

Food

The Cooking Corner

Recipes in today cooking columns come from "Talk About Good," a cookbook published by members of the Lafayette Junior League of Lafayette, Louisiana.

BOILED SHRIMP IN BEER

- 1 lb. shrimp
- 1 can beer or more
- 1 clove garlic
- 1 bay leaf
- 1 1/2 tsp. salt
- 1 dried red chili pepper
- 1 chopped onion
- sprig parsley or celery leaves
- juice of 1 lemon
- 1 tsp. red pepper

Combine all ingredients except shrimp. Bring to a boil. Add shrimp to liquid making sure all are covered with liquid (add beer or water to cover). Bring to quick boil and simmer 15-20 minutes. Drain and peel. Return shrimp to liquid and chill in refrigerator then drain thoroughly and serve.

CARROT OR SQUASH CASSEROLE

- 2 Tbsp. butter
- 2 Tbsp. flour
- 1/2 cup sweet milk
- 1/2 tsp. salt
- 1 1/2 cup mashed carrots, or squash
- 4 eggs

Very good. Melt butter, add flour and stir until well blended. Add milk and cook until thick. Remove from fire and add salt and beaten egg yolks. Fold in mashed carrots and stiffly beaten egg whites. Pour into well buttered ring mold or baking dish. Set in pan of hot water and bake 1 hour in moderate oven and serve at once.

BAKED CHICKEN SALAD

- 2 cups diced chicken
- 2 cups diced celery
- 1 cup mayonnaise
- 3/4 cup chopped English walnuts
- 3 Tbsp. lemon juice
- 1 Tbsp. chopped onion
- salt and pepper
- bread crumbs

Mix 2 cups each of diced cooked chicken and diced celery with 1 cup mayonnaise, 3/4 cup chopped walnuts, 3 tablespoons lemon juice, 1 tablespoon finely chopped onion and salt and pepper to taste. Pile the mixture into 4 shells or individual heat-proof dishes and sprinkle the top with bread crumbs. Bake the chicken in a very hot oven, 450 degrees, for 15 minutes, or until it is brown. Turkey may be substituted for the chicken. Serves 4.

BEEF POT PIE

- 3 Tbsp. butter
- 1 large onion, chopped
- 1 1/2 c. cooked meat(leftover roast)
- 1 Tbsp. flour
- 1 cup rich meat stock
- 1 cup diced, cooked potatoes
- 1/2 cup cooked peas and carrots
- 2 Tbsp. chopped parsley
- pinch of thyme
- 1 tsp. Lea & Perrins sauce
- 2 Tbsp. sherry
- salt and pepper

Melt butter, saute onions, add meat and cook until brown. Sprinkle with flour and gradually add stock. Bouillo cube can be used. Stir constantly until thick. Add the rest of ingredients and blend thoroughly.

Place in casserole and add your favorite pastyr topping. Bake in 350 degree oven about 30 minutes. Serves 4.

EASY POUND CAKE I

- 2 cups sugar
 - 2 cups flour
 - 2 sticks oleo, room temperature
 - 5-6 eggs
 - 1 Tbsp. vanilla extract; almond, lemon or mace may be substituted
- Put all ingredients together in mixer. Blend for 10 minutes at medium speed. Pour in greased and floured tube pan, or 2 loaf pans. Bake at 325 degrees about 1 hour. Batter for this cake is very thick.

EASY POUND CAKE II

- 1 box confectioners sugar plus equal amount cake flour
 - 3 sticks butter or oleo
 - 6 whole eggs
 - 1 tsp. vanilla
- Variations: 1 tablespoon lemon juice may also be added for flavor. Combine all ingredients in large mixing bowl. Beat well until mixture is thick and frothy. Turn into well-greased and floured tube pan. Bake at 350 degrees for 45 minutes. May be glazed or iced with your favorite frosting, or left plain. For economy's sake this pound cake made with oleo tastes exactly as if made with butter.

CHICKEN POLYNESIAN

- 2 cans cream of chicken soup
 - 2 cans water chestnuts
 - 2 cans whole pack green beans
 - 2 cans fried onion rings
 - 2 cut-up and cooked chickens
 - 1/4 cup mayonnaise
 - 1 tsp curry powder
 - 3 Tbsp. chicken stock
- Boil chickens, then cool and cut in bite-size pieces. Sauce: Mix mayonnaise, soup, stock and curry powder and set aside. Grease casserole,

then layer chicken, green beans, water chestnuts and onion rings (reserving a few for garnish). Pour over all the sauce. Bake at 350 degrees for 30 minutes. Serves 12.

TOMATO SOUP SALAD

- 1 cup tomato soup
- 1 Tbsp gelatin
- 1 small cake cream cheese
- 1 chopped green pepper
- 1 chopped onion
- 1/2 cup chopped celery

1/4 cup chopped nuts
1/4 cup chopped olives
1/2 cup mayonnaise
Heat soup, add gelatin dissolved in cold water. Add cream cheese and stir until blended. Add other ingredients, stir and pour into molds. Let set in refrigerator about 4 hours. Unmold and serve on lettuce. Serves about 6.

PUMPKIN BREAD

- 3 1/2 cup sifted flour


1 1/2 tsp. salt
1 cup Wesson oil
4 eggs
2/3 cup water
2 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
2 cups pumpkin, regular 303 can
3 cups sugar
1 1/2 cups pecans
Mix until smooth. Bake 1 hour at 350 degrees. Makes 3 to 4 loaf pans

or 2 Bundt pans. Fill pans half full. Raises 1/3 to 1/2 again. Freezes well.

CHILI CON CARNE

- 1 can kidney beans
- 1 onion, chopped
- 1/2 green pepper, chopped
- 1 lb. ground beef
- 1 can tomato sauce
- 1 1/2 tsp. salt
- 1 tsp. Worcestershire sauce
- 1 Tbsp. catsup

2 tsp. brown sugar
dash paprika
dash cayenne pepper
3 whole cloves
1 bay leaf
1 to 2 Tbsp chili powder
1 cup water
Brown onion, green pepper and meat. Add tomato sauce, water and seasonings. Simmer 25 minutes and taste. Add beans and simmer about 2 hours. Makes 4 to 6 servings.



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