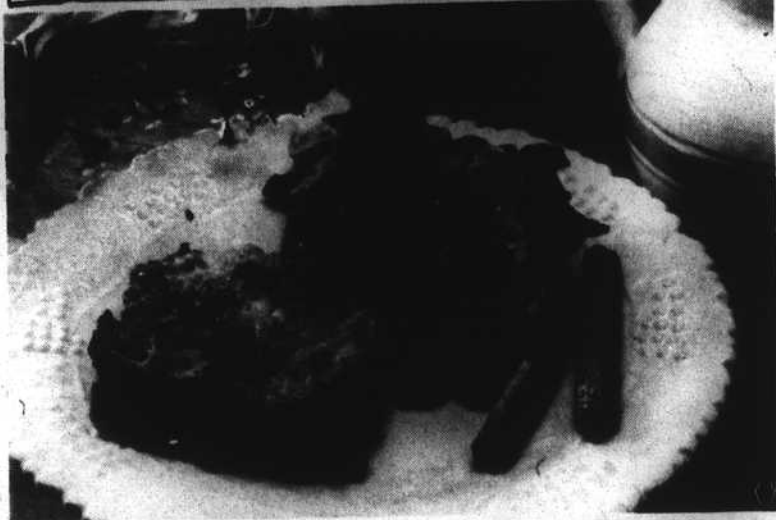


# MENUS

## BACK TO BASICS COOKING



The flavorful difference in this updated Italian classic that features a layer of polenta topped with spinach, then smothered with a rich meaty sauce, is the seasoning. Naturally brewed Kikkoman Soy Sauce and Italian herb seasoning add a savory distinction to both the polenta and beefy-tomato sauce. Be sure to use a brewed soy sauce because only it has the ability to mellow sharp flavors—like tomato—plus add extra richness. Breadsticks and an Italian salad with black olives and roasted peppers round out this hearty meal with gusto!

### POLENTA PASTICCIO ORIENTALE

- |                                  |  |
|----------------------------------|--|
| 1 pound lean ground beef         | 1 teaspoon Italian herb seasoning                                  |
| 1/2 cup chopped onion            | 1 package (10 oz.) frozen chopped spinach, cooked and well drained |
| 2 cloves garlic, minced          | 3/4 cup grated Parmesan cheese                                     |
| 1 1/2 pounds tomatoes, chopped   |  |
| 3 tablespoons Kikkoman Soy Sauce |  |
| 1/2 teaspoon sugar               |  |

Prepare Polenta Orientale; set aside. Brown beef with onion and garlic in large skillet. Add tomatoes, soy sauce and sugar. Simmer, covered, 10 minutes. Uncover and simmer 15 minutes; stir occasionally. Stir in herb seasoning; simmer 20 minutes longer. Spread spinach over polenta, then cover with meat mixture. Bake at 375°F. 15 minutes, or until heated through. Sprinkle cheese over meat; bake 2 minutes, or until cheese melts. Serve immediately.

\*Polenta Orientale: Bring 1 1/2 cups water to boil in saucepan; stir in 4 teaspoons Kikkoman Soy Sauce. Reduce heat to medium; slowly sprinkle in 3/4 cup yellow cornmeal and 1/4 teaspoon Italian herb seasoning, stirring constantly. Cook and stir 5 minutes until mixture is very stiff. Remove from heat; stir in 1 Tbsp. butter or margarine. Spread polenta evenly in 8-inch square baking pan.

## GET ROOTED IN GOOD TASTE



When cool, fall days inspire nature to parade her most brilliant wardrobe, good things beneath the soil are waiting to be harvested and enjoyed on America's dining tables.

Root vegetables—from familiar carrots, turnips and parsnips to lesser known cousins such as celeriac, jicama and yucca—are the start to a number of easy to prepare dishes that are "rooted" in good taste.

Celeriac and Parsnip Soup for example, blends four root vegetables, Swanson clear ready to serve chicken broth, white pepper and fresh dill into a simple soup that is sure to take the air off a crisp fall night.

Celeriac, parsnips, carrots and onion deliver the distinctive tastes of root vegetables to this soup while Swanson chicken broth offers a convenient way to add the rich, full flavor of close-to-homemade stock.

### CELERIAC AND PARSNIP SOUP

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|---|--|
| 4 cups water  | 2 cans (14 1/2 ounces each) Swanson clear ready-to-serve chicken broth |
| 2 tablespoons lemon juice or vinegar                  | 2 medium carrots, sliced   |
| 1 pound celeriac, peeled and cut into 1/2-inch pieces | 2 medium parsnips, peeled and cut into 1/4-inch pieces                 |
| 2 tablespoons butter or margarine                     | 1/4 teaspoon dried thyme leaves, crushed                               |
| 1/2 cup chopped onion                                 | 1/8 teaspoon white pepper  |
| 1 tablespoon all-purpose flour                        | 1 bay leaf   |
|   | 1 tablespoon chopped fresh dill  |

- In medium bowl, combine water, lemon juice and celeriac.
- In 3-quart saucepan over medium heat, in hot butter, cook onion until tender. Add flour; cook, stirring constantly, 2 minutes.
- Drain celeriac; add to onion mixture with broth, carrots, parsnips, thyme, pepper and bay leaf. Heat to boiling. Reduce heat to low. Cover; simmer 15 to 20 minutes until vegetables are tender.
- Remove bay leaf. Stir in dill. Makes about 5 cups or 5 servings. Calories per serving: 151.

Those lazy, hazy, crazy days of summer draw us outdoors like a magnet attracts metal. So why not pack up those warm-weather high spirits and a picnic lunch and head for the park, the beach or the biking trail?

This week's recipes travel anywhere and satisfy the heartiest appetites. The "Meat 'n' Potato Sandwich," for example, is a high-energy meal in itself. To finish the meal, pack naturally sweet, light "Spiced Melon Balls" in an airtight plastic container. Don't forget to pack some of your favorite picnic snacks and disposable plates, forks and cups. Round up the family and you're on your way to entertaining in nature's most beautiful setting—the great outdoors.

## Meat 'N' Potato Sandwich

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| 1 Lb. lean ground beef   |
| 1 Lb. lean ground pork   |
| 1 Cup chopped onion  |
| 2 Eggs, beaten   |
| 2 2/3 Cup water  |
| 4 Teaspoons prepared mustard   |
| 1/2 Teaspoon thyme   |
| 1/2 Teaspoon pepper  |
| 2 Cups crushed barbecue-flavored potato chips (measure after crushing) |
| Mayonnaise   |
| 12 Slices white bread  |
| Extra potato chips   |

In a large bowl, combine first nine ingredients. Mix until well blended. Pack into 9x5-inch loaf pan. Bake at 350°F about one hour, until meat shrinks away from sides of pan. Cool thoroughly. Remove from pan and slice. To assemble sandwiches, spread mayonnaise on bread slices; sandwich meat loaf and extra potato chips between prepared bread. Serves 6.

## Chili

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| 2 Lbs. lean chili meat                     |
| 1 Small onion, chopped                     |
| 2 Cloves garlic, minced                    |
| 1 Fresh jalapeno pepper, seeded and minced |
| 1 Can (8-oz.) tomato sauce                 |
| 2 Tomato sauce cans of water               |
| 1 Tomato sauce can of beer                 |
| 1 Teaspoon ground cumin                    |
| 1 Teaspoon black pepper                    |
| 1 Teaspoon paprika                         |
| 2 Heaping teaspoons chili powder           |
| 1 Teaspoon salt                            |
| 2 Tablespoons corn flour                   |

Brown chili meat in a large kettle. Add remaining ingredients, except corn flour. Cover and simmer 1 1/2 hours. Add enough water to corn flour to make a thin paste. Add to chili, mixing well. Cover and simmer 30 minutes. Serves 6.

## Spiced Melon Balls

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|--|
| 1 Small honeydew melon, scooped into balls |
| 1 Small canteloupe, scooped into balls     |
| 1/2 Teaspoon ground ginger                 |

In a large bowl, combine melon balls and ginger. Stir. Chill 2 or more hours. Serves 5.

Serving suggestion: Scallop top of melon halves and serve balls in melon halves.

## Versatile Stable

### Pasta: A Quick Dinner On Shelf

If there were an award for "Most Versatile Pantry Staple," the winner would very likely be that old standby, pasta. A box of fettuccine, linguine, rigatoni, macaroni—you name it—truly means dinner on the shelf.

In supporting roles, certainly, would be the ubiquitous chicken breast, along with such flavor-makers as olive oil and garlic. And last but not least, Carnation evaporated milk. Its smooth consistency makes it a perfect, quick

base for sauces. And its lower-calorie counterparts, evaporated lowfat or skimmed milk, are just as reliable—with fewer calories to boot.

Enter the star: Creamy Chicken Fettuccine with Snow Peas and Walnuts. This colorful concoction, subtly seasoned with white wine or vermouth, olive oil, garlic, and basil, makes its entrance within just a few minutes. First, use a wire whisk to make the easy sauce, with butter, flour, and smooth evaporated milk. Stir in the wine and set aside.

Once the chicken has been briefly sauteed, snow peas, mushrooms, and carrots get a quick stir-frying the Oriental way. In fact, a wok could be used in place of a large skillet to prepare this dish.

To serve, arrange the pasta either on a generous platter, or divide it among three or four dinner plates. Spoon the sauce over the top, and sprinkle on chopped walnuts. Garnish with fresh basil leaves or slices of green onion.

## Microwave Menu With A French Accent



The Lipton Kitchens have created just the menu—a romantic dinner for two featuring Bistro-Style Chicken and Vegetables. Bistro Chicken is a variation on pot-au-feu, a French bistro dish that traditionally calls for chicken or other meat with a combination of hearty, winter vegetables, slow cooked in a rich and savory broth. This version uses instant soup mix and the microwave oven to add speed and convenience.

For dessert, serve an impromptu fruit pudding made by topping cubes of pound or angel food cake with canned, pitted sweet cherries. Serve with heavy cream or half and half if you like.

Don't forget candles, fresh flowers and soft background music to create a setting reminiscent of a French bistro. Bon Appetit!

### BISTRO-STYLE CHICKEN AND VEGETABLES

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| 1 medium parsnip, peeled and halved lengthwise                       | 1/4 teaspoon pepper                                    |
| 1 bay leaf   |  |
| 2 small red potatoes, halved   | 1 medium white turnip, peeled, halved, sliced          |
| 2 medium carrots, cut into 1-1/2-inch chunks                         | 2 medium leeks, cut and cleaned*                       |
| 2 envelopes Lipton® Lite Chicken Florentine Cup-a-Soup® Instant Soup | 1 whole chicken breast (about 1/2 lb.), split, skinned |
| 1 cup water  |  |

In 3-quart oblong baking dish, arrange parsnips, potatoes and carrots. In small bowl, combine instant lite chicken florentine soup mix with water and pepper; add bay leaf, then pour over vegetables. Microwave covered at HIGH (Full Power) 6 minutes. Rearrange vegetables; add turnip, leeks and chicken bonny side up. Heat covered at HIGH (Full Power) 10 minutes or until chicken is almost done, turning chicken and rearranging vegetables after 5 minutes. Let stand covered 5 minutes. Remove bay leaf. To serve, arrange chicken with vegetables on 2 deep dinner plates. Four juices over chicken and vegetables. Garnish, if desired, with chopped parsley. Makes 2 servings.

\*To prepare leeks: Cut off tops and roots leaving 2-inch green top. Cut in half lengthwise to 1-inch of bottom of leek. Turn; repeat so top of leek is quartered. Wash thoroughly.

## Paula Wolfert's

### Bistro-Style Steak With Peppercorns

Culinary historian and cookbook author Paula Wolfert has a passion for traditional foods with gutsy, intense flavor. One of her favorites—Peppered Beef with Courvoisier and Raisins—is an updated version of the bistro classic, "steak au poivre," from her new book, *Paula Wolfert's World of Food*. In this delicious steak dish, the piquancy of the peppercorns is softened by the silky cognac-soaked raisins added to the sauce. Lightly drizzled over the peppered steak, the cognac-enhanced sauce provides rich flavor without being too heavy.

#### PEPPERED BEEF WITH COURVOISIER AND RAISINS\*

Serves 2

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|--|
| 2 boneless shell steaks, trimmed of fat (about 7 ounces each, 1/2-inch thick, at room temperature) |
| Coarse salt  |
| 1 tablespoon vegetable oil   |
| 1 1/2 tablespoons golden raisins   |
| 2 tablespoons Courvoisier Cognac   |
| 4 teaspoons mixed, very coarsely crushed black and white peppercorns                               |
| 1/4 cup water or unsalted meat stock   |
| 1 teaspoon Dijon-style mustard, preferably extra strong  |
| 1 1/2 tablespoons heavy cream  |
| 1 tablespoon unsalted butter, cubed  |
| Watercress for garnish   |

Season steaks with salt; rub with 1/2 tablespoon oil. Cover loosely with plastic wrap; refrigerate until 30 minutes before cooking.

Dry steaks with paper towels. Rinse raisins under warm water until soft; drain. Soak



raisins in Courvoisier for 30 minutes. Spread half the peppercorns on paper towel. Firmly press steak into peppercorns. Spread and firmly press remainder on top of meat. Let stand 20 minutes.

Heat remaining oil in nonstick skillet; sear steaks 2 minutes per side. Regulate heat so peppercorns don't burn. Transfer steaks to rack set over plate; cover with foil tent.

Pour off fat and any loose peppercorns in skillet. Add raisins and Courvoisier; warm and ignite. When flames die out, add 1/4 cup water; bring to boil, scraping any browned bits from bottom of skillet. Add mustard, cream and any meat juices that have accumulated around the beef; bring to boil. Add butter; shake skillet over medium heat until smooth sauce forms; adjust seasoning; pour over beef. Garnish with watercress. ©1988 Harper & Row