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Here's luscious Lasagne—festive looking and fragrant with Italian-style seasonings.
Casseroles and one-dish meals

Hamburger Pie

1 pound ground beef
1 medium onion, chopped
3/4 teaspoon salt
Dash pepper
1 1-pound can cut green beans, drained, or 1/2 pound green beans, cooked and drained
1 can condensed tomato soup
5 medium potatoes, cooked*
1/2 cup warm milk*
1 beaten egg*

Oven 350°

Lightly brown meat; add onion, cook till just tender. Add seasonings, beans, and soup; pour into greased 1 1/2-quart casserole. Mash hot potatoes; add milk and egg. Season. Drop in mounds over meat. (If desired, sprinkle with 1/2 cup shredded process cheese.) Bake at 350° for 25 to 30 minutes. Serves 6.

*Or, omit potato mounds and use Biscuit Topper: Prepare 1 recipe Baking-powder Biscuits. Heat casserole mixture till bubbling; pour into casserole; top hot mixture with biscuits. Bake at 425° for 15 to 20 minutes or till biscuits are done.

Chili Con Carne

1/2 cups dry red or kidney beans*
1 large onion, sliced
1 green pepper, chopped
1 pound ground beef
1 1-pound can (2 cups) tomatoes
1 8-ounce can (1 cup) seasoned tomato sauce
1 to 1 1/2 tablespoons chili powder
1/2 teaspoons salt
1 bay leaf

Rinse beans; then add to 1 1/2 quarts cold water and let stand overnight. Add 1 teaspoon salt to beans and the soaking water; cover, and simmer until tender, about 1 hour. Drain, reserving the bean liquid.

Brown onion, green pepper, and meat in a little hot fat. Add beans, tomatoes, tomato sauce, chili powder, salt, bay leaf, dash paprika, and dash cayenne. Cover; simmer 1 1/2 hours, adding reserved bean liquid or water, if needed. Makes 6 servings.

*Or use two 1-pound cans (4 cups) red or kidney beans. Drain beans, add to meat mixture with tomatoes.

Hamburger-Corn Casserole

Lightly brown 1 1/2 pounds ground beef. Add 1 cup chopped onion; cook till tender but not brown. Add one 12-ounce can whole kernel corn, drained. 1 can condensed cream of chicken soup, 1 can condensed cream of mushroom soup, 1 cup dairy sour cream, 1/4 cup chopped pimiento, 3/4 teaspoon salt, 1/2 teaspoon monosodium glutamate, and 1/4 teaspoon pepper. Mix well.

Stir in 3 cups medium noodles, cooked and drained. Pour into 2-quart casserole. Mix 1 cup soft bread crumbs and 3 tablespoons melted butter; sprinkle over top. Bake in moderate oven (350°) 30 minutes or till hot. Makes 8 to 10 servings.

Ground Beef in Sour Cream

Lightly brown 1 pound ground beef in large skillet. Add 1 cup chopped onion; cook until tender but not brown. Place 3 cups medium noodles in layer over meat.

Combine 3 cups tomato juice, 1 teaspoon salt, 1 1/2 teaspoons celery salt, dash pepper, and 2 teaspoons Worcestershire sauce; pour over noodles. Bring to boiling; cover, and simmer over low heat 20 minutes.

Add 1/4 cup chopped green pepper. Cover and continue cooking 10 minutes or till noodles are tender. Stir in 1 cup dairy sour cream and one 3-ounce can (3/4 cup) broiled sliced mushrooms, drained. Heat just to boiling. Season to taste. Makes 6 servings.
Italian Meat Sauce

1/2 cup onion slices
2 tablespoons olive oil or salad oil
1 pound ground beef
2 cloves garlic, minced
2 1-pound cans (4 cups) tomatoes
2 8-ounce cans (2 cups) seasoned tomato sauce
1 3-ounce can (3/4 cup) broiled sliced mushrooms
1/4 cup chopped parsley
1 1/2 teaspoons oregano or sage
1 teaspoon salt
1/2 teaspoon monosodium glutamate
1/4 teaspoon thyme
1 bay leaf
1 cup water

In large skillet, cook onion in hot oil till almost tender. Add meat and garlic; brown lightly. Add remaining ingredients.

Simmer uncovered 2 to 2 1/2 hours or till sauce is nice and thick; stir occasionally. Remove bay leaf. Serve over hot spaghetti. Pass bowl of shredded Parmesan cheese.

Makes 6 servings.

Note: One pound spaghetti will serve 4 to 6 as a main dish with sauce.

Spaghetti and Meat Balls

3/4 cup chopped onion
1 clove garlic, minced
3 tablespoons olive or salad oil
2 1-pound cans (4 cups) tomatoes
2 6-ounce cans (1 1/2 cups) tomato paste
1 cup water
1 tablespoon sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 1/2 teaspoons crushed oregano
1 bay leaf
1 recipe Italian Meat Balls
Hot cooked spaghetti

Cook onion and garlic in hot oil till tender but not brown. Stir in the next 8 ingredients. Simmer uncovered 30 minutes; remove bay leaf. Add Italian Meat Balls (recipe, next column) and continue cooking about 30 minutes longer.

Serve over hot spaghetti. Pass bowl of grated Romano or Parmesan cheese for folks to help themselves. Makes 6 servings.

How to cook spaghetti

A large pan is important to cook any pasta—spaghetti, macaroni, fine noodles, and lasagne. Use lots of water—3 quarts is minimum for cooking 8 ounces of pasta. Add 1 teaspoon salt for each quart water.

Help prevent sticking by adding a teaspoon olive oil to the water, especially when cooking large pasta. Have water boiling vigorously. No need to break long spaghetti—hold a handful at one end, dip the other into the water. As spaghetti softens, curl it around in pan till immersed.

Don't cover; stir at the start to prevent sticking. Keep water boiling. Cook till tender, but still firm. Don't overcook. Drain at once.

Italian Meat Balls

4 slices dry bread
1 pound ground beef
2 eggs
1/2 cup grated Romano cheese
2 tablespoons chopped parsley
1 clove garlic, minced
1 teaspoon crushed oregano
1 teaspoon salt
Dash pepper

Soak bread in water 2 to 3 minutes, then squeeze out moisture. Combine soaked bread with remaining ingredients, mixing well. Form in small balls (about 20). Brown slowly in 2 tablespoons hot olive oil. Add to sauce, cook 30 minutes as directed at left.
Tamale Pie

1 cup chopped onion
1 cup chopped green pepper
¾ pound ground beef
2 8-ounce cans (2 cups) seasoned tomato sauce
1 12-ounce can (1 ½ cups) whole-kernel corn, drained
1 cup chopped ripe olives
1 clove garlic, minced
1 tablespoon sugar
1 teaspoon salt
2 to 3 teaspoons chili powder
Dash pepper
1 ½ cups shredded sharp process American cheese

Corn-meal Topping:
¾ cup yellow corn meal
½ teaspoon salt
2 cups cold water
1 tablespoon butter
or margarine

Cook onion and green pepper in a little hot fat till just tender. Add meat; brown lightly. Add next 8 ingredients. Simmer 20 to 25 minutes, until thick. Add cheese; stir till melted. Pour into greased 10x6x1 ½-inch baking dish.

Make Corn-meal Topping: Stir corn meal and salt into cold water. Cook and stir till thick. Add butter; mix well. Spoon over hot meat mixture in 3 lengthwise strips.

Bake casserole in moderate oven (375°) about 40 minutes. Makes 6 servings.

Lasagne

1 pound Italian sausage
1 clove garlic, minced
1 tablespoon whole basil
1 ½ teaspoons salt
1 1-pound can (2 cups) tomatoes
2 6-ounce cans (1 ½ cups) tomato paste

10 ounces lasagna or wide noodles
3 cups fresh Ricotta or creamy cottage cheese
¾ cup grated Parmesan or Romano cheese
2 tablespoons parsley flakes
2 beaten eggs
1 teaspoon salt
½ teaspoon pepper
1 pound Mozzarella cheese, sliced very thin

Brown meat slowly; spoon off excess fat. Add next 5 ingredients. Simmer uncovered 30 minutes, stirring occasionally.

Cook noodles in large amount boiling salted water till tender; drain; rinse.

Combine remaining ingredients, except Mozzarella cheese.

Place half the noodles in 13x9x2-inch baking dish; spread with half the cottage-cheese filling; add half the Mozzarella cheese and half the meat sauce. Repeat layers.

Bake* at 375° about 30 minutes. Let stand 10 minutes before cutting in squares—filling will set slightly. Makes 12 Servings.

*Or assemble early; refrigerate. Be sure to allow 15 minutes or so longer in the oven.

Ham-Squash Skillet

1 pound cooked ham, ground
1 egg
½ cup soft bread crumbs
½ cup finely chopped onion
2 tablespoons prepared mustard
1 medium acorn squash, cut in 5 rings
½ cup brown sugar
2 tablespoons soft butter or margarine

Combine first 5 ingredients; form in 5 patties; brown lightly in hot fat; push aside.

Cut squash rings in half; season. Add to skillet. Add 2 tablespoons water. Combine brown sugar and butter; dot over squash.

Cover, cook till squash is tender, 15 to 20 minutes. Uncover, cook 5 minutes, basting often. Turn patties. Makes 5 servings.

Tenderloin-Noodle Casserole

Cook 6 ounces (about 3 cups) noodles in boiling salted water; rinse; drain.

Slowly brown six ½-inch slices pork tenderloin on both sides in hot fat. Season with ½ teaspoon salt and dash pepper.

Make Blue-cheese Sauce: Melt 3 tablespoons butter; blend in 3 tablespoons all-purpose flour, ¾ teaspoon salt, and dash pepper. Stir in 1 cup milk. Cook and stir till thick. Add ¾ cup crumbled blue cheese (3 ounces); stir till cheese melts.

Combine noodles, sauce, and 3 tablespoons each chopped green pepper and chopped pimiento. Place in 10x6x1 ½-inch baking dish. Arrange meat on top. Bake at 350° about 30 minutes or till done. Makes 6 servings.
**Pizza**

1 package hot-roll mix
1 pound Italian sausage
1 1-pound can (2 cups) tomatoes
Salt and coarse-cracked pepper
1 6-ounce package Mozzarella cheese, *thin sliced* and in pieces
Olive oil
1 6-ounce can (3/4 cup) tomato paste
2 cloves garlic, minced
1 tablespoon crushed oregano
1 tablespoon whole basil
1/4 cup grated Parmesan or Romano cheese

Prepare dough from hot-roll mix (follow package directions but use 1 cup warm water and no egg. Do not let rise.) Divide dough in half. On greased baking sheets, pat each part into 12-inch circle. Clip edge at 1-inch intervals; press so it stands up. Brush dough with oil.

Break sausage in small bits in skillet; brown slowly; stir often. Drain off fat.

Drain tomatoes, reserving 1/2 cup juice. Dice tomatoes and place on dough; sprinkle with salt and pepper. Cover with Mozzarella cheese. Drizzle with olive oil (1 tablespoon on each pizza). Sprinkle with sausage. Combine tomato paste, reserved tomato juice, garlic, and herbs; spread over sausage. Dash generously with salt and pepper. Scatter Parmesan cheese over all.

Drizzle with olive oil (1 tablespoon on each). Bake in very hot oven (450°) 20 minutes or till crust is done. Makes 2 pizzas.

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**Tasty Tenderloin-Noodle Casserole**

Wonderful flavor! Pork tenderloin slices and noodles bake in a rich blue-cheese sauce, with polka dots of pimiento and green pepper. Remember this recipe next time you have a company dinner—it’s "something special!!"
Hungarian Goulash

2½ pounds beef round steak or veal, cut in ¼-inch cubes
1 cup chopped onion
1 clove garlic, minced
¼ cup all-purpose flour
1½ tablespoons paprika
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon thyme
2 bay leaves
1 No. 2½ can (3½ cups) tomatoes
1 cup dairy sour cream

Brown meat, half at a time, in ¼ cup hot fat. Reduce heat; add onion and garlic; cook till onion is tender but not brown. Blend in flour and seasonings. Add tomatoes. Cover; simmer, stirring occasionally, till meat is tender, about 1 hour. Stir often toward end of cooking. Stir in sour cream. Serve at once over hot noodles. Serves 8.

Homemade Noodles

Combine 1 beaten egg, ½ teaspoon salt, and 2 tablespoons milk; add 1 cup sifted all-purpose flour or enough to make stiff dough. Roll very thin on floured surface; let stand 20 minutes. Roll up loosely; slice ¼ inch wide; unroll, spread out and let dry 2 hours. Drop into boiling soup or boiling, salted water and cook uncovered about 10 minutes. Makes 3 cups cooked noodles.

French Ragout

1½ cups sliced onion
3 tablespoons butter or margarine
1 bouillon cube
1½ cups water
1½ cups cubed cooked beef
¾ cup leftover or canned gravy
1 slice lemon
1½ cups diced potatoes
1½ cups sliced carrots
12 dried prunes
¾ teaspoon salt
1 tablespoon cornstarch

Cook onion in butter until just tender. Add remaining ingredients except cornstarch. Bring to a boil; cover; simmer 20 minutes. Blend ¼ cup water with the cornstarch. Stir into beef mixture. Bring to a boil, stirring constantly. Simmer uncovered 5 minutes. Makes 6 servings.

Chipped-beef Puff

4 ounces dried beef, coarsely torn
¼ cup butter or margarine
3 tablespoons all-purpose flour
Dash pepper
2 cups milk
2 tablespoons diced pimiento
1 3-ounce can (7½ cup) broiled sliced mushrooms, drained

Cheese Topper:
3 egg whites
¾ teaspoon salt
3 egg yolks
½ cup shredded process American cheese

OVEN 375°

Cook dried beef in butter over low heat, stirring till slightly crisp and frizzled. Blend flour into butter; add pepper. Slowly stir in milk; cook and stir till smooth and thick. Stir in pimiento and mushrooms. Pour into 10x6x1-inch baking dish. Keep hot in moderate oven (375°) while you make the puffy topper.

Cheese Topper: Beat egg whites with salt till stiff peaks form. Beat yolks till thick and lemon-colored. Fold yolks into whites; fold in cheese. Pour over hot creamed beef mixture. Bake 15 to 20 minutes at 375° or till golden brown. Garnish with more frizzled dried beef. Makes 4 or 5 servings.

Best Oven Hash

1½ cups coarsely ground cooked beef
1 cup coarsely ground cooked potatoes
½ cup coarsely ground onion
¼ cup chopped parsley
1 teaspoon salt
Dash pepper
2 teaspoons Worcestershire sauce
1 6-ounce can (7½ cup) evaporated milk

1 cup slightly crushed corn flakes
1 tablespoon melted butter

OVEN 350°

Lightly mix beef, potatoes, onion, parsley, seasonings, and milk. Turn into greased 1-quart casserole. Mix corn flakes and butter; sprinkle over top. Bake in moderate oven (350°) 30 minutes or till heated through. Pass catsup and mustard. Makes 4 servings.
Chow Mein
1 pound pork, cut in thin strips
3 cups thin bias celery slices
1 cup onion slices
1 cup sliced fresh mushrooms
2½ tablespoons cornstarch
1 can condensed beef broth
¼ cup soy sauce
1 1-pound can bean sprouts, drained
1 5-ounce can water chestnuts, drained and sliced

In large skillet, cook pork in 1 tablespoon hot salad oil till done, about 10 minutes. Remove from skillet. Cook celery, onions, and mushrooms in 2 tablespoons salad oil till crisp-tender, 2 to 3 minutes, stirring often. Blend cornstarch and ¼ cup water, add beef broth, soy sauce, and 1 tablespoon brown gravy sauce, if desired. Stir into vegetables. Add meat, bean sprouts, and water chestnuts. Heat and stir till thickened. Serve over rice or hot chow mein noodles. Serves 4 or 5.

Chopstick Veal and Rice
1½ pounds veal
2 tablespoons fat
1½ cups chopped onion
1½ cups celery slices
1 cup diced green pepper
3 tablespoons chopped pimiento
½ cup uncooked rice
1 can condensed cream of mushroom soup
1 cup milk
2 tablespoons soy sauce
1 3-ounce can (2 cups) chow-mein noodles


Turn into 2-quart casserole. Cover; bake at 325° about 1½ hours, stirring occasionally. Uncover; sprinkle with chow-mein noodles last 5 minutes of baking. Serves 8.

Yankee Red-flannel Hash
Lightly toss together 1½ cups finely chopped canned or cooked corned beef, 3 cups finely chopped cooked potatoes, 1½ cups finely chopped cooked or canned beets, and ½ cup finely chopped onion.

Add ½ cup milk, 1 teaspoon salt, and few drops Tabasco sauce; season to taste with more salt and pepper, if needed.

Melt 3 to 4 tablespoons fat in skillet; spread hash evenly over bottom. Cook over medium heat till underneath is brown and crusty. Makes 4 servings.

How to cook rice
Put 1 cup uncooked rice, 2 cups cold water, and ½ to 1 teaspoon salt in 2-quart saucepan; cover with tight-fitting lid. Bring to a vigorous boil; then turn heat as low as possible. Continue cooking 14 minutes. Do not stir or lift cover.

Turn off heat; let rice steam, covered, for an additional 10 minutes. Makes 3 cups cooked rice.

Glamorous rice ring, below, is a snap to make! Pack hot cooked rice—with some snipped parsley if you wish—into a ring mold (or custard cups). Turn out at once on hot platter. Put serving bowl in center. Fill with creamed ham or chicken.

Ham 'n Egg Supper
Drain one 8-ounce can whole kernel corn, reserving liquid. Add milk to liquid to make 1¼ cups. Mix with one 12-ounce can luncheon meat (finely diced), 2 cups shredded sharp process cheese, 1 cup fine cracker crumbs, and 3 slightly beaten eggs. Bake in greased 10x6x1½-inch baking dish at 350° 40 to 45 minutes or until set. Serves 6.
Pork-chop Spanish Rice

5 pork chops, 1/2 inch thick
1 1/2 teaspoons salt
1/2 to 1 teaspoon chili powder
1 teaspoon monosodium glutamate
Dash pepper
1/4 cup long-grain rice*
1/2 cup chopped onion
1/4 cup chopped green pepper
1 No. 2 1/2 can whole tomatoes
5 green pepper rings
Shredded sharp cheese

Trim excess fat from chops; heat fat in heavy skillet. When you have about 2 tablespoons melted fat, remove trimmings. (Or, use salad oil instead of melting fat.) Slowly brown chops in hot fat; drain off excess.

Combine seasonings; sprinkle over meat. Add rice, onion, and green pepper. Pour tomatoes over. Cover and cook over low heat 30 to 35 minutes, stirring occasionally.

Add green pepper rings and cook 5 minutes longer, or till rice and meat are tender. Sprinkle with cheese. Makes 5 servings.

* Or use packaged precooked rice, but add rice last 10 minutes of cooking.

Spanish Tomato Rice

8 slices bacon
1 cup finely chopped onion
1/4 cup chopped green pepper
1 1-pound can tomatoes
1 1/2 cups water
1/4 cups uncooked rice
1/2 cup chili sauce
1 teaspoon salt
Dash pepper
1 teaspoon brown sugar
1/2 teaspoon Worcestershire sauce

Cook bacon till crisp; remove. Pour off half the fat. In remaining fat, cook onion and green pepper till tender but not brown.

Add remaining ingredients. Cover and simmer 45 minutes. Crumble bacon on top. Trim with parsley. Makes 6 to 8 servings.

Curry of Chicken

2 tablespoons butter or margarine
1 1/2 cups finely chopped pared apple
1/2 cup chopped onion
1 clove garlic, minced
2 tablespoons all-purpose flour
2 to 3 teaspoons curry powder
1 teaspoon salt
2 cups milk
2 cups cubed cooked chicken

Melt butter; add apple, onions, and garlic; cook 5 minutes. Stir in flour, curry powder and salt. Slowly blend in milk. Cook and stir till thick. Add chicken; heat through.

Serve in East Indian Rice Ring. Or, serve with hot cooked rice and pass condiments—raisins, shredded coconut, chopped peanuts, chutney. Makes 5 or 6 servings.

East Indian Rice Ring

In 1/4 cup butter, cook 1/2 cup chopped onion and 1/4 cup slivered blanched almonds till golden. Add 1/2 cup seedless raisins, dark or light; heat until puffed.

Add to 6 cups hot cooked rice; mix lightly. Pack mixture in 1 1/2-quart ring mold. Unmold on platter. Fill center with Chicken Curry. Top with coconut.

Club Chicken Casserole

1/4 cup butter, margarine, or chicken fat
1/4 cup all-purpose flour
1 cup chicken broth
1 14 1/2-ounce can (1 1/2 cups) evaporated milk
1/2 cup water
1 1/2 teaspoons salt
3 cups cooked rice
2 1/2 cups diced cooked chicken
1 3-ounce can (3/4 cup) broiled sliced mushrooms, drained
1/4 cup chopped green pepper
1/4 cup chopped pimiento

OVEN 350°

Melt butter; blend in flour. Add broth, milk, and water; cook and stir over low heat till thick. Add salt, rice, chicken, and vegetables. Pour into greased 11 1/2 x 7 1/2 x 1 1/2-inch baking dish. Bake in moderate oven (350°) 30 minutes. If desired, top with 1/2 cup slivered blanched almonds, toasted. Makes 8 to 10 servings.
Chicken Almond

A favorite at Trader Vic's, San Francisco

2 cups finely sliced raw breast of chicken
⅛ cup peanut or salad oil
3 5-ounce cans (2 cups) diced bamboo shoots, drained
2 cups diced celery
1 cup diced bok choy (Chinese chard) or romaine
2 5-ounce cans (1½ cups) water chestnuts, drained and sliced
½ cup blanched almonds
2 tablespoons soy sauce
2 teaspoons monosodium glutamate
3 cups chicken broth
½ cup cornstarch
⅓ cup cold water

Fry the chicken in the oil in a preheated, heavy, large pan; add remaining ingredients, except cornstarch and water; mix thoroughly. Cover and steam 5 minutes.

Blend cornstarch and cold water; add to chicken and cook, stirring constantly, till mixture thickens. Salt to taste. Garnish with extra almonds. Serve at once with Chinese Fried Rice. Makes about 8 servings.

Note: High heat and quick stirring are essential. The secret is to avoid overcooking.

Chicken Strata

8 slices day-old white bread
2 cups diced cooked chicken or turkey
⅔ cup chopped onion
⅔ cup chopped green pepper
⅔ cup finely chopped celery
⅔ cup mayonnaise
¼ teaspoon salt
Dash pepper
2 slightly beaten eggs
1½ cups milk
1 can condensed cream of mushroom soup
½ cup shredded sharp process American cheese

OVEN 325°

Butter 2 slices bread; cut in ½-inch cubes and set aside. Cut remaining bread in 1-inch cubes; place half of unbuttered cubes in bottom of 8x8x2-inch baking dish. Combine chicken, vegetables, mayonnaise, and seasonings; spoon over bread cubes. Sprinkle remaining unbuttered cubes over chicken mixture. Combine eggs and milk; pour over all. Cover and chill 1 hour or overnight.

Spoon soup over top. Sprinkle with buttered cubes. Bake in slow oven (325°) 50 minutes or till set. Sprinkle cheese over top last few minutes of baking. Makes 6 servings.

Chinese Fried Rice

Fry ½ cup finely diced cooked ham, chicken, or pork lightly in 2 tablespoons hot oil. Add 3 finely sliced fresh mushrooms, 1 quart cold cooked rice, 1 finely chopped green onion, and 2 tablespoons soy sauce.

Fry over low heat 10 minutes. Add 1 well-beaten egg; cook and stir 5 minutes more. If color isn’t dark enough, add a little more soy sauce. Makes 6 to 8 servings.

Chinese 'n Chips Bake

OVEN 425°

Combine 2 cups cubed cooked chicken, 2 cups sliced celery, ½ cup slivered blanched almonds, toasted, ½ teaspoon salt, ½ teaspoon monosodium glutamate, 2 teaspoons grated onion, 2 tablespoons lemon juice, and 1 cup mayonnaise or salad dressing. Pile lightly in 8x1½-inch round baking dish.

Sprinkle with ½ cup shredded process American cheese, then with 1 cup crushed potato chips. Bake in hot oven (425°) 15 minutes or till heated through. Serves 5 or 6.

Classic Chicken Divan

2 bunches fresh broccoli or 2 10-ounce packages frozen broccoli
⅔ cup butter or margarine
⅔ cup all-purpose flour
2 cups chicken broth
⅔ cup whipping cream
3 tablespoons cooking sherry
⅓ teaspoon salt
¼ cup grated Parmesan cheese
3 chicken breasts, cooked and thinly sliced (18 slices)

OVEN 350°

Cook broccoli in boiling salted water; drain. Melt butter; blend in flour. Add chicken broth; cook and stir till thick. Stir in cream, sherry, salt, and dash pepper.

Place broccoli crosswise in 13x9x2-inch baking dish. Pour half the sauce over. Top with chicken slices. To remaining sauce, add Parmesan cheese; pour over chicken; sprinkle with extra Parmesan cheese. Bake at 350° for 20 minutes or till hot through. Then broil just till sauce is golden. Serves 6 to 8.
Tuna-Noodle Casserole

6 ounces (3 1/2 cups) medium noodles
1 6 1/2-7-, or 9 3/4-ounce can tuna
1/2 cup mayonnaise
1 cup sliced celery
1/2 cup chopped onion
1/4 cup diced green pepper
1/4 cup chopped pimiento
1 teaspoon salt
1 can cream of celery soup
1/2 cup milk
1 cup shredded sharp process cheese
1/4 cup slivered blanched almonds, toasted (optional)  

OVEN 425°

Cook noodles in boiling salted water till tender; drain. Combine noodles, drained tuna, mayonnaise, vegetables, and salt.

Blend soup and milk; heat through. Add cheese; heat and stir till cheese melts. Add to noodle mixture. Turn into 1 1/2-quart casserole. Top with almonds. Bake in hot oven (425°) about 20 minutes. Makes 6 servings.

Chopstick Tuna

OVEN 375°

Combine 1 can condensed cream of mushroom soup and 1/4 cup water. Add 1 cup chow mein noodles (1/2 of a 3-ounce can), one 6 1/2- or 7-, or 9 3/4-ounce can tuna, 1 cup sliced celery, 1/2 cup sliced toasted cashews, 1/4 cup chopped onion, and dash pepper. Toss lightly. Place in 10x6x1 1/2-inch baking dish. Sprinkle 1 cup chow mein noodles over top. Bake at 375° about 15 minutes or till heated through. Makes 4 or 5 servings.

Luncheon Crab Bake

1 6 1/2- or 7 1/2-ounce can (about 1 cup) crab meat, drained
1 cup soft bread crumbs
1 cup mayonnaise or salad dressing
3/4 cup milk
6 hard-cooked eggs, finely chopped
1/2 cup chopped onion
1/4 cup sliced stuffed green olives
3/4 teaspoon salt
1/2 cup buttered soft bread

OVEN 350°


Tuna with Cheese Swirls

1 1/2 cups diced pared potatoes
1/2 cup diced celery
2 tablespoons chopped onion
1 can condensed cream of celery soup
1/4 cup light cream or milk
1 6 1/2-, 7-, or 9 3/4-ounce can tuna
1 cup drained canned or cooked peas
1 canned pimiento, cut in strips
1 recipe Cheese Swirls

OVEN 425°

Cook potatoes, celery, and onion in small amount unsalted water till almost tender, about 10 minutes; drain. Add soup and cream; heat. Add tuna (leave in large pieces), peas, and pimiento; bring just to boiling. Pour into ungreased 10x6x1 1/2-inch baking dish. Arrange Cheese Swirls, cut side down, on hot tuna mixture. Bake in hot oven (425°) 15 to 20 minutes, or till biscuits are done. Makes 5 or 6 servings.

Cheese Swirls: Combine 1 cup biscuit mix, with 1/2 cup milk. Stir just till dough follows fork around bowl. Turn out on lightly floured surface. Knead gently 1/2 minute. Roll in 6x10-inch rectangle, 1/4-inch thick.

Sprinkle with 1/2 cup shredded sharp process cheese; roll as for jelly roll, starting at narrow end. Seal edge. Cut in 1/2-inch slices. Place atop hot casserole.

Baked-on biscuit topper

For best baked biscuits on meat pie, have pie mixture bubbling hot when you put biscuits on top. They will bake faster, be lighter, and bottoms won't get soggy.
Curry of Shrimp

\[
\begin{align*}
&\frac{1}{4}\text{ cup butter or margarine} \\
&\frac{1}{8}\text{ cup chopped onion} \\
&\frac{3}{4}\text{ to 1 cup chopped green pepper} \\
&2\text{ cloves garlic, minced} \\
&2\text{ cups dairy sour cream} \\
&2\text{ teaspoons lemon juice} \\
&2\text{ teaspoons curry powder} \\
&\frac{1}{4}\text{ teaspoon salt} \\
&\frac{1}{4}\text{ teaspoon ginger} \\
&Dash chili powder \\
&Dash pepper \\
&3\text{ cups cleaned cooked or canned shrimp, split lengthwise in half (about 2 pounds in shell)}
\end{align*}
\]

Melt butter; add onion, green pepper, garlic. Cook till tender but not brown. Stir in sour cream, lemon juice, and seasonings; add shrimp. Cook over low heat, stirring constantly, just till hot through. (Sauce is traditionally thin.) Serve over hot rice or Yellow Rice. Offer condiments—coconut, chopped peanuts, raisins, chutney. Serves 6.

Yellow Rice: To 2 cups boiling water, add 1 teaspoon salt and 15 grains saffron. Stir in 1 cup uncooked rice. Return to boil, reduce heat to low, cover, and cook till tender, about 25 minutes. Makes 3 cups.

Shrimp Creole

\[
\begin{align*}
&\frac{1}{4}\text{ cup chopped onion} \\
&\frac{1}{8}\text{ cup chopped celery} \\
&1\text{ clove garlic, minced} \\
&3\text{ tablespoons salad oil} \\
&1\text{ 1-pound can (2 cups) tomatoes} \\
&1\text{ 8-ounce can seasoned tomato sauce} \\
&1\frac{1}{2}\text{ teaspoons salt} \\
&1\text{ teaspoon sugar} \\
&\frac{3}{4}\text{ to 1 teaspoon chili powder} \\
&1\text{ tablespoon Worcestershire sauce} \\
&Dash Tabasco sauce \\
&1\text{ teaspoon cornstarch} \\
&12\text{ ounces raw cleaned shrimp} \\
&\frac{1}{4}\text{ cup chopped green pepper}
\end{align*}
\]


Salmon or Tuna Pie

\[
\begin{align*}
&2\text{ beaten eggs} \\
&\frac{1}{4}\text{ cup milk} \\
&1\text{ tablespoon butter, melted} \\
&\frac{1}{4}\text{ cup chopped onion} \\
&2\text{ tablespoons minced parsley} \\
&\frac{1}{4}\text{ teaspoon basil} \\
&\frac{1}{4}\text{ teaspoon salt} \\
&1\text{ 1-pound can (2 cups) salmon, or} \\
&2\text{ 6\frac{1}{2}- or 7-ounce cans tuna} \\
&1\text{ stick packaged pastry}
\end{align*}
\]

Mix

OVEN 425°

Combine eggs, milk, butter, onion, parsley, and seasonings. Break salmon in chunks, removing bones and skin. Add to egg mixture. Pour into well-greased 8-inch pie plate.

Prepare pastry mix according to package directions. Roll \(\frac{1}{8}\) inch thick; cut circle, using bottom of 8-inch pie plate as guide. Then cut circle in 6 wedges. Arrange atop sea-food mixture. Bake at 425° about 25 minutes or till done. Serve at once. Pass chilled Cucumber Sauce or Tartare Sauce. Serves 6.

Lobster Newburg

\[
\begin{align*}
&\frac{1}{3}\text{ cup butter or margarine} \\
&2\text{ tablespoons all-purpose flour} \\
&2\text{ cups light cream} \\
&4\text{ beaten egg yolks} \\
&2\text{ 5-ounce cans lobster, cubed} \\
&\frac{1}{4}\text{ cup cooking sherry} \\
&2\text{ teaspoons lemon juice} \\
&\frac{1}{3}\text{ teaspoon salt}
\end{align*}
\]

Melt butter in chafing dish or skillet; blend in flour; gradually stir in cream. Cook slowly, stirring constantly till thick.

Stir small amount sauce into egg yolks; return to hot mixture and cook till blended, stirring constantly about 1 minute. (Don’t overcook.) Add lobster, cooking sherry, lemon juice, and salt. Heat through. Serve over toast points or in Pastry Petal Cups. Sprinkle with paprika. Makes 6 servings.

Crab-meat Newburg: Substitute 2 cups flaked crab meat for the lobster.

Pastry Petal Cups: Make Plain Pastry. (You’ll get 4 to 6 pastry cups from recipe that calls for \(1\frac{1}{2}\) cups flour.) Or use pastry mix. Roll \(\frac{1}{4}\) inch thick; cut in 2\(\frac{1}{2}\)-inch rounds. In each of 5 muffin cups, place one round in bottom and overlap 4 rounds on sides; press together. Prick. Bake at 450° about 10 minutes. Cool.
Macaroni and Cheese

1 1/2 cups elbow macaroni
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
2 cups milk
1/2 teaspoon salt
Dash pepper
1/4 cup minced onion (optional)
2 cups shredded sharp process cheese

OVEN 350°

Cook macaroni in boiling, salted water till tender; drain.
Melt butter; blend in flour. Add milk. Cook and stir till thick. Add salt, pepper, onion, and cheese; stir till cheese is melted.
Mix sauce with macaroni. Turn into 1 1/2-quart casserole. If you like, sprinkle tomato slices with salt; arrange on top, pushing edge of each slice into macaroni. Bake in moderate oven (350°) about 45 minutes, or till bubbly and browned. Makes 6 to 8 servings.

Hungarian Noodle Bake

4 ounces (2 1/2 cups) fine noodles
1 cup cream-style cottage cheese
1 cup dairy sour cream
3/4 cup finely chopped onion
1 clove garlic, minced
1 tablespoon Worcestershire sauce
Dash Tabasco sauce
1 tablespoon poppy seed
1/2 teaspoon salt
Dash pepper

OVEN 350°

Cook noodles in boiling salted water till tender; drain. Combine noodles with remaining ingredients.* Bake in greased 10x6x1 1/2-inch baking dish at 350° for 25 to 30 minutes or till hot. Sprinkle with paprika. Serve with shredded Parmesan cheese. Makes 6 servings.
*Add one 9 1/2-ounce can (1 1/2 cups) tuna, flaked, if desired. Makes 8 servings.

Macaroni-and-Cheese Puff

1/2 cup small elbow macaroni
1 1/2 cups milk, scalded
1 cup soft bread crumbs
2 cups (1/2 pound) shredded sharp process American cheese
3 beaten egg yolks
1/4 cup diced pimiento
3 tablespoons butter or margarine, melted
1 tablespoon chopped parsley
1 tablespoon grated onion
1/2 teaspoon salt
3 egg whites
1/4 teaspoon cream of tartar

OVEN 325°

Cook macaroni in boiling salted water till tender; drain. Pour hot milk over bread crumbs. Reserve 1/2 cup of the cheese; add the remaining 1 1/2 cups cheese to milk mixture; cover and let stand until cheese melts. Then add macaroni, egg yolks, pimento, butter, parsley, onion, and salt.
Beat egg whites and cream of tartar until stiff but not dry; fold into macaroni mixture.
Pour into ungreased 10x6x1 1/2-inch baking dish. Bake uncovered in slow oven (325°) about 50 minutes or till set. Top with reserved cheese; return to oven for a few minutes until cheese melts. Trim with parsley. Serve at once. Makes 6 servings.

Golden Cheese Bake

Combine 2 cups cooked rice, 3 cups shredded carrots, 1 1/2 cups shredded process cheese, 1/2 cup milk, 2 beaten eggs, 2 tablespoons minced onion, 1 teaspoon salt, and 1/4 teaspoon pepper. Pour into greased 1 1/2-quart casserole. Sprinkle with 1/2 cup shredded process cheese. Bake in moderate oven (350°) 50 to 60 minutes. Makes 6 servings.

Spaghettini with Green Sauce

8 to 10 ounces spaghettini (or capellini, fideili, vermicelli)
2 tablespoons whole basil
2 tablespoons parsley flakes
1/4 cup soft butter or margarine
1 8-ounce package cream cheese, softened
1/2 cup grated Parmesan cheese
1/4 cup olive oil or salad oil
1 clove garlic, minced
1/2 teaspoon pepper
1/4 cup boiling water

OVEN 350°

Cook spaghettini in large amount boiling salted water till just tender; drain.
Make Green Sauce: Add basil and parsley flakes to butter. Blend in cream cheese, Parmesan cheese, olive oil, garlic, and pepper. Stir in boiling water; blend well.
Arrange hot spaghettini on warm platter and serve with the sauce. Pass additional Parmesan cheese. Makes 6 servings.