6 tablespoons olive oil
3/4 teaspoons salt
1/8 teaspoon pepper
garlic salt
1/8 teaspoon dry mustard
1/4 teaspoon sugar
1 egg yolk

Mix together and chill. Pour over spinach, bacon, mushrooms, and scallions. Toss well.

Lynda Birkley

WATERCRESS AND APPLE SALAD

In a salad bowl mix together: 2 tablespoons wine vinegar, 1/2 teaspoon salt, and pepper to taste. Add 1/3 to 1/2 cup olive oil in a stream, stirring constantly. Mix in 1/2 teaspoon Dijon-style mustard. Wash and dry the leaves and young stems of 2 bunches of watercress and strew them over the dressing. Core 2 tart apples (large) and thinly slice them into rings. Peel and thinly slice 1 red onion and separate the slices into rings. Arrange the apple slices and onion rings over watercress and toss the salad with the dressing.

Ann Gibson

CRABMEAT AND BEAN SPROUT SALAD

Easy, quick, good!

1 can crabmeat, washed, cleaned, and drained
1 can bean sprouts, drained
mayonnaise
catsup or chili sauce

Break up large pieces of crab meat. Add bean sprouts to crab meat. Add mayonnaise as for tuna salad. Then add about a teaspoon or 2 of catsup or chili sauce to taste. Serve cold on lettuce. This makes a good main dish in hot weather.

Judy Adnepos

DRESSING FOR GREEN BEAN SALAD

In a small bowl combine 3 tablespoons red or white wine vinegar, 3 tablespoons olive oil, 1/2 cup chicken stock, 1 teaspoon salt, 1/8 teaspoon freshly ground pepper, and beat vigorously. Stir in 1/2 teaspoon dried dill (or 1 teaspoon fresh, chopped), and 1 teaspoon finely chopped parsley. Chill. Add to cut, chilled, string beans.

Rose-Marie Klipstein

LAYERED SALAD

2 cups torn iceberg	1 medium red onion,
2 cups torn romaine	sliced
2 cups curly endive	1½ petit peas, cooked
6 tablespoons mayonnaise	1 cup julienne Swiss cheese
6 slices bacon, crumbled	

Put half of greens in a bowl, dot with half of the mayonnaise, top with half of onion, sprinkle with 1 teaspoon sugar, some salt, and pepper. Add half of cheese and peas. Repeat layer. Do not toss. Cover and chill at least 2 hours. Toss. Top with bacon before serving. Serves 8-10.

Sue Eaton

KOREAN SPINACH SALAD

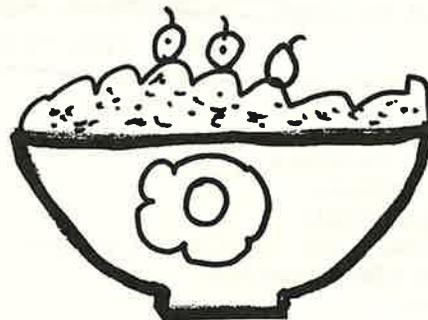
1 pound fresh spinach
3 stalks green onion
2 tablespoons soy sauce
1 teaspoon sesame oil (dark)
1 teaspoon sesame salt*
1 teaspoon sugar
black pepper (ground)
dash of ground cayenne pepper

Wash the spinach, removing the coarse stems. Cook briefly over high heat in a large pot, without adding any water. (Water drops on the leaves from washing is sufficient.) Stirring constantly, cook only until the stiffness of the leaves is gone. Do not overcook. Remove from heat and squeeze all the moisture out. Let it cool.

Mince the green onions and combine with soysauce and the rest of the ingredients. Stir well to dissolve the sugar. Pour the dressing over the spinach and toss well. Sprinkle dash of cayenne pepper and serve.

*Sesame Salt: Roast sesame seeds in a heavy fry pan, using high heat until brown. Crush coarsely in a mortar and pestle with salt. This may be kept in a covered jar for a long time.

Eunmo Griebisch



CHERRY-SHERRY SALAD

3 envelopes gelatin, soaked in 3/4 cup cold water
1 cup sugar
1 can crushed pineapple
1 large can pitted Bing cherries
1 cup sherry
1/3 cup orange juice
3 tablespoons lemon juice

Bring pineapple to a boil. Stir and cook for a minute or two. Add dissolved gelatin and sugar. Stir well. Add wine, fruit juices, and enough cherry juice (1/2 cup) to color salad. Add cherries. At this point diced celery and/or walnuts may be added. Put in ring mold and refrigerate. This may be made several days ahead of time.

Sally Rockwell

FAMOUS JELLO SALAD

2 packages strawberry Jello
2 cups boiling water
2-10 oz. packages frozen strawberries (sliced)
1 1/2 cups crushed pineapple
2 large ripe bananas
1 pint sour cream

Dissolve Jello in water. Add frozen strawberries. Stir until thawed. Add pineapple and diced bananas. Pour half into a 8x12x2 inch pan. Chill until set. Spoon sour cream over top of chilled mixture. Add rest of Jello mixture, chill until set once more. Cut into squares to serve. Serves 10.

Betty Oppenheimer

SIX CUP SALAD

1 cup grapefruit sections
1 cup mandarin oranges
1 cup drained pineapple
1 cup marshmallows, cut into small pieces
1 cup finely shredded coconut
1 cup sour cream

Mix all together. Let stand a few hours, refrigerated.

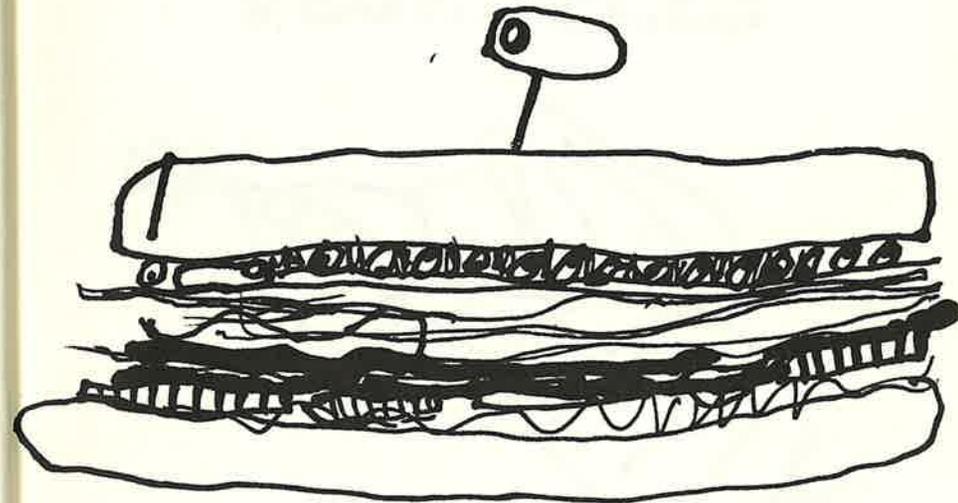
Dorothy Bannerman

FRUIT SALAD

A bunch of seedless grapes
2 apples and 2 pears, diced
1 banana, sliced
1 orange, peeled, sliced or diced
2 tablespoons sugar
1 cup dry white wine or equal amount of fruit juice,
1/4 cup heavy cream

Beat cream and sugar. Add wine or juice by drops and pour over fruit.

Rose-Marie Klipstein



VEGETABLES

